



BBC BREAKFAST

Office workers and lunch-breaks

METHODOLOGY NOTE

ComRes interviewed 591 full-time or part-time workers, who spend most of their working hours in an office environment by telephone from 11th to 13th January, 18th to 20th January and 25th to 27th January 2013, over three waves of the telephone omnibus. Respondents were drawn from a sample that was weighted to be demographically representative of all British adults. ComRes is a member of the British Polling Council and abides by its rules.

All press releases or other publications must be checked with ComRes before use. ComRes requires 48 hours to check a press release unless otherwise agreed.

Office Workers Study

CATI Fieldwork : 11th - 27th January 2013

Absolutes/col percents

Table 1
Current working status
Base: All respondents

	Gender		Age			Class					Region										
	Total	Male	Female	18-34	35-54	55+	AB	C1	C2	DE	Scot-land	North East	North West	York-shire & Hum-ber-side	West Mid-lands	East Mid-lands	Wales	East-ern	London	South East	South West
Unweighted base	3012	1479	1533	776	1069	1167	1041	660	458	853	266	138	356	258	284	232	151	274	378	408	267
Weighted base	3012	1476	1536	843	1084	1085	813	873	632	693	261	136	354	266	279	234	160	282	379	386	275
NET: Working	1686	890	796	545	856	285	565	536	409	177	146	73	196	135	163	124	89	149	234	224	153
	56%	60%	52%	65%	79%	26%	70%	61%	65%	26%	56%	54%	55%	51%	58%	53%	56%	53%	62%	58%	56%
Working full time - working 30 hours per week or more	1325	790	535	435	696	195	454	411	332	128	121	57	150	104	130	96	68	112	190	172	124
	44%	54%	35%	52%	64%	18%	56%	47%	53%	18%	46%	42%	42%	39%	47%	41%	43%	40%	50%	45%	45%
Working part time - working between 8 and 29 hours per week	361	100	261	111	161	90	111	125	76	49	25	16	46	31	33	28	21	37	44	52	29
	12%	7%	17%	13%	15%	8%	14%	14%	12%	7%	10%	12%	13%	12%	12%	13%	13%	13%	12%	13%	10%
NET: Not Working	1326	585	740	298	228	800	248	338	224	516	116	63	158	131	116	110	70	134	145	162	122
	44%	40%	48%	35%	21%	74%	30%	39%	35%	74%	44%	46%	45%	49%	42%	47%	44%	47%	38%	42%	44%
Not working but seeking work or temporarily unemployed or sick	276	147	130	108	126	42	38	50	69	119	31	23	36	17	31	19	16	14	29	40	20
	9%	10%	8%	13%	12%	4%	5%	6%	11%	17%	12%	17%	10%	7%	11%	8%	10%	5%	8%	10%	7%
Not working and not seeking work/ student	200	83	117	142	35	22	39	82	25	54	17	10	21	21	19	15	10	13	36	20	18
	7%	6%	8%	17%	3%	2%	5%	9%	4%	8%	7%	7%	6%	8%	7%	6%	6%	5%	9%	5%	6%
Retired on a state pension only	351	120	232	5	1	344	32	44	31	245	33	11	50	43	28	27	19	43	28	32	37
	12%	8%	15%	1%	*	32%	4%	5%	5%	35%	13%	8%	14%	16%	10%	11%	12%	15%	7%	8%	13%
Retired with a private pension	390	226	164	2	13	376	119	133	74	65	27	14	35	43	25	44	20	57	39	47	39
	13%	15%	11%	*	1%	35%	15%	15%	12%	9%	10%	10%	10%	16%	9%	19%	12%	20%	10%	12%	14%
House person, housewife, househusband, etc.	108	9	98	40	52	16	20	30	25	33	8	6	15	6	12	5	5	7	13	24	8
	4%	1%	6%	5%	5%	1%	2%	3%	4%	5%	3%	4%	4%	2%	4%	2%	3%	2%	3%	6%	3%

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Table 2
Q2. In which of the following places do you spend most of your working hours? If you work in a number of environments, please say the place where you spend most of your working time ...
Base: All working full/ part time

	Gender		Age			Class					Region										
	Total	Male	Female	18-34	35-54	55+	AB	C1	C2	DE	Scot-land	North East	North West	York-shire & Hum-ber-side	West Mid-lands	East Mid-lands	Wales	East-ern	London	South East	South West
Unweighted base	1689	876	813	523	846	320	733	419	300	237	145	74	191	133	164	121	84	141	238	252	146
Weighted base	1686	890	796	545	856	285	565	536	409	177	146	73	196	135	163	124	89	149	234	224	153
Office	589	293	296	193	310	86	280	220	66	23	43	18	61	56	60	39	20	56	107	79	50
	35%	33%	37%	35%	36%	30%	50%	41%	16%	13%	29%	25%	31%	42%	37%	31%	22%	37%	46%	35%	33%
Other indoor spaces, e.g. school, hospital ward, kitchen	514	166	349	185	241	88	173	165	112	64	37	28	64	42	47	30	26	46	74	68	53
	30%	19%	44%	34%	28%	31%	31%	31%	27%	36%	25%	38%	33%	31%	29%	24%	29%	31%	31%	30%	34%
Industrial, e.g. plant, factory	144	125	19	45	82	17	28	29	58	28	15	9	13	10	17	16	16	9	10	17	13
	9%	14%	2%	8%	10%	6%	5%	5%	14%	16%	10%	12%	6%	7%	11%	13%	17%	6%	4%	8%	9%
Outdoor, e.g. building site, agriculture	201	172	29	62	92	47	30	48	94	29	34	8	22	14	29	16	14	7	13	20	23
	12%	19%	4%	11%	11%	16%	5%	9%	23%	16%	23%	11%	11%	10%	18%	13%	16%	5%	6%	9%	15%
Other	239	135	104	61	131	47	54	73	78	33	17	11	37	13	10	23	14	30	30	39	14
	14%	15%	13%	11%	15%	17%	10%	14%	19%	19%	12%	15%	19%	10%	6%	19%	15%	21%	13%	18%	9%

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Absolutes/col percents

Table 3

Q3. Do you agree or disagree with each of the following statements ...

- Summary

Base: All office based full/ part-time workers

	Q3. Summary			
	I regularly work through my allocated lunch-break (by regularly, this means more than half of your lunch-breaks during your working week)	I feel under pressure to work through my allocated lunch-break	In my particular workplace there is a widespread culture of working through the lunch-break	I feel encouraged not to work through my allocated lunch-break but to take a proper break
Unweighted base	591	591	591	591
Weighted base	589	589	589	589
Agree	319 54%	119 20%	311 53%	298 51%
Disagree	262 44%	459 78%	265 45%	269 46%
Don't know	8 1%	11 2%	13 2%	22 4%

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Absolutes/col percents

Table 4

Q3. Do you agree or disagree with each of the following statements ...

- I regularly work through my allocated lunch-break (by regularly, this means more than half of your lunch-breaks during your working week)

Base: All office based full/ part-time workers

	Gender		Age			Class				Region											
	Total	Male	Female	18-34	35-54	55+	AB	C1	C2	DE	Scotland	North East	North West	Yorkshire & Humberside	West Midlands	East Midlands	Wales	Eastern	London	South East	South West
Unweighted base	591	298	293	183	314	94	355	162	45	29	44	20	62	52	60	37	19	51	109	88	49
Weighted base	589	293	296	193	310	86	280	220	66	23	43	18	61	56	60	39	20	56	107	79	50
Agree	319 54%	168 58%	151 51%	88 46%	184 59%	47 54%	170 61%	111 50%	32 48%	6 27%	19 45%	7 42%	22 36%	37 66%	32 54%	23 60%	7 36%	35 62%	55 52%	48 61%	33 66%
Disagree	262 44%	119 41%	142 48%	104 54%	121 39%	37 43%	105 37%	107 48%	34 52%	16 70%	23 52%	10 58%	38 62%	19 33%	27 44%	16 40%	13 64%	20 36%	52 48%	30 37%	16 31%
Don't know	8 1%	5 2%	3 1%	1 *	5 2%	2 3%	5 2%	3 1%	-	1 3%	1 2%	-	2 3%	1 1%	1 2%	-	-	1 1%	-	1 2%	1 3%

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Table 5

Q3. Do you agree or disagree with each of the following statements ...

- I feel under pressure to work through my allocated lunch-break

Base: All office based full/ part-time workers

	Gender		Age			Class					Region										
	Total	Male	Female	18-34	35-54	55+	AB	C1	C2	DE	Scotland	North East	North West	Yorkshire & Humberside	West Midlands	East Midlands	Wales	Eastern	London	South East	South West
Unweighted base	591	298	293	183	314	94	355	162	45	29	44	20	62	52	60	37	19	51	109	88	49
Weighted base	589	293	296	193	310	86	280	220	66	23	43	18	61	56	60	39	20	56	107	79	50
Agree	119 20%	53 18%	66 22%	26 14%	76 24%	17 20%	65 23%	41 19%	9 14%	3 13%	7 16%	1 4%	14 23%	11 19%	14 23%	9 22%	3 16%	10 17%	25 23%	13 16%	13 26%
Disagree	459 78%	234 80%	225 76%	164 85%	229 74%	66 76%	210 75%	174 79%	56 86%	19 81%	36 84%	17 96%	45 74%	44 78%	43 72%	29 76%	17 84%	43 78%	82 77%	66 83%	37 74%
Don't know	11 2%	5 2%	5 2%	2 1%	5 2%	3 4%	4 1%	5 2%	-	2 7%	-	-	2 3%	1 3%	3 5%	1 2%	-	3 5%	-	1 1%	-

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Table 6

Q3. Do you agree or disagree with each of the following statements ...**- In my particular workplace there is a widespread culture of working through the lunch-break****Base: All office based full/ part-time workers**

	Gender		Age			Class				Region											
	Total	Male	Female	18-34	35-54	55+	AB	C1	C2	DE	Scotland	North East	North West	Yorkshire & Humberside	West Midlands	East Midlands	Wales	Eastern	London	South East	South West
Unweighted base	591	298	293	183	314	94	355	162	45	29	44	20	62	52	60	37	19	51	109	88	49
Weighted base	589	293	296	193	310	86	280	220	66	23	43	18	61	56	60	39	20	56	107	79	50
Agree	311 53%	160 55%	151 51%	96 50%	178 58%	37 43%	160 57%	106 48%	37 57%	8 32%	21 48%	7 37%	26 43%	26 47%	38 63%	20 51%	11 54%	30 55%	60 56%	43 55%	30 60%
Disagree	265 45%	125 43%	139 47%	93 48%	126 41%	45 52%	112 40%	111 50%	28 43%	13 57%	22 52%	11 63%	33 55%	29 51%	19 31%	19 49%	9 46%	24 44%	44 42%	34 43%	19 37%
Don't know	13 2%	7 2%	5 2%	4 2%	5 2%	4 5%	7 3%	3 1%	-	2 10%	-	-	2 3%	1 2%	4 6%	-	-	1 1%	3 3%	2 2%	1 2%

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Table 7

Q3. Do you agree or disagree with each of the following statements ...**- I feel encouraged not to work through my allocated lunch-break but to take a proper break****Base: All office based full/ part-time workers**

	Gender		Age			Class				Region											
	Total	Male	Female	18-34	35-54	55+	AB	C1	C2	DE	Scotland	North East	North West	Yorkshire & Humberside	West Midlands	East Midlands	Wales	Eastern	London	South East	South West
Unweighted base	591	298	293	183	314	94	355	162	45	29	44	20	62	52	60	37	19	51	109	88	49
Weighted base	589	293	296	193	310	86	280	220	66	23	43	18	61	56	60	39	20	56	107	79	50
Agree	298	145	153	116	139	43	129	128	29	12	28	13	29	31	24	16	15	30	53	39	19
	51%	50%	52%	60%	45%	49%	46%	58%	44%	51%	66%	73%	48%	55%	40%	42%	74%	54%	49%	50%	39%
Disagree	269	134	134	69	161	39	143	82	35	8	15	5	28	25	33	22	5	24	48	36	29
	46%	46%	45%	36%	52%	45%	51%	37%	54%	35%	34%	27%	47%	44%	54%	58%	26%	42%	45%	45%	58%
Don't know	22	13	9	8	10	5	8	9	1	3	-	-	3	1	4	-	-	2	6	4	2
	4%	5%	3%	4%	3%	5%	3%	4%	2%	14%	-	-	6%	1%	6%	-	-	3%	6%	5%	4%