

Gateshead



Primary Care Trust

Health and Lifestyles

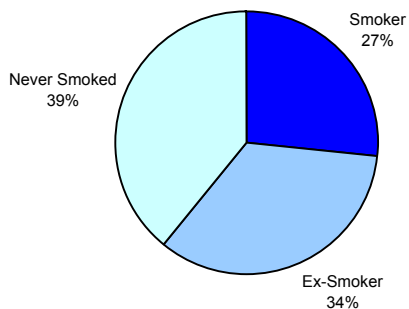
**Compendium of Health Related Statistics
April 2005**

Smoking

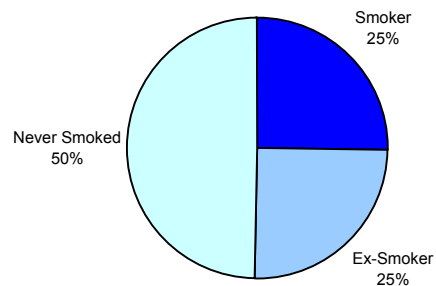
		Prevalence of smoking in Gateshead*								
		Age							Gender	
	Total Respondents	18-24	25-34	35-44	45-54	55-64	65-74	75+	Male	Female
Base	1921	120	305	376	354	328	289	149	601	1320
Smoker	495 25.8%	44 36.7%	63 20.7%	130 34.6%	93 26.3%	91 27.7%	52 18.0%	22 14.8%	162 27.0%	333 25.2%
Ex-Smoker	538 28.0%	21 17.5%	74 24.3%	63 16.8%	78 22.0%	110 33.5%	126 43.6%	66 44.3%	207 34.4%	331 25.1%
Never Smoked	894 46.5%	56 46.7%	169 55.4%	185 49.2%	184 52.0%	128 39.0%	111 38.4%	61 40.9%	237 39.4%	657 49.8%

*Figures may not add up due to multiple counting

Prevalence of smoking: male

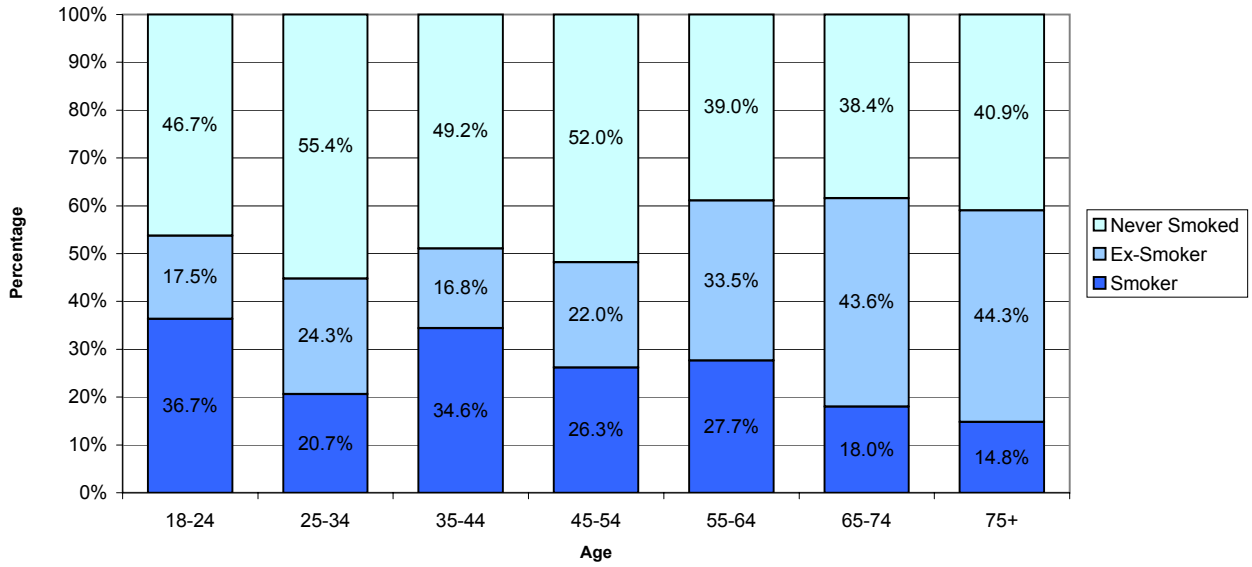


Prevalence of smoking: female

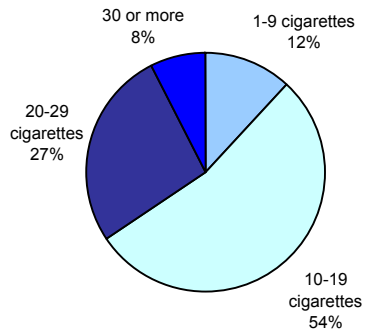


Smoking

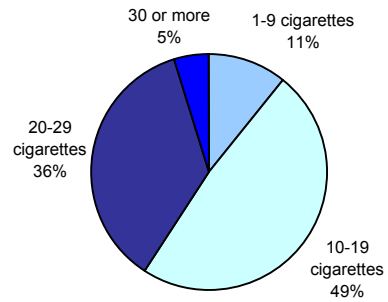
Prevalence of smoking by age group



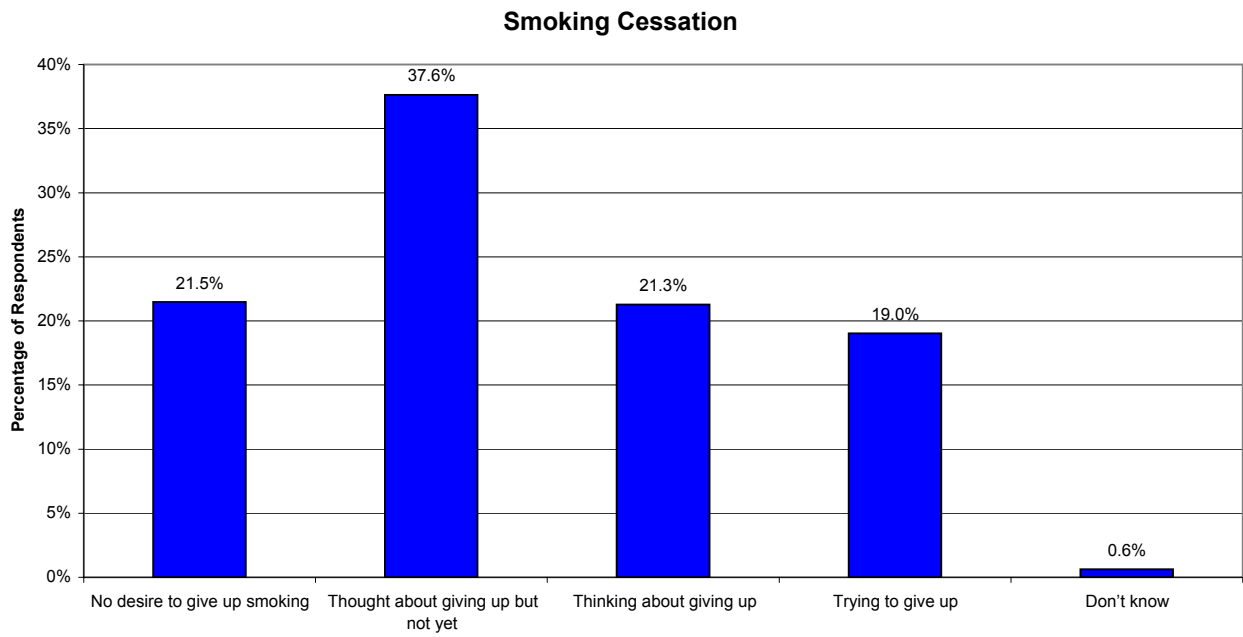
**Number of cigarettes smoked per day:
Male**



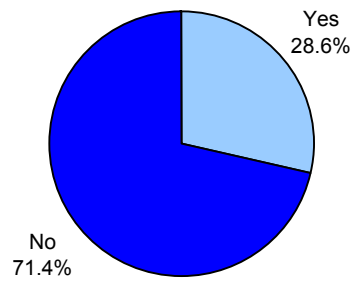
**Number of cigarettes smoked per day:
Female**



Smoking Cessation



Percentage of people who had been advised to stop smoking by a health professional



Alcohol

Government's recommended safe alcohol consumption levels

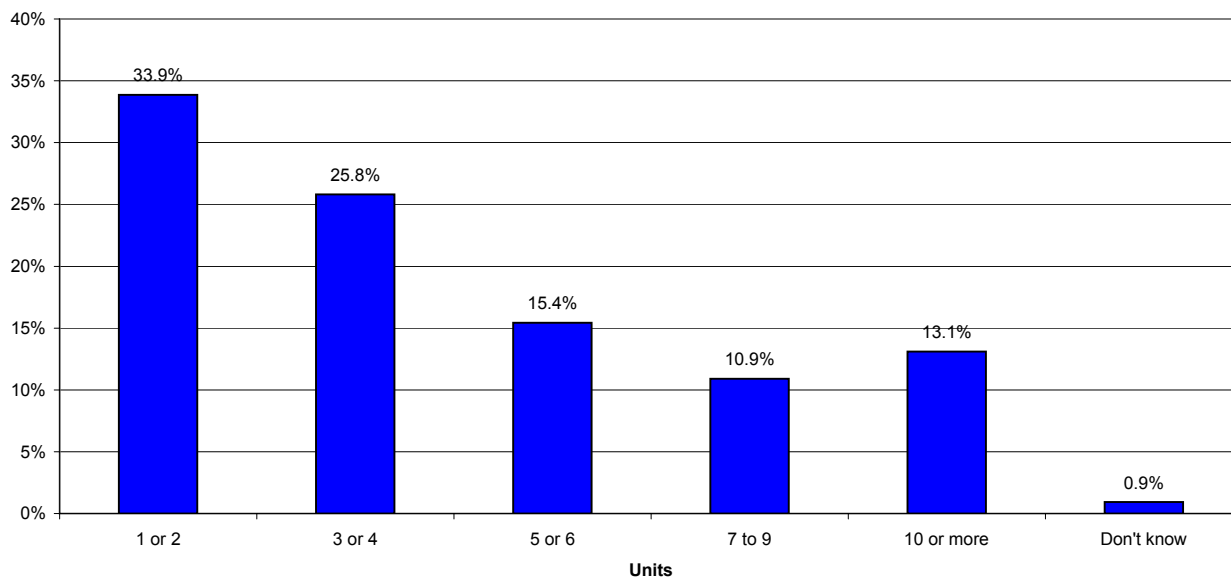
Males: 3-4 units per day

Females: 2-3 units per day

Source: Department of Health, www.dh.gov.uk

		Units of alcohol per day by age and gender									
		Age							Gender		
	Total Respondents	18-24	25-34	35-44	45-54	55-64	65-74	75+	Male	Female	
Base	1589	110	270	338	304	254	213	100	535	1054	
1 or 2	33.9%	20.9%	19.6%	20.7%	33.6%	42.9%	56.3%	61.0%	19.6%	41.1%	
3 or 4	25.8%	18.2%	23.3%	25.1%	30.9%	30.3%	22.5%	23.0%	22.6%	27.4%	
5 or 6	15.4%	12.7%	19.3%	19.2%	15.5%	12.2%	11.3%	12.0%	16.6%	14.8%	
7 to 9	10.9%	19.1%	17.8%	15.1%	8.6%	5.5%	4.7%	3.0%	13.1%	9.8%	
10 or more	13.1%	27.3%	18.9%	18.9%	11.5%	7.1%	4.7%	0.0%	26.7%	6.2%	
Don't know	0.9%	1.8%	1.1%	0.9%	0.0%	2.0%	0.5%	1.0%	1.3%	0.8%	

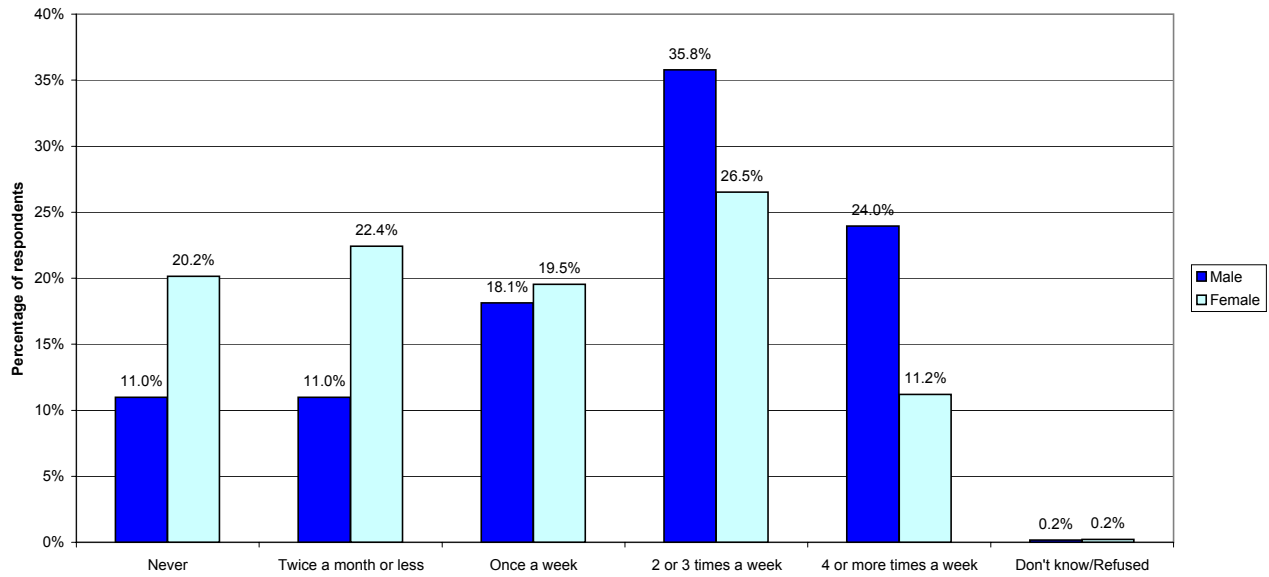
Daily alcohol consumption in Gateshead



Source: Gateshead Health and Lifestyle Survey, March 2004

Alcohol

Frequency of drinking for Males and Females in Gateshead

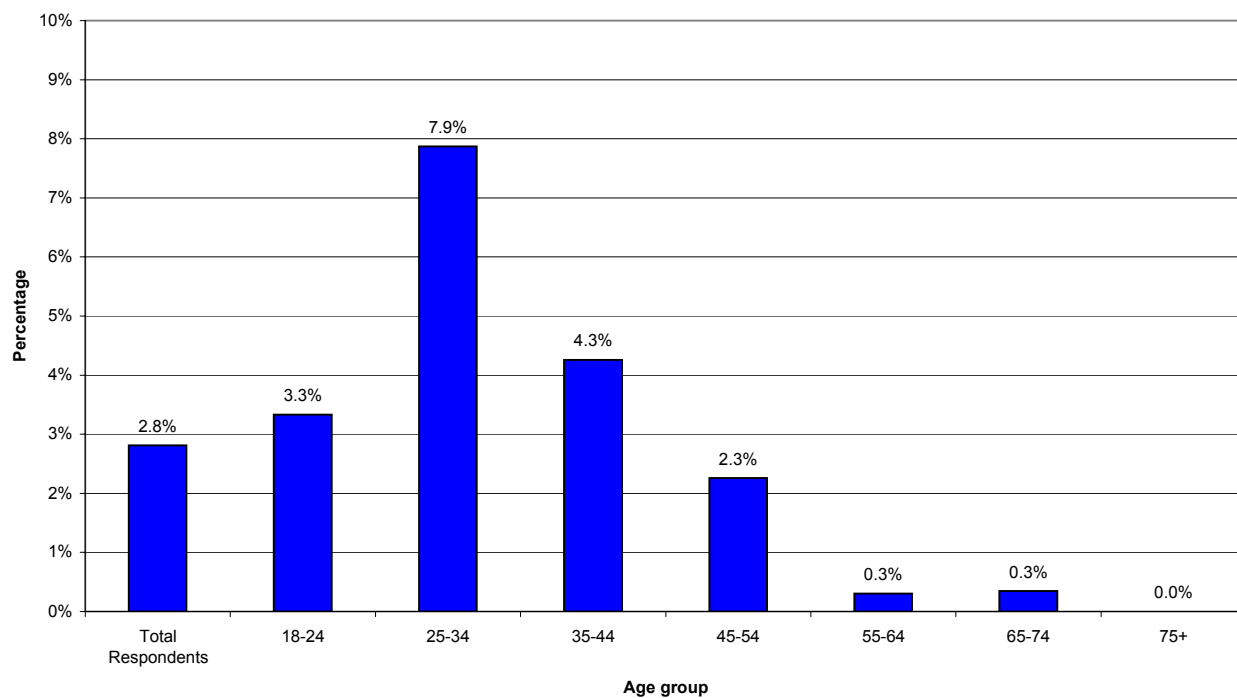


Frequency of men drinking 10 or more units of alcohol on one occasion	
Daily or almost daily	3.6%
Twice a week	10.8%
Weekly	21.7%
Fortnightly	3.0%
Monthly	12.7%
Less than monthly	13.5%
Never	34.4%
Don't know/refused	0.4%

Frequency of women drinking 7 or more units of alcohol on one occasion	
Daily or almost daily	0.7%
Twice a week	2.7%
Weekly	12.9%
Fortnightly	1.9%
Monthly	12.0%
Less than monthly	19.8%
Never	49.6%
Don't know/refused	0.4%

Sexual Health

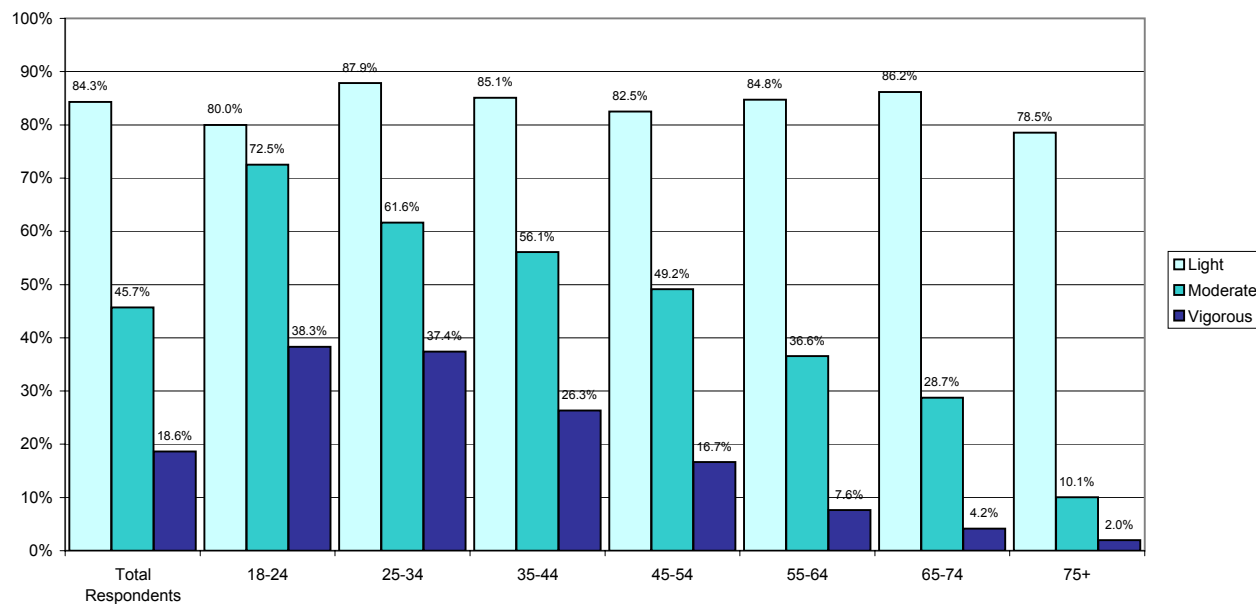
Percentage of each age group that has had or been treated for a sexually transmitted infection



Source: Gateshead Health and Lifestyle Survey, March 2004

Exercise

Levels of exercise in the previous 4 weeks



Percentage of respondents who had done light, moderate or vigorous exercise in the previous 4 weeks

	Male	Female
Light Exercise	74.5%	88.8%
Moderate Exercise	53.6%	42.1%
Vigorous Exercise	32.9%	12.1%

Description of daily work/daytime activity

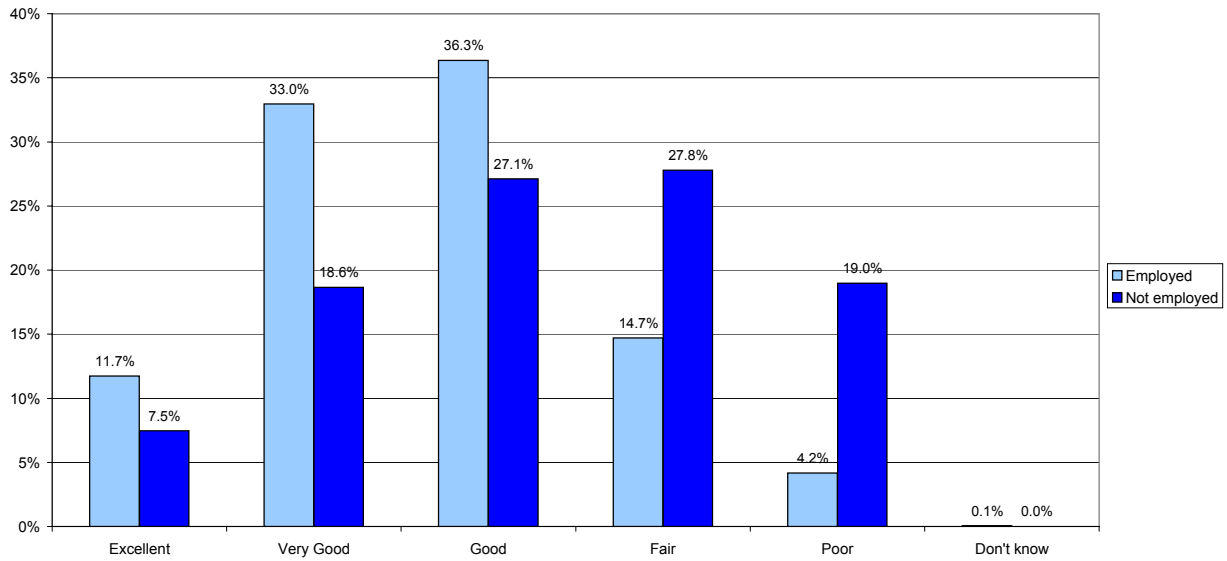
	Total	Male	Female
Base	1924	601	1320
Usually sitting, does not walk about much	23.9%	29.0%	21.6%
Stands/walks quite a lot, don't have to carry/lift things often	51.6%	36.1%	58.7%
Lifts/carries light loads or have to climb stairs/hill often	17.9%	19.8%	17.1%
Does heavy work or carries heavy loads often	6.1%	14.3%	2.4%

Health

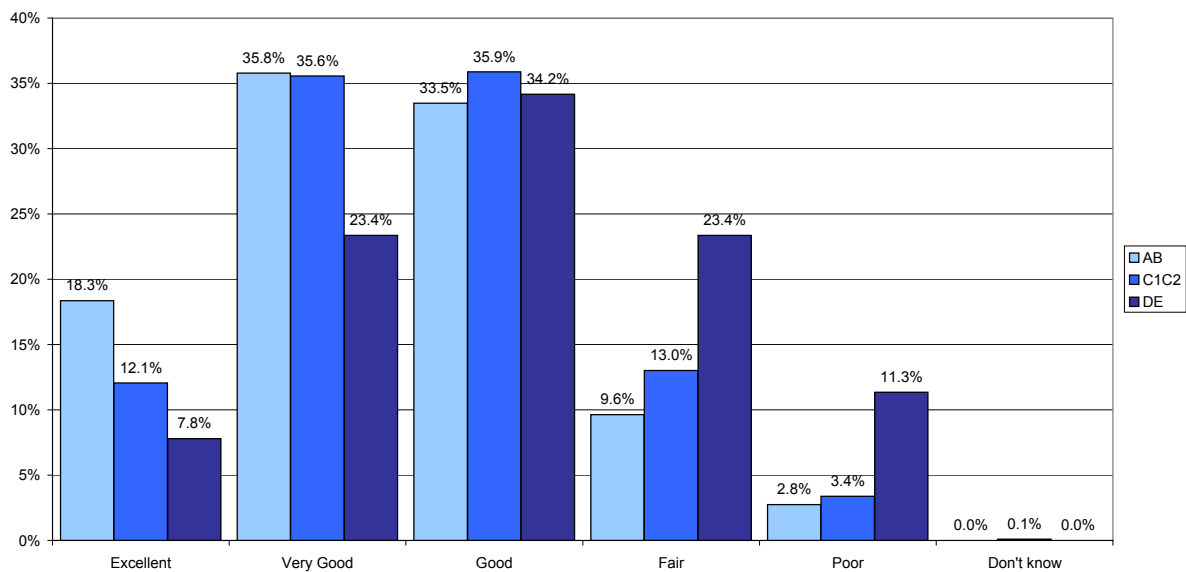
	Self-classification of health														
	Total Respondents	Age							Gender		Social Grade (*)			Employment Status	
		18-24	25-34	35-44	45-54	55-64	65-74	75+	Male	Female	AB	C1C2	DE	Employed	Not employed
Base	1921	120	305	376	354	328	289	149	601	1320	218	945	758	1626	295
Excellent	11.1%	10.0%	14.1%	12.8%	11.9%	10.7%	8.3%	6.0%	10.5%	11.4%	18.3%	12.1%	7.8%	11.7%	7.5%
Very Good	30.8%	32.5%	39.7%	35.9%	29.1%	26.5%	27.3%	18.1%	30.6%	30.8%	35.8%	35.6%	23.4%	33.0%	18.6%
Good	34.9%	43.3%	35.1%	32.2%	33.9%	32.9%	35.3%	40.9%	36.3%	34.3%	33.5%	35.9%	34.2%	36.3%	27.1%
Fair	16.7%	10.8%	9.5%	14.6%	17.5%	21.0%	20.4%	22.8%	16.8%	16.7%	9.6%	13.0%	23.4%	14.7%	27.8%
Poor	6.5%	3.3%	1.6%	4.5%	7.6%	8.8%	8.3%	12.1%	5.8%	6.7%	2.8%	3.4%	11.3%	4.2%	19.0%
Don't know	0.1%	0.0%	0.0%	0.0%	0.0%	0.0%	0.3%	0.0%	0.0%	0.1%	0.0%	0.1%	0.0%	0.1%	0.0%

*AB = Higher and intermediate managerial/administrative/professional
 C1C2 = Supervisory, junior managerial/administrative/professional, Skilled manual workers
 DE = Semi-Skilled, unskilled manual workers, unemployed

Self-classification of health by employment status



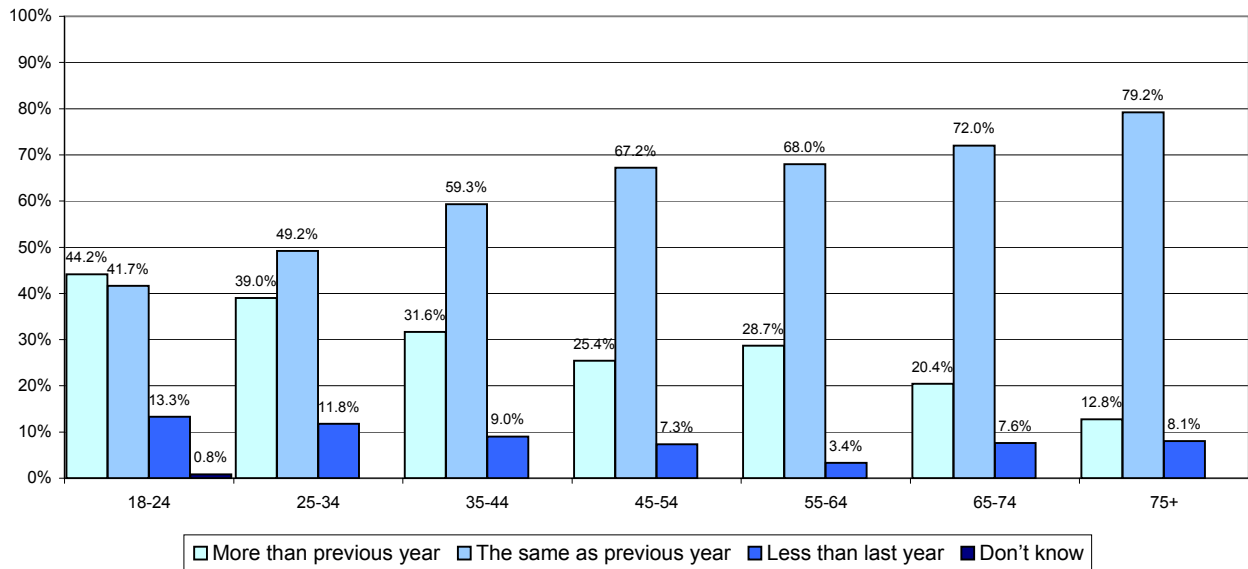
Self-classification of health by social grade



Diet

	Amount of fruit and vegetables consumed daily									
	Total	Age							Gender	
		18-24	25-34	35-44	45-54	55-64	65-74	75+	Male	Female
Base	1921	120	305	376	354	328	289	149	601	1320
Never eat vegetables	2.4%	5.0%	3.6%	4.8%	1.4%	0.6%	1.4%	0.7%	3.7%	1.9%
1-2 portions	32.5%	32.5%	36.4%	31.1%	33.3%	27.4%	30.4%	41.6%	41.3%	28.6%
3-4 portions	39.3%	44.2%	39.7%	39.4%	39.3%	35.7%	41.2%	38.3%	36.1%	40.7%
5-6 portions	21.7%	13.3%	18.0%	22.1%	20.3%	30.2%	21.5%	19.5%	16.1%	24.2%
7-9 portions	3.4%	5.0%	2.0%	2.1%	4.2%	5.2%	4.5%	0.0%	2.3%	3.9%
10 or more portions	0.7%	0.0%	0.3%	0.5%	1.4%	0.9%	0.7%	0.0%	0.5%	0.8%

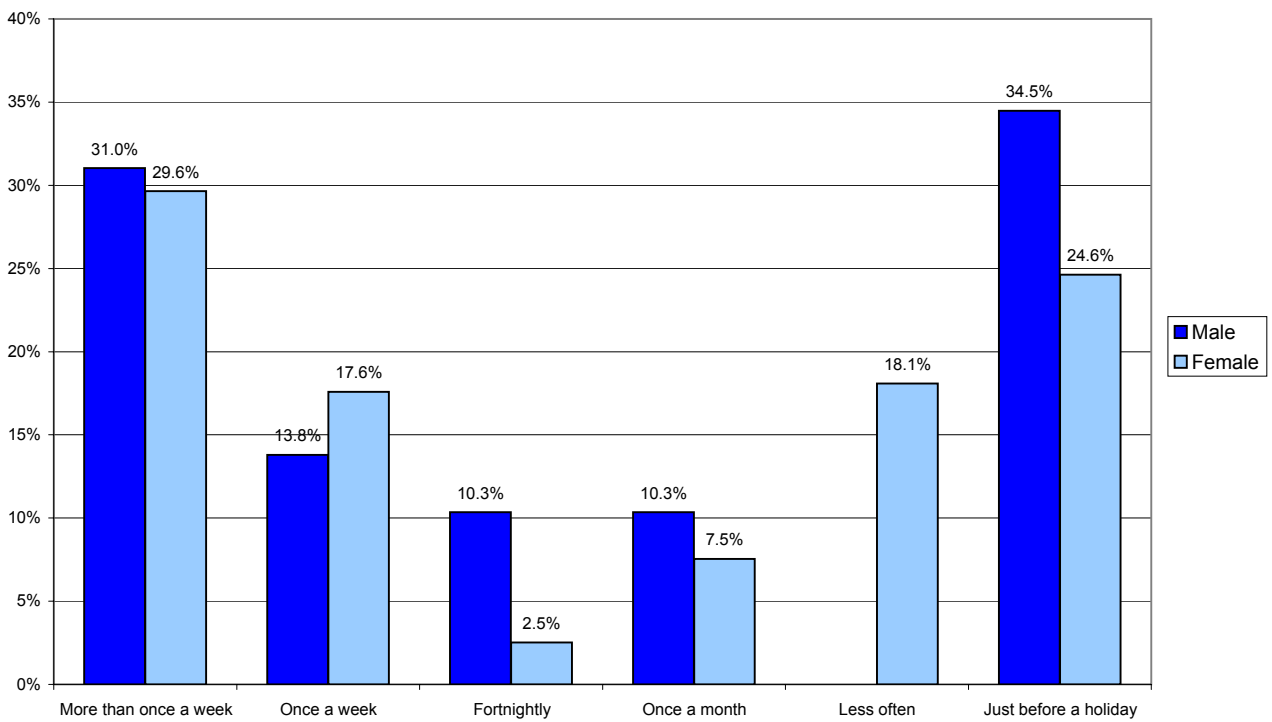
Amount of fruit and vegetables eaten compared with the previous year



Sunbeds

	Total Respondents	Age							Gender	
		18-24	25-34	35-44	45-54	55-64	65-74	75+	Male	Female
Base	1921	120	305	376	354	328	289	149	601	1320
Uses Sunbeds	228 11.9%	31 25.8%	71 23.3%	65 17.3%	43 12.1%	14 4.3%	4 1.4%	0 0.0%	29 4.8%	199 15.1%
Doesn't use Sunbeds	1693 88.1%	89 74.2%	234 76.7%	311 82.7%	311 87.9%	314 95.7%	285 98.6%	149 100.0%	572 95.2%	1121 84.9%

Frequency of sunbed use



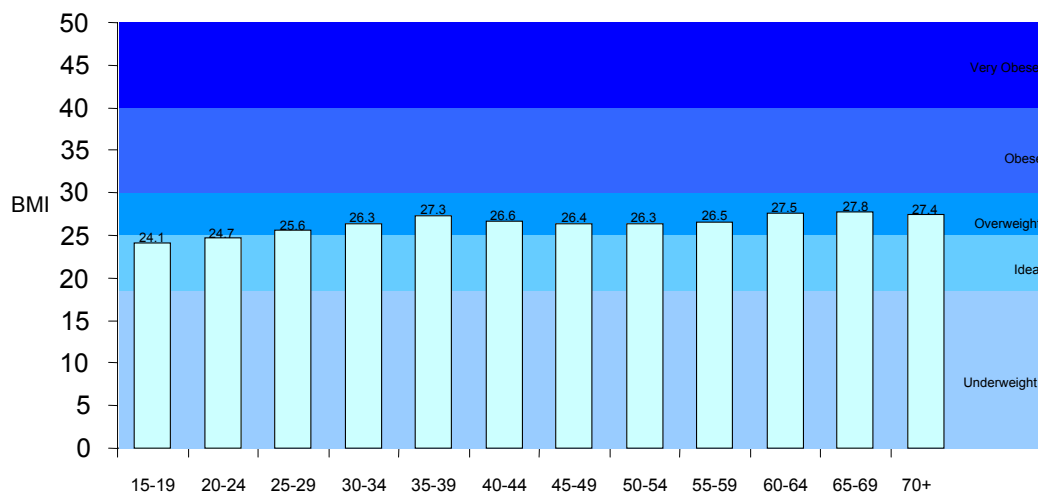
Body Mass Index (BMI)

BMI groups

BMI	Description
18.5 or less	Underweight
18.5 to 25	Ideal
25 to 30	Overweight
30 to 40	Obese
40+	Very Obese

Source: Department of Health, www.dh.gov.uk

Average BMI scores by age group

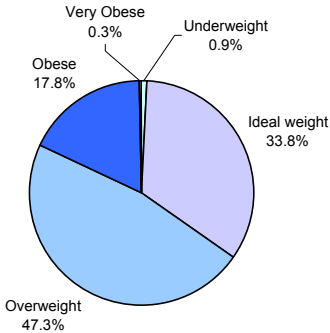


Source: Gateshead BMI Survey, 2004

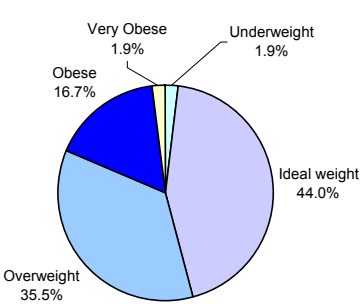
Body Mass Index (BMI)

	Male	Female	Total
Underweight	0.9%	1.9%	1.5%
Ideal weight	33.8%	44.0%	39.5%
Overweight	47.3%	35.5%	40.7%
Obese	17.8%	16.7%	17.1%
Very Obese	0.3%	1.9%	1.2%
Base	334	420	754

Percentage of Males in each BMI Category



Percentage of Females in each BMI Category

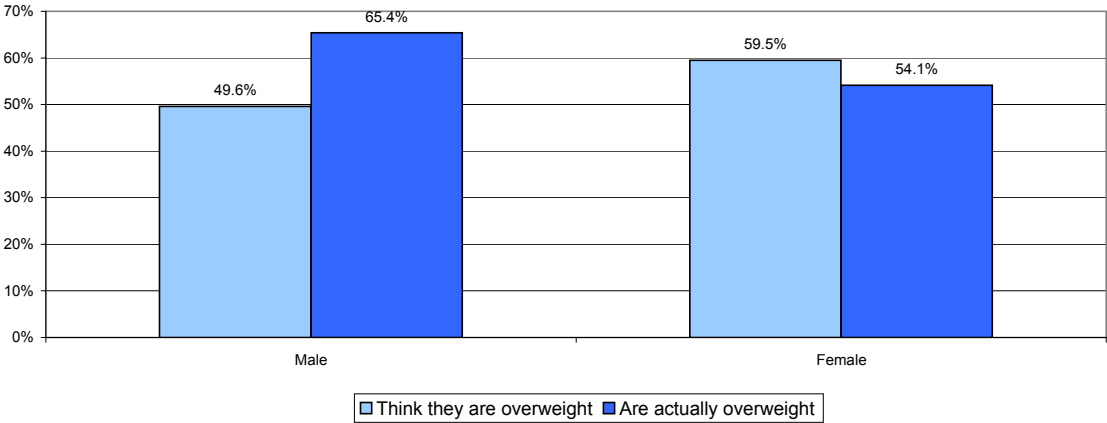


Perception of weight

	Male	Female	Total
Believe they are underweight	5.3%	4.3%	4.6%
Believe they are the correct weight	43.4%	34.7%	37.4%
Believe they are overweight	49.6%	59.5%	56.4%
Refused	1.7%	1.5%	1.6%
Base	601	1320	1921

Source: Gateshead Health and Lifestyles Survey, March 2004

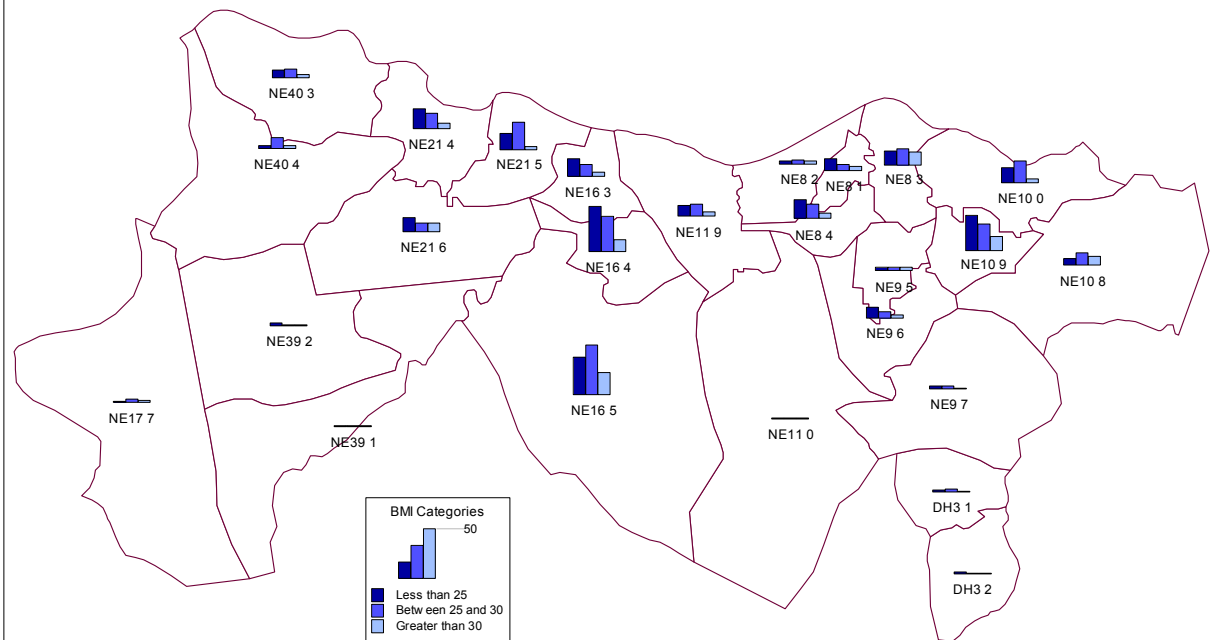
Comparisons between weight perception and actual weight



Source: Gateshead BMI Survey, Gateshead Health and Lifestyles Survey, March 2004

Body Mass Index (BMI)

Map of BMI Scores from Gateshead Survey



Sample size = 754
The maximum height shown in the legend represents 50 people. All other data points are shown proportionally to this.