

## YouGov Survey Results

Sample Size: 2003 adults in GB  
Fieldwork: 21st - 22nd February 2023

	Gender		Age				Social Grade		Country			Region in England				Belong to a religion?			How religious are you?				
	Total	Male	Female	18-24	25-49	50-64	65+	ABC1	C2DE	England	Wales	Scotland	North	Midlands	London	South	Yes	No	Christian (all denominations)	Very or fairly religious	Not very religious	Not at all religious	
<b>Weighted Sample</b>	<b>2003</b>	969	1034	210	827	495	471	1142	861	1729	100	174	483	332	242	671	763	1103	652	305	526	1092	
<b>Unweighted Sample</b>	<b>2003</b>	891	1112	188	814	499	502	1206	797	1760	109	134	504	339	210	707	783	1102	678	297	566	1076	
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

### Have you given up anything for Lent this year?

Yes, I have	<b>5</b>	4	6	9	4	6	3	6	4	5	9	4	5	5	6	4	10	2	11	17	5	2
No, I have not	<b>90</b>	89	91	75	90	92	95	90	91	90	84	94	90	94	87	90	86	97	86	75	93	96
Don't know	<b>5</b>	7	3	16	6	2	2	5	5	5	6	2	5	1	8	6	5	1	4	8	2	2

### What is it that you have given up for Lent this year?

[Asked to those who have given up something for lent; n=103]

Chocolate or sweets	<b>50</b>	27	65	46	40	59	61	45	60	51	32	73	32	62	39	65	51	50	50	50	48	53
Alcohol/ going to the pub	<b>17</b>	23	13	18	19	7	30	18	14	19	0	11	21	15	27	18	18	16	18	17	23	11
Fatty foods	<b>10</b>	12	8	20	12	0	9	13	3	12	0	0	13	14	16	7	9	12	9	6	19	9
Sex	<b>8</b>	15	4	18	5	8	6	5	16	5	41	0	4	12	0	5	5	15	4	8	2	19
Going out to eat/ having takeaways	<b>8</b>	11	7	6	11	3	16	10	5	10	0	0	20	5	14	3	9	6	9	11	8	3
Smoking	<b>7</b>	15	2	24	8	0	0	7	8	6	26	0	0	5	19	4	6	15	3	8	0	16
Meat	<b>5</b>	7	3	12	5	3	0	7	0	6	0	0	3	9	19	0	6	0	6	8	3	0
Social media	<b>4</b>	4	3	13	3	0	0	4	3	4	0	0	7	5	0	4	5	0	4	4	7	0
Drugs	<b>3</b>	4	1	13	0	0	0	4	0	3	0	0	7	5	0	0	3	0	2	2	7	0
Caffeine	<b>2</b>	2	1	0	5	0	0	3	0	2	0	0	4	0	0	3	2	0	2	3	0	0
Watching television	<b>2</b>	4	0	8	0	0	0	2	0	2	0	0	0	0	12	0	0	8	0	0	0	9
Other, please specify [see Tab1]	<b>21</b>	20	21	4	20	33	19	17	29	16	27	72	17	13	6	21	27	0	28	29	17	0