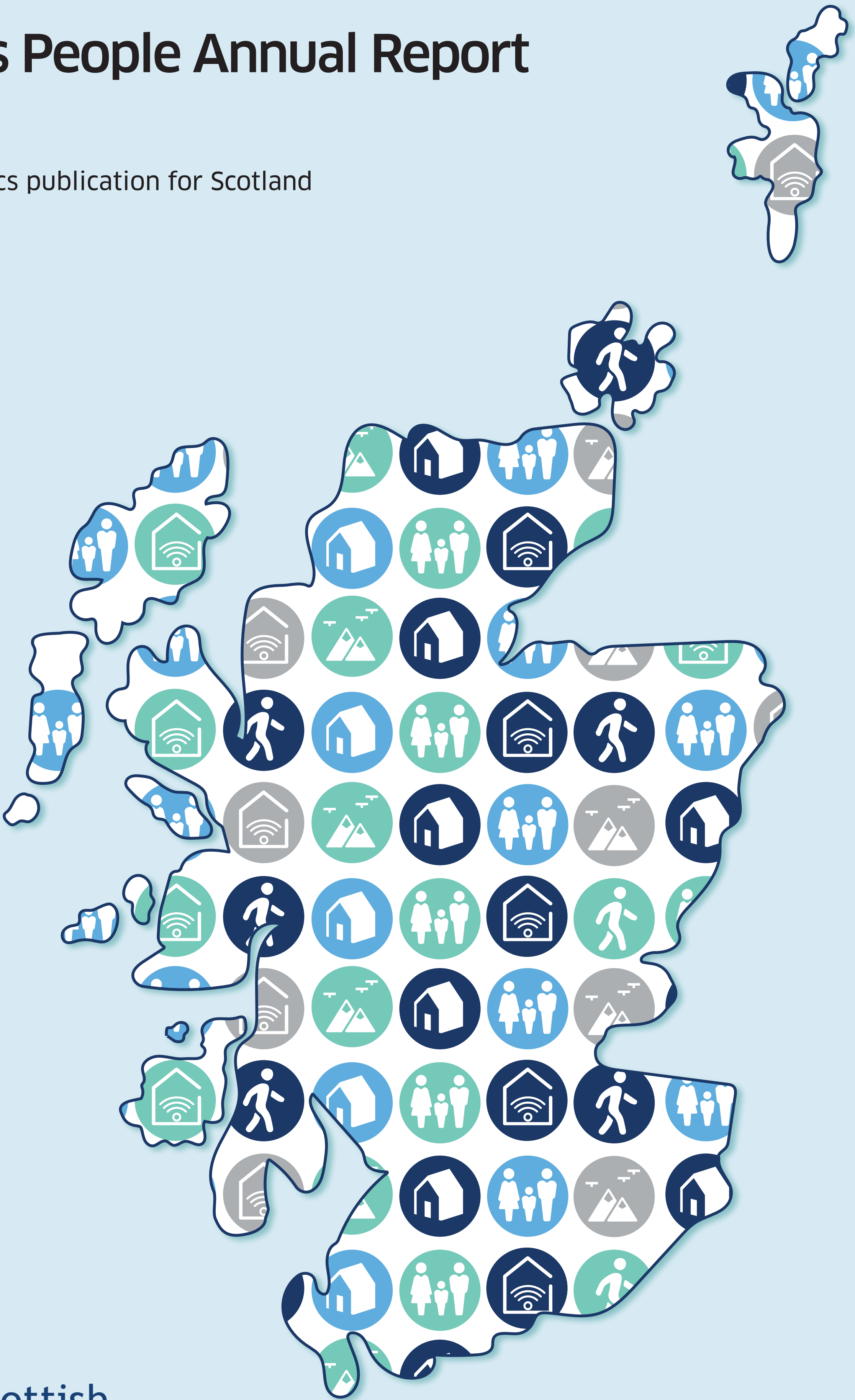
# Scotland's People Annual Report 2019

A National Statistics publication for Scotland

NATIONAL STATISTICS



Scottish Household Survey
Help Shape Scotland

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# Acknowledgements

Primarily, thank you to the 10,577 householders who agreed to fully participate in the survey. Without your goodwill and support the survey would not be possible. We would also like to express our thanks for the commitment and determination of the fieldwork team who collect the data. The Scottish Household Survey data is collected from homes all over Scotland by a team of around 100 interviewers, 50 surveyors and a small number of Regional Managers.

Thank you to all the people involved in the development, implementation and reporting of the Scottish Household Survey results.

Special thanks go to Ipsos MORI for their continued support and advice across all aspects of the survey management and equally to CA Design Services who organise the physical fieldwork and manage the telephone helpline and BRE who conduct modelling with SHS data.

Thanks also to the Office of Chief Statistician team, Scottish Government, for their contributions to this report and all of the lead analysts in the Scottish Government for their contributions.

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# 1 Introduction to the Survey

## 1.1 Introduction

The Scottish Household Survey (SHS) is a Scotland-wide face-to-face survey of a random sample of people in private residences. The SHS is voluntary and interviewer-administered in people's homes. Computer Assisted Personal Interviewing (CAPI) is used to collect the survey data. This facilitates faster interviews, automatic edit checks and a quick flow of information from the survey interviewer to the survey database. Though participation is voluntary, a high positive response is important in helping us make representative estimates for Scotland.

The survey started in 1999 and up to 2011 followed a fairly consistent survey design. From 2012 onwards, the survey was substantially redesigned to include elements of the Scottish House Condition Survey[1] (SHCS) including the follow-up physical survey component. The SHS is now essentially three surveys in one: Transport and Travel in Scotland Survey[2], the Scottish House Condition Survey as well as the SHS. The survey is run through a consortium led by Ipsos MORI.

The SHS covers a wide-range of topics and is designed to provide reliable and up-to-date information on the composition, characteristics, attitudes and behaviours of private households and individuals in Scotland, nationally and for local authorities, as well as on the physical condition of Scotland's homes. It covers a wide range of topics to allow links to be made between different policy areas.

The SHS aims to

- meet central and local Government needs for priority policy relevant data across a broad range of topics,

- be understandable and useful to stakeholders, with built in flexibility in order to respond to different data needs regarding geography and changes over time,

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[1] https://www.gov.scot/collections/scottish-house-condition-survey

[2] https://www.transport.gov.scot/our-approach/statistics/#42764

- align with other surveys and data vehicles and produce high quality data in accordance with the Code of Practice for Official Statistics[3] for use in National Statistics publications,

- permit disaggregation of information both geographically and in terms of population sub-groups,

- enable the relationships between social variables within households to be examined, supporting cross-analysis on a wide range of issues, and

- if needed, the SHS should allow for detailed follow-up surveys of sub-samples from the responses to the main sample.

This current report summarises the main findings from the 2019 SHS.

## 1.2 2019 Reporting

In the past, SHS results have been reported in a series of long and detailed annual reports[4]. Reporting for 2019 data is in a new form. Given reduced resourcing during COVID-19, we have decided to prioritise publishing all the data from the 2019 SHS over producing the annual report in full.

The key changes to 2019 reporting are:

- Data from the 2019 SHS for Scotland and local authorities has, for the first time, been published at the same time using the SHS Data Explorer[5].

- The annual report (this publication) is much shorter containing a short summary highlighting the key findings for each topic.

As previously, the annual report is accompanied by a separate infographic summary of the key findings[6]. Additionally, a 20 years of Scotland's People comic story and a summary of some of the statistics in a new form designed by young people and co-produced with YoungScot will be published.

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[3] https://code.statisticsauthority.gov.uk/

[4] https://www.gov.scot/collections/scottish-household-survey-publications

[5] https://scotland.shinyapps.io/sg-scottish-household-survey-data-explorer

[6] https://www.gov.scot/isbn/9781839609855

The Excel tables that have always accompanied the annual report with Scotland level data have been published as normal[7] and are a supporting file to this publication.

Separate topic reports on Culture and Heritage[8] and Childcare[9] have been published and Transport Scotland have produced the Transport and Travel in Scotland publication in full[10]. Where the SHS is a source of information for a national indicator in the SG National Performance Framework[11] then these indicators have, where applicable, been updated with data from the 2019 SHS.

Key equality statistics from the SHS will be added to the Equality Evidence Finder[12] shortly after the SHS is published, as in previous years. Furthermore, the 2019 Scottish House Condition Survey[13] Key Findings Report is going ahead as scheduled and is due to be published in December 2020.

These decisions are consistent with the guidance published by the Office for Statistics regulation who are supportive of producers of National Statistics adapting what they publish due to the situation with COVID-19. The data published is consistent with that published previously, allowing users to make comparisons over time and the commentary produced focusses on the key findings emerging from the survey.

We have also published, as supporting files to this publication, guidance on using the information in outputs from the SHS, confidence intervals and statistical significance and comparability with other sources as well as a glossary of terms.

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[7] The figures that were in the Excel tables have not been produced as they are available from the SHS Data Explorer. https://scotland.shinyapps.io/sg-scottish-household-survey-data-explorer

[8] https://www.gov.scot/isbn/9781800040397

[9] https://www.gov.scot/ISBN/978-1-80004-070-0

[10] https://www.transport.gov.scot/our-approach/statistics/#42764

[11] Information on the suite of indicators which comprise the performance framework can be found at http://www.nationalperformance.gov.scot

[12] http://www.equalityevidence.scot

[13] https://www.gov.scot/collections/scottish-house-condition-survey

For detailed information on survey design and sampling, users are referred to the most recent methodology and fieldwork outcomes report[14] for the 2018 SHS. The SHS response rate has declined from 67 per cent in 2014 to 63 per cent in 2019 (the achieved sample in 2019 was 10,577 household and 9,776 random adult interviews). Analysis carried out to date suggests that this has had minimal or little impact on the survey results. Further information on response rates and other such information will be available in the methodology and fieldwork outcomes report for SHS 2019 to be published shortly.

[14] https://www.gov.scot/publications/scottish-household-survey-2018-methodology-fieldwork-outcomes

# 2 The Composition and Characteristics of Households in Scotland

There were slightly more women (51%) than men (49%) in Scotland in 2019.

Just over a quarter (28%) of the population were under 25 years old and around a quarter (25%) were 60 years old or over in 2019.

Just under a quarter (24%) of adults in Scotland reported having a limiting long-term health condition in 2019, one percentage point more than the year before.

The adult population in Scotland was largely 'White: Scottish'/'White: Other British', with 89% of adults having reported these ethnic groups in 2019. This has dropped since 2013 when 92% of adults identified as 'White: Scottish'/'White: Other British'. Over the same period there has been an increase in adults identifying as 'White: Other' from 5% in 2013 to 7% in 2019. Just over one in forty (3%) adults reported their ethnicity as 'Asian, Asian Scottish or Asian British' in 2019.

Nearly a quarter (24%) of all adults (16+) in Scotland were permanently retired from work. Almost half (49%), of adults aged 16-64 were in full-time employment, 13% were employed part time and 8% were self-employed.

Around one in fifty (1.7%) adults reported their sexual orientation as gay or lesbian in 2019, this is an increase of half a percentage point since 2018.

Religious belonging in Scotland has been declining over the past decade, and this trend continued into 2019; over half of adults (56%) reported that they didn't belong to any religion, four percentage points more than in 2018. The proportion reporting that they didn't belong to any religion a decade previously in 2009 was just 40%.

The proportion of adults who had never been married or in a civil partnership has increased from 34% in 2013, to 36% in 2019.

Just over a third (35%) of households in Scotland were single occupancy households, i.e. single adult or pensioner households.

In 2019, over half (57%) of households which contain children were small families with two adults of any age and one or two children. Just under a quarter (23%) were large families with two adults of any age and three or more children, or three or more adults of any age and one child or more, and around a fifth (19%) were single parent[15] households.

Just over three fifths (62%) of households were in a home they owned outright or were buying, around a quarter (24%) of households were in a home that was socially rented and 14% of households were in a home that was rented privately.

Scotland's population was largely urban-based, with over eight out of ten households (83%) located in urban areas in 2019.

In 2019, over half (51%) of households in Scotland earnt £25,000 or less a year. Around a quarter (24%) of households earnt more than £40,000 a year.

[15] It should be noted that the definition of a single parent does not make any distinction between situations where a child has regular contact and/or partly resides with their other parent and a child who solely resides with and is cared for by one parent.

# 3 Housing

**Housing Tenure from 1999 to 2019**

The total number of households in Scotland has increased by 15 per cent from 2.17 million households in 1999 to 2.50 million households in 2019.

The proportion of households in the private rented sector grew steadily from five per cent in 1999 (120,000 households) to 15 per cent in 2016 (370,000 households), an increase of a quarter of a million households. The proportion has since dropped slightly to 14 per cent in 2018, to stand at 340,000 households, after which it has remained at a similar size in the latest year 2019.

The percentage of households in owner occupation grew from 61 per cent in 1999 to 66 per cent in 2005, was stable at around 65 and 66 per cent until 2009 but then declined by an estimated 90,000 households between 2009 and 2014 to 60 per cent. The level has since remained around 61 and 62 per cent each year, but has grown back in absolute numbers by 80,000 between 2014 and 2019.

Within this, the steady decline in the proportion of younger households aged between 16 and 34 in owner occupation, which fell from 53 per cent in 1999 to 30 per cent in 2014, has reversed over recent years, rising to 38 per cent in 2019, an increase of approximately 50,000 younger households in owner occupation between 2014 and 2019.

The percentage of households in the social rented sector declined from 32 per cent in 1999 to 23 per cent in 2007, an estimated drop of 150,000 households, but has since stabilised and has remained at between 22 and 24 per cent of all households since then, which represents an estimated increase of approximately 50,000 households since 2007.

**Characteristics of households by tenure, 2019**

Owned outright properties (estimated 820,000 households and 1,510,000 people):

- Most properties were houses (83 per cent).
- Nearly three quarters (74 per cent) had a highest income householder (HIH) who was aged 60 or over.
- Over half (52 per cent) contained adults who had lived at their address for more than 20 years.
- Over eight in 10 (84 per cent) contained adults who did not expect to move from their current property in the future.

- Three-quarters (75 per cent) of households stated that they manage well financially, a figure higher than all other tenures.

Owned with a mortgage or loan (estimated 720,000 households and 1,940,000 people):

- Almost eight in 10 (78 per cent) were houses.
- The majority (93 per cent) had a HIH who was aged under 60.
- Six in 10 (60 per cent) did not contain children.
- Eighty-five per cent of adults were employed, higher than the proportion of employed adults in all other tenures.
- Three-quarters (78 per cent) had a net annual household income of more than £25,000, whilst 61 per cent of households stated that they manage well financially.

Private rented properties (estimated 340,000 households and 680,000 people):

- Sixty-four per cent were flats.
- The majority were located in urban areas (49 per cent in large urban areas and 29 per cent in other urban areas).
- Sixty-three per cent of adults had lived at their address for less than two years.
- Just over half (55 per cent) of adults recorded their ethnicity as White Scottish, which is lower than all other tenures. Almost one-fifth (18 per cent) recorded their ethnicity as White 'Other' (i.e. not White Scottish, Other British, or Polish), whilst 6 per cent recorded their ethnicity as Asian, Asian Scottish or Asian British, figures which are both higher than other tenures.
- Over six in 10 rented direct from a landlord (62 per cent) as opposed to through a letting agent, falling to almost a half (51 per cent) of households in which the respondent had been living at that address for under a year. (Based on 2018 data).
- Almost eight in 10 paid a deposit when they started to rent their property (78 per cent), rising to almost nine in 10 (87 per cent) for households in which the respondent had been living at that address for under a year. (Based on 2018 data).
- Almost half (45 per cent) of households stated that they manage well financially.

Social rented properties (local authority and housing association properties) (estimated 590,000 households and 1,170,000 people):

- Forty-nine per cent of local authority and 62 per cent of housing association properties were flats.
- Forty-two per cent of local authority properties and 54 per cent of housing association homes were located in the 20 per cent most deprived areas.
- Six in 10 adults were not in employment (60 per cent for both local authority and housing association properties). The proportion of adults in social rented properties who were permanently sick or disabled was higher than those in all other tenure types (15 per cent of social rented properties compared to between one and three per cent in other tenures), and a further eight per cent were unemployed and seeking work.
- Twenty-eight per cent of social rented households stated that they manage well financially, a figure lower than all other tenures.
- Around half of adults stated that they would prefer to remain in social rented accommodation (51 per cent). Over a third (39 per cent) would most like to live in owner occupier accommodation.

**Households on housing lists:**

An estimated 130,000 (five per cent) of households were on a housing list in 2019, with a further 20,000 (0.7 per cent) of households estimated to have applied for social housing using a choice based letting system or similar within the last year, figures which are similar to those for the two previous years 2017 and 2018.

Of the households on a housing list in 2019, two thirds (67 per cent) were on a single list and over half (56 per cent) had been on a housing list for three years or less.

For around a third (32 per cent) of social rented households on a housing list, the main reason was to move to a bigger or smaller property. The main reason for private rented households was that they could not afford current housing / would like cheaper housing (30 per cent of private rented households on a housing list). The main reason for owner occupier households to be on a list was to move to a property away from parents or partner (36 per cent).

**Satisfaction with housing and rating of neighbourhood as a place to live:**

Nine in 10 households (90 per cent) reported that they were very or fairly satisfied with their housing in 2019, with 52 per cent being very satisfied and 39 per cent being fairly satisfied, similar proportions to the previous year 2018.

This differs between tenures, with 95% of owner occupier households being either very or fairly satisfied with their housing, compared to 84% of households in the private rented sector and 81% of households in social rented homes.

Over nine in ten households (94 per cent) rated their neighbourhood as either a very or fairly good place to live, with 86 per cent of social rented households responding with this rating, compared to 94 per cent of private rented households and 97 per cent of owner occupier households.

# 4 Neighbourhoods and Communities

The majority of adults in Scotland (57 per cent) rated their neighbourhood as a very good place to live. This has remained relatively stable over the last 10 years. Over nine in 10 adults rated their neighbourhood as a very or fairly good place to live in 2019.

Neighbourhood ratings varied by area deprivation. Adults in the 20% least deprived areas were more likely to rate their neighbourhood as a very good place to live than those in the 20% most deprived areas (77% in the least deprived areas, and 32% in the most deprived areas). This gap has remained stable over the last decade. Those in accessible or remote rural areas (70 and 80 per cent, respectively) were more likely to describe their neighbourhood as a very good place to live than those in large and 'other' urban areas (50 and 55 per cent, respectively).

People were more positive about the people-based features of their neighbourhood (such as kindness and trust) and less positive about the physical aspects of their neighbourhoods (such as the availability of places to socialise and meet new people).

Over three-quarters (78 per cent) of adults felt a very or fairly strong sense of belonging to their neighbourhood in 2019. This varied according to age, ethnic group and deprivation; sense of belonging was lower for younger people, ethnic minorities and people living in deprived areas.

Eighty-five percent agreed that they could rely on friends/relatives in their neighbourhood for support. The majority of adults in Scotland agreed that they would assist neighbours in an emergency (90 per cent), and could rely on those around them for advice and support (78 per cent).

In 2018, around three quarters of adults in Scotland (73 per cent) met socially with friends, relatives, neighbours or work colleagues at least once a week. Around one-in-five adults living in Scotland experienced feelings of loneliness in the last week, and this didn't vary by age. Although level of deprivation did not impact social isolation, as measured by the number of people meeting socially at least once a week, those living in the most deprived areas were almost twice as likely to experience feelings of loneliness as those living in the least deprived areas. Disabled people were more than twice as likely to experience loneliness as non-disabled people.

Forty-five per cent of all adults reported that they did not experience any neighbourhood problems in 2019. Those living in the 20 per cent most deprived areas were more likely to experience neighbourhood problems. The neighbourhood problems that were perceived as most common were ‘animal nuisance’ (32 per cent) and ‘rubbish or litter lying around’ (31 per cent).

Another Scottish Government population survey, the Scottish Crime and Justice Survey (SCJS), also collects information on perceptions of a range of neighbourhood issues, including feeling of safety, how common specific crimes are believed to be in the local area, alongside respondents’ views on neighbourhood cohesion and community support. As questions are asked in a different survey context, any similar measures should not be directly compared to SHS findings.

The majority of people (83%) said they felt very or fairly safe walking alone in their neighbourhood after dark, and this is similar to when this question was previously asked in 2017. There is however a clear association between how adults rated their neighbourhood and how safe they felt in their communities. Eighty-five per cent of adults who rated their neighbourhood as very/fairly good, said they felt safe walking alone at night, compared with just 38% of adults who rated their neighbourhood as very poor.

One in 13 adults (8 per cent) reported that they had experienced discrimination and one in 17 (6 per cent) had experienced harassment in the last 12 months. Some groups were more likely than others to report having experienced discrimination or harassment in Scotland, for instance ethnic minorities, people who are gay/lesbian/bisexual and those who belong to a religion other than Christianity. The reasons cited as a motivating factor for discrimination include the respondent’s sex/gender or nationality (both 16 per cent).

The Scottish Crime and Justice Survey (SCJS), also collects information on experiences of harassment and discrimination. As questions are asked in a different survey context, any similar measures should not be directly compared to SHS findings.

The majority of households in Scotland (65 per cent) reported that they have not thought about, or made any preparations for, events like severe weather or flooding.

# 5 Economic Activity

A higher proportion of men compared to women were in work in 2019.

The proportion of women in work has risen from 45 per cent in 1999 to 53 per cent in 2019. Sixty per cent of men were in work in 1999, and the same proportion of men were in work two decades later in 2019.

In 2019, around one in three adults (32 per cent) had a degree or professional qualification. This was highest for those aged 25 to 34 (40 per cent) and 35 to 44 (44 per cent).

The proportion of adults without any qualifications has decreased from 23 per cent in 2007 to 15 per cent in 2019.

Almost half of adults aged between 16 and 64 years were in full-time employment (49 per cent), an increase from 45 per cent in 1999.

Men aged 16-64 were more likely to be in employment than women aged 16-64 (74 and 68 per cent respectively). Men in this age group were predominantly in full-time employment (58 per cent) or self-employed (11 per cent). Women in this age group were less likely to be in full-time employment (41 per cent) than men but more likely than men to be in part-time employment (22 per cent and 5 per cent, respectively).

More men (6 per cent) than women (3 per cent) aged 16-64 were unemployed and seeking work[16].

Those aged 16-64 with limiting health issues were less likely to be in full-time employment. In 2019, just over a quarter (27 per cent) were in full-time employment compared to over half (54 per cent) of those who did not report having a long-term physical or mental health condition or illness.

Just over three fifths (62 per cent) of households had at least one adult in paid employment. The proportion of households containing at least one adult in paid employment rose from 56 per cent in the 20 per cent most deprived areas to 67 per cent in the 20 per cent least deprived areas.

[16] It is worth noting that the official sources for labour market statistics for Scotland are the Labour Force Survey (LFS) and Annual Population Survey (APS).

The majority of women aged 16-64 were in some form of work in 2019. The proportion of women in work with children was the same as the proportion with no children (68 per cent). However, the working pattern for women changed with the presence of children in the household. A higher proportion of women with no children in the household were in full-time employment (47 per cent without children, 30 per cent with children), and a higher proportion of women with children were in part-time employment (31 per cent with children, and 16 per cent without children).

# 6 Finance

**On the whole, the proportion of households reporting they were managing well financially has increased, from 42 per cent in 1999 to 56 per cent in 2019. The recent levels suggest a period of recovery following a dip between 2007 and 2012, which may be explained in part by the economic downturn during that period.**

The proportion of households reporting that they managed well financially was higher for those with higher household incomes than for those with lower. Seventy per cent households with a net annual household income over £30,000 reported that they were managing well, and four per cent said that they did not manage well. The proportion of households with a net annual household income up to £10,000 reporting that they managed well increased from 36 per cent in 2018, to 42 per cent in 2019. Although the majority of households earning up to £10,000 reported that they managed well or got by, one in five (20 per cent) said they did not manage well – more than double the overall Scottish average of nine per cent.

As in previous years, single parent[17] and single adult households were the most likely to report that they were not managing well financially (21 and 16 per cent respectively), both above the Scotland average of nine per cent.

Of the different household tenures, owner occupiers were most likely to report they were managing well financially (68 per cent compared to only 28 per cent for households in the social rented sector).

Households relying mainly on benefits (including the state pension) were the most likely to say they were not managing well financially (15 per cent), which is more than double the rate for households relying on earnings (six per cent). In contrast, only three per cent of households relying on other sources of income (including occupational pension and other investments) reported that they were not managing well financially.

[17] It should be noted that the definition of a single parent does not make any distinction between situations where a child has regular contact and/or partly resides with their other parent and a child who solely resides with and is cared for by one parent.

Levels of perceived financial difficulty were higher in more deprived areas, as measured by the Scottish Index of Multiple Deprivation. For the proportion of households who reported that they were not managing well, there was a downward trend by level of area deprivation. Seventeen per cent of households in the ten per cent most deprived areas reported that they were not managing well financially, dropping to nine per cent in the fourth and fifth decile, and to three per cent for households in the ten per cent least deprived areas.

Over time, there has consistently been a gap in how the household is managing financially between those in the 20 per cent most and least deprived areas, with households in the most deprived areas being less likely to say they were managing well.

Households where the highest income householder (HIH) identified as a man were more likely to say they managed well financially compared to those where the HIH identified as a woman (60 per cent and 49 per cent respectively)

There has been an overall increase in the proportion of households reporting having savings of £1,000 or more, from 43 per cent in 2009 to 56 per cent in 2019.

Households with a lower net annual household income were more likely to report having no savings than those with higher incomes.

The proportion of households where neither the respondent nor their spouse or partner had a bank or building society account has fallen from 12 per cent in 1999 to one per cent in 2019.

# 7 Internet

### Internet Access

The proportion of households in Scotland with internet access was at a record high of 88 per cent in 2019, broadly in line with the prior year (87 per cent). Household internet access increased with net annual household income. Home internet access for households with a net annual income of £10,000 or less was 65 per cent in 2019, compared with almost all households (99 per cent) with a net annual income of over £40,000. Access differed by area of deprivation: 82 per cent of households in the 20% most deprived areas in Scotland had internet access at home compared with 96 per cent of households in the 20% least deprived areas. Internet access also varied by tenure: 79 per cent of those in social rented housing had internet access compared with 91 per cent of households who owned their home.

### Internet Use

Nearly 9 in 10 adults (88 per cent) in Scotland use the internet either for work or personal use, a steady increase over time from 65 per cent in 2007. Notably, there has been a significant increase in internet use amongst older adults aged 60+ (from 29 per cent to 66 per cent). There are lower rates of internet use among older adults than among younger adults. In 2019, almost all (99 per cent) adults aged 16-24 reported using the internet compared to 43 per cent of those aged 75+. Seventy-one per cent of adults who have some form of limiting long-term physical or mental health condition or illness reported using the internet, lower than for those who have some form of non-limiting condition or illness (90 per cent) and those who have none (94 per cent). The percentage of adults who do not use the internet was higher for those living in the 20% most deprived areas than for those in the 20% least deprived areas in Scotland. Internet use also increased with income.

## Where and How Users Access the Internet

Almost all (97 per cent) adults who use the internet access it at home, followed by 58 per cent who access the internet on the move using a mobile phone or tablet. The proportion of internet users reporting that they access the internet using a smartphone increased from 81 per cent in 2018 to 86 per cent in 2019. The proportion of internet users using a smartphone to go online was greater than the proportion who accessed the internet using a PC or laptop (72 per cent). Younger internet users were more likely to access the internet using a smartphone than older users, with 98 per cent of 16-24 year olds using smartphones compared with 47 per cent of adults aged 75+ (an increase from 29 per cent in 2018). Older internet users were more likely than younger users to use a tablet to access the internet. Of those who do not use the internet, the most common reason that could convince people to go online was keeping in touch with family and friends at no extra cost, however this was only reported by eight per cent of this group.

## Online Safety and Security

The most common online security measures taken by adults who make use of the internet were avoiding opening emails or attachments from unknown people (70 per cent) and avoiding giving personal information online (68 per cent). A higher proportion of internet users who were older or were living in the 20% most deprived areas answered that they adopted none of the online security measures mentioned.

# 8 Physical Activity and Sport

### Main Findings

Eight in ten (80 per cent) adults had taken part in physical activity and sport in the previous four weeks. The percentage of adults taking part in physical activity and sport remained stable from 2018 (80 per cent in 2018).

### Types of physical activity and sport

Recreational walking (for at least 30 minutes) was the most common type of physical activity with just over two thirds (68 per cent) of adults reporting doing this in the past four weeks. Excluding walking, just over half (54 per cent) of the adult population participated in physical activity and sport in the previous four weeks. These proportions have been maintained since 2018.

Swimming and weight training were also common with 17 per cent and 16 per cent of adults reporting participating in these activities. The proportion of the adults who participated in cycling (for at least 30 minutes) was one in ten (11 per cent), a decrease from 13 per cent in 2018.

### Frequency of participation in physical activity and sport

Frequent participation (on more than 14 days in the past four weeks) by those who were active remained stable at half of adults (51 per cent in 2019 compared to 50 per cent in 2018).

### Participation differences by group

Participation rates in physical activity and sport were higher among men than women (82 per cent and 78 per cent respectively). Participation in physical activity and sport (including recreational walking) declined with age.

Participation in physical activity and sport (including recreational walking) was lower for those living in the most deprived areas (70 per cent) compared to the least deprived areas (90 per cent). Participation in walking (for at least 30 minutes) was also lower for those living in the most deprived areas (57 per cent) compared to those living in the least deprived areas (78 per cent).

Those with a long term limiting condition were less likely to be physically active (54 per cent) compared to those with no condition (88 per cent).

## Satisfaction with culture and sport and leisure facilities

Satisfaction with sports and leisure facilities among all respondents (including non-users) fell from 47 per cent in 2018 to 44 per cent in 2019. Eighty-three per cent of sports and leisure facilities users in the past 12 months were satisfied.

## Active travel

Fifteen per cent used a method of active travel to get to work. This included 12 per cent who walked to work and 3 per cent who cycled. Over half of school children (54 per cent) used a means of active travel to get to school.

# 9 Local Services

In 2019, 52.6 per cent of adults were satisfied with all three of the main public services, local health services, schools and public transport. This is a composite measure of the three services, and this composite indicator is the Scottish Government's National Indicator on 'quality of public services'. The indicator is based on the percentage of adults who said that they were very or fairly satisfied with all three services, or for one or two services if they chose to express "no opinion" on the other service(s).

Combined satisfaction with the three public services was at a similar level to last year, and down from a peak of 66.0 per cent in 2011 – the largest factor being a fall in satisfaction with local schools over the same period, though this satisfaction has increased slightly in the last year.

The percentage of people dissatisfied with at least one of these three public services has also increased over the period since 2011, from 20 per cent to 27 per cent.

In 2019, 80 per cent of adults were satisfied with local health services, compared to 73 per cent who were satisfied with schools and 68 per cent with public transport.

Satisfaction with schools has fallen since 2011, from a high of 85 per cent in 2011 to the current level of 73 per cent, and this is the biggest factor in the corresponding trend in the combined indicator over this period – though satisfaction with the other two services has also fallen since 2011. The reason local schools satisfaction has fallen is mostly due to a corresponding increase from 11 per cent to 20 per cent in the number of people who are neither satisfied nor dissatisfied. The number of people who are very or fairly dissatisfied with local schools has remained fairly stable since 2011, increasing slightly from four per cent in 2011 to seven per cent in 2019.

Adults living in urban areas were more satisfied with the quality of the three public services than those in rural areas – mostly due to greater satisfaction with public transport in urban areas.

Eight out of 10 respondents were satisfied with local health services, independent of whether they used the service or not.

Service users were more satisfied with local schools and public transport than the whole adult population, and satisfaction for these service users has been more stable over time.

In 2019, only one in five adults (18 per cent) agreed that they can influence decisions affecting their local area, while 30 per cent said they would like to be more involved in the decisions their council makes, a decrease from 38 per cent in 2007.

Generally, older adults were more likely than younger adults to say they are satisfied with local government performance and less likely to want to be more involved in making decisions.

# 10 Environment

There has been a steady increase in the proportion of adults viewing climate change as an immediate and urgent problem, from 46 percent in 2013 to 68 percent in 2019.

The largest increase is amongst 16-24 year olds, increasing from 38 percent in 2013 to 69 percent in 2019.

In 2019, for the first time, the majority of each age group viewed climate change as an immediate and urgent problem. The proportion for each of the four age groups from 16-59 was around seven in ten, similar to that for 2018. By contrast the proportions for those aged 60-74 increased from 58 percent to 68 percent and for those aged 75+ from 46 percent to 56 percent.

In 2019, 80 percent of adults with a degree or professional qualification perceived climate change as an immediate and urgent problem, compared to 49 percent for adults with no qualifications.

More than half of adults (56 percent) visited the outdoors at least once a week in the last year, a decrease from 59 percent in 2018. The proportion was higher for men than women (58 percent compared to 54 percent). No such difference between men and women was observed in 2018.

Adults living in the 20 percent most deprived areas were more likely not to have not made any visits to the outdoors in the past 12 months (19 percent) compared to those in the 20 percent least deprived areas (four percent).

Most adults (66 percent) lived within a five minute walk of their nearest area of green or blue space, around the same proportion since 2016. A smaller proportion of adults in deprived areas lived within a five minute walk of their nearest green or blue space compared to adults in the least deprived areas (62 percent compared to 67 percent).

More than a third of adults (36 percent) visited their nearest area of green or blue space every day or several times a week, around the same proportion since comparable figures were first collected in 2013.

Those living closer to their nearest green or blue space were more likely to use it more frequently: 44 percent within five minutes' walk visited every day or several times a week compared to 13 percent more than ten minutes' walk away. Furthermore, the proportion of people who live more than ten minutes' walk from their nearest green or blue space and do not use it (38 percent) is more than double the corresponding proportion of people who live within five minutes' walk (17 percent).

Most adults (73 percent) were very or fairly satisfied with their nearest area of green or blue space, a similar proportion to 2017.

The question asking about walking distance to nearest greenspace informs the National Indicator on Access to Green and Blue Spaces. However before 2019, even though the list of spaces included riversides and beaches, the question text used the term “green or open space”. In 2019 for one half of the sample this was changed slightly to “green, blue or open spaces” to check if including the word “blue” made any difference to the response given to the question about walking distance or the biennial follow-up questions asking about satisfaction with and frequency of use of nearest green or blue space. No statistically significant difference was found.

# 11 Volunteering

The 2019 SHS asked respondents about any formal volunteering (giving unpaid help to organisations or groups) that they had undertaken during the previous 12 months.

**Volunteering Rates:** Levels of formal volunteering have remained relatively stable over the last decade, with just over one quarter (26 per cent) of respondents in 2019 having volunteered for an organisation or group in the previous 12 months.

**Types of Volunteering:** The most common forms of formal volunteering undertaken were: youth or children's activities outside school (23 per cent); local, community or neighbourhood (22 per cent); children's education and schools (19 per cent); and health, disability and wellbeing (18 per cent).

**Age, Gender and Volunteering:** Volunteering is slightly more common among women (28 per cent) than men (24 per cent), and people aged 35-44 are most likely of all age groups to volunteer (30 per cent), while those aged over 75 are least likely to volunteer (20 per cent).

When taking gender and age together, women aged 35-44 are the group most likely to volunteer (36 per cent per cent), while women aged over 75 are the least likely to volunteer. Men's volunteering rates remain more stable across the life-course, with 16-24 year old males most likely to volunteer (26 per cent per cent) and those over 75 least likely to volunteer (21 per cent)

Men are more likely than women to volunteer in physical activity, sport and exercise (21 per cent of male volunteers compared with 11 per cent of female volunteers), while women are more likely to volunteer in children's education and schools (23 per cent of female volunteers compared with 14 per cent of male volunteers).

Volunteers aged 35-44 were more likely to volunteer in youth or children's activities outside school (35 per cent) and children's education and schools (28 per cent) than the average for all volunteers (23 per cent and 19 per cent respectively). Those aged 75 and above who had volunteered were much more likely to volunteer in religion and belief (34 per cent) than the average for all volunteers (15 per cent).

**Income, Deprivation and Volunteering:** People from higher-income households and less deprived areas are more likely to volunteer than those from lower-income households and more deprived areas. 35 per cent of those living in households earning over £40,000 per year had volunteered in the previous 12 months, compared with 18 per cent of people from households earning £6,001-£10,000. Similarly, 33 per cent of adults living in the 20 percent least deprived areas had volunteered, compared with 16 per cent of those living in the 20 percent most deprived areas.

**Rural/Urban Location and Volunteering:** Volunteering is more common among those living in rural areas. 33 per cent of those living in remote rural areas had volunteered, compared with 24 per cent of those living in large urban areas. Volunteers living in remote rural or accessible rural areas were more likely to volunteer for local community or neighbourhood organisations/groups (40 per cent and 32 per cent respectively) than the average for all of Scotland (22 per cent).

# 12 Culture and Heritage

**Main Findings**

2019 data shows that nine in ten (90 per cent) adults were culturally engaged, either by attending or visiting a cultural event or place or by participating in a cultural activity. The figure has been maintained since 2018.

**Cultural attendance**

Around eight in ten adults (81 per cent) in Scotland had attended or visited a cultural event or place of culture in the last 12 months[18]. The most popular form of cultural attendance was going to the cinema (58 per cent), followed by attendance at live music events (37 per cent).

Attendance at a cultural event or place was higher among women, younger people, those with degrees or professional qualifications, those with no physical or mental health conditions[19], those living in less deprived areas and those with a higher household income. Lack of time was reported as the main factor limiting or preventing attendance.

**Cultural participation**

Three quarters (75 per cent) of adults had participated in some form of cultural activity in the last 12 months. The most popular form of cultural participation was reading books for pleasure (62 per cent), followed by viewing performances online (23 per cent).

Participation in cultural activity was higher among women, those with degrees or professional qualifications, those with no physical or mental health conditions, those living in less deprived areas, and those with a higher household income. Differences in participation between age groups were less marked than differences in attendance. Lack of time was reported as the main factor limiting or preventing participation.

[18] "In the last 12 months" refers to the 12 months prior to the respondent's interview and not the calendar year January-December 2019.

[19] When comparing those with no reported physical or mental health conditions and those with any reported physical or mental health conditions.

## Cultural services provided by local authorities

2019 data shows that 42 per cent of adults were very or fairly satisfied with libraries; 40 per cent with museums and galleries; and 42 per cent with theatres or concert halls. Satisfaction rates were higher amongst service users only: around nine in ten adults who had used local authority cultural services were very or fairly satisfied with their provision.

## Impact of culture

Just under half of respondents (46 per cent) strongly agreed or tended to agree with the statement that 'culture and the arts make a positive difference to my life'. Of these 46 per cent, over three in four (77 per cent) reported that culture and the arts make them feel happy or are something that they really enjoy, and 44 per cent said that culture and the arts improve their mental health and wellbeing.

# 13 Childcare

**Types of Childcare**

Overall, 79 per cent of households with a child aged two to five years used some form of childcare in 2019.

Forty-one per cent of households used a local authority nursery or pre-school for childcare and, in general, use of local authority childcare increased as area deprivation increased. The use of private nurseries or pre-schools was 13 per cent in the 20 per cent most deprived areas, compared with 48 per cent in the least deprived areas. Use of playgroups decreased in the most deprived areas from seven per cent in 2018 to one per cent in 2019.

The proportion of large families using no childcare increased from 15 per cent in 2018 to 31 per cent in 2019, while use of a relative or friend decreased from 28 to 17 per cent and use of playgroups from seven to one per cent. Use of playgroups also decreased in single parent[20] families from seven per cent in 2018 to one per cent in 2019. Childminder use decreased in small families from 13 per cent in 2018 to eight per cent in 2019.

**Hours of Childcare Used**

During term-time, 39 per cent of households that used some form of childcare used between 11 and 20 hours per week, with a further 28 per cent using between 21 and 30 hours. Seventeen per cent used more than 30 hours per week. Eight per cent of households used between one and ten hours per week, and four per cent used less than one hour or no childcare.

During the school holidays, 38 per cent of households used less than one hour or no childcare per week in 2019. Seventeen per cent of households used both 11 to 20 hours and 21 to 30 hours, while 13 per cent used over 30 hours, and nine per cent used between one and ten hours of childcare per week.

[20] It should be noted that the definition of a single parent does not make any distinction between situations where a child has regular contact and/or partly resides with their other parent and a child who solely resides with and is cared for by one parent.

## Use of Funded Childcare

Thirteen per cent of parents/carers of two-year olds used funded childcare in 2019, compared with 72 and 76 per cent of parents/carers of three- and four-plus-year olds respectively. Is it estimated that only around a quarter of two year olds are eligible for funded childcare[21]; 81 per cent of parents/carers with children of this age used no funded childcare, or stated that their child is not entitled to any funded childcare, compared with 21 per cent with three-year olds and 20 per cent with four-plus-year olds.

Around half of parents/carers of three- and four-plus- year olds used between 11 and 20 hours of funded childcare per week in 2019 (51 and 52 per cent respectively). The use of 21 to 30 hours also increased for both ages from two per cent in 2018 to 12 per cent in 2019 for three-year olds and from six per cent in 2018 to 14 per cent in 2019 for four-plus- year olds. Sixty-three per cent of households that used funded childcare in 2019 did so over five days per week.

## Views on Funded Childcare

Almost three-quarters (74 per cent) of households in the 20% most deprived areas of Scotland had no problems with funded childcare in 2019. The most common issue in these areas was not enough funded hours to meet needs (16 per cent). Sixty-one per cent of households in the rest of Scotland had no problems with funded childcare. The most common issue in these areas was a lack of flexibility in days/times offered (16 per cent), with not enough funded places to meet needs and lack of provision in school holidays each affecting 14 per cent of these households.

When asked to consider their funded childcare, 84 per cent of households agreed with the statement “They give me good ideas for ways to help my child learn”. Ninety per cent of households agreed with the statement “They communicate with me regularly about my child’s progress”.

[21] Two-year-olds are entitled to statutory funded ELC if they meet various criteria as set out in the Children and Young People Act 2014 and the Provision of Early Learning and Childcare (Specified Children) (Scotland) Order 2014 (SSI 2014/196). Some local authorities provide discretionary funding for some two-year-olds who do not qualify for the statutory entitlement. More information is available at: https://www.gov.scot/policies/early-education-and-care/elc-for-two-year-old-children

**Childcare Costs and Affordability**

During term-time, more than half of households in 2019 (56 per cent) either did not pay for childcare or had all childcare paid for by the local authority/Scottish Government. Twenty-four per cent spent between less than ten per cent of their household income on childcare, 15 per cent spent between ten and 19 per cent, and five per cent of households spent at least 20 per cent of their household income on childcare.

During the school holidays, 46 per cent did not pay for childcare or had all childcare paid for by the local authority/Scottish Government. Around a quarter of households spent less than ten per cent and another quarter spent between ten and 19 per cent of their household income on childcare (23 per cent each), with nine per cent spending at least 20 per cent of their household income.

# A National Statistics Publication for Scotland

The United Kingdom Statistics Authority has designated these statistics as National Statistics, in accordance with the Statistics and Registration Service Act 2007 and signifying compliance with the Code of Practice for Official Statistics. The designation of the Scottish Household Survey as National Statistics was confirmed on 26 May 2010 following an assessment by the UK Statistics Authority[22].

Designation can be broadly interpreted to mean that the statistics:

- meet identified user needs;
- are well explained and readily accessible;
- are produced according to sound methods, and
- are managed impartially and objectively in the public interest.

Once statistics have been designated as National Statistics it is a statutory requirement that the Code of Practice shall continue to be observed.

National Statistics status means that our statistics meet the highest standards of trustworthiness, quality and public value, and it is our responsibility to maintain compliance with these standards.

**Changes to these statistics**

Since the latest review by the Office for Statistics Regulation, we have continued to comply with the Code of Practice for Statistics, and have:

- improved the accessibility of the statistics by creating a digital interactive dashboard to allow for easier comparisons across two topic areas[23]

[22] https://uksa.statisticsauthority.gov.uk/wp-content/uploads/2015/12/images_letter-from-richard-alldritt-to-rob-wishart-assessment-of-scottish-household-survey-outputs-26052010_tcm97-32343.pdf

[23] https://scotland.shinyapps.io/sg-scottish-household-survey

- based on positive user feedback, this dashboard was expanded to cover all topics with national and local authority data and renamed the SHS Data Explorer[24]. This was first released with data from the 2018 SHS in May 2020 and, having taken further user feedback on board, was further improved and released with data from the 2019 SHS in September 2020

- added more value by creating an infographic key findings report[25] and data comic to accompany the annual report

- introduced face-to-face briefings of our interviewers to improve the quality of the data collection

- introduced additional quality assurance processes of the raw data

- completed a user consultation to collect information about our users and how they use the data[26]

- completed a 2018-2021 Questionnaire Review to ensure that the SHS continues to deliver high quality evidence on key policy priorities[27]

- shortening delivery timescales so users had access to the local authority data and micro-data[28] quicker. In 2020, local authority data from the 2019 SHS was released on the same day as the national results through the SHS Data Explorer. The SHS Data Explorer replaces the local authority tables that were provided as a Excel spreadsheet and offers users improved functionality

## How to Access Background or Source Data

The data collected for this statistical bulletin:

☒ are available in more detail through statistics.gov.scot.

24 https://scotland.shinyapps.io/sg-scottish-household-survey-data-explorer
25 https://www.gov.scot/isbn/9781839609855
26 https://www2.gov.scot/Topics/Statistics/16002/Consultation/2017Consultation/SHS2017response
27 https://www.gov.scot/publications/scottish-household-survey-questionnaires
28 https://beta.ukdataservice.ac.uk/datacatalogue/series/series?id=2000048

☒ will be made available via the UK Data Archive.

☒ may be made available on request, subject to consideration of legal and ethical factors. Please contact SHS@gov.scot for further information.

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