



**Summary  
Report**

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

**Glasgow City HSCP - North West Locality  
Summary Report**

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# 1 Introduction

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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 West 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

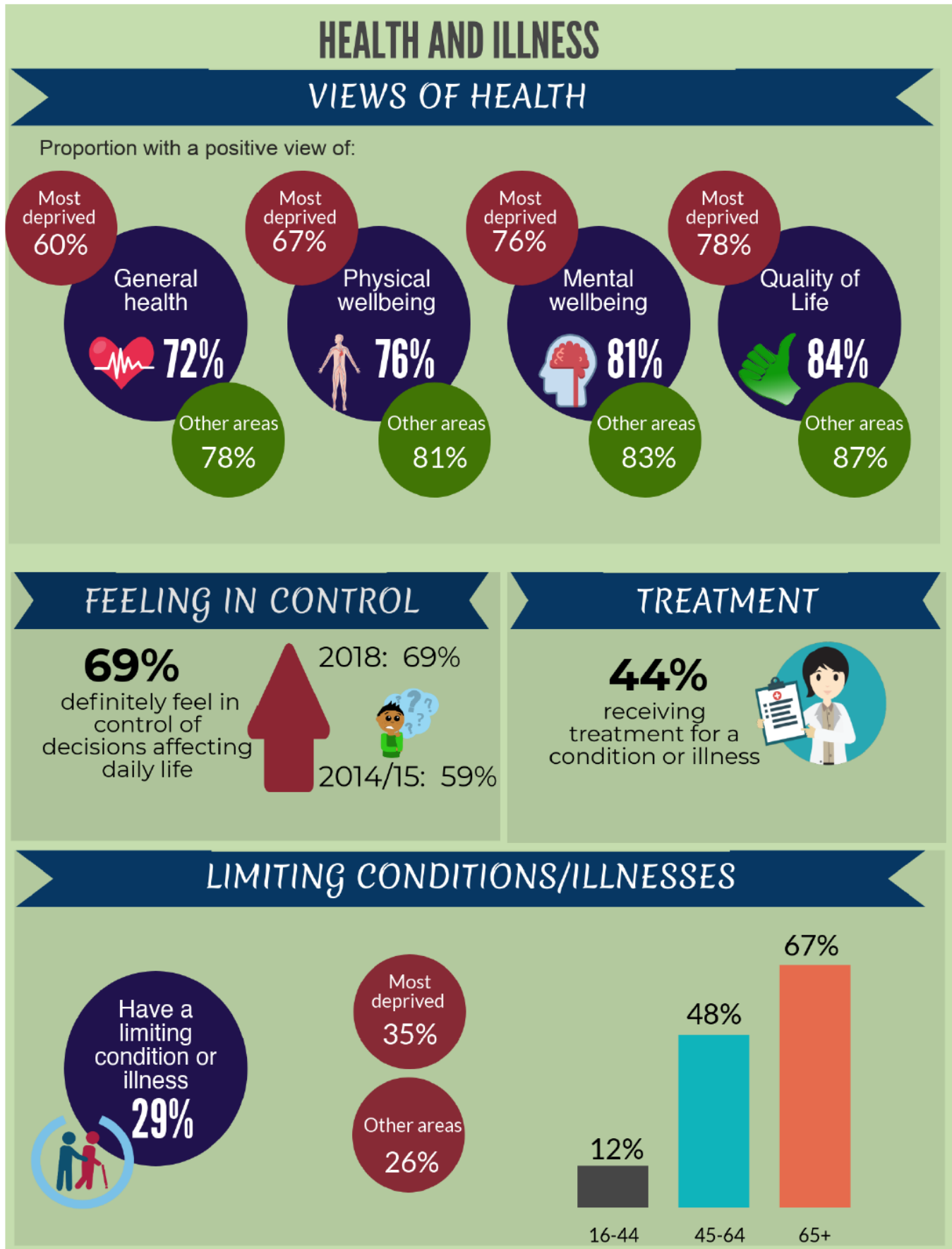
- The survey provides valuable information on the self perceived health and wellbeing of our residents, their health behaviours, attitudes, social health/social capital and financial wellbeing
- Cross sectional – a ‘snapshot in time’
- Random Stratified Sample
  - representative of the Health and Social 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
○ <b>North West</b>	<b>1,146</b>
○ 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 West Locality Report)**

<https://www.stor.scot.nhs.uk/handle/11289/579886>



## 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.
- Those aged 25-44 were the most 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.

### Trends

- 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 and the proportion 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
<b>Glasgow City</b>	<b>72.9%</b>	<b>79.1%</b>	<b>83.9%</b>	<b>71.9%</b>
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
<b>Glasgow City</b>	<b>85.1%</b>	<b>28.6%</b>	<b>41.4%</b>
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

- Less likely to have a positive perception of their physical wellbeing or mental or emotional wellbeing.

# HEALTH BEHAVIOURS

## SMOKING

**24%**  
were smokers



Most deprived areas: 33%



Other areas: 20%

**32%**



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

Most Deprived  
**39%**

Other Areas  
**28%**

## ALCOHOL

**18%**

AUDIT score indicating alcohol-related risk



Men  
23%



Women  
15%

**38%**

agreed getting drunk is acceptable

Most deprived  
**43%**

Other areas  
**36%**

Glasgow City  
**30%**



## DIET



**42%**

5+ portions of fruit/veg per day

Men  
**37%**

Women  
**46%**

Most deprived  
**32%**

Other areas  
**46%**



## PHYSICAL ACTIVITY

**64%**

active for 150 minutes per week

Men  
**67%**

Women  
**60%**



## 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 have AUDIT scores which indicated alcohol related risk. Among those who drank, men were more likely than women to binge drink. Men were more likely than women to say it was easier to enjoy a social event with a drink of alcohol or agree that it was acceptable to drink on public transport.
- Those in the youngest age groups were the most likely to drink alcohol and the most likely to have an AUDIT score which indicated risk. Among those who drank, those in the youngest age groups were the most likely to binge drink or drink before a night out, and the most likely to feel it was acceptable to get drink or that it was easier to enjoy a social event with a drink of alcohol.
- 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 groups were the most likely to meet the target of 150 minutes of physical activity per week. Men were more likely than women to meet this target.

## Differences by Deprivation

Those in the most deprived areas were:

- more likely to smoke or be exposed to second hand smoke
- less likely to drink alcohol
- more likely to feel it was acceptable to get drunk but less likely to feel 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 2008 and 2018 in the proportion who were smokers and a significant decrease between 2014/15 and 2018 in the proportion who were exposed to second hand smoke.

## 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
<b>Glasgow City</b>	<b>24.4%</b>	<b>29.9%</b>	<b>65.7%</b>	<b>17.0%</b>
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
<b>Glasgow City</b>	<b>61.6%</b>	<b>38.8%</b>	<b>64.8%</b>
North East	54.8% *	40.9%	62.9%
North West	66.6% *	41.7%	63.7%
South	62.7%	34.3% *	67.4%

### Comparison with Glasgow City

- More likely to binge drink (as % of drinkers).

## SOCIAL HEALTH

### ISOLATION

19% felt isolated from family/friends



Glasgow City  
15%

### BELONGING TO THE LOCAL AREA

73% Felt they belonged to their local area



Glasgow City  
76%

### FEELING VALUED

60% Felt valued as a member of their community

Men  
54%

Women  
65%



### 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  
12%

### FEELINGS OF SAFETY

78% Felt safe walking alone in their area



Men  
87%

Women  
69%

### CARING

1 in 7 had caring responsibilities



## 4.1 Summary of Key Messages – Social Health

### Differences by Age and Gender

- Those aged 45-54 were the most likely to feel isolated. Those aged 45-54 and 75 or over were the most likely to feel lonely.
- Those in the oldest age groups and women were more likely to feel they belonged to the local area or feel valued as a member of the community.
- Those in the oldest age group and women were less likely to feel safe using local public transport or walking alone in their area even after dark.
- Those aged 65-74 were the most likely to be carers.

### Differences by Deprivation

Those in the most deprived areas were:

- more likely to feel valued as a member of their community
- less likely to feel safe on local public transport
- more likely to be concerned about social and environmental issues in their area
- less likely to have a positive perception of local services
- 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
<b>Glasgow City</b>	<b>15.2%</b>	<b>19.5%</b>	<b>75.9%</b>
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
<b>Glasgow City</b>	<b>61.2%</b>	<b>69.5%</b>	<b>6.7%</b>
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
<b>Glasgow City</b>	<b>90.2%</b>	<b>74.6%</b>	<b>14.4%</b>
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 isolated or lonely.
- Less likely to feel they belonged to their local area.
- More likely to feel that local people could influence local decisions.
- More likely to feel safe using public transport or walking alone in their area even after dark.

## SOCIAL CAPITAL

### RECIPROCITY

**69%** agreed "this is a neighbourhood where neighbours look out for each other"



Glasgow City  
**74%**

### TRUST

**78%** agreed "generally speaking, you can trust people in my local area"



## LOCAL FRIENDSHIPS AND SOCIAL SUPPORT



**68%** valued local friendships

Glasgow City  
**73%**



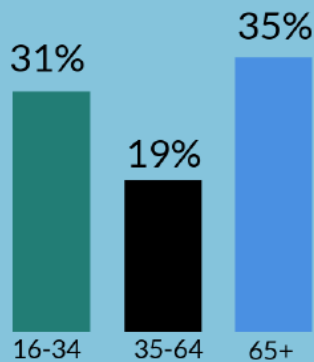
**77%** had a positive view of social support

Glasgow City  
**83%**

## CLUBS/ASSOCIATIONS/GROUPS



**27%** belonged to clubs, associations or groups



## SOCIAL ACTIVISM



**10%** engaged in social activism

Glasgow City  
**7%**

Most deprived  
**3%**

Other areas  
**13%**

## VOLUNTEERING



**22%** volunteered

volunteering less common in most deprived areas

## 5.1 Summary of Key Messages – Social Capital

### Differences by Age and Gender

- Women were more likely than men to be positive about reciprocity, trust and social support and to value local friendships.
- Those aged 75 or over were the most likely to be positive about trust and social support and to value local friendships.
- Those aged under 25 were the most likely to be volunteers but the least likely to engage in social activism.
- Those in the youngest and oldest age groups 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 a positive perception of trust
- less likely to have a positive perception of social support
- less likely to volunteer
- less likely to belong to clubs, associations or groups
- less likely to engage in social activism.

### Trends

- Between 2014/15 and 2018 there was an increase in the proportion who had a positive perception of reciprocity and trust.
- 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
<b>Glasgow City</b>	<b>74.3%</b>	<b>77.0%</b>	<b>72.9%</b>	<b>82.6%</b>
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
<b>Glasgow City</b>	<b>20.0%</b>	<b>26.0%</b>	<b>6.9%</b>
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

- Less likely to have a positive perception of reciprocity.
- Less likely to value local friendships or have a positive perception of social support.
- More likely to have engaged in social activism in the last year.

# FINANCIAL WELLBEING

## STATE BENEFITS

1 in 6 received all income from state benefits



## ADEQUACY OF INCOME



**65%** satisfied with household income



## DIFFICULTY FINDING UNEXPECTED SUMS



## DIFFICULTY MEETING NECESSARY EXPENSES



**32%** difficulty meeting necessary bills and living expenses



## FOOD INSECURITY



12% experienced food insecurity in last year



Mild: 3.7%

Moderate: 3.9%

Severe: 4.8%

## 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 household income from benefits, and men were more likely than women to receive all income from benefits.
- Those aged under 25 were the most likely to have a positive view of their household income but were also the most likely to have difficulty meeting essential living costs.
- Those in the oldest age group were the least likely to have difficulty meeting unexpected costs of £35 or £165.
- Those aged 25-44 were the most likely to have used credit/store cards in specific ways in the last year.
- Those aged 35-64 and men were more likely to experience food insecurities.
- Those aged 35 or over and men were more likely to gamble.

### Differences by Deprivation

Those in the most deprived areas were:

- more likely to receive all household income from benefits
- less likely to have a positive view of the adequacy of their household income
- more likely to attribute poverty to lack of jobs or laziness/lack of willpower
- more likely to have difficulty meeting essential living costs and more likely to have difficulty finding unexpected sums
- more likely to experience food insecurities.

## 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
<b>Glasgow City</b>	<b>17.2%</b>	<b>68.1%</b>	<b>30.1%</b>
North East	15.8%	71.7% *	27.3%
North West	17.1%	64.9% *	32.2%
South	18.3%	68.2%	30.3%

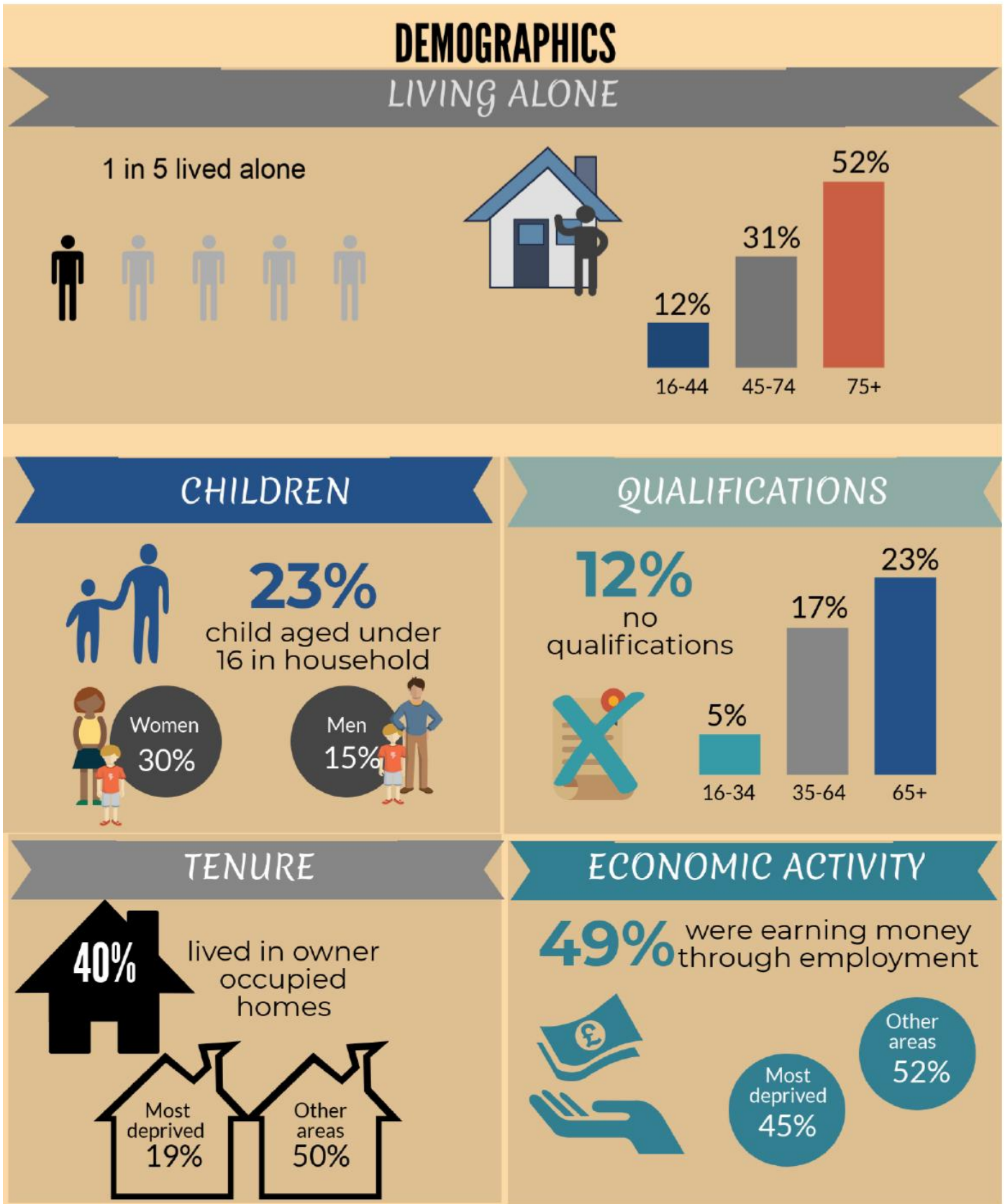
	Problem finding £35	Problem finding £165	Problem finding £1,600
<b>Glasgow City</b>	<b>12.5%</b>	<b>46.4%</b>	<b>83.7%</b>
North East	10.9%	42.3% *	86.1%
North West	12.9%	46.7%	82.5%
South	13.5%	49.5%	82.7%

	Experienced benefits sanctions (based on those who receive benefits)	Experienced delay in benefit payments (based on those who receive benefits)
<b>Glasgow City</b>	<b>5.3%</b>	<b>7.7%</b>
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
<b>Glasgow City</b>	<b>10.8%</b>	<b>4.6%</b>
North East	10.4%	4.2%
North West	12.4%	4.8%
South	9.7%	4.7%

### Comparison with Glasgow City

- Less likely to have a positive view of the adequacy of their household income.



## 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 than women to live alone; women were more likely than men to live with children.
- Those in the youngest age groups were the least likely to say they had no qualifications.
- Those aged under 25 were the least likely to live in owner-occupied homes.

### 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.

### Trends

- Between 2014/15 and 2018 there was a decrease in the proportion who said they had no qualifications.

## 7.2 Key Indicators – Demographics

**\* denotes significant difference to Glasgow City**

	No qualifications
<b>Glasgow City</b>	<b>19.2%</b>
North East	22.4% *
North West	12.5% *
South	23.1% *

### Comparison with Glasgow City

- Less likely to say they had no qualifications.