



# Health and Lifestyles

*Mildred Blaxter*

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## **Health and Lifestyles** Mildred Blaxter

What is a 'healthy' lifestyle? Which is more significant: the social circumstances in which people live, or lifestyle habits such as exercise or smoking?

*Health and Lifestyles* is the first description of a large and representative survey of the British population asking just those questions. It examines the findings, and considers issues such as measured fitness, declared health, psychological status, life circumstances, health-related behaviour, attitudes and beliefs. Providing firm evidence of the importance of social circumstances and patterns of health-related behaviour, *Health and Lifestyles* is an important contribution to current debate, revealing the levels of inequality in health in Britain today.

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