

Area Profile from Adult Lifestyle Survey 2017

North

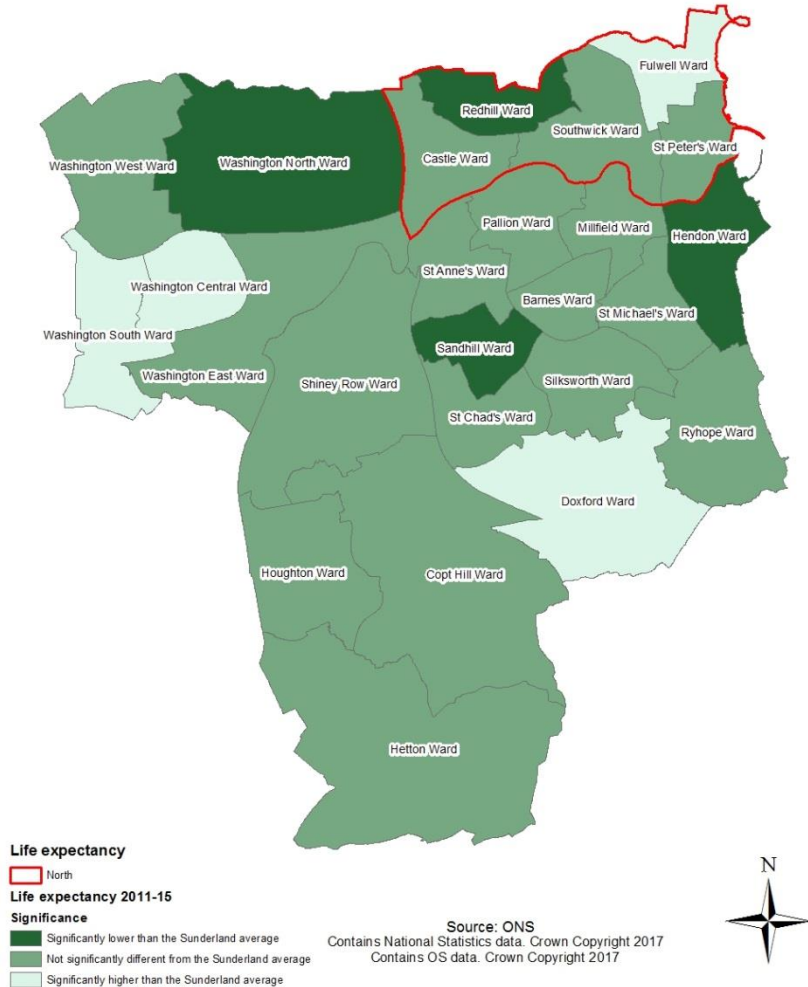
Adult Lifestyle Survey 2017

- 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

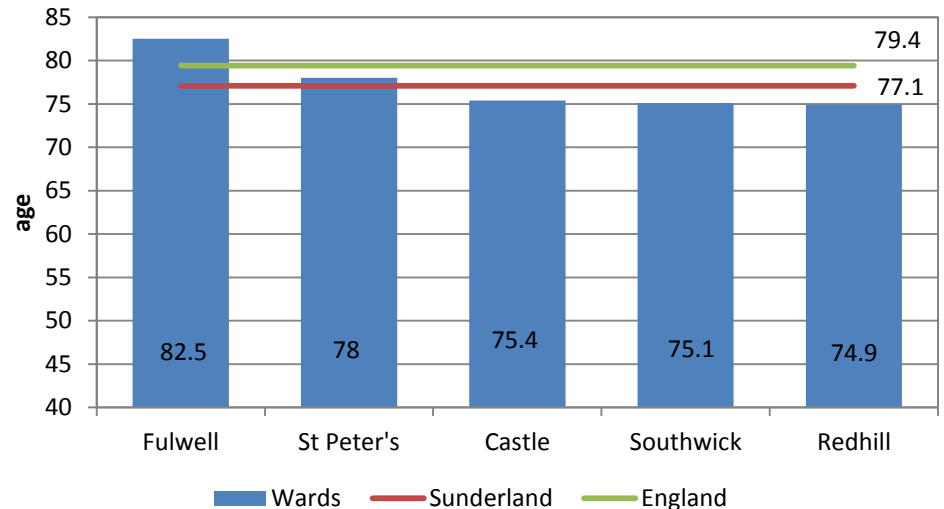
Male Life Expectancy 2011-15

Male Life Expectancy 2011-2015



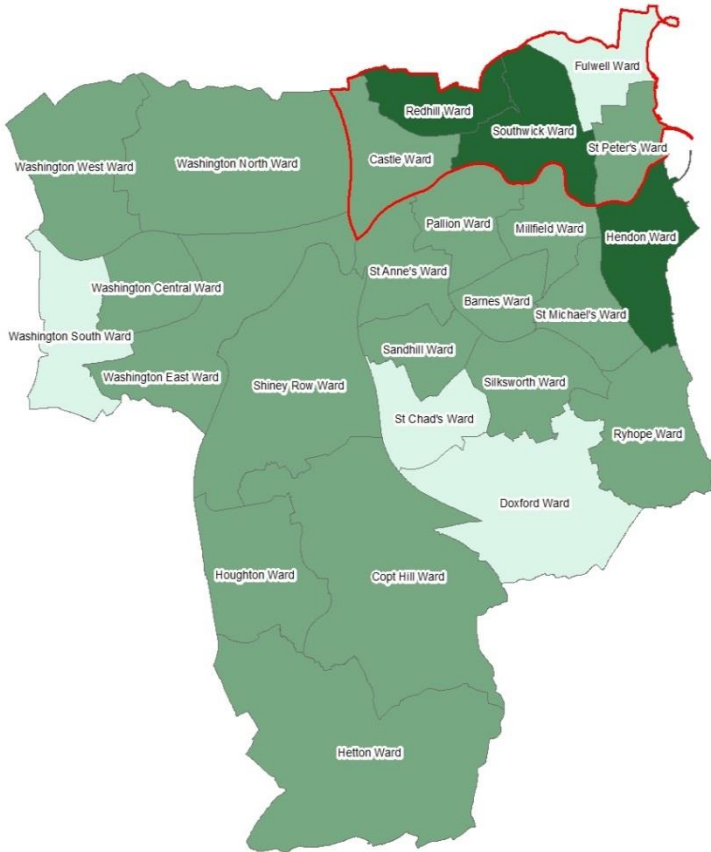
- Male life expectancy in Sunderland was 77.1 years, which is lower than the England average (79.4 years).
- Redhill ward has significantly lower male life expectancy than the Sunderland average.
- Fulwell ward has significantly higher male life expectancy than the Sunderland average.

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

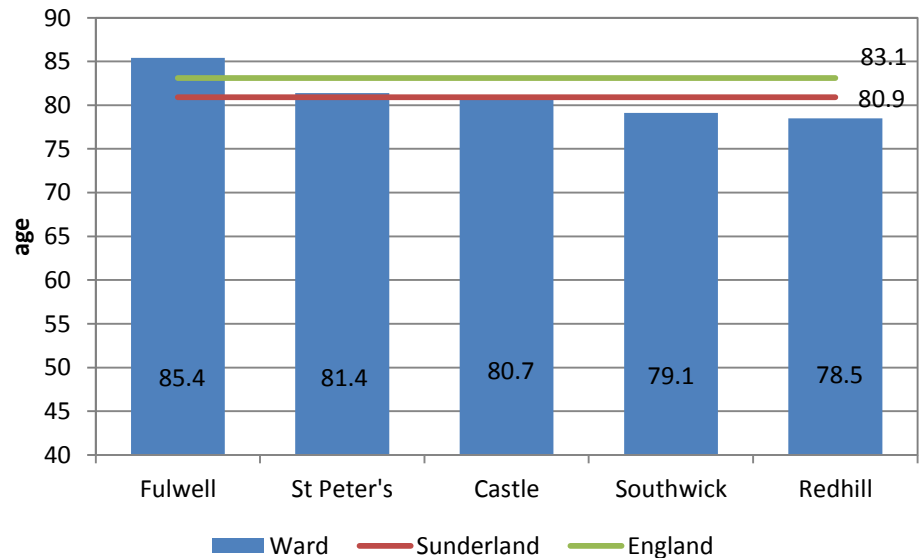
- Significantly lower than Sunderland average
- Not significantly different, from Sunderland average
- Significantly higher than the Sunderland average

Source: ONS
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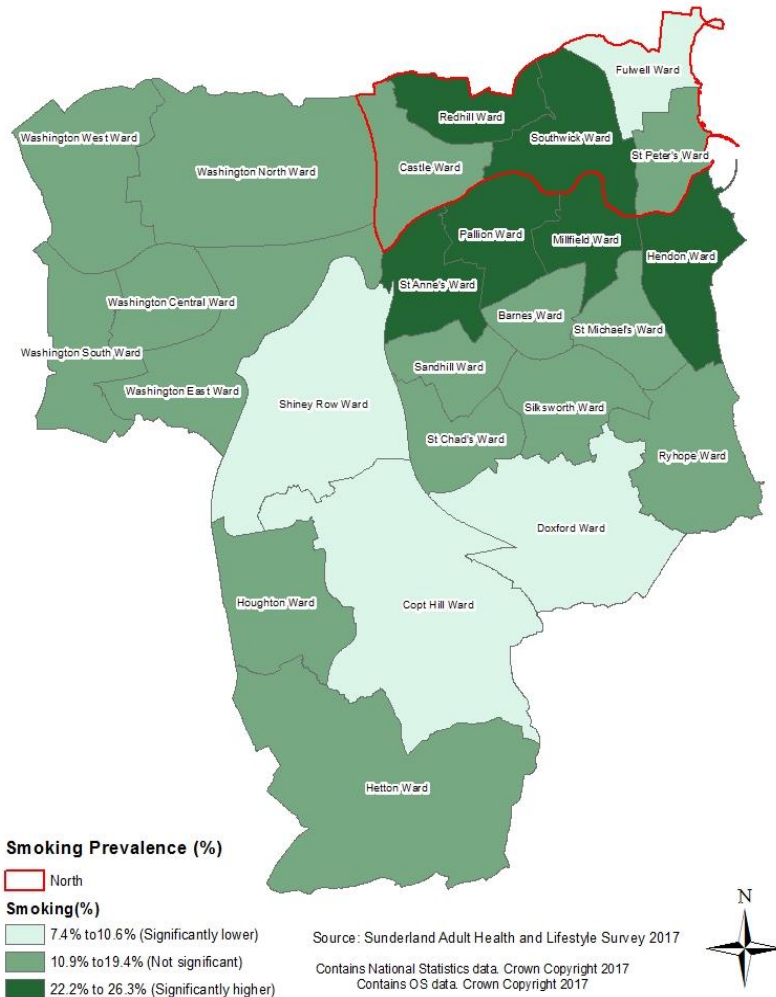
- Female Life expectancy in Sunderland was 80.9 years, which is lower than the England average (83.1 years).
- Fulwell ward has significantly higher female life expectancy than the Sunderland average.
- Redhill ward and Southwick ward have significantly lower female life expectancy than the Sunderland average.

Female Life Expectancy 2011-15



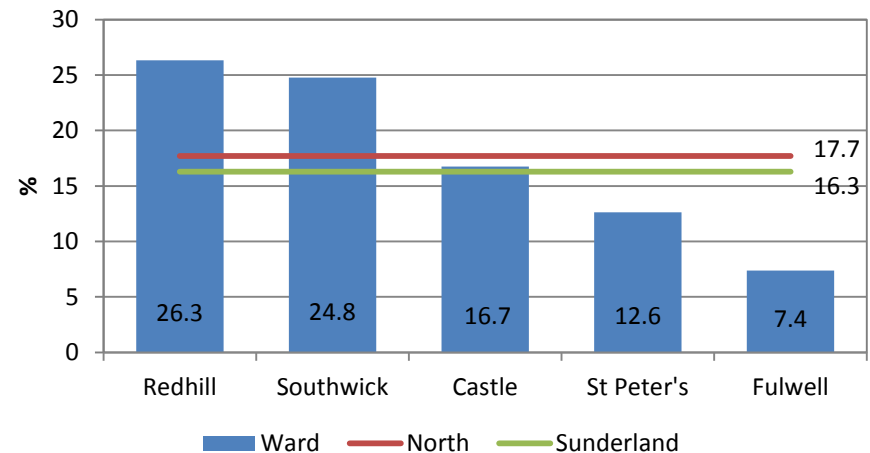
People who currently smoke

Smoking Prevalence (%) by Ward



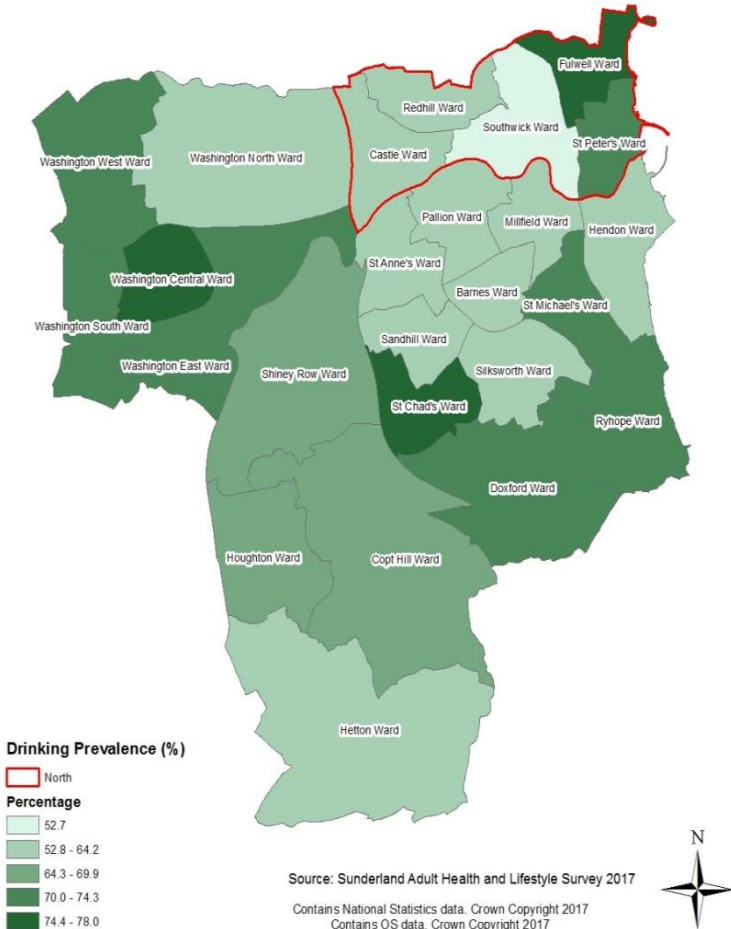
- 17.7% of Sunderland North survey respondents smoked, higher than the Sunderland average (16.3%), but not significant.
- Wards varied between 7.4% to 26.3%.
- Smoking prevalence was higher than the Sunderland average in Redhill, Southwick and Castle, and significantly higher in Redhill and Southwick

Smoking Prevalence (%)



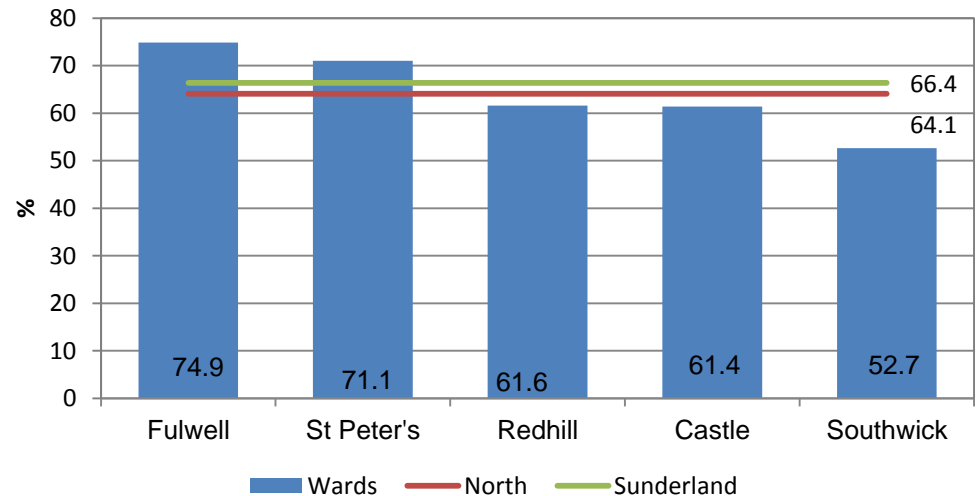
People who currently drink alcohol

Drinking Prevalence (%) in Sunderland Wards



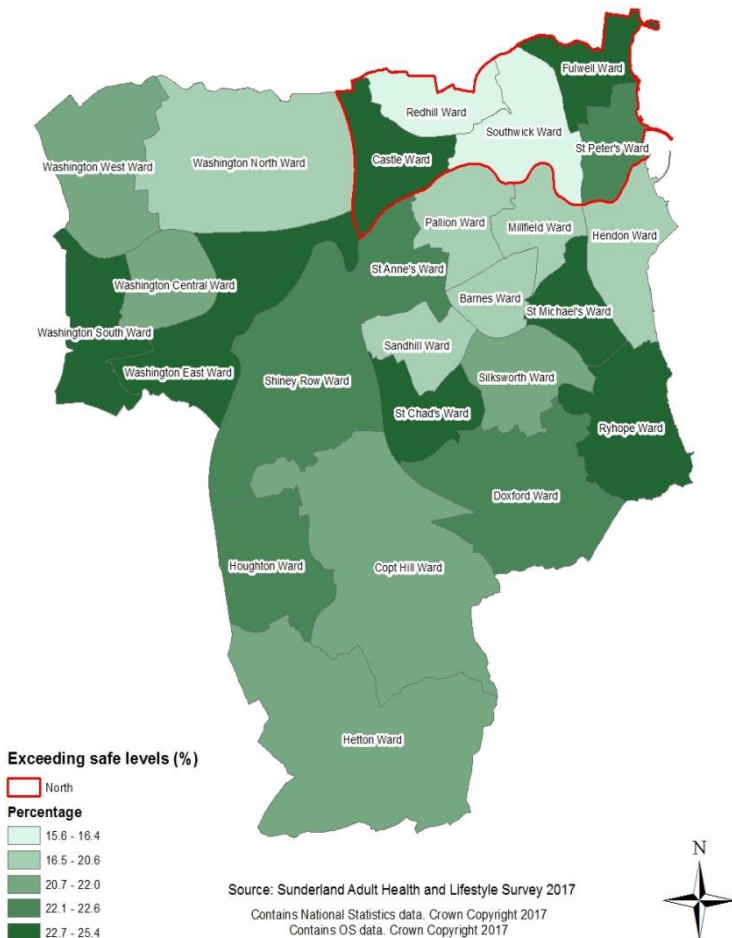
- In North area 64.1% of people drink alcohol, compared with 66.4% for Sunderland.
- Wards varied from 52.7% to 74.1%
- Fullwell and St Peter's had a higher prevalence of those who drink, compared to the Sunderland average, Fullwell significantly higher.
- Southwick had significantly lower levels of drinking prevalence, compared to the Sunderland average.

Drinking Prevalence (%)



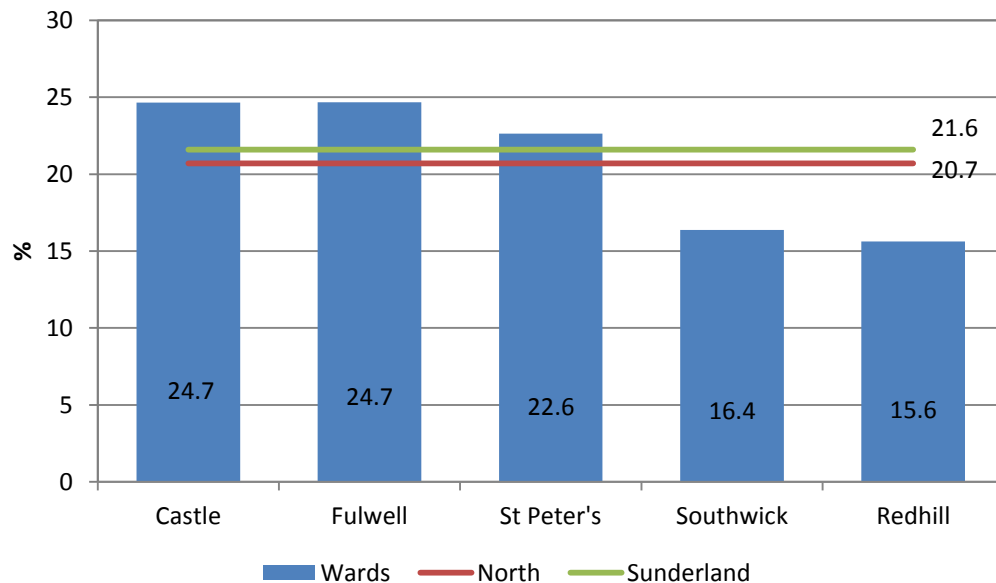
Exceeding safe levels of alcohol units

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



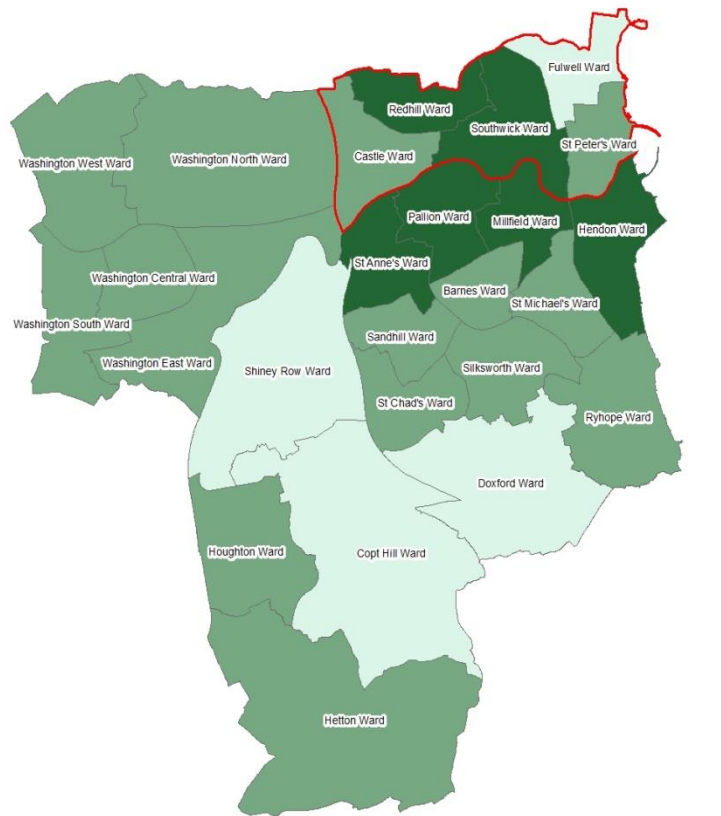
- 20.7% in the North exceeded recommended levels of drinking of 14 units a week, compared with 21.6% for Sunderland
- Wards varied from 15.6% to 24.7%.
- More people in Castle, Fulwell and St Peter's exceeded the recommended drinking levels, compared to the Sunderland average
- No significant differences 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

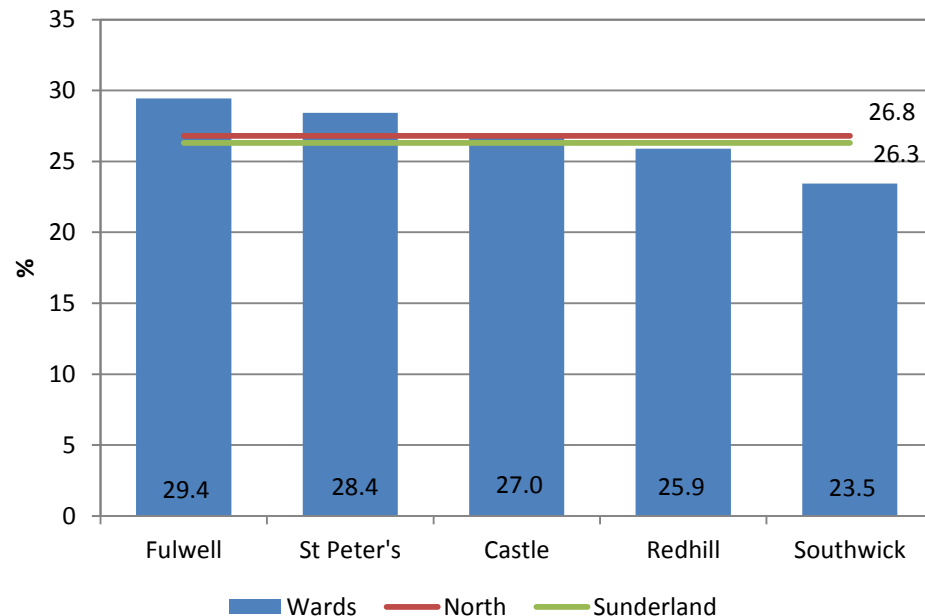


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Prevalence of binge drinking (%)

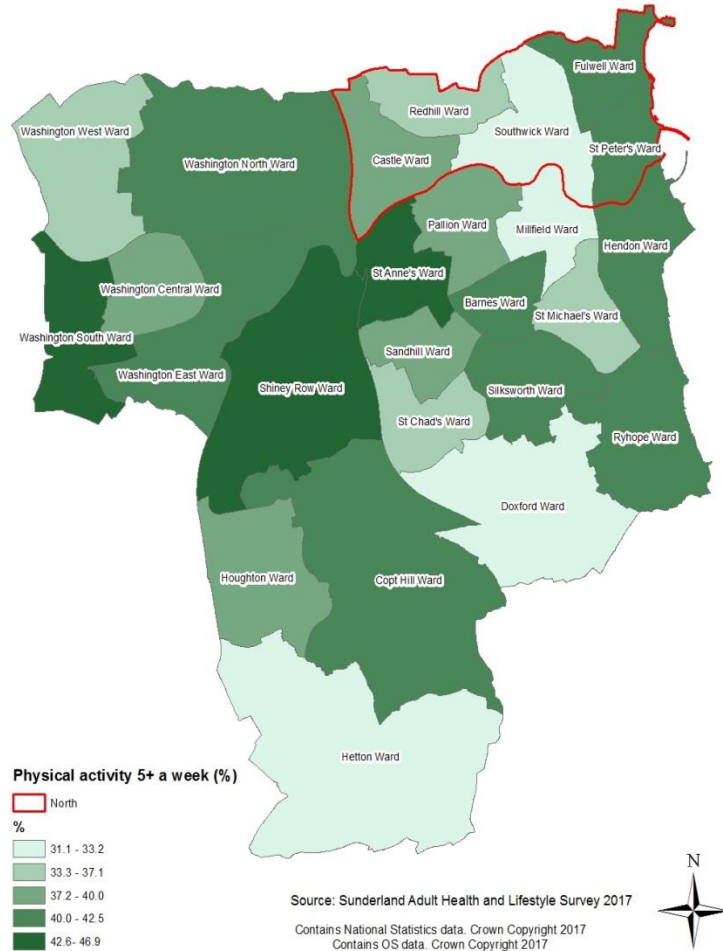
- 26.8% of people in North area were binge drinking, marginally higher than the Sunderland average (26.3%).
- Wards varied from 23.5% to 29.4%.
- More people in Fulwell, St Peter's and Castle were binge drinking than the Sunderland average.
- No significant differences from the Sunderland average.

Prevalence (%) of Binge Drinking



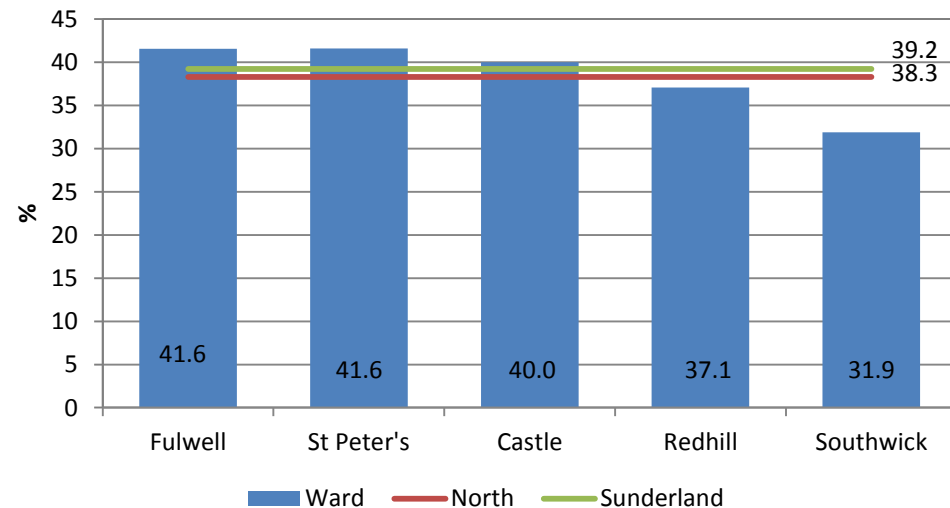
Physical activity levels

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



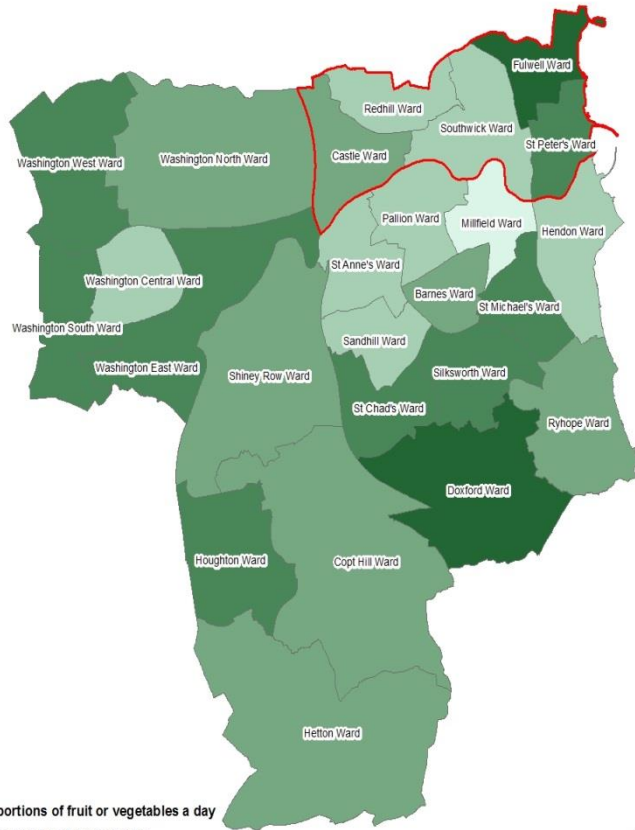
- 38.3% of people in North did the recommended levels of physical activity (at least 30 minutes of moderate physical activity 5 times a week) compared to 39.2% in Sunderland.
- Physical activity levels varied from 31.9% to 41.6%.
- Southwick and Redhill were lower than Sunderland average.
- No significant differences from the Sunderland average.

Physical activity 5 days plus



5 or more portions of fruit or veg

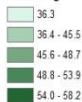
Prevalence (%) of those eating 5+ portions of fruit or vegetables a day



5+ portions of fruit or vegetables a day

5+ portions fruit or vegetables

Percentage



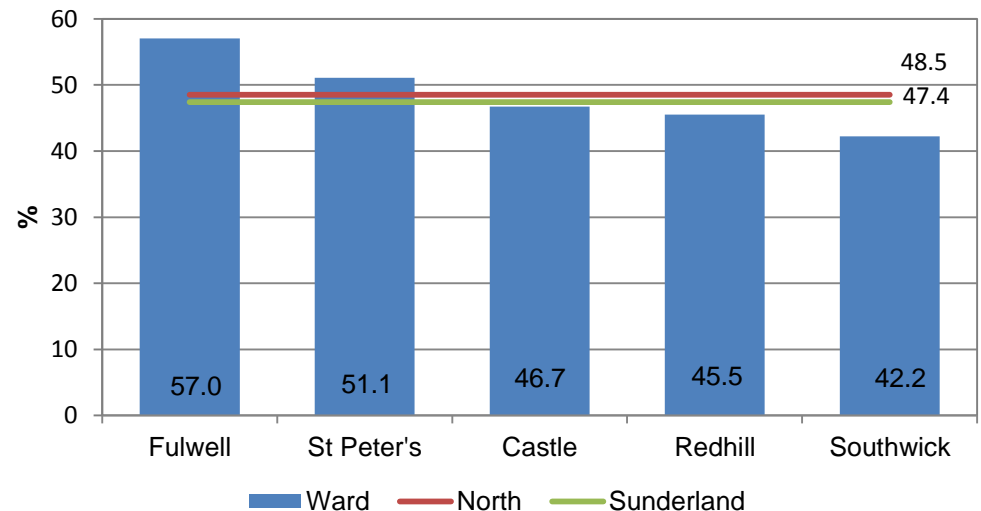
Source: Sunderland Adult Health and Lifestyle Survey 2017

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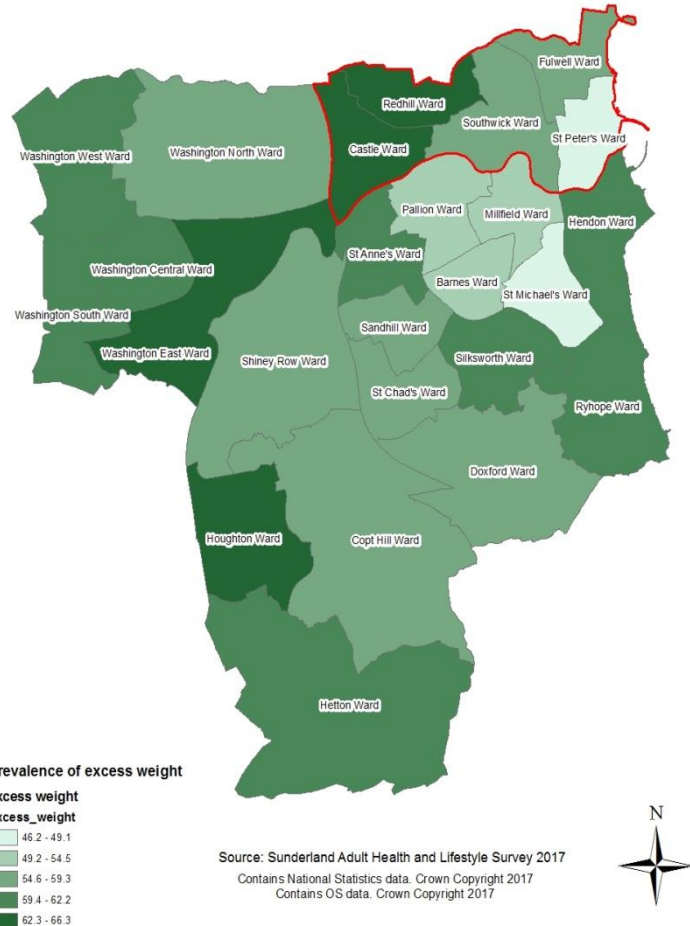
- 48.5% of people in the North ate 5 or more portions of fruit or veg a day compared to the Sunderland average of 47.4%
- Wards varied between 42.2% to 57.0% in wards.
- Southwick, Redhill and Castle were lower than the Sunderland average
- Fulwell's prevalence of those eating 5 or more portions of fruit or veg was significantly higher than the Sunderland average

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



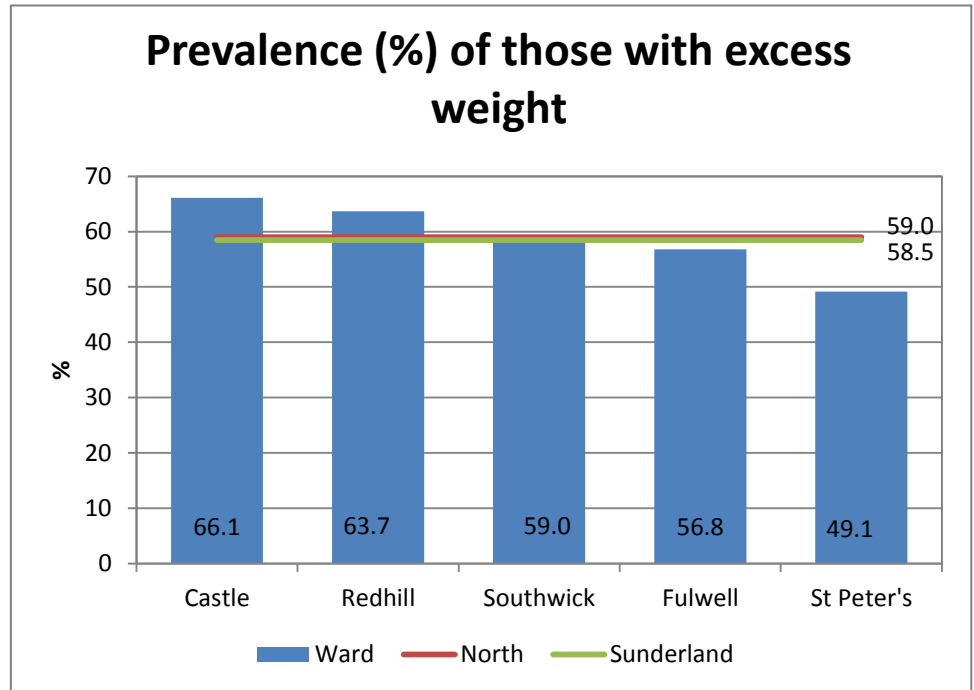
Excess Weight

Prevalence (%) of excess weight in Sunderland wards



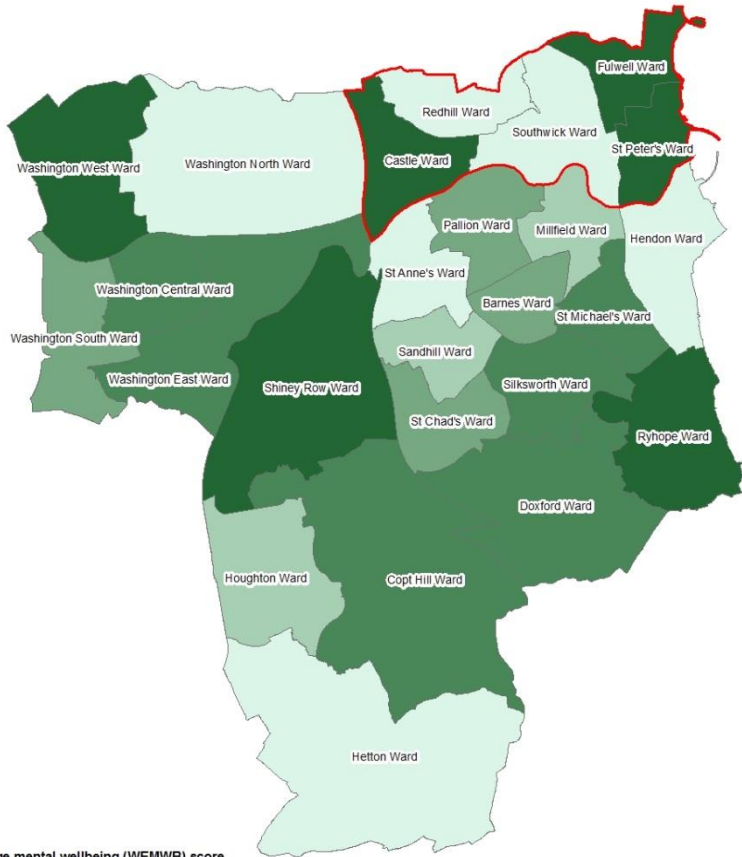
- Prevalence of excess weight was 59.0% in the North, compared with 58.5% in Sunderland
- Wards varied from 49.1% to 66.1%.
- Castle, Redhill and Southwick were higher than the Sunderland average
- St Peter's prevalence of excess weight was significantly lower than the Sunderland average

Prevalence (%) of those with excess weight

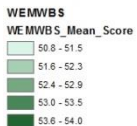


Mental Wellbeing

Average mental wellbeing (WEMWB) score for Sunderland wards



Average mental wellbeing (WEMWB) score



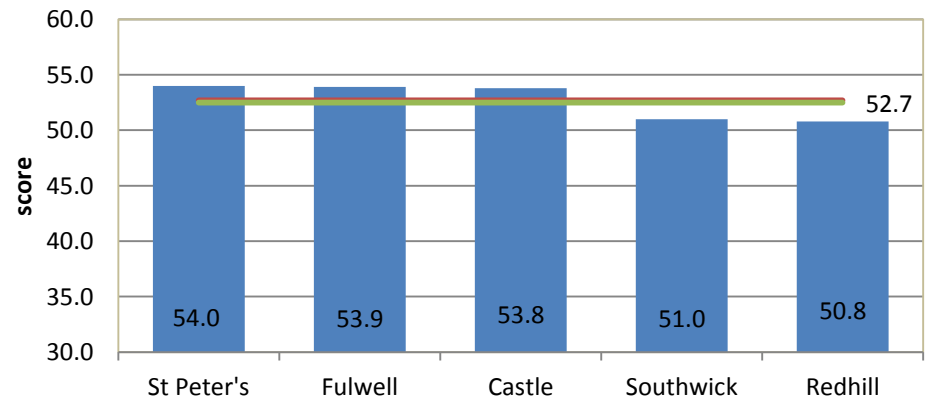
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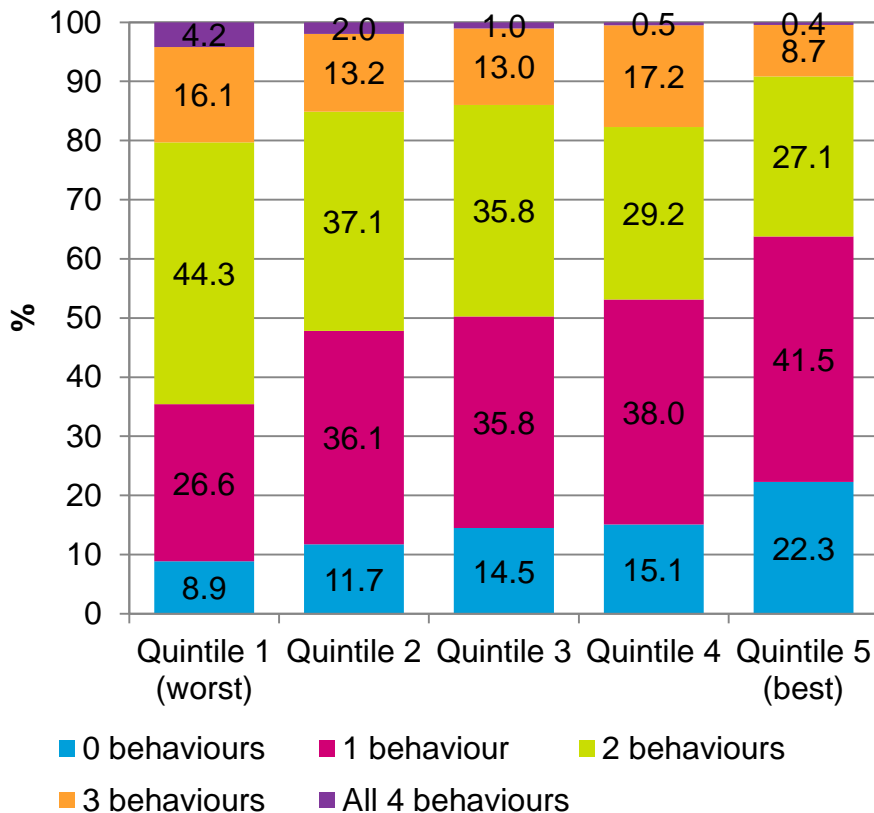
- Average mental wellbeing score in the North was the same as the Sunderland average, 52.7 out of 70.
- For wards, scores varied between 50.8 to 54.0
- Redhill and Southwick had significantly lower wellbeing scores than the Sunderland average

Mental Wellbeing Score



■ Wards ■ North ■ Sunderland

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 the North those with the best wellbeing (Quintile 5). 63.8% had 0 or 1 unhealthy behaviour, compared to 35.5% in the worst quintile (Quintile 1).

Next Steps

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