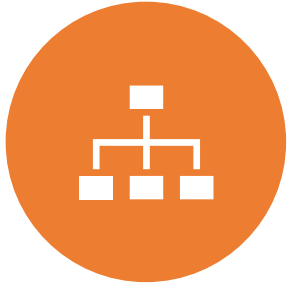


# A Summary of the ARCH Health Needs Assessment (Hywel Dda UHB)

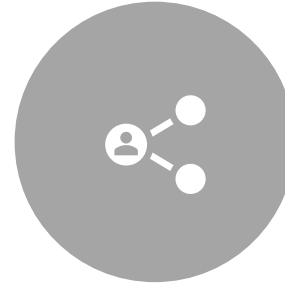


# INTRODUCTION

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A Regional Collaboration for Health (ARCH) along with Public Health colleagues were tasked with the production of a Health Needs Assessment (HNA) for the entire ARCH area (Ceredigion, Pembrokeshire, Carmarthenshire, Swansea and Neath Port Talbot) to support the Swansea Bay City Deal Campuses Project.



The Swansea Bay City Deal Campuses Project aims to integrate life sciences, med tech, sport and well-being to transform services provided within the Swansea Bay City Deal region to drive economic growth and job creation, and to attract significant inward investment into the region.



This would provide clarity on the current state of health and wellbeing amongst the population of Hywel Dda University Health Board (HDdUHB) and Swansea Bay University Health Board (SBUHB) across the ARCH Region, who will benefit from the developments of Swansea Bay City Deal Campuses Project.



This HNA is unique in the way that it presents regional population data, whereas earlier HNAs have provided data at a health board, local authority, and ward level.



# PURPOSE

- This HNA's purpose is to support and inform decision-making in relation to future research and innovation activity and opportunities within the ARCH region that will lead to better experiences and outcomes for patients. In particular, the research and innovation opportunities arising as a result of the Swansea Bay City Deal Campuses Project. Health service provision is the subject of health boards, public service boards and regional partnership boards service planning (such as A Healthier Mid and West Wales or Changing for the Future).
  - The purpose of this HNA summary document, is to provide an overview of the health and wellbeing needs of the population impacted by the Campuses Project. As such, we have focused on key health and wellbeing needs across the ARCH Region and by the five local authority areas within the ARCH region. Please see the Comprehensive HNA Report ([ARCH Health Needs Assessment](#)) for full narrative of the findings across the ARCH region.
  - Findings from the HNA will enable a greater understanding of the population groups across the ARCH region and will identify key health and wellbeing needs. This will guide planning for the Campuses Project to ensure developments and services established has the greatest impact in reducing health inequalities across the ARCH region.
  - The next phase will be to share HNA findings to stakeholders and discuss how the findings inform planning for the Campuses Project.
-



# METHODOLOGY

- A literature review and data analysis was completed utilising existing Population Health Needs and Population Wellbeing Needs Assessments (see [Data Sources](#))
  - Residents across the ARCH region were surveyed on their health and wellbeing needs to provide timely qualitative data to supplement the quantitative data within the HNA report.
  - Data was presented to provide an overview of health needs broken down by the ARCH Region, residents of SBUHB and HDdUHB, and the five local authority areas within the ARCH region (Ceredigion, Pembrokeshire, Carmarthenshire, Swansea and Neath Port Talbot).
  - Data collected provided an overview of:
    - Overview of the ARCH Region: Population Demographics
    - Health Inequalities
    - Population Engagement (Survey)
    - Protected Characteristics
    - General Health Needs
    - Lifestyle Risk Factors
  - This summary HNA document provides a snapshot of some of the key health and wellbeing needs identified – please see Comprehensive HNA Report ([ARCH Health Needs Assessment](#)) for further data and narrative captured.
-

# STRATEGIC CONTEXT

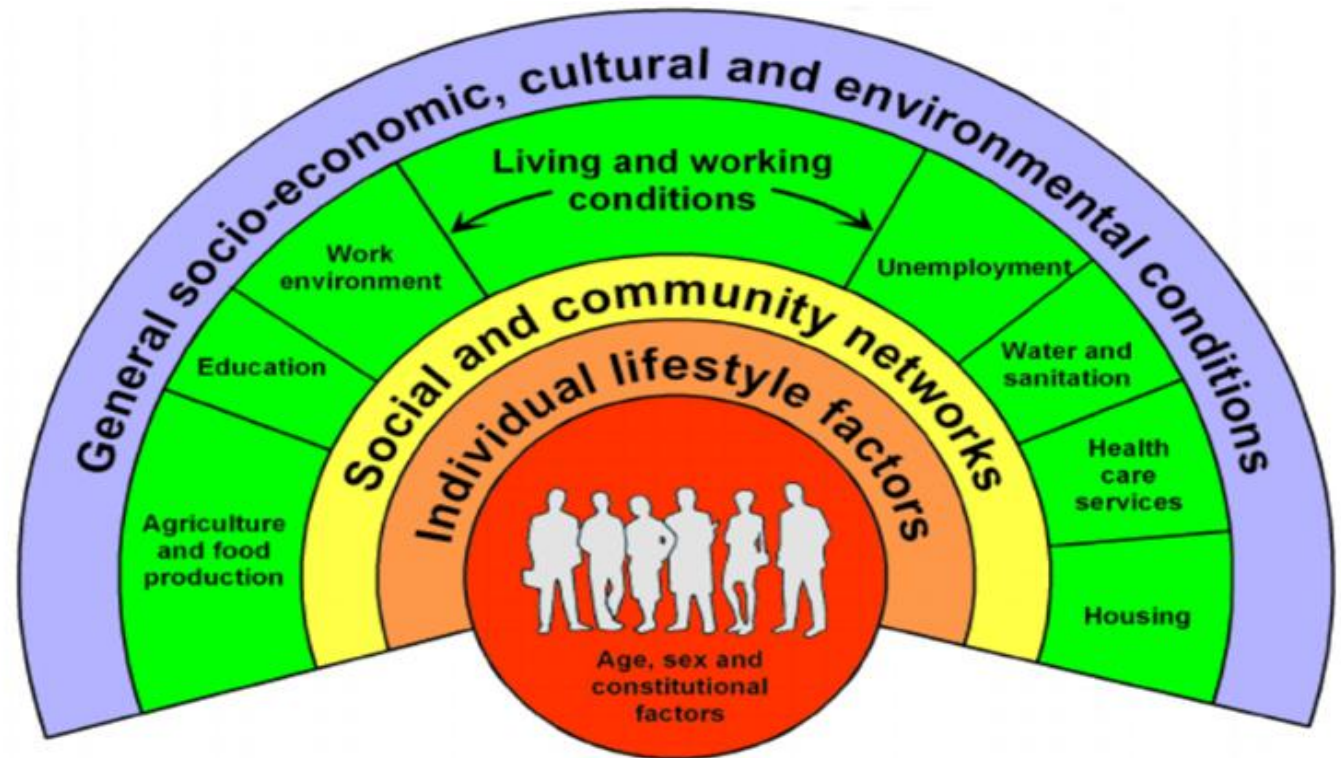
The HNA has been informed by the most recent existing population health and wellbeing findings, presented from population perspective across individual Health Boards, Public Service Boards, Regional Partnership Boards and Local Authorities across the ARCH region. This HNA is unique as it provides a collective overview of the current health and wellbeing needs of the ARCH regional population. The HNA is set against the following strategic context (although this list is not exhaustive):

- [Well-being of Future Generations Act \(WFGA\)](#)
- [WFGA Sustainable Development Principles](#)
- [Wider Determinants of Health](#)
- [A Healthier Wales](#)
- [Public Health Wales Long Term Strategy- Working to Achieve a Healthier Future for Wales](#)

- [ARCH Wellbeing Case for Change: A Compendium](#)
- [West Wales Regional Partnership Board Population Needs Assessment](#)
- [West Glamorgan Population Needs Assessment](#)
- [Hywel Dda UHB Pharmaceutical Needs Assessment](#)
- [Swansea Bay UHB Pharmaceutical Needs Assessment](#)
- [Wales innovates: Creating a stronger, fairer, greener Wales](#)
- [Health and Care Research Wales Research and Development Framework](#)

- [A Healthier Mid and West Wales](#)
- [Swansea Bay UHB Population Health Strategy \(Draft\)](#)
- [Changing for the Future](#)
- [Swansea Bay UHB Clinical Services Plan](#)
- [Swansea PSB Assessment of Local Wellbeing](#)
- [Neath Port Talbot PSB Assessment of Local Wellbeing](#)
- [Carmarthenshire PSB Assessment of Local Wellbeing](#)
- [Pembrokeshire PSB Assessment of Local Wellbeing](#)
- [Ceredigion PSB Assessment of Local Wellbeing](#)

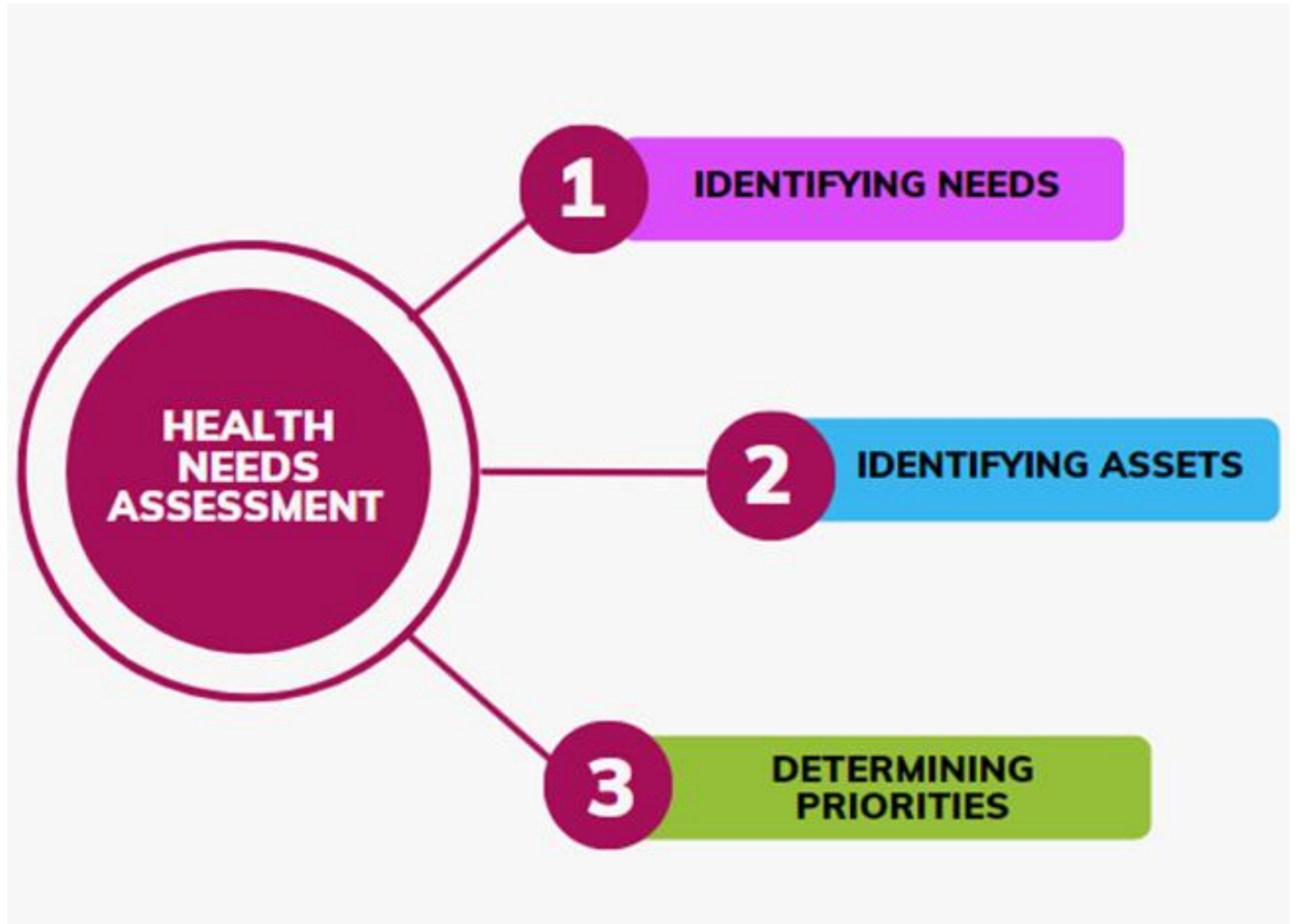
# Wider Determinants of Health



Source: Dahlgren and Whitehead, 1991

'Rainbow' model of the determinants of health

Three key  
stages of a  
Health Needs  
Assessment



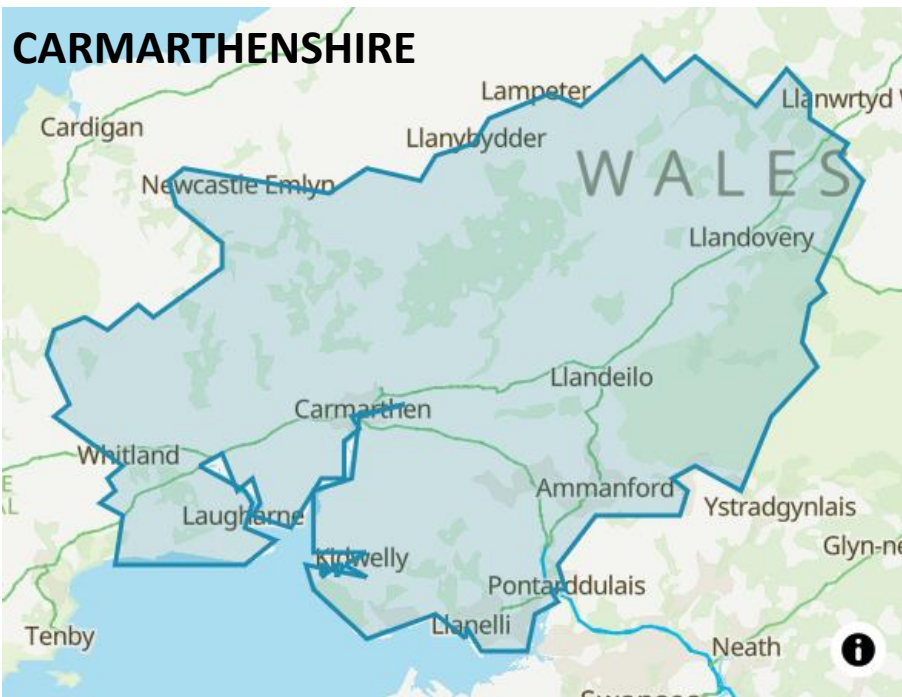
Health Needs Assessment Summary  
Document

# Overview of the Hywel Dda UHB Region





# CARMARTHENSHIRE



## Population

**187,900** (24.6%)

761,400 people in the ARCH Region  
Rounded to the nearest 100 people

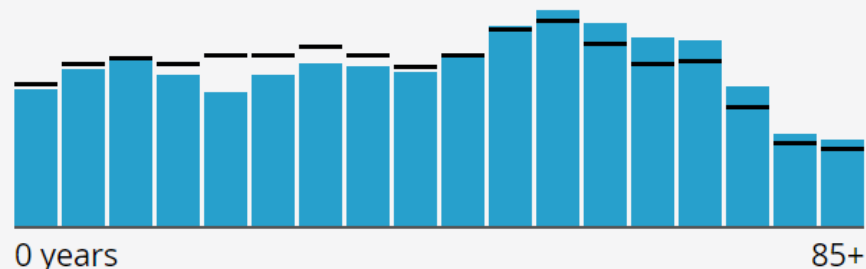
## Number of Households

**81,000** (24.2%)

334,500 households in the ARCH Region  
Rounded to the nearest 100 households

## Age profile

■ Carmarthenshire — (Wales)



0 years

% of all people, 5 year age bands

85+

Data in red = ARCH Region where available



**Males 48.8%**  
(49.0%)  
**Females 51.2%**  
(51.0%)



**BAME 2.3%** (4.1%)  
**White 97.2%** (95.3%)  
**Other Ethnic Group 0.4%** (0.7%)  
**Born outside the UK 5.1%** (6.3%)



**Children in relative low income families (2021)**  
**27.7%** (n= 9,199)



**24.2%** (23.0%) **aged 65+**  
**3.0%** (2.9%) **aged 85+**  
**26.1%** (27.8%) **<24 Yrs.**  
**16.1%** (15.8%) **<15 Yrs**



**22.4%** (22.9%)  
**Disabled under the Equality Act**



**29.3%** (33.3%)  
**households in private and social rented sector**



**Life Expectancy 82.3 years** (82.1 years)  
**Healthy Life Expectancy 61.8 years** (62.4 years)



**People in poor or very poor general health 7.5%** (7.4%)



**45.3%** (44.9%)  
**Households NOT deprived in any dimension**



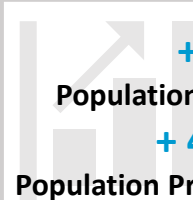
**Life Expectancy 78.4 years** (78.3 years)  
**Healthy Life Expectancy 59.7 years** (61.5 years)



**People providing unpaid care 11.4%** (11.3%)



**% of people aged 16+ with no qualifications 20.0%** (19.6%)



**+ 2.21%** (n = 4,123)  
**Population growth (2011-2021)**  
**+ 4.45%** (n = 196,468)  
**Population Projection (2021-2041)**



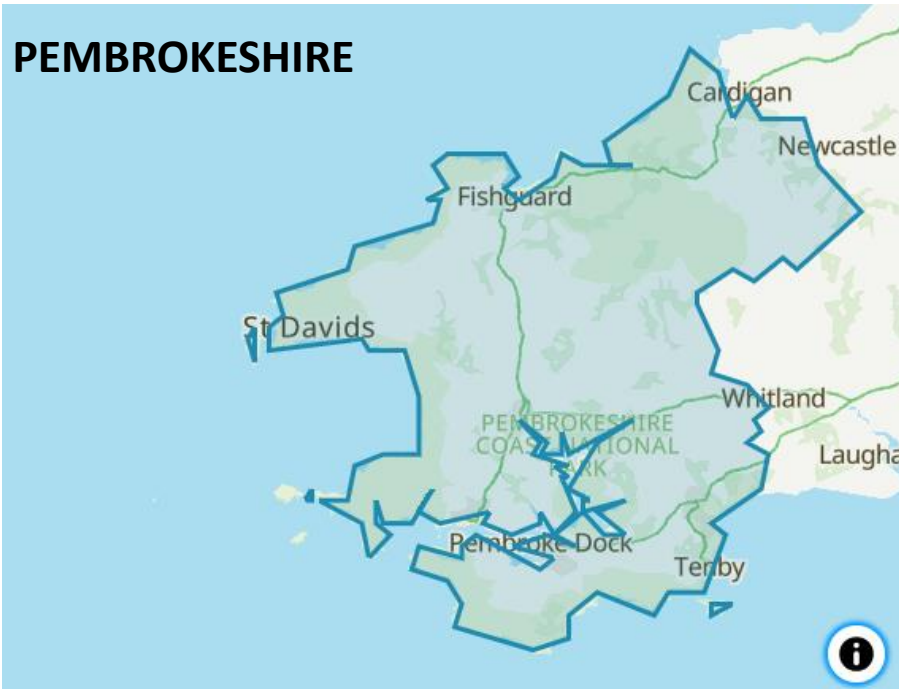
**% of people aged three years and over that can speak Welsh 39.9%**  
**ARCH Region 22.8%**

**Employed 52.7%** (51.2%)  
**Unemployed 2.5%** (2.9%)  
**Economically inactive 44.8%** (45.9%)



Data in red = ARCH Region where available

# PEMBROKESHIRE



## Population

**123,400** (16.2%)

761,400 people in the ARCH Region  
Rounded to the nearest 100 people

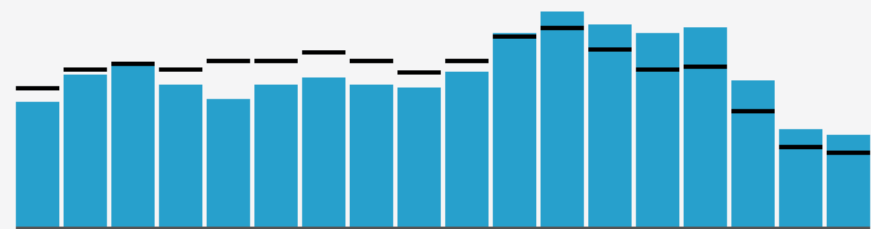
## Number of Households

**55,500** (16.5%)

334,500 households in the ARCH Region  
Rounded to the nearest 100 households

## Age profile

■ Pembrokeshire — (Wales)



0 years

% of all people, 5 year age bands

85+



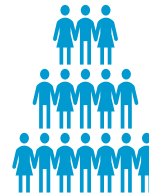
**Males 48.7%**  
(49.0%)  
**Females 51.3%**  
(51.0%)



**BAME 2.0%** (4.1%)  
**White 97.6%** (95.3%)  
**Other Ethnic Group 0.3%** (0.7%)  
**Born outside the UK 4.8%** (6.3%)



**Children in relative low income families (2021) 29.3%** (n= 6,261)



**26.3%** (23.0%) **aged 65+**  
**3.3%** (2.9%) **aged 85+**  
**25.5%** (27.8%) **<24 Yrs.**  
**15.8%** (15.8%) **<15 Yrs**



**22.0%** (22.9%)  
**Disabled under the Equality Act**



**32.7%** (33.3%)  
**households in private and social rented sector**



**Life Expectancy 83.1 years** (82.1 years)  
**Healthy Life Expectancy 65.8 years** (62.4 years)



**People in poor or very poor general health 6.8%** (7.4%)



**46.0%** (44.9%)  
**Households NOT deprived in any dimension**



**Life Expectancy 79.5 years** (78.3 years)  
**Healthy Life Expectancy 61.8 years** (61.5 years)



**People providing unpaid care 10.9%** (11.3%)



**% of people aged 16+ with no qualifications 18.8%** (19.6%)



**+ 0.78%** (n = 961)  
**Population growth (2011-2021)**  
**+ 5.07%** (n = 129,832)  
**Population Projection (2021-2041)**



**% of people aged three years and over that can speak Welsh 39.9%**  
**ARCH Region 22.8%**

**Employed 51.5%** (51.2%)

**Unemployed 2.7%** (2.9%)

**Economically inactive 45.8%** (45.9%)



Data in red = ARCH Region where available

# CEREDIGION



## Population

**71,500** (9.3%)

761,400 people in the ARCH Region  
Rounded to the nearest 100 people

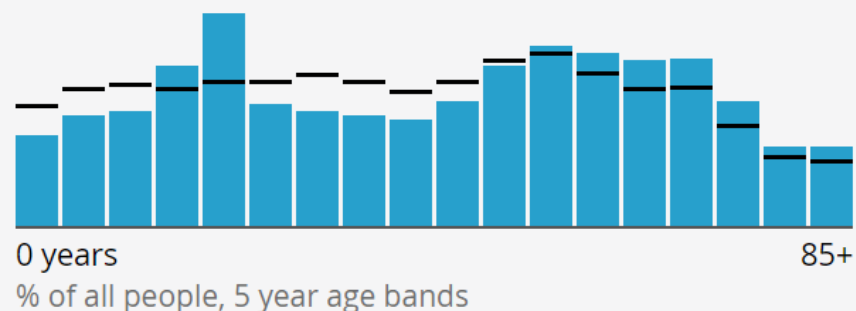
## Number of Households

**30,600** (9.1%)

334,500 households in the ARCH Region  
Rounded to the nearest 100 households

## Age profile

■ Ceredigion — (Wales)



**Males 48.9%**  
(49.0%)  
**Females 51.1%**  
(51.0%)



**BAME 3.2%** (4.1%)  
**White 96.2%** (95.3%)  
**Other Ethnic Group 0.5%** (0.7%)  
**Born outside the UK 7.1%** (6.3%)



**Children in relative low income families (2021) 28.0%** (n= 3,020)



**25.7%** (23.0%) **aged 65+**  
**3.3%** (2.9%) **aged 85+**  
**28.8%** (27.8%) **<24 Yrs.**  
**13.2%** (15.8%) **<15 Yrs**



**21.8%** (22.9%)  
**Disabled under the Equality Act**



**31.2%** (33.3%)  
**households in private and social rented sector**



**Life Expectancy 83.7 years** (82.1 years)  
**Healthy Life Expectancy 64.2 years** (62.4 years)



**People in poor or very poor general health 6.1%** (7.4%)



**47.2%** (44.9%)  
**Households NOT deprived in any dimension**



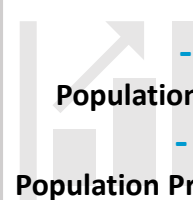
**Life Expectancy 78.9 years** (78.3 years)  
**Healthy Life Expectancy 62.6 years** (61.5 years)



**People providing unpaid care 10.5%** (11.3%)



**% of people aged 16+ with no qualifications 14.7%** (19.6%)



**- 5.99%** (n = -4,422)  
**Population growth (2011-2021)**  
**- 3.71%** (n = 68,895)  
**Population Projection (2021-2041)**



**% of people aged three years and over that can speak Welsh 45.3%**  
**ARCH Region 22.8%**

**Employed 49.0%** (51.2%)  
**Unemployed 3.0%** (2.9%)  
**Economically inactive 48.0%** (45.9%)



# Key findings

- Over a quarter of the Hywel Dd UHB population are over 65 years of age (25.4%), compared to 21.1% for Wales as a whole (mid-year estimate 2022). Numbers in Hywel Dda are projected to increase to 31.4% by 2041.
- Ceredigion is the only county in Hywel Dda UHB with a predicted loss in population by 3.71% by 2041.
- Males in Pembrokeshire had the highest overall life expectancy at birth rate (79.5 years), the 4<sup>th</sup> highest LA in Wales (2018-2020).
- In 2018-2020, males in Carmarthenshire had the lowest disability free life expectancy of all the ARCH region (54.4 years). 2<sup>nd</sup> lowest LA across Wales.
- The lowest birth rate across Wales was in Ceredigion, with 7.2 births per 1,000 of the population (2019-2021).
- The highest death rate (2022) was in Carmarthenshire with 2,490, Ceredigion had 890 deaths in the same year. Hywel Dda UHB death rate was the 3<sup>rd</sup> highest HB in Wales (5,016 deaths).
- Carmarthenshire had the highest avoidable death in Hywel Dda UHB (2021) with 262.2 deaths per 100,000 of the population.

# 3 Counties highlighted data

Eight domains focusing on LSOAs 10% most deprived areas, 2019.

Domains	Carms	Pembs	Ceredigion
Overall	5	4	1
Income	4	4	1
Employment	7	5	2
Health	4	1	0
Education	8	6	0
Access to Services	24	27	23
Community Safety	6	6	3
Physical Environment	4	0	1
Housing	13	5	13



Health Needs Assessment Summary  
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# Chronic Conditions across the Hywel Dda UHB Region



## Welsh Index of Multiple Deprivation (2019)

Overall - **5 LSOA's** *1,909 LSOA's*

Income – **4 LSOA's**

Employment – **7 LSOA's**

Health – **4 LSOA's**

Education – **8 LSOA's**

Access to services – **24 LSOA's**

Community safety – **6 LSOA's**

Physical environment – **4 LSOA's**

Housing – **13 LSOA's**

## Births (ONS 2021)

**8.2 per 1,000 population**

*9.3 births per 1,000 8.4 births per 1,000*

## Cancer deaths Cancer incidence

(WCHISU 2021)

(WCHISU 2020)

### Breast

### Breast

**42 deaths**

**158**

*544 deaths 152 deaths*

*2327 563*

### Colorectal

### Colorectal

**65 deaths**

**119**

*990 deaths 255 deaths*

*2106 486*

### Prostate

### Prostate

**42 deaths**

**155**

*591 deaths 174 deaths*

*2225 639*

### Lung

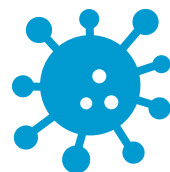
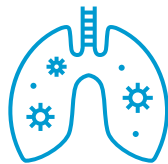
### Lung

**115 deaths**

**158**

*1736 deaths 553 deaths*

*2281 486*



## Carmarthenshire



## Deaths (ONS, 2022)

**2,490 deaths**

*35,694 deaths 9,512 deaths*

## Respiratory disease, death rate

(DHCW 2021)

**107.2 deaths per 100,000 population**

*113.5 deaths per 100,000 112.4 deaths per 100,000*

**Males – 124.1 deaths per 100,000 population**

*132.2 deaths per 100,000 139.3 deaths per 100,000*

**Females – 94.2 deaths per 100,000 population**

*101.3 deaths per 100,000 93.1 deaths per 100,000*

## Diabetes disease, death rate

(DHCW 2019-2021)

**No Local Authority data available**

*13.3 deaths per 100,000 15.3 deaths per 100,000*

**Males – No LA data available**

*15.9 deaths per 100,000 17.8 deaths per 100,000*

**Females – No LA data available**

*11.1 deaths per 100,000 13.2 deaths per 100,000*

## Mental Health, death rate

(DHCW 2021)

**112.9 deaths per 100,000 population**

*108.8 deaths per 100,000 101.8 deaths per 100,000*

**Males – 105.9 deaths per 100,000 population**

*95.6 deaths per 100,000 87.4 deaths per 100,000*

**Females – 113.6 deaths per 100,000 population**

*115.8 deaths per 100,000 109.2 deaths per 100,000*

## Avoidable deaths <75years

(ONS 2022)

**262.2 per 100,000 population**

*270.8 per 100,000 275.3 per 100,000*

## Preventable deaths

**169.3 per 100,000 population**

*173.8 per 100,000 178.4 per 100,000*

## Treatable deaths

**92.9 per 100,000 population**

*97.1 per 100,000 96.9 per 100,000*

## Welsh Index of Multiple Deprivation (2019)

Overall - **4 LSOA's** *1,909 LSOA's*

Income – **4 LSOA's**

Employment – **5 LSOA's**

Health – **1 LSOA's**

Education – **6 LSOA's**

Access to services – **27 LSOA's**

Community safety – **6 LSOA's**

Physical environment – **0 LSOA's**

Housing – **5 LSOA's**

## Births (ONS 2021)

**8.2 per 1,000 population**

*9.3 births per 1,000 8.4 births per 1,000*

## Cancer deaths Cancer incidence

(WCHISU 2021)

(WCHISU 2020)

### Breast

### Breast

**26 deaths**

**88**

*544 deaths 152 deaths*

*2327 563*

### Colorectal

### Colorectal

**52 deaths**

**86**

*990 deaths 255 deaths*

*2106 486*

### Prostate

### Prostate

**35 deaths**

**117**

*591 deaths 174 deaths*

*2225 639*

### Lung

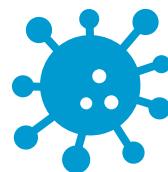
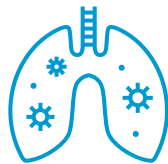
### Lung

**64 deaths**

**89**

*1736 deaths 553 deaths*

*2281 486*



## Stroke, death rate (DHCW 2022)

**51.1 deaths per 100,000 population**

*55.6 deaths per 100,000 56.1 deaths per 100,000*

**Males – 63.4 deaths per 100,000 population**

*61 deaths per 100,000 65.5 deaths per 100,000*

**Females – 44.1 deaths per 100,000 population**

*51 deaths per 100,000 49.5 deaths per 100,000*

## Musculoskeletal conditions, admissions rate (DHCW 2022)

**190.3 admissions per 100,000 population**

*197.8 admissions per 100,000 187.5 admissions per 100,000*

**Males – 146.1 admissions per 100,000 population**

*172 admissions per 100,000 157.8 admissions per 100,000*

**Females – 230.7 admissions per 100,000 population**

*221 admissions per 100,000 214.2 admissions per 100,000*

## Cardiovascular disease, death rate (DHCW 2021)

**254.3 deaths per 100,000 population**

*216.7 per 100,000 271.2 per 100,000*

**Males – 338.8 deaths per 100,000 population**

*328 deaths per 100,000 336.3 per 100,000*

**Females – 188.1 deaths per 100,000 population**

*206.1 deaths per 100,000 206.3 per 100,000*

# Pembrokeshire



## Deaths (ONS, 2022)

**1,636 deaths**

*35,694 deaths 9,512 deaths*

## Respiratory disease, death rate

(DHCW 2021)

**87.3 deaths per 100,000 population**

*113.5 deaths per 100,000 112.4 deaths per 100,000*

**Males – 109.6 deaths per 100,000 population**

*132.2 deaths per 100,000 139.3 deaths per 100,000*

**Females – 72.7 deaths per 100,000 population**

*101.3 deaths per 100,000 93.1 deaths per 100,000*

## Diabetes disease, death rate

(DHCW 2019-2021)

**No Local Authority data available**

*13.3 deaths per 100,000 15.3 deaths per 100,000*

**Males – No LA data available**

*15.9 deaths per 100,000 17.8 deaths per 100,000*

**Females – No LA data available**

*11.1 deaths per 100,000 13.2 deaths per 100,000*

## Mental Health, death rate

(DHCW 2021)

**109.4 deaths per 100,000 population**

*108.8 per 100,000 101.8 deaths per 100,000*

**Males – 109.1 deaths per 100,000 population**

*95.6 deaths per 100,000 87.4 deaths per 100,000*

**Females – 109.2 deaths per 100,000 population**

*115.8 deaths per 100,000 109.2 deaths per 100,000*

## Avoidable deaths <75years

(ONS 2022)

**231.3 per 100,000 population**

*270.8 per 100,000 275.3 per 100,000*

## Preventable deaths

**146.2 per 100,000 population**

*173.8 per 100,000 178.4 per 100,000*

## Treatable deaths

**85.1 per 100,000 population**

*97.1 per 100,000 96.9 per 100,000*



## Welsh Index of Multiple Deprivation (2019)

Overall - **1** LSOA's *1,909 LSOA's*

Income – **1** LSOA's

Employment – **2** LSOA's

Health – **0** LSOA's

Education – **0** LSOA's

Access to services – **23** LSOA's

Community safety – **3** LSOA's

Physical environment – **1** LSOA's

Housing – **13** LSOA's

## Births (ONS 2021)

**7.6 per 1,000 population**

*9.3 births per 1,000 8.4 births per 1,000*

## Cancer deaths Cancer incidence

(WCHISU 2021)

(WCHISU 2020)

### Breast

### Breast

**17 deaths**

**47**

*544 deaths 152 deaths*

*2327 563*

### Colorectal

### Colorectal

**28 deaths**

**48**

*990 deaths 255 deaths*

*2106 486*

### Prostate

### Prostate

**24 deaths**

**74**

*591 deaths 174 deaths*

*2225 639*

### Lung

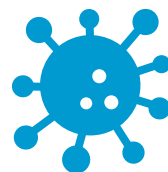
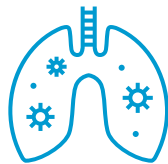
### Lung

**35 deaths**

**43**

*1736 deaths 553 deaths*

*2281 486*



## Stroke, death rate (DHCW 2022)

**48.1 deaths per 100,000 population**

*55.6 deaths per 100,000 56.1 deaths per 100,000*

**Males – 52.1 deaths per 100,000 population**

*61 deaths per 100,000 65.5 deaths per 100,000*

**Females – 43.9 deaths per 100,000 population**

*51 deaths per 100,000 49.5 deaths per 100,000*

## Musculoskeletal conditions, admissions rate (DHCW 2022)

**186.2 admissions per 100,000 population**

*197.8 admissions per 100,000 187.5 admissions per 100,000*

**Males – 160.7 admissions per 100,000 population**

*172 admissions per 100,000 157.8 admissions per 100,000*

**Females – 211.8 admissions per 100,000 population**

*221 admissions per 100,000 214.2 admissions per 100,000*

## Cardiovascular disease, death rate (DHCW 2021)

**238.9 deaths per 100,000 population**

*216.7 per 100,000 271.2 per 100,000*

**Males – 289.2 deaths per 100,000 population**

*328 deaths per 100,000 336.3 per 100,000*

**Females – 196.8 deaths per 100,000 population**

*206.1 deaths per 100,000 206.3 per 100,000*



## Ceredigion

## Deaths (ONS, 2022)

**890 deaths**

*35,694 deaths 9,512 deaths*

## Respiratory disease, death rate

(DHCW 2021)

**91.4 deaths per 100,000 population**

*113.5 deaths per 100,000 112.4 deaths per 100,000*

**Males – 127.5 deaths per 100,000 population**

*132.2 deaths per 100,000 139.3 deaths per 100,000*

**Females – 69.3 deaths per 100,000 population**

*101.3 deaths per 100,000 93.1 deaths per 100,000*

## Diabetes disease, death rate

(DHCW 2019-2021)

**No Local Authority data available**

*13.3 deaths per 100,000 15.3 deaths per 100,000*

**Males – No LA data available**

*15.9 deaths per 100,000 17.8 deaths per 100,000*

**Females – No LA data available**

*11.1 deaths per 100,000 13.2 deaths per 100,000*

## Mental Health, death rate

(DHCW 2021)

**62 deaths per 100,000 population**

*108.8 per 100,000 101.8 deaths per 100,000*

**Males – 49.9 deaths per 100,000 population**

*95.6 deaths per 100,000 87.4 deaths per 100,000*

**Females – 68.4 deaths per 100,000 population**

*115.8 deaths per 100,000 109.2 deaths per 100,000*

## Avoidable deaths <75years

(ONS 2022)

**244.8 per 100,000 population**

*270.8 per 100,000 275.3 per 100,000*

## Preventable deaths

**160.4 per 100,000 population**

*173.8 per 100,000 178.4 per 100,000*

## Treatable deaths

**84.4 per 100,000 population**

*97.1 per 100,000 96.9 per 100,000*

## Welsh Index of Multiple Deprivation (2019)

Overall - **10 LSOA's** *1,909 LSOA's*

Income – **9 LSOA's**

Employment – **14 LSOA's**

Health – **5 LSOA's**

Education – **14 LSOA's**

Access to services – **74 LSOA's**

Community safety – **15 LSOA's**

Physical environment – **5 LSOA's**

Housing – **31 LSOA's**

**Births** (ONS 2021)

**8 per 1,000 population**

*9.3 births per 1,000*

## Cancer deaths Cancer incidence

(WCHISU 2021)

(WCHISU 2020)

**Breast**

**Breast**

**85 deaths**

**293**

*544 deaths*

*2327*

**Colorectal**

**Colorectal**

**145 deaths**

**253**

*990 deaths*

*2106*

**Prostate**

**Prostate**

**101 deaths**

**346**

*591 deaths*

*2225*

**Lung**

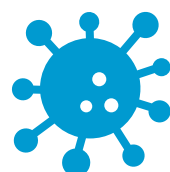
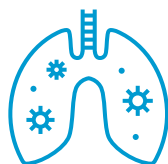
**Lung**

**222 deaths**

**282**

*1736 deaths*

*2281*



## Stroke, death rate (DHCW 2022)

**51.4 deaths per 100,000 population**

*55.6 deaths per 100,000*

**Males – 58.7 deaths per 100,000 population**

*61 deaths per 100,000*

**Females – 46.4 deaths per 100,000 population**

*51 deaths per 100,000*

## Musculoskeletal conditions, admissions rate (DHCW 2022)

**157.4 admissions per 100,000 population**

*197.8 admissions per 100,000*

**Males – 127.6 admissions per 100,000 population**

*172 admissions per 100,000*

**Females – 186 admissions per 100,000 population**

*221 admissions per 100,000*

## Cardiovascular disease, death rate (DHCW 2021)

**265.9 deaths per 100,000 population**

*216.7 per 100,000*

**Males – 326.9 deaths per 100,000 population**

*328 deaths per 100,000*

**Females – 205 deaths per 100,000 population**

*206.1 deaths per 100,000*

## Hywel Dda UHB



**Deaths** (ONS, 2022)

**5,016 deaths**

*35,694 deaths*

## Respiratory disease, death rate

(DHCW 2021)

**95.3 deaths per 100,000 population**

*113.5 deaths per 100,000*

**Males – 120.4 deaths per 100,000 population**

*132.2 deaths per 100,000*

**Females – 78.7 deaths per 100,000 population**

*101.3 deaths per 100,000*

## Diabetes disease, death rate

(DHCW 2019-2021)

**14.7 deaths per 100,000 population**

*13.3 deaths per 100,000*

**Males – 16.4 deaths per 100,000 population**

*15.9 deaths per 100,000*

**Females – 13.5 deaths per 100,000 population**

*11.1 deaths per 100,000*

## Mental Health, death rate

(DHCW 2021)

**94.7 deaths per 100,000 population**

*108.8 per 100,000*

**Males – 88.3 deaths per 100,000 population**

*95.6 deaths per 100,000*

**Females – 97 deaths per 100,000 population**

*206.1 deaths per 100,000*

## Avoidable deaths <75years

(ONS 2022)

**247.6 per 100,000 population**

*270.8 per 100,000*

## Preventable deaths

**159.2 per 100,000 population**

*173.8 per 100,000*

## Treatable deaths

**88.4 per 100,000 population**

*97.1 per 100,000*

# Key findings

- The highest rating in Hywel Dda UHB is good health (32.6%) 0.4% higher than the Wales rating.
- In 2021, Carmarthenshire had the highest cardiovascular death rate with 285.3 per 100,000 population (significant increase from 2020 by 29.1 deaths per 100,000 population), this made Carmarthenshire the 5<sup>th</sup> highest local authority across Wales (23.6 deaths per 100,000 higher than the Wales average). 2<sup>nd</sup> highest HB across Wales for prevalence of cardiovascular disease. South Pembrokeshire GP cluster highest prevalence (3%).
- South Pembrokeshire GP cluster has the highest prevalence of diseases affecting stroke in Hywel Dda UHB and the highest across Wales in 2022 (10.9%).
- In 2022, Carmarthenshire had the lowest rate recorded for admissions to healthcare settings with musculoskeletal conditions (95.7 per 100,000 population).
- Amman/Gwendraeth GP cluster had the highest combined prevalence of respiratory diseases (Asthma and COPD) with 7.9%, 4<sup>th</sup> highest of the sixty-three GP clusters across Wales in 2022.

# Key findings

- Hywel Dda UHB had the highest death rate from diabetes of all the HBs (2019-2021). 3<sup>rd</sup> highest HB on prevalence of diabetes and South Pembrokeshire GP cluster (9.3%) 7<sup>th</sup> highest of 63 clusters across Wales.
- Ceredigion had the lowest overall death rate attributed to mental and behavioural death in 2021, with 62 deaths per 100,000. With Pembrokeshire highest for male deaths and the 4<sup>th</sup> highest LA in Wales, with Ceredigion being the lowest of the 22 LA for females. In Hywel Dda UHB, Carmarthenshire had the highest death rate in males with 113.6 deaths per 100,000.
- Males in Carmarthenshire had the highest rate of all LA across Wales in self-harm admissions rate, 139.8 admissions per 100,000 population in 2022 (57.1 admissions per 100,000 higher than the Wales average). Females in Carmarthenshire had the highest rate in 2020-21 and the 6<sup>th</sup> highest local authority in Wales with an admissions rate of 237.4 per 100,000. This is 56.1 per 100,000 higher than the Wales rate for females (181.3 per 100,000).

Health Needs Assessment Summary  
Document

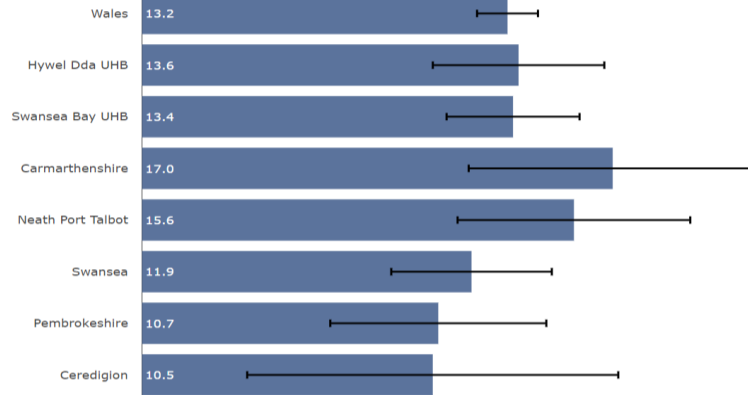
# Lifestyle Risk Factors across the Hywel Dda UHB Region



Data in Italics = Welsh Average

### Percentage of adults (16+) that smoke (PHOF 2022)

**ARCH – 13.5%**



## Smoking

### Percentage of adult (16+) males and females that smoke (PHOF 2022)

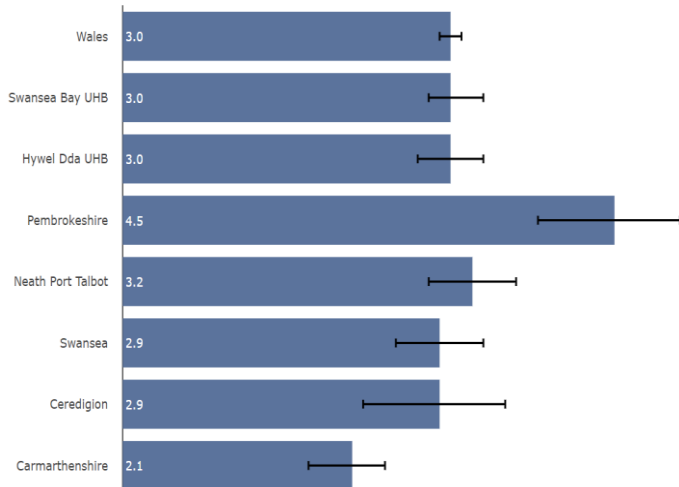
■ Males ■ Females



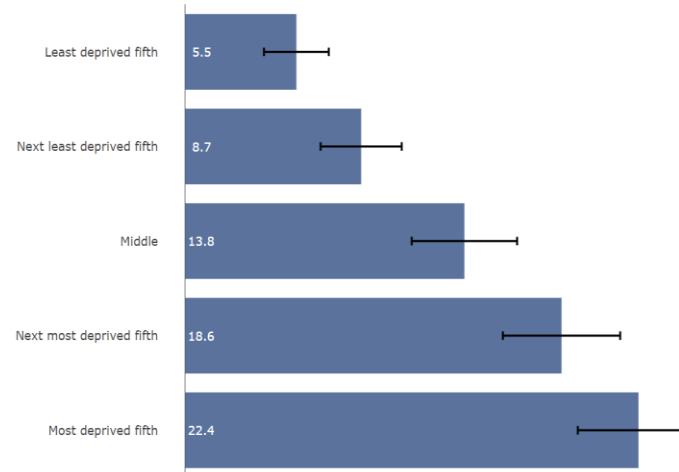
\* Wales data only

### Percentage of adolescent (11-15 years old) that smoke (PHOF 2022)

**ARCH – 3%**



### Percentage of adults (16+) that smoke by area of deprivation (PHOF 2022)



\* Wales data only

### Percentage of adolescent (11-15 years old) males and females that smoke (PHOF 2022)

■ Males ■ Females

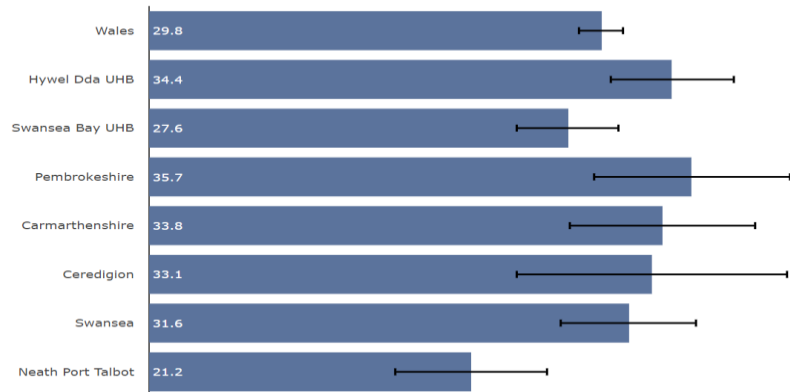


\* Wales data only

Data in Italics = Welsh Average

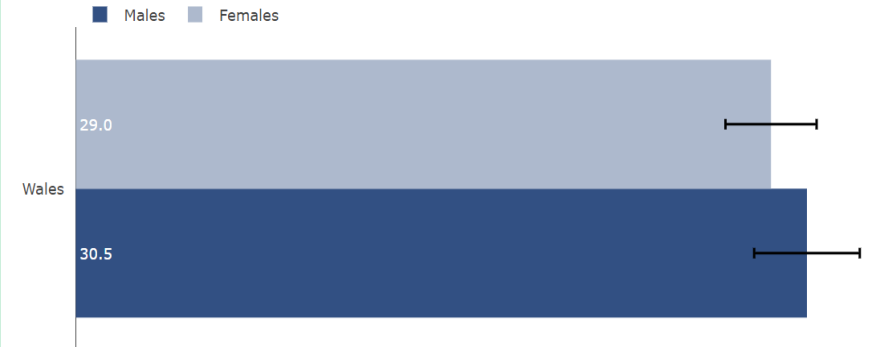
**Percentage of adults (16+) eating 5 or more fruit and vegetables daily**  
(PHOF 2022)

**ARCH – 31%**



**Healthy Eating**

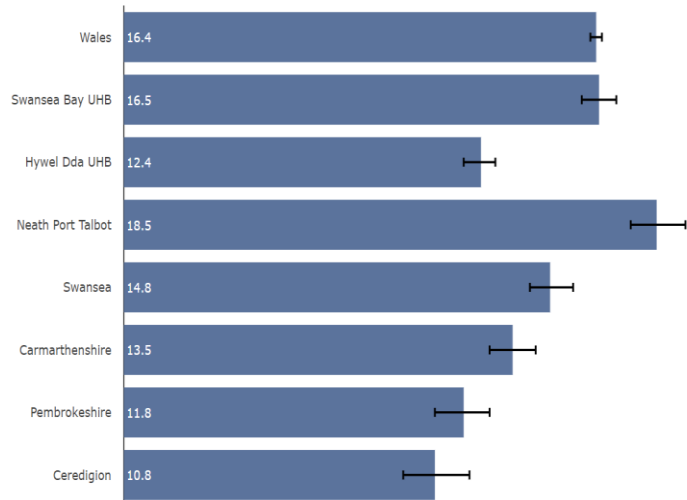
**Percentage of adult (16+) males and females that eat healthy**  
(PHOF 2022)



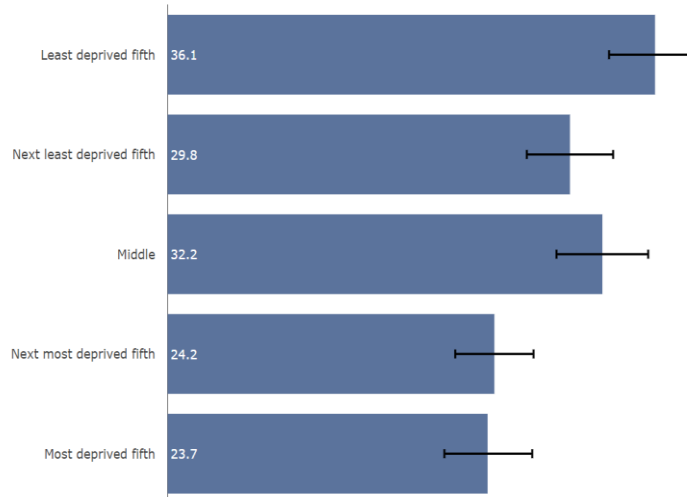
\* Wales data only

**Percentage of adolescent (11-15 years old) consuming sugary drinks daily**  
(PHOF 2022)

**ARCH – 28.4%**

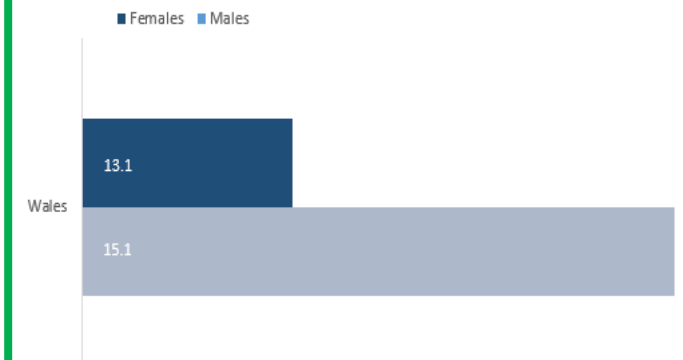


**Percentage of adults (16+) meeting healthy eating guidelines by area of deprivation (PHOF**



\* Wales data only

**Percentage of adolescent (11-15 years old) males and females consuming energy drinks**  
(PHOF 2022)

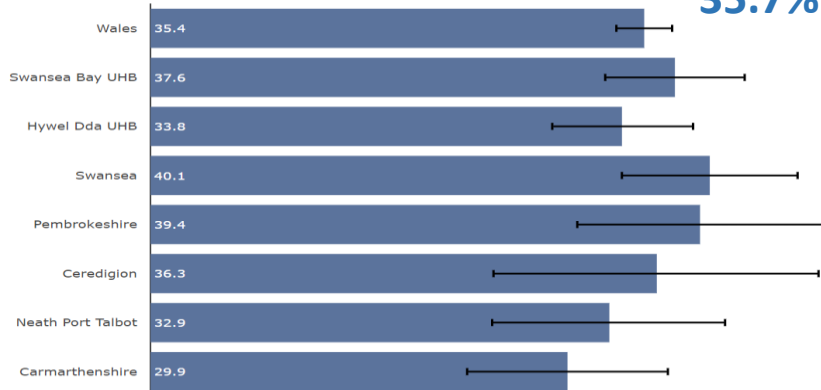


\* Wales data only



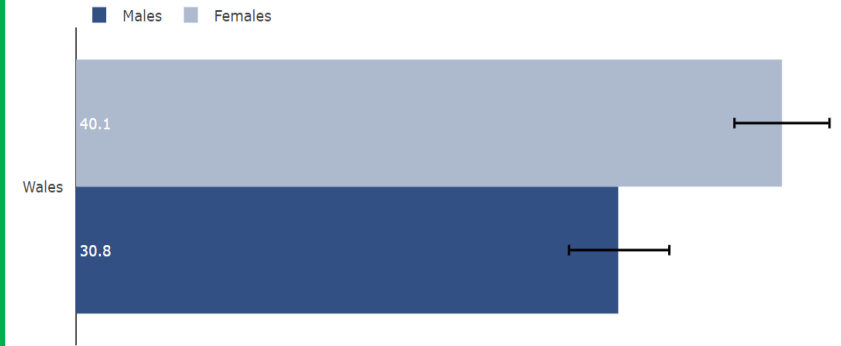
Percentage of working age adults (16-64 years old) reporting as being at a healthy weight (PHOF 2022)

**ARCH – 35.7%**



# Obesity

Percentage of working age adult (16-64 years old) males and females, reporting as being a healthy weight (PHOF 2022)



\* Wales data only

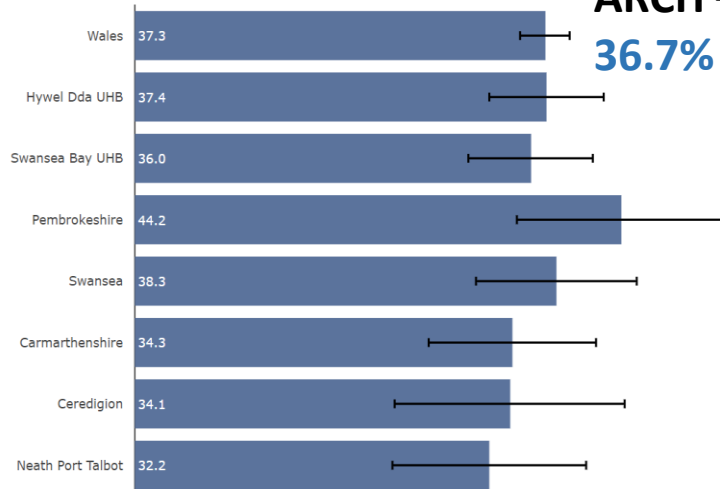
Percentage of reception aged children (4-5 years) reporting as being at a healthy weight/underweight, overweight or obese (CMP 2022)

Geography	Healthy weight or underweight (%)	Overweight not obese (%)	Obese (%)
Hywel Dda UHB	70.8	15.6	13.6
Ceredigion	71.9	16.5	11.7
Pembrokeshire	73.6	14.1	12.3
Carmarthenshire	68.6	16.3	15.1
Swansea Bay UHB	71.7	14.2	14.1
Swansea	72.8	14.1	13.1
Neath Port Talbot	70.1	14.2	15.8

**ARCH – 13.8%**

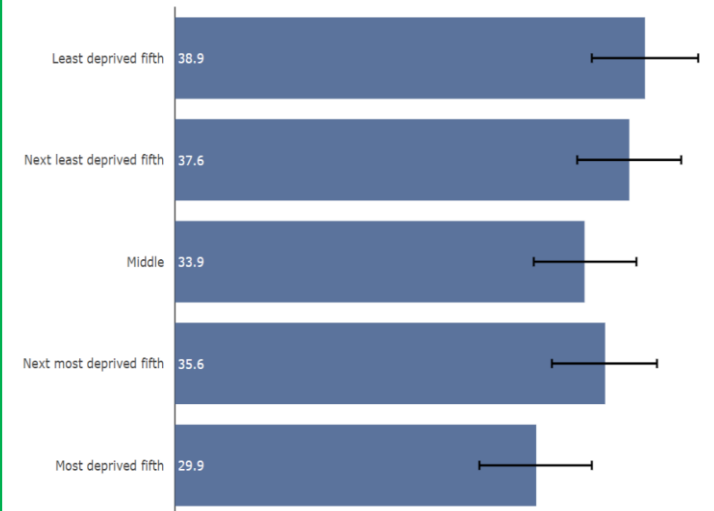
Percentage of older adults (65+ years old) reporting as being at a healthy weight (PHOF 2022)

**ARCH – 36.7%**



\* Wales data only

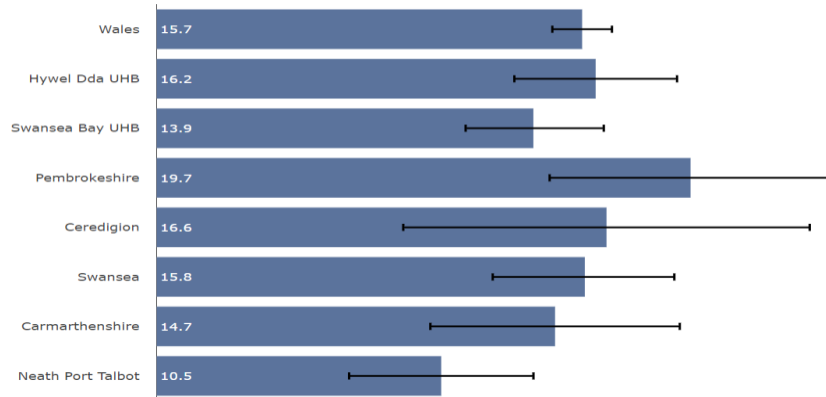
Percentage of working age adults (16-64 years old) of a healthy weight by area of deprivation (PHOF 2022)





### Percentage of adults (16-64 years old) reporting drinking above the guidelines (PHOF 2022)

**ARCH –  
15%**



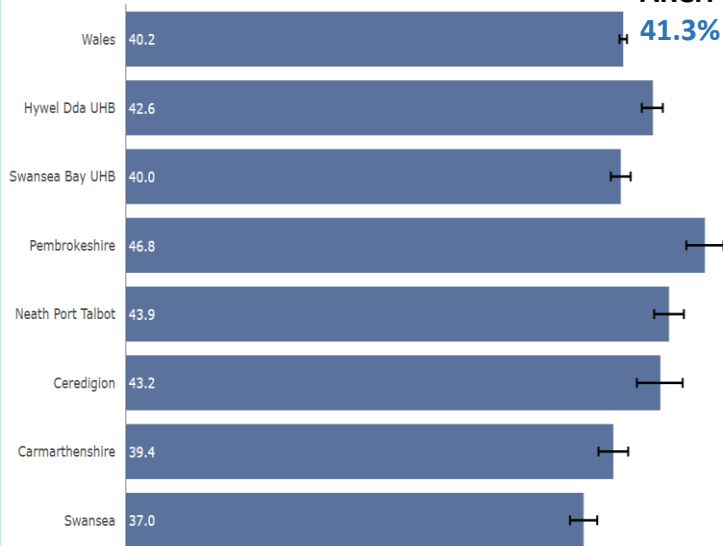
## Alcohol

### Alcohol specific death rate per 100,000 population, 3-year average (DHCW 2019-2021)

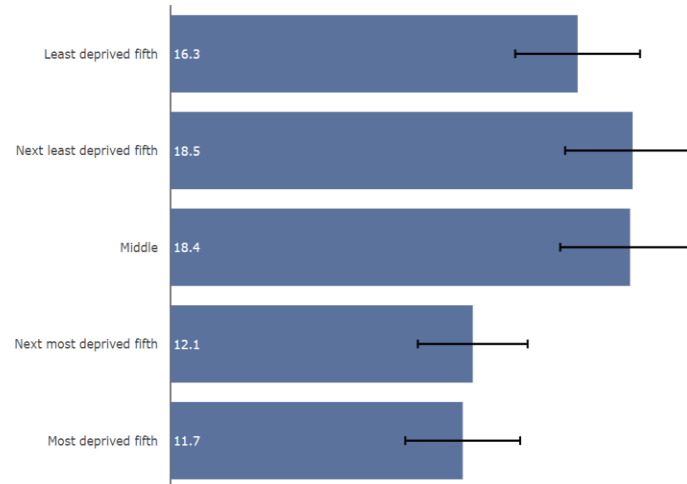
	Death rate	Males	Females
ARCH	15.3	20.7	10.1
Hywel Dda	12	16.8	7.3
Swansea Bay	18.5	24.5	12.8
Carmarthenshire	11.2	14.6	7.9
Pembrokeshire	9.9	11.8	8
Ceredigion	15.1	24.1	6.1
Swansea	15.1	20.9	9.7
Neath Port Talbot	21.8	28.2	15.9
<i>Wales</i>	<i>13.6</i>	<i>18.5</i>	<i>9</i>

### Percentage of adolescent (11-15 years old) reporting drinking above the guidelines (PHOF 2022)

**ARCH –  
41.3%**

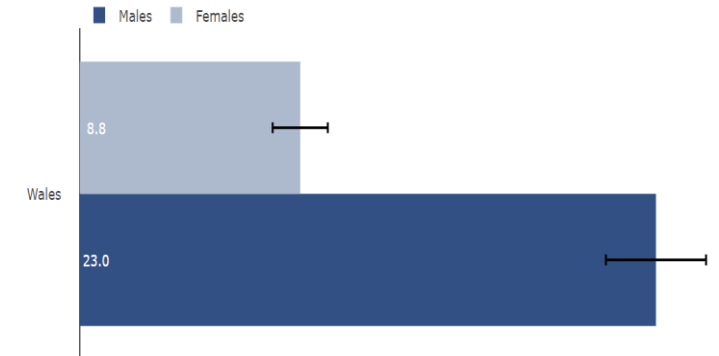


### Percentage of adults (16+) drinking above guidelines by area of deprivation (PHOF 2022)



\* Wales data only

### Percentage of adult (16-64 years old) males and females, reporting drinking above the guidelines (PHOF 2022)



\* Wales data only

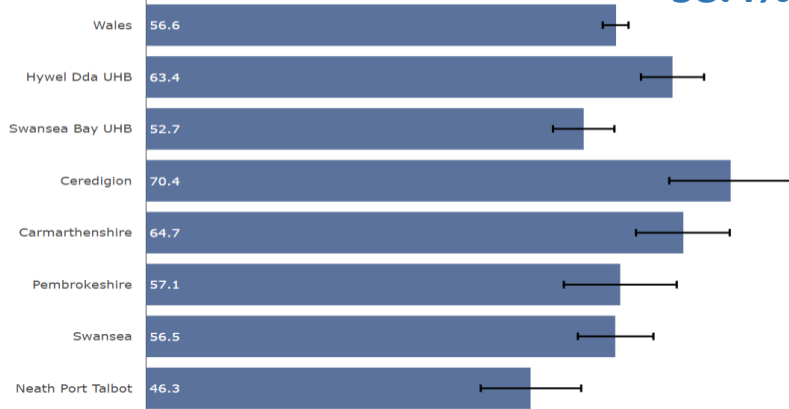
Data in Italics = Welsh Average



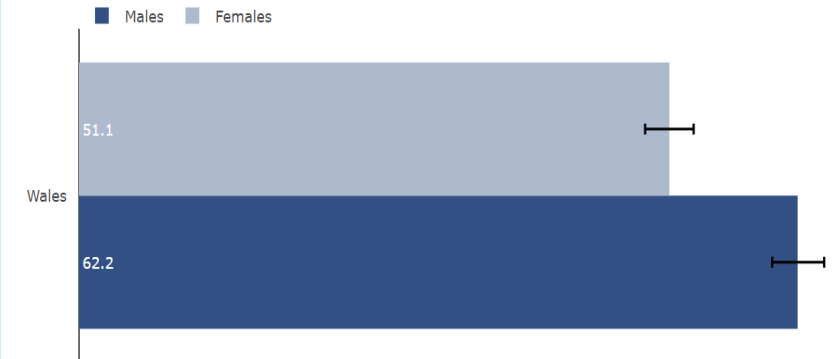
## Physical Activity

### Percentage of adults (16+), that meet activity guidelines (PHOF 2022)

**ARCH –  
58.4%**



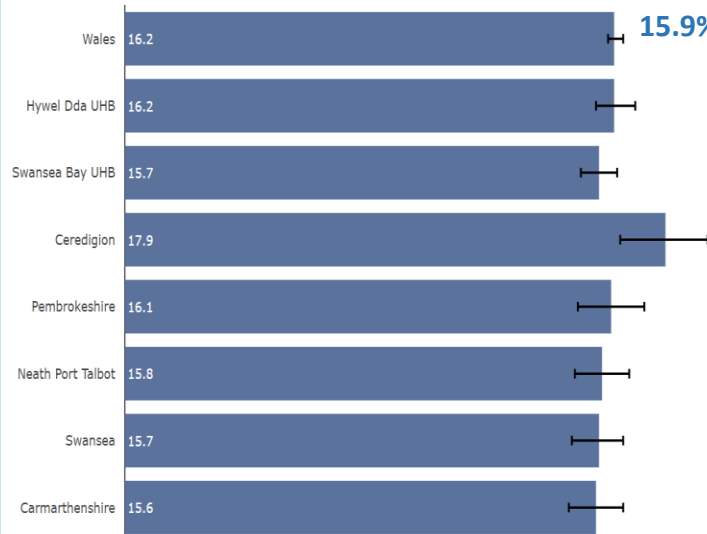
### Percentage of adult (16+) males and females, meeting activity guidelines (PHOF 2022)



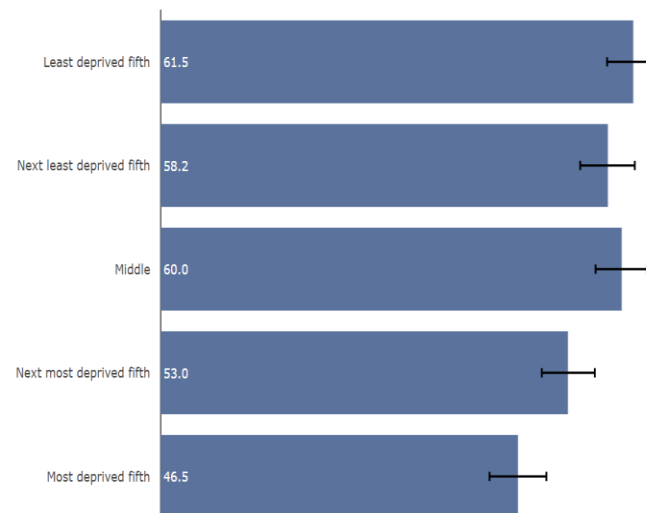
\* Wales data only

### Percentage of adolescent (11-15 years old) that meet activity guidelines (PHOF 2022)

**ARCH –  
15.9%**

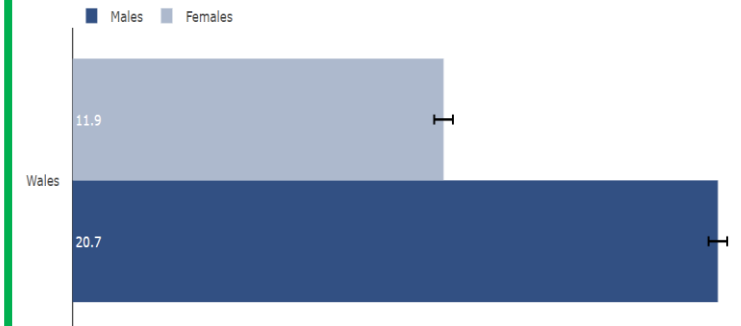


### Percentage of adults (16+) meeting activity guidelines by area of deprivation (PHOF 2022)



\* Wales data only

### Percentage of adolescent (11-15 years old) males and females, meeting activity guidelines (PHOF 2022)



\* Wales data only

# Key findings

- In 2022, Carmarthenshire was the 4th highest LA in Wales for adults smoking, 6.5% higher than the least prevalent LA across Wales, Ceredigion.
- In 2022, 11-16 year olds in Pembrokeshire had the 2nd highest smoking rate in Wales with 4.5%, with Carmarthenshire having the lowest prevalence (2.1%).
- Pembrokeshire was the 3rd highest LA when reporting rate of adults consuming five or more fruit and vegetables a day at 35.7%.
- Ceredigion had the lowest percentage of 11–16 year olds consuming at least one sugary drink a day with 10.8%. This also makes Ceredigion the lowest local authority across Wales.
- Ceredigion (16.5%) had the highest rate of children who are overweight not obese, compared to the rating of obese children, Ceredigion being the lowest (11.7%) and Carmarthenshire (15.1%) having the highest rating across Hywel Dda UHB.
- Adults in Pembrokeshire recorded the 3rd highest rate out of all the local authorities in Wales, in consuming alcohol above recommended guidelines. This is the same (highest in Hywel Dda UHB) for 11-16 year olds, with Pembrokeshire recording the 6<sup>th</sup> highest LA across Wales.
- Ceredigion had the greater percentage with 70.4% (highest local authority across Wales) of adults meeting physical activity guidelines.

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