

# Lifestyle and health

## Abertawe Bro Morgannwg University Health Board

Lifestyle indicators in the Abertawe Bro Morgannwg University Health Board area are generally worse than, or similar to, the Wales average.

Almost one in four people smoke, leading to around 1,000 deaths per year within the health board area.

There is considerable variation in dental health. Five year-olds in Neath Port Talbot have more decayed, missing or filled teeth than the Wales average, whilst the figure for Bridgend is lower than the average.

Overall, only a third of people eat the recommended amount of fruit and vegetables. The picture is similar

for physical activity. Improving diet and physical activity are essential to reducing the high proportions of people who are overweight or obese.

Hospital admissions due to alcohol and drugs are more common than in Wales as a whole, with particularly high levels found in Swansea. Also, the Welsh Health Survey reports that nearly half the population of the health board area drinks more alcohol than the recommended limits. In total, nearly 10,000 hospital admissions and 190 deaths are caused by alcohol each year.

### Compared to Wales

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

Adults who eat fruit & vegetables (5-a-day) (%) <sup>a, 1</sup>	36	36	34	27	33	-
Adults who meet physical activity guidelines (%) <sup>a, 1</sup>	30	27	26	30	28	-
Adults who are overweight or obese (%) <sup>a, 1</sup>	57	56	61	59	58	-
Adults who smoke (%) <sup>a, 1</sup>	24	24	25	23	24	-
Death rate from smoking (males) <sup>a, b, 2, 3</sup>	340	355	358	359	355	600
Death rate from smoking (females) <sup>a, b, 2, 3</sup>	155	157	173	167	164	380
Smokers contacting Stop Smoking Wales (%) <sup>a, c</sup>	2.6	5.2	2.5	3.7	4.0	3950
Adults who drink alcohol above guidelines (%) <sup>a, 1</sup>	45	49	48	49	49	-
Hospital admission rate due to alcohol (males) <sup>d, 2, 3</sup>	1940	2130	2292	2015	2141	6130
Hospital admission rate due to alcohol (females) <sup>d, 2, 3</sup>	1073	1122	1201	1012	1114	3680
Death rate from alcohol (males) <sup>b, 2, 3</sup>	43	47	43	48	46	130
Death rate from alcohol (females) <sup>b, 2, 3</sup>	17	18	14	18	17	60
Hospital admission rate due to drugs (males) <sup>d, 3, 4</sup>	171	301	194	138	230	350
Hospital admission rate due to drugs (females) <sup>d, 3, 4</sup>	112	154	123	91	129	200
Teenage conception rate per 1,000 (under 16s) <sup>b</sup>	8.1	6.1	9.8	9.3	8.0	70
No. of decayed, missing or filled teeth (5-year-olds) <sup>e</sup>	2.4	2.6	3.0	1.8	2.5	-

	WALES	Swansea	Neath Port Talbot	Bridgend	Abertawe Bro Morgannwg	Annual number in health board
Adults who eat fruit & vegetables (5-a-day) (%) <sup>a, 1</sup>	36	36	34	27	33	-
Adults who meet physical activity guidelines (%) <sup>a, 1</sup>	30	27	26	30	28	-
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For more details, see Indicator Guide at [www.publichealthwales.org](http://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](http://www.publichealthwales.org)



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