

## Appendix

### IPAQ

IPAQ scores are calculated using the scoring protocol. The activity levels (Vigorous, Moderate and Walking) of each individual are converted into “MET-minutes” and in turn categorised as Low, Moderate or High. This is done using the Guidelines for Data Processing and Analysis of the International Physical Activity Questionnaire (IPAQ), November 2005.

### Body Shape Index

Body Shape Index (BSI) is a metric for assessing the health implications of a given human body height, mass and waist circumference. The calculation used for this study is  $[(\text{Waist circumference}) \div ((\text{BMI to the power of two thirds}) \times (\text{Height to the power of a half}))]$

### PMHP group

Positive mental health is measured using four questions from the Energy and Vitality Index (EVI) taken from the RAND SF-36 questionnaire. On the Healthy Ireland survey these are Q45 (a) (d) (e) and (h). Various aspects of wellbeing during past four weeks are asked on a six-category scale, going from “all of the time” to “none of the time”. The responses are presented as a sum score ranging from 0 to 100, with high scores indicating optimal levels of mental health.

Score 1= All of the time = 100

Score 2 = Most of the time = 80

Score 3 = A good bit of the time = 60

Score 4 = Some of the time = 40

Score 5 = A little of the time = 20

Score 6 = None of the time = 0

### High EVI group

This is based on the PMHP score. Respondents obtaining scores equal or over 1 standard deviation of the mean are defined as falling within a “High Energy and Vitality group” (High EVI).

## AUDIT-C

Defined based on cumulative scores from Q15, Q17, Q18.

	Survey code	Score assigned
Q.15 Have you ever drunk any of these types of alcoholic beverages?	Code 12	0
	Codes 8 to 11	1
	Codes 6 to 7	2
	Codes 4 to 5	3
	Codes 1 to 3	4
Q.17 Thinking of a typical day in the last 12 months on which you had an alcoholic drink, how many standard drinks would you drink?	1 or 2	0
	3 or 4	1
	5 or 6	2
	7, 8 or 9	3
	10+	4
Q.18 During the last 12 months, how often have you consumed (drunk) the equivalent of 6 standard drinks on one drinking occasion?	Code 12	0
	Codes 9 to 11	1
	Codes 7 to 8	2
	Codes 4 to 6	3
	Codes 1 to 3	4

## Metabolic Risk

The Metabolic Risk Classification devised by the World Health Organization uses waist measurements to identify whether individuals have a normal, increased or substantially increased level of risk as shown in the table below. This was assessed using Q.42 Waist Measurement: Record Waist Measurement. Please Record Up To One Decimal Place.

### Metabolic Risk Classification

	Men	Women
<b>Normal</b>	Less than 94cm	Less than 80cm
<b>Increased</b>	94cm-102cm	80cm-88cm
<b>Substantially increased</b>	Greater than 102cm	Greater than 88cm

## Urban Rural

Defined based the Electoral Division in which the respondent resides. Urban areas are towns with a population of 1500 or higher (based on table 5 of "Census 2011-Population classified by Area"). All other areas are defined as rural. If an Electoral Division contained a mixture of urban and rural areas it was defined based on the area in which the majority of the population lived.

## Deprivation Deciles

Defined based on the SAHRU National Deprivation index for 2011. Values assigned based on the Electoral Division in which the respondent resides.

### **Socio-Economic Group**

Using SOC10 code and employment status derived from answers given to Q.58 to Q.63 in the Healthy Ireland survey, Socio-economic Group (SEG) classifications can be assigned to each respondent. (see appendices in Census of Population 2011, This is Ireland Part 2).

### **Socio-Economic Classification (ONS)**

In addition to the SEG, survey respondents are also coded to the Office for National Statistics (UK) National Statistics Socio-Economic Classification (NS-SEC) for illustrative purposes. The reduced method was used to categorise respondents into the 3-class version of the NS-SEC. Full details on this method can be found on the ONS website: <http://www.ons.gov.uk/ons/guide-method/classifications/current-standard-classifications/soc2010/soc2010-volume-3-ns-sec--rebased-on-soc2010--user-manual/index.html>

### **Highest level of education/training attained**

ISCED 2011 was used to code the highest level of education or training attained by the respondent.

ISCED 2011	Education Level
0,1,2	Less than primary, primary and lower secondary
3,4	Upper secondary, post-secondary non-tertiary
5,6,7,8	Short-cycle tertiary, Bachelors, Masters, Doctoral