NHS Greater Glasgow and Clyde
2017/18 Adult Health and Wellbeing Survey

Glasgow City HSCP - North East Locality
Summary Report

Prepared for NHS Greater Glasgow and Clyde by Traci Leven Research

March 2019
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1 Introduction

This report contains summary findings of a research survey on the health and wellbeing (HWB) of NHS Greater Glasgow and Clyde (NHSGGC) residents in Glasgow City – North East Locality carried out in 2017/18.

The survey has been conducted every three years since 1999 and is the seventh in the series of studies; initially covering the NHS Greater Glasgow area it was expanded in 2008 to cover the new NHSGGC area.

The survey offers flexible solutions for monitoring the health of the population in a range of geographies within NHSGGC.

1.1 Background

- The survey provides valuable information on the self perceived health and wellbeing of our residents, their health behaviours, attitudes, social health/social capital and financial wellbeing
- Cross sectional – a ‘snapshot in time’
- Random Stratified Sample
  - representative of the Health and Social Care population and sub-areas to allow the exploration of area, age, gender and deprivation
- Large sample which has grown significantly over time
- Includes core set of questions with new questions introduced to reflect local priorities and changing national targets
1.2 Sample

- Total Sample Size – Glasgow City: 4,520
- Deprivation (SIMD 2016)
  - Most Deprived Areas: 41%
  - Other Areas: 59%
- Locality Area – Glasgow City
  - North East: 1,673
  - North West: 1,146
  - South: 1,701
- Neighbourhood Area – Glasgow City
  - Greater Gorbals: 571
  - Parkhead/Dalmarnock: 565
  - Ruchill/Possilpark: 602
  - Govanhill: 603
  - Garthamlock/Ruchazie: 574

- Total Sample Size - NHSGGC: 7,834
- Deprivation (SIMD 2016)
  - Most Deprived Areas: 30%
  - Other Areas: 70%
- Local Authority Area
  - East Dunbartonshire: 1,134
  - East Renfrewshire: 194
  - Glasgow City: 4,520
  - Inverclyde: 1,196
  - Renfrewshire: 600
  - West Dunbartonshire: 190

NHS Greater Glasgow and Clyde 2017/18 Adult Health and Wellbeing Survey
(Glasgow City – North East Locality Report)
https://www.stor.scot.nhs.uk/handle/11289/579885
**Perceptions of Health and Illness**

**HEALTH AND ILLNESS**

**VIEWS OF HEALTH**

Proportion with a positive view of:

- **General health**: 75%
  - Most deprived: 70%
  - Other areas: 80%
- **Physical wellbeing**: 83%
  - Most deprived: 78%
  - Other areas: 89%
- **Mental wellbeing**: 88%
  - Most deprived: 84%
  - Other areas: 93%
- **Quality of Life**: 86%
  - Most deprived: 84%
  - Other areas: 89%

**FEELING IN CONTROL**

- 75% definitely feel in control of decisions affecting daily life
  - 2018: 75%
  - 2014/15: 71%

**TREATMENT**

- 35% receiving treatment for a condition or illness

**LIMITING CONDITIONS/ILLNESSES**

- Have a limiting condition or illness: 25%
  - Glasgow City: 29%
  - Other areas: 17%
- Most deprived: 32%
- Other areas: 17%
- 16-44: 9%
- 45-64: 37%
- 65+: 55%
2.1 Summary of Key Messages - Perceptions of Health and Illness

Differences by Age and Gender

- Those in the youngest age groups were the most likely to have a positive perception of their general health, physical wellbeing, mental or emotional wellbeing and quality of life.

- Those in the oldest age group were the most likely to have a limiting condition or illness or to be receiving treatment for at least one condition.

- Men were more likely than women to have a positive view of their physical wellbeing.

- Those aged under 45 and women were more likely to feel in control of the decisions affecting their daily life.

Differences by Deprivation

Those in the most deprived areas were:

- less likely to have positive views of their general health, physical or mental/emotional wellbeing or quality of life

- more likely to have a limiting condition or illness or to be receiving treatment for at least one condition.
Trends

- Between 2014/15 and 2018 there was an increase in the proportion who had positive perceptions of their physical wellbeing and mental or emotional wellbeing.

- There was an increase between 2014/15 and 2018 in the proportion who definitely felt in control of the decisions affecting their life.

- Between 2014/15 and 2018 there was no significant change in the proportion who had a limiting condition or illness or who were receiving treatment.
2.2 Key Indicators - Perceptions of Health and Illness

* denotes significant difference to Glasgow City

<table>
<thead>
<tr>
<th></th>
<th>Positive View of General Health</th>
<th>Positive Perception of Physical Wellbeing</th>
<th>Positive Perception of Mental/Emotional Wellbeing</th>
<th>Definitely feel in control of decisions affecting life</th>
</tr>
</thead>
<tbody>
<tr>
<td>Glasgow City</td>
<td>72.9%</td>
<td>79.1%</td>
<td>83.9%</td>
<td>71.9%</td>
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<tr>
<td>North East</td>
<td>74.5%</td>
<td>83.1% *</td>
<td>88.0% *</td>
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<tr>
<td>North West</td>
<td>71.9%</td>
<td>76.3% *</td>
<td>80.9% *</td>
<td>69.1%</td>
</tr>
<tr>
<td>South</td>
<td>72.4%</td>
<td>78.5%</td>
<td>83.2%</td>
<td>72.0%</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Positive Perception of Quality of Life</th>
<th>Long-term Limiting Condition or Illness</th>
<th>Receiving Treatment for at Least One Condition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Glasgow City</td>
<td>85.1%</td>
<td>28.6%</td>
<td>41.4%</td>
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<tr>
<td>North East</td>
<td>86.2%</td>
<td>25.1% *</td>
<td>35.3% *</td>
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<td>83.6%</td>
<td>29.2%</td>
<td>43.6%</td>
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<tr>
<td>South</td>
<td>85.6%</td>
<td>31.2%</td>
<td>44.6% *</td>
</tr>
</tbody>
</table>

Comparisons with Glasgow City

- More likely to have positive perceptions of their physical wellbeing and their mental/emotional wellbeing.
- More likely to feel in control of the decisions affecting their daily life.
- Less likely to have a limiting condition or illness.
- Less likely to be receiving treatment for at least one condition or illness.
HEALTH BEHAVIOURS

SMOKING

28% were smokers

Glasgow City 24%

Decrease in proportion of smokers

Most deprived areas: 34%

Other areas: 20%

2014/15: 32%

31%

Exposed to second-hand smoke most/some of the time

Most Deprived 37%

Other Areas 24%

2018: 28%

ALCOHOL

14% AUDIT score indicating alcohol-related risk

Glasgow City 17%

Men 19%

Women 10%

DIET

41%

5+ portions of fruit/veg per day

Men 33%

Women 48%

Most deprived 33%

Other areas 50%

PHYSICAL ACTIVITY

63% active for 150 minutes per week

Men 31%

Women 16%

Glasgow City 30%
3.1 Summary of Key Messages – Health Behaviours

Differences by Age and Gender

- Men were more likely than women to smoke or be exposed to second hand smoke. Smoking and exposure to second hand smoke was least common among those aged 75 or over.

- Men were more likely than women to drink alcohol. Men were also more likely to agree it was acceptable to get drunk, that it was easier to enjoy a social event with a drink of alcohol, and that it was acceptable to drink on public transport. Among those who drank, men were more likely than women to binge drink.

- Those in the oldest groups were the least likely to drink alcohol and the least likely to have an AUDIT score which indicated risk.

- Among those who drank alcohol, those in the youngest age groups were the most likely to binge drink or to drink before a night out.

- Women were more likely than men to meet the target of consuming five or more portions of fruit/vegetables per day.

- Those aged under 45 were the most likely to meet the target of 150 minutes of physical activity per week.
Differences by Deprivation

Those in the most deprived areas were:

- more likely to smoke or be exposed to second hand smoke
- more likely to use e-cigarettes
- less likely to drink alcohol, but, among those who drank alcohol, more likely to binge drink
- less likely to feel it was acceptable to get drunk or that it was acceptable to drink on trains
- less likely to meet the target of consuming five or more portions of fruit/vegetables per day.

Trends

- There was a significant decrease between 2014/15 and 2018 in the proportion who were smokers and the proportion who were exposed to second hand smoke.
- There was an increase between 2014/15 and 2018 in the proportion who met the target of consuming five or more portions of fruit/vegetables per day.
3.2 Key Indicators – Health Behaviours

* denotes significant difference to Glasgow City

<table>
<thead>
<tr>
<th></th>
<th>Current smokers</th>
<th>Exposed to second hand smoke</th>
<th>Drink alcohol</th>
<th>AUDIT score indicating risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Glasgow City</td>
<td>24.4%</td>
<td>29.9%</td>
<td>65.7%</td>
<td>17.0%</td>
</tr>
<tr>
<td>North East</td>
<td>28.0% *</td>
<td>30.8%</td>
<td>68.1%</td>
<td>14.0% *</td>
</tr>
<tr>
<td>North West</td>
<td>24.2%</td>
<td>31.5%</td>
<td>66.3%</td>
<td>18.5%</td>
</tr>
<tr>
<td>South</td>
<td>21.5% *</td>
<td>27.6%</td>
<td>63.1%</td>
<td>18.0%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Binge drinks (as % of drinkers)</th>
<th>Consumes 5+ portions fruit/veg per day</th>
<th>150 mins+ per week of physical activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Glasgow City</td>
<td>61.6%</td>
<td>38.8%</td>
<td>64.8%</td>
</tr>
<tr>
<td>North East</td>
<td>54.8% *</td>
<td>40.9%</td>
<td>62.9%</td>
</tr>
<tr>
<td>North West</td>
<td>66.6% *</td>
<td>41.7%</td>
<td>63.7%</td>
</tr>
<tr>
<td>South</td>
<td>62.7%</td>
<td>34.3% *</td>
<td>67.4%</td>
</tr>
</tbody>
</table>

Comparisons with Glasgow City

- More likely to smoke.
- Less likely to have an AUDIT score indicating alcohol-related risk.
- Less likely to binge drink (as % of drinkers).
Social Health

Isolation
1 in 8 (12%) felt isolated from family/friends

Belonging to the Local Area
72% Felt they belonged to their local area

Feeling Valued
57% Felt valued as a member of their community

Experience of Crime
- Anti-social behaviour
- Theft/burglary
- Vandalism
- Domestic violence
- Physical attack
8% were a victim of any of 5 types of crime in the last year

Feelings of Safety
71% Felt safe walking alone in their area

Men 84%
Women 58%
Most deprived 67%
Other areas 75%

Caring
1 in 9 had caring responsibilities
4.1 Summary of Key Messages – Social Health

Differences by Age and Gender

- Those in the oldest age groups were the most likely to feel they belonged to the local area or feel valued as a member of the community.

- Those aged 45-74 were the most likely to agree that local people can influence local decisions, and women were more likely than men to agree with this.

- Men were more likely than women to feel safe using local public transport or walking alone in their area.

- Women were more likely than men to be concerned about environmental issues in their area.

- Those aged 45-64 were the most likely to be carers, and women were more likely than men to have caring responsibilities.

Differences by Deprivation

Those in the most deprived areas were:

- more likely to feel lonely

- more likely to feel that they belonged to their local area

- less likely to feel that local people could influence local decisions

- less likely to have been discriminated against in the last year

- less likely to feel safe walking alone in their area

- more likely to be concerned about social issues in their local area.
Trends

- There was a decrease between 2014/15 and 2018 in the proportion who felt they belonged to the local area and who felt valued as members of the community.

- Between 2014/15 and 2018 there was a decrease in the proportion who felt that local people could influence local decisions.

- There was an increase between 2014/15 and 2018 in the proportion who felt safe walking alone in their area.
### 4.2 Key Indicators – Social Health

* denotes significant difference to Glasgow City

<table>
<thead>
<tr>
<th></th>
<th>Isolated from family and friends</th>
<th>Felt Lonely in last 2 weeks (at least some of the time)</th>
<th>Feel belong to the local area</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Glasgow City</strong></td>
<td>15.2%</td>
<td>19.5%</td>
<td>75.9%</td>
</tr>
<tr>
<td><strong>North East</strong></td>
<td>11.7% *</td>
<td>15.3% *</td>
<td>72.5% *</td>
</tr>
<tr>
<td><strong>North West</strong></td>
<td>18.6% *</td>
<td>24.4% *</td>
<td>72.8% *</td>
</tr>
<tr>
<td><strong>South</strong></td>
<td>15.0%</td>
<td>18.4%</td>
<td>81.7% *</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Feel valued as a member of the community</th>
<th>Feel local people can influence local decisions</th>
<th>Experienced discrimination</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Glasgow City</strong></td>
<td>61.2%</td>
<td>69.5%</td>
<td>6.7%</td>
</tr>
<tr>
<td><strong>North East</strong></td>
<td>56.6% *</td>
<td>61.6% *</td>
<td>3.8% *</td>
</tr>
<tr>
<td><strong>North West</strong></td>
<td>59.7%</td>
<td>75.4% *</td>
<td>7.6%</td>
</tr>
<tr>
<td><strong>South</strong></td>
<td>66.6% *</td>
<td>70.5%</td>
<td>8.3% *</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Feel safe using local public transport</th>
<th>Feel safe walking alone in local area even after dark</th>
<th>Has caring responsibilities</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Glasgow City</strong></td>
<td>90.2%</td>
<td>74.6%</td>
<td>14.4%</td>
</tr>
<tr>
<td><strong>North East</strong></td>
<td>88.3%</td>
<td>70.6% *</td>
<td>11.0% *</td>
</tr>
<tr>
<td><strong>North West</strong></td>
<td>93.0% *</td>
<td>77.8% *</td>
<td>14.6%</td>
</tr>
<tr>
<td><strong>South</strong></td>
<td>89.2%</td>
<td>74.9%</td>
<td>17.2% *</td>
</tr>
</tbody>
</table>
Comparisons with Glasgow City

- Less likely to feel isolated or lonely.

- Less likely to feel that they belonged to the local area or feel valued as a member of the community.

- Less likely to feel that local people can influence local decisions.

- Less likely to have experienced discrimination or have been a victim of crime in the last year.

- Less likely to feel safe walking alone in their local area.

- Less likely to be carers.
Social Capital

Reciprocity

74% agreed “this is a neighbourhood where neighbours look out for each other”

Trust

75% agreed “generally speaking, you can trust people in my local area”

Local Friendships and Social Support

77% valued local friendships
85% had a positive view of social support

Clubs/Associations/Groups

26% belonged to clubs, associations or groups

Social Activism

4% engaged in social activism

Volunteering

15% volunteered

Glasgow City 20% volunteering less common in most deprived areas

Men 2%

Women 5%
5.1 Summary of Key Messages – Social Capital

Differences by Age and Gender

- Those aged 55 and over were the most likely to have positive perceptions of reciprocity and trust.

- Those aged 65 and over were the most likely to value local friendships.

- Those in the youngest and oldest age groups were the most likely to belong to any clubs, associations or groups, and women were more likely than men to belong to these.

- Women were more likely than men to engage in social activism.

Differences by Deprivation

Those in the most deprived areas were less likely to belong to clubs, associations of groups.

Trends

- There was no significant change between 2014/15 and 2018 in the proportion who had a positive perception of reciprocity or trust or the proportion who valued local friendships.

- There was an increase between 2014/15 and 2018 in the proportion who had a positive perception of social support.
5.2 Key Indicators – Social Capital

* denotes significant difference to Glasgow City

<table>
<thead>
<tr>
<th></th>
<th>Positive perception of reciprocity</th>
<th>Positive perception of trust</th>
<th>Value local friendships</th>
<th>Positive perception of social support</th>
</tr>
</thead>
<tbody>
<tr>
<td>Glasgow City</td>
<td>74.3%</td>
<td>77.0%</td>
<td>72.9%</td>
<td>82.6%</td>
</tr>
<tr>
<td>North East</td>
<td>73.7%</td>
<td>75.0%</td>
<td>76.7% *</td>
<td>85.4% *</td>
</tr>
<tr>
<td>North West</td>
<td>69.1% *</td>
<td>77.7%</td>
<td>68.4% *</td>
<td>77.1% *</td>
</tr>
<tr>
<td>South</td>
<td>80.0% *</td>
<td>78.1%</td>
<td>74.1%</td>
<td>85.4% *</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Volunteered in last year</th>
<th>Belong to clubs, associations or groups</th>
<th>Engaged in social activism in last year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Glasgow City</td>
<td>20.0%</td>
<td>26.0%</td>
<td>6.9%</td>
</tr>
<tr>
<td>North East</td>
<td>14.7% *</td>
<td>25.9%</td>
<td>3.7% *</td>
</tr>
<tr>
<td>North West</td>
<td>21.9%</td>
<td>26.7%</td>
<td>9.6% *</td>
</tr>
<tr>
<td>South</td>
<td>22.7% *</td>
<td>25.5%</td>
<td>6.9%</td>
</tr>
</tbody>
</table>

Comparisons with Glasgow City

- More likely to value local friendships.
- More likely to have a positive perception of social support.
- Less likely to volunteer.
- Less likely to have engaged in social activism in the last year.
**Financial Wellbeing**

### Financial Wellbeing

#### State Benefits

1 in 6 received all income from state benefits

- Most deprived: 23%
- Other areas: 8%

#### Adequacy of Income

72% satisfied with household income

- Most deprived: 66%
- Other areas: 79%

#### Difficulty Finding Unexpected Sums

- 11% Difficulty finding £35
- 42% Difficulty finding £165
- 86% Difficulty finding £1600

#### Difficulty Meeting Necessary Expenses

27% difficulty meeting necessary bills and living expenses

- Most deprived: 33%
- Other areas: 20%

#### Food Insecurity

- 10% experienced food insecurity in last year

- Mild: 2.9%
- Moderate: 3.2%
- Severe: 4.2%
6.1 Summary of Key Messages – Financial Wellbeing

Differences by Age and Gender

- Those aged 65-74 were the most likely to receive all household income from benefits.
- Those aged 75 or over were the most likely to have a positive perception of the adequacy of their household income.
- Those aged under 25 were the most likely to report difficulties meeting essential bills and living costs.
- Those aged 75 or over were the least likely to report difficulties finding unexpected sums of money.
- Those aged 65 or over were the least likely to have used credit/store cards in specific ways in the last year, and women were more likely than men to have done so.
- Those aged 35-64 were the most likely to report experiences indicating food insecurities.
- Those aged 45-64 and men were the most likely to gamble.

Differences by Deprivation

Those in the most deprived areas were:

- more likely receive all household income from benefits.
- less likely to have a positive perception of the adequacy of their household income.
- more likely to attribute poverty to lack of jobs or lack of willpower/laziness.
- more likely to report difficulties meeting essential living costs or finding unexpected sums.
- more likely to report experiences indicating food insecurity.
Trends

- There was a decrease between 2014/15 and 2018 in the proportion who received all household income from benefits.

- Between 2014/15 and 2018 there was no change in the proportion who had a positive view of the adequacy of their household income.
### 6.2 Key Indicators – Financial Wellbeing

* denotes significant difference to Glasgow City

<table>
<thead>
<tr>
<th></th>
<th>All household income from state benefits</th>
<th>Positive perception of adequacy of household income</th>
<th>Difficulty meeting essential living costs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Glasgow City</td>
<td>17.2%</td>
<td>68.1%</td>
<td>30.1%</td>
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<td>North East</td>
<td>15.8%</td>
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<td>18.3%</td>
<td>68.2%</td>
<td>30.3%</td>
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<table>
<thead>
<tr>
<th></th>
<th>Problem finding £35</th>
<th>Problem finding £165</th>
<th>Problem finding £1,600</th>
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<td>83.7%</td>
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<tr>
<td>North East</td>
<td>10.9%</td>
<td>42.3% *</td>
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<td>46.7%</td>
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<tr>
<td>South</td>
<td>13.5%</td>
<td>49.5%</td>
<td>82.7%</td>
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</table>

<table>
<thead>
<tr>
<th></th>
<th>Experienced benefits sanctions (based on those who receive benefits)</th>
<th>Experienced delay in benefit payments (based on those who receive benefits)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Glasgow City</td>
<td>5.3%</td>
<td>7.7%</td>
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<td>4.6%</td>
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<td>5.9%</td>
<td>9.7%</td>
</tr>
<tr>
<td>South</td>
<td>5.3%</td>
<td>8.6%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Experienced food insecurity in last year</th>
<th>Experienced severe food insecurity in last year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Glasgow City</td>
<td>10.8%</td>
<td>4.6%</td>
</tr>
<tr>
<td>North East</td>
<td>10.4%</td>
<td>4.2%</td>
</tr>
<tr>
<td>North West</td>
<td>12.4%</td>
<td>4.8%</td>
</tr>
<tr>
<td>South</td>
<td>9.7%</td>
<td>4.7%</td>
</tr>
</tbody>
</table>
Comparisons with Glasgow City

- More likely to have a positive perception of the adequacy of their household income.
- Less likely to say they would have a problem finding an unexpected sum of £165.
**Demographics**

**Living Alone**

1 in 5 lived alone

- 5% aged 16-24
- 22% aged 25-64
- 46% aged 65+

**Children**

- 28% child aged under 16 in household
- Women 34%
- Men 23%

**Qualifications**

- 22% no qualifications
- 8% aged 16-44
- 26% aged 45-64
- 61% aged 65+

**Tenure**

- 39% lived in owner occupied homes
- Most deprived 21%
- Other areas 61%

**Economic Activity**

- 56% were earning money through employment
- Most deprived 47%
- Other areas 67%
7.1 Summary of Key Messages – Demographics

Differences by Age and Gender

- Those in the oldest age groups were the most likely to live alone. Men were more likely to live alone.

- Those aged 25-44 and women were the most likely to live with children.

- Those in the oldest age group were the most likely to say they had no qualifications.

- Those aged under 35 were the least likely to live in owner-occupied homes. Women were more likely than men to live in owner-occupied homes.

- Those aged 25-44 were the most likely to be economically active. Men were more likely than women to be economically active.

Differences by Deprivation

Those in the most deprived areas were:

- more likely to live alone, but also more likely to live with a child

- more likely to say they had no qualifications

- less likely to live in owner-occupied homes

- less likely to be economically active.

Trends

- Between 2014/15 and 2018 there was an increase in the proportion who said they had no qualifications.
7.2 Key Indicators – Demographics

* denotes significant difference to Glasgow City

<table>
<thead>
<tr>
<th>Region</th>
<th>No qualifications</th>
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<tbody>
<tr>
<td>Glasgow City</td>
<td>19.2%</td>
</tr>
<tr>
<td>North East</td>
<td>22.4% *</td>
</tr>
<tr>
<td>North West</td>
<td>12.5% *</td>
</tr>
<tr>
<td>South</td>
<td>23.1% *</td>
</tr>
</tbody>
</table>

Comparison with Glasgow City

- More likely to have no qualifications