

Area Profile from Adult Lifestyle Survey 2017

West

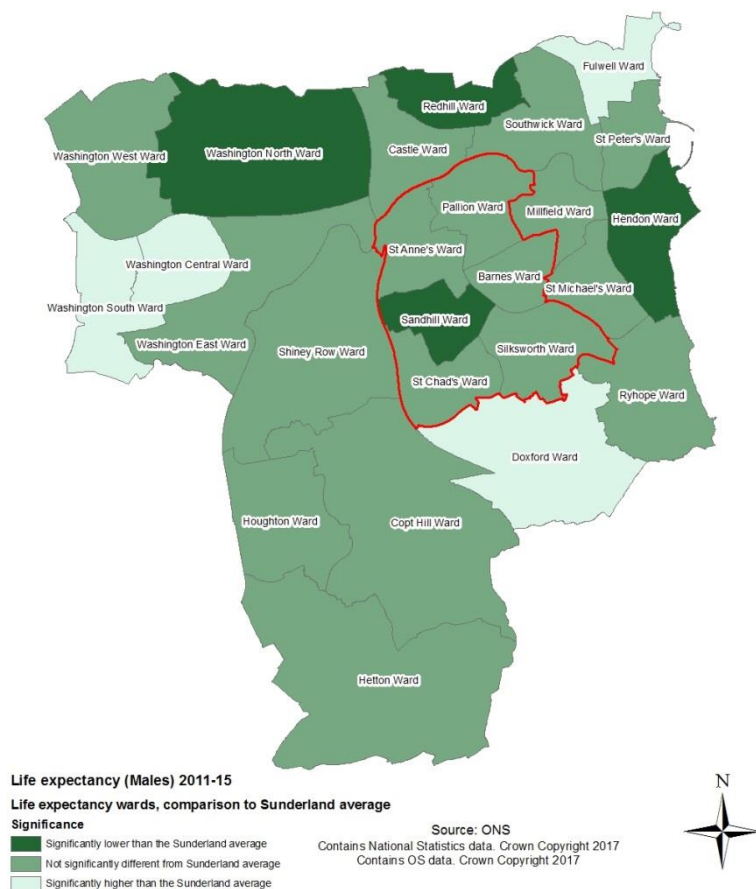
Adult Lifestyle Survey 2017

- Undertaken in 2017
- Sunderland sample size 5,571 residents aged 18 and over
- Topic profiles for Sunderland Adult Lifestyle Surveys :

www.sunderland.gov.uk/article/15186/Adults

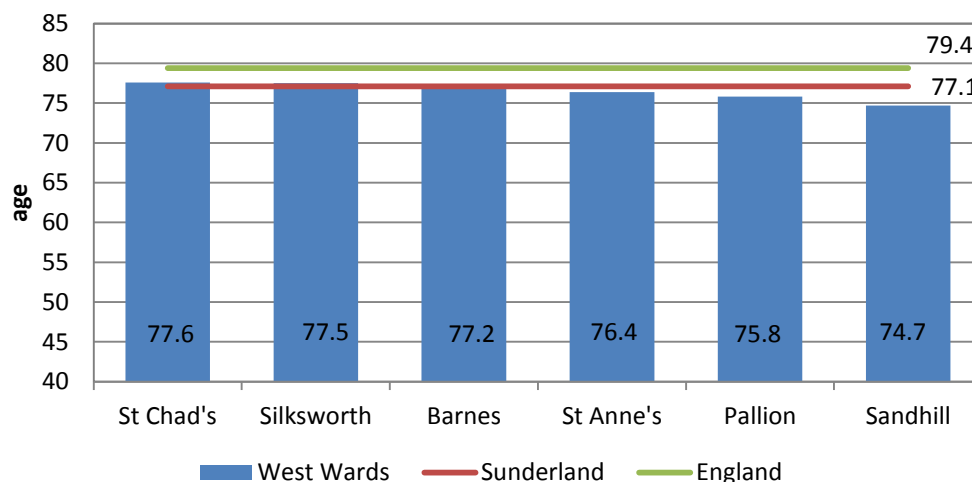
Male Life Expectancy 2011-15

Male Life Expectancy 2011-2015



- Male life expectancy in Sunderland was 77.1 years, which is lower than the England average (79.4 years)
- Barnes, St Chads and Silksworth had higher life expectancy than the Sunderland average, though not significantly higher.
- St Anne's, Pallion and Sandhill had lower life expectancy than the Sunderland average, with Sandhill significantly lower.

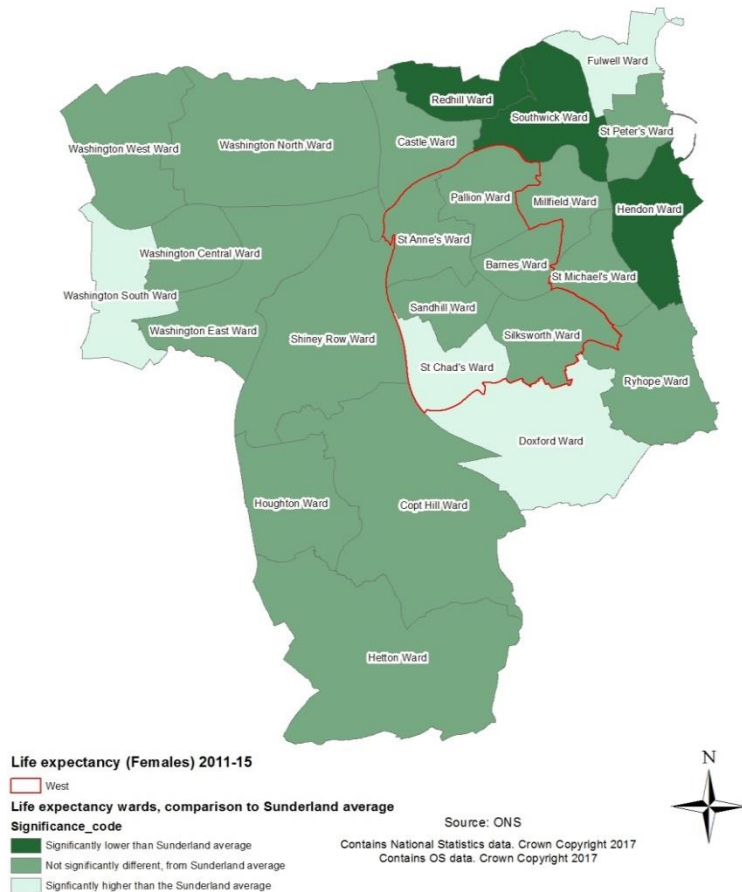
Male Life Expectancy 2011-15



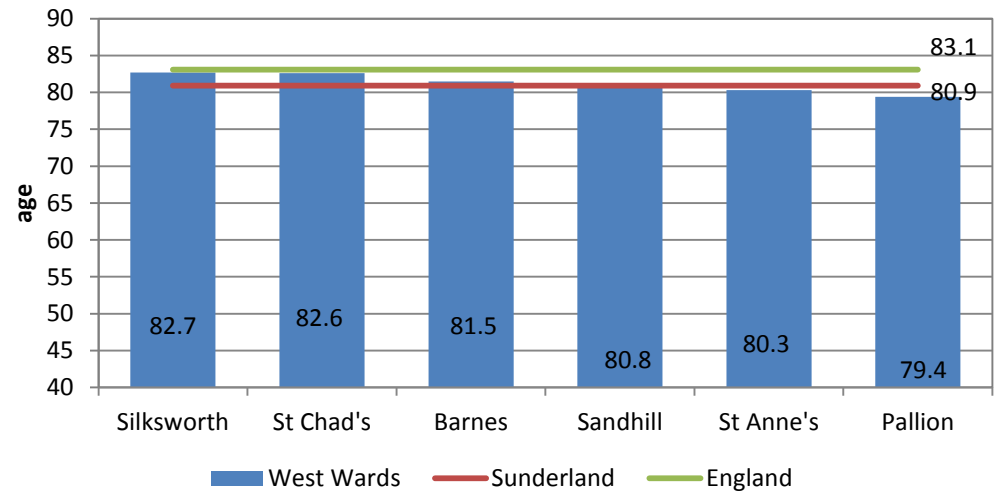
Female Life Expectancy 2011-15

- Female Life expectancy in Sunderland was 80.9 years, which is lower than the England average (83.1 years).
- Silksworth, St Chad's and Barnes had higher life expectancy, with Silksworth and St Chads being significantly higher than the Sunderland average.
- Pallion, St Annes and Sandhill, had life expectancy lower than the Sunderland average, though not significantly lower.

Female Life Expectancy 2011-2015

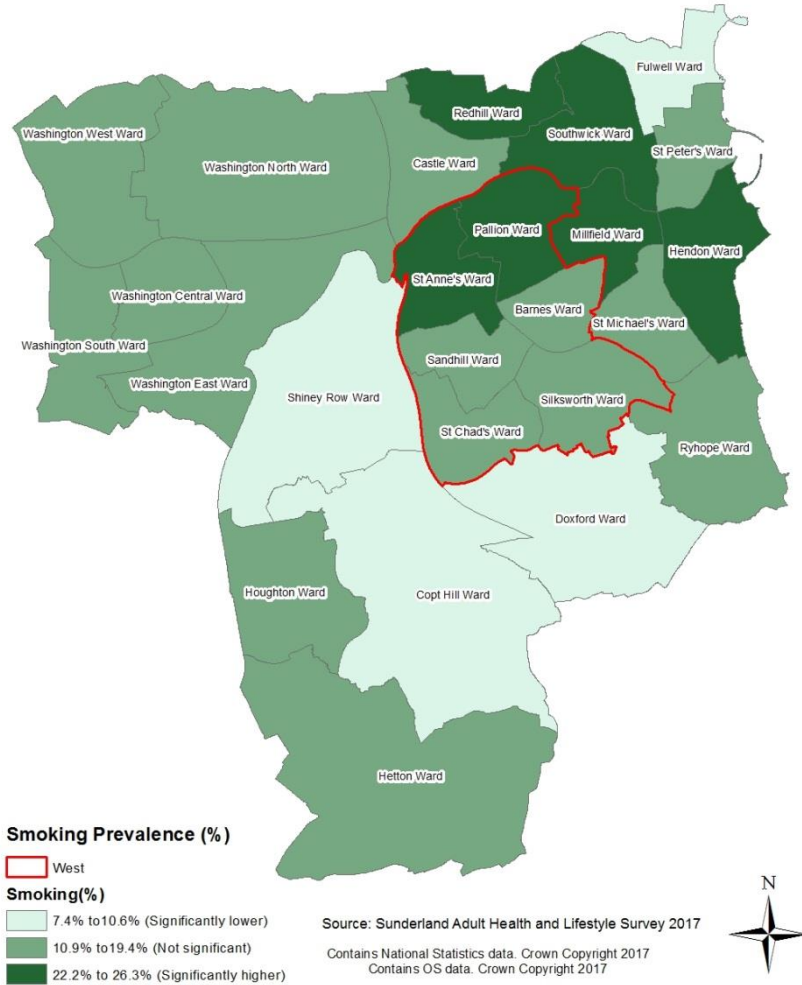


Female Life Expectancy 2011-15



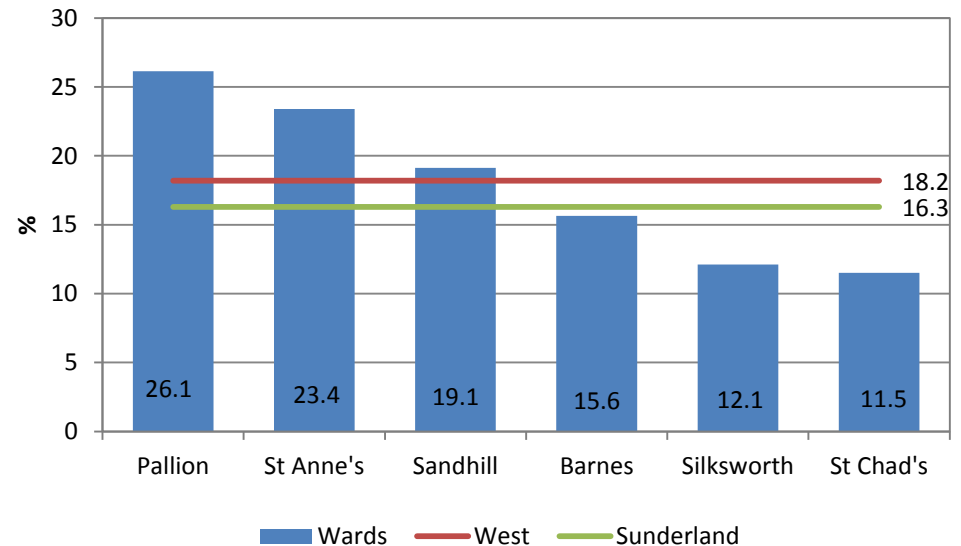
People who currently smoke

Smoking Prevalence (%) by Ward



- 18.2% of West survey respondents smoked, significantly higher than the Sunderland average (16.3%)
- Smoking prevalence within wards varied between 11.5% to 26.1%.
- Smoking prevalence was higher than the Sunderland average in Pallion, St Anne's and Sandhill, and significantly higher in Pallion and St Anne's.

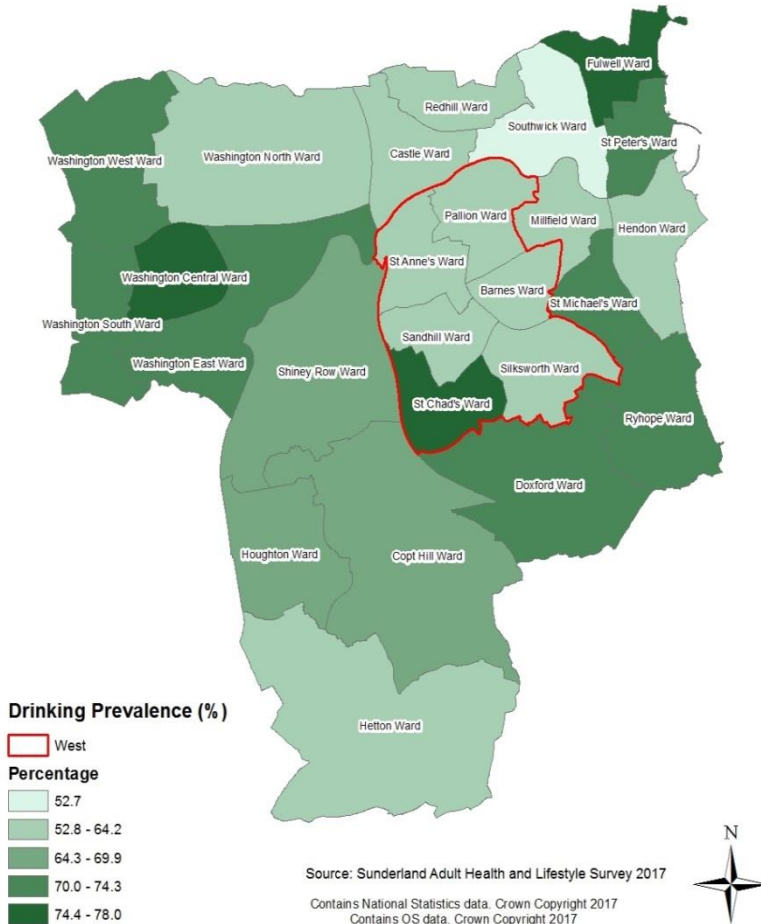
Smoking Prevalence (%)



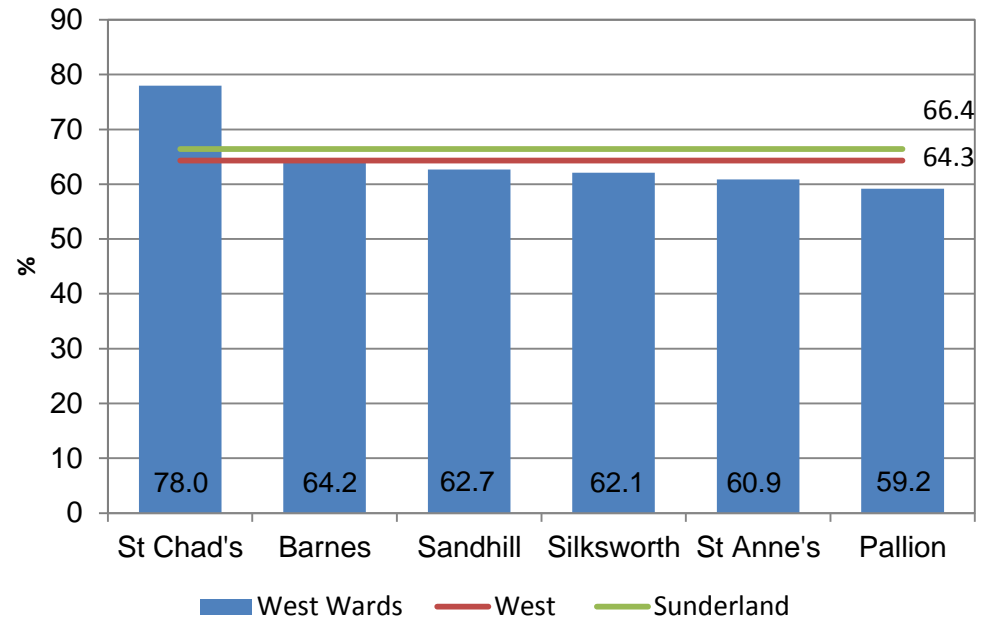
People who currently drink alcohol

Drinking Prevalence (%) in Sunderland Wards

- In West area 64.3% people drink alcohol, compared with 66.4% for Sunderland.
- Ward varied from 59.2% to 78.0%
- St Chads had significantly higher levels of people who drink alcohol, than the Sunderland average.

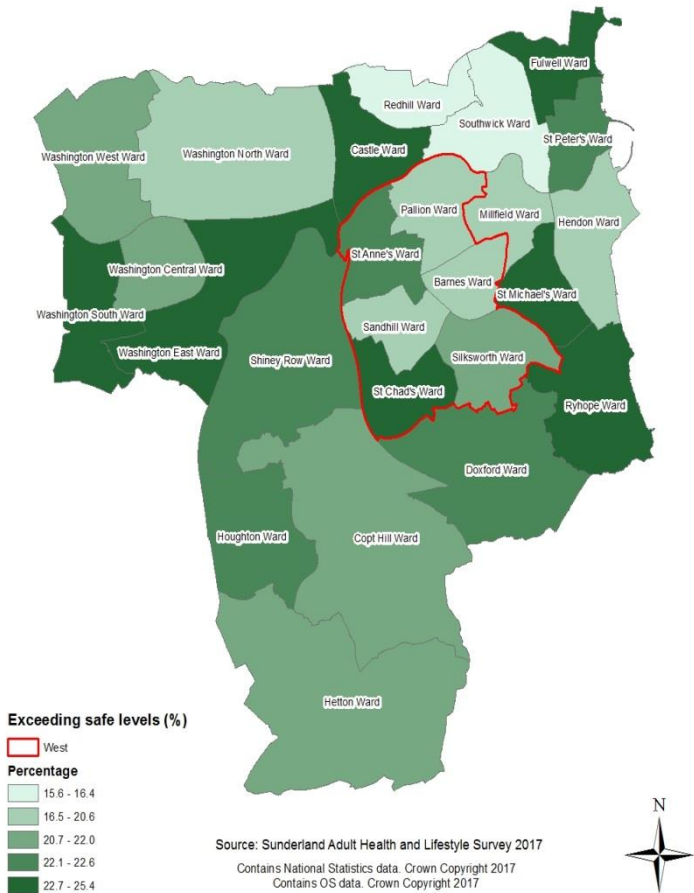


Drinking Prevalence (%)



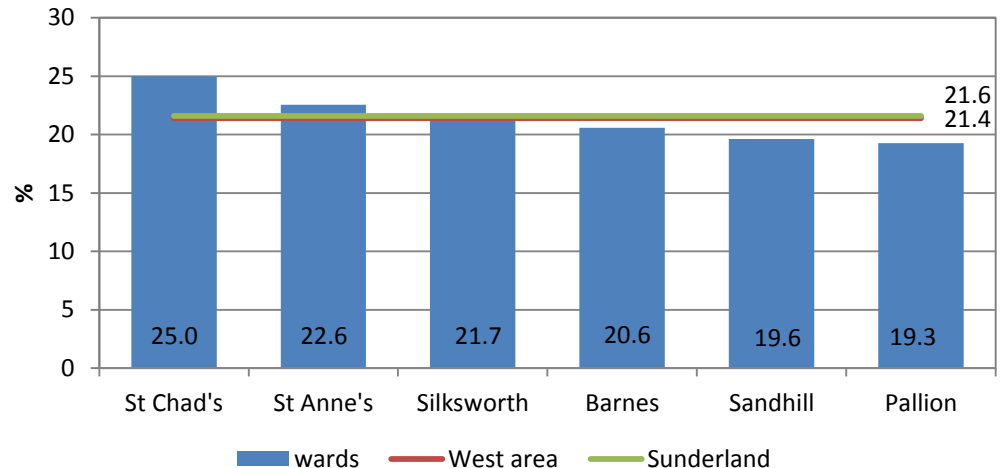
Exceeding safe levels of alcohol units

Prevalence (%) of those exceeding safe levels of drinking in Sunderland Wards



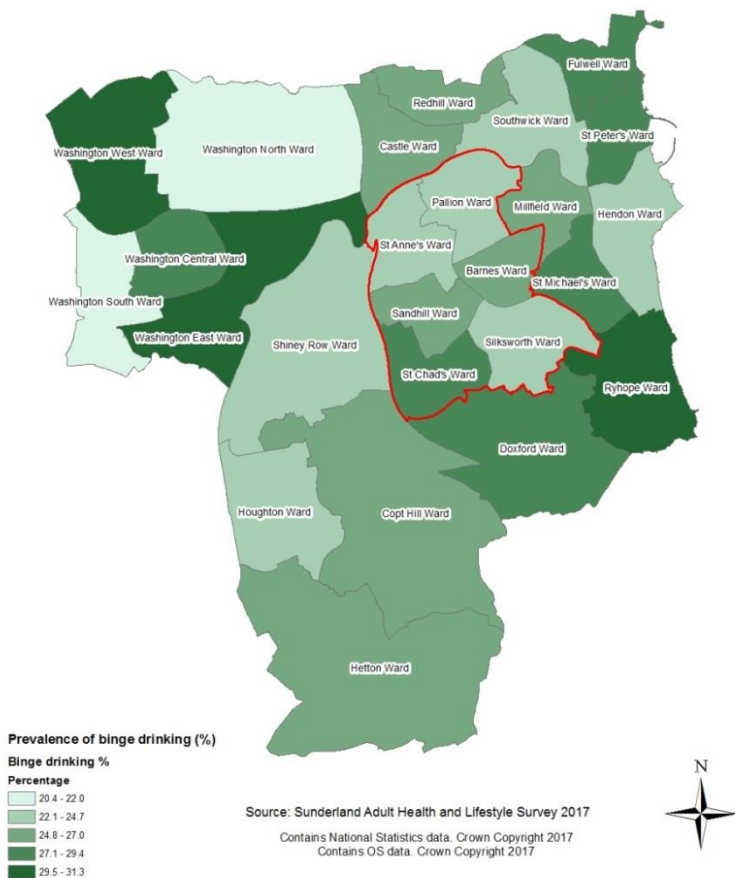
- 21.4% of people in West exceeded recommended levels of drinking of 14 units a week, compared with 21.6% for Sunderland
- Wards varied from 19.6% to 25.0%.
- St Chad's, St Anne's and Silksworth exceeded the recommended drinking levels, compared to the Sunderland average
- No significant differences from the Sunderland average.

Prevalence (%) Exceeding safe levels of drinking



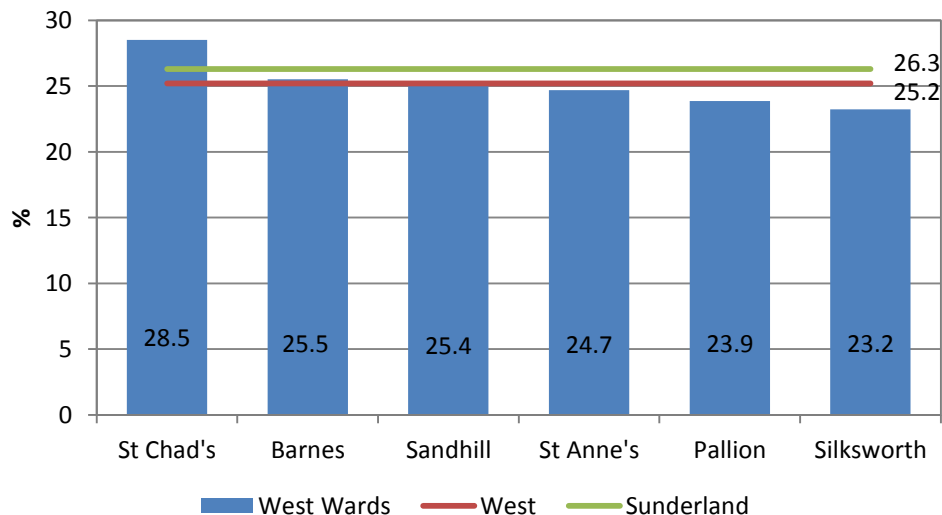
More than 6 units of alcohol on heaviest drinking day

Prevalence (%) of binge drinking in Sunderland Wards



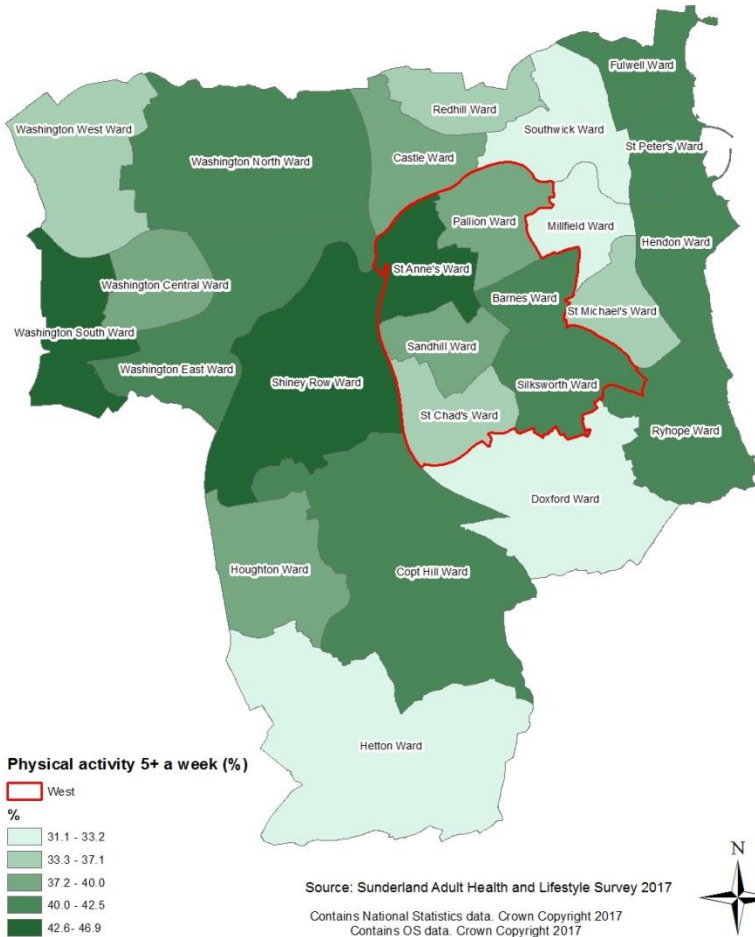
- 25.2% of people in the West were binge drinking, lower than the Sunderland average (26.3%).
- Wards varied from 23.2% to 28.5%.
- More people were binge drinking in St Chad's, Barnes and Sandhill than the Sunderland average.
- No significant differences from the Sunderland average.

Prevalence (%) of Binge Drinking



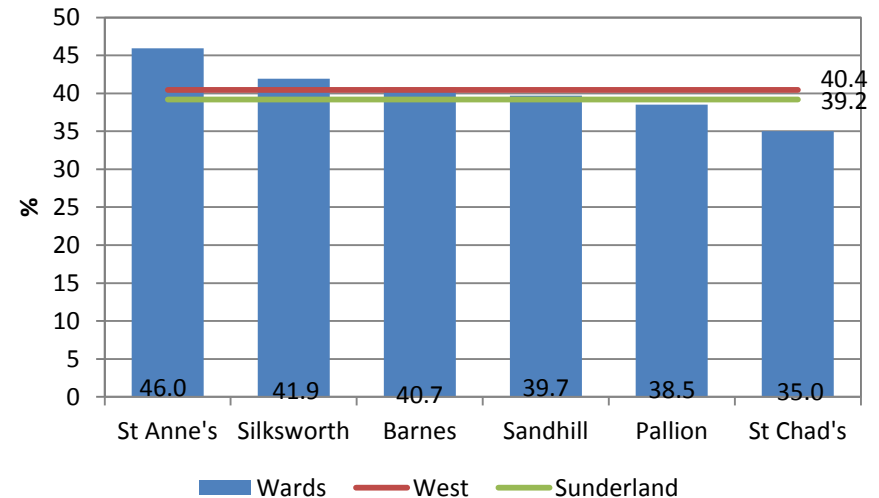
Physical activity levels

Prevalence (%) of those doing recommended levels of physical activity for Sunderland Wards



- 40.4% of people in West did the recommended levels of physical activity (at least 30 minutes of moderate physical activity 5 times a week) compared to 39.2% in Sunderland
- Physical activity varied from 35.0% to 46.0% in wards.
- St Chad's and Pallion were lower than Sunderland average.
- No significant differences from the Sunderland average.

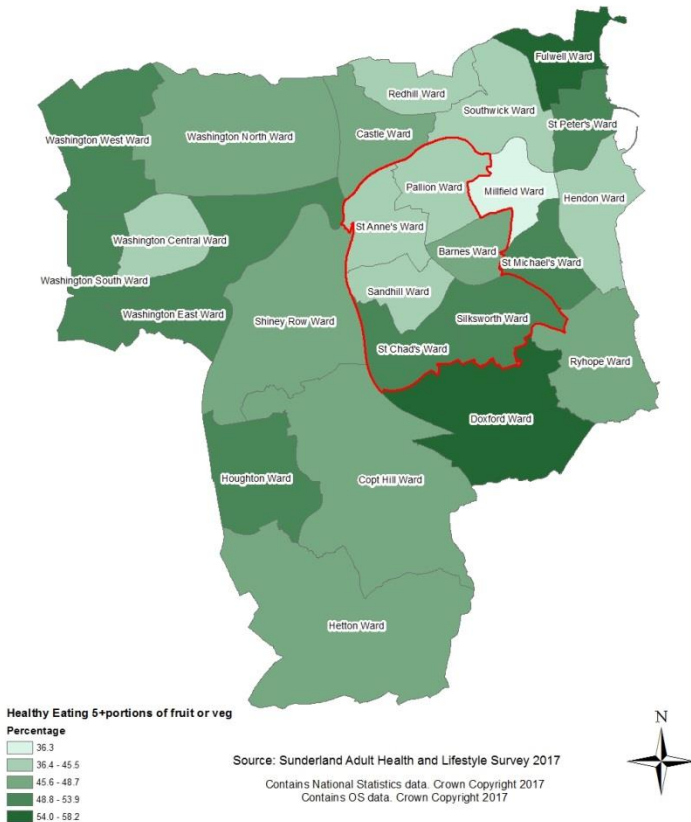
Physical activity 5 days plus



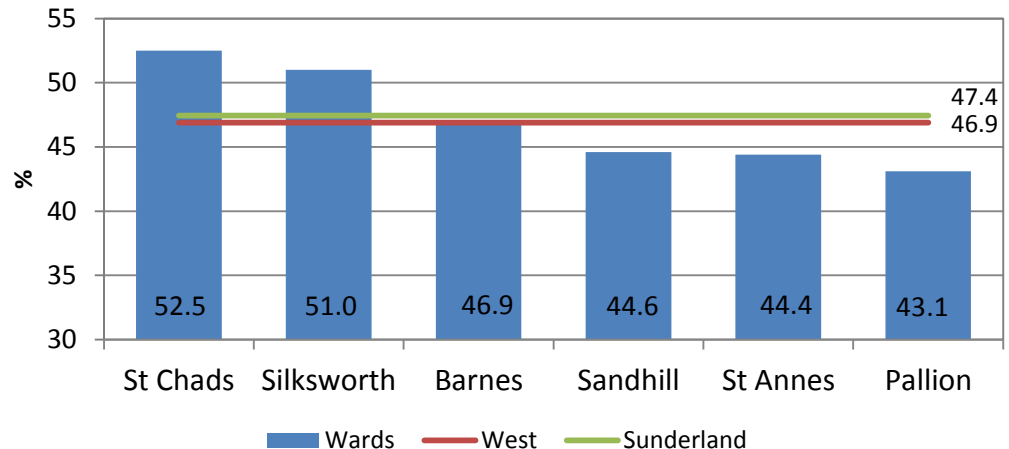
5 or more portions of fruit or veg

- 46.9% of people in West ate 5 or more portions of fruit or veg a day compared to the Sunderland average of 47.4%
- Wards varied between 43.1% to 52.5%
- Pallion, St Anne's, Sandhill and Barnes were lower than the Sunderland average
- No wards were significantly different from the Sunderland average

Prevalence (%) of those eating 5+ portions of fruit or vegetables a day



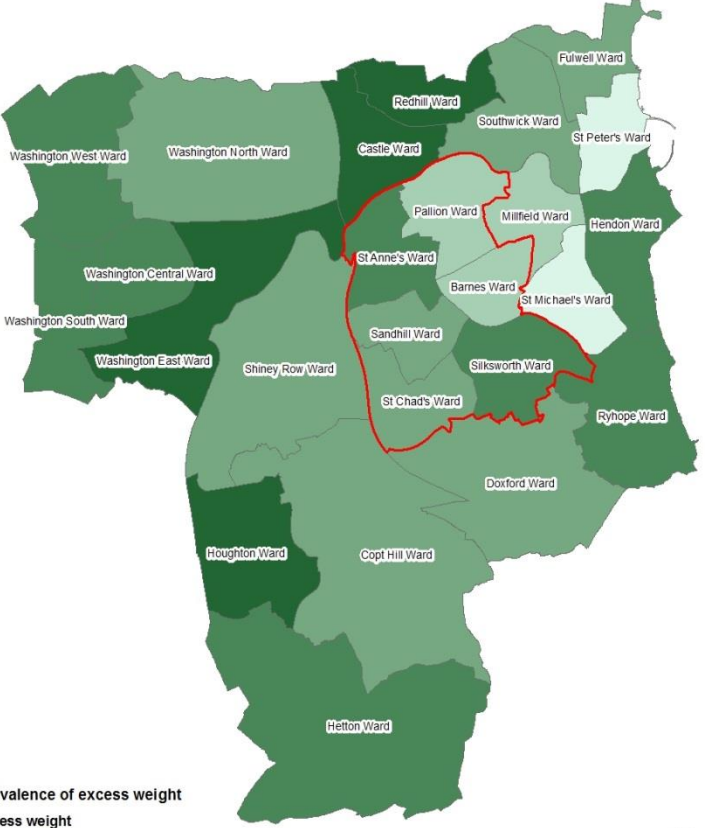
Prevalence(%) of those eating 5+ portions of fruit or veg



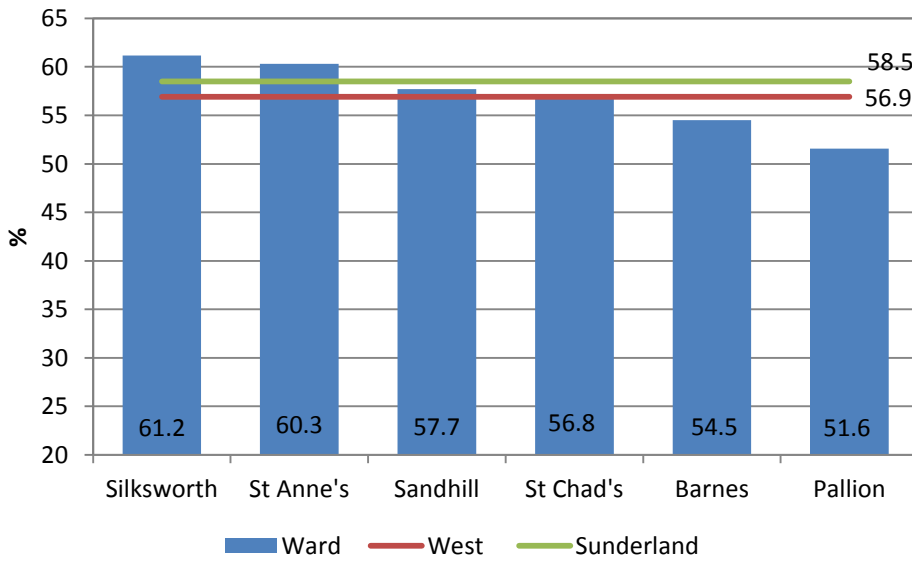
Excess Weight

Prevalence (%) of excess weight in Sunderland wards

- Prevalence of excess weight was 56.9% in West, compared with 58.5% in Sunderland
- Wards varied between 61.2% to 51.6%.
- Silkworth and St Anne's were higher than the Sunderland average.
- No wards were significantly different from the Sunderland average.



Prevalence (%) of those with excess weight



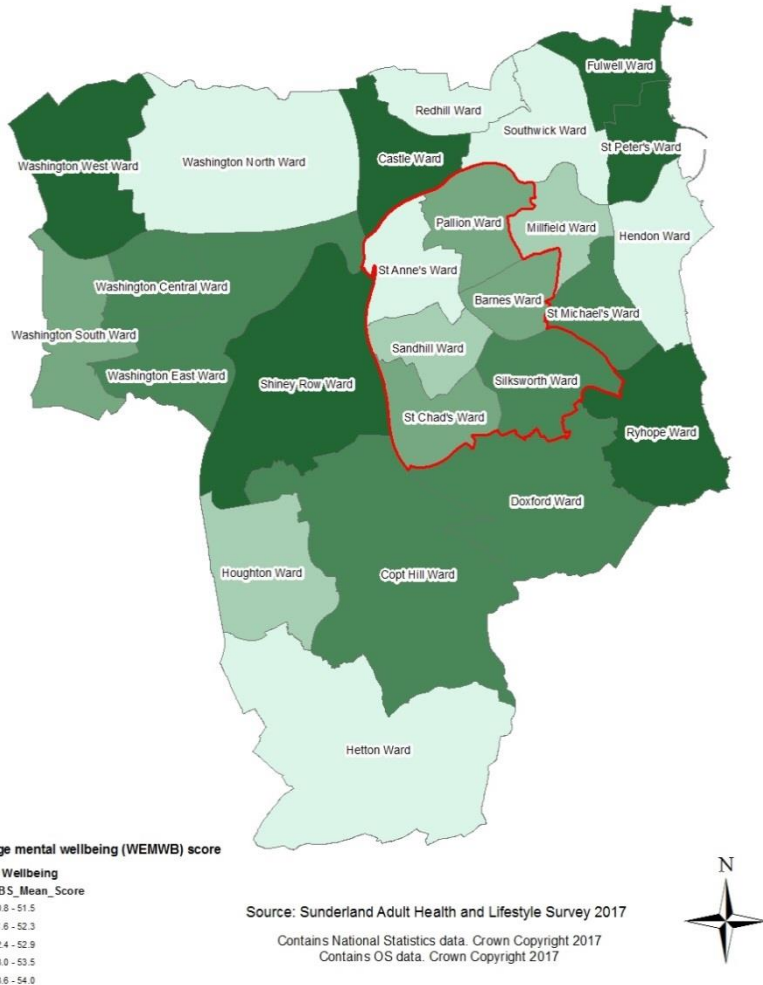
Prevalence of excess weight
 excess_weight
 Excess_weight
 46.2 - 49.1
 49.2 - 54.5
 54.6 - 59.3
 59.4 - 62.2
 62.3 - 66.3

Source: Sunderland Adult Health and Lifestyle Survey 2017
 Contains National Statistics data. Crown Copyright 2017
 Contains OS data. Crown Copyright 2017



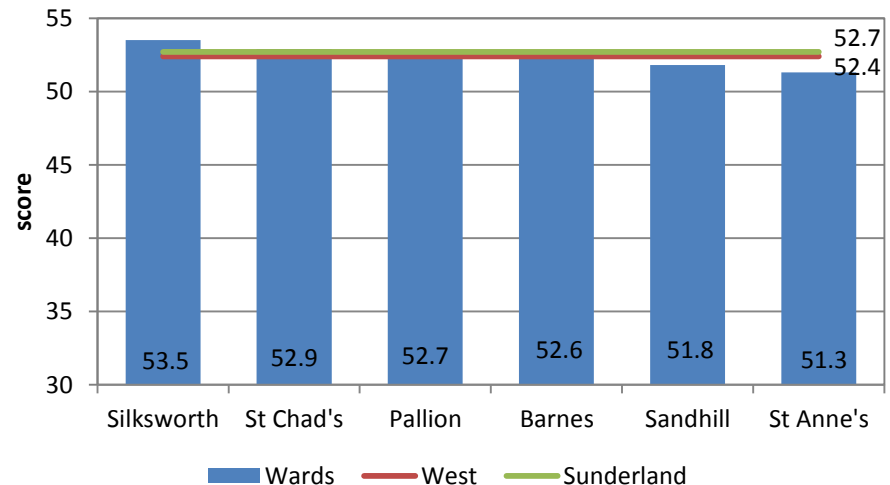
Mental Wellbeing

Average mental wellbeing (WEMWB) score for Sunderland wards

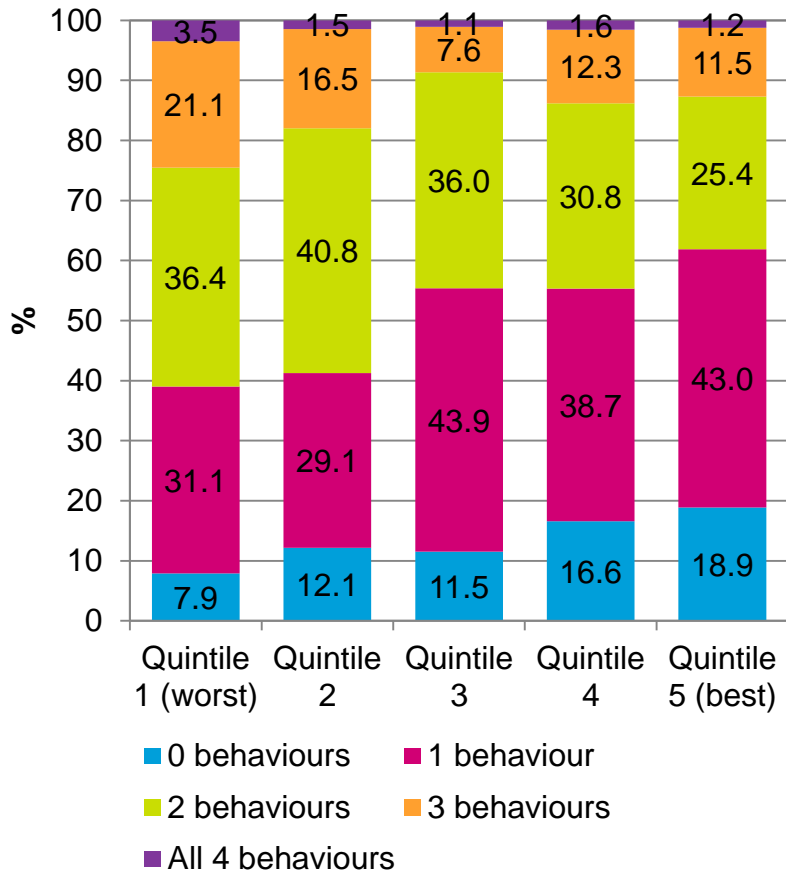


- Average mental wellbeing score in the West area was 52.4 out of 70 (compared with 52.7 for Sunderland)
- For wards, scores varied between 53.5 to 51.3
- St Anne's, Sandhill and Barnes score were lower than Sunderland average
- No significant differences between West wards and the Sunderland average.

Mental Wellbeing Score



Wellbeing and Unhealthy Behaviours



- Those with good mental wellbeing are less likely to engage in multiple risky behaviours.
- Better wellbeing is associated with those who have 0 or 1 unhealthy behaviour.
- In West area for those with the best wellbeing (Quintile 5) 61.9% had 0 or 1 unhealthy behaviour, compared to 39% in the worst quintile (Quintile 1).

Next Steps

- Public Health
- Sunderland Health and Wellbeing Board
- Area Committees?