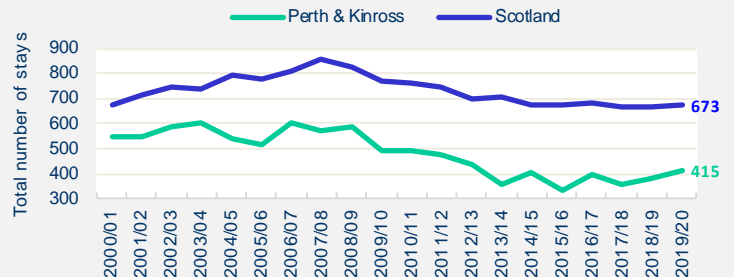


Adult Health

A variety of lifestyle or health related habits (behavioural factors), material factors (such as the environment and living standards), and psychosocial factors (for example, stress and risk taking) can have a major impact on a person's health. Behavioural and social issues that impact on health include smoking, diet, nutrition, alcohol and drugs (which together account for many CHD and cancer deaths), lack of physical exercise and poor diet leading to malnutrition, obesity and reduced life expectancy.

Alcohol-related hospital stays

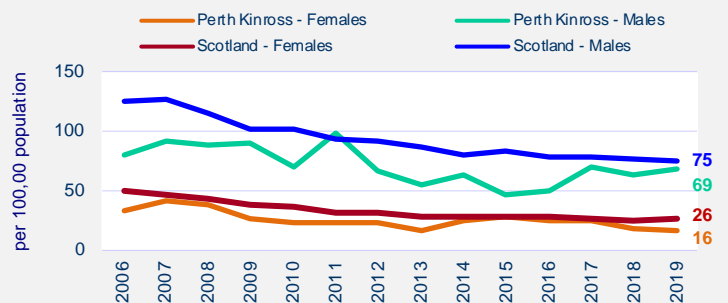
In 2019/20, the total number of alcohol-related hospital stays (age-sex standardised rate per 100,000) in Perth and Kinross increased slightly to 415 but continued to remain well below the average across Scotland (673).



Source: ISD Scotland

Coronary Heart Disease under age 75

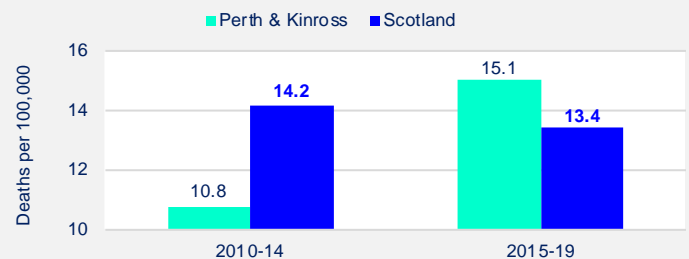
In 2019, age-sex standardised mortality rates per 100,000 population from CHD in Perth and Kinross under the age of 75, increased slightly for men (69) and remained steady for women (26). Both rates continue to compare favourably with the average across Scotland for the same period.



Source: ISD Scotland

Deaths classified as 'intentional self-harm' or 'event of undetermined intent'

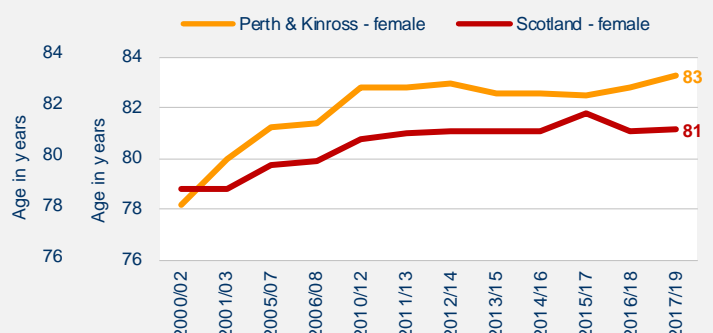
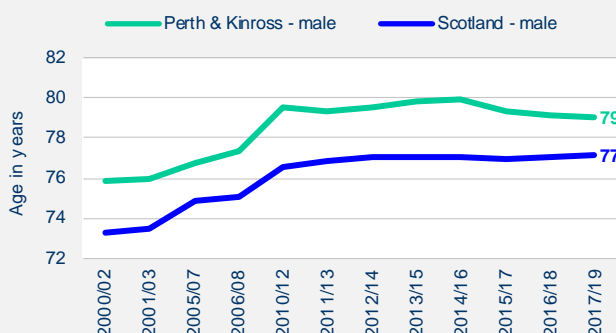
In Perth and Kinross between 2015-19, the five-year moving average count of deaths per 100,000 classified as intentional self-harm or 'event of undetermined intent' increased and was higher than the average across Scotland.



Source: National Records of Scotland

Life Expectancy at Birth

Life expectancy at birth (in years) in Perth and Kinross remains high for both men and women and consistently above the corresponding average for Scotland. The latest life expectancy figures published (2017-19) identify men (79%) and women (83%) in Perth and Kinross as having a higher life expectancy than the average for men (77%) and women (81%) across Scotland.



Source: National Records of Scotland