

# **Area Profile from Adult Lifestyle Survey 2017**

**East**

# Adult Lifestyle Survey 2017

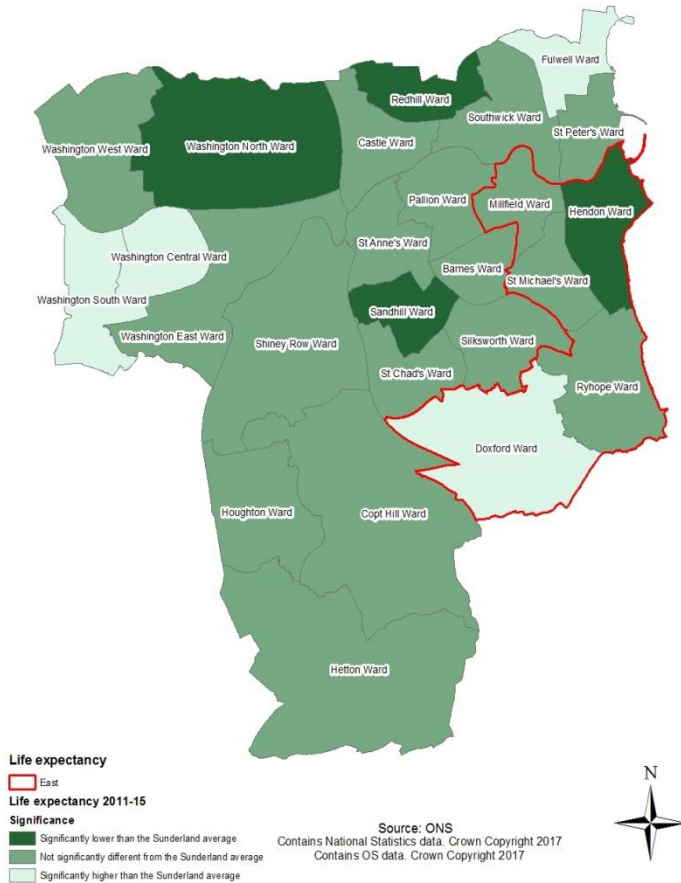
- Undertaken in 2017
- Sunderland sample size 5,571 residents aged 18 and over
- Topic profiles for Sunderland Adult Lifestyle Surveys :

[www.sunderland.gov.uk/article/15186/Adults](http://www.sunderland.gov.uk/article/15186/Adults)

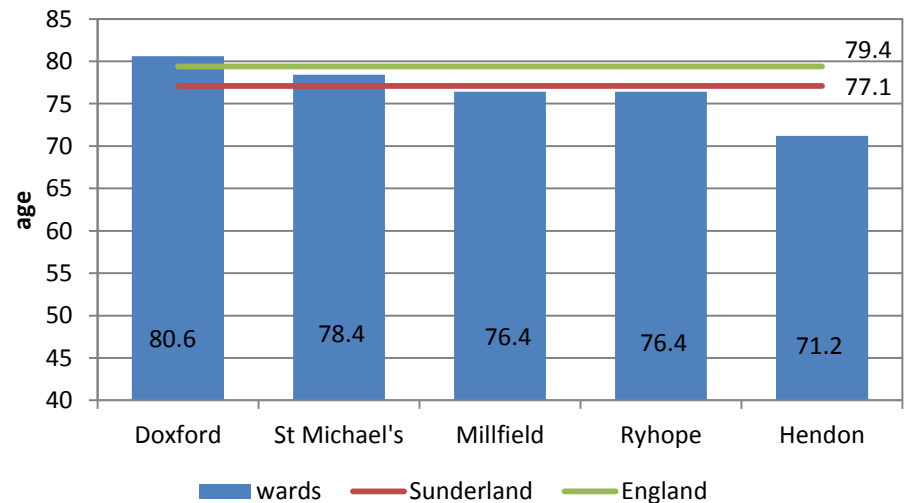
# Male Life Expectancy 2011-15

Male Life Expectancy 2011-2015

- Male life expectancy in Sunderland was 77.1 years, which is lower than the England average (79.4 years)
- Hendon had a significantly lower male life expectancy than the Sunderland average.
- Doxford has a significantly higher life expectancy than the Sunderland average.



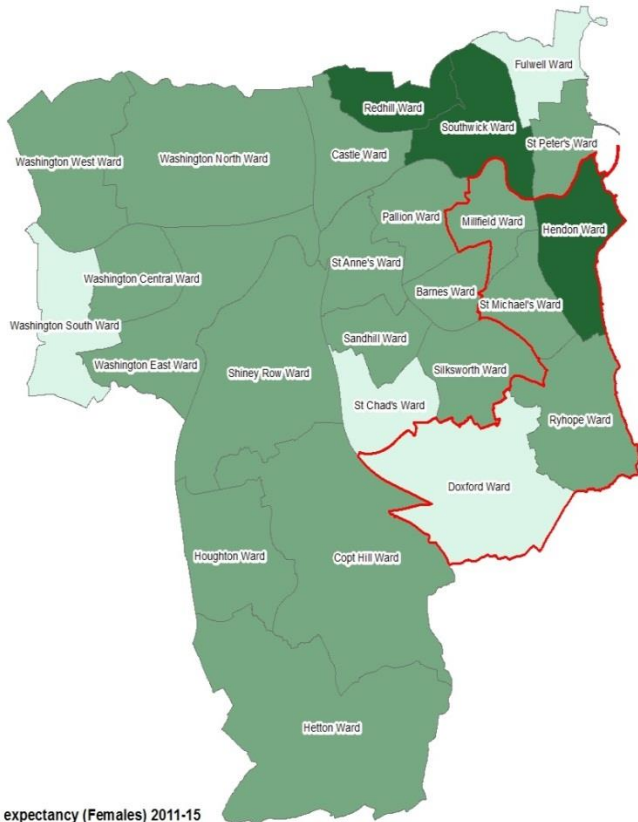
Male Life Expectancy 2011-15



# Female Life Expectancy 2011-15

Female Life Expectancy 2011-2015

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



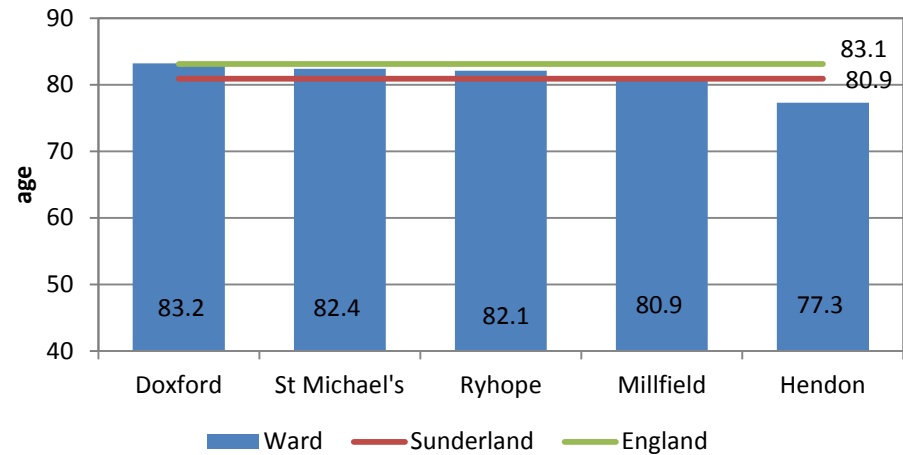
Life expectancy (Females) 2011-15

East  
**Life expectancy wards, comparison to Sunderland average**  
**Significance\_code**  
 Significantly lower than Sunderland average  
 Not significantly different, from Sunderland average  
 Significantly higher than the Sunderland average

Source: ONS  
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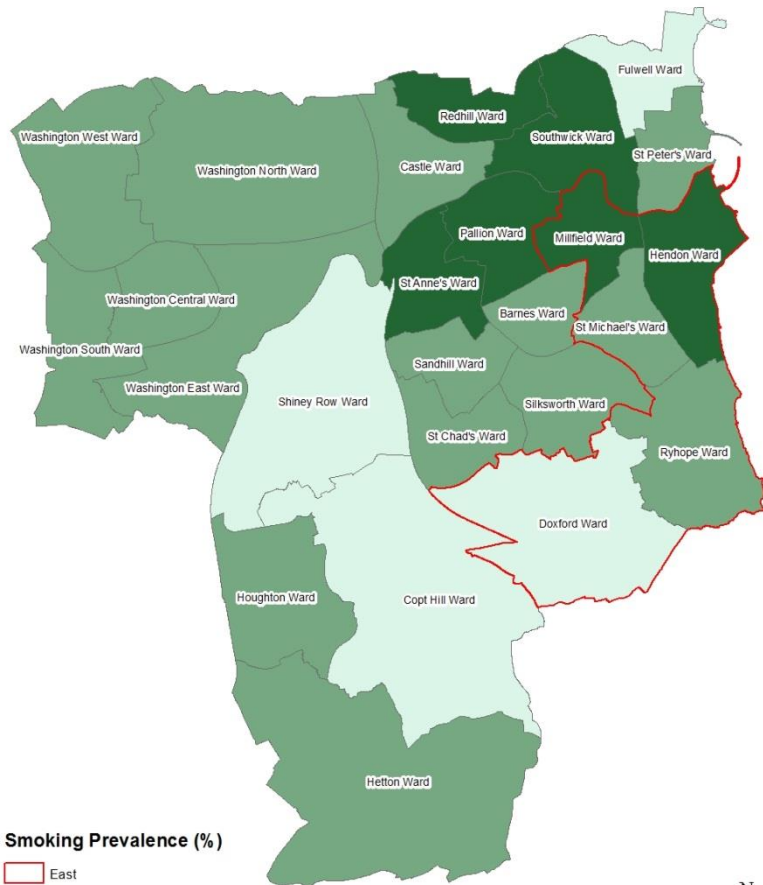


Female Life Expectancy 2011-15



# People who currently smoke

Smoking Prevalence (%) by Ward



Smoking Prevalence (%)



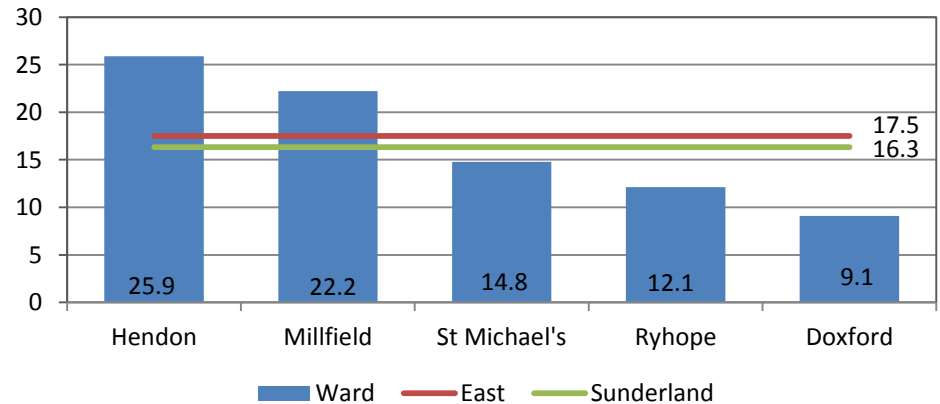
Source: Sunderland Adult Health and Lifestyle Survey 2017

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- 17.5% in the East smoked, compared to the Sunderland average (16.3%).
- Smoking prevalence within the East was varied between 9.1% to 25.9%.
- Smoking prevalence was significantly higher in Hendon and Millfield.

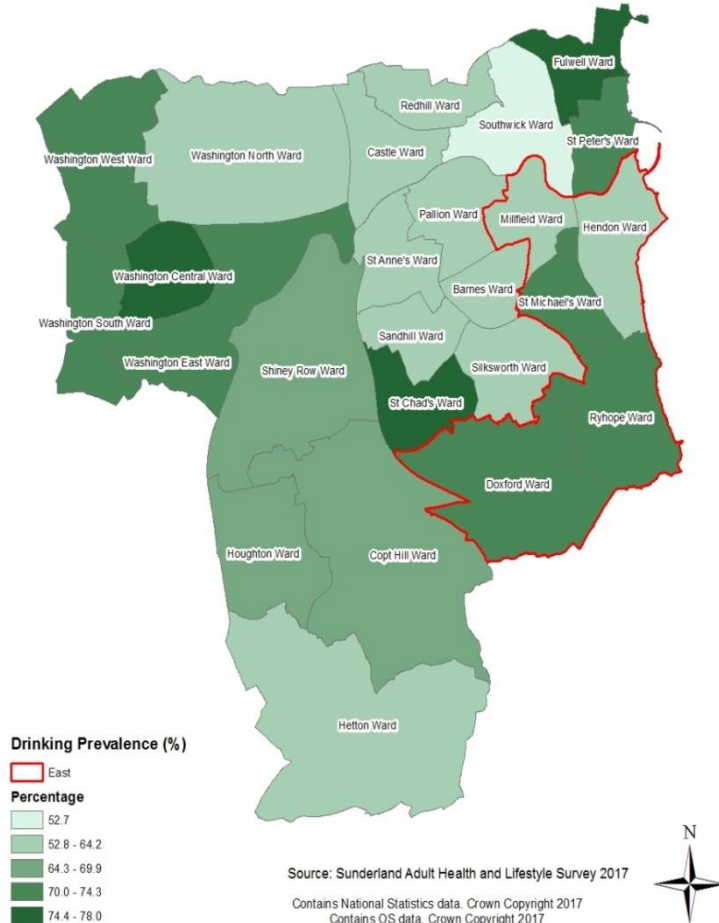
Smoking Prevalence (%)



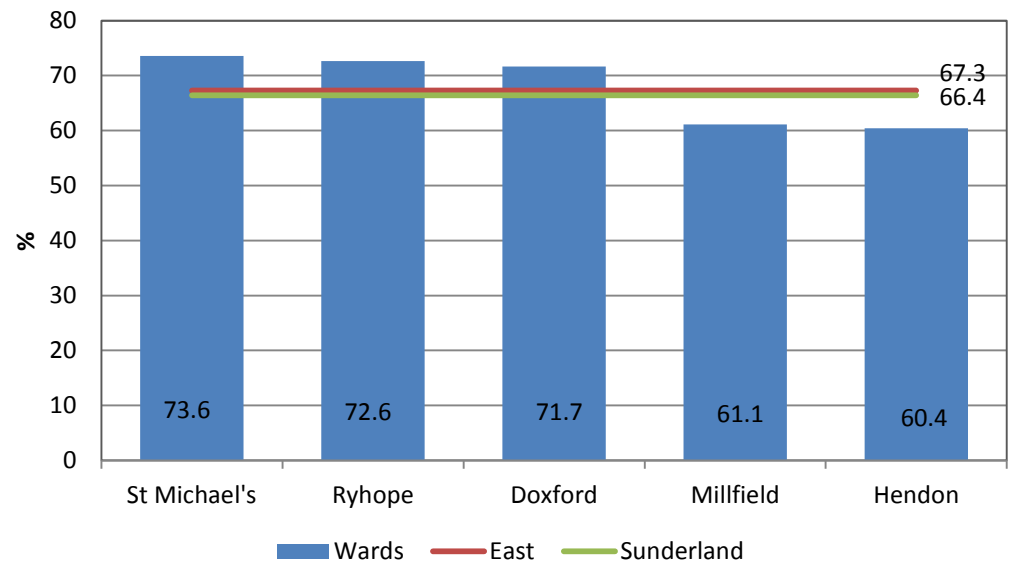
# People who currently drink alcohol

Drinking Prevalence (%) in Sunderland Wards

- In the East 67.3% people drink alcohol, compared with 66.4% for Sunderland.
- Wards varied from 60.4% to 73.6%
- St Michael's, Ryhope and Doxford had a higher prevalence of those who drink, compared to the Sunderland average
- No significant differences from the Sunderland average.

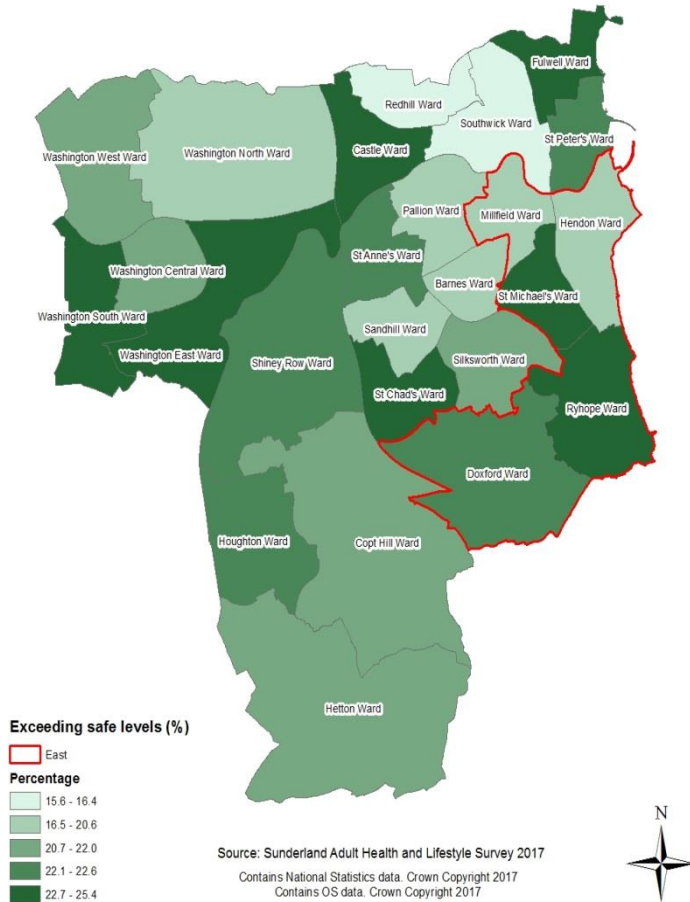


Drinking Prevalence (%)



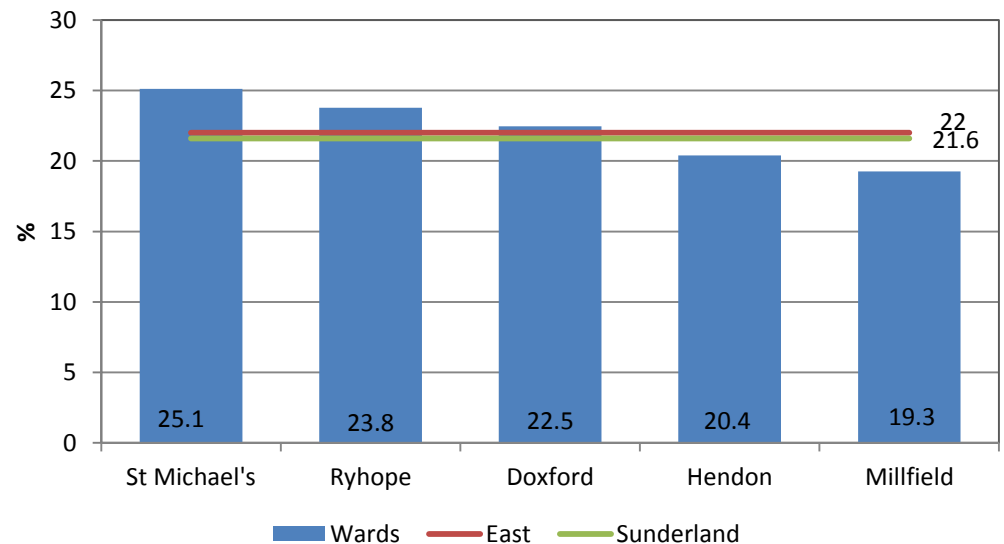
# Exceeding safe levels of alcohol units

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



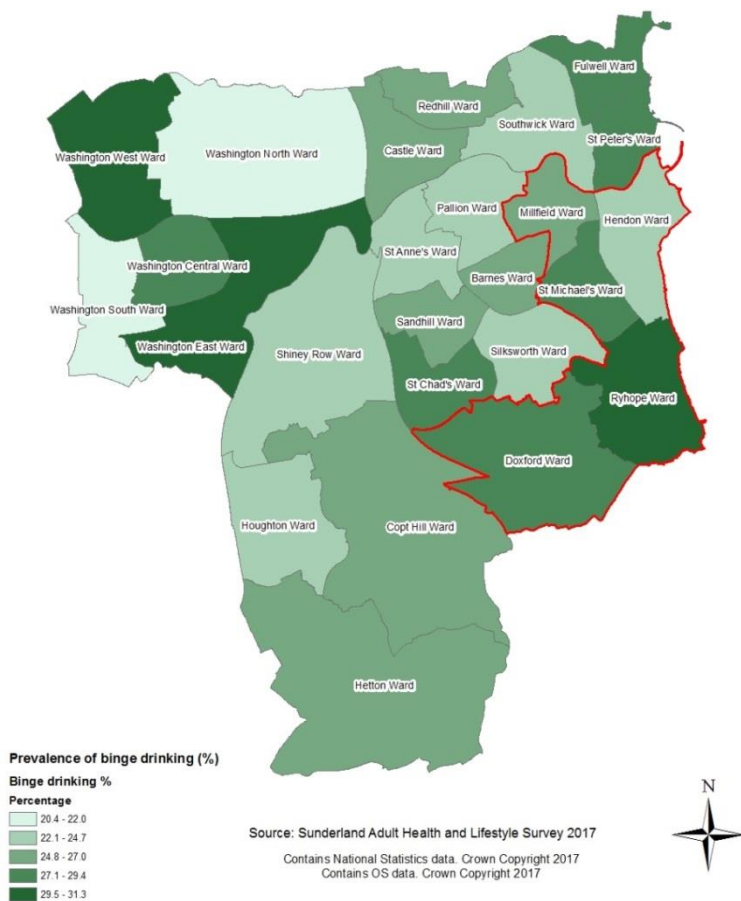
- 22% in the East exceeded recommended levels of drinking of 14 units a week, the same as the Sunderland average
- Wards varied from 19.3% to 25.1%.
- More people in St Michael's, Ryhope and Doxford exceeded the recommended drinking levels, compared to the Sunderland average.
- No significant differences from the Sunderland average.

Prevalence (%) Exceeding safe levels of drinking



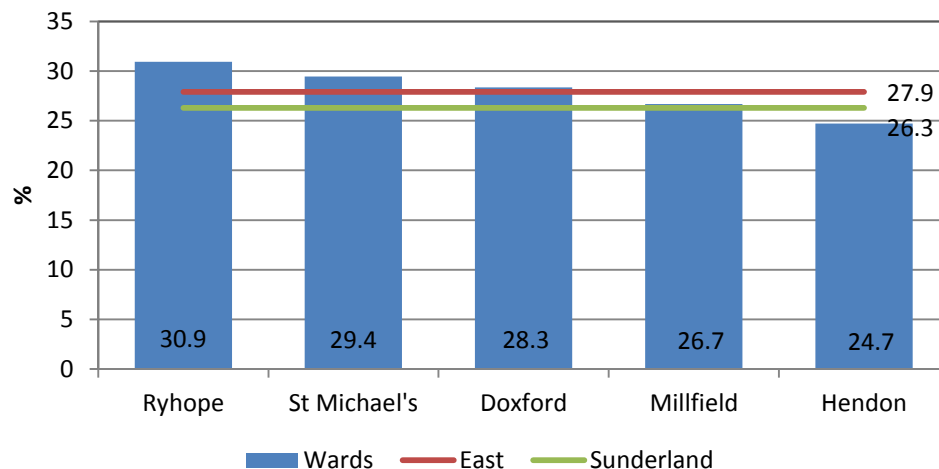
# More than 6 units of alcohol on heaviest drinking day

Prevalence (%) of binge drinking in Sunderland Wards



- 27.9% of people in the East were binge drinking, higher than the Sunderland average (26.3%).
- Wards varied from 24.7% to 30.9%
- More people in Ryhope, St Michael's, Doxford and Millfield were binge drinking than the Sunderland average
- No significant differences from the Sunderland average.

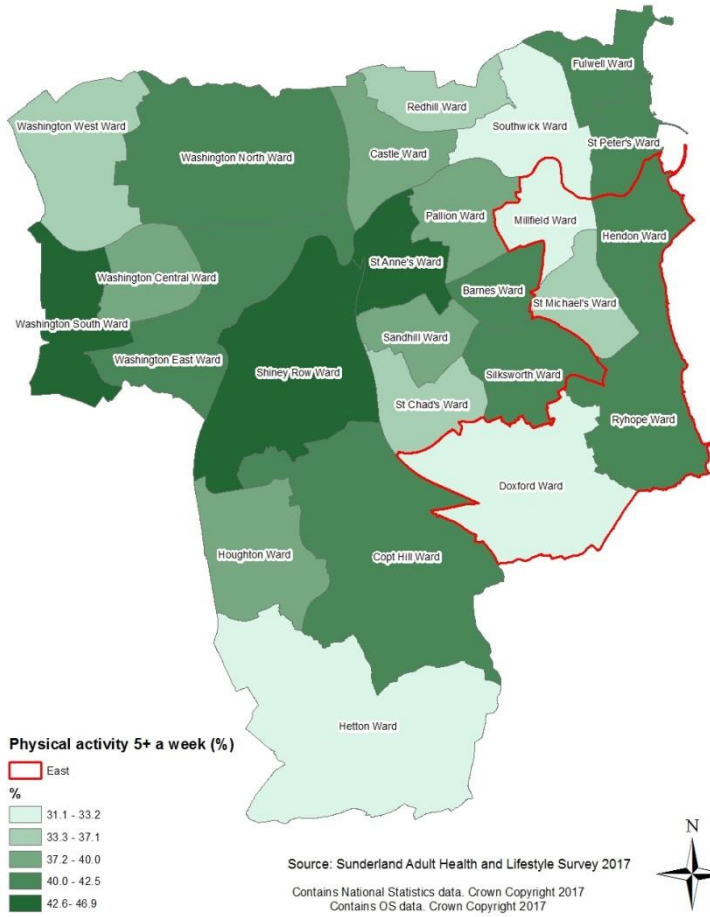
Prevalence (%) of Binge Drinking





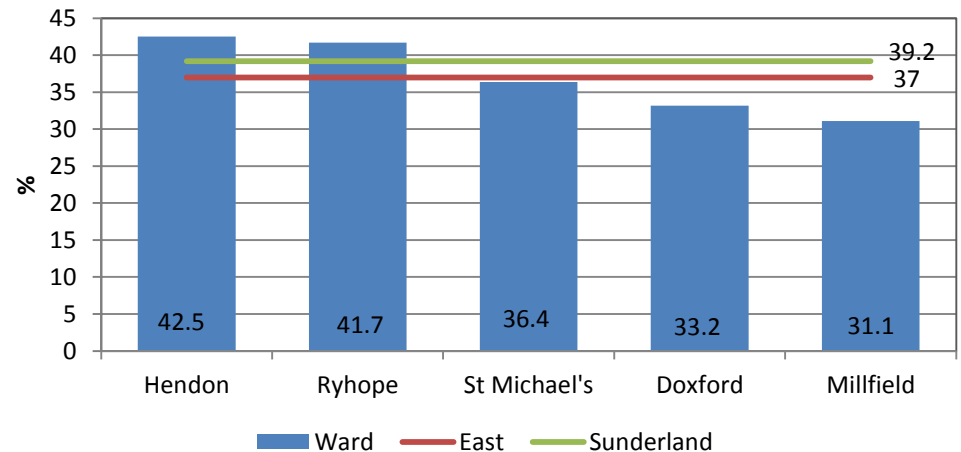
# Physical activity levels

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



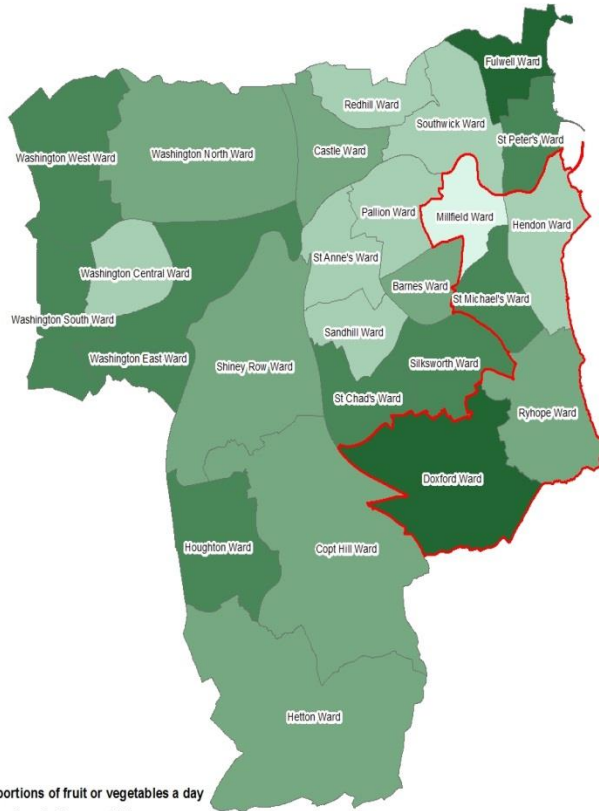
- 37% of people in the East did the recommended levels of physical activity (at least 30 minutes of moderate physical activity 5 times a week) compared to 39.2% in Sunderland.
- Physical activity varied from 31.1% to 42.5% in wards.
- Millfield, Doxford and St Michael's were lower than Sunderland average.
- Levels of physical activity were significantly lower than the Sunderland average in Millfield.

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



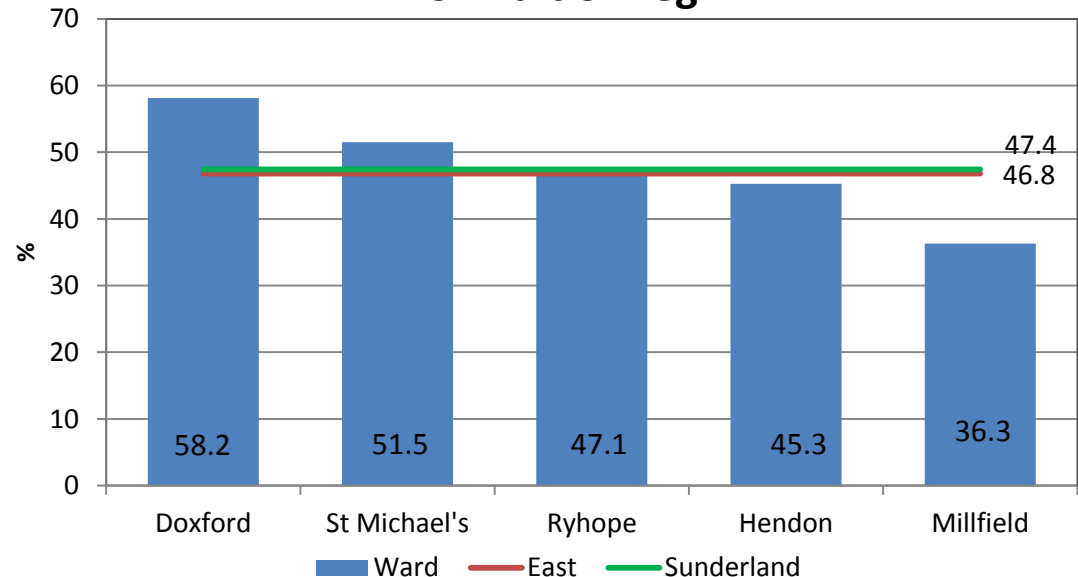
Source: Sunderland Adult Health and Lifestyle Survey 2017

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- 46.8% of people in the East ate 5 or more portions of fruit or veg a day compared to the Sunderland average of 47.4%
- Wards varied between 36.3% to 58.2%.
- Doxford had significantly higher prevalence of those eating 5 or more portions of fruit or veg than the Sunderland average
- Millfield and Hendon were lower than the Sunderland average, with Millfield significantly lower

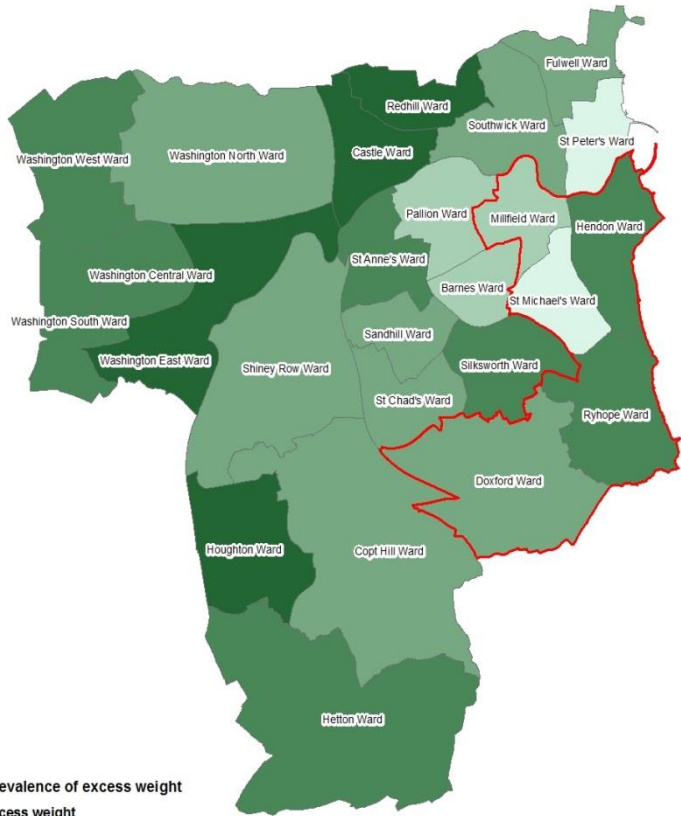
## Prevalence (%) of those eating 5+ portions of fruit or veg



# Excess Weight

Prevalence (%) of excess weight in Sunderland wards

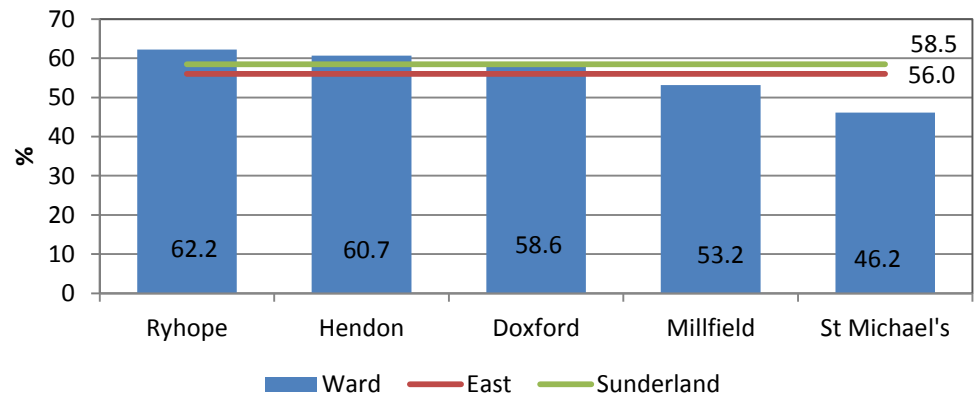
- Prevalence of excess weight was 56.0 % in the East, compared with 58.5% in Sunderland
- For wards varied between 46.2% to 62.2%.
- Ryhope, Hendon and Doxford were higher than the Sunderland average
- St Michael's had significantly lower prevalence of excess weight, than the Sunderland average.



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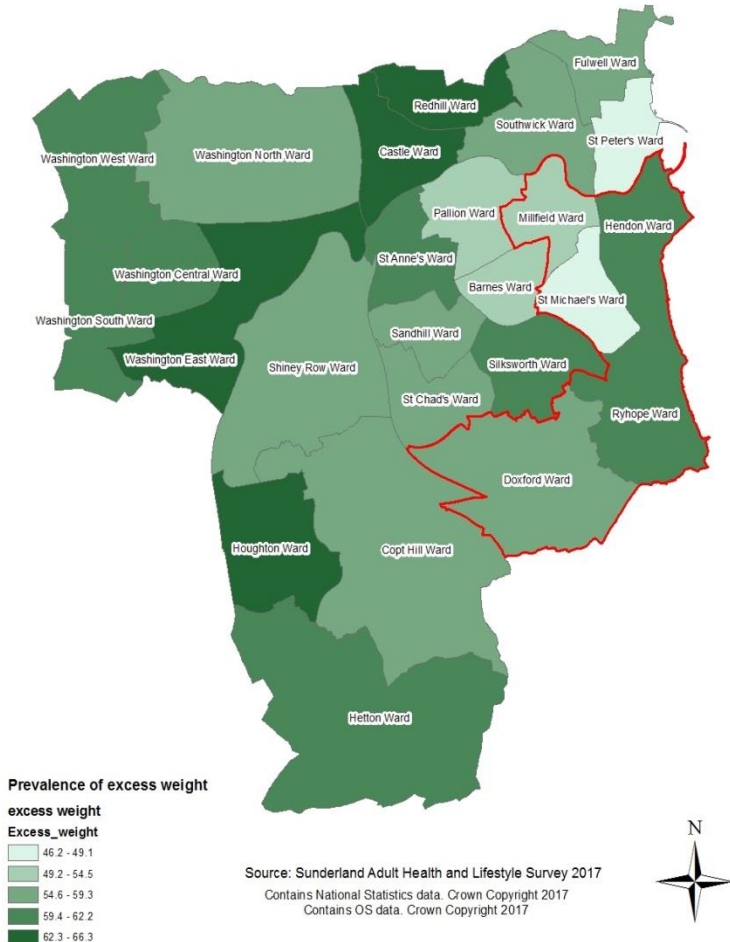


## Prevalence (%) of those with excess weight



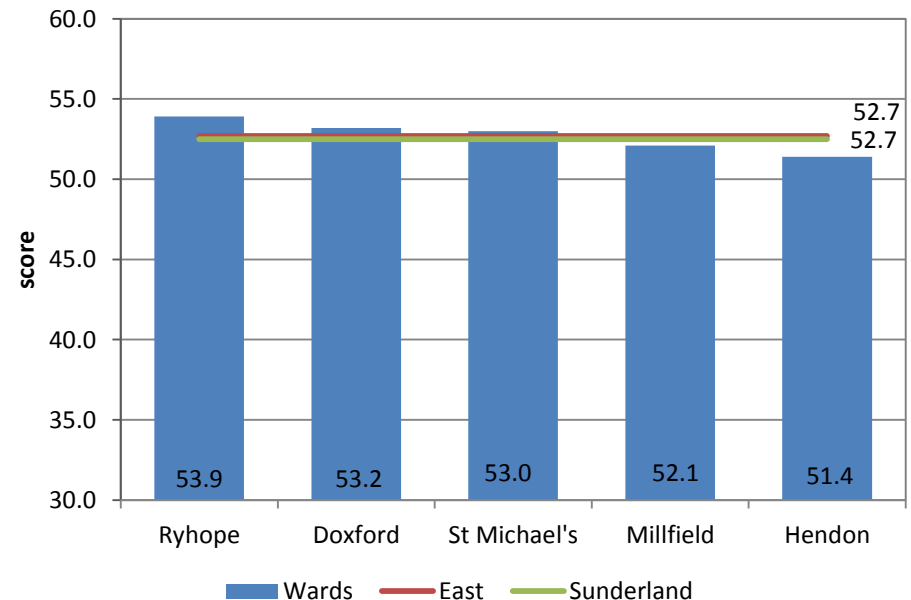
# Mental Wellbeing

Prevalence (%) of excess weight in Sunderland wards

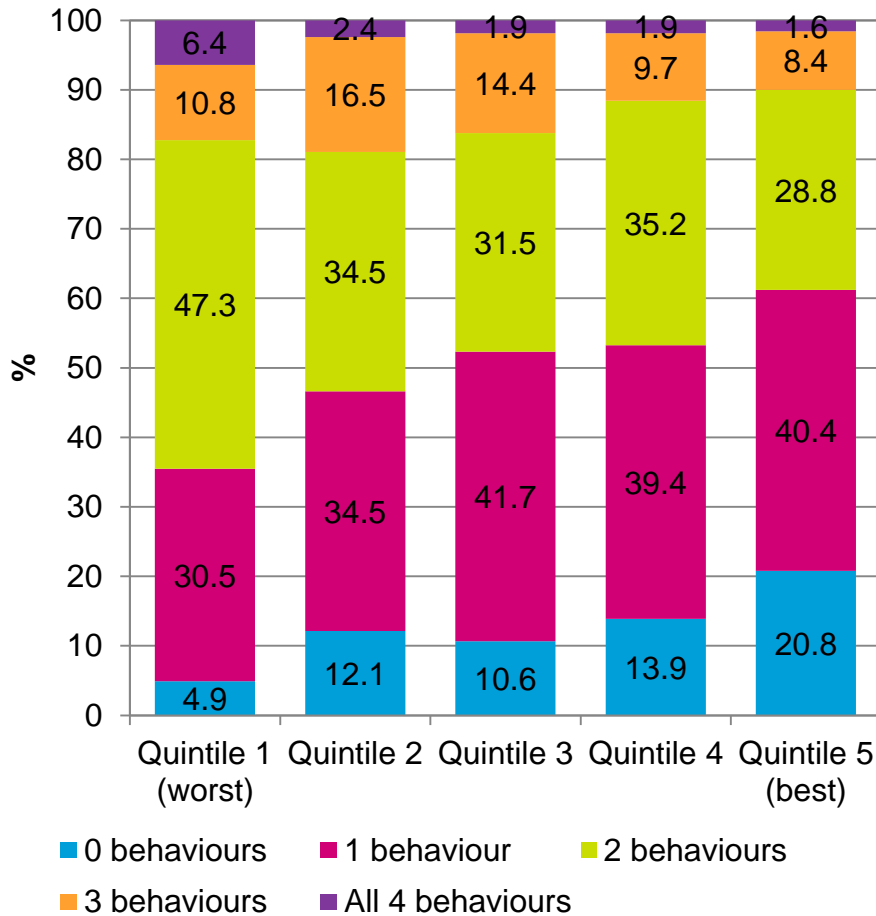


- Average mental wellbeing score in the East was the same as the Sunderland average, 52.7 out of 70
- For wards, scores varied between 51.4 to 53.9
- Hendon and Millfield were lower than Sunderland average
- No significant differences between East wards and the Sunderland average.

## 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 East area those with the best wellbeing (Quintile 5) 61.2% had 0 or 1 unhealthy behaviour, compared to 35.4% in the worst quintile (Quintile 1).

# Next Steps

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