

Lifestyle and health

Hywel Dda Health Board



People living in the area served by Hywel Dda Health Board have generally healthier lifestyles than is typical across Wales. Yet there are still challenges to be addressed. For example, nearly six out of ten adults are either overweight or obese. This is despite better-than-average levels of physical activity and fruit and vegetable intake.

Around one in five adults smoke, leading to over 700 deaths each year. Although the rate of such deaths is lower than in Wales as a whole, the effects of smoking present continuing challenges to service

providers in the area. Similarly, over 6,300 hospital admissions each year are caused by alcohol, despite the rate in every local authority area being lower than the Wales average. There are also around 200 patients admitted to hospital each year because of drug misuse.

Teenage conceptions are less common in Hywel Dda than in other parts of Wales. Dental health in children is also comparatively good. The average of around two decayed, missing or filled teeth in five year-olds, however, remains a cause of concern.

Compared to Wales

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

	WALES	Ceredigion	Pembrokeshire	Carmarthenshire	Hywel Dda	Annual number in health board
Adults who eat fruit & vegetables (5-a-day) (%) ^{a, 1}	36	42	40	38	40	-
Adults who meet physical activity guidelines (%) ^{a, 1}	30	32	35	30	32	-
Adults who are overweight or obese (%) ^{a, 1}	57	54	59	60	58	-
Adults who smoke (%) ^{a, 1}	24	22	23	21	22	-
Death rate from smoking (males) ^{a, b, 2, 3}	340	252	309	356	319	460
Death rate from smoking (females) ^{a, b, 2, 3}	155	104	135	148	135	270
Smokers contacting Stop Smoking Wales (%) ^{a, c}	2.6	1.7	2.4	3.9	2.9	1960
Adults who drink alcohol above guidelines (%) ^{a, 1}	45	43	41	36	39	-
Hospital admission rate due to alcohol (males) ^{d, 2, 3}	1940	1335	1817	1857	1732	3960
Hospital admission rate due to alcohol (females) ^{d, 2, 3}	1073	698	999	994	929	2400
Death rate from alcohol (males) ^{b, 2, 3}	43	34	48	47	44	100
Death rate from alcohol (females) ^{b, 2, 3}	17	17	17	15	16	40
Hospital admission rate due to drugs (males) ^{d, 3, 4}	171	65	77	175	119	120
Hospital admission rate due to drugs (females) ^{d, 3, 4}	112	57	72	106	83	90
Teenage conception rate per 1,000 (under 16s) ^b	8.1	6.5	7.8	5.8	6.6	50
No. of decayed, missing or filled teeth (5-year-olds) ^e	2.4	1.7	2.3	2.2	2.1	-

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