

SDR 67/2016

01 June 2016

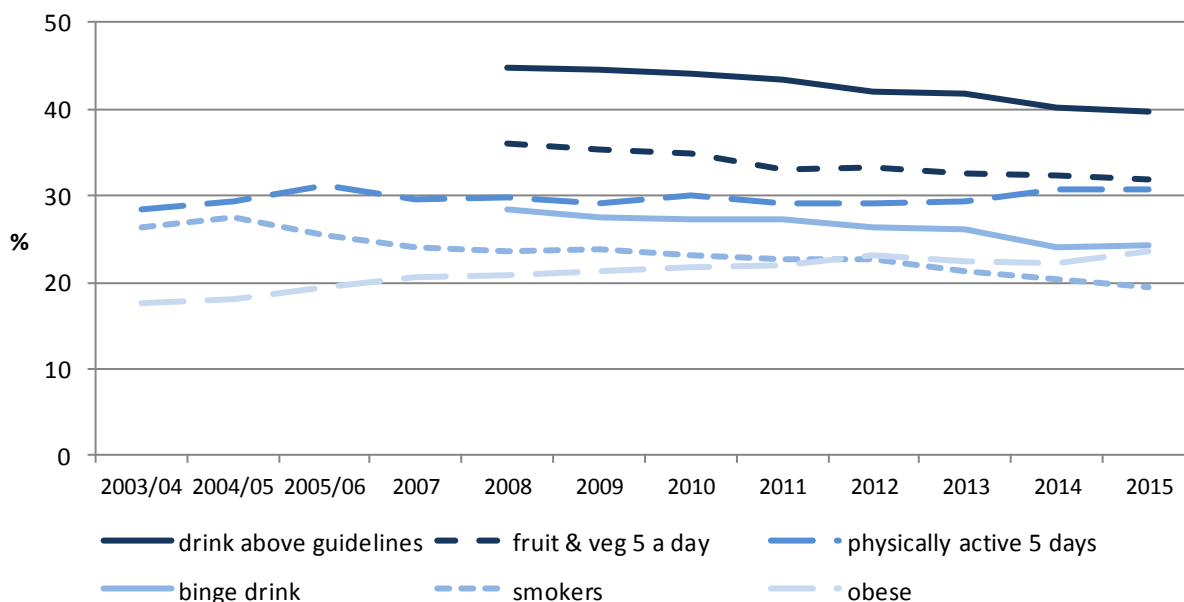
Welsh Health Survey 2015: Initial headline results

The Welsh Health Survey (WHS) provides unique information about the health and health-related lifestyle of people living in Wales. It covers a range of health-related issues including health status, lifestyle and health behaviours, and use of health services. This statistical release contains some initial headline results from the 2015 Welsh Health Survey. More detailed data will be published throughout the year in statistical bulletins and online tables. Details of upcoming releases can be found at: <http://gov.wales/statistics-and-research>.

Key results for Health-related lifestyle:

Figure 1: Reported lifestyle behaviours in adults, 2003/04-2015*

*See table 1 for definitions



WHS includes several questions about the health-related lifestyles of adults.

- 19% of adults reported that they currently **smoked**.
- 6% of adults reported that they currently use an **e-cigarette**.
- 32% of adults reported eating five or more portions of **fruit and vegetables** the previous day.
- 59% of adults were classified as **overweight or obese**, including 24% **obese**.

Statistician: Josh Dixon / Cath Roberts

Tel: 029 2082 6710 / 5033

E-mail: stats.healthinfo@wales.gsi.gov.uk

Next update: No longer updated

Twitter: www.twitter.com/statisticswales | www.twitter.com/ystadegaucymru

Cyhoeddwyd gan Y Gwasanaethau Gwybodaeth a Dadansoddi

Llywodraeth Cymru, Parc Cathays, Caerdydd, CF10 3NQ

Ffôn – Swyddfa'r Wasg **029 2089 8099**, Ymholiadau Cyhoeddus **029 2082 5050**

www.llyw.cymru/ystadegau

Issued by Knowledge and Analytical Services

Welsh Government, Cathays Park, Cardiff, CF10 3NQ

Telephone – Press Office **029 2089 8099**, Public Enquiries **029 2082 5050**

www.gov.wales/statistics



Llywodraeth Cymru
Welsh Government

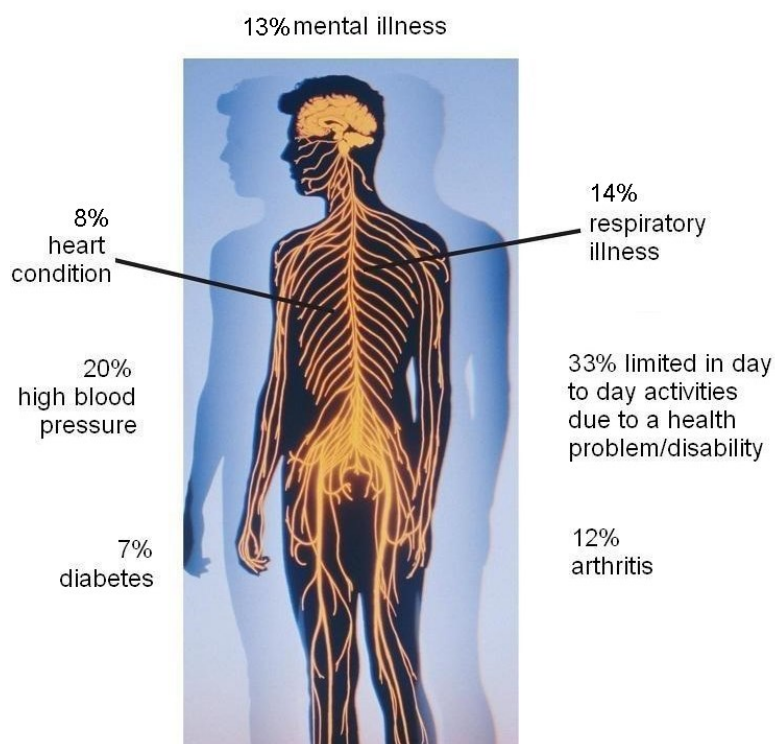
Health-related lifestyle (continued)

- 58% of adults reported being **physically active** (doing at least 150 minutes of moderate¹ intensity physical activity in blocks of 10 minutes or more in the previous week), and 30% reported being inactive (active for less than 30 minutes in the previous week)².
- 40% of adults reported **drinking** above the guidelines³ on at least one day in the past week, including 24% who reported drinking more than twice the daily guidelines (sometimes termed binge drinking).
- There has been a decrease in smoking rates since the survey started in 2003/04. Obesity levels have increased during this time. There has been little change in physical activity (using the physically active for at least 30 minutes on five or more days in the previous week guideline) during this time, rates fluctuate from year to year. Compared with guidelines, there has been a small decline in levels of drinking and in fruit and vegetable consumption since 2008 (when the current questions were introduced) (figure 1).

Key results for illnesses:

Figure 2: Adults who reported being treated for selected illnesses, or having certain conditions*

*With the exception of limitation in daily activities, the figures show the percentage of adults who report currently being treated.



WHS includes questions about general health status and other conditions among adults.

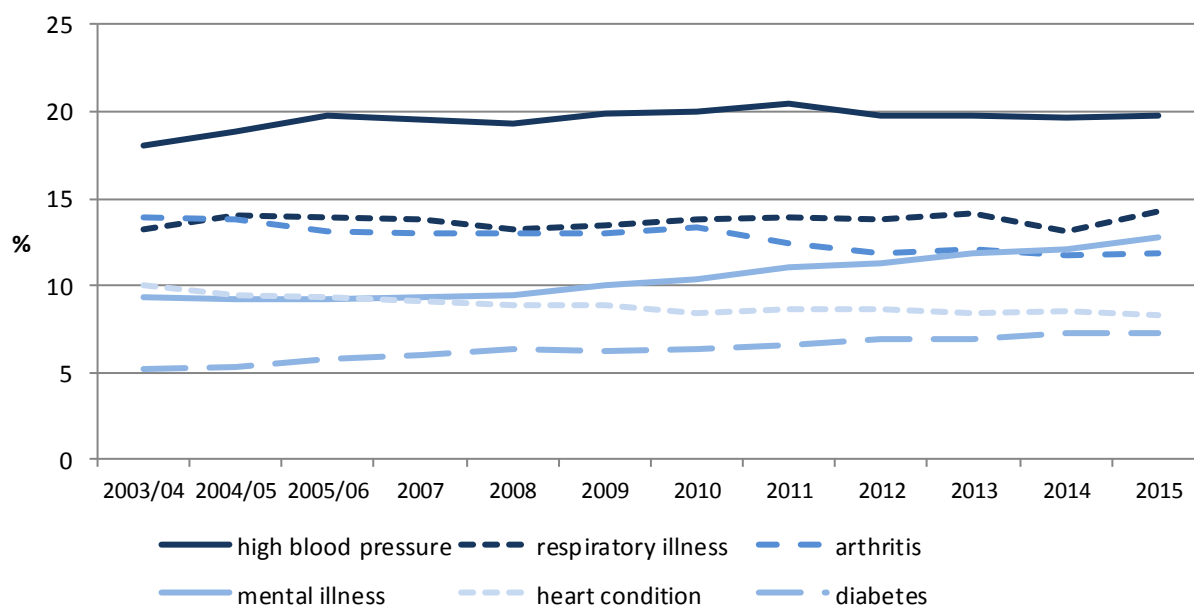
- 51% of adults reported currently being treated for an **illness** such as 20% of adults currently being treated for high blood pressure, 14% for a respiratory illness, 13% for a mental illness, 12% for arthritis, 8% for a heart condition, and 7% for diabetes (figure 2).
- 33% of adults reported that their day-to-day activities were **limited** because of a health problem/ disability, including 15% who were limited a lot.
- 19% of adults reported **fair or poor** general health.

¹ Alternatively, half the quantity of vigorous activity (or an equivalent combination of moderate and vigorous activity) can be done in place of the specified quantity of moderate activity.

² These are based on new questions to assess revised physical activity guidelines. A portion of respondents were asked the previous questions to allow continued monitoring of trends, these showed that 31% of adults reported being physically active for at least 30 minutes on 5 or more days the previous week. Further information on the change in physical activity questions is available in a statistical article and in the statistical bulletin on health-related lifestyle results; <http://gov.wales/statistics-and-research/welsh-health-survey>.

³ Based on the alcohol guidelines at the time of the survey. Proposed new guidelines were published in 2016 for consultation; <https://www.gov.uk/government/consultations/health-risks-from-alcohol-new-guidelines>

Figure 3: Adults currently being treated for selected illnesses, 2003/04-2015



- Since the survey started in 2003/04, there has been a slight increase in adults reporting being treated for diabetes and mental illness. Levels of high blood pressure are higher, and heart conditions and arthritis are lower, than in 2003/04, but there has been little change in recent years. There has also been a slight decrease in reporting of fair or poor general health during this time.

Key results for Health Service use:

WHS includes several questions on health service use.

- 17% of adults reported that they had talked to a GP about their own health in the past two weeks.
- 9% of adults reported being in hospital as an inpatient in the past 12 months, 32% reported attending hospital as an outpatient, and 17% reported attending a hospital casualty department.
- 70% of adults reported using a dentist in the past 12 months, and 68% reported using a pharmacist. 51% of adults reported using an optician.
- There has been little change in health service use since the survey started in 2003/04.

Key results for Health of children:

Although the main focus of WHS is on adults, it also includes some information about children.

- 94% of children were reported to have very good or good general health.
- 19% of children were reported as having a long-standing illness, including 7% with a limiting long-standing illness.
- 64% of children were reported as eating fruit every day, and 52% were reported as eating vegetables every day.
- 36% of children were reported as undertaking physical activity for at least an hour on every day of the previous week.
- There has been little change in children's reported health since 2007 (when the current questions were introduced).

Information on child obesity is now collected through the Child Measurement Programme for Wales⁴.

⁴ <http://www.wales.nhs.uk/sitesplus/888/page/67795>

Future of WHS

It has been decided to replace existing surveys, including WHS, with a new survey of adults starting during 2016-17 which will include health-related questions. WHS ceased in its current form at the end of 2015, the results for 2015 will therefore be the final set of WHS results. Future health-related information will be available from the National Survey for Wales.

Table 1: Adults who reported key health-related lifestyles, 2003/04-2015

							Per cent
			Maximum daily alcohol consumption	Consumption of fruit and vegetables	Exercise or physical activity done: Old questions (e)		
	Smoker	Currently use an e-cigarette	Above guidelines (b)	Binge (c)	Meets guidelines (d)	Active on 5 or more days a week (f)	0 active days
Men aged 16+:							
2003/04	27	-	-	-	-	36	32
2004/05	29	-	-	-	-	36	31
2005/06	27	-	-	-	-	38	30
2007 (a)	25	-	-	-	-	36	32
2008	25	-	52	35	35	38	31
2009	26	-	52	34	34	36	31
2010	25	-	51	34	33	37	31
2011	24	-	50	33	32	36	31
2012	25	-	48	31	32	36	31
2013	23	-	48	32	31	37	31
2014	22	-	46	29	30	38	31
2015	21	6	45	30	31	38	29
Women aged 16+:							
2003/04	26	-	-	-	-	22	38
2004/05	26	-	-	-	-	23	36
2005/06	24	-	-	-	-	25	36
2007 (a)	23	-	-	-	-	23	36
2008	22	-	38	22	37	22	37
2009	22	-	38	21	37	23	36
2010	22	-	37	21	36	24	36
2011	21	-	38	22	34	23	38
2012	21	-	36	21	34	23	37
2013	20	-	36	20	34	23	37
2014	19	-	35	19	34	23	37
2015	18	5	34	19	33	24	35
All aged 16+:							
2003/04	26	-	-	-	-	29	35
2004/05	28	-	-	-	-	29	34
2005/06	25	-	-	-	-	31	33
2007 (a)	24	-	-	-	-	29	34
2008	24	-	45	28	36	30	34
2009	24	-	45	27	35	29	34
2010	23	-	44	27	35	30	34
2011	23	-	43	27	33	29	34
2012	23	-	42	26	33	29	34
2013	21	-	42	26	33	29	34
2014	20	-	40	24	32	31	34
2015	19	6	40	24	32	31	32

- (a) From 2007 the fieldwork runs on a calendar year basis
- (b) Drank more than the daily guidelines of 4 units (men) or 3 units (women) on heaviest drinking day in the past week. Based on all adults (drinkers and non-drinkers).
- (c) Drank more than twice the daily guidelines (i.e. more than 8 units (men) or 6 units (women)) on heaviest drinking day in the past week. Based on all adults (drinkers and non-drinkers).
- (d) Ate at least 5 portions of fruit & vegetables the previous day.
- (e) For 2015, a split sample experiment was carried out on the Welsh Health Survey with different respondents asked different sets of questions on physical activity. Further information can be found in the statistical article and Welsh Health Survey: health-related lifestyle statistical bulletin on the following webpage; <http://gov.wales/statistics-and-research/welsh-health-survey>
- (f) Did at least 30 minutes of at least moderate intensity physical activity on 5 or more days the previous week.
- (g) Minutes of moderate physical activity in blocks of 10 minutes or more the previous week. Alternatively, half the quantity of vigorous activity (or an equivalent combination of moderate and vigorous activity) can be done in place of the specified quantity of moderate activity.
- (h) Body Mass Index (BMI) of 25+.
- (i) Body Mass Index (BMI) of 30+.
- (j) Bases vary: those shown are for the whole sample.

Table 1: Adults who reported key health-related lifestyles, 2003/04-2015 (continued)

Per cent							
Exercise or physical activity done:					Unweighted bases for		
New questions (e)(g)		Body Mass Index			physical activity		
Active for 150 minutes or more a week	Active for less than 30 minutes in the previous week	Overweight or obese (h)	Obese (i)	Unweighted base (j)	Old questions	New questions	
Men aged 16+:							
2003/04	-	-	59	17	7,486	7,486	-
2004/05	-	-	60	18	7,437	7,437	-
2005/06	-	-	61	19	6,691	6,691	-
2007 (a)	-	-	62	20	6,418	6,418	-
2008	-	-	62	21	6,119	6,119	-
2009	-	-	62	21	7,412	7,412	-
2010	-	-	63	22	7,420	7,420	-
2011	-	-	62	22	7,458	7,458	-
2012	-	-	64	23	7,309	7,309	-
2013	-	-	63	22	6,943	6,943	-
2014	-	-	61	21	6,554	6,554	-
2015	64	27	63	23	6,323	2,281	4,042
Women aged 16+:							
2003/04	-	-	49	18	8,812	8,812	-
2004/05	-	-	50	18	8,598	8,598	-
2005/06	-	-	51	20	7,614	7,614	-
2007 (a)	-	-	51	21	7,499	7,499	-
2008	-	-	53	21	7,194	7,194	-
2009	-	-	52	21	8,606	8,606	-
2010	-	-	52	21	8,579	8,579	-
2011	-	-	53	22	8,600	8,600	-
2012	-	-	53	23	8,378	8,378	-
2013	-	-	54	23	8,064	8,064	-
2014	-	-	54	23	7,616	7,616	-
2015	53	33	56	24	7,333	2,629	4,704
All aged 16+:							
2003/04	-	-	54	18	16,298	16,298	-
2004/05	-	-	55	18	16,035	16,035	-
2005/06	-	-	56	19	14,305	14,305	-
2007 (a)	-	-	57	21	13,917	13,917	-
2008	-	-	57	21	13,313	13,313	-
2009	-	-	57	21	16,018	16,018	-
2010	-	-	57	22	15,999	15,999	-
2011	-	-	57	22	16,058	16,058	-
2012	-	-	59	23	15,687	15,687	-
2013	-	-	58	22	15,007	15,007	-
2014	-	-	58	22	14,170	14,170	-
2015	58	30	59	24	13,656	4,910	8,746

(a) From 2007 the fieldwork runs on a calendar year basis

(b) Drank more than the daily guidelines of 4 units (men) or 3 units (women) on heaviest drinking day in the past week. Based on all adults (drinkers and non-drinkers).

(c) Drank more than twice the daily guidelines (i.e. more than 8 units (men) or 6 units (women)) on heaviest drinking day in the past week. Based on all adults (drinkers and non-drinkers).

(d) Ate at least 5 portions of fruit & vegetables the previous day.

(e) For 2015, a split sample experiment was carried out on the Welsh Health Survey with different respondents asked different sets of questions on physical activity. Further information can be found in the statistical article and Welsh Health Survey: health-related lifestyle statistical bulletin on the following webpage; <http://gov.wales/statistics-and-research/welsh-health-survey>

(f) Did at least 30 minutes of at least moderate intensity physical activity on 5 or more days the previous week.

(g) Minutes of moderate physical activity in blocks of 10 minutes or more the previous week. Alternatively, half the quantity of vigorous activity (or an equivalent combination of moderate and vigorous activity) can be done in place of the specified quantity of moderate activity.

(h) Body Mass Index (BMI) of 25+.

(i) Body Mass Index (BMI) of 30+.

(j) Bases vary: those shown are for the whole sample.

Table 2: Adults who reported key illnesses or health status, 2003/04-2015

	High blood pressure (b)	Any heart condition excluding high blood pressure (b)	Any respiratory illness (b)	Any mental illness (b)	Arthritis (b)	Diabetes (b)
	%	%	%	%	%	%
Men aged 16+:						
2003/04	17	11	12	7	11	5
2004/05	17	10	13	7	10	6
2005/06	18	10	13	7	10	7
2007 (a)	19	11	13	7	9	6
2008	18	10	12	7	10	7
2009	20	10	13	7	10	7
2010	20	9	13	8	10	7
2011	20	10	13	8	9	8
2012	20	10	12	8	8	8
2013	20	10	13	9	9	8
2014	20	10	12	9	9	8
2015	20	9	13	10	9	8
Women aged 16+:						
2003/04	19	9	14	11	17	5
2004/05	20	9	14	12	17	4
2005/06	21	8	15	11	16	5
2007 (a)	20	8	15	12	16	6
2008	20	8	14	12	16	6
2009	20	8	14	13	16	6
2010	20	7	15	13	16	6
2011	21	8	15	14	16	6
2012	19	8	15	14	15	6
2013	20	7	15	14	15	6
2014	19	7	14	15	15	6
2015	20	7	15	16	15	6
All aged 16+:						
2003/04	18	10	13	9	14	5
2004/05	19	9	14	9	14	5
2005/06	20	9	14	9	13	6
2007 (a)	20	9	14	9	13	6
2008	19	9	13	9	13	6
2009	20	9	13	10	13	6
2010	20	8	14	10	13	6
2011	20	9	14	11	12	7
2012	20	9	14	11	12	7
2013	20	8	14	12	12	7
2014	20	9	13	12	12	7
2015	20	8	14	13	12	7

(a) From 2007 the fieldwork runs on a calendar year basis.

(b) Currently being treated for illness.

(c) Currently being treated for any of the illnesses specified in the survey, or another chronic illness.

(d) Day-to-day activities limited because of health problem or disability lasting (or expected to last) at least 12 months.

(e) Health in general is fair or poor.

(f) Mean scores (not percentages). Higher scores indicate better health and well-being. SF-36 is a measure of health status.

(g) Bases vary: those shown are for the whole sample.

Table 2: Adults who reported key illnesses or health status, 2003/04-2015 (continued)

	Limited by health problem / disability (d)				SF-36		<i>Unweighted base (g)</i>
	Any illness (c)	Limited a lot	Limited at all	Fair / poor health (e)	Physical	Mental	
					component	component	
					summary score (f)	summary score (f)	
	%	%	%	%	<i>Mean</i>	<i>Mean</i>	
Men aged 16+:							
2003/04	44	-	-	20	49.3	51.0	7,486
2004/05	44	-	-	21	49.4	50.8	7,437
2005/06	43	-	-	20	49.6	51.1	6,691
2007 (a)	44	-	-	19	49.5	51.1	6,418
2008	44	-	-	19	49.8	51.1	6,119
2009	45	-	-	20	49.5	50.9	7,412
2010	45	-	-	19	49.4	51.0	7,420
2011	45	15	32	19	49.7	51.1	7,458
2012	46	15	31	19	49.8	51.0	7,309
2013	47	15	30	18	49.8	50.7	6,943
2014	46	14	31	18	49.7	50.8	6,554
2015	47	14	31	18	49.8	50.5	6,323
Women aged 16+:							
2003/04	50	-	-	23	48.3	48.6	8,812
2004/05	51	-	-	23	47.9	48.5	8,598
2005/06	52	-	-	23	48.3	48.5	7,614
2007 (a)	52	-	-	22	48.1	48.9	7,499
2008	52	-	-	22	48.2	48.6	7,194
2009	52	-	-	22	48.1	49.0	8,606
2010	52	-	-	21	48.0	48.8	8,579
2011	53	17	36	22	48.1	48.6	8,600
2012	52	17	36	22	48.2	48.4	8,378
2013	53	17	35	21	48.2	48.4	8,064
2014	53	16	35	21	47.9	48.4	7,616
2015	54	16	36	21	48.1	48.0	7,333
All aged 16+:							
2003/04	47	-	-	22	48.8	49.8	16,298
2004/05	48	-	-	22	48.6	49.6	16,035
2005/06	48	-	-	21	48.9	49.8	14,305
2007 (a)	48	-	-	21	48.8	50.0	13,917
2008	48	-	-	20	48.9	49.8	13,313
2009	48	-	-	21	48.8	49.9	16,018
2010	49	-	-	20	48.7	49.9	15,999
2011	49	16	34	21	48.9	49.8	16,058
2012	49	16	34	20	49.0	49.7	15,687
2013	50	16	33	20	48.9	49.5	15,007
2014	50	15	33	19	48.8	49.6	14,170
2015	51	15	33	19	48.9	49.2	13,656

(a) From 2007 the fieldwork runs on a calendar year basis.

(b) Currently being treated for illness.

(c) Currently being treated for any of the illnesses specified in the survey, or another chronic illness.

(d) Day-to-day activities limited because of health problem or disability lasting (or expected to last) at least 12 months.

(e) Health in general is fair or poor.

(f) Mean scores (not percentages). Higher scores indicate better health and well-being. SF-36 is a measure of health status.

(g) Bases vary: those shown are for the whole sample.

Table 3: Adults who reported using selected health services, 2003/04-2015

								Per cent
	In the past two weeks	In the past twelve months						Unweighted base (b)
	Family doctor (GP)	Attended		In hospital			Optician	
		casualty department	Outpatient department	as an inpatient	Pharmacist	Dentist		
Men aged 16+:								
2003/04	14	-	-	9	-	-	-	7,486
2004/05	14	-	-	8	-	-	-	7,437
2005/06	13	-	-	9	-	-	-	6,691
2007 (a)	14	-	-	8	-	-	-	6,418
2008	15	18	29	9	62	66	43	6,119
2009	15	17	30	9	64	66	43	7,412
2010	15	18	30	8	62	65	42	7,420
2011	14	17	29	8	62	66	44	7,458
2012	15	18	29	8	63	66	42	7,309
2013	15	17	29	7	63	67	45	6,943
2014	14	17	29	7	62	67	45	6,554
2015	14	17	29	7	62	66	45	6,323
Women aged 16+:								
2003/04	19	-	-	11	-	-	-	8,812
2004/05	19	-	-	11	-	-	-	8,598
2005/06	20	-	-	12	-	-	-	7,614
2007 (a)	19	-	-	11	-	-	-	7,499
2008	19	15	33	11	77	74	55	7,194
2009	20	16	35	11	75	74	56	8,606
2010	20	16	34	11	75	73	53	8,579
2011	20	16	35	11	75	73	55	8,600
2012	20	16	34	10	76	74	55	8,378
2013	19	17	34	10	76	74	56	8,064
2014	21	17	35	11	75	73	56	7,616
2015	20	17	34	10	75	73	55	7,333
All aged 16+:								
2003/04	16	-	-	10	-	-	-	16,298
2004/05	17	-	-	10	-	-	-	16,035
2005/06	17	-	-	10	-	-	-	14,305
2007 (a)	17	-	-	9	-	-	-	13,917
2008	17	16	31	10	69	70	49	13,313
2009	18	17	33	10	70	70	50	16,018
2010	17	17	32	10	69	69	48	15,999
2011	17	16	32	9	69	70	49	16,058
2012	17	17	31	9	69	71	48	15,687
2013	17	17	32	9	70	70	50	15,007
2014	17	17	32	9	68	70	51	14,170
2015	17	17	32	9	68	70	51	13,656

(a) From 2007 the fieldwork runs on a calendar year basis.

(b) Bases vary: those shown are for the whole sample.

Table 4: General health and long-standing illness in children, 2007-2015

Per cent

	Good / Very good general health	Long- standing illness (a)	Limiting long- standing illness (b)	Eats fruit daily (c)	Eats vegetables daily (c)	Physically active everyday in the previous week (c)	<i>Unweighted base 4-15 year olds</i> <i>Unweighted base (d)</i>	<i>Unweighted base 4-15 year olds</i> <i>(d)</i>
Boys aged under 16:								
2007	93	21	7	57	48	42	1,352	1,012
2008	94	21	7	55	47	41	1,424	1,071
2009	94	22	6	59	47	47	1,624	1,212
2010	94	23	8	57	50	40	1,557	1,170
2011	94	20	7	58	52	39	1,657	1,247
2012	95	20	7	55	48	41	1,537	1,134
2013	95	20	8	60	52	39	1,580	1,182
2014	93	23	7	64	56	40	1,409	1,052
2015	94	22	8	63	52	42	1,343	1,027
Girls aged under 16:								
2007	94	18	6	63	51	30	1,316	991
2008	94	17	5	61	55	30	1,229	949
2009	95	19	5	61	52	29	1,599	1,198
2010	95	16	5	63	52	31	1,520	1,150
2011	95	15	4	63	55	30	1,510	1,142
2012	94	17	4	63	53	28	1,406	1,056
2013	95	19	6	61	54	30	1,416	1,060
2014	95	19	5	66	56	29	1,391	1,051
2015	95	17	6	65	52	31	1,265	933
Children aged under 16:								
2007	94	20	7	60	49	37	2,668	2,003
2008	94	19	6	58	51	35	2,653	2,020
2009	94	20	6	60	49	38	3,223	2,410
2010	95	20	6	60	51	36	3,077	2,320
2011	95	18	5	60	53	35	3,167	2,389
2012	95	19	6	59	50	34	2,943	2,190
2013	95	19	7	61	53	35	2,996	2,242
2014	94	21	6	65	56	35	2,800	2,103
2015	94	19	7	64	52	36	2,608	1,960

(a) Has long-standing illness, disability or health problem.

(b) Has long-standing illness, disability or health problem which limits daily activities.

(c) Based on children aged 4-15 years old.

(d) Bases vary: those shown are for the whole sample.

Notes

Overview of survey design

WHS was established in 2003 and runs all year round. During the 2015 survey, around 13,700 adults and 2,600 children participated in the survey.

The survey was based on a representative sample of people living in private households in Wales. A random sample of addresses from the Postcode Address File (PAF) was selected. By surveying the general population, WHS is able to measure the health and lifestyle of a cross-section of the population, not just those who are in ill health or have regular contact with health services.

WHS 2015 was carried out by NatCen Social Research on behalf of the Welsh Government. Interviewers conducted a short interview with a responsible adult in the household, covering basic socio-demographic information about the household. Self-completion questionnaires were then left for completion by all adults in the household (aged 16+) for later collection by the interviewer. In households with children, a maximum of two children were randomly selected for inclusion in the survey. For selected children, questionnaires were left for completion (with older children completing their own questionnaires).

Further details of WHS methodology, definitions and questions are given in statistical bulletins and technical reports, available on the Statistics for Wales website⁵.

Differences in methodology and questions mean that, in general, results from WHS are not comparable with health surveys in the other UK countries. More information on comparability of the headline indicators (including obesity, smoking and alcohol consumption) can be found on the following link; <https://gss.civilservice.gov.uk/statistics/presentation-and-dissemination/comparing-official-statistics-across-uk/>.

Uses of WHS results

The information collected through WHS meets a range of important needs and is used in many ways, including to:

- provide national estimates of health and health-related lifestyle.
- examine differences between population sub-groups (e.g. age, sex, social class) and local areas (health boards and local authorities).
- provide evidence to inform and monitor targets, indicators and policies for promoting better health, such as *Our Healthy Future* and *Together for Health*.
- provide local authority level information for development of joint local health, social care and wellbeing strategies / single integrated plans.

It is used by a wide range of users, including those working in national and local government, NHS organisations, research and academic settings. It is also useful to a wider general audience, particularly those in Wales.

Well-being of Future Generations Act

The Well-being of Future Generations Act 2015 is about improving the social, economic, environmental and cultural well-being of Wales. The Act puts in place seven well-being goals for Wales. These are for a more equal, prosperous, resilient, healthier and globally responsible Wales, with cohesive communities and a vibrant culture and thriving Welsh language. Under section (10)(1) of the Act, the Welsh Ministers must (a) publish indicators (“national indicators”) that must be applied for the purpose of measuring progress towards the achievement of the Well-being goals, and (b) lay a copy of the national indicators before the National Assembly. The 46 national indicators were laid in March 2016. The indicators and associated technical information can be found here: <http://gov.wales/statistics-and-research/how-do->

⁵ <http://gov.wales/statistics-and-research>

[you-measure-nations-progress-national-indicators](#). This release includes 5 contextual indicators, namely not smoking, not drinking above guidelines, eating five fruit or vegetables a day, meeting physical activity guidelines and maintaining a healthy weight, which were referenced in the technical document in the previous link. The national indicator *percentage of adults who have fewer than two healthy lifestyle behaviours* is published in the health-related lifestyle statistical bulletin and available on StatsWales.

As a national indicator under the Act they must be referred to in the analyses of local well-being produced by public services boards when they are analysing the state of economic, social, environmental and cultural well-being in their areas.

Further information on the Act can be found here: - <http://gov.wales/topics/people-and-communities/people/future-generations-act>

The statistics included in this release could also provide supporting narrative to the national indicators and be used by public services boards in relation to their local well-being assessments and local well-being plans.

Key quality information

- a) There are no planned revisions to the statistics in this release, but if revisions were made, they would be in accordance with the Revisions, Errors and Postponements Policy for Statistics for Wales⁶.
- b) The small proportion of people not covered by the PAF, including those living in institutions, was not covered by the survey. It should be noted that people in institutions are likely to be, on average, in poorer health than those in private households – this should be kept in mind when considering the results from the survey.
- c) Interpretation of the results should take account of the questionnaire design, as the mode of collection (self-reporting on paper) and the questions themselves affect the information collected. The survey relies on a self-completion questionnaire. The results, therefore, reflect people's own understanding of their health rather than a clinical assessment of their medical condition and their own interpretation of the health services they have used.
- d) Survey results are weighted to take account of unequal selection probabilities, and for differential non-response, i.e. to ensure that the age and sex distribution of the responding sample matches that of the Welsh population.
- e) This release is based on data collected by the WHS between January and December 2015. During this period, a household interview was obtained with 76% of eligible households in the sample. Self-completion questionnaires were obtained for 77% of adults and 73% of selected children in participating households.
- f) Missing answers occur for several reasons, including refusal or inability to answer a particular question, and cases where the question is not applicable to the informant. Missing answers have been omitted from all tables and analyses.
- g) Base numbers (sample sizes) of respondents replying to individual questions vary slightly. The tables provide an indication of overall base numbers - that is, all those taking part in the survey, although a small number may not have answered particular questions. It should be noted that the design of the survey means that the effective sample sizes will be somewhat smaller than the sample sizes, so these should be interpreted as a guide to precision only.
- h) Tables A1-A4 in Appendix A contains approximate 95% confidence intervals for a selection of key measures for recent years. Confidence intervals were calculated using the statistical package Stata. These provide an indication of the precision of the estimates. A confidence interval can be calculated around a survey estimate and gives a range within which the true value is likely to fall. There is a 95%

⁶ <http://gov.wales/statistics-and-research/about/statement-of-compliance/revisions-errors-postponements/>

chance that the 95% confidence intervals include the true value. In general, the smaller the sample size the wider the confidence interval. As a rough guide to interpretation, when comparing two years, if the confidence intervals around the estimates overlap, it can be assumed that the estimates are not statistically significantly different – this approach is not as rigorous as doing a formal statistical test, but is straightforward, widely used and reasonably robust. Confidence intervals for a selection of key variables are published in some WHS outputs and NatCen's technical report.

i) From 2007, fieldwork has run on a calendar year basis (January – December) and includes more detailed data for children than previously. Prior to that, fieldwork covered the twelve month periods October 2003 - September 2004 (2003/04), October 2004 - September 2005 (2004/05) and November 2005 - October 2006 (2005/06).

National Statistics status

The United Kingdom Statistics Authority has designated these statistics as National Statistics, in accordance with the Statistics and Registration Service Act 2007 and signifying compliance with the Code of Practice for Official Statistics.

National Statistics status means that official statistics meet the highest standards of trustworthiness, quality and public value.

All official statistics should comply with all aspects of the Code of Practice for Official Statistics. They are awarded National Statistics status following an assessment by the UK Statistics Authority's regulatory arm. The Authority considers whether the statistics meet the highest standards of Code compliance, including the value they add to public decisions and debate.

It is Welsh Government's responsibility to maintain compliance with the standards expected of National Statistics. If we become concerned about whether these statistics are still meeting the appropriate standards, we will discuss any concerns with the Authority promptly. National Statistics status can be removed at any point when the highest standards are not maintained, and reinstated when standards are restored.

Further information

Further information on the Welsh Health Survey can be found on the Welsh Health Survey theme page⁷ which has links to;

- Additional online tables
- Additional releases and bulletins
- Questionnaires
- Technical report
- Quality report
- All past releases

Availability of unpublished data

Some additional summaries may be produced on request, subject to the availability of resources, data quality and robustness, and provided the confidentiality of respondents is preserved. For further details, contact stats.healthinfo@wales.gsi.gov.uk.

⁷ Welsh Health Survey theme page
<http://gov.wales/statistics-and-research/welsh-health-survey/>

An anonymised version of the main dataset, together with supporting documentation, is deposited with the UK Data Archive each year (some information is removed to ensure confidentiality is preserved). These datasets may be accessed by registered users for specific research projects. Some examples of uses made of the data by researchers are shown on the website. The UK Data Archive can be accessed via the UK Data Service⁸ website.

From time to time, researchers may wish to analyse more detailed data than is available from the Data Archive. Requests for such data will be considered on a case by case basis. For further details, contact stats.healthinfo@wales.gsi.gov.uk.

Enquiries

We welcome comments from users of our publications on content and presentation. If you have any comments or require further information, please contact:

Josh Dixon / Cath Roberts
Health Statistics and Analysis Unit,
Welsh Government, Cathays Park,
Cardiff CF10 3NQ
Tel: (029) 2082 6710 / 5033
E-mail: stats.healthinfo@wales.gsi.gov.uk

Acknowledgements

We would like to thank all those involved in the survey, in particular colleagues at NatCen, the interviewers working on the survey, and all members of the public who gave their time and co-operation in responding to the survey.



All content is available under the Open Government Licence v3.0 , except where otherwise stated.
<http://www.nationalarchives.gov.uk/doc/open-government-licence/version/3/>

⁸ UK Data Service
<http://ukdataservice.ac.uk/get-data/key-data.aspx#/tab-uk-surveys>

Appendix A – selected confidence intervals

Table A1: Approximate 95% confidence intervals (ci) for adults who reported key health-related lifestyles, 2003/04-2015

														Per cent	
										Consumption of fruit and vegetables		Exercise or physical activity done: old questions (e)			
										Active on 5 or more days a week (f)					
										Meets guidelines (d)		0 active days			
Smoker		Currently use an e-cigarette		Above guidelines (b)		Binge (c)									
lower ci	upper ci	lower ci	upper ci	lower ci	upper ci	lower ci	upper ci	lower ci	upper ci	lower ci	upper ci	lower ci	upper ci	lower ci	upper ci
All aged 16+:															
2003/04	25	28	28	29	34	36
2004/05	26	29	28	30	33	35
2005/06	24	27	30	32	32	34
2007 (a)	23	25	29	30	33	35
2008	23	24	.	.	44	46	27	29	35	37	29	31	33	35	
2009	23	25	.	.	44	46	27	28	34	36	28	30	33	34	
2010	22	24	.	.	43	45	26	28	34	36	29	31	33	35	
2011	22	23	.	.	43	44	26	28	32	34	28	30	33	35	
2012	22	23	.	.	41	43	25	27	32	34	28	30	33	35	
2013	20	22	.	.	41	43	25	27	32	33	29	30	33	35	
2014	20	21	.	.	39	41	23	25	31	33	30	32	33	35	
2015	18	20	5	6	38	41	23	25	31	33	29	32	30	34	

(a) From 2007 the fieldwork runs on a calendar year basis.

(b) Drank more than the daily guidelines of 4 units (men) or 3 units (women) on heaviest drinking day in the past week. Based on all adults (drinkers and non-drinkers).

(c) Drank more than twice the daily guidelines (i.e. more than 8 units (men) or 6 units (women)) on heaviest drinking day in the past week. Based on all adults (drinkers and non-drinkers).

(d) Ate at least 5 portions of fruit & vegetables the previous day.

(e) For 2015, a split sample experiment was carried out on the Welsh Health Survey with different respondents asked different sets of questions on physical activity. Further information can be found in the statistical article and Welsh Health Survey: health-related lifestyle statistical bulletin on the following webpage; <http://gov.wales/statistics-and-research/welsh-health-survey>

(f) Did at least 30 minutes of at least moderate intensity physical activity on 5 or more days the previous week.

(g) Minutes of moderate physical activity in blocks of 10 minutes or more the previous week. Alternatively, half the quantity of vigorous activity (or an equivalent combination of moderate and vigorous activity) can be done in place of the specified quantity of moderate activity.

(h) Body Mass Index (BMI) of 25+.

(i) Body Mass Index (BMI) of 30+.

(j) Bases vary: those shown are for the whole sample.

Table A1: Approximate 95% confidence intervals (ci) for adults who reported key health-related lifestyles, 2003/04-2015 (continued)

Per cent

Exercise or physical activity done: new questions (e)(g)				Body Mass Index				Unweighted bases for physical activity			
Active for 150 minutes or more a week		less than 30 minutes in the previous week		Overweight or obese (h)		Obese (i)		Unweighted base (j)	Old questions	New questions	
lower ci	upper ci	lower ci	upper ci	lower ci	upper ci	lower ci	upper ci				
All aged 16+:											
2003/04	53	55	17	18	16,298	16,298	.
2004/05	54	56	17	19	16,035	16,035	.
2005/06	55	57	19	20	14,305	14,305	.
2007 (a)	55	58	20	21	13,917	13,917	.
2008	56	58	20	22	13,313	13,313	.
2009	56	58	20	22	16,018	16,018	.
2010	56	58	21	22	15,999	15,999	.
2011	56	58	21	23	16,058	16,058	.
2012	58	59	22	24	15,687	15,687	.
2013	57	59	22	23	15,007	15,007	.
2014	57	59	21	23	14,170	14,170	.
2015	57	59	29	31	58	61	23	24	13,656	4,910	8,746

- (a) From 2007 the fieldwork runs on a calendar year basis.
- (b) Drank more than the daily guidelines of 4 units (men) or 3 units (women) on heaviest drinking day in the past week. Based on all adults (drinkers and non-drinkers).
- (c) Drank more than twice the daily guidelines (i.e. more than 8 units (men) or 6 units (women)) on heaviest drinking day in the past week. Based on all adults (drinkers and non-drinkers).
- (d) Ate at least 5 portions of fruit & vegetables the previous day.
- (e) For 2015, a split sample experiment was carried out on the Welsh Health Survey with different respondents asked different sets of questions on physical activity. Further information can be found in the statistical article and Welsh Health Survey: health-related lifestyle statistical bulletin on the following webpage; <http://gov.wales/statistics-and-research/welsh-health-survey>
- (f) Did at least 30 minutes of at least moderate intensity physical activity on 5 or more days the previous week.
- (g) Minutes of moderate physical activity in blocks of 10 minutes or more the previous week. Alternatively, half the quantity of vigorous activity (or an equivalent combination of moderate and vigorous activity) can be done in place of the specified quantity of moderate activity.
- (h) Body Mass Index (BMI) of 25+.
- (i) Body Mass Index (BMI) of 30+.
- (j) Bases vary: those shown are for the whole sample.

Table A2: Approximate 95% confidence intervals (ci) for adults who reported key illnesses or health status, 2003/04–2015

	Any heart condition excluding high blood pressure (b)											
	High blood pressure (b)				Any respiratory illness (b)				Any mental illness (b)			
	%		%		%		%		%		%	
	lower	upper	lower	upper	lower	upper	lower	upper	lower	upper	lower	upper
	ci	ci	ci	ci	ci	ci	ci	ci	ci	ci	ci	ci
All aged 16+:												
2003/04	17	19	9	11	13	14	9	10	13	15	5	6
2004/05	18	20	9	10	13	15	9	10	13	15	5	6
2005/06	19	21	9	10	13	15	9	10	12	14	5	6
2007 (a)	19	21	9	10	13	14	9	10	12	14	6	6
2008	19	20	8	9	13	14	9	10	12	14	6	7
2009	19	21	8	9	13	14	9	11	12	14	6	7
2010	19	21	8	9	13	14	10	11	13	14	6	7
2011	20	21	8	9	13	14	10	12	12	13	6	7
2012	19	20	8	9	13	14	11	12	11	12	7	7
2013	19	20	8	9	13	15	11	12	11	13	7	7
2014	19	20	8	9	12	14	11	13	11	12	7	8
2015	19	21	8	9	14	15	12	13	11	12	7	8

(a) From 2007 the fieldwork runs on a calendar year basis.

(b) Currently being treated for illness.

(c) Currently being treated for any of the illnesses specified in the survey, or another chronic illness.

(d) Day-to-day activities limited because of health problem or disability lasting (or expected to last) at least 12 months.

(e) Health in general is fair or poor.

(f) Mean scores (not percentages). Higher scores indicate better health and well-being. SF-36 is a measure of health status.

(g) Bases vary: those shown are for the whole sample.

Table A2: Approximate 95% confidence intervals (ci) for adults who reported key illnesses or health status, 2003/04–2015 (continued)

	Limited by health problem / disability (d)								SF-36				<i>Unweighted base (g)</i>
	Any illness (c)				Limited at all		Fair / poor health (e)		Physical component summary score (f)		Mental component summary score (f)		
									mean		mean		
	lower	upper	lower	upper	lower	upper	lower	upper	lower	upper			
	ci	ci	ci	ci	ci	ci	ci	ci	ci	ci			
	%	%	%	%	%	%	%	%	%	%			
All aged 16+:													
2003/04	46	48	21	23	48.5	49.1	49.5	50.0	16,298
2004/05	47	49	21	23	48.3	48.9	49.4	49.9	16,035
2005/06	46	49	20	22	48.7	49.2	49.5	50.1	14,305
2007 (a)	47	49	20	22	48.5	49.1	49.8	50.3	13,917
2008	47	49	20	21	48.7	49.2	49.6	50.1	13,313
2009	47	49	20	21	48.5	49.0	49.7	50.2	16,018
2010	48	50	19	21	48.5	48.9	49.6	50.1	15,999
2011	48	50	16	17	33	35	20	21	48.7	49.1	49.6	50.0	16,058
2012	48	50	15	16	33	35	20	21	48.7	49.2	49.5	49.9	15,687
2013	49	51	15	17	32	34	19	20	48.7	49.2	49.3	49.7	15,007
2014	49	51	14	16	32	34	19	20	48.5	49.0	49.3	49.8	14,170
2015	50	52	15	16	32	34	19	20	48.7	49.2	48.9	49.5	13,656

(a) From 2007 the fieldwork runs on a calendar year basis.

(b) Currently being treated for illness.

(c) Currently being treated for any of the illnesses specified in the survey, or another chronic illness.

(d) Day-to-day activities limited because of health problem or disability lasting (or expected to last) at least 12 months.

(e) Health in general is fair or poor.

(f) Mean scores (not percentages). Higher scores indicate better health and well-being. SF-36 is a measure of health status.

(g) Bases vary: those shown are for the whole sample.

Table A3: Approximate 95% confidence intervals (ci) for adults who reported key health service use, 2003/04-2015

															Per cent
In the past two weeks		In the past twelve months													
Family Doctor		Attended casualty department		Outpatient department		In hospital as an inpatient		Pharmacist		Dentist		Optician			
lower ci	upper ci	lower ci	upper ci	lower ci	upper ci	lower ci	upper ci	lower ci	upper ci	lower ci	upper ci	lower ci	upper ci	Unweighted base (b)	
All aged 16+:															
2003/04	16	17	10	11	16,298	
2004/05	16	17	9	10	16,035	
2005/06	16	17	10	11	14,305	
2007(a)	16	18	9	10	13,917	
2008	16	18	15	17	30	32	9	10	68	70	69	71	48	50	13,313
2009	17	19	16	17	32	34	10	11	69	71	69	71	49	50	16,018
2010	17	18	16	17	32	33	9	10	68	70	68	70	47	49	15,999
2011	16	18	16	17	31	33	9	10	68	70	69	71	48	50	16,058
2012	17	18	16	18	31	32	8	9	69	70	70	71	48	49	15,687
2013	16	18	16	18	31	33	8	9	69	71	69	71	49	51	15,007
2014	17	18	16	17	31	33	9	10	67	69	69	71	49	52	14,170
2015	16	18	16	18	31	32	8	9	67	69	69	71	49	52	13,656

(a) From 2007 the fieldwork runs on a calendar year basis

(b) Bases vary: those shown are for the whole sample

Table A4: Approximate 95% confidence intervals (ci) for general health and long-standing illness in children, 2007-2015

													Per cent	
	Good / Very good								Physically active					
	good general health		Long-standing illness (a)		Limiting long-standing illness (b)		Eats fruit daily (c)		Eats vegetables daily (c)		everyday in the previous week (c)		Unweighted base 4-15 year olds (d)	
	low er	upper	low er	upper	low er	upper	low er	upper	low er	upper	low er	upper	Unweighted base (d)	base 4-15 year olds (d)
	ci	ci	ci	ci	ci	ci	ci	ci	ci	ci	ci	ci		
Children aged under 16:														
2007	92	95	18	21	5	8	58	63	47	52	34	39	2,668	2,003
2008	93	95	18	21	5	7	55	61	48	54	33	38	2,653	2,020
2009	93	95	19	22	5	6	57	62	47	52	35	40	3,223	2,410
2010	94	96	18	21	5	7	58	63	48	54	33	38	3,077	2,320
2011	94	96	17	20	5	6	58	63	51	56	32	37	3,167	2,389
2012	94	95	17	20	5	7	56	61	48	53	32	37	2,943	2,190
2013	94	96	18	21	6	8	58	63	50	56	32	37	2,996	2,242
2014	93	95	19	23	5	7	63	68	54	59	32	37	2,800	2,103
2015	93	95	18	21	6	8	61	67	49	55	34	39	2,608	1,960

(a) Has long-standing illness, disability or health problem.

(b) Has long-standing illness, disability or health problem which limits daily activities.

(c) Based on children aged 4-15 years old.

(d) Bases vary: those shown are for the whole sample.