

# How will you change the picture this year?

The information we collect provides an important picture of the health of the nation and helps the Scottish Government and others to plan more effective health services for the future. We rely on the goodwill of people like you to make the study a success. Please take part and help us to make a difference to the health of people in Scotland. Thank you.

## We need your help with the Scottish Health Survey.

An interviewer from ScotCen will call at your address and will be able to explain more about the study. In the meantime, you can find out more at:

[www.scottishhealthsurvey.org](http://www.scottishhealthsurvey.org)

### Who is carrying out the study and why?

The Scottish Government has asked ScotCen Social Research to carry out the survey. The Scottish Government will use this information to help plan services and to identify inequalities in health.

The survey is used by other organisations, including:

- **NHS Health Scotland** have used the survey data to inform their work on monitoring and evaluating the measures taken to tackle problem drinking in Scotland.
- **The British Heart Foundation** have used the findings to help raise awareness of heart disease risk in Scotland.

### Contact

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# The Scottish Health Survey

## A brief introduction

**ScotCen**  
Social Research that works for society



**ScotCen**  
Social Research

**We interview around 6,000 people each year** as part of the **Scottish Health Survey**. It's an annual study that looks into the changing health and lifestyles of people living in Scotland.

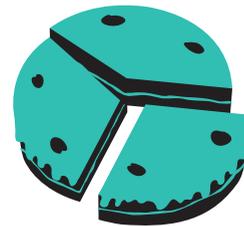
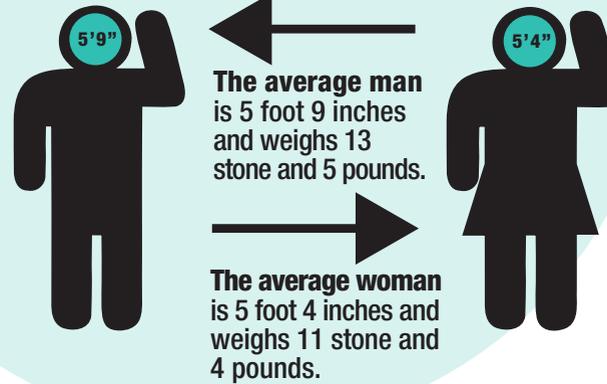
Everything is done with voluntary co-operation and with full respect for your privacy (in accordance with the Data Protection Act 1998).



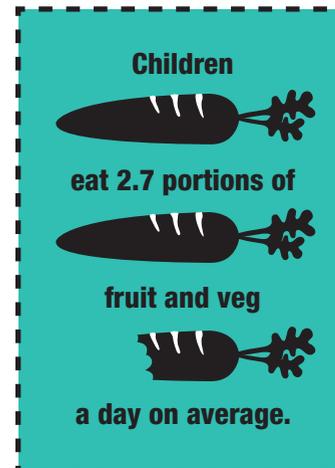
Key aspects of the survey include height and weight measurements, plus questions on topics such as physical activity, fruit and vegetable intake, and general health



## In recent years we found out that...



Just under **2 in 3** adults are overweight.



**Adults aged 16-24** are least likely to eat the recommended daily intake of fruit and veg.



**Around 3 in 5** adults meet the recommended weekly level of moderate or vigorous physical activity



**7 in 10** children are active at the recommended level



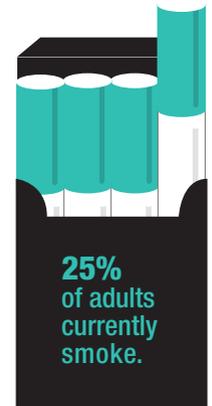
**1 in 6** men and women have some form of cardiovascular disease.



**Around 3/4** of men and women say their health is 'good' or 'very good'.



In an average week **one fifth** of adults drink twice the recommended daily limit of alcohol on at least one day.



**25%** of adults currently smoke.