

Area Profile from Adult Lifestyle Survey 2017

Coalfields

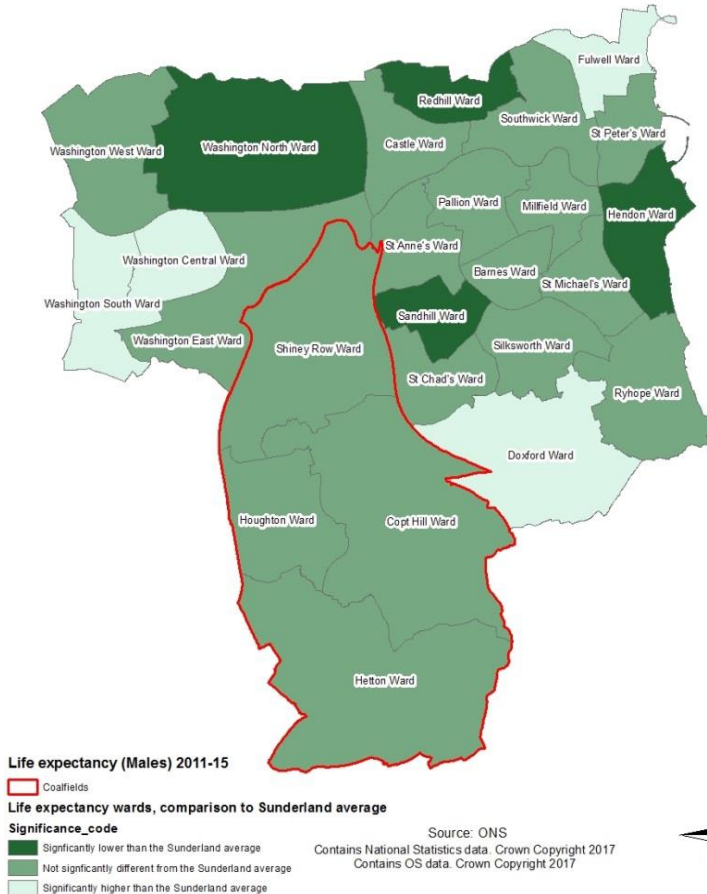
Adult Lifestyle Survey 2017

- Undertaken in 2017
- Sunderland sample size 5,571 residents aged 18 and over
- Topic profiles for Sunderland Adult Lifestyle Surveys :

www.sunderland.gov.uk/article/15186/Adults

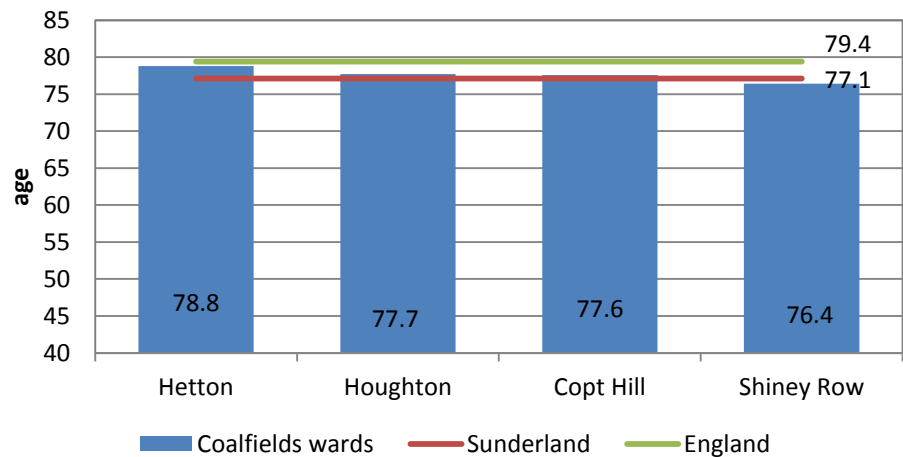
Male Life Expectancy 2011-15

Male Life Expectancy 2011-2015



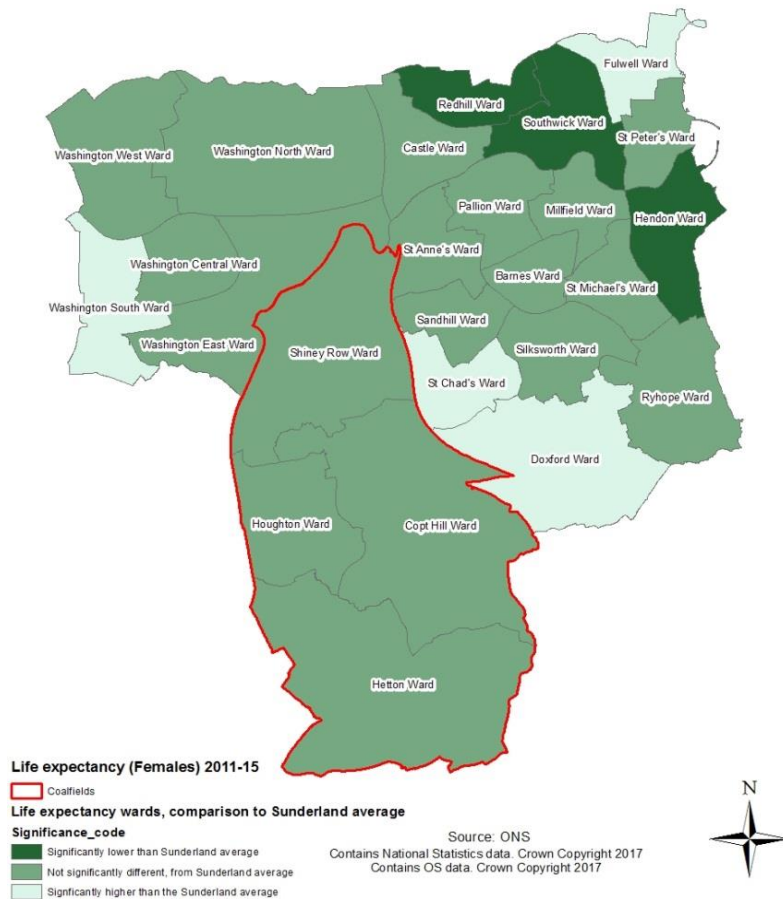
- Male life expectancy in Sunderland was 77.1 years, which is lower than the England average (79.4 years).
- Copt Hill, Hetton and Houghton had higher life expectancy than the Sunderland average
- No significant differences from the Sunderland average.

Male Life Expectancy 2011-15



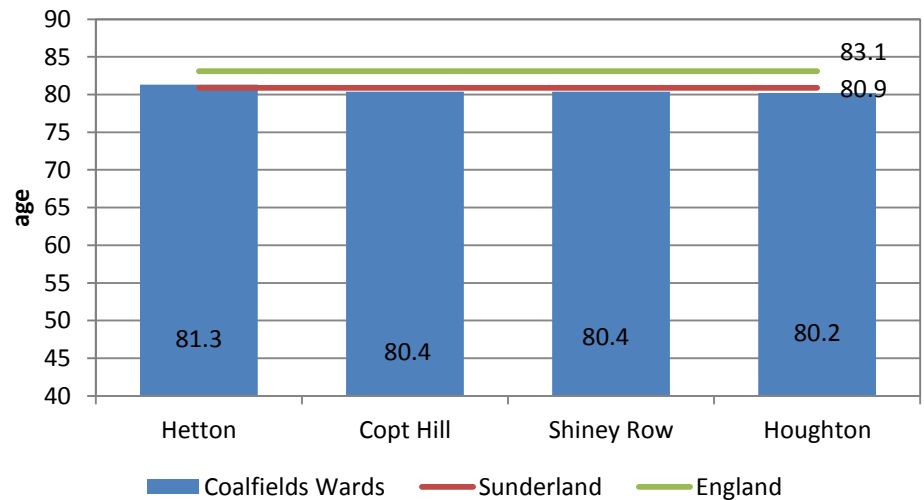
Female Life Expectancy 2011-15

Female Life Expectancy 2011-2015



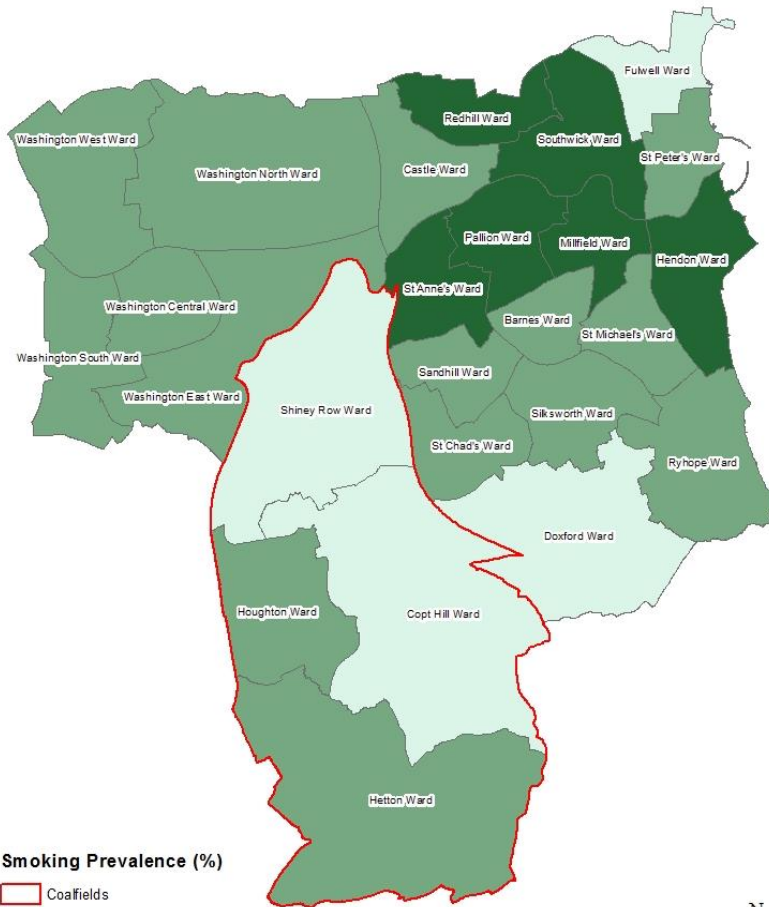
- Female Life expectancy in Sunderland for 2011-15 was 80.9 years, which is lower than the England average (83.1 years)
- Copt Hill, Houghton and Shiney Row had lower life expectancy than the Sunderland average
- No significant differences from the Sunderland average.

Female Life Expectancy 2011-15



People who currently smoke

Smoking Prevalence (%) by Ward



Smoking Prevalence (%)

Coalfields

Smoking (%)

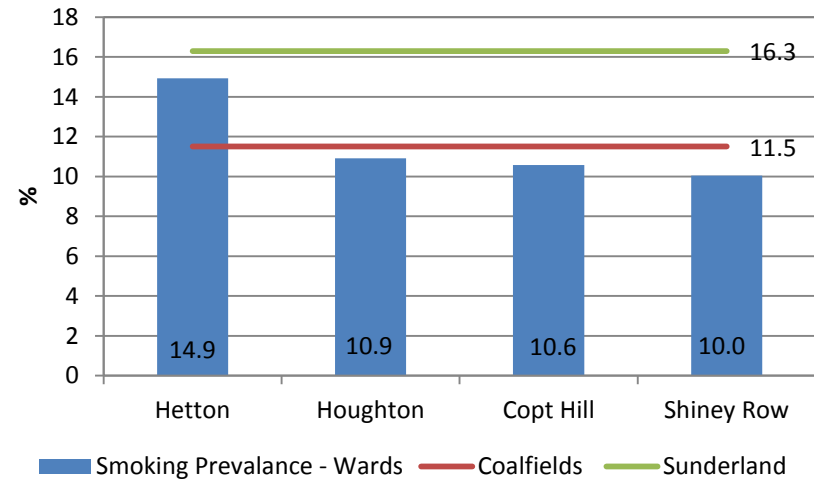
- 7.4% to 10.6% (Significantly lower)
- 10.9% to 19.4% (Not significant)
- 22.2% to 26.3% (Significantly higher)

Source: Sunderland Adult Health and Lifestyle Survey 2017
 Contains National Statistics data. Crown Copyright 2017
 Contains OS data. Crown Copyright 2017



- 11.5% of Coalfields survey respondents smoked, significantly lower than the Sunderland average (16.3%).
- Smoking prevalence within Coalfields wards varied between 10.0% to 14.9%.
- Smoking prevalence was significantly lower than the Sunderland average in Copt Hill and Shiny Row

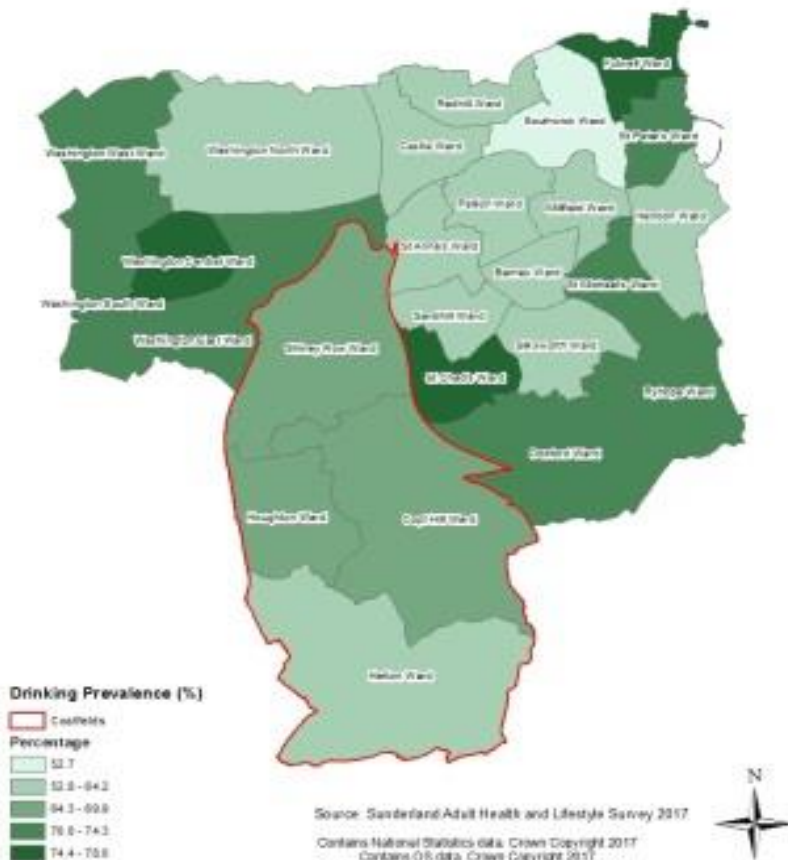
Smoking Prevalence (%)



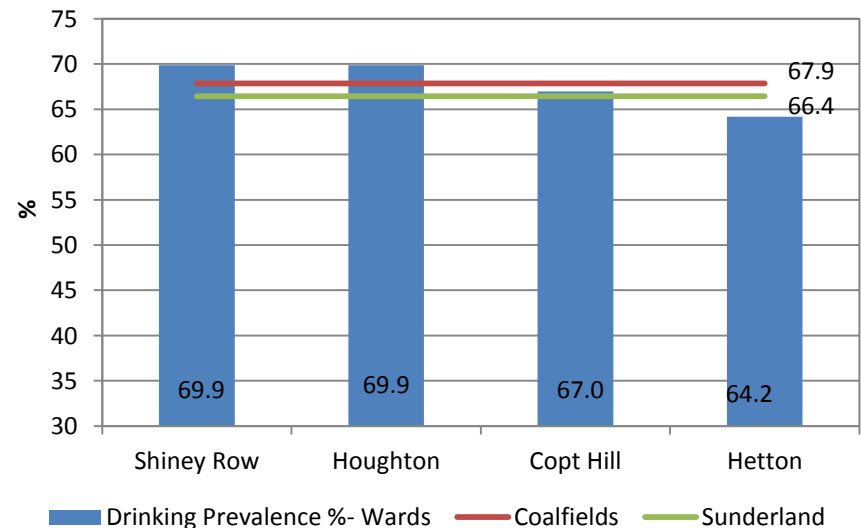
People who currently drink alcohol

- In Coalfields 67.9% people drink alcohol, compared with 66.4% for Sunderland.
- Ward varied from 64.2% to 69.9%.
- Shiney Row, Houghton and Copt Hill had a higher prevalence of those who drink, compared to the Sunderland average.
- No significant differences from the Sunderland average.

Drinking Prevalence (%) in Sunderland Wards

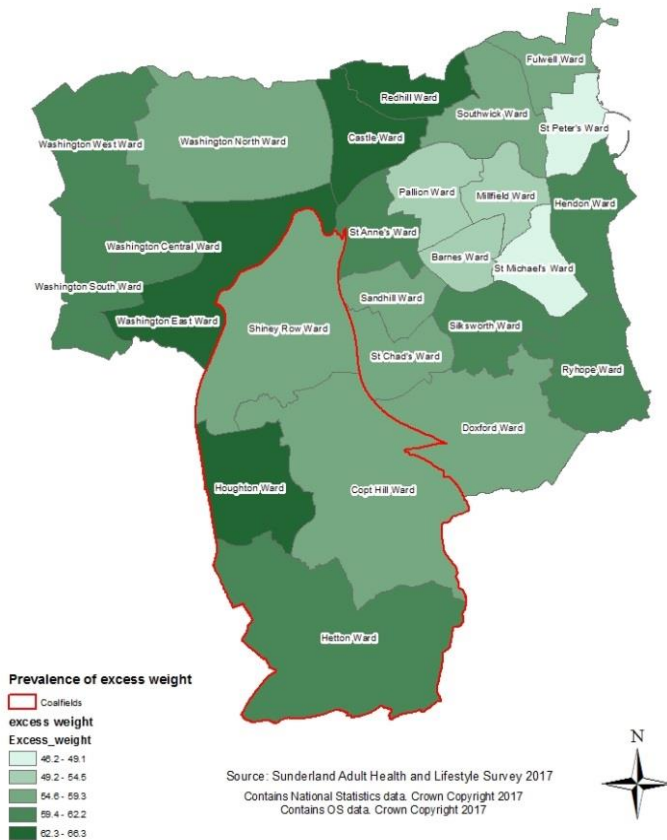


Drinking Prevalence (%)



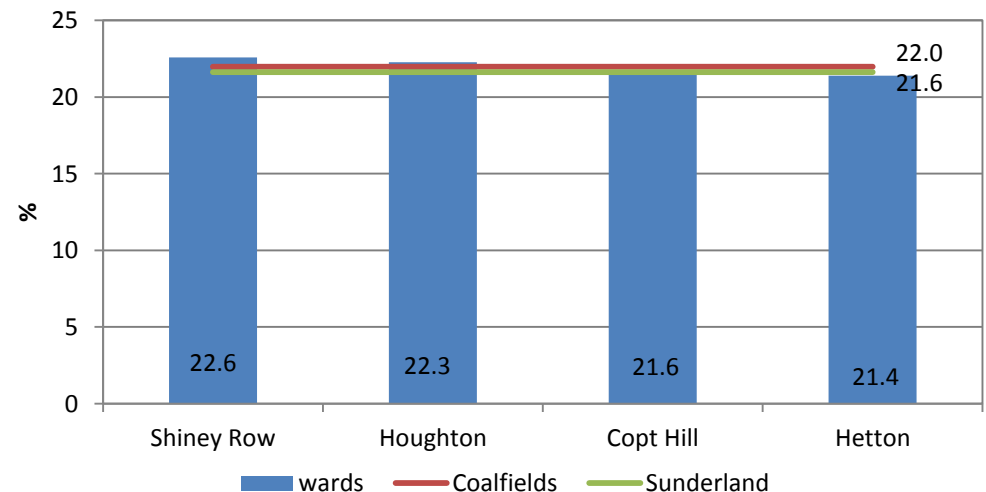
Exceeding safe levels of alcohol units

Prevalence (%) of excess weight in Sunderland wards



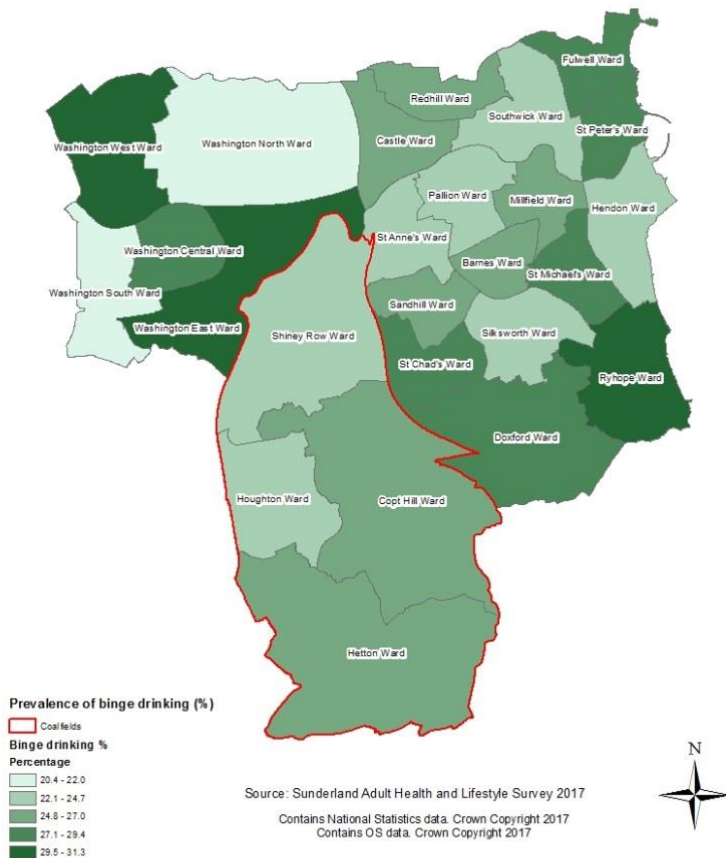
- 22.0% in Coalfields exceeded recommended levels of drinking of 14 units a week, compared with 21.6% for Sunderland
- Wards varied from 21.4% to 22.6%.
- More people in Shiny Row and Houghton exceeded the recommended drinking levels, compared to the Sunderland average.
- No significant differences from the Sunderland average.

Prevalence (%) Exceeding safe levels of drinking



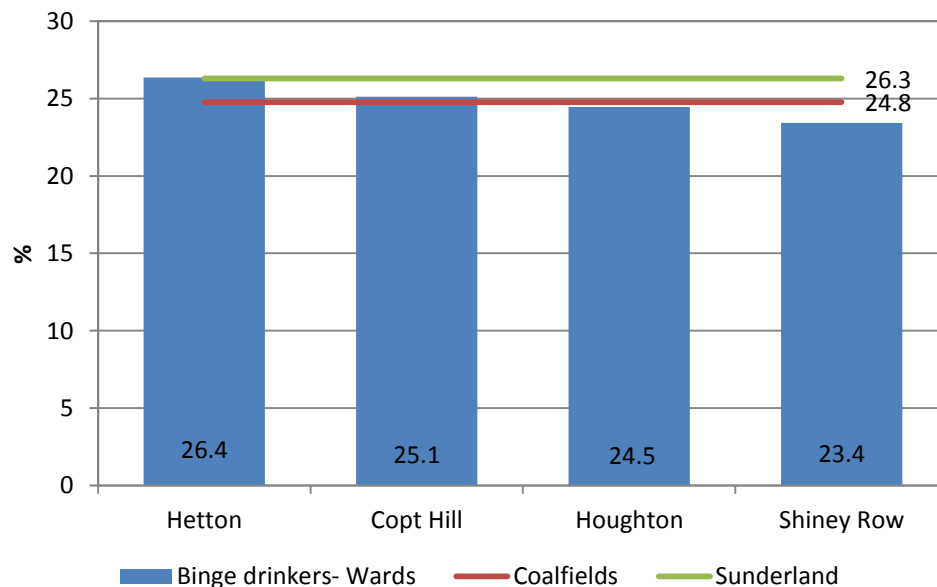
More than 6 units of alcohol on heaviest drinking day

Prevalence (%) of binge drinking in Sunderland Wards



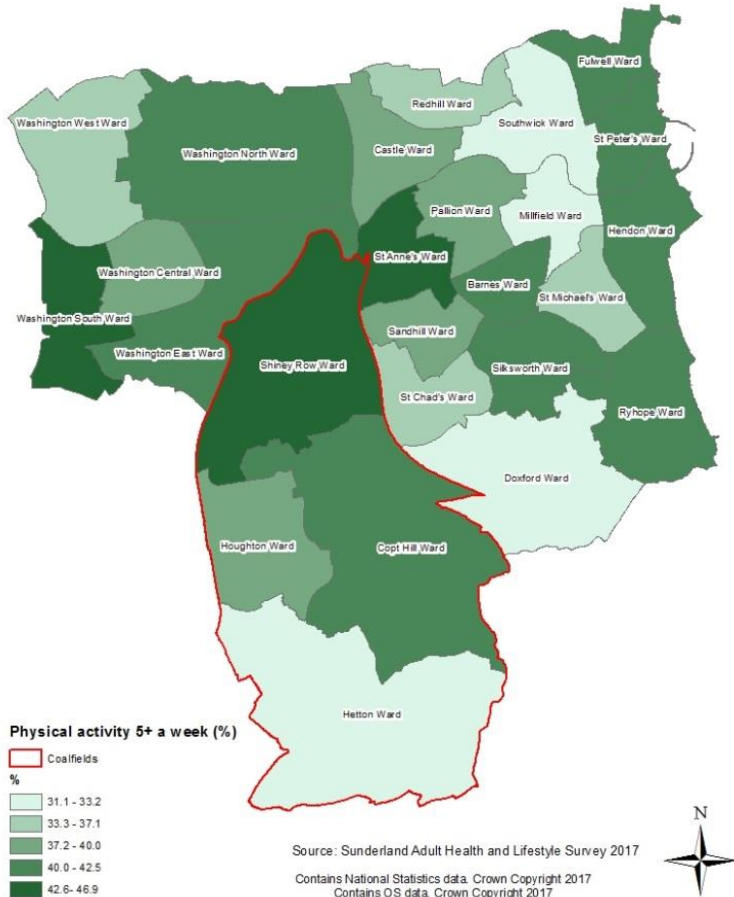
- 24.8% of people in Coalfields were binge drinking, lower than the Sunderland average (26.3%).
- Wards varied from 23.4% to 26.4%
- More people in Hetton were binge drinking than the Sunderland average.
- No significant differences from the Sunderland average.

Prevalence (%) Binge Drinking



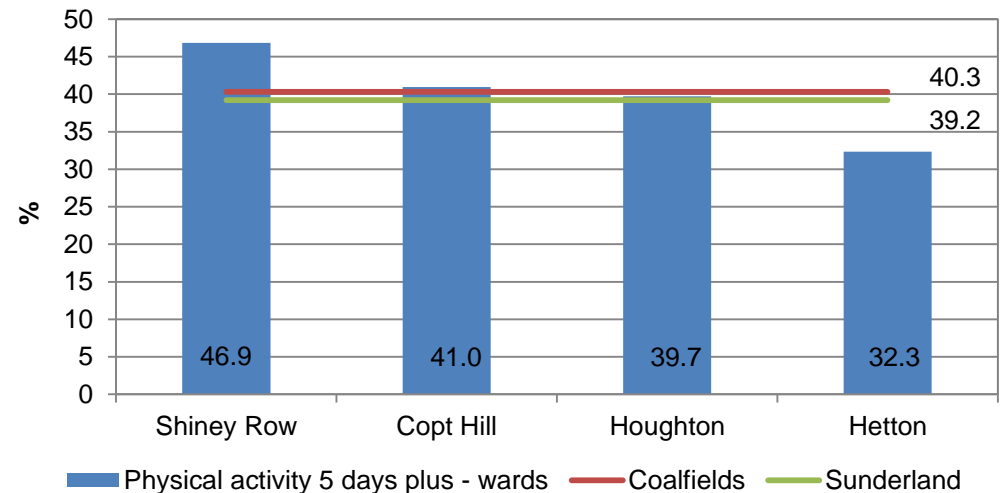
Physical activity levels

Prevalence (%) of those doing recommended levels of physical activity for Sunderland Wards



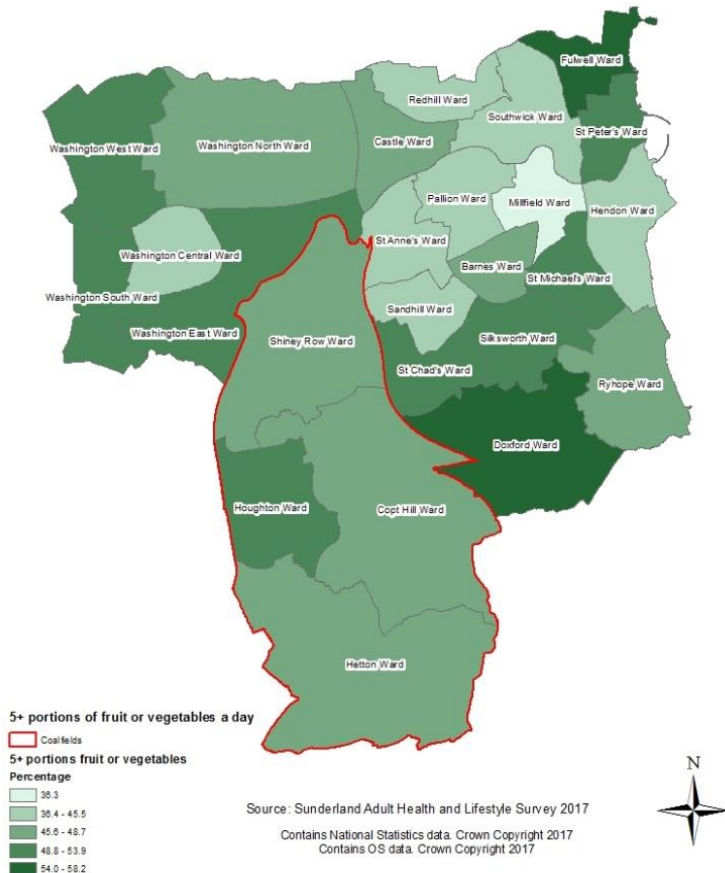
- 40.3% of people in Coalfields did the recommended levels of physical activity (at least 30 minutes of moderate physical activity 5 times a week) compared to 39.2% in Sunderland.
- Physical activity levels varied from 32.3% to 46.9%
- Hetton was lower than Sunderland average.
- Levels of physical activity were significantly higher than the Sunderland average in Shiny Row.

Physical activity 5 days plus



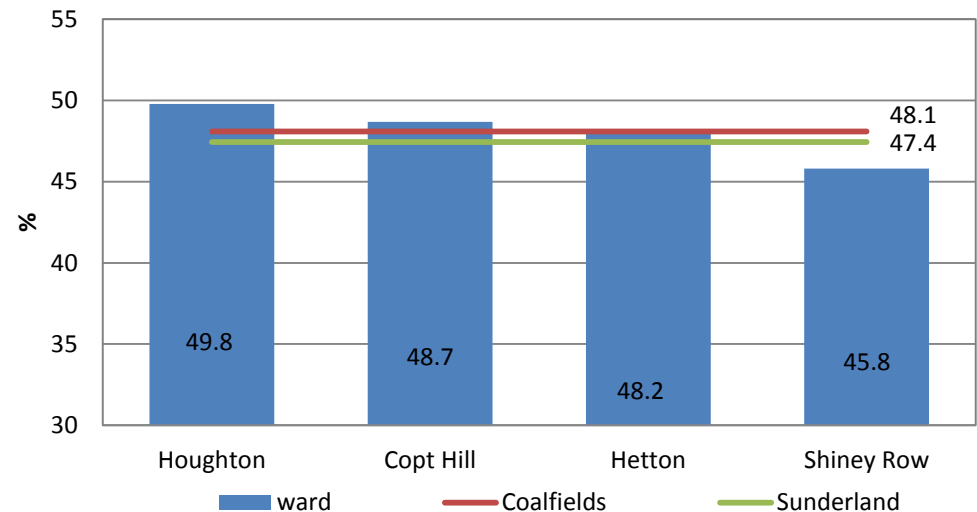
5 or more portions of fruit or veg

Prevalence (%) of those eating 5+ portions of fruit or vegetables a day



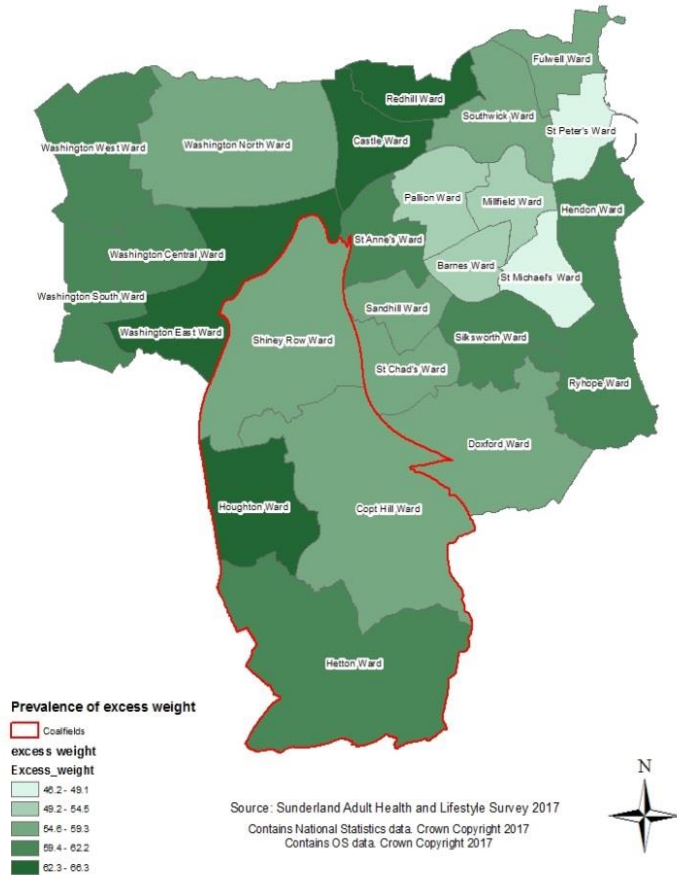
- 48.1% of people in Coalfields ate 5 or more portions of fruit or veg a day compared to the Sunderland average of 47.4%
- Wards varied between 45.8% to 49.8%
- Shiney Row was lower than the Sunderland average
- No wards were significantly different from the Sunderland average

Prevalence (%) of those eating 5+ portions fruit or veg a day



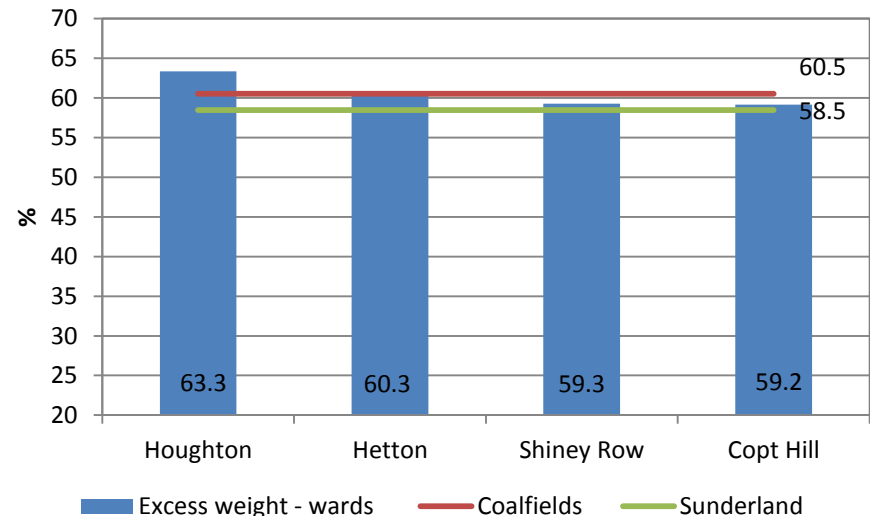
Excess Weight

Prevalence (%) of excess weight in Sunderland wards



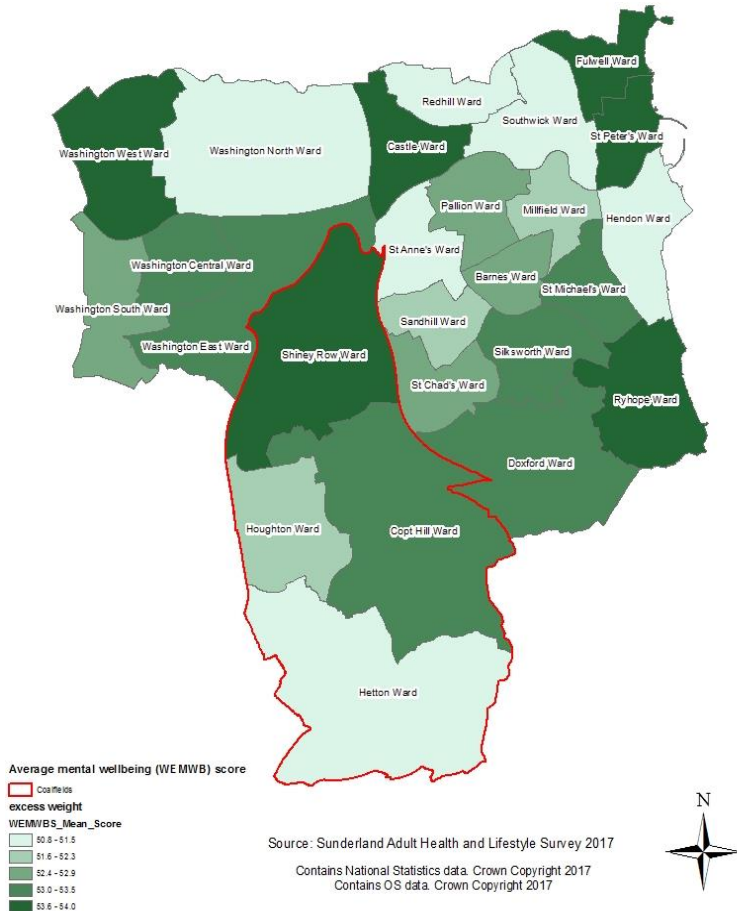
- Prevalence of excess weight was 60.5% in Coalfields, compared with 58.5% in Sunderland.
- Wards varied between 59.2% to 63.3%.
- All wards were higher than the Sunderland average.
- No wards were significantly different from the Sunderland average.

Prevalence (%) of those with excess weight



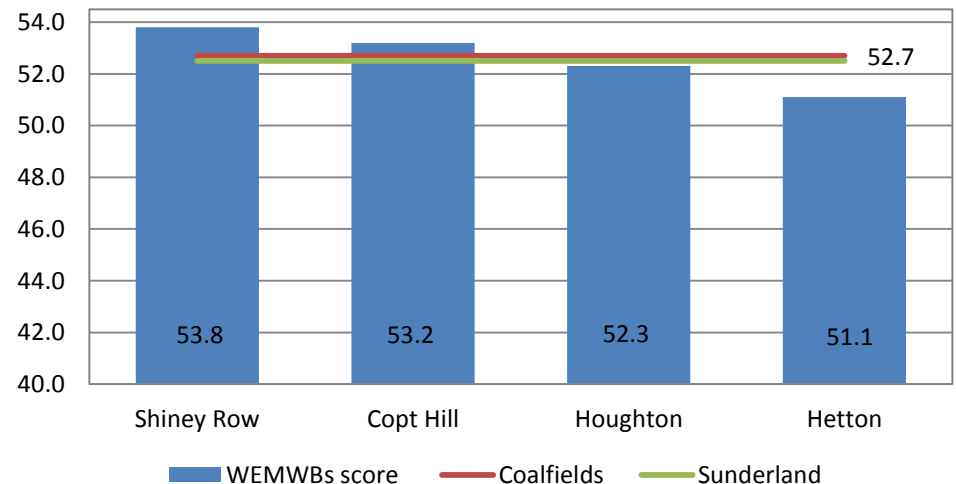
Mental Wellbeing

Average mental wellbeing (WEMWB) score for Sunderland wards

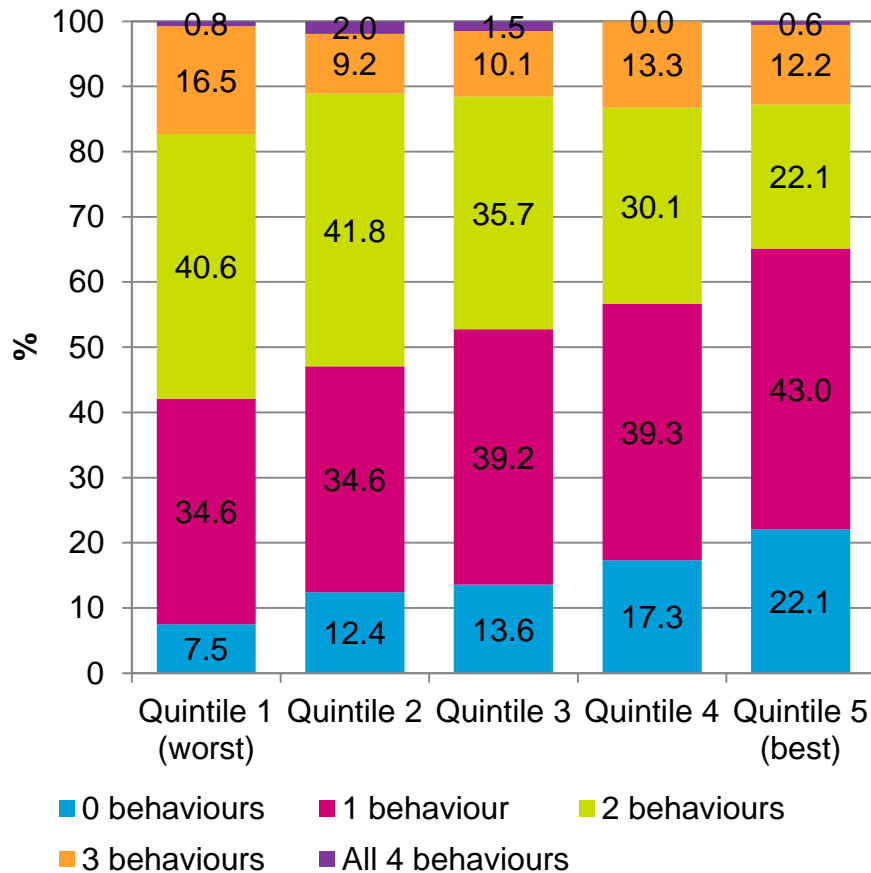


- The average mental wellbeing score in Coalfields was the same as the Sunderland average, 52.7 out of 70.
- For wards, scores varied between 51.1 to 53.8.
- Hetton and Houghton were lower than the Sunderland average
- No wards were significantly different from the Sunderland average.

Mental Wellbeing Score



Wellbeing and Unhealthy Behaviours



- Those with good mental wellbeing are less likely to engage in multiple risky behaviours.
- Better wellbeing is associated with those who have 0 or 1 unhealthy behaviour.
- In the Coalfields for those with the best wellbeing (Quintile 5) 65.1 % had 0 or 1 unhealthy behaviour, compared to 42.1% in the worst quintile (Quintile 1)

Next Steps

- Public Health
- Sunderland Health and Wellbeing Board
- Area Committees?