



Boyne Research Institute

1993 DROGHEDA SCHOOL LEAVERS
10 YEARS ON
REPORT

by

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SUMMARY

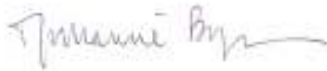
The 1993 Drogheda School Leavers is a unique cohort consisting of all the young people who completed their Leaving Certificate in Drogheda-area schools in 1993. The 7 Drogheda schools provided lists that totalled 653 young people. As a complete group from the largest Irish town, this cohort can fairly claim to be representative of Irish people in this age group. This report describes their characteristics at the second contact, ten years after the Leaving Certificate in 2003/4. At this time the group was aged 28 years on average, and slightly more than half of those responding to our request for an interview were women (51.8%).

This group of Irish young people and their parents present in a microcosm the extraordinary changes that have occurred in Irish society in the past 40 years. Just to take one example -- the limited access to education of their parents is contrasted to the educational achievement of the School Leavers. About 60% of fathers and 64% of mothers did not complete their secondary education, and less than 1% had a university degree. Contrast this to the School Leavers: most (89%) went on to third level education, with nearly 70% obtaining either a degree, a certificate, or a diploma.

Over half School Leavers owned their own home. Over 90% were employed full-time. Income levels were good, with nearly half making over €30,000 a year. Marital status reflected their age: in 2003/4 slightly more than half remained single, and 21.9% who had become a parent.

Although their health was good, problems such as overweight and obesity were present. One-third were either overweight or obese (33.8%), and of these 21 or 5.1% were obese, as measured by their body mass index, a measure that controls for height. A special report concerning the factors that were linked to overweight and obesity in the School Leavers is available on the BRI website: www.boyneresearch.ie.

We plan to continue following this group forward. They will tell us about Irish society in a time of continued change.



Julianne Byrne, PhD
Director, Boyne Research Institute

INTRODUCTION

This project was initiated in 1993, proposed by the participants in the Summer Student Programme of the Boyne Research Institute in that year, as a way to capture an image of the town. The intent was and is to establish a cohort, that is, to follow this group forward in time to see what they make of themselves.

The first contact was in 1996 with the assistance of a small grant from the Department of Social Welfare in Drogheda. An objective at that time was to determine how it was that girls did better in the Leaving Certificate examination than boys, but seemed to lose ground as time goes on, so that women are underrepresented at the top levels of business and academia, probably all over the world. We have yet to completely understand this phenomenon, but it remains as a goal for this project.

This report describes the results from the second contact with the School Leavers, now at an average age of 27.7 years.

Missing from this cohort, which otherwise would represent all of the people living in Drogheda in 1993 in this age range, are a small group who went to boarding school and who completed their Leaving Certificate there, and another small group who left school early and did not complete their Leaving Certificate with their peers.

Since the Leavers had gained significant weight, 10.2 pounds on average, between these two contacts, a special report concerning the factors that were associated with current weight and with weight gain was done and is available on the BRI website at www.boyneresearch.ie.

METHODS

In 1993, all seven Drogheda – area schools provided the Boyne Research Institute with a list of the names, addresses, and phone numbers of all 653 members of the Leaving Certificate class of that year. A database of the contact information was created in Epi-Info, an epidemiological data management and analysis programme. The Ethics Board of the Boyne Research Institute approved the study methods, which included strict measures to secure the confidentiality and anonymity of the individuals participating in the study.

So far there have been two phases of the 1993 Drogheda School Leavers Survey.

Phase I:

1993 Drogheda School Leavers Survey; First Contact (1995 – 1996)

From March to June 1996, a mailing was sent out to each school leaver's home with a stamped return envelope. A reminder phone call was made within 4 weeks, then re-contacts with postcards.

Of the total, 328 returned completed questionnaires, and we had no contact with a further 295; of the remaining 25, only one explicitly refused to participate in the 1993 Drogheda School Leavers Survey and any future phases. The overall response rate was 50.2%

Phase II:

1993 Drogheda School Leavers Survey; Ten Years On (2003 – 2004)

From June 2003 to March 2004, the Boyne Research Institute attempted to contact 652 school leavers to complete a 10 year follow up questionnaire. The Boyne Research Institute telephoned the school leavers' original phone numbers in 1993 and the latest contact information for the leavers was requested from family members. In some instances the school leaver was living at home and could be interviewed immediately. Occasionally questionnaires were posted to the school leavers' original address if there was no telephone number available, or if requested.

Of the 652 leavers in this cohort, 413 questionnaires were completed. There were 84 refusals, 18 leavers were un-contactable, there was no contact information for 136 leavers, and one school leaver had died.

RESULTS

Section A: The Respondent

Gender and Age

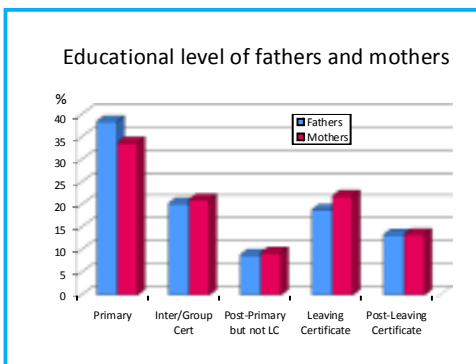
A small majority of 413 1993 Drogheda school leavers interviewed in 2003-4 were female (Table 1); 51.8%. The ages of the Leavers ranged from 26 to 30 with a mean age of 27 (Table 2).

Leaving Certificate Points

When Leavers were asked 10 years on, how many points they received in the Leaving Certificate exams, over half could not remember. Of those that could recall, over a quarter, 26.7% said that they got 300 points or less, 60.4% got between 300 and 450 points and 12.9% got over 450 points (Table 3).

Parents' Education Level

To evaluate the family background, SL were asked what was their father's and mother's level of education (Table 4).

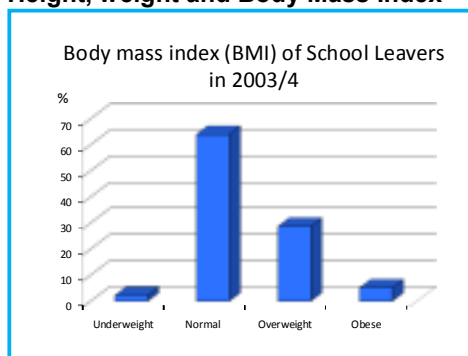


Over two-thirds of fathers had not completed their secondary education: 67.7% had less than a Leaving Certificate education. Less than 6% of fathers had a primary university degree and 1.2%, or 5, had a post-graduated university degree.

Mothers had a similar pattern to fathers. Over two-thirds of mothers (64.4%) did not complete their second level education. 5.2% had a university degree and only 2, or 0.5%, had a post-graduate university degree.

Section B: Health and Nutrition

Height, weight and Body Mass Index



The 1993 Drogheda school leavers were asked to specify their current height and weight. The average height was 67.6 inches, with a range of 59 – 77 inches (Table 5). Average weight of the leavers was 156.7 pounds, with a range of 98 – 238 pounds (Table 6). Their average Body Mass Index (BMI) was 24.0, with a range BMI of 16.8 – 38.4 (Table 7). A small percentage of leavers were underweight, 2.2%. The majority, 64.0%, were normal weight, with a BMI in the range of 18.0 – 24.9. Over a quarter, 28.7% were overweight, and an additional 5.1% were classified as obese with a BMI of 30 or more. Thus, one-third of School Leavers were either overweight or obese (33.8%).

Self health rating

When asked to rate their own health, over half 52.1% rated their health as good with a further 40.4% rating their health as excellent. 7.0% considered their health to be fair, with just 0.5% rating their health as poor (Table 8).

Serious Illnesses

A minority, 7.3%, had a serious illness in the years since leaving school (Table 9). These illnesses included asthma, polycystic ovaries, diabetes, back problems, meningitis, pneumonia, and skin cancer (Table 10).

Dietary habits

The majority, 69.7%, ate on average three meals a day, with 23.0% eating less than three a day, and 7.3% eaten four or more (Table 11). Over a quarter (27.1%) did not eat takeaway meals, while almost half, 48.2%, ate one takeaway meal per week on average. 38.2% ate two or more takeaway meals per week (Table 12).

Many Leavers, 44.6%, did not eat sweet snacks daily, whereas over 55% ate one or more sweet snacks daily. In regards to daily consumption of salty snacks, the majority of leavers did not eat salty snacks daily, with the remainder eating up to five a day (Tables 13 and 14).

The majority of Leavers had at least one portion of fruit and vegetables daily. Most leavers had one piece of fruit a day, 44.6% and one serving of vegetables a day, 67.6% (Tables 15 and 16).

Folic Acid Knowledge and Use

As seen in Table 17, the majority of Leavers, 92.5%, had heard of folic acid, while 69.6% had heard of its benefits (Table 18). Just under half (45.8%) correctly stated that before and during early pregnancy was the best time to take folic acid (Table 19)

In spite of the high level of knowledge about folic acid, only 11.3% were currently taking folic acid (Table 20). Of those that took folic acid, 54.8% took it as part of a multivitamin, and 33.3% took folic acid alone (Table 21).

Section C: Mental Health

Negative Symptoms

Most School Leavers did not identify with four of the five questions relating to negative symptoms of mental health. The majority did not feel unhappy or depressed recently (75.5%), did not think of themselves as a worthless person (92.9%) and had not lost much sleep over worry (66.6%; Table 22). However, stress seemed to be part of their lives, with 23.1% of school leavers feeling the effects of pressure and stress more than usually (Table 22).

Positive Symptoms

In contrast, over three-quarters agreed that their level of positive aspects of mental health were at their usual level, and only a small proportion, between 1.7% and 6.1%, were feeling less positive than usual (Table 23).

Section D: Smoking

Just under a third, 32.2%, of 1993 Drogheda school leavers currently smoked. Of those that did not currently smoke, 32.0% had smoked since leaving school. In total, 54.0% of the leavers had smoked at some stage since leaving school (Tables 24- 26).

Of those who had smoked, the vast majority, 81.0%, started smoking as teenagers between the ages of 13 and 19 inclusive. Eleven Leavers, 5.0%, starting smoking before the age of thirteen, and 14.0% started smoking after turning twenty (Table 27).

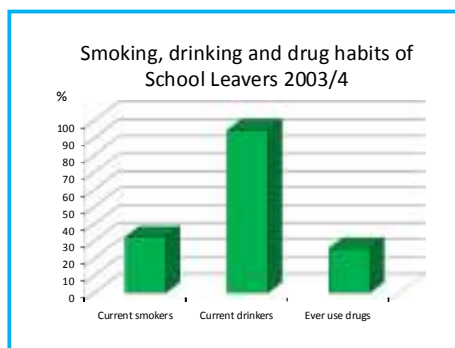
Almost half of current or former smokers, 47.3%, reported smoking less than 10 cigarettes daily. The majority reported smoking between 10 and 29 cigarettes daily (49.1%), with the remainder smoking 30 or more per day (Table 28).

The vast majority of current or past smokers had attempted to quit smoking (84.7%; Table 29). This resulted in 47.8% successfully giving up smoking. Of those that were still currently smoking the majority, 75.0%, said that they would like to quit smoking (Table 31).

Section E: Alcohol and other drugs

Alcohol consumption

The vast majority of 1993 school leavers drank alcohol (94.2%). Over half of these, 54.8% were not frequent drinkers, drinking once per week or less. A small minority, 4.6%, drank more than three times per week on average (Tables 32-33).



When asked about the number of alcoholic drinks consumed on an average night or session, 54.8% said they would drink between 4 and 6 drinks. Less than quarter said they would drink less than 4 drinks on an average night. Over a fifth, 20.6% would drink seven or more drinks (Table 34).

Beer was the most common drink with 60.2% drinking it. Almost half, 49.6%, drank wine, 27.5% drank spirits, 25.2% drank stout, 9.3% drank cocktails, and 6.9% drank alcopops.

Illegal drug use

Just over a quarter of the 1993 Drogheda school leavers had used drugs, 25.7%. Over the past 3 years, 11.7% used drugs once or more per week, 24.3% used drugs monthly, 19.4% used drugs occasionally and 22.3% used drugs once only. A further 22.3% reporting not having taken any drugs in the past 3 years (Tables 36-37).

The vast majority of those who used drugs first did so in their teens (81.0%), with the remaining 19% taking drugs for the first time in their twenties (Table 38).

The 106 respondents who had taken drugs were asked about the type of drugs. As seen in Table 39, cannabis/hash was the most common drug (95.3%), followed by ecstasy (34.9%), LSD (26.4%), cocaine (3.8%), speed (1.9%), and magic mushrooms (0.9%). Two school leavers, 1.9%, had used heroin.

Section F: Exercise

Almost three quarters of school leavers exercised on a regular basis (74.3%; Table 40). The most common sports or physical activities undertaken by the 1993 Drogheda school leavers are presented in Table 41. The most common sport was walking (45.8%), followed by swimming (19.9%) gym (13.3%), soccer (12.8%), aerobics (8.7%), cycling (7.7%), weight training (7.7%), running (7.5%) and Gaelic football (6.3%).

A minority of school leavers had taken part in other sports and physical activities such as golf, yoga, and jogging.

Section G: Family and Accommodation

Marital Status

The majority of school leavers were single, 53.8%. Over a fifth were married, 22.0%, with a further 23.5% engaged or living with their partner. Three school leavers, 0.7%, were either separated or divorced (Table 42).

Pregnancy History

At the time they were interviewed over a fifth of the 1993 Drogheda school leavers, 21.9%, had been pregnant or had fathered a pregnancy. Over half of these had had one pregnancy with 41.1% having two or more pregnancies. In total there were 134 pregnancies, with the vast majority 84.3%, ended in the birth of a full term child. 6.7% of the pregnancies ended adversely, with 1.5% ending prematurely, 4.5% ending in miscarriage, and 0.7% ending in an ectopic pregnancy. A further 9.0% reported current pregnancies (Tables 43- 45).

The age of school leavers when their first pregnancy occurred ranged from 15 years to 29 years old. A minority occurred before adulthood, 1.1%, a further 28.9% occurred between the ages of 18 – 22, and 21.1% occurred between the ages of 23 – 25. The majority of first pregnancies, 48.9%, occurred in the late twenties, 26 – 29 years old (Table 46).

Accommodation

Most of the leavers lived in a house, 86.2%. Few, 11.9%, lived in a flat/apartment, with just 1.0% living in a bed-sitter. Of those living in a house, most (40.7%) lived in a semi-detached house, and 31.5% lived in a detached house (Table 47).

Over half of the school leavers, 52.1%, owned their own home, with the vast majority of these making loan or mortgage repayments (87.9%). Over a fifth of school leavers were renting their accommodation privately (22.7%) and 21.8% were living with their parents (Table 48)

Section H: Further Education

The vast majority of school leavers went into further education after completing the Leaving Certificate (89.3%) Of the 369 school leavers who went into further education, 50 or 13.6% were still in further education. Most had done a full-time course, 94.0%. (Tables 49-51).

Highest qualification

Looking at the highest further education award a school leaver attained, the most common was a certificate, 26.0%. Over a fifth attained a degree, 22.2%, 20.3% received a diploma, 8.0% acquired an advanced diploma, or qualification, 6.8% attained a masters degree, 4.9% completed an apprenticeship, and 1.1% have received a PhD. One-tenth (10.6%) attempted further education but did not complete any courses (Table 52).

Section I: Employment

The vast majority of the 1993 Drogheda school leavers surveyed were currently employed (91.5%) with 93.9% working full time, and 93.7% having just the one job. Less than ten percent were employers or self-employed. The balance, 92.0%, worked as employees. Almost two-thirds, 61.1%, were working in a professional, managerial or technical occupation, with the balance working in a non-manual, skilled manual, semi-skilled, or unskilled occupation (Tables 53-57).

Income

As seen in Table 58, very few school leavers, 3.3%, were earning less than €10,000 annually. 14.4% were earning between €10,000 and €20,000, 34.9% were earning between €20,000 and €30,000, and almost half, 47.4% were earning €30,000 or more.

Unemployment

Of the 35 school leavers interviewed who were not working at the time of interview, 51.4% were unemployed, 25.7% were unavailable for work, 14.3% were in further education, and 8.6% were on a career break. 29.2% have not been working for more than a year, with over half, 54.1% not working for less than three months. Half of those unemployed have been unemployed more than once. Over half, 52.0% are in receipt of unemployment benefit (PRSI), with a mere 7.4% in receipt of unemployment assistance (means tested) (Tables 59-61).

Benefits

Some Leavers interviewed were receiving benefits, with 12.9% receiving child benefit, 1.9% claiming lone parent allowance, 1.0% claiming disability allowance, and 0.5% receiving supplementary welfare (Table 63)

----- Section J: Emigration -----

Since leaving secondary school, 29.6% of the school leavers interviewed had emigrated. Most of those who emigrated, 78.6%, left between the ages of 19 and 25. The most common destination was the United Kingdom, 34.4%, followed by Australia (26.2%), continental Europe (23.8%), and United States of America (19.7%).

Of the 290 who did not emigrate since leaving secondary school, a third, 33.4% would consider emigrating in the future (Tables 64-67)

Reasons for Emigration

The most common reason for leavers to emigrate or to consider emigration was to see more of the world (39.8%), followed by more adventure (32.7%), better job opportunities (30.1%), and better climate (13.3%) amongst others (Table 68).

----- Section K: Future Images -----

When asked what words best describes the school leavers' future images, as seen from Table 69 the most common answers were enjoying life (96.1%), healthy (94.2%), achieving their goals (92.5%), happy (91.0%), socially active (89.1%), owning their own home (88.3%), married (83.7%), owning a car, and being a parent both 82.3%, and having a good job (79.6%).

The least common answers were unemployed (0.2%), single (10.0%), emigrated (19.9%), and being an employer (20.6%).

ACKNOWLEDGEMENTS

We thank the 1993 Drogheda School Leavers for their participation in the various phases of this study.

We acknowledge with gratitude the funders of this project -- the Drogheda and District Charity Chest.

APPENDIX
TABLES

Section A: The Respondent

Gender and Age

Table 1: Sex Distribution of 1993 School Leavers interviewed in 2003

| Sex | N | % |
|--------|-----|-------|
| Male | 199 | 48.2 |
| Female | 214 | 51.8 |
| Total | 413 | 100.0 |

Table 2: Age Distribution of 1993 School Leavers interviewed in 2003

| Age Group | N | % |
|------------|---------|-------|
| 26 years | 3 | 0.7 |
| 27 years | 155 | 37.5 |
| 28 years | 218 | 52.7 |
| ≥ 29 years | 37 | 9.0 |
| Total | 413 | 100.0 |
| Average | 27.7 | |
| Median | 28.0 | |
| Range | 26 – 30 | |

Leaving Certificate Points

Table 3: Leaving Cert. points obtained by 1993 School Leavers interviewed in 2003

| Points | N | % |
|----------------------|----------|-------|
| ≤ 150 | 7 | 3.5 |
| 151 – 200 | 8 | 3.9 |
| 201 – 250 | 15 | 7.4 |
| 251 – 300 | 24 | 11.9 |
| 301 – 350 | 48 | 23.7 |
| 351 – 400 | 47 | 23.3 |
| 401 – 450 | 27 | 13.4 |
| 451 – 500 | 14 | 6.9 |
| 501 – 550 | 9 | 4.5 |
| ≥ 551 | 3 | 1.5 |
| Total | 202 | 100.0 |
| Subject did not know | 211 | |
| Average | 351.6 | |
| Median | 350.0 | |
| Range | 90 – 580 | |

*Parents' Educational Level***Table 4:** Parent's Educational Level of 1993 School Leavers interviewed in 2003

| Educational Level | Father | | Mother | |
|------------------------------------|--------|-------|--------|-------|
| | N | % | N | % |
| Primary Education Only | 155 | 38.5 | 137 | 33.8 |
| Intermediate or Group cert. | 82 | 20.3 | 86 | 21.2 |
| Uncompleted Post-Primary schooling | 36 | 8.9 | 38 | 9.4 |
| Leaving Certificate | 76 | 18.9 | 89 | 22.0 |
| Cert/Diploma from third level | 17 | 4.2 | 25 | 6.2 |
| Third-level with no qualification | 9 | 2.2 | 7 | 1.7 |
| Primary degree from university | 23 | 5.7 | 21 | 5.2 |
| Post-graduate university degree | 5 | 1.2 | 2 | 0.5 |
| Total | 403 | 100.0 | 405 | 100.0 |
| Subject did not know | 10 | | 8 | |

Section B: Health and Nutrition

Height, weight and Body Mass Index

Table 5: Height of 1993 School Leavers interviewed in 2003

| Height (inches) | N | % |
|-----------------|---------|-------|
| ≤ 60 inches | 7 | 1.7 |
| 61 – 65 | 125 | 30.2 |
| 66 – 70 | 175 | 42.4 |
| 71 – 75 | 102 | 24.7 |
| > 75 inches | 4 | 1.0 |
| Total | 413 | 100.0 |
| Average | 67.6 | |
| Median | 67.0 | |
| Range | 59 – 77 | |

Table 6: Weight of 1993 School Leavers interviewed in 2003

| Weight (pounds) | N | % |
|-----------------|----------|-------|
| ≤ 112 lbs | 29 | 7.1 |
| 113 – 126 | 55 | 13.4 |
| 127 – 140 | 76 | 18.5 |
| 141 – 154 | 66 | 16.0 |
| 155 – 168 | 58 | 14.1 |
| 169 – 182 | 49 | 11.9 |
| 183 – 196 | 41 | 10.0 |
| 197 – 210 | 19 | 4.6 |
| > 210 lbs | 18 | 4.4 |
| Total | 411 | 100.0 |
| Average | 156.7 | |
| Median | 154.0 | |
| Range | 98 – 238 | |

Table 7: Body Mass Index (BMI) of 1993 School Leavers interviewed in 2003

| BMI | N | % |
|--------------|-------------|-------|
| < 18.0 | 9 | 2.2 |
| 18.0 – 24.9 | 263 | 64.0 |
| 25.0 – 29.9 | 118 | 28.7 |
| ≥ 30.0 | 21 | 5.1 |
| Total | 411 | 100.0 |
| Data Missing | 2 | |
| Average | 24.0 | |
| Median | 23.6 | |
| Range | 16.8 – 38.4 | |

*Self reported health status***Table 8:** Health status of 1993 School Leavers interviewed in 2003

| Rating | N | % |
|-----------|-----|-------|
| Excellent | 167 | 40.4 |
| Good | 215 | 52.1 |
| Fair | 29 | 7.0 |
| Poor | 2 | 0.5 |
| Total | 413 | 100.0 |

*Serious Illnesses***Table 9:** Serious illnesses in the past 10 years of 1993 School Leavers interviewed in 2003-4

| Serious Illness | N | % |
|-----------------|-----|-------|
| Yes | 30 | 7.3 |
| No | 383 | 92.7 |
| Total | 413 | 100.0 |

Table 10: Type of serious illnesses in the past 10 years of 1993 School Leavers interviewed in 2003-4

| Illness | N | % |
|-----------------------|---|------|
| Back Problems | 3 | 10.0 |
| Infections | 3 | 10.0 |
| Lung Problems | 3 | 10.0 |
| Appendicitis | 2 | 6.7 |
| Asthma | 2 | 6.7 |
| Diabetes | 2 | 6.7 |
| Gall or Kidney Stones | 2 | 6.7 |
| Anaemia | 1 | 3.3 |
| Cancer | 1 | 3.3 |
| Crohns disease | 1 | 3.3 |
| Depression | 1 | 3.3 |
| Epilepsy | 1 | 3.3 |
| Glandular fever | 1 | 3.3 |
| Jaundice | 1 | 3.3 |
| Meningitis | 1 | 3.3 |
| Migraine | 1 | 3.3 |
| Ovarian Cyst | 1 | 3.3 |
| Salmonella | 1 | 3.3 |
| Sarcoidosis | 1 | 3.3 |
| Stomach Condition | 1 | 3.3 |

*Dietary habits***Table 11:** Number of meals eaten per day by 1993 School Leavers interviewed in 2003-4

| Number | N | % |
|--------------|-----|-------|
| One | 17 | 4.1 |
| Two | 78 | 18.9 |
| Three | 288 | 69.7 |
| Four | 25 | 6.1 |
| Five or more | 5 | 1.2 |
| Total | 413 | 100.0 |

Table 12: Number of take-away meals eaten per week by 1993 School Leavers interviewed in 2003-4

| Number | N | % |
|--------------|-----|-------|
| Zero | 112 | 27.1 |
| One | 199 | 48.2 |
| Two | 66 | 16.0 |
| Three | 27 | 6.5 |
| Four | 6 | 1.5 |
| Five or more | 3 | 0.7 |
| Total | 413 | 100.0 |

Table 13: Number of sweet snacks eaten per day by 1993 School Leavers interviewed in 2003-4

| Number | N | % |
|--------------|-----|-------|
| Zero | 184 | 44.6 |
| One | 140 | 33.9 |
| Two | 61 | 14.8 |
| Three | 19 | 4.6 |
| Four | 4 | 1.0 |
| Five or more | 5 | 1.1 |
| Total | 413 | 100.0 |

Table 14: Number of salty snacks eaten per day by 1993 School Leavers interviewed in 2003-4

| Number | N | % |
|--------------|-----|-------|
| Zero | 261 | 63.2 |
| One | 127 | 30.8 |
| Two | 19 | 4.6 |
| Three | 3 | 0.7 |
| Four | 2 | 0.5 |
| Five or more | 1 | 0.2 |
| Total | 413 | 100.0 |

Table 15: Number of fruit pieces eaten per day by 1993 School Leavers interviewed in 2003-4

| Number | N | % |
|--------------|-----|-------|
| Zero | 98 | 23.7 |
| One | 184 | 44.6 |
| Two | 63 | 15.3 |
| Three | 42 | 10.2 |
| Four | 15 | 3.6 |
| Five or more | 11 | 2.7 |
| Total | 413 | 100.0 |

Table 16: Number of vegetables eaten per day by 1993 School Leavers interviewed in 2003-4

| Number | N | % |
|--------------|-----|-------|
| Zero | 26 | 6.3 |
| One | 279 | 67.6 |
| Two | 72 | 17.4 |
| Three | 17 | 4.1 |
| Four | 10 | 2.4 |
| Five or more | 9 | 2.1 |
| Total | 413 | 100.0 |

*Folic Acid Knowledge and Use***Table 17:** Knowledge of folic acid among 1993 School Leavers interviewed in 2003-4

| Heard of folic Acid? | N | % |
|----------------------|-----|-------|
| Yes | 382 | 92.5 |
| No | 31 | 7.5 |
| Total | 413 | 100.0 |

Table 18: Knowledge of benefits of folic acid among 1993 School Leavers interviewed in 2003-4

| Heard of benefits of folic acid? | N | % |
|----------------------------------|-----|-------|
| Yes | 265 | 69.6 |
| No | 116 | 30.4 |
| Total | 381 | 100.0 |
| Subject did not know | 1 | |

Table 19: Intake of folic acid among 1993 School Leavers interviewed in 2003-4

| Taking folic acid? | N | % |
|----------------------|-----|-------|
| Yes | 43 | 11.3 |
| No | 338 | 88.7 |
| Total | 381 | 100.0 |
| Subject did not know | 1 | |

Table 20: Form of folic acid taken by 1993 School Leavers interviewed in 2003-4

| Taking folic acid? | N | % |
|--|----|-------|
| Folic Acid alone | 14 | 33.3 |
| Folic Acid as part of a multivitamin | 23 | 54.8 |
| Folic acid alone and as a multivitamin | 5 | 11.9 |
| Total | 42 | 100.0 |
| Data Missing | 1 | |

Table 21: Opinion of best time to take folic acid of 1993 School Leavers interviewed in 2003-4

| Taking folic acid? | N | % |
|-----------------------------------|-----|-------|
| Before becoming pregnant | 75 | 19.6 |
| During pregnancy | 34 | 8.9 |
| Before and during early pregnancy | 175 | 45.8 |
| Don't Know | 98 | 25.7 |
| Total | 382 | 100.0 |

Section C: Mental Health

Negative Symptoms

Table 22: Negative symptoms of mental health among 1993 School Leavers interviewed in 2003-4

| | More than usual | | Same as usual | | Less than usual | | Not at all | |
|--|-----------------|------|---------------|------|-----------------|-----|------------|------|
| | N | % | N | % | N | % | N | % |
| Been Feeling unhappy or Depressed? | 32 | 7.8 | 43 | 10.4 | 26 | 6.3 | 311 | 75.5 |
| Been thinking of yourself as a worthless person? | 4 | 1.0 | 13 | 3.2 | 12 | 2.9 | 382 | 92.9 |
| Lost much sleep over worry? | 52 | 12.6 | 66 | 16.0 | 22 | 5.3 | 272 | 66.6 |
| Been feeling the effects of pressure and stress? | 95 | 23.1 | 114 | 27.7 | 40 | 9.7 | 163 | 39.6 |
| Felt that current situations prohibited decision making? | 31 | 7.5 | 135 | 32.8 | 19 | 4.6 | 226 | 55.0 |

Positive Symptoms

Table 23: Positive symptoms of mental health among 1993 School Leavers interviewed in 2003-4

| | More than usual | | Same as usual | | Less than usual | | Not at all | |
|--|-----------------|------|---------------|------|-----------------|-----|------------|-----|
| | N | % | N | % | N | % | N | % |
| Been able to concentrate on what you are doing? | 38 | 9.2 | 333 | 80.8 | 25 | 6.1 | 16 | 3.9 |
| Been feeling reasonably happy all things considered? | 45 | 10.9 | 347 | 84.2 | 16 | 3.9 | 4 | 1.0 |
| Been able to face up to your problems? | 36 | 8.7 | 366 | 88.8 | 7 | 1.7 | 3 | 0.7 |
| Felt able to enjoy you day to day activities? | 38 | 9.2 | 350 | 85.0 | 22 | 5.3 | 2 | 0.5 |
| Felt that you were playing a useful part in things? | 44 | 10.7 | 348 | 84.5 | 16 | 3.9 | 4 | 1.0 |

Section D: Smoking

Table 24: Current Smoking Status of 1993 School Leavers interviewed in 2003-4

| Smoke now? | N | % |
|------------|-----|-------|
| Yes | 133 | 32.2 |
| No | 280 | 67.8 |
| Total | 413 | 100.0 |

Table 25: Past Smoking Status of 1993 School Leavers interviewed in 2003-4

| Smoke in the past 10 years? | N | % |
|-----------------------------|-----|-------|
| Yes | 89 | 32.0 |
| No | 189 | 68.0 |
| Total | 278 | 100.0 |
| Data missing | 2 | |

Table 26: Number of 1993 school leavers who smoked in past ten years or are currently smoking

| Ever smoked | N | % |
|--------------|-----|-------|
| Yes | 222 | 54.0 |
| No | 189 | 46.0 |
| Total | 411 | 100.0 |
| Data Missing | 2 | |

Table 27: Age school leavers started smoking

| Age group | N | % |
|--------------|-----|-------|
| ≤ 12 years | 11 | 5.0 |
| 13 – 19 | 179 | 81.0 |
| ≥ 20 | 31 | 14.0 |
| Total | 221 | 100.0 |
| Data Missing | 1 | |

Table 28: Number of cigarettes smoked per day by 1993 school leavers

| Number | N | % |
|--------------|-----|-------|
| Less than 10 | 105 | 47.3 |
| 10 – 29 | 109 | 49.1 |
| More than 30 | 8 | 3.6 |
| Total | 222 | 100.0 |

Table 29: Ever attempted to quit smoking by 1993 school leavers

| | N | % |
|-------|-----|-------|
| Yes | 188 | 84.7 |
| No | 34 | 15.3 |
| Total | 222 | 100.0 |

Table 30: Outcome of attempt to quit smoking by 1993 school leavers

| Outcome | N | % |
|--------------|-----|-------|
| Successful | 89 | 47.8 |
| Unsuccessful | 97 | 52.2 |
| Total | 186 | 100.0 |
| Data Missing | 2 | |

Table 31: Would 1993 school leavers current smokers like to quit

| | N | % |
|-------|-----|-------|
| Yes | 99 | 75.0 |
| No | 33 | 25.0 |
| Total | 132 | 100.0 |

Section E: Alcohol and other drugs

Alcohol consumption

Table 32: Intake of Alcohol among 1993 School Leavers interviewed in 2003-4

| Do you drink alcohol? | N | % |
|-----------------------|-----|-------|
| Yes | 389 | 94.2 |
| No | 24 | 5.8 |
| Total | 413 | 100.0 |

Table 33: Frequency of alcohol intake among 1993 School Leavers interviewed in 2003-4

| | N | % |
|-----------------------------|-----|-------|
| Once per week or less | 213 | 54.8 |
| Two to three times per week | 158 | 40.6 |
| Four or more times per week | 18 | 4.6 |
| Total | 389 | 100.0 |

Table 34: Number of alcoholic drinks drank per night among 1993 School Leavers

| | N | % |
|-------------|-----|-------|
| 1 – 3 | 96 | 24.7 |
| 4 – 6 | 213 | 54.8 |
| 7 – 9 | 64 | 16.5 |
| More than 9 | 16 | 4.1 |
| Total | 389 | 100.0 |

Table 35: Type of alcoholic drinks drank by 1993 school leavers

| | N | % |
|-----------|-----|------|
| Beer | 234 | 60.2 |
| Wine | 193 | 49.6 |
| Spirits | 107 | 27.5 |
| Stout | 98 | 25.2 |
| Cocktails | 36 | 9.3 |
| Alcopops | 27 | 6.9 |
| Cider | 26 | 6.7 |
| Larger | 19 | 4.9 |

*Illegal drug use***Table 36:** Intake of drugs among 1993 School Leavers interviewed in 2003-4

| Ever taken any drugs? | N | % |
|-----------------------|-----|-------|
| Yes | 106 | 25.7 |
| No | 307 | 74.3 |
| Total | 413 | 100.0 |

Table 37: Frequency of drug intake in the past 3 years by 1993 School Leavers interviewed in 2003-4

| | N | % |
|-----------------------|-----|-------|
| Daily | 0 | 0.0 |
| Once per week or more | 12 | 11.7 |
| Monthly | 25 | 24.3 |
| Once only | 23 | 22.3 |
| Occasionally | 23 | 22.3 |
| Not at all | 20 | 19.4 |
| Total | 103 | 100.0 |
| Data Missing | 3 | |

Table 38: Of those that took drugs, age at first illegal drugs use by 1993 school leavers

| Age | N | % |
|---------|-----|-------|
| 13 – 19 | 85 | 81.0 |
| ≥ 20 | 20 | 19.0 |
| Total | 105 | 100.0 |

Table 39: Of those that took drugs, type of illegal drugs taken by 1993 school leavers

| | N | % |
|-----------------|----|------|
| Cannabis/Hash | 99 | 95.3 |
| Ecstasy | 37 | 34.9 |
| LSD | 28 | 26.4 |
| Cocaine | 4 | 3.8 |
| Speed | 2 | 1.9 |
| Heroin | 2 | 1.9 |
| Magic Mushrooms | 1 | 0.9 |

Section F: Exercise

Table 40: Exercise habits of 1993 School Leavers interviewed in 2003-4

| Exercise on a regular basis | N | % |
|-----------------------------|-----|-------|
| Yes | 307 | 74.3 |
| No | 106 | 25.7 |
| Total | 413 | 100.0 |

Table 41: Type of exercise done by 1993 School Leavers interviewed in 2003-4

| | N | % |
|--------------------|-----|------|
| Walking | 189 | 45.8 |
| Swimming | 82 | 19.9 |
| Gym | 55 | 13.3 |
| Soccer | 53 | 12.8 |
| Aerobics | 36 | 8.7 |
| Cycling | 32 | 7.7 |
| Weight-training | 32 | 7.7 |
| Running | 31 | 7.5 |
| Gaelic Football | 26 | 6.3 |
| Jogging | 22 | 5.3 |
| Yoga | 20 | 4.8 |
| Golf | 16 | 3.9 |
| Tennis | 14 | 3.4 |
| Athletics | 10 | 2.4 |
| Badminton | 9 | 2.2 |
| Horse Riding | 8 | 1.9 |
| Extreme Sports | 8 | 1.9 |
| Martial Arts | 7 | 1.7 |
| Rugby | 5 | 1.2 |
| Watersports | 5 | 1.2 |
| Physical Job/hobby | 5 | 1 |
| Squash | 4 | 1 |
| Pilates | 4 | 1 |
| Basketball | 3 | 0.7 |
| Fishing | 3 | 0.7 |
| Skiing | 3 | 0.7 |
| Gymnastics | 2 | 0.5 |
| Kayaking | 2 | 0.5 |
| Karate/Judo | 2 | 0.5 |
| Field Events | 2 | 0.5 |
| Dancing | 2 | 0.5 |
| Camogie | 1 | 0.2 |
| Canoeing | 1 | 0.2 |
| Hockey | 1 | 0.2 |
| Table Tennis | 1 | 0.2 |
| Hurling | 0 | 0.0 |

Section G: Family and Accommodation

Marital Status

Table 42: Current Marital Status of 1993 School Leavers interviewed in 2003-4

| | N | % |
|-----------------|-----|-------|
| Single | 222 | 53.8 |
| Married | 91 | 22.0 |
| Living together | 61 | 14.8 |
| Engaged | 36 | 8.7 |
| Divorced | 2 | 0.5 |
| Separated | 1 | 0.2 |
| Widowed | 0 | 0.0 |
| Total | 413 | 100.0 |

Pregnancy History

Table 43: Pregnancy history of 1993 School Leavers interviewed in 2003-4

| Ever been or fathered a pregnancy? | N | % |
|------------------------------------|-----|-------|
| Yes | 90 | 21.9 |
| No | 321 | 78.1 |
| Total | 411 | 100.0 |
| Subject did not know | 2 | |

Table 44: Pregnancy history of 1993 School Leavers interviewed in 2003-4

| How many times have you parented a pregnancy? | N | % |
|---|----|-------|
| Once | 53 | 58.9 |
| Twice | 31 | 34.4 |
| Three or more times | 6 | 6.7 |
| Total | 90 | 100.0 |

Table 45: Type of Pregnancy outcomes of 1993 School Leavers interviewed in 2003-4

| | N | % |
|--------------------|----|------|
| Full Term Child | 80 | 84.3 |
| Premature Child | 2 | 1.5 |
| Miscarriage | 6 | 4.5 |
| Ectopic | 1 | 0.7 |
| Currently Pregnant | 12 | 9.0 |

Table 46: Age at first pregnancy of 1993 School Leavers interviewed in 2003-4

| Age-group | N | % |
|------------|----|-------|
| < 18 years | 1 | 1.1 |
| 18 – 22 | 23 | 28.9 |
| 23 – 25 | 19 | 21.1 |
| 26 – 30 | 44 | 48.9 |
| Total | 90 | 100.0 |

*Accommodation***Table 47:** Present accommodation of 1993 School Leavers interviewed in 2003-4

| Type | N | % |
|-----------------------|-----|-------|
| Bed-sitter | 4 | 1.0 |
| Flat/Apartment | 49 | 11.9 |
| House (detached) | 130 | 31.5 |
| House (semi-detached) | 168 | 40.7 |
| House (terraced) | 53 | 12.8 |
| House (other) | 5 | 1.2 |
| Other Type | 6 | 1.0 |
| Total | 413 | 100.0 |

Table 48: Present nature of occupancy of 1993 School Leavers interviewed in 2003-4

| | N | % |
|--------------------------------------|-----|-------|
| Rented from Local Auth. | 7 | 1.7 |
| Rented unfurnished privately | 20 | 4.8 |
| Rented furnished privately | 74 | 17.9 |
| Being acquired under purchase scheme | 1 | 0.2 |
| Owner occupied no mortgage | 26 | 6.3 |
| Owner occupied with mortgage | 189 | 45.8 |
| Living with parents | 90 | 21.8 |
| Other (to be accounted for) | 6 | 1.5 |
| Total | 413 | 100.0 |

Section H: Further Education

Table 49: Further education history of 1993 School Leavers interviewed in 2003-4

| Any further education after LC | N | % |
|--------------------------------|-----|-------|
| Yes | 369 | 89.3 |
| No | 44 | 10.7 |
| Total | 413 | 100.0 |

Table 50: Further education history of 1993 School Leavers interviewed in 2003-4

| Still in Further Education | N | % |
|----------------------------|-----|-------|
| Yes | 50 | 13.6 |
| No | 319 | 86.4 |
| Total | 369 | 100.0 |

Table 51: Further education history of 1993 School Leavers interviewed in 2003-4

| Type of Course | N | % |
|----------------|-----|------|
| Full-Time | 347 | 94.0 |
| Part-Time | 53 | 14.4 |

Highest qualification

Table 52: Highest qualification achieved in further education of 1993 School Leavers interviewed in 2003-4

| Type of qualification | N | % |
|-------------------------|----|------|
| Certificate | 96 | 26.0 |
| Degree | 82 | 22.2 |
| Diploma | 75 | 20.3 |
| Advanced/Higher Diploma | 26 | 7.0 |
| Masters | 25 | 6.8 |
| Apprenticeship | 18 | 4.9 |
| PhD | 4 | 1.1 |
| Qualification | 4 | 1.1 |
| No course completed | 39 | 10.6 |

Section I: Employment

Table 53: Employment Status of 1993 School Leavers interviewed in 2003-4

| Are you currently working? | N | % |
|----------------------------|-----|-------|
| Yes | 378 | 91.5 |
| No | 35 | 8.5 |
| Total | 413 | 100.0 |

Table 54: Employment Status of 1993 School Leavers interviewed in 2003-4

| Working full or part time? | N | % |
|----------------------------|-----|-------|
| Full time | 355 | 93.9 |
| Part time | 23 | 6.1 |
| Total | 378 | 100.0 |

Table 55: Employment Status of 1993 School Leavers interviewed in 2003-4

| Number of Jobs | N | % |
|----------------|-----|-------|
| One | 354 | 93.7 |
| Two | 21 | 5.6 |
| Three | 3 | 0.8 |
| Total | 378 | 100.0 |

Table 56: Employment Status of 1993 School Leavers interviewed in 2003-4

| Employment position | N | % |
|---------------------|-----|-------|
| Employer | 4 | 1.1 |
| Self employed | 26 | 6.9 |
| Employee | 347 | 92.0 |
| Total | 377 | 100.0 |
| Data Missing | 1 | |

Table 57: Employment Status of 1993 School Leavers interviewed in 2003-4

| Occupation Class | N | % |
|--------------------------|-----|-------|
| Professional | 56 | 15.0 |
| Managerial and Technical | 172 | 46.1 |
| Non – Manual | 74 | 19.8 |
| Skilled Manual | 41 | 11.0 |
| Semi – Skilled Manual | 29 | 7.8 |
| Unskilled | 1 | 0.3 |
| Total | 373 | 100.0 |
| Data Missing | 5 | |

*Income***Table 58:** Employment income of 1993 School Leavers interviewed in 2003-4

| Income Group | N | % |
|-------------------|-----|-------|
| Less than €10,000 | 12 | 3.3 |
| €10000 –< €20000 | 53 | 14.4 |
| €20000 –< €30000 | 129 | 34.9 |
| €30000 –< €40000 | 109 | 29.5 |
| More than €40000 | 66 | 17.9 |
| Total | 369 | 100.0 |
| Data Missing | 9 | |

*Unemployed***Table 59:** Reasons for not working among 1993 School Leavers interviewed in 2003-4

| Reason | N | % |
|----------------------|----|-------|
| Unemployed | 18 | 51.4 |
| Unavailable for work | 9 | 25.7 |
| Further education | 5 | 14.3 |
| Career break | 3 | 8.6 |
| Total | 35 | 100.0 |

Table 60: Duration of not working among 1993 School Leavers interviewed in 2003-4

| | N | % |
|----------------------|----|-------|
| Less than a week | 2 | 8.3 |
| Less than a month | 4 | 16.6 |
| Less than 3 months | 7 | 29.2 |
| Less than 6 months | 3 | 12.5 |
| Less than a year | 1 | 4.2 |
| More than a year | 7 | 29.2 |
| Total | 24 | 100.0 |
| Subject did not know | 2 | |
| Data Missing | 9 | |

Table 61: Frequency of unemployment among 1993 School Leavers interviewed in 2003-4

| | N | % |
|----------------------|----|-------|
| Once only | 13 | 54.2 |
| More than once | 11 | 45.8 |
| Total | 24 | 100.0 |
| Subject did not know | 2 | |
| Data Missing | 9 | |

Table 62: Benefits received by those unemployed among 1993 School Leavers interviewed in 2003-4

| Type of Benefit | N | % |
|--------------------------------------|----|------|
| PRSI unemployment benefit | 13 | 48.0 |
| Means Tested unemployment assistance | 2 | 7.4 |

*Benefits***Table 63:** Benefits received by 1993 School Leavers interviewed in 2003-4

| Type of Benefit | N | % |
|-----------------------|----|------|
| Child Benefit | 53 | 12.9 |
| Lone parent allowance | 8 | 1.9 |
| Disability allowance | 4 | 1.0 |
| Supplementary welfare | 2 | 0.5 |
| Others | 8 | 1.9 |

Section J: Emigration

Table 64: Emigration history of 1993 School Leavers interviewed in 2003-4

| Have you emigrated at any time | N | % |
|--------------------------------|-----|-------|
| Yes | 122 | 29.6 |
| No | 290 | 70.4 |
| Total | 412 | 100.0 |
| Data Missing | 1 | |

Table 65: Age of emigration of 1993 School Leavers interviewed in 2003-4

| Age group years | N | % |
|-----------------|-----|-------|
| ≤ 18 | 11 | 9.0 |
| 19 – 22 | 63 | 51.6 |
| 23 – 25 | 33 | 27.0 |
| ≥ 26 | 15 | 12.3 |
| Total | 122 | 100.0 |

Table 66: Emigration destinations of 1993 School Leavers interviewed in 2003-4

| Destination | N | % |
|--------------------------|----|------|
| United Kingdom | 42 | 34.4 |
| Australia | 32 | 26.2 |
| Continental Europe | 29 | 23.8 |
| United States of America | 24 | 19.7 |
| Asia | 2 | 1.6 |
| Africa | 1 | 0.8 |

Table 67: Future emigration of 1993 School Leavers interviewed in 2003-4

| Would you emigrate in future? | N | % |
|-------------------------------|-----|-------|
| Yes | 97 | 34.6 |
| No | 183 | 65.4 |
| Total | 280 | 100.0 |
| Subject does not know | 10 | |

*Reasons for Emigration***Table 68:** Reasons for emigration among 1993 School Leavers interviewed in 2003-4

| Why did/would you emigrate? | N | % |
|-----------------------------|----|------|
| See more of the world | 90 | 39.8 |
| More adventure | 74 | 32.7 |
| Better job opportunities | 68 | 30.1 |
| Better Climate | 30 | 13.3 |
| Education | 27 | 11.9 |
| Job transfer | 25 | 11.1 |
| Relationship | 17 | 7.5 |
| Quality of Life | 13 | 5.8 |
| Family/spouse moving | 11 | 4.9 |
| More economic to live away | 8 | 3.5 |
| Change of lifestyle | 8 | 3.5 |
| Work experience | 6 | 2.7 |
| Family emigrated | 5 | 2.2 |

Section K: Future Images

Table 69: Future Images of the 1993 school leavers interviewed in 2003-4

| What words best describe your future images? | | |
|--|-----|------|
| | N | % |
| Enjoying life | 396 | 96.1 |
| Healthy | 388 | 94.2 |
| Achieving my goals | 381 | 92.5 |
| Happy | 375 | 91.0 |
| Socially active | 367 | 89.1 |
| Own home | 364 | 88.3 |
| Happily married | 345 | 83.7 |
| Owning a car | 339 | 82.3 |
| A parent | 339 | 82.3 |
| Good job | 328 | 79.6 |
| Well travelled | 307 | 74.5 |
| Settled down | 290 | 70.4 |
| Moderate/average income | 275 | 66.7 |
| Furthering your education | 245 | 59.5 |
| An employee | 225 | 54.6 |
| Sporty | 223 | 54.1 |
| Living at home | 216 | 52.4 |
| Religious | 181 | 43.9 |
| Voluntary worker | 154 | 37.4 |
| Very wealthy | 115 | 27.9 |
| Self-employed | 114 | 27.7 |
| Working at home | 103 | 25.0 |
| An employer | 85 | 20.6 |
| Emigrated | 82 | 19.9 |
| Single | 41 | 10.0 |
| Un-employed | 1 | 0.2 |
| Data Missing | 1 | |