

# Health of Carmarthenshire residents

## Life Expectancy

**78.4 years**

(Wales 78.0 years)

Source: Public Health Wales (PHW) (2020-22)

**81.8 years**

(Wales 81.8 years)

## Healthy Life Expectancy

**59.7 years**

(Wales 61.5 years)

Source: Public Health Wales (PHW) (2018-20)

**61.8 years**

(Wales 62.4 years)

“According to a recent Carmarthenshire residents survey there was overall agreement from residents that their general health and wellbeing is good”

“According to a recent Carmarthenshire residents survey there was overall agreement that consideration should be given to supporting people's mental health and well-being”

Source: Carmarthenshire's Residents Survey 2024

## Mental Well-being

**Score of 48.3 for Adults**

(Welsh average Score 48.2)

Warwick Edinburgh mental wellbeing scale - score between 14 and 70

Source: National Survey for Wales 2022/23

**Score of 23.5 for Children**

(aged 11-16)

(Welsh average Score 23.5)

Warwick Edinburgh mental wellbeing scale - score between 7 and 35

Source: School Health Research Network (SHRN) Public Health Wales 2022/23

# Healthy lifestyles of Adults

**92.5% of Carmarthenshire residents say they have two or more of these five healthy lifestyle behaviours.**

Source: National Survey for Wales 2021/22 & 2022/23



**Not smoking**

**13.2% said they smoked**



**Not drinking above weekly guidelines**

**15.3% said they drank above guidelines**

**Eating five or more portions of fruit and vegetables a day**



**32.3% said they ate 5 portions**



**Maintaining a healthy weight / body mass index**

**67.8% of adults are overweight or obese**



**Being physically active for at least 150 minutes in the week**

**60.8% of adults exercised enough**

# Healthy lifestyles of Children



**2.4% of 11-16 year olds said they smoked at least once a week**



**40.1% of 11-16 year olds reported drinking alcohol**

Source: Public Health Wales 2023 School Health Research Network (SHRN) Data



**46.2% of 11-16 year olds reported eating at least one portion of fruit or veg per day**



**30.5% of children aged 4 to 5 years are overweight or obese**

Source: Public Health Wales 2022/23



**40.4% of children aged 3 to 11 years are 'Hooked on sport'\***

\*At least three occasions per week of extracurricular and community sport

Source: School Sport Survey 2022