



## CARDIFF PUBLIC SERVICES DELIVERY BOARD

### BRIEFING ON KEY HEALTHY LIFESTYLES RESULTS FROM JUNE 2018

#### 1. Introduction

The National Survey for Wales results for healthy lifestyle behaviours were released in June 2018. This briefing paper outlines the results for the key lifestyles for Cardiff.

#### 2. Background

The results from the National Survey for Wales were released in June 2018. The key topic areas of: smoking; alcohol; obesity; overweight/obesity; physical activity and food have been released for adults (aged 16+) and graphed across local authority areas in Wales. Prevalence figures use the age-standardised percentage, so as to account for the age structure within the population. Years 2016/17 and 2017/18 have been combined and the figures cannot be compared with previous Welsh Health Survey statistics as the methodology is different.

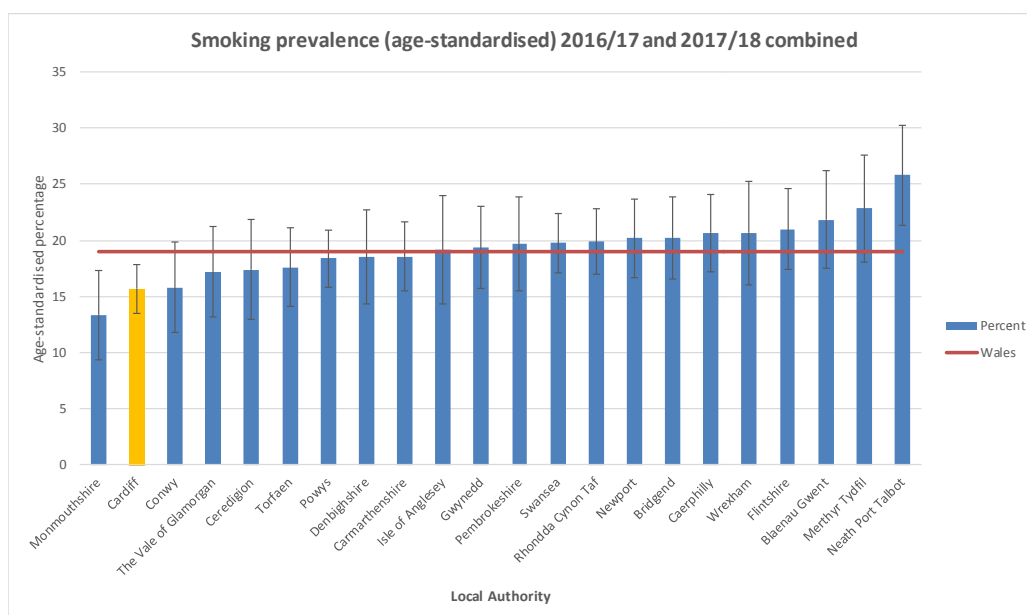
#### 3. Results

The results for each topic area follow below.

##### 3.1 Smoking prevalence

The Cardiff adult smoking prevalence is 15.7%, and is ranked 2<sup>nd</sup> best in Wales. It is significantly lower than the Wales average of 19.0%. See Figure 1 below.

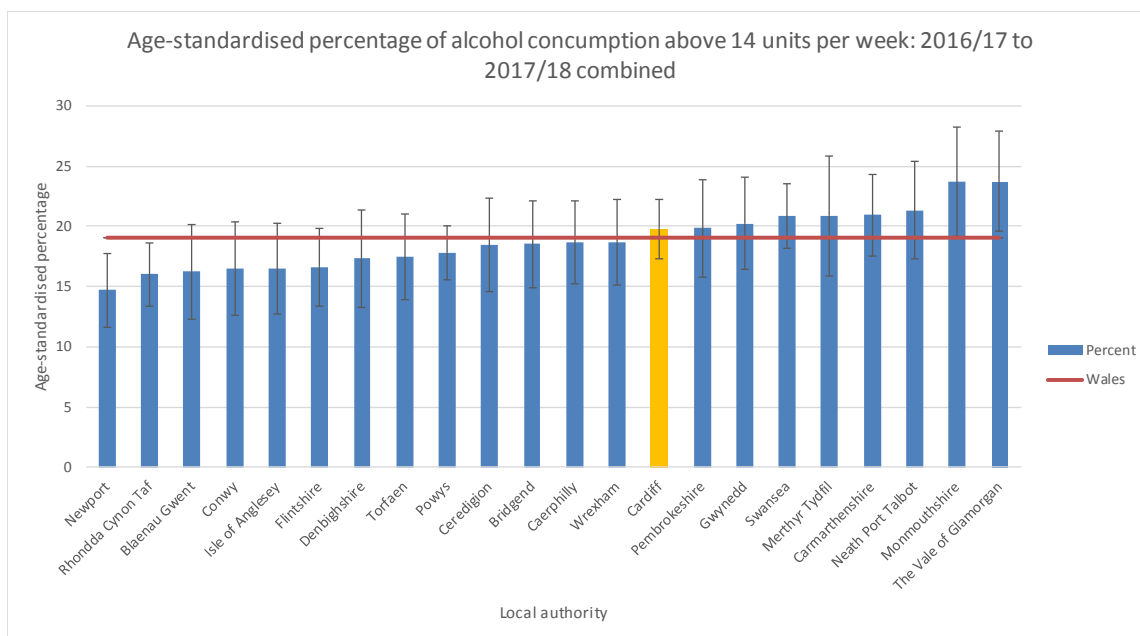
Figure 1: Adult smoking prevalence across Wales local authorities



### 3.2 Alcohol consumption prevalence

Adults drinking above 14 units per week is 19.8% in Cardiff, and is ranked the 9<sup>th</sup> highest in Wales. It is not significantly different to the Welsh average of 19.0%. See Figure 2 below.

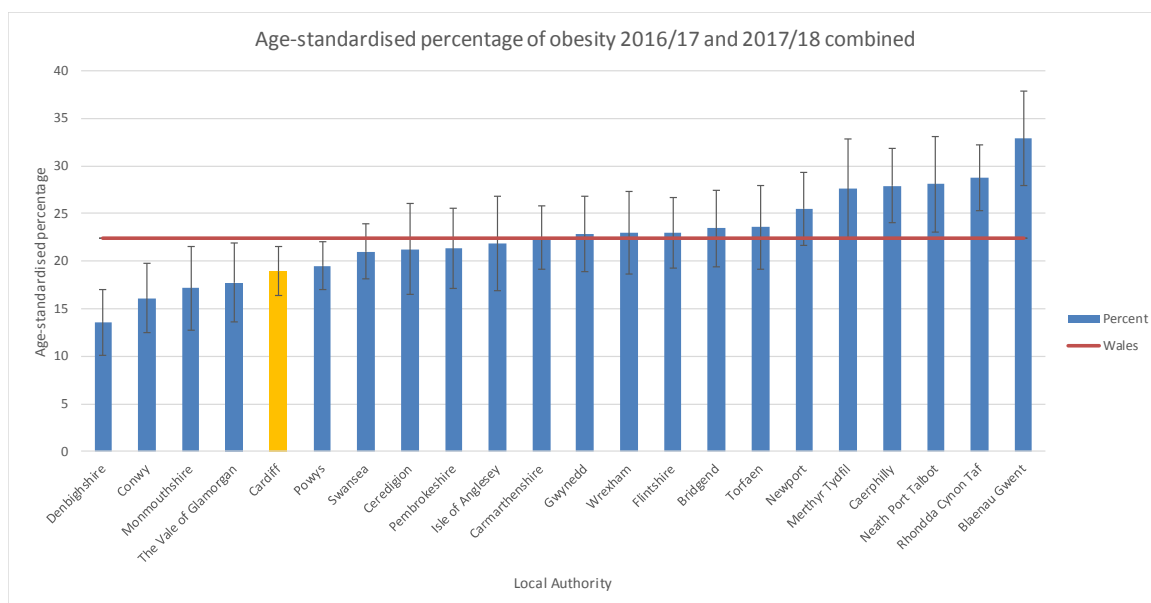
Figure 2: Adult alcohol consumption prevalence across Wales local authorities



### 3.3 Obesity prevalence

Adult obesity prevalence is 18.9% in Cardiff, which is ranked 5<sup>th</sup> best in Wales. It is significantly lower than the Wales average of 22.4%. See Figure 3 below

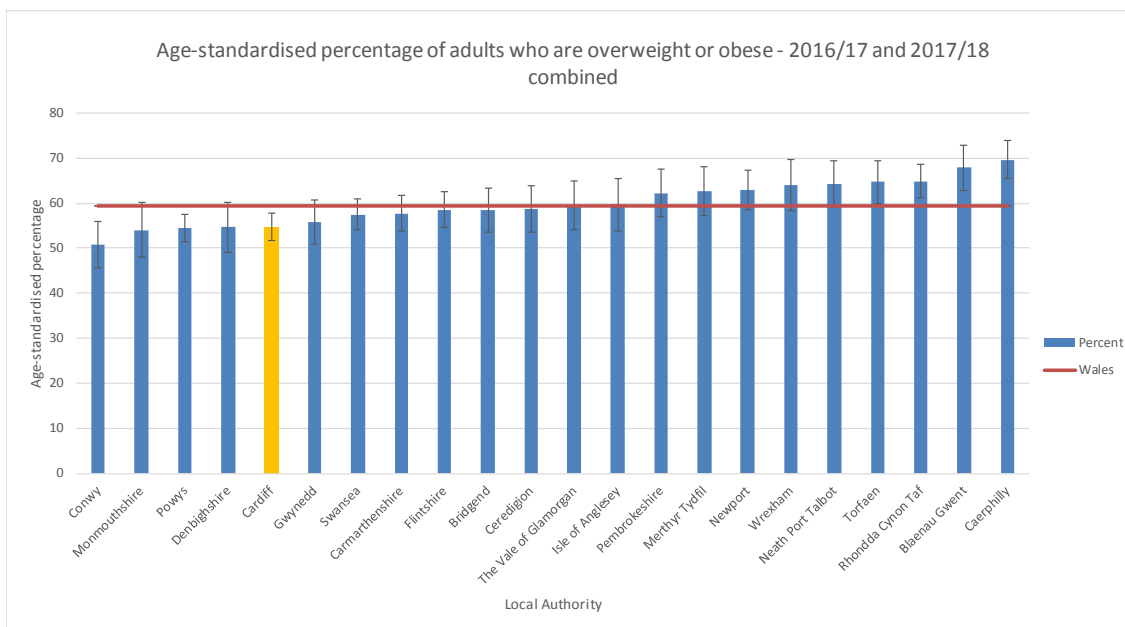
Figure 3: Adult obesity prevalence across Wales local authorities



### 3.4 Overweight and obesity prevalence

Adult overweight and obesity prevalence in Cardiff is 54.7%, and is ranked 5<sup>th</sup> best in Wales. It is significantly lower than the Wales average of 59.5%. See Figure 4 below.

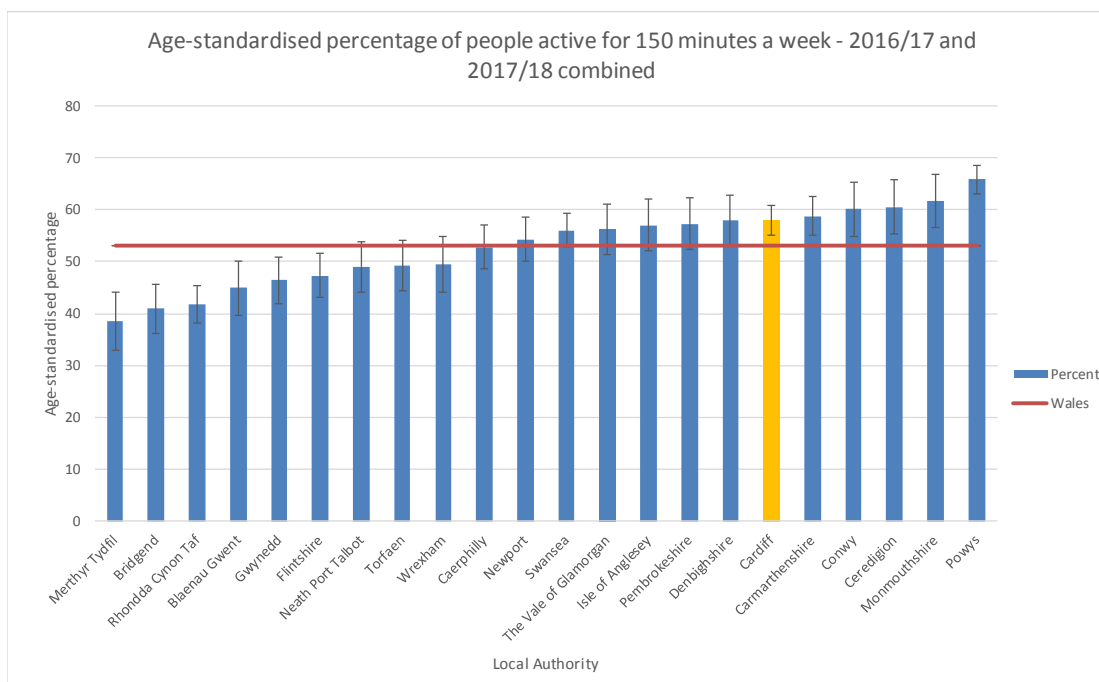
Figure 4: Adult overweight and obese prevalence across Wales local authorities



### 3.5 Physical activity prevalence

Adults doing 150 minutes of moderate to vigorous exercise or more a week is 57.9% in Cardiff. This is ranked 6<sup>th</sup> best in Wales, and is significantly higher than the Wales average of 53.2%. See Figure 5 below.

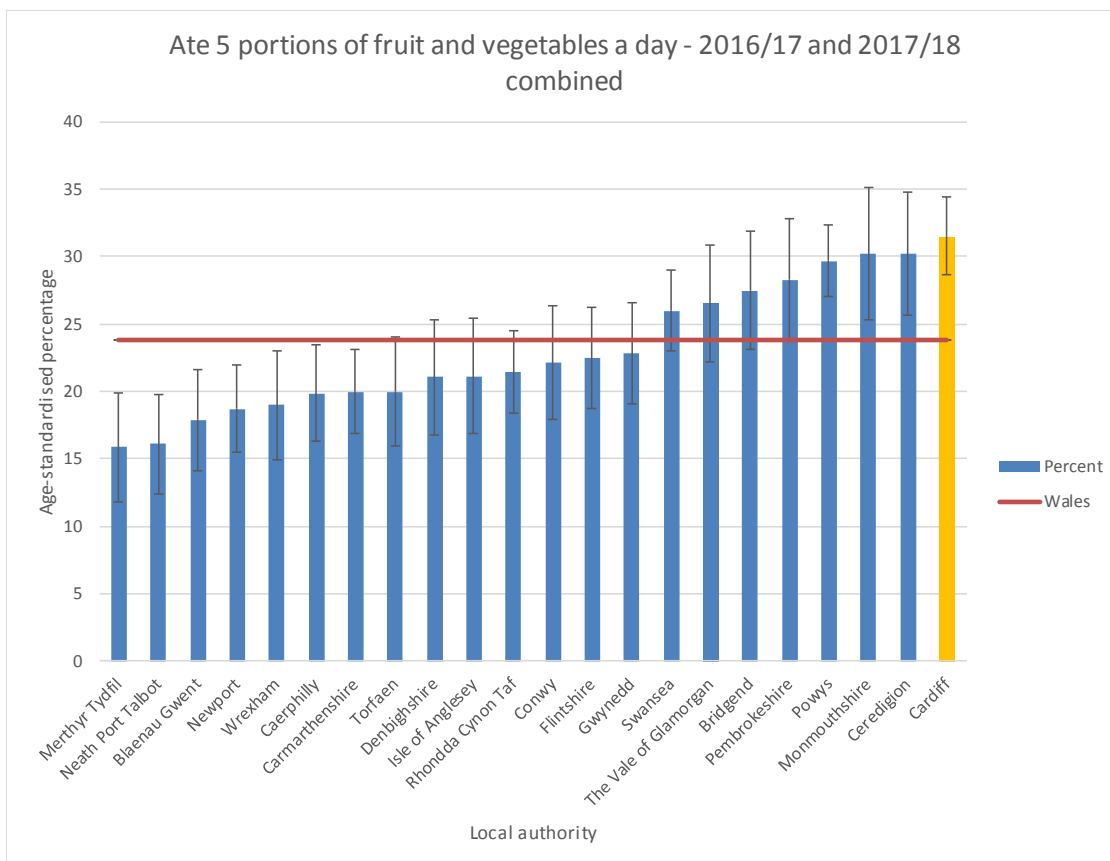
Figure 5: Adults physically active for 150 minutes or more a week across Wales local authorities



### 3.6 Eating five-a-day prevalence

Adults eating five fruit and vegetables a day was 31.5% in Cardiff, ranked the best in Wales. This is statistically significantly higher than the Wales average of 23.8%. See Figure 6 below.

Figure 6: Prevalence of adults eating 5-a-day across Wales local authorities



## 4. Conclusion

Cardiff is around the Welsh average for drinking alcohol above guidelines prevalence. It is better than the Welsh average for smoking, obesity, overweight/obesity, physical activity and eating 5-a-day prevalence.