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**NHS Greater Glasgow and Clyde  
2008 Health and Wellbeing Survey**

*East Renfrewshire Report*

*Final Report*

*Prepared for*

NHS Greater Glasgow and Clyde

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# 1 Introduction

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## 1.1 Introduction

This report contains the findings for East Renfrewshire from a research study on health and wellbeing carried out in 2008 on behalf of NHS Greater Glasgow and Clyde. The fieldwork and data entry was performed by MRUK. Analysis and reporting was performed by Traci Leven Research. It is the fourth in a series of studies conducted by the former NHS Greater Glasgow and the first to include the area administered by the newly formed NHS Greater Glasgow and Clyde.

### Background

The health and wellbeing study started in 1999. At that time the aim of the study was:

- to provide intelligence to inform the health promotion directorate;
- to explore the different experience of health and wellbeing in our most deprived communities<sup>1</sup> compared to other areas; and
- to provide information that would be useful for monitoring health promotion interventions.

There have been many policy changes over the decade the health and wellbeing study has been in operation. For example, the dissolution of social inclusion partnership areas (SIPs) as a focus of tackling area based deprivation and the emergence of using the Scottish Index of Multiple Deprivation (SIMD); the development of Community Health (and Care) Partnerships as a vehicle for integrated planning and delivery of health (and social) care services at a local level and changes to the performance assessment framework have led to an increased focus on some health behaviours such as breastfeeding; use of alcohol; diet and exercise.

The health and wellbeing survey was formed around core questions which have remained the same and allow the monitoring of trends over time. However, the survey has also been adapted over time to take into account emerging health and wellbeing issues and new geographies.

The survey provides a snapshot in time of the views and experience of the resident adult population. Whilst we cannot attribute causal relationships between the findings and the changing policy context we can explore our findings alongside wider changes in NHS Greater Glasgow and Clyde (NHSGGC).

Our local survey has provided flexible options to explore health and wellbeing at a local level. In 2008 each of the CH(C)Ps bought into the survey. Separate reports are available for each of the CH(C)Ps that comprise NHSGGC. In addition, Glasgow South West, Inverclyde and Renfrewshire bought into the survey at enhanced levels to allow for local exploration between the most deprived areas and other areas. Trends are available for the area administered by the former NHSGG area; these are available in a separate report. All the reports will be posted on <http://www.phru.net> as they become available.

Thanks are due to the working group that led the survey:

Allan Boyd	Senior Analyst
Norma Greenwood	Head of Public Health Resource Unit
Margaret McGranachan	Information and Research Manager

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<sup>1</sup> In 1999, our most deprived communities were given additional resources with the aim of reducing the gap between deprived and least deprived areas. The initiative was part of an umbrella programme of support which focused on Social Inclusion Partnership areas.

In addition the project benefited from the support and advice of the advisory group:

Nichola Brown	Glasgow South East, CHCP
Lara Calder	South Lanarkshire CHP (formerly)
Susan Coull	Glasgow South West CHCP (formerly)
Heather Cunningham	Renfrewshire CHP
Linda de Caestecker	NHS Greater Glasgow and Clyde
James Egan	Glasgow East, CHCP
Suzanne Glennie	Glasgow North, CHCP
Liz Holms	East Renfrewshire CHCP
Russell Jones	Glasgow Centre for Population Health
Irene Mackenzie	Corporate Inequalities Team
Kathleen McGill	East Dunbartonshire CHP
Clare McGinley	West Dunbartonshire CHP
Karen McNiven	Glasgow South West CHCP
David Radford	East Dunbartonshire CHP
Uzma Rehman	Glasgow West CHCP
Janice Scouller	Glasgow East CHCP (formerly)
John Thomson	Glasgow North, CHCP
Greg Usrey	Glasgow South West CHCP (formerly)
Clare Walker	Renfrewshire CHP
Helen Watson	Inverclyde CHP

## Objectives

The objectives of the study are:

- to continue to monitor the core health indicators
- to determine whether the changes found in the first two follow-ups were the beginning of a trend in the NHSGGC area
- to compare attitudes and behaviour of those living in the bottom 15% SIMD areas and other areas and address whether changes in attitudes and behaviour apply across the board or just in the most deprived/other areas, thereby tracking progress towards reducing health inequalities
- to form a baseline of health and wellbeing measures for NHSGGC
- to provide intelligence for health improvement policy, programmes and information to enhance performance management.

## Summary of Methodology

In total, 8,278 face-to-face, in-home interviews were conducted with adults (aged 16 or over) in the NHSGGC area. The fieldwork was conducted between mid August and mid December 2008. The response rate for all in-scope attempted contacts was 70%.

The sample was stratified proportionately by local authority and SIMD quintile (for definition of SIMD see section 1.2), with addresses selected at random from the residential postcode address file within each stratum. Adults were randomly selected within each sampled household using the last birthday technique.

A full account of the sampling procedures, fieldwork and survey response can be found in Appendix A. The survey questionnaire is in Appendix D.

## 1.2 Sample Profile

There were 580 interviews conducted in East Renfrewshire as part of the survey.

The 8,278 completed interviews across the NHS Greater Glasgow and Clyde area were weighted to account for under/over representation of groups within the sample to ensure the 2008 sample was as representative as possible of the adult population in the Greater Glasgow & Clyde NHS Board area. A full explanation of the weighting method and the data sources used can be found in Appendix B. The breakdown of the final weighted dataset for the 580 East Renfrewshire interviews - and how this compares with the known population profile - is shown in Table 1.1.

**Table 1.1: Age and Gender Breakdown**

Base: 580

Age	Men (% of sample)	Women (% of sample)	Total (% of sample)	East Renfrewshire % of population (aged 16+)
16-24	7.6%	6.4%	14.0%	14.2%
25-34	5.1%	5.4%	10.5%	10.5%
35-44	8.0%	9.8%	17.7%	17.7%
45-54	9.7%	10.4%	20.1%	20.1%
55-64	7.4%	8.1%	15.5%	15.6%
65-74	5.2%	6.4%	11.5%	11.5%
75+	3.8%	6.6%	10.7%	10.4%

The Scottish Index of Multiple Deprivation (SIMD) 2006 is a relative measure of deprivation used to identify the most deprived areas in Scotland. It is constructed using 37 indicators within 7 'domains' (Income, Employment, Health, Education, Skills & Training, Geographic Access, Housing and Crime) each of which describes a specific aspect of deprivation. The SIMD is a weighted combination of these domains.

The SIMD is based on small geographical areas called datazones. The average population of a datazone is 750 and unlike previous deprivation measures, which were based on much larger geographies (e.g. postcode sectors, average population 5,000), they enable the identification of small pockets of deprivation. In order to compare the most deprived small areas with other cut-off points, the most deprived 15% datazones are used. There are 6,505 datazones in Scotland. They are ranked from 1 (most deprived) to 6,505 (least deprived). The NHSGGC area contains the most deprived datazone in Scotland and in total 48% of the most deprived 15% datazones in Scotland lie within it.

**Table 1.2: Most Deprived 15% Datazones Versus Other Datazones**

Base: All (580)

Group	% in sample	East Renfrewshire % of population (aged 16+)
Most deprived 15% datazones	1.5%	2.1%
Other datazones	95.8%	97.9%

## 1.3 This Report

Chapters 2-6 report on all the survey findings, with each subject chapter containing its own summary. For each indicator, tables are presented showing the proportion of the sample which met the criteria, with comparisons with the NHS Greater Glasgow & Clyde (NHSGGC)

area as a whole and with East Dunbartonshire, and also break-downs by demographic (independent) variables. Only comparisons with NHSGGC and East Dunbartonshire and independent variables which were found to be significantly different ( $p < 0.05$ ) are reported. The independent variables which were tested were:

- Gender; and
- Age group (16-44; 45-64; 65+).

Chapter 7 provides a summary of the differences for the findings for East Renfrewshire compared to East Dunbartonshire and the NHSGGC area as a whole.

## 2 People's Perceptions of Their Health & Illness

### 2.1 Chapter Summary

Table 2.1 below shows the indicators relating to perceptions of health and illness.

**Table 2.1: Indicators for Perceptions of Health and Illness (East Renfrewshire)**

Indicator	% of sample	Unweighted base (n)
Self-perceived health excellent or good (Q1)	77.0%	580
Positive perception of general physical wellbeing (Q53b)	78.8%	580
Positive perception of general mental or emotional wellbeing (Q53c)	86.7%	580
Positive perception of happiness (Q77)	89.1%	580
Feel definitely in control of decisions affecting daily life (Q78)	75.3%	575
Positive perception of quality of life (Q53a)	90.0%	580
Has long term illness/condition that interferes with daily life (Q3)	15.0%	574
Receiving treatment for at least one condition (Q2)	41.8%	573
Total number of conditions receiving treatment for (Q2):		573
0	58.2%	
1	26.5%	
2 or more	15.2%	
GHQ12 score of 4 or above (indicating poor mental health) (Q15)	12.8%	580
Have some/all of own teeth (Q12)	89.2%	579
Brushes teeth twice or more per day – based on those with some/all of own teeth	73.4%	475

More than three in four (77%) respondents had a positive perception of their general health. Those aged 65 or over and women were less likely to have a positive perception of their general health.

Four in five (79%) gave a positive perception of their physical wellbeing. Those aged 65 or over were less likely to do so.

Just under nine in ten (87%) had a positive perception of their mental or emotional wellbeing. Those aged 45-64 and women were less likely to have a positive perception of their mental/emotional wellbeing.

Nine in ten (89%) had a positive perception of their happiness.

Three in four (75%) felt definitely in control of the decisions affecting their daily life.

Nine in ten (90%) had a positive perception of their quality of life. Those aged 45 or over were less likely to have a positive perception of their quality of life.

One in seven (15%) respondents had a long-term limiting condition or illness. Those aged 45 or over were more likely to do so.

Two in five (42%) respondents were receiving treatment for at least one illness or condition. Those aged 65 or over were more likely to be in receipt of treatment.



One in eight (13%) had a GHQ12 score of four or more, indicating poor mental health. Those aged 45-64 and women were more likely to have a high GHQ12 score.

Nine in ten (89%) respondents had at least some of their natural teeth. Those and 65 or over were less likely to have any of their natural teeth.

Of those who had at least some of their natural teeth, 73% brushed their teeth twice or more per day. Men were less likely to do so.

2.2 Self-Perceived Health and Wellbeing

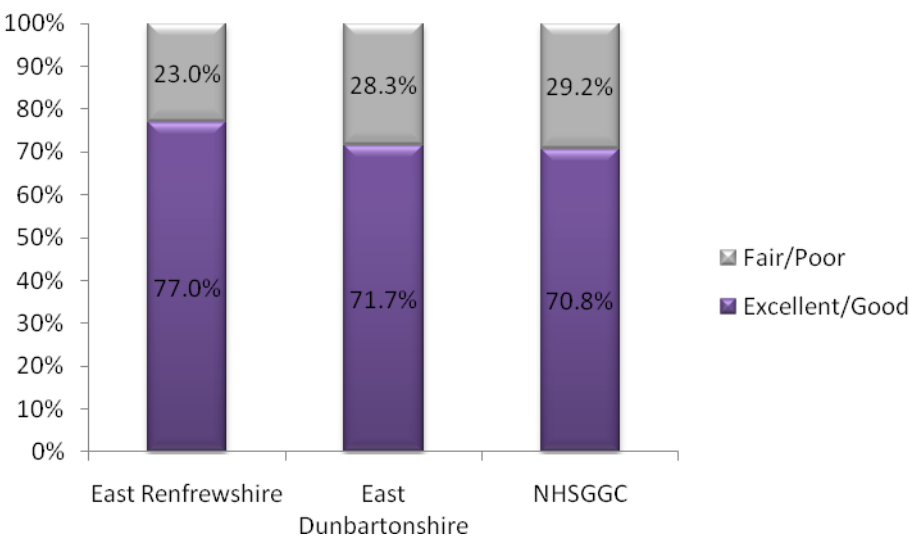
General Health

Respondents were asked to describe their general health over the last year on a four point scale (excellent, good, fair or poor). Overall, 77% gave a positive view of their health, with 19% saying their health was excellent and 58% saying their health was good. However, 23% gave a negative view of their health, with 16% saying their health was fair and 7% saying it was poor.

Comparison with East Dunbartonshire and NHS Greater Glasgow & Clyde Area

Those in East Renfrewshire were more likely than those in East Dunbartonshire or the NHSGGC area as a whole to have a positive view of their general health.

Figure 2.1: Self-Perceived General Health: East Renfrewshire, East Dunbartonshire and NHSGGC



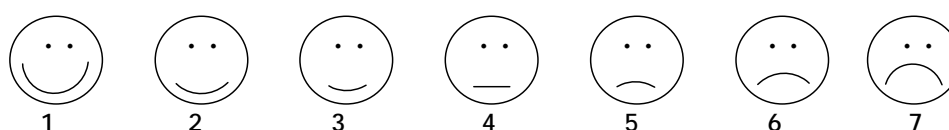
As Table 2.2 shows, those aged under 45 were more likely to have a positive view of their general health, and those aged 65 or over were least likely to have a positive view. Also, men were more likely than women to have a positive view of their general health.

**Table 2.2: Self-Perceived General Health (Q1) by Age and Gender**

	Excellent	Good	Fair	Poor	Excellent/ Good	Fair/ Poor	Unweighted base (n)
Age:							
16-44	28%	64%	6%	2%	93%	7%	147
45-64	13%	56%	18%	2%	69%	31%	216
65+	10%	49%	31%	10%	59%	41%	216
Men	21%	62%	11%	7%	82%	18%	206
Women	17%	55%	20%	8%	72%	28%	373
<b>All</b>	19%	58%	16%	7%	77%	23%	580

## Physical Wellbeing

Respondents were presented with a 7-point 'faces' scale, with the expressions on the faces ranging from very happy to very unhappy:



Using this scale, they were asked to rate their general physical well-being and general mental or emotional well-being. Those selecting any of the three 'smiling' faces (1-3) were categorised as having a positive perception.

In total, 79% of respondents gave a positive view of their physical wellbeing, using this scale.

Table 2.3 shows those under the age of 45 were more likely to have a positive perception of their physical wellbeing and those aged 65 or over were less likely to do so.

**Table 2.3: Positive Perception of Physical Wellbeing (Q53b) by Age**

	Positive Perception	Unweighted base (n)
Age:		
16-44	87%	147
45-64	75%	216
65+	70%	216
<b>All</b>	79%	580

## Mental or Emotional Wellbeing and Happiness

Using the 'faces' scale, 87% of respondents gave a positive view of their mental or emotional wellbeing.

Those aged 45-64 were less likely to have a positive view of their mental/emotional wellbeing. Men were more likely than women to have a positive view of their mental/emotional wellbeing. This is shown in Table 2.4.

**Table 2.4: Positive Perception of Mental/Emotional Wellbeing (Q53c) by Age and Gender**

	Positive Perception	Unweighted base (n)
Age:		
16-44	94%	147
45-64	79%	216
65+	85%	216
Men	91%	206
Women	83%	373
All	87%	580

Respondents were also asked to use the 'faces' scale to indicate how happy they are, taking everything into account. Nine in ten (89%) respondents gave a positive view of their happiness.

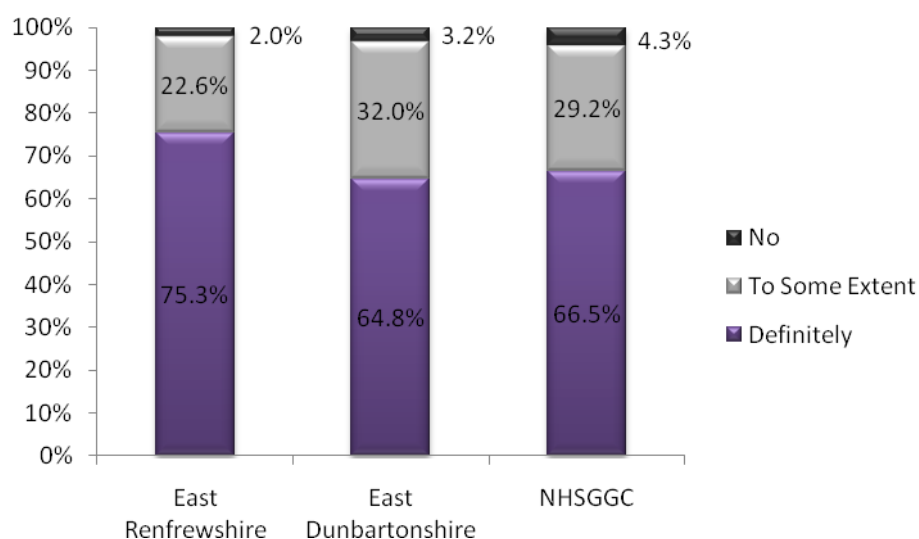
### Feeling in Control of Decisions Affecting Life

Respondents were asked whether they feel in control of decisions that affect their life, such as planning their budget, moving house or changing job. Three in four (75%) said that they 'definitely' feel in control of these decisions, while 23% said that they felt in control 'to some extent' and 2% did not feel in control of these decisions.

### Comparison with East Dunbartonshire and NHS Greater Glasgow & Clyde Area

Those in East Renfrewshire were more likely than those in East Dunbartonshire or the NHSGGC area as a whole to feel definitely in control of the decisions affecting their life.

**Figure 2.2: Whether Feel in Control of Decisions Affecting Life: East Renfrewshire, East Dunbartonshire and NHSGGC**



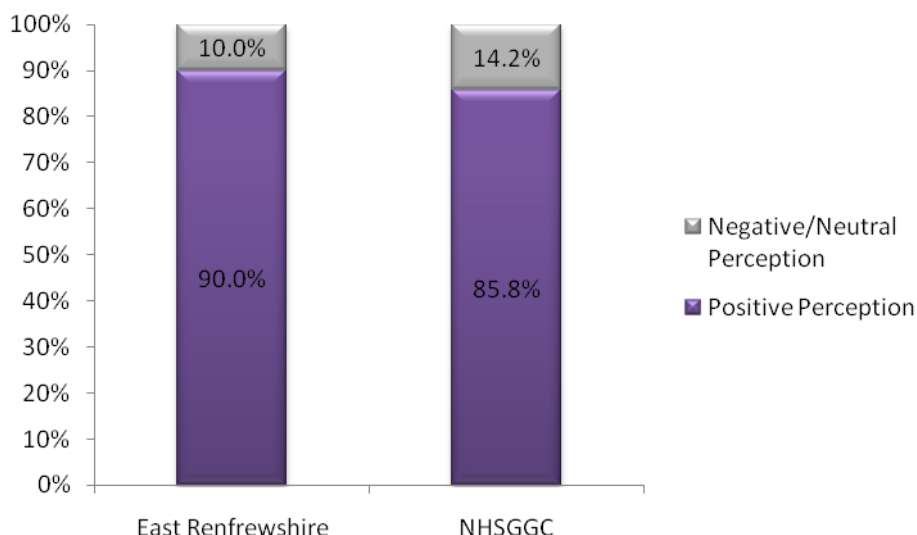
### 2.3 Self Perceived Quality of Life

Using the 'faces' scale, respondents were asked to rate their overall quality of life. Nine in ten (90%) respondents gave a positive rating of their quality of life.

#### Comparison with NHS Greater Glasgow & Clyde Area

Those in East Renfrewshire were more likely than those in the NHSGGC area as a whole to have a positive view of their quality of life.

**Figure 2.3: Perception of Quality of Life: East Renfrewshire and NHSGGC**



Those aged under 45 were more likely to have a positive perception of their quality of life. This is shown in Table 2.5.

**Table 2.5: Positive Perception of Quality of Life (Q53a) by Age**

	Positive Perception	Unweighted base (n)
Age:		
16-44	96%	147
45-64	85%	216
65+	87%	216
All	90%	580

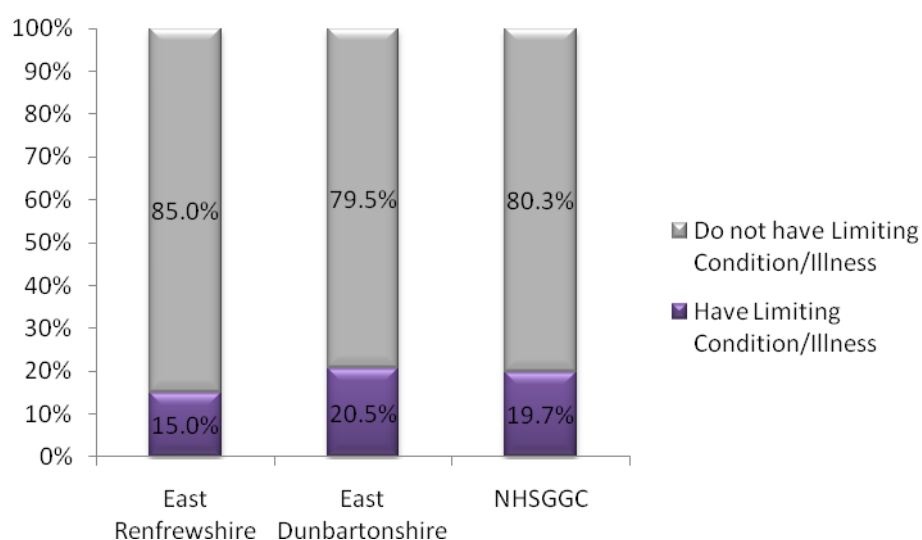
### 2.4 Illness

One in seven (15%) respondents said that they had a long-term condition or illness that substantially interfered with their day to day activities.

#### Comparison with East Dunbartonshire and NHS Greater Glasgow & Clyde Area

Those in East Renfrewshire were less likely than those in East Dunbartonshire or the NHSGGC area as a whole to have a limiting condition or illness. This is shown in Figure 2.4.

**Figure 2.4: Whether Have Limiting Long-Term Condition or Illness: East Renfrewshire, East Dunbartonshire and NHSGGC**



The likelihood of having a limiting condition or illness increased with age from 4% of those aged 16-44 to 26% of those aged 65 or over.

**Table 2.6: Limiting Long-Term Condition or Illness (Q3) by Age**

	Long-Term Condition/Illness	Unweighted base (n)
Age:		
16-44	4%	146
45-64	21%	213
65+	26%	214
All	15%	574

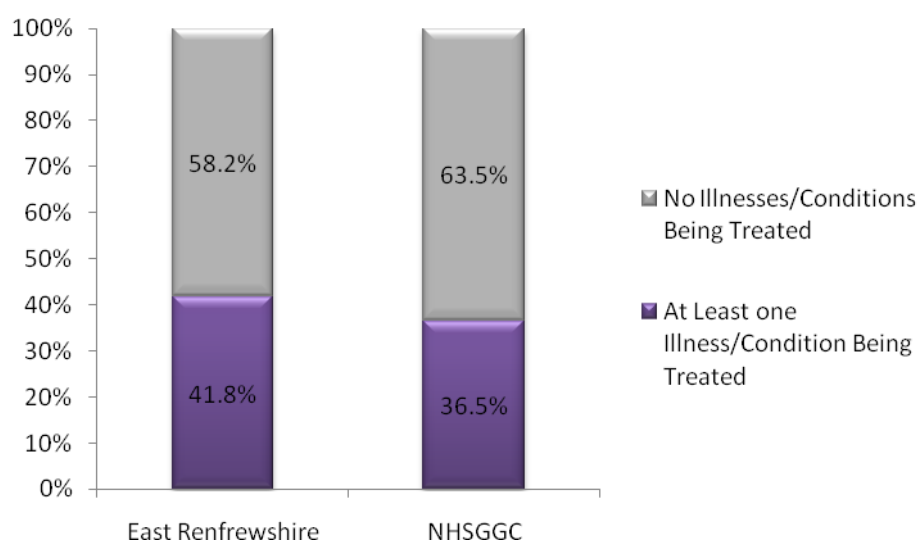
### Illnesses/Conditions for Which Treatment is Being Received

Two in five (42%) respondents were receiving treatment for at least one illness or condition.

### Comparison with NHS Greater Glasgow & Clyde Area

Those in East Renfrewshire were more likely than those in the NHSGGC area as a whole to be receiving treatment for at least one illness or condition.

**Figure 2.5: Whether Receiving Treatment for Illness/Condition: East Renfrewshire and NHSGGC**



The likelihood of being in receipt of treatment for at least one illness/condition rose with age – from 19% of those aged 16-44 to 64% of those aged 65 or over. This is shown in Table 2.7.

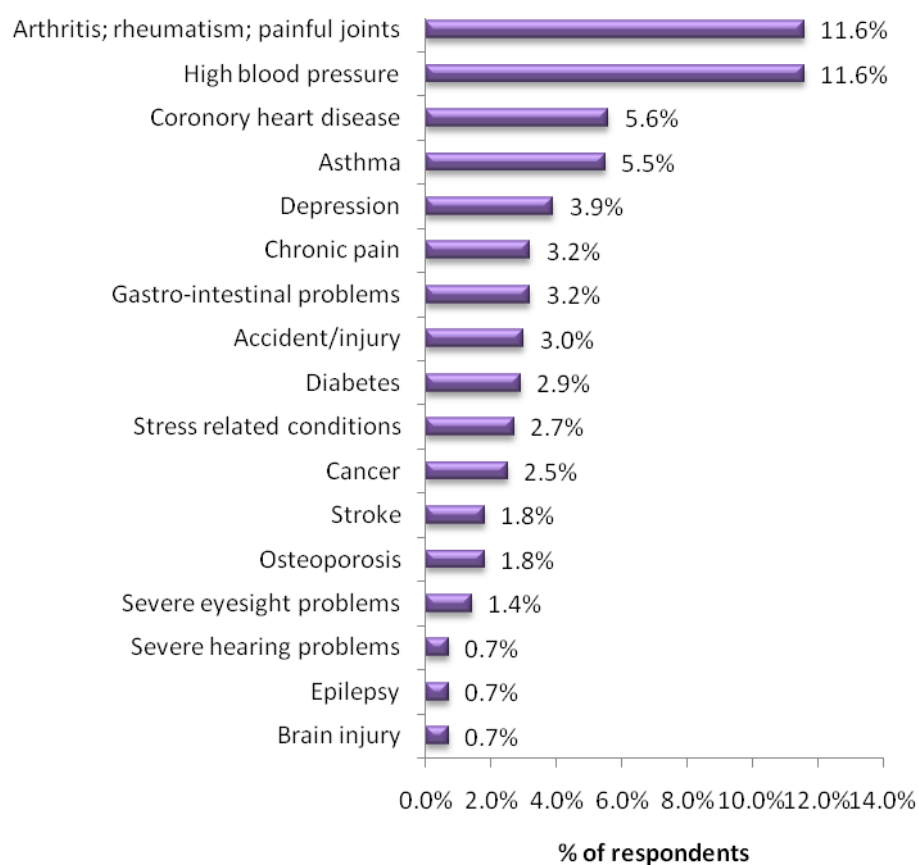
**Table 2.7: At Least One Illness/Condition Being Treated (Q2) by Age**

	Being Treated for Condition/Illness	Unweighted base (n)
<b>Age:</b>		
16-44	19%	146
45-64	55%	212
65+	64%	214
All	42%	573

Figure 2.6 below shows the proportion of respondents who were being treated for each type of illness/condition (for all those with a proportion of 0.5% or more).

The most common conditions being treated were arthritis/rheumatism/painful joints and high blood pressure, with 12 % of respondents receiving treatment for each of these conditions.

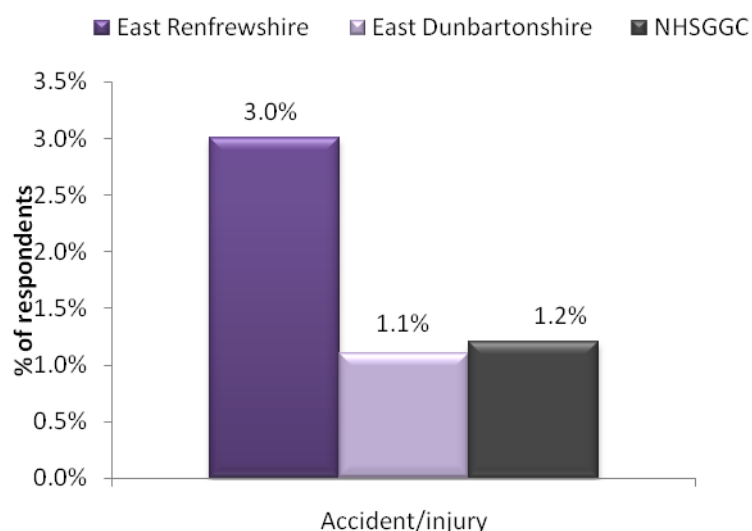
**Figure 2.6: Conditions/Illnesses for Which Treatment is Being Received (Q2)**



### **Comparison with East Dunbartonshire and NHS Greater Glasgow & Clyde Area**

Those in East Renfrewshire were more likely than those in East Dunbartonshire or the NHSGGC area as a whole to be receiving treatment for accident/injury. This is shown in Figure 2.7.

**Figure 2.7: Conditions/Illnesses Being Treated: East Renfrewshire, East Dunbartonshire and NHSGCC (all conditions showing a significant difference)**



## 2.5 Mental Health

### GHQ12 Scores

The survey used the General Health Questionnaire (GHQ) to assess the mental health of respondents. The GHQ was designed to be a self-administered questionnaire which could be used to detect psychiatric disorders in the general population. The version used for this survey is based on twelve questions (GHQ12) which ask respondents about their general level of happiness, depression, anxiety, self-confidence, and stress in the few weeks before the interview. Respondents were asked to complete the responses themselves. Interviewers recorded whether they actually did so, or whether they asked the interviewer to help.

Each respondent was given a score between 0 and 12, based on his/her responses to the 12 questions. The number of questions for which the respondent claimed to have experienced a particular symptom or type of behaviour 'more than usual' or 'much more than usual' over the past few weeks is counted, and the total is the score for that person. The higher the score, the greater the likelihood that the respondent has a psychiatric disorder.

The questions on the GHQ12 ask about changes from normal functioning but not about how long those changes have persisted. As a result, the GHQ detects psychiatric disorders of a range of durations, including those that may be of very short duration. This should be borne in mind when interpreting the results. The prevalence figures presented in this chapter estimate the percentages of the population with a possible psychiatric disorder at a particular point in time and are most useful for comparing sub-groups within the population. It is not possible to deduce the incidence of psychiatric disorders from these data.

A score of four or more on the GHQ12 has been used to identify those with a potential psychiatric disorder (and references to respondents with a 'high' GHQ12 score refer to those with scores at this level). This is the same method of scoring that is used in the Scottish Health Survey series.

Overall, 13% of respondents had a GHQ12 score of four or more, indicating poor mental health.



## Comparison with East Dunbartonshire

Those in East Renfrewshire were less likely than those in East Dunbartonshire to have a high GHQ12 score. This is shown in Figure 2.8.

**Figure 2.8: High GHQ12 Score: East Renfrewshire and East Dunbartonshire**



Those aged 45-64 were the most likely to have a high GHQ12 score. Women were more likely than men to have a high GHQ12 score. This is shown in Table 2.8.

**Table 2.8: High GHQ12 Score (Q15) by Age and Gender**

	GHQ12 score of 4 or more	Unweighted base (n)
<b>Age:</b>		
16-44	10%	147
45-64	18%	216
65+	10%	216
<b>Men</b>	9%	206
<b>Women</b>	16%	373
<b>All</b>	13%	580

## Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) Scores

The survey also used the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) to assess positive mental health (mental wellbeing). This uses 14 positively worded questions. Scores are derived by summing responses to each of the 14 questions on a 1-5 likert scale. Thus, the maximum score is 70 and the minimum score is 14. The scale is designed to allow the measurement of mean scores in population samples. The provisional mean score for the Scottish population is 50.7.

The overall mean WEMWBS score for respondents in East Renfrewshire was 50.9.

Those aged 45-64 tended to have lower WEMWBS scores, indicating poorer mental wellbeing.

**Table 2.9: Mean WEMWBS Score (Q16) by Age**

	Mean WEMWBS Score	Unweighted base (n)
<b>Age:</b>		
16-44	52.9	147
45-64	48.9	216
65+	50.4	216
<b>All</b>	50.9	508

## 2.6 Oral Health

### Proportion of Own Teeth

Respondents were asked what proportion of their teeth were their own. Nine in ten (89%) respondents said that they had all (64%) or some (25%) of their own teeth, while 11% had none of their own teeth.

The national target is for no more than 5% of 45-54 year olds to have none of their natural teeth by 2010. Responses indicate that this target is already met in East Renfrewshire, with 3% of 45-54 year olds having no natural teeth.

The proportion who had all or some of their natural teeth ranged from 60% of those aged 65 or over to 100% of those aged under 45.

**Table 2.10: Proportion of Own Teeth (Q12) by Age**

	All	Some	None	All/some	Unweighted base (n)
<b>Age:</b>					
16-44	93%	7%	0%	100%	147
45-64	57%	37%	6%	94%	216
65+	20%	40%	40%	60%	215
<b>All</b>	64%	25%	11%	89%	579

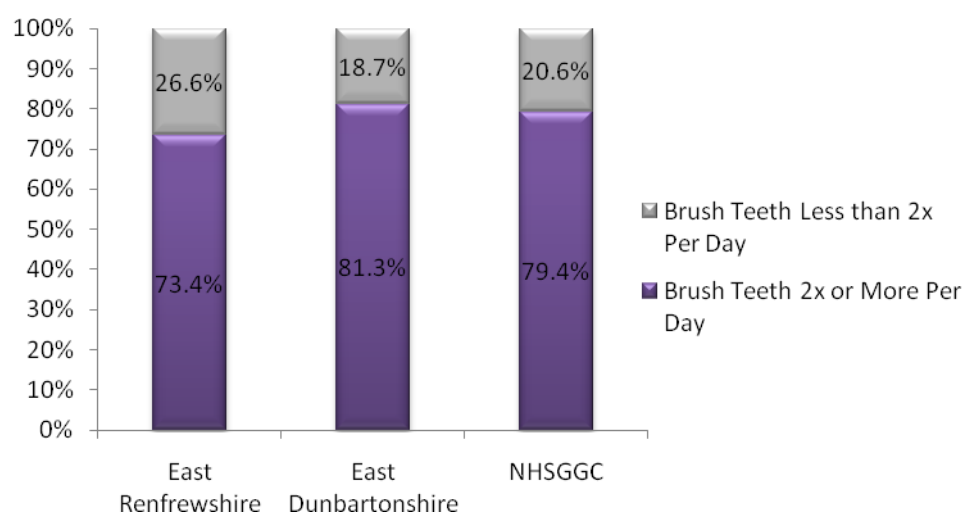
### Frequency of Brushing Teeth

Those with at least some of their own teeth were asked how often they brushed their teeth. In total 73% said they brushed their teeth at least twice a day.

### Comparison with East Renfrewshire and NHS Greater Glasgow & Clyde Area

Those in East Renfrewshire were less likely than those in East Dunbartonshire or the NHSGGC area as a whole to brush their teeth twice or more per day.

**Figure 2.9: Frequency Brush Teeth: East Renfrewshire, East Dunbartonshire and NHSGGC**



Women were more likely than men to brush their teeth at least twice a day. This is shown in Table 2.11.

**Table 2.11: Brushes Teeth Twice or More Per Day (Q13) by Gender**

	Brushes Teeth 2x or more per day	Unweighted base (n)
Men	67%	157
Women	79%	317
All	73%	475

## 3 The Use of Health Services

### 3.1 Chapter Summary

Table 3.1 provides the indicators relating to use of health services.

**Table 3.1: Indicators for Use of Health Services**

Indicator	% of sample	Unweighted base (n)
Seen a GP at least once in last year (Q6a)	80.9%	578
Outpatient to see doctor at least once in last year (Q7d)	28.5%	580
Accident and emergency at least once in last year (Q7c)	13.7%	580
Hospital stay in last year (q7e)	12.4%	580
Seen Pharmacist for health advice in last year (Q7a)	25.8%	580
Contacted NHS24 in last year (Q7b)	23.3%	580
Used GP out of hours service (GEMS) in last year (q7f)	5.5%	580
Been to the dentist within past six months (Q11)	56.2%	503
Registered with a dentist (Q9)	83.6%	580
Difficulty reaching hospital for an appointment (Q14d)	6.4%	450
Difficulty getting GP appointment (Q14a)	8.4%	556
Difficulty getting hospital appointment (Q14c)	18.8%	406
Difficulty getting GP consultation within 48 hours (Q14f)	11.5%	409
Difficulty accessing health services in an emergency (Q14b)	4.0%	404
Difficulty getting dentist appointment (Q14e)	4.7%	482
Someone in home suffered accidental injury in last year (Q17)	3.4%	580

Four in five (81%) respondents had seen a GP at least once in the last year. Those aged 65 or over and women were more likely to have seen a GP in the last year.

Just under three in ten (28%) respondents had visited a doctor at hospital as an outpatient in the last year. Those aged 45 or over were more likely to have done so.

One in seven (14%) had visited accident and emergency in the last year.

One in eight (12%) had been admitted to hospital in the last year. Those aged 45 or over were more likely to have been admitted to hospital.

One in four (26%) respondents had seen a pharmacist for health advice in the last year. Women were more likely to have done so.

Just under a quarter (23%) of respondents had contacted NHS24 in the last year. Those aged under 45 and women were more likely to have done so.

One in 25 (5%) had used the GP out of hours service in the last year.

Just under three in five (56%) had visited the dentist within the last six months. Those aged 65 or over were less likely to have done so.

More than four in five (84%) were registered with a dentist. Those aged 65 or over were less likely to be registered with a dentist.

One in 16 (6%) said it was difficult to reach hospital for an appointment. Those aged 65 or over were more likely to find this difficult.

One in 12 (8%) said it was difficult to get a GP appointment. Women were more likely to find this difficult.

One in five (19%) said it was difficult to get a hospital appointment.

One in nine (11%) said that it was difficult to get a GP consultation within 48 hours when needed.

One in 25 (4%) said that it was difficult to access health services in an emergency. Those aged 65 or over were more likely to find this difficult.

One in 20 (5%) said that it was difficult to get a dentist appointment.

One in 30 (3%) said that someone in their household had suffered an accidental injury at home in the last year.

### 3.2 Use of Specific Health Services

#### General Practitioners (GPs)

Overall, 81% of respondents had seen a GP at least once in the last year. Of those who had visited a GP, just over half (54%) had visited the GP either once (34%) or twice (20%) in the last year. The mean number of GP visits was 3.92.

Table 3.2 shows that those aged 65 or over were the most likely to have seen a GP in the last year and those aged under 45 were the least likely to have done so. Also, women were more likely than men to have seen a GP.

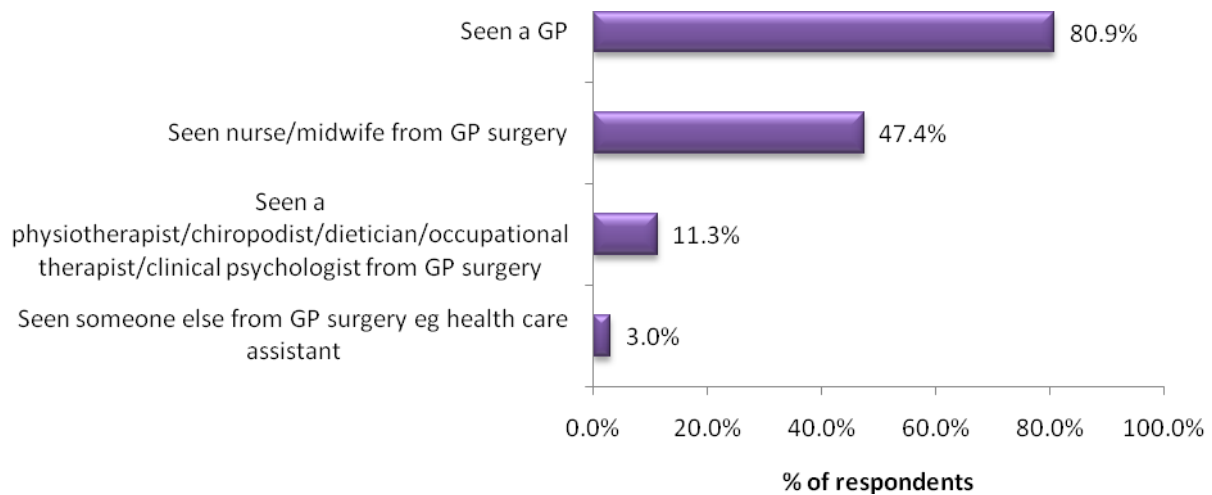
**Table 3.2: Seen GP at Least Once (Q6a) by Age and Gender**

	% seen GP at least once	Unweighted base (n)
Age:		
16-44	72%	147
45-64	85%	214
65+	91%	216
Men	76%	205
Women	85%	372
<b>All</b>	81%	578

#### Other Uses of GP Surgery

Figure 3.2 shows the extent of other uses of GP surgeries in the last year. In addition to the 81% of respondents who had seen a GP in the last year, 47% had seen a nurse or midwife from the GP surgery (mean number of visits was 2.30) and 11% had seen staff such as physiotherapist, chiropodist, dietician, occupational therapist or clinical psychologist (mean number of visits was 3.62). Also, 3% had seen some other type of staff at a GP surgery (mean number of visits was 4.73).

**Figure 3.1: Seen Specific GP Practice Staff in Last Year (Q6)**



### Outpatients

In total, 28% of respondents had visited a hospital outpatient department to see a doctor at least once in the last year. Of those who had made such a visit, the average number of outpatient visits in the last year was 2.07.

### Comparison with NHS Greater Glasgow & Clyde Area

Those in East Renfrewshire were more likely than those in the NHSGGC area as a whole to have visited hospital as an outpatient in the last year.

**Figure 3.2: Visited Doctor at Hospital Outpatient Department in Last Year: East Renfrewshire and NHSGGC**

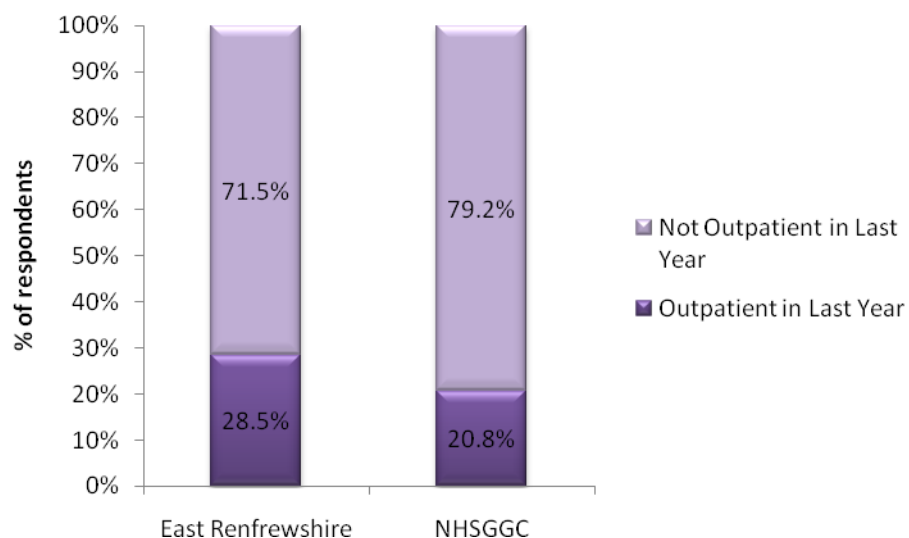


Table 3.3 shows that those aged under 45 were less likely than older respondents to have been an outpatient in the last year.

**Table 3.3: Visited Doctor at Hospital Outpatient Department in Last Year (Q7d) by Age**

	% been outpatient at least once	Unweighted base (n)
Age:		
16-44	17%	147
45-64	37%	216
65+	37%	216
<b>All</b>	<b>28%</b>	<b>580</b>

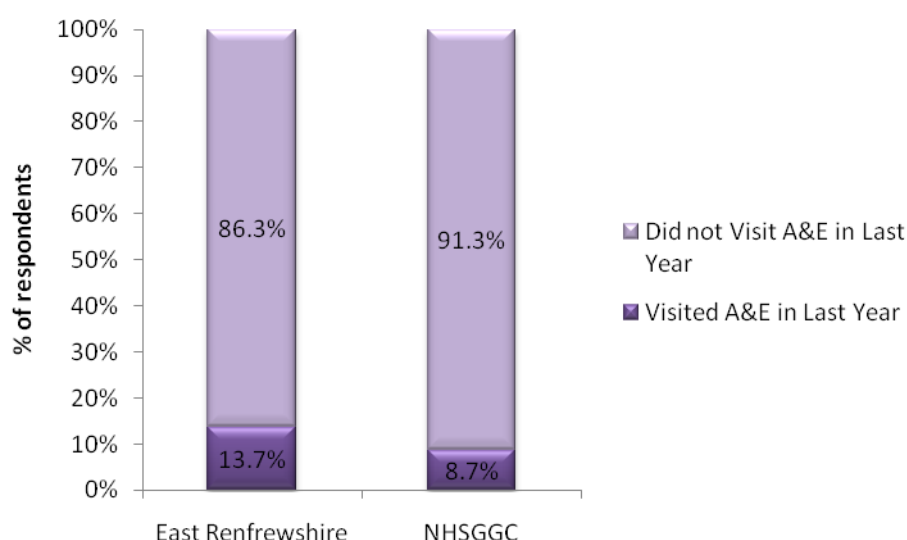
## Accident and Emergency

One in seven (14%) respondents had been to accident and emergency in the last year. Of those who had visited accident and emergency, 65% had been once in the last year and the mean number of visits was 1.59.

## Comparison with NHS Greater Glasgow & Clyde Area

Those in East Renfrewshire were more likely than those in the NHSGGC area as a whole to have visited accident and emergency in the last year.

**Figure 3.3: Whether Visited Accident & Emergency in Last Year: East Renfrewshire and NHSGGC**



## Hospital Admissions

One in eight (12%) respondents had been admitted to hospital at least once in the last year. Of those who had been admitted to hospital, 75% had been admitted once in the last year, and the mean number of admissions was 1.66.

Those aged under 45 were less likely than older respondents to have been admitted to hospital in the last year.

**Table 3.4: Admitted to Hospital in Last Year (Q7e) by Age**

	% admitted to hospital at least once	Unweighted base (n)
Age:		
16-44	7%	147
45-64	15%	216
65+	17%	216
<b>All</b>	12%	580

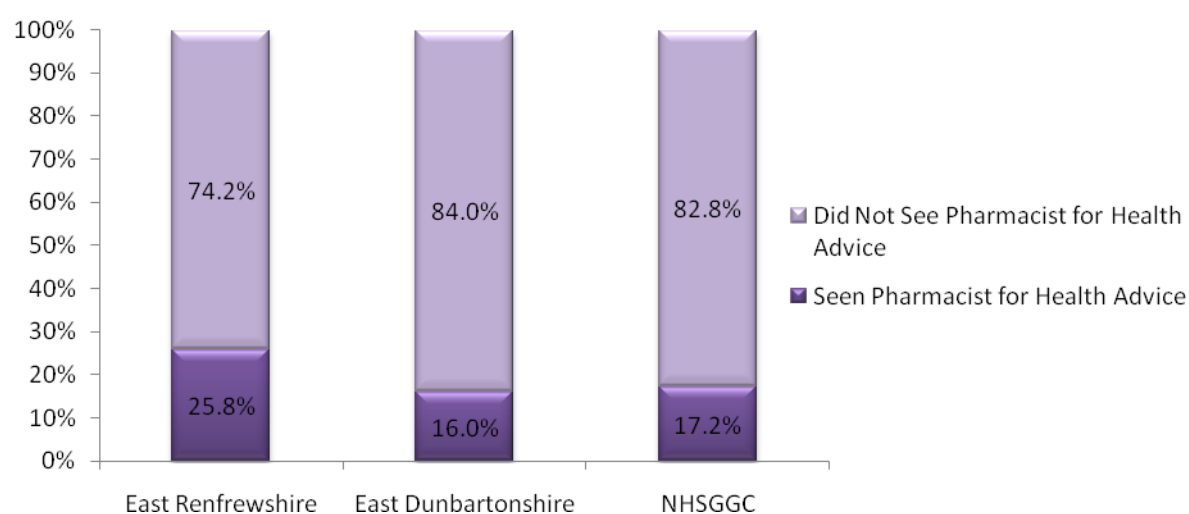
### Use of Pharmacy for Health Advice

One in four (26%) respondents had seen a pharmacist for health advice in the last year. Of those who had done so, 24% had done so only once, and the mean number of visits to the pharmacist was 2.47.

### Comparison with East Dunbartonshire and NHS Greater Glasgow & Clyde Area

Those in East Renfrewshire were more likely than those in East Dunbartonshire or the NHSGGC area as a whole to have seen a pharmacist for health advice in the last year.

**Figure 3.4: Seen Pharmacist for Health Advice in Last Year: East Renfrewshire, East Dunbartonshire and NHSGGC**



Women were more likely than men to have seen a pharmacist for health advice in the last year.



**Table 3.5: Seen Pharmacist for Health Advice (Q7a) by Gender**

	% seen pharmacist for health advice at least once	Unweighted base (n)
Men	22%	206
Women	30%	373
<b>All</b>	26%	580

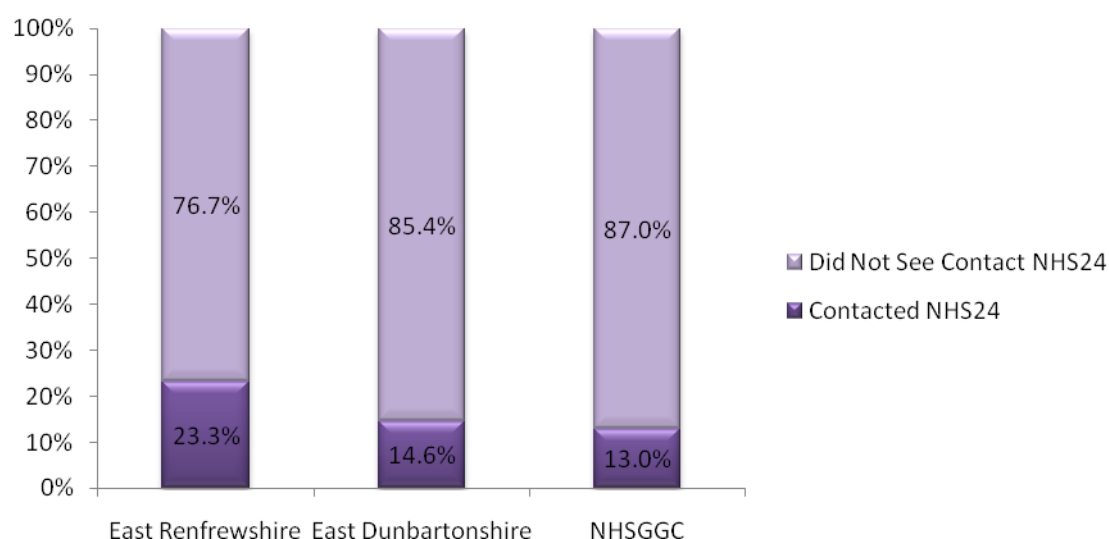
### Contacting NHS24

Just under a quarter (23%) respondents had contacted NHS24 at least once in the last year. Of those who had contacted NHS24, 78% had done so just once, and the mean number of contacts was 1.41.

### Comparison with East Dunbartonshire and NHS Greater Glasgow & Clyde Area

Figure 3.5 shows that those in East Renfrewshire were more likely than those in East Dunbartonshire or the NHSGGC area as a whole to have contacted NHS24 in the last year.

**Figure 3.5: Contacted NHS24 in Last Year: East Renfrewshire, East Dunbartonshire and NHSGGC**



Those aged under 45 were the most likely to have contacted NHS24 in the last year and those aged 65 or over were the least likely. Also, women were more likely than men to have contacted NHS24. This is shown in Table 3.6.

**Table 3.6: Contacted NHS24 in Last Year (Q7b) by Age and Gender**

	<b>% contacted NHS 24 at least once</b>	<b>Unweighted base (n)</b>
Age:		
16-44	33%	147
45-64	22%	216
65+	8%	216
Men	18%	206
Women	28%	373
<b>All</b>	23%	580

**Use of GP Out of Hours Service**

One in 25 (5%) respondents had used the GP out of hours service (GEMS) in the last year. Of those who had used the service, the mean number of visits was 1.81.

**Comparison with East Dunbartonshire and NHS Greater Glasgow & Clyde Area**

Those in East Renfrewshire were more likely than those in East Dunbartonshire or the NHSGGC area as a whole to have used the GP out of hours service in the last year (5% East Renfrewshire; 2% East Dunbartonshire; 3% NHSGGC).

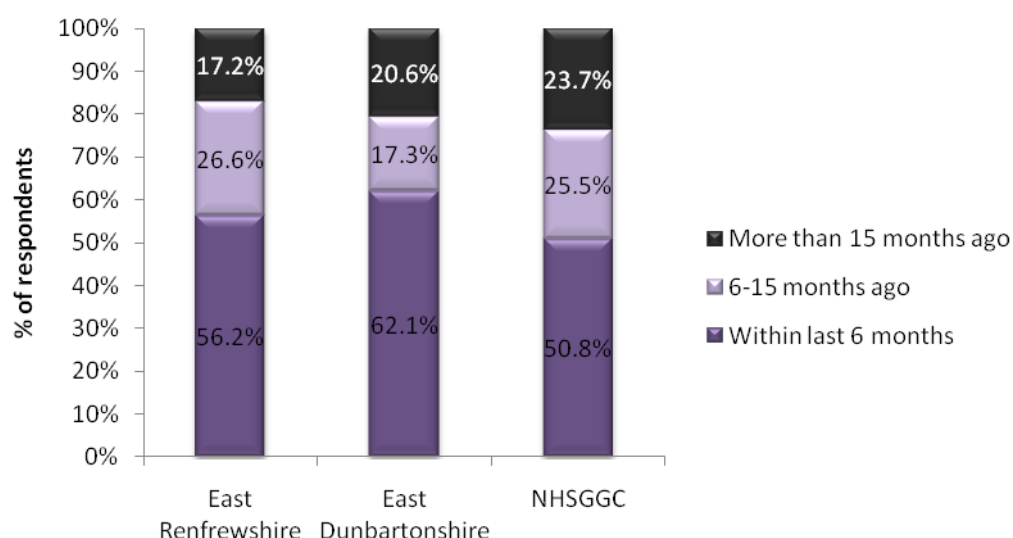
**3.3 Dental Services****Frequency of Visits to the Dentist**

Of those who were able to say when they last visited the dentist, 56% said that they had visited the dentist within the last six months, 27% had visited the dentist between six and 15 months ago, and 17% had last visited the dentist over 15 months ago.

**Comparison with East Renfrewshire and NHS Greater Glasgow & Clyde Area**

As Figure 3.6 shows, those in East Renfrewshire were more likely than those in the NHSGGC area as a whole to have visited the dentist within the last six months, but less likely than those in East Dunbartonshire to have done so.

**Figure 3.6: When Last Visited Dentist: East Renfrewshire, East Dunbartonshire and NHSGGC**



Those aged 65 or over were less likely to have visited the dentist within the last six months and more likely to have last visited more than 15 months ago.

**Table 3.7: When Last Visited the Dentist (Q11) by Age**

	Within Last Six Months	Within 6 – 15 months	More than 15 months Ago	Unweighted base (n)
Age:				
16-44	57%	30%	13%	141
45-64	59%	25%	16%	203
65+	48%	22%	29%	158
<b>All</b>	<b>56%</b>	<b>27%</b>	<b>17%</b>	<b>503</b>

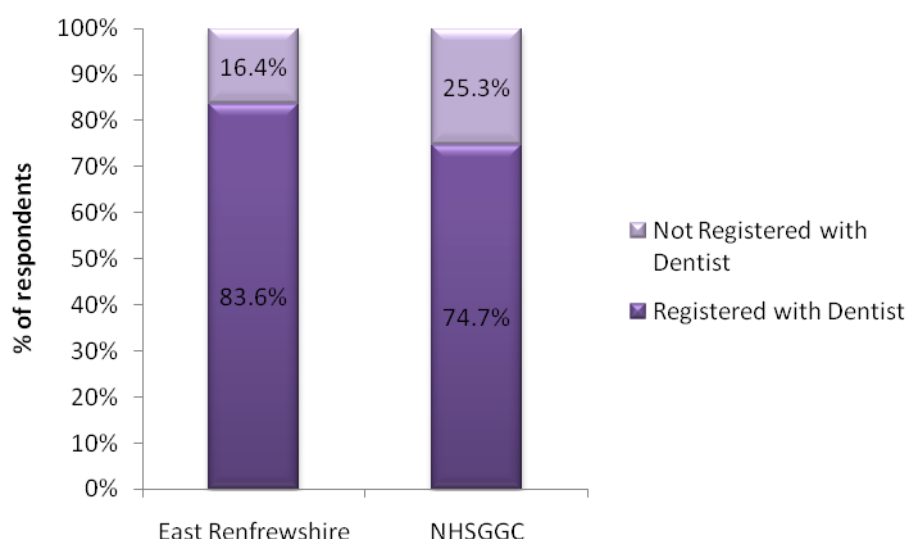
### Registration with a Dentist

More than four in five (84%) respondents said they were registered with a dentist. Of those who were registered with a dentist, 86% received NHS treatment while 14% received private treatment.

### Comparison with NHS Greater Glasgow & Clyde Area

Figure 3.7 shows that those in East Renfrewshire were more likely than those in the NHSGGC area as a whole to be registered with a dentist.

**Figure 3.7: Whether Registered with a Dentist: East Renfrewshire and NHSGGC**



Those aged 65 or over were least likely to be registered with a dentist. This is shown in Table 3.8.

**Table 3.8: Registered with a Dentist (Q9) by Age**

	Registered with a dentist	Unweighted base (n)
Age:		
16-44	88%	147
45-64	88%	216
65+	69%	216
All	84%	580

### 3.4 Involvement in Decisions Affecting Health Service Delivery

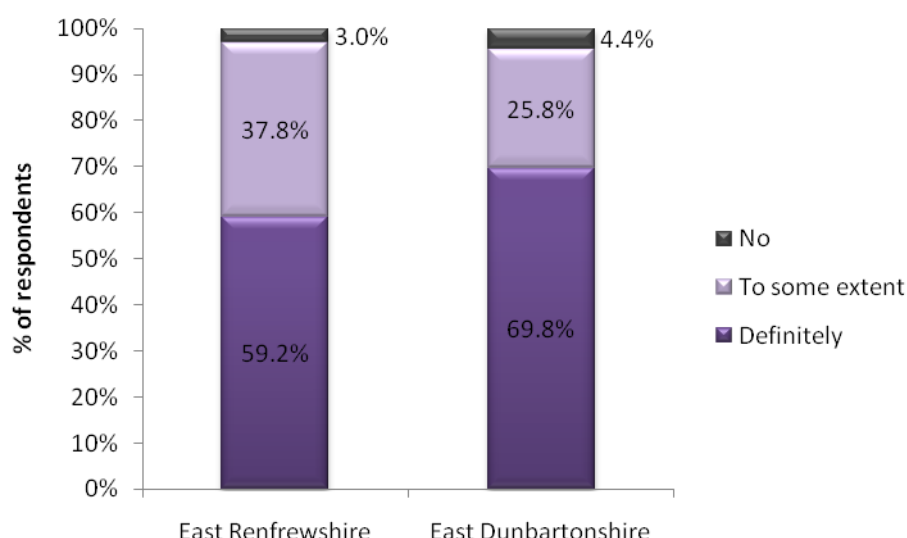
#### Information about Condition or Treatment

Of those who had accessed any health services over the last year, 59% felt that they had 'definitely' been given adequate information about their condition or treatment, 38% felt that they had 'to some extent', and 3% felt that they had not.

#### Comparison with East Dunbartonshire

Those in East Renfrewshire were less likely than those in East Dunbartonshire to feel they had definitely been given adequate information about their condition or treatment. This is shown in Figure 3.8.

**Figure 3.8: Whether Given Adequate Information about Condition or Treatment: East Renfrewshire and East Dunbartonshire**



### **Encouragement to Participate in Decisions Affecting Health or Treatment**

Four in five (80%) of those who had used health services in the last year felt that they had been encouraged to participate in decisions affecting their health or treatment either definitely (45%) or to some extent (35%).

### **Having a Say in How Health Services are Delivered**

Two in three (66%) of those who had used health services in the last year felt that they had had a say in how these services are delivered, either definitely (29%) or to some extent (37%).

### **Feel that Views and Circumstances are Understood and Valued**

Of those who had used health services in the last year, 85% felt that their views and circumstances were understood and valued, either definitely (40%) or to some extent (45%).

## **3.5 Accessing Health Services**

Respondents were asked on a scale of 1 to 5, (1 being 'very difficult' and 5 being 'very easy') how easy or difficult it was to access a number of specific health services. The tables in this section have categorised responses so that 1 and 2 are 'difficult', 3 is 'neither difficult nor easy', and 4 and 5 are 'easy'.

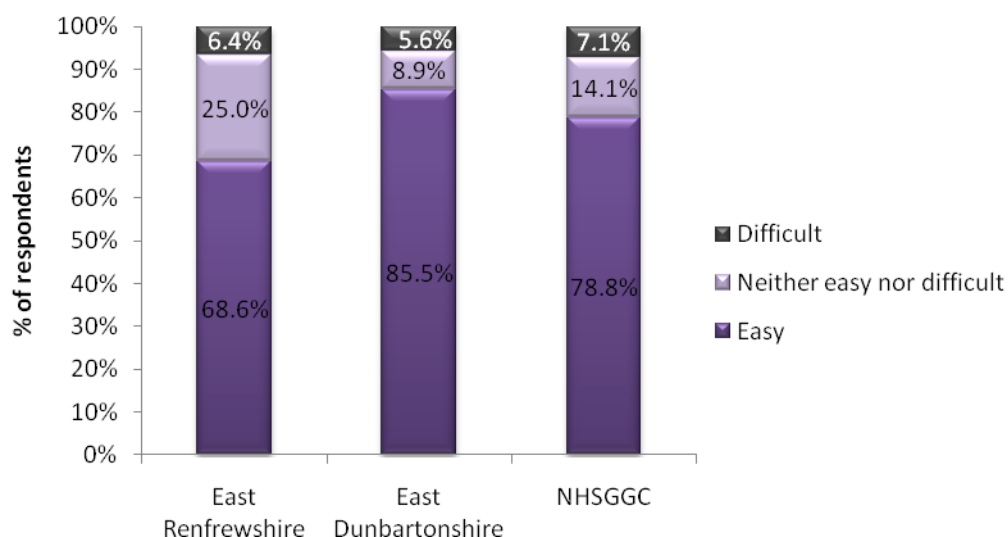
### **Traveling to Hospital for an Appointment**

In total, 69% of respondents indicated that they found it easy to travel to hospital for an appointment, while 25% found it neither difficult nor easy and 6% found it difficult.

### **Comparison with East Dunbartonshire and NHS Greater Glasgow & Clyde**

Those in East Renfrewshire were less likely than those in East Dunbartonshire or the NHSGGC area as a whole to say that it was easy to reach hospital for an appointment.

**Figure 3.9: Difficulty/Ease of Travelling to Hospital for an Appointment: East Renfrewshire, East Dunbartonshire and NHSGGC**



Those aged 65 or over were less likely than others to find it easy to reach hospital for an appointment.

**Table 3.9: Difficulty/Ease of Travelling to Hospital for Appointment (Q14d) by Age**

	Difficult	Neither/ nor	Easy	Unweighted base (n)
Age:				
16-44	7%	19%	75%	109
45-64	6%	26%	69%	161
65+	8%	34%	57%	179
<b>All</b>	6%	25%	69%	450

### Getting a GP appointment

One in 12 (8%) respondents said that it was difficult to obtain an appointment to see their GP, 25% said that it was neither easy nor difficult and 66% said that it was easy.

### Comparison with East Renfrewshire and NHS Greater Glasgow & Clyde Area

Figure 3.10 shows that those in East Renfrewshire were less likely than those in the NHSGGC area as a whole to say that it was easy to get a GP appointment, but less likely than those in East Dunbartonshire to say that it was difficult to get a GP appointment.

**Figure 3.10: Difficulty/Ease of Getting Appointment to see GP: East Renfrewshire, East Dunbartonshire and NHSGGC**

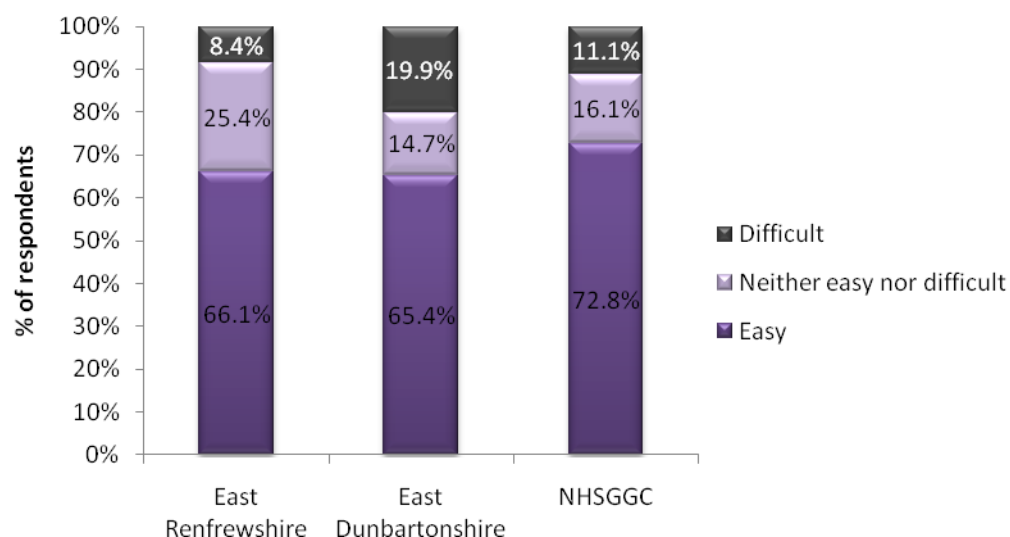


Table 3.10 shows that women were more likely than men to say that it was difficult to get a GP appointment.

**Table 3.10: Difficulty/Ease of Obtaining GP Appointment (Q14a) by Gender**

	Difficult	Neither/ nor	Easy	Unweighted base (n)
Men	5%	24%	71%	197
Women	11%	26%	62%	358
<b>All</b>	8%	25%	66%	556

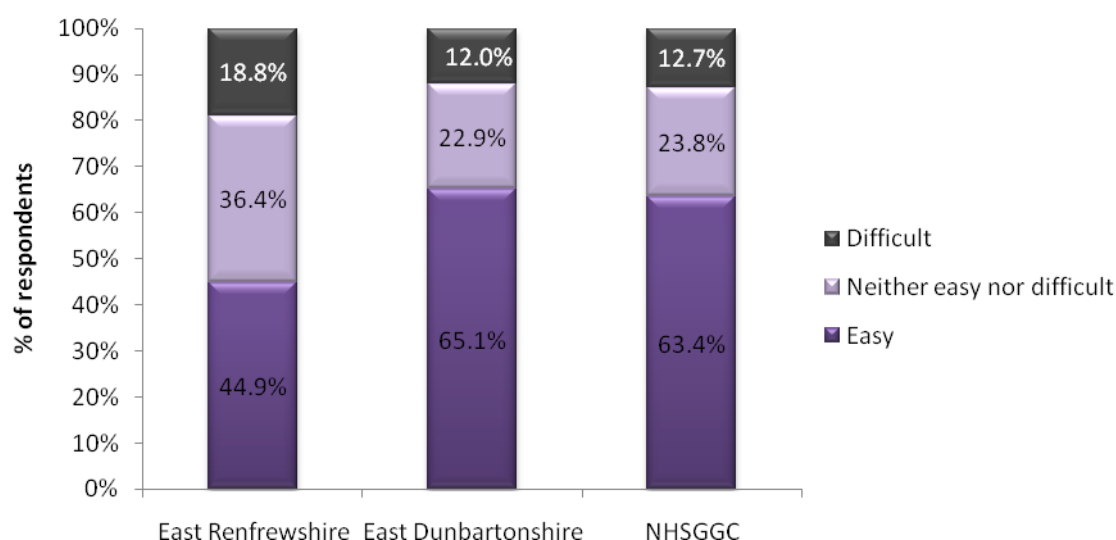
### Obtaining an Appointment at the Hospital

One in five (19%) respondents said that it was difficult to obtain a hospital appointment, 36% said that it was neither easy nor difficult and 45% said that it was easy.

### Comparison with East Dunbartonshire and NHS Greater Glasgow & Clyde Area

Those in East Renfrewshire were more likely than those in East Dunbartonshire or the NHSGGC area as a whole to say it was difficult to obtain a hospital appointment.

**Figure 3.11: Difficulty/Ease of Getting Appointment at the Hospital: East Renfrewshire, East Dunbartonshire and NHSGCC**



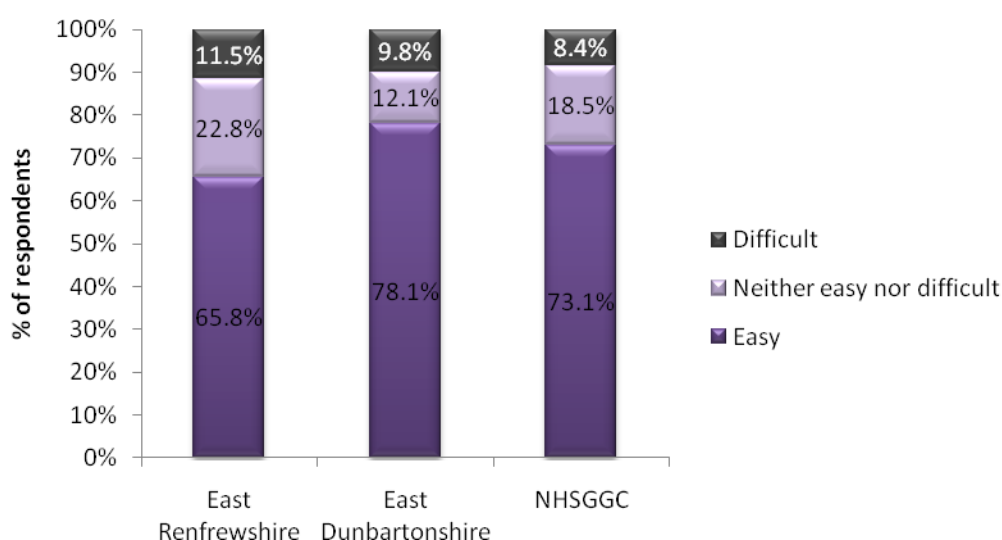
### Getting a Consultation at GP Surgery within 48 Hours

Respondents were asked how easy or difficult it was to get a consultation with someone at their GP surgery within 48 hours when needed. Overall, 66% said that it was easy, 23% said that it was neither easy nor difficult and 11% said that it was difficult.

### Comparison with East Dunbartonshire and NHS Greater Glasgow & Clyde

Those in East Renfrewshire were less likely than those in East Dunbartonshire or the NHSGCC area as a whole to say that it was easy to get a GP consultation within 48 hours when needed.

**Figure 3.12: Difficulty/Ease of Getting Consultation at GP Surgery within 48 Hours: East Renfrewshire, East Dunbartonshire and NHSGCC**





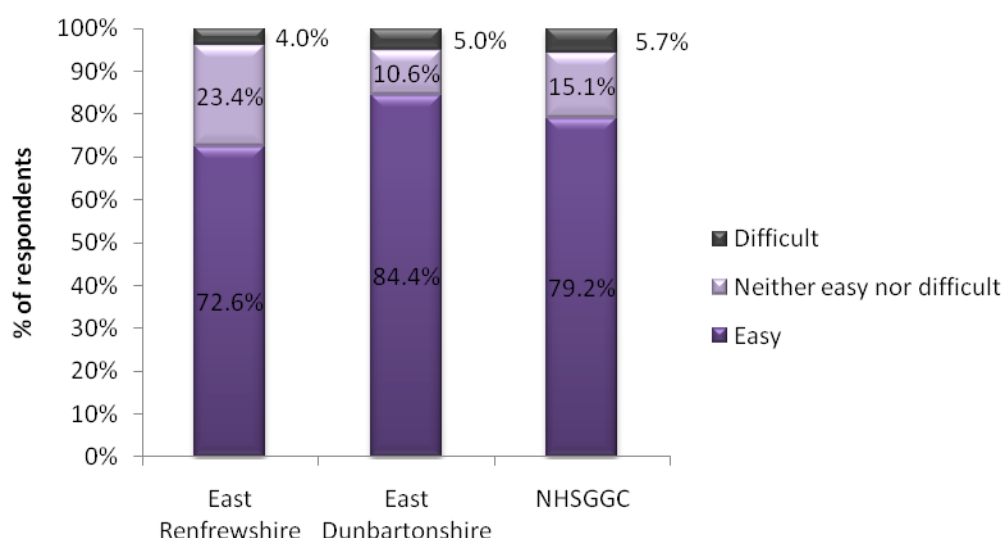
## Accessing Health Services in an Emergency

One in 25 (4%) said it was difficult to access health services in an emergency; 23% said it was neither easy nor difficult and 73% said it was easy.

## Comparison with East Dunbartonshire and NHS Greater Glasgow & Clyde

Those in East Renfrewshire were less than those in East Dunbartonshire or the NHSGGC area as a whole to say that it was easy to access health services in an emergency.

**Figure 3.13: Difficulty/Ease of Accessing Health Services in an Emergency: East Renfrewshire, East Dunbartonshire and NHSGGC**



Those aged under 45 were more likely than older respondents to find it easy to access health services in an emergency. Those aged 65 or over were more likely than younger respondents to find this difficult.

**Table 3.11: Difficulty/Ease of Accessing Health Services in an Emergency (Q14b) by Age**

	Difficult	Neither/ nor	Easy	Unweighted base (n)
Age:				
16-44	2%	18%	80%	109
45-64	5%	28%	68%	134
65+	6%	29%	65%	160
<b>All</b>	<b>4%</b>	<b>23%</b>	<b>73%</b>	<b>404</b>

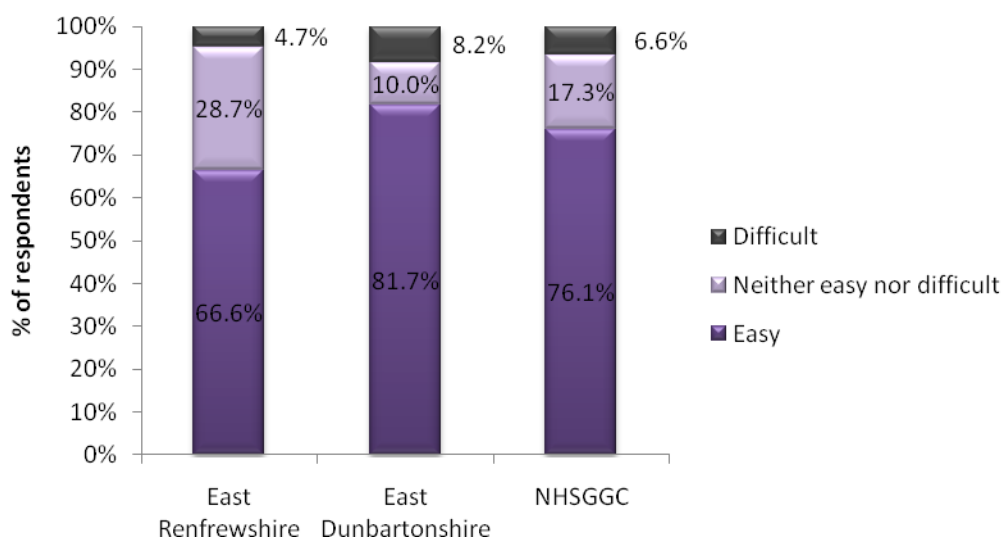
## Getting an Appointment to See the Dentist

Two in three (67%) respondents said that it was easy to get an appointment to see the dentist, while 29% said that it was neither easy nor difficult and 5% said that it was difficult.

## Comparison with East Dunbartonshire and NHS Greater Glasgow & Clyde Area

Those in East Renfrewshire were less likely than those in East Dunbartonshire or the NHSGGC area as a whole to say that it was easy to get an appointment to see the dentist.

**Figure 3.14: Difficulty/Ease of Getting Dentist Appointment: East Renfrewshire, East Dunbartonshire and NHSGGC**



### 3.6 Accidents in the Home

Respondents were asked whether in the past year anyone in their household had suffered an accidental injury in the home. One in 30 (3%) said that this had happened in the last year.

## 4 Health Behaviours

### 4.1 Chapter Summary

Table 4.1 shows the core indicators relating to health behaviours.

**Table 4.1: Indicators for Health Behaviours**

Indicator	% of sample	Unweighted base (n)
Exposed to second hand smoke most or some of the time (Q21)	24.2%	580
Current smoker (Q22)	20.3%	580
Heavily addicted smoker (smoking 20 or more cigarettes per day), based on all smokers	35.7%	109
Exceeds recommended limits for weekly units of alcohol (based on all respondents) (Q29)	8.6%	552
Exceeds recommended limits for weekly units of alcohol (based on all those who drank at all in the past week) (Q29)	17.0%	247
Binge drinker in the past week (based on all respondents) (Q29)	16.0%	556
Binge drinker in the past week (based on all those who drank at all in the past week) (Q29)	31.7%	251
Takes at least 30 minutes of moderate exercise 5 or more times per week OR takes at least 20 minutes of vigorous exercise 3 or more times per week (Q43-Q47)	50.5%	580
Participated in at least one sport in the last week (Q48 & Q49)	52.1%	577
Consumes 5 or more portions of fruit/vegetables per day (Q32 & Q33)	37.4%	580
Consumes breakfast every day (Q38)	79.8%	571
Consumes at least 2 portions of oily fish per week (Q36)	19.2%	578
Consumes at least 2 portions of high fat snacks per day (Q34)	25.5%	580
Consumes at least 5 slices of bread per day (Q35)	5.6%	580
Eat takeaway food every week (Q37)	20.2%	580
Body Mass Index of 25 or over (Q41 & Q42)	50.8%	554
More than 1 of the following 5 'unhealthy' behaviours: smoking, BMI of 25+, not meeting recommended levels of physical activity, not meeting the recommended fruit/veg consumption, binge drinking	64.1%	530
More than 1 of the following 5 'healthy' behaviours: non-smoker, within normal BMI range (18.5-24.99), meet the physical activity recommendations, eat 5 or more portions of fruit/veg per day, drink within safe limits/not at all	93.8%	480

A quarter (24%) of respondents said they were exposed to second hand smoke most or some of the time. Those aged under 65 and men were more likely to be exposed most or some of the time.

One in five (20%) respondents were smokers. Those aged under 45 and men were more likely to be smokers.

Just over a third (36%) of smokers were heavily addicted (i.e. smoked 20 or more cigarettes per day).

One in 11 (9%) respondents exceeded the recommended weekly limit for alcohol consumption. Those aged 45-64 were more likely to do so.

One in six (16%) had been binge drinkers in the previous week. Those aged under 45 and men were more likely to have been binge drinkers.

Half (51%) met the target for physical activity. Those aged 65 or over and women were less likely to do so.

Half (52%) of respondents had participated in a sport in the previous week. Those aged 65 or over and women were less likely to have done so.

Just under two in five (37%) respondents met the target of consuming five or more portions of fruit/vegetables per day.

Four in five (80%) ate breakfast every day. Those aged under 45 were less likely to do so.

One in five (19%) met the target of eating two or more portions of oily fish per week.

One in four (26%) respondents exceeded the recommended daily limit of one high fat and sugary snack per day.

One in 18 (6%) met the target of consuming five or more slices (or equivalent) of bread per day. Women were less likely to do so.

One in five (20%) ate fast food takeaways at least once a week. Those aged under 45 were more likely to do so.

Half (51%) of respondents had a body mass index which indicated that they were overweight or obese. Those aged 45-64 were more likely to be overweight/obese.

## **4.2 Smoking**

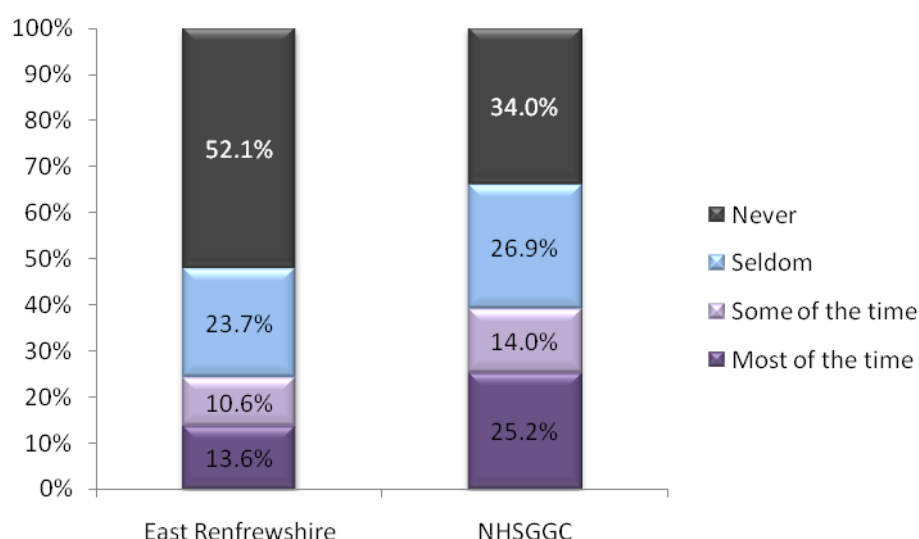
### **Exposure to Second Hand Smoke**

Respondents were asked how often they were in places where there is smoke from other people smoking tobacco. A quarter (24%) said that this happened most of the time (14%) or some of the time (11%). A further 24% said that they were seldom exposed to second hand smoke and 52% said that they never were.

### **Comparison with NHS Greater Glasgow & Clyde Area**

Those in East Renfrewshire were less likely than those in the NHSGGC area as a whole to say they were exposed to second hand smoke most or some of the time (24% East Renfrewshire; 39% NHSGGC).

**Figure 4.1: Exposure to Second Hand Smoke: East Renfrewshire and NHSGGC**



Those aged under 65 were more likely than older respondents to be exposed to second hand smoke most or some of the time. Also, men were more likely than women to be exposed to second hand smoke most of the time. This is shown in Table 4.2.

**Table 4.2: Exposure to Second Hand Smoke (Q21) by Age and Gender**

	Most of the time	Some of the time	Seldom	Never	Most/some of the time	Unweighted base (n)
Age:						
16-44	16%	12%	22%	50%	28%	147
45-64	14%	12%	24%	50%	26%	216
65+	8%	6%	26%	60%	14%	216
Men	19%	10%	23%	48%	29%	206
Women	9%	11%	25%	56%	19%	373
<b>All</b>	14%	11%	24%	52%	24%	580

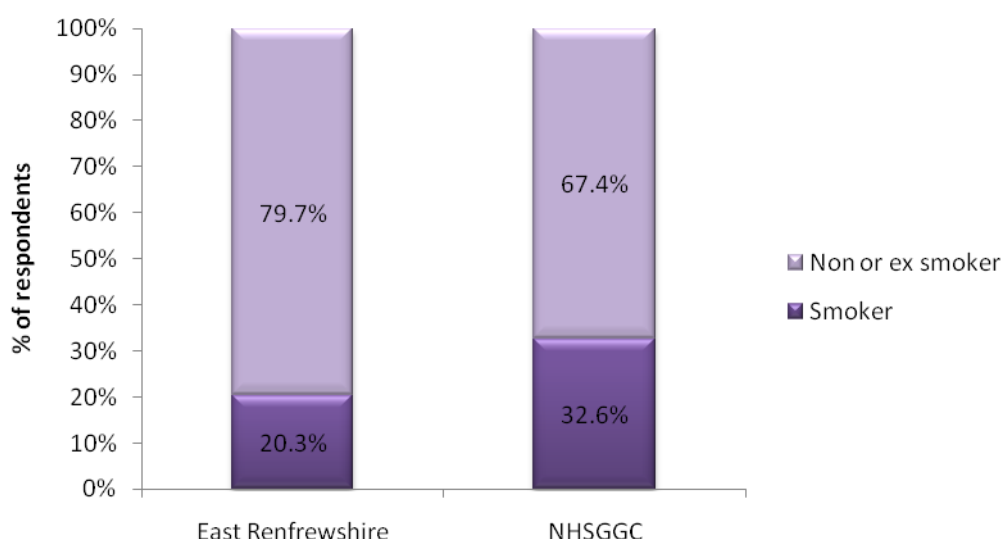
### Smokers

One in five (20%) respondents were smokers, smoking either every day (19%) or some days (2%).

### Comparison with NHS Greater Glasgow & Clyde Area

Those in East Renfrewshire were less likely than those in the NHSGGC area as a whole to be smokers.

**Figure 4.2: Smoking Status: East Renfrewshire and NHSGGC**



Those aged under 45 were most likely to be smokers and those aged 65 or over were the least likely. Men were more likely than women to be smokers. This is shown in Table 4.3.

**Table 4.3: Proportion of Current Smokers (Q22) by Age and Gender**

	Current smoker	Unweighted base (n)
Age:		
16-44	24%	147
45-64	21%	216
65+	12%	216
Men	25%	206
Women	15%	373
All	20%	580

### Heavily Addicted Smokers

Just over of third (36%) of smokers were 'heavily addicted smokers' i.e. smoking 20 or more cigarettes per day.

### Comparison with East Dunbartonshire and NHS Greater Glasgow & Clyde Area

Among smokers, those in East Renfrewshire were less likely than those in East Dunbartonshire or the NHSGGC area as a whole to smoke 20 or more cigarettes per day (36% East Renfrewshire; 60% East Dunbartonshire; 47% NHSGGC).

### Intention to Stop Smoking

Just under half (46%) of smokers said that they intend to stop smoking.

### 4.3 Drinking

#### Frequency of Drinking Alcohol

One in four (26%) respondents said that they never drank alcohol, 32% drank alcohol sometimes (but less than weekly) and 42% drank alcohol at least once a week (including 13% who drank alcohol on three or more days per week).

#### Comparison with East Dunbartonshire and NHS Greater Glasgow & Clyde Area

Compared to those in the NHSGGC area as a whole, those in East Renfrewshire were more likely to drink alcohol weekly and less likely to say that they never drank alcohol. However, those in East Renfrewshire were less likely than those in East Dunbartonshire to drink alcohol weekly.

**Figure 4.3: Frequency Drink Alcohol: East Renfrewshire, East Dunbartonshire and NHSGGC**

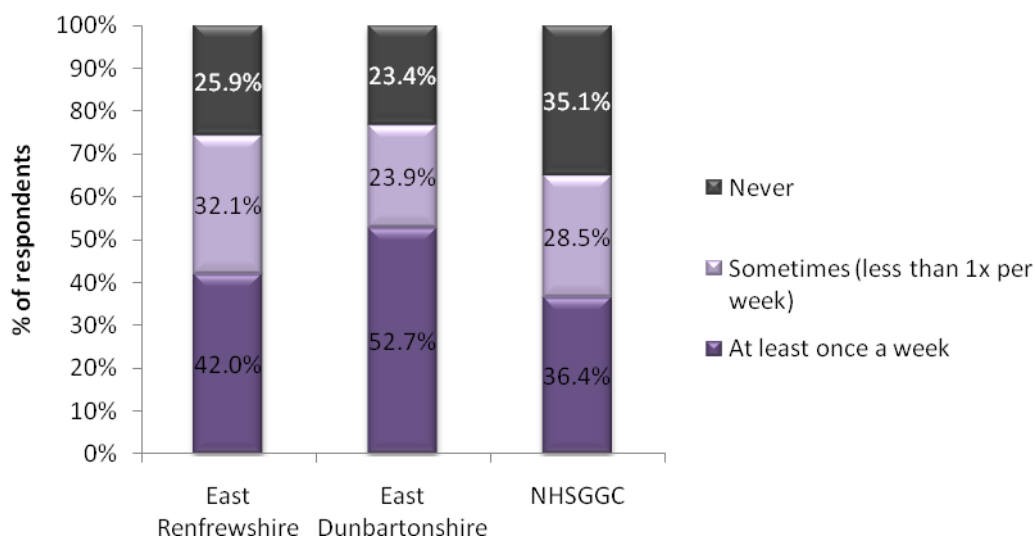


Table 4.4 shows that those aged 65 or over were less likely to drink alcohol weekly. Also, men were more likely than women to drink alcohol weekly.

**Table 4.4: Frequency Drink Alcohol (Q27) by Age and Gender**

	Never	Less than weekly	At least once a week	Unweighted base (n)
Age:				
16-44	19%	37%	44%	147
45-64	28%	26%	46%	215
65+	35%	34%	31%	216
Men	24%	29%	47%	205
Women	28%	35%	37%	373
<b>All</b>	26%	32%	42%	579

#### Alcohol Consumption in Previous Week

Respondents were asked whether they had had a drink containing alcohol in the past seven days. Just over half (53%) of all respondents said they had drunk alcohol in the past week (therefore slightly more than the 42% who had said they drank alcohol weekly).

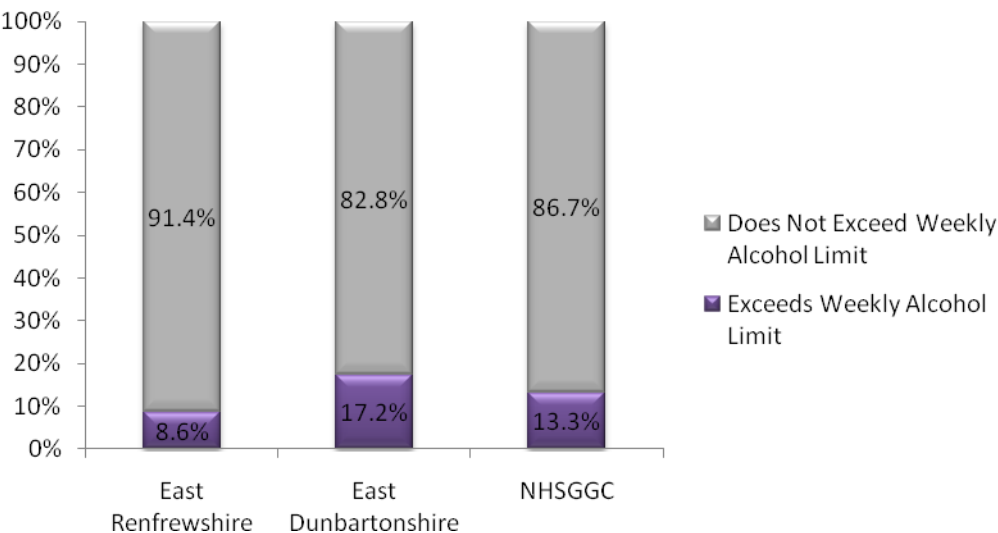
Respondents were asked how many of each type of drink they had consumed on each of the past seven days. Responses were used to calculate the total units of alcohol consumed on each day, and a total number of units for the week. For the 2008 survey, in calculating the number of units, new assumptions were applied for the number of units in each type of drink. Appendix D shows the assumptions of units in each type of drink for both the current survey and for the 2005 survey. The data presented here show indicators for both the new unit measures and the old unit measures for comparison.

The recommended weekly limit for alcohol consumption is 21 units per week for men and 14 units per week for women. Using the new unit measures, 9% of all respondents exceeded their weekly limit. This equates to 17% of all those who had drunk alcohol in the last week.

**Comparison with East Dunbartonshire and NHS Greater Glasgow & Clyde Area**

Those in East Renfrewshire were less likely than those in East Dunbartonshire or the NHSGGC area as a whole to have exceeded the recommended weekly alcohol limit in the previous week.

**Figure 4.4: Whether Exceed Weekly Alcohol Limit: East Renfrewshire, East Dunbartonshire and NHSGGC**



Those aged 65 or over were the least likely to exceed the recommended weekly limit for alcohol consumption, and those aged 45-64 were the most likely.



**Table 4.5: Proportion Exceeding Recommended Weekly Limits for Alcohol (old new and old unit measures) (Q29) by Age**

	Exceeds Weekly Limit (new measures)	Exceeds Weekly Limit (old measures)	Unweighted base (n)
Age:			
16-44	7%	4%	140
45-64	13%	6%	203
65+	5%	2%	208
All	9%	4%	552

## Binge Drinking

Binge drinkers were defined as:

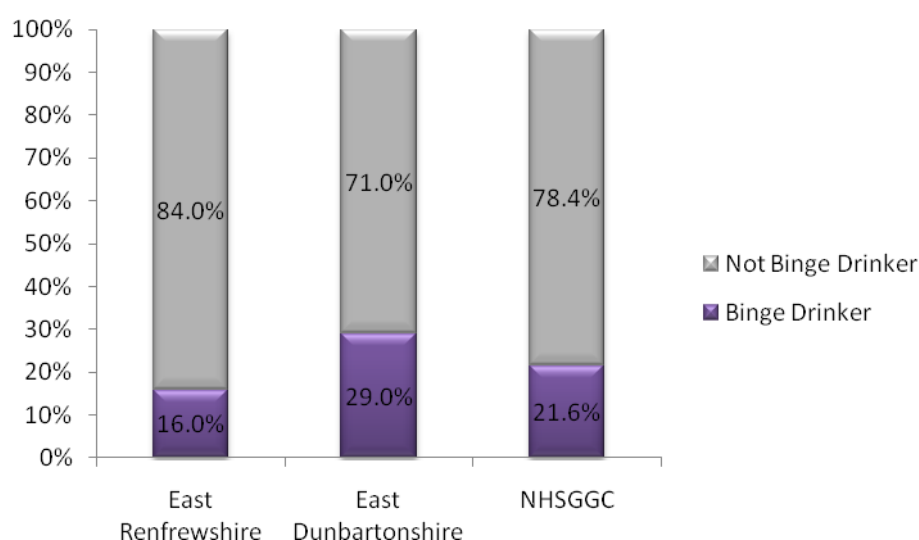
- Men who consumed eight or more units of alcohol on at least one day in the previous week;
- Women who consumed six or more units of alcohol on at least one day in the previous week.

Using the new measures for calculating unit totals, 16% of all respondents had been binge drinkers during the previous week. This equates to 32% of all those who had consumed alcohol in the previous week.

## Comparison with East Dunbartonshire and NHS Greater Glasgow & Clyde Area

Those in East Renfrewshire were less likely than those in East Dunbartonshire or the NHS Greater Glasgow and Clyde area as a whole to have been binge drinkers in the previous week. This is shown in Figure 4.5.

**Figure 4.5: Whether Binge Drinker in Past Week (new unit measures): East Renfrewshire, East Dunbartonshire and NHSGGC**



The likelihood of binge drinking decreased with age from 23% of those aged under 45 to 4% of those aged 65 or over. Men were more likely than women to be binge drinkers. This is shown in Table 4.6.

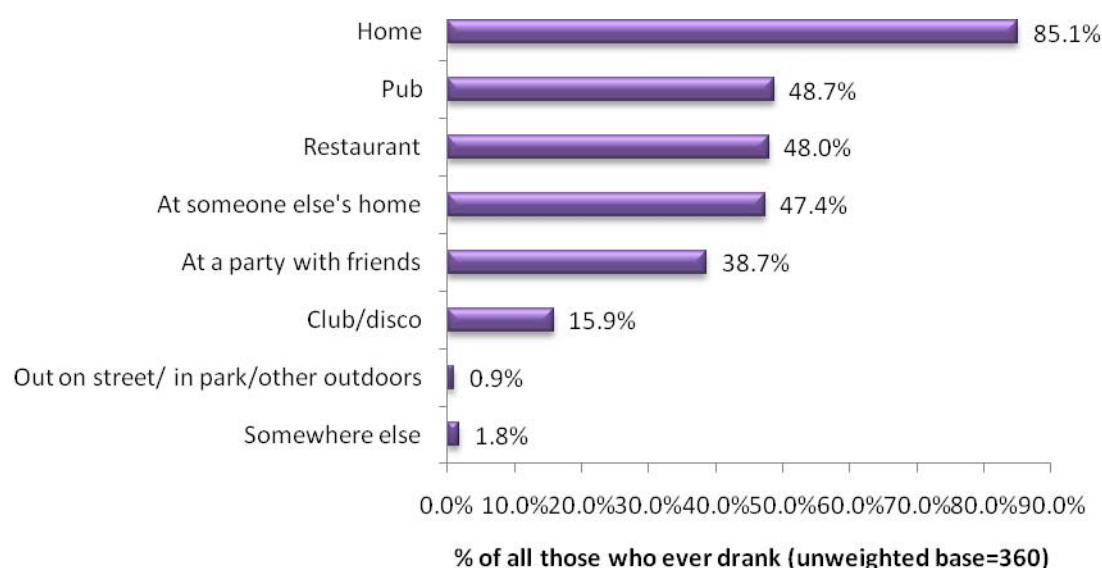
**Table 4.6: Proportion Binge Drinking During Previous Week (old and new unit measures) (Q29) by Age and Gender**

	Binge Drinker (new measures)	Binge Drinker (old measures)	Unweighted base (n)
Age:			
16-44	23%	17%	141
45-64	15%	9%	205
65+	4%	2%	209
Men	22%	17%	195
Women	11%	6%	361
All	16%	11%	556

### Where People Drink Alcohol

Those who ever drank alcohol were asked where they had drunk alcohol in the last six months. Responses are shown in Figure 4.6. The most common place to have drunk alcohol in the last six months was at home.

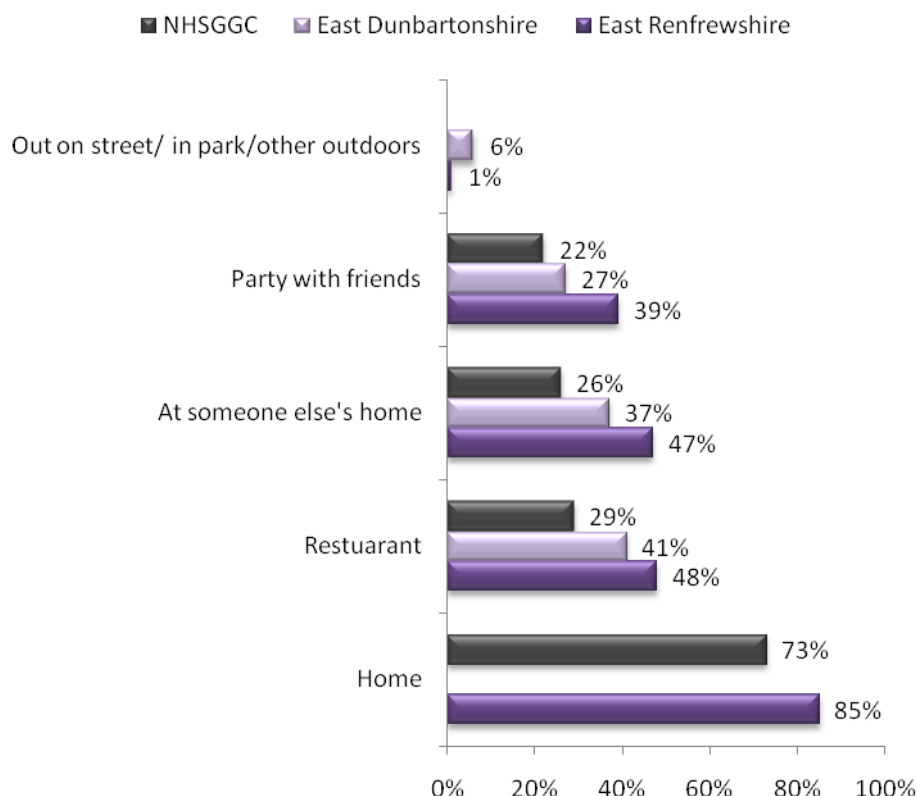
**Figure 4.6: Where Consumed Alcohol in the Last Six Months (Based on All Those who Ever Drank Alcohol)**



### Comparison with East Dunbartonshire and NHS Greater Glasgow & Clyde Area

Among those who drank alcohol, compared to those in East Dunbartonshire and the NHSGGC area as a whole, those in East Renfrewshire were more likely to have drunk alcohol in a restaurant, at someone else's home or at a party with friends. Those in East Renfrewshire were also more likely than those in the NHSGGC area as a whole to have drunk alcohol at home, and less likely than those in East Dunbartonshire to have drunk alcohol outdoors.

**Figure 4.7: Where Consumed Alcohol in the Last Six Months: East Renfrewshire, East Dunbartonshire and NHSGGC (Based on All Those who Ever Drank Alcohol; All Places Showing Significant Difference).**



## 4.4 Physical Activity

### Frequency of Physical Activity

Respondents were asked on how many days per week they take at least 30 minutes of moderate physical exercise such as brisk walking. They were also prompted to ensure that they included all physical activity that they do in their job, housework, DIY and gardening. In total, 41% of respondents said that they took at least 30 minutes of moderate activity on five or more days per week.

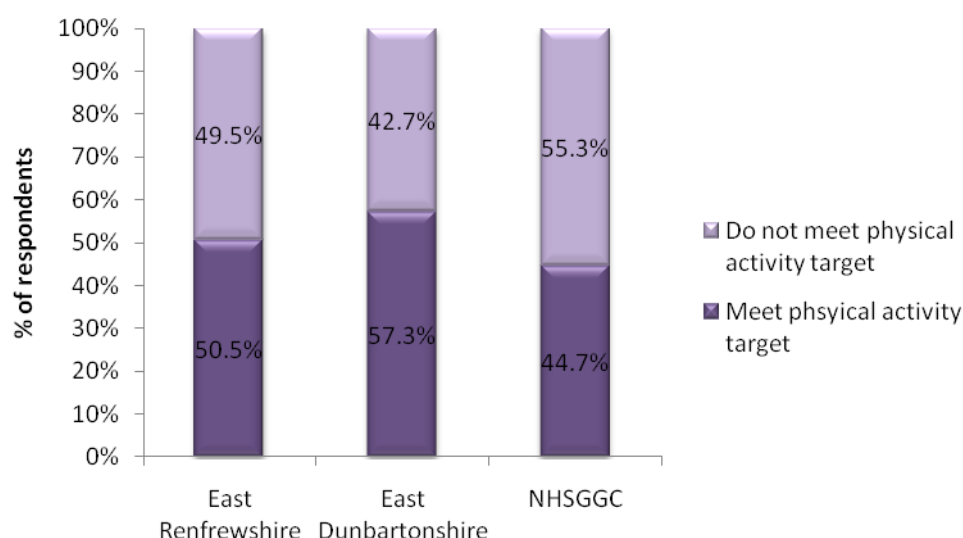
Respondents were also asked on how many days they took at least 20 minutes of vigorous activity (enough to make them sweaty and out of breath). This also included a prompt to ensure that all activity done in work, housework, DIY and gardening were included. In total, 22% said that they took at least 20 minutes of vigorous activity on three or more days per week.

The target for physical activity is to take 30 minutes or more of moderate physical activity on five or more days per week OR 20 minutes of vigorous activity on three or more days per week. Half (51%) of respondents met this target.

### Comparison with East Dunbartonshire and NHS Greater Glasgow & Clyde Area

Those in East Renfrewshire were more likely than those in the NHSGGC area as a whole to meet the target for physical activity, but less likely than those in East Dunbartonshire to do so.

**Figure 4.8: Whether Meet Physical Activity Target: East Renfrewshire, East Dunbartonshire and NHSGGC**



Those aged under 45 were the most likely to meet the target for physical activity and those aged 65 or over were the least likely. Men were more likely than women to meet the physical activity target. This is shown in Table 4.7.

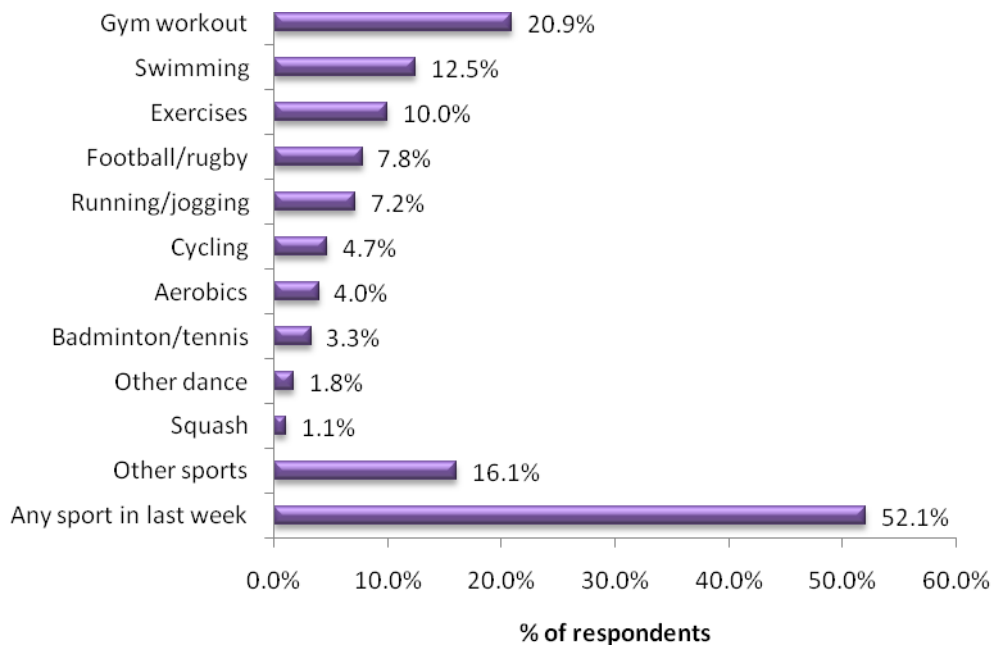
**Table 4.7: Proportion Who Take 30 Minutes or More of Moderate Activity 5 or More Times Per Week or 20 Minutes or More of Vigorous Activity 3 or More Times Per Week (Q43-47) by Age and Gender**

	Meet Physical Activity Target	Unweighted base (n)
Age:		
16-44	58%	147
45-64	53%	216
65+	32%	216
Men	57%	206
Women	45%	373
All	51%	580

### Participation in Sport in the Last Week

Respondents were asked whether they had participated in specific sports in the last week. Responses are shown in Figure 4.9. Just over half (52%) of respondents had participated in at least one sport in the last week. The most common sports were gym workouts (21%) and swimming (13%).

**Figure 4.9: Proportion Participating in Sports in the Last Week**



Of those who said that they participated in 'other sports', the most common sports were golf (37%), walking (20%) and bowling (8%).

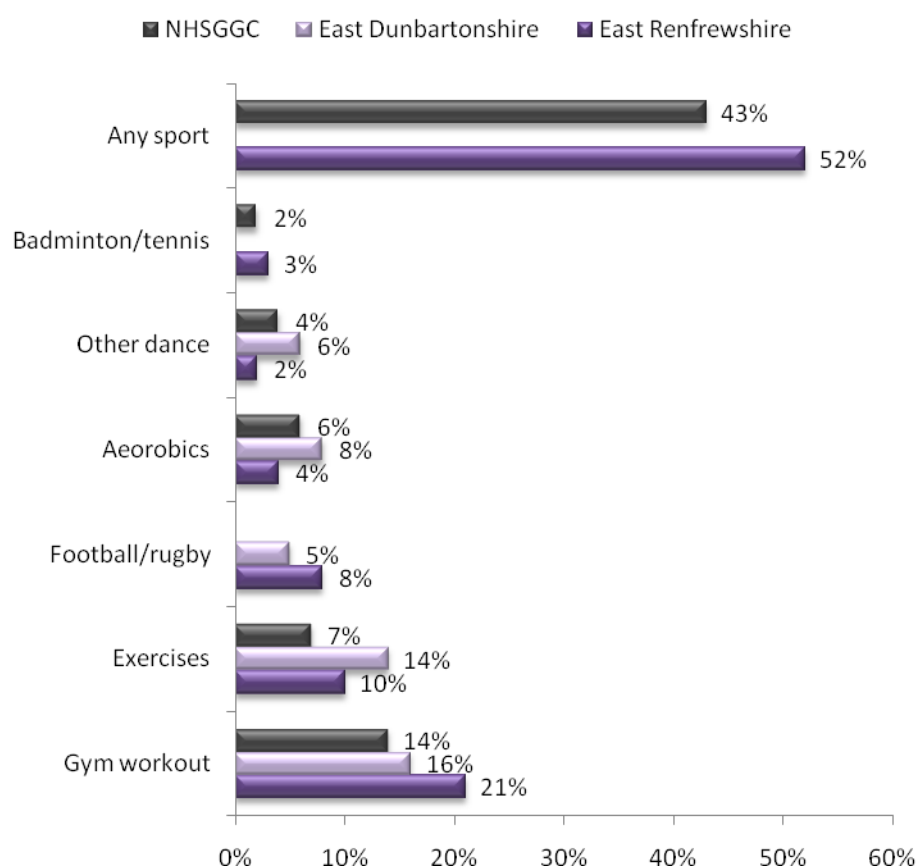
#### **Comparison with East Dunbartonshire and NHS Greater Glasgow & Clyde Area**

Figure 4.10 shows that those in East Renfrewshire were more likely than those in the NHSGGC area to have participated in a sport in the last week.

Those in East Renfrewshire were more likely than those in East Dunbartonshire or the NHSGGC area as a whole to have participated in gym workouts. Those in East Renfrewshire were more likely than those in the NHSGGC area as a whole to have participated in badminton. Those in East Renfrewshire were more likely than those in the NHSGGC area, but less likely than those in East Dunbartonshire, to have participated in exercises. Those in East Renfrewshire were more likely than those in East Dunbartonshire to have participated in football/rugby.

Those in East Renfrewshire were less likely than those in East Dunbartonshire or the NHSGGC area as a whole to have participated in aerobics or other dance.

**Figure 4.10: Proportion Participating in Sports in the Last Week: East Renfrewshire, East Dunbartonshire and NHSGGC (all sports showing a significant difference)**



The likelihood of having participated in sport in the previous week decreased with age, from 63% of those aged under 45 to 35% of those aged 65 or over. Men were more likely than women to have participated in a sport. This is shown in Table 4.8.

**Table 4.8: Proportion Who Participated in at Least One Sport in the Last Week (Q48/Q49) by Age and Gender**

	Participated in Sport	Unweighted base (n)
Age:		
16-44	63%	147
45-64	49%	213
65+	35%	216
Men	60%	205
Women	45%	371
All	52%	577

## 4.5 Diet

### Fruit and Vegetables

The national target for fruit and vegetable consumption is to have at least five portions of fruit and/or vegetables per day. Responses indicate that 37% of respondents met this target and 3% had no fruit or vegetables in a day.

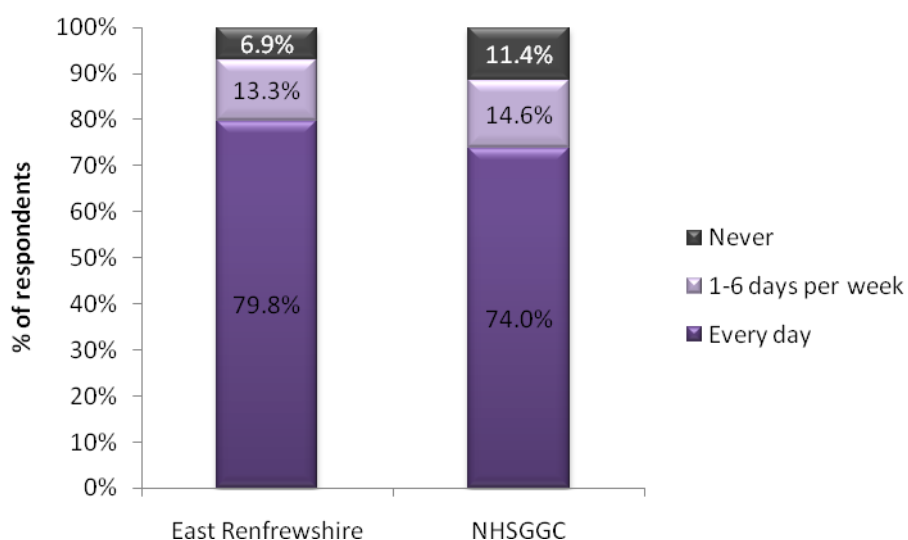
### Breakfast

Respondents were asked on how many days of the week they ate breakfast. Four in five (80%) ate breakfast every day, 7% never ate breakfast, with the remaining 13% eating breakfast between one and six days per week.

### Comparison with NHS Greater Glasgow & Clyde Area

Compared with those in the NHSGGC area as a whole, those in East Renfrewshire were more likely to eat breakfast every day and less likely to say that they never ate breakfast.

**Figure 4.11: Frequency Eat Breakfast: East Renfrewshire and NHSGGC**

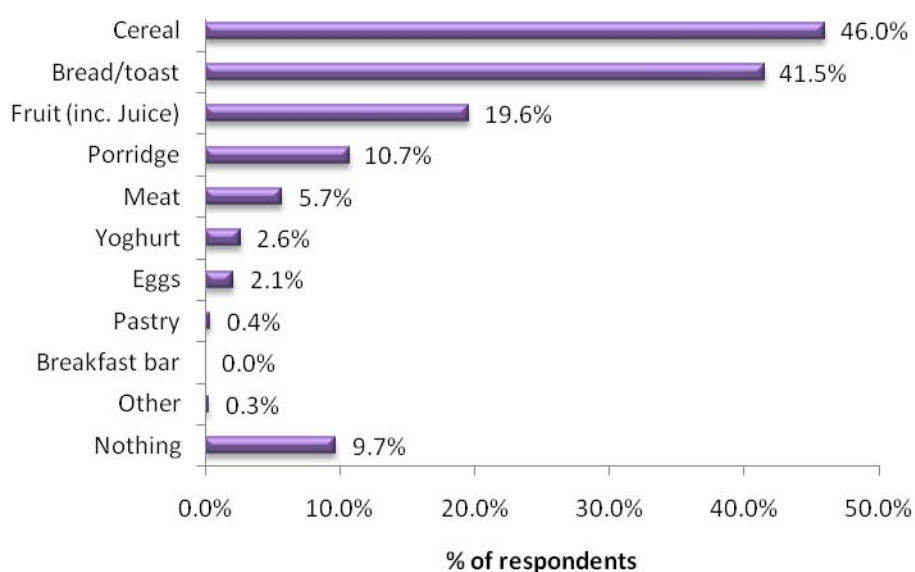


Those aged 65 or over were the most likely to eat breakfast every day and those aged under 45 were the least likely.

**Table 4.9: Frequency Eat Breakfast (Q38) by Age**

	Every Day	Some Days	Never	Unweighted base (n)
Age:				
16-44	69%	23%	8%	145
45-64	85%	8%	7%	212
65+	94%	3%	3%	213
<b>All</b>	80%	13%	7%	571

Respondents were asked what they had eaten for breakfast that morning. On the morning of the survey, 10% of respondents had not eaten breakfast. The most commonly consumed items were cereal and bread/toast, as shown in Figure 4.12.

**Figure 4.12: Items Consumed for Breakfast That Morning (Q39)**

### Oily Fish

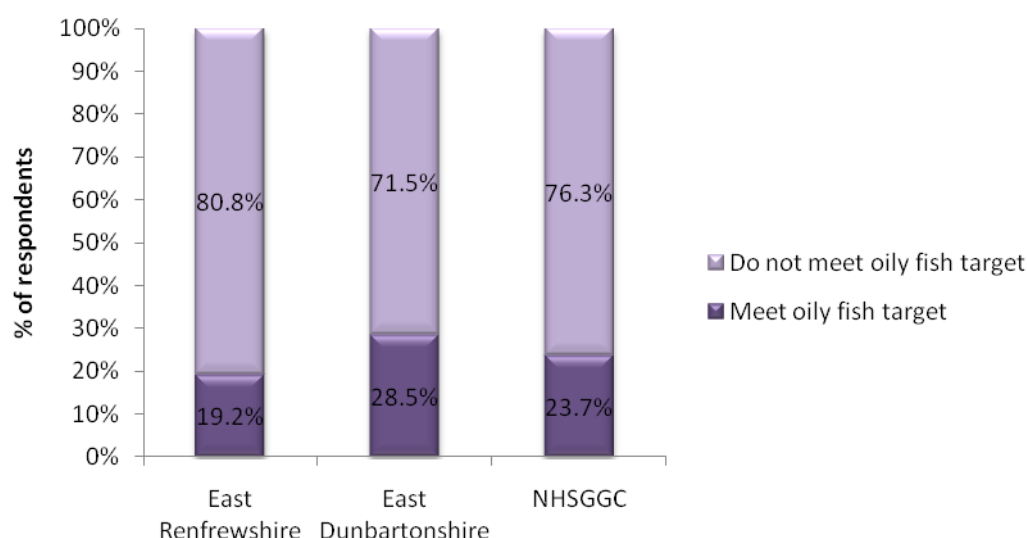
The recommended target is to consume two or more portions of oily fish per week. One in five (19%) respondents met this target.

### Comparison with East Dunbartonshire and NHS Greater Glasgow & Clyde Area

Those in East Renfrewshire were less likely than those in East Dunbartonshire or the NHSGGC area as a whole to meet the target of consuming two or more portions of oily fish per week.



**Figure 4.13: Whether Consume Two or More Portions of Oily Fish Per Week: East Renfrewshire, East Dunbartonshire and NHSGGC**



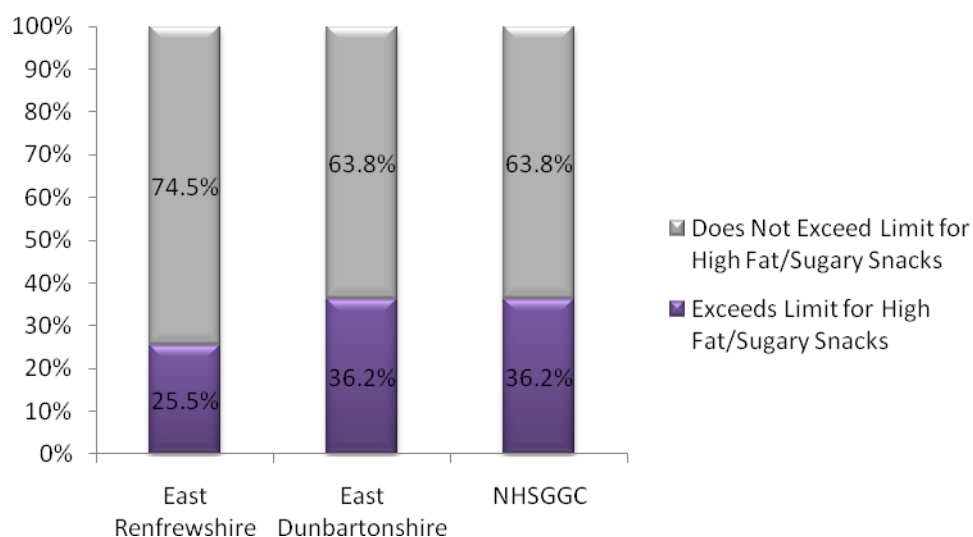
### High Fat and Sugary Snacks

One in four (26%) respondents exceeded the recommended daily limit of one high fat and sugary snack (e.g. cakes, pasties, chocolate, biscuits, crisps).

### Comparison with East Dunbartonshire and NHS Greater Glasgow & Clyde Area

Those in East Renfrewshire were less likely than those in East Dunbartonshire or the NHSGGC area as a whole to exceed the recommended limit of one high fat/sugary snack per day.

**Figure 4.14: Whether Consume More than One High Fat/Sugary Snack Per Day: East Renfrewshire, East Dunbartonshire and NHSGGC**



## Bread

Respondents were asked how many slices of bread (or equivalent rolls, chapattis, naan etc) they consumed on an average day. Responses showed that 6% ate fewer than one slice per day, 28% had one slice, 38% had two slices, 7% had three slices and 15% had four slices. In total, 6% met the target of consuming five or more slices (or equivalent) of bread per day. The mean number of slices per day was 2.25.

Men were more likely than women to meet the target for bread consumption.

**Table 4.10: Meet Target for Bread Consumption (Q35) by Gender**

	Consume 5+ Slices of Bread Per Day	Unweighted base (n)
Men	8%	206
Women	4%	373
All	6%	580

## Fast Food Takeaways

One in five (20%) respondents said that they ate fast food takeaways once a week or more, while 36% said they never did and 44% did sometimes (less often than once a week).

The likelihood of having takeaways every week declined with age – ranging from 32% of those aged 16-44 to 4% of those aged 65 or over.

**Table 4.11: Frequency Have Takeaways (Q37) by Age**

	Never	Less than weekly	At least once a week	Unweighted base (n)
Age:				
16-44	19%	49%	32%	147
45-64	34%	49%	17%	216
65+	68%	28%	4%	216
All	36%	44%	20%	580

## 4.6 Body Mass Index (BMI)

Respondents were asked to state their height and weight, from which their Body Mass Index (BMI) was calculated.

BMI classification points are defined as follows:

Underweight	BMI below 18.5
Ideal weight	BMI between 18.5 and 24.99
Overweight	BMI between 25 and 29.99
Obese	BMI between 30 and 39.99
Very obese	BMI 40 or over

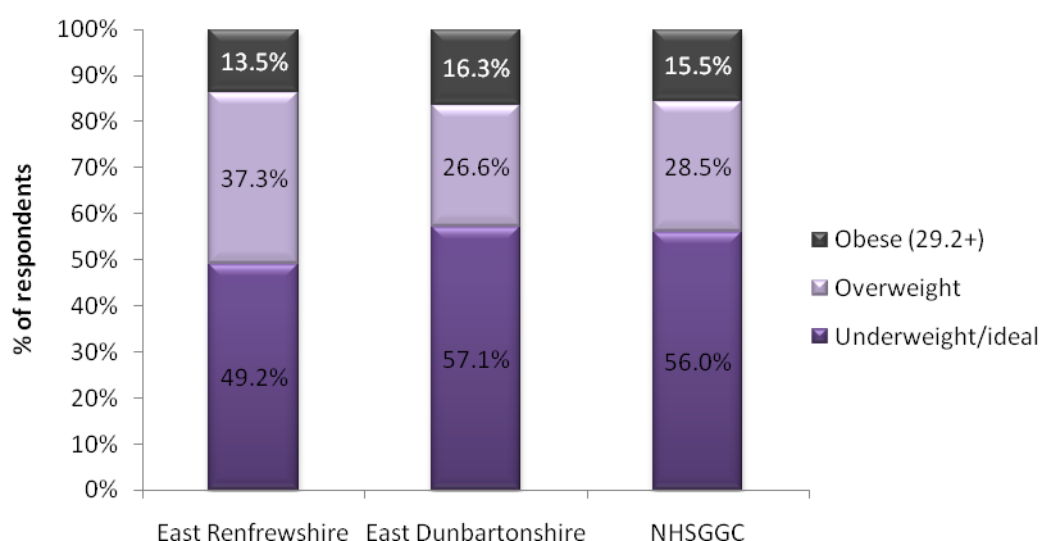
However, due to a recognised tendency for people to over-report height and under-report weight, a revised cut off for obesity has been applied at 29.2. The table in this section shows both measures of obesity.

Altogether, half (51%) of respondents had a BMI of 25 or over, indicating that they are overweight or obese. Using the new definition of obesity (BMI of 29.2), 14% of respondents were classified as obese.

### Comparison with East Dunbartonshire and NHS Greater Glasgow & Clyde

Those in East Renfrewshire were more likely than those in East Dunbartonshire or the NHSGGC area as a whole to be overweight.

**Figure 4.15: Body Mass Index (New Definitions): East Renfrewshire, East Dunbartonshire and NHSGGC**



Those aged 45-64 were the most likely to be overweight/obese. This is shown in Table 4.12.

**Table 4.12: Body Mass Index (Q41/Q42) by Age**

	Under-weight	Ideal	Over-weight	Obese	Very obese	Revised obese (29.2+)	Unweighted base (n)
Age							
16-44	1%	60%	34%	6%	0%	6%	140
45-64	3%	36%	44%	16%	0%	20%	209
65+	2%	41%	41%	13%	2%	17%	204
<b>All</b>	2%	47%	39%	11%	1%	14%	554

## 4.7 Unhealthy and Healthy Behaviour Indices

### An Unhealthy Behaviour Index

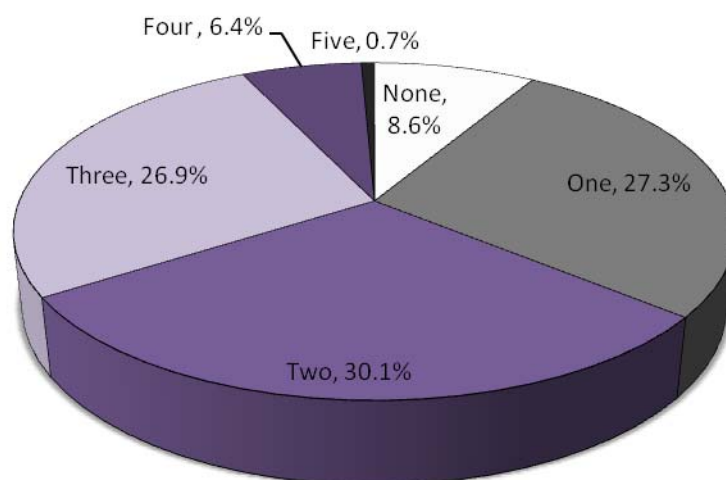
This section examines the extent to which multiple 'unhealthy' behaviours are exhibited by the same people. An 'unhealthy' behaviour index has been derived from the following five unhealthy behaviours:

- Smoking;
- Having a BMI of 25 or over;
- Not meeting the recommended levels of physical activity;
- Not meeting the recommended level of fruit and vegetable consumption; and
- Binge drinking.

Figure 4.16 shows that nine in ten (91%) respondents exhibited at least one of these behaviours, but just 1% exhibited all five. The mean number of unhealthy behaviours was 1.97.

**Figure 4.16: Number of Unhealthy Behaviours Exhibited**

Unweighted N=530



### Comparison with NHS Greater Glasgow & Clyde Area

Those in East Renfrewshire tended to exhibit fewer unhealthy behaviours than those in the NHSGGC area as a whole (means: 1.97 East Renfrewshire; 2.14 NHSGGC).

### A Healthy Behaviour Index

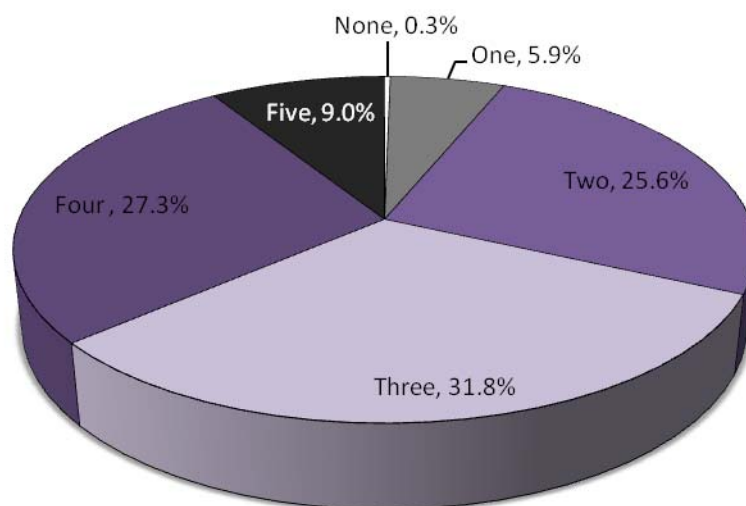
A 'healthy behaviour index' was also developed, which examined the extent to which respondents exhibited multiple healthy behaviours. The five healthy behaviours used in the index were:

- Not smoking;
- Having a BMI within the ideal range (18.5 to 24.99);
- Meeting the physical activity recommendations;
- Consuming five or more portions of fruit/vegetables per day; and
- Either not drinking or drinking within safe limits (i.e. not bingeing to drinking too much in a week).

Figure 4.17 shows that nearly all (99.7%) respondents exhibited at least one healthy behaviour, and 9% of respondents exhibited all five. The mean number of healthy behaviours was 3.07.

**Figure 4.17: Number of Healthy Behaviours Exhibited**

Unweighted base=480



#### **Comparison with NHS Greater Glasgow & Clyde Area**

Those in East Renfrewshire tended to exhibit more healthy behaviours than those in the NHSGGC area as a whole (means= 3.07 East Renfrewshire; 2.93 NHSGGC).

#### **4.8 Attitudes to Breastfeeding**

Respondents were given three statements relating to breastfeeding in public and asked to state the extent to which they agreed or disagreed with each. The first statement was:

*Women should be made to feel comfortable breastfeeding their babies in public.*

In total, 84% of respondents agreed with this (36% strongly agreed and 48% tended to agree) and 16% disagreed (11% tended to disagree and 4% strongly disagreed).

The second statement was:

*Women should only breastfeed their babies at home or in private.*

Overall, 20% agreed with this (6% strongly agreed and 14% tended to agree) and 80% disagreed (44% tended to disagree and 36% strongly disagreed).

The third statement was:

*I would feel embarrassed seeing a woman breastfeeding her baby.*

Overall, 22% respondents agreed with this (5% strongly agreed and 17% tended to agree) and 78% disagreed with this statement (37% tended to disagree and 41% strongly disagreed).

#### **Comparison with East Dunbartonshire and NHS Greater Glasgow & Clyde Area**

Those in East Renfrewshire were less likely than those in East Dunbartonshire or the NHSGGC area as a whole to agree that women should be made to feel comfortable breastfeeding in public.

**Figure 4.18: Agreement with Statements Relating to Breastfeeding: East Renfrewshire, East Dunbartonshire and NHSGGC (all statements showing significant difference)**

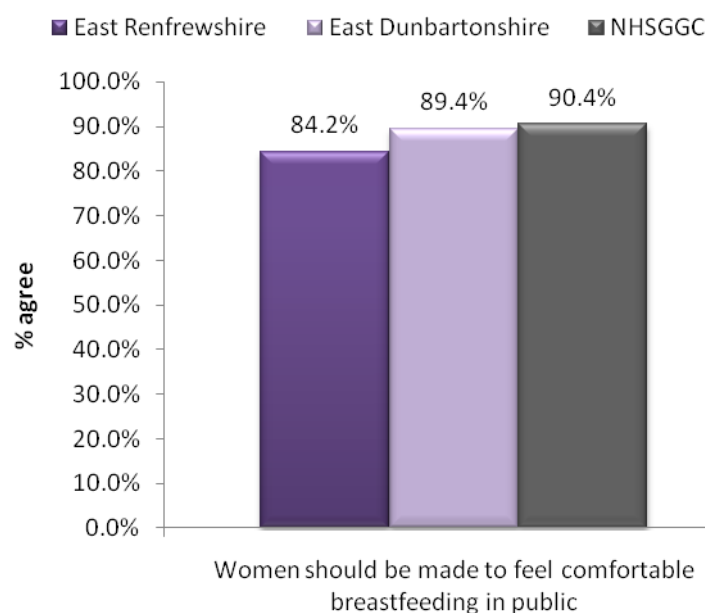


Table 4.13 shows that those aged under 45 were more likely than older respondents to agree with the positive statement about breastfeeding and less likely to agree with the two negative statements. Those aged 65 or over were the most likely to have negative views about breastfeeding. Men were less likely than women to agree with the positive statement and more likely to agree with the two negative statements.

**Table 4.13: Agree with Statements Relating to Breastfeeding (Q40) by Age and Gender**

	Women should be made to feel comfortable breastfeeding in public	Women should only breastfeed at home or in private	I would feel embarrassed seeing a woman breastfeeding	Unweighted base (n)
Age:				
16-44	94%	11%	14%	128
45-64	86%	18%	20%	204
65+	64%	40%	41%	188
Men	78%	26%	35%	161
Women	88%	15%	12%	360
<b>All</b>	<b>84%</b>	<b>20%</b>	<b>22%</b>	<b>521</b>

## 5 Social Health

### 5.1 Chapter Summary

Table 5.1 summarises the indicators relating to social health.

**Table 5.1: Indicators for Social Health**

Indicator	% of sample	Unweighted base (n)
Feel isolated from family and friends (Q73)	5.4%	578
Belong to a club or organisation (Q58)	31.0%	580
Feel I belong to the local area (Q71b)	71.4%	577
Feel valued as a member of the community (Q71d)	53.5%	574
People in my neighbourhood can influence decisions (Q71f)	63.2%	567
Exchange small favours with people living nearby (Q72)	63.9%	579
Identify with a religion (Q98)	69.9%	549
Experienced at least one form of discrimination over last year (Q100)	4.4%	580
Feel safe in own home (Q76c)	99.2%	579
Feel safe using public transport (Q76b)	78.0%	509
Feel safe walking alone even after dark (Q76a)	52.1%	555

One in 18 (5%) respondents felt isolated from family and friends. Women were more likely to feel isolated.

Three in ten (31%) respondents belonged to a club, association etc. Those aged under 45 and women were less likely to be club members.

Seven in ten (71%) felt that they belonged to their local area. Those aged under 45 were less likely to do so.

Just over half (53%) of respondents felt valued as a member of their community. Those aged under 45 and men were less likely to do so.

Just over three in five (63%) felt that local people could influence local decisions. Those aged under 45 were less likely to agree with this.

Just under two thirds (64%) of respondents exchanged small favours with neighbours. Those aged under 45 were less likely to do so.

Seven in ten (70%) identified with a religion. Those aged under 45 were less likely to do so.

One in 23 (4%) had experienced at least one form of discrimination over the last year.

Most (99%) felt safe in their own home

Four in five (78%) felt safe using public transport in their area.

Half (52%) felt safe walking alone in their area, even after dark. Those aged 65 or over and women were less likely to feel safe walking alone.

## 5.2 Social Connectedness

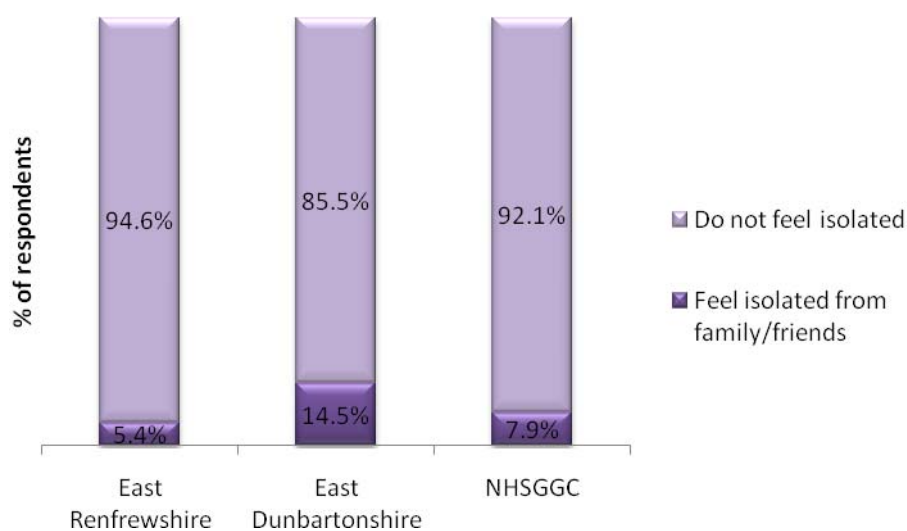
### Isolation from Family and Friends

When asked whether they ever felt isolated from family and friends, 5% said yes.

#### Comparison with East Dunbartonshire and NHS Greater Glasgow & Clyde Area

Those in East Renfrewshire were less likely than those in East Dunbartonshire or the NHSGGC area as a whole to feel isolated from family and friends.

**Figure 5.1: Whether Feel Isolated from Family and Friends: East Renfrewshire, East Dunbartonshire and NHSGGC**



Women were more likely than men to feel isolated. This is shown in Table 5.2.

**Table 5.2: Feel Isolated from Family and Friends by Gender**

	Feel Isolated From Family/Friends	Unweighted base (n)
Men	3%	206
Women	7%	371
All	5%	578

### Club Membership

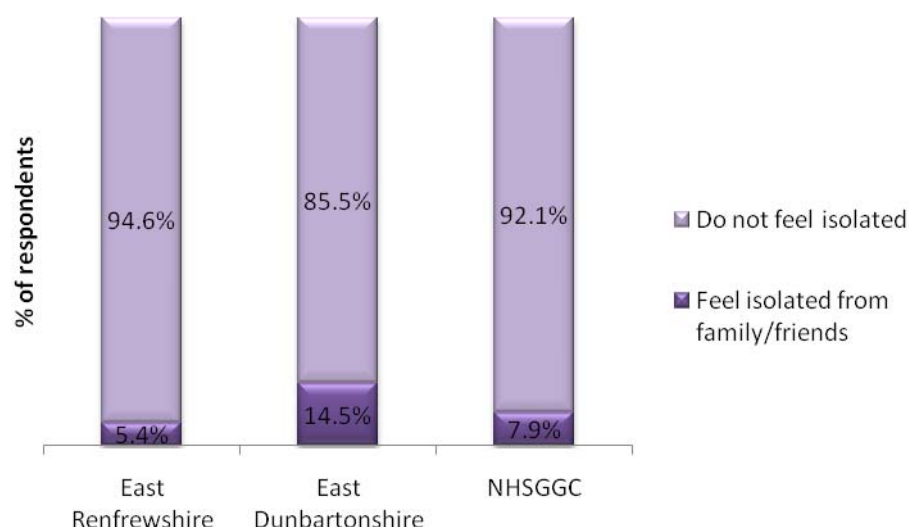
Three in ten (31%) respondents said that they attended any social clubs, associations, church groups or anything similar. Of those who said they attended clubs or associations, 92% attended at least one club locally and 26% attended any clubs elsewhere.

#### Comparison with East Dunbartonshire and NHS Greater Glasgow & Clyde Area

Those in East Renfrewshire were more likely than those in East Dunbartonshire or the NHSGGC area as a whole to belong to a club, association, etc.



**Figure 5.2: Whether Belong to Social Club, Association, Etc: East Renfrewshire, East Dunbartonshire and NHSGGC**



Those aged 65 or over were more likely than younger respondents to belong to a club, association etc. Those aged under 45 were the least likely to be a club member. Also, club membership was higher among men than women. This is shown in Table 5.3.

**Table 5.3: Belong to Social Club, Association Etc. (Q58) by Age and Gender**

	Belong to club etc.	Unweighted base (n)
Age:		
16-44	25%	147
45-64	34%	216
65+	38%	216
Men	37%	206
Women	26%	373
All	31%	580

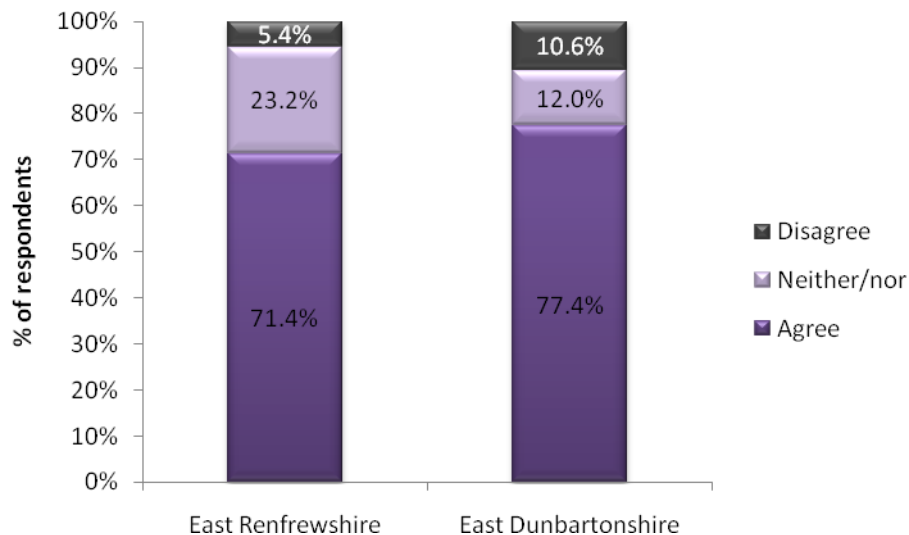
### Sense of Belonging to the Community

Respondents were asked to indicate the extent to which they agreed or disagreed with the statement "I feel I belong to this local area". Seven in ten (71%) respondents agreed with this statement (21% strongly agreed and 50% agreed), 5% disagreed and 23% neither agreed nor disagreed.

### Comparison with East Dunbartonshire

Those in East Renfrewshire were less likely than those in East Dunbartonshire to feel that they belonged to the local area.

**Figure 5.3: Belong to Local Area: East Renfrewshire and East Dunbartonshire**



Those aged under 45 were least likely to feel that they belonged to the local area and those aged 65 or over were the most likely to do so. This is shown in Table 5.4.

**Table 5.4: Belong to the Local Area (Q71b) by Age**

	Agree	Neither/ Nor	Disagree	Unweighted base (n)
Age:				
16-44	60%	35%	5%	146
45-64	77%	16%	7%	215
65+	84%	12%	4%	215
<b>All</b>	71%	23%	5%	577

### Feeling Valued as a Member of the Community

Respondents were asked to indicate the extent to which they agreed or disagreed with the statement "I feel valued as a member of my community". Just over half (53%) agreed with this statement (14% strongly agreed and 40% agreed); 12% disagreed and 35% neither agreed nor disagreed.

Those aged 16-44 were the least likely to feel they were valued as a member of the community. Also, women were more likely than men to feel valued as members of the community. This is shown in Table 5.5.

**Table 5.5: Feel Valued as a Member of the Community (Q71d) by Age and Gender**

	Agree	Neither/ Nor	Disagree	Unweighted base (n)
Age:				
16-44	40%	50%	10%	143
45-64	62%	24%	14%	215
65+	65%	25%	10%	215
Men	48%	39%	13%	201
Women	58%	31%	10%	372
<b>All</b>	<b>53%</b>	<b>35%</b>	<b>12%</b>	<b>574</b>

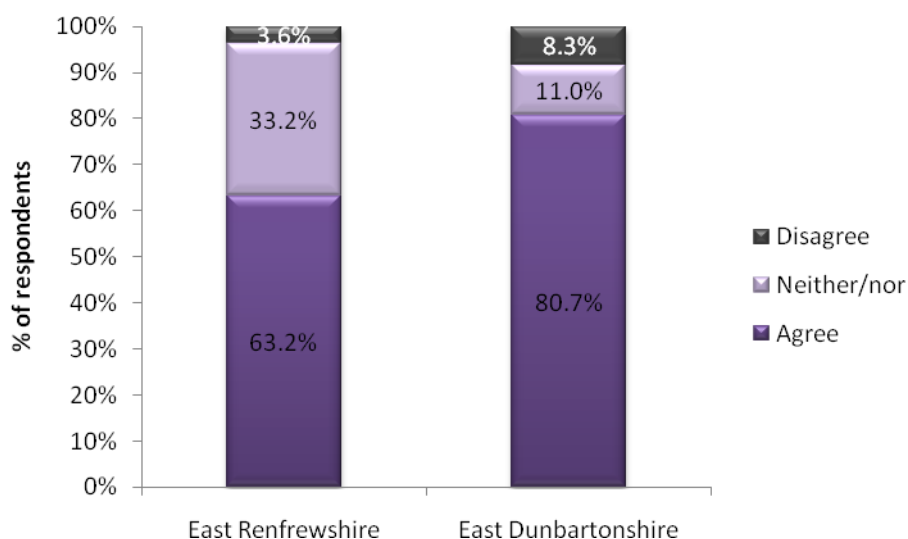
### Influence in the Neighbourhood

Respondents were asked the extent to which they agreed or disagreed with the statement, "By working together people in my neighbourhood can influence decisions that affect my neighbourhood". In total, 63% agreed with this statement (15% strongly agreed and 48% agreed), while 4% disagreed and 33% neither agreed nor disagreed.

### Comparison with East Dunbartonshire

Those in East Renfrewshire were less likely than those in East Dunbartonshire to feel that local people can influence local decisions.

**Figure 5.4: Can Influence Decisions that Affect Neighbourhood: East Renfrewshire and East Dunbartonshire**



Those aged under 45 were less likely to feel that local people could influence local decisions.

**Table 5.6: Local People Can Influence Decisions that Affect Neighbourhood (Q71f) by Age**

	Agree	Neither/ Nor	Disagree	Unweighted base (n)
Age:				
16-44	56%	43%	1%	144
45-64	70%	25%	5%	213
65+	67%	29%	5%	209
<b>All</b>	63%	33%	4%	567

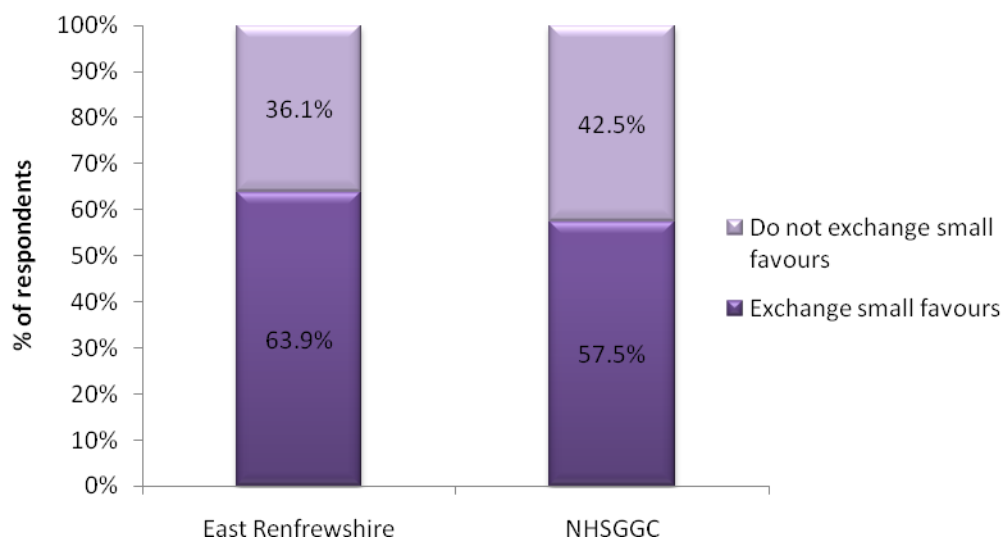
### Exchanging Small Favours with Neighbours

Respondents were asked whether they ever exchange small favours with the people who live near them (e.g. leaving a key to let in a repair man, feeding pets while you are away or picking up things from the shops for each other). In total, 64% said that they did (19% did so with one neighbour, 25% did so with two neighbours and 20% did so with three or more neighbours).

### Comparison with NHS Greater Glasgow & Clyde Area

Those in East Renfrewshire were more likely than those in the NHSGGC area as a whole to exchange small favours with neighbours. This is shown in Figure 5.5.

**Figure 5.5: Whether Exchange Small Favours With Neighbours: East Renfrewshire and NHSGGC**



Those aged 16-44 were the age group least likely to exchange small favours with neighbours. This is shown in Table 5.6.

**Table 5.7: Exchange Small Favours with Neighbours (Q72) by Age**

	Exchange Favours	Small	Unweighted base (n)
Age:			
16-44	55%		147
45-64	70%		216
65+	71%		215
All	64%		579

## Religious Identity

Seven in ten (70%) of respondents identified with a religion.

## Comparison with NHS Greater Glasgow & Clyde Area

Those in East Renfrewshire were more likely than those in the NHSGGC area as a whole to identify with a religion.

**Figure 5.6: Whether Identify with Religion: East Renfrewshire and NHSGGC**

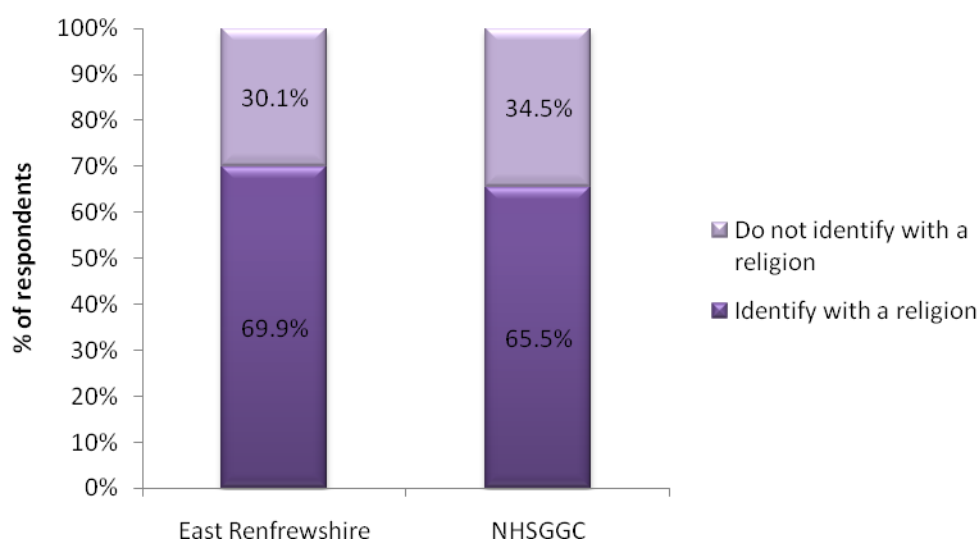


Table 5.8 shows that those aged 65 or over were the most likely to identify with a religion and those aged under 45 were the least likely.

**Table 5.8: Religious Identity (Q98) by Age**

	Have Religious Identity	Unweighted base (n)
Age:		
16-44	60%	140
45-64	73%	200
65+	83%	208
All	70%	549

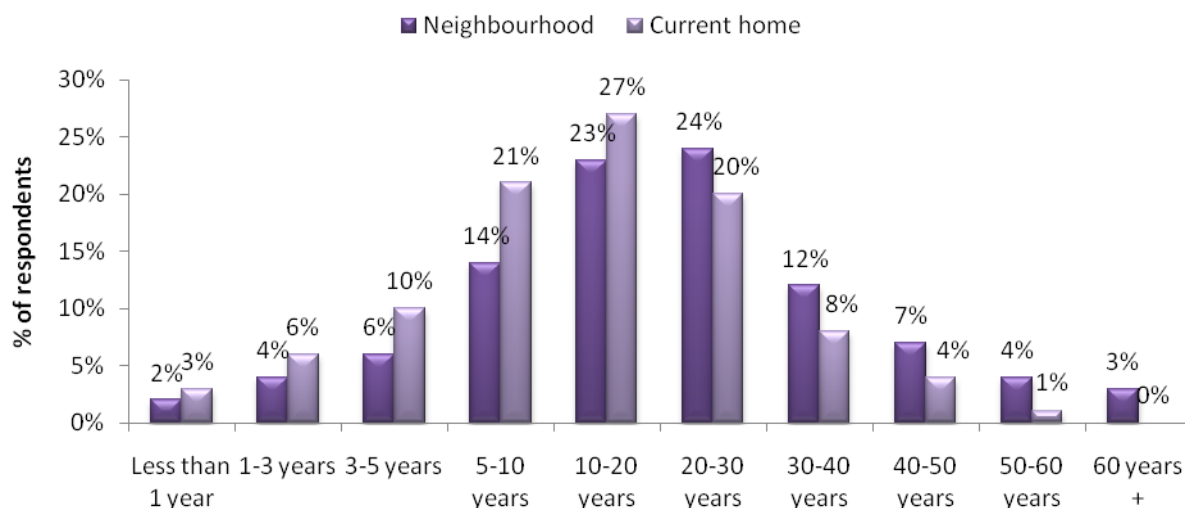
## Experience of Discrimination

Respondents were asked whether they had experienced discrimination in the last 12 months on any grounds including accent, age, disability, ethnicity, language, nationality, religion, sex, sexual orientation, skin colour or anything else. In total 4% of respondents had experienced at least one form of discrimination in the last year.

### 5.3 Length of Residency – Neighbourhood and Current Home

Across all respondents, the mean length of residency in the neighbourhood was 21.4 years, and the mean length of residency in the current home was 15.0 years.

**Figure 5.7: Length of Residency (Neighbourhood and Current Home)**



### 5.4 Feelings of Safety

#### Feeling Safe in Own Home

Most (99%) respondents agreed that they felt safe in their own home (37% strongly agreed and 59% agreed), while 1% disagreed and less than 1% neither agreed nor disagreed.

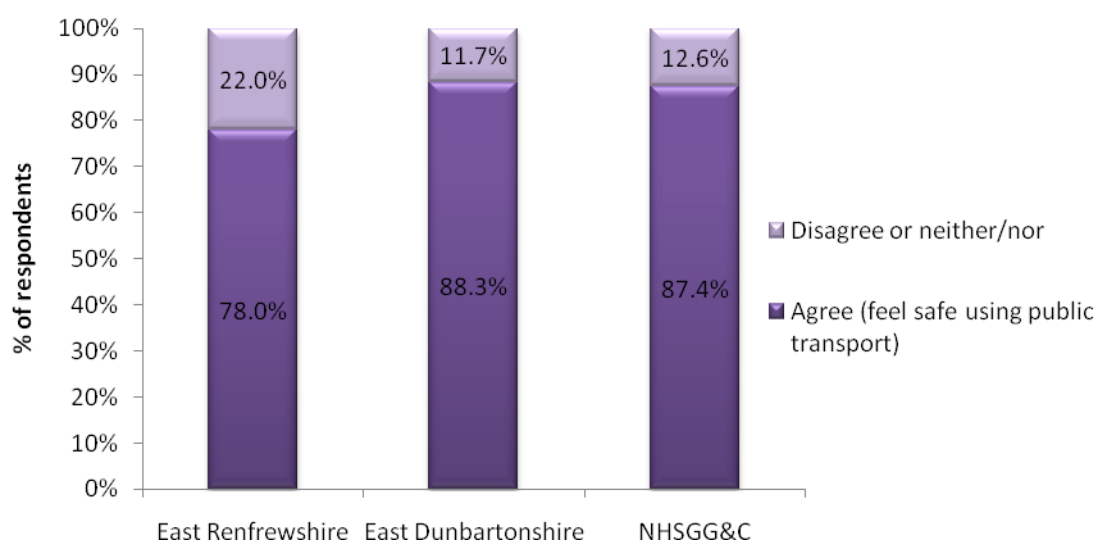
#### Feeling Safe Using Public Transport

Respondents were asked the extent to which they agreed or disagreed with the statement "I feel safe using public transport in this local area". In total, 78% agreed with this (14% strongly agreed and 64% agreed), while 1% disagreed and 22% neither agreed nor disagreed.

#### Comparison with East Dunbartonshire and NHS Greater Glasgow & Clyde

Those in East Renfrewshire were less likely than those in East Dunbartonshire or the NHSGGC area as a whole to say that they felt safe using public transport in their area.

**Figure 5.8: Feel Safe Using Public Transport: East Renfrewshire, East Dunbartonshire and NHSGGC**



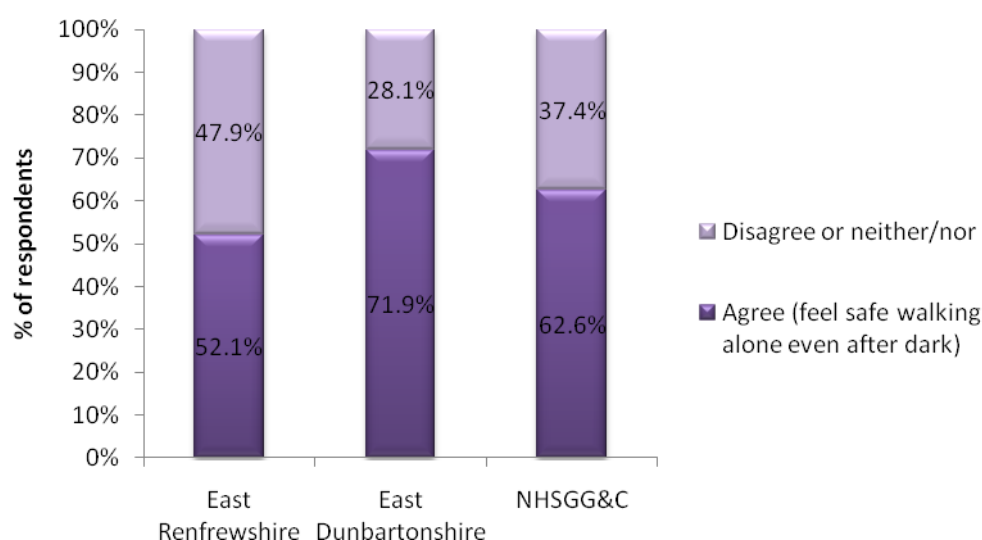
### Feeling Safe Walking Alone in Local Area Even After Dark

Respondents were asked the extent to which they agreed or disagreed with the statement "I feel safe walking alone around this local area even after dark". Half (52%) agreed with this statement (11% strongly agreed and 41% agreed), 24% disagreed and 24% neither agreed nor disagreed.

### Comparison with East Dunbartonshire and NHS Greater Glasgow & Clyde Area

Those in East Renfrewshire were less likely than those in East Dunbartonshire or the NHSGGC area as a whole to feel safe walking alone in their area even after dark.

**Figure 5.9: Feel Safe Walking Alone Even After Dark: East Renfrewshire, East Dunbartonshire and NHSGGC**



Those aged 65 or over were less likely to feel safe walking alone. Also, women were less likely than men to feel safe walking alone. This is shown in Table 5.9.

**Table 5.9: Feel Safe Walking Alone Even After Dark (Q76b) by Age and Gender**

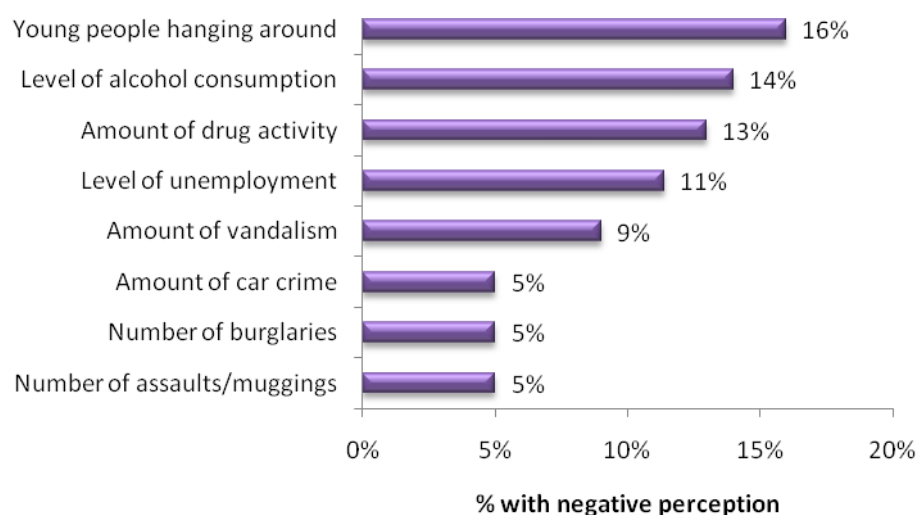
	Agree	Neither/ Nor	Disagree	Unweighted base (n)
Age:				
16-44	56%	20%	24%	147
45-64	56%	25%	19%	213
65+	39%	29%	34%	194
Men	70%	17%	13%	192
Women	37%	29%	34%	362
<b>All</b>	52%	24%	24%	555

## 5.5 Social Issues in the Local Area

Using the 'faces' scale, respondent were asked to indicate how they felt about a range of perceived social problems. Faces 5 to 7 are classified as negative perceptions and indicate that respondents are concerned about these issues.

The social issues which most frequently caused concern were young people hanging around and level of alcohol consumption.

**Figure 5.10: Negative Perception of Social Issues in the Local Area (Q56a-h)**



## Comparison with East Dunbartonshire and NHS Greater Glasgow & Clyde Area

Figure 5.11 shows that compared to those in the NHSGGC area as a whole, those in East Renfrewshire were less likely to be concerned about:

- Level of alcohol consumption;
- Amount of drug activity;
- Level of unemployment;
- Amount of vandalism;
- Amount of car crime;
- Number of burglaries; and
- Number of assaults and muggings.

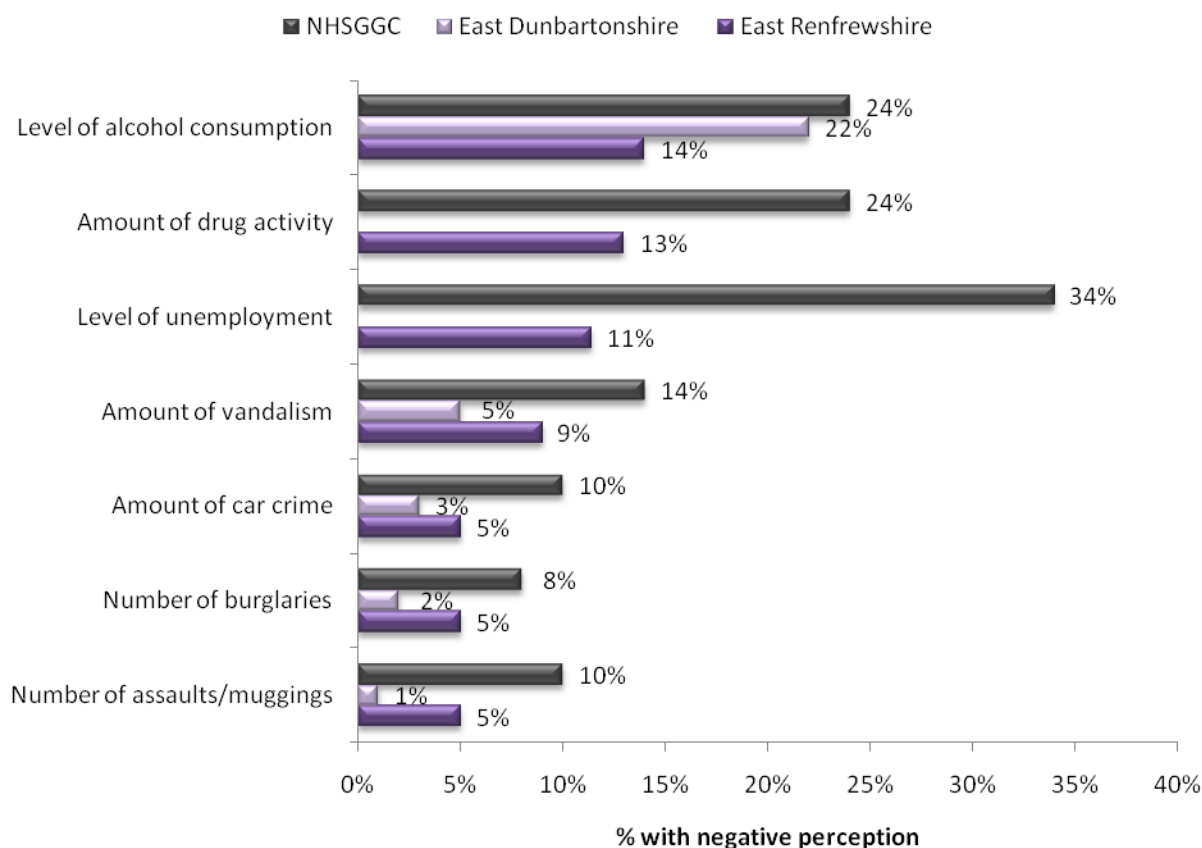
Those in East Renfrewshire were also less likely than those in East Dunbartonshire to be concerned about the level of alcohol consumption in their area. However, compared to



those in East Dunbartonshire, those in East Renfrewshire were more likely to be concerned about:

- Amount of vandalism;
- Amount of car crime;
- Number of burglaries; and
- Number of assaults and muggings.

**Figure 5.11: Negative Perception of Social Issues in the Local Area: East Renfrewshire, East Dunbartonshire and NHSGGC (all issues showing a significant difference)**

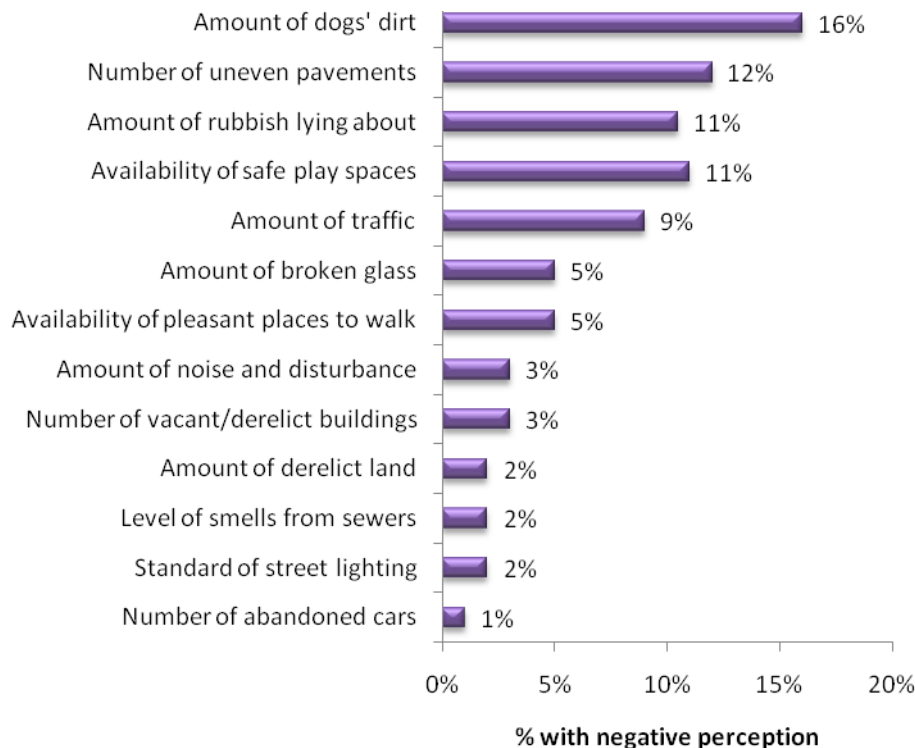


## 5.6 Environmental Issues in the Local Area

Again using the 'faces' scale, respondent were asked to indicate how they felt about a range of perceived environmental problems. Faces 5 to 7 are classified as negative perceptions and indicate that respondents are concerned about these issues.

The environmental issues which most frequently caused concern were the amount of dogs' dirt and number of uneven pavements. This is shown in Figure 5.12.

**Figure 5.12: Negative Perception of Environmental Issues in the Local Area (Q57a-m)**



#### **Comparison with East Dunbartonshire and NHS Greater Glasgow & Clyde Area**

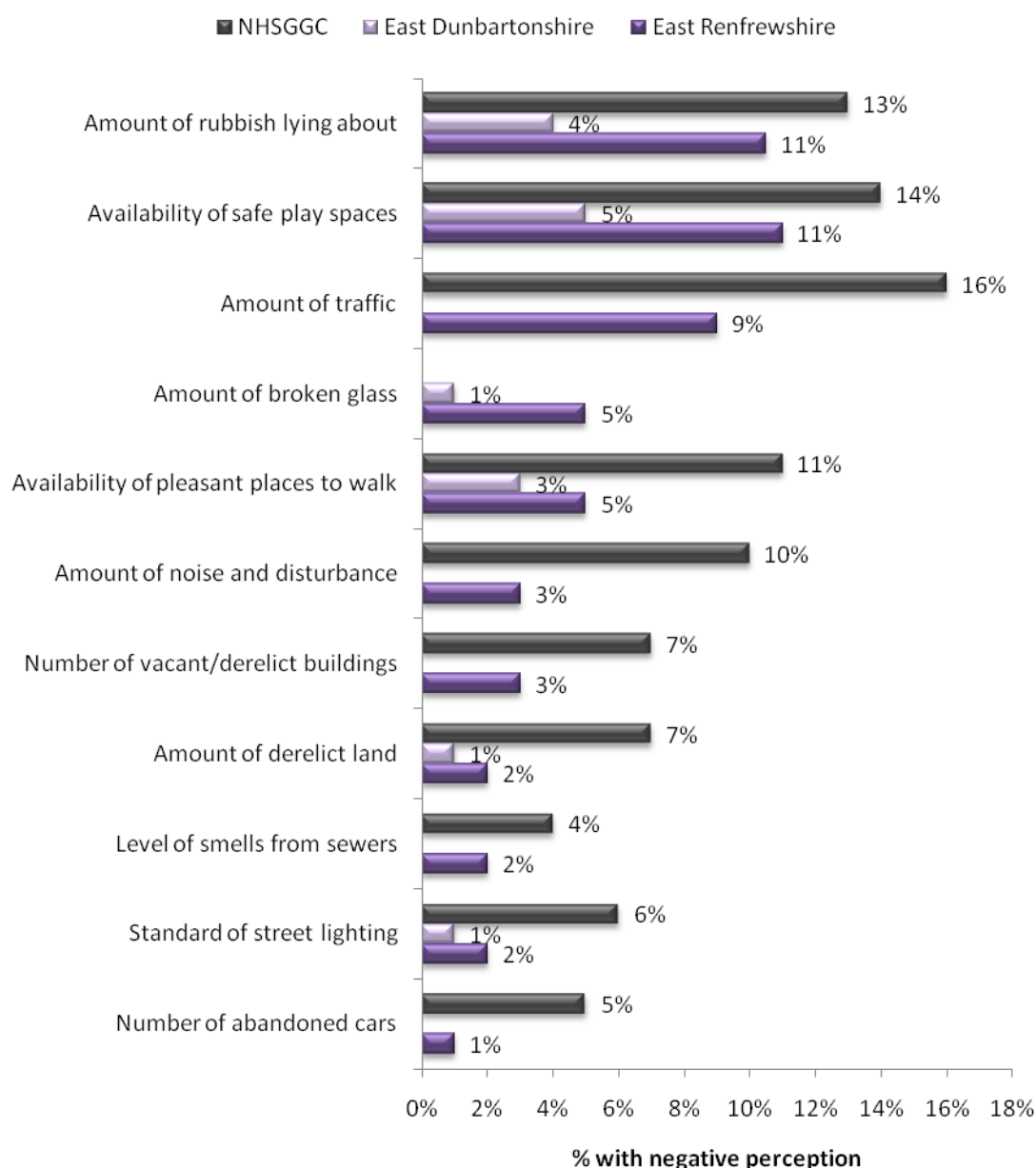
Figure 5.13 shows that compared to those in the NHSGGC area as a whole, those in East Renfrewshire were less likely to be concerned about:

- Amount of rubbish lying about;
- Availability of safe play spaces;
- Amount of traffic;
- Availability of pleasant places to walk;
- Amount of noise and disturbance;
- Number of vacant/derelict buildings;
- Amount of derelict land;
- Level of smells from sewers;
- Standard of street lighting; and
- Number of abandoned cars.

However, compared to those in East Dunbartonshire, those in East Renfrewshire were more likely to be concerned about:

- Amount of rubbish lying about;
- Availability of safe play spaces;
- Amount of broken glass;
- Availability of pleasant places to walk;
- Amount of derelict land; and
- Standard of street lighting.

**Figure 5.13: Negative Perception of Environmental Issues in the Local Area: East Renfrewshire, East Dunbartonshire and NHSGGC (all issues showing a significant difference)**

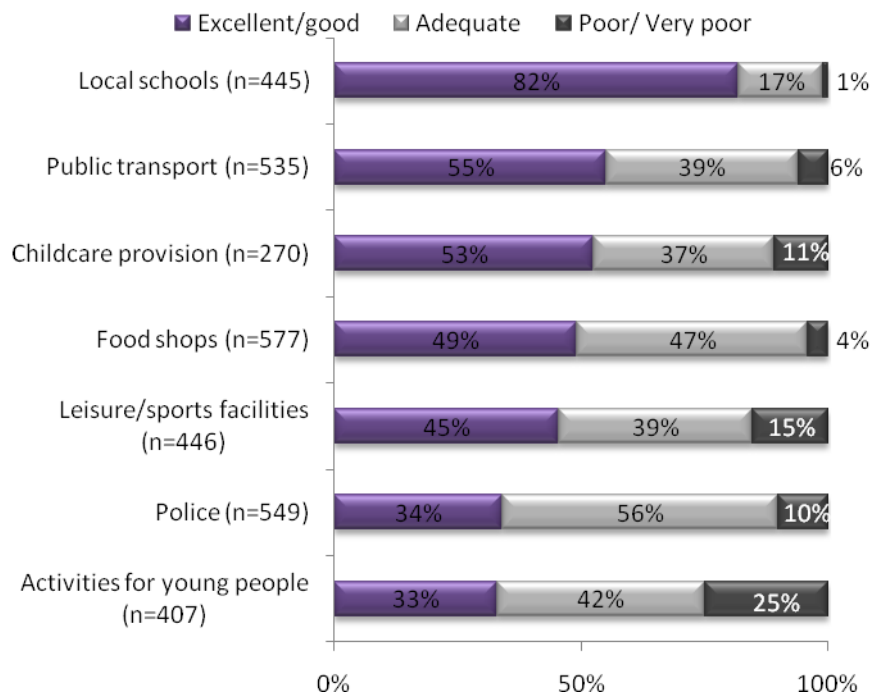


## 5.7 Perceived Quality of Services in the Area

Respondents were given a list of seven local services and asked to rate each (excellent, good, adequate, poor or very poor). Figure 5.14 shows the responses to each type of service. The number of respondents answering ‘don’t know’ varied for different types of service reflecting the level of use. ‘Don’t know’ responses have been excluded from analysis, and Figure 5.14 shows the number of respondents who gave a rating response for each service.

The service for which the largest proportion of respondents gave a positive rating was local schools. Activities for young people and the police had the lowest proportion of respondents giving a positive rating.

**Figure 5.14: Perceived Quality of Local Services**



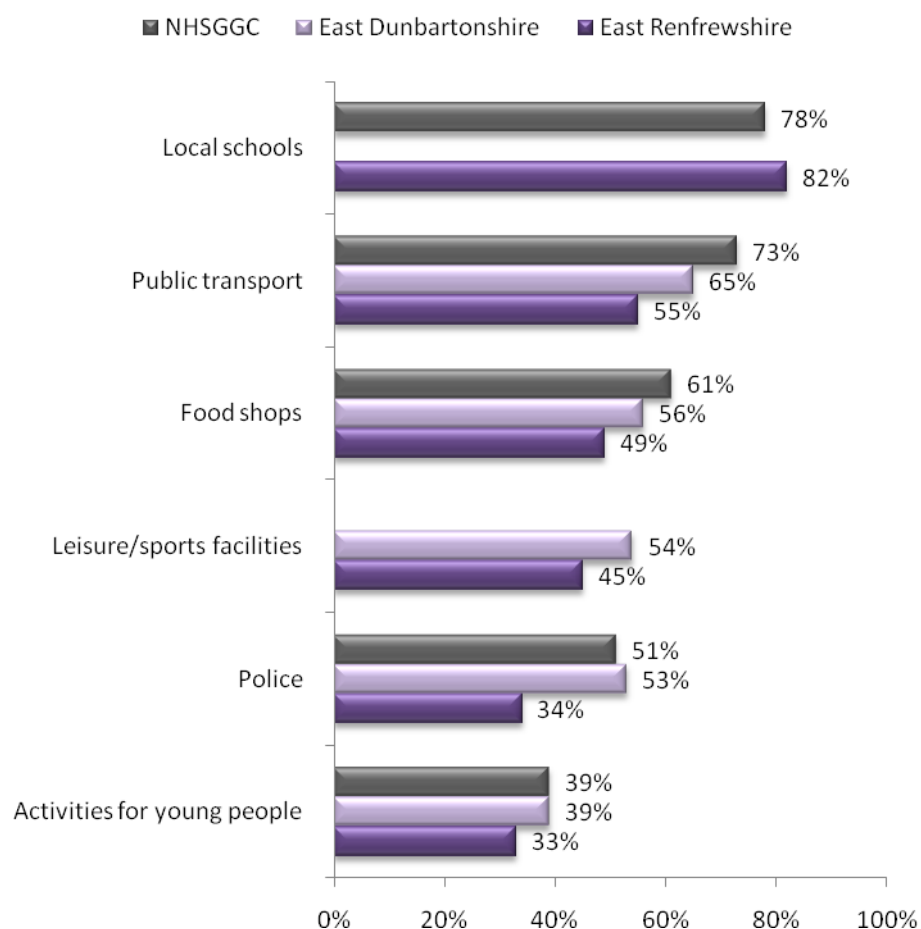
#### Comparison with East Dunbartonshire and NHS Greater Glasgow and Clyde Area

Figure 5.15 shows that compared to those in East Dunbartonshire and the NHSGGC area as a whole, those in East Renfrewshire were less likely to have a positive perception of:

- Public transport;
- Food shops;
- Police; and
- Activities for young people.

Those in East Renfrewshire were also less likely than those in East Dunbartonshire to have a positive perception of leisure/sports facilities. However, those in East Renfrewshire were more likely than those in the NHSGGC area as a whole to have a positive perception of local schools.

**Figure 5.15: Positive Perceptions of Quality of Local Services: East Renfrewshire, East Dunbartonshire and NHSGGC (all services showing a significant difference).**

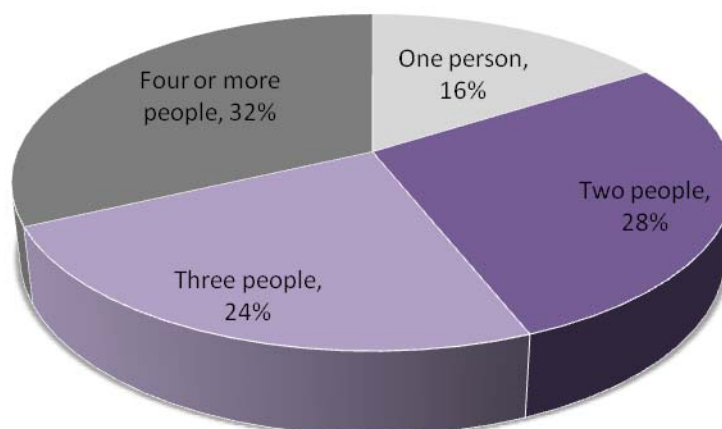


## 5.8 Individual Circumstances

### Household Size

One in six (16%) respondents lived alone. Figure 5.16 shows the breakdown of household size.

**Figure 5.16: Household Size**  
(Base: 580)



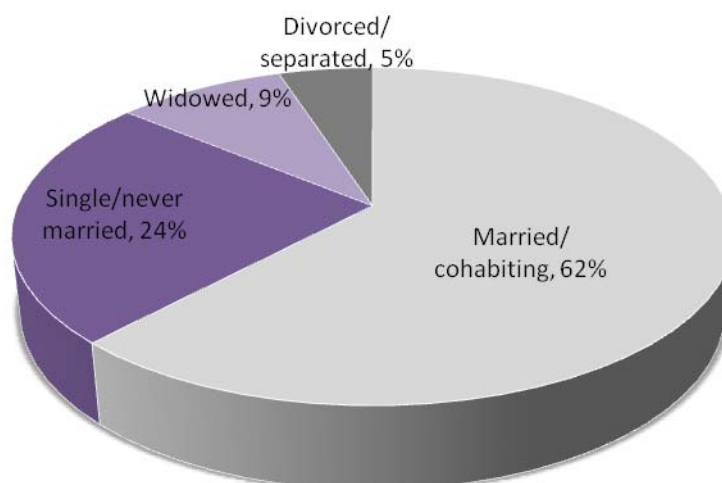
### Ethnicity

Respondents were asked their ethnicity. Most (99%) identified themselves as White and 1% identified themselves as being from another ethnic background.

### Marital Status

Three in five (62%) respondents were married or living with their partner. Figure 5.17 shows the breakdown of marital status.

**Figure 5.17: Marital Status**  
(Base: 574)



The age group most likely to describe themselves as married or cohabiting was 45-64 year olds, of whom 79% were married or living with their partner. Over a third (36%) of those aged 65 or over were widowed.

## **Internet Access**

Three in four (73%) respondents had access to the internet, and 71% had access to the internet in their home. Those aged 16-44 were the most likely to have internet access at their home (80% in this age group did), while those aged 65 and over were the least likely to have internet access at home (41% did).

Those in East Renfrewshire were more likely than those in the NHSGGC area as a whole to have access to the internet at home (71% East Renfrewshire; 56% NHSGGC).

## **Car Ownership**

Four in five (79%) respondents said that they or someone in their household owned a car. Car ownership was highest among those aged under 45 (85% of whom owned a car).

Those in East Renfrewshire were more likely than those in the NHSGGC area as a whole to own a car (79% East Renfrewshire; 58% NHSGGC).

## **Main Form of Transport**

Respondents were asked which mode of transport they normally use for most journeys they make. One in 11 (9%) said their usual mode was active travel (walking, cycling); 71% said it was private personal travel (car, motorcycle) and 20% said that it was public travel (bus, train, underground, taxi).

Those aged 65 or over were more likely than younger respondents to use public travel methods (32% did so).

## **Caring Responsibilities**

One in 17 (6%) respondents said that they were responsible for caring for someone on a day to day basis (excluding regular childcare). Of these, the mean number of hours per day spent caring was 10.1.

Those in East Renfrewshire were more likely than those in the NHSGGC area as a whole to have caring responsibilities (6% East Renfrewshire; 3% NHSGGC).

## **Educational Qualifications**

One in eight (12%) respondents had no educational qualifications. Those aged under 45 were less likely to have no qualifications (7% in this age group had no qualifications) and those aged 65 or over were the most likely to have no qualifications (21% aged 65 or over had no qualifications).

Those in East Renfrewshire were more likely than those in East Dunbartonshire to have no qualifications, but less likely than those in the NHSGGC area as a whole to have no qualifications (12% East Renfrewshire; 8% East Dunbartonshire; 21% NHSGGC).

## **Proportion of Household Income from State Benefits**

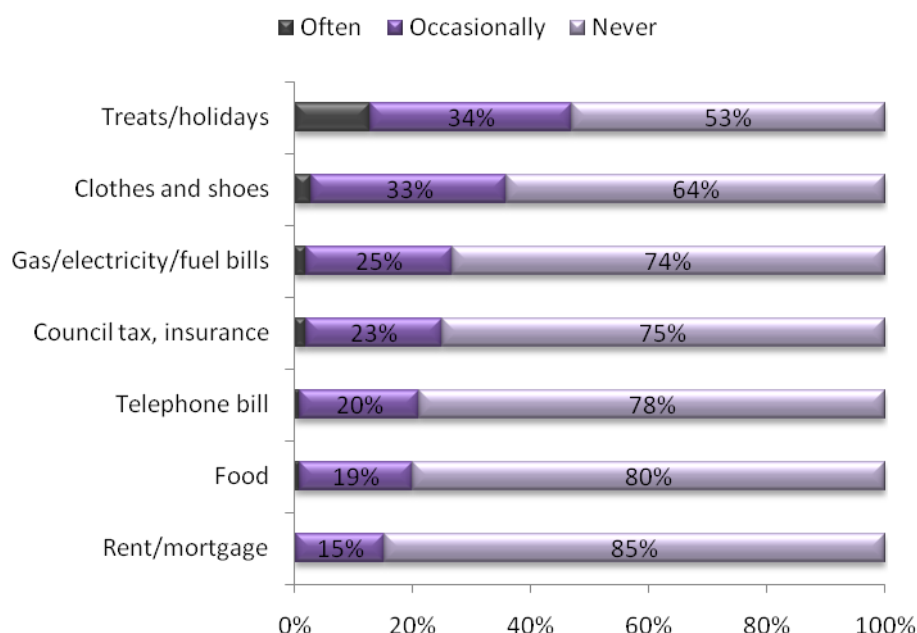
Half (49%) of respondents said that at least some of their household income came from state benefits, and 16% said that all their household income came from state benefits.

Those in East Renfrewshire were less likely than those in the NHSGGC area as a whole, but more likely than those in East Dunbartonshire, to say that all their household income came from state benefits (16% East Renfrewshire; 12% East Dunbartonshire; 24% NHSGGC).

## Difficulty Meeting the Cost of Specific Expenses

Figure 5.18 shows the proportion of respondents who said they had difficulty meeting specific expenses often, occasionally and never.

**Figure 5.18: How Often Have Difficulty Meeting the Costs of Specific Expenses (Q89)**



All together, 54% said that they ever had difficulty meeting the costs of rent/mortgage, fuel bills, telephone bills, council tax/insurance, food or clothes/shoes.

Overall, those in East Renfrewshire were more likely than those in East Dunbartonshire to ever have difficulty meeting these costs (54% East Renfrewshire; 46% East Dunbartonshire).

## Difficulty Finding Unexpected Sums

One in 12 (8%) said that they would have a problem meeting an unexpected expense of £20; a third (33%) said they would have a problem meeting an unexpected expense of £100 and 58% would have a problem finding £1,000 for an unexpected expense.

Those in East Renfrewshire were less likely than those in the NHSGGC area as a whole to have a problem finding £20 (8% East Renfrewshire; 18% NHSGGC) or £100 (33% East Renfrewshire; 49% NHSGGC). Those in East Renfrewshire were also less likely than those in both East Dunbartonshire and the NHSGGC area as a whole to have difficulty finding £1,000 (58% East Renfrewshire; 68% East Dunbartonshire; 80% NHSGGC).

## Factors about the Home that Affect Health

A small proportion (3%) of respondents said that there was something about their home that affected their health. The most common factors affecting health were stairs and damp.

## Economic Activity

Just under half (45%) of respondents were in employment (37% were employed full time and 8% were employed part time). Of those aged under 75, 75% lived in households where the main wage earner was economically active.



Those in East Renfrewshire were more likely than those in the NHSGGC area as a whole to live in an economically active household (75% East Renfrewshire; 69% NHSGGC).

### **Social Class**

Social class classifications were derived from information about the occupation of the main wage earner (or former occupation if retired). In total, 23% comprised class A/B, 59% comprised C1/C2 and 18% comprised class D/E.

### **Migrant Workers**

Less than 1% of respondents described themselves as migrant workers.

### **Sexual Orientation**

Most (99.9%) respondents described their sexual orientation as heterosexual.

## 6 Social Capital

### 6.1 Chapter Summary

Table 6.1 summarises the indicator data for social capital.

**Table 6.1: Indicators for Social Capital**

Indicator	% of sample	Unweighted base (n)
Positive perception of local area as a place to live (Q54)	94.0%	580
Positive perception of local area as a place to bring up children (Q55)	92.1%	580
Currently act as a volunteer (Q62)	8.8%	580
Positive perception of reciprocity (Q71a)	73.8%	575
Positive perception of trust (Q71e)	76.0%	575
Value local friendships (Q71c)	71.4%	576
Positive perception of social support (Q71g)	66.3%	575

More than nine in ten (94%) had a positive perception of their area as a place to live and 92% had a positive view of their area as a place to bring up children.

One in eleven (9%) respondents were volunteers.

Three in four (74%) had a positive perception of reciprocity in their area and three in four (76%) had a positive perception of trust. Those aged under 45 were less likely to have a positive view of both reciprocity and trust and men were less likely to have a positive view of trust.

Seven in ten (71%) valued local friendships. Those aged under 45 and men were less likely to do so.

Two in three (66%) respondents had a positive perception of social support in their area. Those aged under 45 were least likely to have a positive perception of social support.

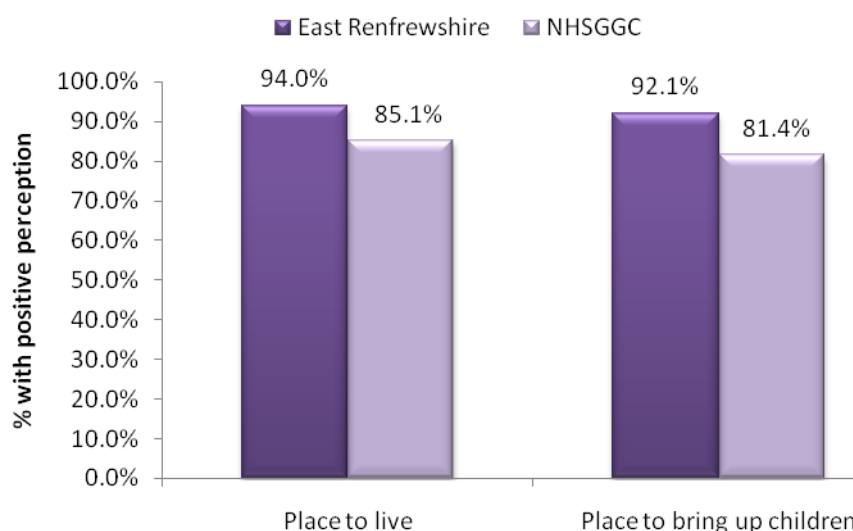
### 6.2 View of Local Area

Respondents were presented with the seven 'faces' scale and asked to indicate how they felt about their area a) as a place to live; and b) as a place to bring up children. Those choosing any of the three 'smiley' faces (1-3) were categorised as having a positive perception. Overall, 94% had a positive view of their area as a place to live and 92% had a positive view of the area as a place to bring up children.

#### Comparison with NHS Greater Glasgow & Clyde Area

Compared to those in the NHSGGC area as a whole, those in East Renfrewshire were more likely to have a positive view of their area as a place to live or to bring up children. This is shown in Figure 6.1.

**Figure 6.1: Positive Perception of Area as a Place to Live and as a Place to Bring Up Children: East Renfrewshire and NHSGGC**



### 6.3 Volunteering

One in 11 (9%) respondents were volunteers. Those who volunteered did so for a mean of 4.19 hours per week.

#### Comparison with NHS Greater Glasgow & Clyde Area

Those in East Renfrewshire were more likely than those in the NHSGGC area as a whole to be a volunteer (9% East Renfrewshire; 4% NHSGGC).

### 6.4 Reciprocity and Trust

Respondents were asked to indicate the extent to which they agree or disagree with the following statements:

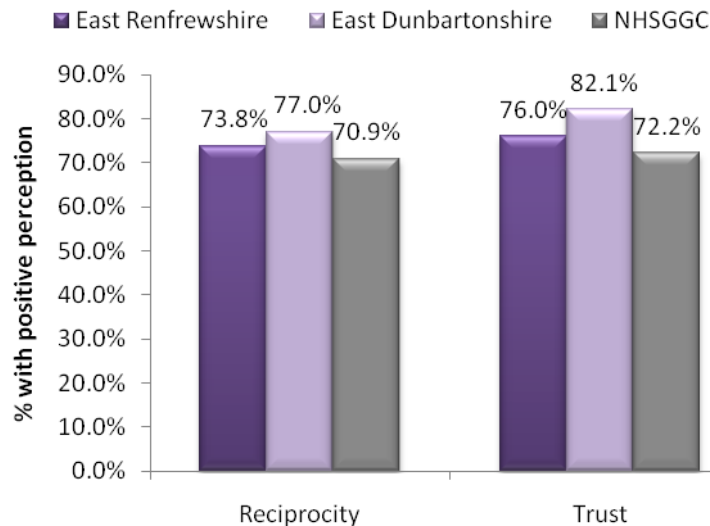
"This is a neighbourhood where neighbours look out for each other", and  
 "Generally speaking, you can trust people in my local area".

Those agreeing with the first statement were categorised as having a positive view of reciprocity, and those agreeing with the second were categorised as having a positive view of trust. Overall, 74% were positive about reciprocity and 76% were positive about trust.

#### Comparison with East Dunbartonshire and NHS Greater Glasgow & Clyde Area

Those in East Renfrewshire were more likely than those in the NHSGGC area as a whole, but less likely than those in East Dunbartonshire, to have positive perceptions of reciprocity and trust.

**Figure 6.2: Positive Perceptions of Reciprocity and Trust: East Renfrewshire, East Dunbartonshire and NHSGGC**



Those aged 16-44 were the least likely to have positive views of reciprocity or trust, and those aged 65 or over were the most likely. Also, women were more likely than men to have a positive view of trust. This is shown in Table 6.2.

**Table 6.2: Positive Perceptions of Reciprocity (Q71a) and Trust (Q71e) by Age and Gender**

	Positive Perception of Reciprocity	Unweighted base (n)	Positive Perception of Trust	Unweighted base (n)
Age:				
16-44	65%	145	66%	144
45-64	77%	214	80%	215
65+	85%	215	89%	215
Men	71%*	202	71%	203
Women	76%*	372	80%	371
<b>All</b>	74%	575	76%	575

\* denotes non-significant result

## 6.5 Local Friendships

Respondents were asked to indicate the extent to which they agree or disagree with the statement: *"The friendships and associations I have with other people in my local area mean a lot to me"*. Seven in ten (71%) agreed with this statement.

Those aged under 45 were less likely to value local friendships and those aged 65 or over were more likely to do so. Also, women were more likely than men to value local friendships. This is shown in Table 6.3.

**Table 6.3: Proportion Value Local Friendships (Q71c) by Age and Gender**

	Value Local Friendships	Unweighted base (n)
Age:		
16-44	63%	146
45-64	72%	214
65+	85%	215
Men	69%	202
Women	75%	373
All	71%	576

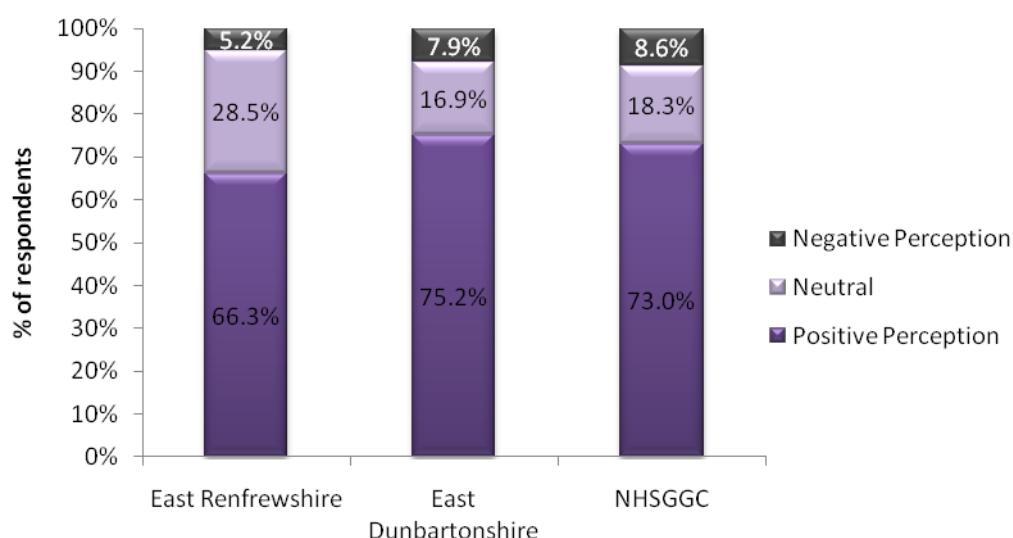
## 6.6 Social Support

Respondents were asked to indicate the extent to which they agree or disagree with the statement: *"If I have a problem, there is always someone to help me"*. Those agreeing with this statement were categorised as having a positive view of social support. According to this definition, 66% were positive about social support.

### Comparison with East Dunbartonshire and NHS Greater Glasgow & Clyde Area

Compared to those in East Dunbartonshire and the NHSGGC area as a whole, those in East Renfrewshire were less likely to have a positive view of social support. This is shown in Figure 6.3.

**Figure 6.3: Views of Social Support: East Renfrewshire, East Dunbartonshire and NHSGGC**



Those aged 65 or over were more likely to have a positive view of social support and those aged under 45 were least likely to do so.

**Table 6.4: Positive View of Social Support (Q71g) by Age**

	Positive View	Unweighted base (n)
Age:		
16-44	60%	145
45-65	65%	215
65+	78%	214
All	66%	575

## 7 Summary of Comparisons with East Dunbartonshire and NHS Greater Glasgow & Clyde Area

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This chapter presents a summary of the comparisons of indicator data from East Renfrewshire to those for East Dunbartonshire and the NHS Greater Glasgow & Clyde area as a whole.

### 7.1 Indicators showing More Favourable Findings

Compared to those in both East Dunbartonshire and the NHS Greater Glasgow & Clyde area as a whole, those in East Renfrewshire were:

- More likely to have a positive view of their general health;
- More likely to have definitely feel in control of the decisions affecting their life;
- Less likely to have a long-term limiting condition or illness;
- Less likely to exceed the recommended weekly limit for alcohol consumption;
- Less likely to have been binge drinkers in the previous week;
- More likely to have participated in gym workouts in the last week;
- Less likely to exceed the recommended limit of one high fat/sugary snack per day;
- Less likely to be concerned about the level of alcohol consumption in their area; and
- Less likely to have difficulty finding an unexpected sum of £1,000.

Compared to those in East Dunbartonshire, those in East Renfrewshire were:

- Less likely to have a high GHQ12 score;
- Less likely to say that it was difficult to get a GP appointment; and
- Less likely to drink alcohol weekly.

Compared to those in the NHS Greater Glasgow & Clyde area as a whole, those in East Renfrewshire were:

- More likely to have a positive view of their quality of life;
- More likely to have visited the dentist within the last six months;
- More likely to be registered with a dentist;
- Less likely to be exposed to second hand smoke most or some of the time;
- Less likely to be smokers;
- More likely to meet the target for physical activity;
- More likely to have participated in a sport in the last week, and specifically more likely to have participated in badminton or exercises;
- More likely to eat breakfast every day;
- Less likely to feel isolated from family and friends;
- More likely to exchange small favours with neighbours;
- More likely to identify with a religion;
- Less likely to be concerned about:
  - Amount of drug activity;
  - Level of unemployment;
  - Amount of vandalism;
  - Amount of car crime;
  - Number of burglaries; and
  - Number of assaults and muggings.
- Less likely to be concerned about:
  - Amount of rubbish lying about;
  - Availability of safe play spaces;
  - Amount of traffic;
  - Availability of pleasant places to walk;

- Amount of noise and disturbance;
- Number of vacant/derelict buildings;
- Amount of derelict land;
- Level of smells from sewers;
- Standard of street lighting; and
- Number of abandoned cars.
- More likely to have a positive perception of local schools;
- More likely to have internet access at home;
- More likely to own a car;
- Less likely to have no qualifications;
- Less likely to receive all household income from benefits;
- Less likely to have difficulty finding unexpected sums of £20 or £100;
- More likely to live in an economically active household;
- More likely to have a positive perception of their area as a place to live;
- More likely to have a positive perception of their area as a place to bring up children;
- More likely to be a volunteer;
- More likely to have a positive perception of reciprocity in their area; and
- More likely to have a positive perception of trust in their area.

## 7.2 Indicators showing Less Favourable Findings

Compared to those in both East Dunbartonshire and the NHS Greater Glasgow & Clyde area as a whole, those in East Renfrewshire were:

- More likely to be receiving treatment for accident/injury;
- Less likely to brush their teeth twice or more per day;
- Less likely to say that it was easy to reach hospital for an appointment;
- More likely to say that it was difficult to get a hospital appointment;
- Less likely to say that it was easy to get a GP consultation within 48 hours when needed;
- Less likely to say that it was easy to get an appointment to see the dentist;
- Less likely to have participated in aerobics or other dance in the last week;
- Less likely to meet the target of consuming two or more portions of oily fish per week;
- More likely to be overweight;
- Less likely to agree that women should be made to feel comfortable breastfeeding in public;
- Less likely to belong to a clubs, association, etc;
- Less likely to feel safe using public transport in their local area;
- Less likely to feel safe walking alone in their area, even after dark;
- Less likely to have a positive perception of:
  - Public transport;
  - Food shops;
  - Police; and
  - Activities for young people;
- Less likely to have a positive view of social support in their area.

Compared to those in East Dunbartonshire, those in East Renfrewshire were:

- Less likely to have visited the dentist within the last six months;
- (Of those who had used health services in the last year) less likely to feel they had definitely been given adequate information about their condition or treatment;
- Less likely to meet the target for physical activity;
- Less likely to have participated in exercises of football/rugby in the last week;
- Less likely to feel that local people can influence local decisions;
- More likely to be concerned about:
  - Amount of vandalism;
  - Amount of car crime;



- Number of burglaries; and
  - Number of assaults and muggings.
- More likely to be concerned about:
  - Amount of rubbish lying about;
  - Availability of safe play spaces;
  - Amount of broken glass;
  - Availability of pleasant places to walk;
  - Amount of derelict land; and
  - Standard of street lighting.
- Less likely to have a positive perception of local leisure/sports facilities;
- More likely to have no qualifications;
- More likely to receive all household income from benefits;
- More likely to have difficulty meeting the cost of bills etc;
- Less likely to have a positive perception of reciprocity in their area; and
- Less likely to have a positive perception of trust in their area.

Compared to those in the NHS Greater Glasgow & Clyde area as a whole, those in East Renfrewshire were:

- More likely to be receiving treatment for at least one illness or condition;
- Less likely to say that it was easy to get a GP appointment;
- More likely to drink alcohol weekly; and
- More likely to have caring responsibilities.

### 7.3 Other Significant Differences

Compared to those in both East Dunbartonshire and the NHS Greater Glasgow & Clyde area as a whole, those in East Renfrewshire were:

- More likely to have seen a pharmacist for health advice in the last year;
- More likely to have contacted NHS24 in the last year; and
- (Among those who ever drank alcohol) more likely to have drunk alcohol in a restaurant, at someone else's home or at a party with friends in the last six months.

Compared to those in East Dunbartonshire, those in East Renfrewshire were:

- (Among those who ever drank alcohol) less likely to have drunk alcohol outdoors in the last six months.

Compared to those in the NHS Greater Glasgow & Clyde area as a whole, those in East Renfrewshire were:

- More likely to have visited hospital as an outpatient in the last year;
- More likely to have visited accident and emergency in the last year; and
- (Among those who ever drank alcohol) more likely to have drunk alcohol at home in the last six months.

# APPENDIX A: SURVEY METHODOLOGY & RESPONSE

---

## Sampling

It was necessary to adopt a sampling system which would be:

- Representative of the population of NHSGGC (and the former NHSGG) as a whole in terms of age, sex and geographical distribution and SIMD
- Comparable with the survey used in 1999, 2002 AND 2005, to allow results to be compared across the surveys
- Replicable, so that future surveys can track indicators over time.

The sample was stratified by local authority (8 authorities) and by SIMD quintile (5 categories). The target sample size was set at 8,253. To achieve this, clusters were sampled in proportion to the population in each stratum. In addition, 3 areas were over sampled to allow comparison between the bottom 15% SIMD areas and other areas within the CH(C)P.

The sample was drawn from the Postal Address File (PAF) by CACI, to a specification provided by MRUK. The PAF was sorted into the strata above. Within each stratum, the PAF was then sorted in alphanumeric order by postcode and house number/name. Interval samples were then taken.

Before the addresses were issued to interviewers, NHSGGC and Inverclyde CHP screened the sample to identify areas containing high levels of “deadwood” (eg business addresses, derelict buildings). Where they were found, they were replaced with other addresses that were a match in terms of the sample strata.

## Questionnaire design and pilot

The questionnaire was based on the questionnaire used in 2005 in NHSGG, but some new questions have been added. It was felt that the questionnaire had reached its maximum practicable length, so the addition of new questions had to be balanced by commensurate cuts elsewhere in the questionnaire. Questions for which data were deemed to be least useful in 2005 were selected for deletion in 2008.

In turn, the 2008 questionnaire had been based on the one used in 1999, with some changes and order to make the interview run more smoothly. Thus, most of the questions in the 2008 questionnaire can be tracked back to 1999 and/or 2002; 2005.

Once a draft questionnaire had been agreed, a pilot survey was conducted.

The pilot ensured that:

The questionnaire structure flowed easily, thereby maintaining the interest of the respondent over the duration of the interview which was not considered to be onerous;

The routing of questions was complete;

The questions were understood by a range of respondents. It was recognised that the questions had to be coherent and meaningful to people of different levels of ability.

Following the pilot, a few minor changes were made to the questionnaire, but question wording largely remained as it was in 2005.

## Fieldwork

MRUK were responsible for the fieldwork element of the project. A team of interviewers attended a briefing session which was conducted by MRUK and representatives from

NHSGGC health and wellbeing working group. The briefing session involved full instructions in the conduct of the survey interview. The questionnaire administered through computer based software with instructions included on the computer screens.

Interviewers were assigned a number of clusters. Their instructions were to make at least six calls at an address at different times of the day/days of the week before classifying the addresses as a non-response.

Respondents were randomly selected within households using the "next birthday rule". The person aged 16 or over who would next have a birthday was chosen for interview.

Each sample address was sent an advance letter from NHSGGC explaining the purpose of the survey and requesting co-operation. As a result of this letter, a number of residents contacted NHSGGC to "opt out" of the survey. These addresses were removed from the lists given to interviewers and these households were not contacted further by MRUK.

Each interviewer was provided with a letter of authorisation to show on the doorstep. Interviewers were also instructed to carry their MRUK photo-identity card at all times and to display this to all potential respondents. Each interviewer also carried a stock of leaflets that explained more about the survey and why participation was important. A leaflet was left with every respondent.

Fieldwork began immediately after the briefing session in mid August 2008 and was completed by mid December 2008. A total of 8,278 interviews were completed. The average interview length was 30 minutes.

## **Response Rate**

A total of 8,278 interviews were achieved from a starting sample of 16,658 addresses. Therefore a successful interview was achieved with 49.69% of all contact addresses. A number of interviews were considered out of scope for the following reasons:

- The address could not be traced
- The address had not been built or was not ready for occupation
- The address had been demolished
- The address was vacant or empty
- The address was for business or industrial use only (ie not residential)
- The address was an institution

Once the out of scope addresses had been removed, 11, 889 addresses were remaining. This equated to a response rate of 69.64% which compares well to the 2005 survey where a 71% response rate was achieved.

## **Date coding**

Data from the open questions were coded using the same code frames as were used in each of the earlier surveys. NHSGGC were involved in re-coding some of the lists of codes, which referred to medical conditions.

As interviews were conducted with computer based software, this removed the requirement to enter the data separately.

Additional core indicator variables were computed and added to the data set. These were specified by NHSGGC.

Data were weighted before analysis. This replicated the approach taken in earlier surveys.

# APPENDIX B: DATA WEIGHTING

---

## Introduction

Data were weighted to ensure that they were as representative as possible of the adult population in the GGNHSB area. This appendix describes the weighting processes.

## Household Size Weighting

In this survey, households were selected at random and therefore had equal probability of selection. However within the household the probability of an individual's selection is not necessarily equal to that of others, since it is inversely proportional to the number of people available to be selected. For example, in a single-person household the probability of selection is exactly 1 whereas in a four-person household the probability of selection is 1/4. The logic of this implies that the respondent from the single-person household represents one person (him/herself) while the respondent from the four-person household is in fact representing four people. It is normal to allow for this bias by 'weighting' the sample to give the respondent from the four-person household four times the 'weight' of the respondent from the one-person household. It is usual to calculate this weighting in such a way that the sum of the weights matches the sample size.

The formula for calculating the household size weight was:

$$Wf = F \times \frac{T}{A}$$

Where:

- $Wf$  is the household size weighting factor for a respondent living in a household size  $F$ .
- $F$  is the household size
- $T$  is the total number of respondents
- $A$  is the total number of adults in all households where a successful interview took place.

## Weighting by Age/Gender/Bottom 15%/CH(C)P

Firstly the household size weighting was applied to the dataset. This produced the new 'actual' counts to which we applied the age/sex/bottom15%/CH(C)P weighting frame to produce the final weighting factors. This ensured that the weighted data would reflect the overall Greater Glasgow and Clyde population in terms age, gender, bottom 15%/other areas and CH(C)P areas. The formula for this stage of the weighting process was:

$$Wi = \frac{ci}{C} \times \frac{T}{ti}$$

Where:

$Wi$  is the individual weighting factor for a respondent in age/gender/bottom15% versus other areas/CH(C)P area group  $i$

$ci$  is the known population in age/gender/bottom15% versus other areas/CH(C)P area group  $i$

$C$  is the total adult population in the NHS Greater Glasgow and Clyde area

$T$  is the total number of interviews

$t_i$  is the number of interviews (weighted by the household size weighting factor) for age/gender/bottom15% versus other areas/CH(C)P area group  $i$

## Appendix C: ASSUMPTIONS OF NUMBER OF UNITS OF ALCOHOL IN EACH TYPE OF DRINK (2005 and 2008)

The table below shows the assumed number of units of alcohol in each type of drink that were used for the calculation of unit consumption in 2005, and the new assumptions that have been applied in 2008.

	UNIT ASSUMPTION USED FOR ANALYSIS 2005	UNIT ASSUMPTION USED FOR ANALYSIS 2008
Normal strength beer - pints	2.30	2.80
Normal strength beer - cans	1.80	2.20
Normal strength beer bottles	1.00	1.70
Strong beer - pints	2.80	3.40
Strong beer - cans	2.25	2.60
Strong beer - bottles	1.80	2.00
Extra strong beer - pints	5.00	5.10
Extra strong beer - cans	4.00	4.00
Extra strong beer - bottles	3.00	3.00
Single measures spirits	1.00	1.00
Single measure martini/sherry/buckfast etc	1.00	1.00
Small glass wine	1.00	1.75
Large glass wine	2.00	3.50
1/2 bottle wine	4.50	5.25
Full bottle wine	8.75	10.50
Small bottle of alcopops	1.50	1.40
Large bottle of alcopops	n/a	5.45

## APPENDIX D: ANNOTATED SURVEY QUESTIONNAIRE

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The survey questionnaire is presented here. Where relevant, questions show:

- The number of respondents who answered the question (with “don’t know”, refused and missing responses removed). These are **unweighted** and shown as “(n=)” after the question;
- The percentage of respondents who gave each response. These are **weighted**.

In some cases, the mean response rather than the percentage giving individual responses is given. These are also weighted.

APPROVED BY:	Executive		Field		Computing		DATE APPROVED:	
--------------	-----------	--	-------	--	-----------	--	----------------	--

## Main FINAL

**NHS Greater Glasgow & Clyde Health and Wellbeing Survey 2008**  
**Questionnaire**  
**(IK20408)**

### OFFICE USE

Serial Number

NAME

\_\_\_\_\_

INTERVIEWER  
ID NUMBER

--	--	--	--

ADDRESS

\_\_\_\_\_

QUESTIONNAIRE  
NUMBER

--	--	--	--

POSTCODE

\_\_\_\_\_

AGE

--	--

TELEPHONE

\_\_\_\_\_

Social class

AB 1  
C1 2  
C2 3  
DE 4

Occupation of Chief Wage Earner:

\_\_\_\_\_  
\_\_\_\_\_

Good morning/afternoon/evening. My name is ..... from an independent research agency called **mrak** research. We are carrying out a research study on behalf of the NHS Greater Glasgow and Clyde. I wonder if I could ask you some questions? The survey is about your health including issues such as diet, exercise and the area you live in

(IF REQUIRED): ***(It should take about half an hour.)***

This interview has been conducted within the Code of Conduct of the Market Research Society.

INTERVIEWER SIGN

\_\_\_\_\_

INTERVIEWER PRINT

\_\_\_\_\_

DATE OF INTERVIEW

\_\_\_\_\_



--	--	--	--	--	--	--	--

OFFICE USE Serial Number				

JOB  
NUMBER

--	--	--	--	--	--	--	--	--

INTERVIEWER  
ID NUMBER

--	--	--	--

QUESTIONNAIRE  
NUMBER

--	--	--	--

DO NOT FILL IN  
RESPONDENT DETAILS ON THIS PAGE

FILL IN ALL OTHER INFO

THANKS

START TIME

\_\_\_\_\_

--	--	--	--

FINISH TIME

--	--	--	--

This interview has been conducted within the Code of Conduct of the Market Research Society.

INTERVIEWER SIGN

\_\_\_\_\_

INTERVIEWER PRINT

\_\_\_\_\_

DATE OF INTERVIEW

\_\_\_\_\_

EDITED BY

\_\_\_\_\_

DATE

\_\_\_\_\_

CODED BY

\_\_\_\_\_

DATE

\_\_\_\_\_

Q1 I'd like to start by asking you some questions about your health. How would you describe your health over the past year? **(READ OUT AND CODE ONE ONLY) (N=580)**

	18.7
Excellent	58.2
Good	15.7
Fair	7.3
Poor	n/a
Don't know	n/a

**GO TO Q2**

Q2 **SHOWCARD 1.** Can you tell me all the illnesses or conditions for which you are currently being treated, by indicating the numbers on the card. **(CODE ALL THAT APPLY) (N=573)**

1	Coronary heart disease	5.6
2	Stroke	1.8
3	Arthritis; rheumatism ; painful joints	11.6
4	Osteoporosis	1.8
5	Chronic pain	3.2
6	Clinical depression	3.9
7	Diabetes	2.9
8	Cancer	2.5
9	Asthma, bronchitis, or persistent cough	5.5
10	Epilepsy	0.7
11	Acquired brain injury	0.7
12	Stress related conditions, e.g. difficulty sleeping or concentrating	2.7
13	Severe hearing problems	0.7
14	Severe eyesight problems	1.4
15	Accident / injury	3.0
16	Gastro-intestinal problems, e.g. peptic ulcer disease, irritable bowel syndrome	3.2
17	High blood pressure	11.6
18	Drug or alcohol related conditions	0.1
19	Sexually transmitted infections, e.g. gonorrhoea, syphilis, chlamydia	0.0
	None	58.4
	Refused	n/a
	Other	3.1

**GO TO Q3**

**GO TO Q2A**

**IF CODED 'OTHER' AT Q2 GO TO Q2A, OTHERWISE GO TO Q3**

Q2a Other (please specify) – **RECORD VERBATIM (48 Responses)**

**GO TO Q3**

Q3 Do you have any long-term condition or illness that substantially interferes with your day to day activities? **SINGLE CODE (N=574)**

Yes	15.0
No	85.0
Refused	n/a

**GO TO Q4**

**GO TO Q6**

Q4	Thinking of these conditions and/or illnesses, would you describe yourself as having...? <b>(READ OUT AND CODE ALL THAT APPLY) (N=121)</b>		
	A physical disability	62.3	
	A mental or emotional health problem	17.3	
	A long-term illness	55.3	<b>GO TO Q5</b>
	Don't know	0.0	
	Other	0.0	<b>GO TO Q4A</b>

**IF CODED OTHER AT Q4 GO TO Q4A, OTHERWISE GO TO Q5**

Q4a Other (please specify) – **RECORD VERBATIM (0 Responses)**

**GO TO Q5**

Q5 **SHOWCARD 2.** How much does it (do they) interfere with the following activities (seriously, moderately, or doesn't)? **(READ OUT and code one for each)**

		Seriously Interferes	Moderately Interferes	Does not Interfere	N/A
A	Taking up training <b>(N=86)</b>	40.3	42.1	17.6	n/a
B	Holding down or obtaining a job <b>(N=77)</b>	46.9	44.5	8.6	n/a
C	Taking exercise/physical activity <b>(N=118)</b>	50.7	40.7	8.6	n/a
D	Socialising <b>(N=120)</b>	25.9	56.3	17.9	n/a

**GO TO Q6**

Q6 Thinking about the past year and your own health and your use of the GP surgery how many times have you:  
**(PUT A NUMBER IN EACH BOX. IF 'NEVER', WRITE IN '0'. IF DON'T KNOW, PROBE FOR ESTIMATE. IF CAN'T GIVE ESTIMATE, ENTER 99 FOR DON'T KNOW)**

		% at least once
a.	Seen a GP? <b>(N=578)</b>	80.9
b.	Seen a nurse/midwife from your surgery? <b>(N=579)</b>	47.4
c.	Seen a physiotherapist/chiroprapist/dietician/occupational therapist/clinical psychologist from your surgery? <b>(N=578)</b>	11.3
d.	Seen someone else from your surgery e.g. health care assistant? <b>(N=579)</b>	3.0

**GO TO Q7**

**Q7** Now thinking about other places, over the past year and your own health how many times have you.....  
**(PUT A NUMBER IN EACH BOX. IF 'NEVER', WRITE IN '0'. IF DON'T KNOW, PROBE FOR ESTIMATE. IF CAN'T GIVE ESTIMATE, ENTER 99 FOR DON'T KNOW)**

	% at least once
a. Seen a pharmacist for health advice e.g. minor ailments or smoking cessation advice? <b>(N=580)</b>	25.8
b. Contacted NHS24? <b>(N=580)</b>	23.3
c. Been to accident and emergency? <b>(N=580)</b>	13.7
d. Visited a hospital out-patient department to see a doctor? (Do not include visits for an X-ray or other tests) <b>(N=580)</b>	28.5
e. Been admitted to hospital (either as a day case or for a longer stay)? <b>(N=580)</b>	12.4
f. Used GP out of hours service (GEMS) <b>(N=580)</b>	5.5

**GO TO Q8**

**Q8** **SHOWCARD 3.** Thinking about your recent use and experience of the health services such as GP, dentist, or hospital: **READ OUT AND CODE FOR EACH ONE**

		Definitely	To Some Extent	No	Don't know	N/A
A	Were you given adequate information about your condition or treatment? <b>(N=470)</b>	59.2	37.8	3.0	n/a	n/a
B	Have you been encouraged to participate in decisions affecting your health or treatment? <b>(N=428)</b>	45.4	34.5	20.1	n/a	n/a
C	Do you feel that you have a say in how these services are delivered? <b>(N=426)</b>	29.0	37.4	33.6	n/a	n/a
D	Do you feel that your views and circumstances are understood and valued? <b>(N=430)</b>	39.9	44.7	15.4	n/a	n/a

**GO TO Q9**

**Q9** Are you registered with a dentist? **SINGLE CODE (N=580)**

Yes	83.6	<b>GO TO Q10</b>
No	16.4	<b>GO TO Q11</b>
Refused	n/a	

Q10 Do you receive NHS or private dental treatment? **SINGLE CODE (N=455)**

NHS	86.5	<b>GO TO Q11</b>
Private	13.5	
Refused	n/a	
Don't know	n/a	

Q11 When was the last time you went to the dentist? **(READ OUT. CODE ONE ONLY) (N=503)**

Within last 6 months	56.2	<b>GO TO Q12</b>
Within 6 months to 15 months	26.6	
Over 15 months	17.2	
Don't know / can't remember	n/a	

Q12 What proportion of your teeth are your own? (Crowns are regarded as 'own teeth'.)  
**(READ OUT. CODE ONE ONLY) (N=579)**

All of them	64.2	<b>GO TO Q13</b>
Some of them	25.0	
None of them	10.8	<b>GO TO Q14</b>
Refused	n/a	

Q13 How often do you brush your teeth? **SINGLE CODE (N=475)**

Twice or more a day	73.4	<b>GO TO Q14</b>
About once a day	25.0	
Less than once a day	1.2	
Seldom or never	0.4	
Refused	n/a	

Q14 **SHOWCARD 4.** On a scale of 1 to 5, where 1 is 'very difficult' and 5 is 'very easy', how easy or difficult is it to ...  
**(READ OUT AND CODE ONE FOR EACH)**

		<b>Very Difficult 1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>Very Easy 5</b>	<b>Don't know 6</b>
A	Get an appointment to see your GP? <b>(N=556)</b>	2.1	6.4	25.4	39.8	26.3	n/a
B	Access health services in an emergency? <b>(N=404)</b>	0.7	3.3	23.4	48.3	24.3	n/a
C	Obtain an appointment at the hospital? <b>(N=406)</b>	4.5	14.3	36.4	31.2	13.7	n/a
D	Travel to the hospital for an appointment? <b>(N=450)</b>	1.1	5.3	25.0	30.0	38.7	n/a
E	Get an appointment to see the dentist? <b>(N=482)</b>	0.7	4.0	28.7	32.5	34.2	n/a
F	When needed, get a consultation with someone at your GP surgery within 48 hours? <b>(N=409)</b>	2.2	9.3	22.8	36.3	29.5	n/a

I am going to show you a series of questions about emotion and feelings. For each question, please tick the box which applies to you.

**PASS QUESTIONNAIRE TO RESPONDENT FOR SELF-COMPLETION OF Q15 & Q16.  
ENCOURAGE THE RESPONDENT TO SELF-COMplete, BUT DON'T INSIST ON IT IF THEY  
WOULD PREFER YOU TO COMPLETE IT ON THEIR BEHALF**

**Q15** We should like to know if you have had any medical complaints, and how your health has been in general, over the past few weeks. Please answer ALL the questions on this page simply by ticking the answer which you think most closely applies to you. Remember that we want to know about present and recent complaints, not those you had in the past. It is important that you try to answer ALL the questions.

**Have you recently...**

**(Please tick one box for each statement) (N=580)**

a) ...been able to concentrate on whatever you're doing?	Better than usual 2.3	Same as usual 88.8	Less than usual 7.6	Much less than usual 1.3
b) ...lost much sleep over worry?	Not at all 35.7	No more than usual 49.2	Rather more than usual 12.1	Much more than usual 3.0
c) ...felt that you are playing a useful part in things?	More so than usual 4.4	Same as usual 88.0	Less useful than usual 6.8	Much less useful 0.7
d) ...felt capable of making decisions about things?	More so than usual 4.2	Same as usual 90.5	Less so than usual 4.0	Much less capable 1.2
e) ...felt constantly under strain?	Not at all 30.6	No more than usual 51.7	Rather more than usual 15.3	Much more than usual 2.4
f) ...felt you couldn't overcome your difficulties?	Not at all 36.8	No more than usual 54.0	Rather more than usual 7.7	Much more than usual 1.4
g) ...been able to enjoy your normal day-to-day activities?	More so than usual 2.5	Same as usual 81.8	Less so than usual 12.9	Much less than usual 2.7
h) ...been able to face up to your problems?	More so than usual 3.8	Same as usual 89.4	Less able than usual 5.8	Much less able 1.0
i) ...been feeling unhappy and depressed?	Not at all 57.6	No more than usual 33.3	Rather more than usual 7.1	Much more than usual 2.0
j) ...been losing confidence in yourself?	Not at all 67.6	No more than usual 22.9	Rather more than usual 7.2	Much more than usual 2.3
k) ...been thinking of yourself as a worthless person?	Not at all 79.0	No more than usual 16.6	Rather more than usual 2.9	Much more than usual 1.5
l) ...been feeling reasonably happy, all things considered?	More so than usual 5.9	About same as usual 81.4	Less so than usual 11.2	Much less than usual 1.5

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Q16 Below are some statements about feelings and thoughts. Please tick the box that best describes your experience of each over the last 2 weeks (N=580)

	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future	1.6	7.4	48.2	35.1	7.7
I've been feeling useful	0.8	6.0	31.3	49.9	12.0
I've been feeling relaxed	1.3	7.5	45.1	39.3	6.8
I've been interested in other people	0.6	4.5	35.3	45.0	14.6
I've had energy to spare	4.9	18.9	44.1	26.3	5.8
I've been dealing with problems well	0.9	3.3	35.7	49.6	10.4
I've been thinking clearly	1.2	1.9	26.5	50.4	20.0
I've been feeling good about myself	1.2	5.9	36.9	44.8	11.3
I've been feeling close to other people	0.4	2.9	27.5	55.4	13.9
I've been feeling confident	1.2	5.0	35.1	45.1	13.6
I've been able to make up my own mind about things	0.7	1.6	19.9	54.6	23.3
I've been feeling loved	0.3	4.1	29.5	45.4	20.7
I've been interested in new things	1.1	7.5	30.1	48.1	13.2
I've been feeling cheerful	0.6	4.4	35.9	48.7	10.4

**GO TO Q17**

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Q17 In the past year, has anyone in your household suffered an accidental injury in the home? Please include any injuries – no matter how small – for which the sufferer was treated at home.  
(CODE ONE ONLY) (N=580)

Yes	3.4	<b>GO TO Q18</b>
No	96.6	<b>GO TO Q21</b>

Q18 How many people had an accidental injury in the home in the past year? (N=18)

**WRITE IN NUMBER OF PEOPLE IN THE BOX:**

**GO TO Q19**

1: 95.2

2: 4.8

Q19 How many of the people who had an accidental injury in the past year were aged under 16 at the time? (N=18)

**WRITE NUMBER OF UNDER 16's IN THE BOX:**

**GO TO Q20**

0: 62.4

1: 37.6

**Number of people cannot exceed amount recorded at Q18 please re-enter**

Q20 For each person, how many accidents did they have that required treatment from a doctor or a nurse (without attending hospital)? How many of these were treated at the hospital?

**(ENTER THE NUMBER OF ACCIDENTS FOR EACH PERSON, THEN ENTER THE NUMBER OF THESE THAT WERE TREATED IN HOSPITAL – INCLUDING THOSE AGED 16 AND OVER)**

	DR or Nurse (Not at Hospital)		At Hospital	
Person 1 (N=18)	0 1	43.5 56.5	0 1 6	47.0 46.7 6.3
Person 2 (N=2)	0 1	85.8 14.2	0 1	14.2 85.8
Person 3	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Person 4	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Person 5	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Person 6	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Person 7	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Person 8	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

**GO TO Q21**

**Now I would like to ask you some questions about your lifestyle.**

Q21 How often are you in places where there is smoke from other people smoking tobacco? Would you say most of the time, some of the time, seldom or never?  
**SINGLE CODE (N=580)**

Most of the time	13.9
Some of the time	10.6
Seldom	23.7
Never	52.1
Don't know	n/a

**GO TO Q22**



Q22 **SHOWCARD 5.** Which of the following statements best describes you at present?  
**SINGLE CODE (N=580)**

a.	I have never smoked tobacco	55.7	<b>GO TO INSTRUCTION BEFORE Q25</b>
b.	I have only tried smoking once or twice	8.0	
c.	I have given up smoking	16.1	
d.	I smoke some days	1.6	<b>GO TO Q23</b>
e.	I smoke every day	18.6	

Q23 On average, how many cigarettes a day do you smoke? (N=109)  
**(WRITE NUMBER OF CIGARETTES IN THE BOX)**  
**(CODE AS '995' IF THE PERSON ONLY SMOKES CIGARS / PIPE / LOOSE TOBACCO. CODE AS 999 FOR DON'T KNOW)**

WRITE NUMBER IN THE BOX:

mean	14.79
------	-------

**GO TO Q24**

Q24 Do you intend to stop smoking? **SINGLE CODE (N=112)**

Yes	46.2	<b>GO TO INSTRUCTION BEFORE Q25</b>
No	53.8	

**ASK Q25 OF THOSE RESPONDING C, D OR E AT Q22. OTHERWISE GO TO Q27**

Q25 We are interested in whether people use any of the nicotine replacement products that are now available, such as nicotine chewing gum or patches. Have you used any of the following nicotine replacements products in the last year? **READ OUT (N=226)**

Nicotine gum e.g. Nicorette, NiQuitin, Nicotinelle	11.0	<b>GO TO INSTRUCTION AFTER Q25</b>
Nicotine patches that you stick on your skin e.g. Nicorette, Nicoderm, Nicotinelle	10.3	
Nasal spray / nicotine inhaler e.g. Nicorette, Nicotrol	3.2	
No	80.0	
Other	2.9	

**IF CODED 'OTHER' AT Q25 GO TO Q25A, OTHERWISE GO TO INSTRUCTION BEFORE Q26**

Q25A Other (please specify) – **RECORD VERBATIM (6 Responses)**

**GO TO INSTRUCTION BEFORE Q26**

**IF YES USED GUM, PATCHES OR NASAL SPRAY / INHALERS AT Q25 ASK Q26 OTHERWISE GO TO Q27**

Q26 Was your use of these products accompanied by stop smoking support? (N=34)

Yes	16.5	<b>GO TO Q26A</b>
No	83.5	<b>GO TO Q27</b>

Q26a Which of these NHS Smokefree services did you use? **READ OUT (N=8)**

Community Group	74.6
Pharmacy Service	5.3
Hospital Service	20.1
Pregnancy service	20.1
Other	0.0

**IF CODED 'OTHER' AT Q26A GO TO Q26B OTHERWISE GO TO Q27**

Q26b Other (please specify) – **RECORD VERBATIM (0 Responses)**

**GO TO Q27**

Q27 How often do you drink alcohol? **PROBE TO PRECODE – SINGLE CODE (N=579)**

Never	25.9	<b>GO TO Q32</b>
Less than once a month	21.7	
More than once a month but not weekly	10.4	
1-2 days per week	28.9	<b>GO TO Q28</b>
3-5 days per week	9.0	
6-7 days per week	4.2	
Refused		

Q28 Have you had a drink containing alcohol in the past 7 days? **SINGLE CODE (N=402)**

Yes	71.2	<b>GO TO Q28A</b>
No	28.8	<b>GO TO Q30</b>

Q28a **SHOWCARD 6.** Have you had any of the following in the past 7 days? **(N=274)**

Normal strength beer/lager/stout/cider (e.g. McEwan's lager, heavy) – Pints	13.1
Normal strength beer/lager/stout/cider (e.g. McEwan's lager, heavy) – Cans	4.0
Normal strength beer/lager/stout/cider (e.g. McEwan's lager, heavy) – Bottles	7.9
Strong beer/lager/cider (e.g. Guinness, Murphy's, Budweiser) – Pints	4.3
Strong beer/lager/cider (e.g. Guinness, Murphy's, Budweiser) – Cans	2.1
Strong beer/lager/cider (e.g. Guinness, Murphy's, Budweiser) – Bottles	1.7
Extra strong beer/lager/ cider (e.g. Tennant's super lager) – Pints	0.0
Extra strong beer/lager/ cider (e.g. Tennant's super lager) – Cans	0.2
Extra strong beer/lager/ cider (e.g. Tennant's super lager) – Bottles	1.5
Single measures of spirits (e.g. whisky, gin, vodka) (a bottle contains 28 measures)	33.2
Single measures of Martini/sherry/buckfast/Mad Dog 20/20 (a bottle contains 14 measures)	2.0
Glasses of wine – Small Glass	40.2
Glasses of wine – Large Glass	12.4
½ bottle of wine	0.7
Full bottle of wine	2.3
Small bottles (300ml) of alcoholic carbonate (alcopops, such as Smirnoff Ice and Bacardi Breezer)	2.5
Large bottles (1.5litre) of alcoholic carbonate (alcopops, such as Smirnoff Ice and Bacardi Breezer)	1.0
Other	0.2

**IF CODED 'OTHER' AT Q28A GO TO Q28B OTHERWISE GO TO Q29**

Q28b Please specify other alcoholic drink consumed in the past 7 days

Specify – RECORD VERBATIM (1 Response)

Q29 **SHOWCARD 6.** Using the card, please tell me how much you drank on each day in the past week.

**(START WITH THE PREVIOUS DAY AND WORK BACK THROUGH THE WEEK)  
(IF REFUSED ENTER 98; IF DON'T KNOW ENTER AS 99)**

	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>Normal strength beer/lager/stout/cider (e.g. McEwan's lager, heavy)</b>							
Pints							
Cans							
Bottles							
<b>Strong beer/lager/cider (e.g. Guinness, Murphy's, Budweiser)</b>							
Pints							
Cans							
Bottles							
<b>Extra strong beer/lager/ cider (e.g. Tennant's super lager)</b>							
Pints							
Cans							
Bottles							
<b>Single measures of spirits (e.g. whisky, gin, vodka) (a bottle contains 28 measures)</b>							
<b>Single measures of Martini/sherry/buckfast/Mad Dog 20/20 (a bottle contains 14 measures)</b>							
<b>Glasses of wine</b>							
Small Glass							
Large Glass							
½ bottle							
Full bottle							
<b>Small bottles (300ml) of alcoholic carbonate (alcopops, such as Smirnoff Ice and Bacardi Breezer)</b>							
<b>Large bottles (1.5litre) of alcoholic carbonate (alcopops, such as Smirnoff Ice and Bacardi Breezer)</b>							
<b>Please tell me how much you drink on each day in the past week of &lt;%Q28b&gt;</b>							

**GO TO Q30**

Q30 Where have you had a drink in the last 6 months? **READ OUT AND CODE ALL THAT APPLY (N=402)**

In a pub	48.7
In a restaurant	48.0
In a club or disco	15.9
At a party with friends	38.7
At my home	85.1
At someone else's home	47.4
Out on the street, in a park or other outdoor area	0.9
Somewhere else	1.8

**IF CODED 'SOMEWHERE ELSE' AT Q30 GO TO Q30A, OTHERWISE GO TO Q31**

Q30a Somewhere else (write in) – **RECORD VERBATIM (6 Responses)**

**GO TO Q31**

Q31 In which place did you drink the most alcohol (again in the last 6 months)? **(N=402)**

In a pub	20.1
In a restaurant	9.7
In a club or disco	4.9
At a party with friends	5.0
At my home	54.2
At someone else's home	4.7
Out on the street, in a park or other outdoor area	0.0
Somewhere else	1.5

**GO TO Q32**

**GO TO Q31A**

**IF CODED 'SOMEWHERE ELSE' AT Q31 GO TO Q31A, OTHERWISE GO TO Q32**

Q31a Somewhere else (write in) – **RECORD VERBATIM (5 Responses)**

**GO TO Q32**

Q32 Now I'd like to ask you some questions about the food you eat. On average, how many portions of fruit do you eat EACH DAY? Examples of a portion are one apple, one tomato, 2 tablespoons canned fruit, one small glass of fruit juice.  
**(WRITE NUMBER IN BOX. IF LESS THAN ONE, WRITE '0'; IF DON'T KNOW CODE AS 99) (N=580)**

**WRITE NUMBER IN THE BOX:**

mean	2.03
------	------

**GO TO Q33**

Q33 On average, how many portions of vegetables or salad (not counting potatoes) do you eat each day? A portion of vegetables is 2 tablespoons.  
**(WRITE NUMBER IN BOX. IF LESS THAN ONE, WRITE '0'; IF DON'T KNOW CODE AS 99) (N=580)**

**WRITE NUMBER IN THE BOX:**

mean	2.06
------	------

**GO TO Q34**

- Q34 How often per day do you usually eat items such as cakes, pastries, chocolate, biscuits and crisps?  
(WRITE NUMBER IN BOX. IF LESS THAN ONE, WRITE '0'; IF DON'T KNOW CODE AS 99) (N=580)

WRITE NUMBER IN THE BOX:

mean	1.11
------	------

GO TO Q35

- Q35 How many slices of bread (include bread rolls as one slice; chapattis as one slice; naan as one slice) do you eat per average day?  
(WRITE NUMBER IN BOX. IF LESS THAN ONE, WRITE '0'; IF DON'T KNOW CODE AS 99) (N=580)

WRITE NUMBER IN THE BOX:

mean	2.25
------	------

GO TO Q36

Note Q36-Q38 refers to the number of times per week

- Q36 How often PER WEEK do you usually eat oily fish (e.g. kipper, herring, salmon, trout, mackerel, tuna, sardines or pilchards) taken in sandwiches or as part of a meal? Include oily fish taken as part of a meal, e.g. tuna pasta, salmon fishcakes  
(WRITE NUMBER IN BOX. IF LESS THAN ONE, WRITE '0'; IF DON'T KNOW CODE AS 99) (N=578)

WRITE NUMBER IN THE BOX:

mean	0.97
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GO TO Q37

- Q37 How frequently do you eat fast food takeaways? **PROBE TO PRECODE (N=580)**

Never	35.7
Less than once a month	27.1
More than once a month but not weekly	17.0
1-2 days a week	20.0
3-5 days a week	0.0
6-7 days a week	0.1

GO TO Q38

- Q38 On how many days per week do you usually eat breakfast?  
(WRITE NUMBER BETWEEN 0 AND 7 IN BOX, IF VARIES ENTER AS '8' IF DON'T KNOW ENTER AS '9') (N=571)

WRITE NUMBER IN THE BOX:

GO TO Q39

0	1	2	3	4	5	6	7
6.9	0.8	2.9	1.2	4.4	3.4	0.6	79.8

Q39 What, if anything, did you eat for breakfast this morning?  
(code as many as apply) (N=580)

Nothing	9.7
Breakfast cereal	46.0
Porridge/rice porridge	10.7
Bread / toast	41.5
Fruit (incl. fresh fruit juice/smoothie, but not fruit squash/cordial)	19.6
Yoghurt	2.6
Meat (e.g. bacon, sausage, black pudding)	5.7
Egg(s)	2.1
Breakfast bar, e.g. Nutrigrain	0.0
Pastry, e.g. croissant, pain au chocolat, pie	0.4
Other	0.3

**IF CODED 'OTHER' AT Q39 GO TO Q39A, OTHERWISE GO TO Q40**

Q39a Other (please specify) – **RECORD VERBATIM (6 Responses)**

**GO TO Q40**

**Now I'd like to ask you some questions about breastfeeding**

Q40 **SHOWCARD 7.** The following statements are things some people have said about breastfeeding. How much do you agree or disagree with each one. **READ OUT**

		<b>Strongly Agree</b>	<b>Tend to Agree</b>	<b>Tend to Disagree</b>	<b>Strongly Disagree</b>	<b>Don't know</b>
a.	Women should be made to feel comfortable breastfeeding their babies in public (N=521)	35.8	48.4	11.3	4.5	n/a
b.	Women should only breastfeed their babies at home or in private (N=509)	5.8	13.9	43.9	36.3	n/a
c.	I would feel embarrassed seeing a women breastfeeding her baby (N=498)	5.1	16.9	36.9	41.2	n/a

**GO TO Q41**

**Moving on, we're now going to discuss issues relating to physical activity.**

Q41 What is your weight?  
(WRITE WEIGHT IN STONES/POUNDS OR KILOGRAMS. IF UNSURE, ASK FOR ESTIMATE.) IF DON'T KNOW CODE AS 0, IF REFUSED CODE AS -1. INTERVIEWER PLEASE NOTE THAT IF RESPONDENT STATES WEIGHT IN STONES AND POUNDS THEY WILL AUTOMATICALLY SKIP KILOGRAMS. IF RESPONDENT RESPONDS DON'T KNOW OR REFUSED IT WILL PROCEED TO ASK ALL PARTS OF THE QUESTION. IF RESPONDENT RESPONDS IN KILOGRAMS ENTER '99' AT STONES/POUNDS.

a. Stones / pounds (N=538)    Stone    Pounds  
Or  
b. Kilograms (N=21)

**GO TO Q42**

- Q42 What is your height?  
**(WRITE IN HEIGHT IN FEET/INCHES OR CENTIMETRES. IF UNSURE, ASK FOR ESTIMATE.) IF DON'T KNOW CODE AS 0, IF REFUSED CODE AS -1. IF RESPONDENT STATES HEIGHT AT FEET/INCHES THEY WILL AUTOMATICALLY SKIP CENTIMETERS. IF RESPONDENT RESPONDS DON'T KNOW OR REFUSED IT WILL PROCEED TO ASK ALL PARTS OF THE QUESTION. IF RESPONDENT RESPONDS IN CENTIMETERS ENTER '99' AT FEET/INCHES.**
- a. Feet / inches **(N=568)**

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**Feet**

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**Inches**  
Or **GO TO Q43**  
b. Centimeters **(N=4)**

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- Q43 Thinking now of the exercise and physical activity you take. In an average week, on how many days do you take at least 30 minutes of moderate physical exercise such as brisk walking? It doesn't have to be 30 minutes all at once.  
**(WRITE NUMBER OF DAYS IN BOX, IF DON'T KNOW CODE AS -1)**  
**(N=580)**

**WRITE NUMBER IN THE BOX:**

--

**GO TO Q44**

0	1	2	3	4	5	6	7
23.0	7.1	12.2	9.2	10.0	17.0	2.1	19.3

- Q44 In an average week, on how many days do you spend at least 20 continuous minutes doing vigorous exercise (enough to make you sweaty and out of breath)?  
**(WRITE NUMBER OF DAYS IN BOX, IF DON'T KNOW CODE AS -1)**  
**(N=580)**

**WRITE NUMBER IN THE BOX:**

--

**GO TO Q45**

0	1	2	3	4	5	6	7
54.3	9.1	16.2	6.3	7.6	4.6	1.0	0.8

- Q45 Can I just check, when you answered the last two questions, did you include physical activity that you do in your job, housework, DIY and gardening?  
**(CODE ONE ONLY) (N=580)**

Yes – all activities have been included	90.2	<b>GO TO Q48</b>
No – there are more activities to add	9.8	<b>GO TO Q46</b>

- Q46 Including **ALL** types of exercise and activity you take. In an average week, on how many days do you take at least 30 minutes of moderate physical exercise such as brisk walking? It doesn't have to be 30 minutes all at once  
**(WRITE IN TOTAL NUMBER OF DAYS IN BOX, IF DON'T KNOW CODE AS 9)**  
**(N=41)**

**WRITE NUMBER IN THE BOX:**

--

**GO TO Q47**

0	1	2	3	4	5	6	7
0.0	4.8	3.4	27.1	15.8	21.5	18.0	9.4

- Q47 And including **ALL** types of exercise and activity. In an average week, on how many days do you spend at least 20 continuous minutes doing vigorous exercise (enough to make you sweaty and out of breath)?  
(WRITE IN TOTAL NUMBER OF DAYS IN BOX, IF DON'T KNOW CODE AS 9)  
(N=41)

WRITE NUMBER IN THE BOX:

GO TO Q48

0	1	2	3	4	5	6	7
43.5	22.6	7.9	16.9	1.4	1.3	4.9	1.4

- Q48 **SHOWCARD 8.** I am now going to read out a list of activities, and I'd like you to tell me which you have done in the last **4 WEEKS** and how many days a week you did them? Include teaching, coaching, training and practice sessions.

	Yes, done 1 day a week	Yes, done 2 days a week	Yes, done 3 days a week	Yes, done 4 days a week	Yes, done 5 days a week	Yes, done 6 days a week	Yes, done 7 days a week	No, have not done in last 4 weeks	Don't know
Swimming (N=577)	6.7	3.9	1.4	0.3	0.0	0.0	0.2	87.5	n/a
Cycling (N=576)	3.2	0.4	0.0	0.0	0.0	0.0	0.2	95.3	n/a
Workout at a gym / exercise bike / weight training (N=576)	4.6	7.4	3.8	3.0	1.1	0.0	1.0	79.0	n/a
Aerobics / Keep Fit / Gymnastics / Dance for Fitness (N=576)	1.2	1.0	0.4	0.8	0.1	0.1	0.4	96.0	n/a
Any other type of dancing (N=576)	1.4	0.2	0.0	0.0	0.0	0.0	0.2	98.2	n/a
Running / jogging (N=576)	1.6	2.0	1.7	1.5	0.2	0.0	0.2	92.8	n/a
Football / rugby (N=576)	3.9	3.4	0.0	0.3	0.0	0.0	0.2	92.2	n/a
Badminton / Tennis (N=576)	2.2	0.8	0.1	0.0	0.0	0.0	0.2	96.7	n/a
Squash (N=575)	0.7	0.0	0.0	0.0	0.2	0.0	0.2	98.9	n/a
Exercises (e.g. press-up, sit ups) (N=577)	1.9	2.8	2.3	1.2	0.8	0.0	1.0	90.0	n/a

GO TO Q49

- Q49 Have you done any other sport or exercise not listed on the card? (N=580)

Yes	16.1	GO TO Q50
No	83.9	GO TO Q51

- Q50 Probe for name of sport or exercise and write in – **RECORD VERBATIM.**  
**Note to Interviewer: If done more than 1, prompt for most recent.**  
(78 responses)

- a. \_\_\_\_\_
- b. Ask frequency as above (N=78)



1 day a week	42.2
2 days a week	24.0
3 days a week	9.7
4 days a week	8.3
5 days a week	12.1
6 days a week	0.9
7 days a week	2.8

**GO TO Q51**

- Q51** Thinking first of weekdays, that is Monday to Friday, how much time on an average day do you spend watching TV or another type of screen such as a computer, game boy, or video game. Please do not include any time spend in front of a screen while at school, college or work. **ENTER NUMBER BELOW. IF DON'T KNOW ENTER '99' AT HOURS (N=580)**

\_\_\_\_\_

**GO TO  
Q52**

- Q52** Now thinking of the weekend, that is Saturday and Sunday, how much time on an average day do you spend watching TV or another type of screen such as a computer, game boy, or video game. Again, please do not include any time spend in front of a screen while at school, college or work. **ENTER NUMBER BELOW. IF DON'T KNOW ENTER '99' AT HOURS (N=579)**

\_\_\_\_\_

**GO TO  
Q53**

**I'd now like to ask you some questions about yourself and your local area.**

- Q53 SHOWCARD 9.** Looking at the faces on the card:

- a. Which face best rates your overall quality of life?  
**(WRITE NUMBER IN BOX) (N=580)**

1	2	3	4	5	6	7
12.5	41.7	35.7	8.1	1.6	0.1	0.3

**GO TO Q54**

- b. Which face best rates your general physical well being?  
**(WRITE NUMBER IN BOX) (N=580)**

1	2	3	4	5	6	7
11.2	34.5	33.2	14.2	4.7	1.5	0.8

- c. Which face best rates your general mental or emotional well being?  
**(WRITE NUMBER IN BOX) (N=580)**

1	2	3	4	5	6	7
16.6	38.0	32.0	8.1	3.2	1.6	0.4

- Q54 SHOWCARD 9.** Now I would like to ask you some questions regarding your local area and community. Please look at the card and could you tell me which face on the scale indicates how you feel about your local area as a place to live. **(N=580)**

**WRITE NUMBER IN THE BOX:**

**GO TO Q55**

1	2	3	4	5	6	7
22.4	39.3	32.3	4.3	1.1	0.5	0.0

Q55 **SHOWCARD 9.** And how do you feel about this area as a place in which to bring up children? **(N=580)**

WRITE NUMBER IN THE BOX:

GO TO Q56

1	2	3	4	5	6	7
26.1	35.6	30.4	5.9	1.0	1.0	0.0

Q56 **SHOWCARD 9.** I'm going to ask you some questions about various things that may or may not be a problem in your local area. Which face best describes how you feel about ...

(READ OUT (A) –(H) AND CODE ONE FOR EACH)

		1	2	3	4	5	6	7	Don't Know
A	The level of unemployment in your area <b>(N=429)</b>	25.0	34.9	16.2	12.4	7.2	1.8	2.4	n/a
B	The number of burglaries in your area <b>(N=529)</b>	19.6	32.8	30.4	12.6	3.1	1.4	0.2	n/a
C	The amount of vandalism / graffiti in your area <b>(N=556)</b>	18.2	29.3	29.5	13.6	6.2	2.7	0.5	n/a
D	The number of assaults / muggings in your area <b>(N=544)</b>	28.1	34.6	22.9	9.5	3.3	1.2	0.3	n/a
E	The amount of drug activity in your area <b>(N=520)</b>	19.6	26.8	29.3	11.4	8.8	2.9	1.3	n/a
F	The level of alcohol consumption in your area <b>(N=545)</b>	17.6	25.9	29.0	13.2	8.8	4.7	0.8	n/a
G	Young people hanging around in your area <b>(N=559)</b>	21.2	20.8	27.0	15.2	10.3	3.9	1.7	n/a
H	The amount of car crime in your area <b>(N=525)</b>	22.2	33.5	30.7	8.9	3.1	1.6	0.1	n/a

GO TO Q57

**Q57 SHOWCARD 10.** Now I'd like to ask you about some environmental issues that may or may not be a problem in your area. Which face best describes how you feel about ... **(READ OUT (A) –(M) AND CODE ONE FOR EACH)**

		1	2	3	4	5	6	7	Don't know
A	The amount of rubbish lying about in your area <b>(N=572)</b>	19.4	34.5	27.1	8.4	5.8	3.1	1.6	n/a
B	The amount of noise and disturbance in your area <b>(N=577)</b>	29.6	30.8	26.0	10.4	2.0	0.7	0.4	n/a
C	The standard of street lighting in your area <b>(N=577)</b>	28.0	37.0	25.2	7.5	1.1	1.1	0.0	n/a
D	The amount of vacant/derelict land in your area <b>(N=559)</b>	36.6	34.6	21.8	4.5	1.3	1.1	0.1	n/a
E	The number of vacant/derelict buildings in your area <b>(N=559)</b>	35.8	36.4	21.1	4.2	1.2	1.3	0.0	n/a
F	The amount of dog's dirt in your area <b>(N=570)</b>	17.1	24.3	27.9	15.0	8.8	6.0	1.0	n/a
G	The number of abandoned cars in your area <b>(N=561)</b>	50.1	24.8	18.8	5.5	0.3	0.5	0.0	n/a
H	The amount of traffic in your area <b>(N=578)</b>	16.0	32.1	30.6	12.3	5.7	2.2	1.2	n/a
I	The level of smells from sewers in your area <b>(N=573)</b>	53.2	18.4	21.5	5.1	1.2	0.5	0.1	n/a
J	The amount of broken glass lying around in your area <b>(N=575)</b>	33.6	29.0	23.3	9.0	4.2	0.7	0.2	n/a
K	The number of uneven pavements in your area <b>(N=578)</b>	18.5	30.0	26.9	12.2	6.1	4.6	1.7	n/a
L	The availability of safe play spaces in your area <b>(N=456)</b>	17.7	29.2	21.6	20.1	6.8	3.6	0.9	n/a
M	The availability of pleasant places to walk etc in your area <b>(N=570)</b>	26.6	31.3	28.1	8.8	2.9	1.8	0.4	n/a

**GO TO Q58**

**Q58** Do you belong to any social clubs, associations, church groups or anything similar?  
**SINGLE CODE (N=580)**

Yes	31.0	<b>GO TO Q59</b>
No	69.0	<b>GO TO Q61</b>

Q59 How many do you attend regularly in your local area? And elsewhere? **(N=167)**  
**(Write number in each box. If 'none' write in '0'.)**

a. Your local area  
**(WRITE NUMBER IN BOX)**

mean	1.11
------	------

**GO TO Q60**

b. Elsewhere  
**(WRITE NUMBER IN BOX)**

mean	0.32
------	------

Q60 In the past 3 years, have you had any responsibilities in the groups you belong to, such as being a committee member, raising funds, organising events, or doing administrative or clerical work? **SINGLE CODE (N=167)**

Yes	28.2
No	71.8

**GO TO Q61**

Q61 **X**

Q62 Do you act as a volunteer? **SINGLE CODE (N=580)**

Yes	8.8	<b>GO TO Q63</b>
No	91.2	<b>GO TO Q64</b>

Q63 How many hours (approximately) do you volunteer per week? **(N=45)**

**WRITE NUMBER IN THE BOX:**

mean	4.19
------	------

**GO TO Q64**

Q64 How long have you lived in this neighbourhood/local area?  
**(WRITE IN YEARS AND/OR MONTHS. USE RESPONDENT'S OWN DEFINITION OF NEIGHBOURHOOD/LOCAL AREA). IF DON'T KNOW OR REFUSED ENTER 99 IN YEARS (N=580)**

**GO TO Q65**

<input type="text"/>	<input type="text"/>	Years	<input type="text"/>	<input type="text"/>	Months
----------------------	----------------------	-------	----------------------	----------------------	--------

Q65 How long have you lived in your present home?  
**(WRITE IN YEARS AND/OR MONTHS). INTERVIEWER PLEASE ENSURE THAT THE LENGTH OF TIME RESPONDENT HAS LIVED IN THEIR PRESENT HOME DOES NOT EXCEED LENGTH OF TIME THEY HAVE LIVED IN THEIR NEIGHBOURHOOD/LOCAL AREA (Q64). IF DON'T KNOW OR REFUSED ENTER 99 IN YEARS (N=580)**

**GO TO Q66**

<input type="text"/>	<input type="text"/>	Years	<input type="text"/>	<input type="text"/>	Months
----------------------	----------------------	-------	----------------------	----------------------	--------

Q66 Do you have access to the internet? **SINGLE CODE (N=580)**

Yes	73.5	<b>GO TO Q67</b>
No	26.5	<b>GO TO Q68</b>

Q67	Is this at home, elsewhere or both? <b>SINGLE CODE (N=365)</b>		
	Home	65.3	
	Elsewhere	4.1	<b>GO TO Q68</b>
	Both	30.6	
Q68	Is there anything about your home that affects your health? <b>SINGLE CODE (N=580)</b>		
	Yes	3.4	<b>GO TO Q69</b>
	No	96.6	<b>GO TO Q70</b>
Q69	What would that be? – <b>RECORD VERBATIM (23 Responses)</b>		
			<b>GO TO Q70</b>
Q70	Is your home bought or rented? <b>SINGLE CODE (N=575)</b>		
	Owner occupied/being bought	77.0	
	Rented from private owner	2.7	
	Rented from local housing association or Glasgow Housing Association	20.2	<b>GO TO Q71</b>
	B&B/Hostel	0.0	
	Refused	n/a	
	Other	0.1	<b>GO TO Q70A</b>
<b>IF CODED 'OTHER' AT Q70 GO TO Q70A, OTHERWISE GO TO Q71</b>			
Q70a	Other (please specify) – <b>RECORD VERBATIM (1 Response)</b>		
			<b>GO TO Q71</b>

**Q71 SHOWCARD 12.** How much do you agree or disagree with the following statements  
about living in this local area?

**(READ OUT AND CODE ONE FOR EACH)**

		<b>Strongly Agree</b>	<b>Agree</b>	<b>Neither / nor</b>	<b>Disagree</b>	<b>Strongly Disagree</b>	<b>Don't know</b>
A	This is a neighbourhood where neighbours look out for each other <b>(N=575)</b>	22.0	51.8	18.9	6.4	0.9	n/a
B	I feel I belong to this local area <b>(N=577)</b>	21.3	50.1	23.2	4.4	1.0	n/a
C	The friendships and associations I have with other people in my local area mean a lot to me <b>(N=576)</b>	22.4	49.0	22.3	6.1	0.3	n/a
D	I feel valued as a member of my community <b>(N=574)</b>	13.6	40.0	34.8	10.7	0.9	n/a
E	Generally speaking, you can trust people in my local area <b>(N=575)</b>	17.9	58.1	19.7	4.1	0.2	n/a
F	By working together, people in my neighbourhood can influence decisions that affect my neighbourhood <b>(N=567)</b>	15.0	48.2	33.2	2.8	0.8	n/a
G	If I have a problem, there is always someone to help me <b>(N=575)</b>	20.7	45.6	28.5	5.0	0.2	n/a

**GO TO Q72**

**Q72** Do you ever exchange small favours with the people who live near you? I'm thinking about things like leaving a key to let in a repair man, feeding pets while you are away or picking up things from the shop for each other. IF YES: How many people do you exchange favours with?  
**WRITE NUMBER IN THE BOX. IF 'NONE' WRITE IN '0', IF MORE THAN 98 WRITE IN '98'. IF DON'T KNOW, WRITE IN '99'. (N=579)**

**WRITE NUMBER IN THE BOX:**

mean	1.50
------	------

**GO TO Q73**

**Q73** Do you ever feel isolated from family and friends? **SINGLE CODE (N=578)**

Yes	5.4
No	94.6
Refused	n/a

**GO TO Q74**

**Q74 SHOWCARD 13.** Please look at the card I've given you and tell me what you think of the quality of services in your area.

**(READ OUT AND CODE ONE FOR EACH)**

		<b>Very Poor</b>	<b>Poor</b>	<b>Adequate</b>	<b>Good</b>	<b>Excellent</b>	<b>Don't know</b>
A	Food shops ( <b>N=577</b> )	0.2	3.9	46.9	38.7	10.3	n/a
B	Local schools ( <b>N=445</b> )	0.0	1.2	17.0	62.1	19.7	n/a
C	Public transport ( <b>N=535</b> )	0.5	5.8	38.8	49.1	5.8	n/a
D	Activities for young people ( <b>N=407</b> )	5.2	19.5	42.0	31.6	1.6	n/a
E	Leisure / sports facilities ( <b>N=446</b> )	1.1	14.4	39.3	41.1	4.1	n/a
F	Childcare provision ( <b>N=270</b> )	0.2	10.3	36.5	48.2	4.9	n/a
G	Police ( <b>N=549</b> )	1.5	8.7	55.6	32.8	1.4	n/a

**GO TO Q75**

**Q75** What mode of transport do you normally use for most of the journeys you make?

**INTERVIEWER: PROBE FOR MAIN MODE – THE ONE USED TO TRAVEL FURTHEST SINGLE CODE (N=580)**

Walking	8.7
Driver car / van	68.0
Passenger car / van	2.8
Motorcycle / moped	0.0
Bicycle	0.3
School bus	0.8
Works bus	0.0
Ordinary (service) bus	18.4
Taxi / minicab	0.6
Train	0.3
Underground	0.0
Ferry	0.0
Aeroplane	0.0
Horse-riding	0.0
Other	0.0

**GO TO Q76**

**GO TO Q75A**

**IF CODED 'OTHER' AT Q75 GO TO Q75A, OTHERWISE GO TO Q76**

**Q75a** Other (write in) – **RECORD VERBATIM (0 Responses)**

**GO TO Q76**

**Q76 SHOWCARD 14.** How much do you agree or disagree with the following statements about safety in this local area?

**(READ OUT AND CODE ONE FOR EACH)**

		<b>Strongly Agree</b>	<b>Agree</b>	<b>Neither / nor</b>	<b>Disagree</b>	<b>Strongly Disagree</b>	<b>Don't know</b>
A	I feel safe using public transport in this local area ( <b>N=509</b> )	14.4	63.6	21.3	0.6	0.1	n/a
B	I feel safe walking alone around this local area even after dark ( <b>N=555</b> )	10.9	41.2	23.8	19.2	4.9	n/a
C	I feel safe in my own home ( <b>N=579</b> )	47.1	52.1	0.3	0.5	0.0	n/a

**GO TO Q77**

Q77 **SHOWCARD 15.** Taking all things into account, which face best indicates how happy you are in general? **(N=580)**

**WRITE NUMBER IN THE BOX:**

**GO TO Q78**

1	2	3	4	5	6	7
11.2	44.9	32.9	9.4	1.0	0.4	0.2

Q78 Do you feel in control of decisions that affect your life, such as planning your budget, moving house or changing job? **SINGLE CODE (N=575)**

Definitely	75.3
To some extent	22.6
No	2.0
Don't know	n/a

**GO TO Q79**



Q79 Now I'd like to ask you about the members of your household.

A: How many people are there in this household (including yourself)?  
(N=580)

WRITE NUMBER IN THE BOX:

--	--

1	2	3	4	5	6	7	8	9	10
16.4	27.9	24.0	24.1	5.8	1.4	0.4	0.0	0.0	0.0

B: What gender are they? (enter below).

C: Please tell me their ages (enter below). If child under 1 years enter as '0'. IF REFUSED CODE AS 98

D: FOR EACH: Is he/she employed or in education? (enter below).

Make sure respondent is person number 1.

Record as employed only if this is primary occupation (e.g. Full-time students with a part-time job should be classed as 'education'. If child under 16 record as 'other'). Enter numbers in grid below.

PERSON	GENDER			AGE				WORK STATUS		
	1 = Male	2 = Female	3 = Transsexual	Write in age last birthday				1 = Employed	2 = Education	3 = Unemployed
			4 = Refused					4 = Other / Retired / under 16	5 = Refused	
1 = Respondent	Q79a (N=579)			Q79ab (N=579)				Q79ac (N=580)		
2	Q79b (N=381)			Q79ba (N=378)				Q79bb (N=380)		
3	Q79c (N=188)			Q79ca (N=187)				Q79cb (N=186)		
4	Q79d (N=99)			Q79da (N=99)				Q79db (N=100)		
5	Q79e (N=24)			Q79ea (N=24)				Q79eb (N=24)		
6	Q79f (N=6)			Q79fa (N=6)				Q79fb (N=6)		
7	Q79g (N=2)			Q79ga (N=2)				Q79gb (N=2)		
8	Q79h			Q79ha				Q79hb		
9	Q79i			Q79ia				Q79ib		
10	Q79j			Q79ja				Q79jb		
11	Q79k			Q79ka				Q79kb		
12	Q79l			Q79la				Q79lb		

**Q80 INTERVIEWER: PASS Q80 TO RESPONDENT FOR SELF COMPLETION. DO NOT READ OUT QUESTION OR RESPONSES. ASK RESPONDENTS NOT TO READ OUT ANSWER.**

Which of the following best describes your sexual orientation? **SINGLE CODE (N=567)**

Bisexual	0.0
Gay or lesbian (same sex relationship)	0.0
Heterosexual (opposite sex relationships)	99.9
Other	0.1
Prefer not to answer	n/a

**GO TO Q81**

**Q81 SHOWCARD 16.** What is the highest level of educational qualifications you've obtained? **SINGLE CODE (N=580)**

A	School leaving certificate	8.2
B	'O' Grade, Standard Grade, GCSE, CSE, Senior Cert or equivalent	18.6
C	Higher Grade, CSYS, 'A' Level, AS Level, Advanced Senior Cert or equivalent	17.2
D	GSVQ/SVQ Level 1 or 2, Scotvec Module, BTEC First Diploma, City and Guilds Craft, RSA or equivalent	6.0
E	GSVQ/SVQ Level 3, ONC, OND, Scotvec National Diploma, City and Guilds Advanced Craft, RSA Advanced Diploma or equivalent	4.3
F	Apprenticeship / trade qualification	4.8
G	HNC, HND, SVQ Level 4 or 5, RSA Higher Diploma or equivalent	7.2
H	First Degree, Higher Degree	18.7
I	None	12.4
	Other Professional qualification	2.5

**GO TO Q82**

**GO TO Q81A**

**IF CODED 'OTHER' AT Q81 GO TO Q81A, OTHERWISE GO TO Q82**

**Q81a** Other Professional qualification (specify) – **RECORD VERBATIM (15 Responses)**

**GO TO Q82**

**Q82** I'd like to ask about the main wage earner in the household. If there is no wage earner, this could be the person who draws a pension or simply brings in most of the household's income. Are you the main wage earner in the household? **SINGLE CODE (N=580)**

Yes	53.3
No	46.7

**GO TO Q83**

**ASK Q83 OF ALL RESPONDENTS**

**Q83 SHOWCARD 17.** Which one of these describes you best? **GO TO INSTRUCTIONS BEFORE Q83A.**

**IF CURRENTLY OFF WORK OR ON MATERNITY LEAVE, CODE AS EMPLOYED FULL- OR PART-TIME.**

**IF RESPONDENT IS NOT MAIN WAGE EARNER ('NO' AT Q82), ASK Q83A: OTHERS GO TO Q84.**

**Q83a** Which of these applies to the main wage earner?  
**IF RESPONDENT IS NOT MAIN WAGE EARNER (NO' AT Q82) ASK Q83A, OTHERWISE GO TO Q84. CODE ONE ONLY.**


**IF CURRENTLY OFF WORK OR ON MATERNITY LEAVE, CODE AS EMPLOYED FULL- OR PART-TIME.**

	<b>Q83 Respondent (N=580)</b>	<b>Q83a Main Wage Earner (N=220)</b>
Employed full-time	36.7	75.9
Employed part-time	8.4	1.9
Unemployed and seeking work	5.5	3.2
Unable to work due to illness or disability	4.9	0.0
Retired	30.2	17.6
Looking after home/family	6.4	0.7
In full-time education/training	7.7	0.7
In part-time education/training	0.2	0.0

**GO TO Q84**

- Q84** What is or was the main wage earner's occupation?  
**Job (write in verbatim). IF 'NEVER WORKED' CODE AS N/A. IF RETIRED ENTER PREVIOUS OCCUPATION (463 Responses)**

**GO TO Q85**

- Q85** How many people is/was he/she responsible for?  
**If none, write in '0'. If Don't know, code as 99 (565 Responses)**

**WRITE IN NUMBER:**

mean	4.47
------	------

**GO TO Q86**

- Q86** **SHOWCARD 18.** What industry do/did he/she work in? What is/was made or done at the place where he/she work(ed)? **CODE ONE ONLY (N=580)**

Manufacturing and mining	17.5
Construction	9.3
Transport	6.8
Health service	7.6
Local or national government	8.8
Service industries (e.g. banking, insurance, travel, entertainment)	13.8
Retail services	6.7
Catering/food preparation	2.1
Professional services (e.g. teaching, legal, surveying services)	10.6
Voluntary or community sector	1.2
Other	15.5

**IF CODED 'OTHER' AT Q86 GO TO Q86A, OTHERWISE GO TO Q87**

- Q86a** Other (please specify) – **RECORD VERBATIM (94 Responses)**

**GO TO Q87**

- Q87** **SEG (N=580)**

A	2.7
B	20.7
C1	38.3
C2	20.6
D	7.4
E	10.4

**IF RESPONDENT IS UNEMPLOYED AND SEEKING WORK (CODE 3 AT Q83) ASK Q88 OTHERS GO TO Q89)**

**Q88** How long has it been since you were last in paid employment?  
**WRITE IN YEARS AND/OR MONTHS. IF NEVER WORKED, CODE AS '98' (N=20)**

Years   Months  
 Never **GO TO Q89**

**Q89** **SHOWCARD 19.** How often do you find it difficult to meet the cost of:

		<b>Very Often</b>	<b>Quite Often</b>	<b>Occasionally</b>	<b>Never</b>	<b>Don't know</b>	<b>N/A</b>	<b>Refused</b>
A	Rent/mortgage ( <b>N=475</b> )	0.0	0.4	14.5	85.1	n/a	n/a	n/a
B	Gas, electricity and other fuel bills ( <b>N=543</b> )	0.0	1.8	24.6	73.6	n/a	n/a	n/a
C	Telephone bill ( <b>N=535</b> )	0.0	1.2	20.5	78.3	n/a	n/a	n/a
D	Council tax, insurance ( <b>N=539</b> )	0.2	2.1	23.2	74.5	n/a	n/a	n/a
E	Food ( <b>N=546</b> )	0.0	0.8	19.3	80.0	n/a	n/a	n/a
F	Treats / holidays ( <b>N=536</b> )	1.8	10.8	34.2	53.2	n/a	n/a	n/a
G	Clothes and shoes ( <b>N=548</b> )	0.8	2.5	32.9	63.8	n/a	n/a	n/a

**GO TO Q90**

**Q90** **SHOWCARD 20.** How would your household be placed if you suddenly had to find a sum of money to meet an unexpected expense such as a repair or new washing machine? How much of a problem would it be if it was £20 ..? or £100? Or £1000?

		<b>Impossible to Find</b>	<b>A big Problem</b>	<b>A bit of a Problem</b>	<b>No Problem</b>	<b>Don't know</b>
A	£20 ( <b>N=578</b> )	0.7	0.1	7.3	92.0	n/a
B	£100 ( <b>N=578</b> )	1.2	9.4	22.1	67.4	n/a
C	£1,000 ( <b>N=572</b> )	16.8	26.0	15.1	42.1	n/a

**GO TO Q91**

Q91 **SHOWCARD 21.** What proportion of your household income comes from state benefits? **SINGLE CODE (N=548)**

None	51.0
Very little	19.8
About a quarter	5.4
About a half	5.7
About three quarters	2.2
All	15.9
Don't know	n/a
Refused	n/a

**GO TO Q92**

Q92 **SHOWCARD 22.** Thinking of the total income of your household, which face on the scale indicates how you feel about the adequacy of that income? **IF DON'T KNOW PLEASE ENTER 9 (N=569)**

**WRITE NUMBER IN THE BOX:**


**GO TO Q93**

1	2	3	4	5	6	7
6.0	32.2	41.6	12.9	4.5	1.9	0.8

Q93 Outwith work, are you responsible for caring for someone on a day to day basis? – e.g. a disabled child, elderly person, etc. (Do not include 'ordinary' childcare.) **(N=580)**

Yes	5.8
No	94.2

**GO TO Q94**

**GO TO Q95**

Q94 On average, how many hours per day do you spend looking after this person(s)? **(N=34)**

**WRITE NUMBER IN THE BOX:**

mean	10.06
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**GO TO Q95**

Q95 Do you, or any member of your household, own a car? **SINGLE CODE (N=580)**

Yes	79.0
No	21.0

**GO TO Q96**

Q96 **SHOWCARD 23.** Can you tell me which of these descriptions applies to you? **SINGLE CODE (N=574)**

Married / civil partnership	59.3
Cohabiting / living with partner	2.7
Single / never married	23.5
Widowed	9.3
Divorced / civil partnership dissolved	3.7
Separated / civil partnership separated	1.5
Refused	n/a

**GO TO Q97**

Q97 **SHOWCARD 24.** Which of the groups on this card best describes you?

**SINGLE CODE**

\* Gypsy/Travellers should be encouraged to record their ethnic group under 'Other White – specify' (N=577)

	<b>White</b>	
A	Scottish	92.9
B	Other British	5.5
C	Irish	0.3
D	Other White British	0.0
	<b>Mixed</b>	
E	Any mixed background	0.0
	<b>Asian, Asian Scottish, Asian English, Asian Welsh or other Asian British</b>	
F	Indian	0.4
G	Pakistani	0.1
H	Bangladeshi	0.3
I	Chinese	0.0
J	Any other Asian background	0.0
	<b>Black, Black Scottish, Black English, Black Welsh or other Black British</b>	
K	Caribbean	0.0
L	African	0.0
M	Any other Black background	0.0
	<b>Other Ethnic background</b>	
N	Any other background	0.4
	Refused	n/a

**IF CODED '4', '5', '10', '13' OR '14' AT Q97 GO TO Q97A, ALL OTHERS GO TO Q98**

Q97A Other ethnic group – **RECORD VERBATIM (2 Responses)**

**GO TO Q98**

Q98 What religion, if any, do you identify with? **SINGLE CODE (N=549)**

None	30.1
Christianity, Church of Scotland	47.8
Christianity, Roman Catholic	15.8
Christianity, Other	3.6
Buddhism	0.1
Hinduism	0.0
Judaish	0.8
Islam	1.2
Sikhism	0.4
Refused	n/a
Other religion	0.1

**IF CODED 'OTHER' AT Q98, GO TO Q98A, OTHERWISE GOT TO Q99.**

Q98A Other religion group – **RECORD VERBATIM (1 Response)**

**GO TO Q99**

Q99 What month were you born in? **PROBE TO PRECODE (N=567)**

January	9.3
February	10.6
March	9.6
April	11.0
May	8.3
June	9.1
July	7.3
August	9.1
September	11.1
October	4.6
November	5.7
December	4.5
Refused	n/a

**GO TO Q100**

Q100 **SHOWCARD 25.** Have you experienced discrimination on any of the following grounds in the last twelve months? **CODE ALL THAT APPLY (N=580)**

Accent	0.0
Age	1.0
Disability	1.3
Ethnicity	0.2
Language	0.0
Nationality	0.4
Religion / faith / belief	1.7
Sex	0.4
Sexual orientation	0.0
Skin colour	0.2
None	95.6
Other	0.0

**IF CODED 'OTHER' AT Q100 GO TO Q100A, OTHERWISE GO TO Q101**

Q100a Other (please specify) – **RECORD VERBATIM (0 responses)**

**GO TO Q101**

Q101 Do you consider yourself to be a migrant worker? **(N=580)**

**Prompt: A migrant worker is someone who has come to Scotland over the past few years from outside the UK for the purpose of employment. This question is asked to allow the health service to improve understanding of the health needs of these new communities....it will be used for no other purposes**

Yes	0.4	<b>GO TO Q102</b>
No	99.6	<b>GO TO Q103</b>

Q102 What is your country of origin? **SINGLE CODE (N=2)**

One of the new accession 10 countries (Poland, Lithuania, Estonia, Latvia, Slovenia, Slovakia, Hungary, Czech Republic, Romania, Bulgaria)	25.6
One of the other member states of the European Union (Austria, Belgium, Cyprus, Denmark, Finland, Greece, Germany, Ireland, Italy, Luxembourg, Malta, Netherlands, Portugal, Spain, Sweden)	0.0
A country from outside the European Union	74.4

**GO TO Q103**

Q103 NHSGG&C are keen to look at health and wellbeing of residents across the health board area. For this reason, may I record your postcode? This will be passed with responses to this questionnaire to NHSGG&C, and will only be used for planning and monitoring health across the area.

Yes	1	<b>GO TO Q103A</b>
No	2	<b>GO TO Q104</b>

Q103a What is your postcode? **PLEASE RECORD POSTCODE**

--	--	--	--	--	--	--

Q103b Could you repeat that please, just to ensure I have recorded it correctly.  
**PLEASE RECORD POSTCODE**

--	--	--	--	--	--	--

**GO TO Q104**

**IF Q103A DOES NOT EQUAL Q103B, DISPLAY VALUES ARE NOT THE SAME PLEASE RE-ENTER**

Q104 May we have your permission to give NHS Greater Glasgow & Clyde or its partners your name and address so they can contact you in the future about similar research studies in relation to health? The partners are the Glasgow Centre for Population Health and the community health partnerships. We would not give them any of your answers to this interview – just your name and address. Should you agree, this follow-up research could take the form of a self completion questionnaire, telephone or face to face interview, over the course of the next 2 years.

Yes, permission given	1	<b>ENSURE PERMISSION SHEET SIGNED AND GO TO Q104A</b>
No, permission not given	2	<b>GO TO Q105</b>



Q105 When reviewing the results of the survey, it is possible that **mrug** research may want to recontact you to clarify one or two of your answers. Would you be happy for us to call you if necessary following our analysis stage (likely to be during next 4 months)? We would not take up more than 2 or 3 minutes of your time. Please note that should you agree your contact details will not be passed to our client (unless previous permission given) and will only be used for the purpose of recontacting you should any clarification be required.

Please also note that it is not definite that you will be contacted and your details will only be held for this purpose a maximum of 6 months.

Yes	1	
No	2	<b>GO TO Q106</b>

Q106 Please record how Q15 and Q16 were completed.  
**SINGLE CODE**

Self completion	1
Read out for the respondent	2

Q104a Record respondent details?  
Name:

**GO TO Q104B**

**You must enter the full name with whom the survey was completed.**

Q104b Record respondent details?  
Address

**GO TO Q104C**

**You must enter the full address**

Q104c Record respondent details?  
Postcode:

**GO TO Q104D**

**You must enter the full postcode**

Q104d Record respondent details?  
Telephone Number

**You must enter the telephone number.**

**THANK AND CLOSE**  
**MAKE SURE POSTCODE IS COMPLETE & CORRECTLY RECORDED FROM SAMPLE FOR ALL**  
**RESPONDENTS WHO AGREE**  
**HAND OUT "THANK YOU" LEAFLET**