

Sunderland Adult Health & Lifestyle Survey 2017

Topic Profile: Healthy Eating

About Healthy Eating and Weight

Obesity is one of the most significant and complex public health challenges of our times. It can undermine individual and family health and wellbeing, impact on business and education, and contribute to significant costs across health, social care and a wide range of services. In 2016, it is estimated that there were 176 deaths in persons of all ages in Sunderland that were attributable to obesity; on average, each of these was associated with 9 years of life lost. Obesity increases the risk of developing a range of diseases including: certain cancers, high blood pressure, and type 2 diabetes.

Promoting healthy eating is a key part of the strategy to tackle obesity and help people to achieve and maintain a healthy weight. However, it is also a lifestyle risk factor in its own right.

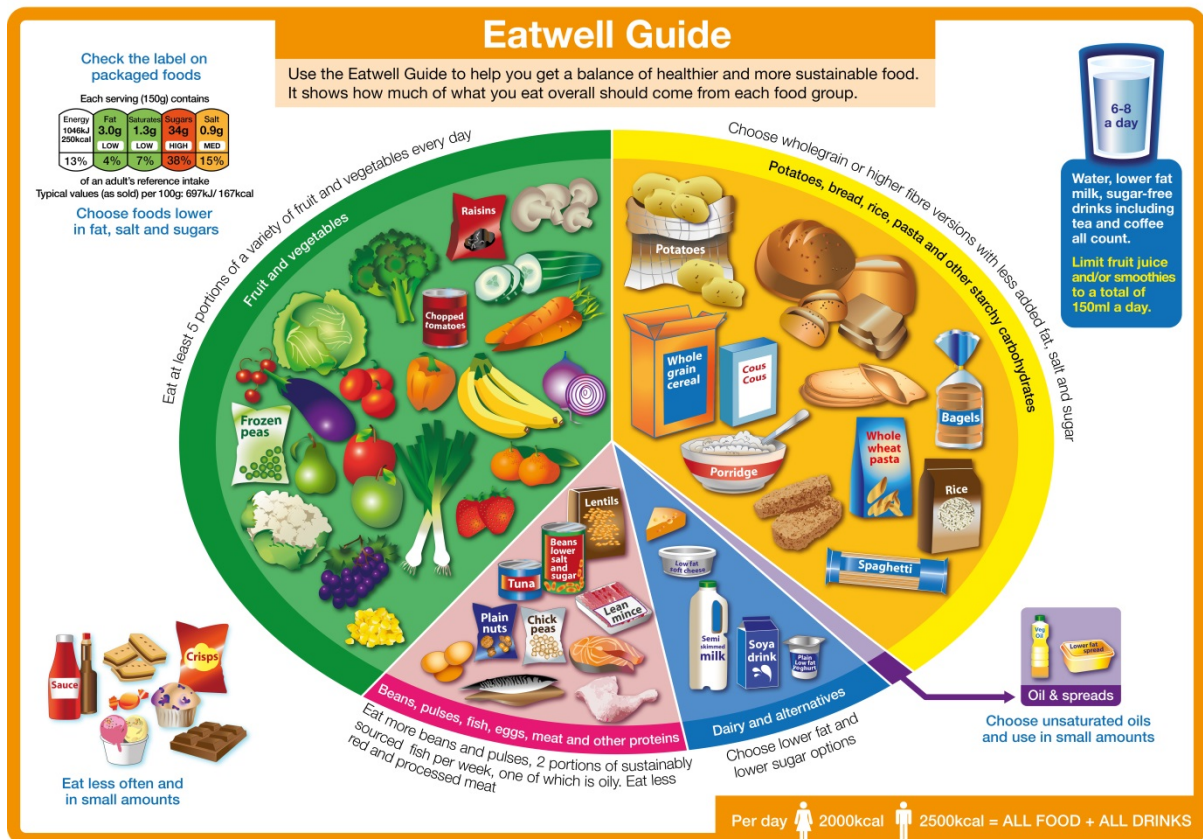
Poor diet is recognised as a major contributory risk factor for ill health and premature death. A healthy diet can protect against obesity, diabetes, cardiovascular disease, some types of cancer and skeletal conditions.

Latest guidance on healthy eating

Latest guidance for adults in relation to healthy eating advises that:

- Over a third of the diet should come from fruit and vegetables - eating at least 5 portions of a variety of fruit and vegetables every day.
- Meals should be based on potatoes, bread, rice, pasta or other starchy carbohydrates, choosing wholegrain versions where possible as these contain more fibre.
- Some dairy and/or dairy alternatives (such as soya) should be included, choosing lower fat and lower sugar options.
- Some beans, pulses, fish, eggs, meat and other proteins should be eaten – aiming for at least two portions of fish a week (including a portion of oily fish) and no more than 70g of red and processed meat per day.
- Unsaturated oils and spreads should be chosen and eaten in small amounts.
- Foods that are high in fat, salt and sugar (such as chocolate, cakes, biscuits, butter, cream and ice-cream) should be eaten less often and in small amounts.
- 6-8 glasses of fluid should be drunk every day, swapping sugary soft drinks for diet, sugar-free or no added sugar varieties.

This is summarised in the “Eatwell Guide”, as follows:



A portion of fruit is around 80g and examples include:

- an apple, an orange, or a banana;
- two plums or kiwi fruits;
- three apricots;
- a handful of grapes;
- a glass of fruit juice; or
- a handful of dried fruit.

A portion of vegetables is also around 80g and examples include:

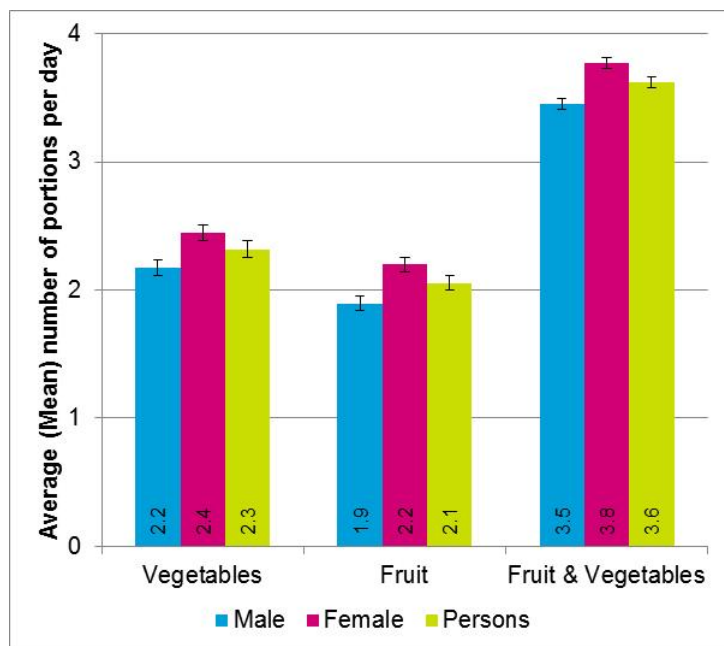
- two spears of broccoli;
- three heaped tablespoons of carrots, sweetcorn or peas;
- three heaped tablespoons of beans or chickpeas;
- four heaped tablespoons of cooked kale, spinach or green beans;
- a side salad.

Eating Healthily in Sunderland

In our survey questions on healthy eating were restricted to how many portions of fruit and how many portions of vegetables were consumed yesterday. Respondents were able to report that they ate 0, 1, 2, 3, 4, or 5 or more portions or to say that they didn't know.

Based on our survey of 5,571 adults aged 18 and over (a 2.5% sample of the Sunderland adult population) the average number of portions consumed was as follows:

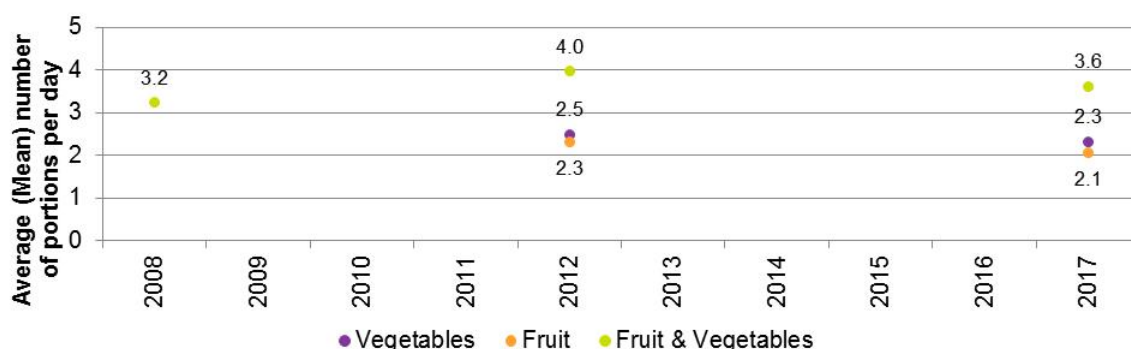
- Sunderland males reported eating an average of 2.2 portions of vegetables, 1.9 portions of fruit and 3.5 portions of fruit and vegetables per day.
- Sunderland females reported eating an average of 2.4 portions of vegetables, 2.2 portions of fruit and 3.8 portions of fruit and vegetables per day.
- Sunderland adults reported eating an average of 2.3 portions of vegetables, 2.1 portions of fruit and 3.6 portions of fruit and vegetables per day.



Comparing the results of our local survey with the results for Sunderland from the Active Lives Survey (2016-2017) conducted by Sport England shows that overall our survey produces slightly lower averages as we count 0, 1, 2, 3, 4 or 5 and over portions whereas the new Active Lives Survey counts up to 10 and over portions.

Data from the Active Lives Survey shows that Sunderland adults eat an average of 2.9 portions of vegetables and 2.5 portions of fruit per day.

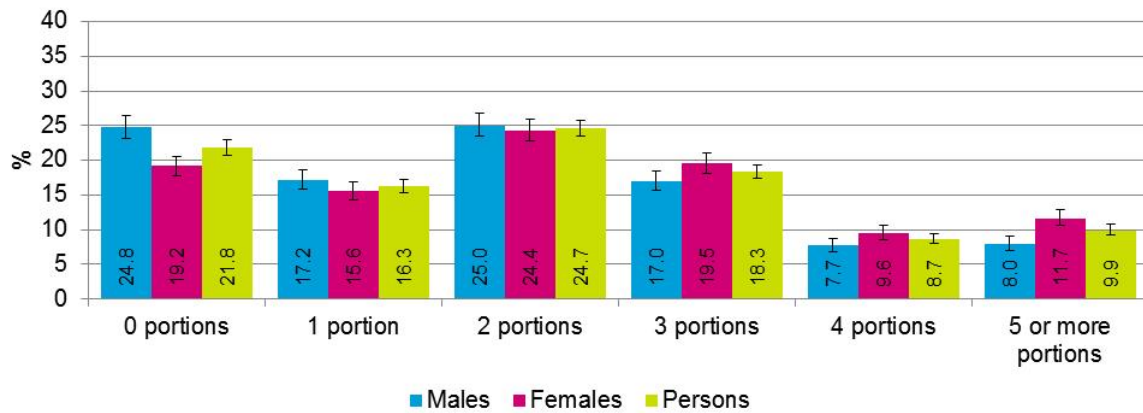
Comparing our latest results for all adults with the results from the two previous surveys suggests that there has been a reduction in the average number of portions of fruit and vegetables being consumed daily.



NOTE: Separate data on fruit consumption and vegetable consumption was not available in the 2008 survey.

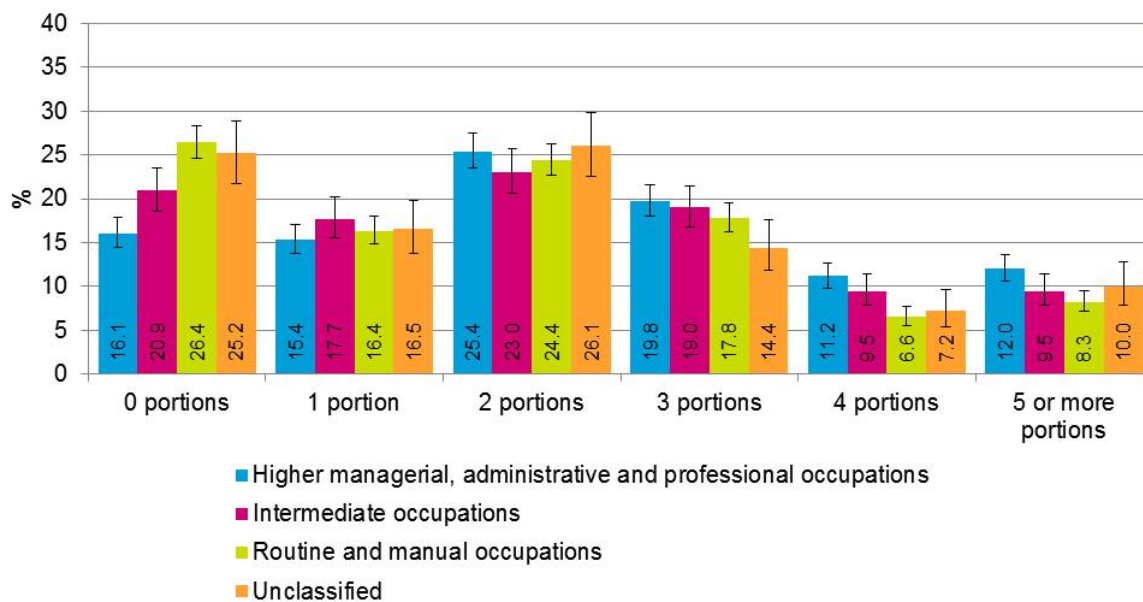
Portions of fruit consumed per day

In our survey we asked how many portions of fruit were consumed on the previous day.



- Males (24.8%) were significantly more likely than females (19.2%) to report eating 0 portions of fruit on the previous day, whilst females (11.7%) were significantly more likely than males (8.0%) to report eating 5 or more portions of fruit on the previous day.
- Females were also significantly more likely than males to report eating 3 and 4 portions of fruit on the previous day.
- Both males and females were most likely to report eating 2 portions of fruit on the previous day.

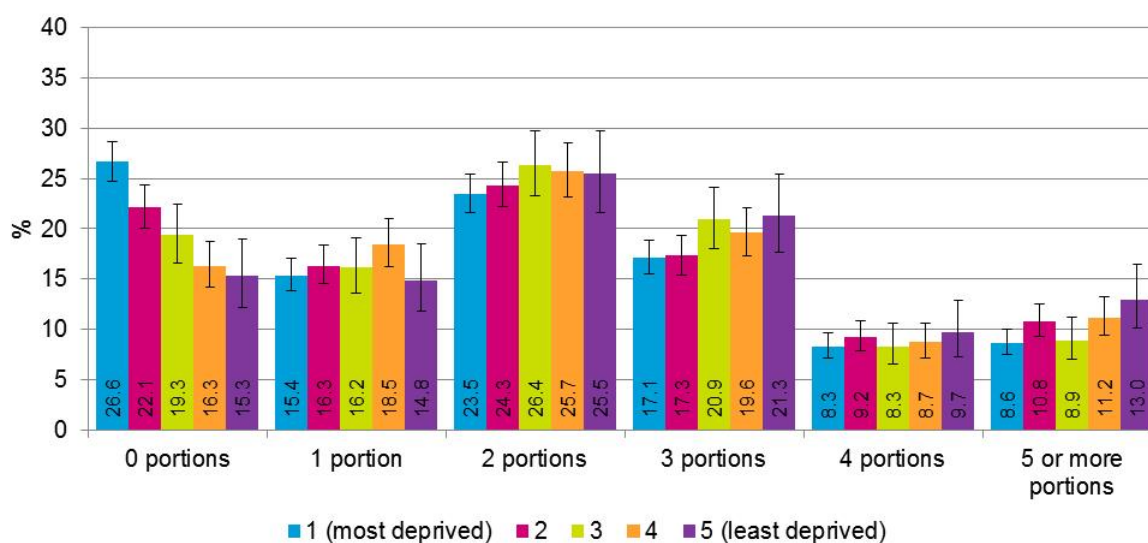
By social class



- Adults in higher managerial, administrative and professional occupations (16.1%) were significantly less likely to report eating 0 portions of fruit on the previous day than the Sunderland average (21.8%), whilst adults in routine and manual occupations (26.4%) were significantly more likely to report eating 0 portions of fruit on the previous day than the Sunderland average (21.8%).

- Adults in higher managerial, administrative and professional occupations (11.2%) were significantly more likely to report eating 4 portions of fruit on the previous day than the Sunderland average (8.7%), whilst adults in routine and manual occupations (6.6%) were significantly less likely to report eating 4 portions of fruit on the previous day than the Sunderland average (8.7%).
- Adults in routine and manual occupations (26.4%) were most likely to report eating 0 portions of fruit on the previous day, whilst adults who have never worked or are long term unemployed (26.1%), adults in higher managerial, administrative and professional occupations (25.4%) and adults in intermediate occupations (23.0%) were most likely to report eating 2 portions of fruit on the previous day.

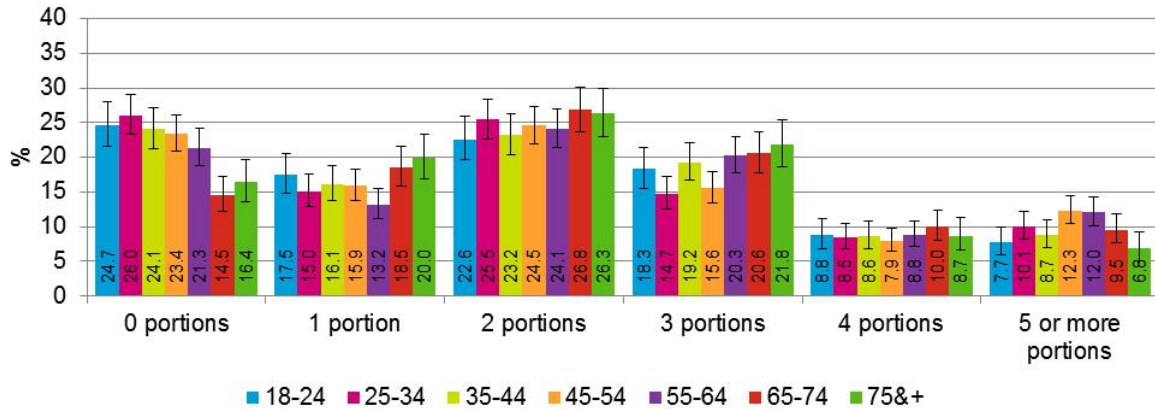
By deprivation status



- Adults who live in areas within Sunderland that are among the most disadvantaged fifth of all areas across England (Quintile 1) (26.6%) were significantly more likely to report eating 0 portions of fruit on the previous day than the Sunderland average (21.8%), whilst adults that live in areas of Sunderland that fall into Quintile 5 (15.3%) and Quintile 4 (16.3%) were significantly less likely to report eating 0 portions of fruit on the previous day than the Sunderland average (21.8%).
- Adults who live in areas of Sunderland that fall into Quintile 1 (26.6%) were most likely to report eating 0 portions of fruit on the previous day, whilst adults who live in areas of Sunderland that fall into Quintile 3 (26.4%), Quintile 4 (25.7%), Quintile 5 (25.5%) and Quintile 2 (24.5%) were most likely to report eating 2 portions of fruit on the previous day.

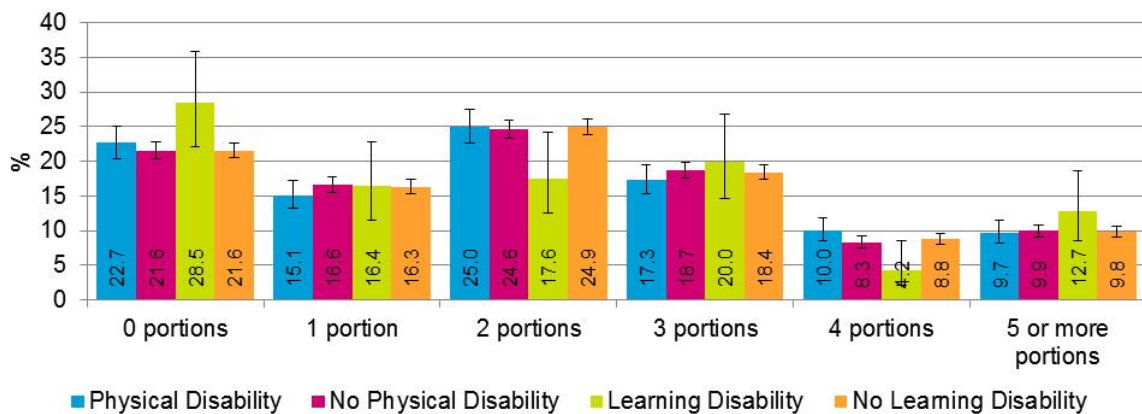
By age

- Persons aged 25-34 (26.0%) were significantly more likely to report eating 0 portions of fruit on the previous day than the Sunderland average (21.8%), whilst persons aged 65-74 (14.5%) and persons aged 75 and over (16.4%) were significantly less likely to report eating 0 portions of fruit on the previous day than the Sunderland average (21.8%).



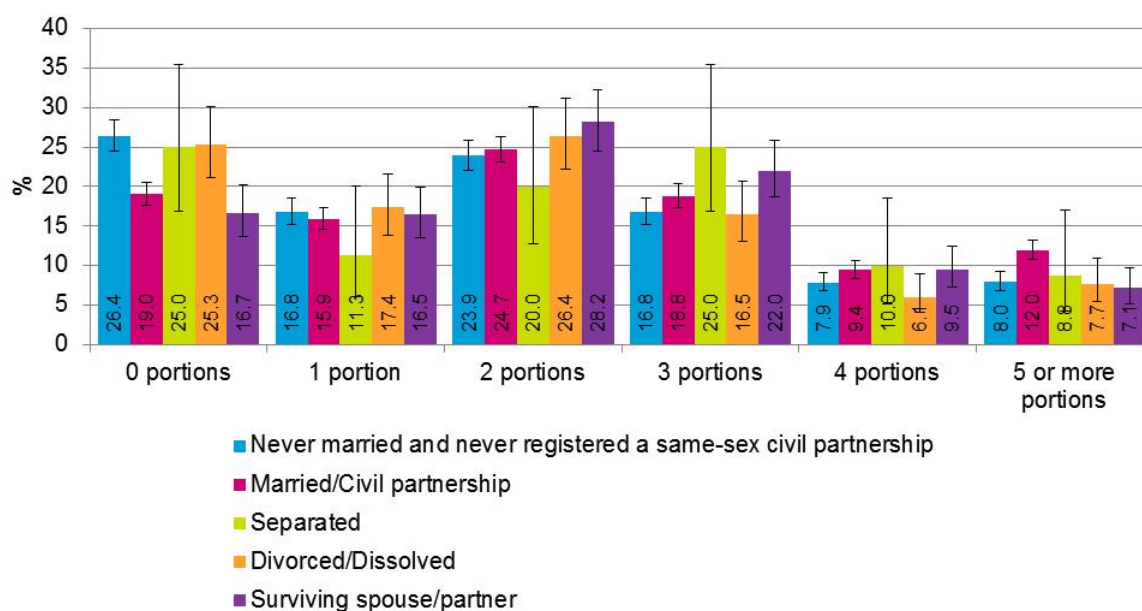
- Persons aged 25-34 were also significantly less likely to report eating 3 portions of fruit on the previous day than the Sunderland average (18.3%).
- Persons aged 25-34 (26.0%), 18-24 (24.7%) and 35-44 (24.1%) were most likely to report eating 0 portions of fruit on the previous day, whilst persons aged 65-74 (26.8%), 75 and over (26.3%), 45-54 (24.5%) and 55-64 (24.1%) were most likely to report eating 2 portions of fruit on the previous day.

By disability status



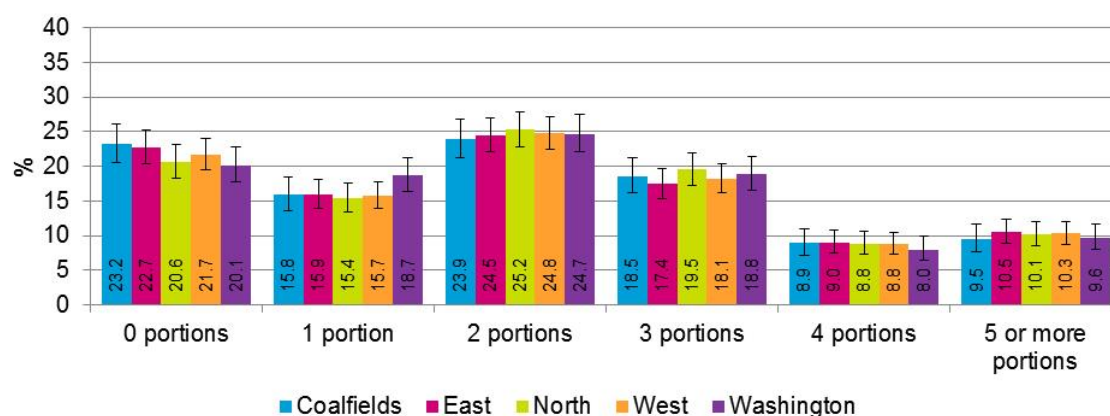
- There are no statistically significant differences in the number of portions of fruit consumed the previous day between adults with a physical disability and adults without a physical disability.
- Adults without a learning disability (24.9%) were significantly more likely than those with a learning disability (17.6%) to report eating 2 portions of fruit on the previous day.
- Adults without a learning disability (8.8%) were also significantly more likely than those with a learning disability (4.2%) to report eating 4 portions of fruit on the previous day.
- Adults with a learning disability (28.5%) were most likely to report eating 0 portions of fruit on the previous day, whilst adults with a physical disability (25.0%), adults without a learning disability (24.9%) and adults without a physical disability (24.6%) were most likely to report eating 2 portions of fruit on the previous day.

By partnership status



- Adults who have never been married or in a registered civil partnership (26.4%) were significantly more likely to report eating 0 portions of fruit on the previous day than the Sunderland average (21.8%), whilst adults who are a surviving spouse (widow or widower) or civil partner (16.7%) and adults who are married or in a registered civil partnership (19.0%) were significantly less likely to report eating 0 portions of fruit on the previous day than the Sunderland average (21.8%).
- Adults who are married or in a registered civil partnership (12.0%) were significantly more likely to report eating 5 portions of fruit on the previous day than the Sunderland average (9.9%).
- Adults who have never been married or in a registered civil partnership (26.4%) and adults who are separated (25.0%) were most likely to report eating 0 portions of fruit on the previous day, whilst adults who are a surviving spouse (widow or widower) or civil partner (28.2%), adults who are divorced or have had their civil partnership dissolved (26.2%) and adults who are married or in a registered civil partnership (24.7%) were most likely to report eating 2 portions of fruit on the previous day.

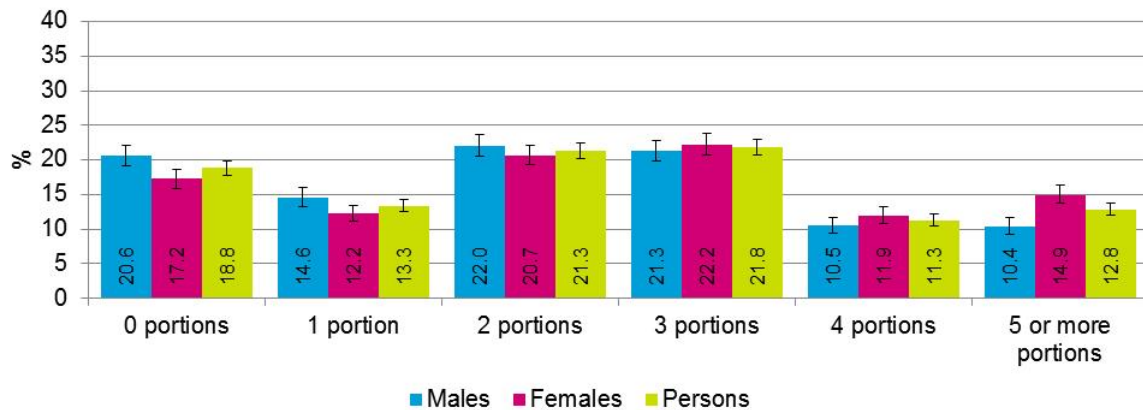
By area



- When summarised at area level, there is no statistically significant variation in the in the number of portions of fruit consumed the previous day, compared to the Sunderland averages.
- Adults in all five areas of Sunderland were most likely to report eating 2 portions of fruit on the previous day.

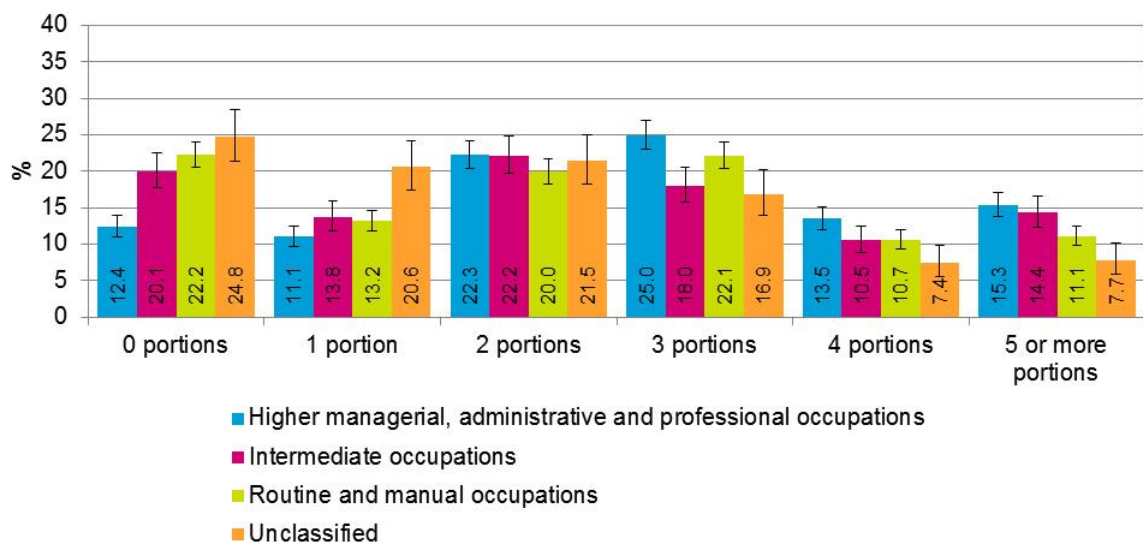
Portions of vegetables consumed per day

In our survey we asked how many portions of vegetables were consumed on the previous day.



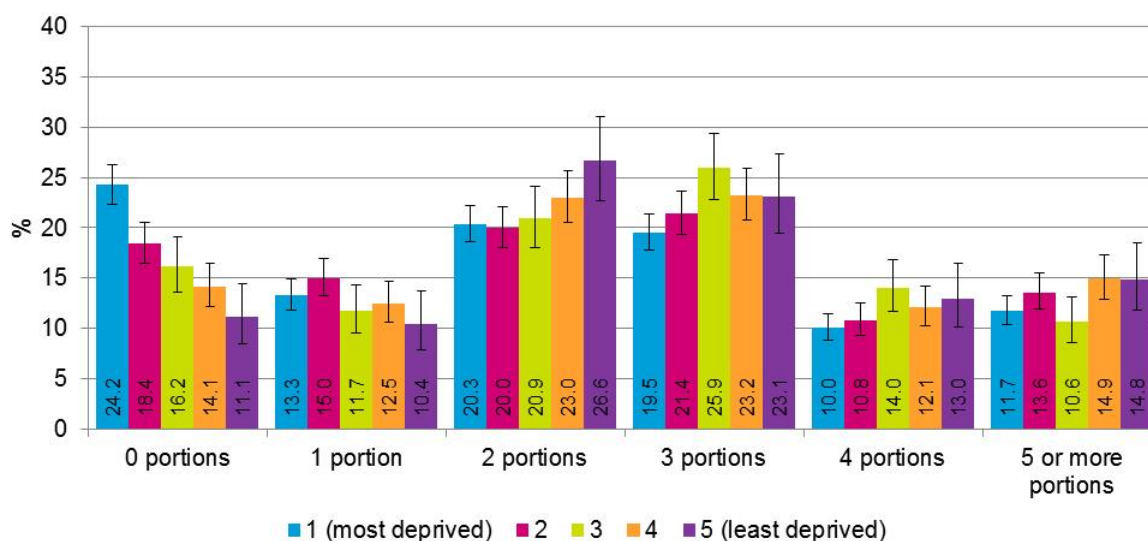
- Males (20.5%) were significantly more likely than females (17.2%) to report eating 0 portions of vegetables on the previous day.
- Males (14.6%) were significantly more likely than females (12.2%) to report eating 1 portion of vegetables on the previous day.
- Females (14.9%) were significantly more likely than males (10.4%) to report eating 5 or more portions of vegetables on the previous day.
- Males (22.0%) were most likely to report eating 2 portions of vegetables on the previous day, whilst females (22.2%) were most likely to report eating 3 portions of vegetables on the previous day.

By social class



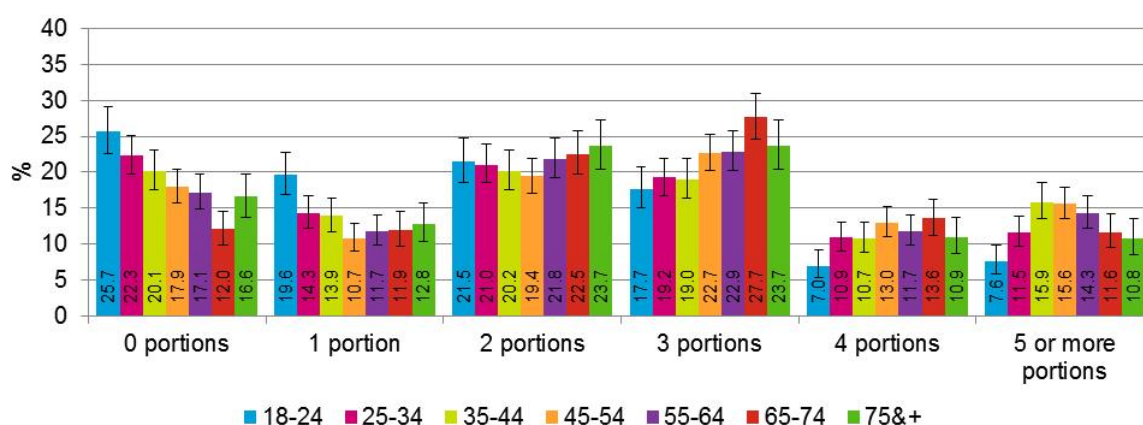
- Adults in higher managerial, administrative and professional occupations (12.4%) were significantly less likely to report eating 0 portions of vegetables on the previous day than the Sunderland average (18.8%), whilst adults who have never worked or are long term unemployed (24.8%) and adults in routine and manual occupations (22.2%) were significantly more likely to report eating 0 portions of vegetables on the previous day than the Sunderland average (18.8%).
- Adults who have never worked or are long term unemployed (20.6%) were significantly more likely to report eating 1 portion of vegetables on the previous day than the Sunderland average (12.5%).
- Adults in higher managerial, administrative and professional occupations (25.0%) were significantly more likely to report eating 3 portions of vegetables on the previous day than the Sunderland average (21.8%), whilst adults in intermediate occupations (18.0%) and adults who have never worked or are long term unemployed (16.9%) were significantly less likely to report eating 3 portions of vegetables on the previous day than the Sunderland average (21.8%).
- Adults who have never worked or are long term unemployed (7.4%) were significantly less likely to report eating 4 portions of vegetables on the previous day than the Sunderland average (11.3%).
- Adults in higher managerial, administrative and professional occupations (15.3%) were significantly more likely to report eating 5 portions of vegetables on the previous day than the Sunderland average (12.8%), whilst adults who have never worked or are long term unemployed (7.7%) were significantly less likely to report eating 5 portions of vegetables on the previous day than the Sunderland average (12.8%).
- Adults who have never worked or are long term unemployed (24.8%) and adults in routine and manual occupations (22.2%) were most likely to report eating 0 portions of vegetables on the previous day, whilst adults in intermediate occupations (22.2%) were most likely to report eating 2 portions of vegetables on the previous day and adults in higher managerial, administrative and professional occupations (25.0%) were most likely to report eating 3 portions of vegetables on the previous day.

By deprivation status



- Adults who live in areas within Sunderland that are among the most disadvantaged fifth of all areas across England (Quintile 1) (24.2%) were significantly more likely to report eating 0 portions of vegetables on the previous day than the Sunderland average (18.8%), whilst adults that live in areas of Sunderland that fall into Quintile 5 (11.1%) and Quintile 4 (14.1%) were significantly less likely to report eating 0 portions of vegetables on the previous day than the Sunderland average (18.8%).
- Adults who live in areas within Sunderland that are among the least disadvantaged fifth of all areas across England (Quintile 5) (26.6%) were significantly more likely to report eating 2 portions of vegetables on the previous day than the Sunderland average (21.1%).
- Adults who live in areas of Sunderland that fall into Quintile 1 (24.2%) were most likely to report eating 0 portions of vegetables on the previous day, whilst adults who live in areas of Sunderland that fall into Quintile 5 (26.6%) were most likely to report eating 2 portions of vegetables on the previous day, and adults who live in areas of Sunderland that fall into Quintile 3 (25.9%), Quintile 4 (23.2%) and Quintile 2 (21.4%) were most likely to report eating 3 portions of vegetables on the previous day.

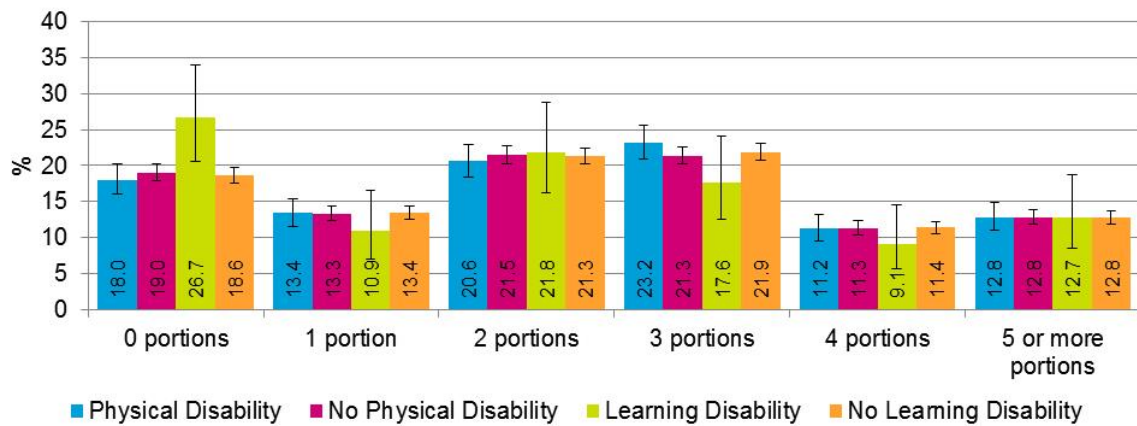
By age



- Persons aged 18-24 (25.7%) were significantly more likely to report eating 0 portions of vegetables on the previous day than the Sunderland average (18.8%), whilst persons aged 65-74 (12.0%) were significantly less likely to report eating 0 portions of vegetables on the previous day than the Sunderland average (18.8%).
- Persons aged 18-24 were also significantly more likely to report eating 1 portion of vegetables on the previous day than the Sunderland average (13.3%), significantly less likely to report eating 4 portions of vegetables on the previous day than the Sunderland average (11.3%) and significantly less likely to report eating 5 portions of vegetables on the previous day than the Sunderland average (12.8%).
- Persons aged 65-74 were significantly more likely to report eating 3 portions of vegetables on the previous day than the Sunderland average (21.8%).
- Persons aged 18-24 (25.7%) and 25-34 (22.3%) were most likely to report eating 0 portions of vegetables on the previous day; persons aged and 35-44 (20.2%) were most likely to report eating 2 portions of vegetables on the previous day; persons aged 65-74 (27.7%), 55-64 (22.9%) and 45-54 (22.7%) were most likely to report eating 2 portions of vegetables on the previous day; and persons aged

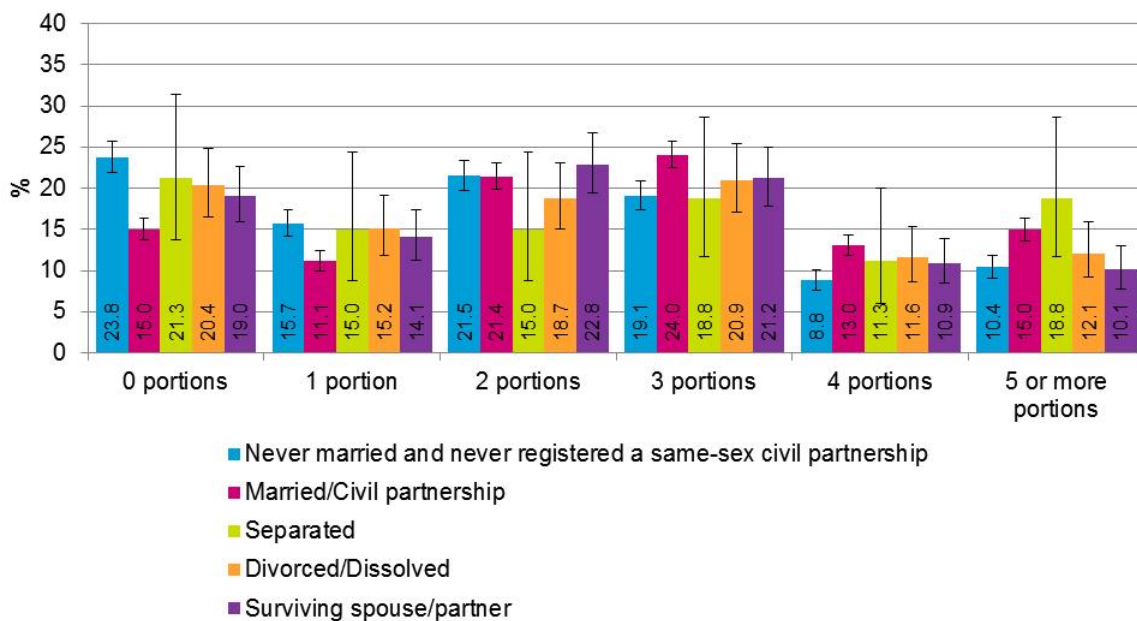
75 and over (23.7%) were equally likely to report eating 2 or 3 portions of vegetables on the previous day.

By disability status



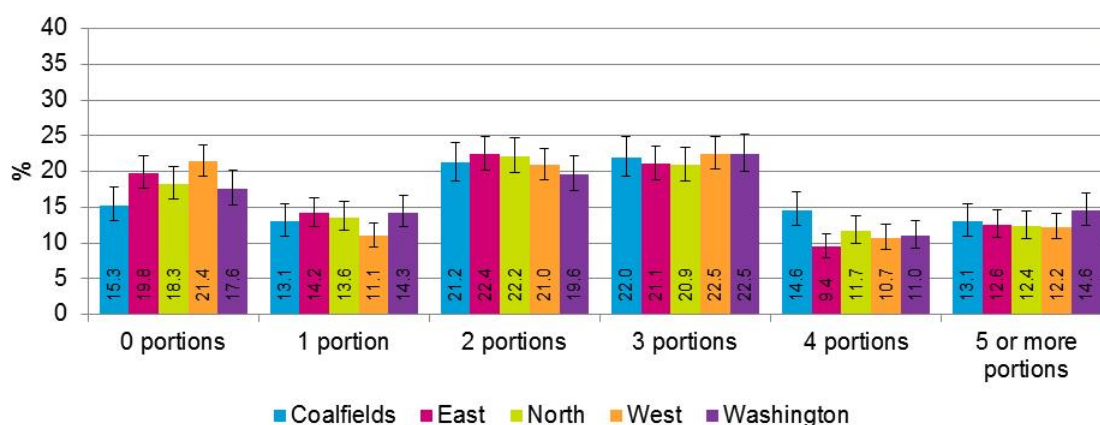
- There are no statistically significant differences in the number of portions of vegetables consumed the previous day between adults with a physical disability and adults without a physical disability.
- Adults with a learning disability (26.7%) were significantly more likely than those without a learning disability (18.6%) to report eating 0 portions of vegetables on the previous day.
- Adults with a learning disability (26.7%) were most likely to report eating 0 portions of vegetables on the previous day, whilst adults without a physical disability (21.5%), were most likely to report eating 2 portions of vegetables on the previous day and adults with a physical disability (23.2%) and adults without a learning disability (21.9%) were most likely to report eating 3 portions of vegetables on the previous day.

By partnership status



- Adults who have never been married or in a registered civil partnership (23.8%) were significantly more likely to report eating 0 portions of vegetables on the previous day than the Sunderland average (18.8%), whilst adults who are married or in a registered civil partnership (15.0%) were significantly less likely to report eating 0 portions of vegetables on the previous day than the Sunderland average (18.8%).
- Adults who are married or in a registered civil partnership (11.1%) were significantly less likely to report eating 1 portion of vegetables on the previous day than the Sunderland average (13.3%).
- Adults who have never been married or in a registered civil partnership were significantly less likely to report eating 4 or 5 portions of vegetables on the previous day than the Sunderland averages.
- Adults who have never been married or in a registered civil partnership (23.8%) and adults who are separated (21.3%) were most likely to report eating 0 portions of vegetables on the previous day, whilst adults who are a surviving spouse (widow or widower) or civil partner (22.8%) were most likely to report eating 2 portions of vegetables on the previous day, and adults who are married or in a registered civil partnership (24.0%) and adults who are divorced or have had their civil partnership dissolved (20.9%) were most likely to report eating 3 portions of vegetables on the previous day.

By area

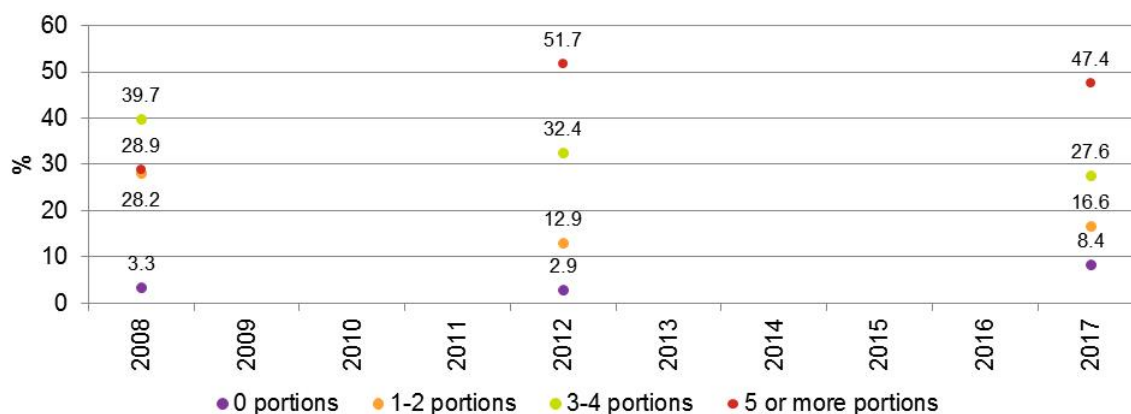
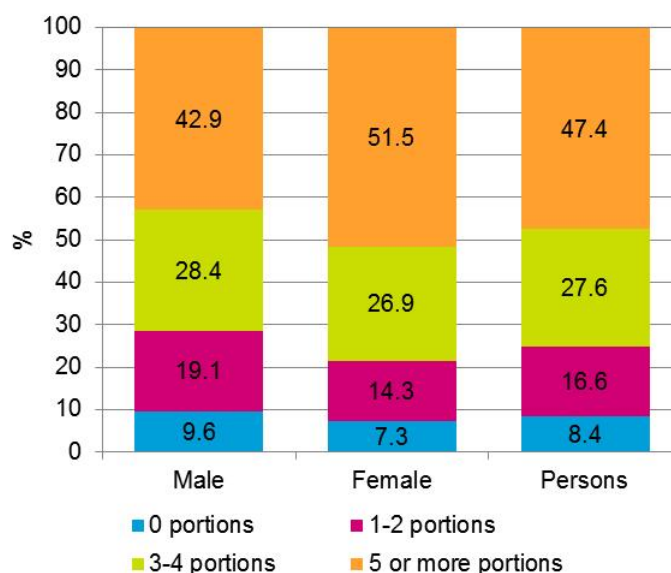


- When summarised at area level, adults living in the Coalfields area (15.3%) were significantly less likely to report eating 0 portions of vegetables on the previous day than the Sunderland average (18.8%).
- Adults living in the Coalfields area (14.6%) were also significantly more likely to report eating 4 portions of vegetables on the previous day than the Sunderland average (11.3%).
- Adults living in Sunderland East (22.4%) and Sunderland North (22.2%) were most likely to report eating 2 portions of vegetables on the previous day, whilst adults living in Washington (22.5%), Sunderland West (22.5%) and Coalfields (22.0%) were most likely to report eating 3 portions of vegetables on the previous day.

Portions of fruit and vegetables consumed per day

In our survey, 5,527 adults aged 18 and over provided information about both the number of portions of fruit and the number of portions of vegetables they had eaten the previous day. These were combined to provide the number of portions of fruit and vegetables eaten the previous day. Based on this:

- 8.4% reported that they ate no fruit and vegetables on the previous day.
- 16.6% reported that they ate 1-2 portions of fruit and vegetables the previous day.
- 27.6% reported that they ate 3-4 portions of fruit and vegetables on the previous day.
- 47.4% reported that they ate the recommended 5 or more portions of fruit and vegetables the previous day.
- Males are significantly more likely than females to report eating 0 portions and 1-2 portions of fruit and vegetables on the previous day, whilst females were significantly more likely than males to reporting eating 5 or more portions of fruit and vegetables on the previous day.



Results from the previous surveys undertaken in 2008 and 2012 are shown alongside the results of our recent survey. In 2008, questions asked only about portions of fruit and vegetables combined. In 2012, we changed the survey questions to ask separately about fruit portions and vegetable portions. We therefore cannot be sure whether the change seen between 2008 and 2012 was due to the change in the questions, a change in behaviour or both.

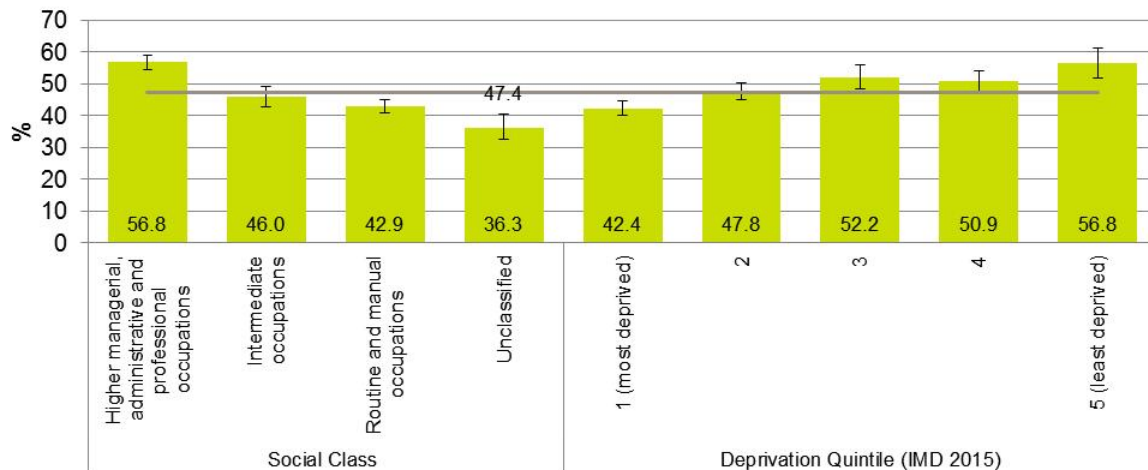
The questions in our recent survey were the same as the questions in our 2012 survey and findings suggest that over the last 5 years, the percentages of adults eating 0 portions and 1-2 portions daily have risen, whilst the percentages of adults eating 3-4 portions or 5 or more portions daily have fallen.

Prevalence of eating “5-a-day”

In our survey, 47.4% of adults aged 18 reported eating “5-a-day” fruit and vegetables. Based on 2016 mid-year population estimates this would mean that in Sunderland we have around:

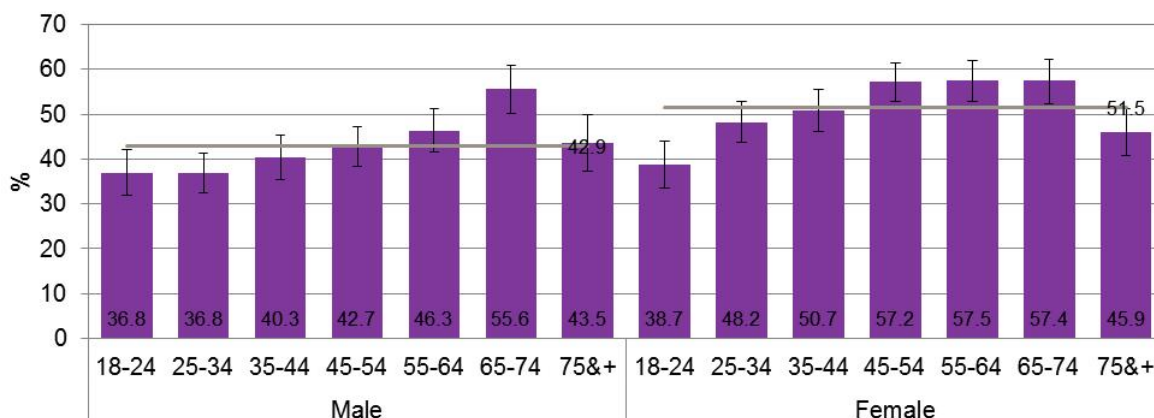
- 117,600 adults who report they do not eat the recommended “5-a-day”.
- 106,100 adults who report eating the recommended “5-a-day”.

By social class and deprivation status



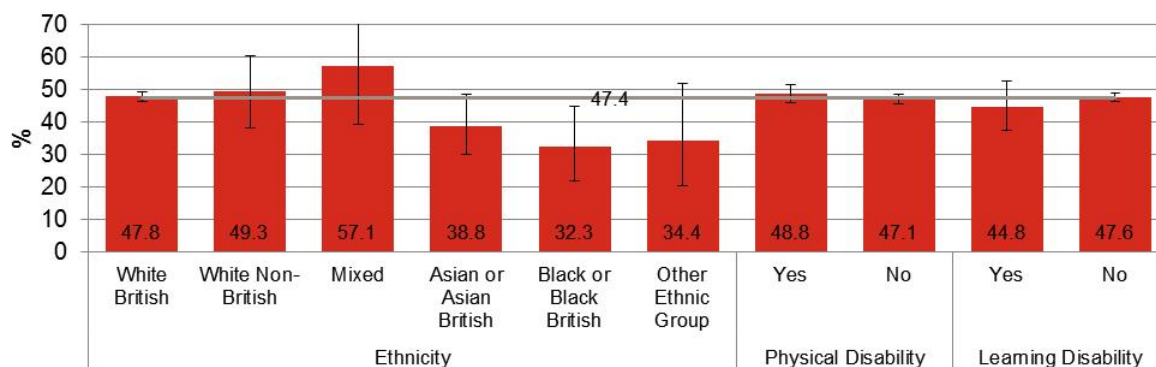
- Adults in higher managerial, administrative and professional occupations (56.8%) were significantly more likely to report eating the recommended “5-a-day” than the Sunderland average (47.4%), whilst adults in routine and manual occupations (42.9%) and adults who have never worked or are long term unemployed (36.3%) were significantly less likely to report eating the recommended “5-a-day” than the Sunderland average (47.4%).
- Adults who live in areas of Sunderland that are among the most disadvantaged fifth of all areas across England (Quintile 1) (42.4%) were significantly less likely to report eating the recommended “5-a-day” than the Sunderland average (47.4%), whilst adults who live in areas of Sunderland fall into Quintile 5 (56.8%) were significantly more likely to report eating the recommended “5-a-day” than the Sunderland average (47.4%).

By age and gender



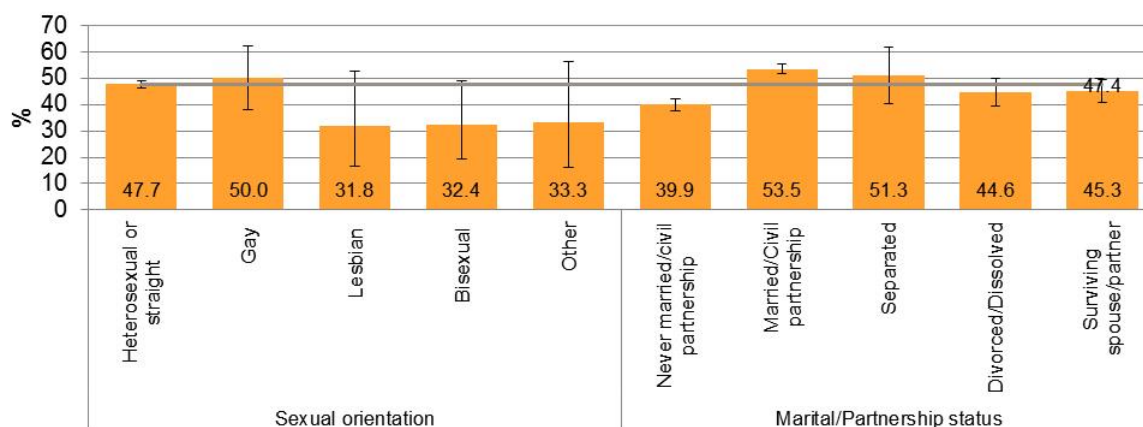
- Generally females were more likely than males and older age groups were more likely than younger age groups to report eating the recommended “5-a-day”.
- Males aged 65-74 (55.6%) were significantly more likely to report eating the recommended “5-a-day” than the average for Sunderland males (42.9%).
- Females aged 18-24 (38.7%) were significantly less likely to report eating the recommended “5-a-day” than the average for Sunderland females (51.5%).

By ethnicity or disability status



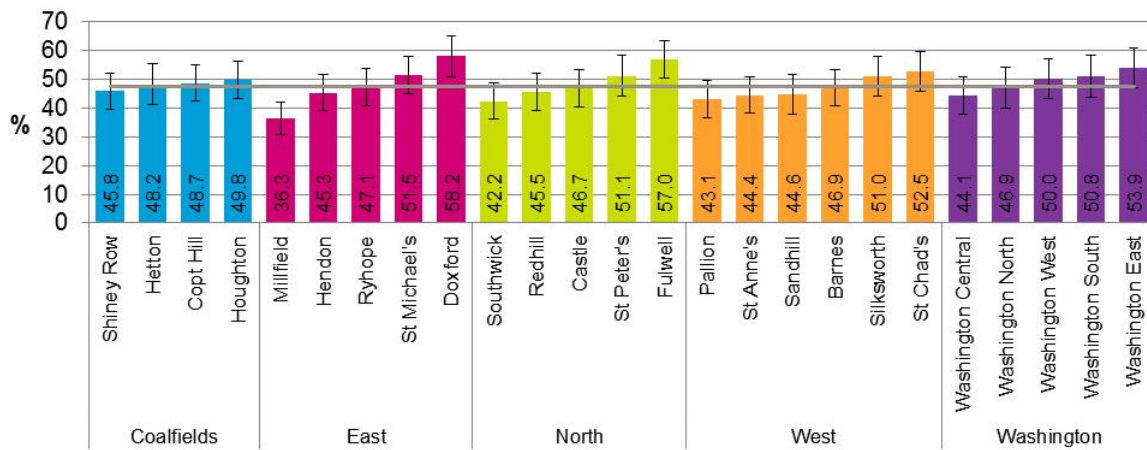
- Adults from Black or Black British (32.3%) were significantly less likely to report eating the recommended “5-a-day” than the Sunderland average (47.4%).
- There was no statistically significant variation between adults with a physical disability (48.4%) and adults without a physical disability (47.1%) in prevalence eating the recommended “5-a-day”.
- There was no statistically significant variation between adults with a physical disability (48.4%) and adults without a physical disability (47.1%) in prevalence eating the recommended “5-a-day”.

By sexual orientation or partnership status

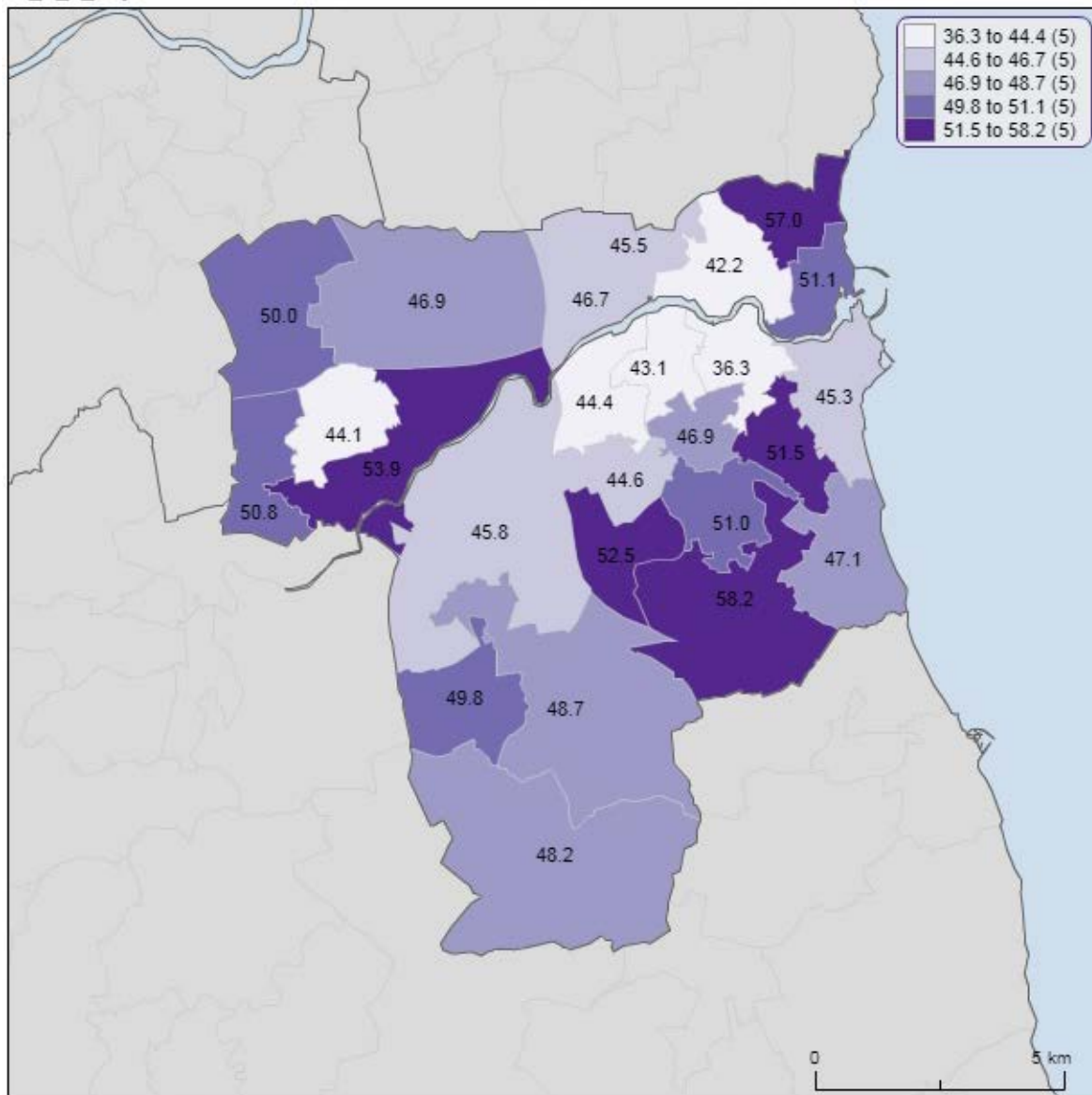


- There was no statistically significant variation by sexual orientation in the prevalence eating the recommended “5-a-day” when compared to the Sunderland average (47.4%).
- Adults who have never been married or in a registered civil partnership (39.9%) were significantly less likely to report eating the recommended “5-a-day”, whilst adults who are married or in a registered civil partnership (53.5%) were significantly more likely to report eating the recommended “5-a-day” when compared to the Sunderland average (47.4%).

By ward



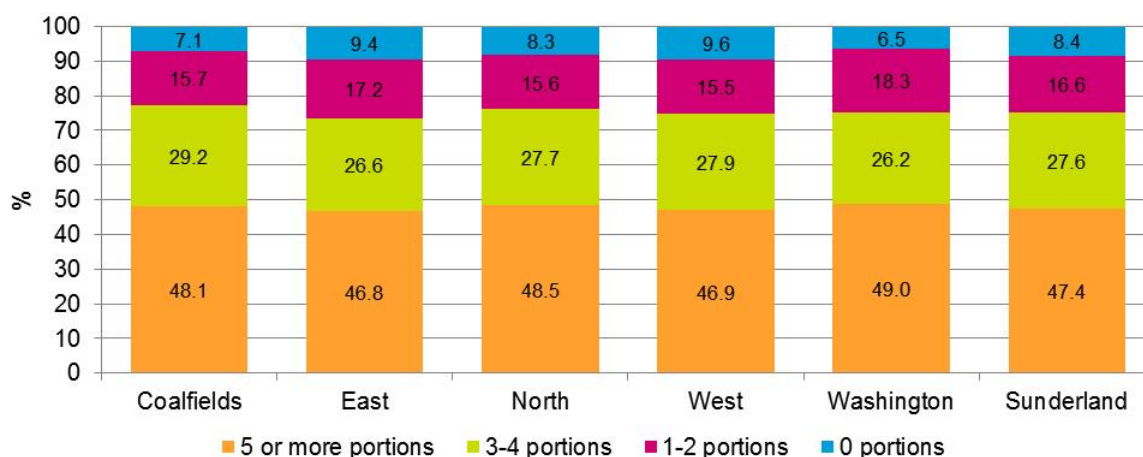
Map showing prevalence (%) of eating "5-a-day" for Sunderland wards



©PHE - © Crown copyright and database rights 2017, Ordnance Survey 100016969 - ONS © Crown Copyright 2017
 - This map was generated with some user imported data

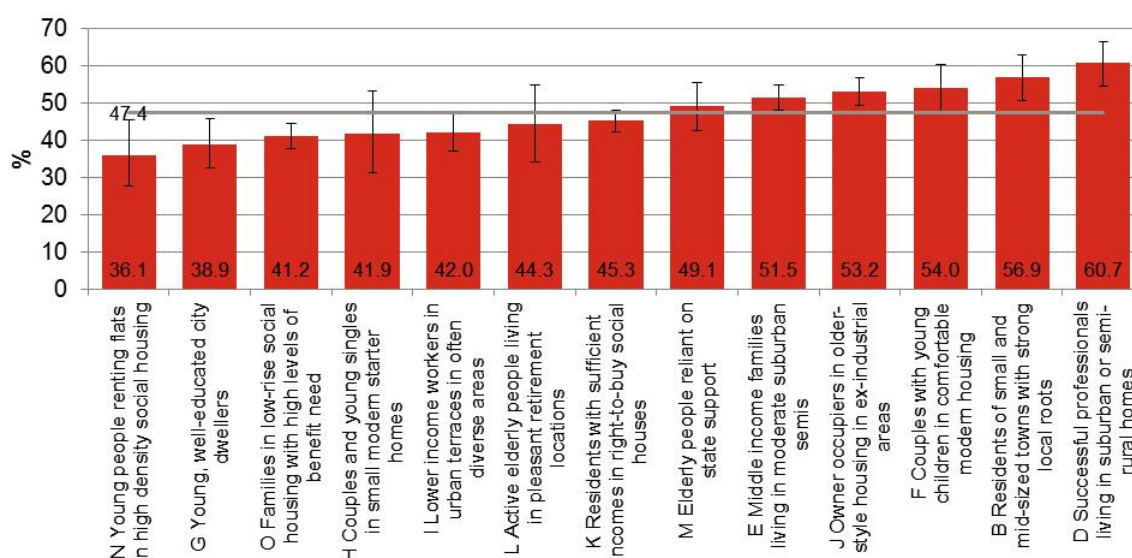
- Adults living in Doxford (58.2%) and Fulwell (57.0%) report significantly higher prevalence of eating the recommended “5-a-day” when compared to the Sunderland average (47.4%).
- Adults living in Millfield (36.3%) report significantly lower prevalence of eating the recommended “5-a-day” when compared to the Sunderland average (47.4%).
- Wards with the highest prevalence of eating “5-a-day” were: Doxford (58.2%), Fulwell (57.0%), Washington East (53.9%), St Chad’s (52.5%) and St Michael’s (51.5%).
- Wards with the lowest prevalence of eating “5-a-day” were: Millfield (36.3%), Southwick (42.2%), Pallion (43.1%), Washington Central (44.1%), and St Anne’s (44.4%).

By area



- When summarised at area level, there is no statistically significant variation in the prevalence of eating “5-a-day” when compared to the Sunderland average (47.4%).

By Mosaic® group



- When considering population groups with similar social and demographic characteristics (Mosaic® groups), adults from group D (60.7%), group B (56.9%) and Group J (53.2%) were significantly more likely to report eating the recommended “5-a-day” when compared to the Sunderland average (47.4%).
- When considering population groups with similar social and demographic characteristics (Mosaic® groups), adults from group N (36.1%), group G (38.9%) and Group O (41.2%) were significantly less likely to report eating the recommended “5-a-day” when compared to the Sunderland average (47.4%).