

Lifestyle and health

Betsi Cadwaladr University Health Board



The lifestyle patterns of people living in the Betsi Cadwaladr University Health Board area are generally similar to the average for Wales. However, there is local variation within the large and diverse population and some issues of concern, particularly smoking, alcohol and drug misuse.

Less than a third of adults achieve guideline levels of physical activity and healthy eating, and over half of adults are overweight or obese. Nonetheless, these levels are generally better than in Wales as a whole. Dental health in young children is also better than the Wales average.

Almost one in four adults smoke, with around 1,300 deaths attributable to smoking in the area every year. The percentage of smokers contacting Stop Smoking Wales varies widely across local authority areas.

Women living in Conwy and Denbighshire have high rates of hospital admissions linked to alcohol. This is despite reported levels of drinking above guidelines being similar to the Wales average. Men on the Isle of Anglesey have the highest rate of drug-related admissions in Wales, and rates are also high among women living in Gwynedd and Wrexham.

Compared to Wales

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

Adults who eat fruit & vegetables (5-a-day) (%) ^{a, 1}
 Adults who meet physical activity guidelines (%) ^{a, 1}
 Adults who are overweight or obese (%) ^{a, 1}

Adults who smoke (%) ^{a, 1}

Death rate from smoking (males) ^{a, b, 2, 3}

Death rate from smoking (females) ^{a, b, 2, 3}

Smokers contacting Stop Smoking Wales (%) ^{a, c}

Adults who drink alcohol above guidelines (%) ^{a, 1}

Hospital admission rate due to alcohol (males) ^{d, 2, 3}

Hospital admission rate due to alcohol (females) ^{d, 2, 3}

Death rate from alcohol (males) ^{b, 2, 3}

Death rate from alcohol (females) ^{b, 2, 3}

Hospital admission rate due to drugs (males) ^{d, 3, 4}

Hospital admission rate due to drugs (females) ^{d, 3, 4}

Teenage conception rate per 1,000 (under 16s) ^b

No. of decayed, missing or filled teeth (5-year-olds) ^e

	WALES	Isle of Anglesey	Gwynedd	Conwy	Denbighshire	Flintshire	Wrexham	Betsi Cadwaladr	Annual number in health board
Adults who eat fruit & vegetables (5-a-day) (%) ^{a, 1}	36	42	42	41	38	37	29	37	-
Adults who meet physical activity guidelines (%) ^{a, 1}	30	33	35	31	34	30	30	32	-
Adults who are overweight or obese (%) ^{a, 1}	57	56	55	53	54	55	53	54	-
Adults who smoke (%) ^{a, 1}	24	23	22	23	28	24	23	24	-
Death rate from smoking (males) ^{a, b, 2, 3}	340	334	312	301	341	329	367	329	810
Death rate from smoking (females) ^{a, b, 2, 3}	155	135	131	140	161	161	173	150	530
Smokers contacting Stop Smoking Wales (%) ^{a, c}	2.6	3.0	0.6	2.4	2.1	3.3	1.8	2.2	2900
Adults who drink alcohol above guidelines (%) ^{a, 1}	45	41	47	41	42	45	42	43	-
Hospital admission rate due to alcohol (males) ^{d, 2, 3}	1940	2064	1959	1974	1911	1817	1588	1855	7490
Hospital admission rate due to alcohol (females) ^{d, 2, 3}	1073	1059	1103	1154	1141	1006	937	1057	4740
Death rate from alcohol (males) ^{b, 2, 3}	43	40	41	50	48	42	41	43	170
Death rate from alcohol (females) ^{b, 2, 3}	17	19	18	23	19	18	19	19	90
Hospital admission rate due to drugs (males) ^{d, 3, 4}	171	331	197	184	166	105	162	173	340
Hospital admission rate due to drugs (females) ^{d, 3, 4}	112	131	160	114	106	102	143	125	250
Teenage conception rate per 1,000 (under 16s) ^b	8.1	6.2	6.5	8.9	6.3	6.0	11.2	7.6	100
No. of decayed, missing or filled teeth (5-year-olds) ^e	2.4	1.8	2.3	1.6	1.8	1.8	2.0	1.9	-

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



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