

Programme Intelligence Report

Healthy Living¹ (Updated 10th August 2016)

Overall

In 2012 the Welsh Government produced information on the combined lifestyle behaviour of adults using data from the 2009 and 2010 Welsh Health Surveys. Previously the four key health-related lifestyles (i.e. smoking, alcohol consumption, fruit and vegetable consumption, and physical activity) had been studied individually. However, this analysis looked at adults' overall behaviour for these four lifestyles combined².

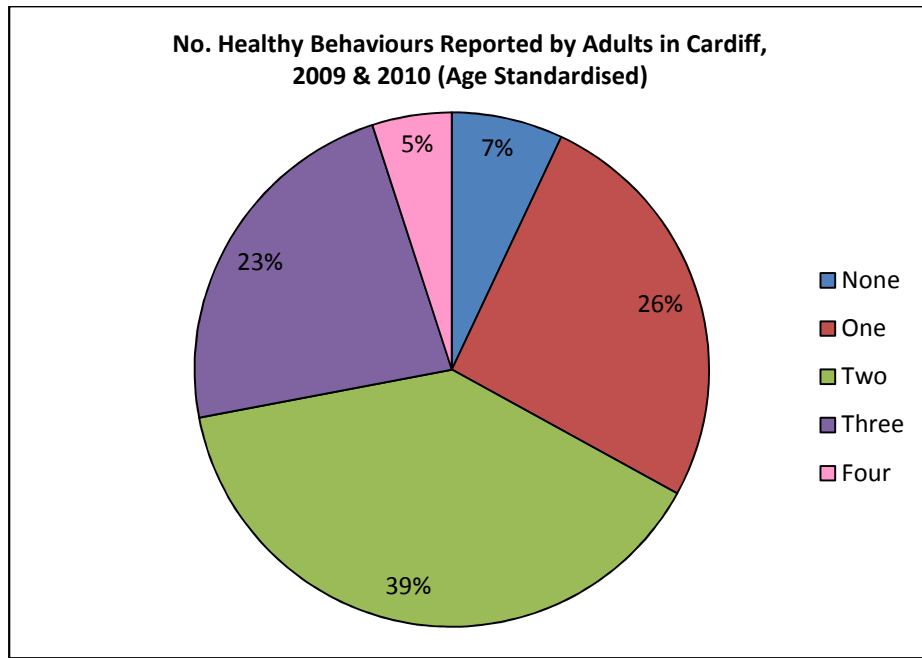
For the analysis, the four lifestyles were split into healthy and unhealthy groups as follows:

Lifestyle	Healthy	Unhealthy
Smoking	Non-smoker	Current smoker
Alcohol consumption	Did not report drinking above daily guidelines on any day in the previous week	Reported drinking above daily guidelines on at least one day in the previous week
Fruit and vegetable consumption	Reported eating five or more portions of fruit and vegetables on the previous day	Reported eating fewer than five portions of fruit and vegetables on the previous day
Physical activity	Reported doing 30 minutes of at least moderate intensity physical activity on at least five days in the previous week	Reported doing fewer than five days of at least 30 minutes of moderate intensity physical activity in the previous week

The mean number of healthy behaviours adhered to by adults in Cardiff was 1.9. Just 5% followed all four of the healthy behaviours, while 23% followed three, 39% followed two, 26% followed one, and 7% followed none. These were almost identical to the figures for Wales as a whole where the mean number of healthy behaviours was 2.0.

¹ Much of the data used in this report is available below local authority level (i.e. for upper super output areas or middle super output areas). However, these are not compatible with the neighbourhood area boundaries and so have not been used. Figures from the Welsh Health Survey are age-standardised.

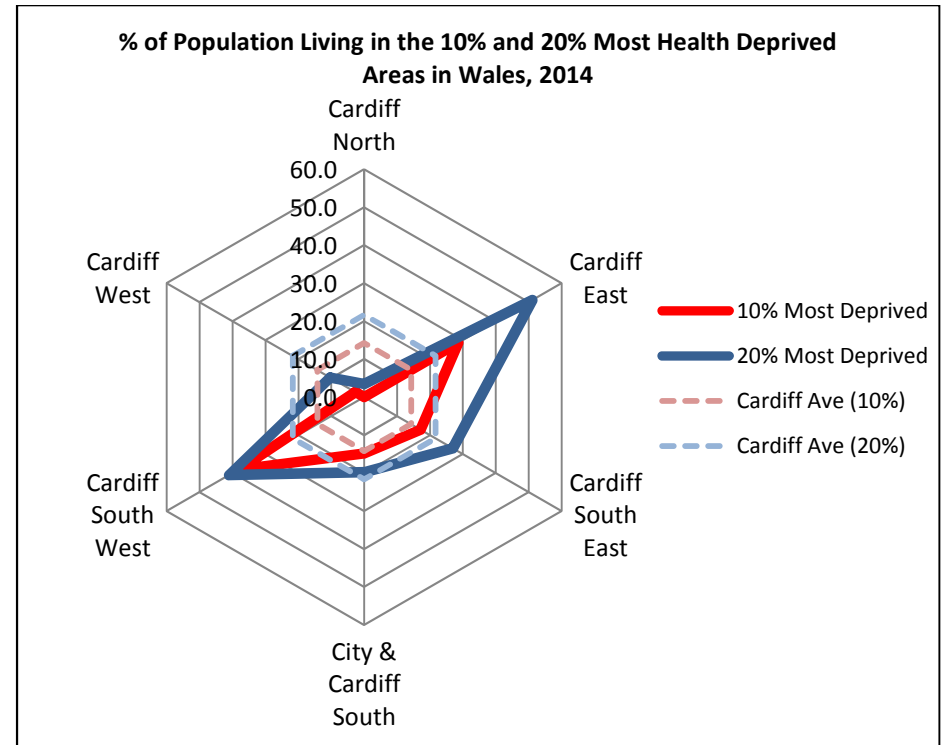
² More information can be seen at <http://gov.wales/statistics-and-research/welsh-health-survey/?lang=en>



Source: Welsh Health Survey 2009 and 2010: Combined Health Lifestyle Behaviours of Adults, Welsh Government

Welsh Index of Multiple Deprivation 2014: Health Domain

The Welsh Index of Multiple Deprivation (WIMD) 2014, produced by the Welsh Government is the official measure of relative deprivation for small areas in Wales. It contains eight separate domains (or kinds) of deprivation, one of which relates to health. Wales is divided into 1,909 Lower-Layer Super Output Areas (LSOA) and deprivation ranks have been worked out for each of these areas: the most deprived LSOA is ranked 1, and the least deprived 1,909. One area has a higher deprivation rank than another if the proportion of people living there who are classed as deprived is higher.



Source: WIMD 2014, Welsh Government / 2014 Mid Year Population Estimates, ONS

In Cardiff, 14.2% of its total population live in the 10% most health deprived LSOAs in Wales (i.e. those ranked 1-191). However, this proportion varies greatly across the neighbourhood partnership areas. Cardiff South West (38.1%) has the highest proportion of its residents living in these most deprived areas, followed by Cardiff East (28.6%), Cardiff South East (17.2%), and City & Cardiff South (14.9%). In contrast, Cardiff North (0.0%) has no areas of this kind, while just 2.6% of Cardiff West's population reside within these LSOAs.

When looking at those living within the 20% most health deprived LSOAs in Wales (i.e. those ranked 1-382), it can be

seen that 21.7% of Cardiff's total population live within these areas. The disparities across the city's neighbourhood partnership areas also become more apparent. More than half (51.0%) of Cardiff East's population live in these LSOAs, while Cardiff South West (41.1%), and Cardiff South East (27.0%) also have proportions above the Cardiff average. In contrast, just 3.4% of Cardiff North's and 10.3% of Cardiff West's residents live in the 20% most health deprived areas. The figure for City & Cardiff South (19.8%) is also just below that of Cardiff as a whole.

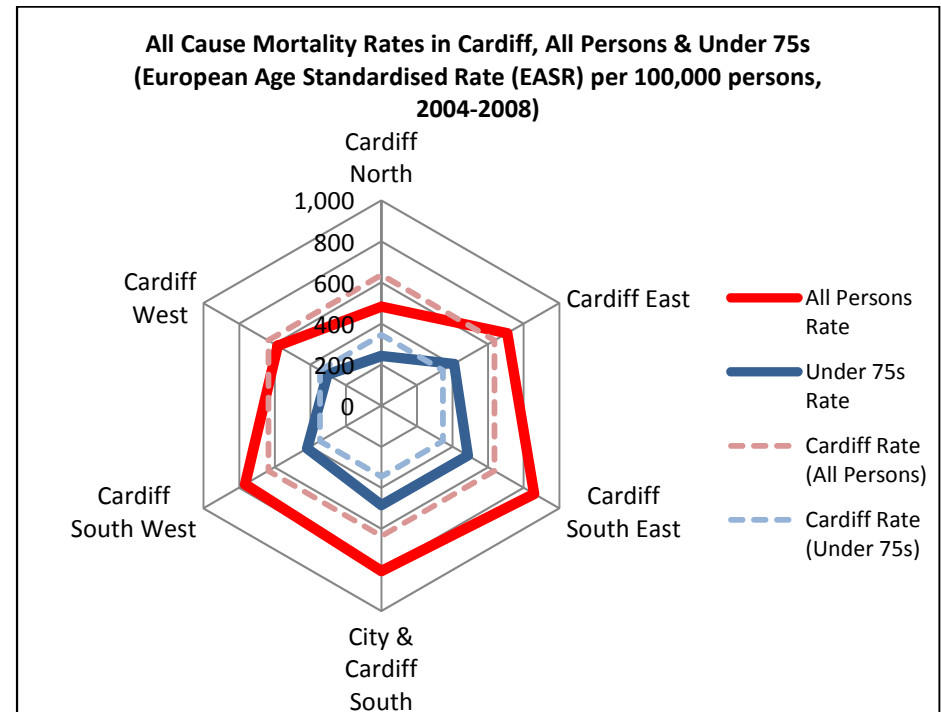
All-Cause Mortality Rates

As part of the work to support Neighbourhood Partnership arrangements in Cardiff a series of quarterly Neighbourhood Intelligence Reports have been prepared for elected Members, Neighbourhood Partnership Teams and other partners. These include health statistics produced at the neighbourhood partnership area level by Public Health Wales. However, this was a one-off piece of work and there are no plans to update the data in the future.

Amongst the information produced were age standardised all-cause mortality rates for the period 2004-2008 for all persons as well as those aged under 75³. The rate for all persons ranged from 482 per 100,000 population in Cardiff North to 859 per 100,000 population in Cardiff South East, with a Cardiff average of 636 per 100,000 population. As well as Cardiff South East, City & Cardiff South (806 per 100,000 population), Cardiff South West (766 per 100,000 population)

³ Information on the following topics for neighbourhood management areas is also available: General fertility rate; Hospital admissions (individuals aged under 75); Emergency hospital admissions (individuals aged under 75); Elective hospital admissions (individuals aged under 75); Low birth weight; Mortality from circulatory disease (all ages); Mortality from circulatory disease (under 75s); Mortality from coronary heart disease; Mortality from cancer; Mortality from respiratory disease.

and Cardiff East (707 per 100,000 population) all had rates above the all-Cardiff figure.



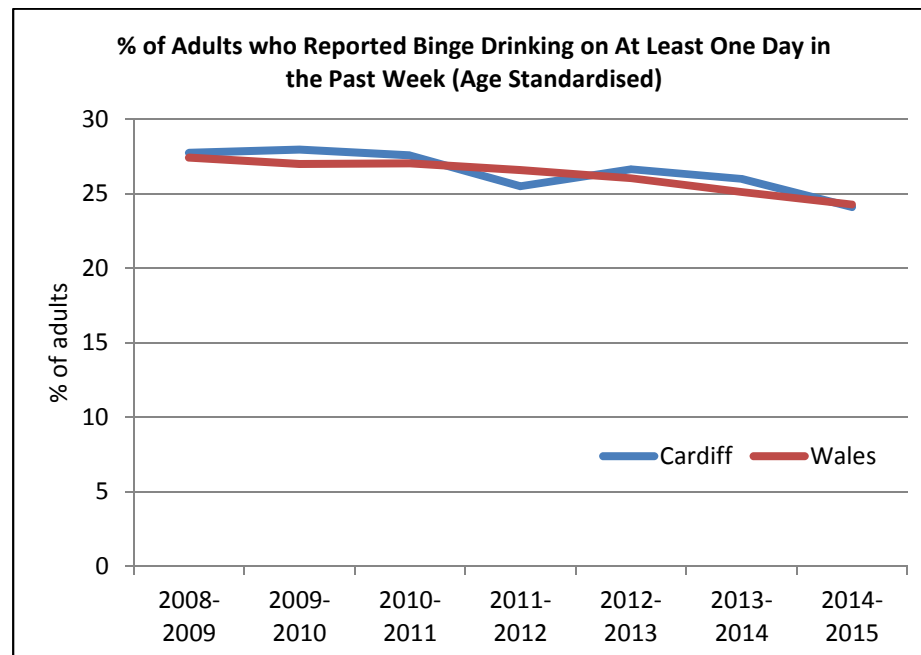
Source: Neighbourhood Level Health Indicators Cardiff and Vale University Health Board; Public Health Wales Observatory, June 2011

The all-cause mortality rates for those aged under 75 followed a similar pattern with only Cardiff North (243 per 100,000 population) and Cardiff West (304 per 100,000 population) having rates below the Cardiff average (345 per 100,000 population). Cardiff South East again had the highest rate of 486 per 100,000 population; just above the figure for City & Cardiff South (484 per 100,000 population) and double that of Cardiff North. Meanwhile, Cardiff South West, and Cardiff East had rates of 418 per 100,000 population, and 408 per 100,000 population respectively.

Workstream: Substance Misuse

Reduce Damaging Alcohol Consumption

Figures from the 2014-2015 Welsh Health Survey showed that 24% of adults in Cardiff had reported binge drinking⁴ on at least one day in the past week. This matched the figure for the whole of Wales and was down from 26% in the previous survey. Despite having the lower of the two rates in 2011-2012, the local authority had predominantly exceeded the Wales proportion since 2008-2009.



Source: Welsh Health Survey, Public Health Wales & Welsh Government

⁴ Binge drinking means men drinking more than 8 units a day and women drinking more than 6 units. Figures are based on all adults (drinkers and non-drinkers).

In 2014-2015, 41% of Cardiff's adults reported drinking above guidelines⁵ on at least one day in the past week. This was above the equivalent figure for Wales of 40%, but had fallen from 43% for 2013-2014.

A breakdown of alcohol consumption by age group is available from the combined 2009 to 2012 Welsh Health Surveys. The proportion consuming alcohol above the guideline levels in Cardiff were 48% for those aged 16-44, 51% for those aged 45-64 and 25% for those aged 65+. The comparative figures for Wales were 48%, 50% and 25% respectively. In terms of binge drinking, the percentages for Cardiff were 33% for those aged 16-44, 30% for those aged 45-64 and 10% for those aged 65+, compared to 34%, 29% and 10% for Wales respectively.

Information on alcohol-related mortality⁶ show that the age-standardised death rate was 15.82 per 100,000 population in Cardiff for the period 2009-2011, which exceeded the figure for Wales of 14.05 per 100,000 population. The rate for males was also higher within the local authority: 23.00 per 100,000 population in Cardiff compared to 18.87 per 100,000 population in Wales. However, in contrast, the figure for females of 8.71 per 100,000 was below the national rate of 9.55 per 100,000.

For the three-year period of 2012/13 to 2014/15, the age-standardised rate of persons admitted to hospital for alcohol-specific conditions in Cardiff was 309.6 per 100,000 population⁷. This was down from 319.6 per 100,000 for

⁵ Guidelines means men drinking more than 4 units a day and women drinking more than 3 units.

⁶ Source: The Annual District Death Extract supplied by the Office for National Statistics to the Public Health Wales, Health Maps Wales

⁷ Source: Health Maps Wales

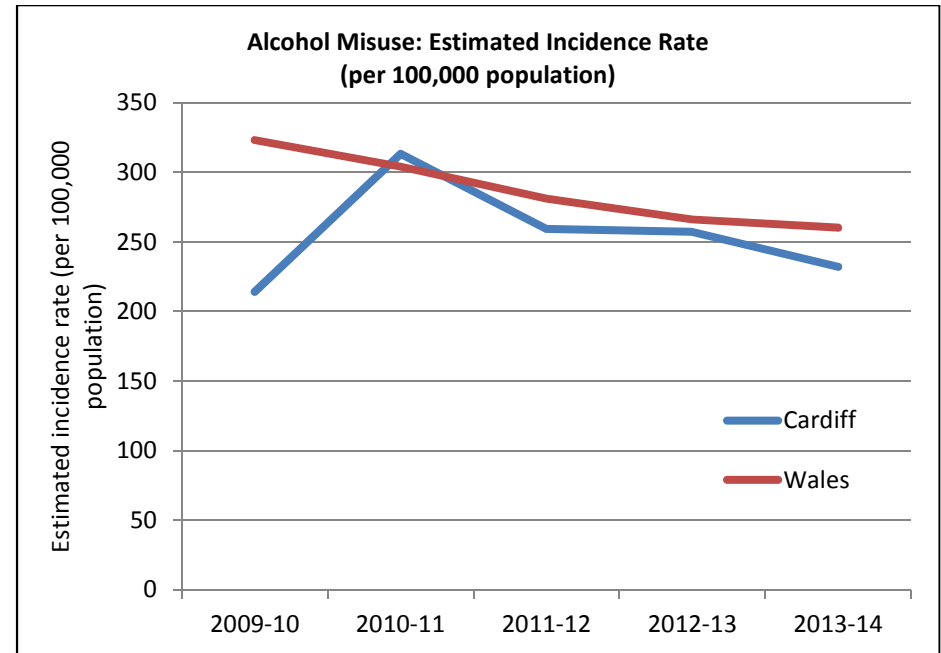
2009/10 to 2011/12 and below the figure for Wales of 341.3 per 100,000. The rates for both genders were also lower in the local authority, although the male figure had increased since 2009/10 to 2011/12. For 2012-13 to 2014/15 the male rate was 437.7 per 100,000 population in Cardiff compared with 457.2 per 100,000 in Wales, while the female rates were 191.4 per 100,000 in Cardiff and 231.9 per 100,000 in Wales.

There were 1,698 referrals made to treatment services for alcohol misuse in Cardiff in 2013-14⁸. These related to 816 individuals, with an average of 2.08 referrals per person. This represented an increase on the previous year when there were 1.80 referrals per person, with the total number of referrals rising from 1,611 but the number of individuals referred falling from 896.

The estimated incidence rate of alcohol misuse in Cardiff in 2013-14 was 232 per 100,000 population⁹; down on the previous year's figure of 257 per 100,000 population. It was, however, below the rate for Wales of 260 per 100,000, as it had also been in three of the four previous years, with the only exception being 2010-11.

⁸ Source: Welsh Government, StatsWales. The data only relates to people presenting to treatment services for alcohol misuse and these may constitute only a proportion of all alcohol misusers.

⁹ The incidence rates are derived from a 2-stage process. First the referrals are reduced by the number of multiple attendees to produce the number of individuals. Second, the individuals with an unspecified main substance are allocated in the ratio 60:40 between alcohol and drugs.

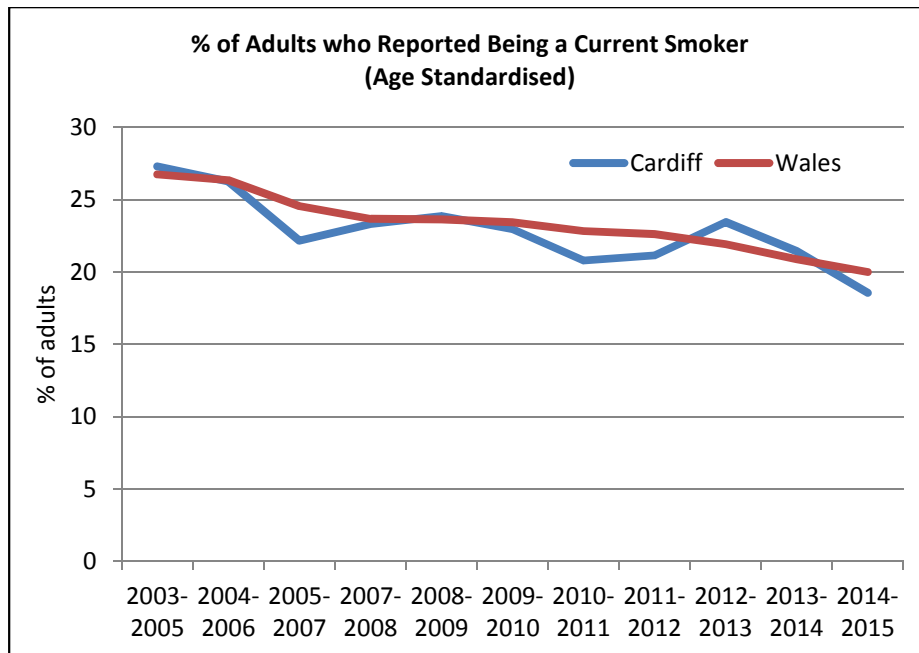


Source: Welsh Government, StatsWales

Reduce Smoking

According to the Welsh Health Survey 2014-2015, around a fifth (19%) of adults in Cardiff reported being a current smoker. This was down from 21% in the previous survey and below the Welsh average (20%) for the first time since 2011-2012.

The 2015 Welsh Health Survey introduced a question on e-cigarettes. This highlighted that 6% of adults in Cardiff reported currently using an e-cigarette, while 14% had ever used one, compared to 6% and 15% for Wales respectively.



Source: Welsh Health Survey, Public Health Wales & Welsh Government

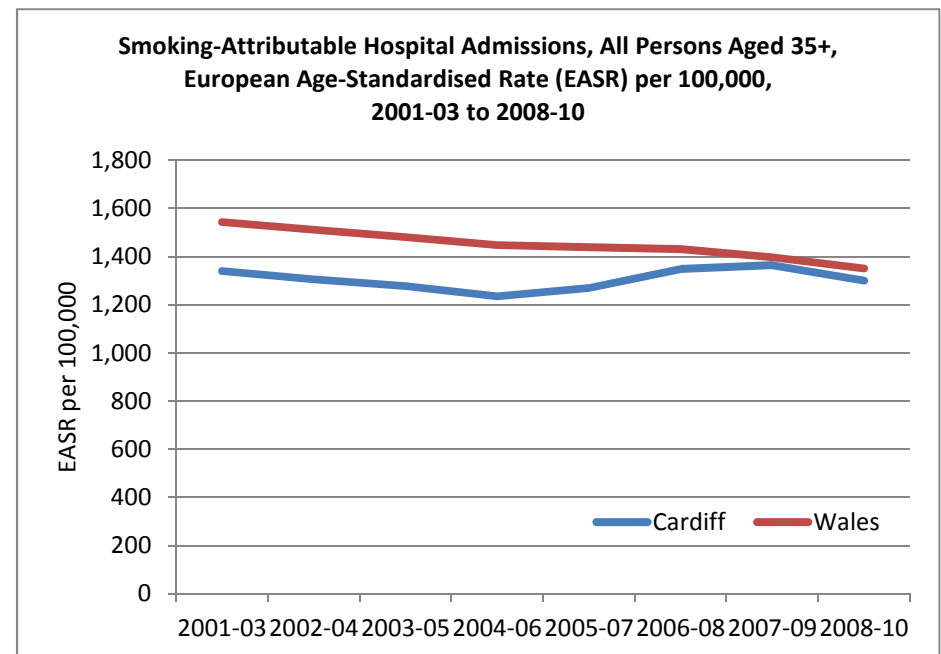
A breakdown of smokers by age group from the combined 2009 to 2012 Welsh Health Surveys showed that 26% of those aged 16-44, 23% of those aged 45-64 and 11% of those aged 65+ were smokers in Cardiff. These compared with figures of 28%, 23% and 12%, respectively, for Wales.

In 2012-2013, around a sixth (16%) of Cardiff's adults said that they were regularly exposed to passive smoke indoors. This was below the comparative figure for Wales of 18% and had been gradually declining since 2008-2009 (20%).

Cardiff's smoking-attributable mortality rate (age-standardised) for all persons aged 35+ was 227 per 100,000 for 2008-2010, according to information from the Tobacco and Health in Wales 2012 report, published by Public Health Wales and Welsh Government. This matched the figure for

Wales. Since 2001-2003 (273 per 100,000) the local authority rate has followed a downward trend and has been very similar to the Welsh average.

The (age standardised) rate for smoking-attributable hospital admissions for all persons aged 35+ in Cardiff was 1,300 per 100,000 for 2008-2010. This was below the equivalent rate for Wales of 1,350 per 100,000 with the local authority consistently having the lower of the two figures since 2001-2003.



Source: Public Health Wales Observatory, using PEDW (NWIS), MYE (ONS), WHS (WG)

Workstream: Healthy Lifestyles

Figures from the 2014-2015 Welsh Health Survey showed that 19% of adults in Cardiff were obese¹⁰, while 54% were overweight or obese¹¹. These were both down from the previous survey, when they stood at 21% and 55%, and were lower than the equivalent proportions for Wales of 23% and 59% respectively. In fact, Cardiff's rates had consistently been below the national averages since the 2003-2005 surveys.

Combined data from the 2009 to 2012 Welsh Health Surveys indicated that each of the age groups also generally compared favourably with the national averages. Within Cardiff, 20% of those aged 2-15, 15% of those aged 16-44, 26% of those aged 45-64, and 18% of those aged 65+ were obese, compared to 19%, 19%, 27% and 20% for Wales respectively. When looking at those that were overweight or obese, these proportions increased in the local authority to 34% for those aged 2-15, 42% for those aged 16-44, 64% for those aged 45-64 and 58% for those aged 65+. The comparative figures for Wales were all higher at 35%, 49%, 67% and 60% respectively.

Public Health Wales' Child Measurement Programme publishes annual information on reception year children (age 4-5), including body mass index. During the 2014/15 academic year, 22.4% (11.7% overweight, 10.7% obese) of children aged 4-5 were classified as overweight or obese in Cardiff. This was below the Welsh average of 26.2% (14.5% overweight, 11.6% obese) and was down slightly on the previous year's figure of 22.6% (13.1% overweight, 9.6%

¹⁰ Obese is defined as having a reported Body Mass Index (BMI) of 30+. BMI is calculated as weight (kg) divided by squared height (m²).

¹¹ Overweight or obese is defined as having a reported Body Mass Index (BMI) of 25+.

obese) although the percentage deemed to be obese had increased over the twelve-month period. The proportions for both boys (22.8%) and girls (21.8%) were also lower in the local authority than across Wales as a whole (26.9% and 25.4% respectively).

Increase Physical Activity

Information from the 2015 Welsh Health Survey reveals that levels of physical activity in Cardiff compare favourably with the national average¹². More than three-fifths (62%) of adults reported exercising or being physically active for more than 150 minutes in the previous week, compared to 58% for Wales as a whole. In addition, less than a quarter (23%) had been active for less than 30 minutes, well below the Welsh average of 30%.

However, combined information from the 2009 to 2012 Welsh Health Surveys on activity levels by age band are less impressive for Cardiff. Only 48% of children aged 4-15 were physically active on 5 or more days and 33% were physically active on 7 days; below the figures for Wales of 52% and 36% respectively. For adults in the local authority, 29% of those aged 16-44, 26% of those aged 45-64 and 13% of those aged 65+ were active on 5 or more days, compared to 35%, 30% and 16% for Wales respectively. In addition, no active days were undertaken in Cardiff by 24% of those aged 16-44, 36% of those aged 45-64 and 60% of those aged 65+; again comparing unfavourably with the national figures of 22%, 34% and 57% respectively.

¹² The physical activity question in the survey was changed in 2015 and so the data is not comparable with previous years.

Sport Wales' Active Adults Survey¹³ is a biennial household survey commissioned by Sport Wales to measure levels of sports participation, club membership, volunteering and other sporting matters amongst adults (aged 15 and over) in Wales. Results from its latest report for 2014 (released in February 2016) show that:

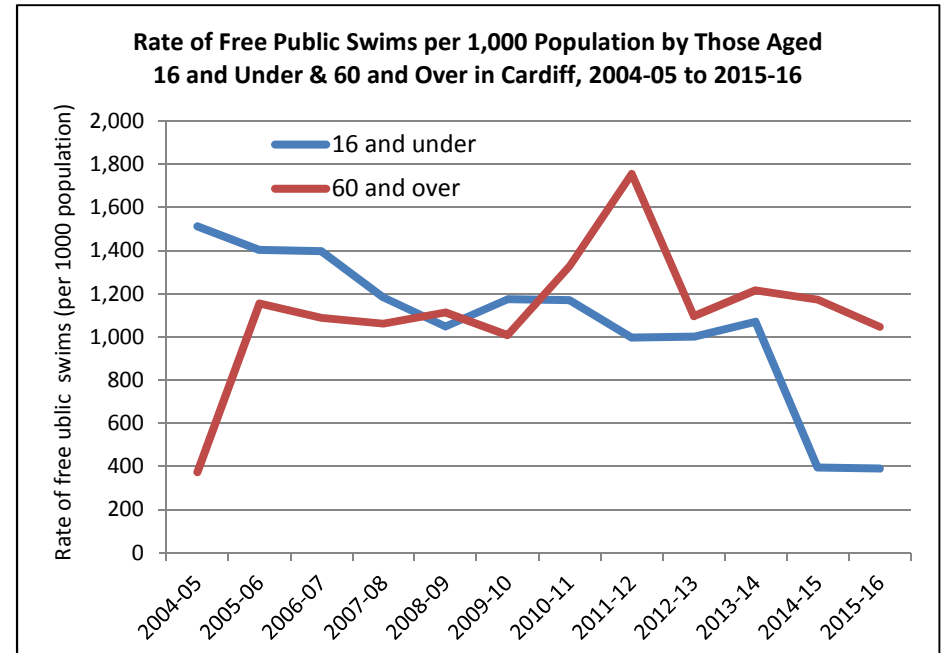
- Over two-thirds (69.7%) of Cardiff's adults participated in sport at least once a week on average; the 3rd highest figure in Wales where the overall rate was 61.6%.
- More than two-fifths (41.8%) of adults in Cardiff participated in sport three or more times a week on average. This was only the 9th highest rate in Wales but was greater than the national average of 40.5%. Males (47.4%) and females (36.4%) also both exceeded the all-Wales proportions of 46.3% and 35.1% respectively.

Information from the Data Unit Wales on the rate of free public swims per 1,000 people in Cardiff shows that the figure for those aged 16 and under was practically unchanged in 2015-16 from the previous year, with a negligible fall of 1.2%. This was in contrast to the large annual decrease of 63.2% over the previous twelve-month period, prior to which the decline had been more gradual.

The rate of free public swims for those aged 60 and over also fell in 2015-16, albeit to a greater extent (10.7%). There were 69,013 (1,047 per 1,000) free public swims by those aged 60 and over in 2015-16, compared to just 27,110 (390 per 1,000) for those aged 16 and under. However, the number of paid swims by juniors and adults (82,273) increased by 162.5% on the previous year.

¹³ More information can be seen at www.sportwales.org.uk/research--policy/surveys-and-statistics/active-adults-survey.aspx

Meanwhile, the rate of free structured activities undertaken in 2015-16 was just 12 per 1,000 by those aged 16 and under and 92 per 1,000 by those aged 60 and over; compared with 24 per 1,000 and 163 per 1,000, respectively, in the previous twelve-month period.



Source: Data Unit/ Sport Wales

According to Cardiff Council's performance indicator KPI06, there were 1,998,532 visits/attendances to sports and leisure centres¹⁴ in Cardiff in 2015. This represented a decline of 9.5% on the previous year; the first annual decrease since 2008. Between January and June 2016 there were 957,328 visits/attendances; down 6.0% on the same six-month period in 2015.

¹⁴ The sites included are Eastern, Pentwyn, Fairwater, Maindy, Western and Llanishen Centres, Cardiff International Sports Stadium and Cardiff Riding School.

In 2015/16, there was an average of 8,011.5 visits per 1,000 population (or 8.0 visits per person) to local authority sport and leisure centres where the visitor was participating in physical activity (performance indicator LCS002(b)). This was down slightly from the 8,084 visits per 1,000 population recorded in the previous year.

For the quarter covering April to June 2016 there were 58,489 Group Fitness attendances, according to information from performance indicator KPI17a. This represented a decrease of 8.9% on the same period in 2015. In addition, there were 70,463 gym attendances between April and June 2016 (performance indicator KPI18a); down 1.2% on the same period in the previous year.

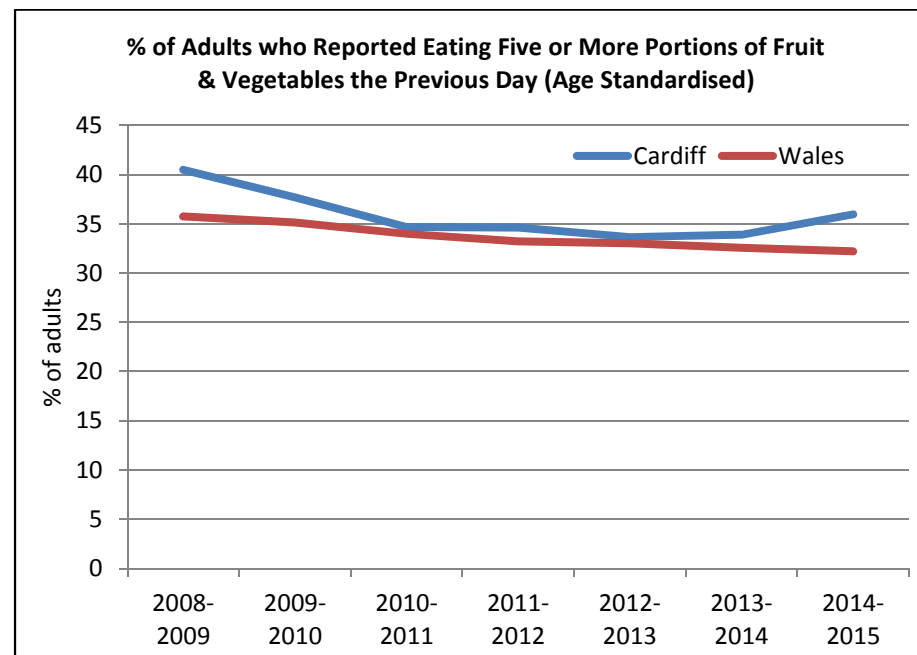
Information from the School Sport Survey 2015¹⁵, produced by Sport Wales, showed that 46.6% of pupils in Years 3-11 in Cardiff participated in at least three occasions of extracurricular and community sport per week, compared to 48.0% for the whole of Wales. This figure increased to 50.9% for males but dropped to 42.1% for females, both of which again compared poorly with the national averages of 51.5% and 44.4% respectively. The proportion for Years 3-6 (48.2%) in Cardiff exceeded that for Years 7-11 (45.2%), although they were both below the Wales figures of 48.5% and 47.6% respectively.

According to Welsh Government's National Survey for Wales for April 2013 to March 2014, 55% of the respondents in Cardiff felt that it was safe for children to play outside in the local area. This was the joint-second lowest figure in Wales and compared to a national average of 64%.

¹⁵ Further information from the survey can be seen at <http://sport.wales/research-policy/surveys-and-statistics/statistics.aspx>

Promote Nutrition and Healthy Eating

According to the Welsh Health Survey, a greater proportion of adults in Cardiff eat five or more portions (one portion is 80g) of fruit and vegetables a day than across Wales as a whole, with the local authority rate having exceeded the national average since 2008-2009¹⁶.



Source: Welsh Health Survey, Public Health Wales & Welsh Government

Between 2008-2009 and 2012-13, both areas followed a downward trend, although the Cardiff percentage fell at a faster rate over the period, causing the gap between the two figures to diminish. However, whereas the Wales rate has

¹⁶ Question changes in 2008 mean results are not comparable with figures from previous years.

continued to decline since this time, Cardiff has seen an upturn in its proportion.

Figures from the 2014-2015 survey showed that 36% of adults in Cardiff had eaten five or more portions of fruit or vegetables on the day prior to the survey date. This was up from 34% in the previous survey and compared to 32% for the whole of Wales.

When looking at the consumption of fruit and vegetables by age band, using figures from the combined 2009 to 2012 Welsh Health Surveys, Cardiff continued to compare well with the national average. Within the local authority, 35% of those aged 16-44, 37% of those aged 45-64 and 36% of those aged 65+ met the guideline consumption level, compared to 32%, 36% and 36% for Wales respectively.