



Spotlight report: behavioural risk factors



Smoking

The [Local Tobacco Profile](#) for North Somerset gives an overview of smoking related activity in the area. Generally, across a range of indicators North Somerset is mixed when compared to the national average.

- Smoking prevalence in adults in 2021 was 12.9% in North Somerset compared to 12.6% regionally and 13% nationally based on the Annual Population Survey.
- The prevalence is higher for adults aged 18-64 years in routine and manual occupations (24.8%) and this is also the case regionally and nationally.
- The prevalence is higher for vulnerable adults including those with long term mental health conditions and those admitted for alcohol and/or substance misuse treatments.
- The percentage of women smoking at birth has been falling in recent years but is still at almost 10%, similar to regional and national averages.

Alcohol

The [Local Alcohol Profile](#) for North Somerset gives an overview of alcohol related activity in the area. Generally, across a range of indicators North Somerset shows worse rates when compared to the national average for:

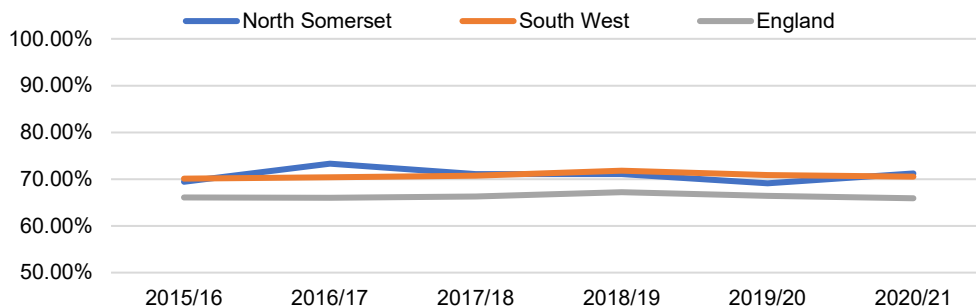
- Hospital admissions for alcohol specific and alcohol related conditions.
- A range of alcohol related conditions including mental and behavioural disorders due to the use of alcohol.
- Alcohol related mortality.

Smoking prevalence for adults admitted to treatment for alcohol abuse is significantly higher than the population average. As of 2020/21 over 300 people were receiving treatment in specialist alcohol misuse services in North Somerset.

Physical activity and weight

63.1% of adults in North Somerset are physically active based on the latest [Active Lives Survey](#) (self-reported and doing at least 150 [moderate intensity minutes](#) a week). This is similar to regional and national averages and has not increased in recent years. 60.5% of adults in North Somerset are classified as [overweight or obese](#), also similar to regional and national averages and with little change in this measure over recent years.

Percentage of physically active adults



Percentage of adults classified as overweight or obese

