

Lifestyle and health

Cwm Taf Health Board



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

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

Indicator	Wales	Rhondda Cynon Taf	Merthyr Tydfil	Cwm Taf	Annual number in health board
Adults who eat fruit & vegetables (5-a-day) (%) ^{a, 1}	36	31	30	31	-
Adults who meet physical activity guidelines (%) ^{a, 1}	30	26	31	27	-
Adults who are overweight or obese (%) ^{a, 1}	57	62	60	62	-
Adults who smoke (%) ^{a, 1}	24	24	31	25	-
Death rate from smoking (males) ^{a, b, 2, 3}	340	409	422	411	370
Death rate from smoking (females) ^{a, b, 2, 3}	155	190	233	198	260
Smokers contacting Stop Smoking Wales (%) ^{a, c}	2.6	2.7	4.1	3.0	1810
Adults who drink alcohol above guidelines (%) ^{a, 1}	45	44	44	44	-
Hospital admission rate due to alcohol (males) ^{d, 2, 3}	1940	2082	2465	2156	3410
Hospital admission rate due to alcohol (females) ^{d, 2, 3}	1073	1100	1341	1146	2090
Death rate from alcohol (males) ^{b, 2, 3}	43	48	52	48	70
Death rate from alcohol (females) ^{b, 2, 3}	17	18	23	19	40
Hospital admission rate due to drugs (males) ^{d, 3, 4}	171	178	227	187	170
Hospital admission rate due to drugs (females) ^{d, 3, 4}	112	77	89	79	70
Teenage conception rate per 1,000 (under 16s) ^b	8.1	12.0	11.0	11.8	70
No. of decayed, missing or filled teeth (5-year-olds) ^e	2.4	2.6	3.9	2.9	-

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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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