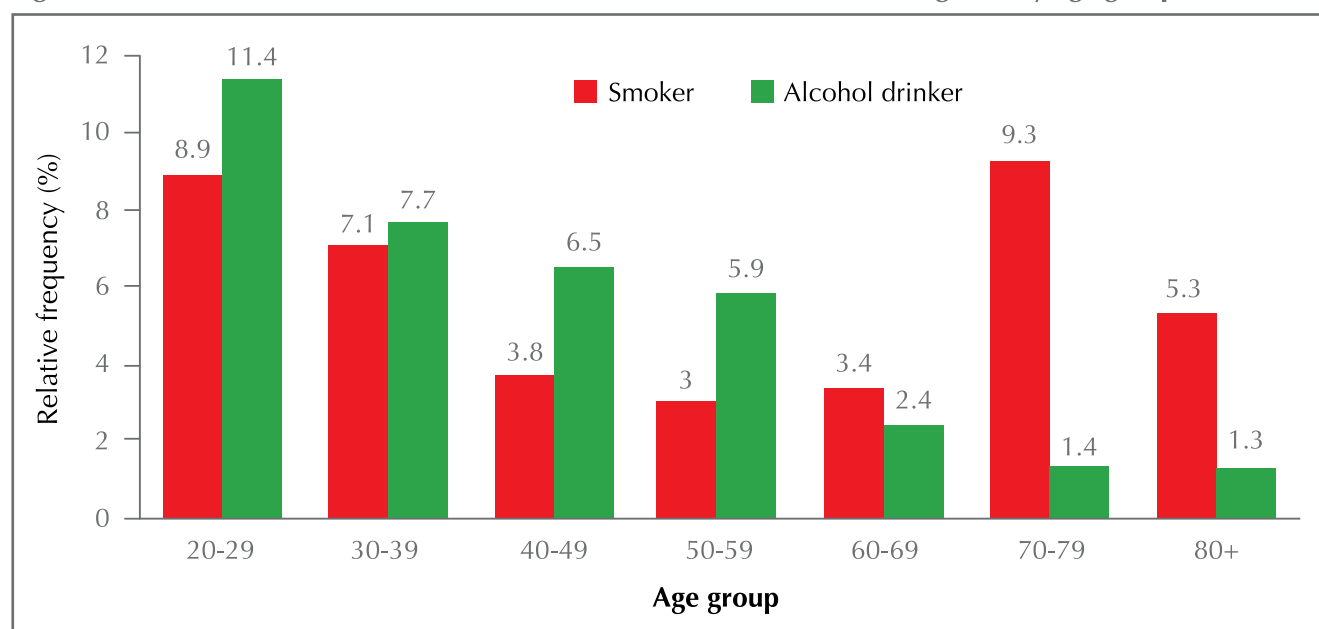


1.2 Lifestyle

Smoking and alcohol drinking habits at the time of diagnosis

Of 5,393 patients, 4.3% smoked for an average duration of 18.6 years at the rate of 3.9 cigarette packs per week. Among those who had ever smoked, 67.2% had quit smoking for 6.8 years at the time of diagnosis. Of all patients, 5.8% were alcohol drinkers who, on average, drank for a mean duration of 14.5 years with the approximate consumption of 4.6 glasses of alcoholic beverages per week. Common types of alcoholic beverages consumed were red wine (34.4%), beer (26.1%), mixed types of wine (14.1%) and white wine (5.9%). Of those who drank alcohol, 8.1% had stopped drinking at the time of diagnosis.

Figure 1.2.1 Distribution of smokers and alcohol drinkers at the time of diagnosis by age group (N=5,231)



Dietary habits, exercise and stress levels at the time of diagnosis

Among the patient cohort, 67.7% had a balanced diet, while only 13.1% had diets rich in meat or dairy products. Younger patients (25.0%) consumed a higher proportion of meals rich in meat or dairy products at the time of diagnosis (Table 1.2.1 and Table 1.2.2).

The most prevalent risk factor was a sedentary lifestyle or exercising less than 3 hours per week (72.5% of the patient cohort). Lacking regular exercise was the most significant risk factor among the younger age groups (ranging from 77.6% in the age group of 40-49 to 88.4% in the age group of 20-29) (Table 1.2.1 and Table 1.2.2).



The proportion of patients reported to be under moderate (defined as 25% to 50% of the time) to high levels of stress (defined as more than 50% of the time) was 66.8%. Stress was the most prevalent risk factor in the age group of 30-39. 34.9% were professionals or clerical workers; 5.4% were housewives; 7.5% were either non-clerical workers / labourers or self-employed people; 0.4% were retired or unemployed people (Table 1.2.1, Table 1.2.2 and Table 1.2.3).

By age group, patients from 20-29 had the highest proportion of inadequate physical activity (88.4%) and diets rich in meat and dairy products (25.0%). Those aged from 30-39 had the highest proportion of high stress levels; among them (47.8%), professionals and clerical workers had the highest stress levels by occupation (Table 1.2.2 and Table 1.2.3).

Table 1.2.1 Dietary habits, exercise habits and stress level at the time of diagnosis (N=5,393)

	Number	(%)
Dietary habits		
Meat rich / dairy product rich	704	(13.1)
Vegetable rich / Vegetarian	632	(11.8)
Balanced diet	3,653	(67.7)
Unknown	404	(7.5)
Exercise		
Never	1,722	(31.9)
< 3 hours per week	2,191	(40.6)
≥ 3 hours per week	1,392	(25.8)
Unknown	88	(1.6)
Stress level		
High *	1,951	(36.1)
Moderate **	1,655	(30.7)
Low	1,658	(30.7)
Unknown	129	(2.4)

* High level: defined as more than 50% of the time

** Moderate level: defined as 25%-50% of the time

Table 1.2.2 Dietary habits, lack of exercise and high stress level at the time of diagnosis by age group

Lifestyle	Age Group, Number (%)						
	20-29	30-39	40-49	50-59	60-69	70-79	80+
Diet rich in meat / rich in dairy products	17 (25.0)	136 (19.2)	332 (16.1)	150 (11.4)	31 (6.6)	19 (9.2)	6 (7.9)
Lack of exercise*	68 (88.4)	653 (84.1)	1,710 (77.6)	972 (70.2)	288 (57.9)	122 (57.3)	45 (58.8)
High level of stress**	34 (43.1)	372 (47.8)	913 (41.7)	462 (37.7)	100 (20.7)	29 (14.0)	5 (6.8)

* Lack of exercise: less than 3 hours of exercise per week

** High level of stress: more than 50% of the time under stress

Table 1.2.3 High stress level at the time of diagnosis by occupation and age group

Occupation	Age Group, Number (%)						
	20-29 (N=76)	30-39 (N=739)	40-49 (N=2,099)	50-59 (N=1,336)	60-69 (N=474)	70-79 (N=202)	80+ (N=70)
Professional / clerical	27 (35.5%)	258 (34.9%)	511 (24.3%)	164 (12.3%)	14 (3.0%)	2 (1.0%)	—
Non-clerical / labour	2 (2.6%)	36 (4.9%)	155 (7.4%)	119 (8.9%)	19 (4.0%)	2 (1.0%)	0 (0.0%)
Housewife	2 (2.6%)	40 (5.4%)	147 (7.0%)	117 (8.8%)	37 (7.8%)	18 (8.9%)	3 (4.3%)
Self-employed	0 (0.0%)	19 (2.6%)	35 (1.7%)	22 (1.6%)	7 (1.5%)	0 (0.0%)	--
Retired / unemployed	0 (0.0%)	3 (0.4%)	22 (1.0%)	27 (2.0%)	22 (4.6%)	6 (3.0%)	2 (2.9%)