

Lifestyle and health

Powys Teaching Health Board

People who live in Powys generally have healthier lifestyles than the average for Wales. However, there are still many challenges to address.

Levels of physical activity are the best in Wales, but only 37% of people are meeting the guidelines. Linked to this, more than half of adults in Powys are overweight or obese. Around 250 deaths a year in people aged 35 and over are attributable to smoking, which is one in six of all deaths in this age group. This is despite the rate of smoking being lower than in any other health board area.

Fewer people report drinking above guideline amounts compared to Wales as a whole. Rates of hospital admissions linked to alcohol are also the lowest within all health boards. Yet a yearly average of over 2,000 admissions represents a considerable burden on the health service.

The population of Powys is widely spread across a large geographical area. This causes difficulties in delivering services both to support lifestyle choices and to respond to the resulting health outcomes.

Compared to Wales

- Statistically significantly worse
- Not statistically significantly different
- Statistically significantly better

| | WALES | Powys | Annual number in health board | Ceredigion (for comparison) | Carmarthenshire (for comparison) |
|---|-------|-------|-------------------------------|-----------------------------|----------------------------------|
| Adults who eat fruit & vegetables (5-a-day) (%) ^{a, 1} | 36 | 39 | - | 42 | 38 |
| Adults who meet physical activity guidelines (%) ^{a, 1} | 30 | 37 | - | 32 | 30 |
| Adults who are overweight or obese (%) ^{a, 1} | 57 | 54 | - | 54 | 60 |
| Adults who smoke (%) ^{a, 1} | 24 | 18 | - | 22 | 21 |
| Death rate from smoking (males) ^{a, b, 2, 3} | 340 | 277 | 160 | 252 | 356 |
| Death rate from smoking (females) ^{a, b, 2, 3} | 155 | 121 | 90 | 104 | 148 |
| Smokers contacting Stop Smoking Wales (%) ^{a, c} | 2.6 | 4.9 | 930 | 1.7 | 3.9 |
| Adults who drink alcohol above guidelines (%) ^{a, 1} | 45 | 43 | - | 43 | 36 |
| Hospital admission rate due to alcohol (males) ^{d, 2, 3} | 1940 | 1489 | 1310 | 1335 | 1857 |
| Hospital admission rate due to alcohol (females) ^{d, 2, 3} | 1073 | 903 | 850 | 698 | 994 |
| Death rate from alcohol (males) ^{b, 2, 3} | 43 | 29 | 20 | 34 | 47 |
| Death rate from alcohol (females) ^{b, 2, 3} | 17 | 17 | 20 | 17 | 15 |
| Hospital admission rate due to drugs (males) ^{d, 3, 4} | 171 | 98 | 30 | 65 | 175 |
| Hospital admission rate due to drugs (females) ^{d, 3, 4} | 112 | 88 | 30 | 57 | 106 |
| Teenage conception rate per 1,000 (under 16s) ^b | 8.1 | 5.8 | 20 | 6.5 | 5.8 |
| No. of decayed, missing or filled teeth (5-year-olds) ^e | 2.4 | 2.1 | - | 1.7 | 2.2 |

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



Arsyllfa Iechyd
Cyhoeddus Cymru
Public Health
Wales Observatory