

Milestone 18: Improving the health of families by reducing smoking, alcohol misuse, poor diet and mortality from coronary heart disease

This milestone is measured by four indicators. The Scottish Health Survey provides information on the first three indicators on smoking, diet and alcohol; and the General Register Office for Scotland (GROS) provides information on mortality. In addition, more recent smoking data is available from the Scottish Household Survey. All indicators are based on people aged 16 - 64 years except mortality from coronary heart disease, which is for persons aged 15 - 64 years to ensure consistency with available population data.

(a) Reducing smoking (cigarettes)

There is some evidence from the Scottish Household Survey which shows a decrease in the percentage of male smokers (and all smokers) between 1999 and 2003. The male percentage has decreased from 34 per cent to 31 per cent, the female percentage from 33 to 31, while the overall percentage has decreased from 33 per cent to 31 per cent. It is important to note that both the Scottish Household Survey and the Scottish Health Survey ask similar questions and have large sample sizes.

Table 18b: Percentage smoking cigarettes by sex, persons aged 16-64, 1999 - 2003

Year	Male	Female	All
1999	34	33	33
2000	33	32	32
2001	32	31	32
2002	31	32	31
2003	31	31	31

Source: Scottish Household Survey

Carstairs Deprivation Quintiles

The Scottish Household Survey also shows that, in 2002, men and women living in the most deprived areas were about twice as likely to smoke as those from the least deprived areas. However, since 1999, there is some evidence showing a fall in the level of smoking among men from deprived areas, although there is no evidence of a similar fall among women from deprived areas.

Table 18c: Percentage smoking cigarettes by sex by Carstairs deprivation quintile, persons aged 16-64, 1999 - 2003

	Male					Females				
	1999	2000	2001	2002	2003	1999	2000	2001	2002	2003
Least Deprived - 1	21	24	21	19	21	19	22	16	20	18
2	28	28	30	30	27	28	26	25	28	29
3	34	33	34	30	32	36	31	33	31	27
4	38	36	39	34	33	36	36	37	34	38
Most Deprived -5	48	44	39	41	40	44	43	42	44	44

Source: Scottish Household Survey

Urban Rural analysis

The 2002 Scottish Household Survey shows that some 32 per cent of those in urban areas smoke compared to some 27 per cent in rural areas.

(b) Reducing Alcohol misuse and (c) Reducing Poor Diet

Information from the Scottish Health Survey indicates that the percentage of men drinking more than the recommended weekly level of alcohol was 33 per cent in both 1995 and 1998. For women, the figure remained fairly steady at 13 per cent in 1995 and 15 per cent in 1998.

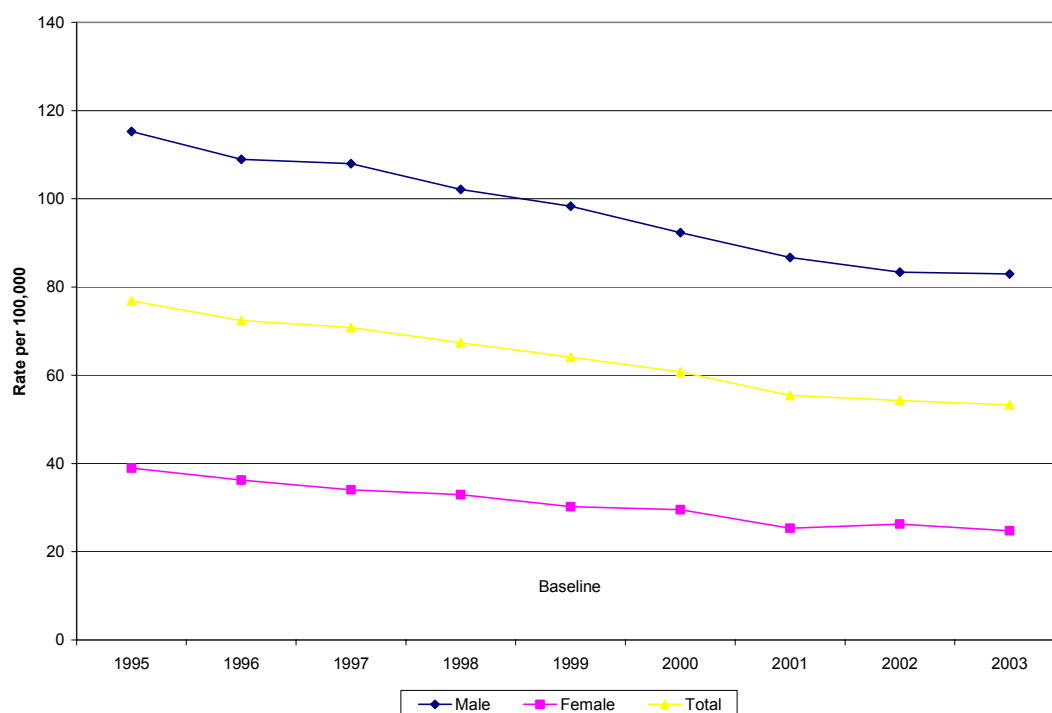
The percentage of men and women consuming fresh fruit once a day increased between 1995 and 1998. However, the percentage consuming cooked green vegetables remained static. Women are more likely than men to eat fresh fruit and cooked green vegetables.

Additional information from the 1995 and 1998 Scottish Health Survey is available in the 2002 Social Justice Annual Report. Information from the 2003 Scottish Health Survey will be available in October 2005.

(d) Mortality rates from coronary heart disease

The data for 2003 continues the downward trend in mortality rates from coronary heart disease for those aged 15 to 64. In 1999, for each 100,000 of the male population aged 15 - 64, 98 men died as a result of coronary heart disease, this had fallen to 83 men per 100,000 in 2003. The comparable figures for women are 30 per 100,000 in 1999, and 25 per 100,000 in 2003. Men continue to be significantly more likely than women to die from coronary heart disease.

Chart 18d: Mortality rate per 100,000 from coronary heart disease, persons aged 15-64, 1995 -2003



Sources: Information Services NHS National Services Scotland and General Registrar Office for Scotland

Carstairs Deprivation Quintiles

There is an association between mortality from coronary heart disease and deprivation. For both males and females aged 15-64, those living in the most deprived areas are more than twice as likely to die from coronary heart disease than those from the more affluent areas.

Urban Rural analysis

The coronary heart disease mortality rates in urban areas are relatively higher than in rural areas.

Background data

Table 18e: Smoking by urban rural category, persons aged 16-64, 2003

	Male	Female	All
Urban	31	33	32
Rural	29	25	27

Source: Scottish Household Survey

Table 18f: Mortality rate per 100,000 from coronary heart disease, Persons aged 15-64

Year	Male	Female	All	Year	Male	Female	All
1975	228.47	77.34	151.35	1990	143.29	54.71	98.72
1976	226.78	82.31	153.16	1991	141.05	54.82	97.67
1977	221.36	70.97	144.87	1992	139.45	46.11	92.51
1978	221.65	75.84	147.63	1993	139.50	44.97	91.98
1979	222.06	74.63	147.33	1994	117.74	39.64	78.49
1980	209.97	72.61	140.35	1995	115.25	38.94	76.90
1981	209.44	67.12	137.37	1996	108.94	36.25	72.42
1982	198.84	69.32	133.33	1997	107.97	34.04	70.82
1983	208.03	64.19	135.35	1998	102.12	32.92	67.35
1984	192.47	68.23	129.77	1999	98.34	30.19	64.10
1985	186.21	67.29	126.29	2000	92.35	29.51	60.77
1986	185.78	58.86	121.90	2001	86.72	25.34	55.43
1987	177.38	60.48	118.58	2002	83.35	26.25	54.27
1988	167.01	59.99	113.20	2003	82.94	24.76	53.28
1989	159.15	54.78	106.65				

Source: Information Services NHS National Services Scotland and General Registrar Office for Scotland

Table 18g: Mortality rate per 100,000 from coronary heart disease, persons aged 15-64 by Carstairs deprivation quintile

	Male					Female				
	1999	2000	2001	2002	2003	1999	2000	2001	2002	2003
Least Deprived - 1	66.0	58.4	53.5	55.9	43.2	13.2	16.1	12.3	14.0	14.9
2	81.9	81.6	71.5	74.5	64.2	22.5	26.4	20.7	20.7	16.8
3	99.4	92.4	84.8	81.4	79.6	31.6	29.2	27.1	20.4	22.7
4	119.0	117.7	96.2	96.5	103.5	36.0	30.1	25.9	29.5	30.1
Most Deprived - 5	143.3	122.9	128.4	111.2	124.8	50.8	45.1	42.7	43.6	40.3

Source: Information Services NHS National Services Scotland and General Registrar Office for Scotland

Table 18h: Mortality rate per 100,000 from coronary heart disease, persons aged 15-64 by urban rural, 2003

	Male	Female	All
Urban	85.3	25.7	54.7
Rural	61.1	18.9	40.3

Source: Information Services NHS National Services Scotland and General Registrar Office for Scotland

Availability of data and references

Information from the 2003 Scottish Health Survey will be available in October 2005.

Scottish Health Survey

www.show.scot.nhs.uk/scottishhealthsurvey/

Scottish Household Survey

www.scotland.gov.uk/about/SR/CRU-SocInc/00016002/SHShome.aspx

Social Justice Indicators of Progress 2003

<http://www.scotland.gov.uk/library5/social/sjip03-01.asp>

Vital Events Reference Tables 2003, Section 6: Deaths – causes

<http://www.gro-scotland.gov.uk/grosweb/grosweb.nsf/pages/03reference-table6>