

Chapter 3: Healthy Living

Healthy Lifestyle

3.1 Weight Management

3.2 Physical Activity

Addictive Behaviours

3.3 Tobacco Control & Smoking

3.4 Drugs & Alcohol

Appendix



Key Points

Introduction

Tackling obesity is one of the greatest long-term health challenges currently faced in England. Around two-thirds (63%) of adults are above a healthy weight, and of these half are living with obesity.

Obesity is associated with reduced life expectancy and a range of health conditions including type 2 diabetes, cardiovascular disease, liver and respiratory disease and cancer. Obesity prevalence is highest among the most deprived groups in society.

Interpretation

As of 2020/21, over 70% of Sandwell's adults are considered overweight or obese, which is significantly higher than England and the West Midlands region.

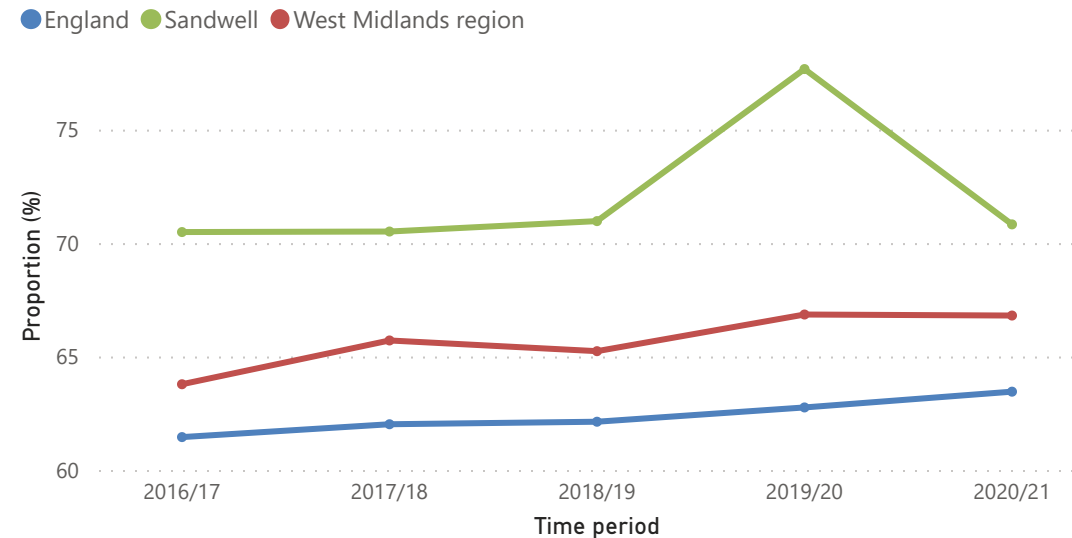
Local Services

Healthy Sandwell offer various services to help manage weight loss.

Please call 0800 011 4656 or use the website: <https://www.healthysandwell.co.uk/our-services/healthy-weight/>

Note: These statistics are based on the [Active Lives survey](#) conducted by Sport England.

Percentage of adults (aged 18 plus) classified as overweight or obese



Time period	Value(%)	LowerCI95%	UpperCI95%
2020/21	70.8	66.3	75.3
2019/20	77.7	73.5	81.7
2018/19	71.0	66.7	75.3
2017/18	70.5	66.1	75.1
2016/17	70.5	67.3	73.7

Methodology for data collection and analysis

Questions on self reported height and weight are included in the Active Lives Survey to provide data for monitoring excess weight in adults at local authority level for the Public Health Outcomes Framework (PHOF).

It is known that adults tend to underestimate their weight and overestimate their height when providing self reported measurements and the extent to which this occurs can differ between population groups. Therefore prevalence of excess weight (overweight including obese) calculated from self reported data is likely to produce lower estimates than prevalence calculated from measured data.

Differences between self reported and measured height and weight vary in a systematic way, primarily as a function of age and sex. This systematic variation can be described by formulas which may be used to adjust self-reported height and weight measurements at an individual level to give likely actual height and weight.

The Active Lives Adult Survey self-reported height and weight have been adjusted at individual level using formulas estimated by researchers at University College London (UCL) with Health Survey for England (HSE) data from 2011 to 2016. HSE collects data on both self-reported and measured height and weight from the same individuals and this allows adjustment formulas to be estimated.

The prevalence are weighted to be representative of the whole population at each level of geography. They have also been age-standardised, to the European Standard Population, to improve comparability of excess weight prevalence between Local Authorities and over time.

Key Points

Introduction

Physical inactivity is the 4th leading risk factor for global mortality accounting for 6% of deaths globally. People who have a physically active lifestyle have a 20-25% lower risk of cardiovascular disease, coronary heart disease and stroke, compared to those who have a sedentary lifestyle. Regular physical activity is also associated with a reduced risk of diabetes, obesity, osteoporosis and colon/breast cancer and with improved mental health.

In older adults, physical activity is associated with increased functional capacities. The estimated direct cost of physical inactivity to the NHS across the UK is over £0.9 billion per year.

Interpretation

Fewer proportions of Sandwell residents are physically active compared to the West Midlands and England. Greater proportions of Sandwell residents are physically inactive compared to the West Midlands and England.

Local services

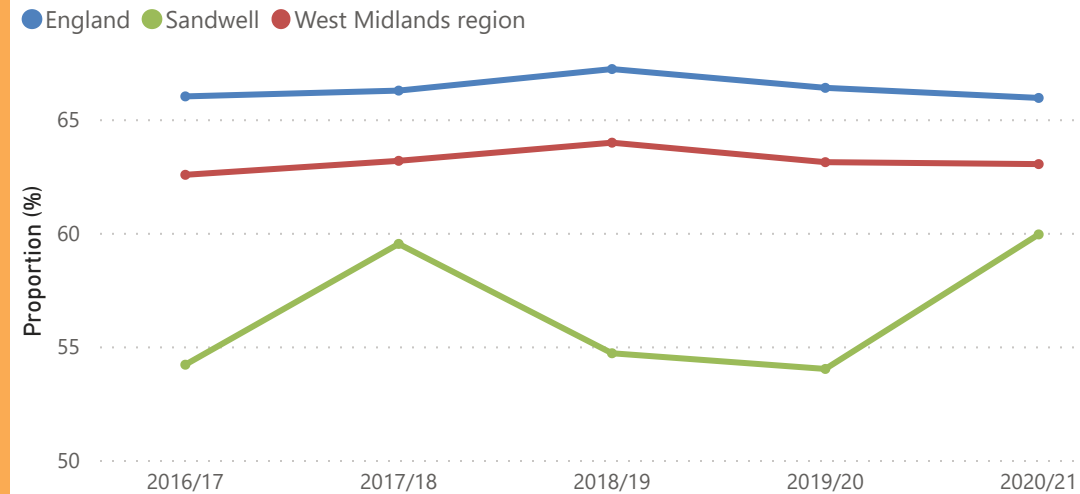
Health Sandwell offer various services to manage weight loss. Please call 0800 011 4656 or use the website:

<https://www.healthysandwell.co.uk/our-services/healthy-weight/>

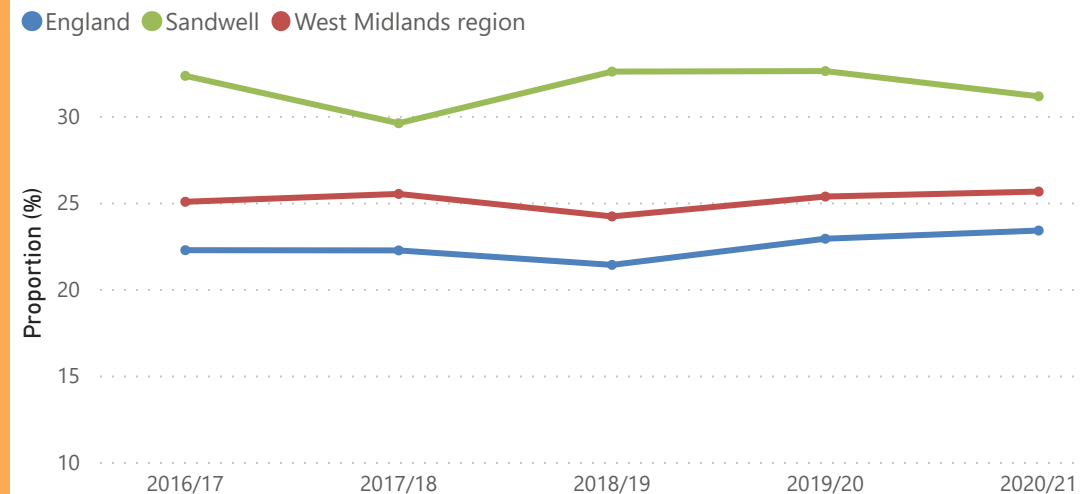
Data source

These indicators are presented by Public Health England and are based on the Active Lives Survey, Sport England. The latest update presents data from Active Lives Adult Survey for the period mid-November 2021 to mid-November 2022.

Note: The inactive adults indicator is not the inverse of active adults - please see definitions for further information.

Percentage of physically active adults 

Time period	Value(%)	LowerCI95%	UpperCI95%
2020/21	59.9	55.6	64.2
2019/20	54.0	49.6	58.4
2018/19	54.7	50.2	59.1
2017/18	59.5	55.1	63.8
2016/17	54.2	51.0	57.5

Percentage of physically inactive adults 

Time period	Value(%)	LowerCI95%	UpperCI95%
2020/21	31.1	27.1	35.4
2019/20	32.6	28.5	36.8
2018/19	32.6	28.4	36.9
2017/18	29.6	25.6	33.7
2016/17	32.3	29.3	35.4

Key Points

Introduction

Smoking is the biggest single cause of preventable ill health and premature mortality in England. Smoking is associated with cancers in other organs, including lip, mouth, throat, bladder, kidney, stomach, liver and cervix. Smoking is a modifiable behaviour risk factor and effective tobacco control measures can reduce the prevalence of smoking in the population.

Smoking during pregnancy

Smoking during pregnancy can cause serious pregnancy related health problems. These include complications during labour and an increased risk of miscarriage, premature birth, stillbirth, low birth-weight and sudden unexpected death in infancy. Encouraging pregnant women to stop smoking during pregnancy may also help them kick the habit for good, and thus provide health benefits for the mother and reduce exposure to second hand smoke by the infant.

Interpretation

The percentage of people smoking at time of delivery in Sandwell matches the national level (9%). The rate of smokers that have successfully quit at 4 weeks in Sandwell is higher than England and more than double the West Midlands rate.

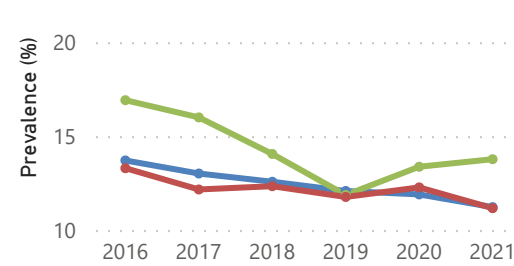
Local services

Healthy Sandwell offer a 12 week stop smoking programme available at various locations across Sandwell. Call 0800 011 4656 for a referral. or visit <https://www.healthysandwell.co.uk/contact-us/>

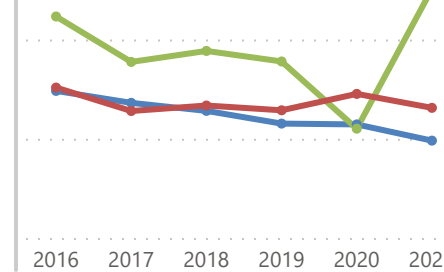
Smoking prevalence in adults

● England ● Sandwell ● West Midlands region

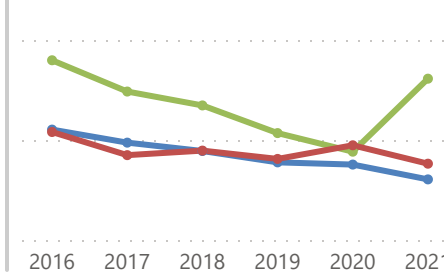
Female



Male



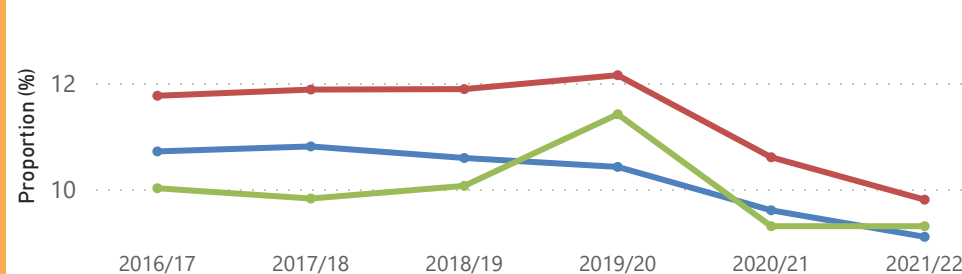
Persons



Time period	Female	Male	Persons
2021	13.8	22.5	18.1
2020	13.4	15.5	14.4
2019	11.9	18.9	15.3
2018	14.1	19.4	16.7
2017	16.0	18.9	17.4
2016	16.9	21.2	19.0

Smoking status at time of delivery (SATOD) ⓘ

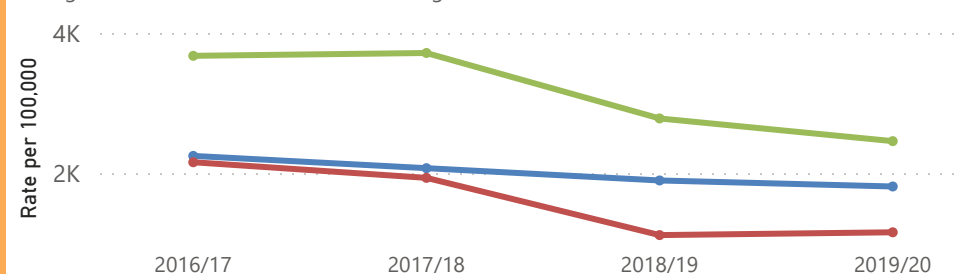
● England ● Sandwell ● West Midlands region



Time period	SATOD %	Lower CI 95.0 limit	Upper CI 95.0 limit
2021	9.3	8.5	10.3
2020	9.3	8.5	10.2
2019	11.4	10.5	12.4
2018	10.1	9.2	11.0
2017	9.8	9.0	10.7
2016	10.0	9.2	10.9

Smokers (aged 16+) that have successfully quit at 4 weeks ⓘ

● England ● Sandwell ● West Midlands region



Time period	Quits (n)	Rate (per 100k)	Lower CI 95.0 limit	Upper CI 95.0 limit
2019/20	957	2455.8	2117.5	2851.9
2018/19	1178	2779.5	2419.8	3207.1
2017/18	1632	3713.9	3252.3	4245.4
2016/17	1747	3673.6	3239.5	4187.2

Source: Office for Health Improvement & Disparities, Public Health Profiles [Date accessed 11/04/22], <https://fingertips.phe.org>, Indicators [92443,93085,1210]

Key Points

The main 3 indicators included in the Public Health Outcomes Framework (PHOF) covers opiate, non-opiate and alcohol recovery for adults receiving structured treatment.

Individuals achieving this outcome for these substances demonstrate a significant improvement in health and well-being in terms of increased longevity, reduced blood-borne virus transmission, improved parenting skills and improved physical and psychological health. In addition, for alcohol, it will also reduce the harms to others by dependent drinking.

It aligns with the ambition of both public health and the Government's drug strategy of increasing the number of individuals recovering from addiction. It also aligns well with the reducing re-offending outcome, as offending behaviour is closely linked to substance use and it is well demonstrated the cessation of drug and alcohol uses reduces re-offending significantly. This in turn will have benefits to a range of wider services and will address those who cause the most harm in local communities.

The local service

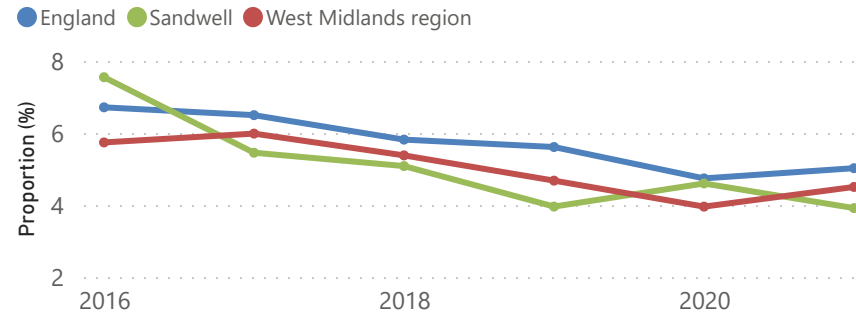
Healthy Sandwell offer various support services to help manage alcohol or drug misuse, you can contact the team via Telephone: 0800 011 4656 or access the website: <https://www.healthysandwell.co.uk/contact-us/>

Methodology for data collection & analysis

Controls

2016 2021

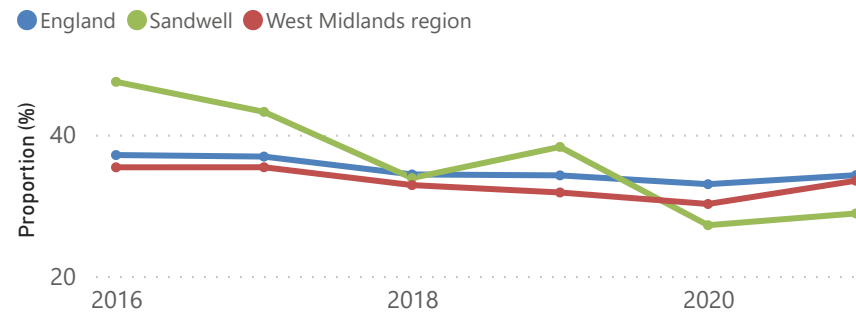
Successful completion of drug treatment - opiate users



Time period	Value %	Lower CI 95%	Upper CI 95%
2021	3.9	2.9	5.4
2020	4.6	3.4	6.1
2019	4.0	2.9	5.4
2018	5.1	3.9	6.7
2017	5.5	4.2	7.1
2016	7.5	6.0	9.4

In 2021 Sandwell's successful completion of drug treatment - opiate users was lower than England and the West Midlands. ⓘ

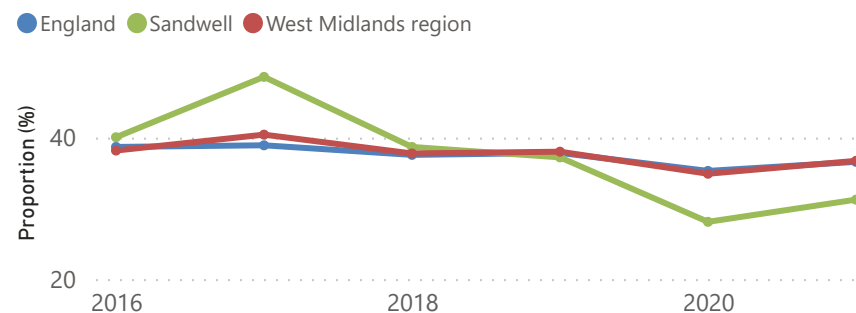
Successful completion of drug treatment - non-opiate users



Time period	Value %	Lower CI 95%	Upper CI 95%
2021	28.9	24.3	33.9
2020	27.2	21.8	33.2
2019	38.3	31.1	45.9
2018	33.9	26.1	42.6
2017	43.2	35.7	51.1
2016	47.5	40.6	54.4

In 2021 Sandwell's successful completion of drug treatment - non opiate users was lower than England and the West Midlands.

Successful completion of alcohol treatment



Time period	Value %	Lower CI 95%	Upper CI 95%
2021	31.2	27.7	35.0
2020	28.1	24.2	32.4
2019	37.2	32.8	41.8
2018	38.7	34.4	43.2
2017	48.6	44.8	52.5
2016	40.1	36.4	43.9

In 2021 Sandwell's successful completion of alcohol treatment was lower than England and the West Midlands.

Source: Office for Health Improvement & Disparities, Public Health Profiles [Date accessed 12/04/22], <https://fingertips.phe.org>, Indicators [90244,90245,92447]

Appendix: Chapter 3 - Healthy Living

Data Sources

Weight Management

Office for Health & Improvement & Disparities, Public Health Profiles [Date accessed 11/04/2023] <https://fingertips.phe.org.uk>, Indicator 93088

Physical Activity

Source: Office for Health & Improvement & Disparities, Public Health Profiles [Date accessed 11/04/2023] <https://fingertips.phe.org.uk>, Indicator 90314, 90315

Tobacco Control & Smoking

Source: Office for Health & Improvement & Disparities, Public Health Profiles [Date accessed 11/04/2023] <https://fingertips.phe.org.uk>, Indicator 1210, 92443, 93085

Drugs & Alcohol

Source: Office for Health & Improvement & Disparities, Public Health Profiles [Date accessed 11/04/2023] <https://fingertips.phe.org.uk>, Indicator 90244, 90245, 92447

Contact

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