

Lifestyle and health

Cardiff and Vale University Health Board

There is a mixed pattern of lifestyle behaviours within residents of the Cardiff and Vale University Health Board area. This may reflect the fact that it includes some of the most and least deprived parts of Wales.

The percentage of people in Cardiff eating five portions of fruit or vegetables a day is higher than in Wales as a whole, but levels of physical activity are low. More than half the population is overweight or obese, though figures are still better than the Wales average.

Around one in four people are smokers, leading to nearly 700 deaths each year. The proportion of smokers contacting Stop Smoking Wales is also low compared to other areas in Wales.

Nearly half of people living in the area drink more alcohol than guidelines recommend, contributing to around 7,500 hospital admissions and 150 deaths per year. There also seems to be a particular pattern of admissions due to drug misuse in females, with a high rate in both Cardiff and the Vale of Glamorgan.

Compared to Wales

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

Indicator	Wales	The Vale of Glamorgan	Cardiff	Cardiff & Vale	Annual number in health board
Adults who eat fruit & vegetables (5-a-day) (%) ^{a, 1}	36	35	40	39	-
Adults who meet physical activity guidelines (%) ^{a, 1}	30	29	27	28	-
Adults who are overweight or obese (%) ^{a, 1}	57	53	53	53	-
Adults who smoke (%) ^{a, 1}	24	26	23	24	-
Death rate from smoking (males) ^{a, b, 2, 3}	340	292	346	328	410
Death rate from smoking (females) ^{a, b, 2, 3}	155	150	148	148	270
Smokers contacting Stop Smoking Wales (%) ^{a, c}	2.6	0.6	1.2	1.0	880
Adults who drink alcohol above guidelines (%) ^{a, 1}	45	49	49	49	-
Hospital admission rate due to alcohol (males) ^{d, 2, 3}	1940	1904	2024	1982	4550
Hospital admission rate due to alcohol (females) ^{d, 2, 3}	1073	1098	1115	1104	2970
Death rate from alcohol (males) ^{b, 2, 3}	43	40	46	44	100
Death rate from alcohol (females) ^{b, 2, 3}	17	15	18	17	50
Hospital admission rate due to drugs (males) ^{d, 3, 4}	171	126	175	160	240
Hospital admission rate due to drugs (females) ^{d, 3, 4}	112	146	134	135	210
Teenage conception rate per 1,000 (under 16s) ^b	8.1	7.3	7.5	7.5	60
No. of decayed, missing or filled teeth (5-year-olds) ^e	2.4	2.3	2.1	2.2	-

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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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