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The Swedish Survey of Living Conditions (ULF)

Finn Rasmussen and Lena Hansson
Department of Public Health Sciences

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The Swedish Survey of Living Condition

Conducted each year since 1974 by Statistics Sweden.

National representative random samples of non-institutionalized persons aged 16-84 years.

Around 5000 participants each year.

During the years 2006 to 2008 the Survey on Living Conditions has undergone significant changes.

The main data collection method has been changed from primarily face-to-face interviews using printed questionnaires to computer-supported telephone interviews.

In addition, the questionnaire has been reviewed to better suit telephone interviews.

During the years 2006 to 2008 the Survey on Living Conditions has undergone significant changes (2).

The European Statistics on Income and Living Conditions Survey (EU-SILC) has been integrated with the Survey on Living Conditions.

As a consequence, certain questions and definitions of different variables have been changed/improved to be better adapted to what applies for SILC.

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The Swedish Survey of Living Conditions

Four main themes: social relations, work, health and the physical environment.

Certain questions related to these four themes are repeated every year: health, economic resources, employment, working environment, education and housing.

Longitudinal panels are included (about 40% of the sample) that are repeatedly investigated every 8 years.

Participation and non-participation from 1980 to 2009

Response rate

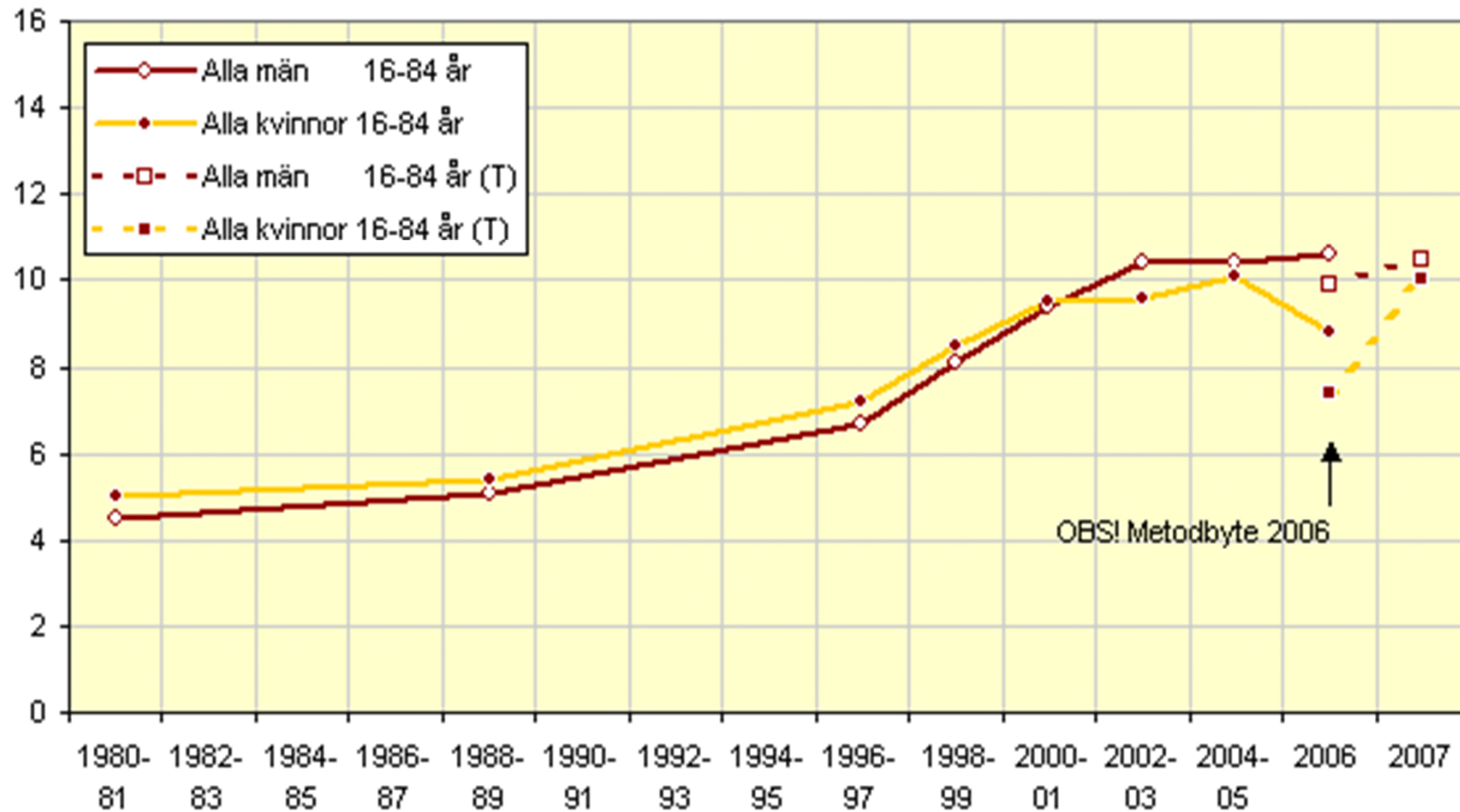
80	81	88	89	96	97	98	99	00	01	02	03	04	05	06	07	08	09
86	86	80	79	79	78	77	77	76	78	75	76	75	75	74	73	73	70

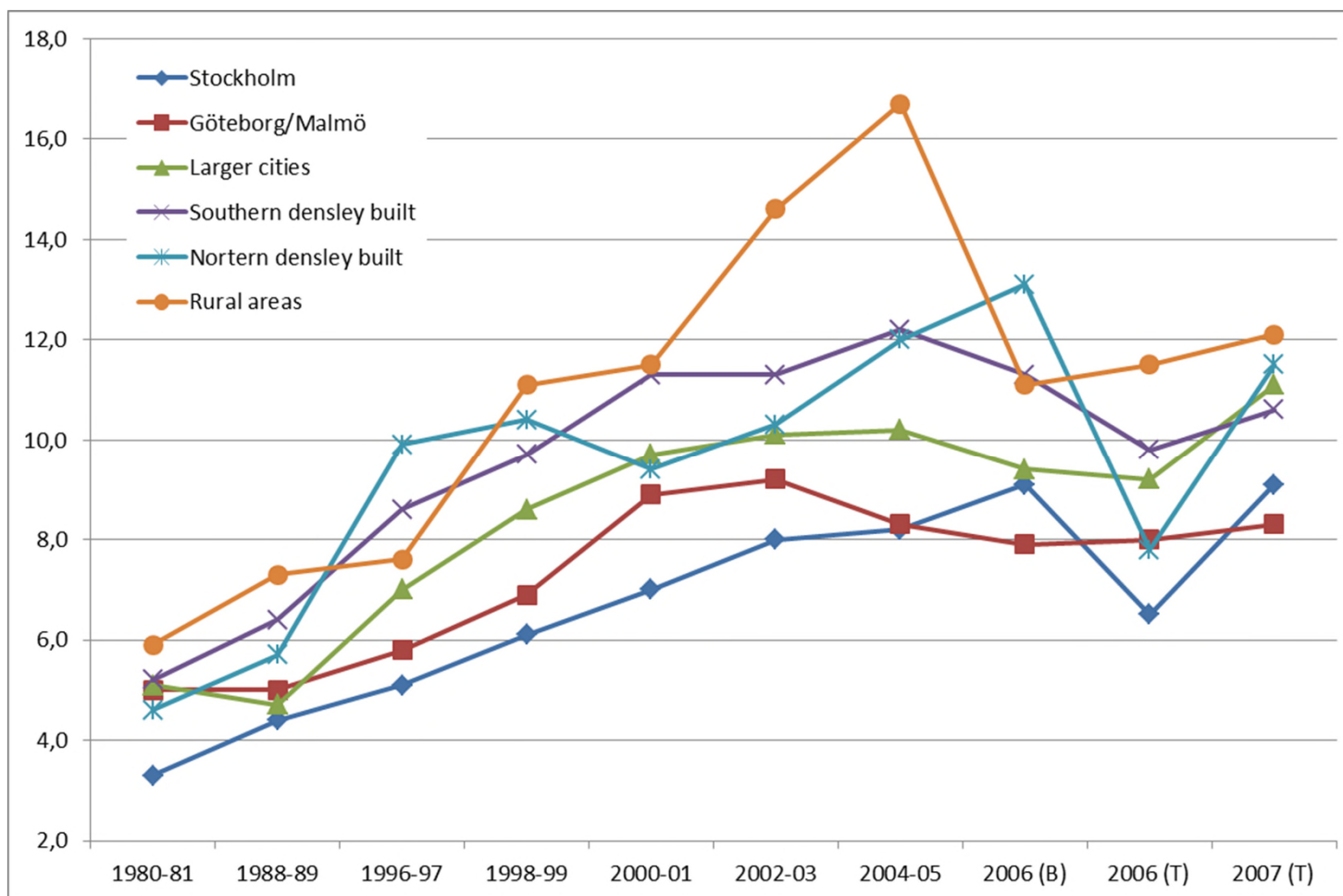
Self-reported height and weight

Self-reported height and weight is available for the following years:

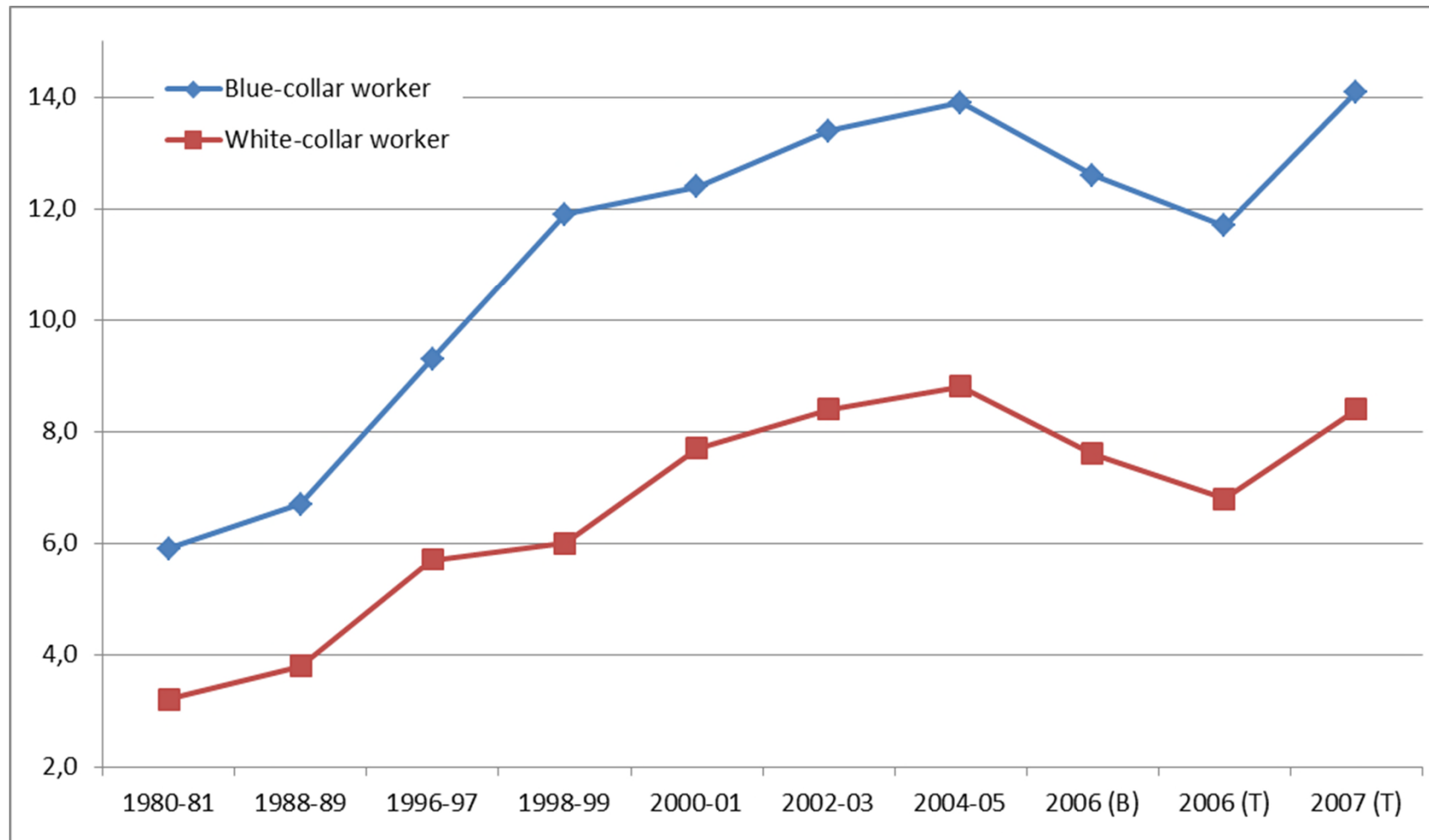
1980-1981, 1988-1989 and 1996 and later.

Prevalence of obesity among men and women from 1980 to 2007.





Prevalence of obesity among men and women from 1980 to 2007.



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Anthropometric and demographic factors

Height and weight

Marital status

Age

Gender

Socio-economic factors

Disposable income individual and family

Employed or not, fulltime or part-time

Socioeconomic position and education

Housing

In what way do you dispose your house/apartment?

1 Ownership

2 Co-operative flat

3 Tenancy right, in first hand

4 Tenancy right, in second hand

5 Flat/or house attached to one's job

6 Lodger

7 Other

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1810 – 2010 *Ar*



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Environment

Urbanisation

Social support

Have you a real close friend that you can contact and talk with about everything in your life? (do not include family members)

- 1 Yes**
- 2 No**

Neighbourhood safety

If you are lonely outside when it is dark do you try to avoid places or streets to not be subjected to violence and threats in your own neighborhood?

- 1 yes always**
- 2 yes most of the time**
- 3 yes sometimes**
- 4 no never**
- 5 never go out when it is dark**
- 8 do not know, do not remember**

Financial/work stress

Difficulties paying bills or for food

Have you the last 12 months had no money left from your salary to pay your bills?

- 1 yes**
- 2 no**

Worried about unemployment and private economy

Have you recently been worried for unemployment?

- 1 yes often**
- 2 yes now and then**
- 3 no never**
- 8 do not know can't remember**

Influence on work circumstances

To what degree are you able to plan your own work?

- 1 I have no influence at all**
- 2 A certain amount of influence**
- 3 I have great influence**
- 4 Not applicable**
- 5 Do not know**
- 8 Do not know**

Support from colleagues at work

If you are in need of support can you get it from your colleagues?

- 1 Yes, most of the time**
- 2 Yes, to a certain extent**
- 3 No**
- 4 do not know**
- 5 Do not have any work colleagues**

Stress/mental health

Do you suffer from anxiety or uneasiness?

- 1 yes
- 2 no

Have you had sleeping problems the last 2 weeks?

- 1 yes
- 2 no

Have you felt sad and miserable the last 2 weeks?

- 1 yes
- 2 no

Have you felt lonely and forsaken the last 2 weeks?

- 1 yes
- 2 no

Have you felt inferior and more worthless than other people the last 2 weeks?

- 1 yes
- 2 no

Have you had trouble finding anything meaningful to do the last 2 weeks?

- 1 yes
- 2 no

Health

General health

How do you rate your general health?

- 1 Very good**
- 2 Good**
- 3 Fairly good**
- 4 Bad**
- 5 Very bad**

How do you rate your general health? (1980-81, 1988-89)

- 1 Good**
- 2 Bad**
- 3 Something in between**

Diabetes, hypertension

Behavioral factors

Smoking

Alcohol

Physical activity

How much exercise do you get during your leisure time?

- 1 No exercise at all**
- 2 exercise now and then (shorter walks)**
- 3 exercise regularly about once a week**
- 4 exercise regularly at least twice a week**
- 5 exercise regularly pretty intense at least twice a week**

Dietary intake (2004-2005)

How often do you eat: shell-food and fish

How often do you eat: cheese 24-40%

How often do you eat: peanuts, chips and other snacks

How often do you eat: sweets and chocolate

How often do you drink: soda

How often do you eat: vegetables and root vegetables

How often eat: fruit and berries

What type of fat as bread spread

Mean levels of $\ln(\text{BMI})$ by age at baseline (left figure) and current age (right figure) among 1,634 males followed-up after 8 and 16 years

