

### **2003 Scottish Health Survey Health Board Tables**

These tables present a selection of key measures for adults (16+) from the Scottish Health Survey for each of the Health Boards (Orkney, Shetland and the Western Isles have been combined due to the small sample sizes within each of these three Boards).

The tables present the weighted and unweighted sample sizes for each estimate. Estimates based on an effective sample size below 100 have been presented in square brackets to draw users' attention to the small sample size. The calculation of the effective sample sizes took into account the number of primary sampling units selected within each Health Board. The effective sample sizes have not been presented here.

The sample description is in the top hand cell of each table.

A separate set of tables has been produced which present the standard errors, design factors and 95% confidence intervals for a selection of these Health Board estimates in order to help users assess the precision of the estimates.

If you have any further queries about these Health Board tables, or the Scottish Health Survey, please email: [shs@scotcen.org.uk](mailto:shs@scotcen.org.uk)

All aged 16+

**Any CVD, IHD, IHD or stroke, and Diabetes, by Health Board and sex**

	Argyll & Clyde	Ayrshire & Arran	Borders	Dumfries & Galloway	Fife	Forth Valley	Grampian	Greater Glasgow	Highland	Lanarkshire	Lothian	Orkney, Shetland, Western Isles	Tayside	Total	
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	
<b>Men</b>															
Any cardiovascular condition	18.1	16.6	15.5	12.9	14.4	10.7	12.3	15.4	13.1	19.0	14.8		[7.2]	13.8	14.9
Ever had IHD (Angina or Heart Attack)	11.9	7.4	6.6	7.8	8.7	7.2	7.1	8.6	8.6	10.4	7.6		[5.0]	5.5	8.2
Ever had IHD or Stroke	13.5	10.2	7.3	9.5	10.8	8.3	8.0	9.7	9.7	12.9	8.6		[6.5]	5.9	9.6
Has doctor-diagnosed diabetes	6.2	4.1	6.3	4.2	3.1	4.1	3.9	3.7	3.1	4.0	3.2		[5.9]	1.8	3.8
<b>Women</b>															
Any cardiovascular condition	14.2	13.7	13.9	11.0	15.9	14.4	10.7	16.1	14.7	18.2	13.0		[15.6]	14.3	14.5
Ever had IHD (Angina or Heart Attack)	6.1	5.8	3.6	3.8	6.5	6.8	4.6	8.3	6.7	9.9	4.8		[4.5]	6.8	6.5
Ever had IHD or Stroke	7.5	7.2	4.1	4.7	8.5	8.7	5.4	10.7	8.1	11.6	5.5		[7.4]	8.1	8.0
Has doctor-diagnosed diabetes	5.0	3.7	3.8	3.6	3.7	5.5	3.5	4.3	3.2	3.5	2.9		[3.8]	2.2	3.7
<b>All adults</b>															
Any cardiovascular condition	15.8	15.1	14.7	11.9	15.1	12.6	11.5	15.8	14.0	18.6	13.9		11.3	14.1	14.7
Ever had IHD (Angina or Heart Attack)	8.6	6.5	5.0	5.7	7.6	7.0	5.8	8.4	7.6	10.1	6.1		4.7	6.2	7.3
Ever had IHD or Stroke	10.0	8.6	5.7	7.0	9.6	8.5	6.7	10.2	8.8	12.2	6.9		6.9	7.1	8.7
Has doctor-diagnosed diabetes	5.5	3.9	5.0	3.9	3.4	4.8	3.7	4.0	3.1	3.7	3.0		4.9	2.0	3.7
<i>Bases (weighted):</i>															
Men	285	278	83	113	282	235	424	656	160	404	585		53	296	3855
Women	388	311	93	124	285	235	434	726	180	464	653		51	344	4287
All adults	673	589	176	237	567	471	858	1383	340	868	1237		104	641	8142
<i>Bases (unweighted):</i>															
Men	185	295	142	234	249	192	337	556	329	312	472		106	199	3608
Women	281	363	171	286	283	226	401	709	409	425	605		106	269	4534
All adults	466	658	313	520	532	418	738	1265	738	737	1077		212	468	8142

Notes:

The definition of any CVD does not include diabetes or high blood pressure

Women who were diagnosed with diabetes when pregnant were not included in the definition of doctor-diagnosed diabetes

Data source: 2003 Scottish Health Survey

All aged 16+

**Cigarette smoking status, by Health Board and sex**

	Argyll & Clyde	Ayrshire & Arran	Borders	Dumfries & Galloway	Fife	Forth Valley	Grampian	Greater Glasgow	Highland	Lanarkshire	Lothian	Orkney, Shetland, Western Isles	Tayside	Total
	%	%	%	%	%	%	%	%	%	%	%	%	%	%
<b>Men</b>														
Never smoked cigarettes at all	35	50	41	41	41	47	41	44	44	40	50		[33]	38 43
Used to smoke cigarettes occasionally	4	2	7	2	1	4	3	2	3	7	3		[1]	5 3
Used to smoke cigarettes regularly	28	20	20	29	27	24	24	19	27	26	26		[29]	25 24
Current cigarette smoker	33	28	32	28	31	25	31	35	26	28	21		[37]	33 29
<b>Women</b>														
Never smoked cigarettes at all	46	50	47	43	54	51	47	46	47	48	50		[41]	48 48
Used to smoke cigarettes occasionally	5	4	8	6	3	7	4	4	5	3	6		[6]	6 5
Used to smoke cigarettes regularly	18	18	18	21	17	19	23	16	27	20	20		[30]	24 20
Current cigarette smoker	31	28	27	30	27	24	25	35	21	29	24		[23]	22 28
<b>All adults</b>														
Never smoked cigarettes at all	41	50	44	42	47	49	44	45	45	44	50		37	43 46
Used to smoke cigarettes occasionally	5	3	7	4	2	5	4	3	4	5	5		3	6 4
Used to smoke cigarettes regularly	22	19	19	25	22	21	24	17	27	23	22		29	24 22
Current cigarette smoker	32	28	29	29	29	24	28	35	23	29	23		30	27 28
<i>Bases (weighted):</i>														
Men	283	274	82	112	276	234	423	646	158	404	579		53	293 3819
Women	387	310	92	122	279	234	435	723	179	462	648		51	344 4267
All adults	670	584	174	235	556	468	858	1369	338	866	1227		104	637 8086
<i>Bases (unweighted):</i>														
Men	183	292	141	233	246	191	336	551	325	312	469		106	197 3582
Women	280	362	169	284	278	225	402	706	408	424	601		106	269 4514
All adults	463	654	310	517	524	416	738	1257	733	736	1070		212	466 8096

Data source: 2003 Scottish Health Survey

All aged 16+

**Estimated usual weekly alcohol consumption level, by Health Board and sex**

	Argyll & Clyde	Ayrshire & Arran	Borders	Dumfries & Galloway	Fife	Forth Valley	Grampian	Greater Glasgow	Highland	Lanarkshire	Lothian	Orkney, Shetland, Western Isles	Tayside	Total	
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	
<b>Men</b>															
Over 21 units	33	25	23	24	26	25	22	32	29	30	29		[15]	25	27
Over 50 units	9	7	3	6	3	7	5	8	5	6	6		[4]	4	6
Mean units per week	20.1	16.9	14.5	15.1	14.5	17.4	14.5	18.5	16.2	20.3	17.1		[11.9]	16.7	17.2
SE of the mean	2.48	1.52	1.78	1.05	1.36	1.90	1.19	0.82	1.05	2.76	1.40		[2.26]	2.44	0.53
<b>Women</b>															
Over 14 units	11	15	14	15	11	8	15	17	12	12	18		[12]	13	14
Over 35 units	1	2	1	3	1	2	1	2	2	1	2		[3]	1	2
Mean units per week	5.7	6.7	6.3	6.3	5.8	5.3	6.2	7.2	6.1	5.8	8.3		[5.6]	5.9	6.5
SE of the mean	0.64	0.66	0.54	0.84	0.52	0.94	0.62	0.52	0.65	0.43	1.10		[0.54]	0.54	0.24
<b>All adults</b>															
Over 14/21 units	20	20	18	19	19	17	18	24	20	20	23		13	18	20
Over 35/50 units	4	4	2	4	2	5	3	5	4	4	4		3	2	4
Mean units per week	11.9	11.5	10.1	10.5	10.1	11.3	10.3	12.5	10.8	12.6	12.5		8.8	10.9	11.6
SE of the mean	1.31	0.87	0.83	0.74	0.92	1.16	0.74	0.46	0.72	1.26	0.89		1.27	1.24	0.30
<b>Bases (weighted):</b>															
Men	279	270	81	110	276	234	421	635	155	399	576		52	291	3780
Women	369	305	91	121	278	234	435	708	179	462	637		50	337	4209
All adults	648	576	173	231	554	468	856	1343	334	861	1213		102	628	7988
<b>Bases (unweighted):</b>															
Men	182	288	140	230	246	191	334	544	320	309	466		105	196	3551
Women	273	357	168	282	277	225	402	694	408	424	595		105	266	4476
All adults	455	645	308	512	523	416	736	1238	728	733	1061		210	462	8027

Data source: 2003 Scottish Health Survey

All aged 16+

Units consumed on heaviest drinking day in past week, by Health Board and sex

	Argyll & Clyde	Ayrshire & Arran	Borders	Dumfries & Galloway	Fife	Forth Valley	Grampian	Greater Glasgow	Highland	Lanarkshire	Lothian	Orkney, Shetland, Western Isles	Tayside	Total	
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	
<b>Men</b>															
Consumed 4 or more units	48	40	48	41	45	49	39	49	43	48	44		[35]	45	45
Consumed 8 or more units	26	22	27	27	27	29	20	31	23	29	26		[18]	25	26
Mean units	5.6	4.9	5.4	5.0	5.5	5.3	4.6	5.6	5.1	6.1	5.1		[4.4]	5.3	5.3
SE of the mean	0.65	0.43	0.78	0.43	0.83	0.94	0.40	0.32	0.47	0.50	0.43		[0.80]	0.55	0.16
<b>Women</b>															
Consumed 3 or more units	30	30	31	28	32	28	31	33	31	33	40		[24]	33	32
Consumed 6 or more units	12	12	11	13	19	12	16	19	15	15	21		[15]	14	16
Mean units	2.2	2.2	2.3	2.1	2.5	2.2	2.6	2.6	2.4	2.3	3.0		[2.9]	2.3	2.5
SE of the mean	0.21	0.24	0.29	0.22	0.35	0.30	0.30	0.17	0.25	0.14	0.24		[0.43]	0.15	0.07
<b>All adults</b>															
Consumed 3/4 or more units	38	35	39	35	39	39	35	40	37	40	42		29	39	38
Consumed 6/8 or more units	18	17	19	20	23	21	18	25	19	21	23		17	19	21
Mean units	3.6	3.5	3.7	3.5	4.0	3.7	3.6	4.0	3.6	4.0	4.0		3.7	3.7	3.8
SE of the mean	0.32	0.26	0.46	0.29	0.53	0.54	0.24	0.18	0.33	0.23	0.28		0.35	0.32	0.09
<i>Bases (weighted):</i>															
<i>Men</i>	285	278	83	113	282	235	424	657	160	404	586		53	296	3857
<i>Women</i>	388	311	93	124	285	235	437	727	180	464	653		51	344	4291
<i>All adults</i>	673	589	176	237	567	471	861	1385	340	868	1238		104	641	8148
<i>Bases (unweighted):</i>															
<i>Men</i>	185	295	142	234	249	192	337	557	329	312	473		106	199	3610
<i>Women</i>	281	363	171	286	283	226	404	710	409	425	605		106	269	4538
<i>All adults</i>	466	658	313	520	532	418	741	1267	738	737	1078		212	468	8148

Data source: 2003 Scottish Health Survey

All aged 16+ who drink alcohol

**Problem drinking (measured by the CAGE questionnaire), by Health Board and sex**

	Argyll & Clyde	Ayrshire & Arran	Borders	Dumfries & Galloway	Fife	Forth Valley	Grampian	Greater Glasgow	Highland	Lanarkshire	Lothian	Orkney, Shetland, Western Isles	Tayside	Total	
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	
<b>Men</b>															
0 problems	67	70	71		73	74	67	74	67	70	73	72	[64]	69	70
1 problem	19	18	18		16	12	17	15	18	20	16	19	[19]	22	18
2+ problems	14	12	11		11	14	16	11	15	10	12	10	[17]	9	12
<b>Women</b>															
0 problems	85	84	78		86	77	87	83	75	81	84	77	[84]	78	80
1 problem	12	10	16		10	15	8	12	15	14	10	15	[6]	15	13
2+ problems	3	6	6		3	8	5	5	10	6	5	9	[11]	7	7
<b>All adults</b>															
0 problems	77	77	74		80	76	75	78	71	76	78	74	72	74	75
1 problem	15	14	17		13	13	13	14	17	17	13	17	13	19	15
2+ problems	8	9	9		7	11	11	8	12	8	9	9	14	8	9
<b>Bases (weighted):</b>															
Men	237	221	68		85	219	188	363	525	133	344	477	44	241	3144
Women	283	222	70		84	193	145	316	504	134	332	505	34	254	3075
All adults	520	443	138		169	412	333	679	1029	266	676	981	77	495	6219
<b>Bases (unweighted):</b>															
Men	154	231	115		179	192	150	285	438	269	260	384	85	162	2904
Women	198	259	129		190	188	139	291	487	300	302	460	69	200	3212
All adults	352	490	244		369	380	289	576	925	569	562	844	154	362	6116

Data source: 2003 Scottish Health Survey

All aged 16+

**Fruit and vegetable consumption (portions per day) by Health Board and sex**

	Argyll & Clyde	Ayrshire & Arran	Borders	Dumfries & Galloway	Fife	Forth Valley	Grampian	Greater Glasgow	Highland	Lanarkshire	Lothian	Orkney, Shetland, Western Isles	Tayside	Total
	%	%	%	%	%	%	%	%	%	%	%	%	%	%
<b>Men</b>														
None	12	12	6	10	10	12	10	14	12	12	8		[7]	13 11
Less than 1	4	7	4	4	4	1	7	5	3	6	6		[6]	3 5
1>2	17	19	19	18	18	22	21	18	17	27	20		[22]	21 20
2>3	16	15	20	16	17	16	18	20	15	20	19		[21]	17 18
3>4	17	17	13	18	15	21	16	12	16	13	14		[13]	20 15
4>5	11	10	17	13	14	9	8	10	11	9	12		[12]	10 11
5+	21	19	22	21	23	19	20	21	26	13	22		[19]	15 20
Mean	3.2	2.9	3.4	3.1	3.3	3.0	3.0	2.9	3.3	2.5	3.1		[3.0]	2.7 3.0
SE of the mean	0.27	0.20	0.30	0.20	0.20	0.20	0.23	0.13	0.15	0.14	0.12		[0.42]	0.15 0.06
Median	2.8	2.5	3.0	3.0	3.0	2.7	2.7	2.3	3.0	2.0	2.7		[2.3]	2.7 2.7
<b>Women</b>														
None	8	11	7	6	10	10	8	13	6	9	5		[4]	5 9
Less than 1	5	6	4	5	5	4	4	5	5	6	4		[6]	3 5
1>2	21	20	20	20	17	22	21	20	13	23	15		[16]	21 19
2>3	20	18	14	19	13	17	15	16	17	18	18		[20]	19 17
3>4	19	16	13	14	15	11	17	14	15	20	18		[19]	18 16
4>5	7	10	16	14	11	17	13	12	14	9	14		[13]	11 12
5+	19	20	27	22	28	20	22	20	30	16	27		[23]	22 22
Mean	2.9	2.9	3.6	3.3	3.4	3.2	3.2	3.0	3.8	2.7	3.6		[3.8]	3.2 3.2
SE of the mean	0.17	0.19	0.25	0.20	0.20	0.25	0.16	0.11	0.18	0.11	0.13		[0.55]	0.13 0.05
Median	2.7	2.7	3.3	2.9	3.0	2.7	3.0	2.3	3.4	2.4	3.2		[3.2]	3.0 3.0
<b>All adults</b>														
None	10	11	6	8	10	11	9	14	9	11	7		5	9 10
Less than 1	5	6	4	5	4	2	5	5	4	6	5		6	3 5
1>2	19	20	20	19	18	22	21	19	15	25	17		19	21 20
2>3	19	16	16	18	15	16	17	18	16	19	18		20	18 18
3>4	18	17	13	16	15	16	17	13	16	17	16		16	19 16
4>5	9	10	16	14	12	13	10	11	13	9	13		12	11 11
5+	20	19	24	21	26	20	21	21	29	15	24		21	18 21
Mean	3.1	2.9	3.5	3.2	3.3	3.1	3.1	2.9	3.6	2.6	3.4		3.4	3.0 3.1
SE of the mean	0.17	0.18	0.23	0.17	0.18	0.17	0.15	0.10	0.13	0.10	0.11		0.47	0.10 0.04
Median	2.7	2.7	3.0	3.0	3.0	2.7	2.7	2.3	3.2	2.2	3.0		2.8	2.7 2.7
<b>Bases (weighted):</b>														
Men	285	278	83	113	282	235	424	657	160	404	586		53	296 3857
Women	388	311	93	124	285	235	437	727	180	464	653		51	344 4291
All adults	673	589	176	237	567	471	861	1385	340	868	1238		104	641 8148
<b>Bases (unweighted):</b>														
Men	185	295	142	234	249	192	337	557	329	312	473		106	199 3610
Women	281	363	171	286	283	226	404	710	409	425	605		106	269 4538
All adults	466	658	313	520	532	418	741	1267	738	737	1078		212	468 8148

Data source: 2003 Scottish Health Survey

All aged 16+

Summary of eating habits, by Health Board and sex

	Argyll & Clyde	Ayrshire & Arran	Borders	Dumfries & Galloway	Fife	Forth Valley	Grampian	Greater Glasgow	Highland	Lanarkshire	Lothian	Orkney, Shetland, Western Isles	Tayside	Total	%
<b>Men</b>															
<b>Sugary foods and snacks</b>															
Eats sweets or chocolate once a day or more	26	32	25	31	31	30	25	24	26	25	25		[22]	18	26
Eats biscuits once a day or more	34	42	46	46	43	41	46	36	43	46	33		[40]	37	40
Eats cakes / scones / pastries 2+ times a week	39	37	32	38	28	35	34	28	39	29	28		[40]	31	32
Eats ice cream once a week or more	37	32	41	37	42	36	36	29	35	31	31		[42]	26	33
Drinks (non-diet) soft drinks once a day or more	27	35	23	33	24	35	22	34	27	34	22		[25]	25	28
Eats crisps / other savoury snacks once a day or more	23	24	21	23	27	30	24	23	22	22	19		[24]	25	23
<b>Fibre and starch</b>															
Eats at least 2-3 slices of any bread a day	87	86	90	86	86	84	82	82	87	88	84		[84]	86	85
Eats at least 2-3 slices of high fibre bread a day	24	23	34	31	33	24	29	22	26	25	34		[22]	29	27
Eats breakfast cereals at least 5-6 times a week	46	47	55	50	50	51	52	41	52	44	47		[44]	46	47
Eats high fibre cereal at least 5-6 times a week	25	29	34	30	32	32	29	24	31	26	27		[27]	24	27
Eats potatoes / pasta / rice 5+ times a week	53	54	56	62	55	47	65	51	70	44	54		[72]	51	54
Eats chips 2+ times a week	42	46	39	40	40	50	30	40	29	48	33		[32]	39	39
<b>Meat and fish</b>															
Eats meat (beef, lamb, pork) 2+ times a week	77	69	69	69	69	60	67	58	69	68	63		[84]	66	66
Eats meat products 2+ times a week	44	37	36	34	36	44	29	44	41	42	35		[36]	32	38
Eats poultry 2+ times a week	60	63	60	57	63	63	62	66	61	64	65		[44]	61	63
Eats white fish once a week or more	53	44	51	50	56	55	45	46	50	52	47		[69]	53	49
Eats oily fish once a week or more	19	17	18	22	15	20	22	22	28	15	22		[28]	25	20
<b>Spreading fats and dairy products</b>															
Uses butter on bread	31	29	28	30	33	25	19	28	27	32	31		[32]	25	28
Drinks skimmed or semi-skimmed milk	60	66	69	52	67	75	70	64	62	67	70		[53]	70	67
Usually adds salt to food at table	48	38	37	41	43	48	38	45	37	41	38		[33]	44	42
Takes dietary supplements	21	18	26	28	26.6	25	21	21	28	10	22		[21]	22	21
<b>Women</b>															
<b>Sugary foods and snacks</b>															
Eats sweets or chocolate once a day or more	25	27	16	23	24	32	26	25	22	29	25		[24]	22	25
Eats biscuits once a day or more	32	28	31	33	33	36	42	32	37	33	27		[32]	32	33
Eats cakes / scones / pastries 2+ times a week	33	29	24	34	23	37	29	27	29	28	27		[32]	25	28
Eats ice cream once a week or more	31	29	33	29	26	28	31	27	36	30	31		[37]	32	30
Drinks (non-diet) soft drinks once a day or more	17	21	17	26	18	23	20	23	16	21	14		[10]	19	19
Eats crisps / other savoury snacks once a day or more	19	17	14	14	20	20	17	20	13	19	12		[12]	17	17
<b>Fibre and starch</b>															
Eats at least 2-3 slices of any bread a day	72	74	73	66	73	72	67	71	76	78	68		[70]	72	72
Eats at least 2-3 slices of high fibre bread a day	24	23	35	26	34	28	31	27	33	30	31		[33]	31	29
Eats breakfast cereals at least 5-6 times a week	48	50	51	43	51	54	53	45	49	45	47		[59]	52	49
Eats high fibre cereal at least 5-6 times a week	27	30	33	24	35	33	31	26	32	25	30		[42]	32	29
Eats potatoes / pasta / rice 5+ times a week	56	53	60	60	55	54	62	52	69	46	54		[66]	52	55
Eats chips 2+ times a week	33	37	26	36	24	31	20	30	22	34	25		[25]	30	29
<b>Meat and fish</b>															
Eats meat (beef, lamb, pork) 2+ times a week	65	60	62	65	67	50	60	48	55	61	51		[75]	52	56
Eats meat products 2+ times a week	29	23	20	19	23	22	16	23	19	28	17		[15]	18	21
Eats poultry 2+ times a week	65	65	62	57	64	57	63	65	61	65	64		[45]	64	63
Eats white fish once a week or more	49	43	47	44	51	51	48	47	50	46	43		[61]	52	47
Eats oily fish once a week or more	20	18	18	18	17	25	24	23	24	18	22		[24]	22	21
<b>Spreading fats and dairy products</b>															
Uses butter on bread	36	34	35	31	27	33	21	36	27	33	34		[29]	27	32
Drinks skimmed or semi-skimmed milk	64	72	68	61	73	72	80	66	73	76	78		[68]	68	72
Usually adds salt to food at table	35	36	25	37	35	29	31	37	26	37	29		[27]	31	33
Takes dietary supplements	32	24	37	33	27	34	29	27	36	22	37		[36]	30	30
<b>All adults</b>															
<b>Sugary foods and snacks</b>															
Eats sweets or chocolate once a day or more	25	29	20	27	27	31	25	25	24	27	25		23	20	25
Eats biscuits once a day or more	33	35	38	39	38	38	44	34	40	39	30		36	35	36
Eats cakes / scones / pastries 2+ times a week	36	33	28	36	26	36	32	28	34	28	27		36	28	30
Eats ice cream once a week or more	33	30	37	33	34	32	33	28	36	30	31		40	29	31
Drinks (non-diet) soft drinks once a day or more	21	28	20	29	21	29	21	28	21	27	18		18	22	24
Eats crisps / other savoury snacks once a day or more	21	20	17	18	23	25	21	21	17	20	16		18	21	20
<b>Fibre and starch</b>															
Eats at least 2-3 slices of any bread a day	78	80	81	76	79	78	74	76	81	83	76		77	78	78
Eats at least 2-3 slices of high fibre bread a day	24	23	34	28	34	26	30	25	29	28	32		27	30	28
Eats breakfast cereals at least 5-6 times a week	47	49	53	47	50	52	53	43	50	45	47		51	49	48
Eats high fibre cereal at least 5-6 times a week	26	29	34	27	33	33	30	25	31	26	28		35	28	28
Eats potatoes / pasta / rice 5+ times a week	55	53	58	61	55	51	64	52	69	45	54		69	52	54
Eats chips 2+ times a week	37	41	33	38	32	41	25	35	25	40	29		34	34	34
<b>Meat and fish</b>															
Eats meat (beef, lamb, pork) 2+ times a week	70	65	65	67	63	55	64	53	61	64	57		79	58	61
Eats meat products 2+ times a week	35	29	28	26	29	33	22	33	30	35	25		24	26	29
Eats poultry 2+ times a week	63	64	61	57	63	60	63	66	61	65	65		45	63	63
Eats white fish once a week or more	50	43	49	47	54	53	47	46	50	49	45		65	52	48
Eats oily fish once a week or more	20	17	18	20	16	22	23	23	26	17	22		26	23	21
<b>Spreading fats and dairy products</b>															
Uses butter on bread	34	31	31	31	30	29	20	33	27	32	32		30	26	30
Drinks skimmed or semi-skimmed milk	63	69	69	57	70	73	75	65	68	72	74		60	69	69
Usually adds salt to food at table	40	37	31	39	39	39	34	41	31	39	33		30	37	37
Takes dietary supplements	27	22	32	31	27	29	25	24	32	17	30		29	26	26
<b>Bases (weighted):</b>															
Men	285	278	83	113	282	235	424	657	160	404	586		53	296	3857
Women	388	311	93	124	285	235	437	727	180	464	653		51	344	4291
All adults	673	589	176	237	567	471	861	1385	340	868	1239		104	641	8148
<b>Bases (unweighted):</b>															
Men	185	295	142	234	249	192	337	557	329	312	473		106	199	3610
Women	281	363	171	286	283	226	404	710	409	425	605		106	259	4538
All adults	466	658	313	520	532	418	741	1267	738	737	1078		212	468	8148

Data source: 2003 Scottish Health Survey

All aged 16+

**Summary physical activity levels, by Health Board and sex**

	Argyll & Clyde	Ayrshire & Arran	Borders	Dumfries & Galloway	Fife	Forth Valley	Grampian	Greater Glasgow	Highland	Lanarkshire	Lothian	Orkney, Shetland, Western Isles	Tayside	Total	
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	
<b>Men</b>															
Low	34	34	26	27	21	31	32	30	29	37	27		[31]	24	30
Medium	26	27	24	22	24	26	26	29	30	28	32		[36]	34	28
High	40	40	50	51	55	43	42	41	41	36	41		[33]	42	42
<b>Women</b>															
Low	38	37	34	32	31	34	36	37	34	40	28		[46]	31	35
Medium	36	33	32	32	34	38	32	35	31	34	40		[32]	39	35
High	26	30	34	36	35	28	32	29	34	26	32		[22]	31	30
<b>All adults</b>															
Low	36	36	30	30	26	32	34	34	32	39	27		38	28	32
Medium	31	30	28	27	29	32	29	32	31	31	36		34	37	32
High	32	35	42	43	45	36	37	34	37	31	36		28	36	36
<b>Bases (weighted):</b>															
Men	285	278	83	113	282	235	424	657	160	404	586		53	296	3857
Women	388	311	93	124	285	235	437	727	180	464	653		51	344	4291
All adults	673	589	176	237	567	471	861	1385	340	868	1238		104	641	8148
<b>Bases (unweighted):</b>															
Men	185	295	142	234	249	192	337	557	329	312	473		106	199	3610
Women	281	363	171	286	283	226	404	710	409	425	605		106	269	4538
All adults	466	658	313	520	532	418	741	1267	738	737	1078		212	468	8148

Notes:

Low= fewer than 30 minutes of moderate or vigorous activity a week

Medium= 30 minutes or more on 1 to 4 days a week

High= 30 minutes or more on at least 5 days a week (this group represents those who meet the current physical activity recommendations)

Data source: 2003 Scottish Health Survey

All aged 16+ with valid BMI measurement

**Body mass index (BMI), by Health Board and sex**

	Argyll & Clyde	Ayrshire & Arran	Borders	Dumfries & Galloway	Fife	Forth Valley	Grampian	Greater Glasgow	Highland	Lanarkshire	Lothian	Orkney, Shetland, Western Isles	Tayside	Total	
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	
<b>Men</b>															
18.5 or under	5.2	2.0	-	1.3	0.9	0.7	2.0	2.9	2.3	1.0	1.5		[1.1]	2.6	2.0
Over 18.5-25	26.8	29.8	29.8	27.1	34.6	42.7	34.8	33.9	31.0	30.6	32.4		[22.6]	33.7	32.6
Over 25-30	44.8	42.9	46.9	44.0	44.1	39.4	43.2	41.7	43.4	42.9	40.6		[47.0]	47.6	43.0
Over 30-40	20.4	22.0	22.8	24.2	19.5	16.5	19.0	19.8	22.6	23.6	24.1		[28.7]	14.5	20.7
Over 40	2.8	3.3	0.6	3.3	0.9	0.8	1.0	1.7	0.6	1.9	1.4		[0.7]	1.6	1.6
<i>All over 25 (overweight, including obese)</i>	68.0	68.2	70.2	71.5	64.5	56.7	63.3	63.2	66.7	68.4	66.1		[76.3]	63.7	65.4
<i>All over 30 (obese)</i>	23.2	25.3	23.4	27.5	20.4	17.2	20.1	21.5	23.3	25.5	25.5		[29.4]	16.2	22.4
Mean BMI	27.4	27.4	27.2	27.7	26.9	26.4	26.7	26.8	27.2	27.5	27.2		[27.8]	26.4	27.0
SE of the mean	0.56	0.28	0.26	0.30	0.26	0.44	0.33	0.31	0.30	0.30	0.29		[0.44]	0.29	0.11
<b>Women</b>															
18.5 or under	1.3	1.8	2.0	1.1	1.3	2.0	1.9	2.4	0.7	3.3	0.8		[1.2]	3.3	1.9
Over 18.5-25	36.9	37.7	42.3	35.3	34.7	36.1	42.1	42.9	36.9	31.8	40.6		[32.9]	37.4	38.4
Over 25-30	34.0	33.9	32.1	33.6	36.9	30.0	30.4	30.8	34.6	39.1	36.3		[39.1]	31.2	33.8
Over 30-40	24.3	22.9	19.0	26.7	23.8	30.4	20.8	21.1	24.7	22.8	20.2		[24.1]	22.1	22.6
Over 40	3.6	3.7	4.6	3.4	3.2	1.5	4.8	2.9	3.1	3.0	2.1		[2.7]	5.9	3.4
<i>All over 25 (overweight, including obese)</i>	61.9	60.5	55.7	63.6	64.0	61.9	56.0	54.7	62.4	64.9	58.6		[65.9]	59.2	59.7
<i>All over 30 (obese)</i>	27.9	26.6	23.6	30.0	27.1	32.0	25.6	23.9	27.8	25.9	22.3		[26.8]	28.0	26.0
Mean BMI	27.2	27.2	26.9	27.6	27.3	27.3	27.2	26.6	27.6	27.4	26.8		[27.6]	27.8	27.2
SE of the mean	0.44	0.44	0.47	0.39	0.37	0.37	0.40	0.30	0.26	0.24	0.23		[0.70]	0.62	0.12
<b>All adults</b>															
18.5 or under	3.0	1.9	1.0	1.2	1.1	1.3	1.9	2.6	1.5	2.2	1.1		1.1	3.0	2.0
Over 18.5-25	32.4	33.8	36.2	31.4	34.7	39.5	38.4	38.6	34.1	31.2	36.7		27.5	35.7	35.6
Over 25-30	38.8	38.4	39.4	38.5	40.4	34.9	36.9	36.0	38.8	40.8	38.3		43.2	38.9	38.2
Over 30-40	22.5	22.4	20.8	25.5	21.7	23.1	19.9	20.5	23.7	23.2	22.1		26.5	18.5	21.7
Over 40	3.3	3.5	2.7	3.3	2.1	1.1	2.9	2.3	1.9	2.5	1.7		1.6	3.9	2.5
<i>All over 25 (overweight, including obese)</i>	64.6	64.3	62.8	67.4	64.2	59.2	59.7	58.8	64.4	66.6	62.1		71.4	61.3	62.4
<i>All over 30 (obese)</i>	25.8	25.9	23.5	28.8	23.8	24.3	22.8	22.8	25.7	25.7	23.8		28.1	22.4	24.2
Mean BMI	27.3	27.3	27.1	27.6	27.1	26.8	26.9	26.7	27.4	27.5	27.0		27.7	27.2	27.1
SE of the mean	0.34	0.27	0.26	0.30	0.28	0.36	0.34	0.28	0.14	0.16	0.22		0.25	0.33	0.093
<b>Bases (weighted):</b>															
Men	244	215	79	99	236	195	367	540	132	329	466		51	263	3217
Women	310	219	82	110	245	177	353	584	147	373	517		46	294	3458
All adults	554	435	161	209	482	373	720	1124	279	702	984		96	557	6675
<b>Bases (unweighted):</b>															
Men	156	227	134	207	209	158	290	461	271	250	377		100	176	3016
Women	223	257	151	257	243	172	325	566	339	343	483		95	230	3684
All adults	379	484	285	464	452	330	615	1027	610	593	860		195	406	6700

Data source: 2003 Scottish Health Survey

All aged 16+ with valid waist / hip measurements

**Waist-hip ratio (WHR) and waist circumference, by Health Board and sex**

	Argyll & Clyde	Ayrshire & Arran	Borders	Dumfries & Galloway	Fife	Forth Valley	Grampian	Greater Glasgow	Highland	Lanarkshire	Lothian	Orkney, Shetland, Western Isles	Tayside	Total	
<b>Men</b>															
% with waist circumference $\geq 102$ cm	36.8	30.5	[27.7]	32.9	26.6	16.4	33.8	28.3	28.2	28.3	28.0		[31.4]	17.7	28.0
% with waist-hip ratio $\geq 0.95$	30.1	33.4	[25.9]	37.1	27.7	21.3	34.1	29.0	30.4	31.1	24.4		[35.6]	24.6	28.8
Mean waist circumference (cm)	98.1	97.1	[94.8]	97.3	94.5	92.6	96.5	95.1	94.2	96.0	94.5		[96.9]	93.0	95.3
SE of the mean	1.91	0.91	[1.28]	1.17	1.54	1.08	1.00	1.11	1.11	1.30	1.25		[1.80]	0.75	0.41
Mean waist-hip ratio	0.92	0.92	[0.91]	0.93	0.91	0.89	0.92	0.91	0.91	0.92	0.91		[0.93]	0.90	0.91
SE of the mean	0.01	0.00	[0.01]	0.01	0.01	0.01	0.01	0.01	0.01	0.01	0.01		[0.02]	0.01	0.00
<b>Women</b>															
% with waist circumference $> 88$ cm	41.0	37.6	[35.3]	43.8	43.6	40.6	39.2	35.7	43.6	44.2	32.7		[38.7]	41.3	38.9
% with waist-hip ratio $\geq 0.85$	40.4	42.2	[37.5]	39.1	33.4	33.0	37.4	42.3	34.2	44.5	29.0		[36.7]	28.9	37.1
Mean waist circumference (cm)	87.6	86.0	[86.0]	88.0	86.7	84.9	87.4	85.3	86.9	87.3	85.1		[86.1]	86.9	86.3
SE of the mean	1.47	1.52	[1.66]	0.71	1.15	1.46	1.08	0.88	0.76	0.67	0.76		[2.36]	1.40	0.34
Mean waist-hip ratio	0.83	0.83	[0.83]	0.84	0.82	0.82	0.83	0.83	0.83	0.84	0.82		[0.83]	0.82	0.83
SE of the mean	0.00	0.01	[0.01]	0.01	0.01	0.01	0.00	0.00	0.01	0.00	0.00		[0.01]	0.00	0.00
<b>All adults</b>															
% with raised WC	39.3	34.1	31.7	38.5	34.7	27.8	36.6	32.1	36.3	36.6	30.5		35.0	29.2	33.6
% with raised WHR	36.2	37.9	31.9	38.1	30.4	26.9	35.8	35.8	32.4	38.1	26.8		36.1	26.7	33.0
Mean waist circumference (cm)	91.9	91.4	90.2	92.6	90.8	89.0	91.8	90.1	90.3	91.4	89.6		91.6	90.1	90.7
SE of the mean	1.40	0.88	1.27	0.65	1.12	1.07	0.92	0.93	0.53	0.78	0.81		1.39	0.93	0.31
Mean waist-hip ratio	0.87	0.88	0.87	0.88	0.87	0.86	0.87	0.87	0.87	0.88	0.86		0.88	0.86	0.87
SE of the mean	0.01	0.01	0.01	0.00	0.01	0.01	0.01	0.00	0.00	0.01	0.00		0.01	0.01	0.00
<b>Bases (weighted):</b>															
Men	176	180	56	75	194	157	271	428	105	258	393		34	209	2537
Women	250	188	60	78	174	141	289	445	117	287	424		33	200	2686
All adults	426	368	116	153	369	298	559	873	221	545	817		67	409	5223
<b>Bases (unweighted):</b>															
Men	111	181	89	162	178	121	194	348	233	195	326		82	141	2361
Women	167	212	104	190	183	134	234	415	289	255	424		82	170	2859
All adults	278	393	193	352	361	255	428	763	522	450	750		164	311	5220

Data source: 2003 Scottish Health Survey

All aged 16+

**Self-assessed general health, prevalence of long-standing illness and acute sickness, by Health Board and sex**

	Argyll & Clyde	Ayrshire & Arran	Borders	Dumfries & Galloway	Fife	Forth Valley	Grampian	Greater Glasgow	Highland	Lanarkshire	Lothian	Orkney, Shetland, Western Isles	Tayside	Total	
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	
<b>Men</b>															
Self-assessed health															
Very good/good	71	75	71		70	74	76	79	72	75	67	77	[76]	84	74
Fair	17	17	25		21	19	17	16	17	19	22	18	[14]	11	18
Bad/very bad	13	8	5		9	7	7	5	11	6	11	5	[10]	5	8
Long-standing illness	49	46	40		39	36	34	33	40	42	51	39	[39]	37	41
Acute sickness	14	18	19		16	8	12	11	18	13	18	15	[7]	13	15
<b>Women</b>															
Self-assessed health															
Very good/good	70	74	77		71	77	74	75	65	77	65	79	[76]	78	73
Fair	21	20	21		21	16	19	20	24	17	23	16	[18]	13	19
Bad/very bad	9	7	2		8	7	7	5	11	6	12	6	[6]	8	8
Long-standing illness	49	43	39		38	36	42	37	47	40	49	35	[38]	41	42
Acute sickness	19	17	19		16	15	16	12	21	15	20	16	[12]	17	17
<b>All adults</b>															
Self-assessed health															
Very good/good	70	74	74		70	75	75	77	69	76	66	78	76	81	74
Fair	19	19	23		21	18	18	18	21	18	23	17	16	12	19
Bad/very bad	11	7	3		8	7	7	5	11	6	11	5	8	7	8
Long-standing illness	49	45	39		38	36	38	35	44	41	50	37	39	39	41
Acute sickness	17	17	19		16	11	14	11	20	14	19	16	10	15	16
<i>Bases (weighted):</i>															
Men	285	278	83		113	282	235	424	657	160	404	586	53	296	3857
Women	388	311	93		124	285	235	437	727	180	464	653	51	344	4291
All adults	673	589	176		237	567	471	861	1385	340	868	1238	104	641	8148
<i>Bases (unweighted):</i>															
Men	185	295	142		234	249	192	337	557	329	312	473	106	199	3610
Women	281	363	171		286	283	226	404	710	409	425	605	106	269	4538
All adults	466	658	313		520	532	418	741	1267	738	737	1078	212	468	8148

Data source: 2003 Scottish Health Survey

All aged 16+

**GHQ12 scores, by Health Board and sex**

	Argyll & Clyde	Ayrshire & Arran	Borders	Dumfries & Galloway	Fife	Forth Valley	Grampian	Greater Glasgow	Highland	Lanarkshire	Lothian	Orkney, Shetland, Western Isles	Tayside	Total
	%	%	%	%	%	%	%	%	%	%	%	%	%	%
<b>Men</b>														
0	66	66	76	68	59	69	74	64	70	67	66		[69]	73 67
1-3	21	21	13	17	25	24	17	20	17	21	21		[14]	17 20
4 or more	13	14	11	15	16	7	9	16	13	12	13		[17]	10 13
<b>Women</b>														
0	60	61	64	66	58	65	63	55	65	57	64		[70]	60 61
1-3	24	24	20	19	25	21	25	22	20	24	22		[21]	23 23
4 or more	16	15	15	16	17	14	12	23	15	20	14		[8]	17 17
<b>All adults</b>														
0	63	63	70	67	59	67	68	59	68	61	65		69	66 64
1-3	22	22	17	18	25	22	21	21	19	22	22		17	20 21
4 or more	15	14	13	15	16	11	11	19	14	16	13		13	14 15
<i>Bases (weighted):</i>														
Men	265	259	81	104	263	215	397	619	148	383	550		53	276 3614
Women	366	296	91	116	266	221	419	682	172	442	625		46	317 4057
All adults	631	555	172	220	529	436	816	1300	320	825	1175		99	593 7672
<i>Bases (unweighted):</i>														
Men	172	274	138	218	234	174	316	525	302	295	442		105	185 3380
Women	261	346	168	269	264	213	387	663	389	405	577		97	246 4285
All adults	433	620	306	487	498	387	703	1188	691	700	1019		202	431 7665

Data source: 2003 Scottish Health Survey

All aged 16+

**GP visits and hospital utilisation, by Health Board and Sex**

	Argyll & Clyde	Ayrshire & Arran	Borders	Dumfries & Galloway	Fife	Forth Valley	Grampian	Greater Glasgow	Highland	Lanarkshire	Lothian	Orkney, Shetland, Western Isles	Tayside	Total	
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	
<b>Men</b>															
Inpatient in last year	12	12	9		11	9	7	9	10	10	10	7	[14]	7	9
Outpatient in last year	38	38	33		34	35	34	31	36	28	37	35	[33]	32	35
Estimated mean number of GP consultations per year	5.2	5.4	5.4		4.4	4.9	5.3	5.6	4.4	5.2	6.2	4.6	[7.9]	4.6	5.1
Standard error of the mean	1.04	0.76	1.13		0.73	0.73	1.23	0.79	0.61	0.72	0.91	0.80	[2.79]	0.86	0.27
<b>Women</b>															
Inpatient in last year	9	12	10		10	12	11	11	15	14	16	10	[21]	13	13
Outpatient in last year	37	36	36		34	36	33	35	42	38	40	33	[37]	35	37
Estimated mean number of GP consultations per year	6.1	6.0	7.1		6.3	7.5	6.2	5.8	7.1	5.9	7.7	6.8	[8.7]	8.8	6.9
Standard error of the mean	0.80	1.14	1.88		0.77	1.04	0.61	0.55	0.76	0.67	0.84	0.70	[2.12]	1.54	0.27
<b>All adults</b>															
Inpatient in last year	11	12	9		11	10	9	10	13	12	13	9	17	11	11
Outpatient in last year	37	37	35		34	35	34	33	39	33	39	34	35	34	36
Estimated mean number of GP consultations per year	5.7	5.7	6.3		5.4	6.2	5.7	5.7	5.9	5.6	7.0	5.8	8.3	6.8	6.0
Standard error of the mean	0.68	0.70	1.00		0.52	0.57	0.63	0.53	0.57	0.43	0.61	0.52	2.14	0.88	0.20
<i>Bases (weighted):</i>															
<i>Men</i>	284	277	82		113	281	233	422	644	158	399	577	52	292	3815
<i>Women</i>	388	309	93		123	284	233	436	723	179	464	647	50	344	4274
<i>All adults</i>	671	587	175		236	565	466	858	1367	338	863	1224	102	636	8089
<i>Bases (unweighted):</i>															
<i>Men</i>	184	294	141		234	248	190	335	547	324	309	467	103	196	3572
<i>Women</i>	281	361	171		285	282	224	403	706	408	425	601	105	268	4520
<i>All adults</i>	465	655	312		519	530	414	738	1253	732	734	1068	208	464	8092

Data source: 2003 Scottish Health Survey

All aged 16+ /  
All aged 16+ with own teeth

**Dental health, by Health Board and sex**

	Argyll & Clyde	Ayrshire & Arran	Borders	Dumfries & Galloway	Fife	Forth Valley	Grampian	Greater Glasgow	Highland	Lanarkshire	Lothian	Orkney, Shetland, Western Isles	Tayside	Total	
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	
<b>Men</b>															
All own teeth	56	68	66	60	68	71	69	69	63	63	74		[58]	70	67
Some false/some own teeth	32	20	23	23	19	19	15	22	23	24	16		[23]	23	21
All false teeth	12	12	11	18	14	9	16	9	14	13	9		[19]	8	12
<b>Frequency of brushing*</b>															
Brushes more than once a day	62	67	63	60	65	52	59	67	61	63	65		[44]	58	63
Brushes once a day	32	23	33	33	28	40	32	25	32	28	30		[48]	35	30
Less than once a day	5	10	5	6	7	8	9	7	7	9	5		[7]	7	7
<b>Frequency of dentist visits*</b>															
Every 6 months or more	54	51	63	61	56	53	50	49	49	54	63		[50]	59	55
Every 12 months	14	16	9	14	13	20	10	12	15	10	10		[19]	13	13
Every 2 years or longer	20	20	16	14	17	14	25	21	23	17	13		[26]	17	18
Never	11	13	12	11	14	13	15	18	12	19	13		[5]	11	14
<b>Women</b>															
All own teeth	59	61	65	61	63	63	61	56	57	58	72		[60]	65	62
Some false/some own teeth	22	23	22	21	16	17	18	24	23	20	17		[14]	18	20
All false teeth	19	15	14	18	20	21	21	20	19	22	11		[26]	16	18
<b>Frequency of brushing*</b>															
Brushes more than once a day	86	78	85	77	82	76	79	85	81	80	82		[79]	75	81
Brushes once a day	13	20	15	22	17	22	19	12	18	19	17		[21]	23	17
Less than once a day	1	2	1	1	1	2	2	3	1	1	0		[-]	2	1
<b>Frequency of dentist visits:</b>															
Every 6 months or more	68	63	76	67	70	71	67	70	68	63	72		[61]	69	69
Every 12 months	12	15	12	9	15	12	11	11	13	15	9		[23]	12	12
Every 2 years or longer	13	15	7	17	10	8	16	11	14	14	11		[15]	14	12
Never	7	7	6	7	5	10	6	9	5	7	8		[1]	5	7
<b>All adults</b>															
All own teeth	58	64	65	60	65	67	65	62	60	60	73		59	67	64
Some false/some own teeth	26	22	22	22	17	18	17	23	23	22	17		19	20	20
All false teeth	16	14	13	18	17	15	18	15	17	18	10		22	12	15
<b>Frequency of brushing*</b>															
Brushes more than once a day	75	73	74	69	73	63	69	76	71	72	74		61	67	72
Brushes once a day	22	21	23	27	22	31	26	19	25	23	23		35	29	24
Less than once a day	3	6	3	4	4	5	5	5	4	5	3		4	4	4
<b>Frequency of dentist visits:</b>															
Every 6 months or more	62	57	70	64	63	61	58	59	59	59	68		55	64	62
Every 12 months	13	16	11	12	14	16	11	12	14	12	10		21	12	12
Every 2 years or longer	16	17	11	15	14	11	21	16	18	16	12		21	15	15
Never	9	10	9	9	9	11	11	13	9	13	11		3	8	11
<b>All 16+</b>															
<i>Bases (weighted):</i>															
Men	283	276	82	113	278	234	423	651	159	404	580		53	295	3833
Women	384	310	92	124	282	235	436	724	179	462	651		51	344	4276
All adults	667	586	175	237	561	469	859	1376	338	866	1231		104	640	8109
<i>Bases (unweighted):</i>															
Men	183	293	141	234	247	191	336	553	326	312	469		106	198	3589
Women	278	362	170	286	280	226	403	707	408	424	603		106	269	4522
All adults	461	655	311	520	527	417	739	1260	734	736	1072		212	467	8111
<b>*All with teeth</b>															
<i>Bases (weighted):</i>															
Men	248	243	73	93	240	212	356	591	137	351	526		43	273	3385
Women	310	262	79	101	224	187	345	580	145	360	578		38	288	3498
All adults	558	505	152	194	464	399	701	1171	282	711	1104		81	561	6883
<i>Bases (unweighted):</i>															
Men	154	254	122	187	204	167	271	487	273	261	416		84	178	3058
Women	214	303	145	229	218	178	314	557	325	322	527		77	220	3629
All adults	368	557	267	416	422	345	585	1044	598	583	943		161	398	6687

Data source: 2003 Scottish Health Survey

All aged 16+

**Annual accident rate, by Health Board and sex**

	Argyll & Clyde	Ayrshire & Arran	Borders	Dumfries & Galloway	Fife	Forth Valley	Grampian	Greater Glasgow	Highland	Lanarkshire	Lothian	Orkney, Shetland, Western Isles	Tayside	Total	
<b>Men</b>															
Accident rate per 100 persons	11	20	14		12	19	20	18	22	16	14	15	[24]	16	17
Standard error of the accident rate	3.6	3.4	4.3		3.0	3.5	5.6	3.3	1.9	2.4	2.8	1.5	[8.5]	2.5	0.9
<b>Women</b>															
Accident rate per 100 persons	10	17	15		9	13	10	10	14	15	14	13	[11]	13	13
Standard error of the accident rate	1.9	3.3	4.2		1.6	1.9	1.7	1.8	2.0	3.0	1.9	2.1	[4.2]	2.4	0.7
<b>All adults</b>															
Accident rate per 100 persons	10	18	15		10	16	15	14	18	16	14	14	18	15	15
Standard error of the accident rate	2.1	2.3	2.7		1.4	2.1	3.0	1.7	1.4	2.2	1.6	1.4	5.3	2.1	0.6
<i>Bases (weighted):</i>															
<i>Men</i>	284	278	83		113	282	235	424	651	160	404	584	53	296	3847
<i>Women</i>	388	310	93		124	284	235	437	727	180	464	653	51	344	4290
<i>All adults</i>	671	588	176		237	566	471	861	1379	340	868	1236	104	641	8137
<i>Bases (unweighted):</i>															
<i>Men</i>	184	295	142		234	249	192	337	553	328	312	472	106	199	3603
<i>Women</i>	281	362	171		286	282	226	404	710	409	425	605	106	269	4536
<i>All adults</i>	465	657	313		520	531	418	741	1263	737	737	1077	212	468	8139

Data source: 2003 Scottish Health Survey

All aged 16+

**Wheezing in past 12 months and doctor-diagnosed asthma prevalence, by Health Board and sex**

	Argyll & Clyde	Ayrshire & Arran	Borders	Dumfries & Galloway	Fife	Forth Valley	Grampian	Greater Glasgow	Highland	Lanarkshire	Lothian	Orkney, Shetland, Western Isles	Tayside	Total	
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	
<b>Men</b>															
Whether had wheezing in last 12 months	14	16	15	17	15	11	15	20	16	19	15		[13]	20	16
Doctor diagnosed asthma	5	12	14	9	13	14	14	11	14	15	15		[14]	14	13
<b>Women</b>															
Whether had wheezing in last 12 months	18	13	15	15	13	14	14	21	13	18	12		[16]	16	16
Doctor diagnosed asthma	12	13	18	12	11	9	12	14	14	15	16		[15]	17	14
<b>All adults</b>															
Whether had wheezing in last 12 months	17	15	15	16	14	13	14	20	15	19	13		14	18	16
Doctor diagnosed asthma	9	12	16	11	12	12	13	13	14	15	15		15	16	13
<i>Bases (weighted):</i>															
<i>Men</i>	285	278	83	113	282	235	424	657	160	404	586		53	296	3857
<i>Women</i>	388	311	93	124	285	235	437	727	180	464	653		51	344	4291
<i>All adults</i>	673	589	176	237	567	471	861	1385	340	868	1238		104	641	8148
<i>Bases (unweighted):</i>															
<i>Men</i>	185	295	142	234	249	192	337	557	329	312	473		106	199	3610
<i>Women</i>	281	363	171	286	283	226	404	710	409	425	605		106	269	4538
<i>All adults</i>	466	658	313	520	532	418	741	1267	738	737	1078		212	468	8148

Data source: 2003 Scottish Health Survey

All aged 16+  
with valid lung function measurement

**FEV1, by Health Board and sex**

	Argyll & Clyde	Ayrshire & Arran	Borders	Dumfries & Galloway	Fife	Forth Valley	Grampian	Greater Glasgow	Highland	Lanarkshire	Lothian	Orkney, Shetland, Western Isles	Tayside	Total	
<b>Men</b>															
Mean FEV1	3.4	3.8	[3.9]	3.8	3.7	3.8	3.6	3.7	4.0	3.5	4.0		[3.9]	3.7	3.7
Standard Error of Mean	0.12	0.10	[0.23]	0.10	0.16	0.08	0.11	0.09	0.06	0.09	0.12		[0.11]	0.23	0.04
<b>Women</b>															
Mean FEV1	2.5	2.7	[2.9]	2.8	2.7	2.7	2.6	2.6	3.0	2.5	2.9		[2.8]	2.4	2.6
Standard Error of Mean	0.10	0.09	[0.09]	0.10	0.07	0.11	0.07	0.07	0.06	0.06	0.06		[0.08]	0.17	0.03
<b>All adults</b>															
Mean FEV1	2.9	3.2	3.4	3.3	3.2	3.3	3.0	3.1	3.5	2.9	3.4		3.3	3.1	3.2
Standard Error of Mean	0.11	0.09	0.14	0.09	0.12	0.09	0.08	0.08	0.06	0.07	0.09		0.07	0.21	0.03
<b>Bases (weighted):</b>															
Men	171	181	53	73	190	156	268	415	104	253	386		33	205	2487
Women	245	205	57	71	169	145	281	467	113	289	423		33	196	2695
All adults	416	386	110	144	359	301	549	882	217	542	808		67	402	5182
<b>Bases (unweighted):</b>															
Men	108	180	85	159	173	119	193	338	230	192	318		80	138	2313
Women	163	232	98	174	177	138	228	436	281	257	421		84	167	2856
All adults	271	412	183	333	350	257	421	774	511	449	739		164	305	5169

Data source: 2003 Scottish Health Survey

All aged 16+  
with valid blood pressure measurement

**Mean systolic and diastolic blood pressure, by Health Board and sex**

	Argyll & Clyde	Ayrshire & Arran	Borders	Dumfries & Galloway	Fife	Forth Valley	Grampian	Greater Glasgow	Highland	Lanarkshire	Lothian	Orkney, Shetland, Western Isles	Tayside	Total	
<b>Men</b>															
Mean systolic BP	[132.5]	135.2	[137.1]		134.6	132.8	[132.3]	130.6	131.9	130.4	132.3	131.7	[135.3]	131.6	132.3
Standard Error of Mean	[1.73]	1.67	[2.08]		1.80	1.17	[1.93]	0.91	1.02	1.15	1.41	1.17	[2.34]	1.59	0.42
Mean diastolic BP	[73.6]	75.8	[77.5]		75.2	75.1	[74.3]	74.4	73.9	72.5	74.8	75.1	[77.4]	73.3	74.5
Standard Error of Mean	[1.21]	1.61	[1.25]		1.21	1.02	[2.06]	0.55	0.81	0.96	0.54	1.04	[1.51]	0.92	0.33
<b>Women</b>															
Mean systolic BP	129.6	129.9	[129.7]		131.9	129.5	127.4	125.5	125.8	126.6	127.7	123.2	[128.4]	129.1	127.1
Standard Error of Mean	2.05	1.34	[3.32]		1.46	1.84	1.53	1.41	1.60	1.71	1.35	1.06	[2.26]	1.89	0.50
Mean diastolic BP	72.3	76.2	[76.0]		74.7	74.5	72.9	73.4	72.5	73.2	73.2	73.9	[75.0]	74.3	73.6
Standard Error of Mean	1.37	0.50	[1.91]		1.38	1.28	0.76	0.96	0.93	0.70	0.62	0.65	[0.85]	1.13	0.30
<b>All adults</b>															
Mean systolic BP	130.8	132.4	133.2		133.2	131.2	129.8	127.8	128.6	128.3	129.7	127.1	131.4	130.3	129.5
Standard Error of Mean	1.54	0.93	1.48		1.24	1.00	1.40	0.85	1.10	1.15	1.07	0.86	1.40	1.49	0.36
Mean diastolic BP	72.8	76.0	76.7		74.9	74.8	73.6	73.9	73.1	72.9	73.9	74.5	76.0	73.8	74.0
Standard Error of Mean	1.10	0.76	1.21		1.20	0.93	1.11	0.56	0.71	0.68	0.41	0.69	0.70	0.80	0.25
<i>Bases (weighted):</i>															
<i>Men</i>	151	157	47		60	167	117	208	330	87	214	299	24	172	2032
<i>Women</i>	221	178	52		64	160	119	255	386	105	272	358	31	183	2383
<i>All adults</i>	372	334	99		125	326	235	464	716	192	485	657	54	355	4415
<i>Bases (unweighted):</i>															
<i>Men</i>	97	156	75		134	155	94	161	277	193	162	254	57	118	1933
<i>Women</i>	148	201	90		155	169	112	207	360	260	244	358	78	156	2538
<i>All adults</i>	245	357	165		289	324	206	368	637	453	406	612	135	274	4471

Data source: 2003 Scottish Health Survey

All aged 16+  
with valid blood pressure measurement  
and information on prescribed medicine

**Blood pressure level (140/90 mmHg definition), by Health Board and sex**

	Argyll & Clyde	Ayrshire & Arran	Borders	Dumfries & Fife	Forth Valley	Grampian	Greater Glasgow	Highland	Lanarkshire	Lothian	Orkney, Shetland, Western Isles	Tayside	Total	
	%	%	%	%	%	%	%	%	%	%	%	%	%	
<b>Men</b>														
Normotensive	[68.4]	61.4	[55.0]	60.9	68.2	[64.3]	65.6	69.3	69.6	65.8	69.4	[59.7]	71.8	67.0
Hypertensive controlled	[5.4]	5.3	[6.8]	9.3	5.4	[8.9]	7.9	5.3	6.4	6.8	4.4	[3.2]	4.4	5.9
Hypertensive uncontrolled	[4.3]	6.8	[8.0]	5.4	8.0	[6.8]	5.3	5.9	6.1	9.2	6.3	[3.1]	4.9	6.3
Hypertensive untreated	[21.8]	26.5	[30.2]	24.4	18.4	[19.9]	21.2	19.6	17.9	18.2	19.9	[34.1]	18.9	20.7
All hypertensive	[31.6]	38.6	[45.0]	39.1	31.8	[35.7]	34.4	30.7	30.4	34.2	30.6	[40.3]	28.2	33.0
<b>Women</b>														
Normotensive	59.5	63.1	[64.6]	63.4	64.2	70.5	71.2	70.1	70.6	60.9	74.9	[64.0]	65.1	67.3
Hypertensive controlled	7.8	5.0	[3.1]	7.6	6.1	6.9	7.4	7.8	6.8	12.6	5.4	[8.5]	4.2	7.2
Hypertensive uncontrolled	14.5	8.2	[4.0]	10.7	10.1	11.3	6.5	9.0	7.7	9.6	5.8	[12.0]	9.9	9.0
Hypertensive untreated	18.2	23.7	[28.2]	18.3	19.5	11.2	14.9	13.1	14.9	16.8	13.9	[15.4]	20.7	16.6
All hypertensive	40.5	36.9	[35.4]	36.6	35.8	29.5	28.8	29.9	29.4	39.1	25.1	[36.0]	34.9	32.7
<b>All adults</b>														
Normotensive	63.1	62.3	60.1	62.2	66.2	67.5	68.7	69.7	70.1	63.1	72.4	62.1	68.3	67.2
Hypertensive controlled	6.8	5.2	4.9	8.5	5.8	7.9	7.6	6.6	6.6	10.1	4.9	6.2	4.3	6.6
Hypertensive uncontrolled	10.4	7.5	5.9	8.1	9.0	9.1	5.9	7.6	7.0	9.4	6.1	8.1	7.5	7.8
Hypertensive untreated	19.7	25.0	29.2	21.2	19.0	15.5	17.7	16.1	16.3	17.4	16.6	23.6	19.8	18.5
All hypertensive	36.9	37.7	39.9	37.8	33.8	32.5	31.3	30.3	29.9	36.9	27.6	37.9	31.7	32.8
<b>Bases (weighted):</b>														
Men	151	157	47	60	167	117	208	330	87	214	299	24	172	2032
Women	221	178	52	64	160	119	255	386	105	272	358	31	183	2383
All adults	372	334	99	125	326	235	464	716	192	485	657	54	355	4415
<b>Bases (unweighted):</b>														
Men	97	156	75	134	155	94	161	277	193	162	254	57	118	1933
Women	148	201	90	155	169	112	207	360	260	244	358	78	156	2538
All adults	245	357	165	289	324	206	368	637	453	406	612	135	274	4471

Notes:

Normotensive: SBP <140mmHg and DBP <90mmHg and not taking medicine prescribed for high blood pressure  
Hypertensive controlled: SBP <140mmHg and DBP <90mmHg and taking medicine prescribed for high blood pressure  
Hypertensive uncontrolled: SBP >140mmHg or DBP >90mmHg and taking medicine prescribed for high blood pressure  
Hypertensive untreated: SBP ≥140mmHg or DBP ≥90mmHg and not taking medicine prescribed for high blood pressure

Data source: 2003 Scottish Health Survey