

Lifestyle and health

Aneurin Bevan Health Board

Aneurin Bevan Health Board serves a mixture of affluent and deprived areas. This is reflected in the wide range of lifestyle patterns and health outcomes shown at local authority level.

However, in all local authorities within the area, more than half the population is overweight or obese. This is mirrored by low levels of physical activity, and only a third of people in the overall health board area meet the guidelines for fruit and vegetable intake.

Rates of smoking, and drinking above guidelines, are similar in the health board area to the Wales average.

Yet more than 1,000 deaths and 10,000 hospital admissions each year are caused by smoking and alcohol respectively. Although numbering over 400 per year, rates of hospital admissions due to drugs are generally low, except in men living in Blaenau Gwent.

Teenage conception rates are high in Caerphilly and Torfaen, with an annual total for the health board area of around 100 conceptions in under-16s. Dental health is also a concern, particularly in Blaenau Gwent and Torfaen.

Compared to Wales

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

Indicator	Wales	Caerphilly	Blaenau Gwent	Torfaen	Monmouthshire	Newport	Aneurin Bevan	Annual number in health board
Adults who eat fruit & vegetables (5-a-day) (%) ^{a, 1}	36	34	27	35	40	33	34	-
Adults who meet physical activity guidelines (%) ^{a, 1}	30	28	27	27	29	28	28	-
Adults who are overweight or obese (%) ^{a, 1}	57	62	64	60	54	60	60	-
Adults who smoke (%) ^{a, 1}	24	26	29	28	19	25	25	-
Death rate from smoking (males) ^{a, b, 2, 3}	340	379	413	359	272	334	350	640
Death rate from smoking (females) ^{a, b, 2, 3}	155	175	212	135	118	160	159	400
Smokers contacting Stop Smoking Wales (%) ^{a, c}	2.6	2.0	2.8	2.1	2.4	2.5	2.3	2660
Adults who drink alcohol above guidelines (%) ^{a, 1}	45	45	47	46	46	45	45	-
Hospital admission rate due to alcohol (males) ^{d, 2, 3}	1940	2095	2654	1947	1539	2037	2033	6330
Hospital admission rate due to alcohol (females) ^{d, 2, 3}	1073	1160	1530	1161	950	1107	1157	4110
Death rate from alcohol (males) ^{b, 2, 3}	43	42	46	36	28	37	38	120
Death rate from alcohol (females) ^{b, 2, 3}	17	17	22	14	11	15	16	60
Hospital admission rate due to drugs (males) ^{d, 3, 4}	171	121	261	106	125	181	152	250
Hospital admission rate due to drugs (females) ^{d, 3, 4}	112	89	106	91	82	128	100	170
Teenage conception rate per 1,000 (under 16s) ^b	8.1	8.9	9.9	10.6	6.8	8.3	8.8	100
No. of decayed, missing or filled teeth (5-year-olds) ^e	2.4	2.7	4.0	3.4	1.9	2.2	2.7	-

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

