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### Cover sheet

**Title**

Childhood health motivation and adult cardiometabolic health in the Childhood Determinants of Adult Health (CDAH) study

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Table 1

*Distribution of responses to health motivation items in childhood (1985)*

Health motivation items	Response options							
	Very important		Of some importance		Of little importance		Not important	
	N	(%)	N	(%)	N	(%)	N	(%)
In your opinion how important is it to you to:								
See a dentist once a year?	3,974	(64)	1,602	(26)	448	(7)	199	(3)
Have a doctor's check-up?	3,746	(60)	1,707	(27)	573	(9)	200	(3)
Know about your body and how it works?	3,456	(56)	2,013	(33)	544	(9)	191	(3)
Have a good night's sleep?	4,872	(78)	1,013	(16)	222	(4)	113	(2)
Eat a good diet?	4,503	(72)	1,313	(21)	259	(4)	145	(2)
Be a non-smoker?	4,763	(77)	693	(11)	289	(5)	469	(8)
Have a good body/figure?	3,289	(53)	2,078	(33)	600	(10)	245	(4)
Exercise regularly?	4,236	(68)	1,645	(27)	266	(4)	65	(1)
Not be fat?	4,069	(65)	1,436	(23)	439	(7)	276	(4)
Have friends?	5,303	(85)	702	(11)	130	(2)	77	(1)

	Response options			
	Very important	Of some importance	Of little importance	Not important
	N (%)	N (%)	N (%)	N (%)
Health motivation items				
Not be stressed and worried?	3,958 (64)	1,564 (25)	430 (7)	261 (4)
Not drink alcohol or only drink a little bit?	3,671 (59)	1,343 (22)	609 (10)	586 (9)
Know about fitness and how to stay fit?	4,189 (68)	1,614 (26)	304 (5)	105 (2)