

SB 22/2016

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## Welsh Health Survey 2015: Health-related lifestyle results

The Welsh Health Survey provides unique information about the health and health-related lifestyles of people living in Wales. It covers a range of health-related issues, including health status, lifestyle and health behaviours, and health service use. Some initial headline results from the survey were published in a statistical release in June 2016. This bulletin presents more detailed health-related lifestyle results from the 2015 survey, relating to data collected between January and December 2015. It also includes Local Authority/Health Board level results which have been calculated using data from two years of the survey, January 2014 to December 2015.

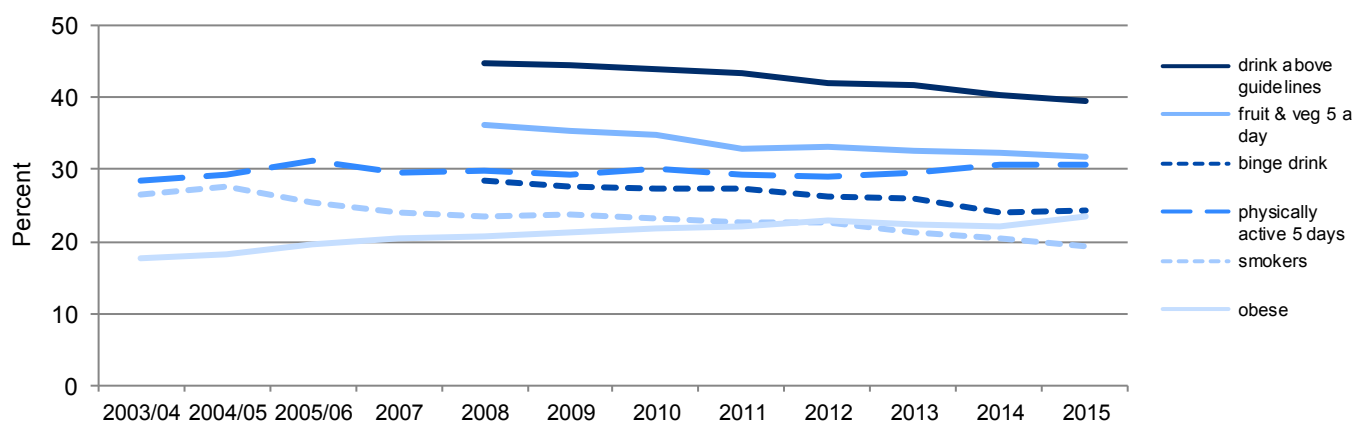
Broad figures for Wales are provided along with age and gender breakdowns. For a selection of key measures, information is provided by socio-economic group and area deprivation, and by local authority / health board. Some comparisons with earlier years are also shown. Online tables showing further breakdowns are available as are trend data for a selection of key variables.

This statistical bulletin contains a national indicator for the Well-being of Future Generations Act 2015.

### Key results:

#### Figure 1: Reported lifestyle behaviours in adults, 2003/04-2015\*

\*See section 8 for definitions



- Just under a fifth (19 per cent) of adults reported that they currently smoke.
- Just over 1 in 20 (6 per cent) adults reported that they currently use an e-cigarette, just under 1 in 7 (15 per cent) had ever used an e-cigarette.
- Around a third (32 per cent) of adults reported eating five or more portions of fruit and vegetables the previous day.
- Around 3 in 5 (59 per cent) adults were classified as overweight or obese, including just under a quarter (24 per cent) of adults classified as obese.

**Statistician:** Josh Dixon / Cath Roberts **Tel:** 029 2082 6710 / 5033

**E-mail:** stats.healthinfo@wales.gsi.gov.uk

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Cyhoeddwyd gan Y Gwasanaethau Gwybodaeth a Dadansoddi

Llywodraeth Cymru, Parc Cathays, Caerdydd, CF10 3NQ

Ffôn – Swyddfa'r Wasg **029 2089 8099**, Ymholiadau Cyhoeddus **029 2082 5050**

**[www.llyw.cymru/ystadegau](http://www.llyw.cymru/ystadegau)**

Issued by Knowledge and Analytical Services

Welsh Government, Cathays Park, Cardiff, CF10 3NQ

Telephone – Press Office **029 2089 8099**, Public Enquiries **029 2082 5050**

**[www.gov.wales/statistics](http://www.gov.wales/statistics)**



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## Key results (continued)

- Around 3 in 5 (58 per cent) adults reported being physically active for 150 minutes or more in the previous week, and 3 in 10 (30 per cent) reported being physically active for less than 30 minutes<sup>1</sup>.
- 2 in 5 (40 per cent) adults reported drinking above the recommended guidelines<sup>2</sup> on at least one day in the past week, including around a quarter (24 per cent) who reported binge drinking – however people do not necessarily drink at these levels regularly.
- One of the national indicators laid for the Well-being of Future Generations Act is the percentage of adults who reported completing less than 2 healthy lifestyle behaviours (not smoking, not drinking above daily guidelines in the previous week, eating five or more portions of fruit and vegetables the previous day, being physically active for 150 minutes or more the previous week and maintaining a healthy weight/BMI). In 2015, around 1 in 7 (14 per cent) of adults reported following less than 2 healthy lifestyle behaviours, 1 in 20 (5 per cent) of adults reported following all 5 healthy lifestyles.
- In general, adults in the least deprived areas were less likely to smoke, more likely to meet physical activity guidelines and less likely to be inactive, more likely to meet guidelines for fruit and vegetable consumption and less likely to be overweight or obese than those in the most deprived areas – however, they were also more likely to drink above guidelines.
- There has been a decrease in smoking rates since the survey started in 2003/04. Obesity levels have increased during this time. There has been little change in physical activity during this time (using the old physically active for at least 30 minutes on five or more days in the previous week guidelines), rates fluctuate from year to year. Compared with guidelines, there has been a small decline in levels of drinking and in fruit and vegetable consumption since 2008 (when the current questions were introduced).

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<sup>1</sup> These are based on new questions to assess revised physical activity guidelines. A portion of respondents were asked the previous questions to allow continued monitoring of trends, these showed that 31% of adults reported being physically active for at least 30 minutes on 5 or more days the previous week. Further information on the change in physical activity questions is available in a statistical article and in the statistical bulletin on health-related lifestyle results; <http://gov.wales/statistics-and-research/welsh-health-survey>.

<sup>2</sup> Based on the alcohol guidelines at the time of the survey. Proposed new guidelines were published in 2016 for consultation; <https://www.gov.uk/government/consultations/health-risks-from-alcohol-new-guidelines>

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## Background

Not smoking, not drinking too much, maintaining a healthy body weight, regular physical activity, and a balanced diet are all part of a healthy lifestyle. Not following these health behaviours increases the risk of illnesses and premature death. Illnesses for which these health behaviours are risk factors include heart disease, some types of cancer, stroke, diabetes, respiratory conditions, liver problems, musculoskeletal problems, mental health.

The Welsh Government's public health strategic framework 'Our Healthy Future'<sup>3</sup> set out a number of priorities for action including reducing smoking, unhealthy eating and harmful alcohol consumption and increasing physical activity. WHS lifestyle data is also heavily used by Public Health Wales Observatory<sup>4</sup> in a range of outputs designed to inform and inspire public health action.

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<sup>3</sup> <http://gov.wales/topics/health/cmo/healthy/?lang=en>

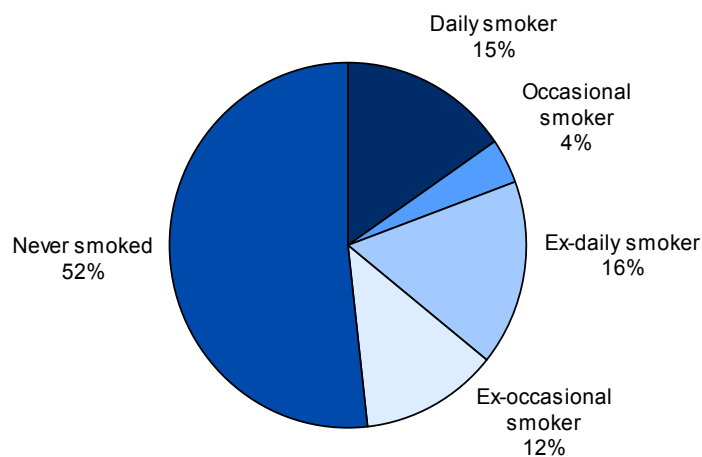
<sup>4</sup> <http://www.wales.nhs.uk/sitesplus/922/home>

## 1. Smoking and e-cigarette use

A fifth (19 per cent) of adults reported that they currently smoke. Overall, smoking is slightly more common amongst men, and is less common amongst the older age groups. Adults in more deprived areas were more likely to smoke. There has been a decrease in smoking rates over the last decade.

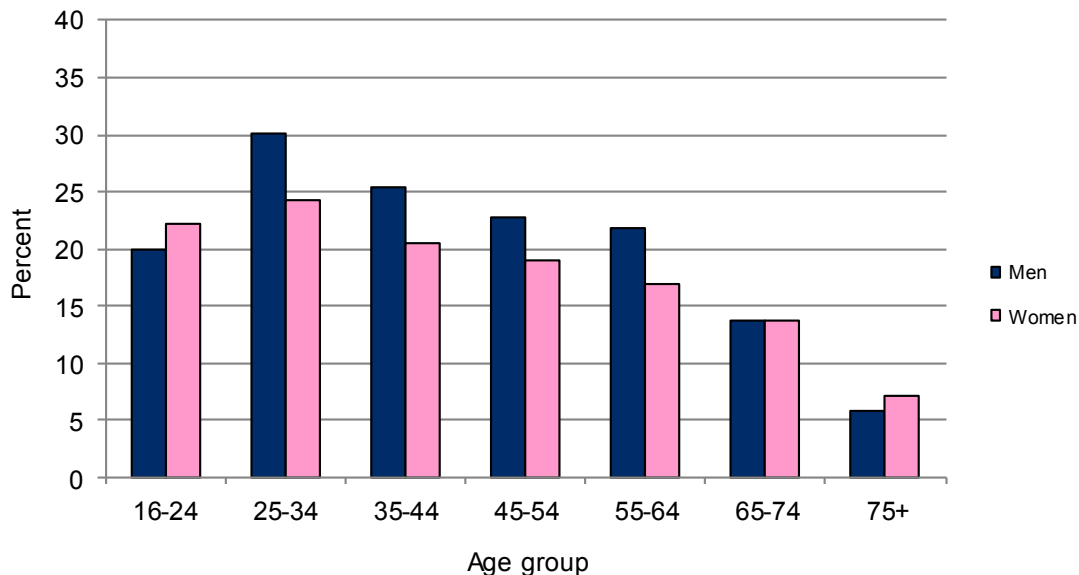
### Smoking status

**Figure 2: Self-reported smoking status of adults**



- 19 per cent of adults reported that they currently smoked.
- 29 per cent of adults reported that they had given up smoking.
- 52 per cent of adults reported that they had never smoked.

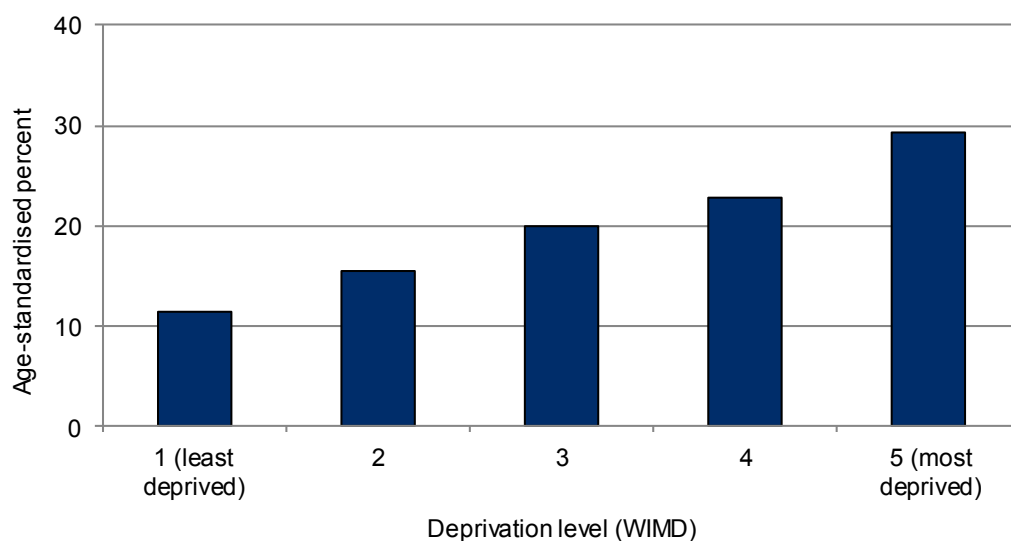
**Figure 3: Percentage who reported being a current smoker, by age and sex**



- Overall, a slightly higher proportion of men were smokers (21 per cent) compared with women (18 per cent), and the prevalence of smoking peaked at around 25-34 for both men and women and then decreased.

Deprivation:

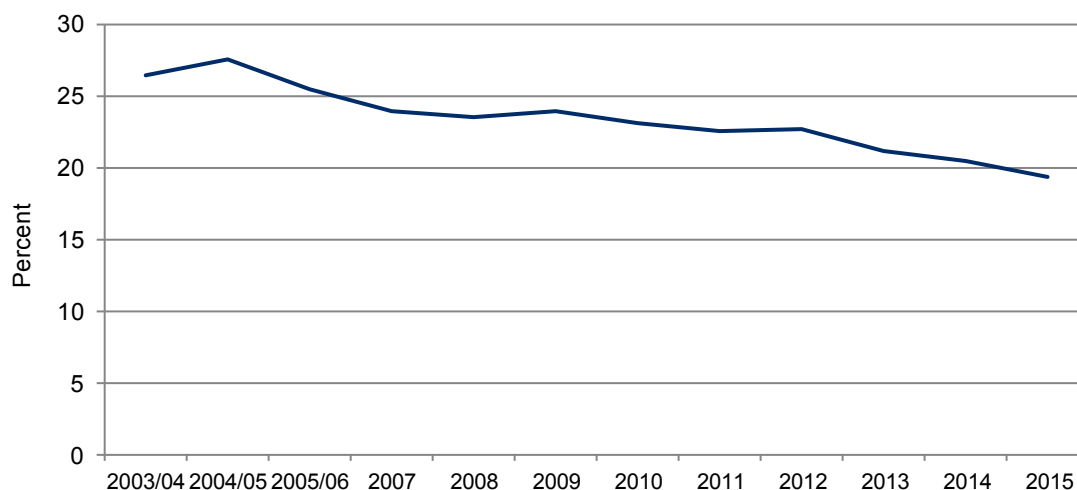
**Figure 4: Percentage of adults who reported being a current smoker, by area deprivation**



- Smoking rates increased with deprivation, with prevalence of those living in the most deprived fifth of areas more than two and a half times that of the least deprived fifth, 29 per cent compared with 11 per cent (*age-standardised*).

Trend:

**Figure 5: Percentage of adults who reported being a current smoker, by WHS year**



- There has been a decrease in smoking rates since the survey started in 2003/04.

Local Authority:

- For the years 2014 and 2015 combined, amongst local authorities the highest smoking rate reported was 26 per cent for Blaenau Gwent and the lowest was 16 per cent for Ceredigion (*age-standardised*).

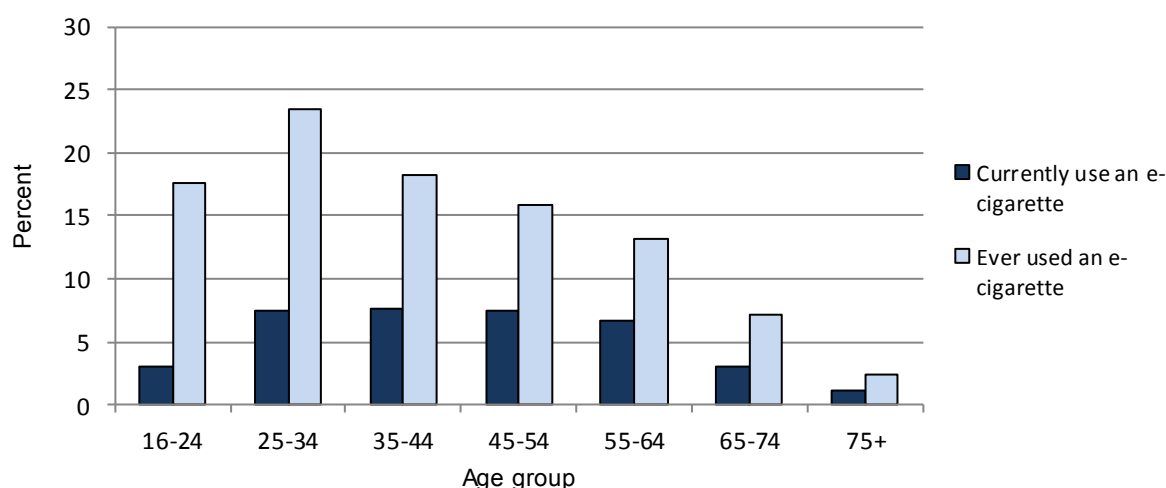
## Giving up smoking

- 68 per cent of smokers reported that they would like to give up smoking.
- 41 per cent of smokers had tried to give up in the last year.
- 90 per cent of ex-smokers had given up more than one year earlier, 9 per cent longer than one month but less than a year and 1 per cent had quit less than a month earlier.

## E-cigarette use

One in twenty (6 per cent) of adults reported that they currently used an e-cigarette. Overall, e-cigarette use is less common amongst the older age groups. It was rare for adults who had never smoked to currently use an e-cigarette. E-cigarette use was less likely in the least deprived areas.

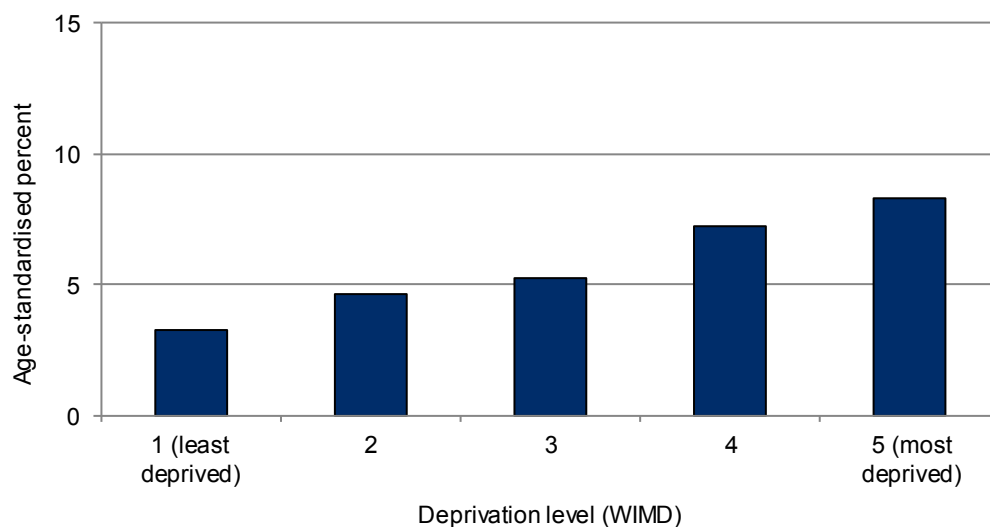
**Figure 6: Percentage who reported currently using or had ever used an e-cigarette, by age**



- 6 per cent of adults reported that they currently use an e-cigarette, 15 per cent reported that they had ever used one.
- 16 per cent of current smokers currently used an e-cigarette, 51 per cent had ever used one.
- 8 per cent of ex-smokers currently use an e-cigarette, it was very rare people who had never smoked to use an e-cigarette (less than 1%).
- Amongst adults who reported currently using an e-cigarette, 59 per cent were current smokers, 41 per cent were ex-smokers, and 1 per cent had never smoked.

Deprivation:

**Figure 7: Percentage of adults who reported currently using an e-cigarette, by area deprivation**



- The percentage of adults currently reporting using an e-cigarette was more common in the most deprived areas, ranging from 3 per cent in the least deprived fifth to 8 per cent in the most deprived fifth of areas (*age-standardised*).

Local Authority:

- Local Authority and Local Health Board information has been calculated using just the 2015 survey only, compared to other areas in this document where it has been calculated from both the 2014 and 2015 surveys, therefore these results are not as robust as other WHS local authority calculations. The figures have been included in section 7 of this document, more detailed results (including confidence intervals) for e-cigarette use are available on the Welsh Health Survey webpage in the accompanying tables document (appendix 3).

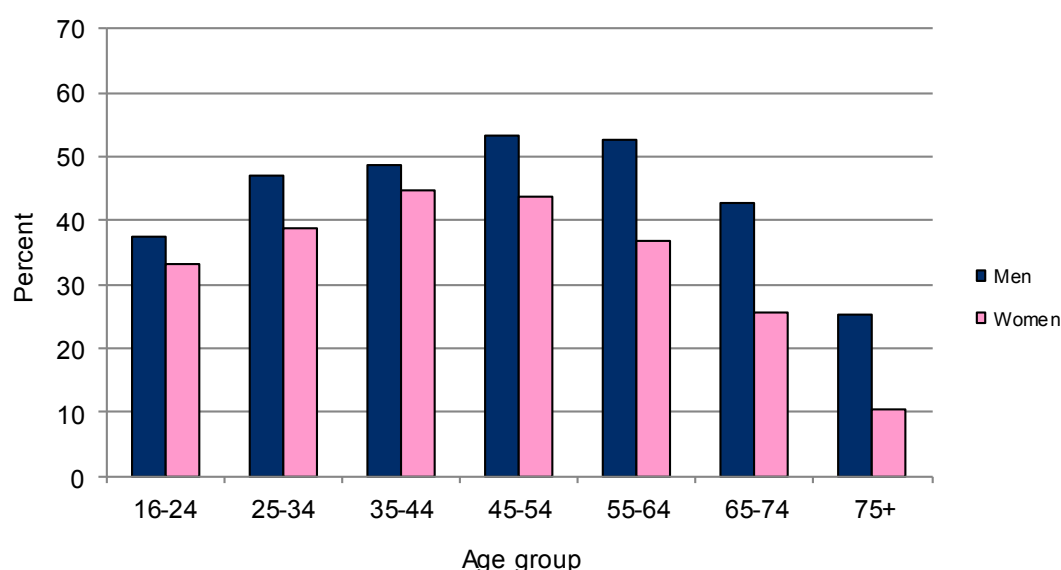
Tables 1, 2, 3, 4, A2 figures 2, 3, 4, 5, 6, 7

## 2. Alcohol

Note that this section is based on alcohol guidelines at the time of the survey. Proposed new guidelines were published in 2016 for consultation<sup>5</sup>.

2 in 5 (40 per cent) adults reported drinking above the recommended guidelines on at least one day in the past week, including around a quarter (24 per cent) who reported binge drinking – however people do not necessarily drink at these levels regularly. Drinking above guidelines was more common amongst men, and was less common in the oldest age group. Around half (53 per cent) of adults reported either not drinking, or drinking less than once a week. Drinking above guidelines decreased as deprivation increased but there was less variation for binge drinking. There has been a small decline in levels of drinking since the questions were introduced in 2008.

**Figure 8: Percentage who reported drinking above guidelines on at least one day in the past week, by age and sex**



- 15 per cent of adults reported that they were non-drinkers, and a further 38 per cent reported that they drank less than once a week.
- 26 per cent of adults reported drinking alcohol on average once or twice a week, while 6 per cent of adults reported drinking alcohol almost every day, less common in the younger age groups.
- 40 per cent of all adults (i.e. including non-drinkers) reported drinking above the recommended guidelines on at least one day in the past week, including 24 per cent who reported binge drinking (drinking more than twice the daily guidelines). However, they do not necessarily drink at these levels regularly (advice on sensible drinking refers to 'regular' drinking above this level).
- Overall, men were more likely than women to report drinking above the recommended guidelines on at least one day in the past week (45 per cent of men compared with 34 per cent of women), and to report binge drinking (30 per cent of men, 19 per cent of women). Drinking above guidelines and binge drinking was less common in the oldest age group.
- Recommendations on sensible drinking in place during the time of the survey relate to regularly drinking above the daily guidelines of 4 units (men) or 3 units (women). The survey provides some information on volume of alcohol consumption (on a day the previous week) and on drinking

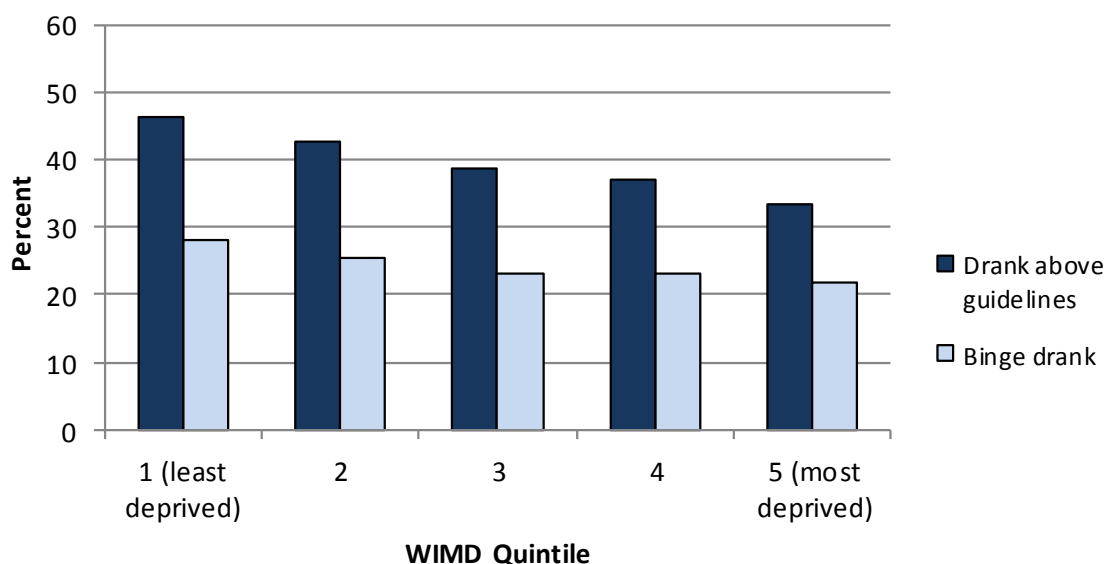
<sup>5</sup> <https://www.gov.uk/government/consultations/health-risks-from-alcohol-new-guidelines>



regularity, but not on the combination of the two (so it does not identify those who regularly consume large volumes of alcohol).

Deprivation:

**Figure 9: Percentage who reported drinking above guidelines and the percentage who reported binge drinking on at least one day in the previous week, by Welsh Index of Multiple Deprivation (WIMD) quintile**



- Alcohol consumption decreased as deprivation increased with 46 per cent of people in the least deprived fifth drinking above guidelines on one day in the previous week, compared with 33 per cent for the most deprived. There was less variation for binge drinking, although this was slightly more likely among those in the least deprived fifth (*age-standardised*).

Trend:

- Compared with guidelines, there has been a small decline in levels of drinking since 2008 when the current questions were introduced. This reduction has been among younger adults, but there has been a slight increase among older adults.

Local authority:

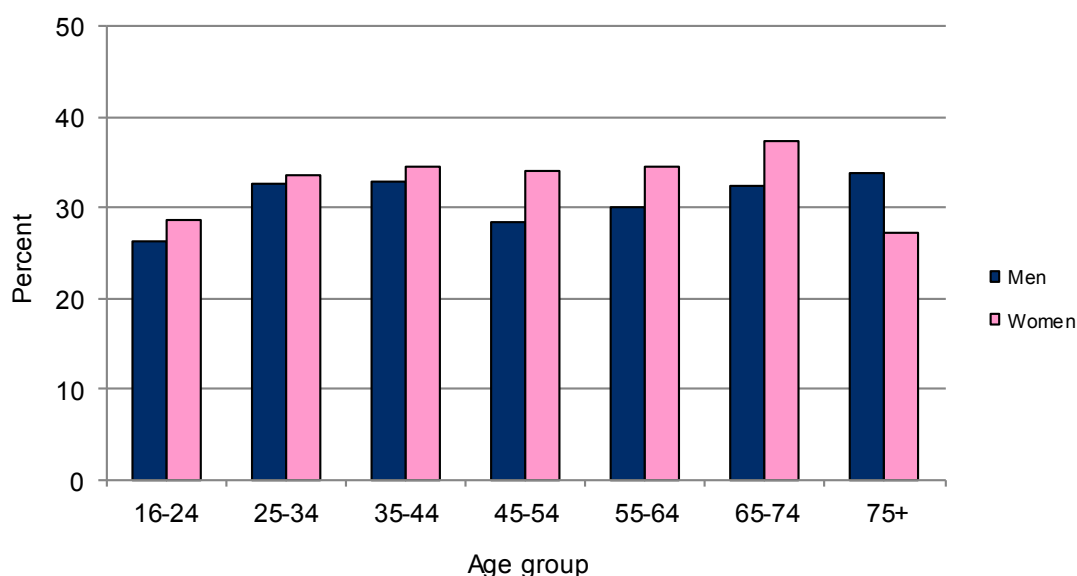
- For the years 2014 and 2015 combined, the percentage of people who reported drinking above guidelines ranged from 35 per cent in Torfaen to 46 per cent in Monmouthshire. The percentage of people who reported binge drinking ranged from 20 per cent in Pembrokeshire to 29 per cent in Swansea (*age-standardised*).

Tables 1, 2, 3, 4, A2 figures 8, 9

### 3. Fruit and vegetable consumption

Around a third of adults (32 per cent) reported eating five or more portions of fruit and vegetables the previous day. Consumption of fruit and vegetables decreased as deprivation increased. Since 2008 when questions were introduced there has been a decline in fruit and vegetable consumption.

**Figure 10: Percentage who reported eating five or more portions of fruit and vegetables the previous day, by age and sex**



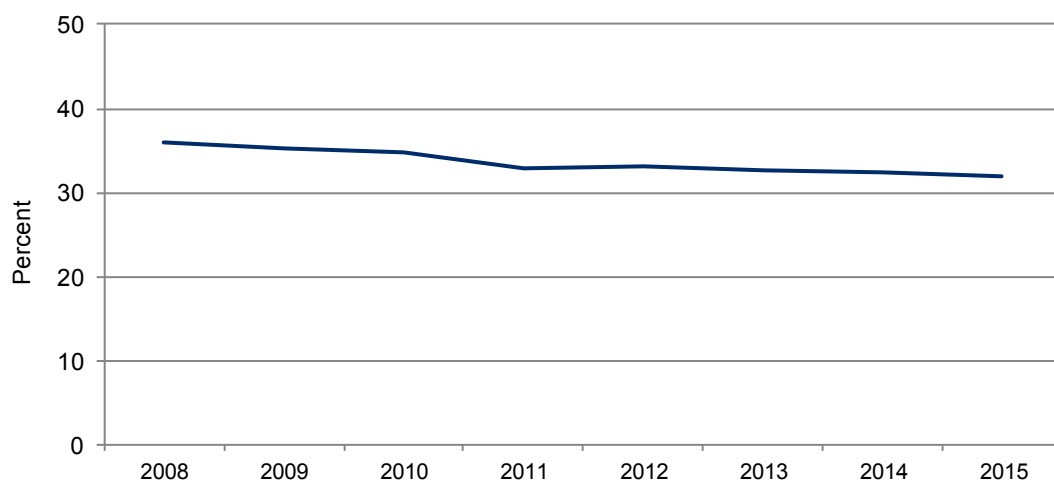
- 32 per cent of adults reported eating five or more portions of fruit and vegetables the previous day.
- 10 per cent of adults reported that they ate no fruit and vegetables at all the previous day, more common amongst young men.
- As shown in figure 10, the proportions of both men and women who reported eating the recommended five or more portions a day fluctuated with age.

#### Deprivation:

- The percentage of people meeting the guidelines for fruit and vegetable consumption decreased as deprivation increased. 37 per cent of adults in the least deprived fifth met guidelines for the fruit and vegetable consumption whilst only 26 per cent did in the most deprived fifth (*age-standardised*).

Trend:

**Figure 11: Percentage who reported eating five or more portions of fruit and vegetables the previous day, by WHS year**



- Compared with guidelines, there has been a decline in fruit and vegetable consumption since 2008 when the questions were introduced.

Local Authority:

- For the years 2014 and 2015 combined, the percentage of people who reported meeting guidelines for the consumption of fruit and vegetables in the previous day ranged from 26 per cent in Blaenau Gwent to 39 per cent in Ceredigion (*age-standardised*).

Tables 1, 2, 3, 4, A2 figure 10, 11

## 4. Physical activity

In 2011, new UK wide physical activity guidelines were published<sup>6</sup>, the main recommendation being that adults complete at least 150 minutes of moderate physical activity (or 75 minutes of vigorous activity) in bouts of 10 minutes or more a week. The previous physical activity questions on the Welsh Health Survey assessed adults' physical activity against a guideline of completing at least 30 minutes of moderate/physical activity on at least 5 days in a week, while the new guidelines allow more flexibility in how the target activity levels are met. It was decided to amend questions on the Welsh Health Survey to align with these guidelines.

For data collection in 2015, a split sample experiment was carried out on the Welsh Health Survey, with one third of respondents receiving self-completion questionnaires with the old (5x30 mins) physical activity questions and two thirds receiving self-completion questionnaires with the new (15x10 mins) physical activity guideline questions. This split sample experiment is an opportunity to analyse both sets of physical activity questions at the same time, with a view to assessing how the change in guidelines affects how much more achievable it is for adults to meet the recommended levels of physical activity and therefore how the reported levels of physical activity have changed. Further information on the impact of the change in physical activity questions is given in a statistical article 'Assessing the impact of a change in physical activity questions and the introduction of questions on e-cigarette use, 2015'<sup>7</sup>. This suggested that a higher proportion of adults meet the revised guidelines compared with the previous guidelines, but that this does not represent a real increase in activity levels but simply that the revised guidelines are more flexible to meet.

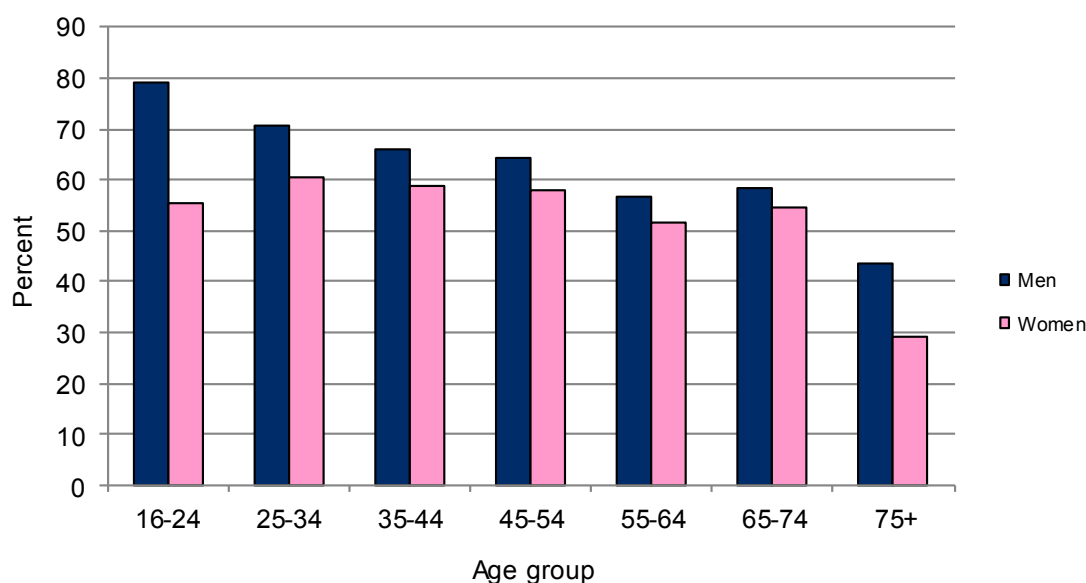
Throughout the physical activity section and accompanying tables, adults who met revised guidelines refers to those who reported completing at least 150 minutes of at least moderate intensity physical activity in block of 10 minutes or more in the previous week. Alternatively, half the quantity of vigorous activity (or an equivalent combination of moderate and vigorous activity) can be done in place of the specified quantity of moderate activity. Those who were inactive refers to adults who reported completing less than 30 minutes of moderate activity in blocks of 10 minutes or more in the previous week.

Nearly 3 in 5 (58 per cent) adults reported being physically active for 150 minutes or more in the previous week. Men were more likely to be physically active than women. Older people were less likely to meet physical activity guidelines. Just under a third (30 per cent) of adults reported being physically active for less than 30 minutes the previous week. The percentage of people who reported being physically active for at least 150 minutes decreased as deprivation increased, whereas those who reported being inactive increased as deprivation increased. Levels of activity have shown very little change since 2003/04.

<sup>6</sup> <https://www.gov.uk/government/publications/uk-physical-activity-guidelines>

<sup>7</sup> Welsh Government: Assessing the impact of a change in physical activity questions and the introduction of questions on e-cigarette use, 2015  
<http://gov.wales/statistics-and-research/welsh-health-survey/>

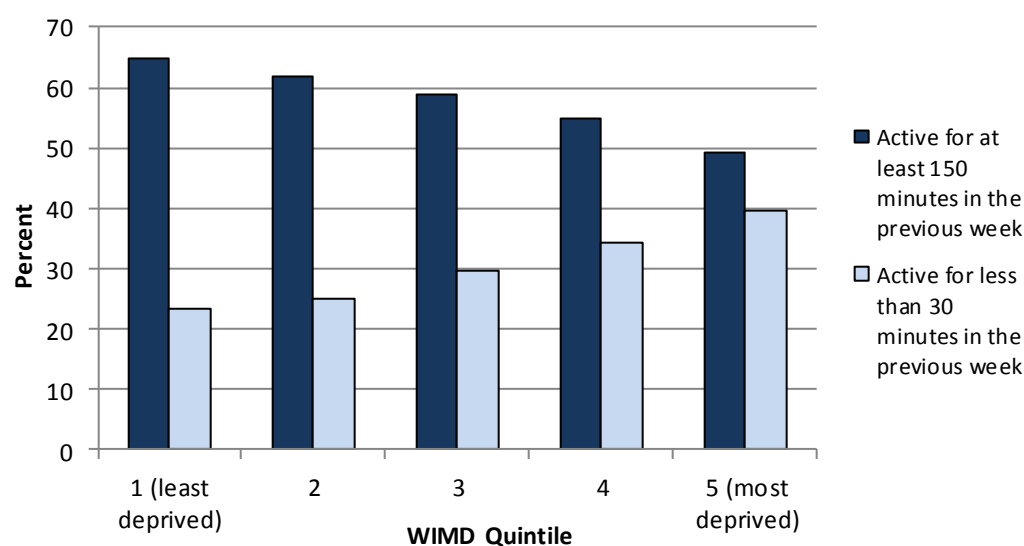
**Figure 12: Percentage who reported meeting revised physical activity guidelines in the past week, by age and sex**



- 58 per cent of adults reported doing at least 150 minutes of at least moderate intensity physical activity, in blocks of 10 minutes or more in the previous week.
- Overall, a higher proportion of men (64 per cent) than women (53 per cent) reported doing at least 150 minutes of at least moderate intensity physical activity in the previous week.
- Figure 12 shows that the proportion of people who were physically active for 150 minutes or more a week was lower among older adults.
- 30 per cent of adults reported being inactive in the previous week (doing less than 30 minutes of moderate physical activity).

Deprivation:

**Figure 13: Percentage who reported meeting the revised guidelines for physical activity and those who were inactive in the previous week, by deprivation quintile**



- The number of people who reported doing at least 150 minutes of at least moderate intensity physical activity in the previous week decreased as deprivation increased, with 65 per cent of adults meeting guidelines in the least deprived fifth compared with 49 per cent in the most deprived fifth.

The number of people who reported being inactive (less than 30 minutes of physical activity) in the previous week increased with deprivation, from 23 per cent in the least deprived fifth to 40 per cent in the most deprived (*age-standardised*).

Trend:

- Given that this is the first year that questions on 150 minutes of physical activity have been asked, the trend has been analysed using the previous 30 minutes of activity on five or more days questions which were asked to a third of respondents for the 2015 survey. Since 2003/04 there has been little change in physical activity when compared with guidelines, rates fluctuate from year to year.

Local Authority:

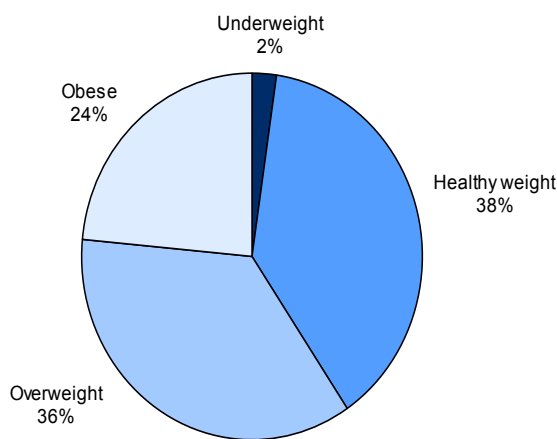
- Local Authority and Local Health Board information has been calculated using just the 2015 survey only, compared to other areas in this document where it has been calculated from both the 2014 and 2015 surveys, therefore these results are not as robust as other WHS local authority calculations. The figures have been included in section 7 of this document, more detailed results (including confidence intervals) for physical activity and inactivity are available on the Welsh Health Survey webpage in the accompanying tables document (appendix 3). At a Local Health Board level, the percentage of adults reporting doing at least 150 minutes of at least moderate intensity physical activity in the previous week ranged from 52 per cent in Cwm Taf University Health Board to 61 per cent in Betsi Cadwaladr University Health Board (*age-standardised*).

**Tables 1, 2, 3, 4, A2 figure 12, 13**

## 5. Body Mass Index

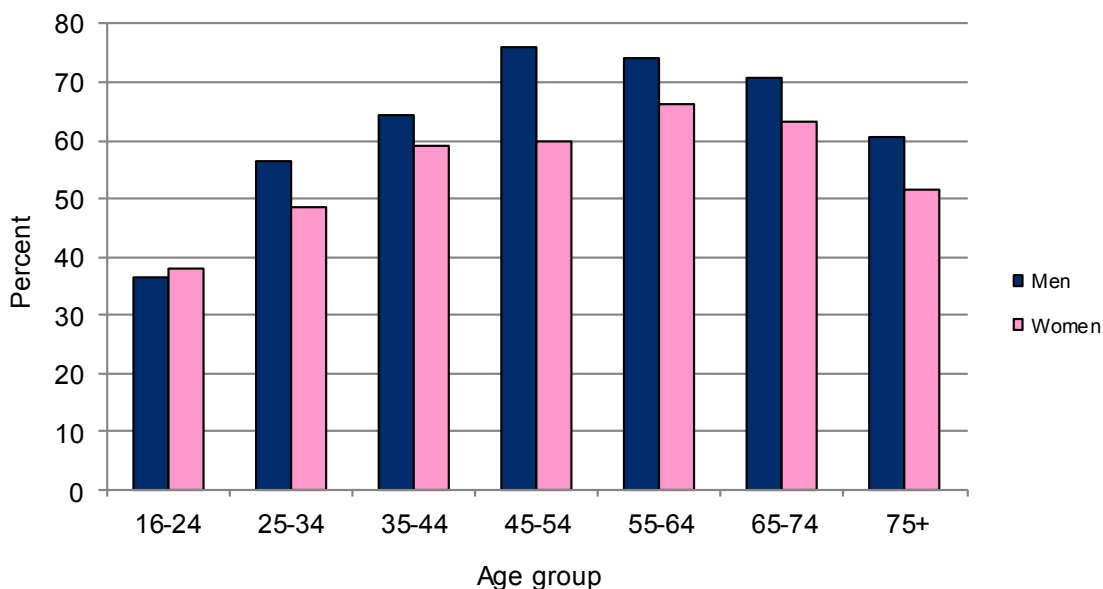
Around 3 in 5 (59 per cent) adults were classified as overweight or obese, including just under a quarter (24 per cent) of adults classified as obese. Men were more likely to be overweight than women, but there was little difference between the sexes for obesity. Obesity was more prevalent in middle age for both men and women. The percentage of people reporting being overweight or obese increased with deprivation. Since 2003/04 when the survey started, the number of people reporting being overweight or obese has increased.

**Figure 14: Body Mass Index category of adults**



- In total, 59 per cent of adults were classified as overweight or obese, including 24 per cent of adults classified as obese.

**Figure 15: Percentage who were overweight or obese, by age and sex**



- Figure 15 indicates that men were more likely to be overweight or obese than women. The difference was mainly in the overweight category and for obesity there was little difference between men and women.
- Levels of obesity for men and women increased towards middle age before decreasing for the older age groups.

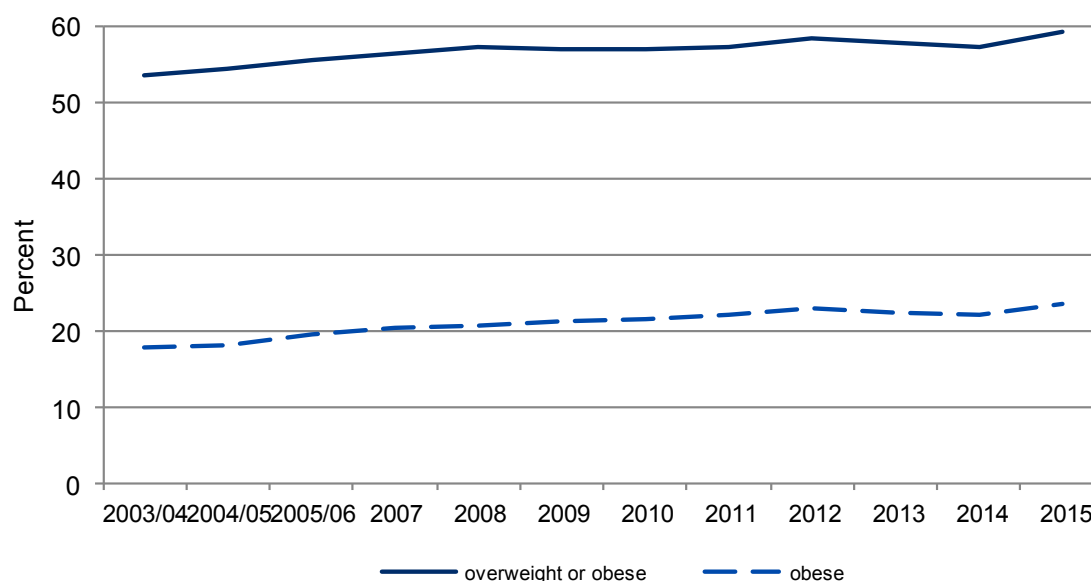
- On average, men were 5ft 10in (177cm) tall and weighed 13st 5lb (85kg). For women the equivalent figures were 5ft 4in (163cm) and 11st 2lb (71kg) (not shown in table).

Deprivation:

- The number of people who reported being overweight or obese increased with fifths of deprivation, from 54 per cent in the least deprived fifth to 63 per cent in the most deprived fifth. A similar pattern was seen for obesity with 17 per cent of people in the least deprived fifth reporting being obese compared with 29 per cent in the most deprived fifth (*age-standardised*).

Trend:

**Figure 16: Those who reported being overweight or obese/ obese, by WHS year**



- Since 2003/04 when the survey started obesity levels have increased.

Local Authority:

- For the years 2014 and 2015 combined, the number of people who reported being overweight or obese ranged from 52 per cent in The Vale of Glamorgan to 67 per cent in Merthyr Tydfil. Those who reported being obese varied from 19 per cent in The Vale of Glamorgan to 30 per cent in Merthyr Tydfil (*age-standardised*).

Tables 1, 2, 3, 4, A2 figures 14, 15, 16



## 6. Multiple healthy lifestyle behaviours

For 2015, a new section has been included in the health-related lifestyle bulletin assessing respondents against how many healthy lifestyle behaviours they exhibit, adults reporting under two healthy lifestyle behaviours will be used as a national indicator as part of the Well-being of Future Generations Act.

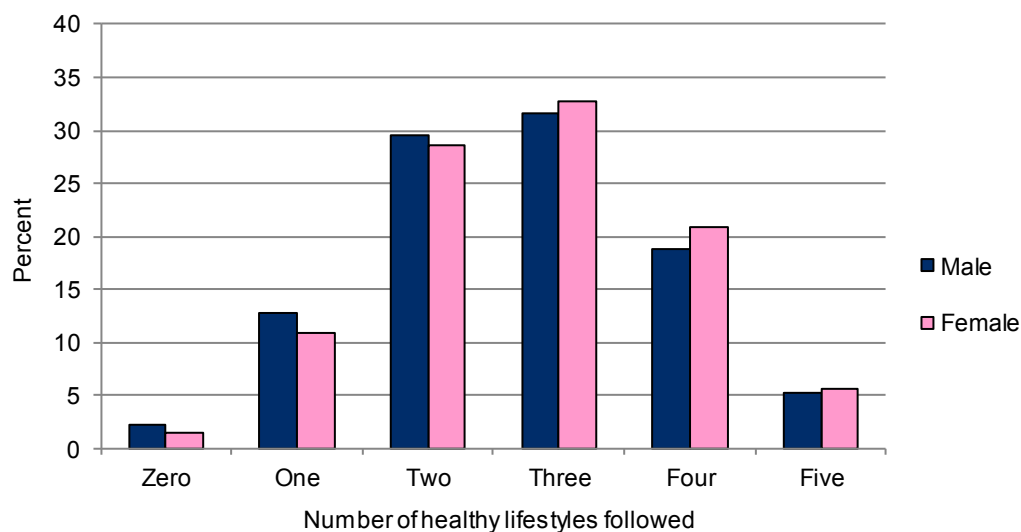
These lifestyle measures are namely;

- Not smoking
- Not drinking above daily guidelines in the previous week
- Eating five or more portions of fruit and vegetables the previous day
- Being physically active for at least 150 minutes in the previous week
- Maintaining a healthy weight/body mass index.

Previously this analysis (albeit assessing against the old 5x30 minutes physical activity guidelines) has been included in the Chief Medical Officer's annual report<sup>8</sup>, these figures are now available on [StatsWales](http://gov.wales/topics/health/cmo/).

Around one in twenty adults (5 per cent) reported following all five healthy lifestyles and one in seven (14 per cent) followed 0 or 1. The percentage of adults who followed 0 or 1 healthy lifestyles was slightly higher in men and in the middle age groups.

**Figure 17: Number of healthy lifestyles reported by adults, by gender**

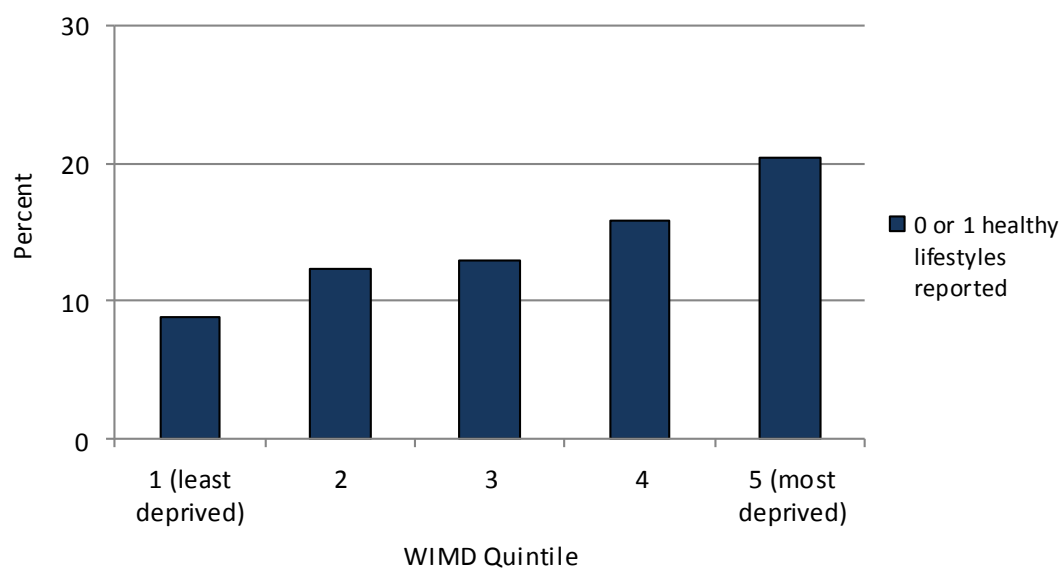


- 5 per cent of adults reported that they currently follow all five healthy lifestyles, 2 per cent reported following none of these.
- The majority of adults reported following two (29 per cent) or three (32 per cent) healthy lifestyles. 14 per cent of adults reported following 0 or 1 healthy lifestyles. This was slightly more common in men (15%) than women (12%), and among adults aged 45-64.

<sup>8</sup> <http://gov.wales/topics/health/cmo/>

Deprivation:

**Figure 18: Percentage of adults who exhibited 0 or 1 healthy lifestyles, by deprivation quintile**



- The percentage of adults who reported following 0 or 1 healthy lifestyles was more prevalent in the most deprived areas (age-standardised).

## 7. Tables

**Table 1: Adults' reported lifestyle behaviours, by broad age, sex (a) (b)**

Per cent

	by sex:		by age:			
	Men 16+	Women 16+	16-44	45-64	65+	All 16+
<b>Smoking behaviour:</b>						
Daily smoker	16	14	18	17	8	15
Occasional smoker	4	4	6	3	2	4
Smoker (c)	21	18	24	20	10	19
Ex-daily smoker	18	15	9	18	26	16
Ex-occasional smoker	12	13	10	12	17	12
Ex-smoker (d)	31	27	20	30	44	29
Never smoked	49	55	57	49	46	52
Non-smoker (e)	79	82	76	80	90	81
<b>Location of smoking (smokers):</b>						
Outdoors	94	94	95	94	88	94
Indoors:	65	59	55	70	72	62
At own home	45	47	34	56	69	46
In other people's homes	22	18	25	15	13	20
Whilst travelling by car	41	32	36	42	28	37
Other places indoors	16	9	12	14	13	13
<b>Passive smoking (non-smokers):</b>						
Indoors or outdoors	28	30	39	26	17	29
Outdoors	22	23	31	19	12	22
Indoors	16	16	22	14	9	16
At own home	4	4	5	4	3	4
In other people's homes	9	12	16	9	4	11
Whilst travelling by car	4	4	6	3	2	4
Other places indoors	5	4	6	4	3	5
<b>When they quit smoking (Ex-smokers):</b>						
Less than one month	2	1	4	1	0	1
One month to less than one year	8	10	19	7	2	9
More than one year	90	89	77	92	98	90
<b>Give up smoking:</b>						
Would like to give up smoking	64	71	70	68	57	68
Tried giving up smoking in past 12 months	38	44	43	38	36	41
<b>Currently use e-cigarettes:</b>						
All adults	6	5	6	7	2	6
Current smokers (c)	15	17	15	21	11	16
Ex-smokers (d)	7	8	12	9	2	8
Never smokers	0	0	0	0	0	0
<b>Ever used e-cigarettes:</b>						
All adults	15	14	20	15	5	15
Current smokers (c)	49	52	56	50	31	51
Ex-smokers (d)	13	15	27	14	3	14
Never smokers	1	1	2	0	0	1
<b>Current e-cigarette users by smoking status:</b>						
Current smoker (c)	59	59	59	59	56	59
Ex-smoker (d)	40	41	40	41	44	41
Never smoked	1	0	1	0	0	1

Welsh Health Survey 2015

- (a) Tables showing more detailed age breakdowns are available at <http://gov.wales/statistics-and-research/welsh-health-survey>.
- (b) See definitions at section 8 of the health-related lifestyle statistical bulletin or the 'definitions sheet at the front of the workbook.
- (c) Includes those who smoke either daily or occasionally.
- (d) Includes those who used to smoke either daily or occasionally.
- (e) Includes those who used to smoke either daily or occasionally, and those who have never smoked.
- (f) Includes those classified as morbidly obese.
- (g) Bases vary, those shown are for the whole sample. Due to the split sample design, bases for physical activity are considerably less than those presented. See table 4 for more details.

**Table 1: Adults' reported lifestyle behaviours, by broad age, sex (a) (b) (continued)***Per cent*

	by sex:		by age:			All 16+
	Men 16+	Women 16+	16-44	45-64	65+	
<b>Average frequency of drinking alcohol:</b>						
Never	12	17	13	11	22	15
Once or twice a year	8	13	10	11	13	11
Once every couple of months	10	13	14	10	8	12
Once or twice a month	15	17	21	13	11	16
Once or twice a week	30	23	28	27	22	26
Three or four days a week	14	9	9	15	11	11
Five or six days a week	4	3	2	5	4	3
Almost every day	8	4	2	8	9	6
<b>Maximum daily alcohol consumption in past week:</b>						
None	39	52	48	39	51	46
Within guidelines	16	13	10	15	23	15
Above guidelines, less than binge	16	15	13	18	16	15
Binge	30	19	29	28	10	24
Very heavy drinking	16	11	18	15	4	14
Above guidelines	45	34	42	47	26	40
<b>Fruit &amp; vegetables: number of portions consumed previous day:</b>						
None	11	8	12	9	6	10
Some, but less than five	58	59	56	60	61	58
Five or more	31	33	31	32	33	32
<b>Physical activity: minutes of at least moderate activity in past week:</b>						
Meets guidelines (over 150 minutes)	64	53	65	58	47	58
Some or low activity (between 30 and 150 minutes)	10	14	11	12	13	12
Inactive (less than 30 minutes)	27	33	24	31	40	30
<b>Physical activity: Number of days of at least moderate activity for 30 minutes or more:</b>						
5 or more (previous guidelines)	38	24	36	33	18	31
0 active days	29	35	22	32	52	32
<b>Body Mass Index:</b>						
Underweight	2	3	4	1	2	2
Healthy weight	35	41	46	30	36	38
Overweight	40	32	31	40	40	36
Obese (f)	23	24	20	29	22	24
Morbidly obese	2	3	2	3	2	2
Overweight or obese	63	56	51	69	62	59
<b>Number of healthy lifestyles followed (g):</b>						
0 or 1 (National indicator)	15	12	14	16	10	14
0	2	1	2	2	1	2
1	13	11	12	14	9	12
2	30	29	25	32	32	29
3	32	33	32	32	32	32
4	19	21	22	16	20	20
5	5	6	7	3	6	5
Unweighted base (h)	6,323	7,333	4,850	4,615	4,191	13,656

*Welsh Health Survey 2015*

- (a) Tables showing more detailed age breakdowns are available at <http://gov.wales/statistics-and-research/welsh-health-survey>.
- (b) See definitions at section 8 of the health-related lifestyle statistical bulletin or the 'definitions sheet' at the front of the workbook.
- (c) Includes those who smoke either daily or occasionally.
- (d) Includes those who used to smoke either daily or occasionally.
- (e) Includes those who used to smoke either daily or occasionally, and those who have never smoked.
- (f) Includes those classified as morbidly obese.
- (g) Healthy lifestyles include not smoking, not drinking above guidelines, eating five or more portions of fruit and vegetables a day, being physically active for more than 150 minutes per week and maintaining a healthy weight. For more information see section 6 of the health-related lifestyle bulletin.
- (h) Bases vary, those shown are for the whole sample. Due to the split sample design, bases for physical activity are considerably less than those presented. See table 4 for more details.

**Table 2: Adults who reported key health-related lifestyles by age and sex (a) (b)**

Per cent

			Maximum daily alcohol consumption	Consumption of fruit and vegetables		Exercise or physical activity done (c)		Body Mass Index		
							Inactive:			
		Currently use an e- cigarette	Above guidelines	Binge	Meets guidelines	Active for 150 minutes or more a week	Active for less than 30 minutes a week	Overweight or obese	Obese	Un-weighted base (d)
<b>Men aged:</b>										
16-24	20	3	38	28	26	79	16	36	11	631
25-34	30	8	47	34	33	71	21	56	20	707
35-44	25	9	49	34	33	66	23	64	25	893
45-54	23	7	53	37	28	64	27	76	29	1,027
55-64	22	7	53	34	30	56	33	74	30	1,105
65-74	14	3	43	21	32	58	30	71	25	1,161
75+	6	0	25	8	34	44	44	61	17	799
16-44	25	7	44	32	31	72	20	52	19	2,231
45-64	22	7	53	35	29	60	30	75	30	2,132
65+	10	2	36	16	33	52	36	67	22	1,960
<b>Men aged 16+</b>	21	6	45	30	31	64	27	63	23	6,323
<b>Women aged:</b>										
16-24	22	3	33	24	29	55	31	38	16	718
25-34	24	7	39	26	34	60	24	49	23	891
35-44	20	6	45	29	35	59	29	59	25	1,010
45-54	19	8	44	24	34	58	29	60	27	1,225
55-64	17	6	37	18	35	51	34	66	31	1,258
65-74	14	3	26	9	37	55	31	63	26	1,258
75+	7	2	11	2	27	29	58	51	19	973
16-44	22	5	39	26	32	58	28	49	21	2,619
45-64	18	7	41	21	34	55	31	63	29	2,483
65+	10	3	19	6	33	43	44	58	22	2,231
<b>Women aged 16+</b>	18	5	34	19	33	53	33	56	24	7,333
<b>All aged:</b>										
16-24	21	3	35	26	27	67	24	37	13	1,349
25-34	27	8	43	30	33	66	23	53	21	1,598
35-44	23	8	47	31	34	63	26	62	25	1,903
45-54	21	8	48	30	31	61	28	68	28	2,252
55-64	19	7	45	26	32	54	33	70	30	2,363
65-74	14	3	34	15	35	56	30	67	26	2,419
75+	7	1	17	4	30	35	52	55	18	1,772
16-44	24	6	42	29	31	65	24	51	20	4,850
45-64	20	7	47	28	32	58	31	69	29	4,615
65+	10	2	26	10	33	47	40	62	22	4,191
<b>All aged 16+</b>	19	6	40	24	32	58	30	59	24	13,656

Welsh Health Survey 2015

- (a) Tables showing more detailed health-related lifestyles are available at <http://gov.wales/statistics-and-research/welsh-health-survey>.
- (b) See definitions at section 8 of the health-related lifestyle statistical bulletin or the 'definitions' sheet at the front of the workbook.
- (c) Minutes of moderate physical activity in blocks of 10 minutes or more the previous week. Alternatively, half the quantity of vigorous activity (or an equivalent combination of moderate and vigorous activity) can be done in place of the specified quantity of moderate activity.
- (d) Bases vary, those shown are for the whole sample. Due to the split sample design, bases for physical activity are considerably less than those presented. See table 4 for more details.

Per cent

Welsh Health Survey 2015

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**Table 4: Adults who reported key health-related lifestyles, 2003/04-2015 (a)(b)**

<i>Per Cent</i>							
			Maximum daily alcohol consumption	Consumption of fruit and vegetables	Exercise or physical activity done: Old questions (d)		
	Smoker	Currently use an e- cigarette	Above guidelines	Binge	Meets guidelines	Active on 5 or more days a week (e)	0 active days
<b>Men aged 16+:</b>							
2003/04	27	-	-	-	-	36	32
2004/05	29	-	-	-	-	36	31
2005/06	27	-	-	-	-	38	30
2007 (c)	25	-	-	-	-	36	32
2008	25	-	52	35	35	38	31
2009	26	-	52	34	34	36	31
2010	25	-	51	34	33	37	31
2011	24	-	50	33	32	36	31
2012	25	-	48	31	32	36	31
2013	23	-	48	32	31	37	31
2014	22	-	46	29	30	38	31
2015	21	6	45	30	31	38	29
<b>Women aged 16+:</b>							
2003/04	26	-	-	-	-	22	38
2004/05	26	-	-	-	-	23	36
2005/06	24	-	-	-	-	25	36
2007 (c)	23	-	-	-	-	23	36
2008	22	-	38	22	37	22	37
2009	22	-	38	21	37	23	36
2010	22	-	37	21	36	24	36
2011	21	-	38	22	34	23	38
2012	21	-	36	21	34	23	37
2013	20	-	36	20	34	23	37
2014	19	-	35	19	34	23	37
2015	18	5	34	19	33	24	35
<b>All aged 16+:</b>							
2003/04	26	-	-	-	-	29	35
2004/05	28	-	-	-	-	29	34
2005/06	25	-	-	-	-	31	33
2007 (c)	24	-	-	-	-	29	34
2008	24	-	45	28	36	30	34
2009	24	-	45	27	35	29	34
2010	23	-	44	27	35	30	34
2011	23	-	43	27	33	29	34
2012	23	-	42	26	33	29	34
2013	21	-	42	26	33	29	34
2014	20	-	40	24	32	31	34
2015	19	6	40	24	32	31	32

- (a) Tables showing more detailed health related lifestyles are available at <http://gov.wales/statistics-and-research/welsh-health-survey>.
- (b) See definitions at section 8 of the health-related lifestyle statistical bulletin or the 'definitions' sheet at the front of the workbook.
- (c) From 2007 the fieldwork runs on a calendar year basis.
- (d) For 2015, a split sample experiment was carried out on the Welsh Health Survey with different respondents asked different sets of questions on physical activity. Further information can be found in the statistical article and Welsh Health Survey: health-related lifestyle statistical bulletin on the following webpage; <http://gov.wales/statistics-and-research/welsh-health-survey>
- (e) Did at least 30 minutes of at least moderate intensity physical activity on 5 or more days the previous week.
- (f) Minutes of moderate physical activity in blocks of 10 minutes or more the previous week. Alternatively, half the quantity of vigorous activity (or an equivalent combination of moderate and vigorous activity) can be done in place of the specified quantity of moderate activity.
- (g) Bases vary: those shown are for the whole sample.

**Table 4: Adults who reported key health-related lifestyles, 2003/04-2015 (a)(b)(continued)**

<i>Per cent</i>							
	Exercise or physical activity done: New questions (d)(f)		Body Mass Index		Unweighted bases for physical activity		
	Active for 150 minutes or more a week	Active for less than 30 minutes in the previous week	Overw eight or obese	Obese	Unweighted base (g)	Old questions	New questions
<b>Men aged 16+:</b>							
2003/04	-	-	59	17	7,486	7,486	-
2004/05	-	-	60	18	7,437	7,437	-
2005/06	-	-	61	19	6,691	6,691	-
2007 (c)	-	-	62	20	6,418	6,418	-
2008	-	-	62	21	6,119	6,119	-
2009	-	-	62	21	7,412	7,412	-
2010	-	-	63	22	7,420	7,420	-
2011	-	-	62	22	7,458	7,458	-
2012	-	-	64	23	7,309	7,309	-
2013	-	-	63	22	6,943	6,943	-
2014	-	-	61	21	6,554	6,554	-
2015	64	27	63	23	6,323	2,281	4,042
<b>Women aged 16+:</b>							
2003/04	-	-	49	18	8,812	8,812	-
2004/05	-	-	50	18	8,598	8,598	-
2005/06	-	-	51	20	7,614	7,614	-
2007 (c)	-	-	51	21	7,499	7,499	-
2008	-	-	53	21	7,194	7,194	-
2009	-	-	52	21	8,606	8,606	-
2010	-	-	52	21	8,579	8,579	-
2011	-	-	53	22	8,600	8,600	-
2012	-	-	53	23	8,378	8,378	-
2013	-	-	54	23	8,064	8,064	-
2014	-	-	54	23	7,616	7,616	-
2015	53	33	56	24	7,333	2,629	4,704
<b>All aged 16+:</b>							
2003/04	-	-	54	18	16,298	16,298	-
2004/05	-	-	55	18	16,035	16,035	-
2005/06	-	-	56	19	14,305	14,305	-
2007 (c)	-	-	57	21	13,917	13,917	-
2008	-	-	57	21	13,313	13,313	-
2009	-	-	57	21	16,018	16,018	-
2010	-	-	57	22	15,999	15,999	-
2011	-	-	57	22	16,058	16,058	-
2012	-	-	59	23	15,687	15,687	-
2013	-	-	58	22	15,007	15,007	-
2014	-	-	58	22	14,170	14,170	-
2015	58	30	59	24	13,656	4,910	8,746

- (a) Tables showing more detailed health related lifestyles are available at <http://gov.wales/statistics-and-research/welsh-health-survey>.
- (b) See definitions at section 8 of the health-related lifestyle statistical bulletin or the 'definitions' sheet at the front of the workbook.
- (c) From 2007 the fieldwork runs on a calendar year basis
- (d) For 2015, a split sample experiment was carried out on the Welsh Health Survey with different respondents asked different sets of questions on physical activity. Further information can be found in the statistical article and Welsh Health Survey: health-related lifestyle statistical bulletin on the following webpage; <http://gov.wales/statistics-and-research/welsh-health-survey>
- (e) Did at least 30 minutes of at least moderate intensity physical activity on 5 or more days the previous week.
- (f) Minutes of moderate physical activity in blocks of 10 minutes or more the previous week. Alternatively, half the quantity of vigorous activity (or an equivalent combination of moderate and vigorous activity) can be done in place of the specified quantity of moderate activity.
- (g) Bases vary: those shown are for the whole sample.



**Table A1: Adults who reported key health-related lifestyles 2014 & 2015, by Local Authority and Local Health board (observed) (a) (b) (c)**

*Per cent*

		Maximum daily alcohol consumption	Consumption of fruit and vegetables	Body Mass Index				
		Smoker	Above guidelines	Binge	Meets guidelines	Overw eight or obese	Obese	Unweighted base (d)
<b>Local authority:</b>	<b>Code:</b>							
Isle of Anglesey	W06000001	24	38	24	37	58	23	1,127
Gw ynedd	W06000002	20	40	23	35	52	20	1,223
Conw y	W06000003	21	37	19	34	57	21	1,093
Denbighshire	W06000004	23	40	24	32	61	21	1,242
Flintshire	W06000005	20	42	26	33	60	22	1,319
Wrexham	W06000006	22	38	22	33	58	24	1,256
Pow ys	W06000023	19	38	22	37	59	20	1,268
Ceredigion	W06000008	15	38	21	38	54	18	1,144
Pembrokeshire	W06000009	16	36	19	36	63	23	1,055
Carmarthenshire	W06000010	19	38	22	35	61	23	1,282
Sw ansea	W06000011	18	46	30	30	54	22	1,501
Neath Port Talbot	W06000012	21	36	23	27	62	26	1,210
Bridgend	W06000013	18	39	25	30	59	23	1,143
The Vale of Glamorgan	W06000014	18	42	23	32	53	19	1,201
Cardiff	W06000015	19	42	25	36	52	18	1,893
Rhondda Cynon Taf	W06000016	23	41	26	28	64	28	1,589
Merthyr Tydfil	W06000024	25	37	24	28	67	30	1,117
Caerphilly	W06000018	21	40	26	26	62	29	1,517
Blaenau Gwent	W06000019	26	39	25	26	62	29	1,083
Torfaen	W06000020	19	35	20	30	63	27	1,187
Monmouthshire	W06000021	17	46	26	35	54	19	1,155
New port	W06000022	20	39	25	30	62	25	1,221
<b>Local health board:</b>	<b>Code:</b>							
Betsi Cadwaladr University	W11000023	21	39	23	34	58	22	7,260
Hywel Dda University	W11000025	17	37	20	36	60	22	3,481
Pow ys Teaching	W11000024	19	38	22	37	59	20	1,268
Abertawe Bro Morgannwg University	W11000026	19	41	27	29	57	23	3,854
Cwm Taf University	W11000027	23	40	26	28	65	29	2,706
Cardiff & Vale University	W11000029	19	42	25	35	53	18	3,094
Aneurin Bevan University	W11000028	21	40	25	29	61	26	6,163
<b>Wales</b>	<b>W92000004</b>	<b>20</b>	<b>40</b>	<b>24</b>	<b>32</b>	<b>58</b>	<b>23</b>	<b>27,826</b>

Welsh Health Survey 2014 + 2015

- (a) Data showing more detailed information by LA and LHB are available online at <http://gov.wales/statistics-and-research/welsh-health-survey>.
- (b) See definitions at section 8 of the lifestyle bulletin or the 'definitions' sheet at the front of the workbook.
- (c) The old physical activity variables which were included in this table in previous years have been excluded this year due to a change in questions, new physical activity variables by local authority based on data from the 2015 survey can be found in table A3. The old variables are included in the more detailed online tables.
- (d) Bases vary, those shown are for the whole sample.

**Table A2: Adults who reported key health-related lifestyles 2014 & 2015, by Local Authority and Local Health Board (age-standardised) (a) (b) (c)**

Per cent

		Maximum daily alcohol consumption	Consumption of fruit and vegetables	Body Mass Index				
		Smoker	Above guidelines	Binge	Meets guidelines	Overw eight or obese	Obese	Unweighted base (d)
<b>Local authority:</b>	<b>Code:</b>							
Isle of Anglesey	W06000001	24	38	24	37	58	22	1,127
Gw ynedd	W06000002	21	40	24	35	53	20	1,223
Conw y	W06000003	22	38	20	33	57	21	1,093
Denbighshire	W06000004	24	41	25	32	61	21	1,242
Flintshire	W06000005	20	42	26	33	60	22	1,319
Wrexham	W06000006	22	38	22	33	58	24	1,256
Pow ys	W06000023	20	39	24	36	58	20	1,268
Ceredigion	W06000008	16	39	22	39	55	19	1,144
Pembrokeshire	W06000009	16	37	20	36	61	23	1,055
Carmarthenshire	W06000010	20	38	22	35	60	23	1,282
Sw ansea	W06000011	17	45	29	30	56	22	1,501
Neath Port Talbot	W06000012	21	36	23	27	62	26	1,210
Bridgend	W06000013	18	39	25	30	58	23	1,143
The Vale of Glamorgan	W06000014	18	42	23	32	52	19	1,201
Cardiff	W06000015	19	41	24	36	54	19	1,893
Rhondda Cynon Taf	W06000016	22	41	26	28	64	28	1,589
Merthyr Tydfil	W06000024	25	37	24	28	67	30	1,117
Caerphilly	W06000018	21	40	26	26	63	29	1,517
Blaenau Gwent	W06000019	26	38	25	26	61	28	1,083
Torfaen	W06000020	19	35	20	30	62	27	1,187
Monmouthshire	W06000021	18	46	27	35	53	19	1,155
New port	W06000022	20	39	24	30	62	24	1,221
<b>Local health board:</b>	<b>Code:</b>							
Betsi Cadwaladr University	W11000023	22	40	24	34	58	22	7,260
Hywel Dda University	W11000025	18	38	21	36	60	22	3,481
Pow ys Teaching	W11000024	20	39	24	36	58	20	1,268
Abertawe Bro Morgannwg University	W11000026	19	41	27	29	58	23	3,854
Cwm Taf University	W11000027	23	40	26	28	65	29	2,706
Cardiff & Vale University	W11000029	18	42	24	35	54	19	3,094
Aneurin Bevan University	W11000028	21	40	24	29	61	26	6,163
<b>Wales</b>	<b>W92000004</b>	<b>20</b>	<b>40</b>	<b>24</b>	<b>32</b>	<b>59</b>	<b>23</b>	<b>27,826</b>

Welsh Health Survey 2014 + 2015

- (a) Data showing more detailed information by LA and LHB are available online at <http://gov.wales/statistics-and-research/welsh-health-survey>.
- (b) See definitions at section 8 of the lifestyle bulletin or the 'definitions' sheet at the front of the workbook.
- (c) The old physical activity variables which were included in this table in previous years have been excluded this year due to a change in questions, new physical activity variables by local authority based on data from the 2015 survey can be found in table A4. The old variables are included in the more detailed online tables.
- (d) Bases vary, those shown are for the whole sample.

**Table A3: Adults who reported e-cigarette use and physical activity, by Local Authority / Local Health Board, 2015 only (observed) (a) (b) (c)**

*Per cent*

		E-cigarette use		Exercise or physical activity done (d)		Unweighted base	Unweighted base for physical activity
		Currently use an e-cigarette	Ever used an e-cigarette	Active for more than 150 minutes	Active for less than 30 minutes		
Local authority:	Code:						
Isle of Anglesey	W06000001	4	16	63	26	575	372
Gwynedd	W06000002	3	11	63	27	598	400
Conwy	W06000003	5	16	60	27	532	314
Denbighshire	W06000004	5	14	56	32	608	383
Flintshire	W06000005	8	16	62	30	640	411
Wrexham	W06000006	7	16	58	29	597	386
Powys	W06000023	3	10	58	29	635	424
Ceredigion	W06000008	4	11	65	21	552	336
Pembrokeshire	W06000009	4	11	63	28	488	307
Carmarthenshire	W06000010	6	14	57	33	685	413
Swansea	W06000011	4	13	61	29	773	447
Neath Port Talbot	W06000012	8	16	56	35	600	359
Bridgend	W06000013	6	15	52	34	591	363
The Vale of Glamorgan	W06000014	9	20	54	32	626	374
Cardiff	W06000015	6	15	64	21	838	533
Rhondda Cynon Taf	W06000016	4	15	52	38	751	464
Merthyr Tydfil	W06000024	8	18	51	36	575	344
Caerphilly	W06000018	7	19	53	36	748	478
Blaenau Gwent	W06000019	8	20	52	38	564	336
Torfaen	W06000020	5	14	52	34	555	363
Monmouthshire	W06000021	5	12	62	25	563	372
Newport	W06000022	5	16	57	33	562	361
<b>Local health board:</b>							
Betsi Cadwaladr University	W11000023	6	15	60	29	3,550	2,266
Hywel Dda University	W11000025	5	12	61	29	1,725	1,056
Powys Teaching	W11000024	3	10	58	29	635	424
Abertawe Bro Morgannwg University	W11000026	6	14	57	32	1,964	1,169
Cwm Taf University	W11000027	5	15	52	37	1,326	808
Cardiff & Vale University	W11000029	6	16	61	24	1,464	907
Aneurin Bevan University	W11000028	6	16	55	33	2,992	1,910
<b>Wales</b>	W92000004	6	15	58	30	13,656	8,540

*Welsh Health Survey 2015*

- (a) Data showing more detailed information by LA and LHB are available online at <http://gov.wales/statistics-and-research/welsh-health-survey>.
- (b) See definitions at section 8 of the lifestyle bulletin or the 'definitions' sheet at the front of the workbook.
- (c) Due to the introduction of questions on e-cigarettes and a change in physical activity questions which has led to a reduction in sample size and therefore robustness, these results have been presented separately to other Local Authority information.
- (d) Minutes of moderate physical activity in blocks of 10 minutes or more the previous week. Alternatively, half the quantity of vigorous activity (or an equivalent combination of moderate and vigorous activity) can be done in place of the specified quantity of moderate activity.

**Table A4: Adults who reported e-cigarette use and physical activity, by Local Authority / Local Health Board, 2015 only (age-standardised) (a) (b) (c)**

Per cent

		E-cigarette use		Exercise or physical activity done (d)		Unweighted base	Unweighted base for physical activity
		Currently use an e-cigarette	Ever used an e-cigarette	Active for more than 150 minutes	Active for less than 30 minutes		
<b>Local authority:</b>	<b>Code:</b>						
Isle of Anglesey	W06000001	4	16	63	26	575	372
Gwynedd	W06000002	4	11	63	27	598	400
Conwy	W06000003	6	18	63	25	532	314
Denbighshire	W06000004	5	15	60	29	608	383
Flintshire	W06000005	8	16	61	30	640	411
Wrexham	W06000006	7	16	57	29	597	386
Powys	W06000023	4	11	59	28	635	424
Ceredigion	W06000008	4	12	66	20	552	336
Pembrokeshire	W06000009	4	12	65	27	488	307
Carmarthenshire	W06000010	6	14	57	32	685	413
Swansea	W06000011	4	12	60	29	773	447
Neath Port Talbot	W06000012	8	16	55	35	600	359
Bridgend	W06000013	6	15	52	34	591	363
The Vale of Glamorgan	W06000014	9	20	55	31	626	374
Cardiff	W06000015	6	14	62	23	838	533
Rhondda Cynon Taf	W06000016	4	14	52	38	751	464
Merthyr Tydfil	W06000024	8	18	51	36	575	344
Caerphilly	W06000018	7	18	53	37	748	478
Blaenau Gwent	W06000019	8	19	51	39	564	336
Torfaen	W06000020	5	14	52	34	555	363
Monmouthshire	W06000021	5	14	62	24	563	372
Newport	W06000022	4	16	57	33	562	361
<b>Local health board:</b>	<b>Code:</b>						
Betsi Cadwaladr University	W11000023	6	15	61	28	3,550	2,266
Hywel Dda University	W11000025	5	13	61	29	1,725	1,056
Powys Teaching	W11000024	4	11	59	28	635	424
Abertawe Bro Morgannwg University	W11000026	6	14	57	32	1,964	1,169
Owain Taf University	W11000027	5	15	52	38	1,326	808
Cardiff & Vale University	W11000029	6	15	60	25	1,464	907
Aneurin Bevan University	W11000028	6	16	55	34	2,992	1,910
<b>Wales</b>	<b>W92000004</b>	<b>6</b>	<b>15</b>	<b>58</b>	<b>30</b>	<b>13,656</b>	<b>8,540</b>

Welsh Health Survey 2015

- (a) Data showing more detailed information by LA and LHB are available online at <http://gov.wales/statistics-and-research/welsh-health-survey>.
- (b) See definitions at section 8 of the lifestyle bulletin or the 'definitions' sheet at the front of the workbook.
- (c) Due to the introduction of questions on e-cigarettes and a change in physical activity questions which has led to a reduction in sample size and therefore robustness, these results have been presented separately to other Local Authority information.
- (d) Minutes of moderate physical activity in blocks of 10 minutes or more the previous week. Alternatively, half the quantity of vigorous activity (or an equivalent combination of moderate and vigorous activity) can be done in place of the specified quantity of moderate activity.

## 8. Definitions

### Smoking and e-cigarettes

The survey asked adults whether they smoked (daily or occasionally), used to smoke (daily or occasionally), or had never smoked. Those who reported smoking were asked where they had smoked in the last 7 days, if they had tried to or wanted to give up, and their reasons for wanting to give up. Ex-smokers were asked how long ago they had stopped smoking. Throughout the report, 'current smokers' are those who responded saying they smoked either daily or occasionally, 'ex-smokers' are those who responded to the survey saying that they used to smoke daily or occasionally and 'non-smokers' were those who responded to have never smoked and ex-smokers.

It also asked whether respondents were regularly exposed to other people's tobacco smoke in a range of places.

For e-cigarettes, respondents were asked if they currently used or had ever used an e-cigarette.

### Alcohol Consumption

The survey asked adults a set of questions about their alcohol consumption.

Respondents were asked how often they drank alcohol in the past 12 months and, if never, whether they had always been a non-drinker.

Respondents were also asked to indicate how many measures of each type of alcohol they had consumed on their heaviest drinking day the previous week. The following table was used to calculate the units drunk on that day:

Type of drink	Measure	Alcohol units
Normal strength beer, lager, stout, cider or shandy	Pints	2
	Large cans or bottles	2
	Small cans or bottles	1.5
Strong beer, lager, stout or cider	Pints	4
	Large cans or bottles	3
	Small cans or bottles	2
Wine	Large glass (250ml)	3
	Standard glass (175ml)	2
	Small glass (125ml)	1.5
	Bottles (750ml)	9
Spirits or liqueurs	Measures or shots (single measure)	1
Fortified wines	Small glass	1
Alcopops	Small can or bottle	1.5

The Department of Health guidelines about sensible drinking<sup>9</sup> are that men should not regularly drink more than 3 – 4 units of alcohol per day, and women not more than 2 – 3 units. Note that these were the guidelines at the time of the survey, proposed new guidelines were published in 2016 for consultation<sup>10</sup>.

For the purpose of this report, the following definitions of drinking are used, based on the heaviest drinking day in the past week:

<b>Description</b>	<b>Maximum daily alcohol consumption in the past week</b>
None	Did not drink in the last seven days
Within guidelines	Drank something; men drinking no more than 4 units, women no more than 3 units
Above guidelines, less than binge	Men drinking more than 4 and up to and including 8 units, women more than 3 and up to and including 6 units
Binge	Drinking more than twice the daily guidelines, that is, men drinking more than 8 units, women more than 6 units
Above guidelines	Men drinking more than 4 units, women more than 3 units
Very heavy drinking	Drinking more than 3 times the daily guidelines, that is men more than 12 units and women more than 9 units

However, it should be noted that advice on sensible drinking refers to *regularly* drinking above the daily guidelines, reflecting both the amount drunk and the frequency of drinking at that level. The Welsh Health Survey provides some information on both frequency of drinking and a snapshot of the amount drunk on a day the previous week but, in common with other similar surveys, they can't be combined to reliably identify adults who regularly exceed the recommendations.

Health-related behaviours can be a complex area to measure and there may be some differences between what people report and what they do (for instance, they may tend to underestimate their alcohol consumption). However, survey data still provides a reliable means of comparing patterns for these behaviours between different groups and over time.

## **Fruit and Vegetable Consumption**

The survey asked adults questions about a range of food items to determine the overall amounts of fruit, vegetables and pulses consumed the previous day. The questionnaire could be completed on any day of the week.

For each food item, respondents were asked how much they had consumed, and to write "0" if none eaten. Everyday measures were given for each food item, for example: tablespoons of vegetables, small bowls of salad, or medium sized fruit (such as apples). Each question provided a definition of which foods were to be included. Guidelines<sup>11</sup> recommend eating at least five portions of a variety of fruit and vegetables each day. To

<sup>9</sup> Department of Health: Alcohol Guidelines

[http://webarchive.nationalarchives.gov.uk/+/www.dh.gov.uk/en/Publichealth/Alcoholmisuse/DH\\_125368](http://webarchive.nationalarchives.gov.uk/+/www.dh.gov.uk/en/Publichealth/Alcoholmisuse/DH_125368)

<sup>10</sup> <https://www.gov.uk/government/consultations/health-risks-from-alcohol-new-guidelines>

<sup>11</sup> NHS choices: Fruit and vegetables

<http://www.nhs.uk/livewell/5aday/pages/5adayhome.aspx/>

conform with these guidelines, the questions and analysis were based on the concept of portions of 80g each and the information collected was converted into standard portions at the analysis stage.

The table that follows shows portion sizes for the different food items included in the questionnaire.

<b>Food item</b>	<b>Portion size</b>
Vegetables (fresh, frozen or tinned)	3 tablespoons
Pulses	3 tablespoons
Salad	1 small bowl
Dishes made mainly from vegetables or pulses	3 tablespoons
Very large fruit, such as melon	1 average slice
Large fruit, such as grapefruit	Half a fruit
Medium fruit, such as apples, bananas, oranges	1 fruit
Small fruit, such as plums, satsumas	2 fruits
Very small fruit, such as grapes, berries	2 average handfuls
Dried fruit, such as raisins, apricots	1 average handful
Frozen/tinned fruit	3 tablespoons
Dishes made mainly from fruit such as fruit salad or fruit pies	3 tablespoons
Fruit juice	1 small glass

At the analysis stage, rules for certain foods were applied: respondents could obtain no more than one portion of their daily intake from fruit juice, one portion from pulses, and one portion from dried fruit. These restrictions are in line with guidelines, which emphasise that a variety of fruit and vegetables should be consumed.

Health-related behaviours can be a complex area to measure and there may be some differences between what people report and what they do. However, survey data still provides a reliable means of comparing patterns for these behaviours between different groups and over time.

## Physical Activity

For the 2015 survey, it was decided to update the physical activity questions to be more in line with the 2011 physical activity guidelines<sup>12</sup> which recommend that adults should aim to do at least 150 minutes of moderate activity during the week – alternatively, comparable benefits can be achieved by 75 minutes of vigorous activity, or an equivalent combination of the two (Prior to 2011 the Department of Health recommended that adults do at least 30 minutes of moderate intensity physical activity on at least 5 days a week, however guidelines were revised during 2011 to allow more flexibility in how target activity levels are met). In order to assess the impact of the change in questions a split sample experiment was carried out with two thirds of respondents receiving the new physical activity questions and the other third receiving the old physical activity questions. Further information about the impact of the change is given in a statistical article ‘Assessing the impact of a change in physical activity questions and the introduction of questions on e-cigarette use, 2015’<sup>13</sup>.

<sup>12</sup> Department of Health: New physical activity guidelines (2011)

[http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_127931](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_127931)

<sup>13</sup> Welsh Government: Assessing the impact of a change in physical activity questions and the introduction of questions on e-cigarette use, 2015

<http://gov.wales/statistics-and-research/welsh-health-survey/>

The new questions asked respondents on what days in the previous week they walked, completed some moderate physical activity and completed some vigorous physical activity for at least 10 minutes at a time and then they were asked how much time they usually spent doing these activities each time. The respondents were also asked about their walking pace and the effort involved. Walking was included as a moderate activity for those walking at a 'fairly brisk' or 'fast' usual pace. For those aged 65 and over, walking at any pace was included if the effort was enough to make them breathe faster, feel warm or sweat.

The old physical activity questions asked adults on which days in the past week they did at least 30 minutes of light, moderate, and vigorous exercise or physical activity. Blocks of activity lasting more than 10 minutes, which were done on the same day, count towards the full 30 minutes. Respondents were asked to include physical activity which is part of their job.

Health-related behaviours can be a complex area to measure and there may be some differences between what people report and what they do (for instance, they may tend to overestimate their levels of physical activity). However, survey data still provides a reliable means of comparing patterns for these behaviours between different groups and over time.

## Body Mass Index

The survey asked adults to report their height and their weight. In order to define overweight or obesity, a measurement is required which allows for differences in weight due to height. The Body Mass Index (BMI) is calculated as weight (kg) divided by squared height (m<sup>2</sup>). However, BMI does not distinguish between mass due to body fat and mass due to muscular physique, nor does it take account of the distribution of fat. BMI was calculated for all respondents, excluding pregnant women, with valid height and weight measurements and classified into the following BMI groups<sup>14</sup>:

BMI (kg/m <sup>2</sup> )	Description
Less than 18.5	Underweight
18.5 to under 25	Healthy weight
25 to under 30	Overweight
30 and over	Obese
40 and over	Morbidly obese

Height and weight of respondents are self-reported, and there is evidence to show that some people tend to under-report weight and/or over-report height, resulting in an under-estimation of the prevalence of overweight and obesity<sup>15,16</sup>.

## Socio-Demographic Factors

### Socio-economic group

The socio-economic classification in use in this report is the 3-class version of the National Statistics Socio-Economic Classification (NS-SEC) of the Household Reference Person (HRP).

<sup>14</sup> WHO Technical Report Series 894. Obesity: Preventing and Managing the Global Epidemic

<sup>15</sup> World Health Organization, Geneva, 2000

[http://whqlibdoc.who.int/trs/WHO\\_TRS\\_894.pdf](http://whqlibdoc.who.int/trs/WHO_TRS_894.pdf)

<sup>16</sup> Roberts, RJ. (1995) Can self-reported data accurately describe the prevalence of overweight? *Public Health*; 109 (4): 275-84 [Used Welsh data]



## Area deprivation

Area deprivation is based on the Welsh Index of Multiple Deprivation<sup>17</sup> 2014 (WIMD). WIMD gives deprivation scores for small areas in Wales. These small areas were split into five groups (“fifths”) of deprivation according to overall WIMD scores and each respondent to the Welsh Health Survey was allocated to the relevant fifth.

## Age Standardisation

Age standardisation has been used in selected tables in order to enable groups to be compared after adjusting for the effects of any differences in their age distributions. When different sub-groups are compared in respect of a variable on which age has an important influence, any differences in age distributions between these sub-groups are likely to affect the observed differences in the proportions of interest.

Age standardisation was carried out using the direct standardisation method. The standard population to which the age distribution of sub-groups was adjusted was adapted from the 2013 European Standard Population. Calculations were done using Stata. The age-standardised proportion  $p'$  was calculated as follows, where  $p_i$  is the age specific proportion in age group  $i$  and  $N_i$  is the standard population size in age group  $i$ :

$$p' = \frac{\sum_i N_i p_i}{\sum_i N_i}$$

Therefore  $p'$  can be viewed as a weighted mean of  $p_i$  using the weights  $N_i$ . Age standardisation was carried out using the age groups: 16-24, 25-34, 35-44, 45-54, 55-64, 65-74, 75 and over.

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<sup>17</sup> Welsh Index of Multiple Deprivation 2014

<http://gov.wales/statistics-and-research/welsh-index-multiple-deprivation/>

## 9. Notes

### Overview of survey design

WHS was established in 2003 and runs all year round. During the 2015 survey, around 13,700 adults and 2,600 children participated in the survey.

The survey was based on a representative sample of people living in private households in Wales. A random sample of addresses from the Postcode Address File (PAF) was selected. By surveying the general population, WHS is able to measure the health and lifestyle of a cross-section of the population, not just those who are in ill health or have regular contact with health services.

WHS 2015 was carried out by NatCen Social Research on behalf of the Welsh Government. Interviewers conducted a short interview with a responsible adult in the household, covering basic socio-demographic information about the household. Self-completion questionnaires were then left for completion by all adults in the household (aged 16+) for later collection by the interviewer. In households with children, a maximum of two children were randomly selected for inclusion in the survey. For selected children, questionnaires were left for completion (with older children completing their own questionnaires).

Further details of WHS methodology, definitions and questions are given in statistical bulletins and technical reports, available on the Statistics for Wales website<sup>18</sup>.

Differences in methodology and questions mean that, in general, results from WHS are not comparable with health surveys in the other UK countries. More information on comparability of the headline indicators (including obesity, smoking and alcohol consumption) can be found on the following link; <https://gss.civilservice.gov.uk/statistics/presentation-and-dissemination/comparing-official-statistics-across-uk/>

### Uses of WHS results

The information collected through WHS meets a range of important needs and is used in many ways, including to:

- provide national estimates of health and health-related lifestyle.
- examine differences between population sub-groups (e.g. age, sex, social class) and local areas (health boards and local authorities).
- provide evidence to inform and monitor targets, indicators and policies for promoting better health, such as *Our Healthy Future* and *Together for Health*.
- provide local authority level information for development of joint local health, social care and wellbeing strategies / single integrated plans.

It is used by a wide range of users, including those working in national and local government, NHS organisations, research and academic settings. It is also useful to a wider general audience, particularly those in Wales.

### Well-being of Future Generations Act

The Well-being of Future Generations Act 2015 is about improving the social, economic, environmental and cultural well-being of Wales. The Act puts in place seven well-being goals for Wales. These are for a more equal, prosperous, resilient, healthier and globally responsible Wales, with cohesive communities and a vibrant culture and thriving Welsh language. Under section (10)(1) of the Act, the Welsh Ministers must (a) publish indicators (“national indicators”) that must be applied for the purpose of measuring progress towards the achievement of the Well-being goals, and (b) lay a copy of the national indicators

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<sup>18</sup> <http://gov.wales/statistics-and-research/?lang=en>

before the National Assembly. The 46 national indicators were laid in March 2016 and this release includes one of the national indicators namely *percentage of adults who have fewer than two healthy lifestyle behaviours*. The indicators and associated technical information can be found here:

<http://gov.wales/statistics-and-research/how-do-you-measure-nations-progress-national-indicators>.

This release includes 5 contextual indicators, namely not smoking, not drinking above guidelines, eating five fruit or vegetables a day, meeting physical activity guidelines and maintaining a healthy weight, which were referenced in the technical document in the previous link.

As a national indicator under the Act they must be referred to in the analyses of local well-being produced by public services boards when they are analysing the state of economic, social, environmental and cultural well-being in their areas.

Further information on the Act can be found here: - <http://gov.wales/topics/people-and-communities/people/future-generations-act>

The statistics included in this release could also provide supporting narrative to the national indicators and be used by public services boards in relation to their local well-being assessments and local well-being plans.

### **Key quality information**

- a) There are no planned revisions to the statistics in this release, but if revisions were made, they would be in accordance with the Revisions, Errors and Postponements Policy for Statistics for Wales<sup>19</sup>.
- b) The small proportion of people not covered by the PAF, including those living in institutions, was not covered by the survey. It should be noted that people in institutions are likely to be, on average, in poorer health than those in private households – this should be kept in mind when considering the results from the survey.
- c) Interpretation of the results should take account of the questionnaire design, as the mode of collection (self-reporting on paper) and the questions themselves affect the information collected. The survey relies on a self-completion questionnaire. The results, therefore, reflect people's own understanding of their health rather than a clinical assessment of their medical condition and their own interpretation of the health services they have used.
- d) Survey results are weighted to take account of unequal selection probabilities, and for differential non-response, i.e. to ensure that the age and sex distribution of the responding sample matches that of the Welsh population.
- e) This release is based on data collected by the WHS between January and December 2015. During this period, a household interview was obtained with 76% of eligible households in the sample. Self-completion questionnaires were obtained for 77% of adults and 73% of selected children in participating households. Local Authority/ Local Health Board information was calculated from data collected between January 2014 and December 2015.
- f) Missing answers occur for several reasons, including refusal or inability to answer a particular question, and cases where the question is not applicable to the informant. Missing answers have been omitted from all tables and analyses.
- g) Base numbers (sample sizes) of respondents replying to individual questions vary slightly. The tables provide an indication of overall base numbers - that is, all those taking part in the survey, although a small number may not have answered particular questions. It should be noted that the design of the survey means that the effective sample sizes will be somewhat smaller than the sample sizes, so these should be interpreted as a guide to precision only.

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<sup>19</sup> <http://gov.wales/statistics-and-research/about/statement-of-compliance/revisions-errors-postponements/>

h) A confidence interval can be calculated around a survey estimate and gives a range within which the true value is likely to fall. There is a 95% chance that the 95% confidence intervals include the true value. In general, the smaller the sample size the wider the confidence interval. As a rough guide to interpretation, when comparing two years, if the confidence intervals around the estimates overlap, it can be assumed that the estimates are not statistically significantly different – this approach is not as rigorous as doing a formal statistical test, but is straightforward, widely used and reasonably robust. Confidence intervals for a selection of key variables are published in some WHS outputs and NatCen's technical report.

i) From 2007, fieldwork has run on a calendar year basis (January – December) and includes more detailed data for children than previously. Prior to that, fieldwork covered the twelve month periods October 2003 - September 2004 (2003/04), October 2004 - September 2005 (2004/05) and November 2005 – October 2006 (2005/06).

## **National Statistics**

The United Kingdom Statistics Authority has designated these statistics as National Statistics, in accordance with the Statistics and Registration Service Act 2007 and signifying compliance with the Code of Practice for Official Statistics.

Designation can be broadly interpreted to mean that the statistics:

- meet identified user needs;
- are well explained and readily accessible;
- are produced according to sound methods; and
- are managed impartially and objectively in the public interest.

Once statistics have been designated as National Statistics it is a statutory requirement that the Code of Practice shall continue to be observed.

## **Further information**

Further information on the Welsh Health Survey can be found on the Welsh Health Survey theme page<sup>20</sup> which has links to;

- Additional online tables
- Additional releases and bulletins
- Questionnaires
- Technical report
- Quality report
- All past releases

## **Availability of unpublished data**

Some additional summaries may be produced on request, subject to the availability of resources, data quality and robustness, and provided the confidentiality of respondents is preserved. For further details, contact [stats.healthinfo@wales.gsi.gov.uk](mailto:stats.healthinfo@wales.gsi.gov.uk).

An anonymised version of the main dataset, together with supporting documentation, is deposited with the UK Data Archive each year (some information is removed to ensure confidentiality is preserved).

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<sup>20</sup> Welsh Health Survey theme page

<http://gov.wales/statistics-and-research/welsh-health-survey>

These datasets may be accessed by registered users for specific research projects. Some examples of uses made of the data by researchers are shown on the website. The UK Data Archive can be accessed via the UK Data Service<sup>21</sup> website.

From time to time, researchers may wish to analyse more detailed data than is available from the Data Archive. Requests for such data will be considered on a case by case basis. For further details, contact [stats.healthinfo@wales.gsi.gov.uk](mailto:stats.healthinfo@wales.gsi.gov.uk).

## **Future of WHS**

It has been decided to replace existing surveys, including WHS, with a new survey of adults starting during 2016-17 which will include health-related questions. WHS ceased in its current form at the end of 2015, the results for 2015 will therefore be the final set of WHS results. Future health-related information will be available from the National Survey for Wales.

## **Enquiries**

We welcome comments from users of our publications on content and presentation. If you have any comments or require further information, please contact:

Josh Dixon / Cath Roberts

Health Statistics and Analysis Unit,

Welsh Government, Cathays Park,

Cardiff CF10 3NQ

Tel: (029) 2082 6710 / 5033

E-mail: [stats.healthinfo@wales.gsi.gov.uk](mailto:stats.healthinfo@wales.gsi.gov.uk)

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<http://www.nationalarchives.gov.uk/doc/open-government-licence/version/3/>

## **National Statistics status**

National Statistics status means that official statistics meet the highest standards of trustworthiness, quality and public value.

All official statistics should comply with all aspects of the Code of Practice for Official Statistics. They are awarded National Statistics status following an assessment by the UK Statistics Authority's regulatory arm. The Authority considers whether the statistics meet the highest standards of Code compliance, including the value they add to public decisions and debate.

It is Welsh Government's responsibility to maintain compliance with the standards expected of National Statistics. If we become concerned about whether these statistics are still meeting the appropriate standards, we will discuss any concerns with the Authority promptly. National Statistics status can be removed at any point when the highest standards are not maintained, and reinstated when standards are restored.

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<sup>21</sup> UK Data Service

<http://ukdataservice.ac.uk/get-data/key-data.aspx#/tab-uk-surveys>