Table 5 **Distribution of the study sample according to different lifestyle and behaviours and the desire and previous attempts to change behaviour**

Lifestyle behaviour and/or condition	Total No.	Want to change No.	Want to change %[a]	Tried to change No.	Tried to change %
Smoking					
Non-smoker	1448	–	–	–	–
Smoker	352	220	62.5	190	54.0
Physical exercise					
Non-exerciser	1336	282	21.1	263	19.7
Exerciser	464	–	–	–	–
Weight perception					
Abnormal	567	410	72.3	337	59.4
Normal	1233	142	11.5	169	13.7
		$\chi^2 = 675.12$, $P < 0.001$		$\chi^2 = 401.91$, $P < 0.001$	
Eating behaviour					
Good	560	166	29.6	143	25.5
Fair	675	178	26.4	168	24.9
Bad	565	104	18.4	143	25.5
		$\chi^2 = 20.26$, $P < 0.001$		$\chi^2 = 14.28$, $P < 0.001$	

χ^2 = Pearson test.