



HEALTH AND SOCIAL CARE

Scottish Health Survey

Results for Local Areas: 2014/2015/2016/2017

September 2018

Background

This report summarises key statistics from the Scottish Health Survey (SHeS) for each NHS Board area and some Local Authority areas in Scotland.

A detailed set of web tables including these results is available on the [Scottish Health Survey web pages](#).

The survey has been carried out continuously since 2008 and, prior to this, was carried out in 1995, 1998 and 2003. It was designed to:

- estimate the prevalence of particular health conditions in Scotland
- estimate the prevalence of certain risk factors associated with these health conditions and to document the pattern of related health behaviours
- look at differences between regions and between subgroups of the population in the extent of their having these particular health conditions or risk factors, and to make comparisons with other national statistics for Scotland and other parts of the UK
- monitor trends in the population's health over time
- make a major contribution to monitoring progress towards health targets.

The 2014-2017 surveys were designed to yield a representative sample of the general population living in private households in Scotland every year. This report is based on SHeS data over that four year period, providing representative health board level and local authority level data for adults aged 16 and over, and coincides with the release of the 2017 annual report.

Figures are not presented for all local authorities, as to ensure the robustness of published findings, results were not included where the sample size was below 500 participants and the local authority did not correspond fully to an NHS Board.

Full information about the Scottish Health Survey is available in the annual main reports and technical reports, including details about survey design, sampling methodology and policy context.

Methods and indicators

The 2014-2017 results include local area data for the following topics:

- Self-assessed general health
- WEMWBS mean scores
- General Health Questionnaire (GHQ-12) scores
- Long-term illness
- Alcohol consumption- weekly drinking guidelines
- Alcohol consumption- mean weekly units
- Smoking behaviour
- Overweight
- Obesity
- Fruit and vegetable consumption- by category
- Fruit and vegetable consumption- mean daily portions
- Physical activity
- Cardiovascular (CVD) conditions

In the accompanying web tables, figures are presented by health board and local authority (where the sample size was sufficient) for males, females and all adults aged 16 or over. Upper and lower 95% confidence intervals (CIs) are shown for each estimate, and have also been included in column charts which present results for all adults by board and local authority. It is important to consider the CIs when interpreting results, particularly for smaller boards or local authorities, where intervals are likely to be wider.

The Summary of Results section describes where results for any local area differ significantly from the Scotland average.

As the population age profile varies by local area, and age is strongly associated with health outcomes and behaviours, figures for individual health boards or local authorities are not directly comparable with each other. These results are primarily intended to represent the populations in each local area.

More information about each of the topics can be found in the latest SHeS Main Report.

Summary of results for NHS Boards

Self-assessed general health

The proportion of adults who rate their general health to be good or very good was significantly lower in Ayrshire & Arran (69%) and Greater Glasgow & Clyde (70%) than in Scotland as a whole (74%). In Orkney (82%), Lothian, and Grampian (both 78%), the proportion in good or very good health was significantly higher than the estimate for Scotland.

WEMWBS

The Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) is used to measure mental wellbeing. The mean score for adults in Scotland in 2014-2017 was 49.9 - those living in Ayrshire & Arran, Tayside (both 49.1), and Greater Glasgow & Clyde (49.3) had significantly lower mean scores than the Scotland estimate. Mean scores were significantly higher than the Scottish average for residents of Grampian (50.9), Western Isles, and Highland (51.0).

General Health Questionnaire (GHQ-12) scores

The General Health Questionnaire (GHQ-12) is used to identify individuals showing signs of the presence of a possible psychiatric disorder (as indicated by scores of four or higher). In Grampian, Shetland (both 12%), and Forth Valley (14%) the proportion with scores of 4+ was significantly lower than the proportion in Scotland as a whole (16%). The proportion of adults with scores of 4+ in Greater Glasgow & Clyde (18%) was significantly higher than in Scotland as a whole. In Scotland overall, significantly more women than men had a score of 4+ (17% compared to 14%).

Long-term conditions

A significantly lower proportion of adults in Grampian and Lothian (27%) reported a limiting condition compared to Scotland overall (32%), while this proportion was significantly higher in Ayrshire & Arran (47%). A significantly higher proportion of Scottish women (34%) than men (30%) reported a long-term condition that limited their daily activities in some way.

Alcohol consumption

In the period 2014-2017, the proportion of adults who exceeded government guidelines on weekly alcohol consumption¹ was significantly lower than the national average (25%) in Western Isles and Tayside (both 20%). Adults in Lothian (30%) and Forth Valley (29%) exceeded the weekly guidelines by a significantly higher proportion than across Scotland as a whole. In all health boards, a significantly higher proportion of men than women drank exceeded the weekly guidelines.

Residents of Borders (10.1), Tayside (10.6), and Highland (11.3) reported a significantly lower mean number of units consumed among drinkers on a weekly basis than the Scottish average (12.7). Drinkers in Ayrshire and Arran reported a significantly higher average of 14.5 units.

Smoking

An estimated 21% of adults were regular smokers between 2014 and 2017, with prevalence significantly higher among men than women (22% of men, 19% of women). The proportion of regular smokers was lowest in Orkney and Western Isles (17%) although this was not significantly lower than the Scotland figure. However, the highest proportion - Greater Glasgow & Clyde (23%) - was significantly higher than the Scotland figure.

Overweight (including obesity)²

In Scotland, 65% of individuals were overweight or obese, with the figure for men (68%) significantly higher than that for women (62%). Results for a number of boards were significantly different to the Scotland figure. These included lower results for Lothian (58%), and higher results for Ayrshire & Arran (70%), Lanarkshire (71%), Western Isles, and Orkney (both 73%).

Obesity³

In 2014-2017, obesity rates were significantly lower in Lothian (24%) and Greater Glasgow & Clyde (26%) compared to the Scottish average (29%). The rates for adults in Fife (32%), Lanarkshire (33%), Ayrshire & Arran (33%), Western Isles (34%), and Shetland (37%) were significantly higher than for Scotland overall. At Scotland level, the obesity rate for women (30%) was significantly higher than the rate for men (28%).

¹ Drinking more than 14 units per week

² BMI 25 or higher

³ BMI 30 or higher

Fruit and vegetable consumption

The proportion of adults consuming the recommended five portions (or more) of fruit and vegetables per day was significantly lower than across Scotland as a whole (21%) among Ayrshire & Arran (15%) and Lanarkshire (16%). The proportion in Lothian (28%) was significantly higher than the Scotland figure. At Scotland level, the proportion consuming the recommended five portions (or more) was significantly higher for women (22%) than men (20%).

The mean portions of fruit and vegetables consumed per day in Ayrshire & Arran (2.7) and Lanarkshire (2.8) was significantly lower than the Scottish mean (3.2 portions). The number was significantly higher in Lothian (3.6) compared to the national average, while at Scotland level women consumed significantly more portions (3.3) compared to men (3.0).

Physical activity

In 2014-2017, the lowest proportion of adults meeting the physical activity guidelines was observed in Borders and Ayrshire & Arran (both 60%), while the highest proportion was in Lothian (68%). However, due to sample sizes, only the Ayrshire & Arran and Lothian proportions were significantly different to that of Scotland (64%). Men in Scotland were significantly more likely to meet the guideline (68%) than women (59%).

Cardiovascular (CVD) conditions

The proportion of individuals reporting a doctor-diagnosed CVD condition was significantly higher than the Scottish average of 15% in Ayrshire & Arran (20%) and Fife (18%). The rate was significantly lower than the Scottish average in Lothian (12%) and Shetland (13%). At Scotland level, men were significantly more likely to have a CVD condition (17%) than women (15%).

Summary of results for Local Authorities

Self-assessed general health

The proportion of adults who rate their general health to be good or very good was significantly lower in North Ayrshire (67%), Glasgow City, and East Ayrshire (both 68%) than in Scotland as a whole (74%). In Aberdeenshire, Aberdeen City (both 78%), City of Edinburgh, and Orkney Islands (both 82%) the proportion in good or very good health was significantly higher than the estimate for Scotland.

WEMWBS

The Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) is used to measure mental wellbeing. The mean score for adults in Scotland in 2014-2017 was 49.9, - those living in North Ayrshire (48.2) and Glasgow City (48.5) had significantly lower mean scores than the Scotland estimate. Mean scores were significantly higher than the Scottish average for residents of Aberdeen City (50.7), Aberdeenshire (51.3), and Na h-Eileanan Siar (51.0).

General Health Questionnaire (GHQ-12) scores

The General Health Questionnaire (GHQ-12) is used to identify individuals showing signs of the presence of a possible psychiatric disorder (as indicated by scores of four or higher). The proportion of adults with scores of 4+ was significantly lower in Aberdeenshire (10%) and Shetland Islands (12%) than the proportion in Scotland as a whole (16%). The proportion of adults with scores of 4+ in Glasgow City (21%) was significantly higher than in Scotland as a whole. In Scotland overall, significantly more women than men had a score of 4+ (17% compared to 14%).

Long-term conditions

A significantly lower proportion of adults in City of Edinburgh (23%), Aberdeen City (26%), and Aberdeenshire (27%) reported a limiting condition compared to Scotland overall (32%), while this proportion was significantly higher in North Ayrshire (44%), East Ayrshire (46%), and South Ayrshire (51%). A significantly higher proportion of Scottish women (34%) than men (30%) reported a long-term condition that limited their daily activities in some way.

Alcohol consumption

In the period 2014-2017, the proportion of adults who exceeded government guidelines on weekly alcohol consumption⁴ was significantly lower than the national average (25%) in Na h-Eileanan Siar (20%) and Aberdeenshire (21%). In City of Edinburgh (32%) and North Ayrshire (30%) a significantly higher proportion of adults exceeded weekly guidelines than across Scotland as a whole. In all local authorities in which results were available, a significantly higher proportion of men than women exceeded the guidelines.

Residents of Scottish Borders (10.1) and Aberdeenshire (10.8) reported a significantly lower mean number of units of alcohol consumed by drinkers on a weekly basis than the Scottish mean (12.7). City of Edinburgh (14.6), Aberdeen City (15.1) and North Ayrshire (16.2) were significantly higher than the Scotland mean. Male drinkers reported significantly higher weekly mean units than their female counterparts in every local authority for which there were results available.

Smoking

An estimated 21% of adults were regular smokers between 2014 and 2017, with prevalence significantly higher among men than women (22% of men, 19% of women). The proportion of regular smokers was significantly lower than the Scotland average in South Lanarkshire (16%), Aberdeenshire, and City of Edinburgh (both 17%). Glasgow City (28%) and North Ayrshire (25%) were both significantly higher than the Scotland figure.

Overweight (including obesity)⁵

In Scotland, 65% of individuals were overweight or obese between 2014 and 2017, with the figure for men (68%) significantly higher than that for women (62%). Results for a number of boards were significantly different to the Scotland figure. These included lower results for Glasgow City (61%) and City of Edinburgh (51%), and higher results for Aberdeenshire (69%), East Ayrshire, North Ayrshire, North Lanarkshire (all 72%), Na h-Eileanan Siar, and Orkney Islands (both 73%).

Obesity⁶

In 2014-2017, obesity rates were significantly lower in City of Edinburgh (19%) compared to the Scottish average (29%). The rates for adults in Aberdeenshire, Fife (both 32%), North Ayrshire (33%), Na h-Eileanan Siar (34%), North Lanarkshire (35%), East Ayrshire (36%), and Shetland Islands (37%) were significantly higher than for Scotland overall. At Scotland level, the obesity rate for women (30%) was significantly higher than the rate for men (28%).

⁴ Drinking more than 14 units per week

⁵ BMI 25 or higher

⁶ BMI 30 or higher

Fruit and vegetable consumption

The proportion of adults consuming the recommended five portions (or more) of fruit and vegetables per day was significantly lower than across Scotland as a whole (21%) among East Ayrshire (16%), North Ayrshire, and North Lanarkshire (both 14%). The proportion in City of Edinburgh (32%) was significantly higher than the Scotland figure. At Scotland level, the proportion consuming the recommended five portions (or more) was significantly higher for women (22%) than men (20%).

The mean portions of fruit and vegetables consumed per day in North Ayrshire (2.6), East Ayrshire, and North Lanarkshire (both 2.7) was significantly lower than the Scottish mean (3.2 portions). The number was significantly higher in City of Edinburgh (3.9) compared to the national average, while at Scotland level women consumed significantly more portions (3.3) compared to men (3.0).

Physical activity

In 2014-2017, the lowest proportion of adults meeting the physical activity guidelines was observed in East Ayrshire (56%), and North Lanarkshire (58%), all of which were significantly lower than the proportion for Scotland (64%). The proportion in City of Edinburgh was significantly higher at 73%. Men in Scotland were significantly more likely to meet the guidelines (68%) than women (59%).

Cardiovascular (CVD) conditions

The proportion of individuals reporting a doctor-diagnosed CVD condition was significantly higher than the Scottish average of 15% in Fife (18%), East Ayrshire, South Ayrshire (both 20%), and North Ayrshire (21%). The rate was significantly lower than the Scottish average in City of Edinburgh (11%) and Shetland Islands (13%). At Scotland level, men were significantly more likely to have a CVD condition (17%) than women (15%).

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How to access background or source data

The data collected for this statistical bulletin:

- are available in more detail through Scottish Neighbourhood Statistics
- are available via the UK Data Service
- may be made available on request, subject to consideration of legal and ethical factors. Please contact scottishhealthsurvey@gov.scot
- cannot be made available by Scottish Government for further analysis as Scottish Government is not the data controller.

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ISBN 978-1-78781-214-7 (web only)

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