Many parts of the South Wales valleys are economically deprived, with low levels of employment and educational attainment. These factors, along with other aspects of the physical environment, impact on the lifestyles of people living in the Cwm Taf Health Board area.

Merthyr Tydfil has the highest rate of smoking of all local authority areas in Wales. Across the health board area, a total of over 600 deaths per year are caused by smoking. Dental health is also a concern, with high rates of decayed, missing or filled teeth in five-year-olds.

Rhondda Cynon Taf and Merthyr Tydfil have similarly low levels of fruit and vegetable intake. Six out of ten people are overweight or obese in both areas, and teenage conception rates are amongst the highest in Wales. Around 5,500 hospital admissions and 110 deaths per year in the health board area are caused by alcohol. This is despite reported levels of drinking above guidelines being similar to the Wales average.

These figures present considerable challenges to communities and services within the Cwm Taf Health Board area.

### Compared to Wales

- **Adults who eat fruit & vegetables (5-a-day) (%)**
  - WALES: 36
  - Rhondda Cynon Taf: 31
  - Merthyr Tydfil: 30
  - Cwm Taf: 31
- **Adults who meet physical activity guidelines (%)**
  - WALES: 30
  - Rhondda Cynon Taf: 26
  - Merthyr Tydfil: 31
  - Cwm Taf: 27
- **Adults who are overweight or obese (%)**
  - WALES: 57
  - Rhondda Cynon Taf: 62
  - Merthyr Tydfil: 60
  - Cwm Taf: 62
- **Adults who smoke (%)**
  - WALES: 24
  - Rhondda Cynon Taf: 24
  - Merthyr Tydfil: 31
  - Cwm Taf: 25
- **Death rate from smoking (males)**
  - WALES: 340
  - Rhondda Cynon Taf: 409
  - Merthyr Tydfil: 422
  - Cwm Taf: 411
  - Annual number in health board: 370
- **Death rate from smoking (females)**
  - WALES: 155
  - Rhondda Cynon Taf: 190
  - Merthyr Tydfil: 233
  - Cwm Taf: 198
  - Annual number in health board: 260
- **Smokers contacting Stop Smoking Wales (%)**
  - WALES: 2.6
  - Rhondda Cynon Taf: 2.7
  - Merthyr Tydfil: 4.1
  - Cwm Taf: 3.0
  - Annual number in health board: 1810
- **Adults who drink alcohol above guidelines (%)**
  - WALES: 45
  - Rhondda Cynon Taf: 44
  - Merthyr Tydfil: 44
  - Cwm Taf: 44
- **Hospital admission rate due to alcohol (males)***
  - WALES: 1940
  - Rhondda Cynon Taf: 2082
  - Merthyr Tydfil: 2465
  - Cwm Taf: 2156
  - Annual number in health board: 3410
- **Hospital admission rate due to alcohol (females)***
  - WALES: 1073
  - Rhondda Cynon Taf: 1100
  - Merthyr Tydfil: 1341
  - Cwm Taf: 1146
  - Annual number in health board: 2090
- **Death rate from alcohol (males)***
  - WALES: 43
  - Rhondda Cynon Taf: 48
  - Merthyr Tydfil: 52
  - Cwm Taf: 48
  - Annual number in health board: 70
- **Death rate from alcohol (females)***
  - WALES: 17
  - Rhondda Cynon Taf: 18
  - Merthyr Tydfil: 23
  - Cwm Taf: 19
  - Annual number in health board: 40
- **Hospital admission rate due to drugs (males)***
  - WALES: 171
  - Rhondda Cynon Taf: 178
  - Merthyr Tydfil: 227
  - Cwm Taf: 187
  - Annual number in health board: 170
- **Hospital admission rate due to drugs (females)***
  - WALES: 112
  - Rhondda Cynon Taf: 77
  - Merthyr Tydfil: 89
  - Cwm Taf: 79
  - Annual number in health board: 70
- **Teenage conception rate per 1,000 (under 16s)***
  - WALES: 8.1
  - Rhondda Cynon Taf: 12.0
  - Merthyr Tydfil: 11.0
  - Cwm Taf: 11.8
  - Annual number in health board: 70
- **No. of decayed, missing or filled teeth (5-year-olds)***
  - WALES: 2.4
  - Rhondda Cynon Taf: 2.6
  - Merthyr Tydfil: 3.9
  - Cwm Taf: 2.9
  - Annual number in health board: -

For more details, see Indicator Guide at www.publichealthwales.org • Latest available years shown in brackets; some indicators combine multiple years

- a Welsh Health Survey (2008);
- b ONS (2007);
- c Stop Smoking Wales (2008/09);
- d PEDW (2008);
- e Welsh Oral Health Information Unit (2005/06)

1 Age-standardised;
2 Attributable deaths/admissions;
3 Age-standardised rate per 100,000;
4 Individuals with diagnosis directly related to illicit drugs

Profiles have been created for all seven Health Boards, along with a longer Wales profile - see website

www.publichealthwales.org