

## Health:

### Health status and healthy behaviour



# State of Wales briefing: Health

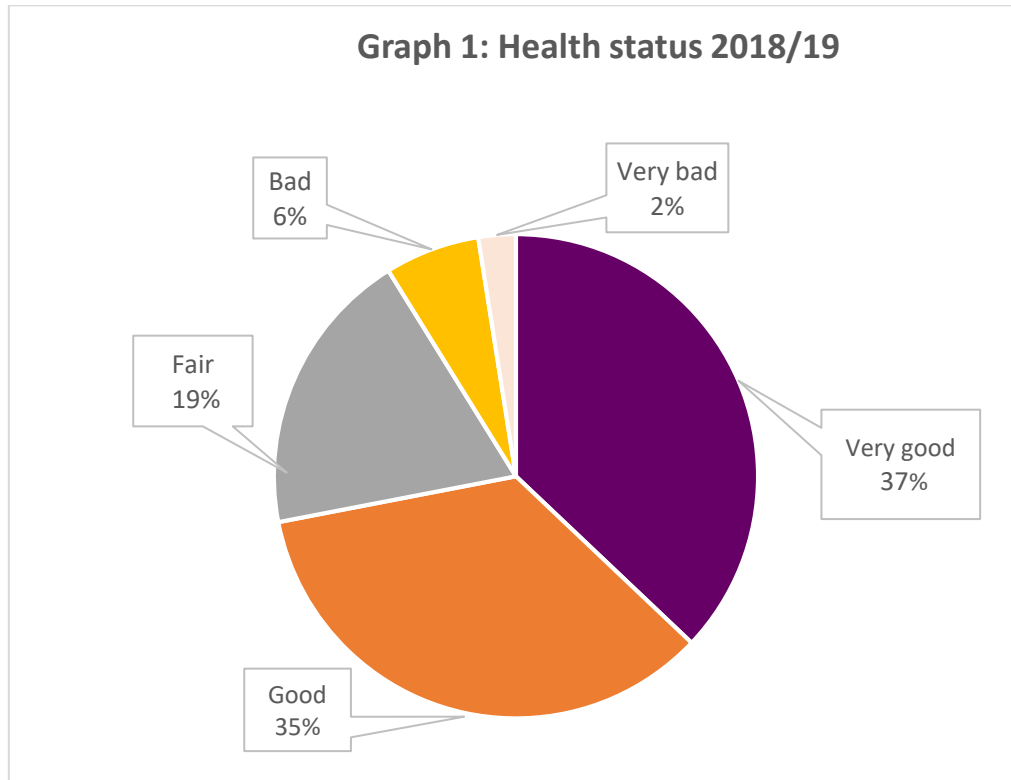
## Key messages:

- The majority of the population report that their health is either good or very good. However, there is a significant minority of people who report their health as bad or very bad.
- There is a significant association between deprivation and health status. People living in the most deprived areas and people living in social housing are much more likely to report bad or very bad health than people in the least deprived areas and who are owner-occupiers.
- Healthy behaviours are most common amongst women across all age ranges.
- Over half the population have never smoked. The proportion of people who smoke has fallen.
- While the majority of people either do not drink alcohol or drink within the recommended guidelines, almost one fifth of people drink above the recommended amount on a weekly basis.

All data in this briefing is comes from the National Survey for Wales 2018/19. All data, with the exception of local authority data the was accessed via the results viewer at <https://gov.wales/national-survey-wales-results-viewer>. The local authority data was provided by request.

## Health status

In 2018/19, 72% of the Welsh population reported that their health was good or very good, slightly down on 2014/15. 8% said their health was bad or very bad, slightly down on 2014/15.

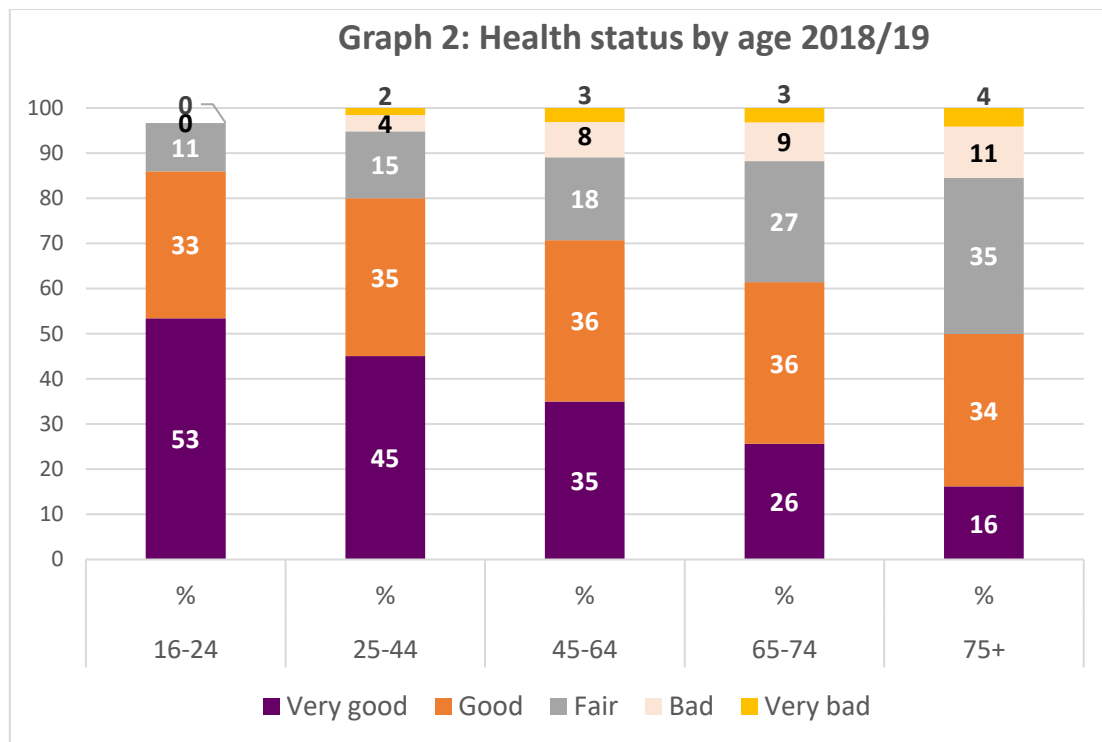


### Gender

A slightly higher proportion of men than women report good or very good health (73% compared with 70%) and the same proportion of men and women report bad or very bad health (9%).

### Age

The proportion of people in good or very good health declines with age. However, half of people aged 75 and over still said their health was either good or very good. The proportion of people reporting bad or very bad health also increases with age, so that 15% of people aged 75+ report bad or very bad health compared with 6% of 25-44 year-olds.



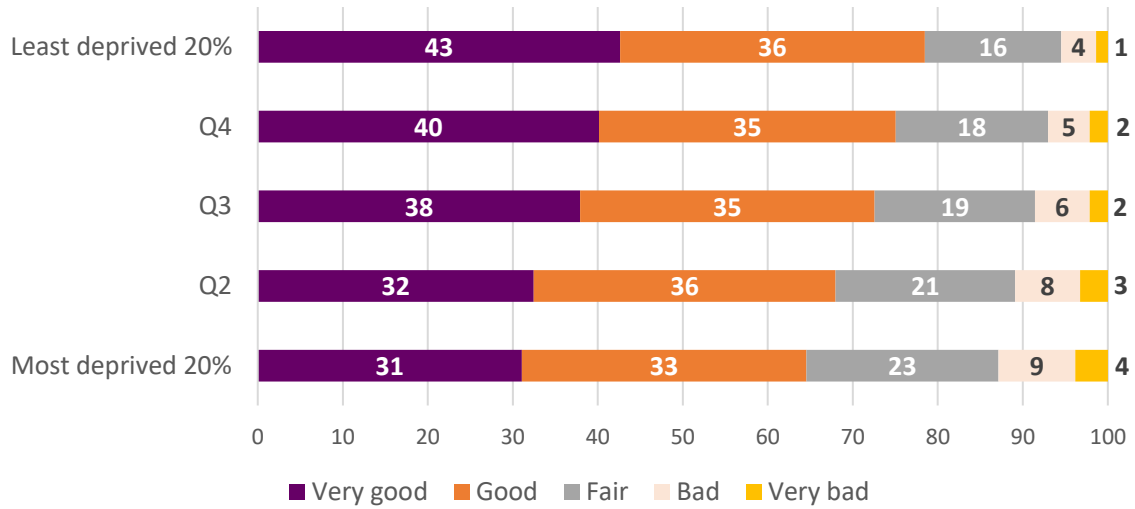
## Deprivation

Health status varies with area deprivation (Graph 3). A smaller proportion of people in the most deprived areas report that their health is good or very good than in the least deprived areas (60% compared with 76%). 13% of people in the most deprived areas say their health is bad or very bad compared with 5% in the least deprived. This represents a slight reduction on the previous year in reports of bad or very bad health in both the least and most deprived areas.

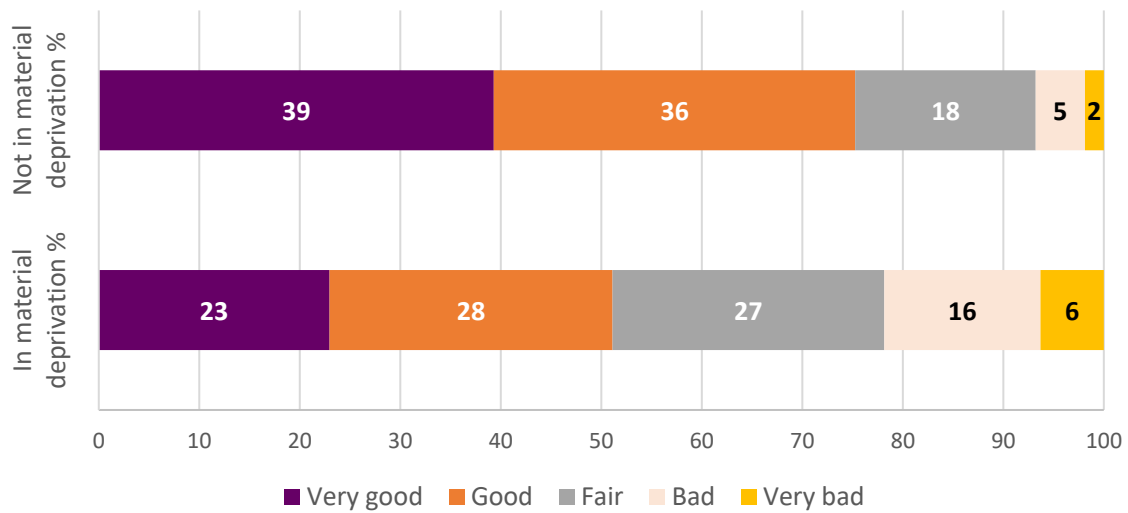
At household level, the difference between those in material deprivation and those who are not in material deprivation is greater (Graph 4). People in not-deprived households are almost twice as likely to report very good health than in materially deprived households (39% compared with 23%) and three times less likely to report bad or very bad health (7% compared with 22%). Compared to the previous year, there has been slight increase in both groups reporting good or very good health.

The relationship between deprivation and health is also reflected in housing tenure (Graph 5). While over 75% of people in owner-occupied and private-rented housing have good or very good health, this falls to 52% amongst people living in social housing. People living in social housing are three times more likely to report bad or very bad health compared to owner-occupiers (21% compared to 7%)

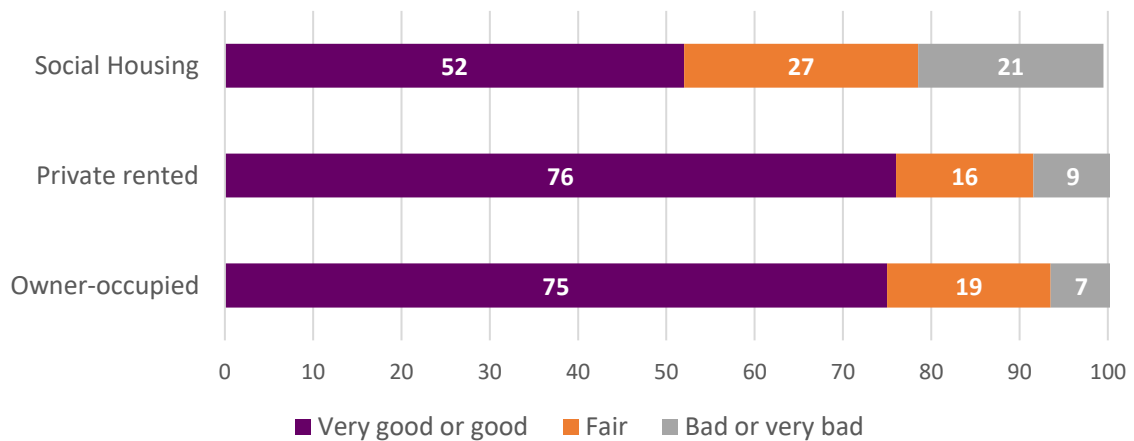
**Graph 3: Health status, deprivation quintile 2018/19**



**Graph 4: Health status, Household deprivation 2018/19**



**Graph 5: Health status, tenure 2018/19**



## Local authority

There are marked variations between people's health status by where they live (Table 1). The smallest proportions of people reporting that their health is good or very good are in Blaenau Gwent (65%), Carmarthenshire (66%) and Denbighshire (67%) with the largest proportions being in Gwynedd, Cardiff or Monmouthshire (all at 78%).

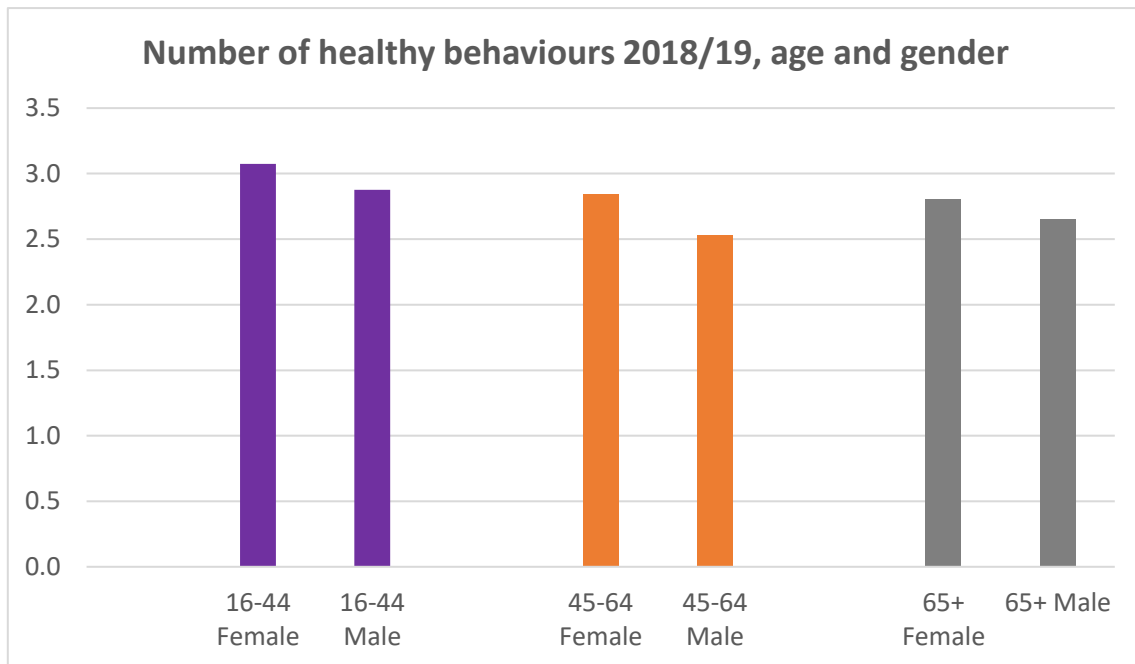
There is a similar pattern in people reporting bad or very bad health, with the largest proportions in Blaenau Gwent (13%), Bridgend (13%) and Carmarthenshire (11%).

**Table 1: Health Status by local authority, 2018/2019**

|                   | Very good or good (%) | Fair (%) | Bad or very bad (%) |
|-------------------|-----------------------|----------|---------------------|
| Blaenau Gwent     | 65                    | 22       | 13                  |
| Carmarthenshire   | 66                    | 23       | 11                  |
| Denbighshire      | 67                    | 23       | 10                  |
| Torfaen           | 68                    | 23       | 9                   |
| Bridgend          | 68                    | 19       | 13                  |
| Neath Port Talbot | 68                    | 23       | 9                   |
| Vale of Glamorgan | 69                    | 22       | 8                   |
| Ceredigion        | 70                    | 20       | 10                  |
| Pembrokeshire     | 70                    | 23       | 7                   |
| Rhondda Cynon Taf | 70                    | 20       | 10                  |
| Caerphilly        | 70                    | 19       | 10                  |
| Newport           | 71                    | 21       | 8                   |
| Isle of Anglesey  | 72                    | 21       | -                   |
| Merthyr Tydfil    | 73                    | 19       | 9                   |
| Swansea           | 73                    | 18       | 10                  |
| Powys             | 73                    | 19       | 7                   |
| Conwy             | 75                    | 17       | 9                   |
| Wrexham           | 75                    | 16       | 9                   |
| Flintshire        | 76                    | 17       | 6                   |
| Monmouthshire     | 78                    | 15       | 7                   |
| Cardiff           | 78                    | 15       | 7                   |
| Gwynedd           | 78                    | 15       | -                   |

## Healthy behaviours

The number of healthy behaviours amongst the adult population is on average 2.8 (out of five). Women have a higher number of healthy behaviours than men and this is the case across all age ranges. The highest number of healthy behaviours is amongst women aged 16-44, while the lowest number is amongst men aged 45-64.



Unfortunately data on individual healthy behaviours and people's characteristics are no longer available.

### Smoking and alcohol

The proportion of people who smoke continues to decline and more than half of the population has never smoked. 17% of people report that they are smokers, representing a 2% reduction on the previous year. There has been a corresponding increase in the number of non-smokers to 54%.

Well over three-quarters of the population either do not drink alcohol or drink alcohol within recommended guidelines. However, just under one fifth of the population (18%) consumes alcohol on a weekly basis that exceeds recommended guidelines.

### Physical activity

Over half the population engage in 150 minutes or more moderate to vigorous physical activity per week (53%). This represents a slight decrease on 2016 / 17. 14% of the population do between 30 and 150 minutes of moderate to vigorous exercise per week, and one third of people do 30 minutes or less per week.

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We have made every effort to ensure that the data in this briefing is accurate and up to date at the time of writing. However, we cannot be held responsible for any error or omission in the briefing or change in the source data.



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