

Area Profile from Adult Lifestyle Survey 2017

Washington

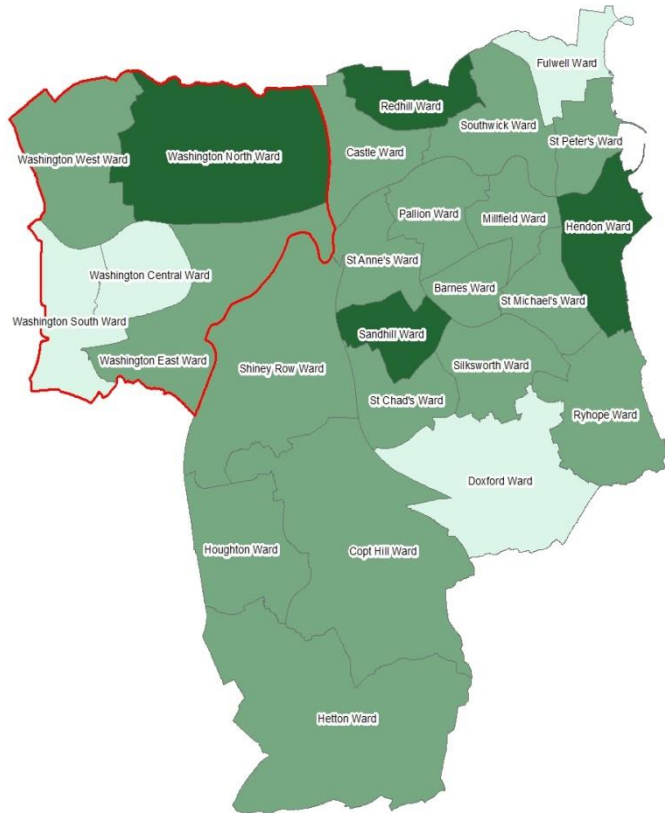
Adult Lifestyle Survey 2017

- 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



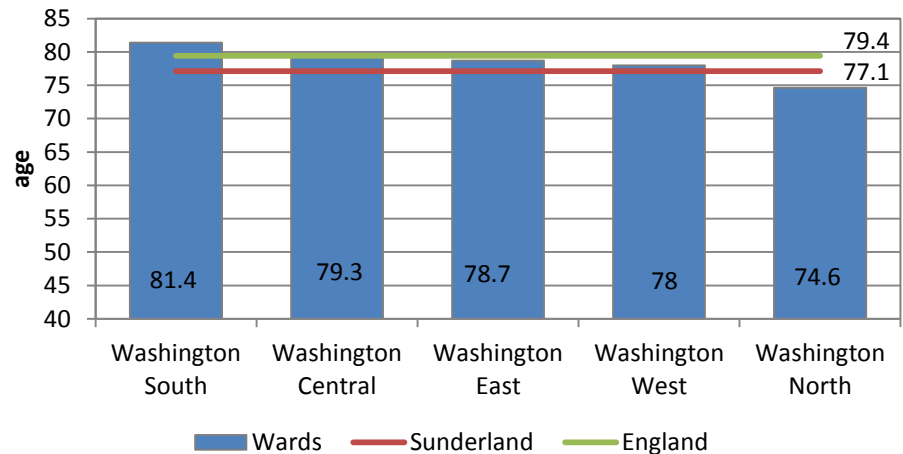
Life expectancy
Life expectancy 2011-15
Significance
■ Significantly lower than the Sunderland average
■ Not significantly different from the Sunderland average
■ Significantly higher than the Sunderland average

Source: ONS
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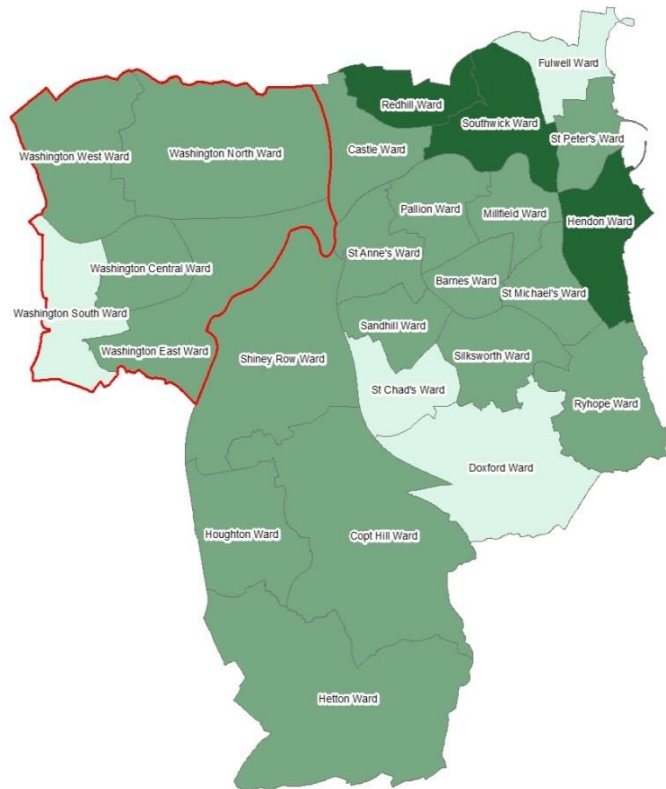
- Male life expectancy in Sunderland was 77.1 years, which is lower than the England average (79.4 years)
- Washington South and Central had significantly higher life expectancy than the Sunderland average.
- Washington North had significantly lower life expectancy than the Sunderland average.

Male Life Expectancy 2011-15



Female Life Expectancy 2011-15

Female Life Expectancy 2011-2015



Life expectancy (Females) 2011-15

Life expectancy wards, comparison to Sunderland average

Significance_code

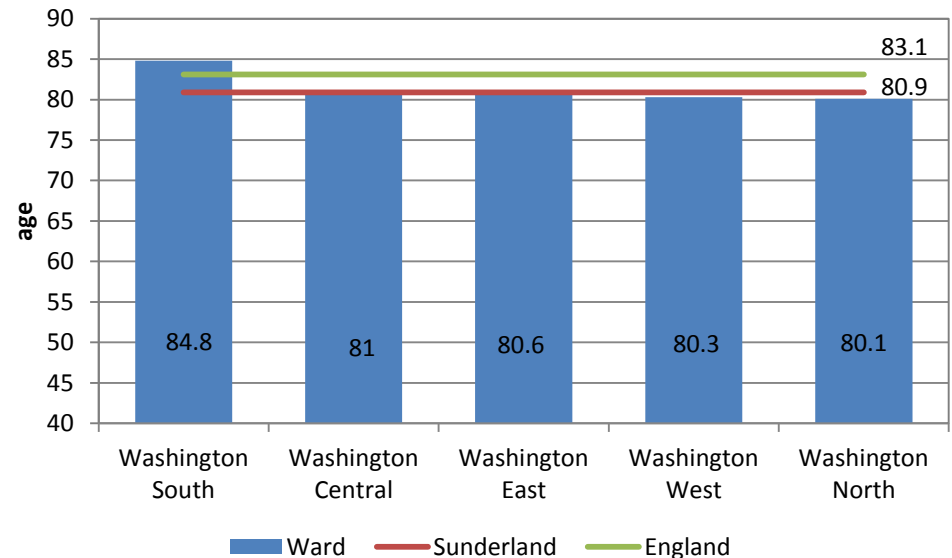
- Significantly lower than Sunderland average
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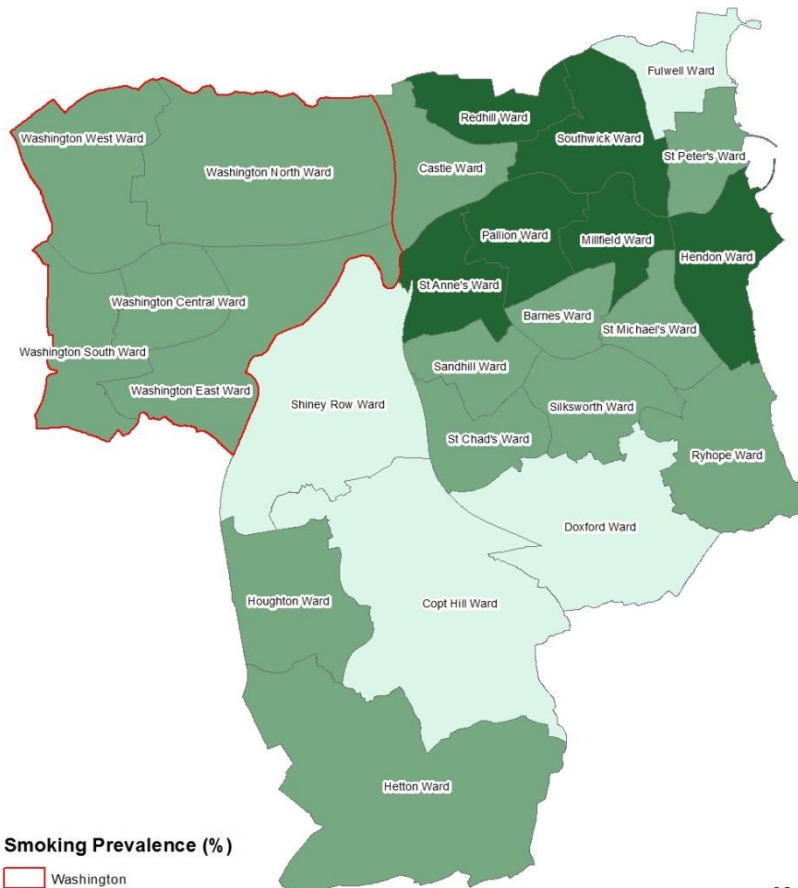
- Female Life expectancy in Sunderland was 80.9 years, which is lower than the England average (83.1 years)
- Washington South had significantly higher female life expectancy than the Sunderland average.

Female Life Expectancy 2011-2015



People who currently smoke

Smoking Prevalence (%) by Ward

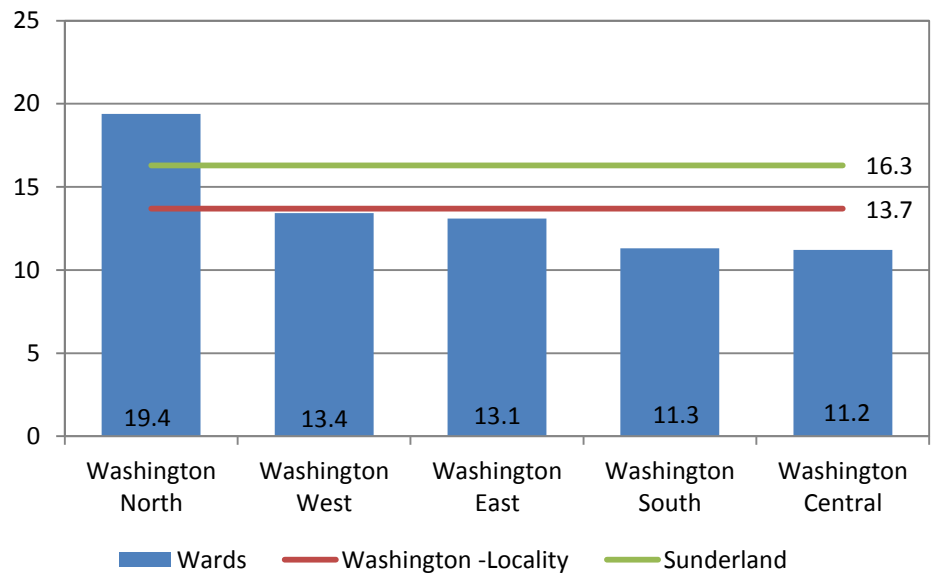


Source: Sunderland Adult Health and Lifestyle Survey 2017
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- 13.7% of Washington survey respondents smoked, lower than the Sunderland (16.3%) average
- Smoking prevalence within Washington wards varied between 11.2% to 19.4%.
- Smoking prevalence was higher than the Sunderland average in Washington North.

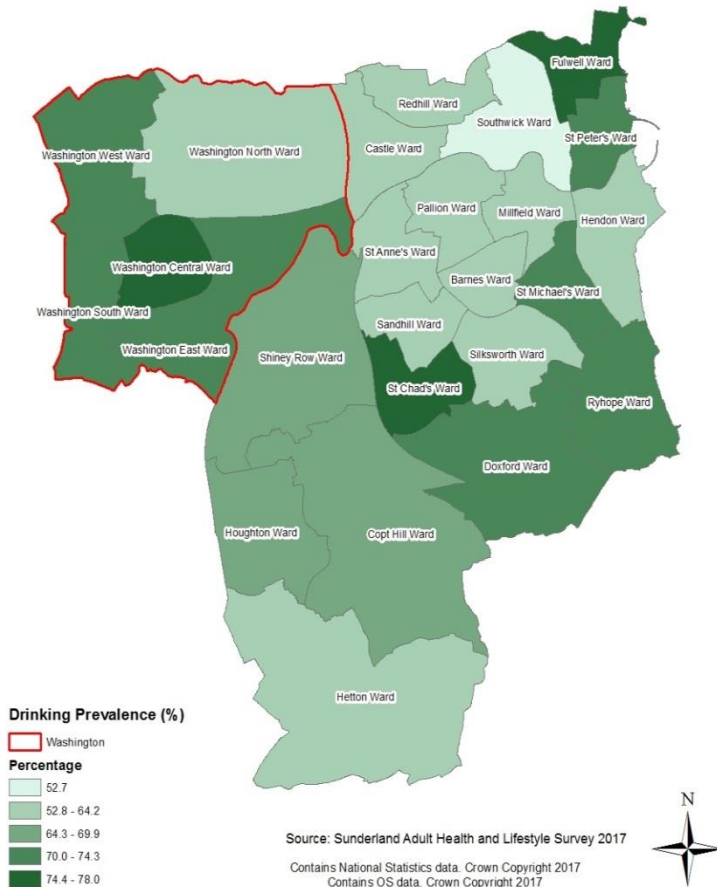
Smoking Prevalence (%)



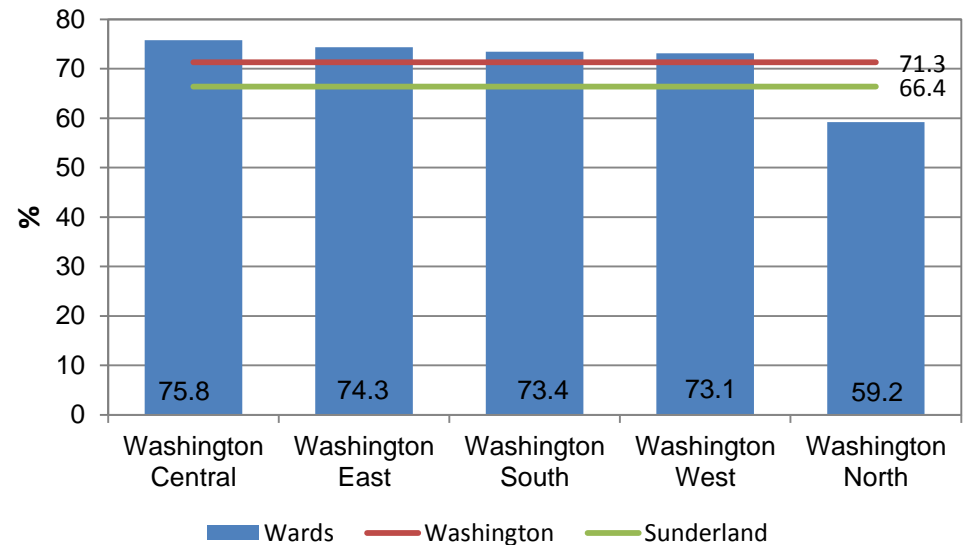
People who currently drink alcohol

Drinking Prevalence (%) in Sunderland Wards

- In Washington 71.3% people drink alcohol, compared with 66.4% for Sunderland.
- Wards varied from 59.2% to 75.8%.
- Washington South and West had a higher prevalence of those who drink compared to the Sunderland average
- Washington Central and Washington East are significantly higher.



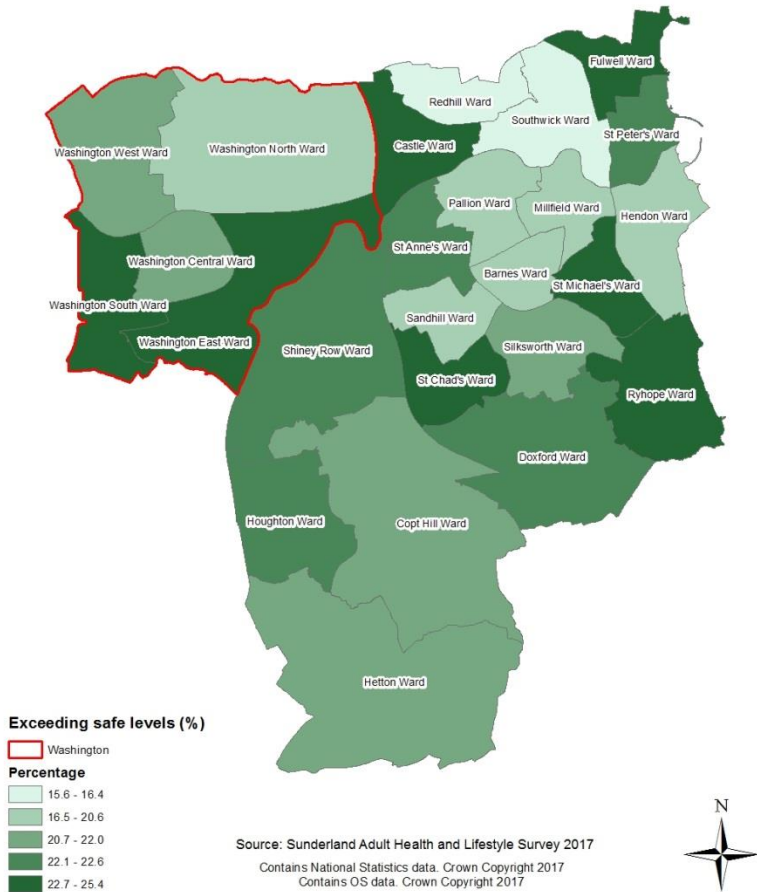
Drinking Prevalence (%)



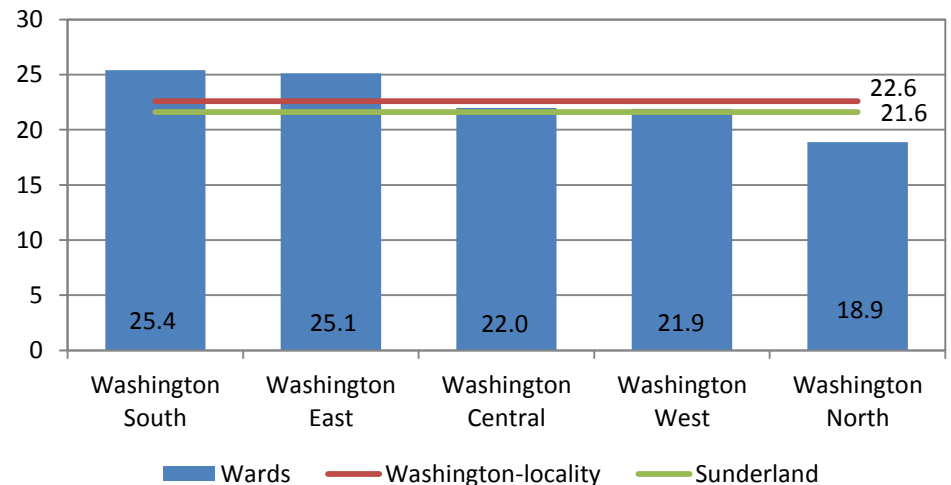
Exceeding safe levels of alcohol units

- 22.6% in Washington exceeded recommended levels of drinking of 14 units a week, compared with 21.6% for Sunderland
- Wards varied from 18.9% to 25.4%.
- More people in Washington South, East, Central and West exceeded the recommended drinking levels, compared to the Sunderland average
- No significant differences from the Sunderland average.

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

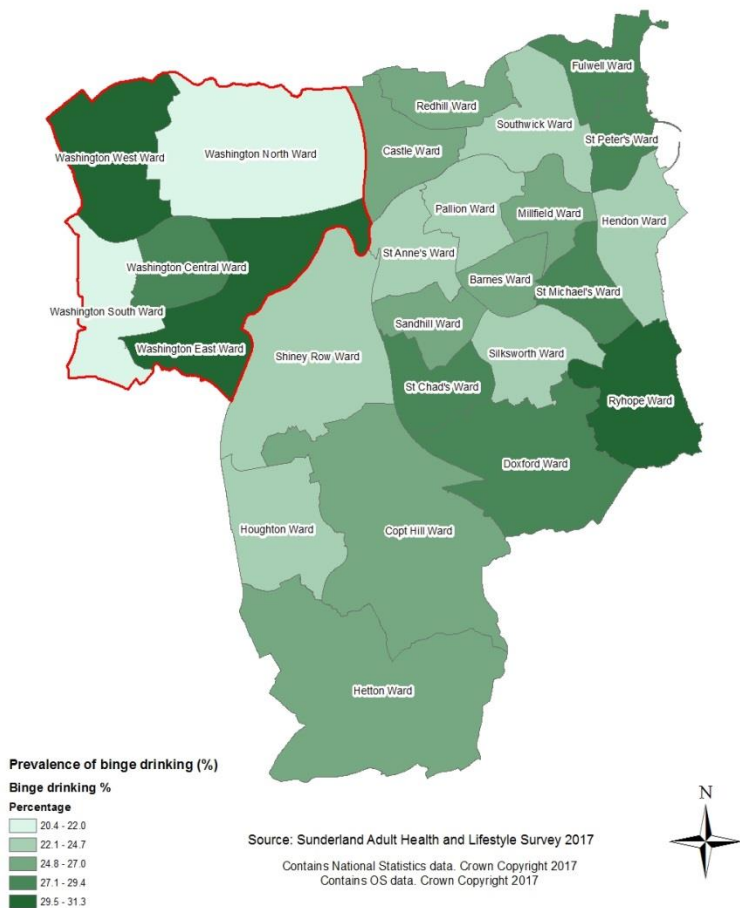


Prevalence (%) Exceeding safe levels of drinking



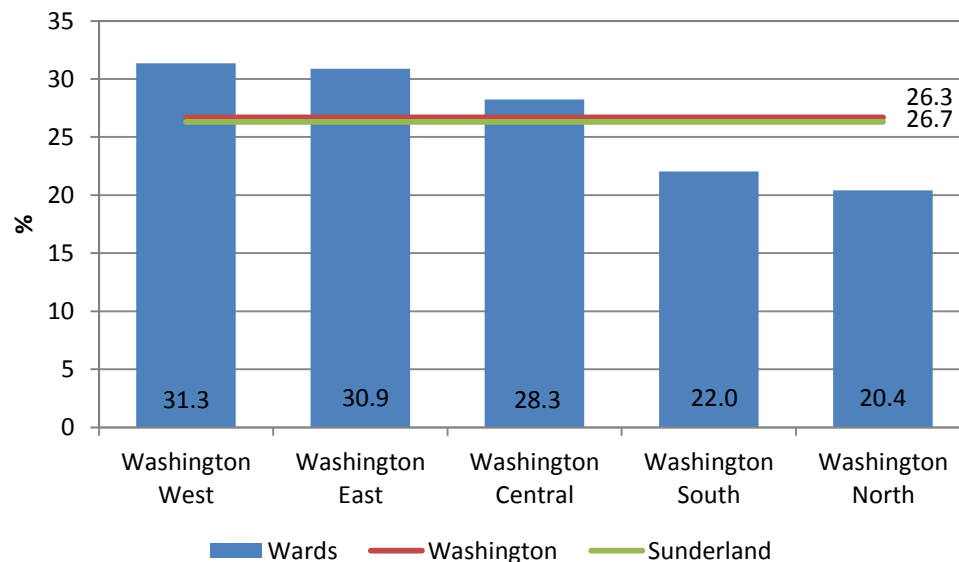
More than 6 units of alcohol on heaviest drinking day

Prevalence (%) of binge drinking in Sunderland Wards



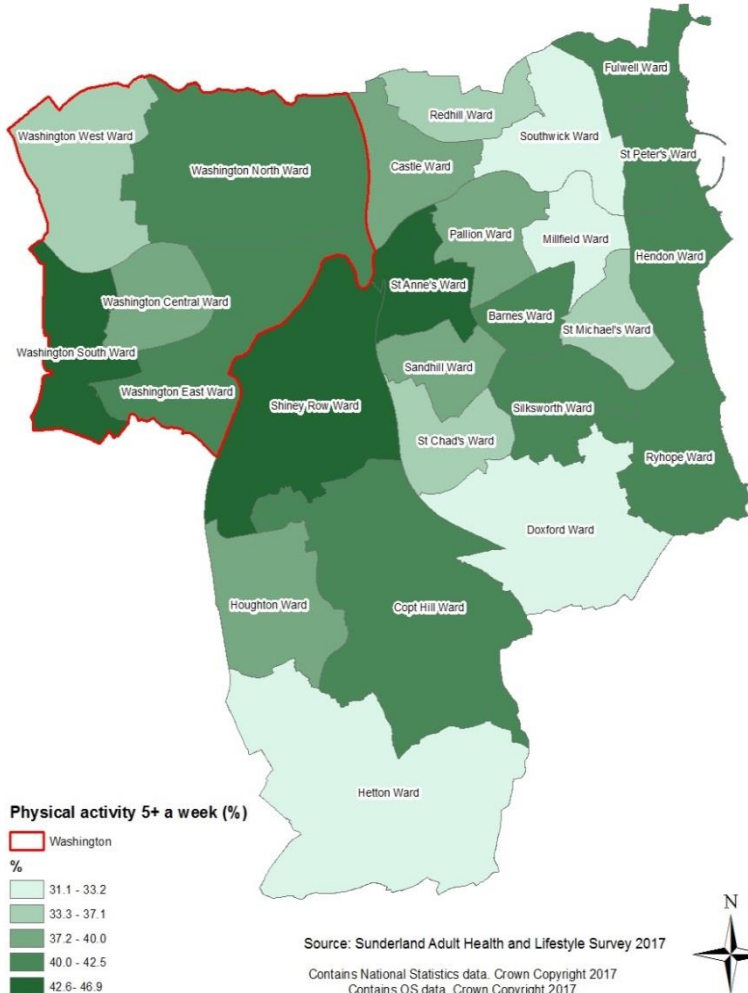
- 26.7% of people in Washington were binge drinking, lower than the Sunderland average (26.3%).
- Wards varied from 20.4% to 31.3%
- More people in Washington West, East, Central were binge drinking than the Sunderland average
- No significant differences from the Sunderland average.

Prevalence (%) of Binge Drinking



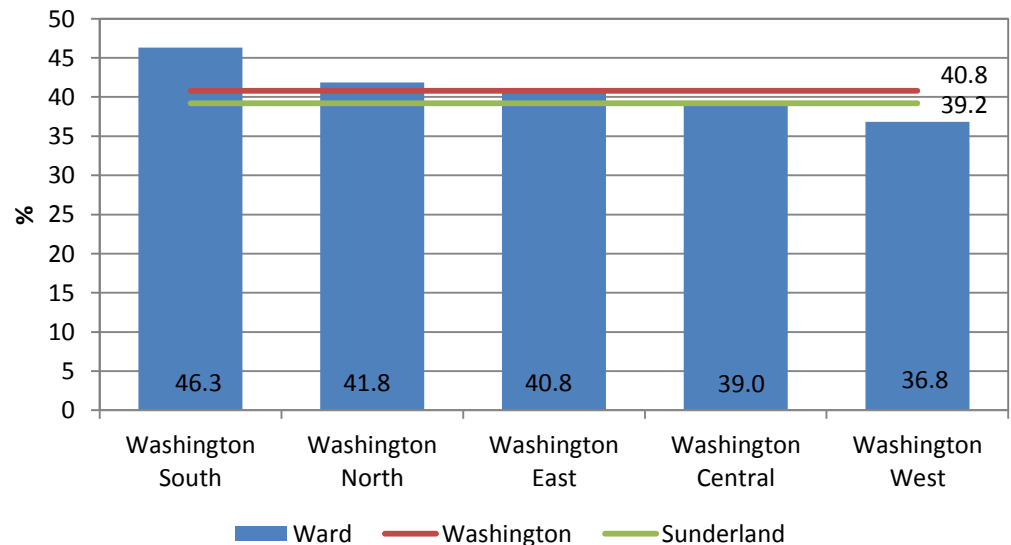
Physical activity levels

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



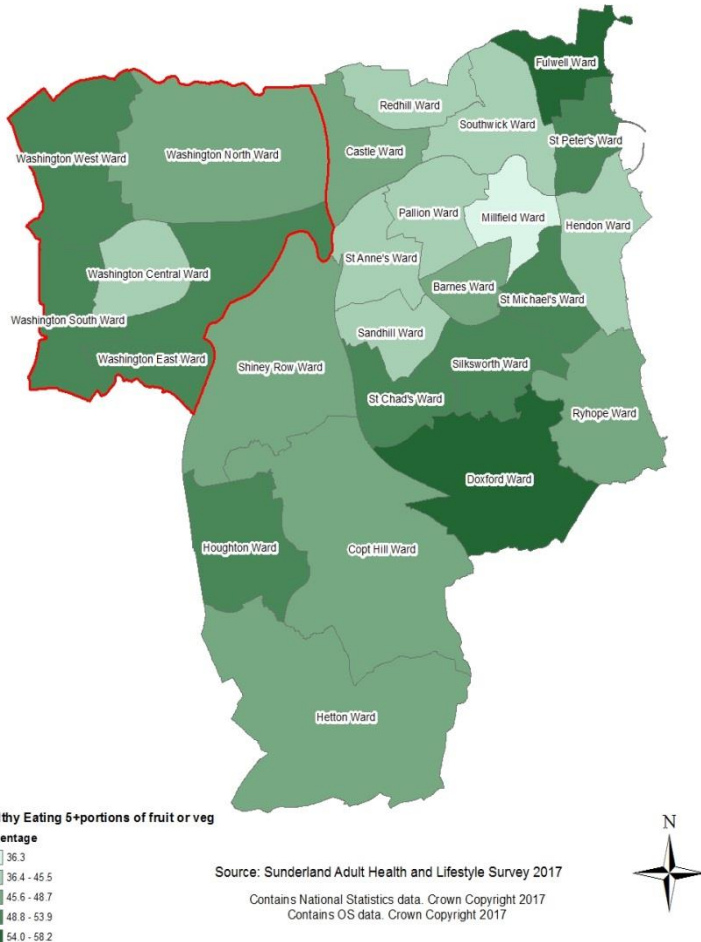
- 40.8% of people in Washington did the recommended levels of physical activity (at least 30 minutes of moderate physical activity 5 times a week) compared to 39.2% in Sunderland.
- Physical activity varied from 36.8% to 46.3% in wards.
- Washington West and Central were lower than Sunderland average.
- No significant differences from the Sunderland average.

Physical activity 5 days plus



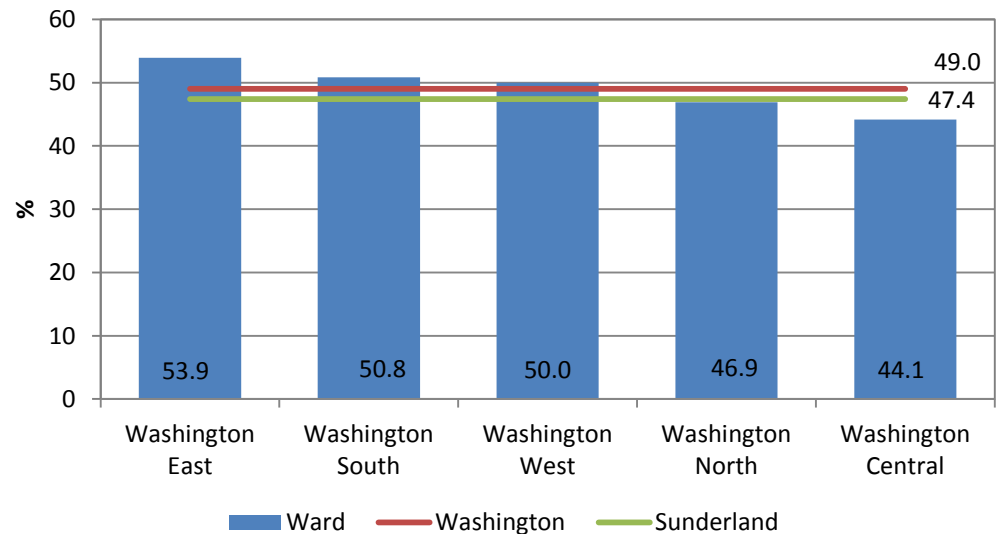
5 or more portions of fruit or veg

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



- 49.0 % of people in Washington ate 5 or more portions of fruit or veg a day compared to the Sunderland average of 47.4%
- Wards varied between 44.1% to 53.9%.
- Washington Central and North were lower than the Sunderland average
- No wards were significantly different from the Sunderland average

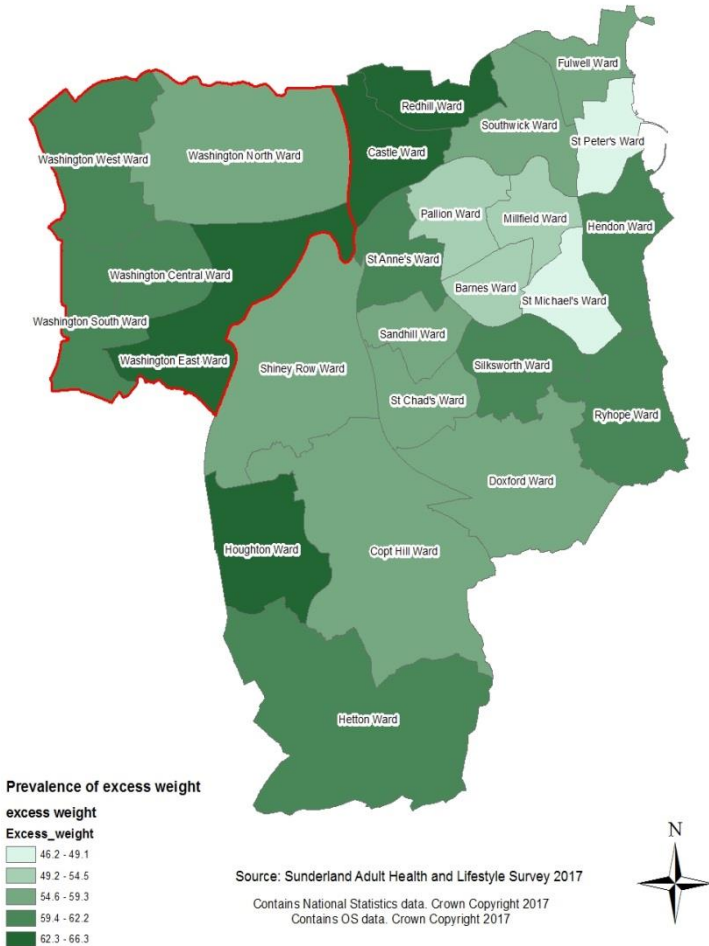
Prevalence (%) of those eating 5+ portions of fruit or veg



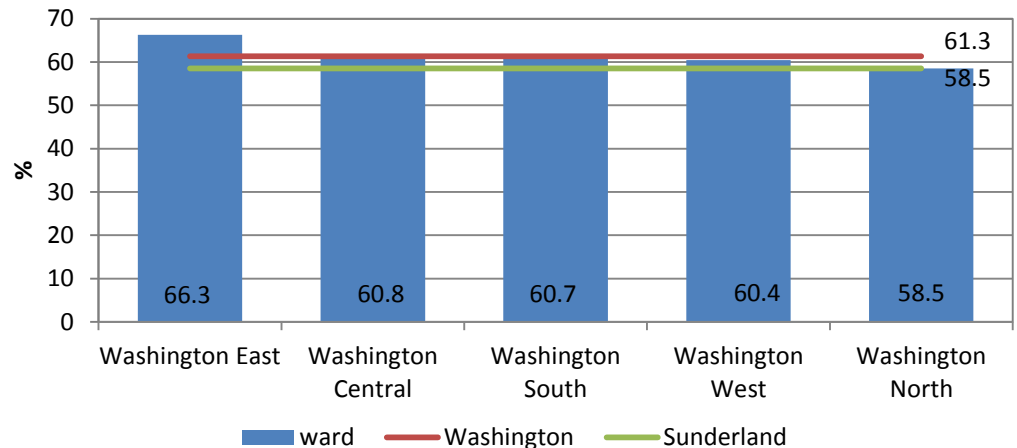
Excess Weight

Prevalence (%) of excess weight in Sunderland wards

- Prevalence of excess weight was 61.3% in Washington, compared with 58.5% in Sunderland.
- Wards varied between 58.5% to 66.3%
- Washington East, Central, South and West were higher than the Sunderland average
- Wards were not significantly different from the Sunderland average.

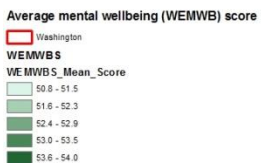
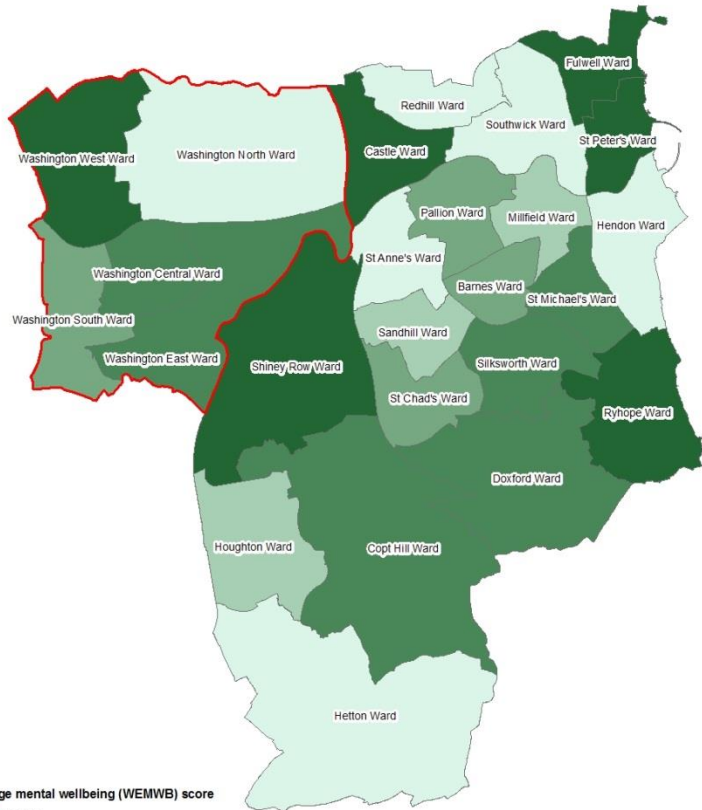


Prevalence (%) of those with excess weight



Mental Wellbeing

Average mental wellbeing (WEMWB) score for Sunderland wards

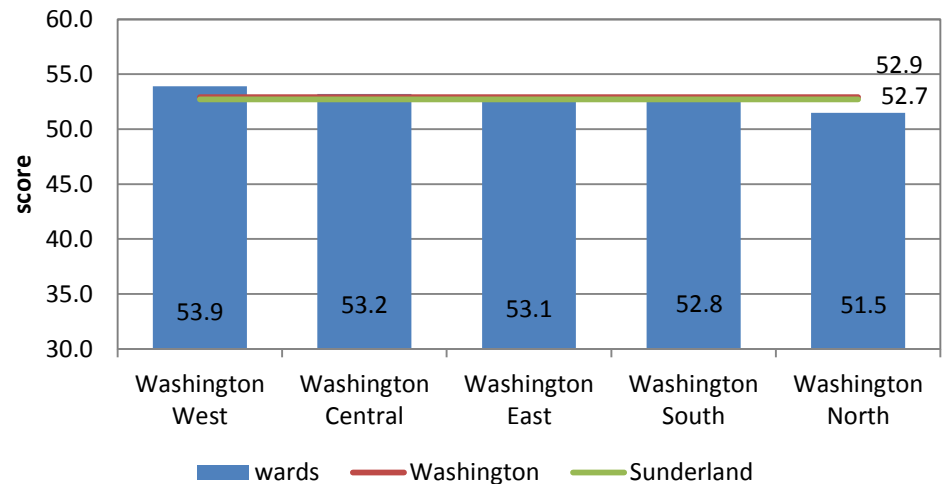


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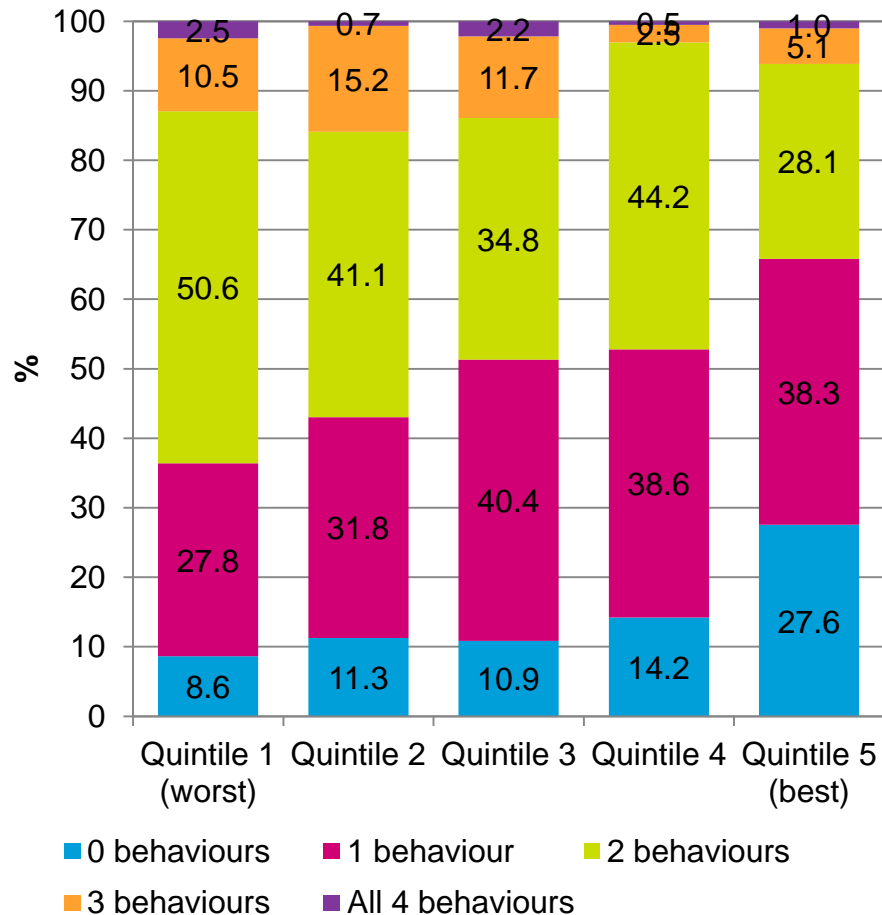


- The average mental wellbeing score in Washington was 52.9 out of 70 (compared with 52.7 for Sunderland)
- For wards, scores varied between 53.9 to 51.5
- Washington North was lower than Sunderland average
- No significant differences between Washington wards and the Sunderland average.

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 Washington for those with the best wellbeing (Quintile 5) 65.9% had 0 or 1 unhealthy behaviour, compared to 36.4% in the worst quintile (Quintile 1)

Next Steps

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