

## Lunch Break Survey

### Fieldwork : June 20th-22nd 2003

Absolutes/col percents

Table 1

**Q.1 How long, on average do you usually take for your lunch break?****Base: All respondents who work**

	Sex			Age						Social Class				Region					
	Total	Male	Fe- male	18-24	25-34	35-44	45-54	55-64	65+	AB	C1	C2	DE	South East	Mid- lands	North Eng- land	Wales & South West	Scot- land	
Unweighted base	605	315	290	59	131	182	148	78	7	147	240	157	61	178	146	154	77	50	
Weighted base	565	321	244	72	145	162	125	55	5	161	200	142	62	166	138	141	72	48	
0 minutes	(0)	74 13%	36 11%	37 15%	7 9%	16 11%	26 16%	17 14%	5 9%	3 56%	18 11%	27 13%	20 14%	9 14%	22 13%	18 13%	12 17%	4 7%	
0-30 minutes	(15)	246 44%	150 47%	96 39%	29 40%	68 47%	70 43%	53 42%	25 46%	2 31%	60 37%	86 43%	64 45%	36 58%	60 36%	66 48%	64 45%	31 43%	25 51%
30 mins - 1 hour	(45)	214 38%	115 36%	99 41%	33 46%	54 37%	57 35%	47 37%	23 41%	1 13%	75 46%	79 39%	45 32%	16 25%	76 46%	44 32%	50 35%	27 37%	17 35%
Over 1 hour	(65)	25 4%	16 5%	9 4%	2 3%	6 4%	8 5%	7 6%	1 3%	- -	7 5%	7 3%	10 7%	- -	6 4%	9 6%	7 5%	- -	3 6%
Don't know		7 1%	4 1%	3 1%	1 2%	2 1%	1 1%	2 1%	1 2%	- -	1 1%	2 1%	2 1%	2 3%	1 1%	1 1%	3 2%	2 3%	- -
Mean		26.75	26.67	26.85	29.19	26.73	25.60	27.21	27.51	10.48	29.62	26.65	26.18	20.66	28.82	25.87	26.37	23.77	27.58
Standard deviation		18.67	18.51	18.91	18.03	18.28	19.10	19.32	17.64	16.53	18.66	18.49	19.65	15.47	18.81	19.03	18.72	17.59	18.45
Standard error		0.76	1.05	1.12	2.37	1.61	1.42	1.60	2.01	6.25	1.54	1.20	1.58	2.01	1.41	1.58	1.52	2.03	2.61

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Table 2

**Q.2 How often in your average working week do you skip lunch or have lunch at your desk or while you work?****Base: All respondents who work**

	Sex			Age						Social Class				Region				
	Total	Male	Fe- male	18-24	25-34	35-44	45-54	55-64	65+	AB	C1	C2	DE	South East	Mid- lands	North Eng- land	Wales & South West	Scot- land
Unweighted base	605	315	290	59	131	182	148	78	7	147	240	157	61	178	146	154	77	50
Weighted base	565	321	244	72	145	162	125	55	5	161	200	142	62	166	138	141	72	48
Never	(0) 219 39%	133 41%	87 35%	35 48%	50 35%	61 38%	50 40%	22 39%	1 24%	36 22%	82 41%	61 43%	40 66%	55 33%	57 41%	58 42%	26 36%	23 48%
Once a week	(1) 48 9%	25 8%	23 10%	5 6%	14 10%	11 7%	16 13%	1 2%	2 38%	22 13%	14 7%	9 7%	4 6%	23 14%	11 8%	8 6%	4 6%	2 4%
Twice a week	(2) 78 14%	43 13%	35 15%	15 21%	23 16%	19 11%	12 10%	9 16%	1 12%	29 18%	20 10%	25 17%	5 7%	26 16%	23 16%	12 8%	13 18%	5 10%
Three times a week	(3) 66 12%	38 12%	28 11%	5 7%	18 13%	21 13%	14 11%	7 12%	- -	25 15%	23 12%	14 10%	4 6%	24 15%	12 9%	14 10%	11 15%	4 9%
Four times a week	(4) 38 7%	17 5%	21 9%	3 5%	13 9%	10 6%	8 6%	3 6%	1 13%	17 11%	15 7%	4 3%	2 3%	8 5%	9 7%	16 11%	3 4%	2 4%
Every day	(5) 110 20%	63 20%	47 19%	9 12%	26 18%	39 24%	24 19%	14 25%	- -	31 19%	47 24%	27 19%	5 8%	29 18%	24 17%	30 21%	16 21%	12 25%
Don't know	5 1%	3 1%	3 1%	- -	1 1%	2 1%	2 1%	- -	1 13%	1 1%	- -	2 1%	2 4%	- -	2 1%	4 3%	- -	- -
Mean	1.97	1.91	2.06	1.49	2.05	2.15	1.87	2.18	1.30	2.37	2.09	1.80	0.94	1.97	1.84	2.06	2.11	1.92
Standard deviation	1.95	1.97	1.94	1.77	1.90	2.04	1.96	2.05	1.45	1.80	2.06	1.93	1.63	1.84	1.93	2.07	1.94	2.14
Standard error	0.08	0.11	0.11	0.23	0.17	0.15	0.16	0.23	0.59	0.15	0.13	0.16	0.21	0.14	0.16	0.17	0.22	0.30

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Table 3  
**Classification**  
**Base: All respondents who work**

	Sex			Age						Social Class				Region				
	Total	Male	Fe- male	18-24	25-34	35-44	45-54	55-64	65+	AB	C1	C2	DE	South East	Mid- lands	North Eng- land	Wales & South West	Scot- land
Unweighted base	605	315	290	59	131	182	148	78	7	147	240	157	61	178	146	154	77	50
Weighted base	565	321	244	72	145	162	125	55	5	161	200	142	62	166	138	141	72	48
<b>Sex</b>																		
Male	321	321	-	45	75	91	70	35	4	90	95	96	39	99	68	79	42	33
	57%	100%	-	63%	52%	56%	56%	64%	75%	56%	48%	68%	64%	60%	49%	56%	58%	68%
Female	244	-	244	27	70	70	55	20	1	71	104	46	22	67	70	62	30	15
	43%	-	100%	37%	48%	44%	44%	36%	25%	44%	52%	32%	36%	40%	51%	44%	42%	32%
<b>Age</b>																		
18-24	72	45	27	72	-	-	-	-	-	12	28	24	8	21	20	17	9	5
	13%	14%	11%	100%	-	-	-	-	-	8%	14%	17%	13%	13%	14%	12%	12%	11%
25-34	145	75	70	-	145	-	-	-	-	48	54	27	16	50	41	30	15	9
	26%	23%	29%	-	100%	-	-	-	-	30%	27%	19%	26%	30%	30%	21%	20%	19%
35-44	162	91	70	-	-	162	-	-	-	56	49	44	12	45	34	43	22	18
	29%	28%	29%	-	-	100%	-	-	-	35%	24%	31%	20%	27%	24%	30%	30%	38%
45-54	125	70	55	-	-	-	125	-	-	33	44	36	13	36	30	32	17	10
	22%	22%	23%	-	-	-	100%	-	-	20%	22%	25%	21%	22%	22%	22%	24%	20%
55-64	55	35	20	-	-	-	-	55	-	10	25	11	10	11	12	17	9	6
	10%	11%	8%	-	-	-	-	100%	-	6%	12%	8%	16%	7%	9%	12%	12%	12%
65+	5	4	1	-	-	-	-	-	5	3	1	-	2	1	1	1	2	-
	1%	1%	1%	-	-	-	-	-	100%	2%	*	-	3%	1%	1%	1%	2%	-

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	Total	Male	Fe- male	18-24	25-34	35-44	45-54	55-64	65+	AB	C1	C2	DE	South East	Mid- lands	North Eng- land	Wales & South West	Scot- land
Weighted base	565	321	244	72	145	162	125	55	5	161	200	142	62	166	138	141	72	48
<b><u>Social Class</u></b>																		
AB	161 29%	90 28%	71 29%	12 17%	48 33%	56 35%	33 26%	10 17%	3 50%	161 100%	-	-	-	57 34%	44 32%	32 23%	19 27%	9 19%
C1	200 35%	95 30%	104 43%	28 39%	54 37%	49 30%	44 35%	25 44%	1 11%	-	200 100%	-	-	61 37%	43 31%	60 43%	21 29%	14 30%
C2	142 25%	96 30%	46 19%	24 33%	27 19%	44 27%	36 28%	11 20%	-	-	-	142 100%	-	35 21%	34 25%	32 23%	24 33%	17 35%
DE	62 11%	39 12%	22 9%	8 11%	16 11%	12 8%	13 10%	10 18%	2 39%	-	-	-	62 100%	13 8%	17 12%	16 12%	8 11%	8 17%
<b><u>Region</u></b>																		
North	189 33%	112 35%	77 32%	23 31%	39 27%	61 38%	41 33%	23 42%	1 26%	41 25%	74 37%	49 35%	24 39%	-	-	141 100%	-	48 100%
Midlands	161 29%	83 26%	78 32%	24 33%	44 31%	40 25%	37 29%	14 26%	2 38%	46 29%	52 26%	44 31%	18 30%	-	138 100%	-	23 32%	-
South	215 38%	126 39%	89 36%	26 36%	62 43%	60 37%	47 38%	18 32%	2 36%	74 46%	73 37%	49 35%	19 31%	166 100%	-	-	49 68%	-

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	Total	Male	Fe- male	18-24	25-34	35-44	45-54	55-64	65+	AB	C1	C2	DE	South East	Mid- lands	North Eng- land	Wales & South West	Scot- land
Weighted base	565	321	244	72	145	162	125	55	5	161	200	142	62	166	138	141	72	48
<b><u>Working status</u></b>																		
Full-time	456 81%	294 92%	161 66%	54 74%	119 83%	133 82%	107 85%	41 75%	2 38%	138 86%	162 81%	116 82%	39 63%	130 79%	112 81%	112 80%	58 80%	43 89%
Part-time	109 19%	27 8%	82 34%	19 26%	25 17%	29 18%	19 15%	14 25%	3 62%	23 14%	37 19%	26 18%	23 37%	35 21%	26 19%	28 20%	14 20%	5 11%
Not working but seeking work or temporarily unemployed/sick	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Not working/not seeking work/retired	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
<b><u>Tenure</u></b>																		
Own outright	86 15%	52 16%	34 14%	10 14%	13 9%	17 10%	22 18%	19 35%	4 76%	26 16%	24 12%	20 14%	16 26%	14 9%	23 17%	31 22%	11 15%	6 12%
Own with a mortgage	332 59%	179 56%	153 63%	32 44%	88 61%	109 68%	78 62%	25 45%	1 11%	112 69%	115 58%	79 56%	26 42%	93 56%	84 61%	83 59%	39 54%	32 67%
Council	68 12%	41 13%	26 11%	11 16%	16 11%	21 13%	12 10%	7 13%	1 12%	4 2%	21 11%	27 19%	16 25%	20 12%	14 10%	16 12%	10 14%	8 16%
Rented from someone else	67 12%	40 12%	27 11%	17 23%	25 17%	12 7%	11 8%	2 4%	-	13 8%	37 18%	14 10%	3 4%	31 19%	13 9%	9 7%	11 15%	3 6%
Rent free	4 1%	3 1%	1 1%	-	1 *	2 1%	1 1%	1 1%	-	2 1%	1 1%	1 1%	-	3 2%	1 *	1 *	-	-
Refused	8 1%	6 2%	2 1%	2 3%	2 2%	1 *	2 1%	1 2%	-	5 3%	1 1%	-	2 3%	4 2%	3 3%	-	1 1%	-

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Weighted base	565	321	244	72	145	162	125	55	5	161	200	142	62	166	138	141	72	48
<b><u>Foreign Holiday in last 3 years</u></b>																		
Yes	390 69%	213 66%	177 73%	47 65%	111 76%	112 69%	78 62%	39 70%	4 75%	138 85%	144 72%	82 58%	26 42%	119 72%	89 64%	98 70%	51 70%	34 70%
No	175 31%	108 34%	66 27%	25 35%	34 24%	50 31%	48 38%	17 30%	1 25%	23 15%	56 28%	60 42%	36 58%	47 28%	49 36%	43 30%	21 30%	14 30%
<b><u>Number of cars</u></b>																		
None	79 14%	50 16%	28 12%	15 21%	22 15%	23 14%	10 8%	7 12%	1 24%	9 6%	33 17%	19 13%	18 28%	24 14%	20 14%	22 15%	9 13%	4 9%
1	249 44%	148 46%	101 41%	30 41%	75 52%	70 43%	48 38%	24 44%	2 44%	63 39%	89 45%	64 45%	33 53%	79 48%	56 41%	54 38%	32 44%	28 58%
2	191 34%	98 31%	93 38%	15 21%	43 30%	61 38%	51 41%	20 36%	2 32%	74 46%	62 31%	45 32%	10 16%	50 30%	47 34%	52 37%	27 38%	15 31%
3+	46 8%	24 7%	22 9%	13 17%	5 3%	8 5%	16 13%	5 8%	- -	15 9%	16 8%	14 10%	1 2%	12 7%	15 11%	14 10%	4 5%	1 2%

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Weighted base	565	321	244	72	145	162	125	55	5	161	200	142	62	166	138	141	72	48
<b><u>Internet Access</u></b>																		
At home	142 25%	81 25%	62 25%	24 33%	25 17%	43 27%	37 30%	11 20%	2 45%	32 20%	51 25%	48 34%	11 18%	48 29%	26 19%	38 27%	17 23%	13 28%
At work	70 12%	44 14%	26 11%	10 14%	23 16%	16 10%	10 8%	10 19%	1 12%	15 9%	34 17%	12 9%	9 14%	20 12%	13 10%	26 18%	7 9%	4 9%
Both at home and at work	207 37%	107 33%	100 41%	18 24%	72 50%	61 38%	44 35%	11 20%	1 19%	101 63%	75 38%	27 19%	4 6%	68 41%	55 40%	43 30%	25 34%	16 33%
Somewhere else	21 4%	14 4%	8 3%	7 10%	6 4%	5 3%	3 2%	- -	- -	3 2%	10 5%	4 3%	4 6%	3 2%	7 5%	5 3%	4 6%	2 4%
Not at all	123 22%	75 23%	48 20%	13 18%	17 12%	37 23%	32 25%	23 41%	1 24%	10 6%	29 15%	51 36%	33 54%	26 15%	35 25%	30 21%	20 27%	13 26%
Refused	1 *	- -	1 *	- -	1 1%	- -	- -	- -	- -	- -	- -	- -	1 2%	- -	1 1%	- -	- -	- -

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Weighted base	565	321	244	72	145	162	125	55	5	161	200	142	62	166	138	141	72	48
<b><u>Age Finished Full Time Education</u></b>																		
Up to 15	68 12%	46 14%	21 9%	4 5%	3 2%	5 3%	31 25%	24 44%	- -	7 4%	17 8%	27 19%	17 28%	16 9%	16 12%	21 15%	8 11%	6 13%
16	178 32%	108 34%	70 29%	23 32%	31 21%	75 46%	36 29%	13 23%	1 13%	30 19%	59 30%	62 44%	26 43%	40 24%	50 36%	46 33%	26 36%	16 33%
17	51 9%	25 8%	26 11%	9 12%	12 8%	16 10%	11 9%	3 5%	1 24%	9 6%	20 10%	18 13%	3 5%	17 10%	14 10%	9 7%	6 8%	5 10%
18	84 15%	42 13%	42 17%	18 24%	21 14%	22 14%	16 13%	7 13%	- -	20 12%	41 21%	15 10%	8 13%	25 15%	14 10%	19 14%	14 19%	12 25%
19 or over	167 30%	89 28%	78 32%	13 18%	73 50%	43 27%	27 22%	9 16%	3 51%	89 55%	57 28%	18 13%	3 6%	61 37%	39 28%	40 28%	18 24%	9 19%
Still in full time education	11 2%	6 2%	5 2%	6 9%	3 2%	1 *	1 *	- -	1 13%	4 3%	5 2%	1 *	1 2%	4 2%	2 2%	5 4%	- -	- -
Had no full time education	1 *	1 *	- -	- -	- -	- -	1 1%	- -	- -	- -	- -	- -	1 1%	1 1%	- -	- -	- -	- -
Refused	5 1%	3 1%	2 1%	- -	2 2%	- -	2 2%	- -	- -	2 1%	1 *	1 1%	1 2%	2 1%	2 2%	- -	1 1%	- -

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	Total	Male	Fe- male	18-24	25-34	35-44	45-54	55-64	65+	AB	C1	C2	DE	South East	Mid- lands	North Eng- land	Wales & South West	Scot- land
Weighted base	565	321	244	72	145	162	125	55	5	161	200	142	62	166	138	141	72	48
<b><u>Marital Status</u></b>																		
Single	150 27%	98 31%	52 21%	53 73%	47 32%	31 19%	15 12%	5 9%	-	30 19%	59 29%	39 27%	23 37%	43 26%	44 32%	35 25%	19 26%	9 19%
Married/ co-habiting	333 59%	185 58%	148 61%	16 22%	90 62%	107 66%	80 64%	35 64%	4 74%	114 71%	103 51%	88 62%	29 46%	102 62%	72 52%	79 56%	48 67%	32 67%
Widowed/ separated/ divorced	78 14%	35 11%	43 18%	3 4%	6 4%	23 14%	30 24%	15 27%	1 26%	16 10%	38 19%	16 11%	9 15%	20 12%	19 14%	27 19%	6 8%	7 14%
Refused	4 1%	3 1%	1 *	-	2 2%	-	1 1%	1 1%	-	2 1%	1 *	-	1 2%	1 1%	3 2%	-	-	-
<b><u>Children in Household</u></b>																		
None aged 18 or under	343 61%	200 62%	143 59%	66 91%	83 57%	62 38%	78 62%	50 91%	5 100%	95 59%	128 64%	82 58%	37 60%	104 63%	89 65%	80 57%	43 60%	27 56%
Yes (net)	221 39%	121 38%	99 41%	7 9%	62 43%	100 62%	47 37%	5 9%	-	65 40%	71 36%	59 42%	25 40%	61 37%	49 35%	61 43%	28 39%	21 44%
- Aged under 5	70 12%	49 15%	21 9%	7 9%	35 24%	24 15%	5 4%	-	-	20 12%	22 11%	19 13%	10 16%	22 13%	17 12%	17 12%	6 8%	9 18%
- Aged 5-10	109 19%	61 19%	48 20%	2 2%	30 21%	63 39%	13 10%	2 3%	-	34 21%	37 18%	27 19%	11 18%	29 18%	21 15%	33 24%	15 21%	11 22%
- Aged 11-15	92 16%	49 15%	43 18%	2 2%	9 6%	52 32%	27 22%	2 4%	-	29 18%	27 14%	27 19%	9 15%	22 13%	22 16%	29 21%	13 18%	6 13%
- Aged 16-18	47 8%	23 7%	24 10%	-	2 2%	21 13%	20 16%	3 6%	-	8 5%	17 9%	14 10%	7 12%	11 7%	12 8%	13 9%	6 8%	5 11%
Refused	1 *	-	1 *	-	-	-	1 1%	-	-	1 1%	-	-	-	-	-	-	1 1%	-