

**Table 1: Age and gender of study participants**

	<b>&lt;19 yrs</b>	<b>19-24 yrs</b>	<b>25-34 yrs</b>	<b>35-49 yrs</b>	<b>50-64 yrs</b>	<b>Total</b>
<b>All</b>						
n	9	29	15	16	3	72
%	12.5	40.3	20.8	22.2	4.2	100
<b>Male</b>						
n	3	13	10	11	2	39
%	7.7	33.3	25.6	28.2	5.1	100
<b>Female</b>						
n	6	16	5	5	1	33
%	18.2	48.5	15.2	15.2	3.0	100

**Table 2: Characteristics of the homeless population (n=72)**

	n	%
<b>Marital status</b>		
Single, no children	50	69.4
Couple, no children	2	2.8
Couple, with children	2	2.8
Lone parent	18	25.0
<b>Accommodation</b>		
Hostel	67	93.1
Move on accommodation	1	1.4
Private rent	1	1.4
Other	3	4.2
<b>Source income</b>		
Social security/benefits	67	93.1
Regular employment	5	6.9
<b>Level of income</b>		
< £50 per week	22	30.6
£51-100 per week	28	38.9
> £100 per week	22	30.6
<b>Duration out-of-home</b>		
Short (< 1 year)	62	86.1
Medium (1-3 years)	4	5.6
Long (> 3 years)	6	8.3
<b>Smokers</b>	60	83.3
<b>Regular drinkers</b>	52	72.2
<b>Use drugs</b>	13	18.1
- Ecstasy	3	4.2
- Coke	2	2.8
- Cannabis	11	15.3
- Speed	1	1.4
- Diazepam	1	1.4
<b>Vitamin use</b>	14	19.4
- Multivitamin	7	9.7
- B-vitamin complex	5	6.9
- Vitamin C	1	1.4
- Iron	2	2.8
- Fish oil	2	2.8
- Cod liver oil	3	4.2

**Table 3: BMI<sup>1</sup> by age and gender, n (%)**

	<19 yrs	19-24 yrs	25-34 yrs	35-49 yrs	50-64 yrs	Total
<b>Male</b>						
Underweight <sup>2</sup>	2 (33.3)	1 (10.0)	-	3 (27.3)	-	6 (15.4)
Healthy <sup>3</sup>	3 (50.0)	8 (80.0)	5 (50.0)	3 (27.3)	1 (50.0)	20 (51.8)
Overweight <sup>4</sup>	1 (16.7)	-	4 (40.0)	2 (18.2)	1 (50.0)	8 (20.5)
Obese <sup>5</sup>	-	1 (10.0)	1 (10.0)	3 (27.3)	-	5 (12.8)
<b>Female</b>						
Underweight <sup>2</sup>	4 (26.7)	1 (14.3)	-	1 (20.0)	-	6 (18.2)
Healthy <sup>3</sup>	7 (46.7)	2 (28.6)	5 (100)	2 (40.0)	1 (100)	17 (51.5)
Overweight <sup>4</sup>	2 (13.3)	2 (28.6)	-	2 (40.0)	-	6 (18.2)
Obese <sup>5</sup>	2 (13.3)	2 (28.6)	-	-	-	4 (12.1)

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<sup>1</sup> Note: n=24 (33%) subjects were wearing shoes for height and weight measurements; n=13 (33%) males and n=11 (33%) females

<sup>2</sup> BMI categorized according to World Health Organization recommendations (WHO, 1998); Underweight = BMI  $\leq$  18.49 kg/m<sup>2</sup>

<sup>3</sup> BMI = 18.5-24.9 kg/m<sup>2</sup>

<sup>4</sup> BMI = 25.0-29.9 kg/m<sup>2</sup>

<sup>5</sup> BMI  $\geq$  30 kg/m<sup>2</sup>

**Table 4: BMI classification of subjects compared with results from other studies**

	<b>Current study (n=72)</b>	<b>Hungry for<sup>6</sup> change (n=71)</b>	<b>Homeless men Paris<sup>7</sup> (n=97)</b>	<b>NSIFCS<sup>8</sup> (n=1379)</b>
Underweight <sup>9</sup>	16.7	8	7.3	<1.0
Healthy <sup>10</sup>	51.4	66	58.3	42.4
Overweight <sup>11</sup>	19.4	15	30.2	39.0
Obese <sup>12</sup>	12.5	9	4.2	17.8

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<sup>6</sup> Hickey C, Downey D. Hungry for change: Social exclusion, food poverty and homelessness in Dublin. Focus Ireland, 2003.

<sup>7</sup> Darman N *et al.* Dietary inadequacies observed in homeless men visiting an emergency night shelter in Paris. Public Health Nutrition 2001;4:155-161.

<sup>8</sup> McCarthy SN *et al.* Analyses of the anthropometric data from the North/South Ireland Food Consumption Survey. Public Health Nutrition 2001;4:1099-1106.

<sup>9</sup> BMI categorized according to World Health Organization recommendations (WHO, 1998); Underweight = BMI  $\leq 18.49$  kg/m<sup>2</sup>

<sup>10</sup> BMI = 18.5-24.9 kg/m<sup>2</sup>

<sup>11</sup> BMI = 25.0-29.9 kg/m<sup>2</sup>

<sup>12</sup> BMI  $\geq 30$  kg/m<sup>2</sup>

**Table 5: Comparison of blood pressure (mmHg) measurements with other surveys**

	Age of respondent (years):															
	2001 Health Survey for England <sup>13</sup>					2000/01 NDNS – England only <sup>14</sup>					Homeless group					
	16-24	25-34	35-44	45-54	55-64	19-24	25-34	35-44	45-54	55-64	<19	19-24	25-34	35-49	50-64	All
<b>Men</b>																
Systolic BP																
<b>Mean</b>	130	130	130	136	142	127	126	130	130	138	116	121	123	126	140	123
<i>se/sd</i> <sup>15</sup>	0.5	0.4	0.4	0.5	0.6	10.9	13.1	12.6	14.7	18.1	8.4	10.1	13.2	11.5	17.7	11.9
Diastolic BP																
<b>Mean</b>	64	71	76	81	82	64	68	76	78	79	75	70	73	79	88	75
<i>se/sd</i>	0.4	0.4	0.3	0.4	0.4	6.7	10.0	11.5	10.6	9.4	12.5	9.4	12.4	10.3	8.5	11.2
Base	516	711	917	877	786	101	203	161	147	131	3	13	10	11	2	39
<b>Women</b>																
Systolic BP																
<b>Mean</b>	120	120	123	132	140	115	114	118	126	137	111	117	119	122	127	117
<i>se/sd</i>	0.5	0.4	0.4	0.5	0.7	9.8	11.5	13.2	16.2	18.3	7.3	10.6	14.5	17.5	-	11.9
Diastolic BP																
<b>Mean</b>	63	68	71	74	75	62	65	69	70	72	69	78	76	82	76	77
<i>se/sd</i>	0.4	0.3	0.3	0.4	0.4	7.9	9.8	9.8	11.0	10.5	9.7	31.5	2.5	12.7	-	22.7
Base	582	895	1144	1056	866	92	190	196	188	130	6	16	5	5	1	33

<sup>13</sup> Bajekal M, Primatesta P, Prior G eds. Health Survey for England 2001. London: TSO, 2003.

<sup>14</sup> Ruston D *et al.* The National Diet and Nutrition Survey: Adults aged 19 - 64 years, Volume 4: Nutritional status (anthropometry and blood analytes), blood pressure and physical activity. London: TSO, 2003.

<sup>15</sup> Health survey for England reports standard errors, NDNS and current study report standard deviations.

**Table 6: Frequency of intake of meat and fish in total sample (n=72) and by sex (n=33 males, n=39 females)**

	Never or < 1 / month		1-3 times per month		Once a week		2-4 times a week		5-6 times a week		Daily		2-3 per day		4-5 per day		6+ per day	
	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%
<b>Beef</b>	12	16.7	18	25.0	20	27.8	18	25.0	1	1.4	3	4.2	-	-	-	-	-	-
<i>Males</i>	7	17.9	6	15.4	11	28.2	11	28.2	1	2.6	3	7.7	-	-	-	-	-	-
<i>Females</i>	5	15.2	12	36.4	9	27.3	7	21.2	-	-	-	-	-	-	-	-	-	-
<b>Beefburger</b>	26	36.1	10	13.9	12	16.7	18	25.0	2	2.8	4	5.6	-	-	-	-	-	-
<i>Males</i>	13	33.3	4	10.3	8	20.5	11	28.2	-	-	3	7.7	-	-	-	-	-	-
<i>Females</i>	13	39.4	6	18.2	4	12.1	7	21.2	2	6.1	1	3.0	-	-	-	-	-	-
<b>Pork</b>	33	45.8	18	25.0	16	22.2	4	5.6	1	1.4	-	-	-	-	-	-	-	-
<i>Males</i>	17	43.6	11	28.2	6	15.4	4	10.3	1	2.6	-	-	-	-	-	-	-	-
<i>Females</i>	16	48.5	7	21.2	10	30.3	-	-	-	-	-	-	-	-	-	-	-	-
<b>Lamb</b>	53	73.6	11	15.3	7	9.7	1	1.4	-	-	-	-	-	-	-	-	-	-
<i>Males</i>	24	61.5	8	20.5	6	15.4	1	2.6	-	-	-	-	-	-	-	-	-	-
<i>Females</i>	29	87.9	3	9.1	1	3.0	-	-	-	-	-	-	-	-	-	-	-	-
<b>Chicken</b>	8	11.1	15	20.8	17	23.6	21	29.2	7	9.7	4	5.6	-	-	-	-	-	-
<i>Males</i>	6	15.4	5	12.8	6	15.4	13	33.3	5	12.8	4	10.3	-	-	-	-	-	-
<i>Females</i>	2	6.1	10	30.3	11	33.3	8	24.2	2	6.1	-	-	-	-	-	-	-	-
<b>Bacon boiled</b>	52	72.2	11	15.3	5	6.9	3	4.2	-	-	1	1.4	-	-	-	-	-	-
<i>Males</i>	27	69.2	8	20.5	2	5.1	1	2.6	-	-	1	2.6	-	-	-	-	-	-
<i>Females</i>	25	75.8	3	9.1	2	6.1	2	6.1	-	-	-	-	-	-	-	-	-	-
<b>Bacon rasher</b>	22	30.6	13	18.1	11	15.3	17	23.6	3	4.2	5	6.9	1	1.4	-	-	-	-
<i>Males</i>	10	25.6	8	20.5	5	12.8	9	23.1	3	7.7	3	7.7	1	2.6	-	-	-	-
<i>Females</i>	12	36.4	5	13.2	6	18.2	8	24.2	-	-	2	6.1	-	-	-	-	-	-
<b>Ham</b>	16	22.2	11	15.3	11	15.3	21	29.2	2	2.8	9	12.5	2	2.8	-	-	-	-
<i>Males</i>	6	15.4	6	15.4	10	25.6	10	25.6	2	5.1	4	10.3	1	2.6	-	-	-	-
<i>Females</i>	10	30.3	5	15.2	1	3.0	11	33.3	-	-	5	15.2	1	3.0	-	-	-	-







**Table 8: Frequency of intake of miscellaneous foods in total sample (n=72) and by sex (n=33 males, n=39 females)**

	Never or < 1 / month		1-3 times per month		Once a week		2-4 times a week		5-6 times a week		Daily		2-3 per day		4-5 per day		6+ per day	
	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%
<b>Yogurt</b>	45	62.5	4	5.6	3	4.2	16	22.2	1	1.4	1	1.4	2	2.8	-	-	-	-
<i>Males</i>	27	69.2	3	7.7	1	2.6	7	17.9	-	-			1	2.6	-	-	-	-
<i>Females</i>	18	54.5	1	3.0	2	6.1	9	27.3	1	3.0	1	3.0	1	3.0	-	-	-	-
<b>Cheese</b>	15	20.8	6	8.3	6	8.3	24	33.3	7	9.7	12	16.7	2	2.8	-	-	-	-
<i>Males</i>	9	23.1	4	10.3	3	7.7	11	28.2	5	12.8	6	15.4	1	2.6	-	-	-	-
<i>Females</i>	6	18.2	2	6.1	3	9.1	13	39.4	2	6.1	6	18.2	1	3.0	-	-	-	-
<b>Processed cheese</b>	47	65.3	4	5.6	8	11.1	9	12.5	2	2.8	2	2.8	-	-	-	-	-	-
<i>Males</i>	27	69.2	1	2.6	5	12.8	4	10.3	1	2.6	1	2.6	-	-	-	-	-	-
<i>Females</i>	20	60.6	3	9.1	3	9.1	5	15.2	1	3.0	1	3.0	-	-	-	-	-	-
<b>Egg – boiled</b>	29	40.3	10	13.9	9	12.5	16	22.2	5	6.9	3	4.2	-	-	-	-	-	-
<i>Males</i>	15	38.5	6	15.4	5	12.8	9	23.1	3	7.7	1	2.6	-	-	-	-	-	-
<i>Females</i>	14	42.4	4	12.1	4	12.1	7	21.2	2	6.1	2	6.1	-	-	-	-	-	-
<b>Egg – fried</b>	25	34.7	16	22.2	15	20.8	11	15.3	3	4.2	2	2.8	-	-	-	-	-	-
<i>Males</i>	13	33.3	8	20.5	7	17.9	9	23.1	1	2.6	1	2.6	-	-	-	-	-	-
<i>Females</i>	12	36.4	8	24.2	8	24.2	2	6.1	2	6.1	1	3.0	-	-	-	-	-	-
<b>Quiche</b>	63	87.5	9	12.5	-	-	-	-	-	-	-	-	-	-	-	-	-	-
<i>Males</i>	33	84.6	6	15.4	-	-	-	-	-	-	-	-	-	-	-	-	-	-
<i>Females</i>	30	90.9	3	9.1	-	-	-	-	-	-	-	-	-	-	-	-	-	-
<b>Butter</b>	33	45.8	1	1.4	-	-	3	4.2	2	2.8	5	6.9	12	16.7	9	12.5	7	9.7
<i>Males</i>	15	38.5	-	-	-	-	2	5.1	1	2.6	4	10.3	7	17.9	4	10.3	6	15.4
<i>Females</i>	18	54.5	1	3.0	-	-	1	3.0	1	3.0	1	3.0	5	15.2	5	15.2	1	3.0
<b>Polyunsaturated margarine</b>	43	59.7	1	1.4	2	2.8	3	4.2	1	1.4	4	5.6	10	13.9	4	5.6	4	5.6
<i>Males</i>	21	53.8	1	2.6	1	2.6	3	7.7	-	-	3	7.7	5	12.8	3	7.7	2	5.1
<i>Females</i>	22	66.7	-	-	1	3.0	-	-	1	3.0	1	3.0	5	15.2	1	3.0	2	6.1



**Table 9: Frequency of intake of sweets and snacks in total sample (n=72) and by sex (n=33 males, n=39 females)**

	Never or < 1 / month		1-3 times per month		Once a week		2-4 times a week		5-6 times a week		Daily		2-3 per day		4-5 per day		6+ per day	
	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%
<b>Chocolate biscuits</b>	23	31.9	6	8.3	6	8.3	5	6.9	9	12.5	1	1.4	11	15.3	4	5.6	7	9.7
<i>Males</i>	10	25.6	3	7.7	5	12.8	2	5.1	5	12.8	-	-	7	17.9	2	5.1	5	12.8
<i>Females</i>	13	39.4	3	9.1	1	3.0	3	9.1	4	12.1	1	3.0	4	12.1	2	6.1	2	6.1
<b>Plain biscuits</b>	52	72.2	3	4.2	1	1.4	4	5.6	6	8.3	1	1.4	2	2.8	-	-	3	4.2
<i>Males</i>	29	74.4	2	5.1	-	-	2	5.1	3	7.7	-	-	1	2.6	-	-	2	5.1
<i>Females</i>	23	69.7	1	3.0	1	3.0	2	6.1	3	9.1	1	3.0	1	3.0	-	-	1	3.0
<b>Sandwich biscuits</b>	55	76.4	1	1.4	1	1.4	6	8.3	3	4.2	3	4.2	2	2.8	-	-	1	1.4
<i>Males</i>	29	74.4	1	2.6	-	-	3	7.7	2	5.1	2	5.1	2	5.1	-	-	-	-
<i>Females</i>	26	78.8			1	3.0	3	9.1	1	3.0	1	3.0	-	-	-	-	1	3.0
<b>Shortbread</b>	54	75.0	8	11.1	2	2.8	7	9.7	-	-	-	-	1	1.4	-	-	-	-
<i>Males</i>	28	71.8	4	10.3	2	5.1	5	12.8	-	-	-	-	-	-	-	-	-	-
<i>Females</i>	26	78.8	4	12.1	-	-	2	6.1	-	-	-	-	1	3.0	-	-	-	-
<b>Cakes</b>	50	69.4	9	12.5	5	6.9	6	8.3	2	2.8	-	-	-	-	-	-	-	-
<i>Males</i>	27	69.2	4	10.3	2	5.1	4	10.3	2	5.1	-	-	-	-	-	-	-	-
<i>Females</i>	23	69.7	5	15.2	3	9.1	2	6.1	-	-	-	-	-	-	-	-	-	-
<b>Buns homemade</b>	41	56.9	8	11.1	8	11.1	9	12.5	3	4.2	2	2.8	1	1.4	-	-	-	-
<i>Males</i>	22	56.4	4	10.3	3	7.7	5	12.8	3	7.7	2	5.1	-	-	-	-	-	-
<i>Females</i>	19	57.6	4	12.1	5	15.2	4	12.1	-	-	-	-	1	3.0	-	-	-	-
<b>Buns readymade</b>	52	72.2	9	12.5	6	8.3	3	4.2	1	1.4	1	1.4	-	-	-	-	-	-
<i>Males</i>	28	71.8	4	10.3	4	10.3	1	2.6	1	2.6	1	2.6	-	-	-	-	-	-
<i>Females</i>	24	72.7	5	15.2	2	6.1	2	6.1	-	-	-	-	-	-	-	-	-	-
<b>Fruit pie</b>	53	73.6	13	18.1	3	4.2	1	1.4	1	1.4	-	-	1	1.4	-	-	-	-
<i>Males</i>	28	71.8	7	17.9	2	5.1	1	2.6	1	2.6	-	-	-	-	-	-	-	-
<i>Females</i>	25	75.8	6	18.2	1	3.0	-	-	-	-	-	-	1	3.0	-	-	-	-

	Never or < 1 / month		1-3 times per month		Once a week		2-4 times a week		5-6 times a week		Daily		2-3 per day		4-5 per day		6+ per day	
	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%
<b>Sponge pudding</b>	63	87.5	5	6.9	3	4.2	1	1.4	-	-	-	-	-	-	-	-	-	-
<i>Males</i>	36	92.3	2	5.1	1	2.6	-	-	-	-	-	-	-	-	-	-	-	-
<i>Females</i>	27	81.8	3	9.1	2	6.1	1	3.0	-	-	-	-	-	-	-	-	-	-
<b>Milk pudding</b>	47	65.3	8	11.1	9	12.5	7	9.7	-	-	1	1.4	-	-	-	-	-	-
<i>Males</i>	27	69.2	4	10.3	3	7.7	5	12.8	-	-	-	-	-	-	-	-	-	-
<i>Females</i>	20	60.6	4	12.1	6	18.2	2	6.1	-	-	1	3.0	-	-	-	-	-	-
<b>Icecream</b>	40	55.6	14	19.4	8	11.1	8	11.1	1	1.4	-	-	1	1.4	-	-	-	-
<i>Males</i>	20	51.3	8	20.5	5	12.8	5	12.8	1	2.6	-	-	-	-	-	-	-	-
<i>Females</i>	20	60.6	6	18.2	3	9.1	3	9.1	-	-	-	-	1	3.0	-	-	-	-
<b>Chocolate squares</b>	44	61.1	7	9.7	8	11.1	8	11.1	1	1.4	4	5.6	-	-	-	-	-	-
<i>Males</i>	22	56.4	5	12.8	5	12.8	2	5.1	1	2.6	4	10.3	-	-	-	-	-	-
<i>Females</i>	22	66.7	2	6.1	3	9.1	6	18.2	-	-	-	-	-	-	-	-	-	-
<b>Chocolate bars</b>	27	37.5	7	9.7	10	13.9	10	13.9	4	5.6	3	4.2	6	8.3	5	6.9	-	-
<i>Males</i>	15	38.5	4	10.3	4	10.3	4	10.3	3	7.7	2	5.1	4	10.3	3	7.7	-	-
<i>Females</i>	12	36.4	3	9.1	6	18.2	6	18.2	1	3.0	1	3.0	2	6.1	2	6.1	-	-
<b>Sweets</b>	46	63.9	7	9.7	3	4.2	8	11.1	-	-	2	2.8	1	1.4	1	1.4	4	5.6
<i>Males</i>	27	69.2	4	10.3	1	2.6	3	7.7	-	-	2	5.1	-	-	1	2.6	1	2.6
<i>Females</i>	19	57.6	3	9.1	2	6.1	5	15.2	-	-	-	-	1	3.0	-	-	3	9.1
<b>Added sugar</b>	24	33.3	2	2.8	1	1.4	3	4.2	2	2.8	6	8.3	6	8.3	9	12.5	19	26.4
<i>Males</i>	12	33.3	1	2.6	-	-	3	7.7	1	2.6	2	5.1	4	10.3	5	12.8	10	25.6
<i>Females</i>	12	36.4	-	-	1	3.0	-	-	1	3.0	4	12.1	2	6.1	4	12.1	9	27.3
<b>Crisps</b>	20	27.8	6	8.3	5	6.9	11	15.3	7	9.7	11	15.3	8	11.1	1	1.4	3	4.2
<i>Males</i>	12	30.8	2	5.1	2	5.1	6	15.4	3	7.7	5	12.8	6	15.4	-	-	3	7.7
<i>Females</i>	8	24.2	4	12.1	3	9.1	5	15.2	4	12.1	6	18.2	2	6.1	1	3.0	-	-
<b>Nuts</b>	53	73.6	10	13.9	5	6.9	3	4.2	-	-	1	1.4	-	-	-	-	-	-
<i>Males</i>	29	74.4	5	12.8	3	7.7	2	5.1	-	-	-	-	-	-	-	-	-	-
<i>Females</i>	24	72.7	5	15.2	2	6.1	1	3.0	-	-	1	3.0	-	-	-	-	-	-

**Table 10: Frequency of intake of fruit in total sample (n=72) and by sex (n=33 males, n=39 females)**

	Never or < 1 / month		1-3 times per month		Once a week		2-4 times a week		5-6 times a week		Daily		2-3 per day		4-5 per day		6+ per day	
	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%
<b>Apples</b>	27	37.5	16	22.2	5	6.9	14	19.4	-	-	9	12.5	1	1.4	-	-	-	-
<i>Males</i>	15	38.5	9	23.1	4	10.3	8	20.5	-	-	3	7.7	-	-	-	-	-	-
<i>Females</i>	12	36.4	7	21.2	1	3.0	6	18.2	-	-	6	18.2	1	3.0	-	-	-	-
<b>Pears</b>	52	72.2	9	12.5	3	4.2	4	5.6	-	-	2	2.8	2	2.8	-	-	-	-
<i>Males</i>	27	69.2	7	17.9	2	5.1	2	5.1	-	-	1	2.6	-	-	-	-	-	-
<i>Females</i>	25	75.8	2	6.1	1	3.0	2	6.1	-	-	1	3.0	2	6.1	-	-	-	-
<b>Oranges</b>	36	50.0	13	18.1	8	11.1	11	15.3	1	1.4	2	2.8	1	1.4	-	-	-	-
<i>Males</i>	20	51.3	9	23.1	4	10.3	5	12.8	1	2.6	-	-	-	-	-	-	-	-
<i>Females</i>	16	48.5	4	12.1	4	12.1	6	18.2	-	-	2	6.1	1	3.0	-	-	-	-
<b>Bananas</b>	27	37.5	13	18.1	9	12.5	14	19.4	8	11.1	1	1.4	-	-	-	-	-	-
<i>Males</i>	18	46.2	6	15.4	6	15.4	6	15.4	-	-	3	7.7	-	-	-	-	-	-
<i>Females</i>	9	27.3	7	21.2	3	9.1	8	24.2	-	-	5	15.2	1	3.0	-	-	-	-
<b>Grapes</b>	42	58.3	13	18.1	8	11.1	6	8.3	1	1.4	2	2.8	-	-	-	-	-	-
<i>Males</i>	26	66.7	8	20.5	2	5.1	2	5.1	-	-	1	2.6	-	-	-	-	-	-
<i>Females</i>	16	48.5	5	15.2	6	18.2	4	12.1	1	3.0	1	3.0	-	-	-	-	-	-
<b>Melon</b>	59	81.9	6	8.3	5	6.9	2	2.8	-	-	-	-	-	-	-	-	-	-
<i>Males</i>	36	92.3	-	-	2	5.1	1	2.6	-	-	-	-	-	-	-	-	-	-
<i>Females</i>	23	69.7	6	18.2	3	9.1	1	3.0	-	-	-	-	-	-	-	-	-	-
<b>Peaches</b>	62	86.1	4	5.6	4	5.6	2	2.8	-	-	-	-	-	-	-	-	-	-
<i>Males</i>	35	89.7	3	7.7	1	2.6	-	-	-	-	-	-	-	-	-	-	-	-
<i>Females</i>	27	81.8	1	3.0	3	9.1	2	6.1	-	-	-	-	-	-	-	-	-	-
<b>Strawberry</b>	43	59.7	15	20.8	6	8.3	5	6.9	1	1.4	1	1.4	1	1.4	-	-	-	-
<i>Males</i>	27	69.2	7	17.9	3	7.7	2	5.1	-	-	-	-	-	-	-	-	-	-
<i>Females</i>	16	48.5	8	24.2	3	9.1	3	9.1	1	3.0	1	3.0	1	3.0	-	-	-	-
<b>Tinned fruit</b>	46	63.9	9	12.5	8	11.1	8	11.1	-	-	1	1.4	-	-	-	-	-	-
<i>Males</i>	26	66.7	6	15.4	2	5.1	5	12.8	-	-	-	-	-	-	-	-	-	-
<i>Females</i>	20	60.6	3	9.1	6	18.2	3	9.1	-	-	1	3.0	-	-	-	-	-	-



	Never or < 1 / month		1-3 times per month		Once a week		2-4 times a week		5-6 times a week		Daily		2-3 per day		4-5 per day		6+ per day	
	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%
<b>Leeks</b>	62	86.1	5	6.9	2	2.8	3	4.2	-	-	-	-	-	-	-	-	-	-
<i>Males</i>	32	82.1	3	7.7	1	2.6	3	7.7	-	-	-	-	-	-	-	-	-	-
<i>Females</i>	30	90.9	2	6.1	1	3.0	-	-	-	-	-	-	-	-	-	-	-	-
<b>Onion – raw</b>	45	62.5	4	5.6	13	18.1	6	8.3	-	-	4	5.6	-	-	-	-	-	-
<i>Males</i>	23	59.0	1	2.6	8	20.5	4	10.3	-	-	3	7.7	-	-	-	-	-	-
<i>Females</i>	22	66.7	3	9.1	5	15.2	2	6.1	-	-	1	3.0	-	-	-	-	-	-
<b>Onion – cooked</b>	31	43.1	7	9.7	17	23.6	14	19.4	1	1.4	2	2.8	-	-	-	-	-	-
<i>Males</i>	18	46.2	3	7.7	8	20.5	9	23.1	-	-	1	2.6	-	-	-	-	-	-
<i>Females</i>	13	39.4	4	12.1	9	27.3	5	15.2	1	3.0	1	3.0	-	-	-	-	-	-
<b>Mushroom</b>	27	37.5	17	23.6	14	19.4	12	16.7	-	-	2	2.8	-	-	-	-	-	-
<i>Males</i>	13	33.3	9	23.1	8	20.5	8	20.5	-	-	1	2.6	-	-	-	-	-	-
<i>Females</i>	14	42.4	8	24.2	6	18.2	4	12.1	-	-	1	3.0	-	-	-	-	-	-
<b>Sweet pepper</b>	49	68.1	7	9.7	8	11.1	5	6.9	3	4.2	-	-	-	-	-	-	-	-
<i>Males</i>	26	66.7	3	7.7	5	12.8	4	10.3	1	2.6	-	-	-	-	-	-	-	-
<i>Females</i>	23	69.7	4	12.1	3	9.1	1	3.0	2	6.1	-	-	-	-	-	-	-	-
<b>Green salad</b>	26	36.1	12	16.7	13	18.1	18	25.0	2	2.8	1	1.4	-	-	-	-	-	-
<i>Males</i>	18	46.2	8	20.5	6	15.4	7	17.9	-	-			-	-	-	-	-	-
<i>Females</i>	8	24.2	4	12.1	7	21.2	11	33.3	2	6.1	1	3.0	-	-	-	-	-	-
<b>Tomatoes</b>	22	30.6	8	11.1	15	20.8	23	31.9	-	-	3	4.2	1	1.4	-	-	-	-
<i>Males</i>	12	30.8	5	12.8	10	25.6	11	28.2	-	-	1	2.6	-	-	-	-	-	-
<i>Females</i>	10	30.3	3	9.1	5	15.2	12	36.4	-	-	2	6.1	1	3.0	-	-	-	-
<b>Sweetcorn</b>	38	52.8	16	22.2	16	22.2	2	2.8	-	-	-	-	-	-	-	-	-	-
<i>Males</i>	20	51.3	9	23.1	10	25.6	-	-	-	-	-	-	-	-	-	-	-	-
<i>Females</i>	18	54.5	7	21.2	6	18.2	2	6.1	-	-	-	-	-	-	-	-	-	-
<b>Beetroot</b>	48	66.7	10	13.9	3	4.2	9	12.5	-	-	2	2.8	-	-	-	-	-	-
<i>Males</i>	31	79.5	4	10.3	-	-	3	7.7	-	-	1	2.6	-	-	-	-	-	-
<i>Females</i>	17	51.5	6	18.2	3	9.1	6	18.2	-	-	1	3.0	-	-	-	-	-	-



**Table 12: Frequency of intake of beverages in total sample (n=72) and by sex (n=33 males, n=39 females)**

	Never or < 1 / month		1-3 times per month		Once a week		2-4 times a week		5-6 times a week		Daily		2-3 per day		4-5 per day		6+ per day	
	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%
<b>Tea</b>	17	23.6	2	2.8	3	4.2	1	1.4	-	-	2	2.8	19	26.4	9	12.5	19	26.4
<i>Males</i>	5	12.8	1	2.6	2	5.1	1	2.6	-	-	-	-	10	25.6	6	15.4	14	35.9
<i>Females</i>	12	36.4	1	3.0	1	3.0	-	-	-	-	2	6.1	9	27.3	3	9.1	5	15.2
<b>Coffee</b>	35	48.6	5	6.9	4	5.6	4	5.6	-	-	5	6.9	11	15.3	1	1.4	7	9.7
<i>Males</i>	19	48.7	4	10.3	2	5.1	3	7.7	-	-	3	7.7	6	15.4	1	2.6	1	2.6
<i>Females</i>	16	48.5	1	3.0	2	6.1	1	3.0	-	-	2	6.1	5	15.2	-	-	6	18.2
<b>Cocoa</b>	58	80.6	5	6.9	4	5.6	2	2.8	-	-	2	2.8	1	1.4	-	-	-	-
<i>Males</i>	33	84.6	4	10.3	-	-	-	-	-	-	1	2.6	1	2.6	-	-	-	-
<i>Females</i>	25	75.8	1	3.0	4	12.1	2	6.1	-	-	1	3.0	-	-	-	-	-	-
<b>Red wine</b>	61	84.7	2	2.8	-	-	6	8.3	1	1.4	-	-	1	1.4	-	-	1	1.4
<i>Males</i>	33	84.6	1	2.6	-	-	3	7.7	1	2.6	-	-	1	2.6	-	-	-	-
<i>Females</i>	28	84.8	1	3.0	-	-	3	9.1	-	-	-	-	-	-	-	-	1	3.0
<b>White wine</b>	59	81.9	6	8.3	4	5.6	2	2.8	1	1.4	-	-	-	-	-	-	-	-
<i>Males</i>	33	84.6	4	10.3	1	2.6	-	-	1	2.6	-	-	-	-	-	-	-	-
<i>Females</i>	26	78.8	2	6.1	3	9.1	2	6.1	-	-	-	-	-	-	-	-	-	-
<b>Beer</b>	39	54.2	4	5.6	3	4.2	6	8.3	3	4.2	4	5.6	2	2.8	1	1.4	10	13.9
<i>Males</i>	15	38.5	2	5.1	2	5.1	5	12.8	2	5.1	2	5.1	2	5.1	1	2.6	8	20.5
<i>Females</i>	24	72.7	2	6.1	1	3.0	1	3.0	1	3.0	2	6.1	-	-	-	-	2	6.1
<b>Stout</b>	60	83.3	1	1.4	2	2.8	3	4.2	2	2.8	-	-	2	2.8	-	-	2	2.8
<i>Males</i>	29	74.4	-	-	2	5.1	2	5.1	2	5.1	-	-	2	5.1	-	-	2	5.1
<i>Females</i>	31	91.9	1	3.0	-	-	1	3.0	-	-	-	-	-	-	-	-	-	-
<b>Spirits</b>	28	38.9	5	6.9	7	9.7	7	9.7	8	11.1	4	5.6	7	9.7	1	1.4	5	6.9
<i>Males</i>	21	53.8	1	2.6	4	10.3	4	10.3	3	7.7	1	2.6	2	5.1	1	2.6	2	5.1
<i>Females</i>	7	21.2	4	12.1	3	9.1	3	9.1	5	15.2	3	9.1	5	15.2	-	-	3	9.1

	Never or < 1 / month		1-3 times per month		Once a week		2-4 times a week		5-6 times a week		Daily		2-3 per day		4-5 per day		6+ per day	
	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%
<b>Diet fizzy drinks</b>	56	77.8	1	1.4	2	2.8	6	8.3	-	-	1	1.4	4	5.6	1	1.4	1	1.4
<i>Males</i>	32	82.1	1	2.6	2	5.1	3	7.7	-	-	1	2.6	-	-	-	-	-	-
<i>Females</i>	24	72.7	-	-	-	-	3	9.1	-	-	-	-	4	12.1	1	3.0	1	3.0
<b>Fizzy drinks</b>	22	30.6	6	8.3	5	6.9	13	18.1	4	5.6	3	4.2	11	15.3	3	4.2	5	6.9
<i>Males</i>	16	41.0	3	7.7	3	7.7	6	15.4	1	2.6	1	2.6	6	15.4	1	2.6	2	5.1
<i>Females</i>	6	18.2	3	9.1	2	6.1	7	21.2	3	9.1	2	6.1	5	15.2	2	6.1	3	9.1
<b>Pure fruit juice</b>	32	44.4	12	16.7	5	6.9	11	15.3	1	1.4	6	8.3	4	5.6	1	1.4	-	-
<i>Males</i>	19	48.7	8	20.5	3	7.7	4	10.3	-	-	2	5.1	3	7.7	-	-	-	-
<i>Females</i>	13	39.4	4	12.1	2	6.1	7	21.2	1	3.0	4	12.1	1	3.0	1	3.0	-	-
<b>Cordials</b>	36	50.0	4	5.6	4	5.6	6	8.3	1	1.4	10	13.9	7	9.7	3	4.2	1	1.4
<i>Males</i>	20	51.3	3	7.7	3	7.7	2	5.1	1	2.6	3	7.7	5	12.8	1	2.6	1	2.6
<i>Females</i>	16	48.5	1	3.0	1	3.0	4	12.1	-	-	7	21.2	2	6.1	2	6.1	-	-
<b>Water</b>	25	34.7	2	2.8	1	1.4	1	1.4	-	-	9	12.5	13	18.1	9	12.5	12	16.7
<i>Males</i>	15	38.5	2	5.1	1	2.6	-	-	-	-	3	7.7	6	15.4	3	7.7	9	23.1
<i>Females</i>	10	30.3	-	-	-	-	1	3.0	-	-	6	18.2	7	21.2	6	18.2	3	9.1

**Table 13: Type of milk consumed by respondents**

Milk Type	Total (n=72)			Males (n=39)			Females (n=33)		
	n	%	NDNS <sup>16</sup>	n	%	NDNS <sup>1</sup>	n	%	NDNS <sup>1</sup>
Whole milk	30	41.7	21	16	41.0	22	14	42.4	21
Semi-skimmed	27	51.4	54	22	56.4	55	15	45.5	54
Skimmed	2	2.8	12	1	2.6	7	1	3.0	12
Dried milk	0	0	0	0	0	0	0	0	0
Soya milk	0	0	1	0	0	0	0	0	1
None	3	4.2	15	0	0	18	3	9.1	15

**Table 14: Average amount of milk consumed daily by respondents**

Milk amount	Total (n=72)		Males (n=39)		Females (n=33)	
	n	%	n	%	n	%
None	3	4.2	-	-	3	9.1
Quarter of a pint	17	23.6	8	20.5	9	27.3
Half a pint	14	19.4	8	20.5	6	18.2
Three quarters of a pint	3	4.2	1	2.6	2	6.1
One pint	17	23.6	9	23.1	8	24.2
More than one pint	18	25.0	13	33.3	5	15.2

<sup>16</sup> Henderson L *et al.* The National Diet and Nutrition Survey: Adults aged 19 to 64 years, Volume 1: Types and Quantities of Foods Consumed. London: TSO, 2002.

**Table 15a: Daily energy and macronutrient intake (from food and alcohol) by total sample, sex, age and duration of homelessness. Data presented as mean, *standard deviation*, and median.**

Nutrient		Total n=72	Sex		Age					Duration homelessness		
			Male n=39	Female n=33	<19 n=9	19-24 n=29	25-34 n=15	35-49 n=16	>50 n=3	Short n=52	Medium n=12	Long n=8
<b>Total energy (kcal)</b>	<b>Mean</b>	2810	3155	2403	3490	2828	3392	2044	1783	2893	2901	2134
	<b>SD</b>	1327	1400	1125	1936	1324	1169	510	769	1364	1483	521
	<b>Median</b>	2456	3056	2020	3299	2327	3469	2019	1357	2611	2688	2043
<b>Food energy [excluding alcohol] (kcal)</b>	<b>Mean</b>	2683	2978	2334	3415	2711	3202	1902	1781	2778	2739	1978
	<b>SD</b>	1271	1352	1086	1850	1267	1070	526	770	1303	1385	593
	<b>Median</b>	2207	3021	1974	3246	2711	3245	1754	1353	2376	2657	1796
<b>Protein (g)</b>	<b>Mean</b>	81.7	92.5	69.0	97.1	81.7	98.8	63.6	47.0	83.4	85.7	64.9
	<b>SD</b>	36.6	37.5	31.5	54.7	32.9	39.0	15.2	19.7	35.8	47.4	19.4
	<b>Median</b>	70.0	81.7	65.7	81.7	72.5	99.0	65.6	35.9	71.6	73.1	61.8
<b>% total energy from protein</b>	<b>Mean</b>	11.9	12.1	11.6	11.1	11.9	11.7	12.6	10.6	11.9	11.7	12.0
	<b>SD</b>	12.0	2.0	2.0	2.0	2.0	2.2	1.8	0.2	2.2	1.5	1.2
	<b>Median</b>	11.7	11.9	11.5	10.6	11.9	11.7	12.4	10.5	11.5	11.9	12.4
<b>Fat (g)</b>	<b>Mean</b>	115.9	133.6	95.0	151.1	119.0	135.9	78.7	79.1	120.6	121.3	77.6
	<b>SD</b>	62.7	65.2	53.3	98.4	59.2	57.9	24.1	45.6	66.1	59.3	24.9
	<b>Median</b>	100.1	124.0	89.6	150.9	109.4	159.1	84.0	68.9	103.3	126.5	69.6
<b>% total energy from fat</b>	<b>Mean</b>	36.2	37.8	34.3	35.3	37.7	35.1	34.8	38.7	36.4	37.4	33.1
	<b>SD</b>	7.5	6.6	8.0	11.1	5.4	6.7	8.8	10.3	7.1	8.5	8.2
	<b>Median</b>	36.6	37.8	35.7	40.7	38.1	35.7	33.9	43.4	37.5	38.3	32.8
<b>SFA<sup>17</sup> (g)</b>	<b>Mean</b>	46.1	53.0	37.9	59.3	48.9	52.0	30.3	33.7	48.8	46.2	28.4
	<b>SD</b>	27.7	29.2	23.8	40.0	27.8	26.6	12.8	22.2	29.5	24.5	10.8
	<b>Median</b>	41.2	44.6	38.7	60.4	41.7	47.6	32.3	37.0	43.2	46.1	28.4

<sup>17</sup> Saturated fatty acids

Nutrient		Total n=72	Sex		Age					Duration homelessness		
			Male n=39	Female n=33	<19 n=9	19-24 n=29	25-34 n=15	35-49 n=16	>50 n=3	Short n=52	Medium n=12	Long n=8
% total energy from SFA <sup>17</sup>	Mean	14.2	14.9	13.4	13.5	15.2	13.2	13.3	16.5	14.4	14.2	12.8
	SD	4.5	4.2	4.7	5.7	3.3	3.9	5.3	9.0	4.0	5.1	6.5
	Median	13.8	14.2	13.5	14.3	15.1	12.2	13.1	18.2	14.1	13.7	10.9
PUFA <sup>18</sup> (g)	Mean	19.7	22.7	16.2	25.4	19.1	24.7	14.3	12.1	19.8	21.3	16.4
	SD	11.2	11.8	9.3	16.7	8.6	12.8	7.4	6.4	10.7	13.1	11.9
	Median	17.8	21.0	13.7	24.9	19.7	24.1	12.6	13.1	17.7	22.0	10.9
% total energy from PUFA <sup>18</sup>	Mean	6.4	6.5	6.1	6.2	6.3	6.6	6.4	6.2	6.3	6.7	6.3
	SD	2.4	2.4	2.4	1.9	2.1	2.6	3.1	2.7	2.2	2.7	3.3
	Median	5.6	5.9	5.5	6.1	5.4	5.9	5.3	6.0	5.8	5.3	5.0
MUFA <sup>19</sup> (g)	Mean	41.0	47.8	32.9	54.2	42.0	48.4	27.4	26.1	42.7	43.6	25.8
	SD	23.0	24.0	29.9	36.4	21.9	20.6	8.3	17.8	24.2	21.7	7.6
	Median	35.1	46.2	19.1	55.8	36.9	56.6	27.9	19.8	36.3	48.2	23.6
% total energy from MUFA <sup>19</sup>	Mean	12.7	13.5	11.8	12.4	13.3	12.5	12.1	12.4	12.8	13.3	11.0
	SD	2.8	2.4	3.0	4.4	2.1	2.5	3.0	3.6	2.7	3.3	1.9
	Median	13.2	13.3	12.2	14.0	12.9	13.1	12.4	13.1	13.2	13.6	11.2
Carbohydrate (g)	Mean	349.2	374.3	319.5	439.9	350.4	419.6	251.2	236.1	361.6	346.5	272.7
	SD	163.3	177.3	141.9	202.1	173.5	128.8	95.1	86.5	165.6	185.3	93.8
	Median	308.0	336.1	264.9	417.0	272.0	427.4	225.9	220.0	328.7	328.2	259.3
% total energy from carbohydrate	Mean	47.4	44.2	51.1	51.7	46.2	47.8	45.9	50.9	47.7	45.8	47.2
	SD	8.4	6.6	8.9	12.2	5.7	4.9	10.3	10.1	7.9	11.4	7.6
	Median	46.0	44.1	49.5	47.4	45.4	47.5	44.5	46.3	46.2	45.5	47.4

<sup>18</sup> Polyunsaturated fatty acids

<sup>19</sup> Monounsaturated fatty acids

Nutrient		Total	Sex		Age					Duration homelessness		
		n=72	Male n=39	Female n=33	<19 n=9	19-24 n=29	25-34 n=15	35-49 n=16	>50 n=3	Short n=52	Medium n=12	Long n=8
<b>Starch (g)</b>	<b>Mean</b>	194.1	220.7	162.7	239.1	201.8	227.2	131.8	154.6	192.7	227.2	153.4
	<b>SD</b>	94.6	107.5	65.4	107.0	95.4	96.0	57.8	55.7	89.0	126.8	63.5
	<b>Median</b>	165.0	216.6	156.3	200.6	172.4	216.2	128.3	138.4	167.3	239.1	140.2
<b>Total sugars (g)</b>	<b>Mean</b>	153.8	152.8	155.0	202.8	147.3	191.2	117.0	79.7	167.5	119.0	117.5
	<b>SD</b>	100.9	99.4	104.2	143.2	99.3	89.0	75.2	52.5	108.6	73.9	62.5
	<b>Median</b>	134.6	135.9	117.4	147.7	110.7	189.7	101.3	109.3	135.8	95.1	109.9
<b>% total energy from total sugars</b>	<b>Mean</b>	21.8	18.8	25.4	22.6	20.1	24.0	23.1	18.4	23.2	16.4	21.5
	<b>SD</b>	9.8	17.5	11.0	9.1	6.5	10.7	13.6	13.8	10.2	4.1	11.2
	<b>Median</b>	20.1	17.8	23.5	20.4	19.8	22.6	18.1	16.6	21.7	16.1	18.6
<b>Alcohol (g)</b>	<b>Mean</b>	18.3	25.4	9.8	10.7	16.7	27.2	20.3	0.2	16.5	23.1	22.3
	<b>SD</b>	25.8	29.9	16.9	17.7	26.1	31.7	24.3	0.3	25.2	29.3	26.9
	<b>Median</b>	6.4	8.6	4.0	6.7	7.3	2.6	7.3	0.0	5.8	9.1	7.3
<b>% total energy from alcohol</b>	<b>Mean</b>	4.5	5.9	2.9	1.6	4.2	5.1	6.9	0.1	3.9	4.9	7.8
	<b>SD</b>	6.4	7.2	4.8	1.8	6.3	6.1	8.3	0.2	6.0	5.7	9.4
	<b>Median</b>	1.6	1.9	1.1	1.1	2.0	1.1	2.6	0.0	1.2	3.1	2.6
<b>Fibre (g)</b>	<b>Mean</b>	16.2	17.4	14.8	20.2	15.9	19.3	12.0	13.6	16.3	18.9	11.6
	<b>SD</b>	7.8	8.8	6.2	7.5	7.2	9.9	4.9	6.2	6.7	12.1	4.5
	<b>Median</b>	14.6	14.8	14.2	20.2	14.2	15.2	10.4	14.8	15.0	15.3	11.0

**Table 15b: Daily mineral intake (from food and alcohol) by total sample, sex, age and duration of homelessness.**  
**Data presented as mean, *standard deviation*, and median.**

Nutrient		Total n=72	Sex		Age					Duration homelessness		
			Male n=39	Female n=33	<19 n=9	19-24 n=29	25-34 n=15	35-49 n=16	>50 n=3	Short n=52	Medium n=12	Long n=8
<b>Calcium (mg)</b>	Mean	833	904	749	944	840	992	656	590	865	808	662
	SD	373	398	326	567	32	354	220	292	370	418	310
	Median	738	851	701	798	739	1103	581	520	741	724	540
<b>Iron (mg)</b>	Mean	13.1	14.4	11.4	14.7	12.7	16.2	10.4	9.5	12.8	14.9	12.0
	SD	6.0	6.0	5.7	6.6	6.4	6.3	3.5	2.3	5.6	8.4	4.4
	Median	11.9	13.0	9.9	13.3	10.9	15.0	9.8	9.8	11.7	11.4	12.8
<b>Iodine (µg)</b>	Mean	101	104	98	119	97	124	83	67	105	98	80
	SD	54	54	55	84	46	59	40	16	53	67	40
	Median	91	90	91	93	91	107	83	60	93	85	62
<b>Magnesium (mg)</b>	Mean	314	356	263	298	312	395	263	230	311	339	295
	SD	133	142	102	101	150	149	64	71	124	193	85
	Median	299	337	250	338	288	357	165	229	299	286	306
<b>Phosphorous (mg)</b>	Mean	1416	1572	1232	1592	1413	1730	1133	869	1429	1536	1155
	SD	611	630	539	880	601	584	269	432	606	756	329
	Median	1307	1365	1097	1357	1306	1725	1125	695	1307	1350	1192
<b>Potassium (mg)</b>	Mean	3257	3681	2756	3746	3024	4021	2547	2262	3324	3377	2640
	SD	1407	1541	1045	1928	1421	1378	527	854	1347	1886	878
	Median	2977	3383	2630	4074	2982	4218	2349	2499	3060	3015	2532
<b>Zinc (mg)</b>	Mean	9.7	10.9	8.2	11.4	9.7	11.7	7.5	5.3	12.8	14.9	12.0
	SD	4.6	4.9	3.8	5.7	4.6	5.4	1.7	2.4	5.6	8.4	4.4
	Median	8.4	9.6	7.3	10.4	8.6	11.0	7.3	4.9	11.7	11.4	12.8

**Table 15c: Daily vitamin intake (from food and alcohol) by total sample, sex, age and duration of homelessness.**  
**Data presented as mean, *standard deviation*, and median.**

Nutrient		Total n=72	Sex		Age					Duration homelessness		
			Male n=39	Female n=33	<19 n=9	19-24 n=29	25-34 n=15	35-49 n=16	>50 n=3	Short n=52	Medium n=12	Long n=8
<b>Vitamin B1 (mg)</b>	Mean	1.5	1.6	1.4	1.7	1.5	1.8	1.1	1.0	1.5	1.6	1.2
	SD	0.7	0.7	0.7	0.9	0.8	0.7	0.4	0.2	0.7	1.0	0.6
	Median	1.4	1.4	1.2	1.4	1.4	1.7	1.1	1.1	1.4	1.2	1.2
<b>Vitamin B2 (mg)</b>	Mean	1.5	1.7	1.3	1.7	1.5	1.8	1.3	0.9	1.5	1.5	1.4
	SD	0.8	0.7	0.8	1.0	0.9	0.6	0.4	0.2	0.8	0.8	0.4
	Median	1.4	1.6	1.2	1.7	1.2	1.8	1.3	1.0	1.3	1.5	1.5
<b>Vitamin B6 (mg)</b>	Mean	2.1	2.4	1.7	2.3	2.1	2.4	1.7	1.2	2.1	2.3	1.7
	SD	1.0	1.1	0.8	1.2	1.1	1.2	0.6	0.5	1.0	1.4	0.7
	Median	1.8	2.4	1.5	2.4	2.0	1.9	1.5	1.3	1.8	2.1	1.5
<b>Vitamin B12 (µg)</b>	Mean	3.9	4.3	3.5	5.3	3.5	4.6	3.7	1.4	3.9	3.9	3.9
	SD	2.3	2.0	2.6	3.8	1.6	2.4	1.8	0.8	2.4	2.1	1.7
	Median	3.5	4.1	2.5	5.6	3.3	5.5	3.3	3.3	3.5	3.6	4.3
<b>Folate (mg)</b>	Mean	295	333	250	312	300	341	250	211	295	310	275
	SD	145	148	130	160	179	131	69	54	148	171	92
	Median	261	298	222	344	241	334	239	202	265	247	290
<b>Vitamin A (retinol equiv, µg)</b>	Mean	639	675	596	696	640	624	633	570	640	696	351
	SD	353	364	341	510	316	311	408	217	361	397	232
	Median	622	649	538	692	649	604	633	493	619	738	606
<b>Vitamin C (mg)</b>	Mean	96	85	108	113	100	106	71	69	102	68	97
	SD	73	55	89	127	63	65	60	64	76	52	77
	Median	77	68	88	65	85	118	41	39	81	38	64

Nutrient		Total	Sex		Age					Duration homelessness		
		n=72	Male n=39	Female n=33	<19 n=9	19-24 n=29	25-34 n=15	35-49 n=16	>50 n=3	Short n=52	Medium n=12	Long n=8
<b>Vitamin D (µg)</b>	Mean	2.6	2.7	2.6	4.1	2.3	3.2	2.1	1.3	2.7	2.3	2.9
	SD	2.1	1.8	2.5	3.9	1.5	2.1	1.4	0.2	2.2	1.7	1.8
	Median	2.0	2.1	1.6	3.5	1.9	2.9	1.7	1.4	2.0	1.9	2.1
<b>Vitamin E (mg)</b>	Mean	12.9	14.0	11.6	14.8	12.8	15.8	10.3	7.7	23.2	16.4	21.5
	SD	7.8	7.8	7.7	9.0	7.2	8.1	7.8	4.6	10.2	4.1	11.3
	Median	11.6	13.6	8.7	13.3	11.7	13.6	6.9	8.7	21.7	16.1	18.6

**Table 16: Macronutrient intake of homeless compared with national surveys**

Macronutrient	Recommendation <sup>20</sup>	Homeless group			NDNS <sup>21</sup> (19-64y)		NSIFCS <sup>22,23</sup> (18-64y)		
		Total	Male	Female	Male	Female	Total	Male	Female
Total energy (kcal)	EAR 19-50y: Males = 2550 kcal/d Females = 1940 kcal/d	2810	3155	2403	2313 (2115) <sup>24</sup>	1632 (1522)	2213	2632	1826
Fat (% food energy)	No more than 35% of food energy	37.9	40.2	35.3	35.8 (35.8)	34.9 (34.4)	35.2	34.8	35.6
Saturated fat (% food energy)	No more than 11% of food energy	14.9	15.8	13.8	13.4 (13.3)	13.2 (13.0)	-	-	-
Polyunsaturated fat (% food energy)	6.5% of food energy	6.6	7.0	6.3	6.4 (5.2)	6.3 (5.2)	-	-	-
Monounsaturated fat (% food energy)	13% of food energy	13.3	14.3	12.2	12.1 (12.2)	11.5 (1.4)	-	-	-
Carbohydrate (% food energy)	50% of food energy	49.5	47.0	52.6	47.7 (48.4)	48.5 (49.7)	44.3	43.5	45.1
Alcohol (% total energy)	-	4.5	5.9	2.9	6.5 (3.5)	3.9 (3.8)	4.6	5.9	3.5
NSP (g)	18g per day	16.2	17.4	14.8	15.2 (13.1)	12.6 (10.5)	14.8	16.7	13.0

<sup>20</sup> Department of Health (1991) Dietary reference values for food energy and nutrients for the United Kingdom: Report of the Panel on Dietary Reference Values. Report on Health and Social Subjects; 41. Committee on Medical Aspects of Food Policy. London: HMSO, 1991.

<sup>21</sup> Henderson L *et al.* The National Diet and Nutrition Survey: Adults aged 19 to 64 years, Volume 2: Energy, Protein, Carbohydrate, Fat and Alcohol intake. London: TSO, 2003.

<sup>22</sup> Harrington *et al.* Macronutrient intakes and food sources in Irish adults: findings of the North/South Ireland Food Consumption Survey. Public Health Nutrition 2001;4:1037-42.

<sup>23</sup> Galvin MA, Kiely M, Harrington KE, Robson PJ, Moore R, Flynn A. The North/South Ireland Food Consumption Survey: the dietary fibre intake of Irish adults. Public Health Nutrition 2001;4:1061-8.

<sup>24</sup> Values in brackets are NDNS data for respondents receiving benefits

**Table 17: Vitamin Dietary Reference Values<sup>25</sup> (DRVs) for males**

	15-18 y		19-50 y		50+ y	
	RNI	LRNI	RNI	LRNI	RNI	LRNI
<b>Vitamin A</b> (µg)	700	300	700	300	700	300
<b>Thiamin</b> (mg)	1.1	0.6	1.0	0.6	0.9	0.5
<b>Riboflavin</b> (mg)	1.3	0.8	1.3	0.8	1.3	0.8
<b>Vitamin B6<sup>26</sup></b> (mg)	1.5	1.1	1.4	1.0	1.4	1.0
<b>Vitamin B12</b> (µg)	1.5	1.1	1.5	1.0	1.5	1.0
<b>Folate</b> (µg)	200	100	200	100	200	100
<b>Vitamin C</b> (mg)	40.0	10.0	40	10	40	10

<sup>25</sup> Department of Health (1991) Dietary reference values for food energy and nutrients for the United Kingdom: Report of the Panel on Dietary Reference Values. Report on Health and Social Subjects; 41. Committee on Medical Aspects of Food Policy. London: HMSO, 1991.

<sup>26</sup> Based on protein providing 14.7% of the EAR for energy. Calculated values from LRNIs µg/g protein, taken from Henderson L *et al.* The National Diet and Nutrition Survey: Adults aged 19 - 64 years, Volume 3: Vitamin and Mineral intake and Urinary Analytes. London: TSO, 2003.

**Table 18: Vitamin Dietary Reference Values<sup>27</sup> (DRVs) for females**

	15-18 y		19-50 y		50+ y	
	RNI	LRNI	RNI	LRNI	RNI	LRNI
<b>Vitamin A</b> (µg)	600	250	600	250	600	250
<b>Thiamin</b> (mg)	0.8	0.5	0.8	0.4	0.8	0.4
<b>Riboflavin</b> (mg)	1.1	0.8	1.1	0.8	1.1	0.8
<b>Vitamin B6<sup>2</sup></b> (mg)	1.2	0.9	1.2	0.8	1.2	0.8
<b>Vitamin B12</b> (µg)	1.5	1.1	1.5	1.0	1.5	1.0
<b>Folate</b> (µg)	200	100	200	100	200	100
<b>Vitamin C</b> (mg)	40.0	10.0	40	10	40	10

<sup>27</sup> Department of Health (1991) Dietary reference values for food energy and nutrients for the United Kingdom: Report of the Panel on Dietary Reference Values. Report on Health and Social Subjects; 41. Committee on Medical Aspects of Food Policy. London: HMSO, 1991.

**Table 19: Mineral Dietary Reference Values<sup>28</sup> (DRVs) for males**

	15-18 y		19-50 y		50+ y	
	RNI	LRNI	RNI	LRNI	RNI	LRNI
<b>Iron</b> (mg)	11.3	6.1	8.7	4.7	8.7	4.7
<b>Calcium</b> (mg)	1000	480	700	400	700	400
<b>Phosphorus</b> (mg)	775	370	550	310	550	310
<b>Magnesium</b> (mg)	300	190	300	190	300	190
<b>Potassium</b> (mg)	3500	2000	3500	2000	3500	2000
<b>Iodine</b> (µg)	140	70	140	70	140	70

<sup>28</sup> Department of Health (1991) Dietary reference values for food energy and nutrients for the United Kingdom: Report of the Panel on Dietary Reference Values. Report on Health and Social Subjects; 41. Committee on Medical Aspects of Food Policy. London: HMSO, 1991.

**Table 20: Mineral Dietary Reference Values<sup>29</sup> (DRVs) for females**

	15-18 y		19-50 y		50+ y	
	RNI	LRNI	RNI	LRNI	RNI	LRNI
<b>Iron</b> (mg)	11.3	6.1	14.8	8.0	8.7	4.7
<b>Calcium</b> (mg)	800	450	700	400	700	400
<b>Phosphorus</b> (mg)	625	350	550	310	550	310
<b>Magnesium</b> (mg)	300	190	270	150	270	150
<b>Potassium</b> (mg)	3500	2000	3500	2000	3500	2000
<b>Iodine</b> (µg)	140	70	140	70	140	70

<sup>29</sup> Department of Health (1991) Dietary reference values for food energy and nutrients for the United Kingdom: Report of the Panel on Dietary Reference Values. Report on Health and Social Subjects; 41. Committee on Medical Aspects of Food Policy. London: HMSO, 1991.

**Table 21: Proportion of group with average daily intakes of vitamins below the Lower Reference Nutrient Intake (LRNI)<sup>30</sup> by age and sex compared with data from the National Diet and Nutrition Survey<sup>31,32</sup>**

Nutrient	% (n) with average daily intake below the LRNI											
	Men aged (years):					All men (n=39)	Women aged (years):					All women (n=33)
	<19 <sup>33</sup> (n=3)	19-24 (n=13)	25-34 (n=10)	35-49 (n=11)	50-64 (n=2)		<19 <sup>33</sup> (n=6)	19-24 (n=16)	25-34 (n=5)	35-49 (n=5)	50-64 (n=1)	
Vitamin B1 (mg)	0	0	0	0	0	0	0	0	0	0	0	0
<i>NDNS</i>	0	2	0	0	1	1	2	0	2	1	1	1
Vitamin B2 (mg)	0	8 (n=1)	0	9 (n=1)	50 (n=1)	8 (n=3)	33 (n=2)	31 (n=5)	20 (n=1)	0	0	24 (n=8)
<i>NDNS</i>	6	8	1	2	3	3	21	15	10	5	6	8
Vitamin B6 <sup>34</sup> (mg)	0	0	0	9 (n=1)	50 (n=1)	5 (n=2)	17 (n=1)	13 (n=2)	0	0	0	9 (n=3)
<i>NDNS</i>	0	0	0	2	1	1	5	5	1	2	2	2
Vitamin B12 (µg)	0	0	0	9 (n=1)	0	0	17 (n=1)	0	40 (n=2)	0	100 (n=1)	12 (n=4)
<i>NDNS</i>	0	1	0	0	0	0	2	1	1	1	0	1
Folate (µg)	0	0	0	0	0	0	17 (n=1)	0	0	0	0	3 (n=1)
<i>NDNS</i>	0	2	0	0	0	0	4	3	2	2	2	2
Vitamin A (µg retinol equivalent)	0	8 (n=1)	10 (n=1)	18 (n=2)	0	10 (n=4)	17 (n=1)	13 (n=2)	20 (n=1)	0	0	12 (n=4)
<i>NDNS</i>	12	16	7	5	4	7	12	19	11	8	5	9
Vitamin C (mg)	0	0	0	0	0	0	17 (n=1)	0	40 (n=2)	0	0	9 (n=3)
<i>NDNS</i>	0	0	0	0	0	0	0	1	0	0	0	0

<sup>30</sup> Department of Health (1991) Dietary reference values for food energy and nutrients for the United Kingdom: Report of the Panel on Dietary Reference Values. Report on Health and Social Subjects; 41. Committee on Medical Aspects of Food Policy. London: HMSO, 1991.

<sup>31</sup> Henderson L *et al.* The National Diet and Nutrition Survey: Adults aged 19 - 64 years, Volume 3: Vitamin and Mineral intake and Urinary Analytes. London: TSO, 2003.

<sup>32</sup> Gregory JR *et al.* The National Diet and Nutrition Survey: Young People aged 4 to 18 years, Volume 1: Report of the Diet and Nutrition Survey. London: HMSO, 2000.

<sup>33</sup> NDNS age group = 15=18 years old

**Table 22: Proportion of group with average daily intakes of minerals below the Lower Reference Nutrient Intake (LRNI)<sup>35</sup> by age and sex compared with data from the National Diet and Nutrition Survey<sup>36,37</sup>**

Nutrient	% (n) with average daily intake below the LRNI											
	Men aged (years):					All men (n=39)	Women aged (years):					All women (n=33)
	<19 <sup>38</sup> (n=3)	19-24 (n=13)	25-34 (n=10)	35-49 (n=11)	50-64 (n=2)		<19 <sup>38</sup> (n=6)	19-24 (n=16)	25-34 (n=5)	35-49 (n=5)	50-64 (n=1)	
Calcium (mg) <i>NDNS</i>	0	0	0	0	50 (n=1)	3 (n=1)	17 (n=1)	6 (n=1)	0	0	0	6 (n=2)
	9	5	2	2	2	2	19	8	6	6	3	5
Iron (mg) <i>NDNS</i>	0	0	0	0	0	0	33 (n=2)	25 (n=4)	0	40 (n=2)	0	24 (n=8)
	2	3	0	1	1	1	50	42	41	27	4	25
Iodine (µg) <i>NDNS</i>	0	23 (n=3)	0	64 (n=7)	50 (n=1)	28 (n=11)	33 (n=2)	44 (n=7)	20 (n=1)	0	100 (n=1)	33 (n=11)
	1	2	1	2	1	2	10	12	5	4	1	4
Magnesium (mg) <i>NDNS</i>	0	8 (n=1)	0	18 (n=2)	50 (n=1)	10 (n=4)	33 (n=2)	31 (n=5)	0	0	0	21 (n=7)
	18	17	9	7	9	9	53	22	20	10	7	13
Phosphorous (mg) <i>NDNS</i>	0	0	0	0	0	0	16.7 (n=1)	0	0	0	0	3 (n=1)
	0	0	0	0	0	0	1	0	0	0	0	0
Potassium (mg) <i>NDNS</i>	0	0	0	9 (n=1)	50 (n=1)	5 (n=2)	33 (n=2)	31 (n=5)	0	0	0	21 (n=7)
	15	18	3	5	5	6	38	30	30	16	10	19

<sup>35</sup> Department of Health (1991) Dietary reference values for food energy and nutrients for the United Kingdom: Report of the Panel on Dietary Reference Values. Report on Health and Social Subjects; 41. Committee on Medical Aspects of Food Policy. London: HMSO, 1991.

<sup>36</sup> Henderson L *et al.* The National Diet and Nutrition Survey: Adults aged 19 - 64 years, Volume 3: Vitamin and Mineral intake and Urinary Analytes. London: TSO, 2003.

<sup>37</sup> Gregory JR *et al.* The National Diet and Nutrition Survey: Young People aged 4 to 18 years, Volume 1: Report of the Diet and Nutrition Survey. London: HMSO, 2000.

<sup>38</sup> NDNS age group = 15=18 years old

**Table 23a: Daily energy and macronutrient intake (from food and alcohol) by sex and drug use. Data presented as mean, standard deviation, and median.**

Nutrient		Males		Females	
		Drug users <sup>§</sup> n=11	Non-drug users n=28	Drug users n=2	Non-drug users n=31
Total energy (kcal)	Mean	4070**	2796	2722	2241
	SD	1477	1214	1925	813
	Median	4240	2447	2722	2014
Food energy [excluding alcohol] (kcal)	Mean	3740*	2678	4674	2182
	SD	1436	1217	2476	815
	Median	3935	2434	4674	1954
Protein (g)	Mean	110.3	85.5	135.7	64.7
	SD	40.3	34.7	63.1	24.7
	Median	103.9	73.5	135.7	63.2
% total energy from protein	Mean	10.9	12.5	11.4	11.6
	SD	1.6	1.9	1.2	2.1
	Median	10.6	12.3	11.4	11.5
Fat (g)	Mean	170.0*	119.3	217.3	87.2
	SD	69.2	58.9	100.8	40.4
	Median	176.7	114.7	217.3	88.6
% total energy from fat	Mean	37.1	38.1	41.1	33.9
	SD	4.7	7.3	4.3	8.1
	Median	37.1	40.6	41.1	34.8
SFA <sup>39</sup> (g)	Mean	68.1*	47.0	84.3	34.9
	SD	33.3	25.7	33.8	20.3
	Median	62.5	43.1	84.3	32.3

<sup>§</sup>Drug users significantly different from non-drug users (independent samples t-test) denoted by: \*P < 0.05, \*\*P < 0.01

<sup>39</sup> Saturated fatty acids

Nutrient		Males		Females	
		Drug users <sup>§</sup> n=11	Non-drug users n=28	Drug users n=2	Non-drug users n=31
% total energy from SFA <sup>39</sup>	Mean	14.7	14.9	84.3	13.2
	SD	3.3	4.6	33.8	4.8
	Median	14.2	14.2	84.3	13.5
PUFA <sup>40</sup> (g)	Mean	28.6*	20.4	35.6	14.9
	SD	12.0	11.1	15.3	7.6
	Median	27.9	20.2	35.6	13.2
% total energy from PUFA <sup>40</sup>	Mean	6.4	6.6	6.8	6.1
	SD	1.9	2.6	1.0	2.4
	Median	5.9	5.7	6.8	5.4
MUFA <sup>41</sup> (g)	Mean	61.3*	42.5	14.3	11.6
	SD	25.8	21.4	0.7	3.0
	Median	61.6	40.6	14.3	12.2
% total energy from MUFA <sup>41</sup>	Mean	13.4	13.5	76.9	12.0
	SD	2.1	2.5	39.6	3.1
	Median	13.1	13.6	76.9	12.7
Carbohydrate (g)	Mean	471.9*	336.0	570.3	303.3
	SD	185.5	161.6	335.8	115.1
	Median	455.9	309.2	570.3	262.5
% total energy from carbohydrate	Mean	43.0	44.7	43.2	51.6
	SD	5.2	7.1	1.7	9.0
	Median	43.4	44.3	43.2	49.6

<sup>§</sup>Drug users significantly different from non-drug users (independent samples t-test) denoted by: \*P < 0.05, \*\*P < 0.01

<sup>40</sup> Polyunsaturated fatty acids

<sup>41</sup> Monounsaturated fatty acids

Nutrient		Males		Females	
		Drug users <sup>§</sup> n=11	Non-drug users n=28	Drug users n=2	Non-drug users n=31
Starch (g)	Mean	265.0	203.3	246.6	157.3
	SD	98.1	107.6	159.3	56.7
	Median	269.1	187.2	246.6	156.3
Total sugars (g)	Mean	204.8	132.4	327.4	143.9
	SD	128.9	78.9	185.7	91.3
	Median	146.4	115.4	327.4	110.7
% total energy from total sugars	Mean	19.3	18.7	26.6	25.3
	SD	6.3	8.1	0.4	11.4
	Median	17.8	18.0	26.6	22.9
Alcohol (g)	Mean	47.2**	16.8	32.2	8.4
	SD	43.1	23.6	35.2	15.1
	Median	49.9	6.4	32.2	3.2
% total energy from alcohol	Mean	9.0	4.7	3.8	2.8
	SD	7.9	6.7	2.9	5.0
	Median	7.7	1.3	3.8	1.1
Fibre (g)	Mean	21.4	15.8	24.4	14.2
	SD	11.6	7.1	2.1	5.8
	Median	19.1	13.9	24.4	13.7

<sup>§</sup>Drug users significantly different from non-drug users (independent samples t-test) denoted by: \*P < 0.05, \*\*P < 0.01

**Table 23b: Daily mineral intake (from food and alcohol) by sex and drug use. Data presented as mean, *standard deviation*, and median.**

Nutrient		Males		Females	
		Drug users <sup>§</sup> n=11	Non-drug users n=28	Drug users n=2	Non-drug users n=31
<b>Calcium (mg)</b>	Mean	1105*	825	1215	719
	SD	348	394	209	311
	Median	1217	708	1215	701
<b>Iron (mg)</b>	Mean	17.6	13.2	18.7	10.9
	SD	7.2	5.0	7.6	5.4
	Median	17.0	12.6	18.7	9.8
<b>Iodine (µg)</b>	Mean	116	99	214	91
	SD	50	56	88	45
	Median	106	85	214	87
<b>Magnesium (mg)</b>	Mean	470*	311	331	259
	SD	167	104	11	104
	Median	473	296	331	245
<b>Phosphorous (mg)</b>	Mean	1914	1438	2214	1169
	SD	682	567	998	456
	Median	1850	1350	2214	1091
<b>Potassium (mg)</b>	Mean	4813**	3236	4847	2621
	SD	1728	1229	1092	902
	Median	4710	3010	4847	2615
<b>Zinc (mg)</b>	Mean	13.9	9.7	15.3	7.7
	SD	6.1	4.0	6.9	3.2
	Median	12.4	9.4	15.3	7.2

<sup>§</sup>Drug users significantly different from non-drug users (independent samples t-test) denoted by: \*P < 0.05, \*\*P < 0.01

**Table 23c: Daily vitamin intake (from food and alcohol) by sex and drug use. Data presented as mean, *standard deviation*, and median.**

Nutrient		Males		Females	
		Drug users <sup>§</sup> n=11	Non-drug users n=28	Drug users n=2	Non-drug users n=31
<b>Vitamin B1 (mg)</b>	Mean	1.8	1.5	2.4	1.3
	<i>SD</i>	0.8	0.7	0.6	0.7
	Median	1.6	1.4	2.4	1.1
<b>Vitamin B2 (mg)</b>	Mean	1.9	1.6	2.5	1.3
	<i>SD</i>	0.7	0.8	1.1	0.7
	Median	2.0	1.5	2.5	1.1
<b>Vitamin B6 (mg)</b>	Mean	3.2**	2.1	3.0	1.6
	<i>SD</i>	1.1	0.9	0.4	0.8
	Median	3.1	1.8	3.0	1.5
<b>Vitamin B12 (µg)</b>	Mean	5.1	4.0	10.3	3.1
	<i>SD</i>	2.3	1.8	3.6	1.8
	Median	5.6	3.6	10.3	2.5
<b>Folate (mg)</b>	Mean	394	310	436	238
	<i>SD</i>	113	155	61	125
	Median	391	279	436	219
<b>Vitamin A (retinol equiv, µg)</b>	Mean	756	643	1254	555
	<i>SD</i>	400	352	205	303
	Median	737	636	1254	516
<b>Vitamin C (mg)</b>	Mean	93	81	307	95
	<i>SD</i>	49	58	148	70
	Median	92	55	307	85

<sup>§</sup>Drug users significantly different from non-drug users (independent samples t-test) denoted by: \*P < 0.05, \*\*P < 0.01

Nutrient		Males		Females	
		Drug users n=11	Non-drug users n=28	Drug users n=2	Non-drug users n=31
Vitamin D ( $\mu\text{g}$ )	Mean	3.2	2.5	9.1	2.1
	<i>SD</i>	2.4	1.4	5.4	1.6
	Median	2.8	2.1	9.1	1.6
Vitamin E (mg)	Mean	14.8	13.7	21.9	10.9
	<i>SD</i>	6.6	8.3	12.2	7.1
	Median	13.6	13.6	21.9	8.7