

NHS Greater Glasgow and Clyde

2017/18 Adult Health and Wellbeing Survey

Glasgow City HSCP - South Locality

Summary Report

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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 – South 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

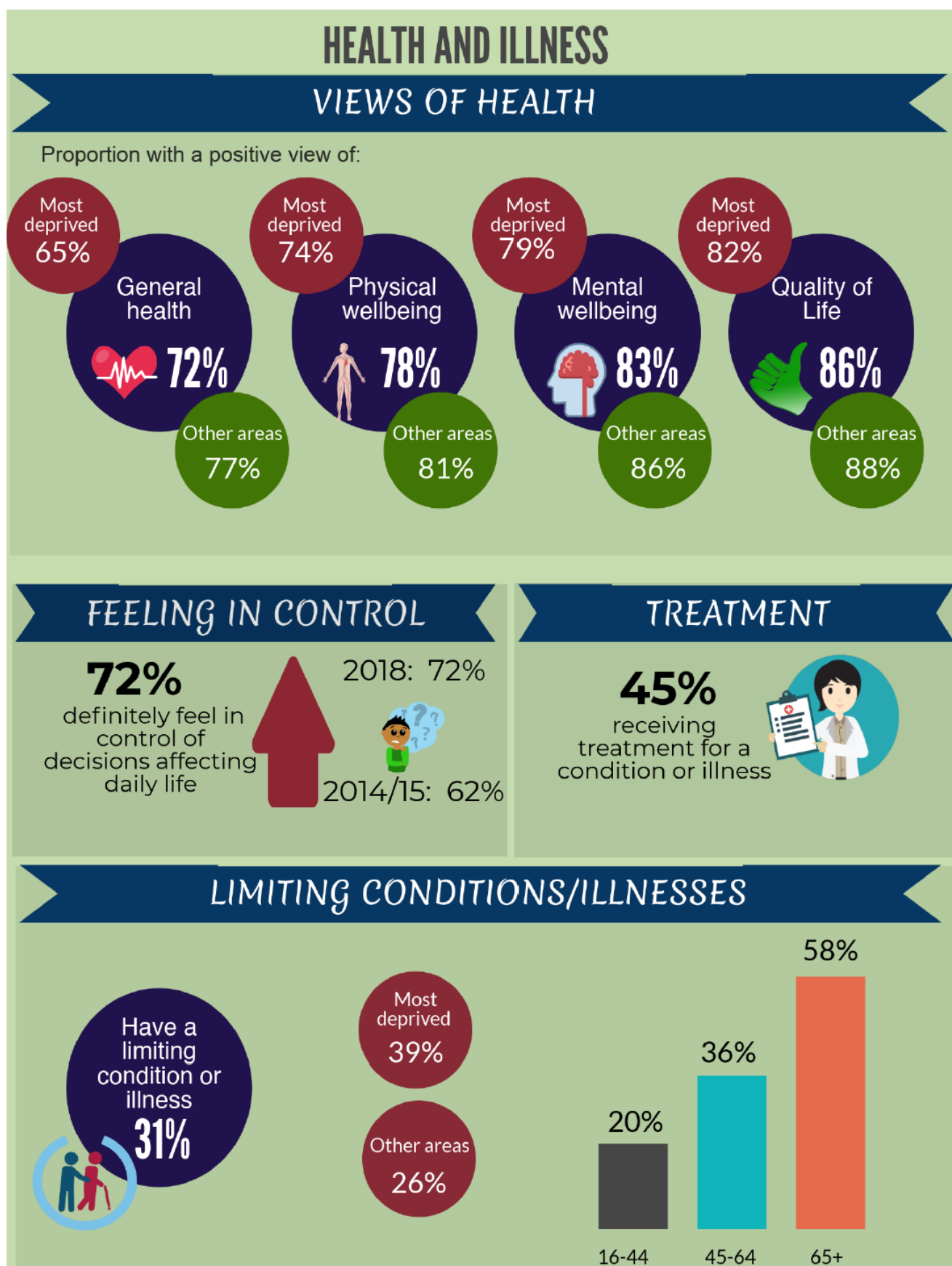
- The survey provides valuable information on the self perceived health and wellbeing of our residents, their health behaviours, attitudes, social health/social capital and financial wellbeing
- Cross sectional – a ‘snapshot in time’
- Random Stratified Sample
 - representative of the Health and Social 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 – South Locality Report)

<https://www.stor.scot.nhs.uk/handle/11289/579891>



2.1 Summary of Key Messages - Perceptions of Health and Illness

Differences by Age and Gender

- Those in the oldest age group were the least likely to have positive views of their general health.
- Those in the youngest age groups were the most likely to have a positive perception of their physical wellbeing, mental or emotional wellbeing or 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.
- Women were more likely than men to feel in control of the decisions affecting their daily life.
- Women were more likely than men to have a long term limiting condition or illness or to be receiving treatment for at least one condition or illness.

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
- less likely to feel in control of the decisions affecting their 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 no significant change in the proportion who had positive views of their general health, physical or mental/emotional wellbeing or quality of life.
- 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 an increase 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**

	Positive View of General Health	Positive Perception of Physical Wellbeing	Positive Perception of Mental/ Emotional Wellbeing	Definitely feel in control of decisions affecting life
Glasgow City	72.9%	79.1%	83.9%	71.9%
North East	74.5%	83.1% *	88.0% *	75.0% *
North West	71.9%	76.3% *	80.9% *	69.1%
South	72.4%	78.5%	83.2%	72.0%

	Positive Perception of Quality of Life	Long-term Limiting Condition or Illness	Receiving Treatment for at Least One Condition
Glasgow City	85.1%	28.6%	41.4%
North East	86.2%	25.1% *	35.3% *
North West	83.6%	29.2%	43.6%
South	85.6%	31.2%	44.6% *

Comparison with Glasgow City

- More likely to be receiving treatment for at least one condition or illness.

HEALTH BEHAVIOURS

SMOKING

22%
were
smokers

Glasgow
City
24%



Most deprived areas: 28%



Other areas: 18%

28%



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

Most
Deprived
31%

Other
Areas
25%

ALCOHOL

18%

AUDIT score
indicating alcohol-
related risk



Men
26%



Women
11%

27%

agreed
getting
drunk is
acceptable



Men
35%



Women
20%

DIET

34%

5+ portions of
fruit/veg per
day

Glasgow
City
39%

Men
27%

Women
41%

Most
deprived
28%

Other
areas
38%



PHYSICAL ACTIVITY

67%

active for 150
minutes per
week



Most
deprived
59%

Other
areas
72%

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. Exposure to second hand smoke was least common among those aged 65 or over.
- Men were more likely than women to drink alcohol or have an AUDIT score which indicated risk. 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.
- Those in the oldest and youngest age groups were the least likely to drink alcohol. Those aged 25-34 and 55-64 were the most likely to have an AUDIT score which indicated risk.
- Among those who drank alcohol, those in the older age groups and women were less likely to binge drink or to drink before a night out.
- Women were more likely than men to feel there were too many places selling alcohol locally.
- Women were more likely than men to meet the target of consuming five or more portions of fruit/vegetables per day.
- Those in the youngest age group were the most likely to meet the target of 150 minutes of physical activity per week.
- Men tended to have longer periods of sedentary behaviour than women, and those aged 25-44 had the lowest mean sedentary behaviour times.

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, and (among those who drank alcohol) less likely to binge drink
- less likely to feel it was easier to enjoy a social event if you have had a drink of alcohol
- more likely to feel it was acceptable to drink alcohol on buses
- more likely to feel there were too many places selling alcohol locally
- less likely to meet the target of consuming five or more portions of fruit/vegetables per day
- less likely to meet the target of 150 minutes of physical activity per week.

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 a decrease 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**

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

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

Comparisons with Glasgow City

- Less likely to smoke.
- Less likely to meet the target of consuming five or more portions of fruit/vegetables per day.

SOCIAL HEALTH

ISOLATION

15% felt isolated from family/friends



Most deprived
18%

Other areas
13%

BELONGING TO THE LOCAL AREA

82% Felt they belonged to their local area



Glasgow City
76%

FEELING VALUED

67% Felt valued as a member of their community

Glasgow City
61%



EXPERIENCE OF CRIME

Anti-social behaviour Theft/burglary Vandalism
Domestic violence Physical attack



15% were a victim of any of 5 types of crime in the last year



Men
18%

Women
11%



FEELINGS OF SAFETY

75% Felt safe walking alone in their area



Men
87%

Women
63%

Most deprived
68%

Other areas
79%

CARING

1 in 6 had caring responsibilities



4.1 Summary of Key Messages – Social Health

Differences by Age and Gender

- Those aged under 25 were the least likely to feel isolated.
- Those aged 45 or over and women were more likely to feel lonely.
- Those in the oldest age groups were the most likely to feel they belonged to the local area, feel valued as a member of the community or feel that local people could influence local decisions. Women were more likely than men to feel that local people could influence local decisions.
- Those aged under 25 were the most likely to have been discriminated against or have been a victim of crime in the last year. Men were more likely than women to be victims of crime.
- Those aged 75 or over and women were less likely to feel safe walking alone in their area.
- Those aged 75 or over were the least likely to be concerned about social or environmental issues.
- Those aged 55-64 were the most likely to be carers.

Differences by Deprivation

Those in the most deprived areas were:

- more likely to feel isolated or lonely
- less likely to feel that local people could influence local decisions
- more likely to have been discriminated against or have been the victim of crime in the last year
- less likely to feel safe walking alone in their area
- more likely to be concerned about social or environmental issues in their local area
- less likely to have positive views of local schools, food shops and the police
- more likely to be carers.

Trends

- There was an increase between 2014/15 and 2018 in the proportion who felt isolated.
- 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**

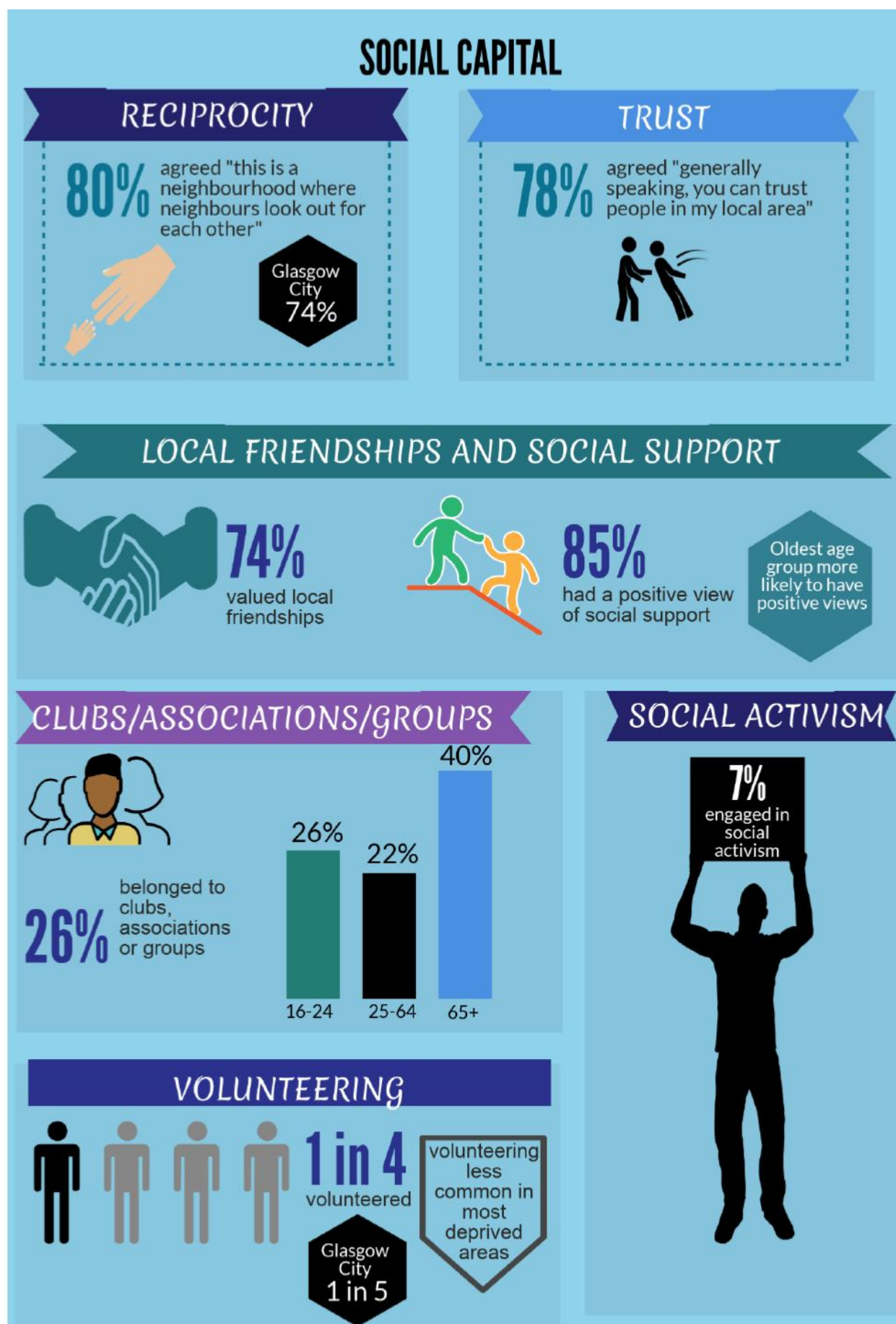
	Isolated from family and friends	Felt Lonely in last 2 weeks (at least some of the time)	Feel belong to the local area
Glasgow City	15.2%	19.5%	75.9%
North East	11.7% *	15.3% *	72.5% *
North West	18.6% *	24.4% *	72.8% *
South	15.0%	18.4%	81.7% *

	Feel valued as a member of the community	Feel local people can influence local decisions	Experienced discrimination
Glasgow City	61.2%	69.5%	6.7%
North East	56.6% *	61.6% *	3.8% *
North West	59.7%	75.4% *	7.6%
South	66.6% *	70.5%	8.3% *

	Feel safe using local public transport	Feel safe walking alone in local area even after dark	Has caring responsibilities
Glasgow City	90.2%	74.6%	14.4%
North East	88.3%	70.6% *	11.0% *
North West	93.0% *	77.8% *	14.6%
South	89.2%	74.9%	17.2% *

Comparisons with Glasgow City

- More likely to feel they belonged to the local area and feel valued as a member of their community.
- More likely to have experienced discrimination in the last year.
- More likely to be carers.



5.1 Summary of Key Messages – Social Capital

Differences by Age and Gender

- Those aged 75 or over were the most likely to have positive views of reciprocity or trust, to value local friendships and have a positive view of social support.
- Women were more likely than men to have positive views of reciprocity, trust and social support.
- Those aged under 25 were the most likely to be volunteers, and men were more likely than women to be volunteers.
- Those aged 65 or over were the most likely to belong to clubs, associations or groups.

Differences by Deprivation

Those in the most deprived areas were:

- less likely to have positive views of reciprocity, trust and social support
- less likely to volunteer
- less likely to belong to clubs, associations or groups.

Trends

- There was an increase between 2014/15 and 2018 in the proportion who had a positive perception of reciprocity and trust in their area.
- 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**

	Positive perception of reciprocity	Positive perception of trust	Value local friendships	Positive perception of social support
Glasgow City	74.3%	77.0%	72.9%	82.6%
North East	73.7%	75.0%	76.7% *	85.4% *
North West	69.1% *	77.7%	68.4% *	77.1% *
South	80.0% *	78.1%	74.1%	85.4% *

	Volunteered in last year	Belong to clubs, associations or groups	Engaged in social activism in last year
Glasgow City	20.0%	26.0%	6.9%
North East	14.7% *	25.9%	3.7% *
North West	21.9%	26.7%	9.6% *
South	22.7% *	25.5%	6.9%

Comparisons with Glasgow City

- More likely to have a positive perception of reciprocity.
- More likely to have positive view of social support.
- More likely to be a volunteer.

FINANCIAL WELLBEING

STATE BENEFITS

1 in 6 received all income from state benefits



Most deprived
29%

Other areas
12%

ADEQUACY OF INCOME



68%
satisfied with
household income

Most deprived
63%

Other areas
71%

DIFFICULTY FINDING UNEXPECTED SUMS

13%
Difficulty finding
£35

49%
Difficulty finding
£165

83%
Difficulty finding
£1600

DIFFICULTY MEETING NECESSARY EXPENSES



30%
difficulty
meeting
necessary bills
and living
expenses

Most deprived
39%

Other areas
25%

FOOD INSECURITY



10%
experienced food
insecurity in last year

Most deprived
14%

Other areas
7%

Mild: 2.7%

Moderate: 2.3%

Severe: 4.7%

6.1 Summary of Key Messages – Financial Wellbeing

Differences by Age and Gender

- Those aged 75 or over were the most likely to receive all income from benefits.
- Those under 25 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/costs.
- Those in the oldest age groups were the least likely to have difficulty finding unexpected sums of money.
- Those aged 25-54 were the most likely to have used credit/store cards in specific ways in the last year.
- Those aged 35-54 were the most likely to report experiences indicating food insecurities.
- Gambling was most common among those aged 35-74 and men were more likely than women to report spending money on gambling.

Differences by Deprivation

Those in the most deprived areas were:

- more likely to receive all household income from state benefits and more likely to have been affected by benefits changes
- less likely to have a positive view of the adequacy of their income
- more likely to attribute local poverty to lack of jobs and laziness/lack of willpower, and less likely than others to say that no one lived in poverty in their area
- more likely to report having difficulties meeting the cost of expenses and more likely to report experiences indicating food insecurity
- more likely to gamble.

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 a decrease 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

	All household income from state benefits	Positive perception of adequacy of household income	Difficulty meeting essential living costs
Glasgow City	17.2%	68.1%	30.1%
North East	15.8%	71.7% *	27.3%
North West	17.1%	64.9% *	32.2%
South	18.3%	68.2%	30.3%

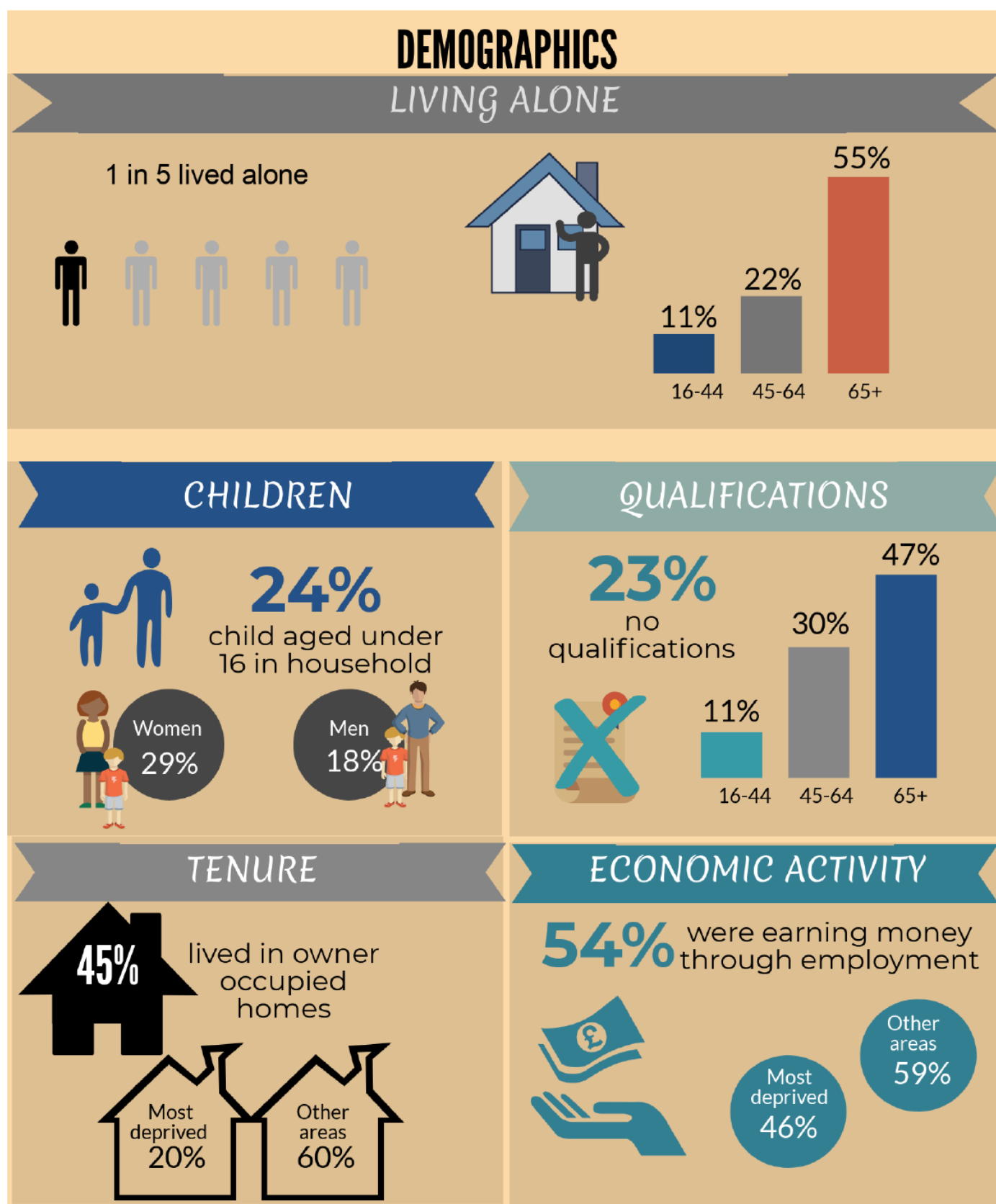
	Problem finding £35	Problem finding £165	Problem finding £1,600
Glasgow City	12.5%	46.4%	83.7%
North East	10.9%	42.3% *	86.1%
North West	12.9%	46.7%	82.5%
South	13.5%	49.5%	82.7%

	Experienced benefits sanctions (based on those who receive benefits)	Experienced delay in benefit payments (based on those who receive benefits)
Glasgow City	5.3%	7.7%
North East	4.6%	4.8%
North West	5.9%	9.7%
South	5.3%	8.6%

	Experienced food insecurity in last year	Experienced severe food insecurity in last year
Glasgow City	10.8%	4.6%
North East	10.4%	4.2%
North West	12.4%	4.8%
South	9.7%	4.7%

Comparison with Glasgow City

- No significant differences.



7.1 Summary of Key Messages – Demographics

Differences by Age and Gender

- Those in the oldest age group were the most likely to live alone.
- Those aged under 45 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. Women were more likely than men to say they had no qualifications.
- Those aged 25-34 were the least likely to live in owner-occupied homes.
- Those aged 25-54 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.

7.2 Key Indicators – Demographics

*** denotes significant difference to Glasgow City**

	No qualifications
Glasgow City	19.2%
North East	22.4% *
North West	12.5% *
South	23.1% *

Comparison with Glasgow City

- More likely to have no qualifications.