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STATISTICS, DOCUMENT

# Adult lifestyle, general health and illness from the National Survey for Wales 2016 to 17 to 2019 to 20: additional analysis by pregnancy status, women aged 16 to 54

This report contains additional analysis from the National Survey for Wales. It combines four years of data to analyse healthy lifestyle behaviours, general health and illness among pregnant women and those who were not pregnant.

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# Contents

[Main points](#)

[Contact details](#)

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## Main points

Information on healthy lifestyle behaviours among adults in Wales comes from the National Survey for Wales. This report combines four years of data to analyse healthy lifestyle behaviours by pregnancy status for women aged 16 to 54. It supplements a previous statistical article on healthy lifestyle behaviours by selected protected characteristics (disability, ethnic group, marital status, religion, sexual orientation) published in September 2023. This report also includes results for general health and illness as, unlike the other protected characteristics included in the previous article, this is not available from the census for pregnant women.

- There was no significant difference in smoking, drinking within guidelines (includes not drinking), or eating at least 5 portions of fruit and vegetables between pregnant women and those who were not pregnant
- Pregnant women were less likely to be physically active for at least 150 minutes the previous week than women who were not pregnant
- There was no significant difference in reported good or very good general health between pregnant women and those who were not pregnant
- Pregnant women were less likely to report a longstanding illness than women who were not pregnant, and were also less likely to report a limiting longstanding illness.

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