

Health of Carmarthenshire residents

Life Expectancy



78.7 years

(Wales 78.3 years)

Source: Public Health Wales (PHW) (2026)

81.9 years

(Wales 82.2 years)



Healthy Life Expectancy

57.7 years

(Wales 59.2 years)

Source: Public Health Wales (PHW) (2026)

56.2 years

(Wales 58.5 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 2025

Mental Well-being



Score of 48.3 for Adults

(Welsh average Score 48.4)

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 2021-25](#)



Not smoking

8.1% 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



41.5% 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 2023-25 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



30.1% of children aged 4 to 5 years are overweight or obese



40.5% of children aged 3 to 11 years are 'Hooked on sport'*

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

Source: [Public Health Wales 2024/25](#)

Source: [School Sport Survey 2022](#)