

Adult Lifestyle Survey Results 2017

Indicator	Doxford	Hendon	Millfield	Ryhope	St Michael's	Sunderland	England
Male Life Expectancy	80.6	71.2	76.4	76.4	78.4	77.1	79.4
Female Life Expectancy	83.2	77.3	80.9	82.1	82.4	80.9	83.1
Smoking Prevalence	9.1	25.9	22.2	12.1	14.8	16.3	17.5
Drinking Prevalence	71.7	60.4	61.1	72.6	73.6	66.4	67.3
Exceeding safe levels of drinking	22.5	20.4	19.3	23.8	25.1	21.6	22
Binge Drinking	28.3	24.7	26.7	30.9	29.4	26.3	27.9
Physical activity 5+ days	33.2	42.5	31.1	41.7	36.4	39.2	37
5+ portions fruit and veg	58.2	45.3	36.3	47.1	51.5	46.8	47.4
Excess weight	58.6	60.7	53.2	62.2	46.2	56	58.5
Mental Wellbeing	53.2	51.4	52.1	53.9	53	52.7	52.7

Table One: Adult Lifestyle Survey Results: RAG system is based against the Sunderland average only.

Findings

- Working towards increasing males life expectancy should be encouraged
- Smoking is a large concern in Hendon and Millfield wards
- Drinking alcohol to either exceeding safe levels of drinking or binge drinking is an issue across the whole East area
- More people need to be encouraged to carry out at least 30 minutes of physical activity, combined with a healthier diet to tackle obesity
- Smoking, drinking, lack of exercise and poor diet could relate to coping mechanisms relating to stress or mental health concerns. Addressing all the factors outlined above should contribute towards improving mental wellbeing.