

PRESS RELEASE

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Selected Data from the 2010 Social Survey on Health and Lifestyle

Among those aged 20 and over:

- 19% rate their health as 'not good' or 'not good at all'; of those aged 75 and over, 64% rate their health this way.
- Of persons in the working-age (25-64), 78% of those who rated their health as 'good' are employed, compared with 40% of those who evaluated their health status as 'not good.'
- 23% reported on a problem in day-to-day functioning.
- 20% have some measure of difficulty in vision (even when they are wearing glasses), 15% have difficulty in hearing.
- Half (50%) of the population exercise at least once a week, 24% exercise strenuously, and 36% exercise moderately.
- Of the reasons given for exercise, the most common are for health benefits (40%) and feeling good (40%).
- Women exercise for the purpose of a diet or watching their weight twice as much as men (22% versus 10%, respectively).
- The most common reasons given for not exercising are a lack of time (42%) and a physical disability (22%).

The 2010 Social Survey dealt extensively on the topics of health and lifestyle: Self-evaluation of health status, difficulties in day-to-day functioning, nutritional habits, smoking, exercise, sleep, exposure to the sun, medical check-ups, and health insurance. This Press Release brings selected findings, based on the responses of those interviewed in the course of the survey, about self-evaluation of their health, difficulties in vision and hearing, difficulties in day-to-day functioning, and exercise.

Self-Evaluation of Health, Aged 20 and Over

Nineteen percent (19%) of those aged 20 and over rated their health as 'not so good' or 'not good at all'. The percentage of those rating their health as 'not good' increases with age; at age 75 and over, 64% rated their health as 'not good'. In all age groups, women rate their health status more negatively than men.

Table 1. Subjective Self-Evaluation of Health Status as Not Good,* by Sex and Age

	Thousands	Total	20-44	45-54	55-64	65-74	75 and over
		Percentages					
Total	901.2	18.9	5.6	18.9	30.9	48.9	64.4
Men	380.2	16.4	5.4	18.0	27.3	41.4	58.3
Women	521.0	21.2	5.7	19.8	34.3	55.0	69.1

* 'Not good' or 'not good at all'

In all age groups, the percentage of those who rate their health as 'not good' is higher among the Arabs than it is among the Jews (21% compared with 18%, respectively). It is higher among those with a lower level of education than among those with a higher educational level (29% among those with no matriculation certificate, compared with 11% among those with an academic degree). The percentage is also higher among those with a low income than among those with a high income (27% among those with a household income per person of up to NIS 2,000, compared with 11% for those with an income above NIS 4,000).

Health Status and Employment

Of those in the working-age (25-64), employed persons are found at a higher percentage (78%) among those that rate their health as 'good', compared with the percentage of employed persons among those that rank their health as 'not good' (40%). Among those aged 45-64, the percentage of employed persons among those who defined their state of health as 'good' was double the percentage of those who defined their state of health as 'not good' (77% compared with 38%, respectively).

Table 2. Aged 25-64, by Employment Status, and Self-Evaluation of Health

	25-44		45-64	
	Health - 'good'	Health - 'not good**'	Health - 'good'	Health - 'not good**'
Total	100.0	100.0	100.0	100.0
Employed	78.0	43.2	76.5	38.2
Unemployed	4.8	9.4	2.8	6.1
Not in the labour force	17.2	47.4	20.7	55.6

**'Not good' or 'not good at all'

Difficulties in Day-to-Day Functioning

Twenty-three percent (23%) of those aged 20 and over have a health problem or physical disability that interferes with their day-to-day functioning. In all age groups this problem is more prevalent by women than men (in total, 25% of the women compared with 21% of the men).

Table 3. Those Having Difficulty in Day-to-Day Functioning, by Level of Difficulty

	Total	Minimal difficulty	Great difficulty	Completely unable
	Percentage			
Difficulty in walking or going up stairs	18.3	8.0	8.8	1.5
Difficulty with household tasks (cleaning, and the like)	15.5	7.3	5.3	2.9
Difficulty with washing or dressing themselves	8.1	4.4	2.5	1.2
Difficulty in vision (even with glasses)	20.1	15.4	4.3	0.4
Difficulty in hearing (even with hearing aid)	15.2	11.7	3.1	0.4
Difficulty in concentration	11.7	8.1	3.1	0.5

Eighteen percent (18%) of those aged 20 and over have some degree of difficulty in **walking or going up stairs**, 16% have difficulty completing **household tasks** (such as cleaning, shopping, errands outside the home).

Eight percent of the population (aged 20 and above) have difficulty with **washing or getting dressed**. At **ages 65-74**, 20% have difficulty, and at **age 75 and over**, the percentage of those with difficulty increases to 42%, in which 24% of those in this age group have great difficulty or are completely unable to wash or dress themselves.

Twenty percent of the population (aged 20 and over) have some degree of difficulty in **vision** (including those with difficulties even when they are wearing glasses). This percentage increases with age and among those aged 65 and over, 44% have difficulty in seeing. At age 75 and over about a quarter (24%) of the population has great difficulty or is unable to see at all.

Fifteen percent of the population (aged 20 and over) has some degree of difficulty in **hearing** (including those who have difficulty while using a hearing aid). This percentage increases with age as well: About one-fifth (19%) of those aged 45-64 has difficulty in hearing. Among those aged 75 and over about half (51%) have difficulty in hearing, and 20% have great difficulty or do not hear at all.

Exercise among Those Aged 20 and Over

Half of the population (50%) exercise at least once a week and among those aged 65 and over – 46%. In a breakdown by the type of activity, the difference between the age groups becomes apparent: A third (33%) of those aged 20-44 **exercise strenuously**, and 6% of those aged 65 and over. Nonetheless, the percentage of those **exercising moderately** is very similar among the age groups: 40% of those aged 65 and over exercise moderately, compared with 33-38% among the younger age groups.

Table 4. Those who Exercise at Least Once a Week, by Age, and by Type of Exercise

	20-44	45-64	65 and over
	Percentage		
Total of those exercising*	51.1	48.8	46.3
Those exercising strenuously**	32.6	18.8	5.6
Those exercising moderately***	33.3	37.9	39.6
Those doing muscle strengthening exercises	19.0	14.7	12.9

* The questionnaire related to the last three months regarding exercise such as walking, running, swimming, etc.

** Strenuous exercise is activities that cause intense perspiration and a great increase in heart rate, such as running, aerobic exercise.

*** Moderate exercise is activities that cause light perspiration and a slight increase in heart rate, such as walking, relaxed swimming.

The percentage of those exercising at least once a week is higher among men (54%) than among women (45%); it is also higher among Jews (54%) than among Arabs (29%). Among Jews, it is higher among the secular (58%) than among the religious and ultra-Orthodox (49-51%).

Why do people exercise? Forty percent of them indicated that the principal reason was for a health benefit and preventing illnesses. An identical share (40%) indicated the pleasure and good feeling that they benefitted from exercise. An additional 16% exercised mainly for the purpose of a diet or watching their weight, and this was twice as much among women than men: 22% of the women compared with 10% of the men. (Four percent exercise for other reasons).

Fifty percent of the population aged 20 and over **do not exercise at all**. Why? The most common reason given is a lack of time (42%); 22% indicated a health reason, 10% because of exhaustion, and another 8% because exercise does not seem important to them.

For further information:

[Social Survey Page on the CBS Internet Site](#)

[The 2010 Social Survey Questionnaire](#)

[Israel Central Bureau of Statistics Social Survey Table Generator](#)