

Tybaco ac iechyd yng Nghymru

Canfyddiadau cychwynnol i nodi Diwrnod Dim Smygu 2012



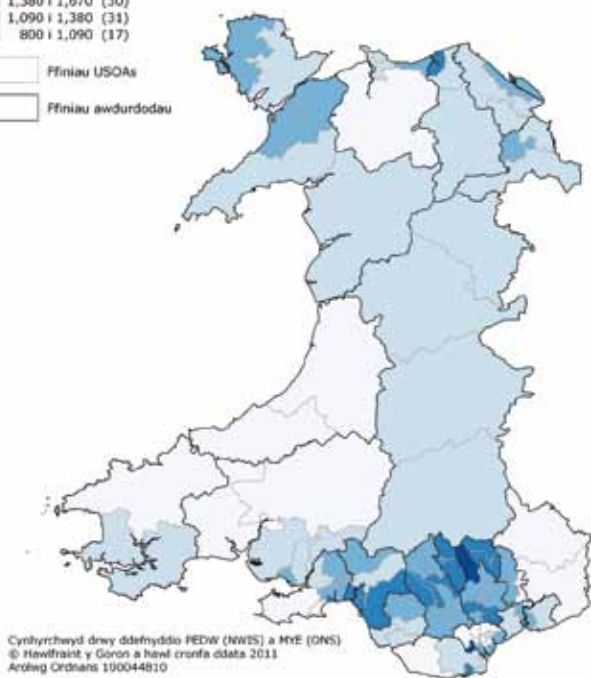
Mae'r defnydd o dybaco yn parhau i fod yn destun pryder mawr ym maes iechyd y cyhoedd. Mae cyfraddau ysmegu ymysg oedolion yng Nghymru wedi bod yn gostwng yn raddol ond maent yn parhau i fod mor uchel â 23 y cant¹, ac amcangyfrifir bod 14 y cant o ferched a 9 y cant o fechgyn 15-16 oed yn ysmegu o leiaf bob wythnos². Mae atal pobl ifanc rhag dechrau ysmegu, yn ogystal â helpu ysmygwyr i roi'r gorau iddi a lleihau cysylltiad pobl â mwg ail-law, yn faterion a dargedir gan Lywodraeth Cymru yng Nghynllun Gweithredu Cymru ar Reoli Tybaco.

Ym mis Mehefin 2012, bydd adroddiad cynhwysfawr **Tybaco ac Iechyd yng Nghymru** yn cael ei ryddhau gan Lywodraeth Cymru ac Iechyd Cyhoeddus Cymru. I nodi Diwrnod Dim Smygu (14eg Mawrth 2012), dangosir y canfyddiadau cychwynnol sy'n deillio o'r dadansoddiad newydd o dderbyniadau i'r ysbyty isod:

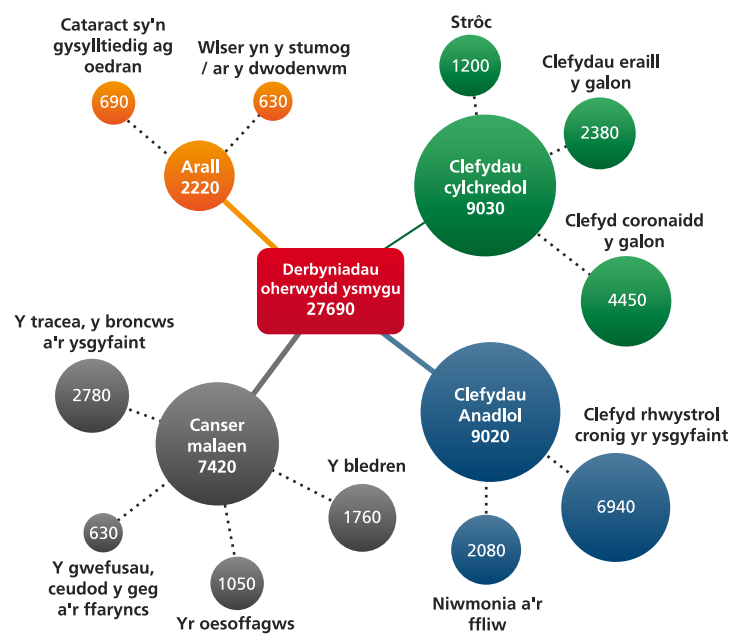
- ▶ Amcangyfrifir bod 27,690 o dderbyniadau i'r ysbyty yn 2010 yn deillio o ysmegu, sef 1 o bob 19 o'r holl dderbyniadau ymysg trigolion Cymru - sy'n uwch na'r gyfran yn Lloegr³ sef 1 o bob 21
- ▶ O'r holl dderbyniadau hyn, roedd clefydau anadlol a chlefydau cylchredol yn gyfrifol am tuag un o bob tri, ac roedd canser yn gyfrifol am tuag un o bob pedwar (gweler y diagram isod)
- ▶ Mae'r cyfraddau derbyn yn amrywio'n sylweddol, fel y dengys y map, o tuag 800 i fwy na 2,200 fesul 100,000 o'r boblogaeth ar draws y 94 o Ardaloedd Cynnyrch Ehangach Haen Uwch* (USOAs) yng Nghymru

Derbyniadau i'r ysbyty oherwydd ysmegu, pob person 35+ oed

a) Cyfradd yn ôl oed safonedig fesul 100,000, USOAs, 2008-10



b) Dadansoddiad yn ôl clefyd (isafswm o 500 o dderbyniadau), 2010



Bydd yr adroddiad llawn ym mis Mehefin 2012 yn trafod y pynciau canlynol hefyd:

- ▶ Faint o bobl sy'n ysmegu, yn cynnwys tueddiadau a'r data diweddaraf
- ▶ Faint o bobl sydd eisiau rhoi'r gorau iddi ac sy'n defnyddio gwasanaethau'r GIG i wneud hynny
- ▶ Effaith ysmegu ar gyfraddau marwolaeth ac anghydraddoldebau iechyd

Bydd yr adroddiad, yn ogystal â data rhyngweithiol a chanllaw technegol, ar gael ar-lein yn: www.arsyllfaiechydscyhoedduscymru.wales.nhs.uk
<http://wales.gov.uk/topics/statistics/headlines/health2012/?lang=cy>

¹ Arolwg Iechyd Cymru 2010;

² Ymddygiad Iechyd Mewn Plant Oedran Ysgol 2009/10;

³ Canolfan Wybodaeth y GIG, Ystadegau ar Ysmegu: Lloegr, 2011

* Ardaloedd a ddiffinnir yn ddaearyddol a ddefnyddir i ddangos gwybodaeth ystadegol, a chanddynt boblogaeth gyfartalog o oddeutu 30,000 yw Ardaloedd Cynnyrch Ehangach Haen Uwch



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Public Health
Wales Observatory



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Welsh Government

Tobacco and health in Wales

Initial findings to mark No Smoking Day 2012



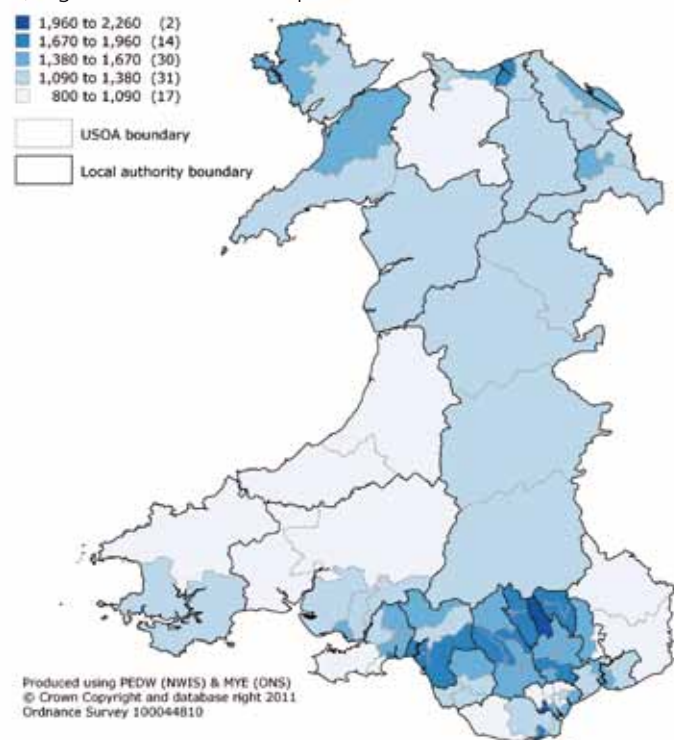
Tobacco use continues to be a major public health concern. Adult smoking rates in Wales have been slowly falling but are still as high as 23 per cent¹, with 14 per cent of girls and 9 per cent of boys aged 15-16 estimated to be smoking at least weekly². Preventing young people from starting to smoke, as well as helping smokers to quit and reducing exposure to second-hand smoke, are targeted by the Welsh Government's Tobacco Control Action Plan for Wales.

In June 2012, a comprehensive report **Tobacco and health in Wales** will be released by the Welsh Government and Public Health Wales. To mark No Smoking Day (14th March 2012), initial findings from the report's new analysis of hospital admissions are shown below:

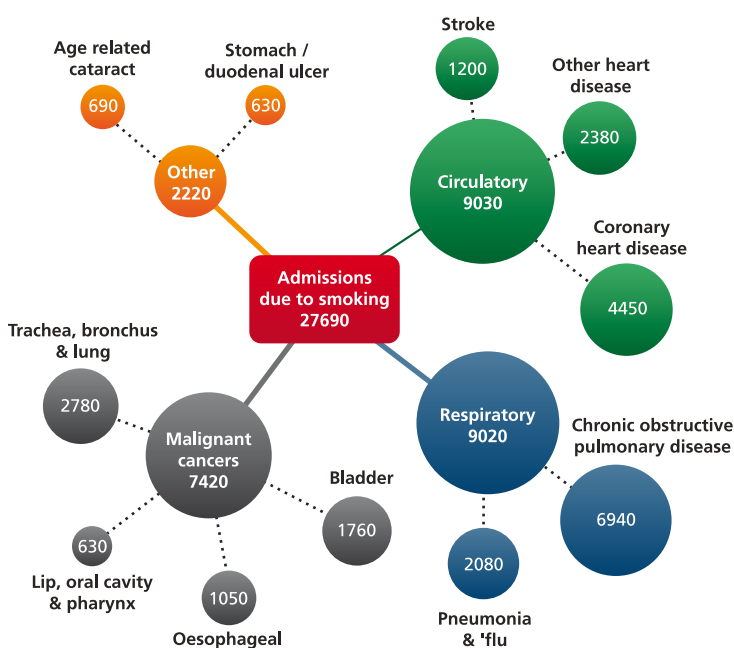
- ▶ An estimated 27,690 admissions in 2010 were due to smoking, which is 1 in 19 of all admissions of Wales residents – higher than the proportion in England³ which is 1 in 21
- ▶ Of these admissions, around one in three were due to respiratory and circulatory disease, with around one in four due to cancers (see diagram below)
- ▶ Admission rates vary considerably, as the map shows, ranging from around 800 to over 2,200 per 100,000 across the 94 Upper Super Output Areas* (USOAs) in Wales

Hospital admissions due to smoking, all persons aged 35+

a) Age-standardised rate per 100,000, USOAs, 2008-10



b) Breakdown by disease (minimum 500 admissions), 2010



The full June 2012 report will also cover the following topics:

- ▶ How many people smoke, including trends and latest data
- ▶ How many people want to give up and are using NHS services to do so
- ▶ The impact of smoking on mortality and health inequalities

The report, plus interactive data and technical guide, will be available online at:

www.publichealthwalesobservatory.wales.nhs.uk

<http://wales.gov.uk/topics/statistics/headlines/health2012/?lang=en>

1 Welsh Health Survey 2010;

2 Health Behaviour in School-Aged Children survey 2009/10;

3 The NHS Information Centre, Statistics on Smoking: England, 2011.

*Upper Super Output Areas are geographically-defined areas used to show statistical information, with an average population of around 30,000



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