



South Tyneside Joint Strategic Needs Assessment 2011

Data Annex

Chapter 8: Adult Lifestyle

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Data Annex

Chapter 8

Adult Lifestyle

This Annex brings together indicators of population, health, well-being, the wider determinants of health and usage of care and health services among the population of South Tyneside. Trends are considered over time and the values for local populations are compared to figures for local neighbours, similar populations in other parts of England, the NE and England as a whole. Wherever information is available for small areas, this is illustrated on maps of South Tyneside. The maps of variations in health and lifestyle for small areas are constructed so that poor health or less healthy lifestyle behaviours are shown as darker colours. The data set has been put together jointly by NHS South of Tyne and Wear and Gateshead Council

The Annex is divided into nine chapters:

1. Population
2. Social and Environmental Context
3. Child Health and Lifestyle
4. Life Expectancy and Mortality and Ill Health due to All Causes
5. Heart Disease, Stroke and Related Conditions
6. Cancer
7. Adult Health, Long Term Conditions other than Heart Disease and Cancer and Social Care
8. Adult Lifestyle
9. Public Voice

The data set is designed to support Local Authorities and Primary Care Trusts when undertaking Joint Strategic Needs Assessment in 2011. It will also be of use to a wide range of partner agencies in the public, third and commercial sectors and individuals who either provide or use local health and care services.

The format of the data set has been informed by consultation with health and social care specialists across the North East region and this process was facilitated by the North East Public Health Observatory. It also acknowledges the content suggested by the Association of Public Health Observatories in its report "The JSNA Core Dataset".

If you have any queries about the data in this annex please contact:

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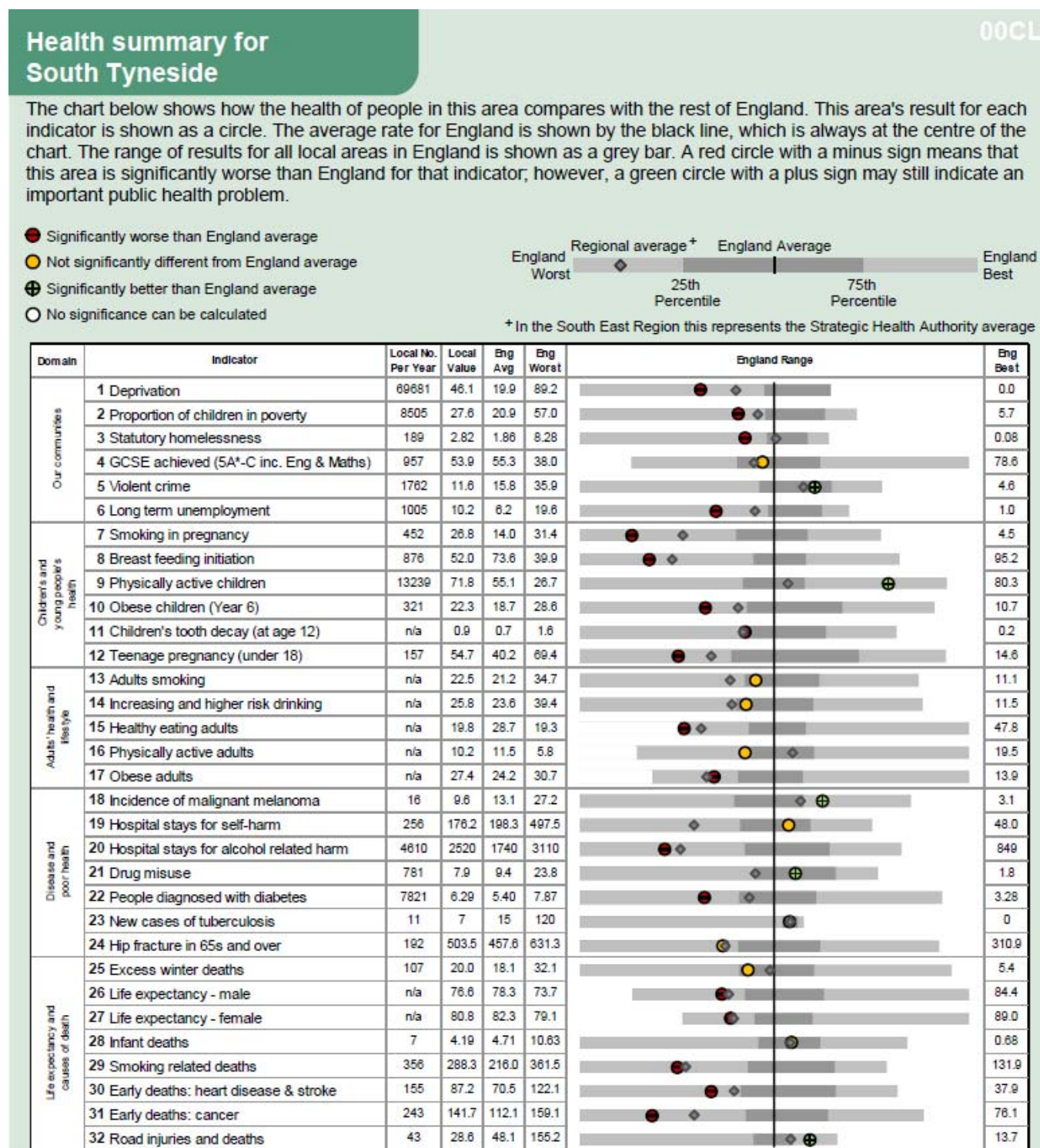
There are a number of websites now providing tools which monitor indicators of health and social care at Local Authority or ward level for all areas either within a region or across England. Examples are "NHS Comparators" maintained by the NHS Information Centre, the "National Hospital Episode Statistics e-Atlas" maintained by the Association of Public Health Observatories and the North East Public Health Observatory's PCT Dashboard. Where indicators are monitored by these tools, outputs are reproduced, but the user is directed to the relevant tool for further details. Links to the tools are provided for those who browse this document from a PC with internet access.

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Adult lifestyle in South Tyneside in 2011

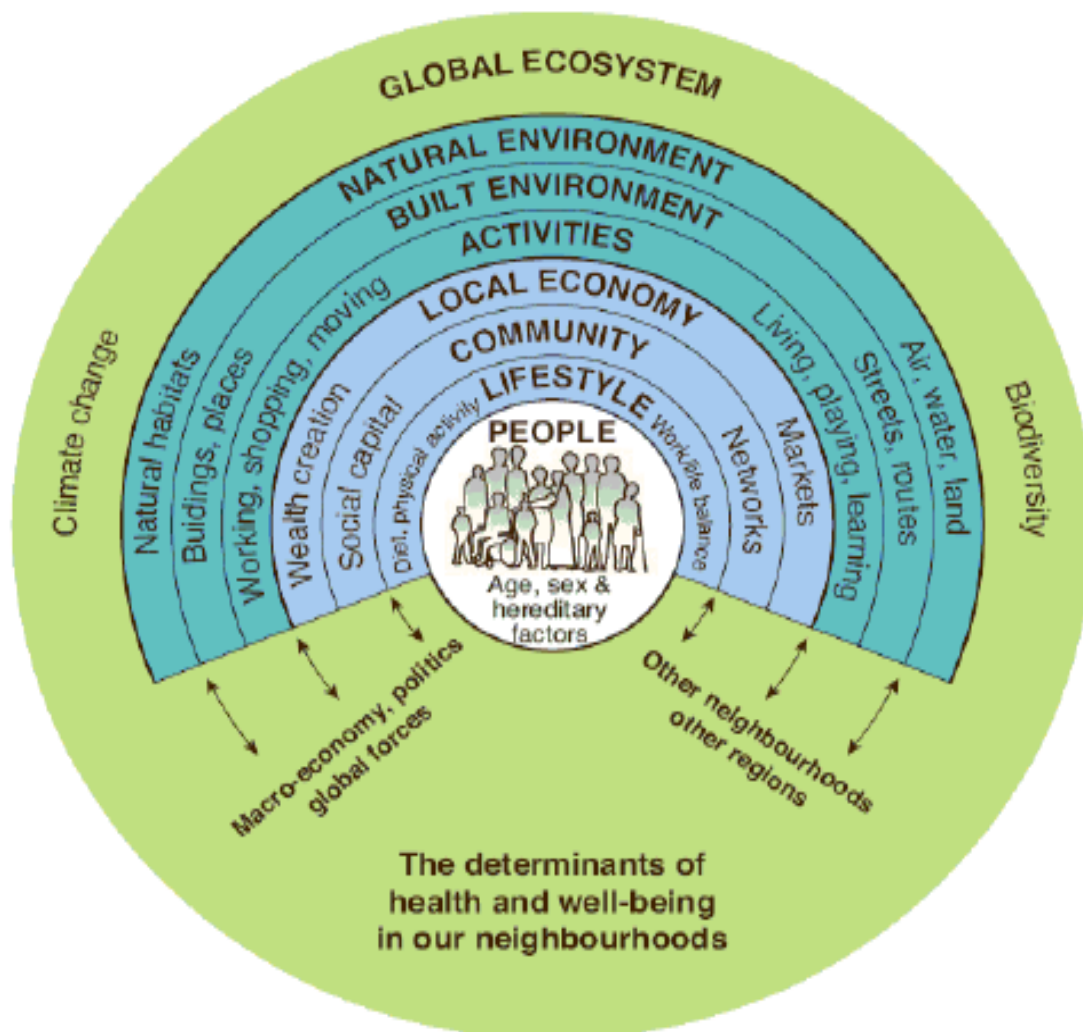
The Community Health Profiles, produced each year by the Association of Public Health Observatories, give a quick and informative overview of health and wellbeing issues affecting Local Authority populations. A separate profile is published for each of the English Local Authority areas. Health indicators across a number of domains are summarised in a spine chart. The spine chart for the population of South Tyneside from the 2011 Health Profile is shown below.



Association of Public Health Observatories (2011) "Health Profile: South Tyneside" available at www.apho.org.uk

A red dot to the left hand side of the spine chart indicates particularly poor health or unhealthy lifestyle behaviours. It is striking that the dots furthest to the left, reflecting the poorest health and behaviours, relate to lifestyle choices – smoking during pregnancy, breastfeeding, early deaths due to cancer (lung cancer deaths linked to smoking will be a major contributor to this statistic), deaths from smoking, alcohol-related hospital admissions and the proportion of adults that eat five portions of fruit and vegetables each day.

This Data Annex, across eight Chapters of statistics and epidemiology has tried to reflect health status but also the wide range of factors that influence health and wellbeing in its widest sense i.e. emotional and physical wellbeing rather than simply ill health as measured by deaths or hospital admissions. Chapter 2 is dedicated to looking at the wider determinants of health such as education, income and housing. Dahlgren and Whitehead published a model which grouped these influences together in a series of concentric bands. The order of the rings can be seen to reflect the extent to which the individual, at the centre of the model, can exert an influence on the various health determinants. Apart from personal characteristics, over which the individual has no say e.g. age, sex or genetic inheritance, the individual is most able to change those factors towards the centre of the diagram. The model is shown below.



Dahlgren & Whitehead (1991) modified to reflect environmental impacts

From Dolman M, Swift J (2007) "Health Impact Assessment Toolkit for Public Health Practitioners", Leeds City Council and Leeds PCT

If a person lives in a community that experiences a high level of unemployment, voting in local or national elections may be the only way that an individual can feel that they can influence this

situation. However, everyone has the capacity to modify their lifestyle to adopt healthier habits such as taking more exercise, eating a healthier diet or giving up smoking. This is encouraging, because, although poor lifestyles is one of the key influences on health across both South Tyneside and the North East of England, with the appropriate support to make healthy lifestyle choices, the population themselves have the ability to improve overall health in this direction.

Smoking

A high proportion of adults smoke in South Tyneside. Smoking is a key risk factor for lung cancer and deaths rates due to this disease are one and half times the national average among the South Tyneside population. Supporting people to give up smoking will make a large contribution to reducing health inequalities between South Tyneside and England.

A national survey, the Integrated Household Survey, carried out in the 12 months to Sept 2010 showed that 21% of all adults smoke across England and 24% across South Tyneside. Among households where the main income earner is in a routine and manual occupation, the same survey reported that 29% of adults smoke in England compared to 30% in South Tyneside. The proportion of adults that smoke has been falling steadily over the past 30 years. This evidence of high smoking prevalence in South Tyneside is supported by local death rates due to lung cancer. Smoking is a key risk factor for lung cancer and the death rate due to this disease among all people in South Tyneside is one and half times the national average¹.

Rates of smoking are highest in South Tyneside among adults 25-64 years and people from socially and economically disadvantaged communities. At ward level, the highest rates of smoking can be found in the 'Simonside & Rekendyke' and 'Biddick & All Saints' wards. A study² has been undertaken to consider whether local NHS Stop Smoking Services are reaching those groups where rates of smoking are highest. This concluded that the services are successfully targeting socially and economically disadvantaged communities but that young adults and ethnic minorities are under-represented among service users.

¹ National Centre for Health Outcomes Development (2010) "Clinical and Health Outcomes Knowledge Base", NCHOD – the age-standardised mortality ratio due to lung cancer among people of all ages within the population of South Tyneside, between 2006 and 2008 was 155. This indicates that the death rate due to lung cancer in South Tyneside is 55% higher than the rate across England.

² NHS South of Tyne and Wear (2009) "Are Stop Smoking Services Being Accessed Fairly in South Tyneside", NHS SoTW, Hebburn available at www.cehi.org.uk (last accessed 10th March 2011)

Physical activity

Both locally and nationally the proportion of adults taking regular moderate physical activity is rising over time. For those that do take regular exercise, this will reduce their risk of heart disease and stroke in later life. Evidence suggests that over 40% of adults in South Tyneside now take 30 minutes of moderate physical activity, five or more times each week. This is above the national average. 5 times 30 minutes each week is the minimum recommended level to maintain health and reduce the risk of long-term conditions such as heart disease and stroke³. However, this means that over half the adult population of South Tyneside doesn't achieve the minimum recommended activity level.

Diet

Around 30% of adults in South Tyneside eat five portions of fruit and vegetables each day which is above the national average. However, 70% of adults still don't achieve the '5 a day' mark. Consumption of five a day is an indicator of a healthy balanced diet which will reduce the risk of heart disease and stroke in later life⁴. National evidence suggests that the proportion of the population eating a healthy diet, as measured by eating five portions of fruit and vegetables each day, peaked in 2006 and has begun to decline. It will therefore be important to continue to monitor local trends in the proportion of the South Tyneside population eating healthily to see if the national trend is reflected locally.

Alcohol consumption

A high level of consumption of alcohol above recommended safe limits among the population of South Tyneside is a serious health concern. Rates of alcohol-related hospital admissions and the proportion of the adult population that regularly drink above twice the safe daily limit (sometimes referred to as 'binge drinking') are among the highest across all English Local Authority populations. 28% of adults in South Tyneside binge drink weekly or more often compared to only 20% across England. Binge drinking is most common among young adults 18-24 years. Over half of males in South Tyneside 18-24 years binge drink at least once a week. The proportion binge drinking regularly does not vary greatly across different socioeconomic groups, but a higher proportion of people from more advantaged communities drink above weekly safe limits (14 units of alcohol for females and 21 units for males).

Obesity

The prevalence of obesity among adults across England has been rising constantly over the past 20 years. However, there is still little robust evidence of the proportion of the South Tyneside adult population that are obese and whether this is greater or less than the national average.

In 2009 there was national evidence that the proportion of adults

³ Department of Health (2004) "At least 5 a week: evidence on the impact of physical activity and its relationship to health", Department of Health, London

⁴ In 1994 the Cardiovascular Review Group, a subgroup of the Committee on Medical Aspects of Food Policy (COMA), published a report "Nutritional Aspects of Cardiovascular Disease" which recommended the increased consumption of fruit and vegetables to reduce the future risk of heart disease.

who are obese had fallen for the first time after a lengthy period when the proportion had risen. Only time will tell as to whether this fall is part of a longer term trend or merely a one year 'blip' in the data. Currently it appears from 2009 survey evidence that 24% of females and 22% of males across England are obese. Findings from the national survey are based on measurements of respondents taken by trained staff.

A local lifestyle survey among adults in South Tyneside in 2008 reported that 18% of females and 17% of males were obese, which suggests that obesity is much less prevalent locally compared to the national average. However, the local evidence is based on a telephone survey. It is likely that many people will underestimate their true weight when asked to self-report it, particularly when asked remotely, over the phone.

Body mass index is measured by GPs for some patients. The proportion of people registered with a GP in South Tyneside that are obese is 14% but body mass index is more likely to be measured for those patients who are unwell, and thus have a higher probability of being obese. The figure of 14% is calculated as the number of people known to be obese, expressed as a percentage of all people over 16 registered with a GP in South Tyneside. However, it is likely to be based on valid measurements of height and weight for less than 50% of the adult population.

Population evidence on levels of obesity among adults is expensive to gather. It is likely that, for some time to come, intelligence on trends in obesity will be based on findings from the comprehensive National Child Measurement Programme at Local Authority level (see Chapter 3 on Child Health for summary results) and national findings from the Health Survey for England showing trends in the prevalence of obesity among adults. What is certain is that obesity remains a major public health concern.

8. Adult Lifestyle

8.1. Lifestyle behaviours among adults

The 2008 South of Tyne and Wear Lifestyle Survey asked a representative sample of 2% of the adult population questions about diet, physical exercise, smoking status, alcohol consumption and obesity via self-reported height and weight. Responses were monitored separately within each of the three PCT populations to ensure that each of the three samples were representative of the population as a whole. A representative sample was obtained by setting quotas by gender and five year age band so that the sample reflected the structure of the relevant PCT population.

Results from the survey for the resident population of South Tyneside are summarised below.

Across England, lifestyle behaviours among adults are measured by the Health Survey for England. This survey is implemented annually, based on a representative sample of the adult population of England aged 16 years and over. A quota of responses is drawn from each Government Office Region but the number sampled within each Local Authority population is too small to provide robust findings at this geographical level. Results are published on the NHS Information Centre's website at www.ic.nhs.uk in December of the year following the survey. In order to compare local lifestyle behaviours with regional and national averages, and in order to track local behaviours over time, a lifestyle survey was implemented across Gateshead, South Tyneside and Sunderland in 2008 based on a representative sample of 2% of the adult population within each Local Authority area. Responses to questions were obtained around five key themes:

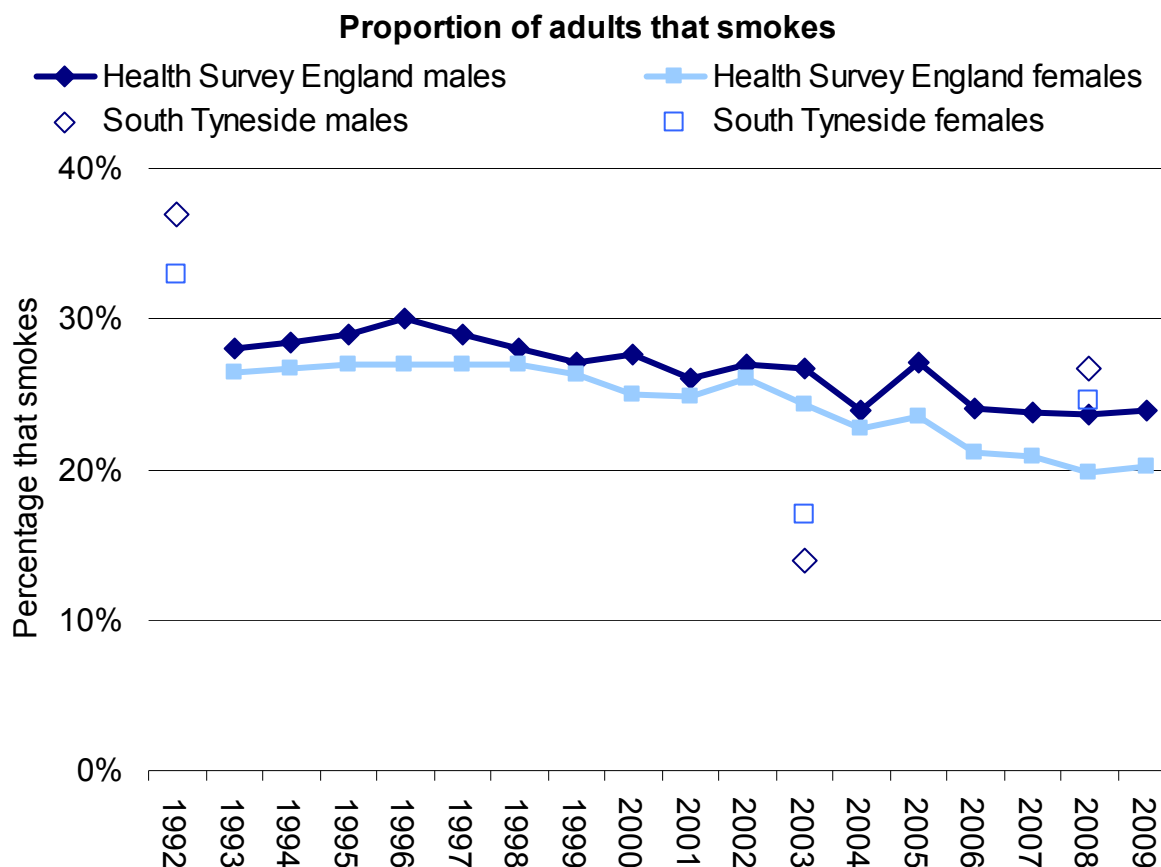
- Levels of physical activity
- Diet
- Smoking
- Alcohol consumption
- Obesity (measured by calculating body mass index from self-reported height and weight)

A representative sample was obtained among each Local Authority population by setting quotas by gender and five year age band so that the sample reflected the structure of the relevant population. Responses were also monitored by ethnic group to ensure that black and minority ethnic (BME) groups were included among responses in proportion to the size of the local BME population. The survey was implemented as a telephone interview, but printed copies of the questionnaire were also distributed to local community groups whose membership includes people from minority ethnic groups and people with a learning disability to ensure a good representation from these communities.

Results from the survey for the resident population of South Tyneside PCT are summarised below. These results were included in the 2009 and 2010 JSNA Data Annexes, but are reprinted here as no more recent data is available. National lifestyle behaviours have been updated to include the results from more recent implementations of the Health Survey for England.

8.2. Lifestyle behaviours among adults - smoking

Respondents to the 2008 South of Tyne and Wear Lifestyle Survey were asked whether they currently smoked. The charts and maps below show how the proportion of adults that smokes varies over time, and by age and gender, ethnic group, socioeconomic group and geographical area of residence.

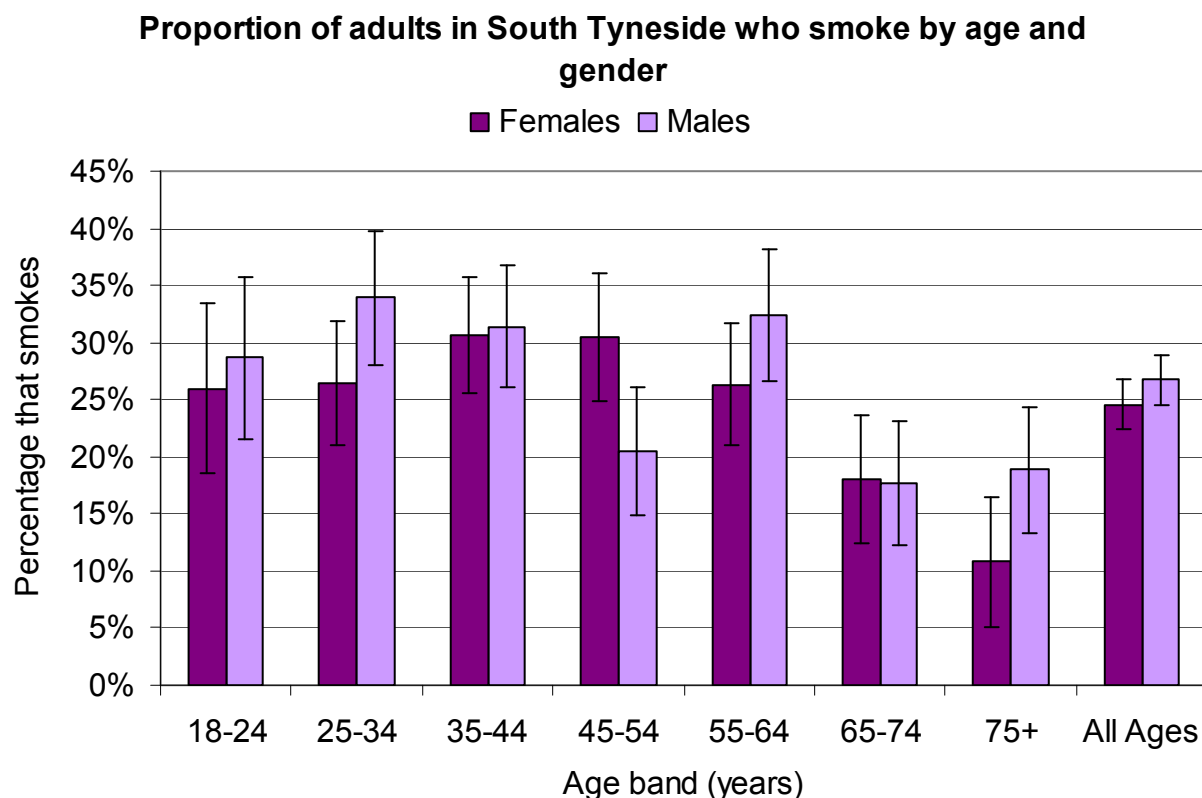


Proportion of adults that smokes in South Tyneside and England

Year	England males	England females	England persons	South Tyneside males	South Tyneside females	South Tyneside persons
1992				37.0%	33.0%	
1993	28.0%	26.5%	27.2%			
1994	28.5%	26.7%	27.5%			
1995	29.0%	27.0%	27.7%			
1996	30.0%	27.0%	28.5%			
1997	29.0%	27.0%	27.8%			
1998	28.0%	27.0%	27.6%			
1999	27.1%	26.3%	26.7%			
2000	27.6%	25.0%	26.2%			
2001	26.0%	24.9%	25.4%			
2002	27.0%	26.0%	26.4%			
2003	26.7%	24.3%	25.4%	14.0%	17.0%	16.0%
2004	23.9%	22.7%	23.3%			
2005	27.1%	23.6%	25.3%			
2006	24.1%	21.1%	22.5%			
2007	23.8%	20.8%	22.3%			
2008	23.7%	19.9%	21.7%	26.7%	24.6%	25.6%
2009	23.9%	20.2%	22.0%			

Source of data: England - Health Survey for England (HSE), among adults 16+, NHS Information Centre at www.ic.nhs.uk; South Tyneside - 2003 South Tyneside Health and Lifestyle Survey, 2008 South of Tyne and Wear Lifestyle Survey, NHS South of Tyne and Wear, among adults 18+. 2008 HSE due for publication December 2009.

Lifestyle behaviours among adults – smoking (cont.)

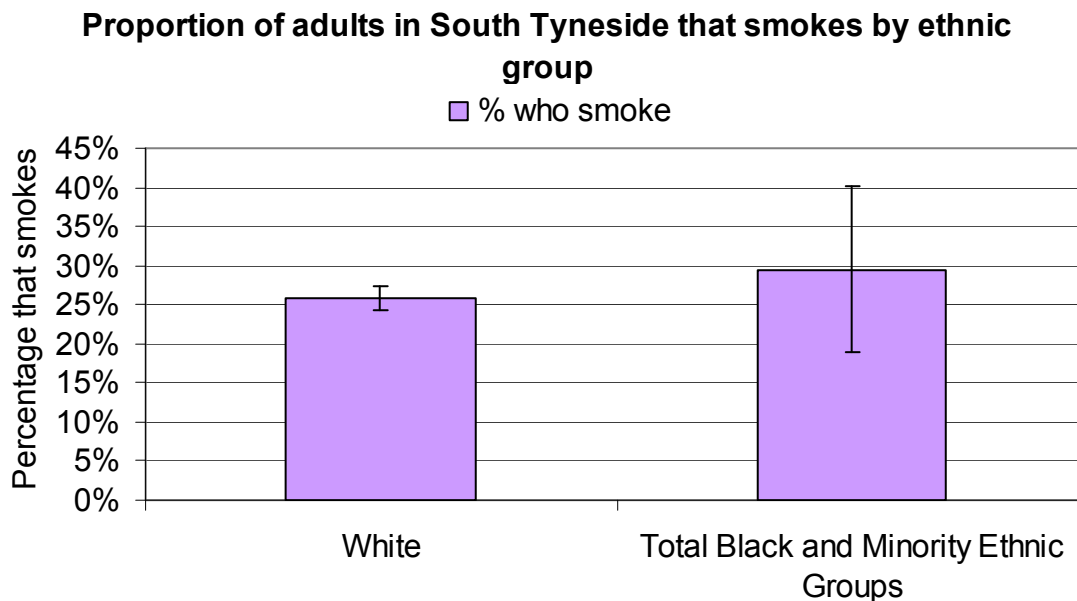


Proportion of adults 18+ in South Tyneside that smoke by age band and gender

AgeBand	Females % that smoke	Females respondents	Males % that smoke	Males respondents	Persons % that smoke	Persons respondents
18-24	26.0%	131	28.7%	150	27.4%	281
25-34	26.5%	170	33.9%	168	30.2%	338
35-44	30.7%	241	31.4%	220	31.0%	461
45-54	30.5%	213	20.5%	210	25.5%	423
55-64	26.3%	171	32.4%	173	29.4%	344
65-74	18.0%	150	17.7%	130	17.9%	280
75+	10.8%	139	18.8%	85	13.8%	224
All Ages	25.1%	1215	27.0%	1136	26.0%	2351
All Ages weighted	24.6%		26.7%		25.6%	

Source of data: 2008 South of Tyne and Wear Lifestyle Survey, NHS South of Tyne and Wear

Lifestyle behaviours among adults – smoking (cont.)

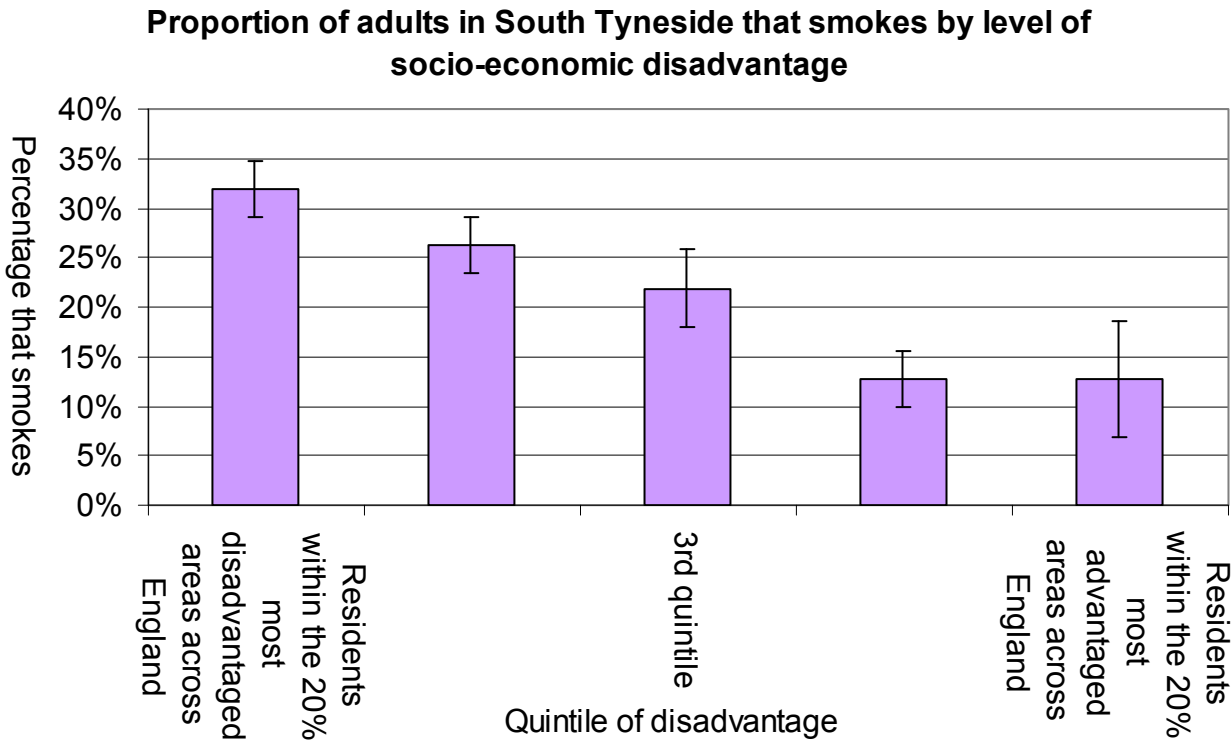


Proportion of adults 18+ in South Tyneside that smoke by ethnic group

Ethnic Group	Persons % that smoke	Persons respondents
White	25.8%	2268
Total Black and Minority Ethnic Groups	29.5%	78
Total	26.0%	2346

Source of data: 2008 South of Tyne and Wear Lifestyle Survey, NHS South of Tyne and Wear

Lifestyle behaviours among adults – smoking (cont.)

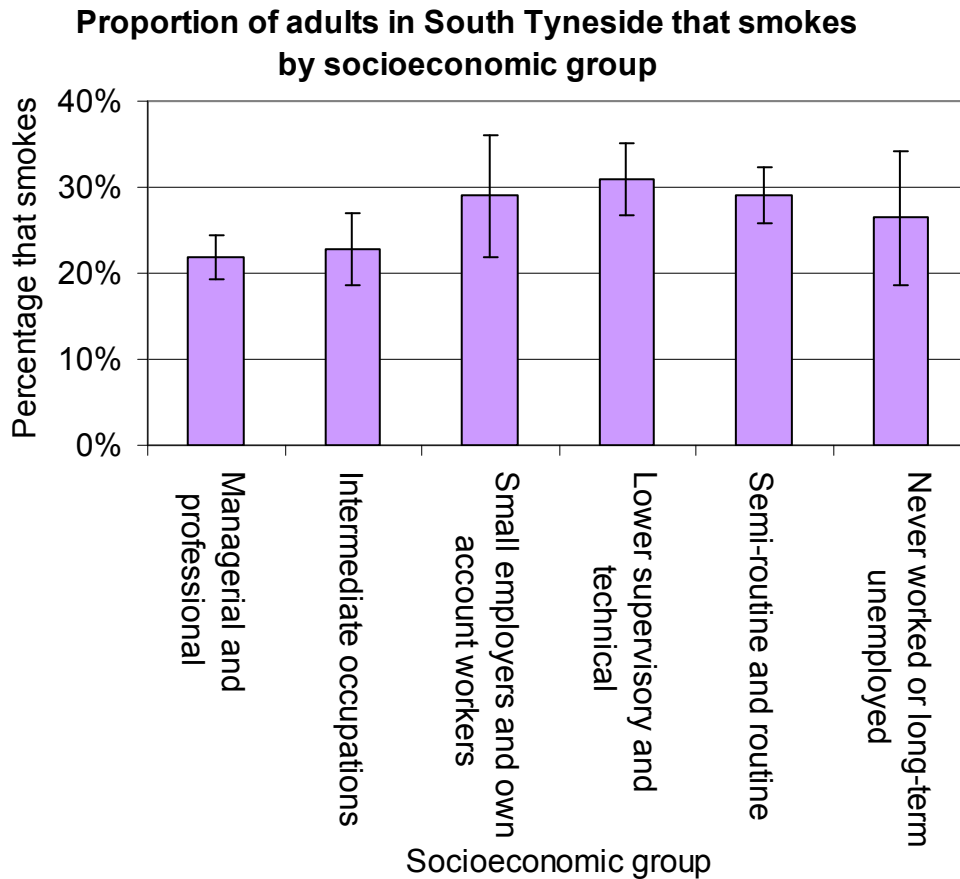


Proportion of adults 18+ in South Tyneside that smoke by level of socioeconomic disadvantage

Level of socioeconomic disadvantage	Persons % who smoke	Persons Total Respon- ding
Residents living in the 20% most disadvantaged areas across England	32.0%	1092
2nd most disadvantaged 20% of areas	26.3%	529
3rd most disadvantaged 20% of areas	21.9%	338
4th most disadvantaged 20% of areas	12.7%	267
Residents living in the 20% most advantaged areas across England	12.8%	125
Total	26.0%	2351

Source: 2008 South of Tyne and Wear Lifestyle Survey, NHS South of Tyne and Wear

Lifestyle behaviours among adults – smoking (cont.)



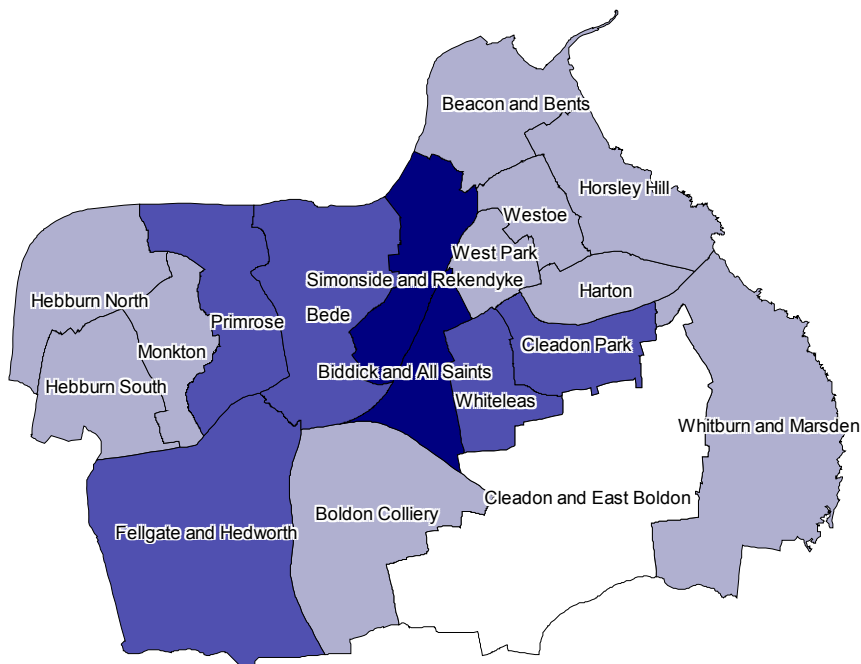
Proportion of adults 18+ in South Tyneside that smoke by socioeconomic group

National Statistics Socioeconomic Classification (NS-SeC) Group	Persons % who smoke	Persons Respondin g
Not Classified	28.3%	60
Managerial and professional	21.8%	774
Intermediate occupations	22.7%	295
Small employers and own account workers	29.0%	93
Lower supervisory and technical	30.9%	404
Semi-routine and routine	29.0%	604
Never worked or long-term unemployed	26.4%	121
Total	26.0%	2351

Source: 2008 South of Tyne and Wear Lifestyle Survey, NHS South of Tyne and Wear

Lifestyle behaviours among adults – smoking (cont.)

Proportion of Adults 18 years and over in South Tyneside that Smokes by Ward



Prevalence of smoking by ward, 2008

	Significantly higher than South Tyneside average (36%+)	(2)
	Higher than South Tyneside average (26% to <36%)	(5)
	Lower than South Tyneside average (18% to <26%)	(10)
	Significantly lower than South Tyneside average (<18%)	(1)

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Source: 2008 South of Tyne and Wear Lifestyle Survey, NHS South of Tyne and Wear

Lifestyle behaviours among adults – smoking (cont.)

Proportion of Adults 18 years and over in South Tyneside that Smokes by Ward

Ward	Persons % who smoke	Persons Total Responding	Significance*
Beacon and Bents	24.1%	133	-
Bede	30.1%	133	-
Biddick and All Saints	38.5%	161	H
Boldon Colliery	22.1%	140	-
Cleadon and East Boldon	12.3%	122	L
Cleadon Park	33.3%	102	-
Fellgate and Hedworth	32.9%	140	-
Harton	20.5%	161	-
Hebburn North	25.4%	114	-
Hebburn South	20.2%	119	-
Horsley Hill	24.8%	141	-
Monkton	25.5%	106	-
Primrose	32.8%	116	-
Simonside and Rekendyke	36.1%	144	H
Westoe	21.4%	117	-
West Park	18.8%	117	-
Whitburn and Marsden	19.0%	126	-
Whiteleas	28.1%	146	-
Unknown ward	15.4%	13	-
South Tyneside	26.0%	2351	

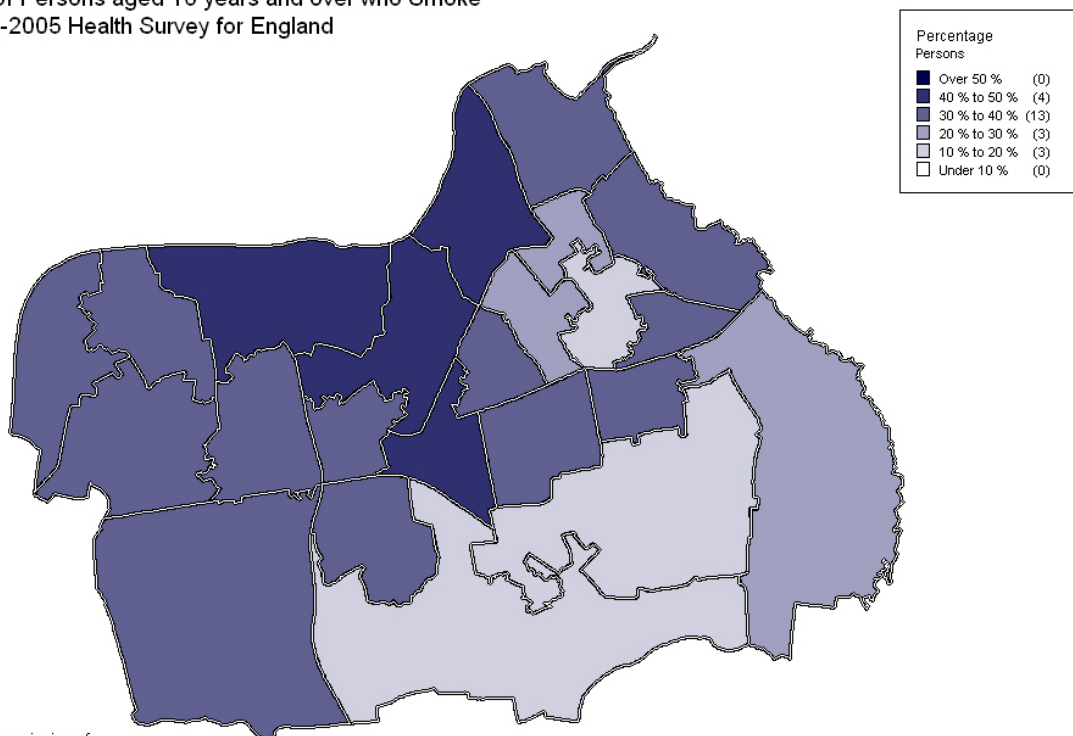
Source: 2008 South of Tyne and Wear Lifestyle Survey, NHS South of Tyne and Wear

* H = significantly higher than South Tyneside average at 95% level of confidence, L = significantly lower, - = not significantly different

Lifestyle behaviours among adults – smoking (cont.)

Comparison with Model-Based Estimates by Middle Tier Super Output Area based on results from Health Survey for England 2003 to 2005

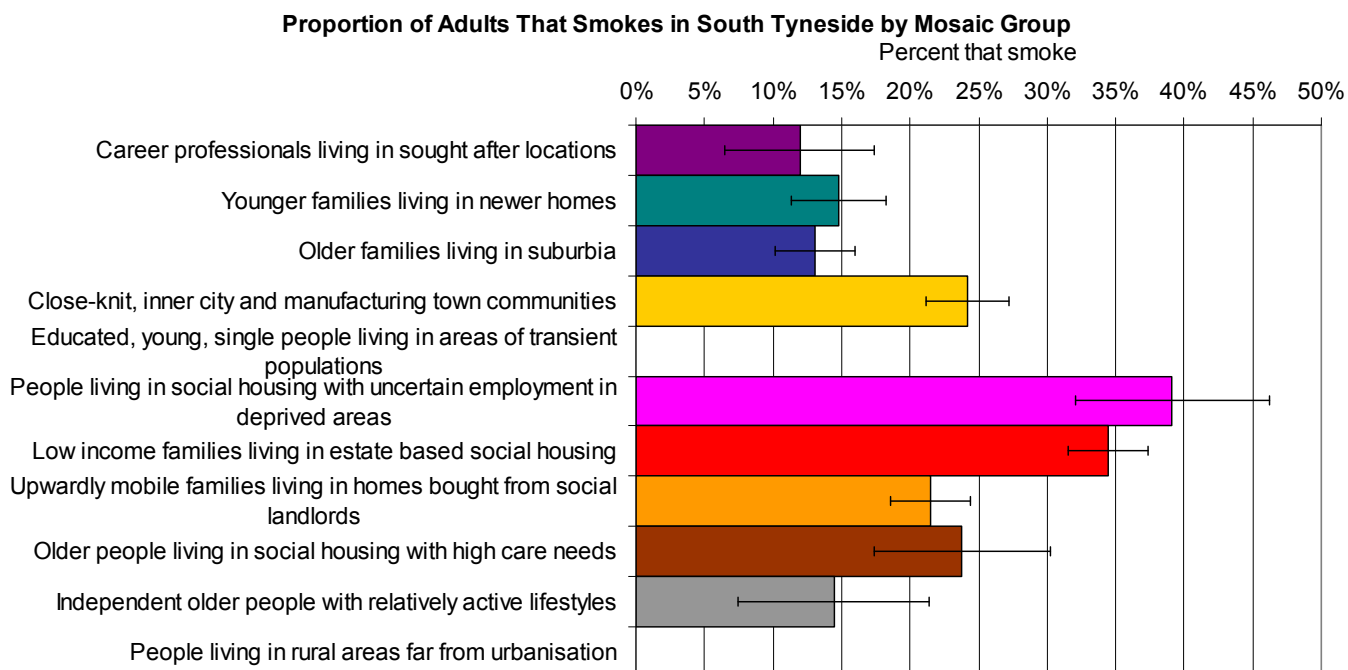
Healthy Lifestyle Behaviours: Smoking, 2003-2005 South Tyneside, Middle Super Output Areas 2004
Percentage of Persons aged 16 years and over who Smoke
Source: 2003-2005 Health Survey for England



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Lifestyle behaviours among adults – smoking (cont.)

Proportion of Adults 18 years and over in South Tyneside that smokes by Mosaic® Group



Proportion of adults 18+ in South Tyneside that smoke by Mosaic® group

Mosaic Group	Persons % who smoke	Persons Total Responding	Significance**
Career professionals living in sought after locations	12.0%	92	L
Younger families living in newer homes	14.8%	169	L
Older families living in suburbia	13.1%	153	L
Close-knit, inner city and manufacturing town communities	24.2%	413	-
Educated, young, single people living in areas of transient populations	*	9	*
People living in social housing with uncertain employment in deprived areas	39.1%	138	H
Low income families living in estate based social housing	34.5%	757	H
Upwardly mobile families living in homes bought from social landlords	21.5%	335	L
Older people living in social housing with high care needs	23.8%	126	-
Independent older people with relatively active lifestyles	14.5%	83	L
People living in rural areas far from urbanisation	*	8	*
Unknown	30.9%	68	-
Total	26.0%	2351	

* statistics suppressed as based on less than 5 observations

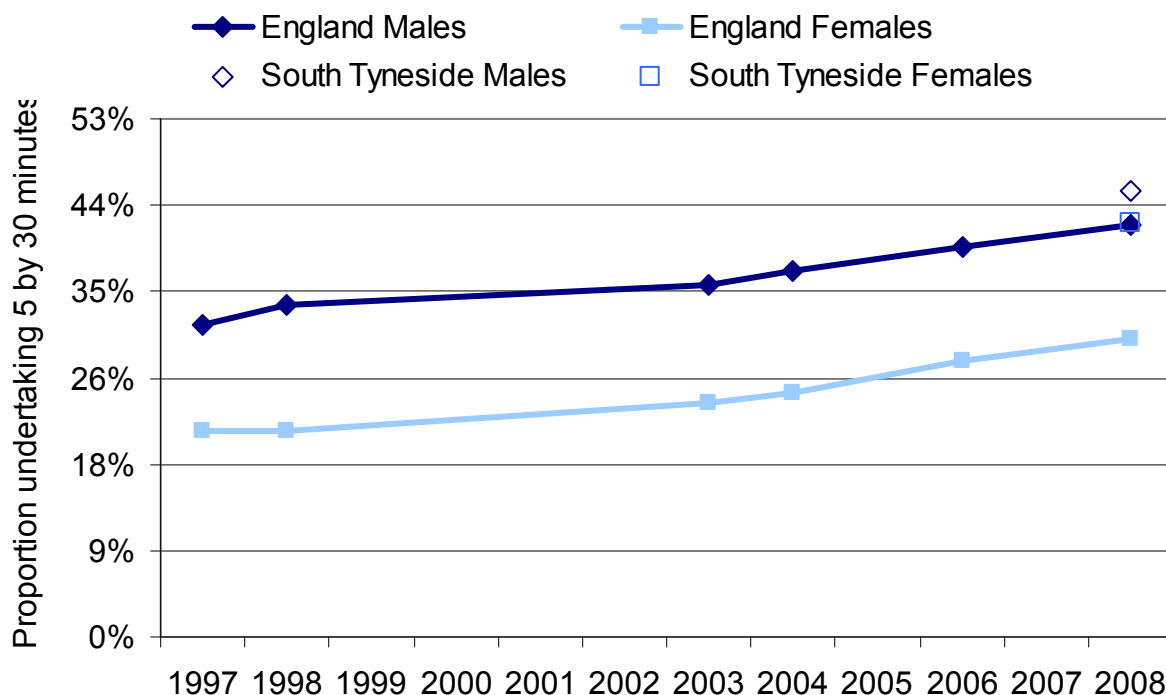
** H = significantly higher than PCT percentage at 95% confidence, L = significantly lower, - = not significantly different

Source: 2008 South of Tyne and Wear Lifestyle Survey

8.3. Lifestyle behaviours among adults – physical exercise

Respondents to the 2008 South of Tyne and Wear Lifestyle Survey were asked how many times each week they undertook 30 minutes or more of moderate intensity physical activity. Moderate intensity physical activity is any activity that makes you feel warm and out of breath. Examples are brisk walking, cycling, heavy gardening or heavy housework. The charts and maps below show how the proportion of adults that undertake 30 minutes of moderate physical activity on five or more days each week varies over time, and by age and gender, ethnic group, socioeconomic group and geographical area of residence.

Proportion of adults undertaking moderate physical activity for 30 minutes or more on five or more days each week



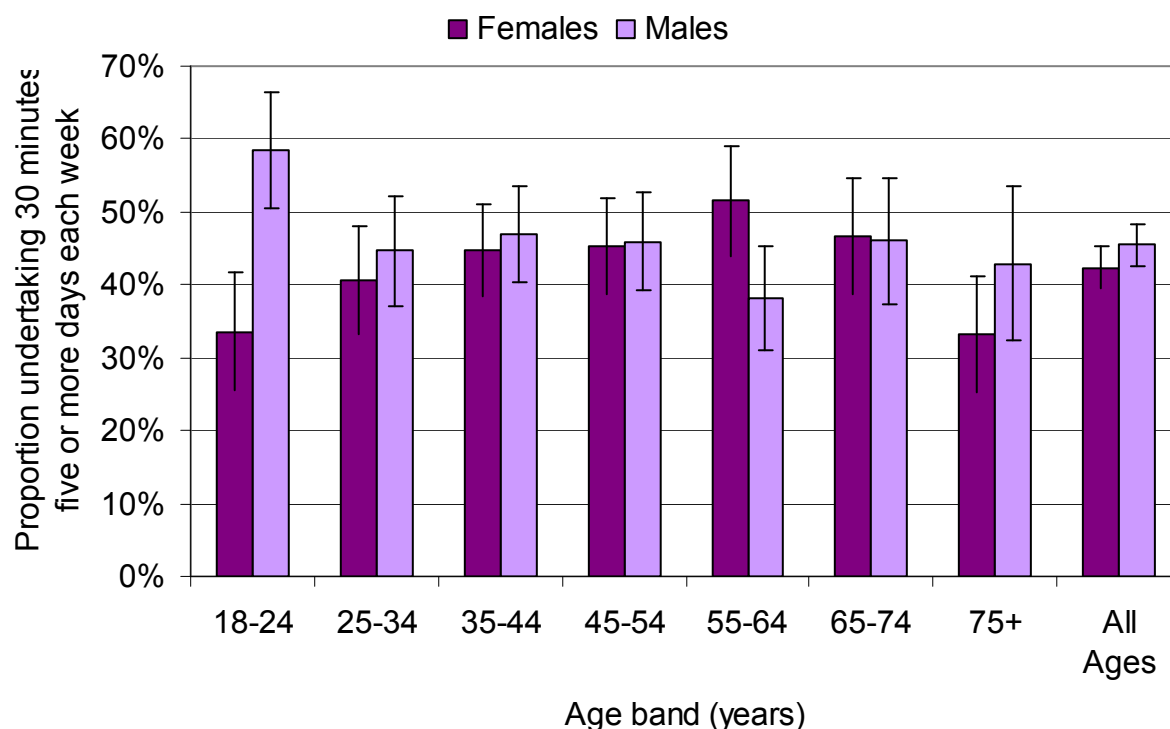
Proportion of adults 18+ undertaking 5 x 30 minutes moderate intensity physical activity five or more times each week in South Tyneside and England

Year	England males	England females	England persons	South Tyne-side males	South Tyne-side females	South Tyne-side persons
1996						
1997	32.0%	21.0%	26.1%			
1998	34.0%	21.0%	27.3%			
1999						
2000						
2001						
2002						
2003	36.0%	24.0%	30.3%			
2004	37.4%	25.0%	31.0%			
2005						
2006	39.8%	28.2%	33.8%			
2007						
2008	42.0%	30.6%	36.2%	45.5%	42.4%	44.0%

Source: England - Health Survey for England (HSE), NHS Information Centre; South Tyneside - 2008 South of Tyne and Wear Lifestyle Survey, NHS South of Tyne & Wear. 2009 HSE did not measure physical activity among adults. 2010 HSE due for publication in December 2011.

Lifestyle behaviours among adults – physical activity (cont.)

Proportion of adults in South Tyneside undertaking 30 minutes or more of moderate physical activity on five or more days each week



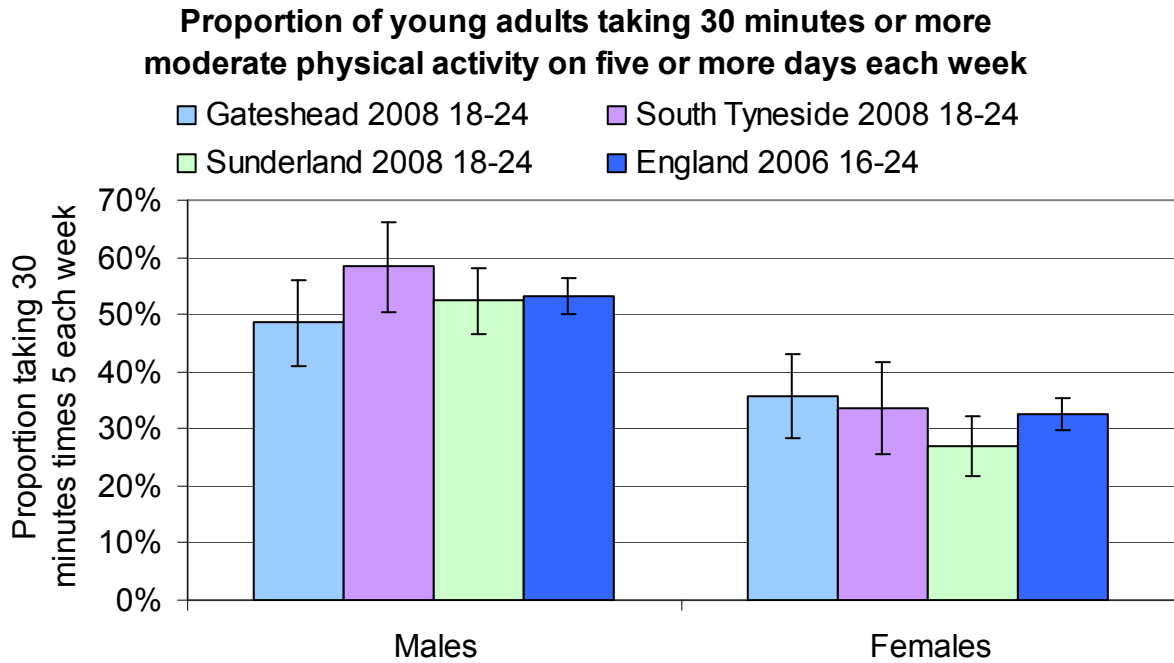
Source: 2008 South of Tyne and Wear Lifestyle Survey, NHS South of Tyne and Wear

Proportion of adults 18+ in South Tyneside undertaking 5 x 30 minutes moderate intensity physical activity five or more times each week by age band and gender

AgeBand	Females %	Females respondents	Males %	Males respondents	Persons %	Persons respondents
18-24	33.6%	131	58.4%	149	46.8%	280
25-34	40.6%	170	44.6%	168	42.6%	338
35-44	44.8%	241	47.0%	219	45.9%	460
45-54	45.3%	212	45.9%	209	45.6%	421
55-64	51.5%	169	38.2%	173	44.7%	342
65-74	46.7%	150	46.1%	128	46.4%	278
75+	33.3%	135	42.9%	84	37.0%	219
All Ages	43.0%	1208	46.2%	1130	44.5%	2338
All Ages weighted	42.4%		45.5%		44.0%	

Source of data: 2008 South of Tyne and Wear Lifestyle Survey, NHS South of Tyne and Wear

Lifestyle behaviours among adults – physical activity (cont.)



Source: 2008 South of Tyne and Wear Lifestyle Survey, NHS South of Tyne and Wear

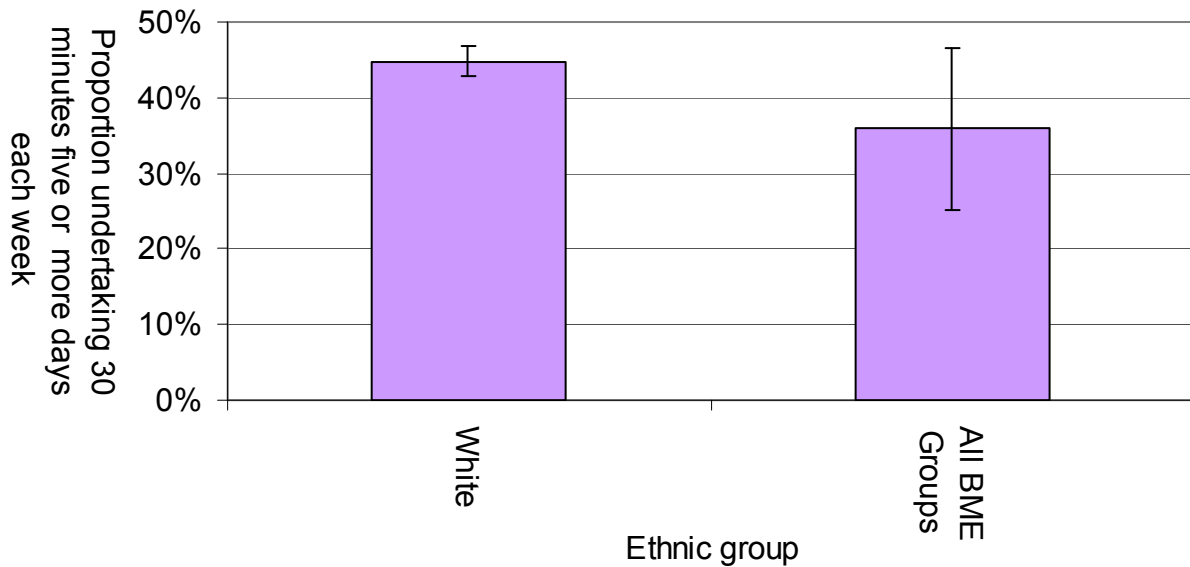
Proportion of young adults in Gateshead, South Tyneside and Sunderland undertaking 5 x 30 minutes moderate intensity physical activity five or more times each week

Area	Males	Females
	%	%
Gateshead 2008 18-24 years	48.5%	35.6%
South Tyneside 2008 18-24 years	58.4%	33.6%
Sunderland 2008 18-24 years	52.4%	27.0%
England 2006 16-24 years	53.2%	32.6%

Source of data: England, Health Survey for England 2006, NHS Information Centre; Gateshead, South Tyneside and Sunderland, 2008 South of Tyne and Wear Lifestyle Survey, NHS South of Tyne and Wear

Lifestyle behaviours among adults – physical activity (cont.)

Proportion of adults in South Tyneside undertaking 30 minutes or more of moderate physical activity on five or more days each week by ethnic group



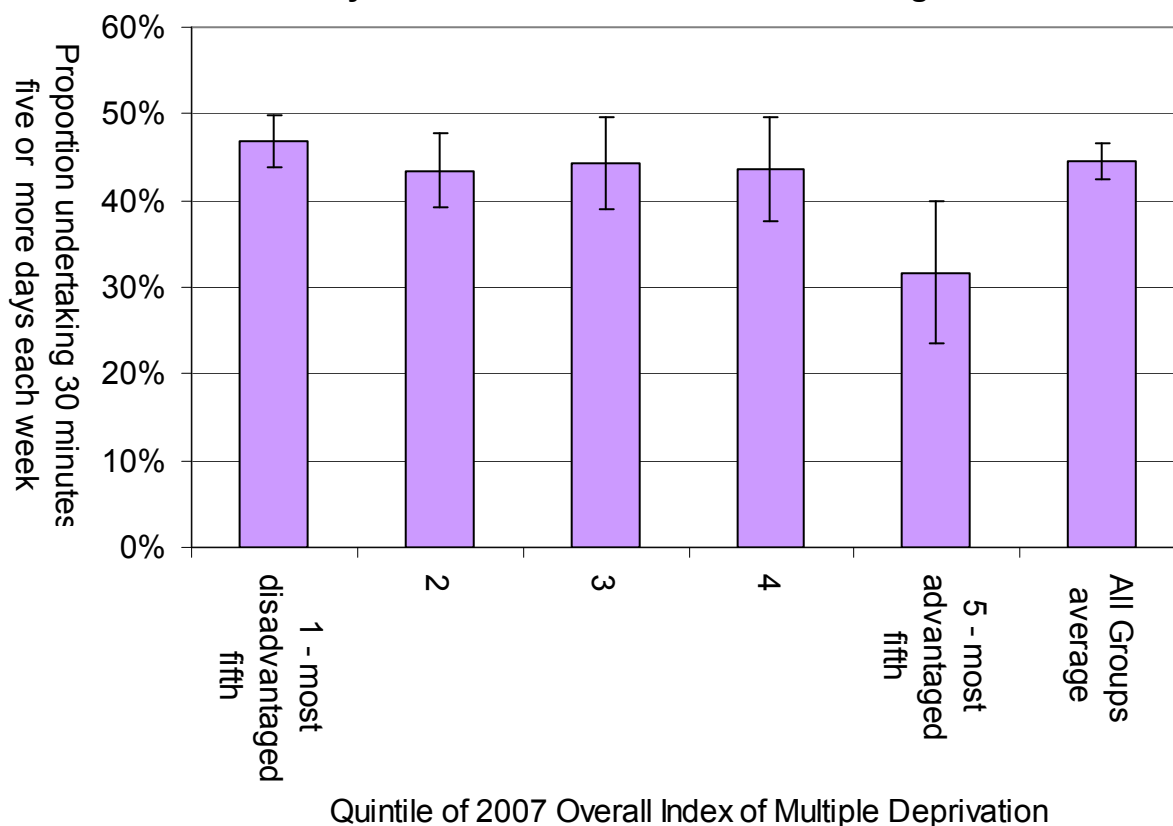
Proportion of adults 18+ in South Tyneside undertaking 5 x 30 minutes moderate intensity physical activity five or more times each week by ethnic group

Ethnic Group	Persons %	Persons respondents
White	44.8%	2255
Total Black and Minority Ethnic Groi	35.9%	78
Total	44.5%	2338

Source of data: 2008 South of Tyne and Wear Lifestyle Survey, NHS South of Tyne and Wear

Lifestyle behaviours among adults – physical activity (cont.)

Proportion of adults in South Tyneside undertaking 30 minutes or more of moderate physical activity on five or more days each week by level of socio-economic disadvantage



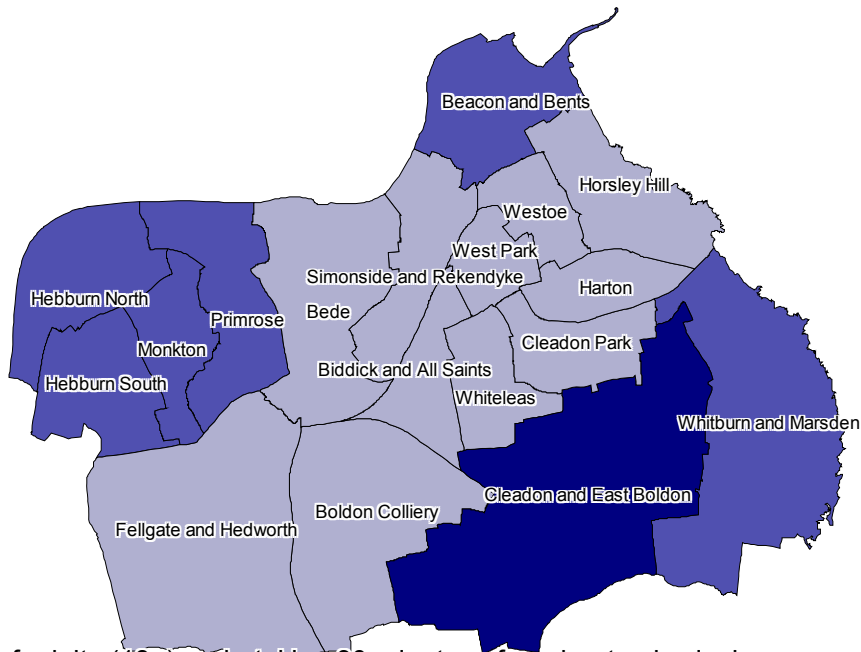
Proportion of adults 18+ in South Tyneside undertaking 5 x 30 minutes moderate intensity physical activity five or more times each week by level of socioeconomic disadvantage

Level of socioeconomic disadvantage	Persons %	Persons respondents
Residents living in the 20% most disadvantaged areas across England	46.8%	1083
2nd most disadvantaged 20% of areas	43.5%	529
3rd most disadvantaged 20% of areas	44.2%	337
4th most disadvantaged 20% of areas	43.6%	266
Residents living in the 20% most advantaged areas across England	31.7%	123
Total	44.5%	2338

Source: 2008 South of Tyne and Wear Lifestyle Survey, NHS South of Tyne and Wear

Lifestyle behaviours among adults – physical activity (cont.)

Proportion of Adults 18 years and over in South Tyneside that report undertaking moderate physical activity for 30 minutes or more on five or more days each week by electoral ward



Proportion of adults (18+) undertaking 30 minutes of moderate physical activity on 5 or more days each week by ward, 2008

- Significantly lower than PCT average (<33%) (1)
- Lower than PCT average (38% to <44%) (6)
- Higher than PCT average (44% to <52%) (11)
- Significantly higher than PCT average (0)

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Source: 2008 South of Tyne and Wear Lifestyle Survey, NHS South of Tyne and Wear

Lifestyle behaviours among adults – physical activity (cont.)

Proportion of adults 18 years and over in South Tyneside undertaking 5 x 30 minutes moderate intensity physical activity five or more times each week by ward

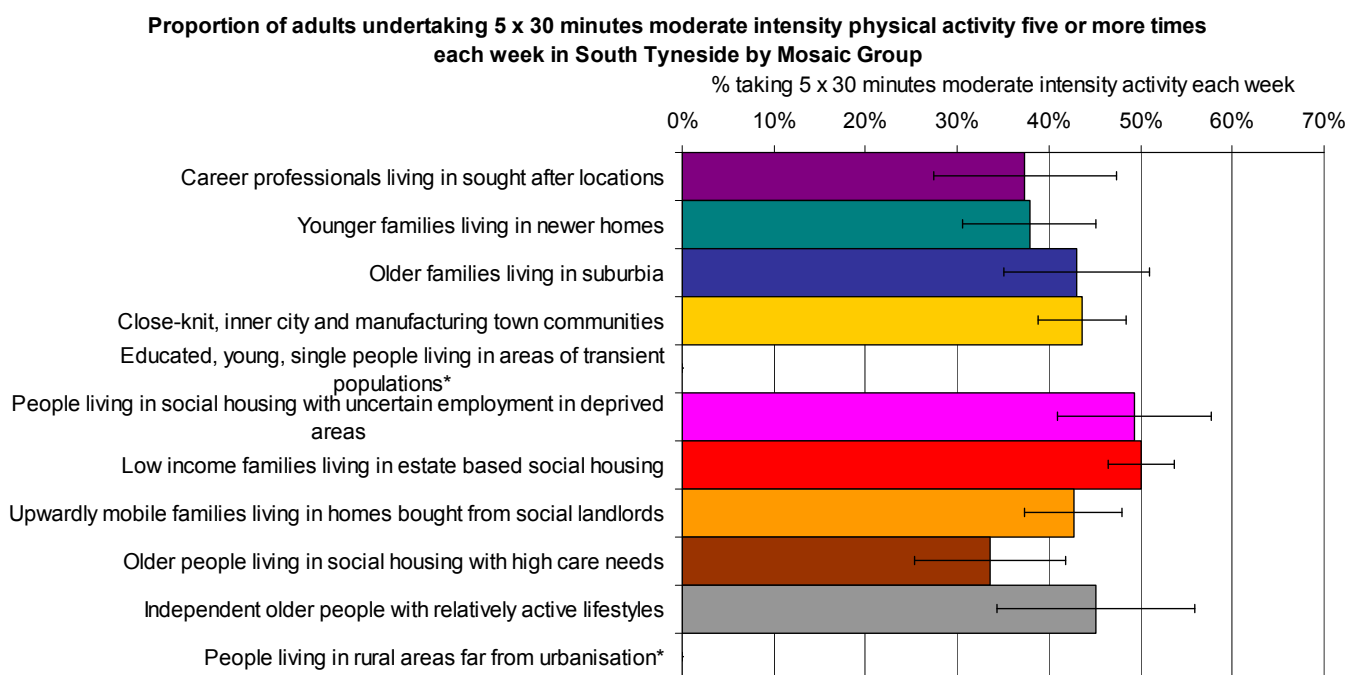
Ward	Persons %	Persons Total Responding	Significance*
Beacon and Bents	44.4%	133	-
Bede	51.9%	133	-
Biddick and All Saints	45.6%	160	-
Boldon Colliery	44.6%	139	-
Cleadon and East Boldon	32.5%	120	L
Cleadon Park	48.0%	102	-
Fellgate and Hedworth	46.0%	139	-
Harton	46.0%	161	-
Hebburn North	42.9%	112	-
Hebburn South	38.1%	118	-
Horsley Hill	44.7%	141	-
Monkton	41.9%	105	-
Primrose	43.5%	115	-
Simonside and Rekendyk	45.8%	144	-
Westoe	49.6%	117	-
West Park	47.0%	117	-
Whitburn and Marsden	42.9%	126	-
Whiteleas	44.8%	143	-
Unknown ward	38.5%	13	
South Tyneside	44.5%	2338	

Source: 2008 South of Tyne and Wear Lifestyle Survey, NHS South of Tyne and Wear

* H = significantly higher than South Tyneside average at 95% level of confidence, L = significantly lower, - = not significantly different

Lifestyle behaviours among adults – physical activity (cont.)

Proportion of Adults 18 years and over in South Tyneside undertaking 5 x 30 minutes moderate intensity physical activity five or more times each week by Mosaic® Group



Proportion of adults 18+ in South Tyneside undertaking 5 x 30 minutes moderate intensity physical activity five or more times each week by Mosaic® group

Mosaic Group	Persons %	Persons Total Responding	Significance**
Career professionals living in sought after locations	37.4%	91	-
Younger families living in newer homes	37.9%	169	-
Older families living in suburbia	43.0%	151	-
Close-knit, inner city and manufacturing town communities	43.6%	413	-
Educated, young, single people living in areas of transient populations	*	9	*
People living in social housing with uncertain employment in deprived areas	49.3%	136	-
Low income families living in estate based social housing	50.1%	751	-
Upwardly mobile families living in homes bought from social landlords	42.7%	335	-
Older people living in social housing with high care needs	33.6%	125	L
Independent older people with relatively active lifestyles	45.1%	82	-
People living in rural areas far from urbanisation	*	8	*
Unknown	33.8%	68	-
Total	44.5%	2338	

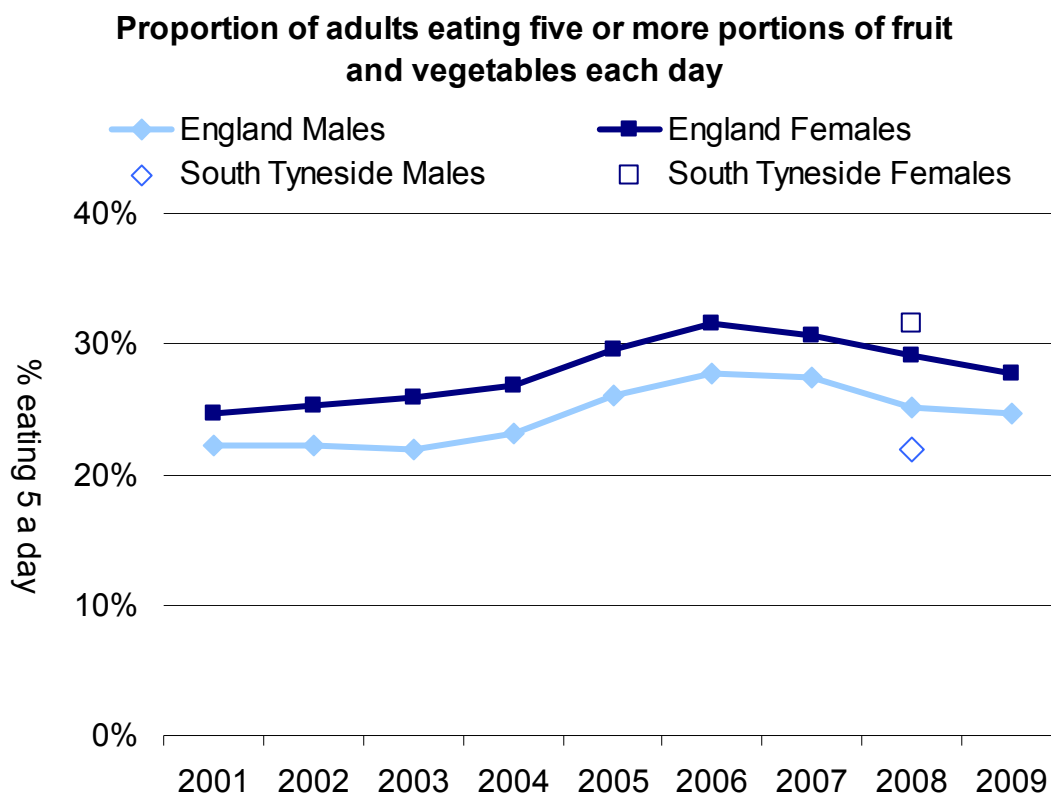
* statistics suppressed as based on small numbers of observations

** H = significantly higher than PCT percentage at 95% confidence, L = significantly lower, - = not significantly different

Source: 2008 South of Tyne and Wear Lifestyle Survey

8.4. Lifestyle behaviours among adults – diet

Respondents were asked how many portions of fruit and vegetables they eat each day, on average. The maps and charts below show how the proportion eating five portions a day varies over time, by age and gender, ethnic group, socioeconomic group and geographical area of residence.



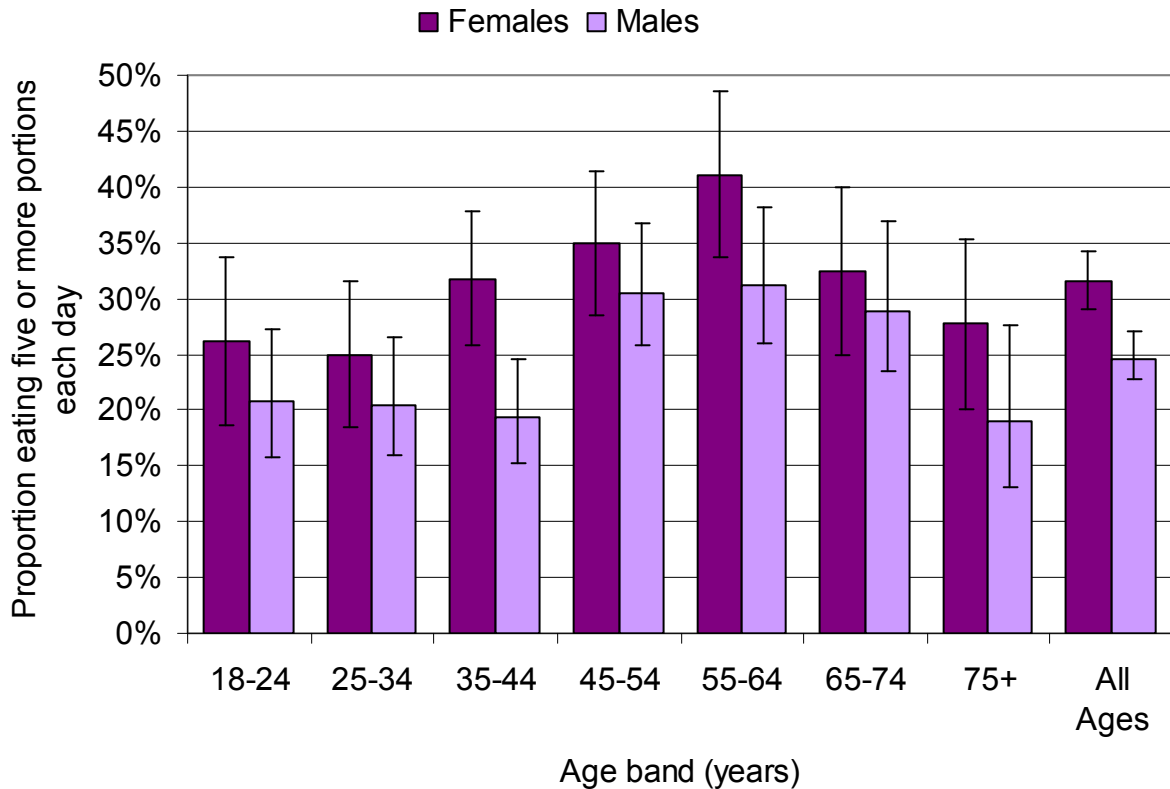
Proportion of adults 18+ eating five or more portions of fruit and vegetables each day in South Tyneside and England

Year	England males	England females	England persons	South Tyneside males	South Tyneside females	South Tyneside persons
2001	22.2%	24.7%	23.6%			
2002	22.3%	25.3%	23.9%			
2003	21.9%	25.9%	23.9%			
2004	23.1%	26.8%	25.0%			
2005	26.0%	29.5%	27.8%			
2006	27.8%	31.5%	29.7%			
2007	27.5%	30.7%	29.1%			
2008	25.1%	29.0%	27.1%	24.5%	31.6%	28.2%
2009	24.6%	27.7%	26.2%			

Source of data: England - Health Survey for England (HSE), NHS Information Centre, results from 2008 HSE due for publication in December 2009; South Tyneside - 2008 South of Tyne and Wear Lifestyle Survey, NHS South of Tyne and Wear

Lifestyle behaviours among adults – diet (cont.)

Proportion of adults in South Tyneside eating five or more portions of fruit and vegetables each day



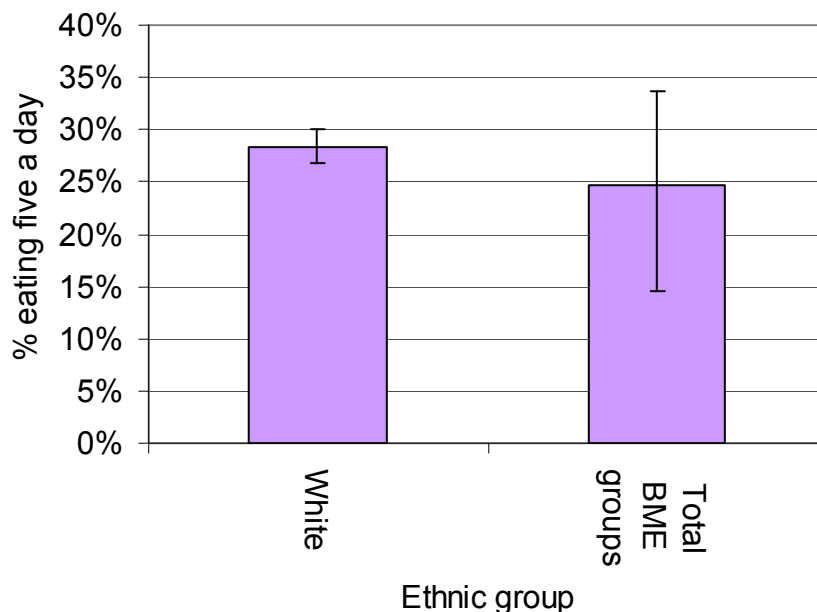
Proportion of adults 18+ in South Tyneside eating five or more portions of fruit and vegetables each day by age band and gender

AgeBand	Females	Females	Males	Males	Persons	Persons
Years	%	respon-	%	respon-	%	respon-
		dents		dents		dents
18-24	26.2%	130	20.8%	149	23.3%	279
25-34	25.0%	168	20.4%	167	22.7%	335
35-44	31.8%	233	19.3%	218	25.7%	451
45-54	34.9%	212	30.4%	204	32.7%	416
55-64	41.1%	168	31.1%	167	36.1%	335
65-74	32.4%	148	28.9%	121	30.9%	269
75+	27.7%	130	19.0%	79	24.4%	209
All Ages	31.7%	1189	24.5%	1105	28.2%	2294
All Ages weighted	31.6%		24.5%		28.2%	

Source of data: 2008 South of Tyne and Wear Lifestyle Survey, NHS South of Tyne and Wear

Lifestyle behaviours among adults – diet (cont.)

Proportion of adults in South Tyneside eating five portions of fruit and vegetables each day by ethnic group

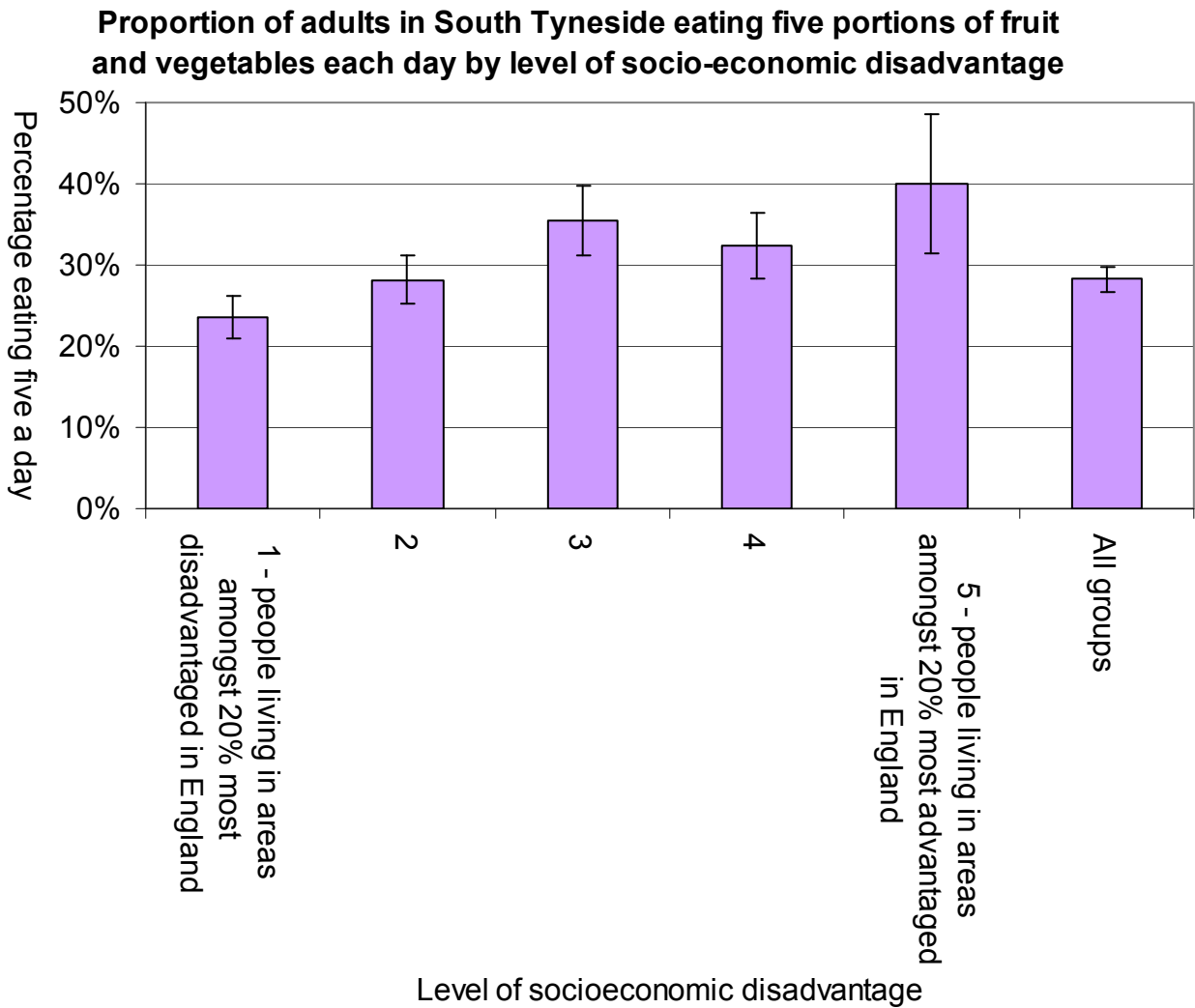


Proportion of adults 18+ in South Tyneside eating five or more portions of fruit and vegetables each day by ethnic group

Ethnic Group	Persons %	Persons respondents
White	28.4%	2212
Total Black and Minority Ethnic Groups	24.7%	77
Total	28.2%	2294

Source of data: 2008 South of Tyne and Wear Lifestyle Survey, NHS South of Tyne and Wear

Lifestyle behaviours among adults – diet (cont.)



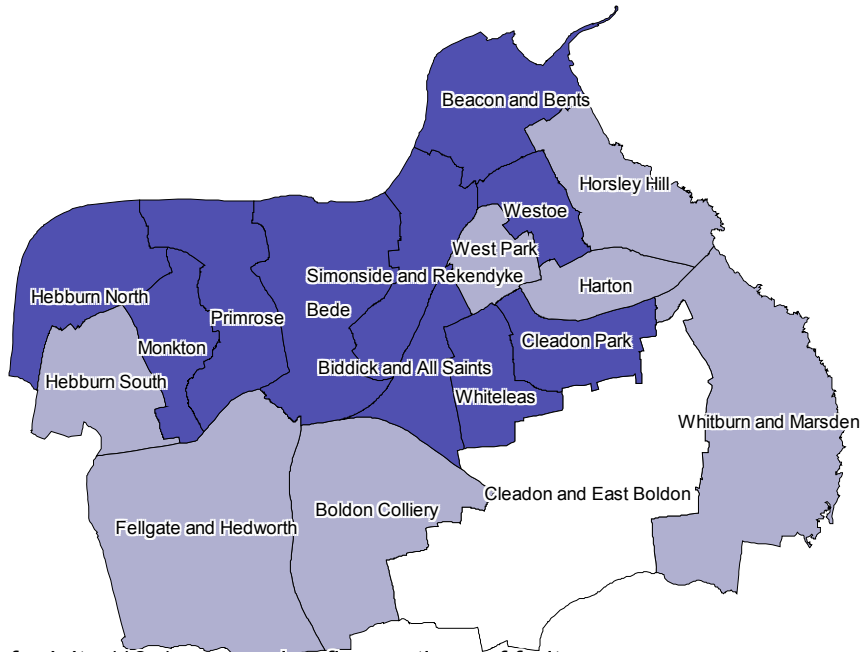
Proportion of adults 18+ in South Tyneside eating five or more portions of fruit and vegetables each day by level of socioeconomic disadvantage

Level of socioeconomic disadvantage	Persons %	Persons respondents
Residents living in the 20% most disadvantaged areas across England	23.7%	1061
2nd most disadvantaged 20% of areas	28.2%	518
3rd most disadvantaged 20% of areas	35.5%	335
4th most disadvantaged 20% of areas	32.3%	260
Residents living in the 20% most advantaged areas across England	40.0%	120
Total	28.2%	2294

Source: 2008 South of Tyne and Wear Lifestyle Survey, NHS South of Tyne and Wear

Lifestyle behaviours among adults – diet (cont.)

Proportion of Adults 18 years and over in South Tyneside that report eating five or more portions of fruit and vegetables each day by electoral ward



Proportion of adults (18+) consuming five portions of fruit and vegetables each day by ward, 2008

- Significantly lower than PCT average (0)
- Lower than PCT average (22% to <28%) (10)
- Higher than PCT average (28% to <38%) (7)
- Significantly higher than PCT average (>40%) (1)

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Source: 2008 South of Tyne and Wear Lifestyle Survey, NHS South of Tyne and Wear.

Lifestyle behaviours among adults – diet (cont.)

Proportion of adults 18 years and over in South Tyneside eating five or more portions of fruit and vegetables each day by ward

Ward	Persons %	Persons Total Responding	Significance**
Beacon and Bents	23.1%	130	-
Bede	27.5%	131	-
Biddick and All Saints	24.5%	151	-
Boldon Colliery	28.3%	138	-
Cleadon and East Boldon	40.2%	117	H
Cleadon Park	22.8%	101	-
Fellgate and Hedworth	28.7%	136	-
Harton	29.1%	158	-
Hebburn North	22.3%	112	-
Hebburn South	32.8%	119	-
Horsley Hill	28.7%	136	-
Monkton	25.0%	104	-
Primrose	27.7%	112	-
Simonside and Rekendyke	25.2%	139	-
West Park	34.8%	115	-
Westoe	27.0%	115	-
Whitburn and Marsden	37.6%	125	-
Whiteleas	24.6%	142	-
Unknown ward	*	*	*
South Tyneside	28.2%	2294	

Source: 2008 South of Tyne and Wear Lifestyle Survey

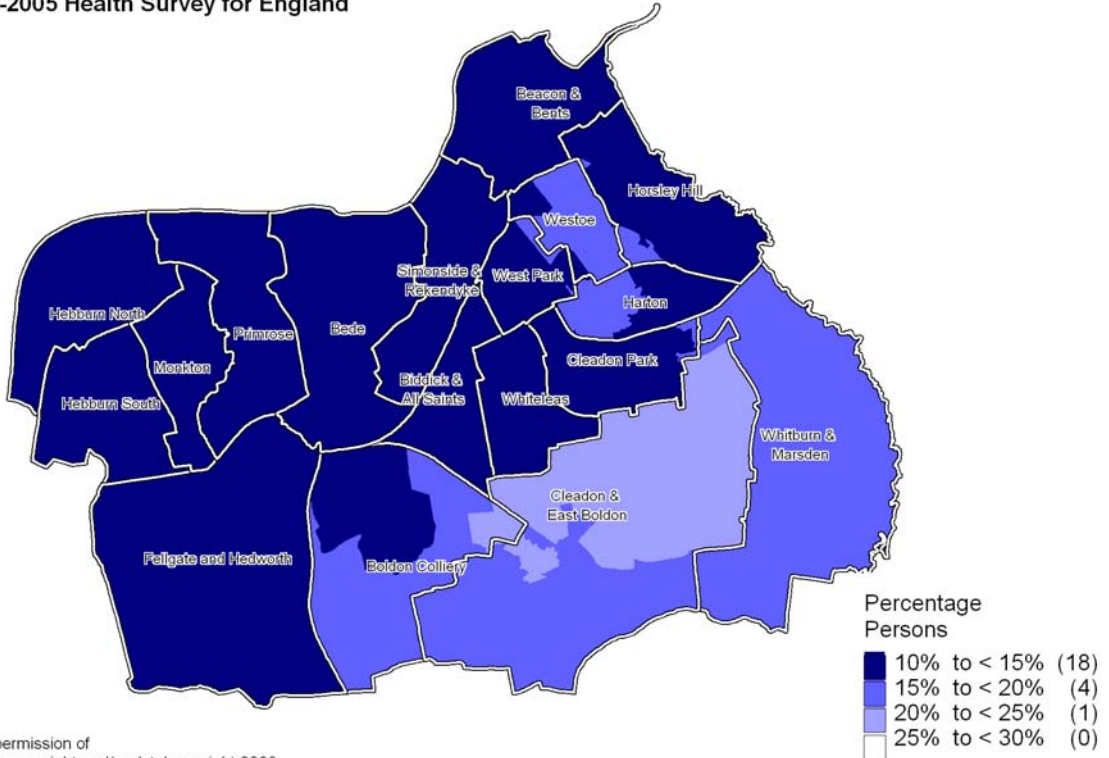
* Numbers and percentages suppressed to avoid disclosure, statistics based on less than five observations

** H = significantly higher than South Tyneside average at 95% level of confidence, L = significantly lower, - = not significantly different

Lifestyle behaviours among adults – diet (cont.)

Model-Based Estimates of Percentage of Adults Consuming Five Portions of Fruit and Vegetables Each Day by Middle Tier Super Output Area based on results from Health Survey for England 2003 to 2005

Healthy Lifestyle Behaviours: Consumption of Fruit & Vegetables,
 2003-2005 South Tyneside, Middle Super Output Areas 2004
 Percentage of Persons aged 16 years and over who Consume Fruit & Vegetables
 Source: 2003-2005 Health Survey for England

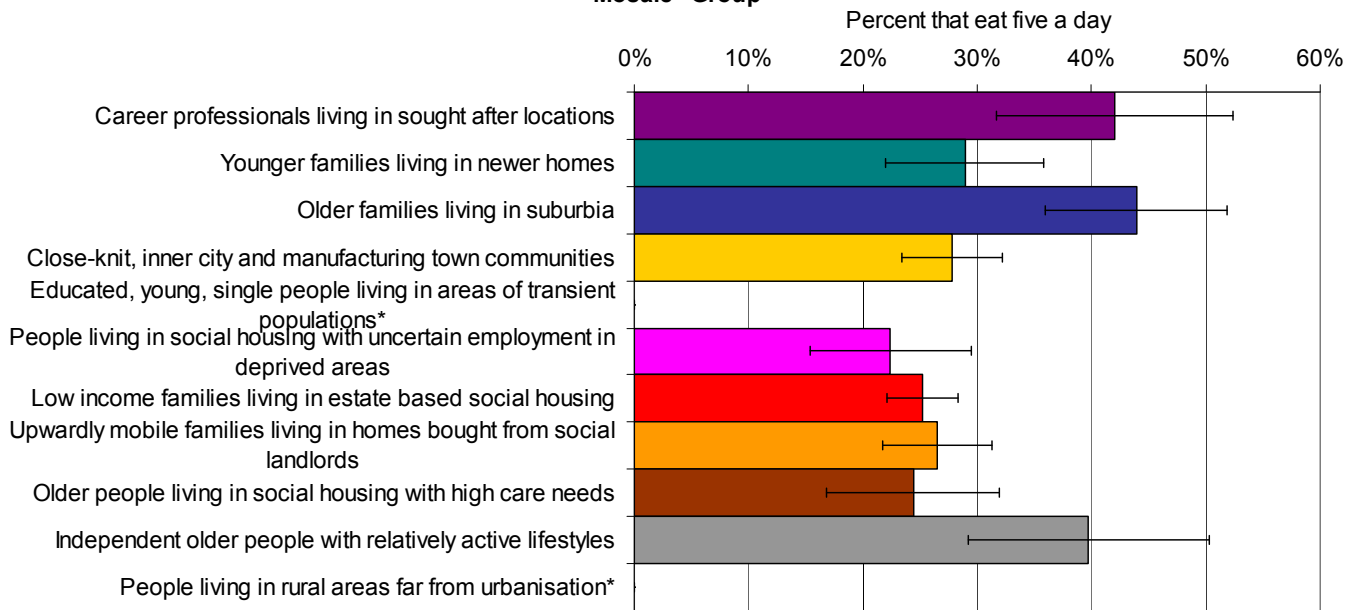


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Source: Department of Health, model-based estimates of healthy lifestyle behaviours for Middle Tier Super Output Areas, based on Health Survey for England data, 2003-2005, available at www.neighbourhood.statistics.gov.uk.

Lifestyle behaviours among adults – diet (cont.)

Proportion of adults eating five portions of fruit and vegetables each day in South Tyneside by Mosaic® Group



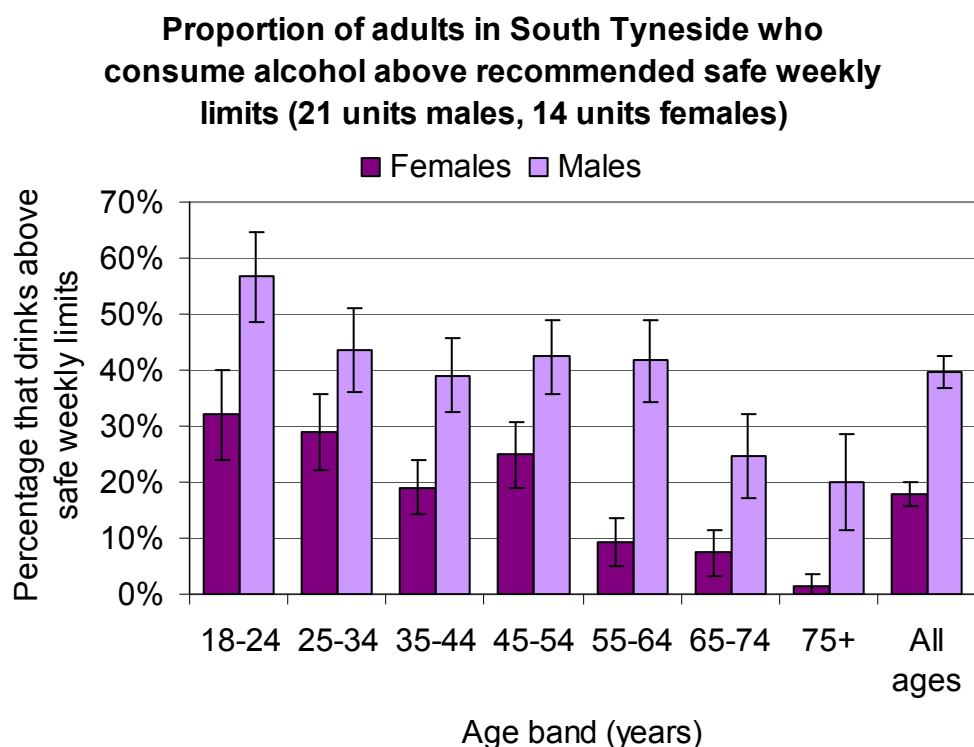
Grp.	Mosaic Group Description	Respon- dents	% Eating 5 a Day	Signifi- cance**
	Unknown	67	*	*
A	Career professionals living in sought after locations	88	42%	H
B	Younger families living in newer homes	166	29%	-
C	Older families living in suburbia	148	44%	H
D	Close-knit, inner city and manufacturing town communities	410	28%	-
E	Educated, young, single people living in areas of transient populations	9	*	*
F	People living in social housing with uncertain employment in deprived areas	134	22%	-
G	Low income families living in estate based social housing	730	25%	-
H	Upwardly mobile families living in homes bought from social landlords	328	27%	-
I	Older people living in social housing with high care needs	123	24%	-
J	Independent older people with relatively active lifestyles	83	40%	-
K	People living in rural areas far from urbanisation	8	*	*
South Tyneside		2294	28%	

Source: 2008 South of Tyne and Wear Health and Lifestyle Survey, NHS South of Tyne and Wear, * small numbers hidden to avoid disclosure, ** H = significantly higher than South Tyneside average at 95% confidence, L = significantly lower, - = not significantly different

8.5. Lifestyle behaviours among adults – alcohol consumption

Alcohol Consumption – Adults 18+ Who Drink Above Recommended Safe Weekly Limits (>14 units for females, >21 units for males)

Respondents were asked, on average, how many units of alcohol they consumed each week. The maps and charts below show how the proportion drinking above recommended weekly safe limits varies by age and gender, ethnic group, socioeconomic group and geographical area of residence.



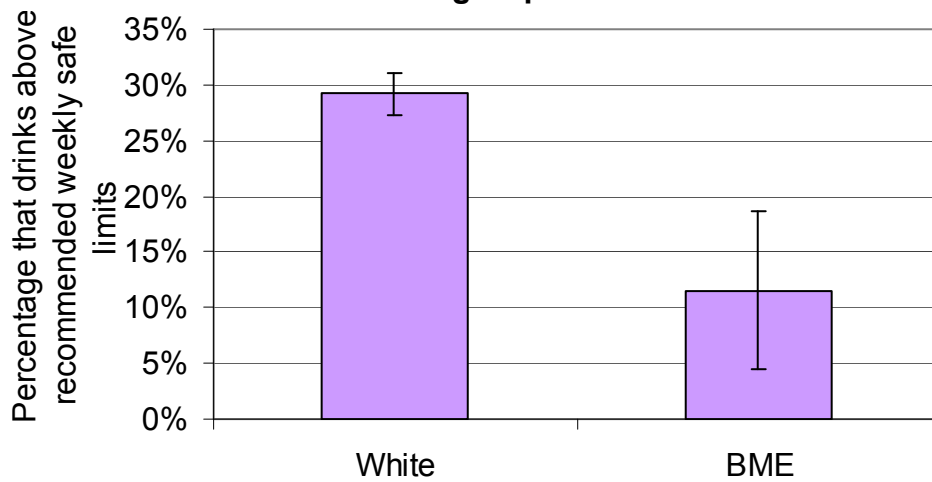
Proportion of adults 18+ in South Tyneside who drink above recommended weekly safe limits (>14 units for females, >21 units for males) by age band and gender

AgeBand	Females %	Females respondents	Males %	Males respondents	Persons %	Persons respondents
18-24	32.1%	131	56.7%	150	45.2%	281
25-34	28.8%	170	43.5%	168	36.1%	338
35-44	19.1%	241	39.1%	220	28.6%	461
45-54	24.9%	213	42.4%	210	33.6%	423
55-64	9.4%	171	41.6%	173	25.6%	344
65-74	7.3%	150	24.6%	130	15.4%	280
75+	*	139	*	85	8.5%	224
All Ages	18.0%	1215	40.0%	1136	28.6%	2351
All Ages weighted	17.7%		39.6%		28.2%	

Source of data: 2008 South of Tyne and Wear Lifestyle Survey, NHS South of Tyne and Wear. * statistics suppressed as based on small numbers.

Lifestyle behaviours among adults – alcohol consumption (cont.)

Percentage of adults in South Tyneside that drinks above recommended safe weekly limits by ethnic group

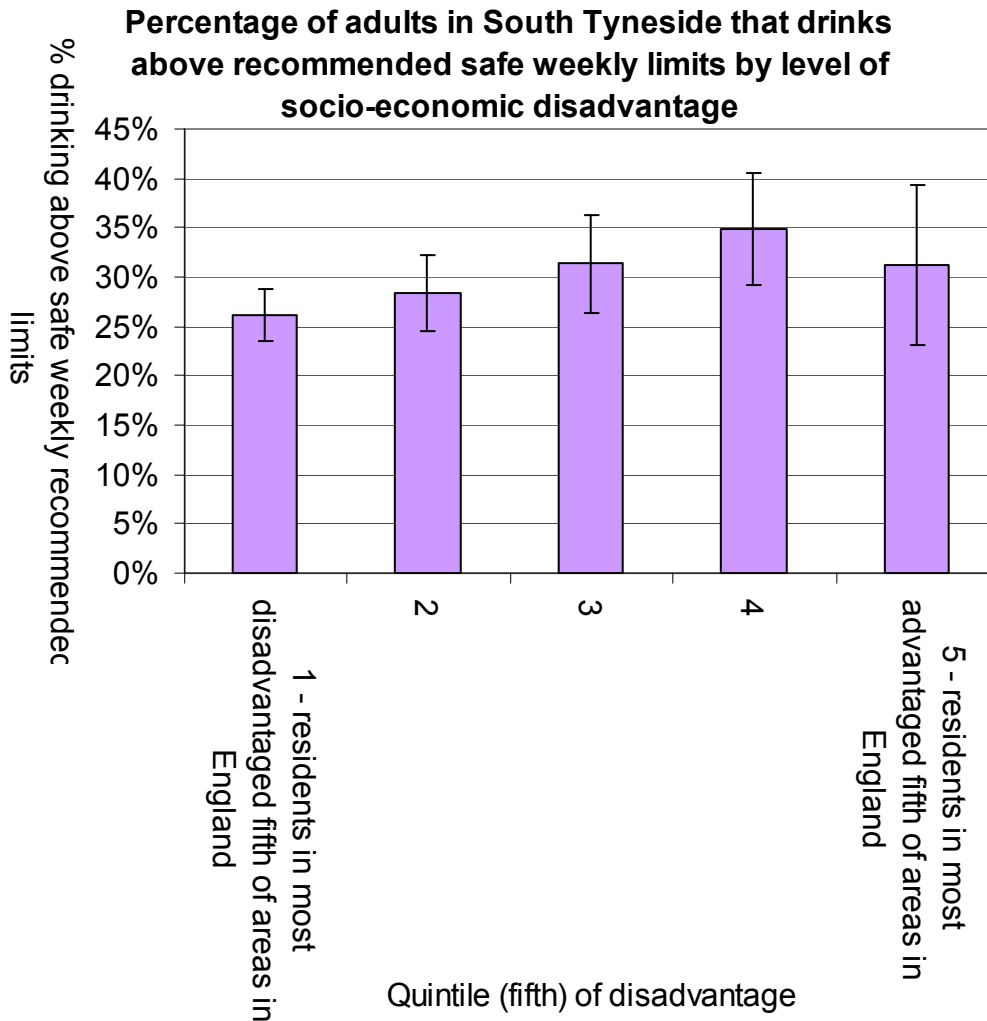


Proportion of adults 18+ in South Tyneside who drink above recommended weekly safe limits (>14 units for females, >21 units for males) by ethnic group

Ethnic Group	Persons %	Persons respondents
White	29.2%	2268
Total Black and Minority Ethnic Groups	11.5%	78
Total	28.6%	2346

Source of data: 2008 South of Tyne and Wear Lifestyle Survey, NHS South of Tyne and Wear

Lifestyle behaviours among adults – alcohol consumption (cont.)



Proportion of adults 18+ in South Tyneside who drink above recommended weekly safe limits (>14 units for females, >21 units for males) by level of socioeconomic disadvantage

Level of socioeconomic disadvantage	Persons %	Persons respondents
Residents living in the 20% most disadvantaged areas across England	26.1%	1092
2nd most disadvantaged 20% of areas	28.4%	529
3rd most disadvantaged 20% of areas	31.4%	338
4th most disadvantaged 20% of areas	34.8%	267
Residents living in the 20% most advantaged areas across England	31.2%	125
Total	28.6%	2351

Source: 2008 South of Tyne and Wear Lifestyle Survey

Lifestyle behaviours among adults – alcohol consumption (cont.)

Proportion of adults 18 years and over in South Tyneside who drink above recommended weekly safe limits (>14 units for females, >21 units for males) by ward

Ward	Persons %	Persons Total Responding	Significance**
Beacon and Bents	27.8%	133	-
Bede	23.3%	133	-
Biddick and All Saints	25.5%	161	-
Boldon Colliery	30.7%	140	-
Cleadon and East Boldon	32.0%	122	-
Cleadon Park	15.7%	102	L
Fellgate and Hedworth	25.0%	140	-
Harton	31.1%	161	-
Hebburn North	37.7%	114	-
Hebburn South	25.2%	119	-
Horsley Hill	29.1%	141	-
Monkton	39.6%	106	-
Primrose	34.5%	116	-
Simonside and Rekendyke	18.8%	144	L
Westoe	26.5%	117	-
West Park	35.9%	117	-
Whitburn and Marsden	33.3%	126	-
Whiteleas	27.4%	146	-
Unmatched	23.1%	13	-
Total	28.6%	2351	

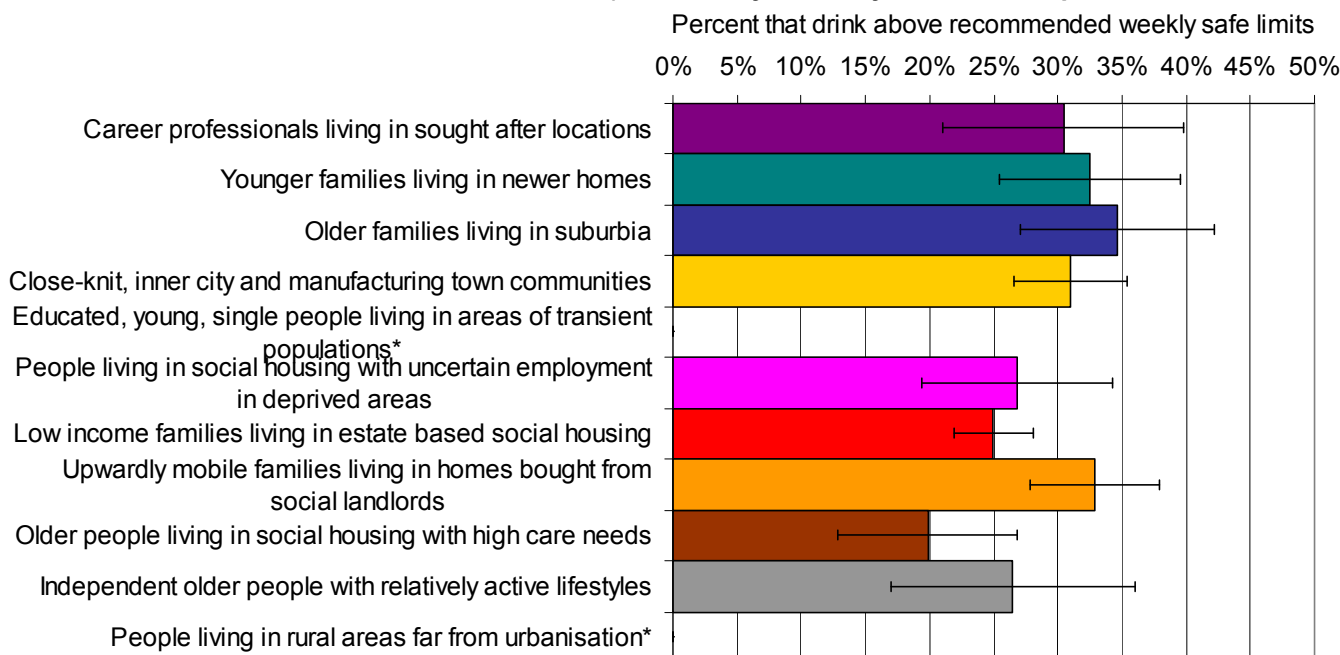
Source: 2008 South of Tyne and Wear Lifestyle Survey

* Numbers and percentages suppressed to avoid disclosure, statistics based on less than five observations

** H = significantly higher than South Tyneside average at 95% level of confidence, L = significantly lower, - = not significantly different

Lifestyle behaviours among adults – alcohol consumption (cont.)

Proportion of adults who drink above recommended safe weekly limits (>14 units for females, >21 units for males) in South Tyneside by Mosaic® Group



Proportion of adults 18+ in South Tyneside who drink above recommended weekly safe limits (>14 units for females, >21 units for males) by Mosaic® group

Mosaic Group	Persons %	Persons Total Responding	Significance**
Career professionals living in sought after locations	30.4%	92	-
Younger families living in newer homes	32.5%	169	-
Older families living in suburbia	34.6%	153	-
Close-knit, inner city and manufacturing town communities	31.0%	413	-
Educated, young, single people living in areas of transient populations*	*	9	*
People living in social housing with uncertain employment in deprived areas	26.8%	138	-
Low income families living in estate based social housing	25.0%	757	-
Upwardly mobile families living in homes bought from social landlords	32.8%	335	-
Older people living in social housing with high care needs	19.8%	126	-
Independent older people with relatively active lifestyles	26.5%	83	-
People living in rural areas far from urbanisation*	*	8	*
Unknown	27.9%	68	-
Total	28.6%	2351	

* statistics suppressed as based on less than 5 observations to avoid disclosure

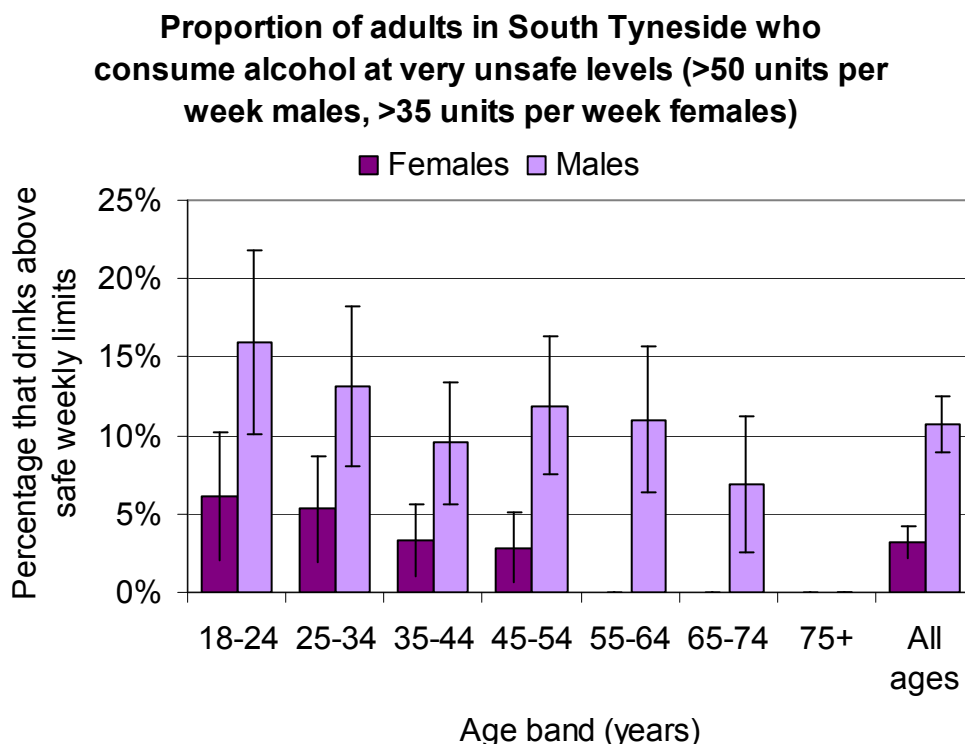
** H = significantly higher than PCT percentage at 95% confidence, L = significantly lower, - = not significantly different

Source: 2008 South of Tyne and Wear Lifestyle Survey

Lifestyle behaviours among adults – alcohol consumption (cont.)

Alcohol Consumption – Adults (18+) Who Drink at Very Harmful Levels (>35 units for females, >50 units for males each week)

Respondents were asked, on average, how many units of alcohol they consumed each week. The chart below shows how the proportion drinking at very harmful levels varies by age and gender.

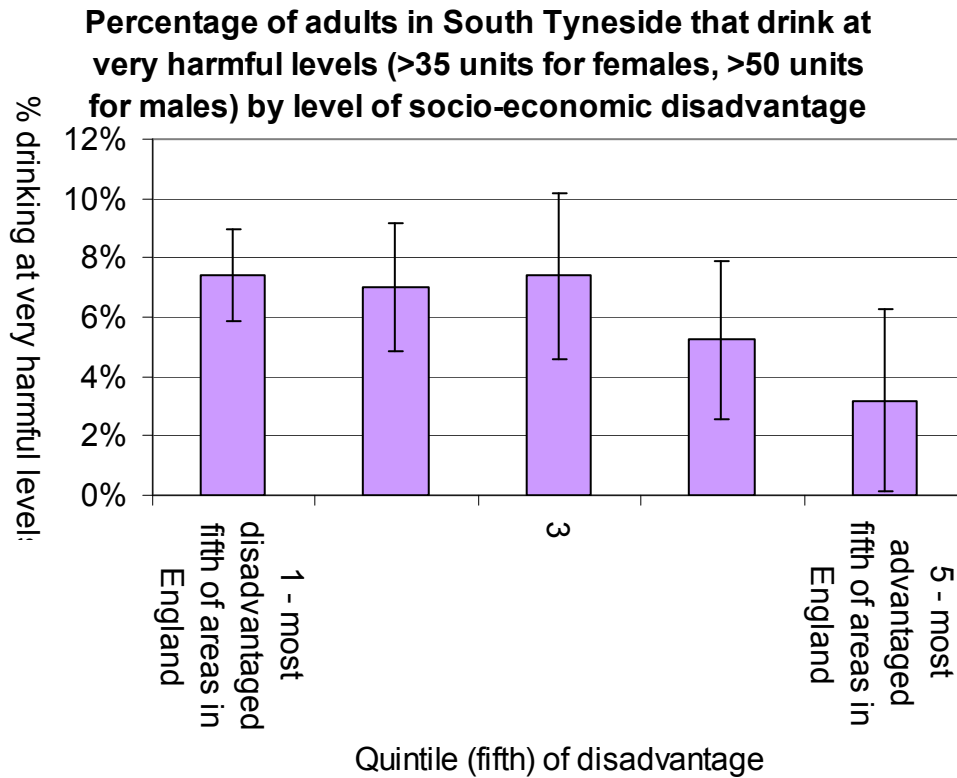


Proportion of adults 18+ in South Tyneside who drink at very harmful levels (>35 units for females, >50 units for males each week) by age band and gender

AgeBand	Females %	Females respondents	Males %	Males respondents	Persons %	Persons respondents
18-24	6.1%	131	16.0%	150	11.4%	281
25-34	5.3%	170	13.1%	168	9.2%	338
35-44	3.3%	241	9.5%	220	6.3%	461
45-54	2.8%	213	11.9%	210	7.3%	423
55-64	*	171	11.0%	173	6.7%	344
65-74	*	150	6.9%	130	4.6%	280
75+	*	139	*	85	*	224
All Ages	3.2%	1215	10.7%	1136	6.8%	2351
All Ages weighted	3.2%		10.6%		6.7%	

Source of data: 2008 South of Tyne and Wear Lifestyle Survey, NHS South of Tyne and Wear

Lifestyle behaviours among adults – alcohol consumption (cont.)



Proportion of adults in South Tyneside who drink at very harmful levels (>35 units for females, >50 units for males each week) by level of socioeconomic disadvantage

Level of socioeconomic disadvantage	Persons %	Persons respondents
Residents living in the 20% most disadvantaged areas across England	7.4%	1092
2nd most disadvantaged 20% of areas	7.0%	529
3rd most disadvantaged 20% of areas	7.4%	338
4th most disadvantaged 20% of areas	5.2%	267
Residents living in the 20% most advantaged areas across England	*	125
Total	6.8%	2351

Source: 2008 South of Tyne and Wear Lifestyle Survey

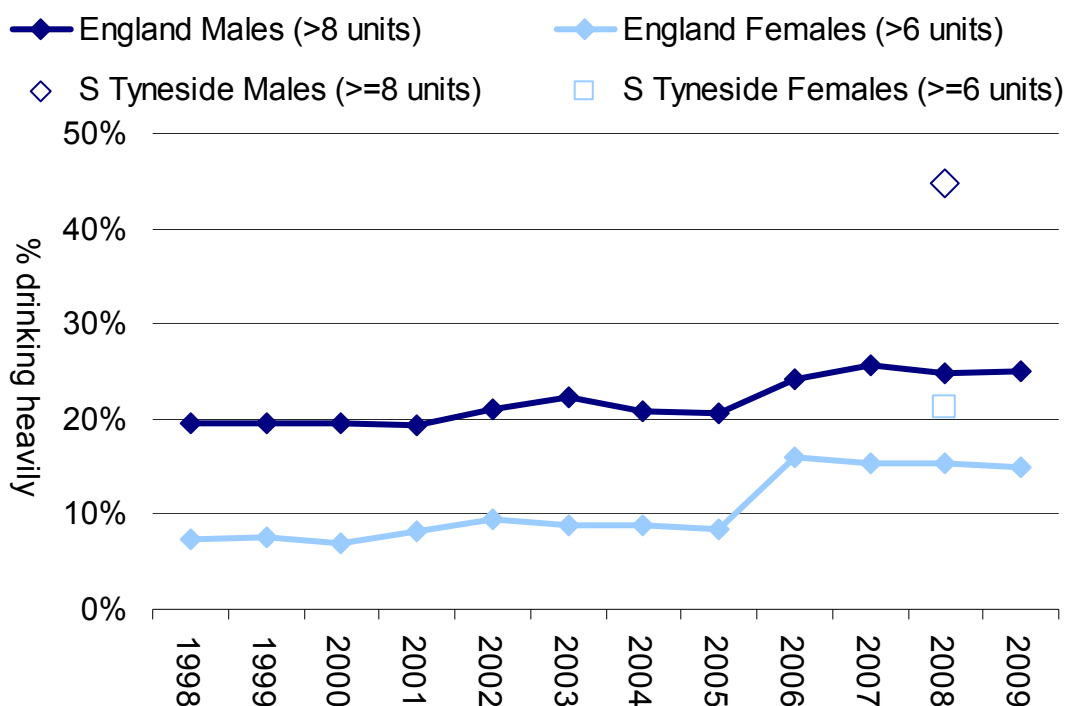
* Percentage suppressed as based on less than five observations

Lifestyle behaviours among adults – alcohol consumption (cont.)

Alcohol Consumption – People Who Regularly Drink Heavily on a Single Occasion

Respondents were asked how often they drank heavily on a single occasion (eight or more units for men, six or more units for women). The maps and charts below show how the proportion drinking heavily on a single occasion weekly or more often varies by age and gender, ethnic group, socioeconomic group and geographical area of residence.

Proportion of adults that drinks heavily on a single occasion (binge drinks) weekly or more often



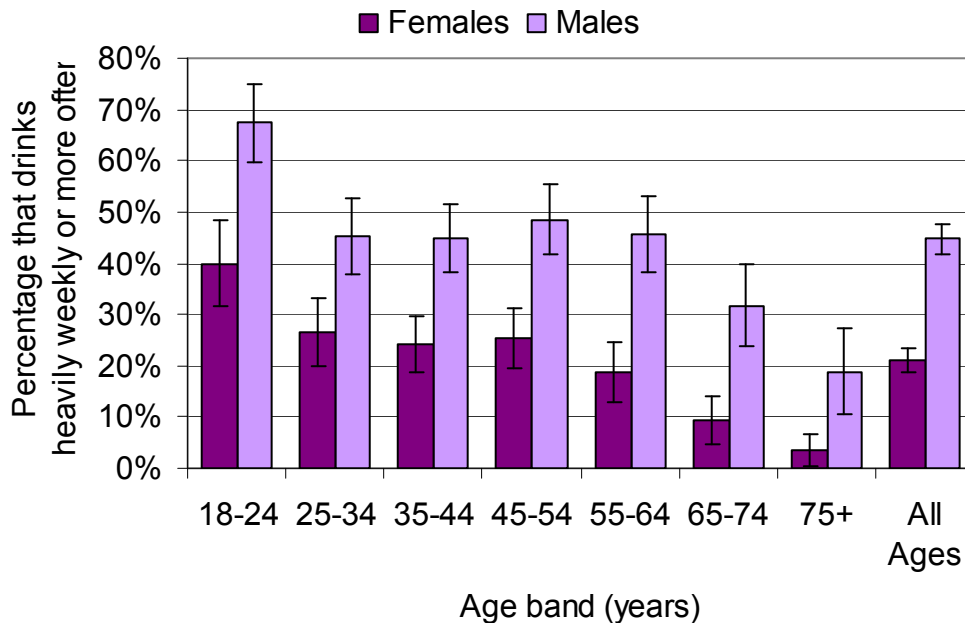
Proportion of adults 18+ drinking heavily on a single occasion ('binge drinking', 6 or more units for females, 8 or more units for males) weekly or more often in South Tyneside and England

Year	England males (>8 units)	England females (>6 units)	England persons	England males projection	England females projection	South	South	South Tyne-side persons
						Tyne-side males (≥8 units)	Tyne-side females (≥6 units)	
1998	19.6%	7.3%	12.8%					
1999	19.6%	7.6%	13.0%					
2000	19.5%	7.0%	12.7%					
2001	19.3%	8.1%	13.1%					
2002	20.9%	9.4%	14.5%					
2003	22.3%	8.9%	15.4%					
2004	20.7%	8.8%	14.6%					
2005	20.6%	8.4%	14.3%					
2006	24.2%	16.1%	20.0%	22.6%	8.9%			
2007	25.7%	15.2%	20.3%	23.0%	9.1%			
2008	24.7%	15.4%	19.9%	23.5%	9.3%	44.8%	21.2%	32.5%
2009	25.0%	14.9%	19.8%					

Source of data: England - Health Survey for England, NHS Information Centre; South Tyneside - 2008 South of Tyne and Wear Lifestyle Survey, NHS South of Tyne and Wear
NB The apparent increase in unsafe drinking in 2006 is largely due to the use of revised values for the alcohol content of a range of alcoholic beverages.

Lifestyle behaviours among adults – alcohol consumption (cont.)

Proportion of adults in South Tyneside who drink heavily on a single occasion weekly or more often (8 or more units males, 6 or more units females)



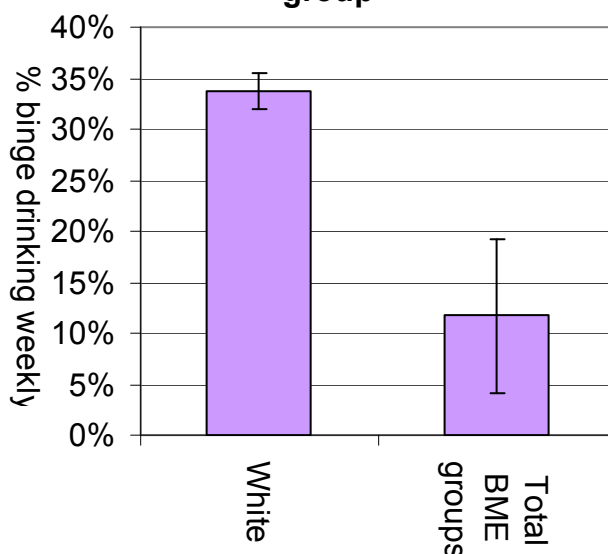
Proportion of adults 18+ in South Tyneside who drink heavily on a single occasion ('binge drinking', ≥6 units for females, ≥8 units for males) weekly or more often by age band and gender

AgeBand	Females %	Females respondents	Males %	Males respondents	Persons %	Persons respondents
18-24	40.0%	130	67.3%	150	54.6%	280
25-34	26.6%	169	45.2%	168	35.9%	337
35-44	24.4%	238	45.0%	220	34.3%	458
45-54	25.5%	212	48.6%	208	36.9%	420
55-64	18.7%	171	45.7%	173	32.3%	344
65-74	9.4%	149	31.8%	129	19.8%	278
75+	3.6%	137	18.8%	85	9.5%	222
All Ages	21.6%	1206	45.3%	1133	33.0%	2339
All Ages weighted	21.2%		44.8%		32.5%	

Source of data: 2008 South of Tyne and Wear Lifestyle Survey, NHS South of Tyne and Wear

Lifestyle behaviours among adults – alcohol consumption (cont.)

Percentage of adults in South Tyneside who binge drink weekly or more often by ethnic group

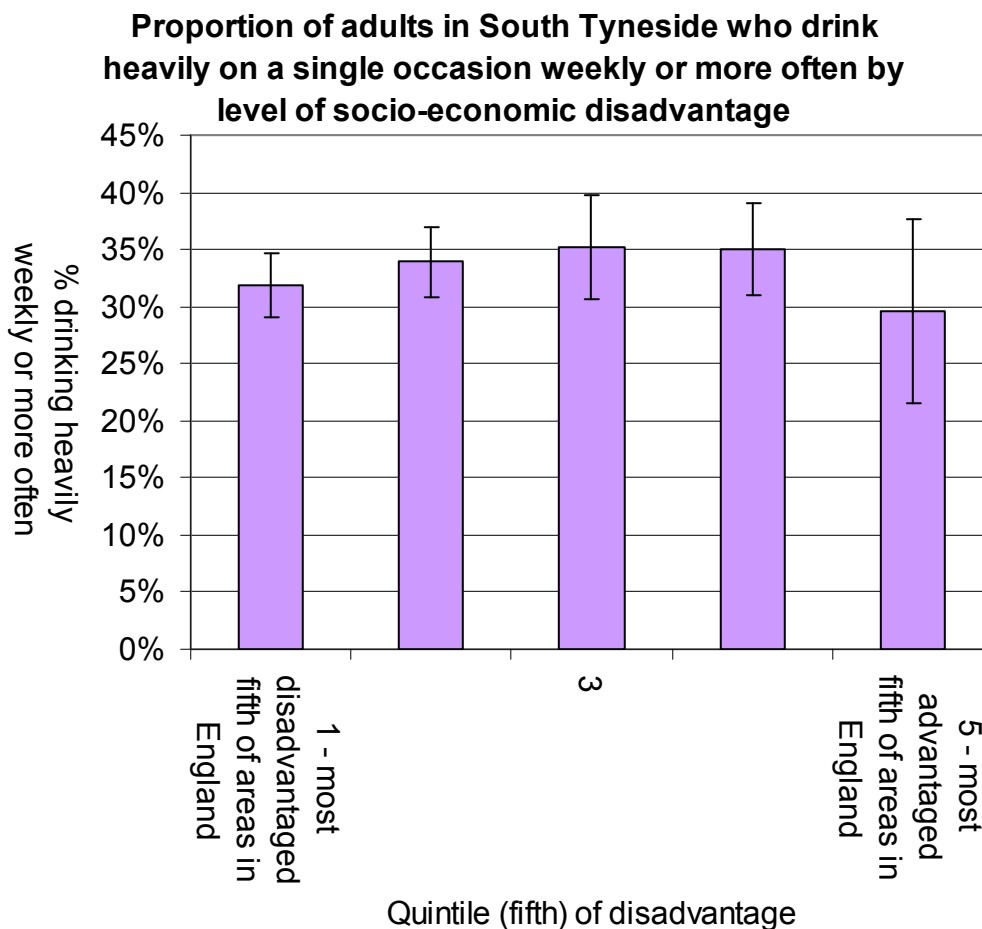


Proportion of adults 18+ in South Tyneside who drink heavily on a single occasion ('binge drinking', ≥ 6 units for females, ≥ 8 units for males) weekly or more often by ethnic group

Ethnic Group	Persons %	Persons respondents
White	33.8%	2256
Total Black and Minority Ethnic Groups	11.7%	77
Total	33.0%	2333

Source of data: 2008 South of Tyne and Wear Lifestyle Survey, NHS South of Tyne and Wear

Lifestyle behaviours among adults – alcohol consumption (cont.)



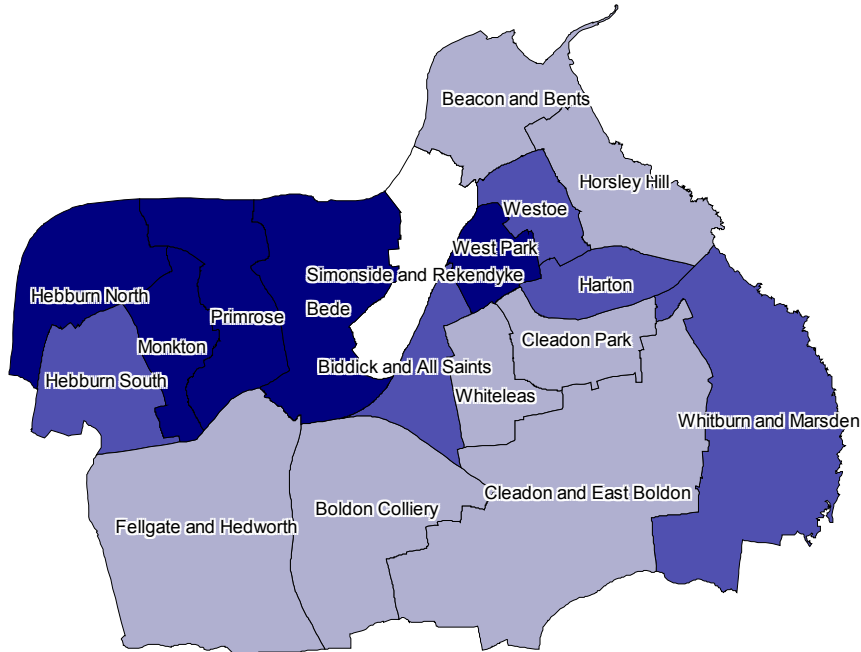
Proportion of adults 18+ in South Tyneside who drink heavily on a single occasion ('binge drinking', ≥6 units for females, ≥8 units for males) weekly or more often by level of socioeconomic disadvantage

Level of socioeconomic disadvantage	Persons %	Persons respon- den ts
Residents living in the 20% most disadvantaged areas across England	31.9%	1085
2nd most disadvantaged 20% of areas	33.9%	528
3rd most disadvantaged 20% of areas	35.2%	335
4th most disadvantaged 20% of areas	35.0%	266
Residents living in the 20% most advantaged areas across England	29.6%	125
Total	33.0%	2339

Source: 2008 South of Tyne and Wear Lifestyle Survey

Lifestyle behaviours among adults – alcohol consumption (cont.)

Proportion of Adults 18 years and over in South Tyneside that report drinking heavily on a single occasion weekly or more often by electoral ward (6 or more units among females, 8 or more units among males)



Proportion of adults (18+) drinking heavily on a single occasion weekly or more often (8 or more units for males, 6 or more units for females)

- Above PCT average (35% to <43%) (5)
- Above PCT average (33% to <35%) (5)
- Below PCT average (23% to <33%) (7)
- Significantly below PCT average (22% to <23%) (1)

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Source: 2008 South of Tyne and Wear Lifestyle Survey, NHS South of Tyne and Wear

Lifestyle behaviours among adults – alcohol consumption (cont.)

Proportion of adults 18 years and over in South Tyneside who drink heavily on a single occasion ('binge drinking', ≥6 units for females, ≥8 units for males) weekly or more often by ward

Ward	Persons %	Persons Total Responding	Significance**
Beacon and Bents	30.8%	133	-
Bede	35.3%	133	-
Biddick and All Saints	34.4%	160	-
Boldon Colliery	32.6%	138	-
Cleadon and East Boldon	29.5%	122	-
Cleadon Park	23.2%	99	-
Fellgate and Hedworth	32.9%	140	-
Harton	33.8%	160	-
Hebburn North	42.1%	114	-
Hebburn South	33.6%	119	-
Horsley Hill	32.1%	140	-
Monkton	42.5%	106	-
Primrose	38.9%	113	-
Simonside and Rekendyke	22.4%	143	L
Westoe	33.3%	117	-
West Park	35.0%	117	-
Whitburn and Marsden	33.3%	126	-
Whiteleas	31.5%	146	-
Unknown ward	30.8%	13	-
Sunderland	33.0%	2339	

Source: 2008 South of Tyne and Wear Lifestyle Survey

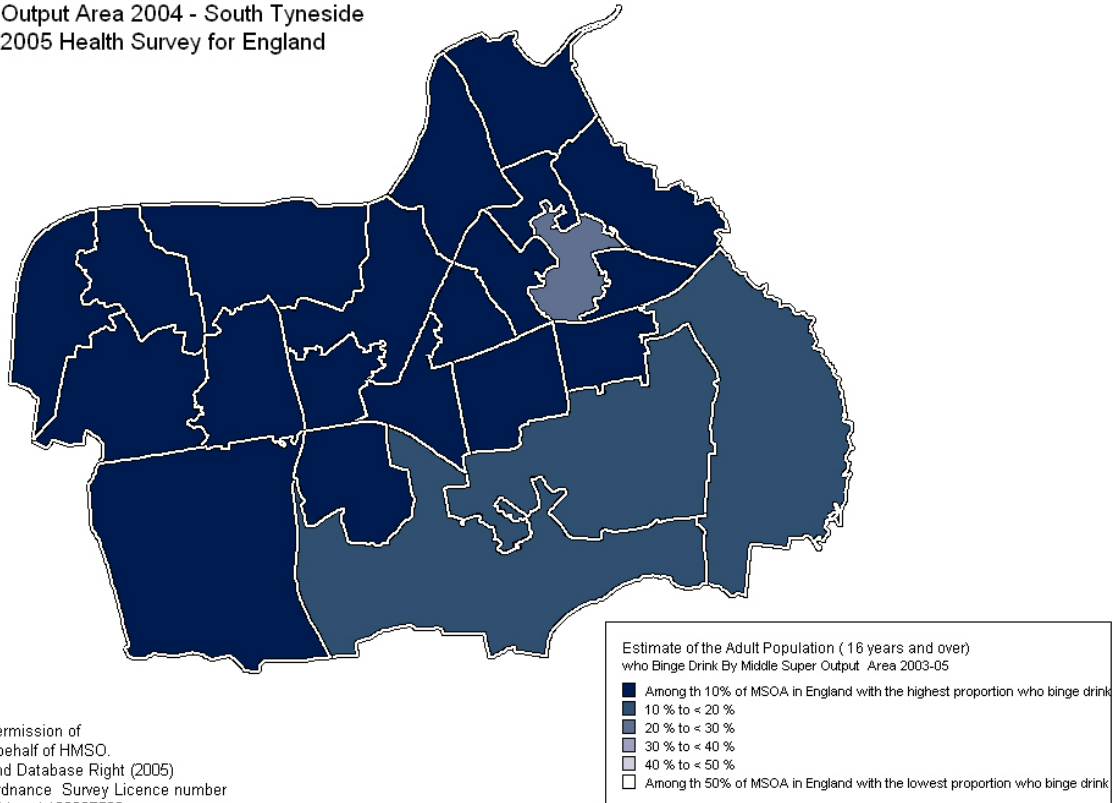
* Numbers and percentages suppressed to avoid disclosure, statistics based on less than five observations

** H = significantly higher than South Tyneside average at 95% level of confidence, L = significantly lower, - = not significantly different

Lifestyle behaviours among adults – alcohol consumption (cont.)

Comparison with Model-Based Estimates by Middle Tier Super Output Area based on results from Health Survey for England 2003 to 2005

Healthy Lifestyle Behaviours: Binge Drinking, 2003-2005
Estimates of the Proportion of Adult Population Who Binge Drink by Middle Super Output Area 2004 - South Tyneside
Source: 2003-2005 Health Survey for England



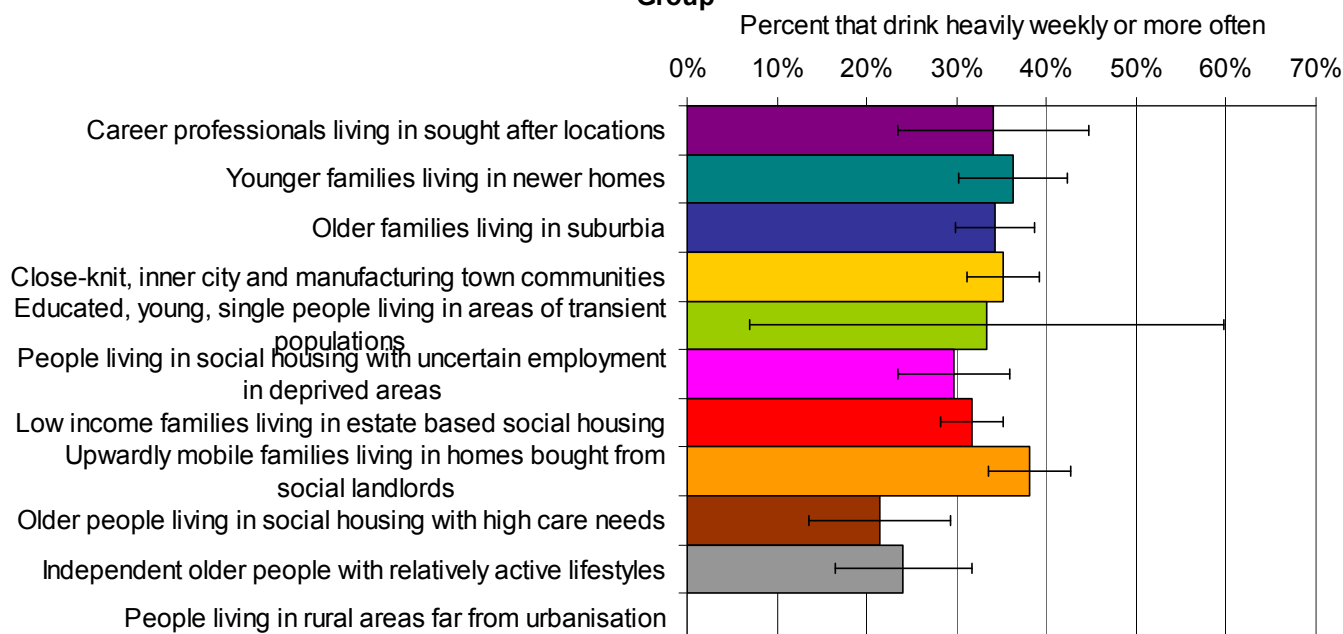
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Source: Department of Health, model-based estimates of healthy lifestyle behaviours for Middle Tier Super Output Areas, based on Health Survey for England data, 2003-2005, available at www.neighbourhood.statistics.gov.uk.

Lifestyle behaviours among adults – alcohol consumption (cont.)

Proportion of Adults 18+ in South Tyneside who drink heavily on a single occasion ('binge drinking', ≥6 units for females, ≥8 units for males) weekly or more often by Mosaic® Group

Proportion of adults who drink heavily on a single occasion ('binge drinking', ≥6 units for females, ≥8 units for males) weekly or more often in South Tyneside by Mosaic® Group



Proportion of adults 18+ in South Tyneside who drink heavily on a single occasion ('binge drinking', ≥6 units for females, ≥8 units for males) weekly or more often by Mosaic® group

Mosaic Group	Persons %	Persons Total Responding	Significance**
Career professionals living in sought after locations	34.1%	91	-
Younger families living in newer homes	36.3%	168	-
Older families living in suburbia	34.2%	152	-
Close-knit, inner city and manufacturing town communities	35.2%	412	-
Educated, young, single people living in areas of transient populations	*	9	*
People living in social housing with uncertain employment in deprived areas	29.7%	138	-
Low income families living in estate based social housing	31.7%	751	-
Upwardly mobile families living in homes bought from social landlords	38.1%	333	-
Older people living in social housing with high care needs	21.4%	126	L
Independent older people with relatively active lifestyles	24.1%	83	-
People living in rural areas far from urbanisation	*	8	*
Unknown	38.2%	68	-
Total	33.0%	2339	

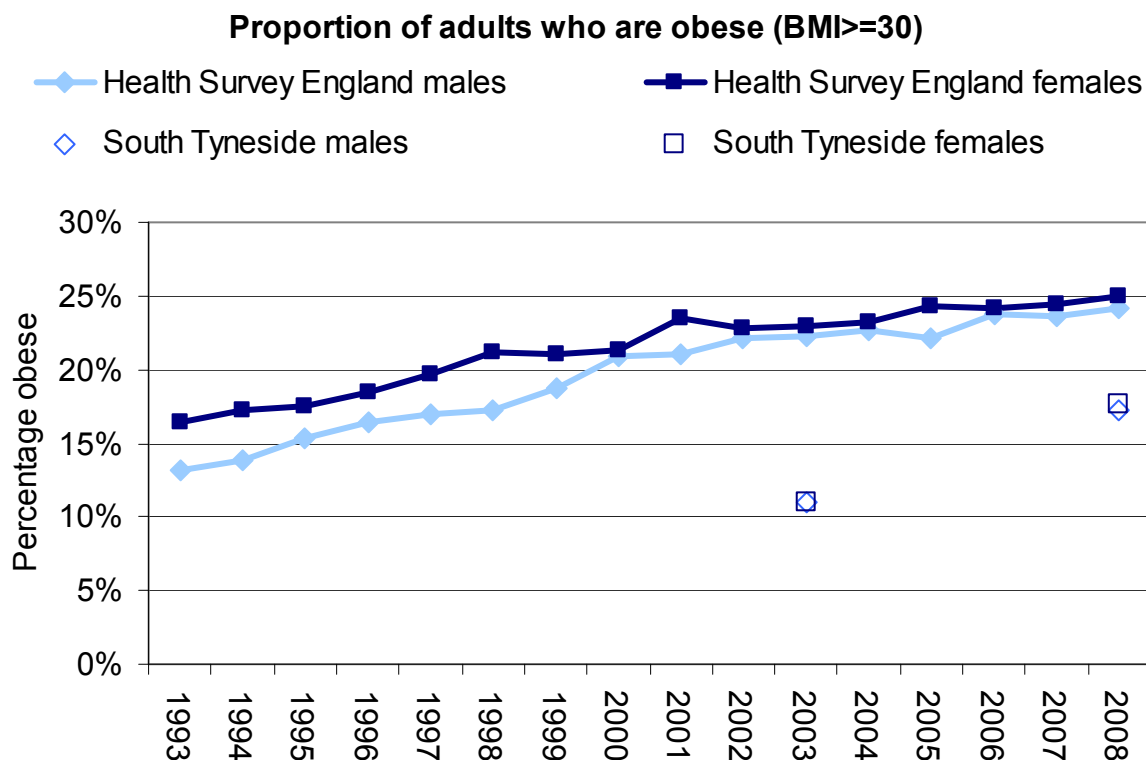
* statistics suppressed as based on less than 5 observations to avoid disclosure

** H = significantly higher than South Tyneside percentage at 95% confidence, L = significantly lower, - = not significantly different

Source: 2008 South of Tyne and Wear Lifestyle Survey

8.6. Lifestyle behaviours among adults – obesity

Figures for the prevalence of obesity in South Tyneside in 2008 are based on a lifestyle survey within which respondents were asked to self-report their height and weight via a telephone interview. Heights and weights were not measured. The maps and charts below show how the proportion self-reporting being obese varies by age and gender, ethnic group, socioeconomic group and geographical area of residence.



Sources: England, Health Survey for England; South Tyneside, 2003 South Tyneside Health and Lifestyle Survey, 2008 South of Tyne and Wear Lifestyle Survey

Note – estimates of the average prevalence of obesity across England from the Health Survey for England are based on the measurement of the heights and weights of respondents by trained staff. Results from the 2003 South Tyneside Health and Lifestyle Survey and the 2008 South of Tyne and Wear Lifestyle Survey are both based on self-reported heights and weights recorded via postal survey and telephone interview respectively. ‘Synthetic’ or model-based estimates of the prevalence of obesity among adults 16 years and over, based on results from the Health Survey for England between 2006 and 2008, were 24.2% for England and 28.0% for South Tyneside. Comparison of these results with data from local lifestyle surveys strongly suggests that self-reporting underestimates the true prevalence of obesity. The self-reported figures from local lifestyle surveys, however, are useful for showing variations in the prevalence of obesity between age groups, ethnic groups, socioeconomic groups and geographical areas within South Tyneside. The charts and map below illustrate these variations.

Lifestyle behaviours among adults – obesity (cont.)

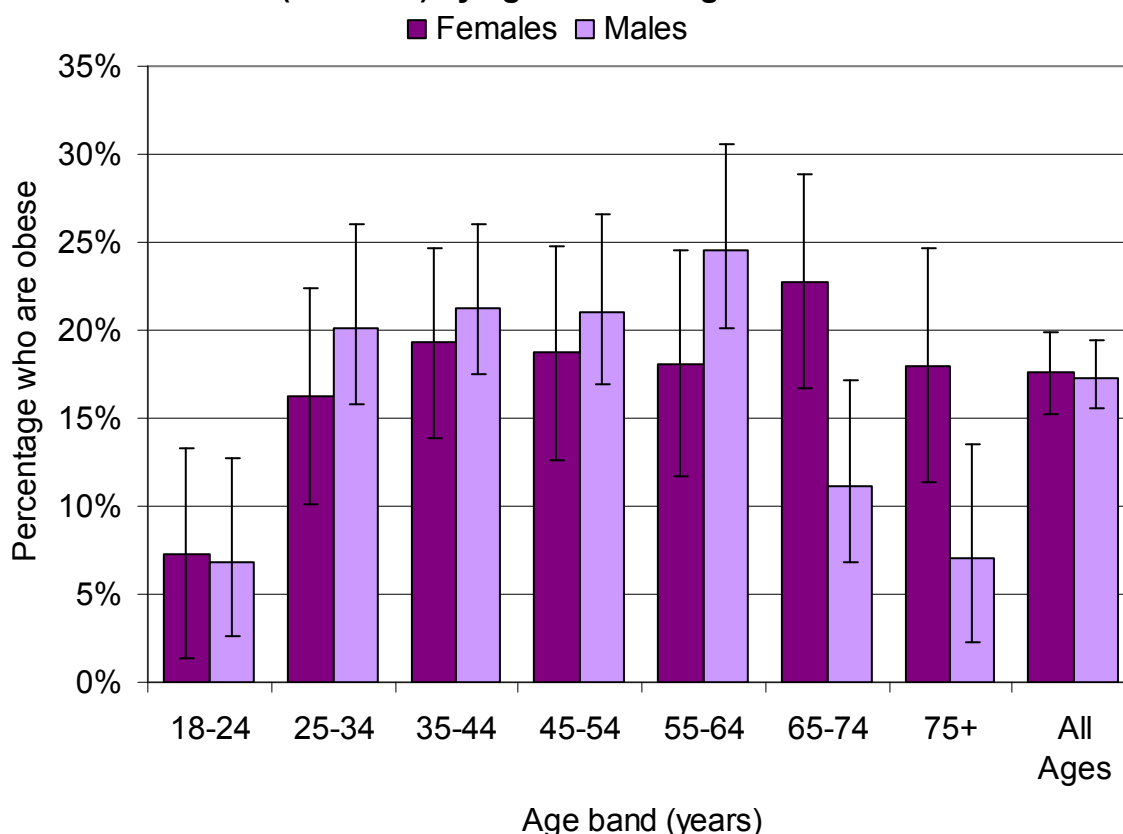
Proportion of adults 18+ who are obese (body mass index $\geq 30\text{kg/m}^2$) in South Tyneside and England

Year	England males	England females	South Tyneside males	South Tyneside females
1993	13.2%	16.4%		
1994	13.8%	17.3%		
1995	15.3%	17.5%		
1996	16.4%	18.4%		
1997	17.0%	19.7%		
1998	17.3%	21.2%		
1999	18.7%	21.1%		
2000	21.0%	21.4%		
2001	21.0%	23.5%		
2002	22.1%	22.8%		
2003	22.2%	23.0%	11.0%	11.0%
2004	22.7%	23.2%		
2005	22.1%	24.3%		
2006	23.7%	24.2%		
2007	23.6%	24.4%		
2008	24.1%	24.9%	17.2%	17.6%
2009	22.1%	23.9%		

Source of data: England - Health Survey for England (HSE); South Tyneside - 2003 South Tyneside Health and Lifestyle Survey, South Tyneside PCT, 2008 South of Tyne and Wear Lifestyle Survey, NHS South of Tyne and Wear. Results from 2008 HSE due for publication Nov 2009.

Lifestyle behaviours among adults – obesity (cont.)

Proportion of adults in South Tyneside who are obese (BMI \geq 30) by age band and gender



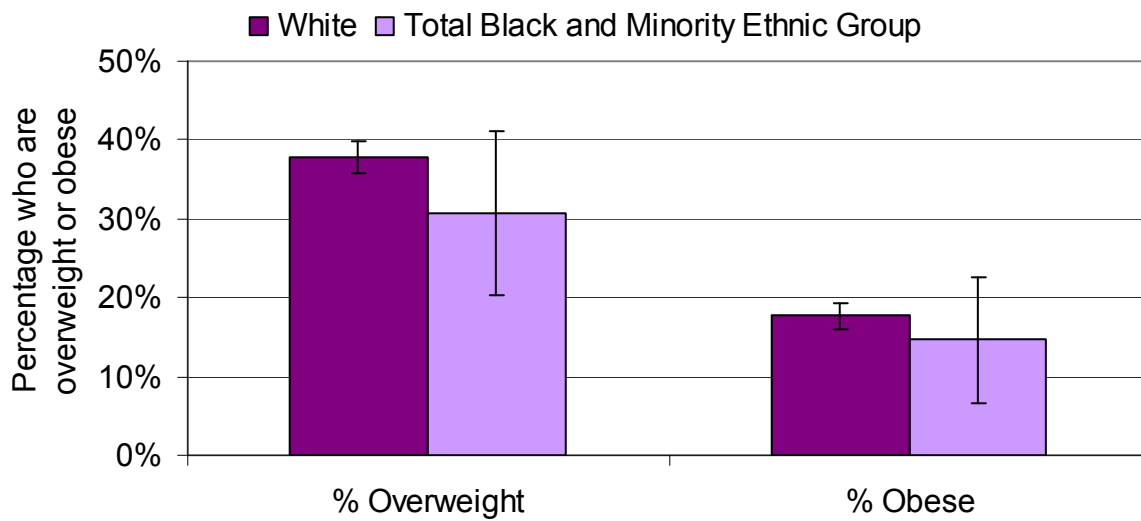
Proportion of adults 18+ in South Tyneside who are obese (body mass index \geq 30kg/m²) by age band and gender

AgeBand	Females %	Females respondents	Males %	Males respondents	Persons %	Persons respondents
18-24	7.3%	123	6.8%	147	7.0%	270
25-34	16.3%	160	20.1%	164	18.2%	324
35-44	19.3%	233	21.2%	217	20.2%	450
45-54	18.7%	203	21.1%	204	19.9%	407
55-64	18.1%	166	24.6%	171	21.4%	337
65-74	22.8%	145	11.1%	126	17.3%	271
75+	18.0%	139	7.1%	85	14.4%	216
All Ages	17.6%	1169	17.4%	1114	17.6%	2275
All Ages weighted	17.6%		17.2%		17.5%	

Source of data: 2008 South of Tyne and Wear Lifestyle Survey, NHS South of Tyne and Wear

Lifestyle behaviours among adults – obesity (cont.)

Proportion of adults in South Tyneside who are overweight (25<BMI<30) or obese (BMI>=30) by ethnic group



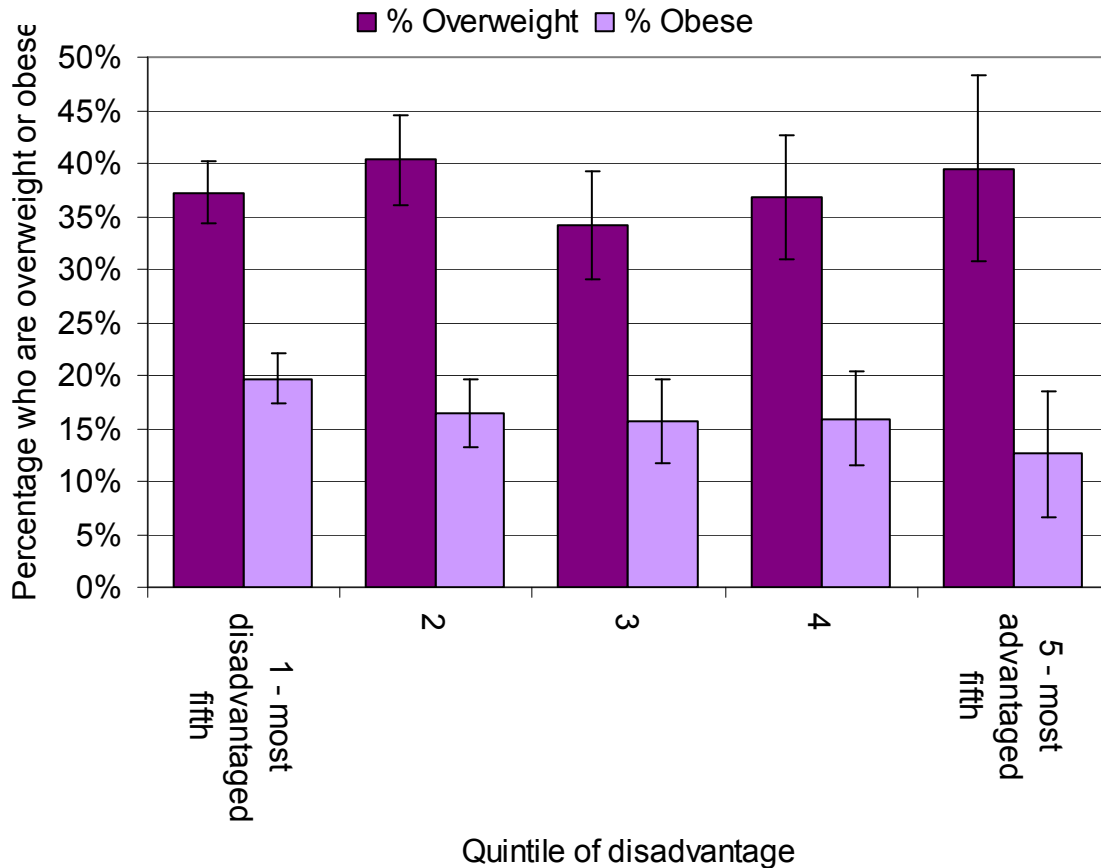
Proportion of adults 18+ in South Tyneside who are overweight (25<BMI<30) or obese (BMI>=30) by ethnic group

Ethnic Group	Persons overweight %	Persons obese %	Persons respondents
White	37.8%	17.7%	2195
Total Black and Minority Ethnic Groups	30.7%	14.7%	75
Total	37.6%	17.6%	2270

Source of data: 2008 South of Tyne and Wear Lifestyle Survey, NHS South of Tyne and Wear

Lifestyle behaviours among adults – obesity (cont.)

Proportion of adults in South Tyneside that is overweight or obese by level of socio-economic disadvantage



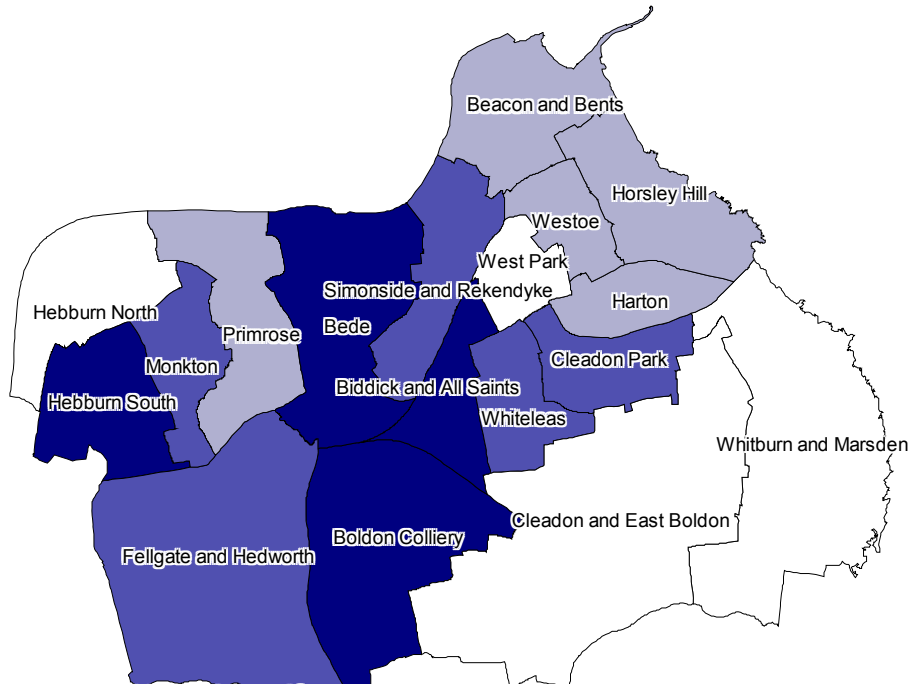
Proportion of adults 18+ in South Tyneside who are overweight (25<BMI<30) or obese (BMI>=30) by level of socioeconomic disadvantage

	% Overweight	% Obese	Respondents
People living in most disadvantaged 20% of areas in England	37.2%	19.7%	1051
2nd most disadvantaged 20% of areas	40.3%	16.5%	516
3rd most disadvantaged 20% of areas	34.1%	15.7%	331
4th most disadvantaged 20% of areas	36.8%	15.9%	258
People living in most advantaged 20% of areas	39.5%	12.6%	119
Total	37.5%	17.6%	2275

Source: 2008 South of Tyne and Wear Lifestyle Survey, NHS South of Tyne and Wear

Lifestyle behaviours among adults – obesity (cont.)

Proportion of Adults 18 years and over in South Tyneside that self-report being obese (BMI 30kg/m² or more) by electoral ward in 2008



Proportion of adults (18+) who self-report being obese (BMI 30 or over) by South Tyneside electoral ward, 2008

- Above South Tyneside average - 20.0% to <24.0% (4)
- Above South Tyneside average - 17.5% to <20.0% (5)
- Below South Tyneside average - 14.5% to 17.5% (5)
- Below South Tyneside average - 12.0% to <14.5% (4)

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Source: 2008 South of Tyne and Wear Lifestyle Survey, NHS South of Tyne and Wear

Lifestyle behaviours among adults – obesity (cont.)

Proportion of adults 18 years and over in South Tyneside who self-report being obese (body mass index 30kg/m² or more) by ward

Ward	Persons %	Persons Total Responding	Significance**
Beacon and Bents	17.1%	129	-
Bede	23.1%	130	-
Biddick and All Saints	21.3%	155	-
Boldon Colliery	23.5%	136	-
Cleadon and East Boldon	12.9%	116	-
Cleadon Park	18.6%	97	-
Fellgate and Hedworth	19.9%	136	-
Harton	17.1%	158	-
Hebburn North	12.5%	112	-
Hebburn South	20.2%	114	-
Horsley Hill	15.0%	133	-
Monkton	19.2%	104	-
Primrose	15.3%	111	-
Simonside and Rekendyk	18.0%	139	-
Westoe	14.8%	115	-
West Park	14.2%	113	-
Whitburn and Marsden	12.2%	123	-
Whiteleas	19.0%	142	-
Unknown ward	*	12	-
South Tyneside	17.6%	2275	

Source: 2008 South of Tyne and Wear Lifestyle Survey

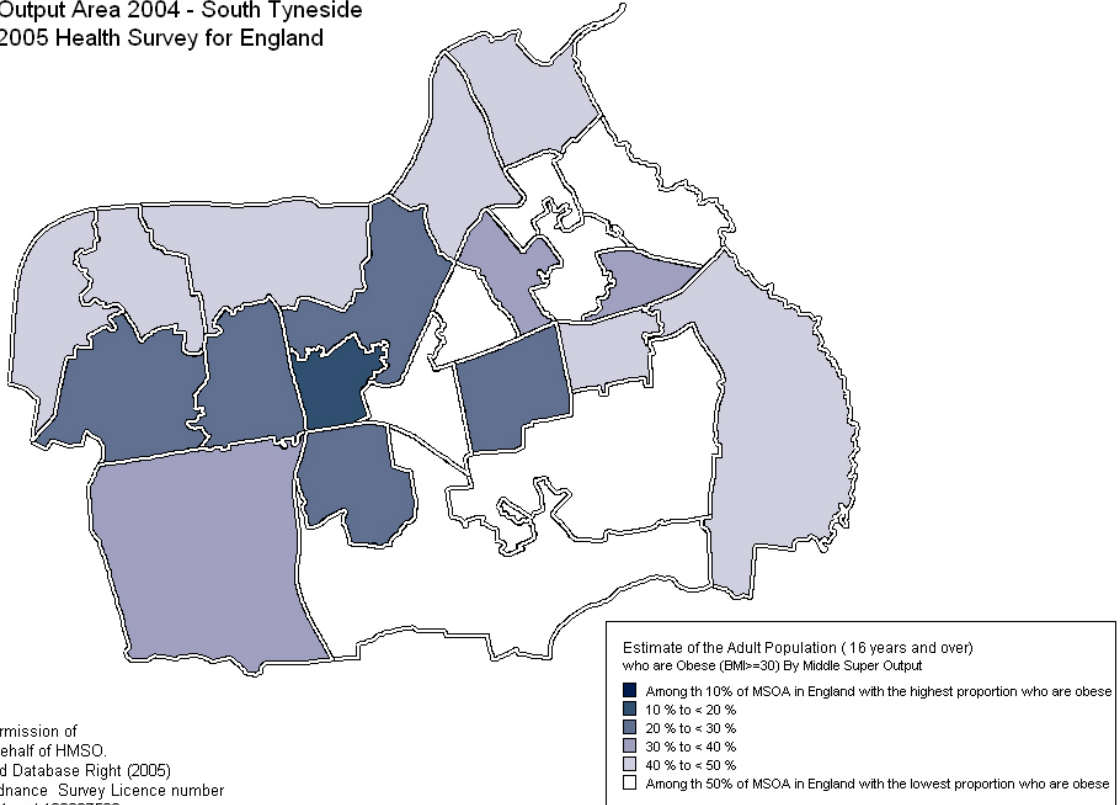
* Numbers and percentages suppressed to avoid disclosure, statistics based on less than five observations

** H = significantly higher than Sunderland average at 95% level of confidence, L = significantly lower, - = not significantly different

Lifestyle behaviours among adults – obesity (cont.)

Comparison with Model-Based Estimates by Middle Tier Super Output Area based on results from Health Survey for England 2003 to 2005

Healthy Lifestyle Behaviours: Obesity, 2003-2005
Estimates of the Proportion of Adult Population Who Are Obese (BMI \geq 30) by Middle Super Output Area 2004 - South Tyneside
Source: 2003-2005 Health Survey for England

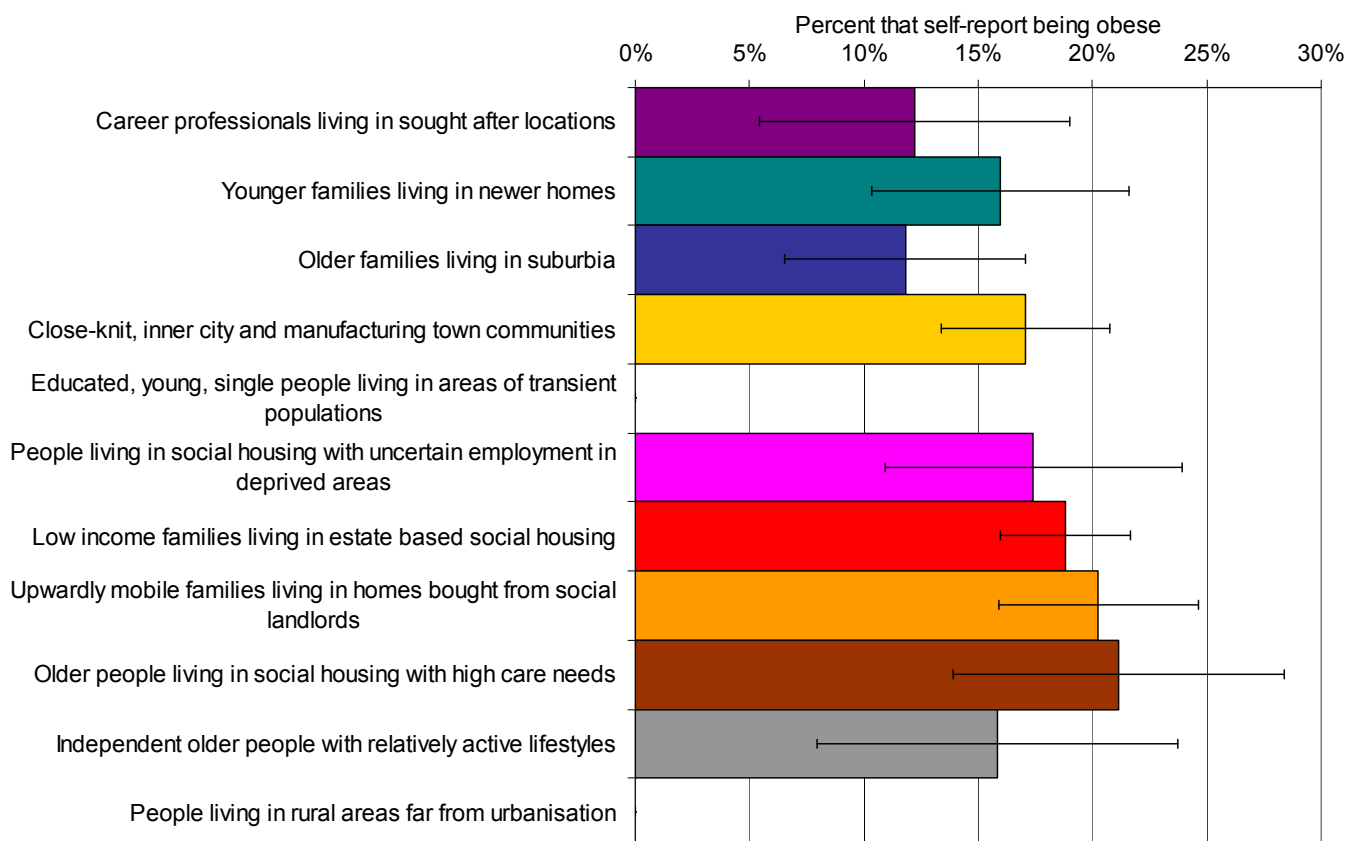


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Source: Department of Health, model-based estimates of healthy lifestyle behaviours for Middle Tier Super Output Areas, based on Health Survey for England data, 2003-2005, available at www.neighbourhood.statistics.gov.uk.

Lifestyle behaviours among adults – obesity (cont.)

Proportion of adults 18 years and over in South Tyneside who self-report being obese (body mass index 30kg/m² or more) by Mosaic® Group



Proportion of adults 18 years and over in South Tyneside who self-report being obese (body mass index 30kg/m² or more) by Mosaic® Group

Mosaic Group	Persons %	Persons Total Responding	Significance**
Career professionals living in sought after locations	12.2%	90	-
Younger families living in newer homes	16.0%	163	-
Older families living in suburbia	11.8%	144	-
Close-knit, inner city and manufacturing town communities	17.1%	404	-
Educated, young, single people living in areas of transient populations	*	9	*
People living in social housing with uncertain employment in deprived areas	17.4%	132	-
Low income families living in estate based social housing	18.8%	728	-
Upwardly mobile families living in homes bought from social landlords	20.2%	326	-
Older people living in social housing with high care needs	21.1%	123	-
Independent older people with relatively active lifestyles	15.9%	82	-
People living in rural areas far from urbanisation	*	8	*
Unknown	15.2%	66	-
Total	17.6%	2275	

* statistics suppressed as based on less than 5 observations to avoid disclosure

** H = significantly higher than PCT percentage at 95% confidence, L = significantly lower, - = not significantly different

Source: 2008 South of Tyne and Wear Lifestyle Survey

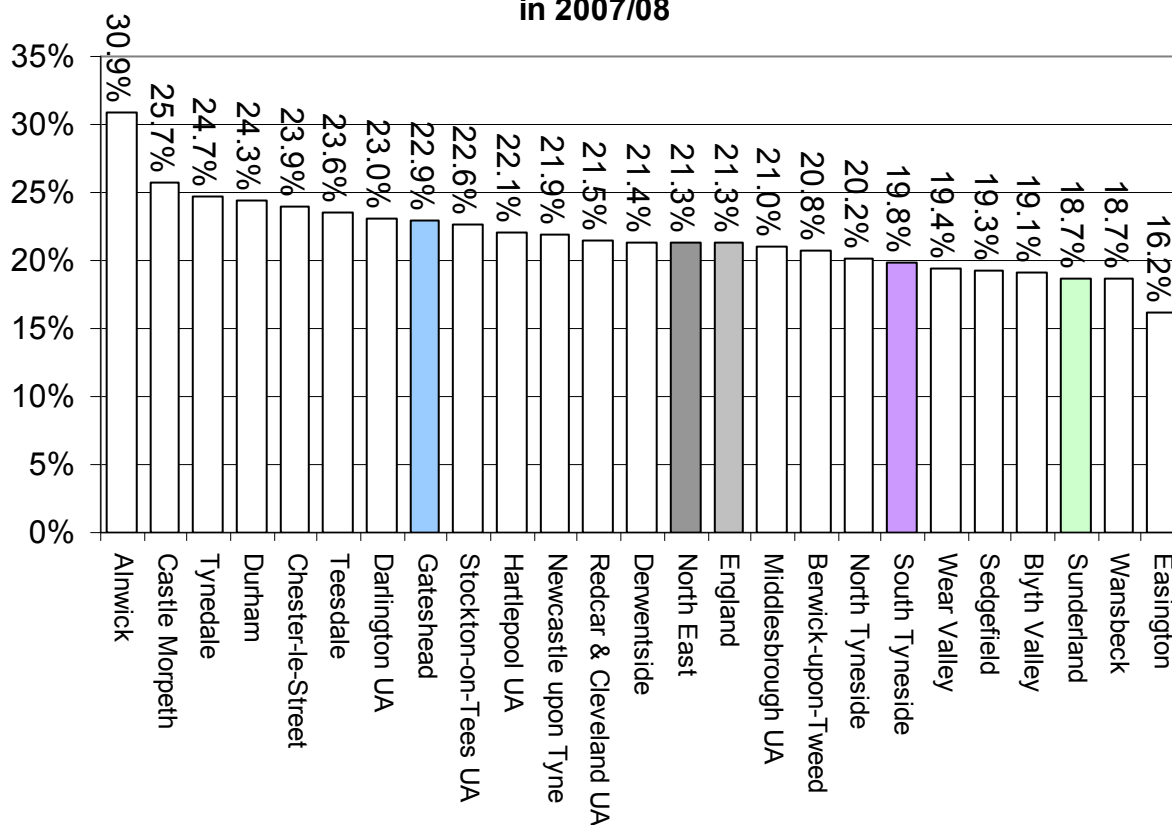
8.7. Adult participation in sport

Proportion of adults (16 years and over) taking 30 minutes of moderate intensity sport and active recreation 3 times or more each week. *This indicator is different from NI8 as it does not include older people undertaking low intensity sport such as bowls.* NI8 results are shown separately below.

Local Authority	% undertaking 30 minutes moderate intensity sport and active recreation	
	2005/06	2007/08
Gateshead	17.7	22.9
South Tyneside	20.2	19.8
Sunderland	20.0	18.7
North East	20.5	21.3
England	21.0	21.3

Source: Sport England, "Active People" survey

Proportion of adults (16 years and over) taking 30 minutes of moderate intensity sport and physical recreation 3 x per week in 2007/08



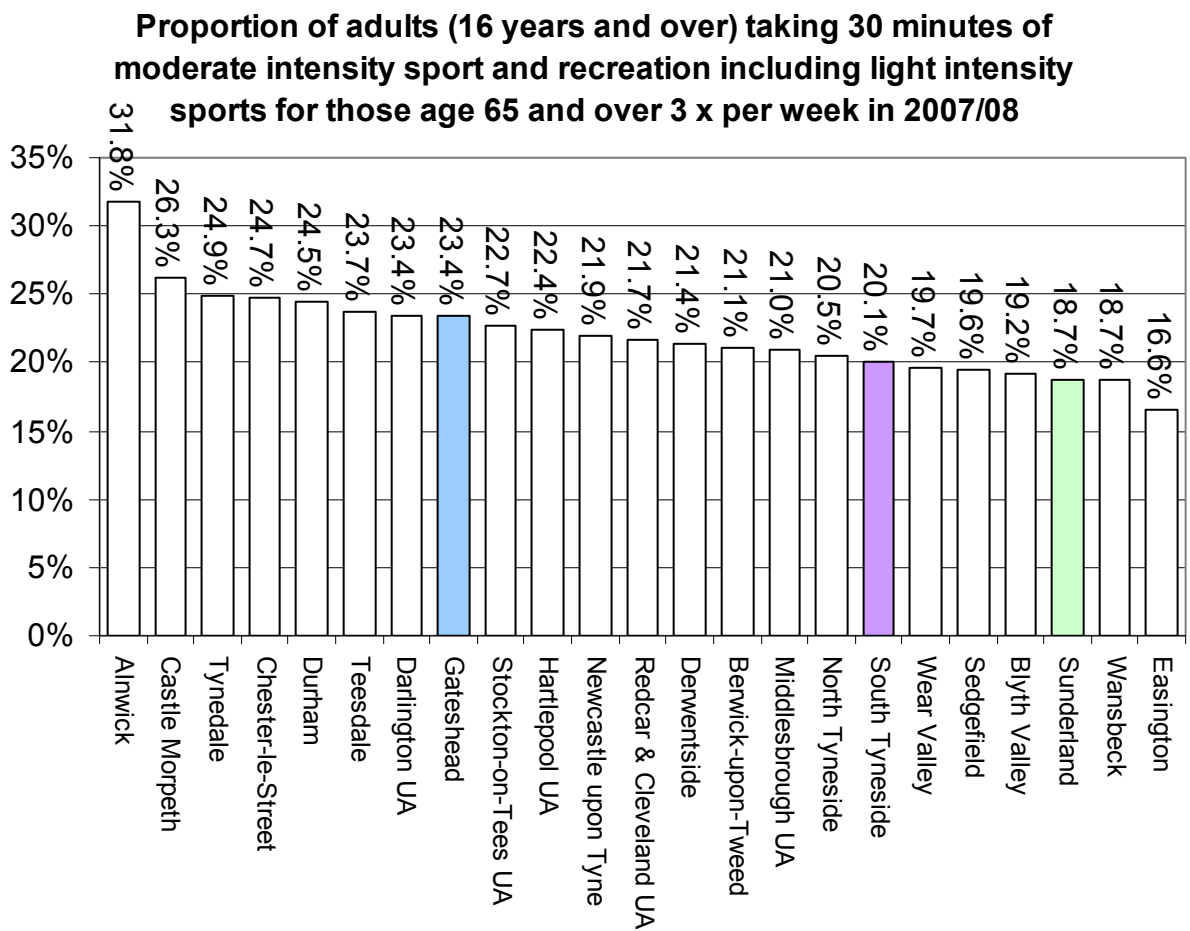
Source: 2007/08 Active People Survey, Sport England

*The percentage of the adult population participating in at least 30 minutes of sport and active recreation (including walking and cycling) of at least moderate intensity on at least 3 days a week

Adult participation in sport (cont.)

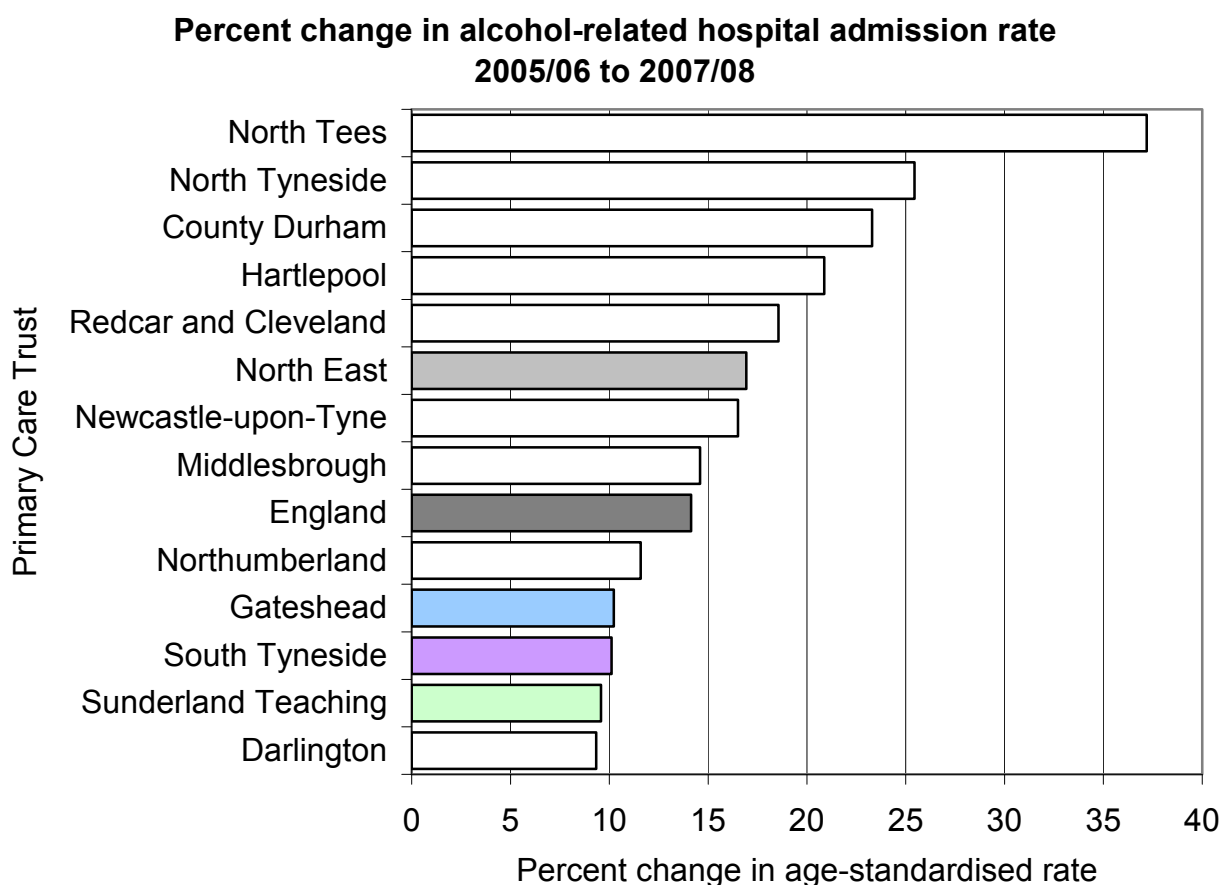
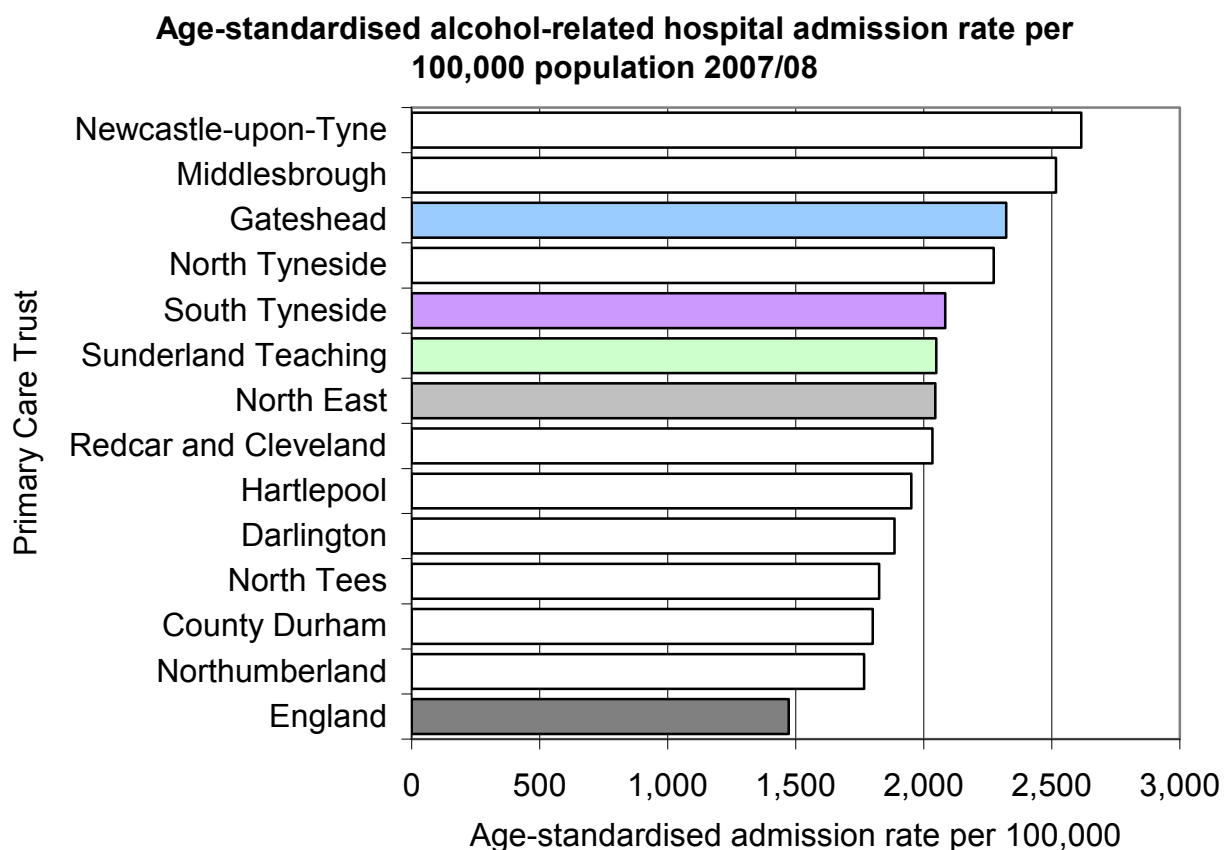
NI8 - Proportion of adults (16 years and over) taking 30 minutes of moderate intensity sport and active recreation 3 times or more each week including light intensity sports for those age 65 and over (bowls, yoga, pilates, croquet, archery)

Local Authority	% undertaking 30 minutes moderate intensity sport and active recreation each week including light intensity sports for those age 65 and over	
	2005/06	2007/08
Gateshead	18.0	23.4
South Tyneside	20.3	20.1
Sunderland	20.1	18.7



Source: 2007/08 Active People Survey, Sport England

8.8. Alcohol harm-related hospital admission rates



Source: Department of Health published on North West Public Health Observatory website at www.nwph.net/alcohol/lape/, annual data for 2008/09 will be published in March 2010

Alcohol harm-related hospital admission rates (cont.)

Rates are European age-standardised hospital admission rates per 100,000 population all ages due to alcohol-related harm.

Primary Care Trust	Age-standardised Hospital Admission Rate per 100,000 Population due to Alcohol-Related Harm					
	2005/06 Rate	2006/07 Rate	2007/08 Rate	2005/06 Admi- ssions	2006/07 Admi- ssions	2007/08 Admi- ssions
County Durham	1,461	1,540	1,801	8,368	8,929	10,699
Darlington	1,725	1,709	1,886	1,903	1,911	2,155
Gateshead	2,107	2,308	2,322	4,561	5,005	5,173
Hartlepool	1,614	1,789	1,951	1,610	1,801	2,005
Middlesbrough	2,196	2,427	2,517	3,216	3,560	3,696
Newcastle-upon-Tyne	2,244	2,465	2,615	6,447	7,092	7,506
North Tees	1,331	1,569	1,826	2,707	3,256	3,852
North Tyneside	1,812	2,092	2,273	4,076	4,770	5,248
Northumberland	1,583	1,716	1,767	5,854	6,525	6,888
Redcar and Cleveland	1,716	1,882	2,034	2,706	2,996	3,297
South Tyneside	1,892	1,992	2,083	3,304	3,526	3,745
Sunderland Teaching	1,870	1,943	2,049	5,825	6,140	6,491
North East	1,749	1,898	2,046	50,579	55,510	60,755
England	1,290	1,384	1,473	735,512	799,120	863,257

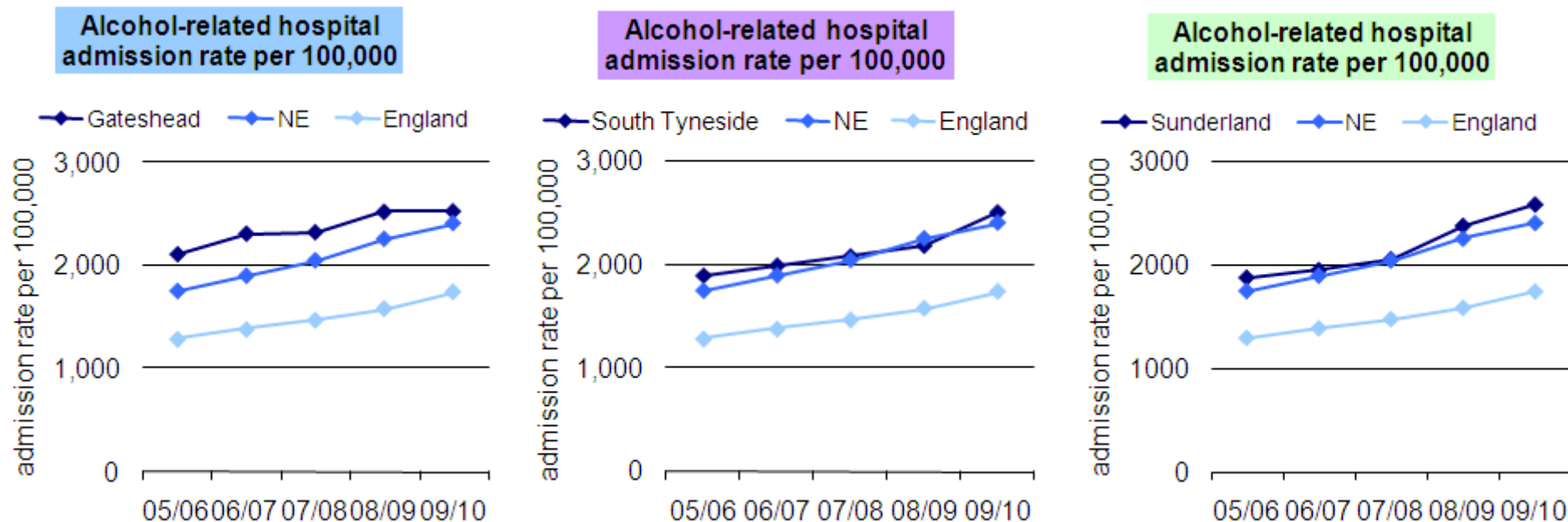
Source: Department of Health published on North West Public Health Observatory website at www.nwph.net/alcohol/lape/, annual data for 2008/09 will be published in March 2010

The methodology for calculating the number of alcohol-related hospital admissions was developed by the North West Public Health Observatory. Following international best practice, the NWPHE methodology includes a wide range of diseases and injuries in which alcohol plays a part and estimates the proportion of cases that are attributable to the consumption of alcohol. Details of the conditions and associated proportions can be found in the report by Jones et al (2008).

References:

Jones L, Bellis MA, Dedman D et al.(2008) "Alcohol-attributable fractions for England: Alcohol-attributable mortality and hospital admissions", Centre for Public Health, Liverpool John Moores University, Liverpool.

Alcohol harm-related hospital admission rates (cont.)

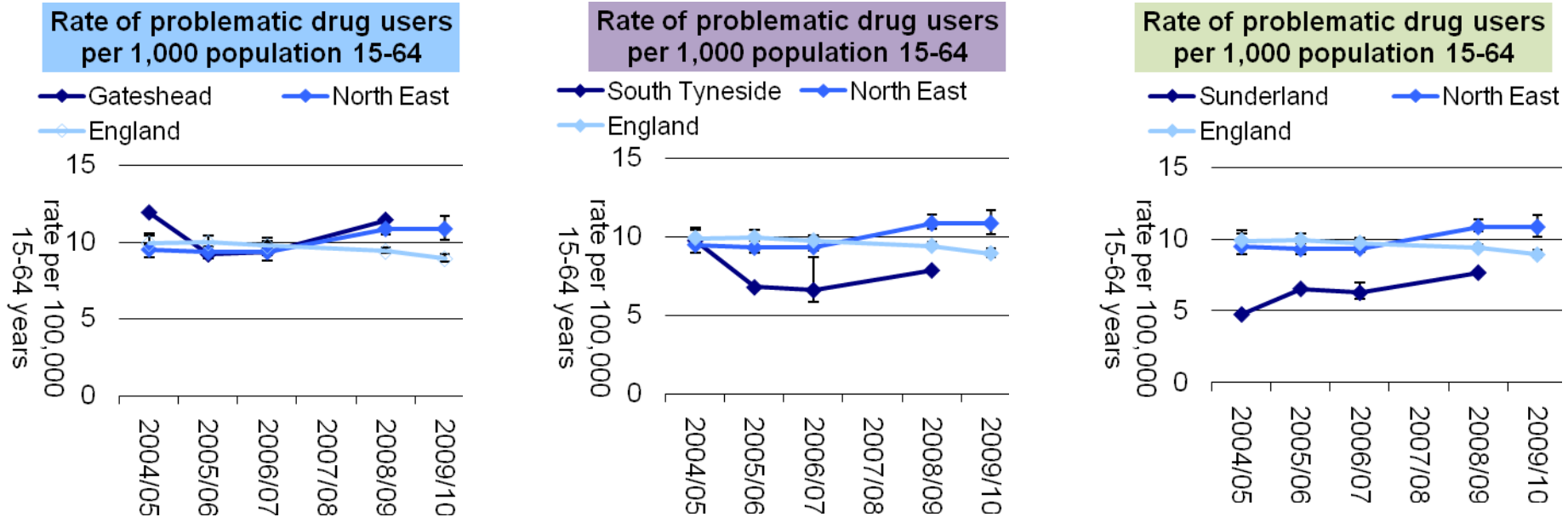


	Gateshead admission rate	Gateshead number of admissions	South Tyneside admission rate	South Tyneside number of admissions	Sunderland admission rate	Sunderland number of admissions	North East admission rate	England admission rate
05/06	2107	4561	1892	3304	1870	5825	1749	1290
06/07	2308	5005	1992	3526	1943	6140	1898	1384
07/08	2322	5173	2083	3745	2049	6491	2046	1473
08/09	2520	5670	2189	3961	2374	7588	2254	1583
09/10	2526	5705	2518	4610	2581	8310	2406	1743

Source: Department of Health, published on the North West Public Health Observatory website at www.nwph.net/alcohol/lape/. Figures for 2010/11 will be published in March 2012

8.9. Number and percentage of people with a drug addiction

Estimated prevalence of opiate and/or crack cocaine misuse among persons aged 15-64 years - number of problematic drug users and rate per 1,000 population 15-65 years.



	Gateshead Number of problematic users	Gateshead Rate per 1,000 people aged 15- 64 years	S Tyneside Number of problematic users	S Tyneside Rate per 1,000 people aged 15- 64 years	Sunderland Number of problematic users	Sunderland Rate per 1,000 people aged 15- 64 years	North East Rate per 1,000 people aged 15- 64 years	England Rate per 1,000 people aged 15- 64 years
2004/05	1,484	11.9	947	9.7	899	4.8	9.5	9.9
2005/06	1,151	9.2	660	6.8	1,242	6.6	9.3	10.0
2006/07	1,169	9.4	648	6.6	1,179	6.3	9.4	9.8
2007/08								
2008/09	1,437	11.5	781	7.8	1,444	7.7	10.8	9.4
2009/10							10.8	8.9

Source: Hay G, Gannon M et al "Estimates of the prevalence of opiate use and/or crack cocaine use", Centre for Drug Misuse Research, University of Glasgow - an annual series, not published for 2007/08, available at www.nta.nhs.uk. NE LA figures not available for 2009/10.

South Tyneside 2011 Joint Strategic Needs Assessment – Data Annex Chapter 8 Adult Lifestyle

Version control

Version number	Date completed	Amended/added content
1	11 th March 2011	New chapter created to hold content relating to adult lifestyle.
2	24 th August 2011	Quality assured
3	25 th August 2011	Pagination amended