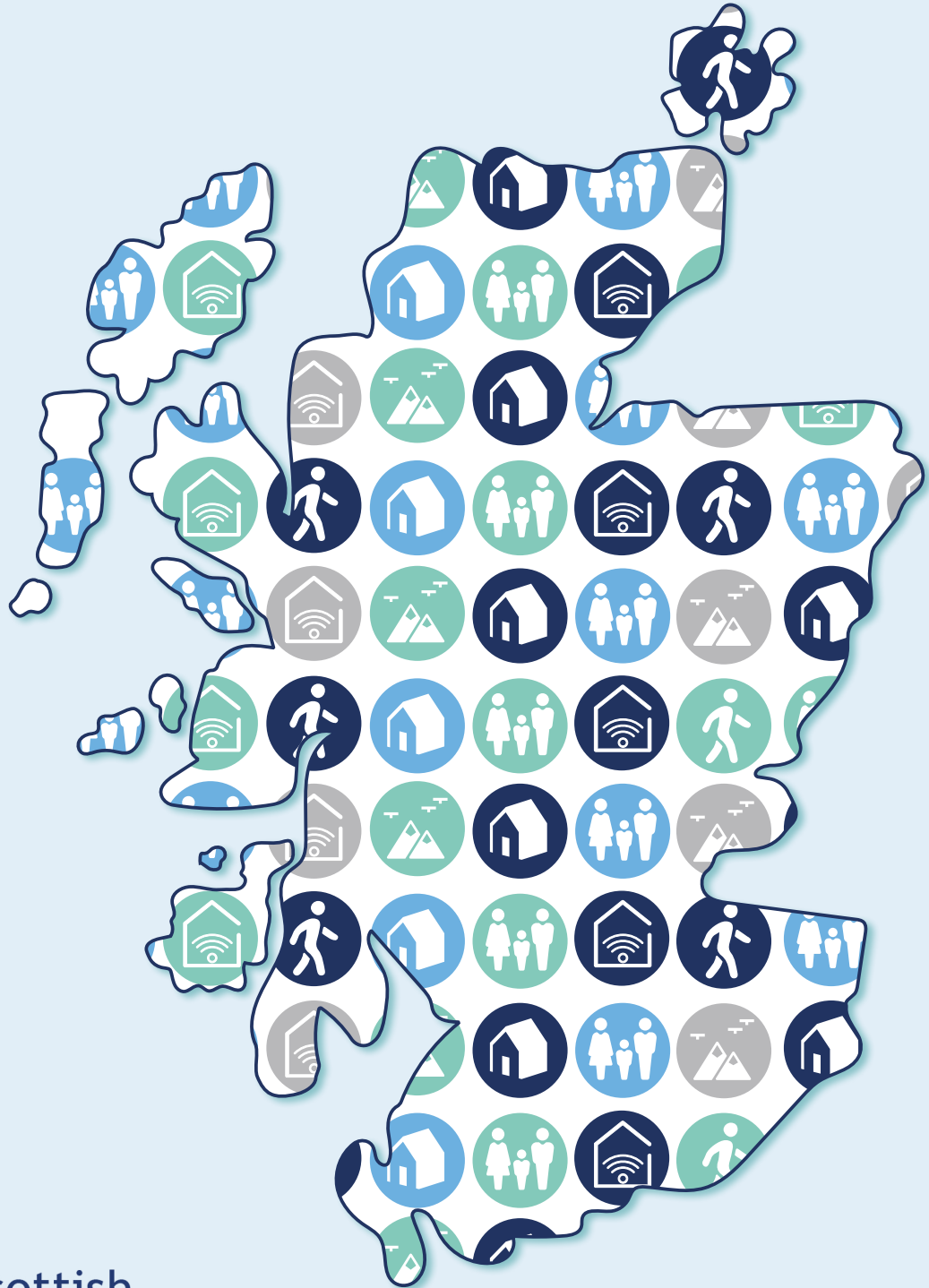


Scotland's People Annual Report

Key findings | 2019

A National Statistics publication for Scotland



Scottish
Household
Survey
Help Shape Scotland



Scottish Government
Riaghaltas na h-Alba
gov.scot

Acknowledgements

The Scottish Government acknowledges and thanks the 10,580 people across Scotland who gave their time to take part in the Scottish Household Survey 2019.

We would also like to thank all the Scottish Government lead analysts who contributed to the project.

Finally, special thanks to Ipsos MORI and their interviewers for their efforts during the fieldwork.

This report was produced by the Scottish Household Survey Project Team at the Scottish Government.





National Indicators in the SHS	03
Introduction	04
Section 2 – Composition and Characteristics of Households	09
Section 3 – Housing	15
Section 4 – Neighbourhoods and Communities	21
Section 5 – Economic Activity	29
Section 6 – Finance	35
Section 7 – Internet	41
Section 8 – Physical Activity and Sports	47
Section 9 – Local Services	54
Section 10 – Environment	59
Section 11 – Volunteering	63
Section 12 – Culture and Heritage	67
Section 13 – Childcare	75
Key Resources	80
Contact Details	81



These sections correspond to the topics in the online SHS data explorer!

National Indicators in the SHS



Satisfaction with Housing	Section 3
Perceptions of Local Area	Section 4
Places to Interact	Section 4
Social Capital	Section 4
Loneliness	Section 4
Quality of Public Services	Section 9
Influence over Local Decisions	Section 9
Access to Green and Blue Space	Section 10
Visit to the Outdoors	Section 10
Attendance at Cultural Events or Places of Culture	Section 12
Participation in a Cultural Activity	Section 12



National Indicators are a range of economic, social, and environmental indicators, that are used to measure the progress of building a more successful country.

They contribute to the National Performance Framework. Information on the suite of indicators which comprise the performance framework can be found at: <http://www.nationalperformance.gov.scot>

**Survey
Background
and Design**



INTRODUCTION



Introduction

The SHS is Scotland's largest random pre-selected survey and is at the centre of Scotland's evidence based approach to policy-making.

Since 1999, it has collected information on what Scottish households look like, how they are managing and what the population in Scotland thinks about a range of topics.

Large sample sizes allow researchers to measure differences related to age, gender, location and wealth, so we can understand and address inequality both nationally and locally.

There is a particular interest in data on communities, local services, neighbourhoods, volunteering, recycling and access to outdoors and green space.

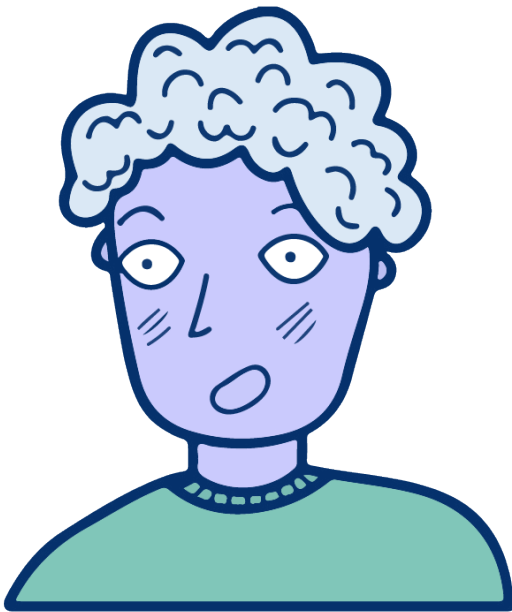
The Scottish Household Survey gives people in Scotland the chance to share their views and experiences on a range of issues and help shape public services locally and in Scotland as a whole.





Introduction

SHS Data is not only used by the government, but also used by charities and academics. Anyone can access and use the survey data online in our new Data Explorer!



Among other things, SHS data is used for:

- **The National Performance Framework**, measuring progress towards Scotland's National Outcomes.
- **Local Authority Performance Measurements**, specifically in developing local Single Outcome Agreements, and to understand and improve local needs and circumstances.
- **Housing policy**, as it is used to determine the size of the Private Rented Sector, allocate affordable housing funding and to inform housing plans.
- **Fuel Poverty Policy**, as it is the only nationally representative source of data on fuel poverty, energy efficiency, and house conditions.
- **Climate Change Policy**, as Transport and Housing Energy Efficiency data are crucial for monitoring carbon emissions, as well as analysing public attitudes on climate change.



Introduction

The SHS asks these questions to a sample of the population living in Scotland.

This group of people should represent the people of Scotland so that we can use our data to talk about the country as a whole.

The selection of households is random, meaning that every household within each council has an equal chance of getting selected.

Interviewers make every attempt to contact these households, so that accurate comparisons can be reported and so that we get robust results.

If they agree to take part, adults in the household will be interviewed in a face-to-face interview.

63%
of people asked
agreed to take
part in the
survey

10,580
households
participated in the
household section
of the interview

9,780
adults
participated in
the random
adult section of
the interview



Introduction



Careful consideration is given to how many households should be asked each question, and how often! The information needs to be useful, but the interview should not be a burden.



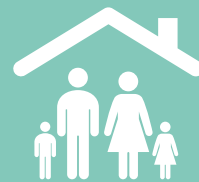
Given the range of topics that the SHS covers and our interest in long-term changes, not every adult or household is asked every question.

Some questions, including a set of Core Questions which are asked in several major surveys in Scotland, are asked of everyone every year.

However, other questions are only asked to a smaller part of the sample. Other questions are asked every second year, and might only be asked to a smaller group when included.

This means that the key findings report might include different information from year to year.

Composition and Characteristics of Households



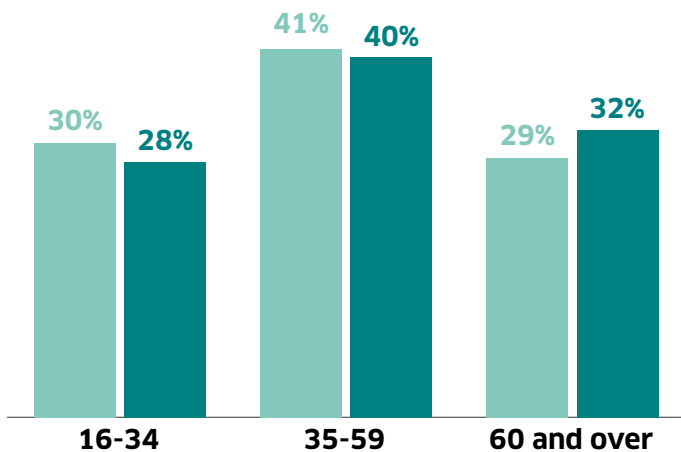
SECTION TWO

Household Characteristics



Gender in Scotland

MEN
WOMEN



There was a larger proportion of older women than older men in Scotland in 2019, with 32% of women and 29% of men being aged 60 or over.

There was also a larger proportion of younger men than younger women, with 30% of men and 28% of women being aged 16 to 34.

In 2019, 0.04% of adults identified their gender in a way other than man or woman.

In 2019, 11% of adults self-identified as being from an ethnic group other than 'White: Scottish' or 'White: Other British'. This figure has increased from 8% in 2013.

47% of adults in Scotland were married or in a civil partnership

38% of adults were single, or had never been married or in a civil partnership in 2019

Household Characteristics



There was a significantly lower proportion of young adults aged 16 to 34 in rural areas compared to all other age groups.

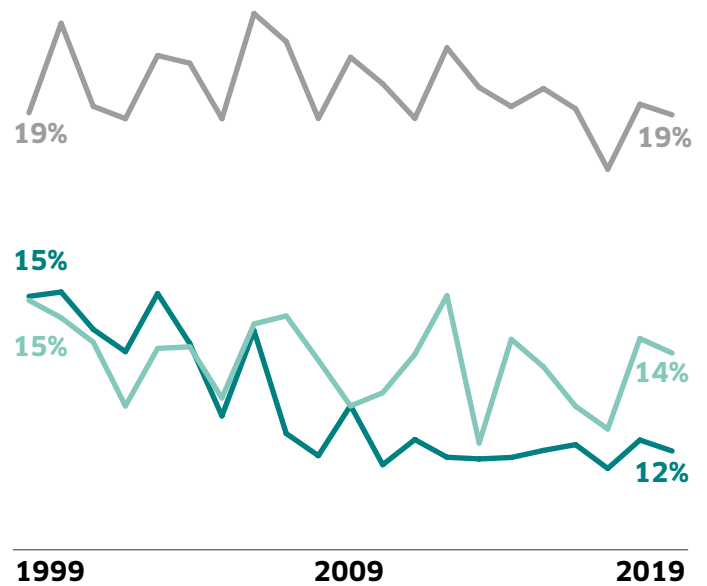
The proportion of adults aged 16 and 24 had been consistently low since 1999, with 14% of adults in this age group living in rural areas 2019.

The proportion of adults aged 25 to 34 living in rural areas had decreased from 15% in 1999 to 12% in 2019.

The proportion of other age groups living in rural areas had been consistent between 1999 and 2019.

Rural Population By Age Group

AVERAGE ALL OTHER AGE GROUPS
 AGED 16 TO 24
 AGED 25 TO 34



83%

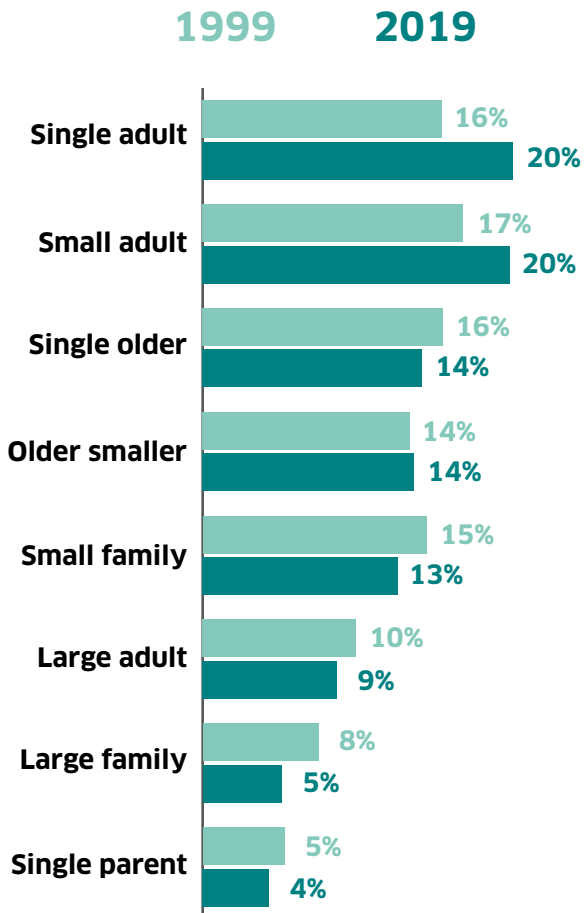
of Scottish households were in urban areas



Household Characteristics



Changes in Household Types



In 2019, 2 in 5 households in Scotland were either single adult or small adult families - making these the most common household types.

This indicates that more people were either living alone, or with one other person without children.

The proportion of single adult households had increased more among households in the 20% lowest income group than in the 20% highest income group.

The decrease in single older households was larger in the 20% lowest income group, decreasing from 43% of households in this income bracket in 1999 to 32% in 2019.

19% Of households with children were single parent households, while **57%** were small families

The proportion of single parent households had decreased from 23% of households with children in 2012 to 19% in 2019

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

Household Characteristics

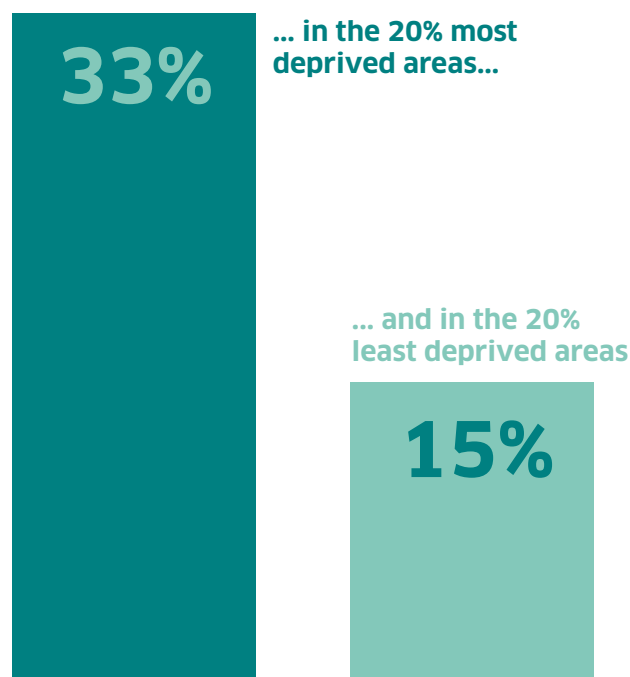


Overall, 24% of adults in Scotland lived with long-term physical or mental health conditions that limited their daily life.

In areas with a higher level of deprivation, more people lived with a limiting condition. In the most deprived areas in Scotland, 33% of adults lived with a limiting condition, while 15% of adults lived with a limiting condition in the least deprived areas.

Generally, among the older age groups a larger proportion of people lived with a limiting health condition, including 51% of those aged 75 or over.

The proportion of people living with limiting mental health conditions...



14% of young adults lived with a limiting physical or mental health condition



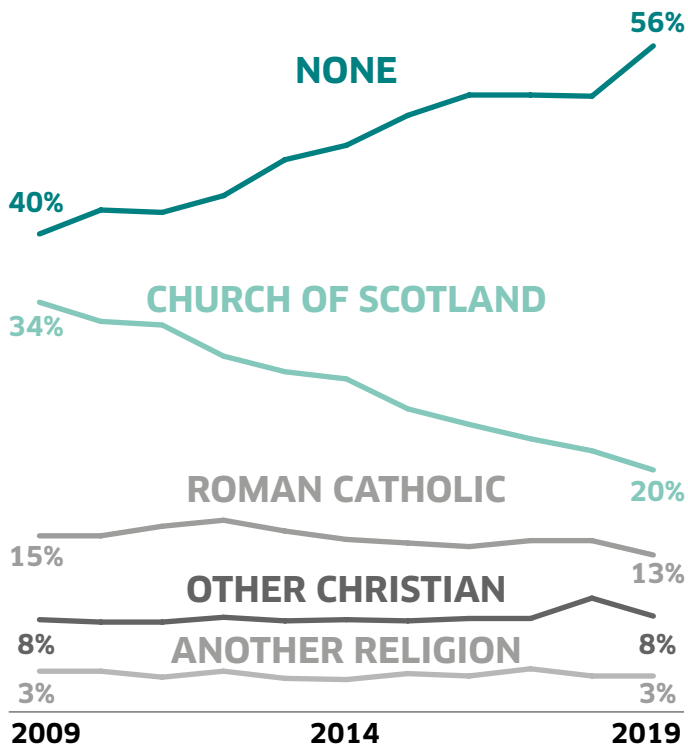
This was a significant increase from 2013, when the figure was 10%



Household Characteristics



Religious Belonging



The trend of declining religious belonging continued in 2019, with 56% of adults reporting that they did not belong to any religion.

This coincided with a sharp decrease since 2009 in the proportion of people who report that they belong to the Church of Scotland, from 34% to 20% of adults.

7 in 10 adults aged 16 to 34 said that they did not belong to a religion

Adults aged 60 or over were significantly more likely to belong to Church of Scotland than any other age groups

This data has only been collected since 2009.

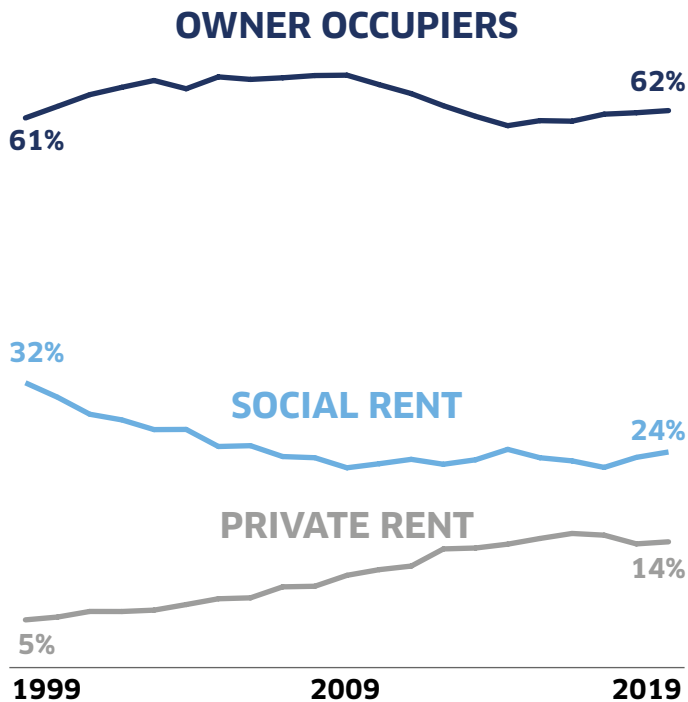
Housing



SECTION THREE



Household Tenure



Home ownership was the most common form of tenure in Scotland.

The proportion of owner-occupier had increased from 61% in 1999 to 66% in 2009, after which it dropped to 62% in 2019.

The proportion of households in the social rented sector had stabilised in the previous decade.

The end of the Right to Buy policy and efforts by the Scottish Government to promote affordable housing contributed to stabilising the social rented sector.

The proportion of households in the private rented sector had increased since 1999,

from 5% to 15% of all households in 2016, after which it fell slightly to 14% in 2019.

Among owner occupiers, an increasing number of households owned their property outright rather than with a loan

Outright ownership increases with age and is the tenure of 66% of households where the highest income earner is 60 or over



Housing



7 in 10 households whose highest earner is aged 60 or over are owner-occupiers.

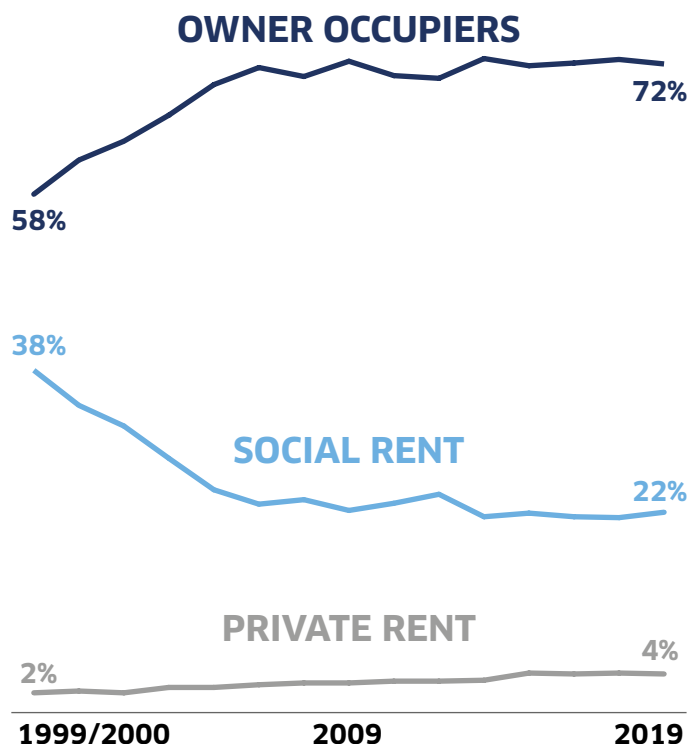
The increase since 1999 was mainly due to an increase in outright ownership from 46% in 1999 to 66% in 2019 in this age group.

Simultaneously, the proportion of those aged 60 or over living in the social rented sector had decreased sharply since the millennium shift.

This could be due to a mix of factors, for example, a change over time in the age structure of households entering social housing and Right to Buy sales.

There was also a small but significant increase in the proportion of older households living in the private rented sector.

Household Tenure: Highest Earner Aged 60 or Over



Households with highest earners 35-59 years old:

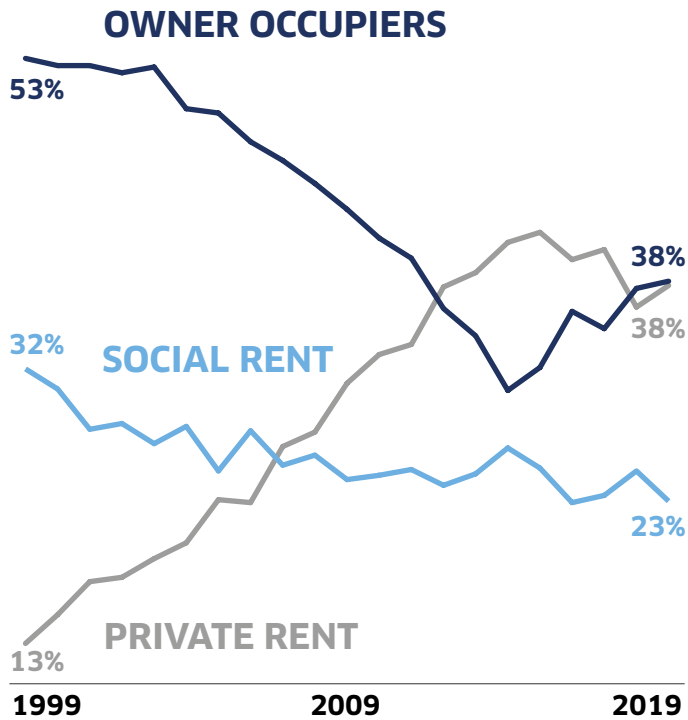
In this age group the proportion of owner occupiers had decreased from 69% in 1999/2000 to 63% in 2019

Over the same period, the proportion in the private rented sector increased for this age group

Housing



Household Tenure: Highest Earner Aged 16 to 34



4 in 10 households whose highest income earner was between 16 and 34 lived in the private rented sector – a higher proportion than the average across all age groups.

The proportion of this age group living in the private rented sector increased from 13% in 1999 to 41% in 2015.

Following this, the proportion of private tenants in this age group fell slightly in 2018, and remained at a similar level of 38% in 2019.

The proportion of owner occupier households where the highest income earner is 16 to 34 years old increased from 30% in 2014 to 38% in 2019. This was largely due to these

households being able to access mortgages and loans.



1 in 6

adults in the private rented sector were in further or higher education

Housing



Households in the social housing sector were significantly more likely than households in any other type of tenure to be found in high deprivation areas.

Almost half of all households in the social rented sector were in the 20% most deprived areas in Scotland.

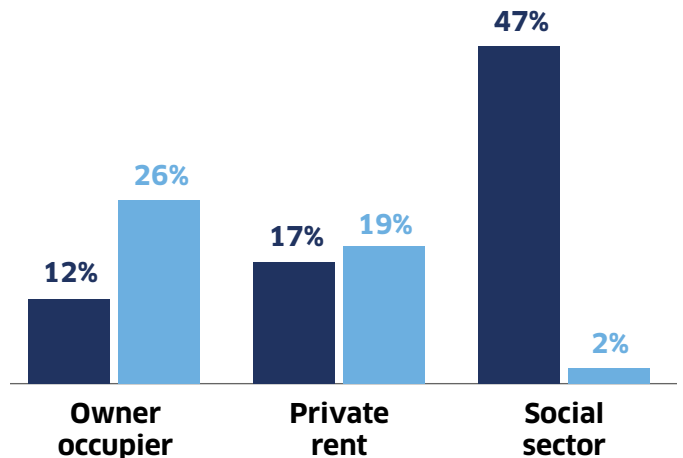
One in every four owner occupied household was in the 20% least deprived areas in Scotland.

Private rented households were spread out fairly evenly across different areas of deprivation.

Types of Tenure by Deprivation

PROPORTION OF TENURE IN 20% LEAST DEPRIVED AREAS

PROPORTION OF TENURE IN 20% MOST DEPRIVED AREAS

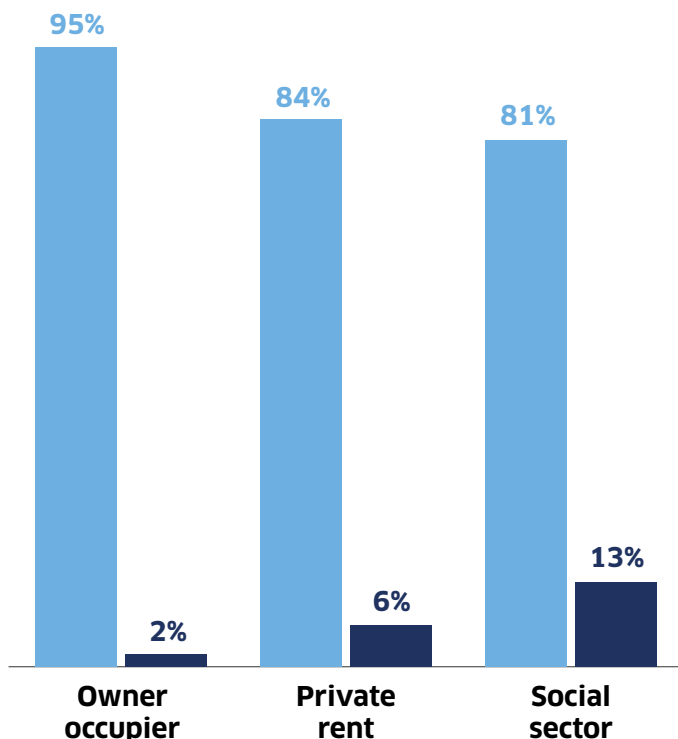


63% of households in the private rented sector had lived at their current address for two years or less

Owner occupiers tended to have lived at their current address the longest, with 56% of households having lived there for eleven years or more



Satisfaction with Housing by Tenure



9 out of 10 households were either very or fairly satisfied with their housing.

However, this differed between different housing sectors. 95% of owner-occupier households were either very or fairly satisfied with their housing, while households in both the private rented sector and the social sector report significantly higher levels of dissatisfaction.

Additionally, since 2012 the proportion of households that were very satisfied with their housing significantly decreased. Instead, more households were fairly satisfied.

The overall proportion of households who were very satisfied with their housing decreased from 58% in 2012 to 52% in 2019

This happened as more households reported to be fairly satisfied with their housing

In the graph, the category 'neither satisfied nor dissatisfied' has been excluded.

**Neighbourhoods
and Communities**



SECTION FOUR

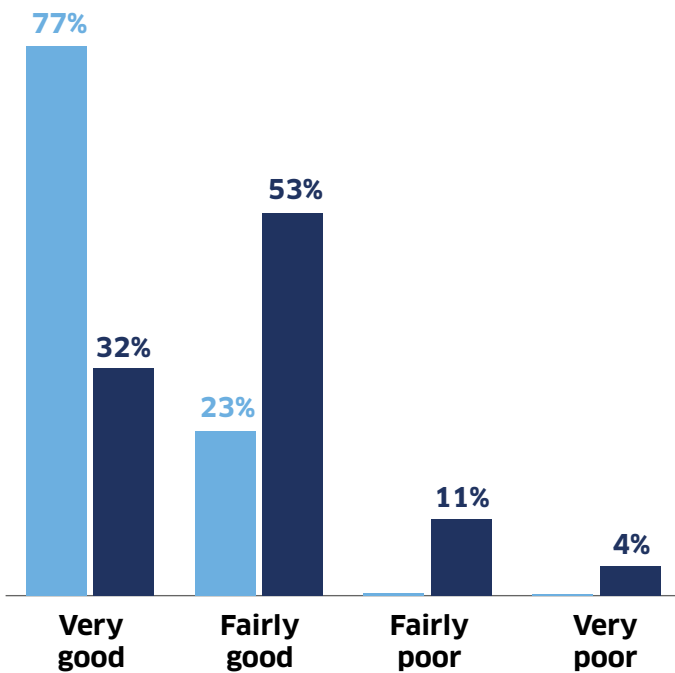
Neighbourhoods and Communities



Household Neighbourhood as a Place to Live

20% LEAST DEPRIVED AREAS

20% MOST DEPRIVED AREAS



94% of households rated their neighbourhood as a very or fairly good place to live.

This rating had increased since 1999/2000, from 91% to the 94% in 2019.

In 2019, 57% of households rated their neighbourhood as a very good place to live, and 37% rated it as a fairly good place to live.

In the 20% least deprived areas in Scotland almost 77% rated their neighbourhood as a very good place to live, whereas only 32% did so in the 20% most deprived areas.

In the 20% most deprived areas, 15% of households rated their neighbourhood as a fairly or very poor place to live.

Households in rural areas were significantly more likely to rate their neighbourhood as a very or fairly good place to live than households in urban areas



The deprivation measurement is from the SIMD.

Neighbourhoods and Communities



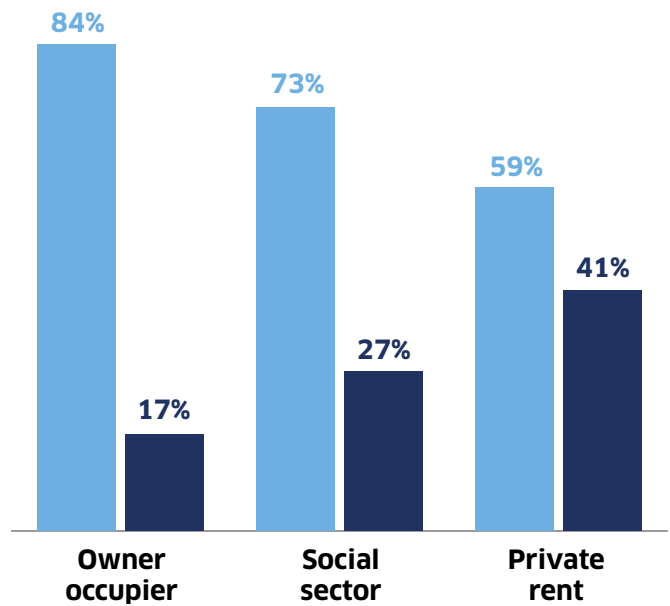
Over three-quarters (78 per cent) of adults felt a very or fairly strong sense of belonging to their neighbourhood.

This differed across the different housing sectors. Among owner occupiers, 84% reported that they felt a very or fairly strong sense of belonging, while the equivalent number in the social rented sector was 73%.

In the private rented sector, only 59% reported that they felt a very or fairly strong sense of belonging.

Similarly, people living in less deprived areas were more likely to report a strong sense of belonging than those in more deprived areas.

Sense of Belonging to Neighbourhood



Older people and women were more likely to report a strong sense of belonging to their neighbourhood



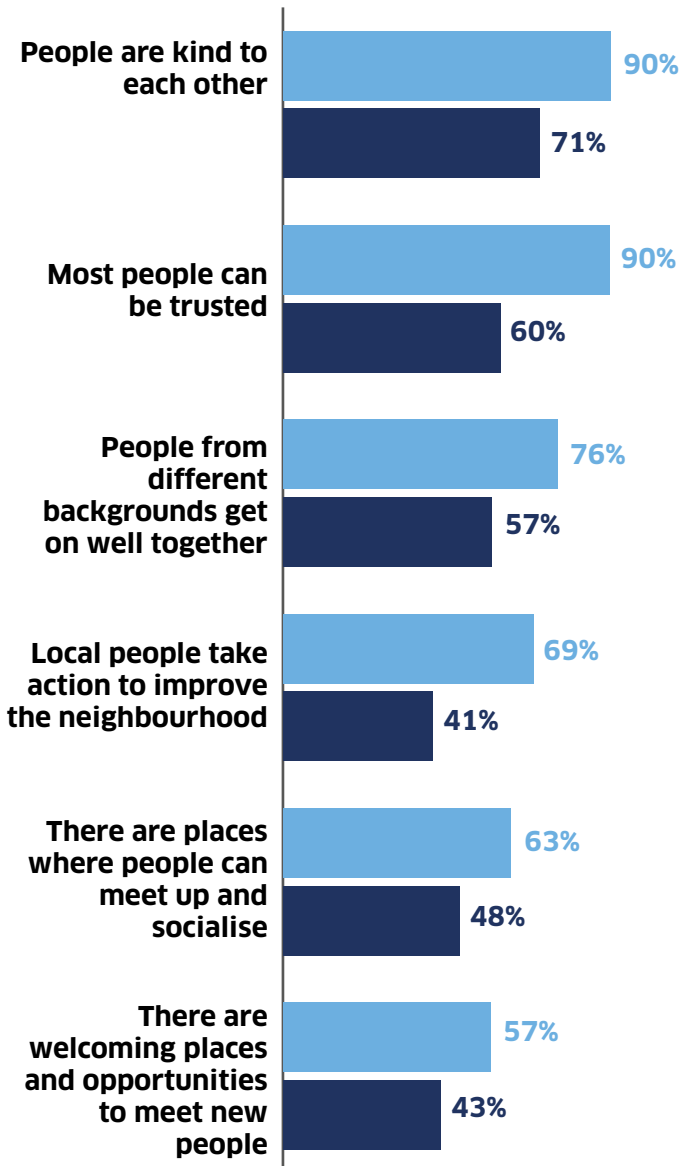
Neighbourhoods and Communities



Agreement with Neighbourhood Strengths

20% LEAST DEPRIVED AREAS

20% MOST DEPRIVED AREAS



57% of adults agree that there were places in their neighbourhood where people could meet up and socialise.

This impression changed significantly with the level of deprivation of the area that the adult lived in.

Among adults in the 20% least deprived areas in Scotland, 63% said that there were places where people could meet up and socialise. The equivalent number in the 20% most deprived areas was 48%.

The differences in agreement with neighbourhood strengths seen here is often associated with a lack of investment and relevant infrastructure in more deprived areas.

Neighbourhoods and Communities



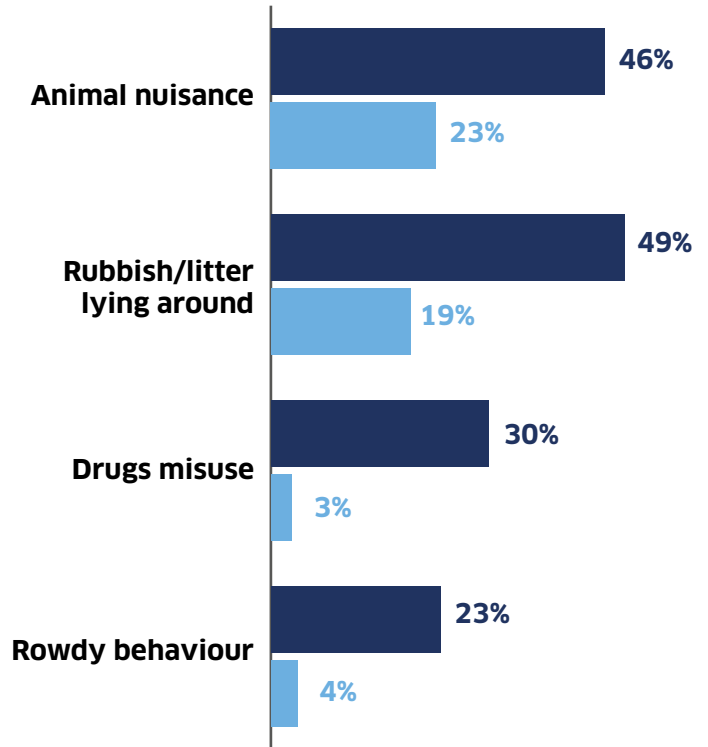
52% of adults in Scotland reported that they have perceived at least one common problem in their neighbourhood.

The most commonly reported problems were animal nuisance and rubbish or litter lying around, followed by rowdy behaviour and drug misuse.

These problems were perceived by significantly more people in the 20% least deprived areas in Scotland.

Four Most Commonly Perceived Neighbourhood Problems

20% LEAST DEPRIVED AREAS
20% MOST DEPRIVED AREAS



3 in 10 adults in the 20% most deprived areas reported that there was a problem with drug misuse in their neighbourhood

The graph includes adults that have reported these problems as a very or fairly common problem.

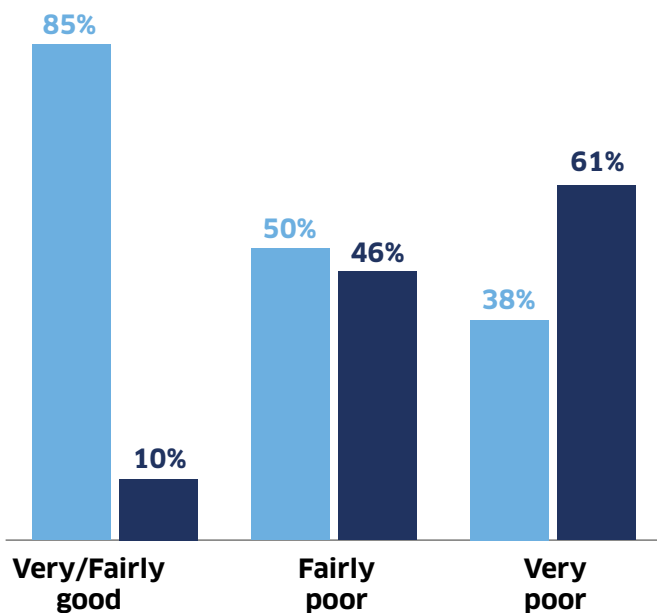
Neighbourhoods and Communities



Walking alone in my neighbourhood after dark feels

FAIRLY OR VERY SAFE

A BIT OR VERY UNSAFE



61% of adults who rated their neighbourhood as a very poor place to live felt a bit or very unsafe walking alone after dark in their neighbourhood.

38% of adults who rated their neighbourhood as very poor felt fairly or very safe in this situation.

Among adults who rated their neighbourhood as a fairly or very good place to live, 85% felt fairly or very safe walking alone after dark.

The proportion of adults reporting to feel a bit or fairly unsafe walking alone after dark was larger among those who had experienced discrimination (25%) or harassment (30%), as opposed to the average of 13% among all adults.

29% of adults who rated their neighbourhood as a very poor place to live felt a bit or very unsafe at home alone at night

Among those who rated their neighbourhood as a fairly or very good place to live, this figure was 2%

Neighbourhoods and Communities



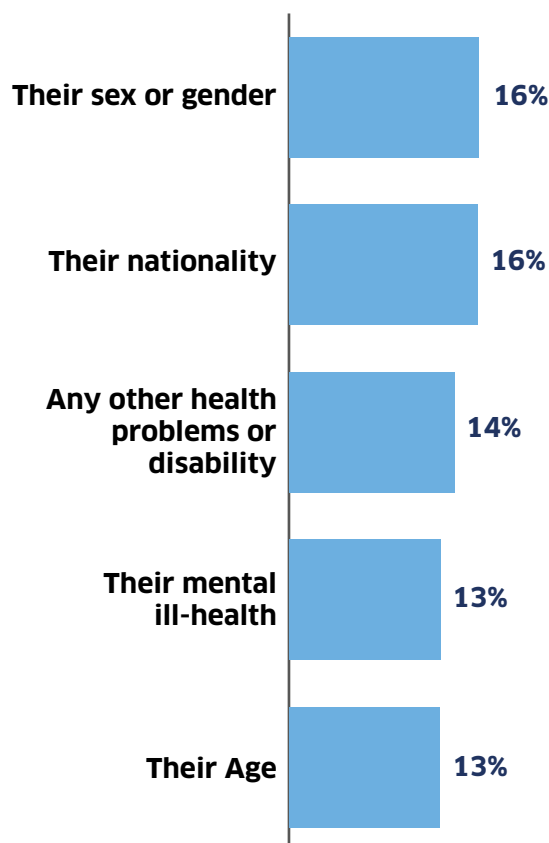
8% of adults in Scotland report to having experienced discrimination in the past twelve months.

Discrimination occurs when a person is treated less favourably because of a protected characteristic.*

The graph to the right shows some of the most common reasons for discrimination in 2019, and all of them were experienced by at least 1 in every 10 adult that had been discriminated against.

These reasons included someone's sex or gender, their nationality, their mental ill-health, other health problems or disability, and their age.

Reasons Respondents Believe They Were Discriminated Against



*A full definition can be found at: <https://www.parliament.scot/aboutthe-parliament/32425.aspx>

The graph shows the proportion of those who had experienced harassment reporting this as the cause. This graph excludes 'other reason', 15%.

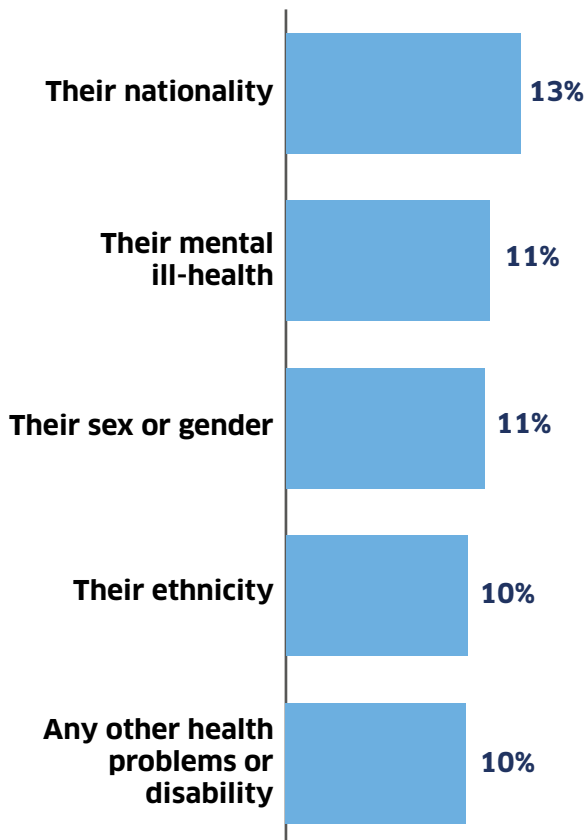
22% of Lesbian, Gay or Bisexual adults had experienced discrimination

of ethnic minorities had experienced discrimination

19%



Reasons Respondents Believed They Were Harassed



In 2019, 6% of adults in Scotland experienced harassment in the past twelve months.

Harassment occurs where a person is subjected to unwanted conduct related to a protected characteristic that violates their dignity or creates an intimidating, hostile, degrading, humiliating or offensive environment.

The graph to the left shows some of the most common perceived reasons for harassment in 2019, and all of them were experienced by at least 1 in every 10 adult that had been harassed.

These reasons included someone's mental ill-health, their sex or gender, ethnicity and other health problems or disability.

Adults who belonged to a religion other than a Christian denomination experienced significantly higher levels of both discrimination and harassment



The graph shows the proportion of those who had experienced harassment reporting these specific cause. This graph excludes 'other reason', 28%.

Economic Activity

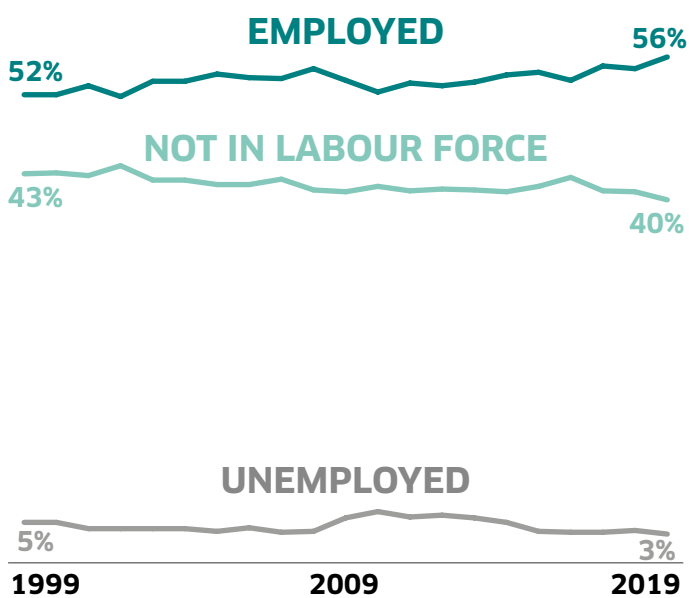


SECTION FIVE

Economic activity



Economic Status of All Adults over 16



In 2019, 56% of adults over the age of 16 were in employment in Scotland.

This number included those in full- and part-time employment and those who were self-employed. The proportion of adults in all these three categories had increased significantly between 1999 and 2019.

The proportion of adults that were not in the labour force decreased in this period, from 43% to 40%. Notably, the proportion of adults caring for their home and family decreased from 8% to 4%.

Additionally, the proportion of adults who were unemployed and looking for work decreased from 5% to 3%.

15%

of adults who lived in social housing were permanently sick or disabled

The equivalent among private renters and owner occupiers was 3% and 1%, respectively

This represents the whole population and does not indicate unemployment rate.

Economic activity



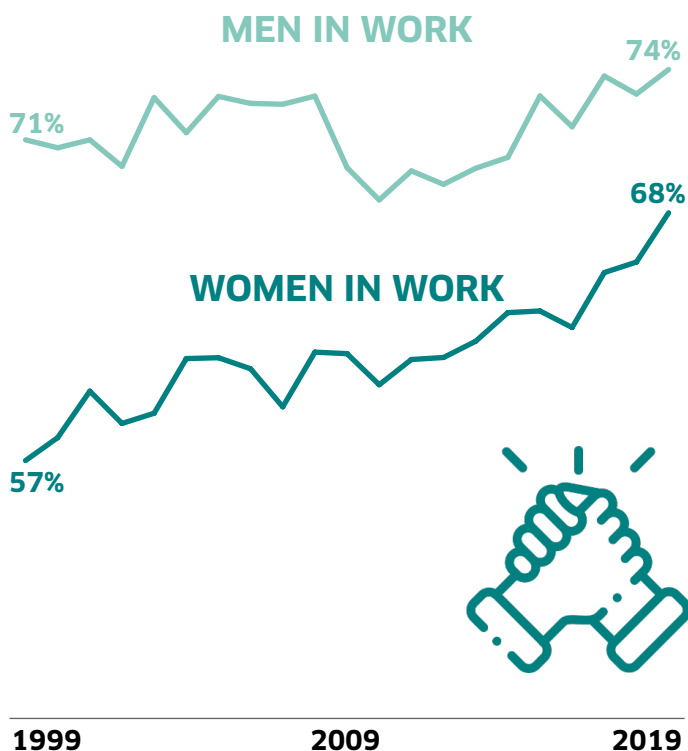
The proportion of both men and women aged 16 to 64 who were in paid work had increased between 1999 and 2019.

This includes those who are in full- and part-time employment, and those who are self-employed.

The proportion of women aged 16 or older in work has increased significantly since 2016.

Women in households with children were more likely to be in work than those in households without children in 2018. However, in 2019 there was no difference between these groups as the proportion of women in work in households with children remained stable, while women in households without children increased by four percentage points.

**Paid Employment:
Men and Women Aged 16-64
1999-2019**



Among women in a working age, the proportion who were looking after the home or family had decreased significantly from 18% in 1999 to 9% in 2019

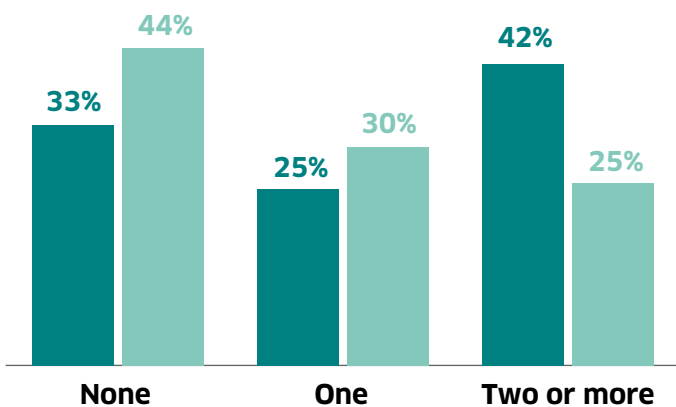
Economic activity



Number of Adults in Paid Employment per Household

20% LEAST DEPRIVED AREAS

20% MOST DEPRIVED AREAS



In 2019, the proportion of households with adults (those aged 16 or over) in paid employment differed significantly across different levels of deprivation.

The reason a household might not have an adult in paid employment varies, and can for example be due to it being an older household, due to long-term illness or unemployment.

In the 20% most deprived areas, 44% of households did not have an adult in paid employment, and only 25% had two or more adults in paid employment.

In the 20% least deprived areas, 42% of households had at least two adults in paid employment.

The proportion of households in the 20% most deprived areas with at least one adult in paid employment had increased

**from 50% in 2013
to 56% in 2019**

The graph relates to all households in Scotland.

Economic activity



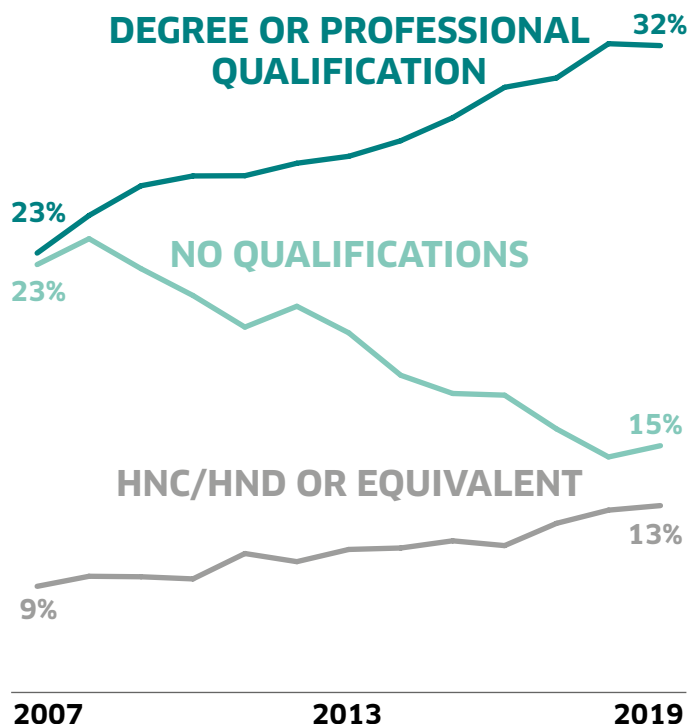
In 2019, 32% of adults in Scotland had a degree or professional qualification.

This was a significant increase since 2007, when 23% of adults over 16 had a degree or professional qualification.

The proportion of people with a Higher National Certificate or Diploma (HNC/HND) or equivalent had also increased since 2007, from 9% to 13% of all adults over 16.

At the same time, the proportion of people with no qualifications had decreased from 23% in 2007 to 15% of all adults over 16 in 2019.

Educational Qualifications: 2007-2019



Women were significantly more likely than men to have a degree or professional qualification



33% of women in Scotland had a degree or professional qualification, while the equivalent number for men was 31%

This data has only been collected since 2007. The graph does not include adults with standard grades or Highers, as the proportion has not changed significantly.

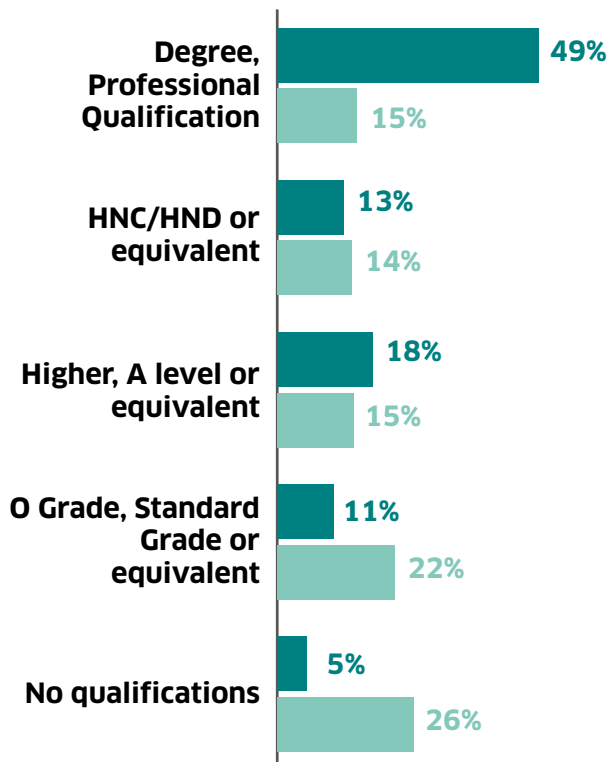
Economic activity



Adult Educational Qualifications: Area Deprivation

20% LEAST DEPRIVED AREAS

20% MOST DEPRIVED AREAS



Adults who lived in the 20% least deprived areas were significantly more likely to have a degree or professional qualification than adults in the 20% most deprived areas.

Half of all adults in the 20% least deprived areas had a degree or professional qualification. This was the most common educational qualification for this deprivation level.

Almost 3 in 10 adults in the 20% most deprived areas had no qualifications. This was the most common educational qualification for this deprivation level.

46% of adults without any educational qualification were in paid work

This is significantly lower than those with a degree or professional qualification (80%) or with Higher or Standard grades (66%)

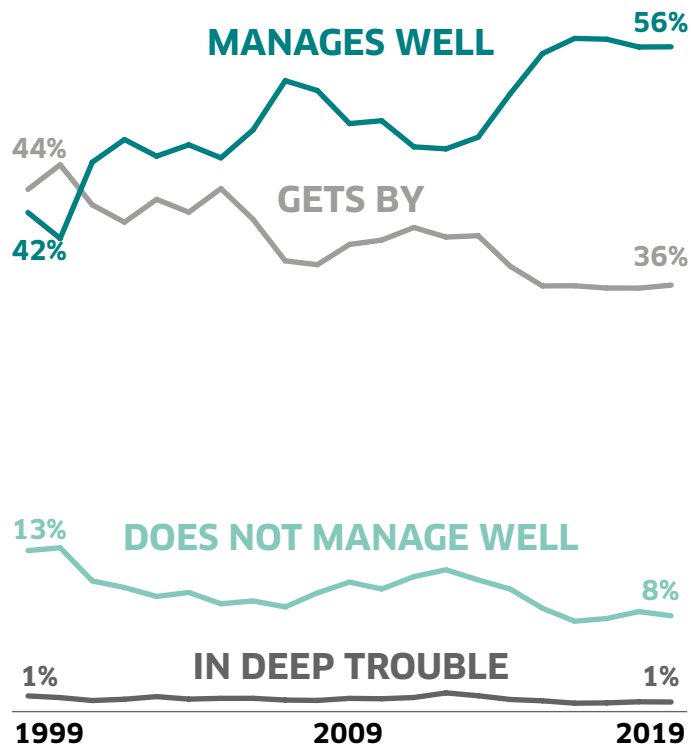
Finance



SECTION SIX



Household Financial Management



The proportion of households reporting that they managed well financially had increased from 42% in 1999 to 56% in 2019.

The 2019 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 that did not manage well had decreased since 1999, from 13% to 8% in 2019, of all households.

The proportion of households managing well financially had increased both for the highest and lowest income households

This refers to the top and bottom 20% income groups

Finance

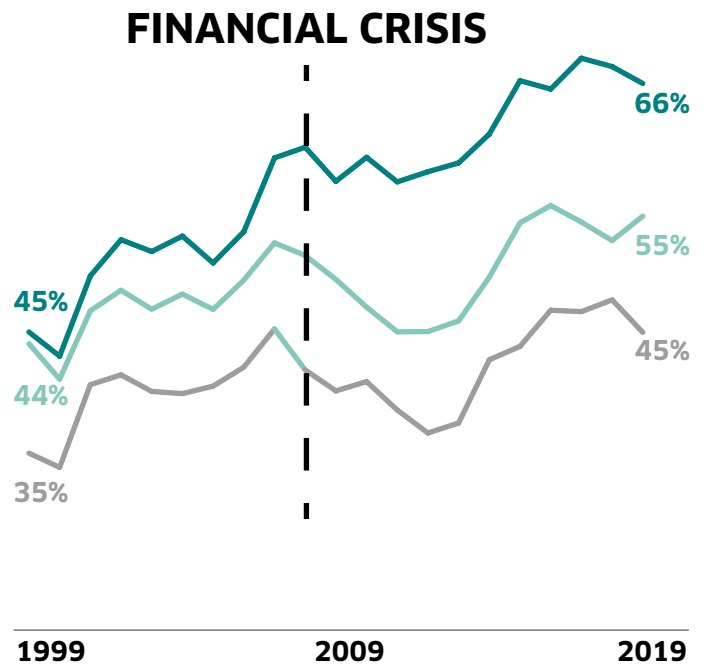


Overall, a higher proportion of older households reported that they managed well financially. This proportion increased from 45% in 1999 to 66% in 2019.

A significantly lower proportion of households with children reported to manage well financially than any other household type. However, this figure increased from 35% in 1999 to 45% in 2019.

Proportion of Households that Manage Well Financially

OLDER HOUSEHOLDS
 HOUSEHOLDS WITHOUT CHILDREN
 HOUSEHOLDS WITH CHILDREN



15% of households whose main income was from benefits did not manage well financially

On average, 8% of households in Scotland did not manage well financially

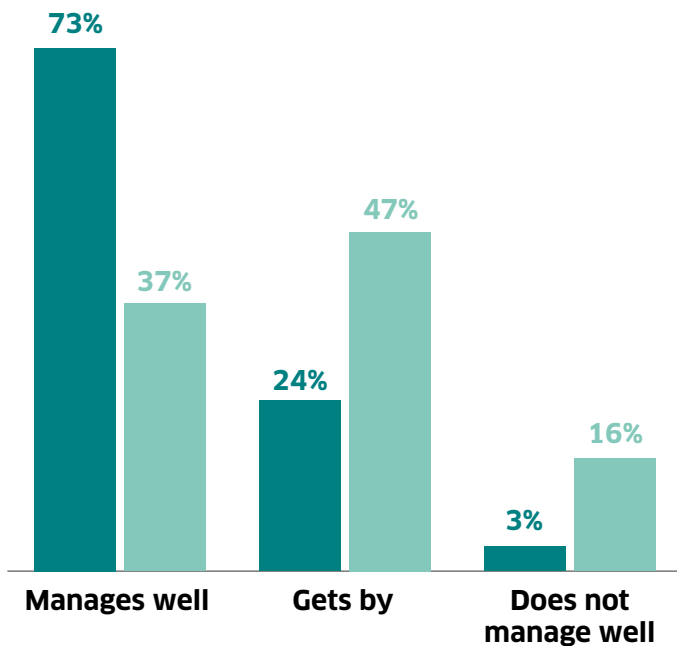
The graph excludes households that 'get by' and that 'do not manage well'.



Household Finances by Area Deprivation

20% LEAST DEPRIVED AREAS

20% MOST DEPRIVED AREAS



73% of households in the 20% least deprived areas reported that they managed well financially, while only 37% did so in the 20% most deprived areas.

There was also a significantly higher proportion of households that did not manage well financially in the 20% most deprived areas, with 16% of households falling into this category.

21% of households in the social rented sector did not manage well financially in 2019

This was significantly higher than among owner occupier households (3%) and households in the private rented sector (14%)

Finance



The proportion of households in Scotland with any kind of savings had increased from 61% in 2009/2010 to 69% in 2019.

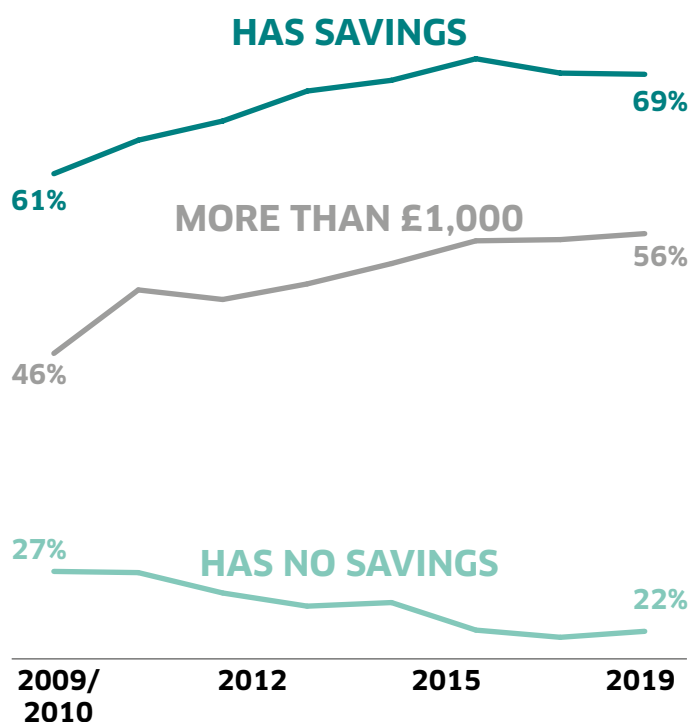
The proportion of households with any savings that had more than £1,000 saved increased from 46% in 2009/2010 to 56% in 2019.

In this time period, the proportion of households that had no savings decreased from 27% to 22%.

This graph excludes households that refused to answer or that did not know if they had savings.

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

Household Savings



60%

of single parent households had no savings in 2019

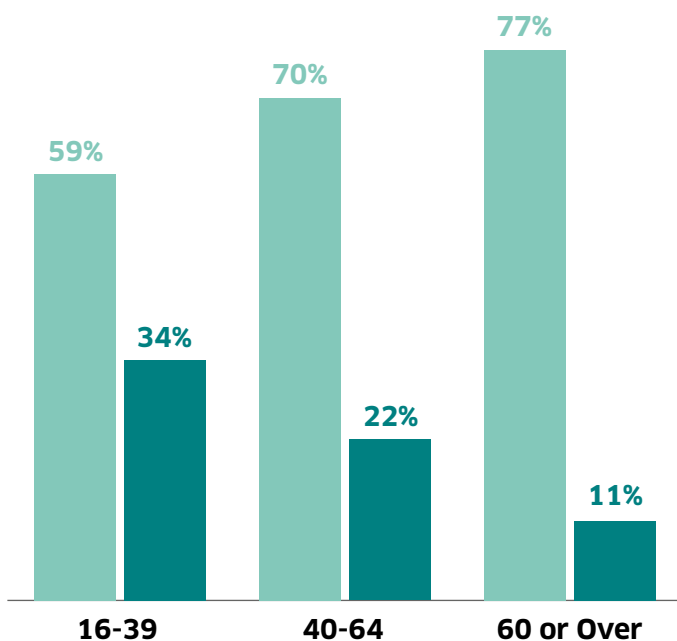


Household Savings by Age of Highest Earner



A higher proportion of households where the highest earner was younger than 40 reported to not have any savings at all – a higher proportion than any other age group.

While 77% of households where the highest income earner was aged 65 or over had savings, this was only true for 59% of households where the highest income earner was aged 39 or younger.



17%

of households where the highest income earner was aged 16 to 39 had less than £1,000 in savings

This graph excludes households that refused to answer or that did not know if they had savings.

Internet



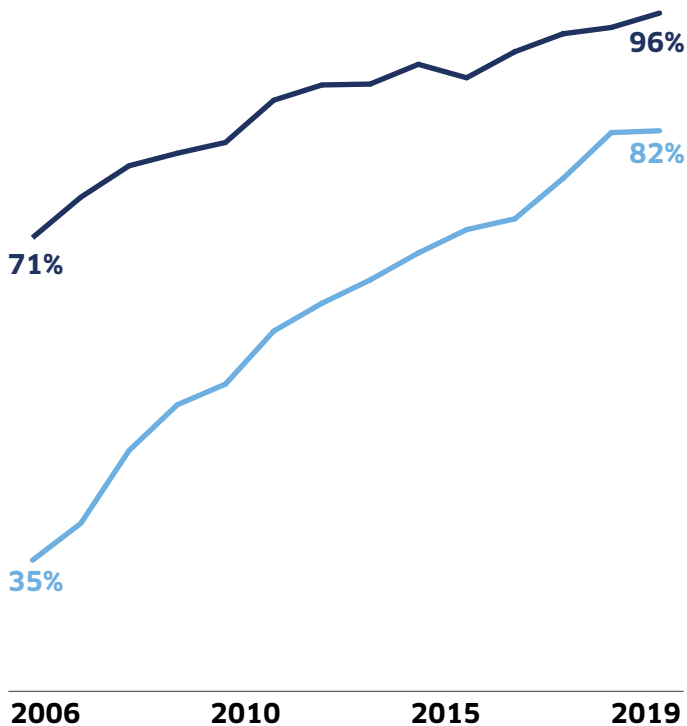
SECTION SEVEN

Internet



Proportion of Households with Access to Internet

20% LEAST DEPRIVED AREAS
20% MOST DEPRIVED AREAS



In 2019, 88% of households in Scotland had access to internet.

This number had doubled since 2003, when the question was added to the survey.

The proportion of households with internet access differed between the deprivation level of the area where the household is located.

In the 20% most deprived areas in Scotland, only 82% of households had access to the internet, while 96% had access in the 20% least deprived areas.

The gap between the most and least deprived areas decreased since 2003.

21% of adults in social housing did not use the internet

In contrast, only 5% of private renters and 10% of owner occupiers were not internet users



Internet



The proportion of internet users had increased since the questions were first asked in 2007, from 65% to 88% of all adults in 2019.

Among older people the proportion of internet users was significantly lower than the Scottish average.

Only half of those over 60 in the most deprived areas used the internet, while 83% of those over 60 in the least deprived areas did.

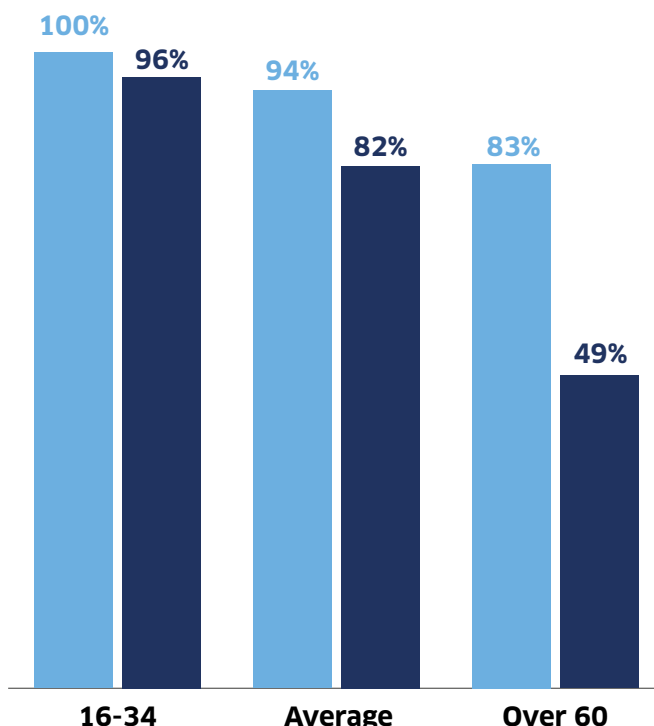
Among younger people the difference between area deprivation was smaller, but it was still significant.

96% of those between 16 and 34 in the most deprived areas used the internet, while 100% of those in the least deprived areas did.

Proportion of Internet Users among Adults

20% LEAST DEPRIVED AREAS

20% MOST DEPRIVED AREAS



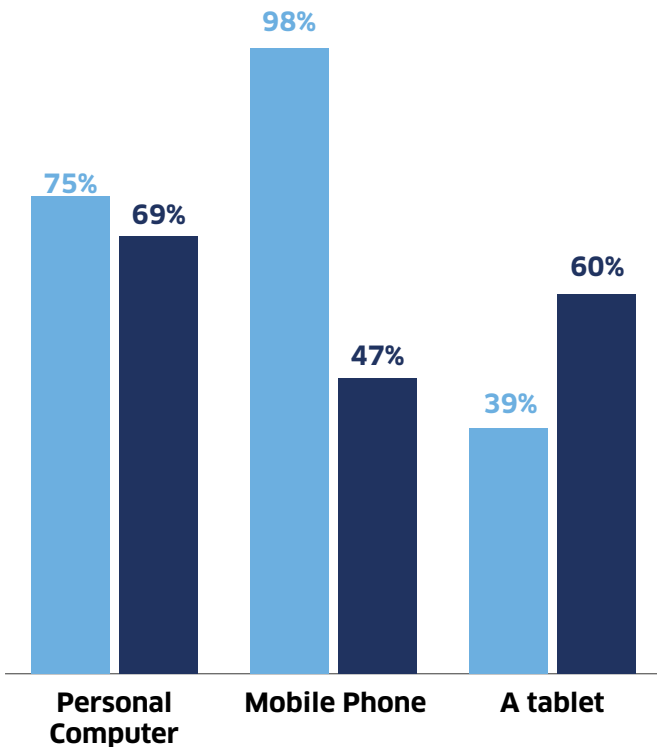
The proportion of internet users among those over 60 had increased from 29% in 2007 to 66% in 2019

This sharp increase was seen both in the most and the least deprived areas in Scotland



Devices Used to Access the Internet

AGED 16 TO 24
AGED 75 OR OVER



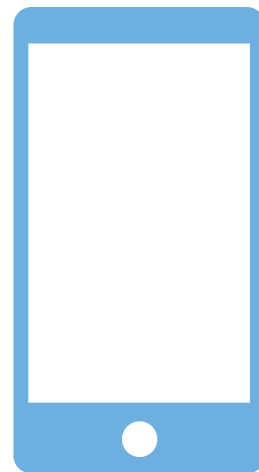
The most common device to access the internet was a mobile phone, such as a smartphone - with 86% of people accessing the internet this way.

For people over 75, the most common device to use to access the internet was a personal computer with 69% of people in this group doing it in that way.

For young adults between 16 and 24 years old, the most common way to access the internet was through a mobile phone, with 98% of adults accessing the internet this way.

Additionally, nearly all adults (97%) who used the internet access it at home.

The proportion of adults who used internet for personal reasons when they were on the move increased from 30% in 2013 to 58% in 2019



Internet



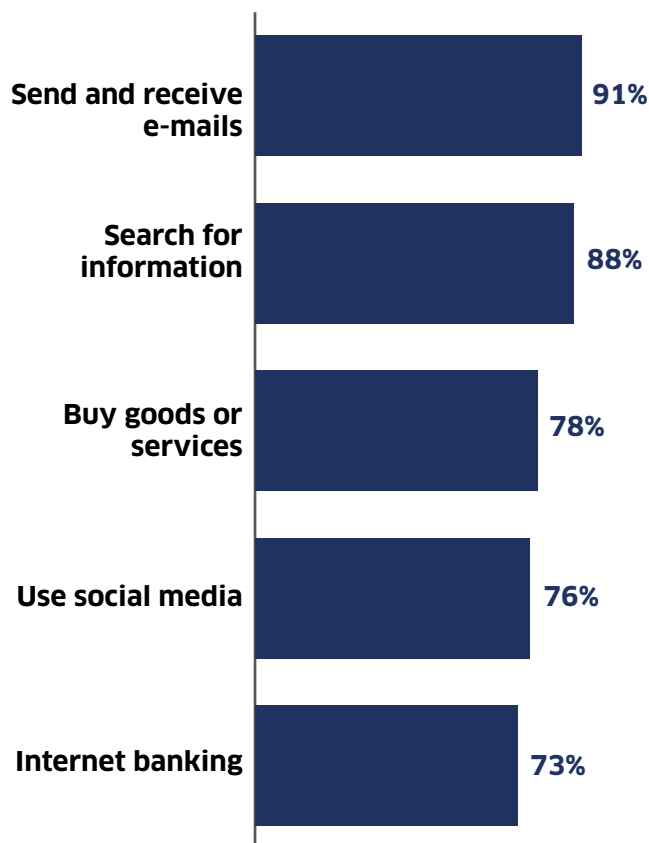
Sending and receiving emails was the most common reason for personal use of the internet in 2019.

91% of internet users used the internet to send and receive emails, while 88% used it to search for information.

Buying goods or services, using social media and using internet banking were also among the most common reasons.

Adults living in social housing were less confident than adults in other forms of tenure in their ability to use the internet for activities such as 'sending and receiving e-mails', 'shopping online', and 'being able to tell what websites to trust.'

Five Most Common Reasons for Personal Use of the Internet



Making phone or video calls over the internet, and using online banking or social media are the three fastest growing reasons for using the internet since 2015

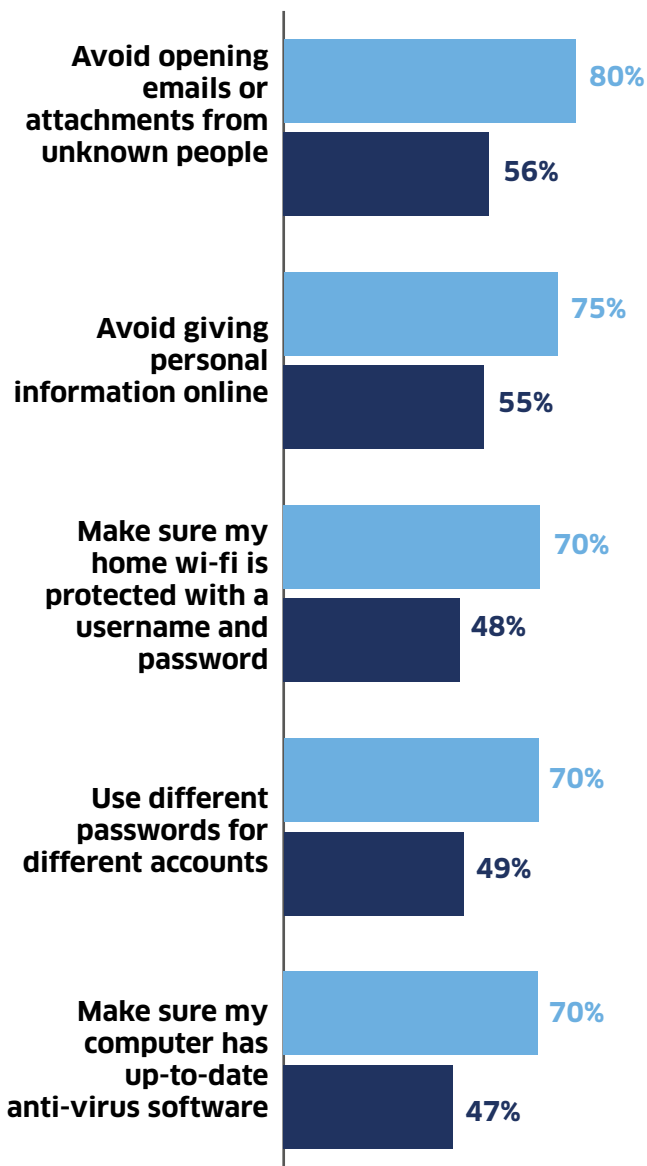




Most Common Measures Taken for Internet Security

20% LEAST DEPRIVED AREAS

20% MOST DEPRIVED AREAS



Only 9% of adults in Scotland had not taken any online security measures.

In the 20% most deprived areas, 18% had not taken any action for online security, while the equivalent number in the least deprived areas was 4%.

The most common measure for online security was to not open emails or attachments from unknown people, which 70% of adults reported.

The online security measures asked about in the survey were more likely to be taken by adults living in the 20% least deprived areas, as opposed to the 20% most deprived areas.

These measures were also more likely to be taken among younger age groups. 5% of those aged 16 to 24 had not taken any of the suggested actions, while 17% of those aged 75 or over had not taken any action.

**Physical Activity
and Sport**

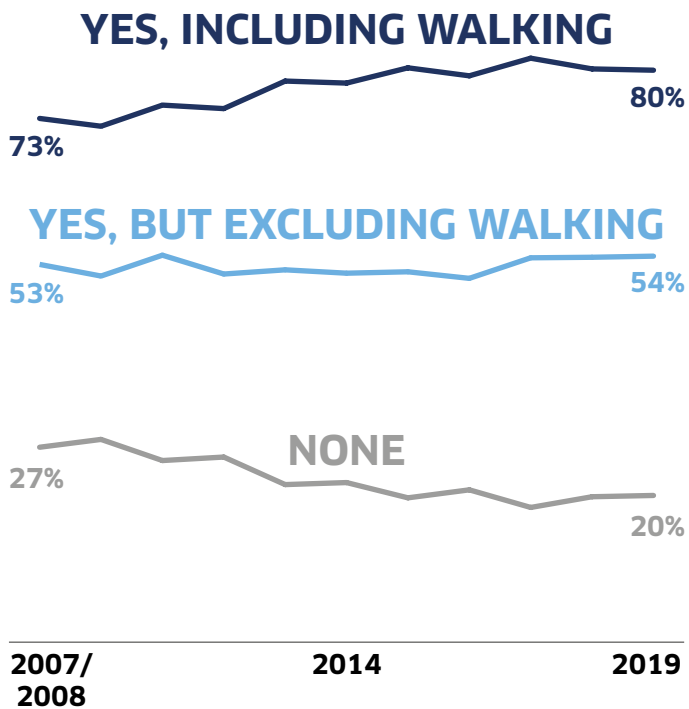


SECTION EIGHT

Physical Activity and Sport



Participation in Physical Activities and Sports



8 in 10 adults in Scotland participated in physical activity in Scotland in the previous four weeks.

Between 2007 and 2017, there was an increase in the proportion of people participating in physical activities, which was largely due to an increase in recreational walking.

However, since 2017 overall participation decreased slightly from 81% to 80% of the population. This shift was due to a slight decrease in the participation in recreational walking.

There had also been a decrease in the proportion of adults who did not participate in any sports or physical activities, from 27% in 2007/2008 to 20% in 2019.

Active people were becoming more active:

In 2019, 51% of people participated in physical activity or sport on more than 14 days of the last 28 days, up from 36 percent in 2007



This data was not collected before 2007.

Physical Activity and Sport



Adults with higher educational qualifications were significantly more likely to participate in physical activities.

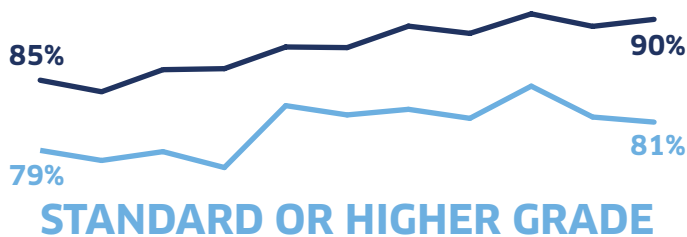
The proportion of adults who participated in physical activities increased among those with a HNC/HND, a degree or a professional qualification, from 85% in 2007/2008 to 90% in 2019.

Likewise, the proportion of those whose highest educational qualification was a standard grade or higher who participated in physical activities had increased from 79% in 2007/2008 to 81% in 2019.

However, among adults who had no qualifications, the proportion who took part in physical activities was consistent throughout this time period.

Participation in Physical Activities

HNC/HND, DEGREE OR PROFESSIONAL QUALIFICATIONS



STANDARD OR HIGHER GRADE



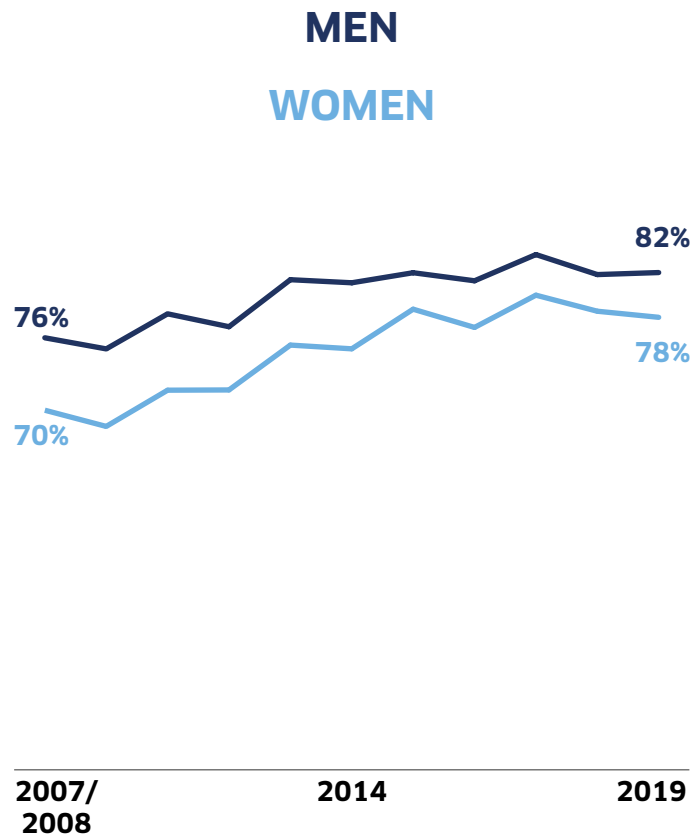
NO QUALIFICATIONS



Physical Activity and Sport



Participation in Physical Activities by Gender



More men than women participated in physical activities in the past month in 2019.

78% of women and 82% of men took part in a physical activity over the previous month, including walking.

The proportion of both men and women who participated in physical activities had increased since 2007/2008.

However, the proportion of women taking part in physical activities increased more, slightly closing the gap between the two groups from 6 percentage point in 2007/2008 to 4 percentage points in 2019.

Walking was the most common form of physical activity for both men and women

After walking, Keep Fit classes (17%) and swimming (19%) were the most common activities for women, while weight training was the second most common for men (19%)

The sample size of those who identified in another way is too small for robust analysis.

Physical Activity and Sport



Levels of participation in physical activities other than walking was significantly different in different age groups.

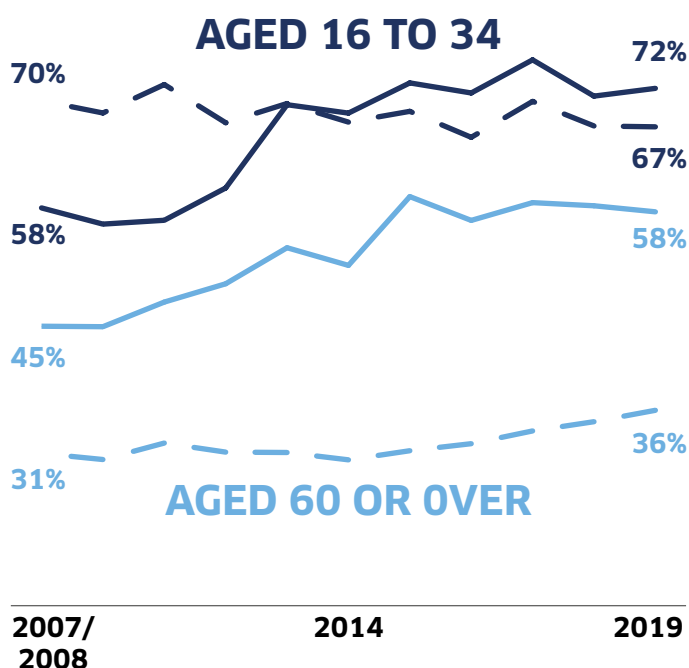
Adults between 16 and 34 were the most likely to participate in physical activities, with 72% doing recreational walking and 67% participating in other sports. Among those over 60, 58% did recreational walking and 36% participated in other sports.

The proportion of adults doing recreational walking had increased since 2007 among all age groups, and among older people there was also an increasing proportion doing other sports.

The proportion of younger adults doing other sports had decreased significantly after a peak in 2011, from 72% to 67% in 2019. In this age group, 10% of adults between 16 and 34 did not take part in any physical activities.

Participation in Physical Activities by Age

— RECREATIONAL WALKING
 - - SPORTS EXCLUDING WALKING



There was no significant difference in participation in physical activities between men and women aged 16 to 24 when including walking

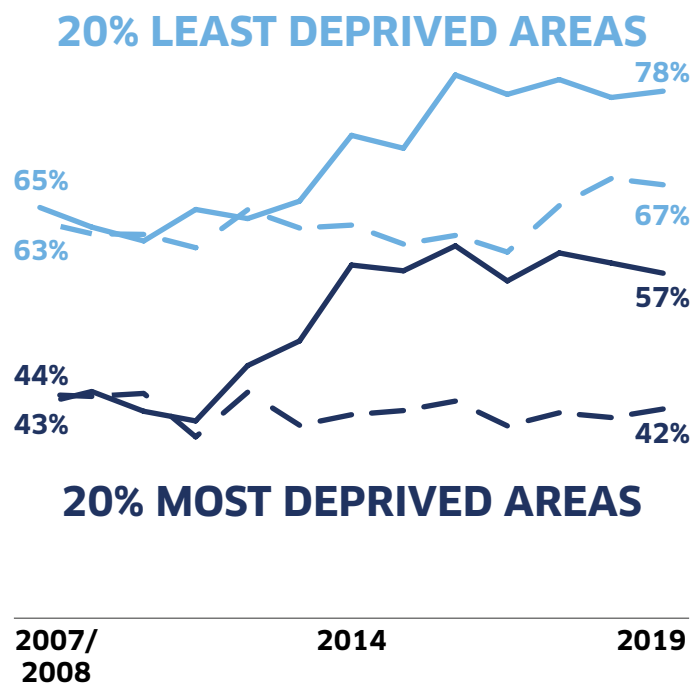
However, men in this age group were more likely to participate in other sports than women, and women were significantly more likely to do recreational walking

Physical Activity and Sport



Participation in Walking and Other Sports by Deprivation

- RECREATIONAL WALKING
- - OTHER SPORTS



There was a significant difference in levels of participation in physical activities between the most and least deprived areas in Scotland.

The proportion of adults participating in physical activities had increased in the 20% least deprived areas in Scotland, both when regarding walking and other sports.

While the proportion of adults doing recreational walking had increased in the 20% most deprived areas, it was still significantly lower than in the least deprived areas.

The proportion of adults participating in other sports in the most deprived areas had not increased, as opposed to in that of the least deprived areas.

3 in 10 adults in the 20% most deprived areas in Scotland did not take part in any physical activities

Physical Activity and Sport



Walking was the most common physical activity in Scotland, and was the activity that had increased the most in popularity in the past decade.

Many activities were popular in both the most and least deprived areas. However, trends in some activities were different between areas.

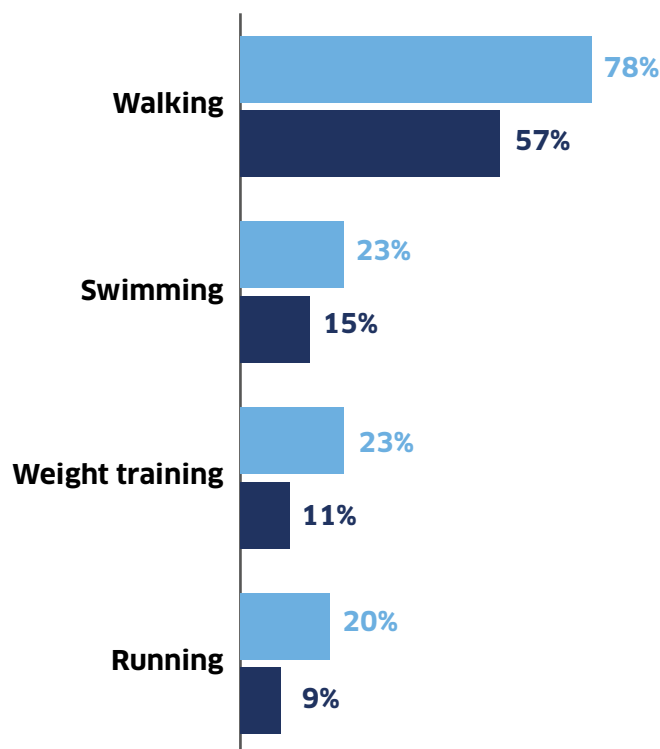
In the most deprived areas, the only sport that had significantly increased in popularity since 2013 was cycling.

In the least deprived areas, the sports that had increased in popularity since 2013 were walking and weight training.

Types of Physical Activities and Sports

20% LEAST DEPRIVED AREAS

20% MOST DEPRIVED AREAS



Dancing, football, golf and snooker, billiards or pool

were the physical activities that had decreased in popularity the most since 2007

Local Services



SECTION NINE



Local Services



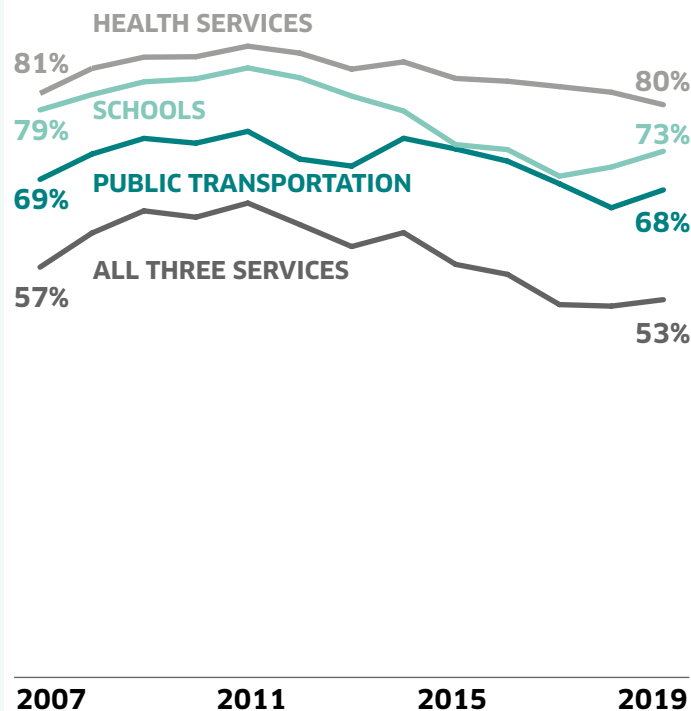
Since 2007, the satisfaction with local services had decreased in Scotland - but this might be changing.

The satisfaction with all three local services decreased from 66% in 2011 to 53% in 2019.

Local health services tended to have the highest satisfaction rate, but had followed a downward trend since 2011, from 88% of adults being satisfied to 80% in 2019.

However, while the satisfaction with local schools and public transport decreased overall since 2011, there had been an increase in the years prior.

Satisfaction with Local Services



The satisfaction with local schools had increased from 70% in 2017 to 73% in 2019

The satisfaction with public transport had increased from 65% in 2018 to 68% in 2019

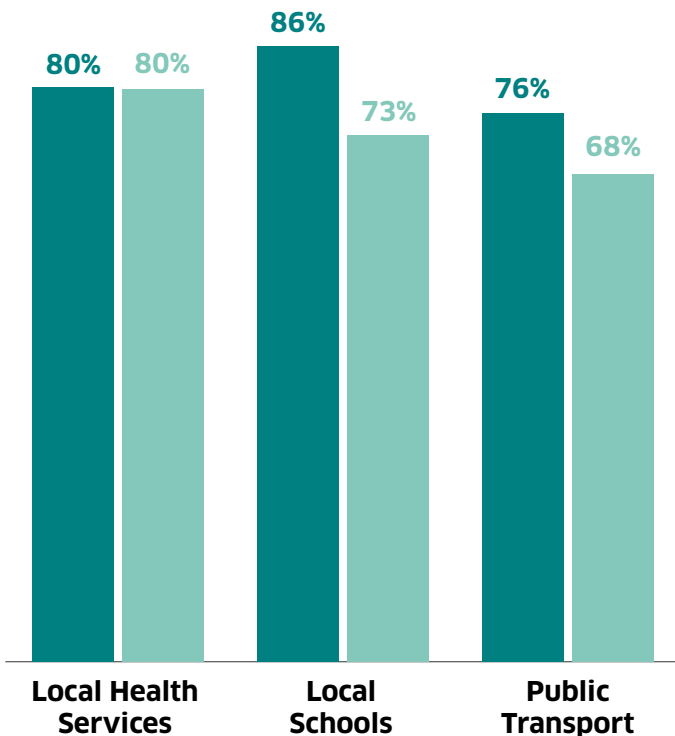
Local Services



Satisfaction with Local Services

SERVICE USERS

ALL ADULTS



The proportion of service users who were satisfied with public transportation increased from 72% in 2018 to 76% in 2019.

While only 68% of all adults were satisfied with public transportation in 2019, 76% of transport service users were satisfied with the service.

Similarly, 86% of service users were satisfied with local schools, as opposed to 73% of all adults.

There was no difference in the satisfaction rate when it came to local health services.

Generally, service users were more satisfied with local services than the average satisfaction rate among adults





Local Services

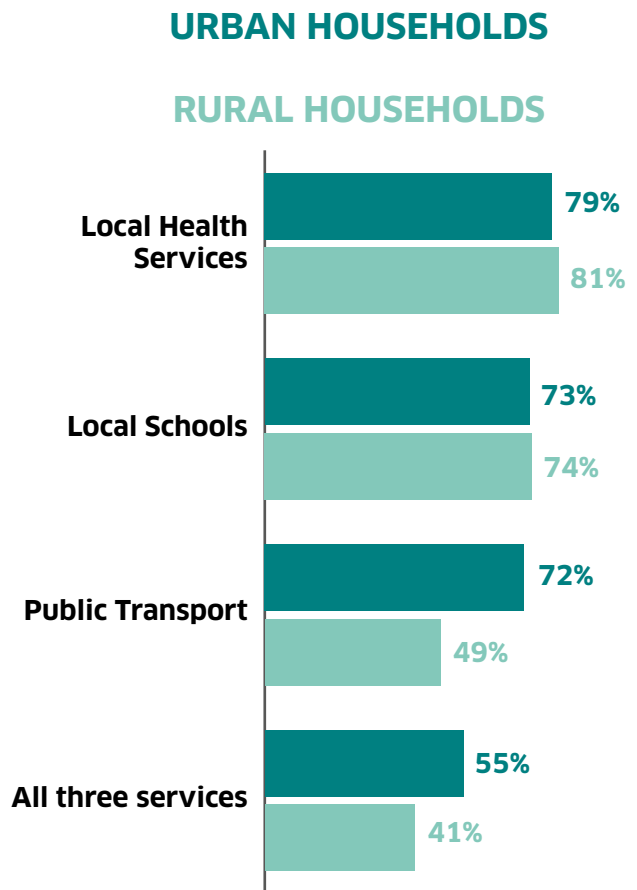
49% of adults in rural areas were satisfied with public transportation – this was significantly lower than in urban areas, where 72% were satisfied.

Additionally, only 41% of adults in rural areas were overall satisfied with local services, including public transportation, health services and schools, as opposed to 55% in urban areas.

However, this was almost entirely driven by differences in satisfaction with public transport.

Adults in rural areas were more satisfied with their local health services (81%) than those in urban areas (79%).

Satisfaction with Public Services



Overall, rural adults were less satisfied with public services.

Most of this difference came from adults in rural areas being significantly less satisfied with public transportation.



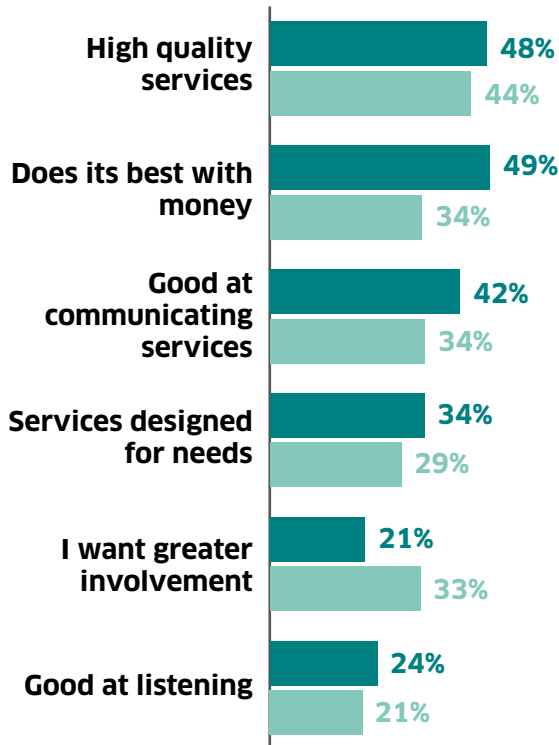
Local Services



Agreement with Statements About Local Services

AGED 65 OR OVER

AGED 16 TO 34



Generally, older adults were more likely than younger adults to say that they were satisfied with local government performance.

Adults aged 65 or over were more likely to agree that the local government delivered a high quality service, that it did its best with money and that it was good at communicating services.

However, adults between 16 and 39 were significantly more likely to say that they wanted greater involvement with their local government than adults aged 65 or over.

In 2019, only 18% of adults felt they could influence decisions in their local area

This had decreased significantly from 24% of adults in 2015



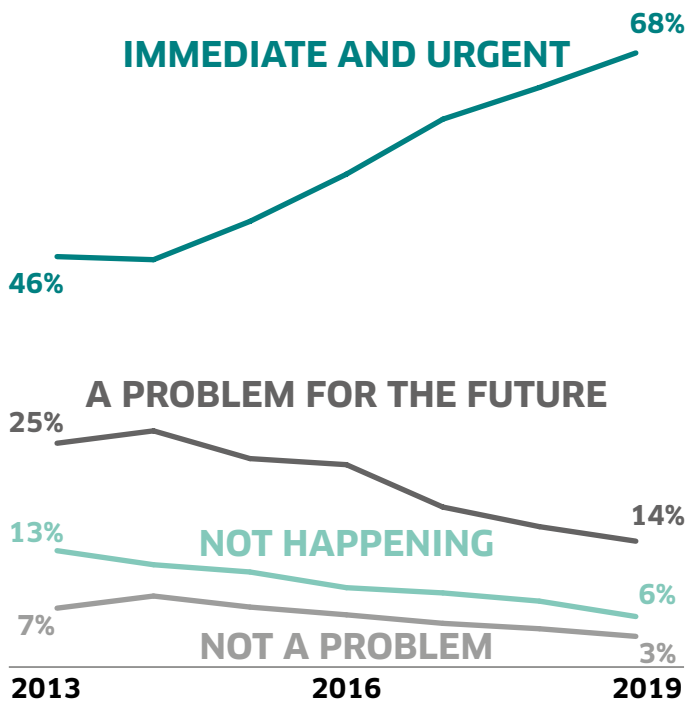
Environment



SECTION TEN



Climate change is...



7 in 10 adults in Scotland, or 68%, agreed that climate change was an immediate and urgent problem.

This was an increase by 4 percentage points since 2018, and by 23 percentage points since 2013.

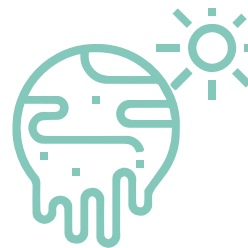
This increase had been most prominent among adults aged 16 to 24, from 38% in 2013 to 69% in 2019.

Only 14% of adults believed that climate change was a problem for the future, a decrease from 25% in 2013.

Adults with a higher educational qualification or who live in a less deprived area were more likely to agree that climate change was immediate and urgent.

The majority of adults in all age groups recognised climate change as an immediate and urgent problem

Among adults aged 75 and over, this number had increased from 46% in 2018 to 56% in 2019.



Environment



66% of adults in Scotland lived within a five minute walk from an open green or blue (water) space.

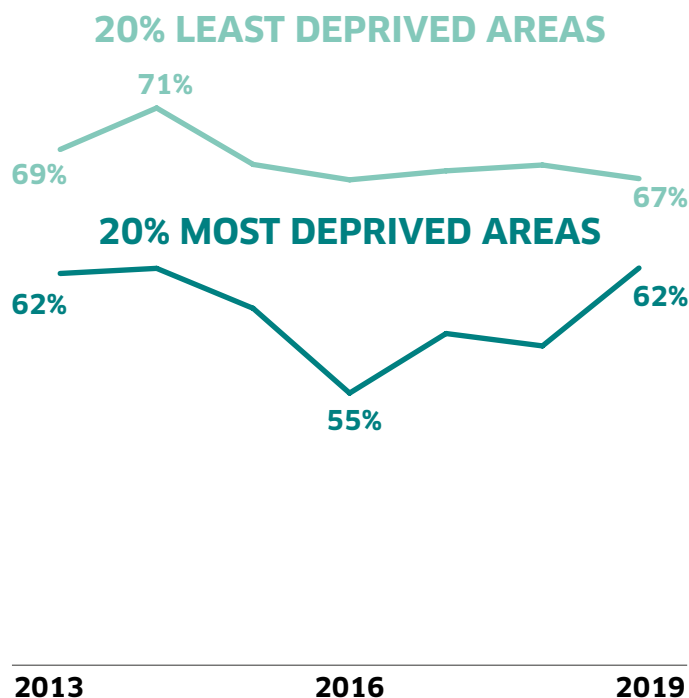
This was a significant decrease from 2013, when 68% of adults fell in this category.

However, this looked different depending on the level of deprivation of the household area.

For adults in the 20% most deprived areas, the proportion who are within a five minute walk of a green or blue space had increased from 55% in 2016 to 62% in 2019.

However, for adults in the least deprived areas the proportion had decreased from 71% in 2014 to 67% in 2019.

Adults Living Within Five Minutes Walking Distance From an Open Green or Blue (Water) Space



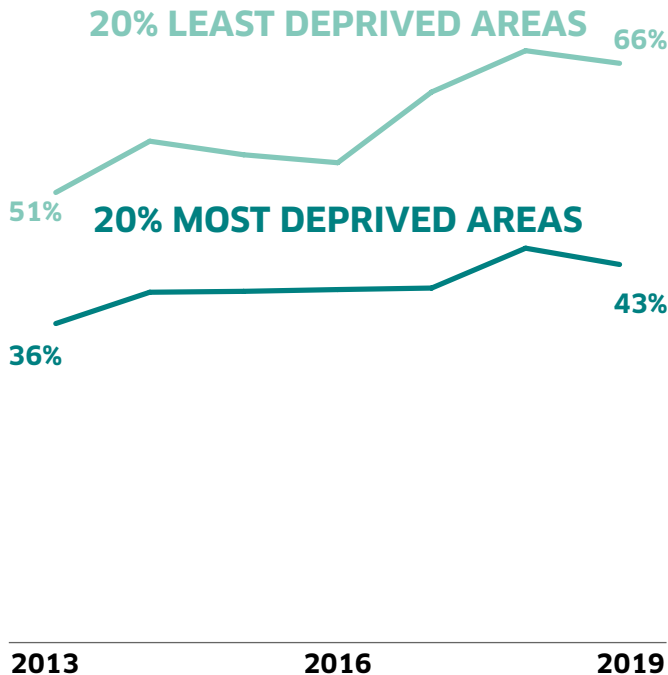
Adults in less deprived areas were more likely to say that they were satisfied with their nearest green or blue (water) space

A larger proportion also used their nearest green or blue (water) space more frequently





Adults Visiting the Outdoors at Least Once Per Week



56% of adults visited the outdoors at least once per week in 2019.

This was a decrease since 2018, when 59% of adults visited the outdoors once per week or more.

However, it was still an overall increase since this data first was collected in 2013, when 46% of adults visited the outdoors once per week or more.

Adults living in the 20% least deprived areas visited the outdoors more frequently than those in the 20% most deprived areas.

This proportion was also increasing more in the least deprived areas, meaning that the difference had

increased from 15 percentage points in 2013 to 23 percentage points in 2019.

Adults in rural areas are more likely to visit the outdoors

64% of adults in rural areas visited the outdoors once per week or more, compared to 54% of adults in urban areas

Volunteering

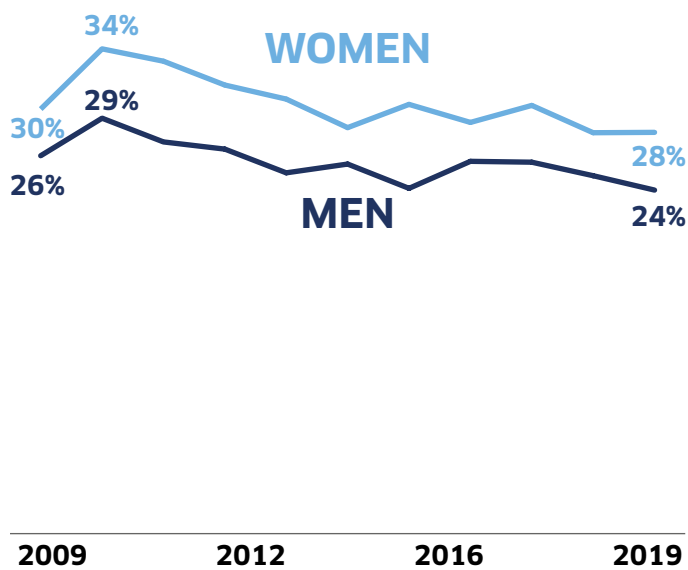


SECTION ELEVEN

Volunteering



Participation in Formal Volunteering by Gender



26% of adults in Scotland had taken part in formal volunteering in the last twelve months in 2019. This was a decrease from 31% in 2010.

Women were consistently more likely to undertake formal volunteering than men. In 2019, 28% of women undertook formal volunteering in the past month, while 24% of men were doing the same.

Levels of formal volunteering had decreased among both men and women since 2010, decreasing by 6 percentage points among women and 5 percentage points among men.

Women aged 35 to 59 were the most likely to undertake formal volunteering

33% of this group undertook formal volunteering in the last twelve months in 2019



Volunteering

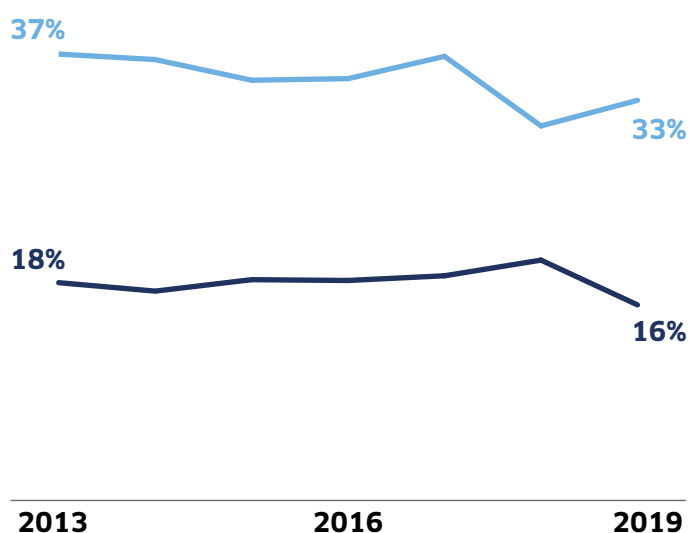
Adults in the least deprived areas in Scotland were more likely to undertake formal volunteering, with 33% of adults reporting having done so in last twelve months.

In comparison, 16% of adults in the most deprived areas undertook formal volunteering in the last twelve months.

While formal volunteering among adults living in the 20% most deprived areas in Scotland had remained consistent since 2013, formal volunteering in the least deprived areas decreased from 37% of adults in 2013 to 33% of adults in 2019.

Participation in Formal Volunteering by Deprivation

20% LEAST DEPRIVED AREAS
20% MOST DEPRIVED AREAS

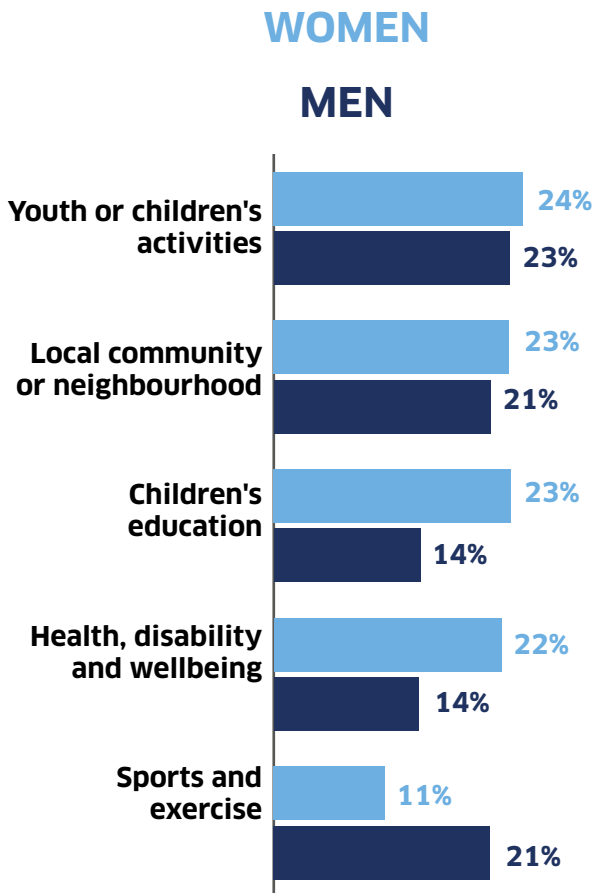


33% of adults in rural areas undertook formal volunteering
in comparison with 25% of adults in urban areas

Volunteering



Five Most Common Types of Formal Volunteering



Organisations that worked with youth or children activities outside school, or were engaged in the local community or neighbourhood were the most common to undertake formal volunteering with.

There were significant differences between men and women regarding the types of formal volunteering they normally undertook.

Women were significantly more likely to take part in formal volunteering with organisations that work with children's education and health, disability and wellbeing.

Men were more likely to undertake formal volunteering with organisations related to physical activities, sports and exercise.

36% of adults in rural areas undertook formal volunteering with organisations involved with the local community or neighbourhood

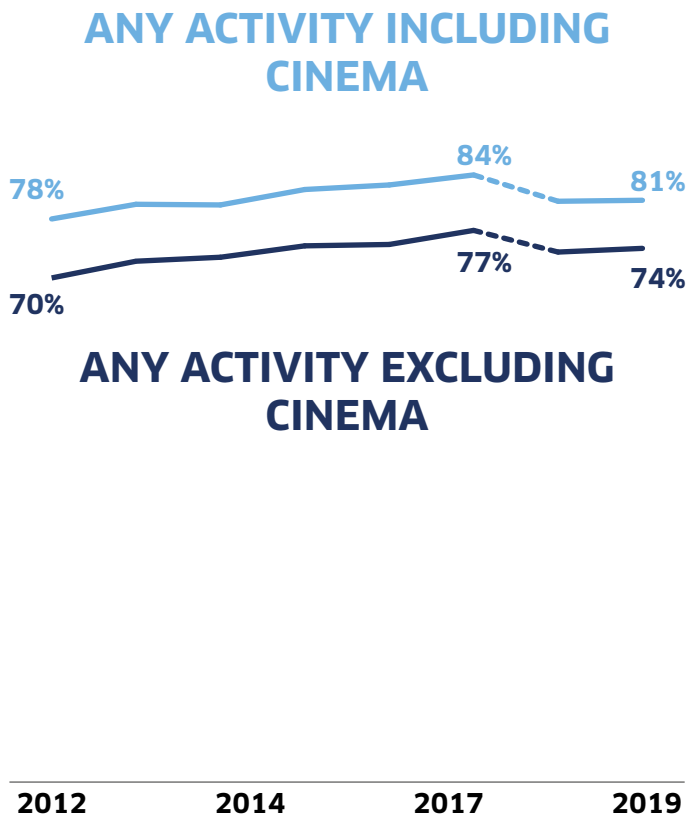
Culture and
Heritage



SECTION TWELVE



Attendance at Cultural Events or Places



In 2019, 81% of adults in Scotland had attended a cultural event or place in the past twelve months. When excluding going to the cinema, this figure was 74%.

The proportion of adults attending any cultural event or place was increasing from 2012 to 2017, both including and excluding the cinema.

The figures for 2019 were consistent with 2018 results. However, the questions are not directly comparable with figures before 2018 as the questions were revised, and 2018 formed a new baseline.

In 2019, 90% of adults in Scotland were culturally engaged

either by attending or visiting a cultural event or place, or by participating in a cultural activity

Culture and Heritage



Attendance at cultural events or places increased as the level of deprivation of the household area decreased.

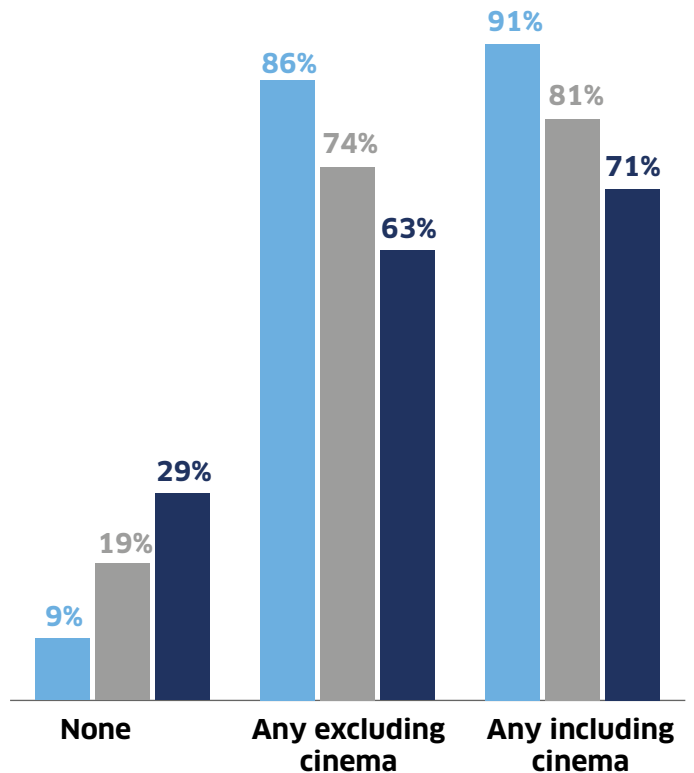
Attendance was significantly lower in the 20% most deprived areas in Scotland. 71% of those living in the 20% most deprived areas attended a cultural event or place including the cinema compared with 91% of those living in the 20% least deprived areas.

29% of adults in the most deprived areas had not attended any cultural event or place in the past twelve months.

Lack of time and the costs of tickets were reported as the most common barriers to attendance.

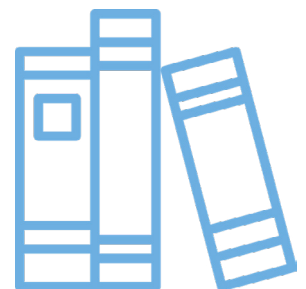
Attendance at Cultural Events or Places

20% LEAST DEPRIVED AREAS
EVERYONE
20% MOST DEPRIVED AREAS



19% of adults who go to the library did so at least once per week

This made it the most common cultural event or place for adults to go at least once per week



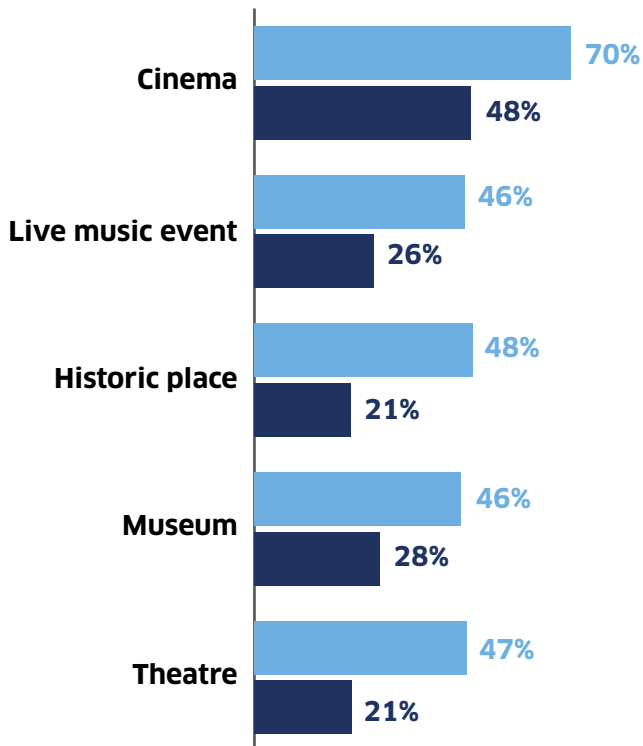
Culture and Heritage



Type of Cultural Event or Place Attended

20% LEAST DEPRIVED AREAS

20% MOST DEPRIVED AREAS



The cinema was the most common cultural place or event to attend in Scotland, with 58% of adults having gone over the past year.

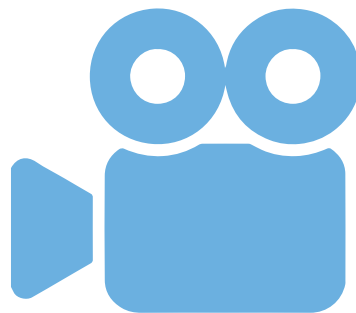
The cinema was the most common type of cultural event attended by both those living in the 20% most and those living in the 20% least deprived areas in Scotland.

While 70% of adults in the least deprived areas had attended the cinema, 48% of adults in the most deprived areas had done so.

Among the five most common types of cultural events or places, all had been attended by a higher proportion of adults in the least deprived areas.

Among those that had not attended any cultural events over the past year, the cinema (14%) was the most common place to want to go to

70% said that there was no event or place they would like to attend



Culture and Heritage



In 2019, 75% of adults in Scotland participated in a cultural activity in the past twelve months. When excluding reading, this number was 52%.

The proportion of adults participating in any cultural activity when reading is included was consistent across 2012 to 2017. However, when excluding reading, the figure had increased from 48% in 2012 to 54% in 2017.

The figures from 2019 were consistent with 2018 results. However, the questions are not directly comparable with figures before 2018 as the questions were revised, and 2018 formed a new baseline.

Participation in Cultural Activities

ANY ACTIVITY INCLUDING READING



ANY ACTIVITY EXCLUDING READING



2012 2014 2017 2019

In the 20% most deprived areas, 62% of adults had taken part in a cultural activity over the past year if reading is included

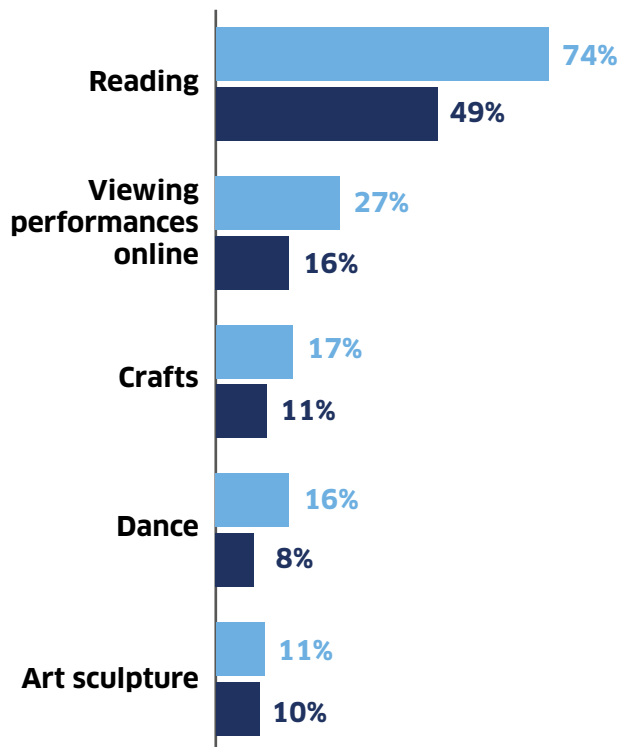
If reading is excluded, 41% of adults had taken part in cultural activities in these areas



Type of Cultural Activities Participated in

20% LEAST DEPRIVED AREAS

20% MOST DEPRIVED AREAS



Participation in cultural activities increased as the level of deprivation of the household area decreased.

In 2019, the most common cultural activity to participate in was reading, with 62% of adults having read in the past year.

While 74% of adults in the 20% least deprived areas had read in the past year, 49% of adults in the most deprived areas had done so.

Among the five most common types of cultural events or places, all but art and sculpture had been attended by a higher proportion of adults in the least deprived areas.

For those who had not participated in any cultural activities, lack of time was the most common reason (19%).

75% of adults who read books did so at least once per week

Women read more than men – 70% of women said that they had read in the past twelve months, while 54% of men said so

Culture and Heritage



9 in 10 library users were very or fairly satisfied with the service.

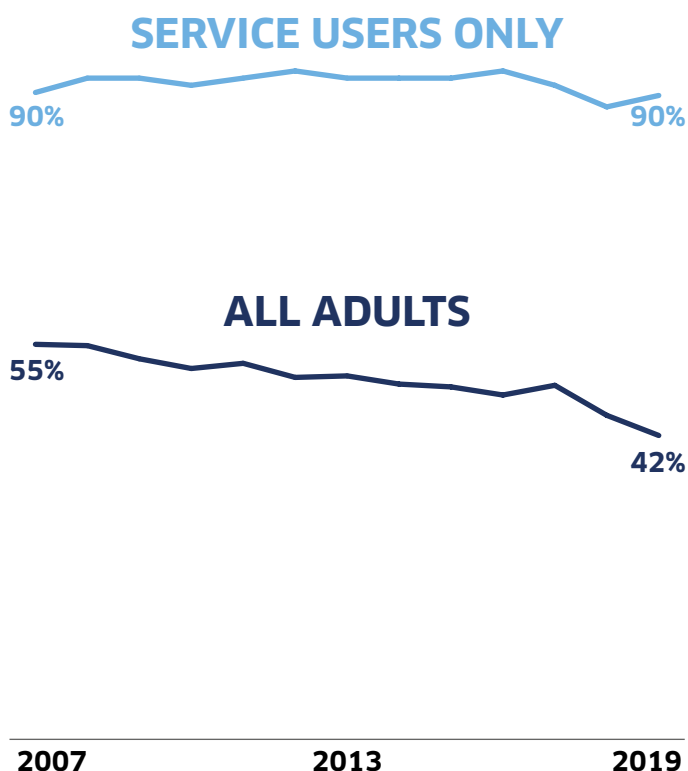
Levels of satisfaction amongst library service users have tended to be high since 2007.

However, the satisfaction rate for libraries among all adults (both service users and non-users) had decreased from 55% in 2007 to 42% in 2019.

Satisfaction rates for museums and theatres were also consistently higher among service users.

In 2019, 88% of museum service users were very or fairly satisfied, while this was true for 40% of all adults. Similarly, 89% of those going to the theatre or concert halls were satisfied, while the figure for all adults was 42%.

Satisfaction with Libraries

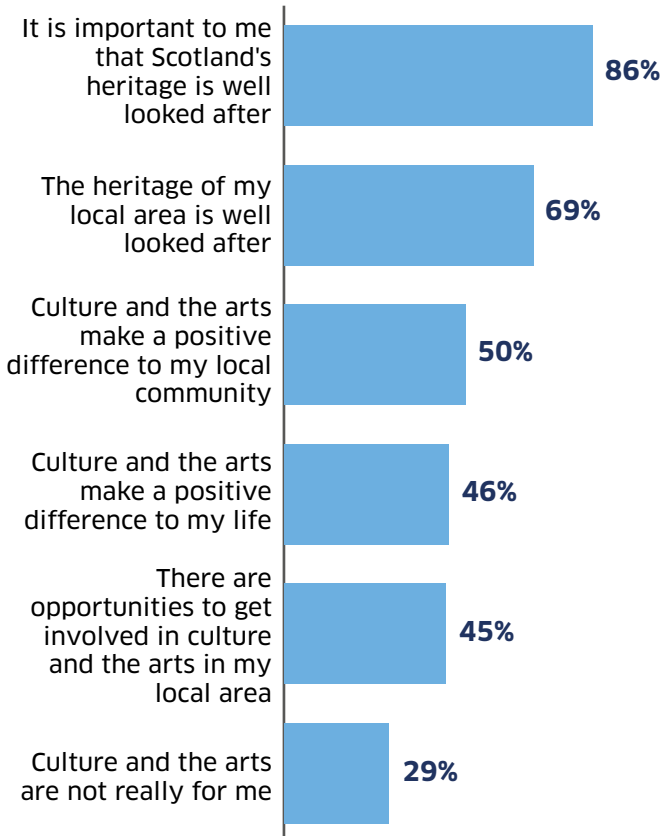


While satisfaction with libraries, museums and theatres increased as deprivation decreased when all adults were asked, this difference was not seen among service users

Culture and Heritage



Agreement with Statements About Culture



86% of adults either strongly agreed or tended to agree that it was important to them that Scotland's heritage is well looked after.

69% of adults strongly agreed or tended to agree that the heritage of their local area was well looked after. Around half (46%) of adults in Scotland also strongly agreed or tended to agree that culture and the arts made a positive difference to their lives.

Women were more likely to say that culture and the arts made a positive difference to their lives, with 48% of women strongly agreeing or tending to agree in comparison to 44% of men.

77% of those who said that culture and the arts made a positive difference to their life reported that

culture and the arts make them feel happy or are something that they really enjoy.

In the least deprived areas in Scotland, 58% of adults strongly agreed or tended to agree that culture and the arts made a positive difference to their lives

In the 20% most deprived areas, 34% of adults strongly agreed or tended to agree with this

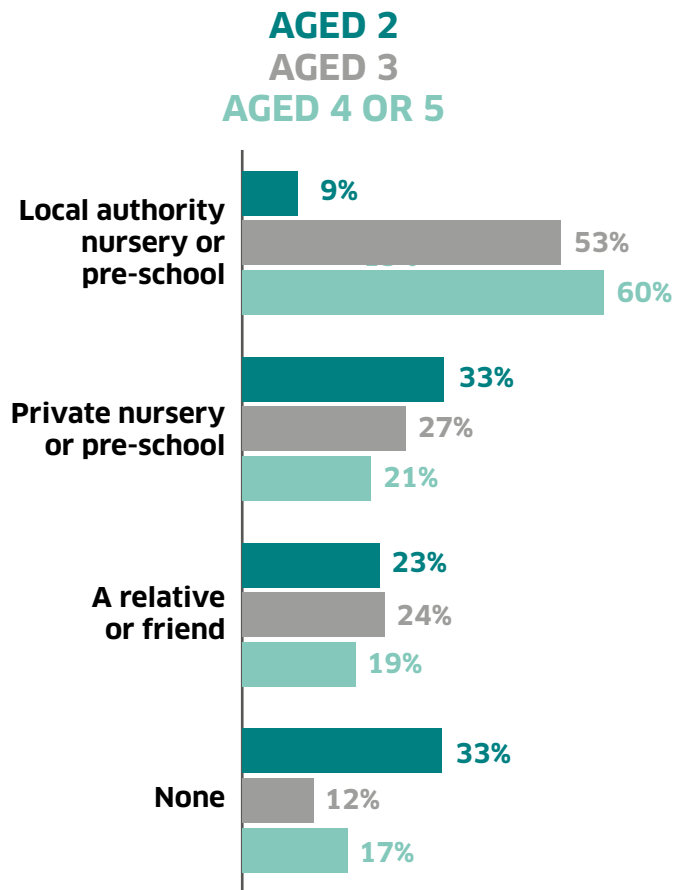
Childcare



SECTION THIRTEEN



Type of Childcare Used by Age of Child



In 2019, 41% of households with children aged two to five used a local authority nursery or pre-school, making it the most common type of childcare.

The second most common type of childcare was private nursery or pre-school, with 27% of households with children using this option.

However, the use of childcare differed depending on the age of the child. For children who were aged two, the most common childcare options were a private nursery or to not use childcare.

However, for children aged 3 or 4 and over, the most common option was a local authority nursery or pre-school.

In the 20% most deprived areas, 51% of households with children aged two to five used a local authority nursery or pre-school

In the 20% least deprived areas 48% of households with children aged two to five used a private nursery or pre-school



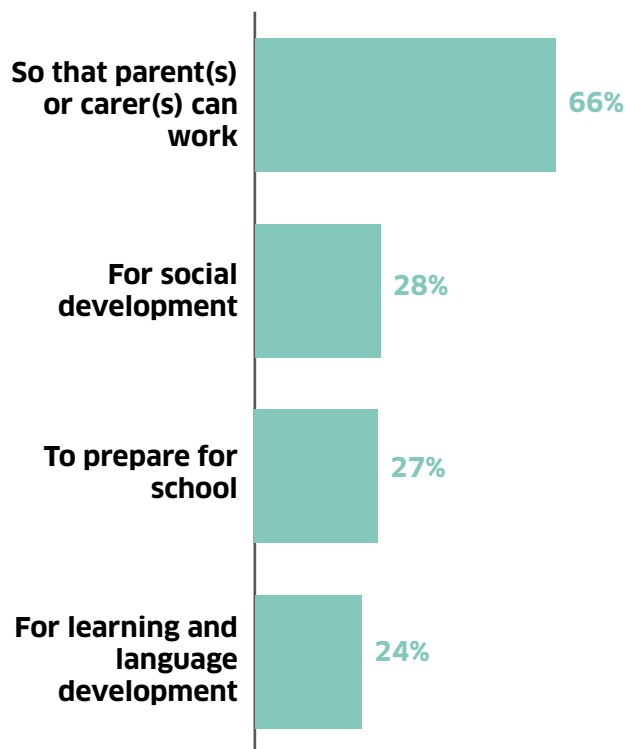
Childcare

In 2019, the most common reason (66%) for using childcare was to enable the adult or adults in the household to work.

Other common reasons include using childcare for the child’s social development, to prepare them for school and for their learning and language development.

Whether the household is using childcare in order for adults to work varied slightly by area deprivation. 76% of households with children in the 20% least deprived areas reported that they used childcare in order for the adults to work, as opposed to 56% in the most deprived areas.

Main Reasons for Using Childcare

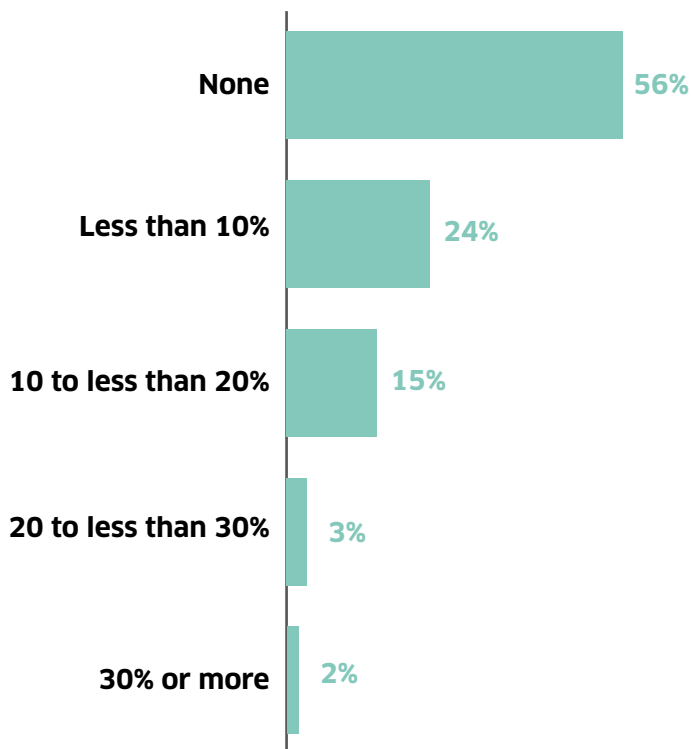


84% of carers or parents agreed that their funded childcare provider gave them good ideas for ways to help their child learn

90% agreed that the funded childcare provider communicated with them regularly about their child’s progress



Proportion of Income Spent on Childcare During School Term Time



The majority of households in Scotland (56%) did not spend any of their income on childcare, either as it was free or was paid for by the local authority or Scottish Government.

Overall, 24% of households spent less than 10% of their income on childcare.

This differs slightly by household type. 71% of single parent households do not pay anything for their childcare. This compares with 51% of small family households and 61% of large family households.

64% of user households had not had any problems with funded childcare

The most common problems were that there were not enough funded hours (14%), a lack of flexibility in time and days offered (13%), and a lack of provision during school holidays (13%).

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.



Childcare

45% of households with children aged two to five used more than 21 hours of childcare every week during school term time.

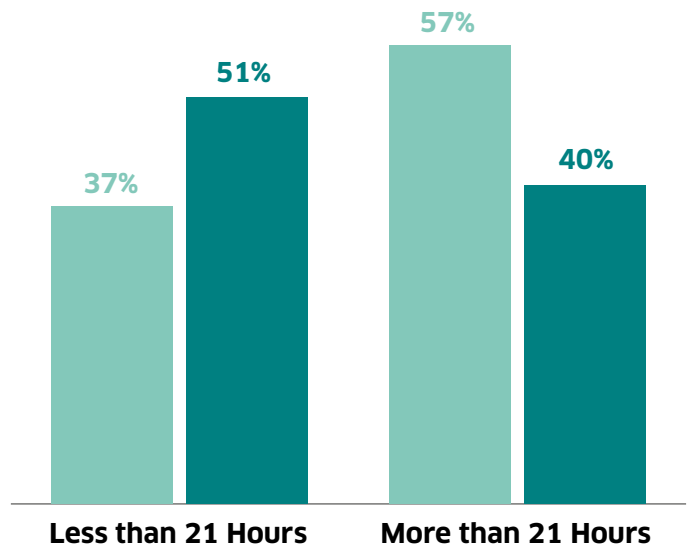
Households in less deprived areas generally used more childcare hours. In the 20% least deprived areas, 57% used 21 or more hours every week, as opposed to 40% in the 20% most deprived areas.

The proportion of households that used more than 30 hours of childcare every week was significantly larger in the 20% least deprived areas (29%) than in any other deprivation group.

Hours of Childcare Used During School Term Time

20% LEAST DEPRIVED AREAS

20% MOST DEPRIVED AREAS



38% of households with children aged two to five used no or less than one hour of childcare per week during school holidays compared with 4% during school term time

Key resources



Scottish Household Survey 2019 Reports:

- [Data Explorer](#)
- [Annual report](#)
- [Topic report on Culture and Heritage](#)
- [Topic report on Childcare](#)
- 20 years of Scotland's People comic story

[2019 Scottish Household Survey Questionnaire](#)

[Scottish Household Survey methodology and fieldwork outcomes](#)

[Scottish Household Survey Publication Archive](#)



[Scottish Household Survey Animation](#)



Young people's voices about the Scottish Household Survey



**Scottish House
Condition
Survey Reports**



**Transport and
Travel in
Scotland (TATIS)**



**The Scottish
Surveys Core
Questions
(SSCQ)**

**You can find out more information on the SHS website:
<http://www.scottishhouseholdsurvey.com/>**



Contact details

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