

## Welsh Health Survey 2005/07 Local Authority Results

The Welsh Health Survey is a source of information about the health and health-related lifestyle of people living in Wales. Key findings from the survey are presented in a series of annual reports; this statistical bulletin contains reference tables at local authority level to supplement the national reports.

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## **Introduction**

The Welsh Health Survey is a source of information about the health and health-related lifestyle of people living in Wales. It was developed to meet a range of needs, including providing estimates of health status, health-related lifestyle and health service use at national (Wales) level, for population sub-groups, and for local authorities.

Results from the first four years of the survey have been published in a series of annual reports<sup>1</sup>. These reference tables present results at local authority level to supplement the national reports. The tables use data combined from 2005/06 and 2007 (from 2007 the survey runs on a calendar year basis). Combining two years of data improves the precision of the estimates due to the larger sample size used.

More information about the survey and results can be found in the Welsh Health Survey annual reports and the Statistics for Wales website<sup>1</sup>.

## **Results**

Tables 1-23 present results for a number of measures covered in the Welsh Health Survey, broken down by local authority. Results for each local authority are shown in tables 24-45. All information relates to adults aged 16 and over.

The tables show observed and age-standardised percentages, as well as the unweighted base number (sample size) of respondents for that particular question. As a guide to the precision of the estimates, confidence intervals for a selection of the measures are shown in Appendix B.

In general, adults in the South Wales valleys reported higher levels of illness and less healthy lifestyles.

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<sup>1</sup> [www.wales.gov.uk/statistics](http://www.wales.gov.uk/statistics)

**Table 1: Adults who reported currently being treated for high blood pressure**

*Per cent*

	Observed			Age- standardised	<i>Unweighted base</i>
	Male	Female	Person	Person	
<b>Local authority:</b>					
Isle of Anglesey	19	18	19	17	1,205
Gwynedd	20	19	20	18	1,047
Conwy	18	19	19	16	1,006
Denbighshire	16	20	18	19	1,080
Flintshire	17	19	18	19	1,257
Wrexham	21	23	22	21	1,179
Powys	17	21	19	16	1,190
Ceredigion	13	20	17	16	1,253
Pembrokeshire	22	26	24	21	1,056
Carmarthenshire	20	23	21	19	1,312
Swansea	16	17	17	17	1,617
Neath Port Talbot	22	24	23	23	1,074
Bridgend	20	21	21	21	1,203
The Vale of Glamorgan	15	16	16	17	1,126
Cardiff	16	17	16	20	2,190
Rhondda Cynon Taf	21	23	22	23	1,703
Merthyr Tydfil	22	24	23	26	1,076
Caerphilly	21	24	23	23	1,439
Blaenau Gwent	23	22	22	22	1,100
Torfaen	23	22	23	22	1,005
Monmouthshire	18	21	20	18	1,166
Newport	21	18	19	20	1,090
<b>Wales</b>	19	20	20	20	27,374

Source: Welsh Health Survey 2005/07

**Table 2: Adults who reported currently being treated for a heart condition (a)**

*Per cent*

	Observed			Age-standardised	<i>Unweighted base</i>
	Male	Female	Person	Person	
<b>Local authority:</b>					
Isle of Anglesey	10	9	9	8	1,175
Gwynedd	11	6	9	8	998
Conwy	12	9	10	9	979
Denbighshire	9	7	8	8	1,034
Flintshire	9	7	8	9	1,213
Wrexham	10	11	10	10	1,132
Powys	12	9	10	9	1,157
Ceredigion	10	9	9	9	1,232
Pembrokeshire	11	6	9	8	1,017
Carmarthenshire	12	6	9	8	1,249
Swansea	9	8	9	9	1,582
Neath Port Talbot	13	8	10	10	1,037
Bridgend	11	9	10	10	1,161
The Vale of Glamorgan	10	7	8	9	1,088
Cardiff	8	7	7	9	2,121
Rhondda Cynon Taf	11	8	10	10	1,640
Merthyr Tydfil	11	10	11	12	1,035
Caerphilly	13	11	12	13	1,381
Blaenau Gwent	11	6	9	9	1,046
Torfaen	9	10	10	9	978
Monmouthshire	10	10	10	9	1,138
Newport	9	7	8	9	1,057
<b>Wales</b>	10	8	9	9	26,450

Source: Welsh Health Survey 2005/07

(a) Includes those who reported ever being treated for a heart attack. Excludes those being treated for high blood pressure.

**Table 3: Adults who reported currently being treated for a respiratory illness**

*Per cent*

	Observed			Age- standardised	<i>Unweighted base</i>
	Male	Female	Person	Person	
<b>Local authority:</b>					
Isle of Anglesey	14	15	15	14	1,194
Gwynedd	13	15	14	13	1,033
Conwy	13	14	13	13	992
Denbighshire	12	15	13	13	1,051
Flintshire	12	16	14	14	1,231
Wrexham	10	14	12	12	1,155
Powys	13	13	13	13	1,174
Ceredigion	10	13	12	11	1,231
Pembrokeshire	13	16	14	14	1,030
Carmarthenshire	13	15	14	14	1,291
Swansea	14	15	14	14	1,600
Neath Port Talbot	15	16	16	16	1,059
Bridgend	13	14	14	14	1,168
The Vale of Glamorgan	12	17	15	15	1,116
Cardiff	11	14	12	13	2,139
Rhondda Cynon Taf	16	16	16	16	1,658
Merthyr Tydfil	17	17	17	19	1,056
Caerphilly	16	16	16	16	1,400
Blaenau Gwent	16	16	16	16	1,069
Torfaen	10	16	13	13	986
Monmouthshire	13	11	12	12	1,160
Newport	10	14	12	12	1,067
<b>Wales</b>	13	15	14	14	26,860

Source: Welsh Health Survey 2005/07

**Table 4: Adults who reported currently being treated for a mental illness**

*Per cent*

	Observed			Age-standardised	<i>Unweighted base</i>
	Male	Female	Person	Person	
<b>Local authority:</b>					
Isle of Anglesey	6	11	8	8	1,197
Gwynedd	6	7	6	6	1,033
Conwy	5	8	6	7	993
Denbighshire	7	10	8	9	1,065
Flintshire	6	12	9	9	1,239
Wrexham	6	12	9	9	1,169
Powys	5	10	8	8	1,185
Ceredigion	4	9	7	7	1,248
Pembrokeshire	7	9	8	8	1,043
Carmarthenshire	6	11	9	9	1,308
Swansea	7	12	10	10	1,604
Neath Port Talbot	8	16	12	12	1,072
Bridgend	7	12	10	10	1,184
The Vale of Glamorgan	6	13	10	10	1,124
Cardiff	6	11	9	9	2,158
Rhondda Cynon Taf	8	14	11	11	1,660
Merthyr Tydfil	7	17	12	13	1,063
Caerphilly	9	13	11	11	1,416
Blaenau Gwent	11	15	13	13	1,078
Torfaen	8	14	11	11	991
Monmouthshire	6	11	9	8	1,169
Newport	7	12	10	10	1,078
<b>Wales</b>	7	12	9	9	27,077

Source: Welsh Health Survey 2005/07

**Table 5: Adults who reported currently being treated for arthritis***Per cent*

	Observed			Age-standardised	<i>Unweighted base</i>
	Male	Female	Person	Person	
<b>Local authority:</b>					
Isle of Anglesey	9	12	11	10	1,202
Gwynedd	8	13	10	10	1,034
Conwy	8	14	11	10	1,001
Denbighshire	9	14	12	12	1,078
Flintshire	8	15	12	13	1,251
Wrexham	9	15	12	12	1,174
Powys	9	15	12	11	1,185
Ceredigion	8	14	11	11	1,257
Pembrokeshire	11	15	13	11	1,049
Carmarthenshire	13	19	16	14	1,309
Swansea	9	19	14	14	1,619
Neath Port Talbot	13	20	17	17	1,070
Bridgend	11	16	14	14	1,190
The Vale of Glamorgan	6	13	10	10	1,126
Cardiff	6	14	10	12	2,168
Rhondda Cynon Taf	12	18	15	16	1,686
Merthyr Tydfil	12	22	18	20	1,070
Caerphilly	12	20	16	17	1,440
Blaenau Gwent	12	19	16	16	1,088
Torfaen	15	21	18	17	996
Monmouthshire	8	13	10	9	1,166
Newport	10	16	13	14	1,089
<b>Wales</b>	10	16	13	13	27,248

Source: Welsh Health Survey 2005/07

**Table 6: Adults who reported currently being treated for diabetes***Per cent*

	Observed			Age-standardised	<i>Unweighted base</i>
	Male	Female	Person	Person	
<b>Local authority:</b>					
Isle of Anglesey	6	4	5	4	1,228
Gwynedd	7	7	7	7	1,068
Conwy	5	4	4	4	1,026
Denbighshire	5	4	5	5	1,097
Flintshire	5	7	6	6	1,277
Wrexham	5	5	5	5	1,201
Powys	6	5	5	5	1,212
Ceredigion	4	3	4	3	1,277
Pembrokeshire	7	5	6	5	1,070
Carmarthenshire	8	5	6	6	1,340
Swansea	8	6	7	7	1,661
Neath Port Talbot	10	6	8	8	1,094
Bridgend	7	6	7	7	1,227
The Vale of Glamorgan	6	4	5	5	1,145
Cardiff	4	5	5	6	2,206
Rhondda Cynon Taf	6	5	6	6	1,740
Merthyr Tydfil	7	4	6	6	1,096
Caerphilly	7	6	7	7	1,476
Blaenau Gwent	8	8	8	8	1,126
Torfaen	8	5	6	6	1,023
Monmouthshire	8	6	7	6	1,184
Newport	6	5	6	6	1,106
<b>Wales</b>	6	5	6	6	27,880

Source: Welsh Health Survey 2005/07

**Table 7: Adults who reported having a limiting long-term illness (a)***Per cent*

	Observed			Age-standardised	<i>Unweighted base</i>
	Male	Female	Person	Person	
<b>Local authority:</b>					
Isle of Anglesey	27	25	26	24	1,227
Gwynedd	25	22	24	22	1,057
Conwy	24	27	25	23	1,008
Denbighshire	25	27	26	27	1,081
Flintshire	22	27	25	26	1,269
Wrexham	24	27	26	25	1,189
Powys	24	30	27	25	1,193
Ceredigion	24	25	25	24	1,263
Pembrokeshire	27	32	30	27	1,069
Carmarthenshire	32	31	32	30	1,320
Swansea	25	31	28	28	1,647
Neath Port Talbot	28	31	29	29	1,079
Bridgend	28	29	28	29	1,209
The Vale of Glamorgan	23	26	24	25	1,130
Cardiff	19	24	22	25	2,172
Rhondda Cynon Taf	31	30	30	31	1,709
Merthyr Tydfil	30	33	31	33	1,076
Caerphilly	32	31	31	32	1,457
Blaenau Gwent	33	32	32	33	1,097
Torfaen	28	29	28	28	1,009
Monmouthshire	25	28	26	24	1,174
Newport	23	26	25	26	1,099
<b>Wales</b>	26	28	27	27	27,534

Source: Welsh Health Survey 2005/07

(a) Adults who reported having any long-term illness, health problem or disability which limits their daily activities or the work they can do. Adults were asked to include problems due to old age.

**Table 8: SF-36 Physical component summary score (a)**

*Mean*

	Observed			Age- standardised	<i>Unweighted base</i>
	Male	Female	Person	Person	
<b>Local authority:</b>					
Isle of Anglesey	49.5	49.4	49.5	50.0	1,141
Gwynedd	49.8	49.6	49.7	50.1	975
Conwy	49.9	48.5	49.2	50.1	950
Denbighshire	49.8	49.0	49.4	49.2	1,011
Flintshire	50.7	49.4	50.0	49.6	1,210
Wrexham	50.0	48.3	49.1	49.2	1,113
Powys	50.1	47.6	48.8	49.6	1,121
Ceredigion	49.8	49.2	49.5	49.7	1,193
Pembrokeshire	49.5	47.7	48.6	49.5	993
Carmarthenshire	48.1	47.3	47.6	48.3	1,211
Swansea	49.8	48.1	48.9	48.8	1,510
Neath Port Talbot	48.7	46.5	47.6	47.6	1,012
Bridgend	49.0	48.0	48.5	48.3	1,123
The Vale of Glamorgan	50.7	48.9	49.7	49.3	1,082
Cardiff	51.6	49.3	50.4	49.3	2,065
Rhondda Cynon Taf	48.1	47.3	47.7	47.4	1,582
Merthyr Tydfil	49.0	46.7	47.8	47.0	977
Caerphilly	48.0	47.3	47.6	47.4	1,344
Blaenau Gwent	46.7	47.1	46.9	46.9	991
Torfaen	47.9	47.7	47.8	48.1	954
Monmouthshire	50.1	48.4	49.2	49.9	1,123
Newport	50.4	48.7	49.5	49.2	1,031
<b>Wales</b>	49.6	48.2	48.9	48.8	25,712

Source: Welsh Health Survey 2005/07

(a) Higher score indicates better health.

**Table 9: SF-36 Mental component summary score (a)**

*Mean*

	Observed			Age- standardised	<i>Unweighted base</i>
	Male	Female	Person	Person	
<b>Local authority:</b>					
Isle of Anglesey	52.5	49.8	51.1	51.1	1,141
Gwynedd	52.5	50.7	51.6	51.6	975
Conwy	52.4	49.4	50.9	50.9	950
Denbighshire	51.5	49.3	50.4	50.3	1,011
Flintshire	52.0	48.9	50.4	50.3	1,210
Wrexham	51.5	48.9	50.1	50.2	1,113
Powys	52.7	51.1	51.9	51.8	1,121
Ceredigion	52.2	50.0	51.1	51.0	1,193
Pembrokeshire	51.3	51.2	51.2	51.1	993
Carmarthenshire	51.0	48.0	49.5	49.4	1,211
Swansea	50.9	48.5	49.7	49.6	1,510
Neath Port Talbot	50.7	47.7	49.2	49.3	1,012
Bridgend	50.8	48.7	49.7	49.7	1,123
The Vale of Glamorgan	51.2	48.2	49.6	49.8	1,082
Cardiff	50.9	48.8	49.8	49.9	2,065
Rhondda Cynon Taf	50.1	47.9	49.0	48.9	1,582
Merthyr Tydfil	49.7	46.3	47.9	47.8	977
Caerphilly	49.5	47.1	48.3	48.3	1,344
Blaenau Gwent	49.4	46.8	48.1	48.1	991
Torfaen	50.2	47.3	48.7	48.7	954
Monmouthshire	51.9	49.8	50.8	50.7	1,123
Newport	51.1	48.3	49.6	49.6	1,031
<b>Wales</b>	51.1	48.7	49.9	49.9	25,712

Source: Welsh Health Survey 2005/07

(a) Higher score indicates better health.

**Table 10: Adults who reported being a current smoker (a)***Per cent*

	Observed			Age-standardised	<i>Unweighted base</i>
	Male	Female	Person	Person	
<b>Local authority:</b>					
Isle of Anglesey	23	23	23	24	1,229
Gwynedd	25	23	24	24	1,070
Conwy	26	22	24	25	1,027
Denbighshire	29	27	28	28	1,084
Flintshire	26	24	25	24	1,280
Wrexham	28	24	26	26	1,211
Powys	22	20	21	22	1,203
Ceredigion	24	22	23	24	1,275
Pembrokeshire	26	20	23	25	1,074
Carmarthenshire	21	20	21	21	1,335
Swansea	27	24	25	26	1,658
Neath Port Talbot	26	26	26	26	1,090
Bridgend	25	26	26	25	1,222
The Vale of Glamorgan	28	25	26	26	1,143
Cardiff	25	21	23	22	2,192
Rhondda Cynon Taf	26	27	26	26	1,741
Merthyr Tydfil	30	28	29	28	1,093
Caerphilly	29	26	28	27	1,479
Blaenau Gwent	32	29	31	31	1,118
Torfaen	28	25	26	27	1,018
Monmouthshire	24	15	20	21	1,179
Newport	25	25	25	25	1,107
<b>Wales</b>	26	24	25	25	27,828

Source: Welsh Health Survey 2005/07

(a) Adults who reported smoking daily or occasionally.

**Table 11: Adults who reported drinking above guidelines on at least one day in the past week (a)**

*Per cent*

	Observed			Age-standardised	<i>Unweighted base</i>
	Male	Female	Person	Person	
<b>Local authority:</b>					
Isle of Anglesey	38	24	31	31	1,151
Gwynedd	42	25	34	35	1,017
Conwy	37	20	28	30	1,001
Denbighshire	44	27	35	35	1,069
Flintshire	49	28	39	37	1,243
Wrexham	45	25	34	35	1,171
Powys	37	22	29	31	1,192
Ceredigion	39	24	32	31	1,254
Pembrokeshire	44	17	30	31	1,056
Carmarthenshire	35	19	27	27	1,306
Swansea	49	30	40	39	1,603
Neath Port Talbot	48	25	36	36	1,064
Bridgend	48	32	39	39	1,197
The Vale of Glamorgan	46	29	37	36	1,126
Cardiff	50	31	40	38	2,146
Rhondda Cynon Taf	51	30	40	40	1,681
Merthyr Tydfil	48	31	39	38	1,070
Caerphilly	47	28	37	36	1,445
Blaenau Gwent	49	28	38	37	1,090
Torfaen	45	28	36	37	995
Monmouthshire	47	27	36	38	1,167
Newport	46	26	35	35	1,083
<b>Wales</b>	45	27	36	35	27,127

Source: Welsh Health Survey 2005/07

(a) In response to a question about the most units drunk on any one day in the last seven days. Above guidelines means men drinking more than 4 units a day and women drinking more than 3 units. Based on all adults (drinkers and non-drinkers).

**Table 12: Adults who reported binge drinking on at least one day in the past week (a)**

*Per cent*

	Observed			Age-standardised	<i>Unweighted base</i>
	Male	Female	Person	Person	
<b>Local authority:</b>					
Isle of Anglesey	21	11	15	16	1,151
Gwynedd	23	10	17	17	1,017
Conwy	20	10	15	16	1,001
Denbighshire	25	13	19	18	1,069
Flintshire	28	11	19	18	1,243
Wrexham	26	11	18	18	1,171
Powys	22	9	15	17	1,192
Ceredigion	22	12	16	16	1,254
Pembrokeshire	27	5	15	17	1,056
Carmarthenshire	20	7	13	14	1,306
Swansea	32	15	23	22	1,603
Neath Port Talbot	29	11	20	20	1,064
Bridgend	31	14	22	22	1,197
The Vale of Glamorgan	28	13	20	19	1,126
Cardiff	31	14	23	20	2,146
Rhondda Cynon Taf	35	15	24	24	1,681
Merthyr Tydfil	31	14	22	21	1,070
Caerphilly	30	14	22	22	1,445
Blaenau Gwent	31	14	22	22	1,090
Torfaen	27	13	20	20	995
Monmouthshire	21	9	15	15	1,167
Newport	28	12	19	19	1,083
<b>Wales</b>	28	12	19	19	27,127

Source: Welsh Health Survey 2005/07

- (a) In response to a question about the most units drunk on any one day in the last seven days. Binge drinking means men drinking more than 8 units a day and women drinking more than 6 units. Based on all adults (drinkers and non-drinkers).

**Table 13: Adults who reported eating five or more portions of fruit and vegetables the previous day**

*Per cent*

	Observed			Age-standardised	<i>Unweighted base</i>
	Male	Female	Person	Person	
<b>Local authority:</b>					
Isle of Anglesey	42	47	45	45	1,215
Gwynedd	43	52	47	47	1,052
Conwy	45	45	45	44	1,005
Denbighshire	40	45	42	42	1,076
Flintshire	42	46	44	44	1,269
Wrexham	39	43	41	41	1,181
Powys	46	52	49	49	1,190
Ceredigion	49	53	51	51	1,258
Pembrokeshire	48	52	50	50	1,062
Carmarthenshire	49	50	49	49	1,317
Swansea	45	47	46	46	1,635
Neath Port Talbot	41	43	42	42	1,081
Bridgend	38	41	40	40	1,203
The Vale of Glamorgan	40	45	43	43	1,119
Cardiff	43	49	46	47	2,164
Rhondda Cynon Taf	37	39	38	38	1,690
Merthyr Tydfil	42	43	43	43	1,071
Caerphilly	36	38	37	37	1,443
Blaenau Gwent	38	38	38	37	1,085
Torfaen	36	40	38	37	1,002
Monmouthshire	46	48	47	47	1,170
Newport	40	43	42	42	1,083
<b>Wales</b>	42	46	44	44	27,371

Source: Welsh Health Survey 2005/07

**Table 14: Adults who reported meeting physical activity guidelines in the past week (a)**

*Per cent*

	Observed			Age-standardised	<i>Unweighted base</i>
	Male	Female	Person	Person	
<b>Local authority:</b>					
Isle of Anglesey	39	27	33	33	1,228
Gwynedd	42	29	35	36	1,059
Conwy	34	25	29	31	1,012
Denbighshire	41	28	34	34	1,092
Flintshire	39	22	30	30	1,281
Wrexham	43	29	36	36	1,193
Powys	42	23	32	33	1,196
Ceredigion	43	27	34	34	1,265
Pembrokeshire	40	25	32	33	1,065
Carmarthenshire	39	21	30	31	1,321
Swansea	36	24	30	30	1,640
Neath Port Talbot	35	20	27	27	1,084
Bridgend	35	24	29	29	1,208
The Vale of Glamorgan	36	26	31	31	1,136
Cardiff	36	24	30	29	2,182
Rhondda Cynon Taf	34	22	28	27	1,710
Merthyr Tydfil	40	25	32	31	1,073
Caerphilly	34	21	27	27	1,465
Blaenau Gwent	34	25	29	29	1,109
Torfaen	33	22	27	28	1,014
Monmouthshire	38	23	30	31	1,176
Newport	31	26	28	28	1,101
<b>Wales</b>	<b>37</b>	<b>24</b>	<b>30</b>	<b>30</b>	<b>27,610</b>

Source: Welsh Health Survey 2005/07

(a) Guidelines recommend adults do at least 30 minutes of at least moderate intensity physical activity on five or more days a week. Respondents were asked to include physical activity which is part of their job.

**Table 15: Adults who were overweight or obese (a)***Per cent*

	Observed			Age- standardised	<i>Unweighted base</i>
	Male	Female	Person	Person	
<b>Local authority:</b>					
Isle of Anglesey	59	46	52	52	1,171
Gwynedd	60	45	52	52	1,002
Conwy	54	48	51	50	974
Denbighshire	58	47	52	53	1,024
Flintshire	62	50	56	55	1,213
Wrexham	59	48	54	52	1,148
Powys	60	52	56	55	1,146
Ceredigion	60	48	53	54	1,205
Pembrokeshire	68	52	60	58	1,024
Carmarthenshire	65	53	59	58	1,241
Swansea	56	50	53	54	1,564
Neath Port Talbot	65	57	61	60	1,037
Bridgend	65	52	58	58	1,175
The Vale of Glamorgan	57	44	50	50	1,085
Cardiff	56	46	51	54	2,076
Rhondda Cynon Taf	67	57	62	62	1,646
Merthyr Tydfil	67	55	61	61	1,042
Caerphilly	68	58	63	62	1,413
Blaenau Gwent	65	59	62	61	1,046
Torfaen	66	59	63	62	976
Monmouthshire	58	49	53	52	1,123
Newport	63	54	58	59	1,029
<b>Wales</b>	61	51	56	56	26,360

Source: Welsh Health Survey 2005/07

(a) Reported Body Mass Index (BMI) of 25+. BMI is calculated as weight (kg) divided by squared height (m<sup>2</sup>).

**Table 16: Adults who were obese (a)***Per cent*

	Observed			Age- standardised	<i>Unweighted base</i>
	Male	Female	Person	Person	
<b>Local authority:</b>					
Isle of Anglesey	18	16	17	17	1,171
Gwynedd	16	15	16	16	1,002
Conwy	15	15	15	15	974
Denbighshire	17	19	18	18	1,024
Flintshire	19	19	19	19	1,213
Wrexham	20	21	21	20	1,148
Powys	14	18	16	16	1,146
Ceredigion	15	18	16	17	1,205
Pembrokeshire	21	20	21	20	1,024
Carmarthenshire	24	19	22	21	1,241
Swansea	19	18	19	19	1,564
Neath Port Talbot	26	23	25	24	1,037
Bridgend	22	21	21	21	1,175
The Vale of Glamorgan	16	16	16	16	1,085
Cardiff	14	19	16	18	2,076
Rhondda Cynon Taf	23	26	25	25	1,646
Merthyr Tydfil	21	22	22	22	1,042
Caerphilly	25	26	26	25	1,413
Blaenau Gwent	23	24	24	23	1,046
Torfaen	26	27	27	26	976
Monmouthshire	17	18	17	17	1,123
Newport	22	22	22	22	1,029
<b>Wales</b>	20	20	20	20	26,360

Source: Welsh Health Survey 2005/07

(a) Reported Body Mass Index (BMI) of 30+. BMI is calculated as weight (kg) divided by squared height (m<sup>2</sup>).

**Table 17: Adults who reported speaking to a GP about their own health in the past two weeks**

*Per cent*

	Observed			Age-standardised	<i>Unweighted base</i>
	Male	Female	Person	Person	
<b>Local authority:</b>					
Isle of Anglesey	15	19	17	17	1,239
Gwynedd	16	20	18	18	1,076
Conwy	14	20	17	16	1,021
Denbighshire	13	19	16	16	1,107
Flintshire	10	18	14	15	1,278
Wrexham	13	20	16	16	1,210
Powys	13	20	17	16	1,218
Ceredigion	12	19	15	15	1,276
Pembrokeshire	16	19	17	17	1,077
Carmarthenshire	14	18	16	16	1,342
Swansea	14	21	17	17	1,658
Neath Port Talbot	16	21	18	19	1,087
Bridgend	14	20	17	17	1,231
The Vale of Glamorgan	13	19	16	16	1,138
Cardiff	13	19	16	17	2,198
Rhondda Cynon Taf	14	19	16	17	1,742
Merthyr Tydfil	14	19	17	17	1,102
Caerphilly	14	21	18	18	1,475
Blaenau Gwent	16	19	18	17	1,130
Torfaen	17	18	18	17	1,024
Monmouthshire	15	20	18	17	1,176
Newport	14	19	17	17	1,111
<b>Wales</b>	14	19	17	17	27,916

Source: Welsh Health Survey 2005/07

**Table 18: Adults who reported attending the outpatient department of a hospital in the past three months**

*Per cent*

	Observed			Age-standardised	<i>Unweighted base</i>
	Male	Female	Person	Person	
<b>Local authority:</b>					
Isle of Anglesey	15	17	16	15	1,233
Gwynedd	19	17	18	18	1,071
Conwy	20	22	21	19	1,016
Denbighshire	17	22	20	20	1,098
Flintshire	17	23	20	21	1,271
Wrexham	18	21	20	19	1,199
Powys	14	20	17	16	1,205
Ceredigion	14	17	16	15	1,279
Pembrokeshire	16	20	18	17	1,070
Carmarthenshire	21	23	22	21	1,335
Swansea	21	22	22	22	1,655
Neath Port Talbot	23	24	24	24	1,090
Bridgend	20	21	20	21	1,233
The Vale of Glamorgan	19	21	20	20	1,137
Cardiff	17	21	19	21	2,189
Rhondda Cynon Taf	20	20	20	21	1,733
Merthyr Tydfil	20	22	21	22	1,087
Caerphilly	19	21	20	21	1,467
Blaenau Gwent	18	20	19	19	1,126
Torfaen	19	19	19	19	1,022
Monmouthshire	18	21	20	19	1,178
Newport	17	19	18	18	1,106
<b>Wales</b>	19	21	20	20	27,800

Source: Welsh Health Survey 2005/07

**Table 19: Adults who reported being in hospital as an inpatient in the past twelve months**

*Per cent*

	Observed			Age-standardised	<i>Unweighted base</i>
	Male	Female	Person	Person	
<b>Local authority:</b>					
Isle of Anglesey	8	9	8	8	1,221
Gwynedd	10	11	11	10	1,061
Conwy	11	13	12	12	1,026
Denbighshire	7	12	9	9	1,101
Flintshire	8	12	10	11	1,274
Wrexham	10	11	10	10	1,205
Powys	9	10	10	9	1,214
Ceredigion	8	9	8	8	1,280
Pembrokeshire	6	12	9	9	1,076
Carmarthenshire	10	9	9	9	1,343
Swansea	8	11	10	10	1,642
Neath Port Talbot	9	11	10	10	1,104
Bridgend	7	12	10	10	1,230
The Vale of Glamorgan	8	12	10	10	1,146
Cardiff	7	11	9	10	2,202
Rhondda Cynon Taf	6	13	10	10	1,751
Merthyr Tydfil	12	13	12	13	1,099
Caerphilly	9	13	11	11	1,479
Blaenau Gwent	10	12	11	11	1,129
Torfaen	10	12	11	11	1,025
Monmouthshire	6	11	9	8	1,189
Newport	7	10	9	9	1,108
<b>Wales</b>	8	11	10	10	27,905

Source: Welsh Health Survey 2005/07

**Table 20: Adults who reported having an accident, injury or poisoning needing hospital treatment or a visit to casualty in the past three months**

*Per cent*

	Observed			Age-standardised	<i>Unweighted base</i>
	Male	Female	Person	Person	
<b>Local authority:</b>					
Isle of Anglesey	5	3	4	3	1,241
Gwynedd	5	3	4	4	1,070
Conwy	4	6	5	5	1,026
Denbighshire	6	4	5	5	1,098
Flintshire	4	3	4	4	1,280
Wrexham	4	5	5	5	1,201
Powys	4	3	3	3	1,213
Ceredigion	6	4	5	5	1,283
Pembrokeshire	4	3	4	4	1,078
Carmarthenshire	6	3	4	5	1,344
Swansea	6	3	5	5	1,667
Neath Port Talbot	8	4	6	6	1,103
Bridgend	7	5	6	6	1,234
The Vale of Glamorgan	6	3	4	4	1,142
Cardiff	6	5	5	5	2,208
Rhondda Cynon Taf	5	4	5	5	1,750
Merthyr Tydfil	9	7	8	8	1,097
Caerphilly	6	4	5	5	1,484
Blaenau Gwent	4	3	4	4	1,127
Torfaen	4	3	3	4	1,027
Monmouthshire	3	2	2	3	1,189
Newport	3	3	3	3	1,110
<b>Wales</b>	5	4	5	5	27,972

Source: Welsh Health Survey 2005/07

**Table 21: Adults who reported using a pharmacist in the past twelve months**

*Per cent*

	Observed			Age- standardised	<i>Unweighted base</i>
	Male	Female	Person	Person	
<b>Local authority:</b>					
Isle of Anglesey	67	82	75	75	1,219
Gwynedd	67	79	73	73	1,058
Conwy	73	85	79	78	1,011
Denbighshire	71	84	78	78	1,093
Flintshire	70	87	78	78	1,269
Wrexham	72	81	77	77	1,192
Powys	63	83	73	72	1,195
Ceredigion	70	86	78	78	1,277
Pembrokeshire	71	84	78	77	1,063
Carmarthenshire	76	87	82	81	1,335
Swansea	74	87	80	81	1,646
Neath Port Talbot	72	86	79	79	1,090
Bridgend	71	84	78	78	1,218
The Vale of Glamorgan	71	87	79	79	1,136
Cardiff	72	88	80	81	2,192
Rhondda Cynon Taf	70	86	78	79	1,729
Merthyr Tydfil	69	83	76	77	1,094
Caerphilly	66	88	77	77	1,465
Blaenau Gwent	72	83	78	77	1,117
Torfaen	73	87	80	80	1,013
Monmouthshire	70	86	78	77	1,182
Newport	72	84	78	79	1,109
<b>Wales</b>	71	85	78	78	27,703

Source: Welsh Health Survey 2005/07

**Table 22: Adults who reported using a dentist in the past twelve months***Per cent*

	Observed			Age- standardised	<i>Unweighted base</i>
	Male	Female	Person	Person	
<b>Local authority:</b>					
Isle of Anglesey	65	72	69	69	1,226
Gwynedd	64	71	67	68	1,056
Conwy	68	71	69	70	1,016
Denbighshire	69	75	72	72	1,085
Flintshire	67	75	71	70	1,261
Wrexham	66	70	68	68	1,193
Powys	74	76	75	76	1,195
Ceredigion	64	72	68	69	1,266
Pembrokeshire	62	64	63	64	1,046
Carmarthenshire	67	72	70	70	1,320
Swansea	68	71	70	70	1,644
Neath Port Talbot	62	70	66	66	1,079
Bridgend	69	72	71	70	1,218
The Vale of Glamorgan	68	74	71	71	1,130
Cardiff	60	75	68	68	2,180
Rhondda Cynon Taf	61	68	65	65	1,714
Merthyr Tydfil	57	61	59	58	1,077
Caerphilly	62	68	65	65	1,448
Blaenau Gwent	60	63	62	61	1,107
Torfaen	61	67	64	64	1,005
Monmouthshire	71	78	75	75	1,180
Newport	65	73	69	69	1,099
<b>Wales</b>	65	71	68	68	27,545

Source: Welsh Health Survey 2005/07

**Table 23: Adults who reported using an optician in the past twelve months***Per cent*

	Observed			Age- standardised	<i>Unweighted base</i>
	Male	Female	Person	Person	
<b>Local authority:</b>					
Isle of Anglesey	38	49	44	42	1,172
Gwynedd	39	49	44	43	1,032
Conwy	42	48	45	44	986
Denbighshire	36	47	42	42	1,060
Flintshire	41	51	46	47	1,236
Wrexham	34	48	41	41	1,168
Powys	42	52	47	45	1,166
Ceredigion	42	56	49	49	1,247
Pembrokeshire	45	54	50	47	1,034
Carmarthenshire	42	52	47	46	1,289
Swansea	41	50	46	46	1,602
Neath Port Talbot	42	49	46	46	1,058
Bridgend	48	54	51	51	1,192
The Vale of Glamorgan	43	55	49	50	1,118
Cardiff	40	55	48	50	2,152
Rhondda Cynon Taf	41	53	47	48	1,688
Merthyr Tydfil	38	51	45	46	1,062
Caerphilly	45	55	50	50	1,432
Blaenau Gwent	44	55	50	50	1,092
Torfaen	44	56	50	50	1,005
Monmouthshire	48	60	54	53	1,158
Newport	40	50	46	46	1,081
<b>Wales</b>	41	52	47	47	27,030

Source: Welsh Health Survey 2005/07

**Table 24: Isle of Anglesey - adults who reported key illnesses, health-related lifestyle or service use**

Per cent

	Observed	Age-standardised	Wales
<b>Health status and illnesses</b>			
Currently being treated for:			
High blood pressure	19	17	20
Any heart condition excluding high blood pressure (a)	9	8	9
Any respiratory illness	15	14	14
Any mental illness	8	8	9
Arthritis	11	10	13
Diabetes	5	4	6
Have a limiting long-term illness (b)	26	24	27
SF-36 (higher score means better health):			
Physical component summary score	49.5	50.0	48.9
Mental component summary score	51.1	51.1	49.9
<b>Health-related lifestyle</b>			
Smoker (c)	23	24	25
Consumption of alcohol: above guidelines (d)	31	31	36
Consumption of alcohol: binge (d)	15	16	19
Consumption of fruit and vegetables: meets guidelines (e)	45	45	44
Exercise or physical activity done: meets guidelines (f)	33	33	30
Overweight or obese (g)	52	52	56
Obese (h)	17	17	20
<b>Health service use</b>			
Family doctor (GP) in the past two weeks	17	17	17
In the past three months:			
Outpatients	16	15	20
Accident, injury or poisoning needing hospital treatment or a visit to casualty	4	3	5
In the past twelve months:			
In hospital as an inpatient	8	8	10
Pharmacist	75	75	78
Dentist	69	69	68
Optician	44	42	47
<b>Unweighted base (i)</b>			
All aged 16+	1,247	1,247	28,222

Source: Welsh Health Survey 2005/07

- (a) Includes those who reported ever being treated for a heart attack. Excludes those being treated for high blood pressure.
- (b) Adults who reported having any long-term illness, health problem or disability which limits their daily activities or the work they can do. Adults were asked to include problems due to old age.
- (c) Adults who reported smoking daily or occasionally.
- (d) In response to a question asking about the most units drunk on any one day in the last seven days. Above guidelines means men drinking more than 4 units a day and women drinking more than 3 units. Binge means men drinking more than 8 units a day and women drinking more than 6 units. Based on all adults (drinkers and non-drinkers).
- (e) Guidelines recommend adults eat at least five portions of a variety of fruit and vegetables each day.
- (f) Guidelines recommend adults do at least 30 minutes of at least moderate intensity physical activity on five or more days a week. Respondents were asked to include physical activity which is part of their job.
- (g) Reported Body Mass Index (BMI) of 25+. BMI is calculated as weight (kg) divided by squared height (m<sup>2</sup>).
- (h) Reported Body Mass Index (BMI) of 30+. BMI is calculated as weight (kg) divided by squared height (m<sup>2</sup>).
- (i) Bases vary: those shown are for the whole sample.

**Table 25: Gwynedd - adults who reported key illnesses, health-related lifestyle or service use**

Per cent

	Observed	Age-standardised	Wales
<b>Health status and illnesses</b>			
Currently being treated for:			
High blood pressure	20	18	20
Any heart condition excluding high blood pressure (a)	9	8	9
Any respiratory illness	14	13	14
Any mental illness	6	6	9
Arthritis	10	10	13
Diabetes	7	7	6
Have a limiting long-term illness (b)	24	22	27
SF-36 (higher score means better health):			
Physical component summary score	49.7	50.1	48.9
Mental component summary score	51.6	51.6	49.9
<b>Health-related lifestyle</b>			
Smoker (c)	24	24	25
Consumption of alcohol: above guidelines (d)	34	35	36
Consumption of alcohol: binge (d)	17	17	19
Consumption of fruit and vegetables: meets guidelines (e)	47	47	44
Exercise or physical activity done: meets guidelines (f)	35	36	30
Overweight or obese (g)	52	52	56
Obese (h)	16	16	20
<b>Health service use</b>			
Family doctor (GP) in the past two weeks	18	18	17
In the past three months:			
Outpatients	18	18	20
Accident, injury or poisoning needing hospital treatment or a visit to casualty	4	4	5
In the past twelve months:			
In hospital as an inpatient	11	10	10
Pharmacist	73	73	78
Dentist	67	68	68
Optician	44	43	47
<b>Unweighted base (i)</b>			
All aged 16+	1,085	1,085	28,222

Source: Welsh Health Survey 2005/07

- (a) Includes those who reported ever being treated for a heart attack. Excludes those being treated for high blood pressure.
- (b) Adults who reported having any long-term illness, health problem or disability which limits their daily activities or the work they can do. Adults were asked to include problems due to old age.
- (c) Adults who reported smoking daily or occasionally.
- (d) In response to a question asking about the most units drunk on any one day in the last seven days. Above guidelines means men drinking more than 4 units a day and women drinking more than 3 units. Binge means men drinking more than 8 units a day and women drinking more than 6 units. Based on all adults (drinkers and non-drinkers).
- (e) Guidelines recommend adults eat at least five portions of a variety of fruit and vegetables each day.
- (f) Guidelines recommend adults do at least 30 minutes of at least moderate intensity physical activity on five or more days a week. Respondents were asked to include physical activity which is part of their job.
- (g) Reported Body Mass Index (BMI) of 25+. BMI is calculated as weight (kg) divided by squared height (m<sup>2</sup>).
- (h) Reported Body Mass Index (BMI) of 30+. BMI is calculated as weight (kg) divided by squared height (m<sup>2</sup>).
- (i) Bases vary: those shown are for the whole sample.

**Table 26: Conwy - adults who reported key illnesses, health-related lifestyle or service use**

Per cent

	Observed	Age-standardised	Wales
<b>Health status and illnesses</b>			
Currently being treated for:			
High blood pressure	19	16	20
Any heart condition excluding high blood pressure (a)	10	9	9
Any respiratory illness	13	13	14
Any mental illness	6	7	9
Arthritis	11	10	13
Diabetes	4	4	6
Have a limiting long-term illness (b)	25	23	27
SF-36 (higher score means better health):			
Physical component summary score	49.2	50.1	48.9
Mental component summary score	50.9	50.9	49.9
<b>Health-related lifestyle</b>			
Smoker (c)	24	25	25
Consumption of alcohol: above guidelines (d)	28	30	36
Consumption of alcohol: binge (d)	15	16	19
Consumption of fruit and vegetables: meets guidelines (e)	45	44	44
Exercise or physical activity done: meets guidelines (f)	29	31	30
Overweight or obese (g)	51	50	56
Obese (h)	15	15	20
<b>Health service use</b>			
Family doctor (GP) in the past two weeks	17	16	17
In the past three months:			
Outpatients	21	19	20
Accident, injury or poisoning needing hospital treatment or a visit to casualty	5	5	5
In the past twelve months:			
In hospital as an inpatient	12	12	10
Pharmacist	79	78	78
Dentist	69	70	68
Optician	45	44	47
<b>Unweighted base (i)</b>			
All aged 16+	1,035	1,035	28,222

Source: Welsh Health Survey 2005/07

- (a) Includes those who reported ever being treated for a heart attack. Excludes those being treated for high blood pressure.
- (b) Adults who reported having any long-term illness, health problem or disability which limits their daily activities or the work they can do. Adults were asked to include problems due to old age.
- (c) Adults who reported smoking daily or occasionally.
- (d) In response to a question asking about the most units drunk on any one day in the last seven days. Above guidelines means men drinking more than 4 units a day and women drinking more than 3 units. Binge means men drinking more than 8 units a day and women drinking more than 6 units. Based on all adults (drinkers and non-drinkers).
- (e) Guidelines recommend adults eat at least five portions of a variety of fruit and vegetables each day.
- (f) Guidelines recommend adults do at least 30 minutes of at least moderate intensity physical activity on five or more days a week. Respondents were asked to include physical activity which is part of their job.
- (g) Reported Body Mass Index (BMI) of 25+. BMI is calculated as weight (kg) divided by squared height (m<sup>2</sup>).
- (h) Reported Body Mass Index (BMI) of 30+. BMI is calculated as weight (kg) divided by squared height (m<sup>2</sup>).
- (i) Bases vary: those shown are for the whole sample.

**Table 27: Denbighshire - adults who reported key illnesses, health-related lifestyle or service use**

Per cent

	Observed	Age-standardised	Wales
<b>Health status and illnesses</b>			
Currently being treated for:			
High blood pressure	18	19	20
Any heart condition excluding high blood pressure (a)	8	8	9
Any respiratory illness	13	13	14
Any mental illness	8	9	9
Arthritis	12	12	13
Diabetes	5	5	6
Have a limiting long-term illness (b)	26	27	27
SF-36 (higher score means better health):			
Physical component summary score	49.4	49.2	48.9
Mental component summary score	50.4	50.3	49.9
<b>Health-related lifestyle</b>			
Smoker (c)	28	28	25
Consumption of alcohol: above guidelines (d)	35	35	36
Consumption of alcohol: binge (d)	19	18	19
Consumption of fruit and vegetables: meets guidelines (e)	42	42	44
Exercise or physical activity done: meets guidelines (f)	34	34	30
Overweight or obese (g)	52	53	56
Obese (h)	18	18	20
<b>Health service use</b>			
Family doctor (GP) in the past two weeks	16	16	17
In the past three months:			
Outpatients	20	20	20
Accident, injury or poisoning needing hospital treatment or a visit to casualty	5	5	5
In the past twelve months:			
In hospital as an inpatient	9	9	10
Pharmacist	78	78	78
Dentist	72	72	68
Optician	42	42	47
<b>Unweighted base (i)</b>			
All aged 16+	1,111	1,111	28,222

Source: Welsh Health Survey 2005/07

- (a) Includes those who reported ever being treated for a heart attack. Excludes those being treated for high blood pressure.
- (b) Adults who reported having any long-term illness, health problem or disability which limits their daily activities or the work they can do. Adults were asked to include problems due to old age.
- (c) Adults who reported smoking daily or occasionally.
- (d) In response to a question asking about the most units drunk on any one day in the last seven days. Above guidelines means men drinking more than 4 units a day and women drinking more than 3 units. Binge means men drinking more than 8 units a day and women drinking more than 6 units. Based on all adults (drinkers and non-drinkers).
- (e) Guidelines recommend adults eat at least five portions of a variety of fruit and vegetables each day.
- (f) Guidelines recommend adults do at least 30 minutes of at least moderate intensity physical activity on five or more days a week. Respondents were asked to include physical activity which is part of their job.
- (g) Reported Body Mass Index (BMI) of 25+. BMI is calculated as weight (kg) divided by squared height (m<sup>2</sup>).
- (h) Reported Body Mass Index (BMI) of 30+. BMI is calculated as weight (kg) divided by squared height (m<sup>2</sup>).
- (i) Bases vary: those shown are for the whole sample.

**Table 28: Flintshire - adults who reported key illnesses, health-related lifestyle or service use**

Per cent

	Observed	Age-standardised	Wales
<b>Health status and illnesses</b>			
Currently being treated for:			
High blood pressure	18	19	20
Any heart condition excluding high blood pressure (a)	8	9	9
Any respiratory illness	14	14	14
Any mental illness	9	9	9
Arthritis	12	13	13
Diabetes	6	6	6
Have a limiting long-term illness (b)	25	26	27
SF-36 (higher score means better health):			
Physical component summary score	50.0	49.6	48.9
Mental component summary score	50.4	50.3	49.9
<b>Health-related lifestyle</b>			
Smoker (c)	25	24	25
Consumption of alcohol: above guidelines (d)	39	37	36
Consumption of alcohol: binge (d)	19	18	19
Consumption of fruit and vegetables: meets guidelines (e)	44	44	44
Exercise or physical activity done: meets guidelines (f)	30	30	30
Overweight or obese (g)	56	55	56
Obese (h)	19	19	20
<b>Health service use</b>			
Family doctor (GP) in the past two weeks	14	15	17
In the past three months:			
Outpatients	20	21	20
Accident, injury or poisoning needing hospital treatment or a visit to casualty	4	4	5
In the past twelve months:			
In hospital as an inpatient	10	11	10
Pharmacist	78	78	78
Dentist	71	70	68
Optician	46	47	47
<b>Unweighted base (i)</b>			
All aged 16+	1,294	1,294	28,222

Source: Welsh Health Survey 2005/07

- (a) Includes those who reported ever being treated for a heart attack. Excludes those being treated for high blood pressure.
- (b) Adults who reported having any long-term illness, health problem or disability which limits their daily activities or the work they can do. Adults were asked to include problems due to old age.
- (c) Adults who reported smoking daily or occasionally.
- (d) In response to a question asking about the most units drunk on any one day in the last seven days. Above guidelines means men drinking more than 4 units a day and women drinking more than 3 units. Binge means men drinking more than 8 units a day and women drinking more than 6 units. Based on all adults (drinkers and non-drinkers).
- (e) Guidelines recommend adults eat at least five portions of a variety of fruit and vegetables each day.
- (f) Guidelines recommend adults do at least 30 minutes of at least moderate intensity physical activity on five or more days a week. Respondents were asked to include physical activity which is part of their job.
- (g) Reported Body Mass Index (BMI) of 25+. BMI is calculated as weight (kg) divided by squared height (m<sup>2</sup>).
- (h) Reported Body Mass Index (BMI) of 30+. BMI is calculated as weight (kg) divided by squared height (m<sup>2</sup>).
- (i) Bases vary: those shown are for the whole sample.

**Table 29: Wrexham - adults who reported key illnesses, health-related lifestyle or service use**

Per cent

	Observed	Age-standardised	Wales
<b>Health status and illnesses</b>			
Currently being treated for:			
High blood pressure	22	21	20
Any heart condition excluding high blood pressure (a)	10	10	9
Any respiratory illness	12	12	14
Any mental illness	9	9	9
Arthritis	12	12	13
Diabetes	5	5	6
Have a limiting long-term illness (b)	26	25	27
SF-36 (higher score means better health):			
Physical component summary score	49.1	49.2	48.9
Mental component summary score	50.1	50.2	49.9
<b>Health-related lifestyle</b>			
Smoker (c)	26	26	25
Consumption of alcohol: above guidelines (d)	34	35	36
Consumption of alcohol: binge (d)	18	18	19
Consumption of fruit and vegetables: meets guidelines (e)	41	41	44
Exercise or physical activity done: meets guidelines (f)	36	36	30
Overweight or obese (g)	54	52	56
Obese (h)	21	20	20
<b>Health service use</b>			
Family doctor (GP) in the past two weeks	16	16	17
In the past three months:			
Outpatients	20	19	20
Accident, injury or poisoning needing hospital treatment or a visit to casualty	5	5	5
In the past twelve months:			
In hospital as an inpatient	10	10	10
Pharmacist	77	77	78
Dentist	68	68	68
Optician	41	41	47
<b>Unweighted base (i)</b>			
All aged 16+	1,222	1,222	28,222

Source: Welsh Health Survey 2005/07

- (a) Includes those who reported ever being treated for a heart attack. Excludes those being treated for high blood pressure.
- (b) Adults who reported having any long-term illness, health problem or disability which limits their daily activities or the work they can do. Adults were asked to include problems due to old age.
- (c) Adults who reported smoking daily or occasionally.
- (d) In response to a question asking about the most units drunk on any one day in the last seven days. Above guidelines means men drinking more than 4 units a day and women drinking more than 3 units. Binge means men drinking more than 8 units a day and women drinking more than 6 units. Based on all adults (drinkers and non-drinkers).
- (e) Guidelines recommend adults eat at least five portions of a variety of fruit and vegetables each day.
- (f) Guidelines recommend adults do at least 30 minutes of at least moderate intensity physical activity on five or more days a week. Respondents were asked to include physical activity which is part of their job.
- (g) Reported Body Mass Index (BMI) of 25+. BMI is calculated as weight (kg) divided by squared height (m<sup>2</sup>).
- (h) Reported Body Mass Index (BMI) of 30+. BMI is calculated as weight (kg) divided by squared height (m<sup>2</sup>).
- (i) Bases vary: those shown are for the whole sample.

**Table 30: Powys - adults who reported key illnesses, health-related lifestyle or service use**

Per cent

	Observed	Age-standardised	Wales
<b>Health status and illnesses</b>			
Currently being treated for:			
High blood pressure	19	16	20
Any heart condition excluding high blood pressure (a)	10	9	9
Any respiratory illness	13	13	14
Any mental illness	8	8	9
Arthritis	12	11	13
Diabetes	5	5	6
Have a limiting long-term illness (b)	27	25	27
SF-36 (higher score means better health):			
Physical component summary score	48.8	49.6	48.9
Mental component summary score	51.9	51.8	49.9
<b>Health-related lifestyle</b>			
Smoker (c)	21	22	25
Consumption of alcohol: above guidelines (d)	29	31	36
Consumption of alcohol: binge (d)	15	17	19
Consumption of fruit and vegetables: meets guidelines (e)	49	49	44
Exercise or physical activity done: meets guidelines (f)	32	33	30
Overweight or obese (g)	56	55	56
Obese (h)	16	16	20
<b>Health service use</b>			
Family doctor (GP) in the past two weeks	17	16	17
In the past three months:			
Outpatients	17	16	20
Accident, injury or poisoning needing hospital treatment or a visit to casualty	3	3	5
In the past twelve months:			
In hospital as an inpatient	10	9	10
Pharmacist	73	72	78
Dentist	75	76	68
Optician	47	45	47
<b>Unweighted base (i)</b>			
All aged 16+	1,222	1,222	28,222

Source: Welsh Health Survey 2005/07

- (a) Includes those who reported ever being treated for a heart attack. Excludes those being treated for high blood pressure.
- (b) Adults who reported having any long-term illness, health problem or disability which limits their daily activities or the work they can do. Adults were asked to include problems due to old age.
- (c) Adults who reported smoking daily or occasionally.
- (d) In response to a question asking about the most units drunk on any one day in the last seven days. Above guidelines means men drinking more than 4 units a day and women drinking more than 3 units. Binge means men drinking more than 8 units a day and women drinking more than 6 units. Based on all adults (drinkers and non-drinkers).
- (e) Guidelines recommend adults eat at least five portions of a variety of fruit and vegetables each day.
- (f) Guidelines recommend adults do at least 30 minutes of at least moderate intensity physical activity on five or more days a week. Respondents were asked to include physical activity which is part of their job.
- (g) Reported Body Mass Index (BMI) of 25+. BMI is calculated as weight (kg) divided by squared height (m<sup>2</sup>).
- (h) Reported Body Mass Index (BMI) of 30+. BMI is calculated as weight (kg) divided by squared height (m<sup>2</sup>).
- (i) Bases vary: those shown are for the whole sample.

**Table 31: Ceredigion - adults who reported key illnesses, health-related lifestyle or service use**

Per cent

	Observed	Age-standardised	Wales
<b>Health status and illnesses</b>			
Currently being treated for:			
High blood pressure	17	16	20
Any heart condition excluding high blood pressure (a)	9	9	9
Any respiratory illness	12	11	14
Any mental illness	7	7	9
Arthritis	11	11	13
Diabetes	4	3	6
Have a limiting long-term illness (b)	25	24	27
SF-36 (higher score means better health):			
Physical component summary score	49.5	49.7	48.9
Mental component summary score	51.1	51.0	49.9
<b>Health-related lifestyle</b>			
Smoker (c)	23	24	25
Consumption of alcohol: above guidelines (d)	32	31	36
Consumption of alcohol: binge (d)	16	16	19
Consumption of fruit and vegetables: meets guidelines (e)	51	51	44
Exercise or physical activity done: meets guidelines (f)	34	34	30
Overweight or obese (g)	53	54	56
Obese (h)	16	17	20
<b>Health service use</b>			
Family doctor (GP) in the past two weeks	15	15	17
In the past three months:			
Outpatients	16	15	20
Accident, injury or poisoning needing hospital treatment or a visit to casualty	5	5	5
In the past twelve months:			
In hospital as an inpatient	8	8	10
Pharmacist	78	78	78
Dentist	68	69	68
Optician	49	49	47
<b>Unweighted base (i)</b>			
All aged 16+	1,292	1,292	28,222

Source: Welsh Health Survey 2005/07

- (a) Includes those who reported ever being treated for a heart attack. Excludes those being treated for high blood pressure.
- (b) Adults who reported having any long-term illness, health problem or disability which limits their daily activities or the work they can do. Adults were asked to include problems due to old age.
- (c) Adults who reported smoking daily or occasionally.
- (d) In response to a question asking about the most units drunk on any one day in the last seven days. Above guidelines means men drinking more than 4 units a day and women drinking more than 3 units. Binge means men drinking more than 8 units a day and women drinking more than 6 units. Based on all adults (drinkers and non-drinkers).
- (e) Guidelines recommend adults eat at least five portions of a variety of fruit and vegetables each day.
- (f) Guidelines recommend adults do at least 30 minutes of at least moderate intensity physical activity on five or more days a week. Respondents were asked to include physical activity which is part of their job.
- (g) Reported Body Mass Index (BMI) of 25+. BMI is calculated as weight (kg) divided by squared height (m<sup>2</sup>).
- (h) Reported Body Mass Index (BMI) of 30+. BMI is calculated as weight (kg) divided by squared height (m<sup>2</sup>).
- (i) Bases vary: those shown are for the whole sample.

**Table 32: Pembrokeshire - adults who reported key illnesses, health-related lifestyle or service use**

Per cent

	Observed	Age-standardised	Wales
<b>Health status and illnesses</b>			
Currently being treated for:			
High blood pressure	24	21	20
Any heart condition excluding high blood pressure (a)	9	8	9
Any respiratory illness	14	14	14
Any mental illness	8	8	9
Arthritis	13	11	13
Diabetes	6	5	6
Have a limiting long-term illness (b)	30	27	27
SF-36 (higher score means better health):			
Physical component summary score	48.6	49.5	48.9
Mental component summary score	51.2	51.1	49.9
<b>Health-related lifestyle</b>			
Smoker (c)	23	25	25
Consumption of alcohol: above guidelines (d)	30	31	36
Consumption of alcohol: binge (d)	15	17	19
Consumption of fruit and vegetables: meets guidelines (e)	50	50	44
Exercise or physical activity done: meets guidelines (f)	32	33	30
Overweight or obese (g)	60	58	56
Obese (h)	21	20	20
<b>Health service use</b>			
Family doctor (GP) in the past two weeks	17	17	17
In the past three months:			
Outpatients	18	17	20
Accident, injury or poisoning needing hospital treatment or a visit to casualty	4	4	5
In the past twelve months:			
In hospital as an inpatient	9	9	10
Pharmacist	78	77	78
Dentist	63	64	68
Optician	50	47	47
<b>Unweighted base (i)</b>			
All aged 16+	1,086	1,086	28,222

Source: Welsh Health Survey 2005/07

- (a) Includes those who reported ever being treated for a heart attack. Excludes those being treated for high blood pressure.
- (b) Adults who reported having any long-term illness, health problem or disability which limits their daily activities or the work they can do. Adults were asked to include problems due to old age.
- (c) Adults who reported smoking daily or occasionally.
- (d) In response to a question asking about the most units drunk on any one day in the last seven days. Above guidelines means men drinking more than 4 units a day and women drinking more than 3 units. Binge means men drinking more than 8 units a day and women drinking more than 6 units. Based on all adults (drinkers and non-drinkers).
- (e) Guidelines recommend adults eat at least five portions of a variety of fruit and vegetables each day.
- (f) Guidelines recommend adults do at least 30 minutes of at least moderate intensity physical activity on five or more days a week. Respondents were asked to include physical activity which is part of their job.
- (g) Reported Body Mass Index (BMI) of 25+. BMI is calculated as weight (kg) divided by squared height (m<sup>2</sup>).
- (h) Reported Body Mass Index (BMI) of 30+. BMI is calculated as weight (kg) divided by squared height (m<sup>2</sup>).
- (i) Bases vary: those shown are for the whole sample.

**Table 33: Carmarthenshire - adults who reported key illnesses, health-related lifestyle or service use**

Per cent

	Observed	Age-standardised	Wales
<b>Health status and illnesses</b>			
Currently being treated for:			
High blood pressure	21	19	20
Any heart condition excluding high blood pressure (a)	9	8	9
Any respiratory illness	14	14	14
Any mental illness	9	9	9
Arthritis	16	14	13
Diabetes	6	6	6
Have a limiting long-term illness (b)	32	30	27
SF-36 (higher score means better health):			
Physical component summary score	47.6	48.3	48.9
Mental component summary score	49.5	49.4	49.9
<b>Health-related lifestyle</b>			
Smoker (c)	21	21	25
Consumption of alcohol: above guidelines (d)	27	27	36
Consumption of alcohol: binge (d)	13	14	19
Consumption of fruit and vegetables: meets guidelines (e)	49	49	44
Exercise or physical activity done: meets guidelines (f)	30	31	30
Overweight or obese (g)	59	58	56
Obese (h)	22	22	20
<b>Health service use</b>			
Family doctor (GP) in the past two weeks	16	16	17
In the past three months:			
Outpatients	22	21	20
Accident, injury or poisoning needing hospital treatment or a visit to casualty	4	5	5
In the past twelve months:			
In hospital as an inpatient	9	9	10
Pharmacist	82	81	78
Dentist	70	70	68
Optician	47	46	47
<b>Unweighted base (i)</b>			
All aged 16+	1,353	1,353	28,222

Source: Welsh Health Survey 2005/07

- (a) Includes those who reported ever being treated for a heart attack. Excludes those being treated for high blood pressure.
- (b) Adults who reported having any long-term illness, health problem or disability which limits their daily activities or the work they can do. Adults were asked to include problems due to old age.
- (c) Adults who reported smoking daily or occasionally.
- (d) In response to a question asking about the most units drunk on any one day in the last seven days. Above guidelines means men drinking more than 4 units a day and women drinking more than 3 units. Binge means men drinking more than 8 units a day and women drinking more than 6 units. Based on all adults (drinkers and non-drinkers).
- (e) Guidelines recommend adults eat at least five portions of a variety of fruit and vegetables each day.
- (f) Guidelines recommend adults do at least 30 minutes of at least moderate intensity physical activity on five or more days a week. Respondents were asked to include physical activity which is part of their job.
- (g) Reported Body Mass Index (BMI) of 25+. BMI is calculated as weight (kg) divided by squared height (m<sup>2</sup>).
- (h) Reported Body Mass Index (BMI) of 30+. BMI is calculated as weight (kg) divided by squared height (m<sup>2</sup>).
- (i) Bases vary: those shown are for the whole sample.

**Table 34: Swansea - adults who reported key illnesses, health-related lifestyle or service use**

Per cent

	Observed	Age-standardised	Wales
<b>Health status and illnesses</b>			
Currently being treated for:			
High blood pressure	17	17	20
Any heart condition excluding high blood pressure (a)	9	9	9
Any respiratory illness	14	14	14
Any mental illness	10	10	9
Arthritis	14	14	13
Diabetes	7	7	6
Have a limiting long-term illness (b)	28	28	27
SF-36 (higher score means better health):			
Physical component summary score	48.9	48.8	48.9
Mental component summary score	49.7	49.6	49.9
<b>Health-related lifestyle</b>			
Smoker (c)	25	26	25
Consumption of alcohol: above guidelines (d)	40	39	36
Consumption of alcohol: binge (d)	23	22	19
Consumption of fruit and vegetables: meets guidelines (e)	46	46	44
Exercise or physical activity done: meets guidelines (f)	30	30	30
Overweight or obese (g)	53	54	56
Obese (h)	19	19	20
<b>Health service use</b>			
Family doctor (GP) in the past two weeks	17	17	17
In the past three months:			
Outpatients	22	22	20
Accident, injury or poisoning needing hospital treatment or a visit to casualty	5	5	5
In the past twelve months:			
In hospital as an inpatient	10	10	10
Pharmacist	80	81	78
Dentist	70	70	68
Optician	46	46	47
<b>Unweighted base (i)</b>			
All aged 16+	1,681	1,681	28,222

Source: Welsh Health Survey 2005/07

- (a) Includes those who reported ever being treated for a heart attack. Excludes those being treated for high blood pressure.
- (b) Adults who reported having any long-term illness, health problem or disability which limits their daily activities or the work they can do. Adults were asked to include problems due to old age.
- (c) Adults who reported smoking daily or occasionally.
- (d) In response to a question asking about the most units drunk on any one day in the last seven days. Above guidelines means men drinking more than 4 units a day and women drinking more than 3 units. Binge means men drinking more than 8 units a day and women drinking more than 6 units. Based on all adults (drinkers and non-drinkers).
- (e) Guidelines recommend adults eat at least five portions of a variety of fruit and vegetables each day.
- (f) Guidelines recommend adults do at least 30 minutes of at least moderate intensity physical activity on five or more days a week. Respondents were asked to include physical activity which is part of their job.
- (g) Reported Body Mass Index (BMI) of 25+. BMI is calculated as weight (kg) divided by squared height (m<sup>2</sup>).
- (h) Reported Body Mass Index (BMI) of 30+. BMI is calculated as weight (kg) divided by squared height (m<sup>2</sup>).
- (i) Bases vary: those shown are for the whole sample.

**Table 35: Neath Port Talbot - adults who reported key illnesses, health-related lifestyle or service use**

Per cent

	Observed	Age-standardised	Wales
<b>Health status and illnesses</b>			
Currently being treated for:			
High blood pressure	23	23	20
Any heart condition excluding high blood pressure (a)	10	10	9
Any respiratory illness	16	16	14
Any mental illness	12	12	9
Arthritis	17	17	13
Diabetes	8	8	6
Have a limiting long-term illness (b)	29	29	27
SF-36 (higher score means better health):			
Physical component summary score	47.6	47.6	48.9
Mental component summary score	49.2	49.3	49.9
<b>Health-related lifestyle</b>			
Smoker (c)	26	26	25
Consumption of alcohol: above guidelines (d)	36	36	36
Consumption of alcohol: binge (d)	20	20	19
Consumption of fruit and vegetables: meets guidelines (e)	42	42	44
Exercise or physical activity done: meets guidelines (f)	27	27	30
Overweight or obese (g)	61	60	56
Obese (h)	25	24	20
<b>Health service use</b>			
Family doctor (GP) in the past two weeks	18	19	17
In the past three months:			
Outpatients	24	24	20
Accident, injury or poisoning needing hospital treatment or a visit to casualty	6	6	5
In the past twelve months:			
In hospital as an inpatient	10	10	10
Pharmacist	79	79	78
Dentist	66	66	68
Optician	46	46	47
<b>Unweighted base (i)</b>			
All aged 16+	1,106	1,106	28,222

Source: Welsh Health Survey 2005/07

- (a) Includes those who reported ever being treated for a heart attack. Excludes those being treated for high blood pressure.
- (b) Adults who reported having any long-term illness, health problem or disability which limits their daily activities or the work they can do. Adults were asked to include problems due to old age.
- (c) Adults who reported smoking daily or occasionally.
- (d) In response to a question asking about the most units drunk on any one day in the last seven days. Above guidelines means men drinking more than 4 units a day and women drinking more than 3 units. Binge means men drinking more than 8 units a day and women drinking more than 6 units. Based on all adults (drinkers and non-drinkers).
- (e) Guidelines recommend adults eat at least five portions of a variety of fruit and vegetables each day.
- (f) Guidelines recommend adults do at least 30 minutes of at least moderate intensity physical activity on five or more days a week. Respondents were asked to include physical activity which is part of their job.
- (g) Reported Body Mass Index (BMI) of 25+. BMI is calculated as weight (kg) divided by squared height (m<sup>2</sup>).
- (h) Reported Body Mass Index (BMI) of 30+. BMI is calculated as weight (kg) divided by squared height (m<sup>2</sup>).
- (i) Bases vary: those shown are for the whole sample.

**Table 36: Bridgend - adults who reported key illnesses, health-related lifestyle or service use**

Per cent

	Observed	Age-standardised	Wales
<b>Health status and illnesses</b>			
Currently being treated for:			
High blood pressure	21	21	20
Any heart condition excluding high blood pressure (a)	10	10	9
Any respiratory illness	14	14	14
Any mental illness	10	10	9
Arthritis	14	14	13
Diabetes	7	7	6
Have a limiting long-term illness (b)	28	29	27
SF-36 (higher score means better health):			
Physical component summary score	48.5	48.3	48.9
Mental component summary score	49.7	49.7	49.9
<b>Health-related lifestyle</b>			
Smoker (c)	26	25	25
Consumption of alcohol: above guidelines (d)	39	39	36
Consumption of alcohol: binge (d)	22	22	19
Consumption of fruit and vegetables: meets guidelines (e)	40	40	44
Exercise or physical activity done: meets guidelines (f)	29	29	30
Overweight or obese (g)	58	58	56
Obese (h)	21	21	20
<b>Health service use</b>			
Family doctor (GP) in the past two weeks	17	17	17
In the past three months:			
Outpatients	20	21	20
Accident, injury or poisoning needing hospital treatment or a visit to casualty	6	6	5
In the past twelve months:			
In hospital as an inpatient	10	10	10
Pharmacist	78	78	78
Dentist	71	70	68
Optician	51	51	47
<b>Unweighted base (i)</b>			
All aged 16+	1,244	1,244	28,222

Source: Welsh Health Survey 2005/07

- (a) Includes those who reported ever being treated for a heart attack. Excludes those being treated for high blood pressure.
- (b) Adults who reported having any long-term illness, health problem or disability which limits their daily activities or the work they can do. Adults were asked to include problems due to old age.
- (c) Adults who reported smoking daily or occasionally.
- (d) In response to a question asking about the most units drunk on any one day in the last seven days. Above guidelines means men drinking more than 4 units a day and women drinking more than 3 units. Binge means men drinking more than 8 units a day and women drinking more than 6 units. Based on all adults (drinkers and non-drinkers).
- (e) Guidelines recommend adults eat at least five portions of a variety of fruit and vegetables each day.
- (f) Guidelines recommend adults do at least 30 minutes of at least moderate intensity physical activity on five or more days a week. Respondents were asked to include physical activity which is part of their job.
- (g) Reported Body Mass Index (BMI) of 25+. BMI is calculated as weight (kg) divided by squared height (m<sup>2</sup>).
- (h) Reported Body Mass Index (BMI) of 30+. BMI is calculated as weight (kg) divided by squared height (m<sup>2</sup>).
- (i) Bases vary: those shown are for the whole sample.

**Table 37: The Vale of Glamorgan - adults who reported key illnesses, health-related lifestyle or service use**

Per cent

	Observed	Age-standardised	Wales
<b>Health status and illnesses</b>			
Currently being treated for:			
High blood pressure	16	17	20
Any heart condition excluding high blood pressure (a)	8	9	9
Any respiratory illness	15	15	14
Any mental illness	10	10	9
Arthritis	10	10	13
Diabetes	5	5	6
Have a limiting long-term illness (b)	24	25	27
SF-36 (higher score means better health):			
Physical component summary score	49.7	49.3	48.9
Mental component summary score	49.6	49.8	49.9
<b>Health-related lifestyle</b>			
Smoker (c)	26	26	25
Consumption of alcohol: above guidelines (d)	37	36	36
Consumption of alcohol: binge (d)	20	19	19
Consumption of fruit and vegetables: meets guidelines (e)	43	43	44
Exercise or physical activity done: meets guidelines (f)	31	31	30
Overweight or obese (g)	50	50	56
Obese (h)	16	16	20
<b>Health service use</b>			
Family doctor (GP) in the past two weeks	16	16	17
In the past three months:			
Outpatients	20	20	20
Accident, injury or poisoning needing hospital treatment or a visit to casualty	4	4	5
In the past twelve months:			
In hospital as an inpatient	10	10	10
Pharmacist	79	79	78
Dentist	71	71	68
Optician	49	50	47
<b>Unweighted base (i)</b>			
All aged 16+	1,154	1,154	28,222

Source: Welsh Health Survey 2005/07

- (a) Includes those who reported ever being treated for a heart attack. Excludes those being treated for high blood pressure.
- (b) Adults who reported having any long-term illness, health problem or disability which limits their daily activities or the work they can do. Adults were asked to include problems due to old age.
- (c) Adults who reported smoking daily or occasionally.
- (d) In response to a question asking about the most units drunk on any one day in the last seven days. Above guidelines means men drinking more than 4 units a day and women drinking more than 3 units. Binge means men drinking more than 8 units a day and women drinking more than 6 units. Based on all adults (drinkers and non-drinkers).
- (e) Guidelines recommend adults eat at least five portions of a variety of fruit and vegetables each day.
- (f) Guidelines recommend adults do at least 30 minutes of at least moderate intensity physical activity on five or more days a week. Respondents were asked to include physical activity which is part of their job.
- (g) Reported Body Mass Index (BMI) of 25+. BMI is calculated as weight (kg) divided by squared height (m<sup>2</sup>).
- (h) Reported Body Mass Index (BMI) of 30+. BMI is calculated as weight (kg) divided by squared height (m<sup>2</sup>).
- (i) Bases vary: those shown are for the whole sample.

**Table 38: Cardiff - adults who reported key illnesses, health-related lifestyle or service use**

Per cent

	Observed	Age-standardised	Wales
<b>Health status and illnesses</b>			
Currently being treated for:			
High blood pressure	16	20	20
Any heart condition excluding high blood pressure (a)	7	9	9
Any respiratory illness	12	13	14
Any mental illness	9	9	9
Arthritis	10	12	13
Diabetes	5	6	6
Have a limiting long-term illness (b)	22	25	27
SF-36 (higher score means better health):			
Physical component summary score	50.4	49.3	48.9
Mental component summary score	49.8	49.9	49.9
<b>Health-related lifestyle</b>			
Smoker (c)	23	22	25
Consumption of alcohol: above guidelines (d)	40	38	36
Consumption of alcohol: binge (d)	23	20	19
Consumption of fruit and vegetables: meets guidelines (e)	46	47	44
Exercise or physical activity done: meets guidelines (f)	30	29	30
Overweight or obese (g)	51	54	56
Obese (h)	16	18	20
<b>Health service use</b>			
Family doctor (GP) in the past two weeks	16	17	17
In the past three months:			
Outpatients	19	21	20
Accident, injury or poisoning needing hospital treatment or a visit to casualty	5	5	5
In the past twelve months:			
In hospital as an inpatient	9	10	10
Pharmacist	80	81	78
Dentist	68	68	68
Optician	48	50	47
<b>Unweighted base (i)</b>			
All aged 16+	2,229	2,229	28,222

Source: Welsh Health Survey 2005/07

- (a) Includes those who reported ever being treated for a heart attack. Excludes those being treated for high blood pressure.
- (b) Adults who reported having any long-term illness, health problem or disability which limits their daily activities or the work they can do. Adults were asked to include problems due to old age.
- (c) Adults who reported smoking daily or occasionally.
- (d) In response to a question asking about the most units drunk on any one day in the last seven days. Above guidelines means men drinking more than 4 units a day and women drinking more than 3 units. Binge means men drinking more than 8 units a day and women drinking more than 6 units. Based on all adults (drinkers and non-drinkers).
- (e) Guidelines recommend adults eat at least five portions of a variety of fruit and vegetables each day.
- (f) Guidelines recommend adults do at least 30 minutes of at least moderate intensity physical activity on five or more days a week. Respondents were asked to include physical activity which is part of their job.
- (g) Reported Body Mass Index (BMI) of 25+. BMI is calculated as weight (kg) divided by squared height (m<sup>2</sup>).
- (h) Reported Body Mass Index (BMI) of 30+. BMI is calculated as weight (kg) divided by squared height (m<sup>2</sup>).
- (i) Bases vary: those shown are for the whole sample.

**Table 39: Rhondda Cynon Taf - adults who reported key illnesses, health-related lifestyle or service use**

Per cent

	Observed	Age-standardised	Wales
<b>Health status and illnesses</b>			
Currently being treated for:			
High blood pressure	22	23	20
Any heart condition excluding high blood pressure (a)	10	10	9
Any respiratory illness	16	16	14
Any mental illness	11	11	9
Arthritis	15	16	13
Diabetes	6	6	6
Have a limiting long-term illness (b)	30	31	27
SF-36 (higher score means better health):			
Physical component summary score	47.7	47.4	48.9
Mental component summary score	49.0	48.9	49.9
<b>Health-related lifestyle</b>			
Smoker (c)	26	26	25
Consumption of alcohol: above guidelines (d)	40	40	36
Consumption of alcohol: binge (d)	24	24	19
Consumption of fruit and vegetables: meets guidelines (e)	38	38	44
Exercise or physical activity done: meets guidelines (f)	28	27	30
Overweight or obese (g)	62	62	56
Obese (h)	25	25	20
<b>Health service use</b>			
Family doctor (GP) in the past two weeks	16	17	17
In the past three months:			
Outpatients	20	21	20
Accident, injury or poisoning needing hospital treatment or a visit to casualty	5	5	5
In the past twelve months:			
In hospital as an inpatient	10	10	10
Pharmacist	78	79	78
Dentist	65	65	68
Optician	47	48	47
<b>Unweighted base (i)</b>			
All aged 16+	1,766	1,766	28,222

Source: Welsh Health Survey 2005/07

- (a) Includes those who reported ever being treated for a heart attack. Excludes those being treated for high blood pressure.
- (b) Adults who reported having any long-term illness, health problem or disability which limits their daily activities or the work they can do. Adults were asked to include problems due to old age.
- (c) Adults who reported smoking daily or occasionally.
- (d) In response to a question asking about the most units drunk on any one day in the last seven days. Above guidelines means men drinking more than 4 units a day and women drinking more than 3 units. Binge means men drinking more than 8 units a day and women drinking more than 6 units. Based on all adults (drinkers and non-drinkers).
- (e) Guidelines recommend adults eat at least five portions of a variety of fruit and vegetables each day.
- (f) Guidelines recommend adults do at least 30 minutes of at least moderate intensity physical activity on five or more days a week. Respondents were asked to include physical activity which is part of their job.
- (g) Reported Body Mass Index (BMI) of 25+. BMI is calculated as weight (kg) divided by squared height (m<sup>2</sup>).
- (h) Reported Body Mass Index (BMI) of 30+. BMI is calculated as weight (kg) divided by squared height (m<sup>2</sup>).
- (i) Bases vary: those shown are for the whole sample.

**Table 40: Merthyr Tydfil - adults who reported key illnesses, health-related lifestyle or service use**

Per cent

	Observed	Age-standardised	Wales
<b>Health status and illnesses</b>			
Currently being treated for:			
High blood pressure	23	26	20
Any heart condition excluding high blood pressure (a)	11	12	9
Any respiratory illness	17	19	14
Any mental illness	12	13	9
Arthritis	18	20	13
Diabetes	6	6	6
Have a limiting long-term illness (b)	31	33	27
SF-36 (higher score means better health):			
Physical component summary score	47.8	47.0	48.9
Mental component summary score	47.9	47.8	49.9
<b>Health-related lifestyle</b>			
Smoker (c)	29	28	25
Consumption of alcohol: above guidelines (d)	39	38	36
Consumption of alcohol: binge (d)	22	21	19
Consumption of fruit and vegetables: meets guidelines (e)	43	43	44
Exercise or physical activity done: meets guidelines (f)	32	31	30
Overweight or obese (g)	61	61	56
Obese (h)	22	22	20
<b>Health service use</b>			
Family doctor (GP) in the past two weeks	17	17	17
In the past three months:			
Outpatients	21	22	20
Accident, injury or poisoning needing hospital treatment or a visit to casualty	8	8	5
In the past twelve months:			
In hospital as an inpatient	12	13	10
Pharmacist	76	77	78
Dentist	59	58	68
Optician	45	46	47
<b>Unweighted base (i)</b>			
All aged 16+	1,113	1,113	28,222

Source: Welsh Health Survey 2005/07

- (a) Includes those who reported ever being treated for a heart attack. Excludes those being treated for high blood pressure.
- (b) Adults who reported having any long-term illness, health problem or disability which limits their daily activities or the work they can do. Adults were asked to include problems due to old age.
- (c) Adults who reported smoking daily or occasionally.
- (d) In response to a question asking about the most units drunk on any one day in the last seven days. Above guidelines means men drinking more than 4 units a day and women drinking more than 3 units. Binge means men drinking more than 8 units a day and women drinking more than 6 units. Based on all adults (drinkers and non-drinkers).
- (e) Guidelines recommend adults eat at least five portions of a variety of fruit and vegetables each day.
- (f) Guidelines recommend adults do at least 30 minutes of at least moderate intensity physical activity on five or more days a week. Respondents were asked to include physical activity which is part of their job.
- (g) Reported Body Mass Index (BMI) of 25+. BMI is calculated as weight (kg) divided by squared height (m<sup>2</sup>).
- (h) Reported Body Mass Index (BMI) of 30+. BMI is calculated as weight (kg) divided by squared height (m<sup>2</sup>).
- (i) Bases vary: those shown are for the whole sample.

**Table 41: Caerphilly - adults who reported key illnesses, health-related lifestyle or service use**

Per cent

	Observed	Age-standardised	Wales
<b>Health status and illnesses</b>			
Currently being treated for:			
High blood pressure	23	23	20
Any heart condition excluding high blood pressure (a)	12	13	9
Any respiratory illness	16	16	14
Any mental illness	11	11	9
Arthritis	16	17	13
Diabetes	7	7	6
Have a limiting long-term illness (b)	31	32	27
SF-36 (higher score means better health):			
Physical component summary score	47.6	47.4	48.9
Mental component summary score	48.3	48.3	49.9
<b>Health-related lifestyle</b>			
Smoker (c)	28	27	25
Consumption of alcohol: above guidelines (d)	37	36	36
Consumption of alcohol: binge (d)	22	22	19
Consumption of fruit and vegetables: meets guidelines (e)	37	37	44
Exercise or physical activity done: meets guidelines (f)	27	27	30
Overweight or obese (g)	63	62	56
Obese (h)	26	25	20
<b>Health service use</b>			
Family doctor (GP) in the past two weeks	18	18	17
In the past three months:			
Outpatients	20	21	20
Accident, injury or poisoning needing hospital treatment or a visit to casualty	5	5	5
In the past twelve months:			
In hospital as an inpatient	11	11	10
Pharmacist	77	77	78
Dentist	65	65	68
Optician	50	50	47
<b>Unweighted base (i)</b>			
All aged 16+	1,495	1,495	28,222

Source: Welsh Health Survey 2005/07

- (a) Includes those who reported ever being treated for a heart attack. Excludes those being treated for high blood pressure.
- (b) Adults who reported having any long-term illness, health problem or disability which limits their daily activities or the work they can do. Adults were asked to include problems due to old age.
- (c) Adults who reported smoking daily or occasionally.
- (d) In response to a question asking about the most units drunk on any one day in the last seven days. Above guidelines means men drinking more than 4 units a day and women drinking more than 3 units. Binge means men drinking more than 8 units a day and women drinking more than 6 units. Based on all adults (drinkers and non-drinkers).
- (e) Guidelines recommend adults eat at least five portions of a variety of fruit and vegetables each day.
- (f) Guidelines recommend adults do at least 30 minutes of at least moderate intensity physical activity on five or more days a week. Respondents were asked to include physical activity which is part of their job.
- (g) Reported Body Mass Index (BMI) of 25+. BMI is calculated as weight (kg) divided by squared height (m<sup>2</sup>).
- (h) Reported Body Mass Index (BMI) of 30+. BMI is calculated as weight (kg) divided by squared height (m<sup>2</sup>).
- (i) Bases vary: those shown are for the whole sample.

**Table 42: Blaenau Gwent - adults who reported key illnesses, health-related lifestyle or service use**

Per cent

	Observed	Age-standardised	Wales
<b>Health status and illnesses</b>			
Currently being treated for:			
High blood pressure	22	22	20
Any heart condition excluding high blood pressure (a)	9	9	9
Any respiratory illness	16	16	14
Any mental illness	13	13	9
Arthritis	16	16	13
Diabetes	8	8	6
Have a limiting long-term illness (b)	32	33	27
SF-36 (higher score means better health):			
Physical component summary score	46.9	46.9	48.9
Mental component summary score	48.1	48.1	49.9
<b>Health-related lifestyle</b>			
Smoker (c)	31	31	25
Consumption of alcohol: above guidelines (d)	38	37	36
Consumption of alcohol: binge (d)	22	22	19
Consumption of fruit and vegetables: meets guidelines (e)	38	37	44
Exercise or physical activity done: meets guidelines (f)	29	29	30
Overweight or obese (g)	62	61	56
Obese (h)	24	23	20
<b>Health service use</b>			
Family doctor (GP) in the past two weeks	18	17	17
In the past three months:			
Outpatients	19	19	20
Accident, injury or poisoning needing hospital treatment or a visit to casualty	4	4	5
In the past twelve months:			
In hospital as an inpatient	11	11	10
Pharmacist	78	77	78
Dentist	62	61	68
Optician	50	50	47
<b>Unweighted base (i)</b>			
All aged 16+	1,136	1,136	28,222

Source: Welsh Health Survey 2005/07

- (a) Includes those who reported ever being treated for a heart attack. Excludes those being treated for high blood pressure.
- (b) Adults who reported having any long-term illness, health problem or disability which limits their daily activities or the work they can do. Adults were asked to include problems due to old age.
- (c) Adults who reported smoking daily or occasionally.
- (d) In response to a question asking about the most units drunk on any one day in the last seven days. Above guidelines means men drinking more than 4 units a day and women drinking more than 3 units. Binge means men drinking more than 8 units a day and women drinking more than 6 units. Based on all adults (drinkers and non-drinkers).
- (e) Guidelines recommend adults eat at least five portions of a variety of fruit and vegetables each day.
- (f) Guidelines recommend adults do at least 30 minutes of at least moderate intensity physical activity on five or more days a week. Respondents were asked to include physical activity which is part of their job.
- (g) Reported Body Mass Index (BMI) of 25+. BMI is calculated as weight (kg) divided by squared height (m<sup>2</sup>).
- (h) Reported Body Mass Index (BMI) of 30+. BMI is calculated as weight (kg) divided by squared height (m<sup>2</sup>).
- (i) Bases vary: those shown are for the whole sample.

**Table 43: Torfaen - adults who reported key illnesses, health-related lifestyle or service use**

Per cent

	Observed	Age-standardised	Wales
<b>Health status and illnesses</b>			
Currently being treated for:			
High blood pressure	23	22	20
Any heart condition excluding high blood pressure (a)	10	9	9
Any respiratory illness	13	13	14
Any mental illness	11	11	9
Arthritis	18	17	13
Diabetes	6	6	6
Have a limiting long-term illness (b)	28	28	27
SF-36 (higher score means better health):			
Physical component summary score	47.8	48.1	48.9
Mental component summary score	48.7	48.7	49.9
<b>Health-related lifestyle</b>			
Smoker (c)	26	27	25
Consumption of alcohol: above guidelines (d)	36	37	36
Consumption of alcohol: binge (d)	20	20	19
Consumption of fruit and vegetables: meets guidelines (e)	38	37	44
Exercise or physical activity done: meets guidelines (f)	27	28	30
Overweight or obese (g)	63	62	56
Obese (h)	27	26	20
<b>Health service use</b>			
Family doctor (GP) in the past two weeks	18	17	17
In the past three months:			
Outpatients	19	19	20
Accident, injury or poisoning needing hospital treatment or a visit to casualty	3	4	5
In the past twelve months:			
In hospital as an inpatient	11	11	10
Pharmacist	80	80	78
Dentist	64	64	68
Optician	50	50	47
<b>Unweighted base (i)</b>			
All aged 16+	1,034	1,034	28,222

Source: Welsh Health Survey 2005/07

- (a) Includes those who reported ever being treated for a heart attack. Excludes those being treated for high blood pressure.
- (b) Adults who reported having any long-term illness, health problem or disability which limits their daily activities or the work they can do. Adults were asked to include problems due to old age.
- (c) Adults who reported smoking daily or occasionally.
- (d) In response to a question asking about the most units drunk on any one day in the last seven days. Above guidelines means men drinking more than 4 units a day and women drinking more than 3 units. Binge means men drinking more than 8 units a day and women drinking more than 6 units. Based on all adults (drinkers and non-drinkers).
- (e) Guidelines recommend adults eat at least five portions of a variety of fruit and vegetables each day.
- (f) Guidelines recommend adults do at least 30 minutes of at least moderate intensity physical activity on five or more days a week. Respondents were asked to include physical activity which is part of their job.
- (g) Reported Body Mass Index (BMI) of 25+. BMI is calculated as weight (kg) divided by squared height (m<sup>2</sup>).
- (h) Reported Body Mass Index (BMI) of 30+. BMI is calculated as weight (kg) divided by squared height (m<sup>2</sup>).
- (i) Bases vary: those shown are for the whole sample.

**Table 44: Monmouthshire - adults who reported key illnesses, health-related lifestyle or service use**

Per cent

	Observed	Age-standardised	Wales
<b>Health status and illnesses</b>			
Currently being treated for:			
High blood pressure	20	18	20
Any heart condition excluding high blood pressure (a)	10	9	9
Any respiratory illness	12	12	14
Any mental illness	9	8	9
Arthritis	10	9	13
Diabetes	7	6	6
Have a limiting long-term illness (b)	26	24	27
SF-36 (higher score means better health):			
Physical component summary score	49.2	49.9	48.9
Mental component summary score	50.8	50.7	49.9
<b>Health-related lifestyle</b>			
Smoker (c)	20	21	25
Consumption of alcohol: above guidelines (d)	36	38	36
Consumption of alcohol: binge (d)	15	15	19
Consumption of fruit and vegetables: meets guidelines (e)	47	47	44
Exercise or physical activity done: meets guidelines (f)	30	31	30
Overweight or obese (g)	53	52	56
Obese (h)	17	17	20
<b>Health service use</b>			
Family doctor (GP) in the past two weeks	18	17	17
In the past three months:			
Outpatients	20	19	20
Accident, injury or poisoning needing hospital treatment or a visit to casualty	2	3	5
In the past twelve months:			
In hospital as an inpatient	9	8	10
Pharmacist	78	77	78
Dentist	75	75	68
Optician	54	53	47
<b>Unweighted base (i)</b>			
All aged 16+	1,197	1,197	28,222

Source: Welsh Health Survey 2005/07

- (a) Includes those who reported ever being treated for a heart attack. Excludes those being treated for high blood pressure.
- (b) Adults who reported having any long-term illness, health problem or disability which limits their daily activities or the work they can do. Adults were asked to include problems due to old age.
- (c) Adults who reported smoking daily or occasionally.
- (d) In response to a question asking about the most units drunk on any one day in the last seven days. Above guidelines means men drinking more than 4 units a day and women drinking more than 3 units. Binge means men drinking more than 8 units a day and women drinking more than 6 units. Based on all adults (drinkers and non-drinkers).
- (e) Guidelines recommend adults eat at least five portions of a variety of fruit and vegetables each day.
- (f) Guidelines recommend adults do at least 30 minutes of at least moderate intensity physical activity on five or more days a week. Respondents were asked to include physical activity which is part of their job.
- (g) Reported Body Mass Index (BMI) of 25+. BMI is calculated as weight (kg) divided by squared height (m<sup>2</sup>).
- (h) Reported Body Mass Index (BMI) of 30+. BMI is calculated as weight (kg) divided by squared height (m<sup>2</sup>).
- (i) Bases vary: those shown are for the whole sample.

**Table 45: Newport - adults who reported key illnesses, health-related lifestyle or service use**

Per cent

	Observed	Age-standardised	Wales
<b>Health status and illnesses</b>			
Currently being treated for:			
High blood pressure	19	20	20
Any heart condition excluding high blood pressure (a)	8	9	9
Any respiratory illness	12	12	14
Any mental illness	10	10	9
Arthritis	13	14	13
Diabetes	6	6	6
Have a limiting long-term illness (b)	25	26	27
SF-36 (higher score means better health):			
Physical component summary score	49.5	49.2	48.9
Mental component summary score	49.6	49.6	49.9
<b>Health-related lifestyle</b>			
Smoker (c)	25	25	25
Consumption of alcohol: above guidelines (d)	35	35	36
Consumption of alcohol: binge (d)	19	19	19
Consumption of fruit and vegetables: meets guidelines (e)	42	42	44
Exercise or physical activity done: meets guidelines (f)	28	28	30
Overweight or obese (g)	58	59	56
Obese (h)	22	22	20
<b>Health service use</b>			
Family doctor (GP) in the past two weeks	17	17	17
In the past three months:			
Outpatients	18	18	20
Accident, injury or poisoning needing hospital treatment or a visit to casualty	3	3	5
In the past twelve months:			
In hospital as an inpatient	9	9	10
Pharmacist	78	79	78
Dentist	69	69	68
Optician	46	46	47
<b>Unweighted base (i)</b>			
All aged 16+	1,120	1,120	28,222

Source: Welsh Health Survey 2005/07

- (a) Includes those who reported ever being treated for a heart attack. Excludes those being treated for high blood pressure.
- (b) Adults who reported having any long-term illness, health problem or disability which limits their daily activities or the work they can do. Adults were asked to include problems due to old age.
- (c) Adults who reported smoking daily or occasionally.
- (d) In response to a question asking about the most units drunk on any one day in the last seven days. Above guidelines means men drinking more than 4 units a day and women drinking more than 3 units. Binge means men drinking more than 8 units a day and women drinking more than 6 units. Based on all adults (drinkers and non-drinkers).
- (e) Guidelines recommend adults eat at least five portions of a variety of fruit and vegetables each day.
- (f) Guidelines recommend adults do at least 30 minutes of at least moderate intensity physical activity on five or more days a week. Respondents were asked to include physical activity which is part of their job.
- (g) Reported Body Mass Index (BMI) of 25+. BMI is calculated as weight (kg) divided by squared height (m<sup>2</sup>).
- (h) Reported Body Mass Index (BMI) of 30+. BMI is calculated as weight (kg) divided by squared height (m<sup>2</sup>).
- (i) Bases vary: those shown are for the whole sample.

## Notes

### Overview of survey design

The Welsh Health Survey was established in 2003 and runs all year round. It is designed to be nationally representative of people of different ages, sex and geographic area. This bulletin contains tables at local authority level based on combined data from two survey years (2005/06 and 2007).

The survey was based on a representative sample of people living in private households in Wales. A random sample of addresses from the Postcode Address File (PAF) was selected using a multi-stage probability design with appropriate stratification. The smaller local authorities were oversampled to allow the production of survey estimates at this level when combining two years of data. At each household, all adults and a maximum of two children were eligible for inclusion in the survey. The small proportion of people not covered by the PAF, including those living in institutions, was not covered by the surveys. It should be noted that people in institutions are likely to be, on average, in poorer health than those in private households – this should be kept in mind when considering the results from these surveys.

Information was collected at two levels: household (through a short interview, offered in English or Welsh) and individual (through English or Welsh self-completion questionnaire). First, a short interview with a responsible adult in the household was conducted to enumerate the household, and to record brief demographic information for each household member and the socio-economic classification of the household reference person. Self-completion questionnaires were then left for completion by each adult aged 16 years and over in the household, for later collection by the interviewer. In households with children, a maximum of two children were randomly selected for inclusion in the survey. (Results for children are not included in this report because of the relatively small numbers participating in each local authority). The survey relies on a self-completion questionnaire. The results, therefore, reflect people's own understanding of their health rather than a clinical assessment of their medical condition, and their own interpretation of the health services they have used.

The survey results were weighted to take account of unequal selection probabilities, and for differential non-response, i.e. to ensure that the age and sex distribution of the responding sample matched that of the population of Wales.

Further details of the survey methodology are given in the 2007 Welsh Health Survey report<sup>2</sup>.

### Survey response

This bulletin is based on two years of fieldwork, covering November 2005 to December 2007. During this period, a household interview was obtained with 76% of eligible households in the sample. Self-completion questionnaires were obtained for 84% of adults in participating households. During this two-year period, around 28,000 adults participated fully in the survey. Tables A1 and A2 in appendix A show the household and individual adult response rates, for the two years combined, by local authority.

More information on survey response can be found in the 2007 Welsh Health Survey report<sup>2</sup>.

### Age adjustments

The age profile within each local authority is different. Therefore, when comparing these groups in respect of a variable in which age has an important influence (such as health), the difference in the age profile between the groups is likely to affect the observed differences in the proportions of interest.

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<sup>2</sup> Welsh Health Survey 2007, [www.wales.gov.uk/statistics](http://www.wales.gov.uk/statistics)

For instance, some illnesses will become more common with age so a local authority with an older population might be expected to have higher levels of these illnesses. Therefore, age-standardisation has been carried out to remove the effect of age from comparisons between the local authorities. Age-standardised percentages are the results that the local authority would have had if its population had the same age distribution as that of Wales as a whole. It is suggested that when making comparisons between local authorities age-standardised results are used.

Age-standardisation was carried out using the direct standardisation method, using the mid-year 2006 population estimates for Wales as the standard population. Further details are given in the glossary to the Welsh Health Survey 2007 report<sup>3</sup>.

### **Key quality information**

a) Interpretation of the results should take account of the questionnaire design, as the mode of collection (self-reporting on paper) and the questions themselves affect the information collected.

b) Survey results are weighted to take account of unequal selection probabilities, and for differential non-response, i.e. to ensure that the age and sex distribution of the responding sample matches that of the Welsh population.

c) Details of response rates are given above.

d) Response rates to the Welsh Health Survey for the two years combined, by local authority, are shown in appendix A. However, base numbers of respondents vary due to varying response levels between different survey questions. The last column of each table provides sample sizes. It should be noted that the design of the survey means that the effective sample sizes will be somewhat smaller than the actual sample sizes (unweighted base numbers) so these should be interpreted as a guide to precision only.

e) Missing answers occur for several reasons, including refusal or inability to answer a particular question, and cases where the question is not applicable to the informant. Missing answers have been omitted from all tables and analyses.

f) For explanations of methods and definitions, see the annual report.

g) Results have not been adjusted for socio-economic status.

h) Appendix B contains approximate 95% confidence intervals for a selection of key measures (confidence intervals were calculated using the statistical package Stata). These provide an indication of the precision of the estimates. A confidence interval can be calculated around a survey estimate and gives a range within which the true value is likely to fall. There is a 95% chance that the 95% confidence intervals include the true value. In general, the smaller the sample size the wider the confidence interval. As a rough guide to interpretation, when comparing two estimates, if the confidence intervals around the estimates overlap it can be assumed that the estimates are not statistically significantly different – this approach is not as rigorous as doing a formal statistical test, but is straightforward, widely used and reasonably robust. Confidence intervals and standard errors for additional measures may be produced on request, subject to the availability of resources.

i) There are few alternative sources of information on illness in the whole population that can be used to gauge the robustness of Welsh Health Survey results at local authority level. Survey results for adults reporting limiting long-term illness by local authority were compared with similar information from the 2001 Census. The correlation coefficient of around 0.85 indicated a strong relationship. Overall, 27% of adults in the survey reported a limiting long-term illness compared with 27%-28% in the census.

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<sup>3</sup> See link above.

j) National Statistics are produced to high professional standards set out in the National Statistics Code of Practice. They undergo regular quality assurance reviews to ensure that they meet customer needs. They are produced free from any political interference.

### **Further information**

Key findings from the Welsh Health Survey are presented in a series of annual reports; this statistical bulletin contains reference tables at local authority level to supplement the national reports. For more details of the survey and its outputs, see the Statistics for Wales website<sup>4</sup>.

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<sup>4</sup> See link above.

## Appendix A: Response rates

**Table A1: 2005/06 and 2007 household response rates, by local authority**

	Eligible households (unadjusted)	Productive eligible households	Response rate	Adjusted response rate
	<i>Number</i>	<i>Number</i>	<i>Per cent</i>	<i>Per cent</i>
<b>Local authority:</b>				
Isle of Anglesey	892	743	83.3	83.7
Gwynedd	794	640	80.6	81.3
Conwy	858	665	77.5	77.8
Denbighshire	978	739	75.6	75.7
Flintshire	1,014	777	76.6	76.7
Wrexham	974	792	81.3	81.4
Powys	941	747	79.4	79.6
Ceredigion	943	759	80.5	80.6
Pembrokeshire	878	700	79.7	80.0
Carmarthenshire	1,152	837	72.7	72.8
Swansea	1,526	1,149	75.3	75.4
Neath Port Talbot	928	700	75.4	75.5
Bridgend	970	759	78.2	78.3
The Vale of Glamorgan	966	740	76.6	76.7
Cardiff	2,075	1,460	70.4	70.5
Rhondda Cynon Taf	1,557	1,122	72.1	72.1
Merthyr Tydfil	1,000	671	67.1	67.2
Caerphilly	1,155	905	78.4	78.4
Blaenau Gwent	939	756	80.5	80.6
Torfaen	920	672	73.0	73.1
Monmouthshire	975	721	73.9	74.0
Newport	975	681	69.8	70.0
<b>Wales</b>	<b>23,410</b>	<b>17,735</b>	<b>75.8</b>	<b>75.9</b>

**Table A2: 2005/06 and 2007 individual adult response rates, by local authority**

	Number	% of issued sample
	<b>Local authority:</b>	
Isle of Anglesey	1,247	87.1
Gwynedd	1,085	88.1
Conwy	1,035	85.3
Denbighshire	1,111	81.3
Flintshire	1,294	84.4
Wrexham	1,222	81.8
Powys	1,222	90.0
Ceredigion	1,292	87.5
Pembrokeshire	1,086	82.1
Carmarthenshire	1,353	84.9
Swansea	1,681	78.1
Neath Port Talbot	1,106	83.9
Bridgend	1,244	83.6
Vale of Glamorgan	1,154	83.4
Cardiff	2,229	81.0
Rhondda Cynon Taf	1,766	82.8
Merthyr Tydfil	1,113	86.1
Caerphilly	1,495	86.7
Blaenau Gwent	1,136	79.3
Torfaen	1,034	82.7
Monmouthshire	1,197	87.2
Newport	1,120	85.8
<b>Wales</b>	<b>28,222</b>	<b>83.9</b>

## Appendix B: Confidence intervals

**Table B1: Approximate 95% confidence intervals for age-standardised percentages for selected illnesses**

*Per cent*

	Currently being treated for:				Limiting long-term illness
	High blood pressure	Any respiratory illness	Any mental illness	Arthritis	
<b>Local authority:</b>					
Isle of Anglesey	(15, 19)	(12, 16)	( 6, 10)	( 8, 12)	(21, 27)
Gwynedd	(15, 21)	(11, 16)	( 5, 8)	( 7, 12)	(19, 25)
Conwy	(14, 18)	(11, 15)	( 5, 8)	( 8, 12)	(20, 26)
Denbighshire	(16, 21)	(11, 15)	( 6, 11)	( 9, 15)	(23, 30)
Flintshire	(17, 22)	(12, 16)	( 7, 11)	(11, 15)	(23, 30)
Wrexham	(19, 24)	(10, 14)	( 7, 11)	( 9, 15)	(21, 29)
Powys	(14, 18)	(10, 15)	( 6, 9)	( 9, 12)	(22, 27)
Ceredigion	(13, 18)	(10, 13)	( 6, 9)	( 9, 12)	(22, 27)
Pembrokeshire	(18, 23)	(12, 17)	( 7, 10)	( 9, 13)	(24, 30)
Carmarthenshire	(17, 21)	(12, 16)	( 7, 11)	(12, 17)	(26, 33)
Swansea	(14, 19)	(12, 16)	( 8, 12)	(12, 17)	(25, 31)
Neath Port Talbot	(19, 26)	(13, 18)	( 9, 14)	(14, 19)	(26, 32)
Bridgend	(18, 24)	(11, 16)	( 8, 12)	(12, 16)	(26, 32)
The Vale of Glamorgan	(14, 20)	(13, 18)	( 8, 12)	( 9, 12)	(22, 28)
Cardiff	(18, 22)	(11, 14)	( 8, 10)	(10, 14)	(23, 28)
Rhondda Cynon Taf	(20, 25)	(15, 18)	( 9, 13)	(14, 18)	(29, 34)
Merthyr Tydfil	(23, 29)	(16, 21)	(10, 16)	(17, 22)	(31, 36)
Caerphilly	(20, 26)	(14, 18)	( 9, 13)	(14, 19)	(29, 36)
Blaenau Gwent	(20, 25)	(14, 19)	(11, 15)	(13, 19)	(30, 36)
Torfaen	(19, 25)	(10, 15)	( 9, 14)	(14, 20)	(24, 31)
Monmouthshire	(15, 20)	(10, 14)	( 7, 10)	( 7, 11)	(21, 28)
Newport	(17, 23)	(11, 14)	( 8, 11)	(11, 17)	(23, 28)
<b>Wales</b>	(19, 20)	(13, 14)	( 9, 10)	(13, 14)	(26, 28)

## Appendix B: Confidence intervals

**Table B2: Approximate 95% confidence intervals for age-standardised percentages for selected health-related lifestyle behaviours**

*Per cent*

	Consumption of alcohol (heaviest day in past week):			Meets guidelines for:		
	Smoker	Above guidelines	Binge	Consumption of fruit & vegetables	Exercise or physical activity	Overweight or obese
<b>Local authority:</b>						
Isle of Anglesey	(21, 27)	(29, 34)	(14, 18)	(40, 49)	(30, 37)	(48, 56)
Gwynedd	(21, 28)	(30, 39)	(14, 21)	(43, 51)	(32, 40)	(49, 55)
Conwy	(20, 30)	(27, 34)	(13, 19)	(40, 48)	(28, 33)	(47, 53)
Denbighshire	(22, 33)	(32, 38)	(16, 21)	(39, 46)	(31, 37)	(49, 57)
Flintshire	(21, 28)	(34, 41)	(16, 21)	(40, 48)	(26, 33)	(52, 58)
Wrexham	(22, 30)	(32, 38)	(16, 21)	(37, 44)	(32, 39)	(49, 55)
Powys	(19, 25)	(27, 34)	(14, 19)	(44, 54)	(30, 37)	(51, 58)
Ceredigion	(20, 27)	(27, 35)	(12, 20)	(48, 54)	(32, 37)	(51, 57)
Pembrokeshire	(20, 29)	(27, 35)	(13, 20)	(46, 53)	(29, 36)	(55, 61)
Carmarthenshire	(18, 24)	(24, 31)	(12, 16)	(46, 52)	(28, 34)	(55, 61)
Swansea	(22, 29)	(33, 45)	(16, 28)	(42, 49)	(27, 33)	(49, 59)
Neath Port Talbot	(23, 29)	(32, 40)	(16, 23)	(39, 45)	(25, 30)	(57, 64)
Bridgend	(22, 29)	(35, 43)	(19, 25)	(36, 44)	(26, 32)	(55, 61)
The Vale of Glamorgan	(21, 31)	(32, 40)	(16, 22)	(38, 48)	(28, 33)	(47, 54)
Cardiff	(20, 25)	(35, 41)	(18, 23)	(44, 49)	(27, 31)	(51, 56)
Rhondda Cynon Taf	(23, 29)	(37, 42)	(22, 26)	(35, 41)	(25, 30)	(60, 64)
Merthyr Tydfil	(24, 32)	(34, 41)	(18, 23)	(40, 47)	(27, 35)	(56, 65)
Caerphilly	(24, 30)	(33, 39)	(19, 24)	(34, 41)	(24, 30)	(59, 65)
Blaenau Gwent	(27, 34)	(34, 41)	(19, 25)	(34, 41)	(26, 32)	(58, 64)
Torfaen	(22, 31)	(34, 39)	(17, 23)	(34, 41)	(24, 31)	(59, 65)
Monmouthshire	(16, 25)	(34, 42)	(13, 18)	(44, 51)	(27, 34)	(49, 54)
Newport	(21, 28)	(32, 38)	(16, 22)	(38, 46)	(23, 32)	(55, 62)
<b>Wales</b>	(24, 26)	(35, 36)	(18, 20)	(43, 45)	(30, 31)	(55, 57)

## Appendix B: Confidence intervals

**Table B3: Approximate 95% confidence intervals for observed percentages for selected illnesses**

*Per cent*

	Currently being treated for:				Limiting long-term illness
	High blood pressure	Any respiratory illness	Any mental illness	Arthritis	
<b>Local authority:</b>					
Isle of Anglesey	(16, 21)	(13, 17)	( 6, 10)	( 9, 13)	(22, 29)
Gwynedd	(16, 23)	(12, 16)	( 5, 8)	( 8, 13)	(20, 27)
Conwy	(17, 21)	(11, 16)	( 5, 8)	( 9, 13)	(22, 29)
Denbighshire	(16, 21)	(11, 15)	( 6, 11)	( 9, 15)	(23, 29)
Flintshire	(15, 21)	(12, 16)	( 7, 11)	(10, 14)	(21, 28)
Wrexham	(20, 24)	(10, 14)	( 7, 11)	( 9, 16)	(22, 29)
Powys	(16, 21)	(11, 15)	( 6, 10)	(10, 14)	(24, 30)
Ceredigion	(14, 19)	(10, 14)	( 5, 8)	( 9, 13)	(21, 28)
Pembrokeshire	(21, 27)	(12, 17)	( 7, 10)	(10, 15)	(27, 33)
Carmarthenshire	(19, 24)	(12, 16)	( 7, 11)	(13, 19)	(28, 35)
Swansea	(14, 20)	(12, 16)	( 8, 12)	(11, 17)	(24, 31)
Neath Port Talbot	(19, 26)	(13, 18)	( 9, 14)	(14, 19)	(26, 32)
Bridgend	(18, 23)	(11, 16)	( 8, 12)	(12, 16)	(25, 31)
The Vale of Glamorgan	(13, 19)	(12, 17)	( 8, 12)	( 8, 11)	(21, 27)
Cardiff	(14, 19)	(11, 14)	( 7, 10)	( 8, 11)	(20, 24)
Rhondda Cynon Taf	(19, 24)	(14, 18)	( 9, 13)	(13, 17)	(28, 33)
Merthyr Tydfil	(20, 26)	(15, 20)	(10, 15)	(15, 20)	(29, 34)
Caerphilly	(20, 25)	(14, 18)	(10, 13)	(14, 18)	(28, 35)
Blaenau Gwent	(19, 25)	(14, 19)	(11, 15)	(13, 19)	(29, 36)
Torfaen	(20, 26)	(11, 15)	( 9, 14)	(15, 21)	(25, 32)
Monmouthshire	(17, 23)	(10, 14)	( 7, 10)	( 8, 12)	(23, 30)
Newport	(16, 22)	(10, 14)	( 8, 11)	(10, 16)	(22, 27)
<b>Wales</b>	(19, 20)	(13, 14)	( 9, 10)	(13, 14)	(26, 28)

## Appendix B: Confidence intervals

**Table B4: Approximate 95% confidence intervals for observed percentages for selected health-related lifestyle behaviours**

*Per cent*

	Consumption of alcohol (heaviest day in past week):			Meets guidelines for:		
	Smoker	Above guidelines	Binge	Consumption of fruit & vegetables	Exercise or physical activity	Overweight or obese
<b>Local authority:</b>						
Isle of Anglesey	(20, 26)	(28, 33)	(13, 18)	(40, 49)	(29, 36)	(49, 56)
Gwynedd	(21, 27)	(29, 38)	(13, 20)	(43, 51)	(31, 40)	(49, 55)
Conwy	(19, 28)	(25, 31)	(12, 17)	(41, 48)	(27, 32)	(48, 54)
Denbighshire	(23, 34)	(32, 39)	(16, 21)	(39, 46)	(31, 37)	(49, 56)
Flintshire	(21, 29)	(35, 42)	(16, 21)	(40, 48)	(27, 33)	(52, 59)
Wrexham	(21, 30)	(31, 37)	(16, 21)	(37, 44)	(32, 39)	(51, 56)
Powys	(18, 24)	(26, 32)	(13, 17)	(45, 54)	(29, 35)	(53, 59)
Ceredigion	(20, 27)	(27, 36)	(12, 21)	(48, 54)	(32, 36)	(50, 57)
Pembrokeshire	(19, 27)	(26, 33)	(12, 18)	(46, 53)	(29, 35)	(57, 63)
Carmarthenshire	(18, 24)	(23, 30)	(11, 15)	(46, 52)	(28, 33)	(56, 62)
Swansea	(22, 28)	(32, 47)	(16, 30)	(43, 49)	(27, 33)	(48, 59)
Neath Port Talbot	(23, 30)	(32, 40)	(17, 23)	(39, 45)	(25, 30)	(58, 64)
Bridgend	(22, 29)	(36, 43)	(20, 25)	(36, 44)	(26, 32)	(55, 61)
The Vale of Glamorgan	(21, 31)	(33, 41)	(17, 23)	(38, 48)	(29, 33)	(46, 54)
Cardiff	(20, 26)	(37, 44)	(20, 26)	(44, 49)	(28, 32)	(48, 54)
Rhondda Cynon Taf	(23, 30)	(37, 43)	(22, 27)	(35, 41)	(25, 31)	(59, 64)
Merthyr Tydfil	(25, 33)	(36, 43)	(19, 25)	(39, 46)	(28, 36)	(57, 65)
Caerphilly	(24, 31)	(34, 40)	(19, 24)	(34, 40)	(24, 30)	(60, 66)
Blaenau Gwent	(27, 34)	(34, 41)	(19, 25)	(34, 41)	(27, 32)	(58, 65)
Torfaen	(22, 31)	(34, 39)	(17, 22)	(34, 42)	(24, 31)	(59, 66)
Monmouthshire	(15, 24)	(32, 40)	(12, 17)	(44, 50)	(26, 33)	(50, 56)
Newport	(21, 29)	(32, 39)	(16, 22)	(38, 46)	(24, 33)	(55, 62)
<b>Wales</b>	(24, 26)	(35, 37)	(19, 20)	(43, 45)	(30, 31)	(55, 57)