

HEALTH AND SOCIAL CARE

Scottish Health Survey

Results for Local Areas: 2013/2014/2015/2016

Originally published October 2017 – Amended January 2018

ERRATA (15/01/2018)

Please note that errors have been discovered in the previously published results for two Local Authorities (East Dunbartonshire and Glasgow City).

These were due to a number of survey respondents living in the Glasgow City council area being incorrectly coded as living in East Dunbartonshire and vice-versa.

Published results now use corrected figures for the two Local Authorities.

Results for other Local Authorities and all NHS Boards are unaffected.

Background

This report summarises key statistics from the Scottish Health Survey (SHeS) for each NHS Board area and some Local Authority areas in Scotland.

A detailed set of web tables including these results is available on the [Scottish Health Survey web pages](#).

The survey has been carried out continuously since 2008 and, prior to this, was carried out in 1995, 1998 and 2003. It was designed to:

- estimate the prevalence of particular health conditions in Scotland
- estimate the prevalence of certain risk factors associated with these health conditions and to document the pattern of related health behaviours
- look at differences between regions and between subgroups of the population in the extent of their having these particular health conditions or risk factors, and to make comparisons with other national statistics for Scotland and other parts of the UK
- monitor trends in the population's health over time
- make a major contribution to monitoring progress towards health targets.

The 2013-2016 surveys were designed to yield a representative sample of the general population living in private households in Scotland every year. This report is based on SHeS data over that four year period, providing representative health

board level and local authority level data for adults aged 16 and over, and coincides with the release of the 2016 annual report.

Figures are not presented for all local authorities, as to ensure the robustness of published findings, results were not included where the sample size was below 500 participants.

Full information about the Scottish Health Survey is available in the annual main reports and technical reports, including details about survey design, sampling methodology and policy context.

Methods and indicators

The 2013-2016 results include local area data for the following topics:

- Self-assessed general health
- WEMWBS mean scores
- General Health Questionnaire (GHQ-12) scores
- Long-term illness
- Alcohol consumption- weekly drinking guidelines
- Alcohol consumption- mean weekly units
- Smoking behaviour
- Overweight
- Obesity
- Fruit and vegetable consumption- by category
- Fruit and vegetable consumption- mean daily portions
- Physical activity
- Cardiovascular (CVD) conditions

In the accompanying web tables, figures are presented by health board and local authority (where the sample size was sufficient) for males, females and all adults aged 16 or over. Upper and lower 95% confidence intervals (CIs) are shown for each estimate, and have also been included in column charts which present results for all adults by board and local authority. It is important to consider the CIs when interpreting results, particularly for smaller boards or local authorities, where intervals are likely to be wider.

The Summary of Results section describes where results for any local area differ significantly from the Scotland average.

As the population age profile varies by local area, and age is strongly associated with health outcomes and behaviours, figures for individual health boards or local authorities are not directly comparable with each other. These results are primarily intended to represent the populations in each local area.

More information about each of the topics can be found in the latest SHeS Main Report.

Summary of results for NHS Boards

Self-assessed general health

The proportion of adults who rate their general health to be good or very good was significantly lower in Dumfries & Galloway (69%), Ayrshire & Arran, and Greater Glasgow & Clyde (both 70%) than in Scotland as a whole (74%). In Orkney (83%), Lothian (79%), and Grampian (78%), the proportion in good or very good health was significantly higher than the estimate for Scotland.

WEMWBS

The Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) is used to measure mental wellbeing. The mean score for adults in Scotland in 2013-2016 was 49.9, and while the mean score was higher for men (50.1) than for women (49.9), this difference was not statistically significant. Those living in Ayrshire & Arran (49.2) and Greater Glasgow & Clyde (49.3) had significantly lower mean scores than the Scotland estimate. Mean scores were significantly higher than the Scottish average for residents of Western Isles (51.2), Highland (51.1), and Grampian (50.7).

General Health Questionnaire (GHQ-12) scores

The General Health Questionnaire (GHQ-12) is used to identify individuals showing signs of the presence of a possible psychiatric disorder (as indicated by scores of four or higher). In Orkney and Grampian (both 12%) the proportion with scores of 4+ was significantly lower than the proportion in Scotland as a whole (16%). The proportion of adults with scores of 4+ in Greater Glasgow & Clyde (18%) was significantly higher than in Scotland as a whole. Borders had the same proportion of 4+ scorers as Glasgow, although this result was not significantly higher than the Scotland estimate due to the smaller sample size. In Scotland overall, significantly more women than men had a score of 4+ (17% compared to 14%).

Long-term conditions

A significantly lower proportion of adults in Grampian and Lothian (both 27%) reported a limiting condition compared to Scotland overall (32%), while this proportion was significantly higher in Ayrshire & Arran (44%) and Western Isles (36%). A significantly higher proportion of Scottish women (34%) than men (30%) reported a long-term condition that limited their daily activities in some way.

Alcohol consumption

In the period 2013-2016, the proportion of adults who exceeded government guidelines on weekly alcohol consumption¹ was significantly lower than the national average (25%) in Western Isles and Tayside (both 21%). In Lothian and Forth Valley, 30% of adults exceeded the weekly guidelines - a significantly higher proportion than across Scotland as a whole. In all health boards, a significantly higher proportion of men than women drank exceeded the weekly guidelines.

Tayside residents reported the lowest mean number of units consumed among drinkers on a weekly basis (10.8), while Lothian reported the highest (13.7), however neither of these were significantly different from the Scottish average (12.6). Male drinkers reported significantly higher weekly mean units than their female counterparts in every board.

Smoking

An estimated 21% of adults were regular smokers between 2013 and 2016, with prevalence significantly higher among men than women (23% of men, 20% of women). The proportion of regular smokers was lowest in Orkney (17%) although this was not significantly lower than the Scotland figure. However, the highest proportion - Greater Glasgow & Clyde (24%) - was significantly different to the Scotland figure.

Overweight (including obesity)²

In Scotland, 65% of individuals were overweight or obese, with the figure for men (69%) significantly higher than that for women (61%). Results for a number of boards were significantly different to the Scotland figure. These included lower results for Lothian (60%) and Greater Glasgow & Clyde (62%), and higher results for Ayrshire & Arran, Lanarkshire (both 70%), Western Isles (71%), Orkney, and Shetland (both 72%).

Obesity³

In 2013-2016, obesity rates were significantly lower in Lothian (24%) and Greater Glasgow & Clyde (26%) compared to the Scottish average (28%). The rates for adults in Fife, Lanarkshire (both 32%), Ayrshire & Arran, Western Isles (both 34%), and Shetland (38%) were significantly higher than for Scotland overall. At Scotland level, the obesity rate for women (29%) was significantly higher than the rate for men (27%).

¹ Drinking more than 14 units per week

² BMI 25 or higher

³ BMI 30 or higher

Fruit and vegetable consumption

The proportion of adults consuming the recommended five portions (or more) of fruit and vegetables per day was significantly lower than across Scotland as a whole (21%) among Lanarkshire (17%) and Ayrshire & Arran residents (15%). The proportion in Lothian (25%) was significantly higher than the Scotland figure. At Scotland level, the proportion consuming the recommended five portions (or more) was significantly higher for women (22%) than men (20%).

The mean portions of fruit and vegetables consumed per day in Ayrshire & Arran (2.7) and Lanarkshire (2.9) was significantly lower than the Scottish mean (3.1 portions). The number was significantly higher in Lothian (3.5) compared to the national average, while at Scotland level women consumed significantly more portions (3.3) compared to men (3.0).

Physical activity

In 2013-2016, the lowest proportion of adults meeting the physical activity guidelines was observed in Dumfries & Galloway and Ayrshire & Arran (both 60%), while the highest proportion was in Lothian (67%). However, due to sample sizes, only the Ayrshire & Arran and Lothian proportions were significantly different to that of Scotland (64%). Men in Scotland were significantly more likely to meet the guideline (69%) than women (59%).

Cardiovascular (CVD) conditions

The proportion of individuals reporting a doctor-diagnosed CVD condition was significantly higher than the Scottish average of 16% in Ayrshire & Arran (19%). The rate was lower than the Scottish average in Lothian and Shetland (both 13%), but only in Lothian was the difference statistically significant. At Scotland level, men were significantly more likely to have a CVD condition (16%) than women (15%).

Summary of results for Local Authorities

Self-assessed general health

The proportion of adults who rate their general health to be good or very good was significantly lower in North Ayrshire (66%), Glasgow City (68%), and North Lanarkshire (70%) than in Scotland as a whole (74%). In Aberdeenshire (79%), City of Edinburgh (80%), and Orkney Islands (83%) the proportion in good or very good health was significantly higher than the estimate for Scotland.

WEMWBS

The Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) is used to measure mental wellbeing. The mean score for adults in Scotland in 2013-2016 was 49.9, and while the mean score was higher for men (50.1) than for women (49.9), this was not statistically significant. Those living in North Ayrshire (48.3) and Glasgow City (48.4) had significantly lower mean scores than the Scotland estimate. Mean scores were significantly higher than the Scottish average for residents of Aberdeen City (50.7), Aberdeenshire, Highland (both 51.0), and Na h-Eileanan Siar (51.2).

General Health Questionnaire (GHQ-12) scores

The General Health Questionnaire (GHQ-12) is used to identify individuals showing signs of the presence of a possible psychiatric disorder (as indicated by scores of four or higher). The proportion of adults with scores of 4+ was significantly lower in Aberdeenshire (11%) than the proportion in Scotland as a whole (16%). The proportion of adults with scores of 4+ in Glasgow City (21%) was significantly higher than in Scotland as a whole. In Scotland overall, significantly more women than men had a score of 4+ (17% compared to 14%).

Long-term conditions

A significantly lower proportion of adults in Aberdeenshire and City of Edinburgh (both 25%) reported a limiting condition compared to Scotland overall (32%), while this proportion was significantly higher in South Ayrshire (48%), East Ayrshire, North Ayrshire (both 43%), and Na h-Eileanan Siar (36%). A significantly higher proportion of Scottish women (34%) than men (30%) reported a long-term condition that limited their daily activities in some way.

Alcohol consumption

In the period 2013-2016, the proportion of adults who exceeded government guidelines on weekly alcohol consumption⁴ was significantly lower than the national average (25%) in Aberdeenshire (22%), and Na h-Eileanan Siar (21%). In City of Edinburgh (33%) and North Ayrshire (29%) a significantly higher proportion of adults exceeded weekly guidelines than across Scotland as a whole. In all local authorities in which results were available, a significantly higher proportion of men than women exceeded the guidelines.

Residents of Aberdeenshire reported the lowest mean number of units consumed among drinkers on a weekly basis (11.1), which was significantly lower than the Scottish mean number of units (12.6). City of Edinburgh (15.0) and North Ayrshire (15.6) were significantly higher than the Scotland mean. Male drinkers reported significantly higher weekly mean units than their female counterparts in every local authority for which there were results available.

Smoking

An estimated 21% of adults were regular smokers between 2013 and 2016, with prevalence significantly higher among men than women (23% of men, 20% of women). The proportion of regular smokers was lowest in Aberdeenshire and Orkney Islands (both 17%) - although only Aberdeenshire (along with City of Edinburgh at 18%) was significantly lower than the Scotland figure. Glasgow City (28%) and North Ayrshire (26%) were both significantly higher than the Scotland figure.

Overweight (including obesity)⁵

In Scotland, 65% of individuals were overweight or obese, with the figure for men (69%) significantly higher than that for women (61%). Results for a number of boards were significantly different to the Scotland figure. These included lower results for Glasgow City (60%) and City of Edinburgh (54%), and higher results for East Ayrshire (69%), Na h-Eileanan Siar (71%), North Ayrshire (72%), and North Lanarkshire (73%).

Obesity⁶

In 2013-2016, obesity rates were significantly lower in Aberdeen City, Glasgow City (both 25%), and City of Edinburgh (18%) compared to the Scottish average (28%). The rates for adults in Fife (32%), East Ayrshire, Na h-Eileanan Siar, North Lanarkshire (all 34%), and North Ayrshire (37%) were significantly higher than for Scotland overall. At Scotland level, the obesity rate for women (29%) was significantly higher than the rate for men (27%).

⁴ Drinking more than 14 units per week

⁵ BMI 25 or higher

⁶ BMI 30 or higher

Fruit and vegetable consumption

The proportion of adults consuming the recommended five portions (or more) of fruit and vegetables per day was significantly lower than across Scotland as a whole (21%) among North Ayrshire (14%), East Ayrshire (15%), and North Lanarkshire (16%). The proportion in City of Edinburgh (29%) was significantly higher than the Scotland figure. At Scotland level, the proportion consuming the recommended five portions (or more) was significantly higher for women (22%) than men (20%).

The mean portions of fruit and vegetables consumed per day in North Ayrshire (2.5), East Ayrshire, and North Lanarkshire (both 2.7) was significantly lower than the Scottish mean (3.1 portions). The number was significantly higher in City of Edinburgh (3.8) compared to the national average, while at Scotland level women consumed significantly more portions (3.3) compared to men (3.0).

Physical activity

In 2013-2016, the lowest proportion of adults meeting the physical activity guidelines was observed in East Ayrshire (58%), North Ayrshire, and North Lanarkshire (both 59%), all of which were significantly lower than the proportion for Scotland (64%). The proportion in City of Edinburgh was significantly higher at 71%. Men in Scotland were significantly more likely to meet the guidelines (69%) than women (59%).

Cardiovascular (CVD) conditions

The proportion of individuals reporting a doctor-diagnosed CVD condition was significantly higher than the Scottish average of 16% in North Ayrshire (21%) and South Ayrshire (20%). The rate was significantly lower than the Scottish average in City of Edinburgh (12%). At Scotland level, men were significantly more likely to have a CVD condition (16%) than women (15%).

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How to access background or source data

The data collected for this statistical bulletin:

- are available in more detail through Scottish Neighbourhood Statistics
- are available via the UK Data Service
- may be made available on request, subject to consideration of legal and ethical factors. Please contact scottishhealthsurvey@gov.scot
- cannot be made available by Scottish Government for further analysis as Scottish Government is not the data controller.

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