

Sunderland Adult Health & Lifestyle Survey 2017

Topic Profile: Multiple Unhealthy Behaviours

About Multiple Unhealthy Behaviours

Many people in Sunderland continue to engage in unhealthy lifestyle behaviours which remain a key cause of our increased rates of premature death. In 2012, the Kings Fund examined how four lifestyle risk factors – smoking, excessive alcohol use, poor diet, and low levels of physical activity – occur together in the population and how this distribution has changed over time. The report found that people who were more disadvantaged were more likely than those who were more advantaged to engage in all four behaviours.

A recent update by the Kings Fund (2018) has confirmed that as the number of unhealthy lifestyle behaviours increases so does the impact on mortality, morbidity and quality of life. Whilst the evidence is still emerging, it appears that success in changing one behaviour may be related to success in changing another. It is not yet clear, though, whether changes are more effective when undertaken together or in sequence. The exception to this is in relation to stopping smoking, where evidence shows that this is more effective when delivered in sequence rather than being delivered at the same time as other behaviour change interventions.

In our survey we have collected information about the four lifestyle risk factors - smoking, excessive alcohol use, poor diet, and low levels of physical activity – using the following definitions of unhealthy behaviour:

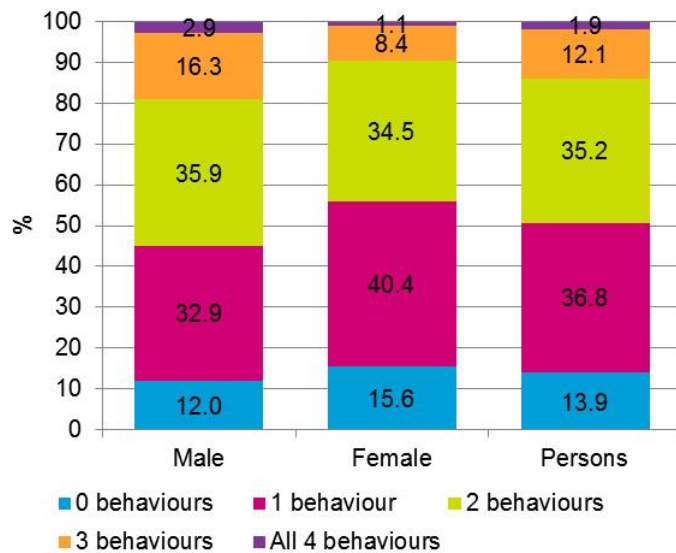
- Smoking – is a current smoker;
- Excessive alcohol use – drinks more than the recommended 14 units of alcohol in a typical week;
- Poor diet – eats less than 5 portions of fruit and vegetables on a typical day;
- Low levels of physical activity – doing at least 30 minutes of moderate intensity activity on fewer than 5 days per week.

It should be noted that new guidelines on low risk drinking were published in 2016, bringing the recommendations for males in line with those for females. In our assessment of the survey data we have used the definition from the new guidelines, and therefore the findings presented here are not comparable with the findings from the 2012 survey.

Patterns of Multiple Unhealthy Behaviours in Sunderland

Based on our survey of 5,571 adults aged 18 and over (a 2.5% sample of the Sunderland adult population):

- 13.9% of Sunderland adults reported engaging in none of the unhealthy behaviours.
- 36.8% of Sunderland adults reported engaging in one of the unhealthy behaviours.
- 35.2% of Sunderland adults reported engaging in two of the unhealthy behaviours.
- 12.1% of Sunderland adults reported engaging in three of the unhealthy behaviours.
- 1.9% of Sunderland adults reported engaging in all four of the unhealthy behaviours.

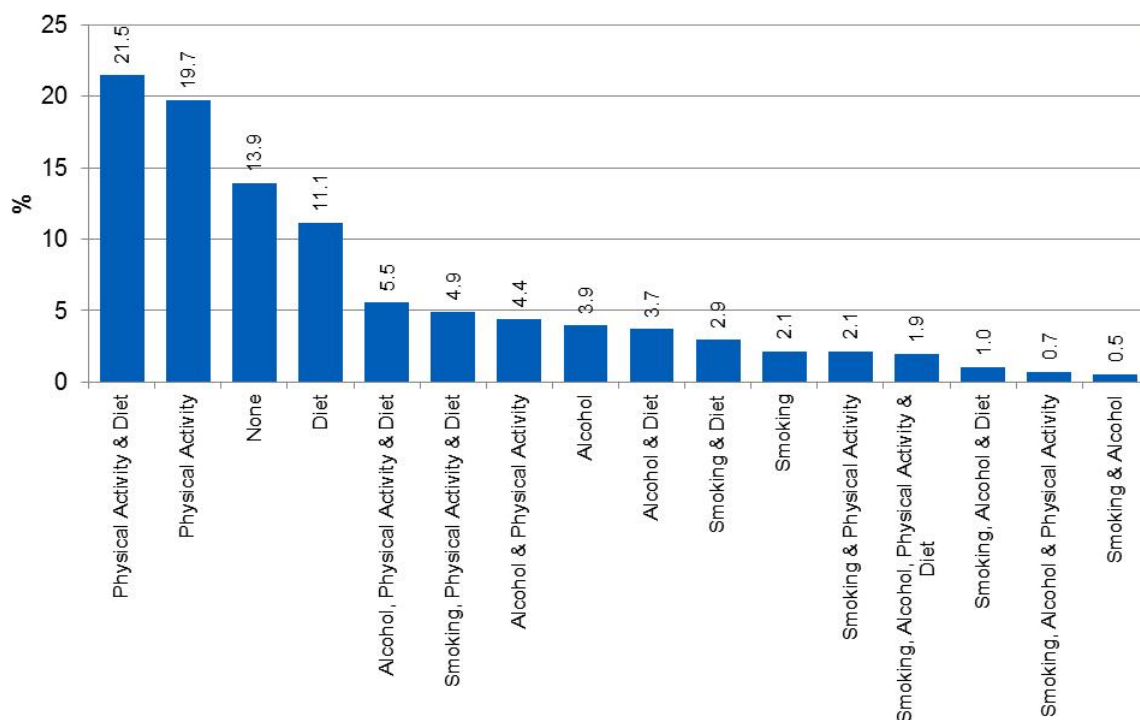


- 14.1% of Sunderland adults reported engaging in three or four of the unhealthy behaviours.

Using 2016 mid-year population estimates this would mean that in Sunderland we have around:

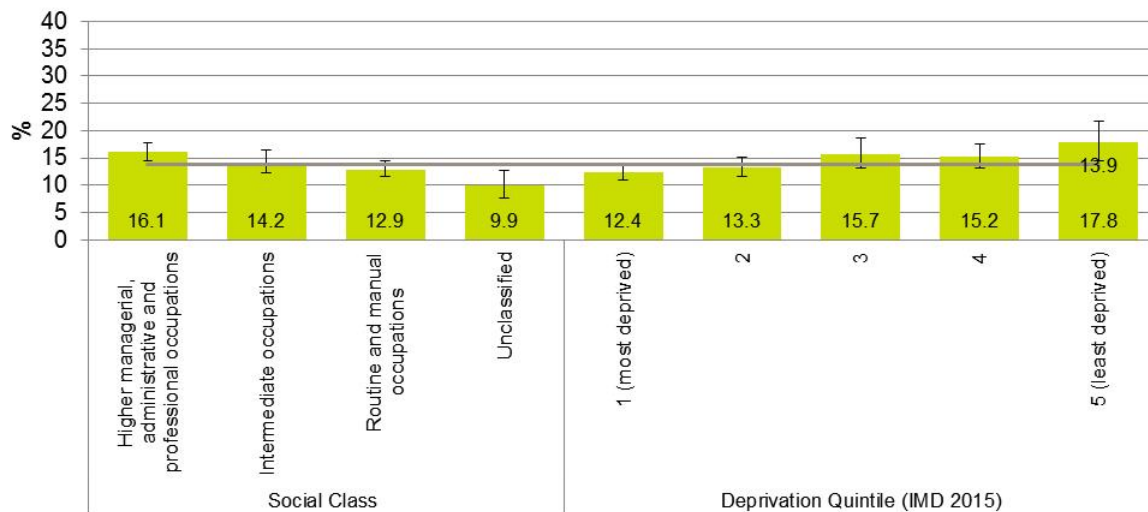
- 31,100 adults aged 18 and over who engage in none of these behaviours.
- 82,400 adults aged 18 and over who engage in one of these behaviours.
- 78,700 adults aged 18 and over who engage in two of these behaviours.
- 27,200 adults aged 18 and over who engage in three of these behaviours.
- 4,300 adults aged 18 and over who engage in all four of these behaviours.
- 31,500 adults aged 18 and over who engage in three or four of these behaviours.

Combinations of multiple unhealthy behaviours in Sunderland adults were as follows:



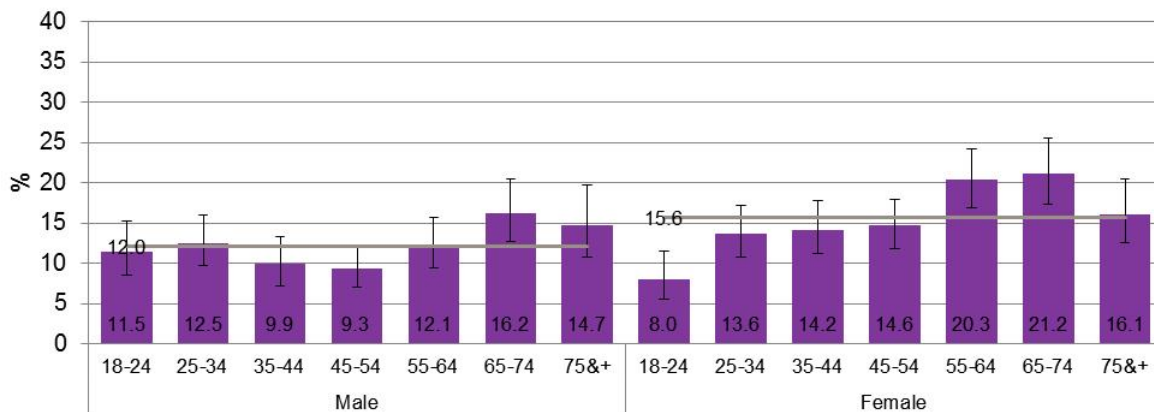
Prevalence of none of the four unhealthy behaviours in Sunderland

By social class and deprivation status



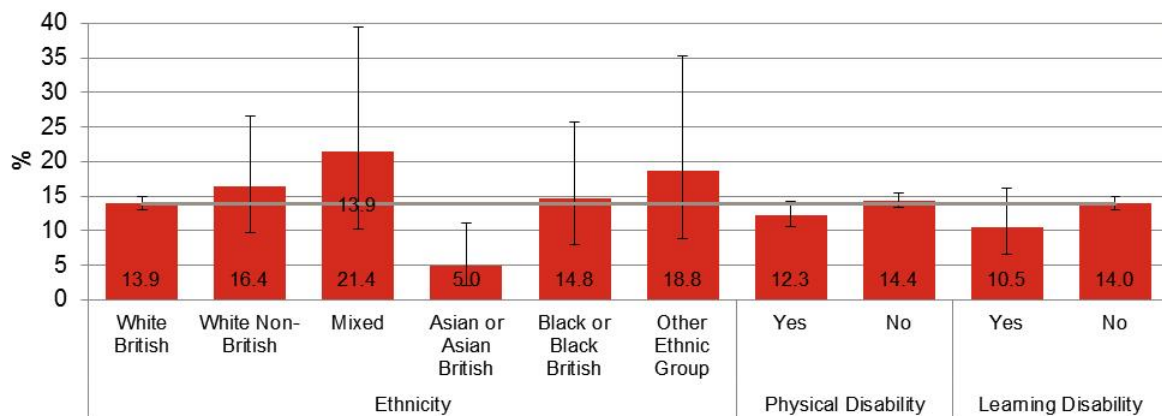
- Adults who have never worked or are long term unemployed (9.9%) were significantly less likely to report engaging in none of the four unhealthy behaviours than the Sunderland average (13.9%).
- There was no statistically significant variation in the percentage reporting engaging in none of the four unhealthy behaviours by deprivation quintile when compared to the Sunderland average (13.9%).

By age and gender



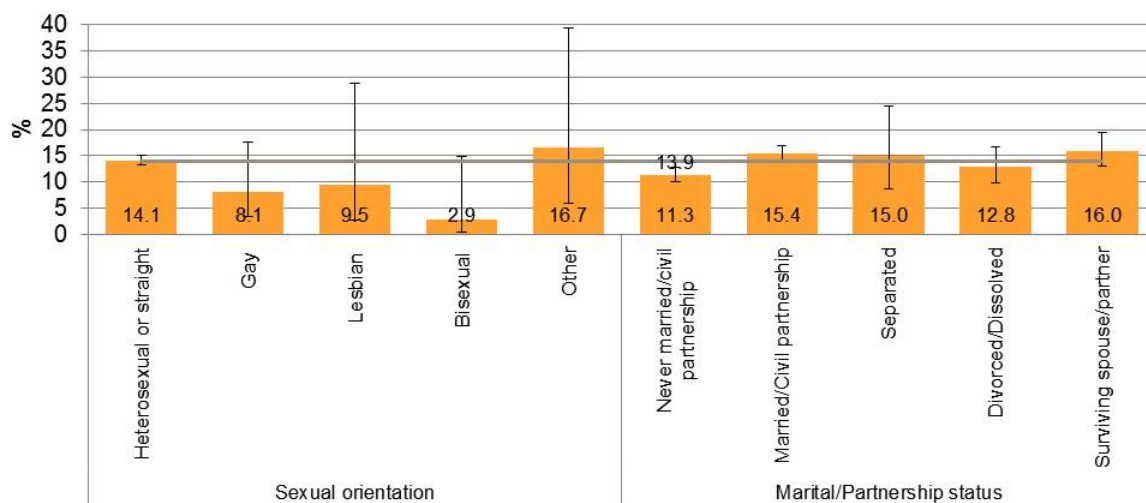
- Females (15.6%) are significantly more likely than males (12.0%) to report engaging in none of the four unhealthy behaviours.
- For males, there was no statistically significant variation in the percentage reporting engaging in none of the four unhealthy behaviours by age group when compared to the Sunderland average for males (12.0%).
- Females aged 18-24 (8.0%) were significantly less likely to report engaging in none of the four unhealthy behaviours than average for Sunderland females (15.6%), whilst females aged 65-74 (21.2%) were significantly more likely to report engaging in none of the four unhealthy behaviours than average for Sunderland females (15.6%).

By ethnicity or disability status



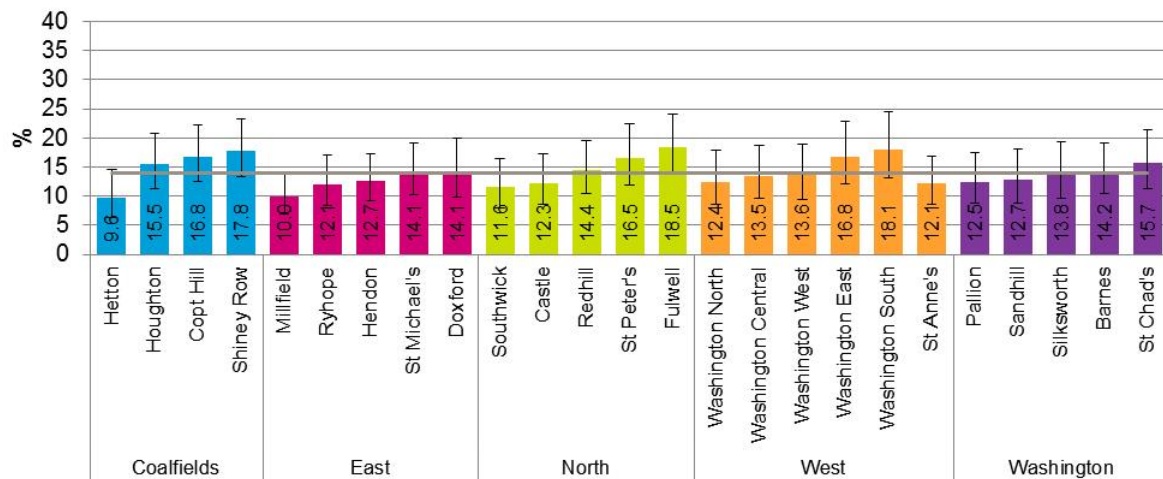
- Adults from Asian or Asian British (5.0%) groups were significantly less likely to report engaging in none of the four unhealthy behaviours than the Sunderland average (13.9%).
- There was no statistically significant variation in the percentage reporting engaging in none of the four unhealthy behaviours when comparing adults with a physical disability (12.3%) and those without a physical disability (14.4%).
- There was no statistically significant variation in the percentage reporting engaging in none of the four unhealthy behaviours when comparing adults with a learning disability (10.5%) and those without a learning disability (14.0%).

By sexual orientation or partnership status

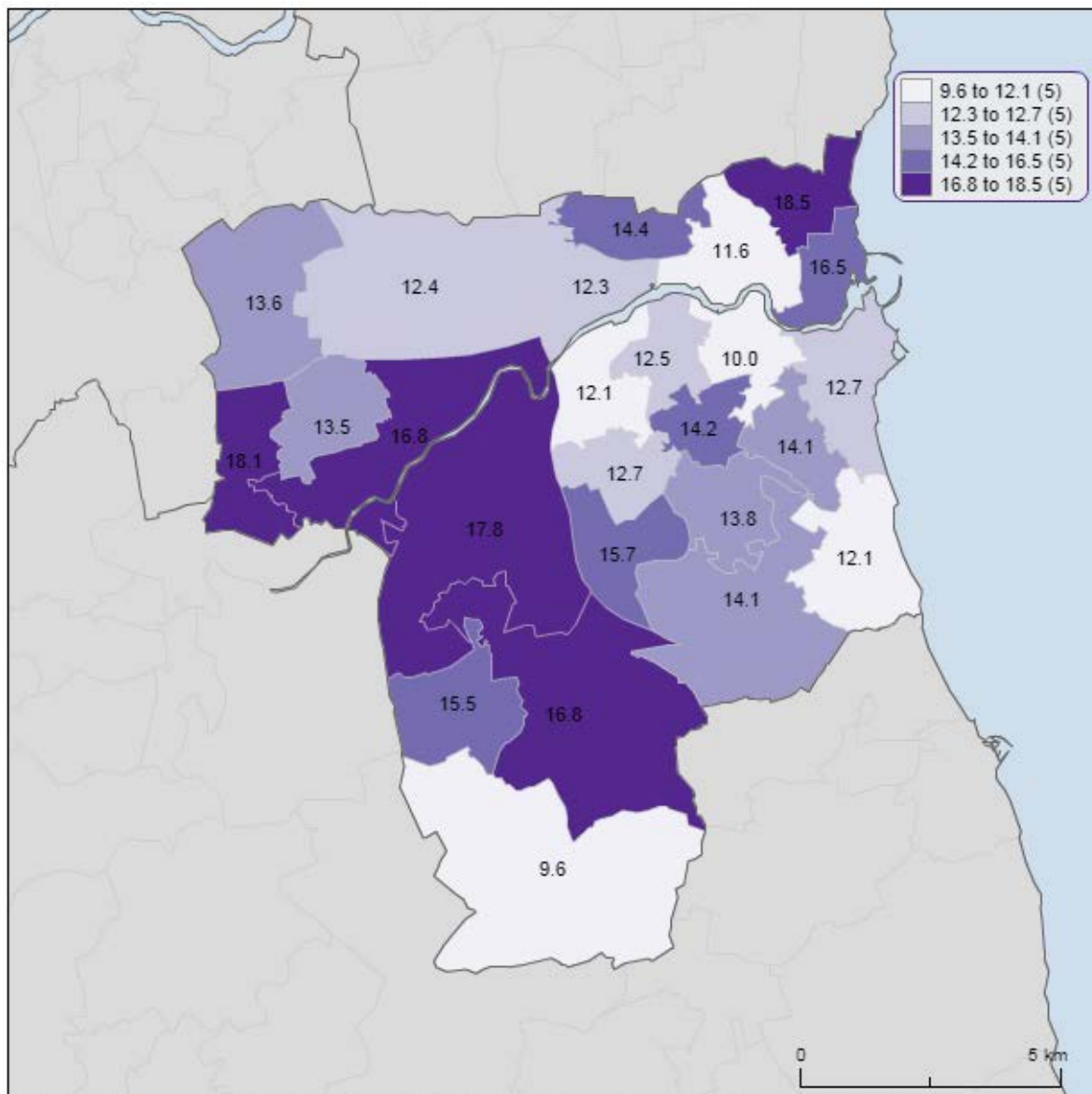


- There was no statistically significant variation in the percentage reporting engaging in none of the four unhealthy behaviours by sexual orientation when compared to the Sunderland average (13.9%).
- Adults who have never been married or in a registered civil partnership (11.3%) were significantly less likely to report engaging in none of the four unhealthy behaviours than the Sunderland average (13.9%).

By ward



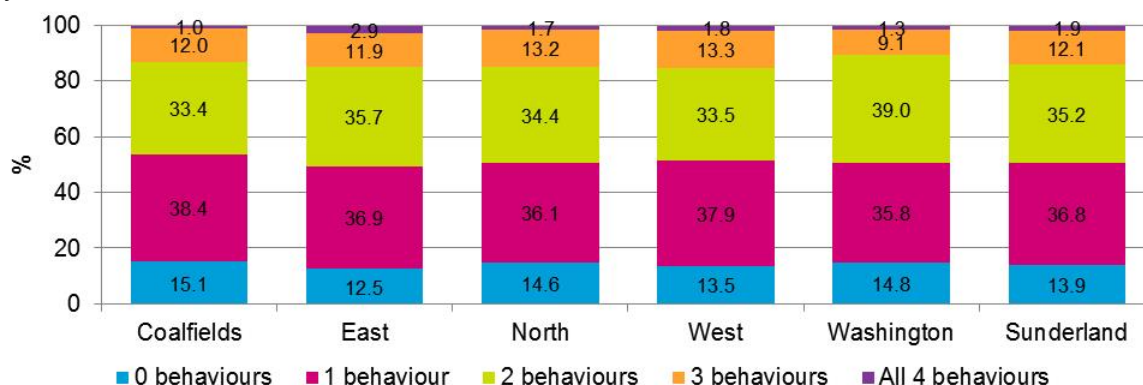
Map showing prevalence (%) of no unhealthy behaviours for Sunderland wards



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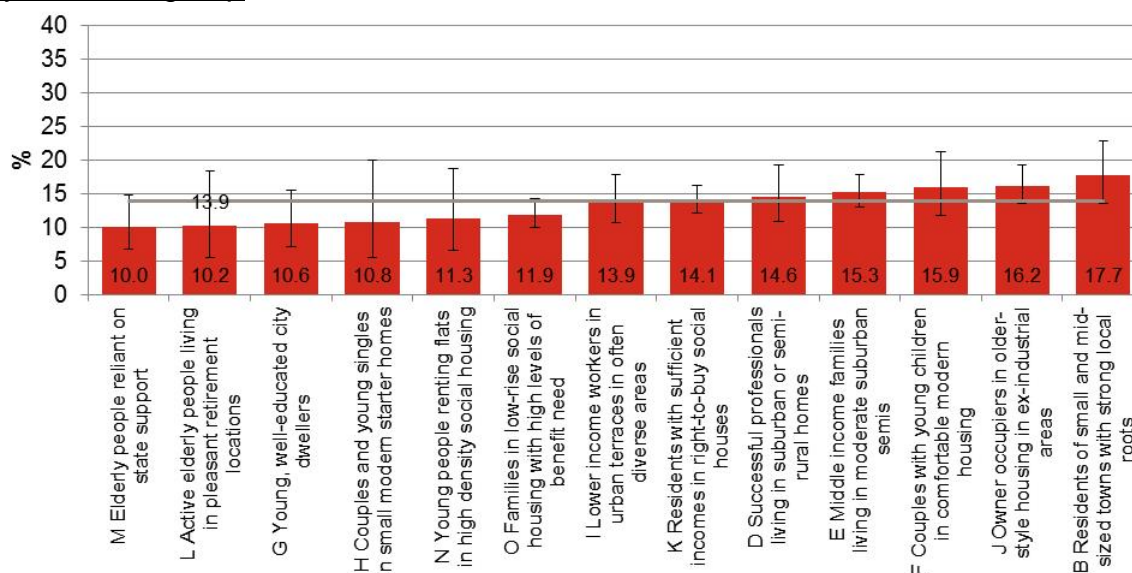
- Whilst there is variation by ward in the percentage reporting engaging in none of the four unhealthy behaviours, no wards were significantly different from the Sunderland average (13.9%).
- Wards with the highest prevalence of adults engaging in none of the four unhealthy behaviours were: Fulwell (18.5%), Washington South (18.1%), Shiney Row (17.8%), Washington East (16.8%) and Copt Hill (16.8%).
- Wards with the lowest prevalence of adults engaging in none of the four unhealthy behaviours were: Hetton (9.6%), Millfield (10.0%), Southwick (11.6%), Ryhope (12.1%) and St Anne's (12.1%).

By area



- When summarised at area level, there was no statistically significant variation in the percentage reporting engaging in none of the four unhealthy behaviours compared to the Sunderland average (13.9%).

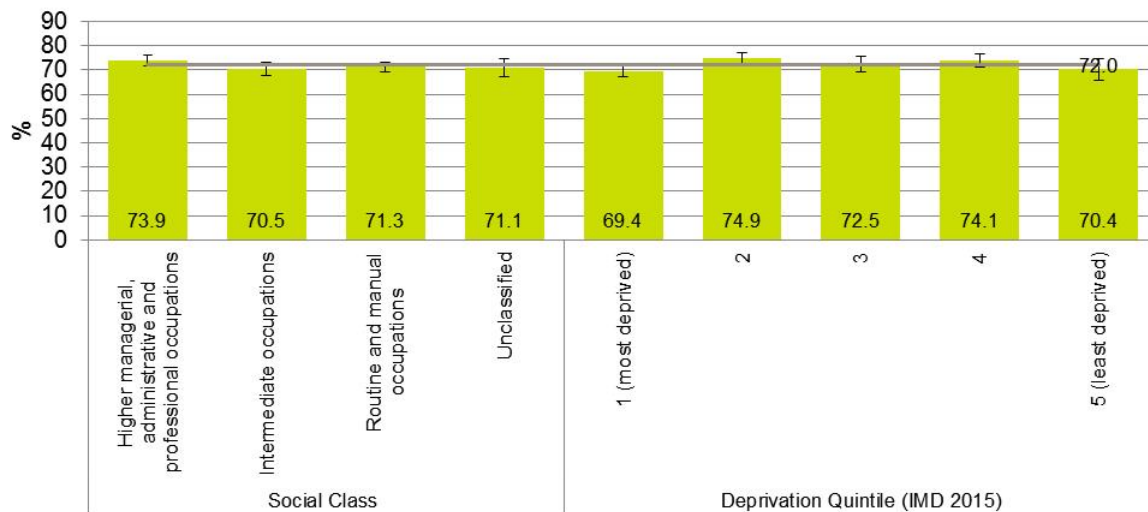
By Mosaic® group



- When considering population groups with similar social and demographic characteristics (Mosaic® groups), there was no statistically significant variation in the percentage reporting engaging in none of the four unhealthy behaviours compared to the Sunderland average (13.9%).

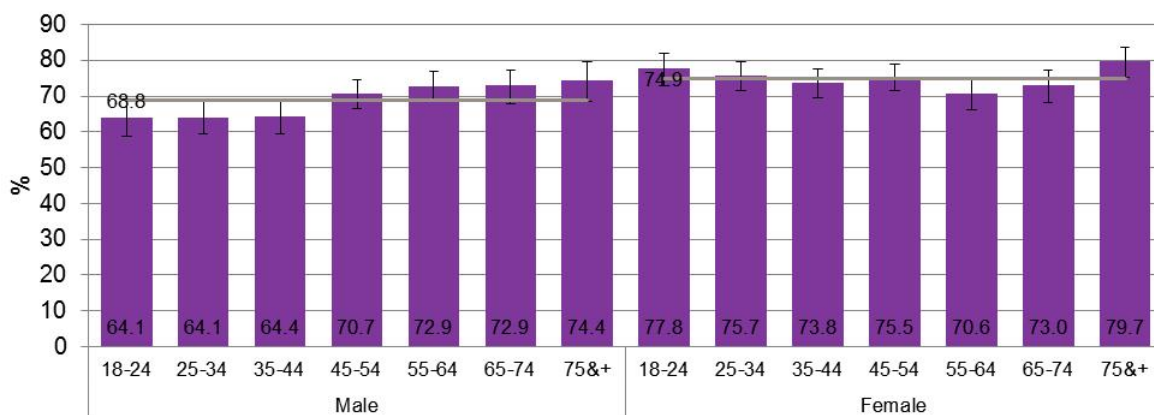
Prevalence of one or two of the four unhealthy behaviours in Sunderland

By social class and deprivation status



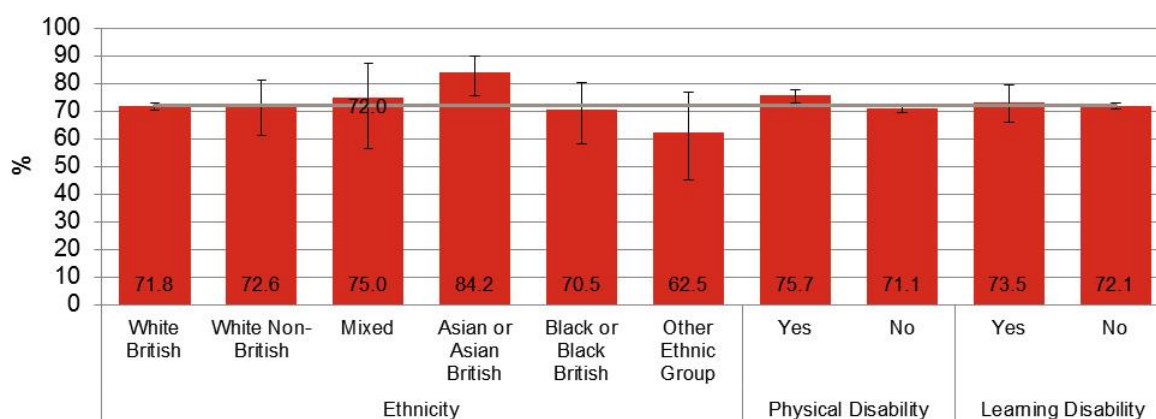
- There was no statistically significant variation in the percentage reporting engaging in one or two of the four unhealthy behaviours by social class when compared to the Sunderland average (72.0%).
- There was no statistically significant variation in the percentage reporting engaging in one or two of the four unhealthy behaviours by deprivation quintile when compared to the Sunderland average (72.0%).

By age and gender



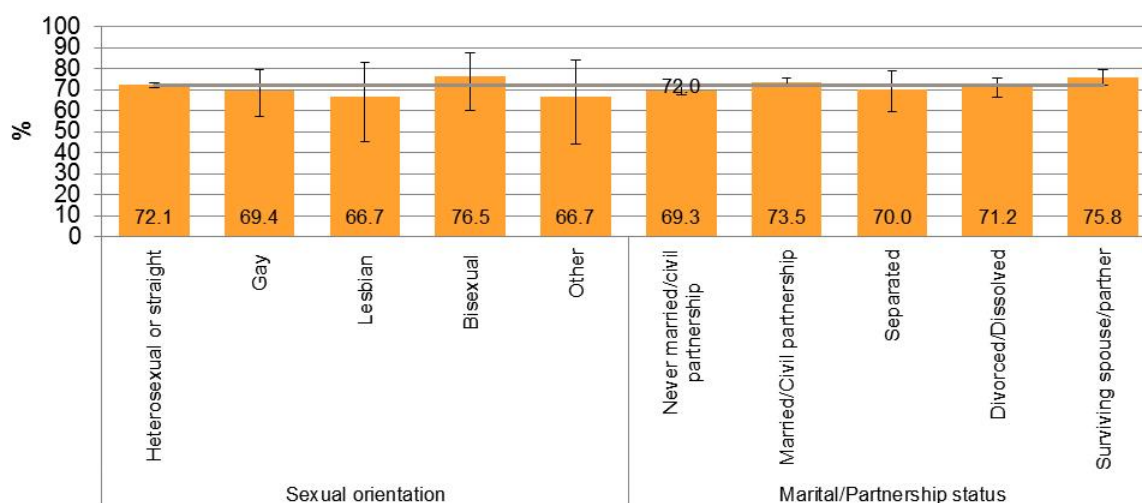
- Females (74.9%) were significantly more likely than males (68.8%) to report engaging in one or two of the four unhealthy behaviours.
- Males aged 25-34 (64.1%) were significantly less likely to report engaging in one or two of the four unhealthy behaviours than average for Sunderland males (68.8%).
- Females aged 55-64 (70.6%) were significantly less likely to report engaging in one or two of the four unhealthy behaviours than average for Sunderland females (74.9%).

By ethnicity or disability status



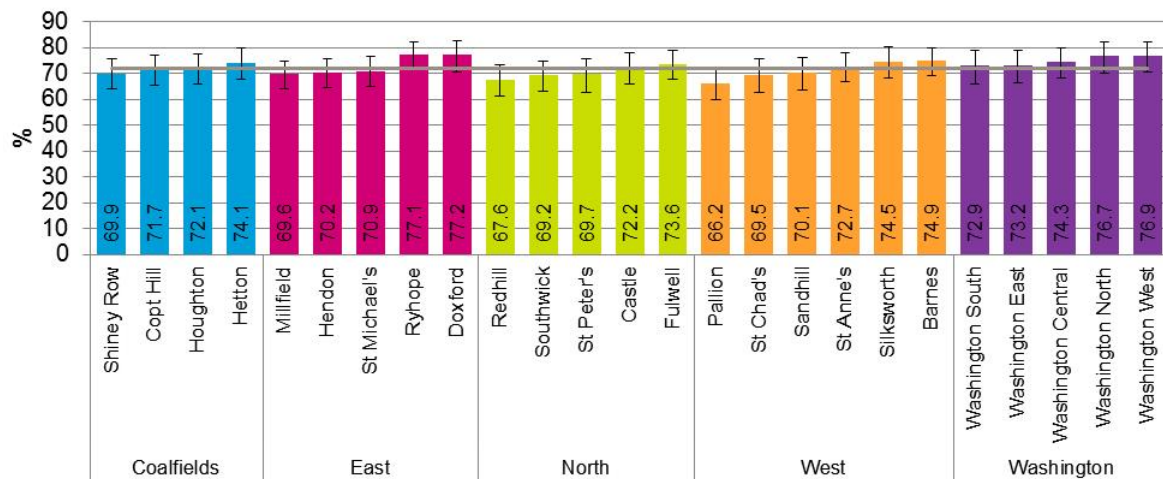
- Adults from Asian or Asian British (84.2%) groups were significantly more likely to report engaging in one or two of the four unhealthy behaviours than the Sunderland average (72.0%).
- Adults with a physical disability (75.7%) were significantly more likely to report engaging in one or two of the four unhealthy behaviours than those without a physical disability (71.1%).
- There was no statistically significant variation in the percentage reporting engaging in one or two of the four unhealthy behaviours when comparing adults with a learning disability (73.5%) and those without a learning disability (72.1%).

By sexual orientation or partnership status

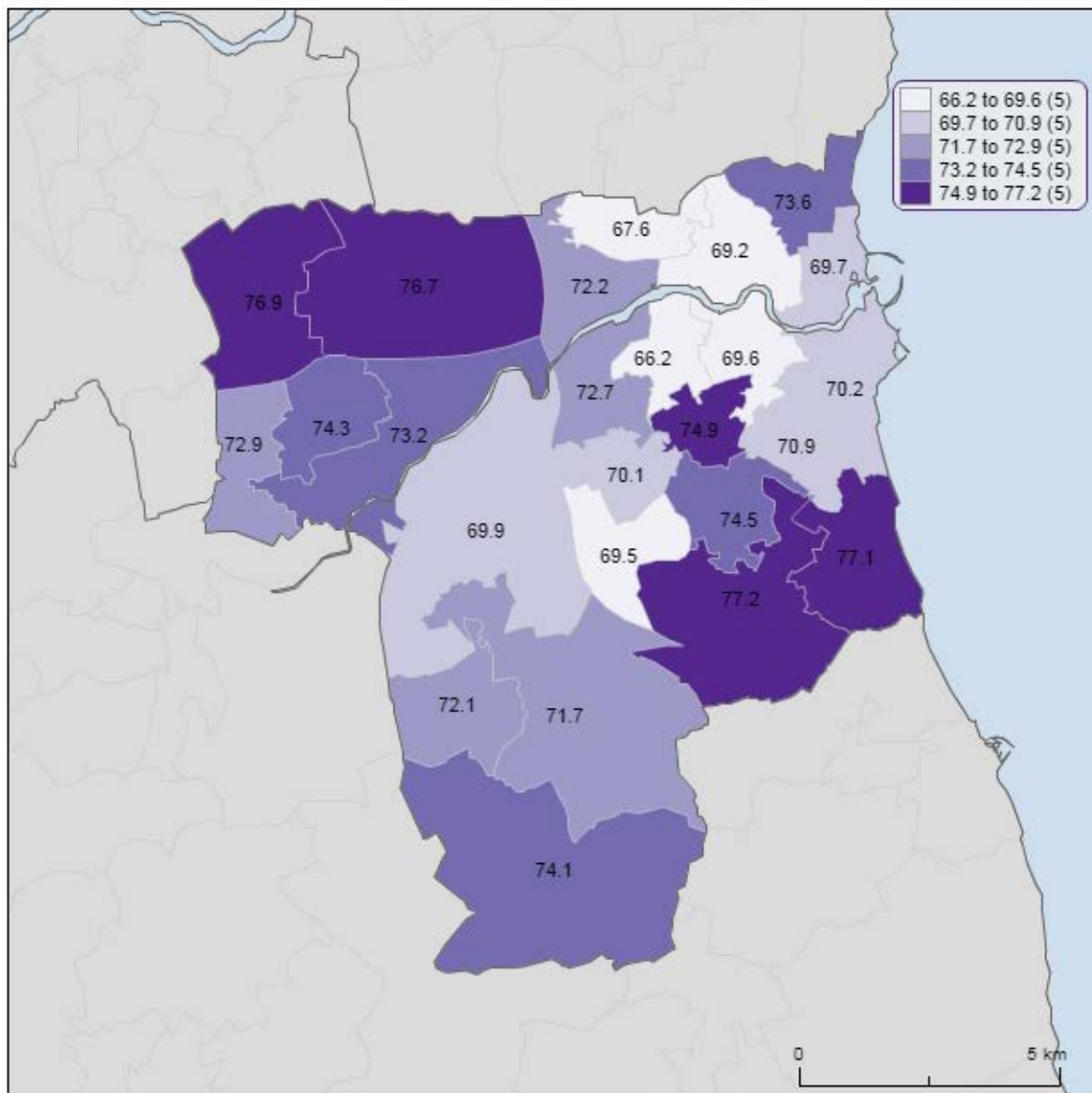


- There was no statistically significant variation in the percentage reporting engaging in one or two of the four unhealthy behaviours by sexual orientation when compared to the Sunderland average (72.0%).
- There was no statistically significant variation in the percentage reporting engaging in one or two of the four unhealthy behaviours by partnership status when compared to the Sunderland average (72.0%).

By ward



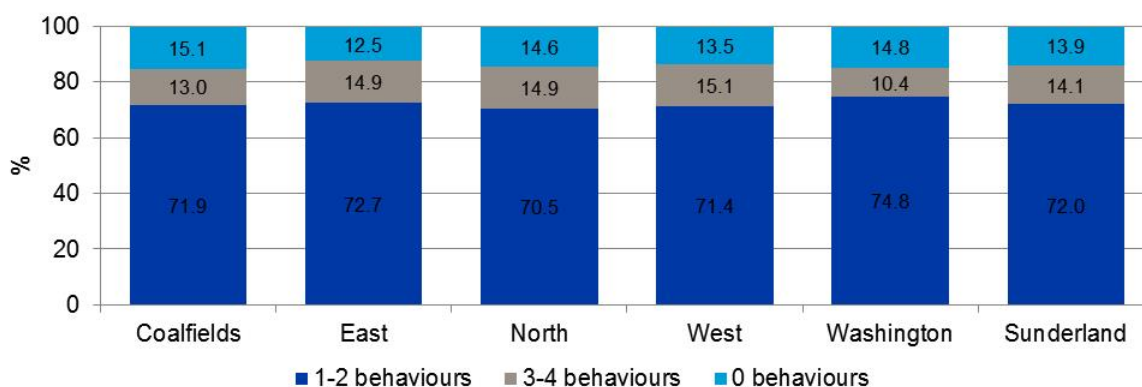
Map showing prevalence (%) of 1-2 unhealthy behaviours for Sunderland wards



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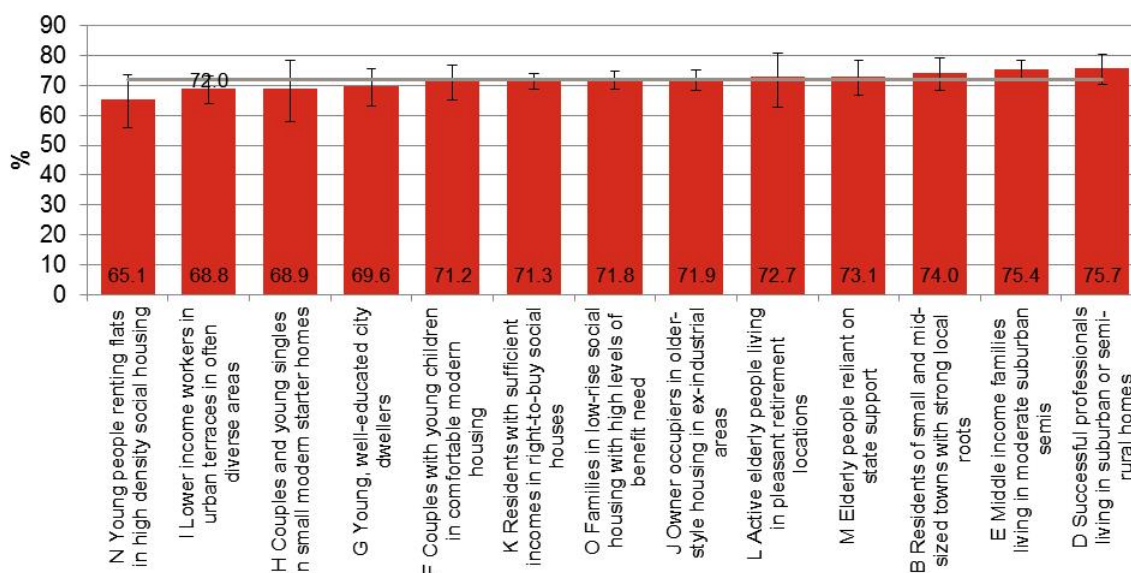
- Whilst there is variation by ward in the percentage reporting engaging in one or two of the four unhealthy behaviours, no wards were significantly different from the Sunderland average (74.9%).
- Wards with the highest prevalence of adults engaging in one or two of the four unhealthy behaviours were: Doxford (77.2%), Ryhope (77.1%), Washington West (76.9%), Washington North (76.7%) and Barnes (74.9%).
- Wards with the lowest prevalence of adults engaging in one or two of the four unhealthy behaviours were: Pallion (66.2%), Redhill (67.6%), Southwick (69.2%), St Chad's (69.5%) and Millfield (69.6%).

By area



- When summarised at area level, there was no statistically significant variation in the percentage reporting engaging in one or two of the four unhealthy behaviours compared to the Sunderland average (72.0%).

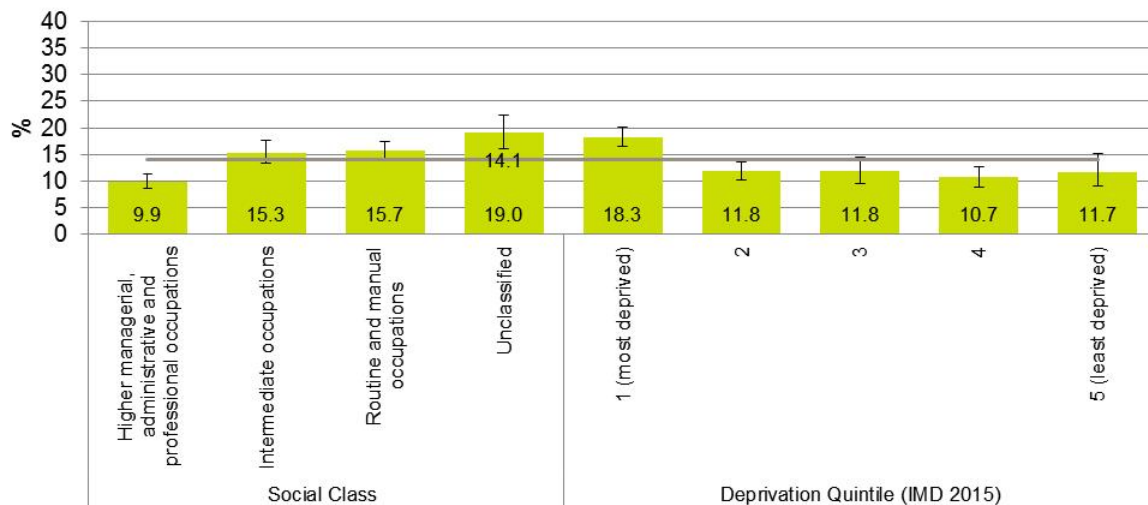
By Mosaic® group



- When considering population groups with similar social and demographic characteristics (Mosaic® groups), there was no statistically significant variation in the percentage reporting engaging in one or two of the four unhealthy behaviours compared to the Sunderland average (72.0%).

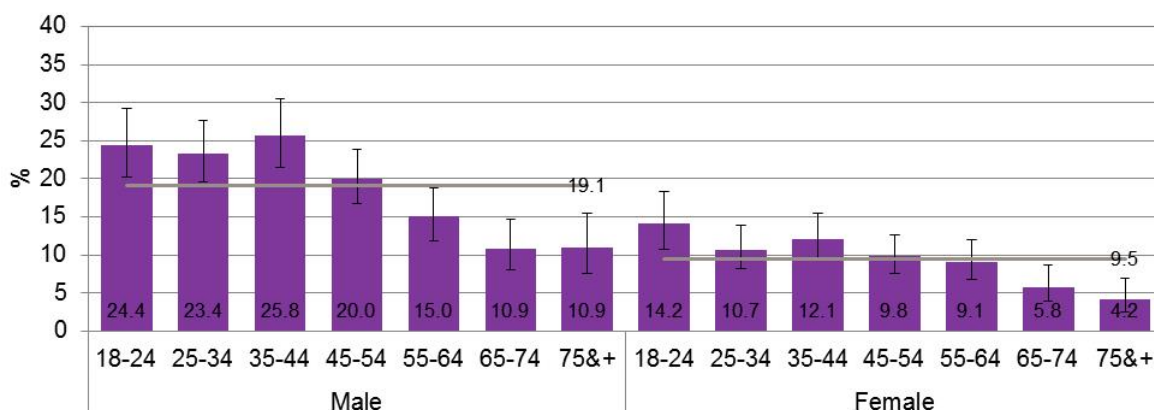
Prevalence of three or four unhealthy behaviours in Sunderland

By social class and deprivation status



- Adults in higher managerial, administrative and professional occupations (9.9%) were significantly less likely to report engaging in three or four of the four unhealthy behaviours than the Sunderland average (14.1%), whilst adults who have never worked or are long term unemployed (19.0%) were significantly more likely to report engaging in three or four of the four unhealthy behaviours than the Sunderland average (14.1%).
- Adults who live in areas within Sunderland that are among the most disadvantaged fifth of all areas across England (Quintile 1) (18.3%) were significantly more likely to report engaging in three or four of the four unhealthy behaviours than the Sunderland average (14.1%), whilst adults who live in areas of Sunderland that fall into Quintile 4 (10.7%) were significantly less likely to report engaging in three or four of the four unhealthy behaviours than the Sunderland average (14.1%).

By age and gender

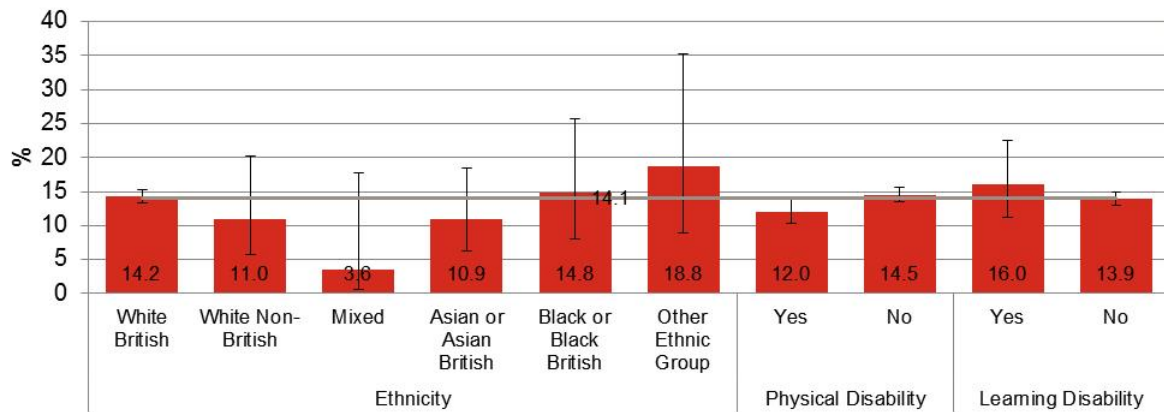


- Males (19.1%) were significantly more likely than females (9.5%) to report engaging in three or four of the four unhealthy behaviours.
- Males aged 35-44 (25.8%) were significantly more likely to report engaging in three or four of the four unhealthy behaviours than average for Sunderland males (19.1%), whilst males aged 65-74 (10.9%) and 75 and over (10.9%) were

significantly less likely to report engaging in three or four of the four unhealthy behaviours than average for Sunderland males (19.1%).

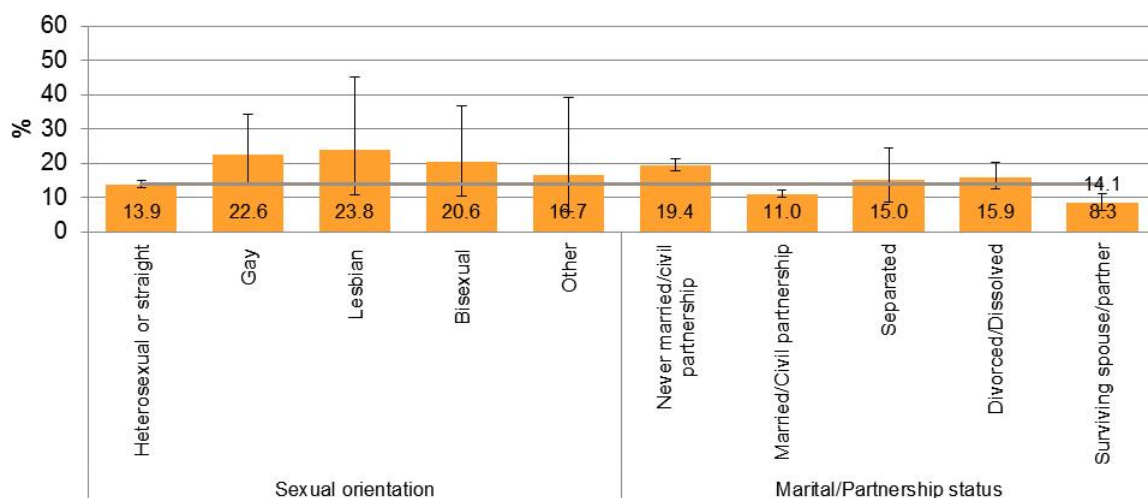
- Females aged 18-24 (14.2%) were significantly more likely to report engaging in three or four of the four unhealthy behaviours than average for Sunderland females (9.5%), whilst females aged 75 and over (4.2%) were significantly less likely to report engaging in three or four of the four unhealthy behaviours than average for Sunderland females (9.5%).

By ethnicity or disability status



- There was no statistically significant variation in the percentage reporting engaging in three or four of the four unhealthy behaviours by ethnic group when compared to the Sunderland average (14.1%).
- Adults without a physical disability (14.5%) were significantly more likely to report engaging in three or four of the four unhealthy behaviours than those with a physical disability (12.0%).
- There was no statistically significant variation in the percentage reporting engaging in three or four of the four unhealthy behaviours when comparing adults with a learning disability (16.0%) and those without a learning disability (13.9%).

By sexual orientation or partnership status

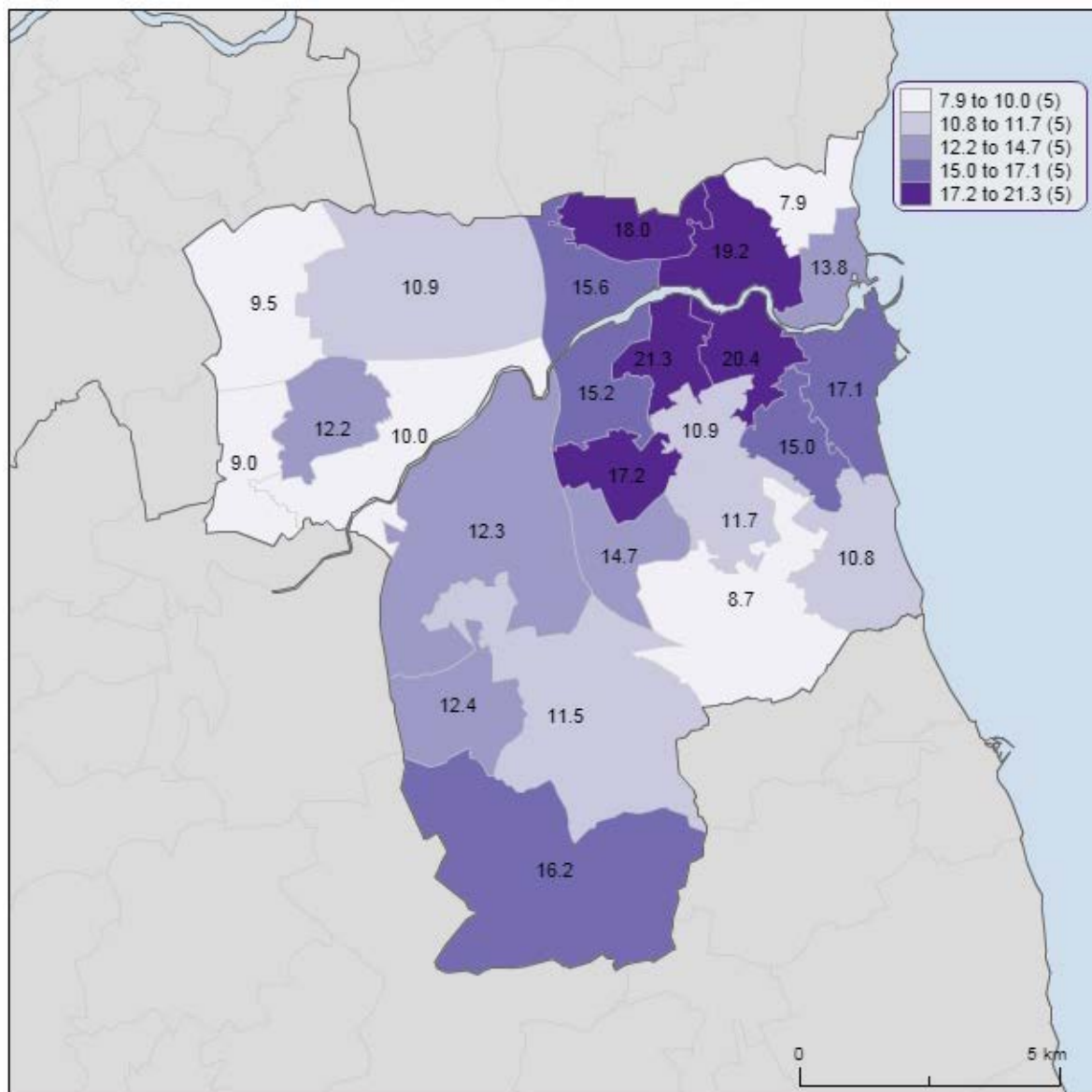


- There was no statistically significant variation in the percentage reporting engaging in three or four of the four unhealthy behaviours by sexual orientation when compared to the Sunderland average (14.1%).

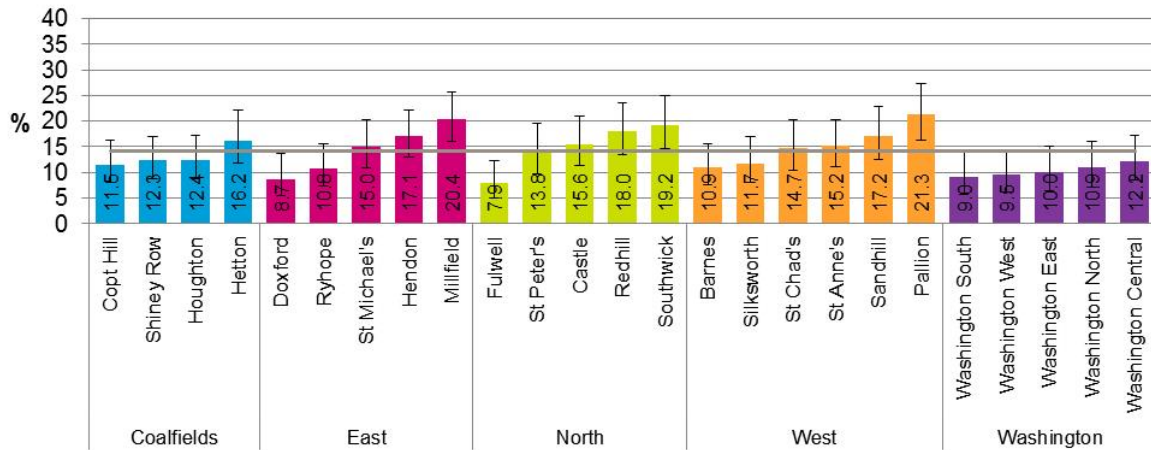
- Adults who have never been married or in a registered civil partnership (19.4%) were significantly more likely to report engaging in three or four of the four unhealthy behaviours than the average for Sunderland (14.1%), whilst adults who are married or in a registered civil partnership (11.0%) and adults who are a surviving spouse (widow or widower) or civil partner (8.3%) were significantly less likely to report engaging in three or four of the four unhealthy behaviours than the average for Sunderland (14.1%).

By ward

Map showing prevalence (%) of 3-4 unhealthy behaviours for Sunderland wards

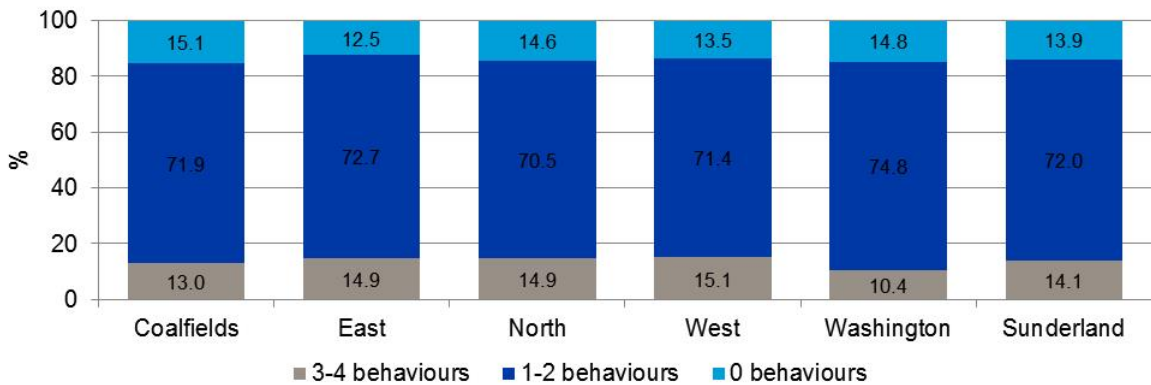


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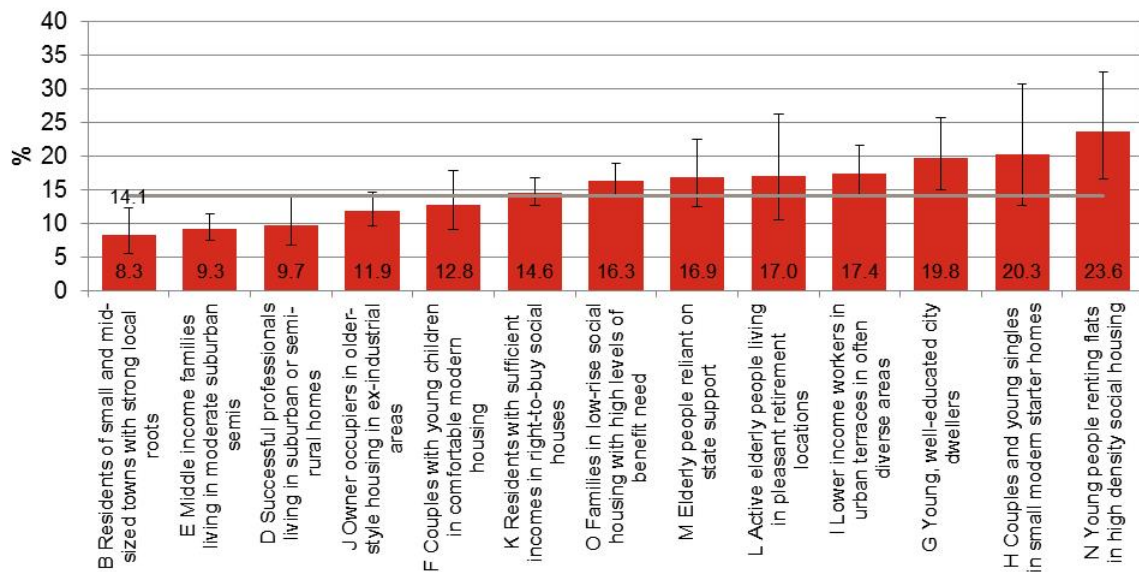
- Adults living in Pallion (21.3%) and Millfield (20.4%) were significantly more likely to report engaging in three or four of the four unhealthy behaviours than the Sunderland average (14.1%).
- Adults living in Fulwell (7.9%) were significantly less likely to report engaging in three or four of the four unhealthy behaviours than the Sunderland average (14.1%).
- Wards with the highest prevalence of adults engaging in three or four of the four unhealthy behaviours were: Pallion (21.3%), Millfield (20.4%), Southwick (19.2%), Redhill (18.0%) and Sandhill (17.2%).
- Wards with the lowest prevalence of adults engaging in three or four of the four unhealthy behaviours were: Fulwell (7.9%), Doxford (8.7%), Washington South (9.0%), Washington West (9.5%) and Washington East (10.0%).

By area



- When summarised at area level, adults living in the Washington area (10.4%) were significantly less likely to report engaging in three or four of the four unhealthy behaviours than the Sunderland average (14.1%).

By Mosaic® group



- When considering population groups with similar social and demographic characteristics (Mosaic® groups), group B (8.3%) and group E (9.3%) were significantly less likely to report engaging in three or four of the four unhealthy behaviours than the Sunderland average (14.1%).
- When considering population groups with similar social and demographic characteristics (Mosaic® groups), group N (23.6%) were significantly more likely to report engaging in three or four of the four unhealthy behaviours than the Sunderland average (14.1%).