



# **NHS Greater Glasgow and Clyde 2014/15 Health and Wellbeing Survey**

East Renfrewshire HSCP Report

Prepared for NHS Greater Glasgow and Clyde by  
Traci Leven Research

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# 1 Introduction

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## 1.1 Introduction<sup>1</sup>

This report contains the findings of a research study on health and wellbeing carried out in 2014 on behalf of NHS Greater Glasgow and Clyde. The fieldwork and data entry were performed by BMG. Analysis and reporting were performed by Traci Leven Research. It is the follow up in a series of studies which started in 1999 when NHS Greater Glasgow conducted a health and wellbeing study of their population. The study has been repeated every three years. In 2008 the study expanded to take in the area covered by NHS Greater Glasgow and Clyde. This study represents the second follow-up of the expanded study and also allows trends to be explored in the area administered by the former NHS Greater Glasgow.

### Background

The original aims of the study were:

- to provide intelligence to inform the health promotion directorate;
- to explore the different experience of health and wellbeing in our most deprived communities<sup>2</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) as the main tool for measuring area based deprivation and focusing of resources; the emergence of Community Health (and Care) Partnerships and their evolution into Social Health and Care Partnerships as vehicles 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 use of alcohol; diet and exercise.

The health and wellbeing survey was formed around core questions which have remained the same. Prior to the 2014 survey an extensive consultation exercise took place to modernise the questionnaire. Questions were included which will provide the potential for record linkage with other health records. This meant that questions on use of health services could be removed. New questions were included on welfare reform, acceptability of alcohol use. Questions that had been removed on social capital and volunteering were re-introduced. The 2014 survey provides an opportunity to explore trends over time while also exploring some contemporary public health issues.

The survey continues to offer flexible solutions for monitoring the health of the population in a range of geographies within NHSGGC. In 2014 we introduced neighbourhood level boosts for the first time. Intensive interviewing took place in Govanhill (to provide intelligence for the monitoring and evaluation of Sistema); Possil; Gorbals; Parkhead and Garthamlock (to provide intelligence for monitoring the Thriving Places Programme). Boosts which enable the exploration of our most deprived areas compared to our more affluent areas have taken place in Renfrewshire; Inverclyde and East Dunbartonshire. East Renfrewshire boosted to enable an exploration of their area as a whole. All the reports will be posted on <http://www.phru.net> as they become available.

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<sup>1</sup> This section has been prepared by NHS Greater Glasgow & Clyde

<sup>2</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.

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

|                      |                          |
|----------------------|--------------------------|
| Allan A Boyd         | Senior Analyst           |
| Margaret McGranachan | Public Health Researcher |
| Elaine Torley        | Health Improvement Lead  |
| Julie Truman         | Programme Manager        |

## Objectives

The objectives of the study are:

- to continue to monitor the core health indicators
- to use data from all 5 health and wellbeing surveys to determine trends
- 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 provide intelligence for health improvement policy, programmes and information to enhance performance management.

## Summary of Methodology

In total, 8,633 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 2014 and end of January 2015. The response rate for all in-scope attempted contacts was 75% as illustrated in Table A3 in Appendix A.

The sample was stratified proportionately by local authority and SIMD quintile, 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 E

### 1.2 Sample Profile

The 603 completed interviews in East Renfrewshire were weighted to account for under/over representation of groups within the sample to ensure the 2014 sample was as representative as possible of the adult population in the East Renfrewshire area. A full explanation of the weighting method used can be found in Appendix B. The breakdown of the final weighted dataset - and how this compares with the known population profile - is shown in Table 1.1.

**Table 1.1: Age and Gender Breakdown**

Base: 595

| Age   | Men<br>(% of sample) | Women<br>(% of sample) | Total<br>(% of sample) | East<br>Renfrewshire<br>%<br>of<br>population<br>(aged 16+) |
|-------|----------------------|------------------------|------------------------|---|
| 16-24 | 7.1%                 | 6.6%                   | 13.7%                  | 13.8%   |
| 25-34 | 5.1%                 | 5.5%                   | 10.7%                  | 10.6%   |
| 35-44 | 7.4%                 | 8.6%                   | 16.0%                  | 16.0%   |
| 45-54 | 9.5%                 | 10.7%                  | 20.2%                  | 20.3%   |
| 55-64 | 7.8%                 | 8.6%                   | 16.4%                  | 16.1%   |
| 65-74 | 5.5%                 | 6.5%                   | 12.0%                  | 12.0%   |
| 75+   | 4.1%                 | 6.8%                   | 10.9%                  | 11.1%   |

### 1.3 This Report

Chapters 2-5 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, comparisons with East Dunbartonshire and break-downs by demographic (independent) variables. Only comparisons with NHSGGC, 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;
- Age.

Ethnicity is not included in the above list because (a) only a very small proportion of the sample is from an ethnic minority (reflecting the make-up of the population), and (b) it would be inadvisable to analyse all 'non-white' ethnic groups as one group, as the opinions, behaviour and cultural experiences of these groups do not necessarily have anything in common. However, there is an intention to conduct a Black and Minority Ethnic boost to the Health and Wellbeing Survey in 2015/16.

An explanation of how the independent variables were derived is in Appendix C.

Chapter 6 summarises the indicators showing significant differences between East Renfrewshire and NHSGGC and East Dunbartonshire.

Trends for key indicators across sweeps of the survey are shown in Chapter 7.

## 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**

| Indicator  | % of sample | Unweighted base (n) |
|--|-------------|---------------------|
| Self-perceived health very good or good (Q1)                         | 82%         | 603                 |
| Positive perception of general physical wellbeing (Q29b)             | 88%         | 603                 |
| Positive perception of general mental or emotional wellbeing (Q29c)  | 91%         | 603                 |
| Feel definitely in control of decisions affecting daily life (Q50)   | 78%         | 601                 |
| Positive perception of quality of life (Q29a)                        | 95%         | 603                 |
| Has long term illness/condition that interferes with daily life (Q2) | 17%         | 602                 |
| Receiving treatment for at least one condition (Q5)                  | 32%         | 600                 |

Eighty two percent rated their general health positively. Those aged 65 or over were less likely to rate their general health positively.

Just under nine in ten (88%) rated their physical wellbeing positively.

Just over nine in ten (91%) rated their mental or emotional wellbeing positively.

Just under four in five (78%) felt definitely in control of the decisions affecting their daily life.

More than nine in ten (95%) had a positive perception of their quality of life.

Seventeen percent had a limiting condition or illness. Those aged 65 or over and women were more likely to have a limiting condition or illness.

Just under one in three (32%) were receiving treatment for at least one condition. Those aged 65 or over were more likely to be receiving treatment.

### 2.2 Self-Perceived Health and Wellbeing

#### General Health

Respondents were asked to describe their general health over the last year on a five point scale (very good, good, fair, bad or very bad). Overall, 82% gave a positive view of their health, with 35% saying their health was very good and 47% saying their health was good. However, 18% gave a negative view of their health, with 13% saying their health was fair, 3% saying it was bad and less than 2% saying it was very bad.

#### Comparison with NHSGCC

Those in East Renfrewshire were more likely than those in the NHSGCC area as a whole to rate their general health positively (82% East Renfrewshire; 77% NHSGCC).

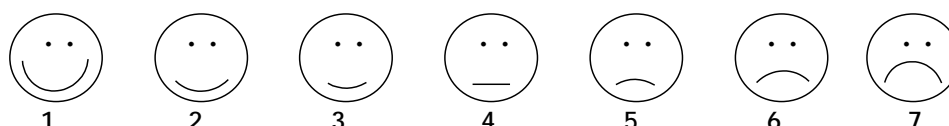
As Table 2.2 shows, the likelihood of giving a positive view of general health generally decreased with age, from 94% of those aged under 45 to 64% of those aged 65 or over.

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

|       | Very good | Good | Fair | Bad | Very bad | V good/<br>good | Fair/<br>bad | Unweighted base (n) |
|-------|-----------|------|------|-----|----------|-----------------|--------------|---------------------|
| Age:  |           |      |      |     |          |                 |              |                     |
| 16-44 | 47%       | 47%  | 5%   | <1% | 1%       | 94%             | 6%           | 232                 |
| 45-64 | 34%       | 46%  | 10%  | 7%  | 3%       | 80%             | 20%          | 179                 |
| 65+   | 19%       | 46%  | 32%  | 3%  | 1%       | 64%             | 36%          | 184                 |
| All   | 35%       | 47%  | 13%  | 3%  | 2%       | 82%             | 18%          | 603                 |

### 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.

Just under nine in ten (88%) respondents gave a positive view of their physical wellbeing, using this scale.

### Comparison with NHSGCC

Those in East Renfrewshire were more likely than those in the NHSGCC area as a whole to rate their physical wellbeing positively (88% East Renfrewshire; 81% NHSGCC).

### Mental or Emotional Wellbeing

Using the 'faces' scale, 91% of respondents gave a positive view of their mental or emotional wellbeing.

### Comparison with NHSGCC

Those in East Renfrewshire were more likely than those in the NHSGCC area as a whole to have a positive perception of their mental or emotional wellbeing (91% East Renfrewshire; 86% NHSGCC).

### 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. Just under four in five (78%) said that they 'definitely' felt in control of these decisions, while 14% said that they felt in control 'to some extent' and 8% did not feel in control of these decisions.

### Comparison with NHSGCC

Those in East Renfrewshire were more likely than those in the NHSGCC area as a whole to say they definitely felt in control of the decisions affecting their daily life (78% East Renfrewshire; 65% NHSGCC).

## Comparison with East Dunbartonshire

Those in East Renfrewshire were more likely than those in East Dunbartonshire to say they definitely felt in control of the decisions affecting their daily life (78% East Renfrewshire; 69% East Dunbartonshire).

### 2.3 Self-Perceived Quality of Life

Using the 'faces' scale, respondents were asked to rate their overall quality of life. Overall, 95% of respondents gave a positive rating of their quality of life.

## Comparison with NHSGGC

Those in East Renfrewshire were more likely than those in the NHSGGC area as a whole to give a positive perception of their overall quality of life (95% East Renfrewshire; 88% NHSGGC).

### 2.4 Illness

Seventeen percent of respondents said that they had a long-term condition or illness that substantially interfered with their day to day activities.

Of those who said they had a long-term condition or illness that interfered with their day to day activities:

- 35% said that they had a physical disability;
- 12% said they had a mental or emotional health problem; and
- 78% said they had a long-term illness.

And among those with a long-term condition or illness that interfered with their day to day activities:

- 59% said it interfered with taking up training or education;
- 58% said it interfered with holding down or obtaining a job;
- 83% said it interfered with taking exercise/physical activity;
- 62% said it interfered with socialising; and
- 82% said it interfered with everyday chores.

## Comparison with NHSGGC

Those in East Renfrewshire were less likely than those in the NHSGGC area as a whole to have a limiting condition/illness (17% East Renfrewshire; 20% NHSGGC).

The likelihood of having a limiting condition or illness increased with age, ranging from 5% of those aged under 45 to 32% of those aged 65 or over. Women were more likely than men to have a limiting condition or illness (20% women; 13% men).

**Table 2.3: Limiting Long-Term Condition or Illness (Q2) by Age and Gender**

|       | Long-Term Condition/Illness | Unweighted base (n) |
|-------|-----------------------------|---------------------|
| Age:  |                             |                     |
| 16-44 | 5%                          | 232                 |
| 45-64 | 20%                         | 178                 |
| 65+   | 32%                         | 184                 |
| Men   | 13%                         | 270                 |
| Women | 20%                         | 332                 |
| All   | 17%                         | 602                 |

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

Just under one in three (32%) respondents were receiving treatment for at least one illness or condition.

**Comparison with NHSGGC**

Those in East Renfrewshire were less likely than those in the NHSGGC area as a whole to be receiving treatment for at least one condition (32% East Renfrewshire; 38% NHSGGC).

The likelihood of receiving treatment for at least one illness/condition rose with age, ranging from 12% of those aged under 45 to 67% of those aged 65 or over.

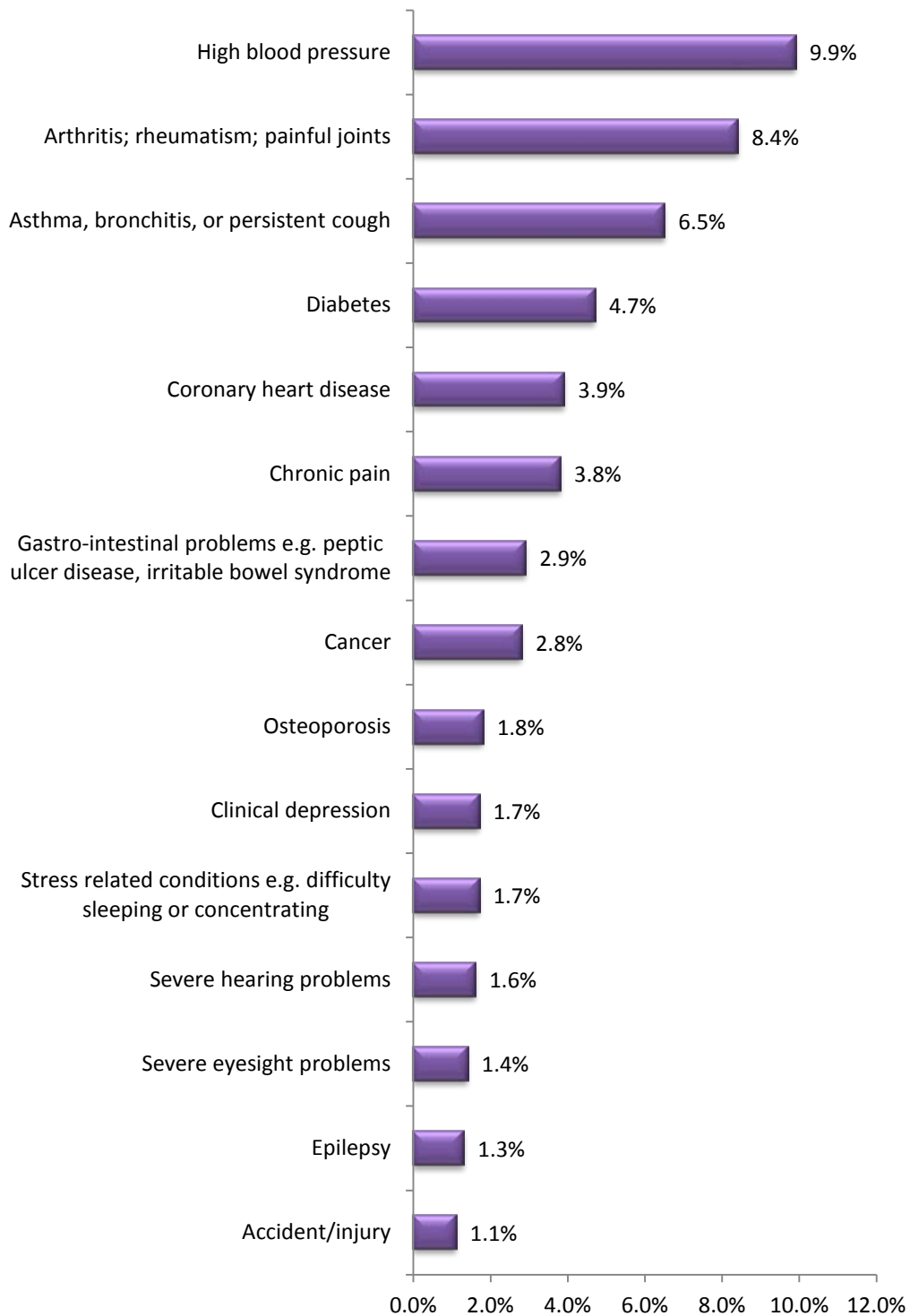
**Table 2.4: At Least One Illness/Condition Being Treated (Q5) by Age**

|       | Being Treated for Condition/Illness | Unweighted base (n) |
|-------|-------------------------------------|---------------------|
| Age:  |                                     |                     |
| 16-44 | 12%                                 | 232                 |
| 45-64 | 34%                                 | 179                 |
| 65+   | 67%                                 | 181                 |
| All   | 32%                                 | 600                 |

Figure 2.1 below shows the proportion of respondents who were being treated for each type of illness/condition (for all conditions with a proportion of more than 1%).

The most common condition being treated was high blood pressure (10%), followed by arthritis/rheumatism/painful joints (8%).

**Figure 2.1: Conditions/Illnesses for Which Treatment is Being Received (Q5)**



### **Comparison with NHSGCC**

Those in East Renfrewshire were less likely than those in the NHSGCC area as a whole to be receiving treatment for:

- Clinical depression (1.7% East Renfrewshire; 4.1% NHSGCC);
- Stress related conditions (1.7% East Renfrewshire; 3.8% NHSGCC).

## 2.5 Mental Wellbeing

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

The survey used the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS)<sup>3</sup> 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 Scottish Health Survey has consistently shown the mean WEMWBS score for the Scottish adult population to be around 50, with the 2012 survey showing a mean score of exactly 50.0.

The overall mean WEMWBS score for respondents in East Renfrewshire was 55.7.

### Comparison with NHSGGC

Those in East Renfrewshire had a higher mean WEMWBS score than those in the NHSGGC area as a whole (55.7 East Renfrewshire; 53.4 NHSGGC).

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<sup>3</sup> <http://www2.warwick.ac.uk/fac/med/research/platform/wemwbs/>

## 3 Health Behaviours

### 3.1 Chapter Summary

Table 3.1 shows the core indicators relating to health behaviours.

**Table 3.1: Indicators for Health Behaviours**

| Indicator   | % of sample | Unweighted base (n) |
|---|-------------|---------------------|
| Exposed to second hand smoke most or some of the time (Q8)  | 28%         | 603                 |
| Current smoker (Q9)   | 18%         | 603                 |
| Exceeds recommended limits for weekly units of alcohol (based on all respondents) (Q15)   | 8%          | 603                 |
| Exceeds recommended limits for weekly units of alcohol (based on all those who drank at all in the past week) (Q15)   | 19%         | 273                 |
| Binge drinker in the past week (based on all respondents) (Q15)   | 12%         | 603                 |
| Binge drinker in the past week (based on all those who drank at all in the past week) (Q15)   | 28%         | 273                 |
| At least two alcohol-free days in previous week (based on all respondents) (Q15)  | 96%         | 603                 |
| At least two alcohol-free days in previous week (based on all those who drank at all in the past week) (Q15)  | 90%         | 273                 |
| Exceeds the recommended daily limit for alcohol on at least one day per week (based on all respondents)   | 27%         | 603                 |
| Exceeds the recommended daily limit for alcohol on at least one day per week (based on all those who drank at all in the past week) (Q15)   | 62%         | 273                 |
| Been physically active for at least 150 minutes in past week (Q27)  | 67%         | 602                 |
| Participated in at least one sport or activity in the last week (Q28)   | 80%         | 603                 |
| Consumes 5 or more portions of fruit/vegetables per day (Q21 & Q22)   | 44%         | 601                 |
| Body Mass Index of 25 or over(Q23 & Q24)  | 49%         | 535                 |
| 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                                  | 51%         | 534                 |
| 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 | 95%         | 534                 |

Just under three in ten (28%) were exposed to second hand smoke most or some of the time. Those aged under 45 and men were more likely to be exposed to second hand smoke.

Eighteen percent were smokers. Those aged under 65 and men were more likely to be smokers.

One in twelve (8%) exceeded the recommended weekly limit for alcohol consumption. Men were more likely to exceed this limit.

One in eight (12%) had been binge drinkers in the previous week.

Most (96%) had had two or more alcohol-free days in the previous week. Those aged 45 or over and men were less likely to have two or more alcohol-free days per week.

Just over one in four (27%) exceeded the recommended daily limit for alcohol on at least one day per week.

Two in three (67%) took 150 minutes or more of physical activity per week. Those aged under 45 and women were more likely to meet this target.

Four in five (80%) had participated in at least one sport or activity in the last week. Those aged 45-64 and men were less likely to have participated in any activity.

Just over two in five (44%) met the target for fruit/vegetable consumption. Women were more likely to meet this target.

Just under half (49%) were overweight. Those aged 45 or over were more likely to be overweight.

Just over half (51%) had two or more of the following five unhealthy behaviours: smoking, being overweight, not meeting the target for physical activity, not meeting the target for fruit/vegetable consumption and binge drinking. The mean was 1.67 unhealthy behaviours.

More than nine in ten (95%) had two or more of the following five healthy behaviours: not smoking, having a BMI in the healthy range, meeting the target for physical activity, meeting the target for fruit/vegetable consumption, and not drinking or drinking within safe limits. The mean number of healthy behaviours was 3.28. Women tended to exhibit more healthy behaviours.

## 3.2 Smoking

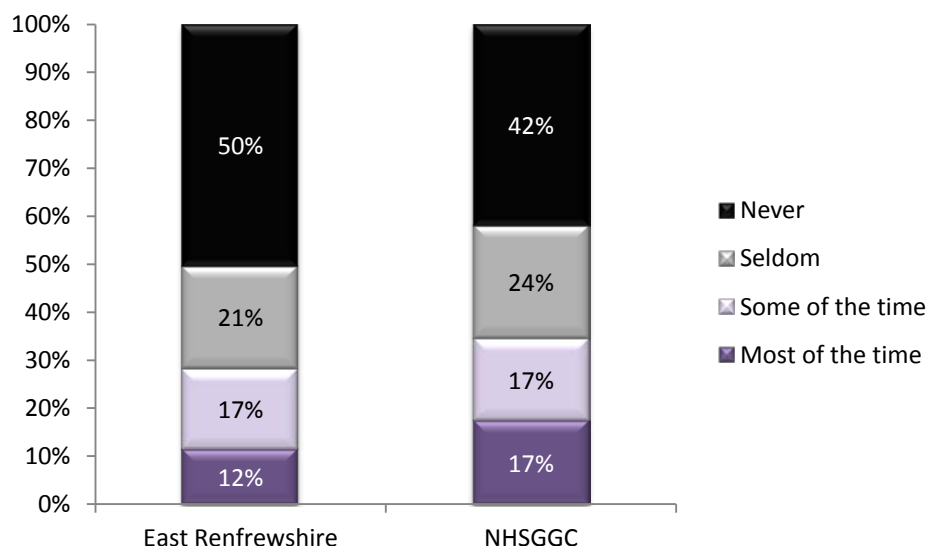
### Exposure to Second Hand Smoke

Respondents were asked how often they were in places where there is smoke from other people smoking tobacco. Just under three in ten (28%) said that this happened most of the time (12%) or some of the time (17%). A further 21% said that they were seldom exposed to second hand smoke and 50% said they were never exposed.

### Comparison with NHSGGC

Those in East Renfrewshire were less likely than those in the NHSGGC area as a whole to be exposed to second hand smoke most or some of the time (28% East Renfrewshire; 35% NHSGGC).

**Figure 3.1: Exposure to Second Hand Smoke (Q8) - East Renfrewshire and NHSGGC**



The likelihood of being exposed to second hand smoke most or some of the time decreased with age, ranging from 39% of those aged under 45 to 14% of those aged 65 or over. Men were more likely than women to be exposed to second hand smoke most or some of the time (33% men; 24% women). This is shown in Table 3.2.

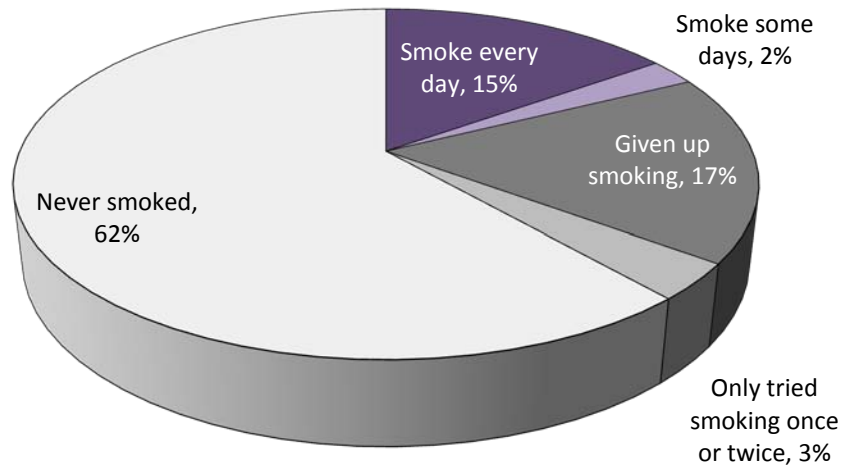
**Table 3.2: Exposure to Second Hand Smoke (Q8) by Age and Gender**

|       | Most of the time | Some of the time | Seldom | Never | Most/some of the time | Unweighted base (n) |
|-------|------------------|------------------|--------|-------|-----------------------|---------------------|
| Age:  |                  |                  |        |       |                       |                     |
| 16-44 | 17%              | 22%              | 16%    | 45%   | 39%                   | 232                 |
| 45-64 | 9%               | 16%              | 23%    | 51%   | 26%                   | 179                 |
| 65+   | 6%               | 8%               | 27%    | 59%   | 14%                   | 184                 |
| Men   | 13%              | 20%              | 17%    | 49%   | 33%                   | 270                 |
| Women | 10%              | 14%              | 25%    | 51%   | 24%                   | 333                 |
| All   | 12%              | 17%              | 21%    | 50%   | 28%                   | 603                 |

### Smoking

Eighteen percent of respondents were smokers, smoking either every day (15%) or some days (2%).

**Figure 3.2: Current Smoking Status (Q9)**



**Comparison with NHSGGC**

Those in East Renfrewshire were less likely than those in the NHSGGC area as a whole to be smokers (18% East Renfrewshire; 25% NHSGGC).

Those aged 65 or over were less likely than younger respondents to be smokers and men were more likely than women to smoke (21% men, 15% women).

**Table 3.3: Proportion of Current Smokers (Q9) by Age and Gender**

|       | Current smoker | Unweighted base (n) |
|-------|----------------|---------------------|
| Age:  |                |                     |
| 16-44 | 22%            | 232                 |
| 45-64 | 18%            | 179                 |
| 65+   | 9%             | 184                 |
| Men   | 21%            | 270                 |
| Women | 15%            | 333                 |
| All   | 18%            | 603                 |

**Intention to Stop Smoking**

One in three (33%) of those who currently smoked said that they intend to stop smoking while 47% said they did not and 20% said possibly.

**E-Cigarettes**

Seven percent of respondents said they had used e-cigarettes in the last year (1% had used them every day, 2% had used them some days and 4% had used them once or twice).

### Comparison with NHSGGC

Those in East Renfrewshire were less likely than those in the NHSGGC area as a whole to have used e-cigarettes in the last year (7% East Renfrewshire; 12% NHSGGC).

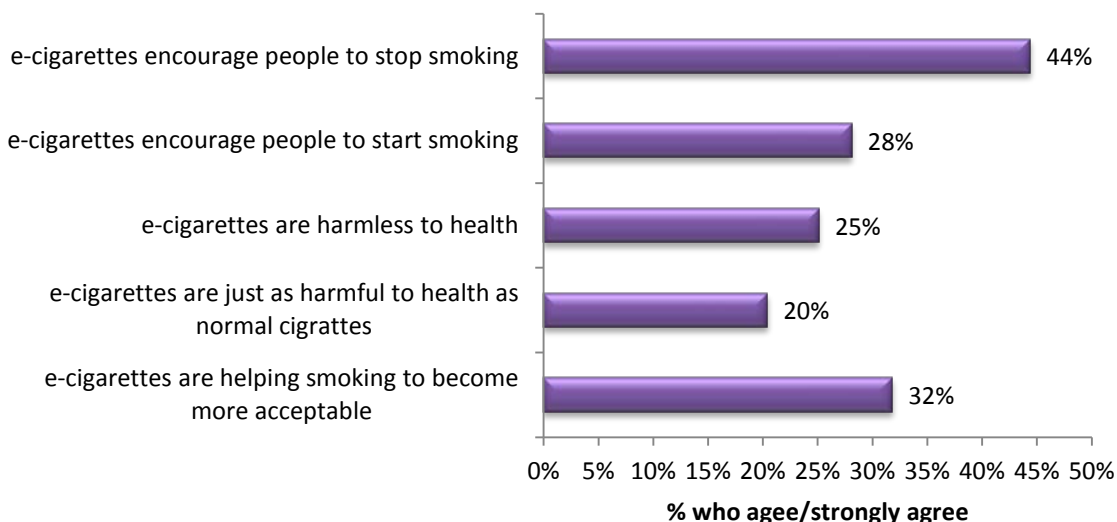
Those aged under 45 were more likely than older respondents to have used e-cigarettes in the last year. Men were more likely than women to have used e-cigarettes.

**Table 3.4: Proportion of Respondents who had used E-Cigarettes in the Last Year (Q11) by Age and Gender**

|       | Used E-Cigarettes in the Last Year | Unweighted base (n) |
|-------|------------------------------------|---------------------|
| Age:  |                                    |                     |
| 16-44 | 12%                                | 232                 |
| 45-65 | 5%                                 | 179                 |
| 65+   | 1%                                 | 182                 |
| Men   | 9%                                 | 270                 |
| Women | 4%                                 | 331                 |
| All   | 7%                                 | 601                 |

Respondents were asked the extent to which they agreed or disagreed with five statements about e-cigarettes. The proportion who strongly agreed/agreed with each statement is shown in Figure 3.3 below.

**Figure 3.3: Proportion who Agree/Strongly Agree with Statements about E-Cigarettes**



Just over two in five (44%) respondents agreed or strongly agreed with the statement 'e-cigarettes encourage people to stop smoking' (3% strongly agreed and 42% agreed).

### Comparison with East Dunbartonshire

Those in East Renfrewshire were less likely than those in East Dunbartonshire to agree that e-cigarettes encourage people to stop smoking (44% East Renfrewshire; 53% East Dunbartonshire).

Those aged under 45 were the most likely to agree that e-cigarettes encourage people to stop smoking, and those aged 65 or over were the least likely.

**Table 3.5: Proportion of Respondents who agree that 'e-cigarettes encourage people to stop smoking' (Q12a) by Age**

|       | <b>% Agree/Strongly Agree that e-cigarettes encourage people to stop smoking</b> | <b>Unweighted base (n)</b> |
|-------|--|----------------------------|
| Age:  |  |                            |
| 16-44 | 50%  | 214                        |
| 45-64 | 43%  | 157                        |
| 65+   | 33%  | 142                        |
| All   | 44%  | 521                        |

Just under three in ten (28%) respondents agreed or strongly agreed that e-cigarettes encourage people to start smoking (3% strongly agreed and 25% agreed).

Those aged 65 or over were the most likely to agree that e-cigarettes encourage people to start smoking and those aged under 45 were the least likely.

**Table 3.6: Proportion of Respondents who agree that 'e-cigarettes encourage people to start smoking' (Q12b) by Age**

|       | <b>% Agree/Strongly Agree that e-cigarettes encourage people to start smoking</b> | <b>Unweighted base (n)</b> |
|-------|---|----------------------------|
| Age:  |   |                            |
| 16-44 | 23%   | 219                        |
| 45-64 | 31%   | 156                        |
| 65+   | 36%   | 142                        |
| All   | 28%   | 525                        |

One in four (25%) respondents agreed or strongly agreed that e-cigarettes are harmless to health (2% strongly agreed and 23% agreed).

Those aged 45-64 were the most likely to agree that e-cigarettes are harmless to health.

**Table 3.7: Proportion of Respondents who agree that 'e-cigarettes are harmless to health' (Q12c) by Age**

|       | <b>% Agree/Strongly Agree that e-cigarettes are harmless to health</b> | <b>Unweighted base (n)</b> |
|-------|--|----------------------------|
| Age:  |  |                            |
| 16-44 | 21%  | 196                        |
| 45-64 | 32%  | 134                        |
| 65+   | 21%  | 121                        |
| All   | 25%  | 458                        |

One in five (20%) respondents agreed or strongly agreed that e-cigarettes are just as harmful to health as normal cigarettes (3% strongly agreed and 18% agreed).

Just under one in three (32%) respondents agreed or strongly agreed that e-cigarettes are helping smoking to become more acceptable (2% strongly agreed and 30% agreed).

### 3.3 Drinking

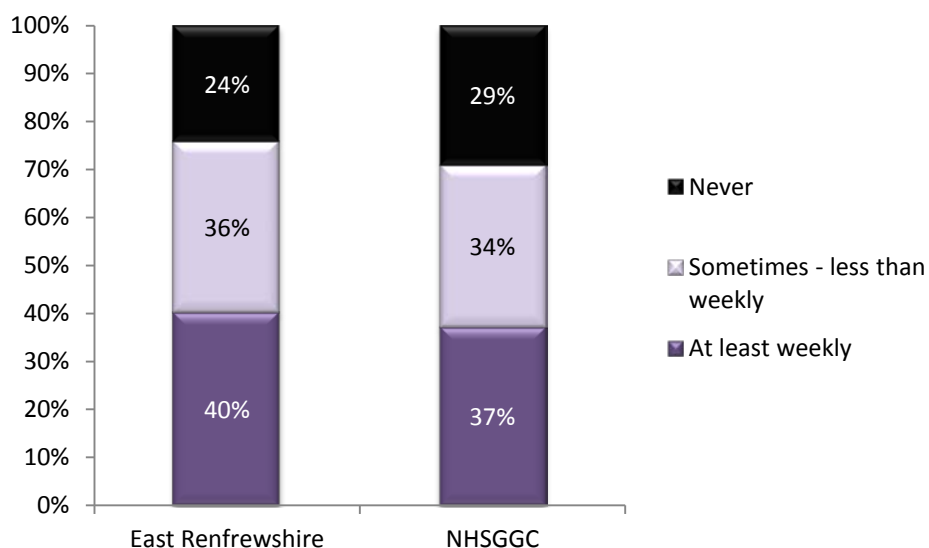
#### Frequency of Drinking Alcohol

Just under one in four (24%) respondents said that they never drank alcohol, just over a third (36%) drank alcohol sometimes, but less than weekly and two in five (40%) drank alcohol at least once a week (including 11% who drank alcohol on three or more days per week).

#### Comparison with NHSGGC

Those in East Renfrewshire were less likely than those in the NHSGGC area as a whole to say they never drank alcohol (24% East Renfrewshire; 29% NHSGGC).

**Figure 3.4: Frequency Drink Alcohol (Q13) - East Renfrewshire and NHSGGC**



Women were more likely than men to say they never drank alcohol and men were more likely than women to drink alcohol weekly.

**Table 3.8: Frequency Drink Alcohol (Q13) by Gender**

|       | Never | Less than weekly | At least once a week | Unweighted base (n) |
|-------|-------|------------------|----------------------|---------------------|
| Men   | 18%   | 33%              | 49%                  | 270                 |
| Women | 30%   | 38%              | 32%                  | 333                 |
| All   | 24%   | 36%              | 40%                  | 603                 |

## Alcohol Consumption in Previous Week

Respondents were asked whether they had had a drink containing alcohol in the past seven days. Just over two in five (43%) respondents said they had drunk alcohol in the past week (therefore similar to the 40% 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 and 2011 surveys, in calculating the number of units, new assumptions were applied for the number of units in each type of drink which differed from those which were applied in earlier surveys. Appendix D shows the assumptions of units in each type of drink for both the current survey (and 2008 and 2011 surveys) and for the surveys up to 2005. 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, 8% of all respondents exceeded their weekly limit. This equates to 19% of all those who had drunk alcohol in the last week.

Men were more likely than women to exceed the weekly limit (12% men; 5% women).

**Table 3.9: Proportion Exceeding Recommended Weekly Limits for Alcohol (old new and old unit measures) (Q15) by Gender**

|       | Exceeds Weekly Limit (new measures) | Exceeds Weekly Limit (old measures) | Unweighted base (n) |
|-------|-------------------------------------|-------------------------------------|---------------------|
| Men   | 12%                                 | 6%                                  | 270                 |
| Women | 5%                                  | 3%                                  | 333                 |
| All   | 8%                                  | 5%                                  | 603                 |

## 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, 12% of all respondents had been binge drinkers during the previous week. This equates to 28% of all those who had consumed alcohol in the previous week.

## Comparison with NHSGGC

Those in East Renfrewshire were less likely than those in the NHSGGC area as a whole to have been binge drinkers in the previous week (12% East Renfrewshire; 16% NHSGGC).

## Comparison with East Dunbartonshire

Those in East Renfrewshire were less likely than those in East Dunbartonshire to have been binge drinkers in the previous week (12% East Renfrewshire; 16% East Dunbartonshire).

## Alcohol Free Days

Most (96%) respondents had two or more days in the previous week in which they did not consume alcohol. This equates to 90% of those who had drunk alcohol in the previous week.

Those aged under 45 were more likely than older respondents to have had two or more alcohol-free days in the previous week. Women were more likely than men to have had two or more alcohol-free days in the previous week.

**Table 3.10: Proportion who had Two or More Alcohol-Free Days in Previous Week (Q15) by Age and Gender**

|       | Two or More Alcohol-Free Days | Unweighted base (n) |
|-------|-------------------------------|---------------------|
| Age:  |                               |                     |
| 16-44 | 98%                           | 232                 |
| 45-64 | 93%                           | 179                 |
| 65+   | 93%                           | 184                 |
| Men   | 93%                           | 270                 |
| Women | 98%                           | 333                 |
| All   | 96%                           | 603                 |

## Exceeding Daily Alcohol Limits

It is recommended that men should drink no more than four units of alcohol a day and women should drink no more than three units per day. Just over one in four (27%) respondents exceeded this limit on at least one day in the previous week. This equates to 62% of those who had drunk alcohol in the previous week.

## Drinking Before Going on a Night Out

Among those who said they ever drank alcohol, one in four (25%) said they ever drank alcohol (either alone or with others) before going on a night out.

## Comparison with NHSGGC

Among those who ever drank alcohol, those in East Renfrewshire were less likely than those in the NHSGGC area as a whole to drink alcohol before going on a night out (25% East Renfrewshire; 31% NHSGGC).

Among those who ever drank alcohol, the likelihood of ever drinking alcohol before a night out generally decreased considerably by age - ranging from 47% of those aged under 45 to 6% of those aged 65 or over.

**Table 3.11: Proportion who Ever Drink Alcohol Before Going on a Night Out (Based on all those who ever drank alcohol) (Q16) by Age**

|       | % of those who ever drink alcohol who ever do drink alcohol before a night out | Unweighted base (n) |
|-------|--|---------------------|
| Age:  |  |                     |
| 16-44 | 47%  | 185                 |
| 45-64 | 13%  | 144                 |
| 65+   | 6%   | 130                 |
| All   | 25%  | 463                 |

Among those who ever drank before going on a night out, the reasons given were:

- It provides a chance to socialise with friends and family (56% of those who ever drank before going out);
- It makes the night cheaper (38%);
- It makes the night better (37%);
- Other (1%).

### Attitudes to Alcohol

Respondents were asked the extent to which they agreed or disagreed with the statement 'getting drunk is a perfectly acceptable thing to do'. Eighteen percent of respondents agreed or strongly agreed with this statement (18% agreed and 1% strongly agreed); 15% neither agreed nor disagreed and 66% disagreed or strongly disagreed with this statement (45% disagreed and 21% strongly disagreed).

The proportion who agreed that getting drunk is a perfectly acceptable thing to do decreased with age, ranging from 30% of those aged under 45 to 7% of those aged 65 or over. Men were more likely than women to agree with this (23% men; 14% women).

**Table 3.12: Proportion who Agree/Strongly Agree that 'getting drunk is a perfectly acceptable thing to do' (Q18a) by Age and Gender**

|       | % of agree/strongly agree | Unweighted base (n) |
|-------|---------------------------|---------------------|
| Age:  |                           |                     |
| 16-44 | 30%                       | 230                 |
| 45-64 | 14%                       | 179                 |
| 65+   | 7%                        | 183                 |
| Men   | 23%                       | 269                 |
| Women | 14%                       | 331                 |
| All   | 18%                       | 600                 |

Respondents were also asked the extent to which they agreed or disagreed with the statement 'it is easier to enjoy a social event if you've had a drink of alcohol'. Just under two in five (38%) respondents agreed or strongly agreed with this statement (36% agreed and 2% strongly agreed), 16% neither agreed nor disagreed and 45% disagreed or strongly disagreed (33% disagreed and 12% strongly disagreed).

Those aged under 45 were the age group most likely to agree that it is easier to enjoy a social event if you have had a drink of alcohol, and men were much more likely than women to agree with this.

**Table 3.13: Proportion who Agree/Strongly Agree that it is easier to enjoy a social event if you've had a drink of alcohol' (Q18b) by Age and Gender**

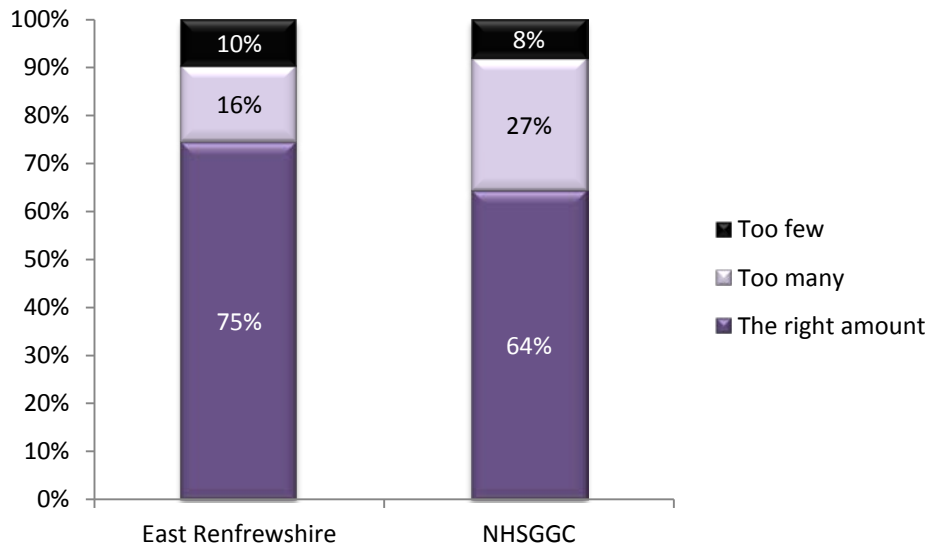
|       | % of agree/strongly agree | Unweighted base (n) |
|-------|---------------------------|---------------------|
| Age:  |                           |                     |
| 16-44 | 46%                       | 230                 |
| 45-64 | 35%                       | 177                 |
| 65+   | 32%                       | 179                 |
| Men   | 50%                       | 267                 |
| Women | 28%                       | 327                 |
| All   | 38%                       | 594                 |

Respondents were asked to think about the number of places they could buy alcohol in their local area and asked their opinion of whether there was the right amount, too many or too few. Three in four (75%) said there was the right amount, 16% said there were too many and 10% said there were too few.

**Comparison with NHSGGC**

Those in East Renfrewshire were less likely than those in the NHSGGC area as a whole to say there were too many places selling alcohol in their area (16% East Renfrewshire; 27% NHSGGC) and more likely to say there was the right amount (75% East Renfrewshire; 64% NHSGGC).

**Figure 3.5: Perceptions of the number of places to buy alcohol in local area (Q20) - East Renfrewshire and NHSGGC**



Those aged 65 or over were the age group most likely to say there were too many places selling alcohol in their area.

**Table 3.14: Perceptions of the number of places to buy alcohol in local area (Q20) by Age**

|       | The right amount | Too many | Too few | Unweighted base (n) |
|-------|------------------|----------|---------|---------------------|
| Age:  |                  |          |         |                     |
| 16-44 | 77%              | 11%      | 12%     | 223                 |
| 45-64 | 75%              | 18%      | 7%      | 171                 |
| 65+   | 68%              | 22%      | 11%     | 164                 |
| All   | 75%              | 16%      | 10%     | 566                 |

### Alcohol Deliveries

Seven percent of respondents had ever had alcohol delivered to their home. The most common source of alcohol deliveries was supermarkets; 5% of respondents had ever had alcohol delivered from a supermarket.

## 3.4 Physical Activity

### Frequency of Physical Activity

Respondents were asked on how many days in the last week had they taken a total of 30 minutes or more of physical activity which was enough to raise their breathing rate. Just over one in three (35%) said that they had not done this on any day in the last week. Just over one in four (26%) had done so on five or more days in the last week. The mean number of days for all respondents was 2.6.

Subsequently, respondents were asked to include all types of physical activity (including domestic and work-based activity) and asked how many days in the last week had they taken at least 30 minutes of moderate physical activity. Just under one in four (23%) said that they had not done this on any day in the last week, and 22% said they had done this every day in the last week. Just over two in five (41%) had done this on five or more days in the last week. The mean number of days was 3.5.

Respondents who did not take 30 minutes or more of physical activity (including domestic and work-based activity) on five or more days per week were asked whether they had been physically active for at least two and a half hours (150 minutes) over the course of the past week. Among those who did not do physical activity for 30 minutes or more on five or more days per week, 44% had been physically active for at least 150 minutes in the past week.

The physical activity target is to be physically active for at least 150 minutes per week. Combining responses to the questions on physical activity (i.e. those who were active for 30 minutes or more on five or more days per week or who otherwise were active for at least 150 minutes per week), shows that two in three (67%) respondents met this target.

Those aged under 45 were more likely than older respondents to meet the target of 150 minutes or more per week. Also, women were more likely than men to be active for 150 minutes or more per week

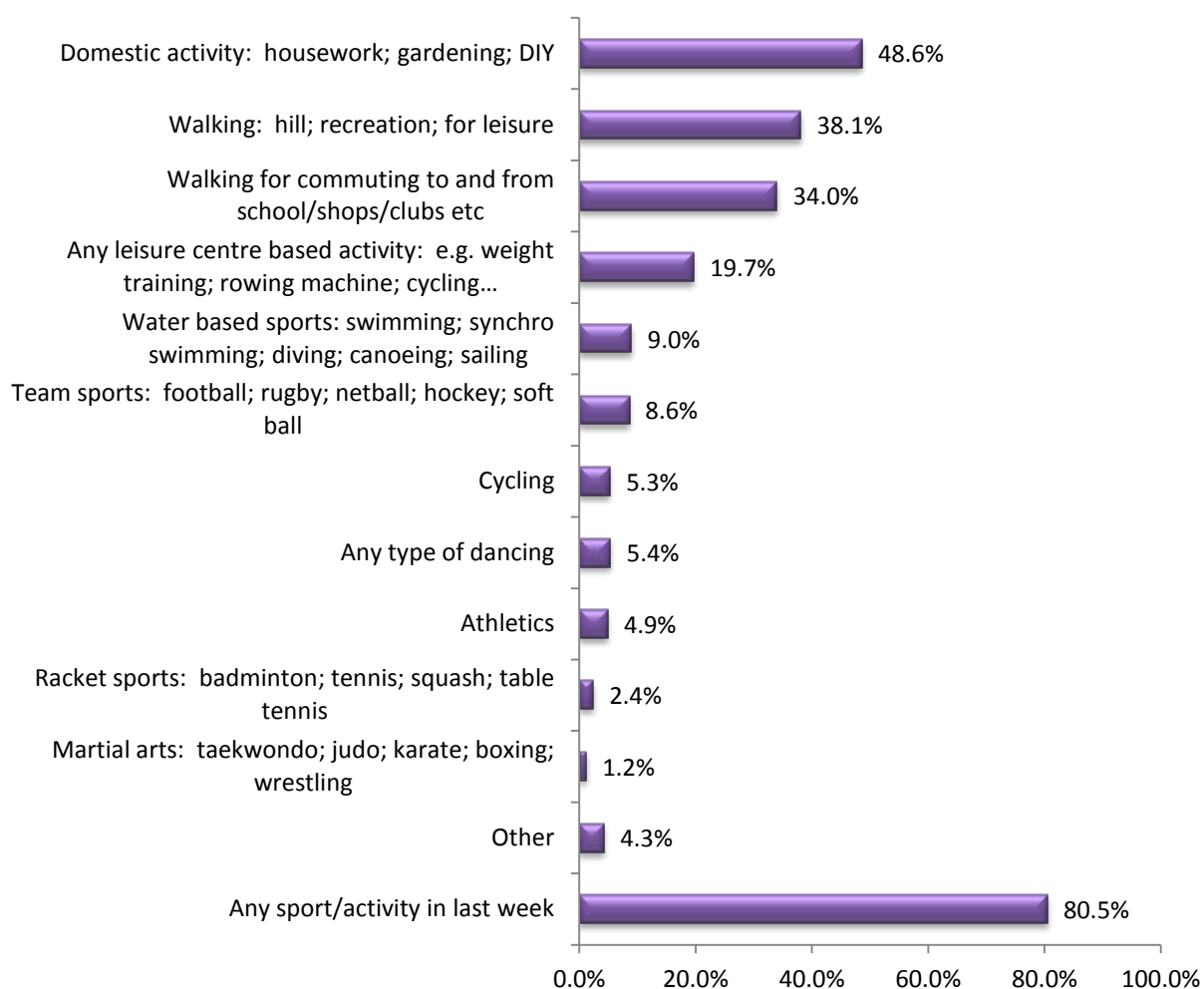
**Table 3.15: Proportion Who had Been Active for 150 minutes or More in Past Week (Q27) by Age and Gender**

|       | Meet Target<br>(Active for 150+<br>minutes per week) | Unweighted<br>base (n) |
|-------|--|------------------------|
| Age:  |  |                        |
| 16-44 | 75%  | 232                    |
| 45-64 | 64%  | 179                    |
| 65+   | 61%  | 183                    |
| Men   | 63%  | 270                    |
| Women | 71%  | 332                    |
| All   | 67%  | 602                    |

### Participation in Sport and Activities in the Last Week

Respondents were asked whether they had participated in specific sports and activities in the last week. Responses are shown in Figure 3.6. Overall, 80% of respondents had participated in at least one sport or activity in the last week. The most common types of activity were domestic activity, walking for recreation and walking for commuting.

**Figure 3.6: Proportion Participating in Sports and Activities in the Last Week**



## Comparison with NHSGGC

Compared to those in the NHSGGC area as a whole, those in East Renfrewshire were less likely to have participated in at least one sport or activity (80% East Renfrewshire; 84% NHSGGC), and specifically less likely to have participated in walking for commuting (34.0% East Renfrewshire; 44.8% NHSGGC).

## Comparison with East Dunbartonshire

Those in East Renfrewshire were less likely than those in East Dunbartonshire to have participated in at least one sport or activity (80% East Renfrewshire; 88% East Dunbartonshire), and specifically less likely to have participated in:

- Domestic activity (48.6% East Renfrewshire; 53.8% East Dunbartonshire);
- Walking for recreation (38.1% East Renfrewshire; 43.1% East Dunbartonshire);
- Walking for commuting (34.0% East Renfrewshire; 42.5% East Dunbartonshire);
- Cycling (5.3% East Renfrewshire; 8.4% East Dunbartonshire);
- Racket sports (2.4% East Renfrewshire; 5.8% East Dunbartonshire).

Those aged 45-64 were the least likely to have participated in at least one sport or activity in the previous week, and women were more likely than men to have participated in at least one activity.

**Table 3.16: Proportion Who Participated in at Least One Sport or Activity in the Last Week (Q28) by Age and Gender**

|       | Participated in Sport/Activity | Unweighted base (n) |
|-------|--------------------------------|---------------------|
| Age:  |                                |                     |
| 16-44 | 89%                            | 232                 |
| 45-64 | 73%                            | 179                 |
| 65+   | 80%                            | 184                 |
| Men   | 77%                            | 270                 |
| Women | 83%                            | 333                 |
| All   | 80%                            | 603                 |

## 3.5 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. Respondents were asked how many portions of fruit and how many portions of vegetables they had consumed on the previous day. Responses indicate that 44% of respondents met this target. Eight percent of respondents had no fruit or vegetables during the previous day.

## Comparison with NHSGGC

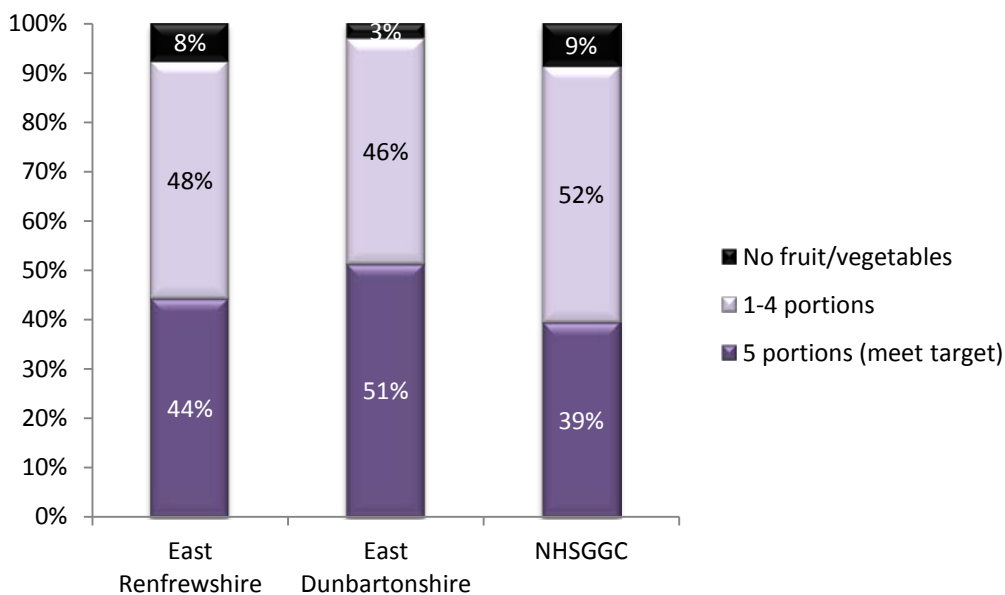
Those in East Renfrewshire were more likely than those in the NHSGGC area as a whole to meet the target for fruit/vegetable consumption (44% East Renfrewshire; 39% NHSGGC).

## Comparison with East Renfrewshire

Those in East Renfrewshire were less likely than those in East Dunbartonshire to meet the target for fruit/vegetable consumption (44% East Renfrewshire; 51% East Dunbartonshire)

and more likely to say they ate no fruit/vegetables (8% East Renfrewshire; 3% East Dunbartonshire).

**Figure 3.7: Fruit/Vegetable Consumption Per Day (Q21/Q22) - East Renfrewshire East Dunbartonshire and NHSGCC**



Women were more likely than men to meet the target for fruit/vegetable consumption.

**Table 3.17: Proportion Who Consume Target Amount of Fruit/Vegetables (Q21/Q22) by Gender**

|       | Meet Target | Fruit/Veg | No fruit/veg | Unweighted base (n) |
|-------|-------------|-----------|--------------|---------------------|
| Men   | 38%         |           | 11%          | 268                 |
| Women | 50%         |           | 4%           | 333                 |
| All   | 44%         |           | 8%           | 601                 |

### 3.6 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.

Altogether, just under half (49%) of respondents had a BMI of 25 or over, indicating that they were overweight or obese. Using the new definition of obesity (BMI of 29.2), 18% of respondents were classified as obese.

Those aged 45 or over were more likely than younger respondents to be overweight or obese. Women were more likely than men to be obese.

**Table 3.18: Body Mass Index (Q23/Q24) by Age and Gender**

|       | Overweight and obese (25+) | Revised obese (29.2+) | Unweighted base (n) |
|-------|----------------------------|-----------------------|---------------------|
| Age:  |                            |                       |                     |
| 16-44 | 35%                        | 11%                   | 204                 |
| 45-64 | 60%                        | 25%                   | 166                 |
| 65+   | 54%                        | 21%                   | 162                 |
| Men   | n/a                        | 14%                   | 246                 |
| Women | n/a                        | 23%                   | 289                 |
| All   | 49%                        | 18%                   | 535                 |

### 3.7 Unhealthy and Healthy Behaviour Indices

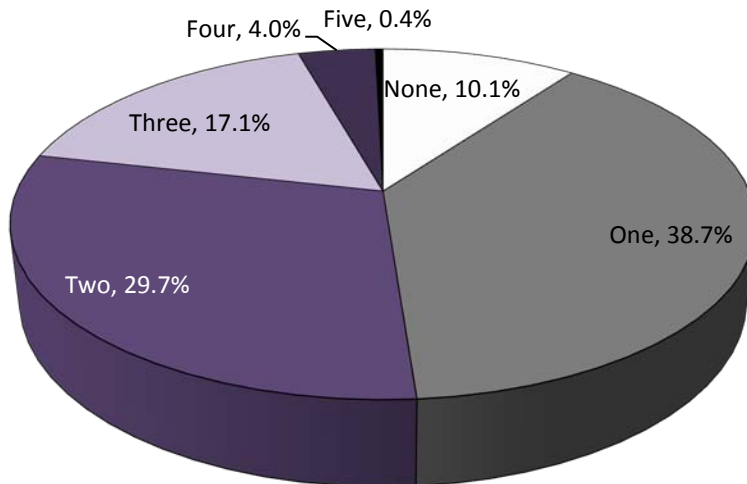
#### An Unhealthy Behaviour Index

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 physical activity target (150 minutes per week);
- Not meeting the recommended level of fruit and vegetable consumption; and
- Binge drinking.

Figure 3.8 shows that nine in ten (90%) respondents exhibited at least one of these behaviours, but less than 1% exhibited all five. The mean number of unhealthy behaviours was 1.67.

**Figure 3.8: Number of Unhealthy Behaviours Exhibited**  
Unweighted base= 534



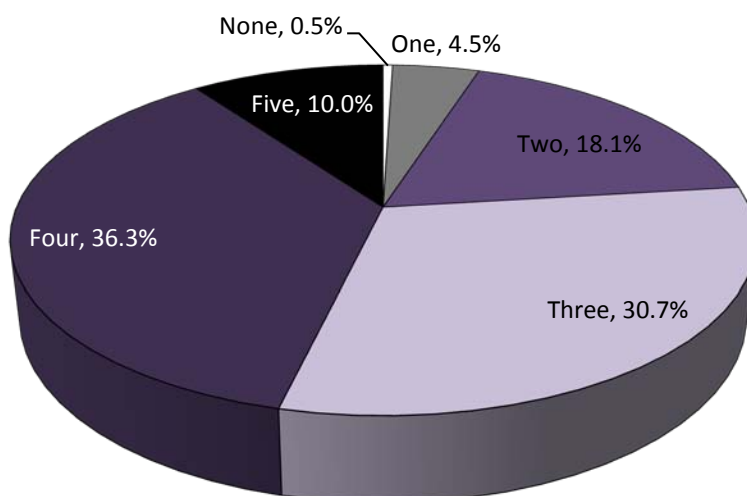
### A Healthy Behaviour Index

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 target (150 minutes per week);
- Consuming five or more portions of fruit/vegetables per day; and
- Either not drinking or drinking within safe limits (i.e. not bingeing or drinking too much in a week).

Figure 3.9 shows that most (>99%) exhibited at least one healthy behaviour, and 10% of respondents exhibited all five. The mean number of healthy behaviours was 3.28.

**Figure 3.9: Number of Healthy Behaviours Exhibited**  
Unweighted base=534



Women tended to exhibit more healthy behaviours than men.

**Table 3.19: Mean Number of Healthy Behaviours by Gender**

|       | <b>Mean No. of Healthy Behaviours</b> | <b>Unweighted base (n)</b> |
|-------|---------------------------------------|----------------------------|
| Men   | 3.10                                  | 245                        |
| Women | 3.44                                  | 289                        |
| All   | 3.28                                  | 534                        |

## 4 Social Health

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### 4.1 Chapter Summary

Table 4.1 summarises the indicators relating to social health.

**Table 4.1: Indicators for Social Health**

| Indicator   | % of sample | Unweighted base (n) |
|---|-------------|---------------------|
| Feel isolated from family and friends (Q33)               | 6%          | 602                 |
| Feel I belong to the local area (Q32b)                    | 85%         | 592                 |
| Feel valued as a member of the community (Q32d)           | 74%         | 596                 |
| People in my neighbourhood can influence decisions (Q32f) | 78%         | 585                 |
| Discriminated against in last year (Q60)                  | 2%          | 602                 |
| Feel safe using public transport (Q39a)                   | 91%         | 565                 |
| Feel safe walking alone even after dark (Q39b)            | 72%         | 588                 |

Six percent reported that they had ever felt isolated from family and friends.

Eighty five percent felt they belonged to their local area. Those aged under 45 were less likely to feel they belonged to their local area.

Just under three in four (74%) felt valued as members of their community. Women were more likely to feel valued as members of their community.

Just under four in five (78%) agreed that local people can influence local decisions.

Two percent felt they had been discriminated against in the last year.

Just over nine in ten (91%) felt safe using public transport in their area.

Just over seven in ten (72%) felt safe walking alone in their area, even after dark. Women were less likely to feel safe walking alone.

### 4.2 Social Connectedness

#### Isolation from Family and Friends

Six percent of respondents said they ever felt isolated from family and friends.

#### Comparison with NHSGGC

Those in East Renfrewshire were less likely than those in the NHSGGC area as a whole to feel isolated (6% East Renfrewshire; 8% NHSGGC).

#### 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". In total, 85% respondents agreed with this statement (28% strongly agreed and 58% agreed), 4% disagreed and 11% neither agreed nor disagreed.

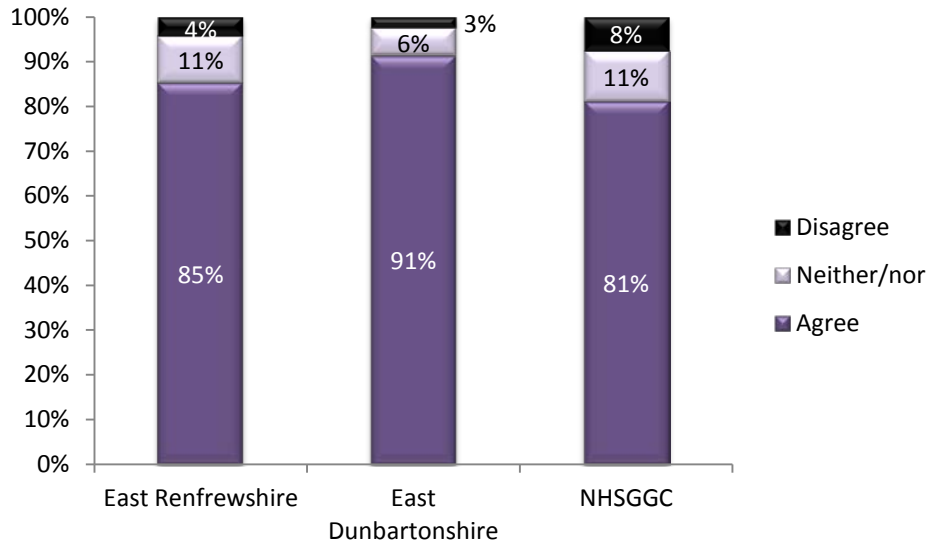
#### Comparison with NHSGGC

Those in East Renfrewshire were more likely than those in the NHSGGC area as a whole to say they belonged to their local area (85% East Renfrewshire; 81% NHSGGC).

### Comparison with East Dunbartonshire

Those in East Renfrewshire were less likely than those in East Dunbartonshire to say they belonged to their local area (85% East Renfrewshire; 91% East Dunbartonshire).

**Figure 4.1: Belong to the Local Area (Q32b) - East Renfrewshire, East Dunbartonshire and NHSGGC**



Those aged under 45 were less likely than older respondents to feel they belonged to their local area.

**Table 4.2: Belong to the Local Area (Q32b) by Age**

|       | Agree | Neither/<br>Nor | Disagree | Unweighted<br>base (n) |
|-------|-------|-----------------|----------|------------------------|
| Age:  |       |                 |          |                        |
| 16-44 | 79%   | 15%             | 6%       | 229                    |
| 45-64 | 89%   | 7%              | 4%       | 179                    |
| 65+   | 90%   | 7%              | 3%       | 184                    |
| All   | 85%   | 11%             | 4%       | 592                    |

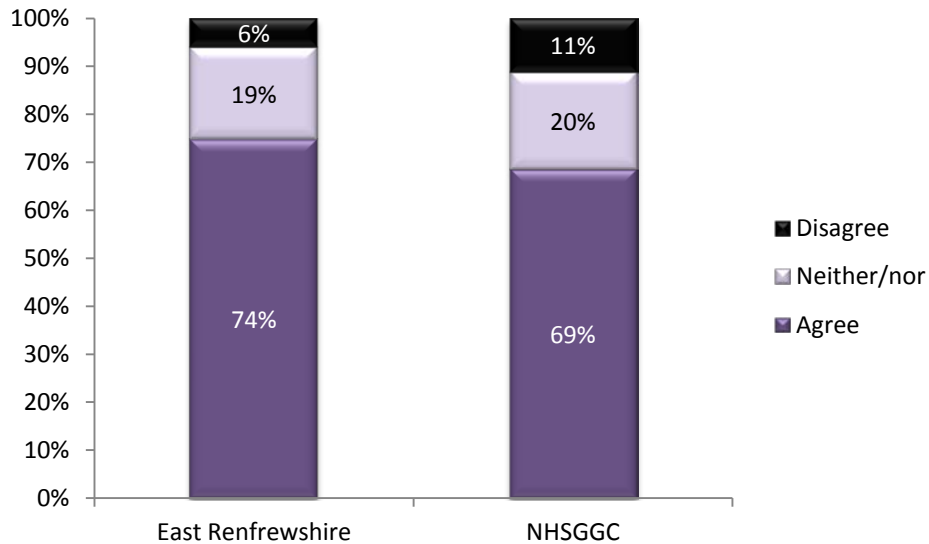
### Feeling Valued as a Member of the Community

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 under three in four (74%) respondents agreed with this statement (20% strongly agreed and 55% agreed); 6% disagreed and 19% neither agreed nor disagreed.

### Comparison with NHSGGC

Those in East Renfrewshire were more likely than those in the NHSGGC area as a whole to feel valued as a member of their community (74% East Renfrewshire; 69% NHSGGC).

**Figure 4.2: Feel Valued as a Member of the Community (Q32e) - East Renfrewshire and NHSGGC**



Women were more likely than men to feel valued as a member of their community.

**Table 4.3: Feel Valued as a Member of the Community (Q32d) by Gender**

|       | Agree | Neither/<br>Nor | Disagree | Unweighted<br>base (n) |
|-------|-------|-----------------|----------|------------------------|
| Men   | 72%   | 23%             | 5%       | 269                    |
| Women | 77%   | 16%             | 7%       | 327                    |
| All   | 74%   | 19%             | 6%       | 596                    |

### Influence in 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". Just under four in five (78%) agreed with this statement (21% strongly agreed and 58% agreed), while 7% disagreed and 14% neither agreed nor disagreed.

### 4.3 Experience of Discrimination

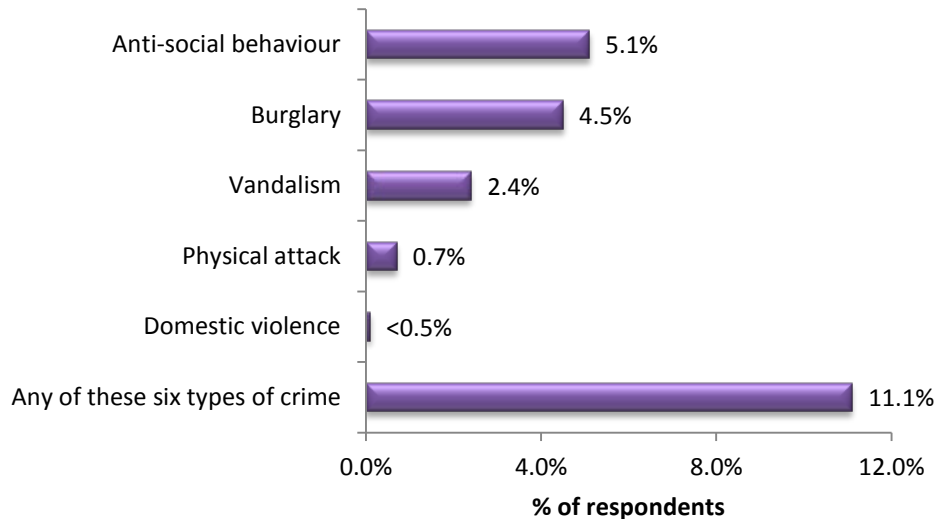
Respondents were asked whether they had been discriminated against in the last year. In total 2% of respondents felt they had been discriminated against.

The small number who felt they had been discriminated against (unweighted n=13) prevents analysis of details of discrimination.

#### 4.4 Experience of Crime

Respondents were asked whether they had been a victim of specific types of crime in the last year. Overall, 11% of respondents had been a victim of any of the six types of crime listed. The most common type of crime was anti-social behaviour. This is shown in Figure 4.3.

**Figure 4.3: Experience as a Victim of Crime in the Last Year**



#### Comparison with NHSGGC

Those in East Renfrewshire were less likely than those in the NHSGGC area to have been a victim of vandalism in the last year (2.4% East Renfrewshire; 4.2% NHSGGC).

#### Comparison with East Dunbartonshire

Those in East Renfrewshire were more likely than those in East Dunbartonshire to have been a victim of one of these types of crime in the last year (11% East Renfrewshire; 6% East Dunbartonshire), and specifically more likely to have been a victim of:

- Anti-social behaviour (5.1% East Renfrewshire; 3.0% East Dunbartonshire);
- Theft/burglary (4.5% East Renfrewshire; 2.4% East Dunbartonshire).

Those aged 45-64 were the age group most likely to have been a victim of crime in the last year and men were more likely than women to have been a victim of crime.

**Table 4.4: Experience of Being a Victim of Crime in the Last Year (Q40) by Age and Gender**

|       | Victim of Crime | Unweighted base (n) |
|-------|-----------------|---------------------|
| Age:  |                 |                     |
| 16-44 | 9%              | 232                 |
| 45-64 | 16%             | 176                 |
| 65+   | 7%              | 182                 |
| Men   | 15%             | 268                 |
| Women | 7%              | 330                 |
| All   | 11%             | 598                 |

## 4.5 Feelings of Safety

### 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, just over nine in ten (91%) agreed with this (30% strongly agreed and 61% agreed), while 2% disagreed and 7% neither agreed nor disagreed.

### 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". In total, just over seven in ten (72%) agreed with this statement (21% strongly agreed and 51% agreed), 15% disagreed and 14% neither agreed nor disagreed.

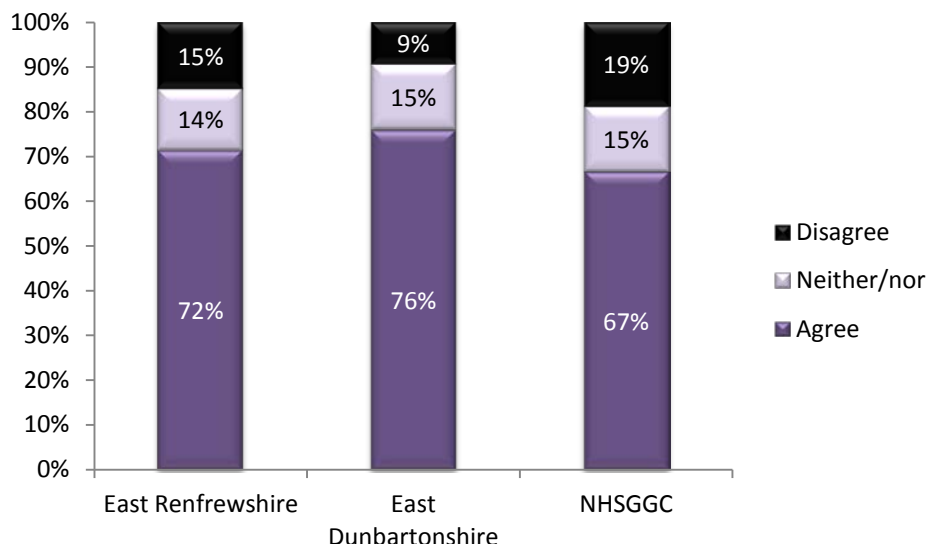
### Comparison with NHSGGC

Those in East Renfrewshire were more likely than those in the NHSGGC area as a whole to say they felt safe walking alone in their area even after dark (72% East Renfrewshire; 67% NHSGGC).

### Comparison with East Dunbartonshire

Those in East Renfrewshire were less likely than those in East Dunbartonshire to say they felt safe walking alone in their area even after dark (72% East Renfrewshire; 76% East Dunbartonshire).

**Figure 4.4: Feel Safe Walking Alone Even After Dark (Q39b) - East Renfrewshire, East Dunbartonshire and NHSGCC**



Women were less likely than men to feel safe walking alone in their area even after dark.

**Table 4.5: Feel Safe Walking Alone Even After Dark (Q39b) by Gender**

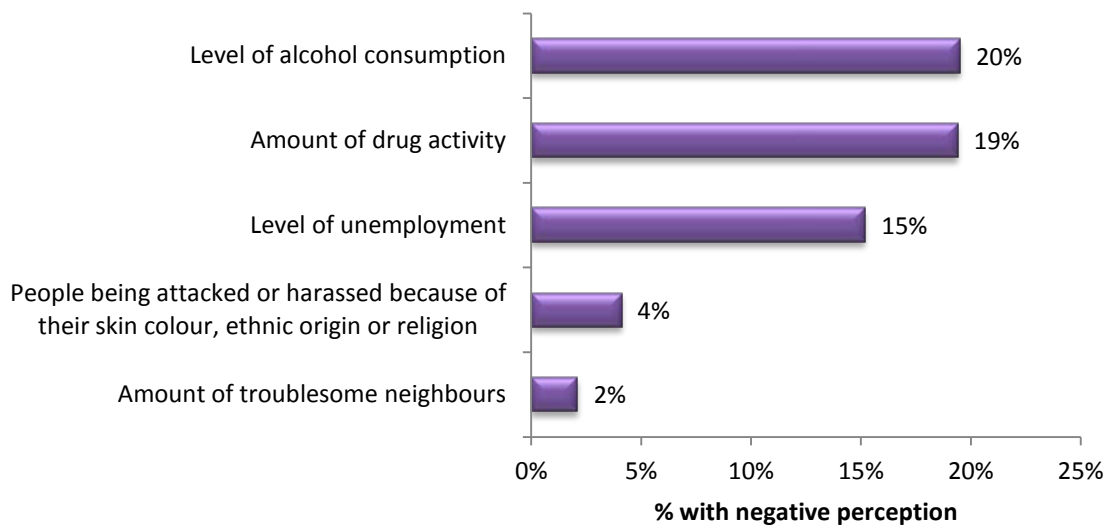
|       | Agree | Neither/<br>Nor | Disagree | Unweighted<br>base (n) |
|-------|-------|-----------------|----------|------------------------|
| Men   | 79%   | 11%             | 10%      | 266                    |
| Women | 65%   | 16%             | 19%      | 322                    |
| All   | 71%   | 14%             | 15%      | 588                    |

#### 4.6 Social Issues in the Local Area

Using the 'faces' scale (See Section 2.2 of this report for full explanation of the scale), respondents 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 the level of alcohol consumption and amount of drug activity, and as shown in Figure 4.5.

**Figure 4.5: Negative Perception of Social Issues in the Local Area (Q30a-e)**



### Comparison with NHSGGC

Compared to those in the NHSGGC area as a whole, those in East Renfrewshire were less likely to have a negative perception of:

- Level of alcohol consumption (20% East Renfrewshire; 36% NHSGGC);
- Amount of drug activity (19% East Renfrewshire; 41% NHSGGC);
- Level of unemployment (15% East Renfrewshire; 36% NHSGGC);
- People being attacked or harassed because of their skin colour, ethnic origin or religion (4% East Renfrewshire; 13% NHSGGC);
- Amount of troublesome neighbours (2% East Renfrewshire; 9% NHSGGC).

### Level of Alcohol Consumption

One in five (20%) respondents gave a negative perception of the level of alcohol consumption in their area.

Those aged 45-64 were more likely than younger or older respondents to have a negative perception of the level of alcohol consumption in their area.

**Table 4.6: Negative Perception of Level of Alcohol Consumption (Q30c) by Age**

|       | Negative Perception | Unweighted base (n) |
|-------|---------------------|---------------------|
| Age:  |                     |                     |
| 16-44 | 16%                 | 210                 |
| 45-54 | 26%                 | 152                 |
| 55-64 | 15%                 | 141                 |
| All   | 20%                 | 511                 |

### Amount of Drug Activity

Just under one in five (19%) respondents had a negative perception of the amount of drug activity in their area.

Those aged 45-64 were the most likely to have a negative view of the amount of drug activity in their area.

**Table 4.7: Negative Perception of Amount of Drug Activity (Q30b) by Age**

|       | Negative Perception | Unweighted base (n) |
|-------|---------------------|---------------------|
| Age:  |                     |                     |
| 16-44 | 16%                 | 206                 |
| 45-64 | 26%                 | 145                 |
| 65+   | 16%                 | 123                 |
| All   | 19%                 | 481                 |

### Level of Unemployment

Fifteen percent of respondents gave a negative perception of the level of unemployment in their local area.

### People Being Attacked or Harassed Because of their Skin Colour, Ethnic Origin or Religion

Four percent of respondents had a negative perception of people being attacked or harassed because of their skin colour, ethnic origin or religion.

### Amount of Troublesome Neighbours

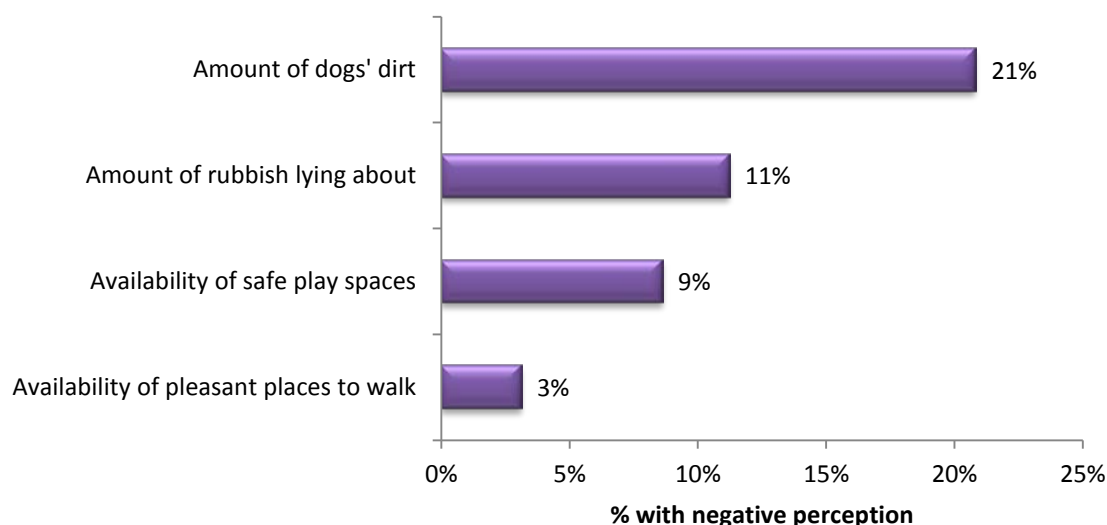
Two percent of respondents gave a negative perception of the amount of troublesome neighbours in their area.

## 4.7 Environmental Issues in the Local Area

Again using the 'faces' scale (See Section 2.2 of this report for full explanation of the scale), respondents 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 issue which most frequently caused concern was the amount of dogs' dirt in the local area.

**Figure 4.6: Negative Perception of Environmental Issues in the Local Area (Q31a-d)**



## Comparison with NHSGGC

Compared to those in the NHSGGC area as a whole, those in East Renfrewshire were less likely to have a negative perception:

- Amount of dogs' dirt (21% East Renfrewshire; 34% NHSGGC);
- Amount of rubbish lying about (11% East Renfrewshire; 25% NHSGGC);
- Availability of safe play spaces (9% East Renfrewshire; 20% NHSGGC);
- Availability of pleasant places to walk (3% East Renfrewshire; 12% NHSGGC).

## Comparison with East Dunbartonshire

Those in East Renfrewshire were less likely than those in East Dunbartonshire to have a negative perception of the amount of dogs' dirt in their area (21% East Renfrewshire; 26% East Dunbartonshire).

### Amount of Dogs' Dirt

Just over one in five (21%) respondents expressed a negative perception of the amount of dogs' dirt in their area.

### Amount of Rubbish Lying About

One in nine (11%) expressed a negative perception of the amount of rubbish lying about in their area.

### Availability of Safe Play Spaces

One in eleven (9%) respondents expressed a negative perception of the availability of safe play spaces in their area.

### Availability of Pleasant Places to Walk

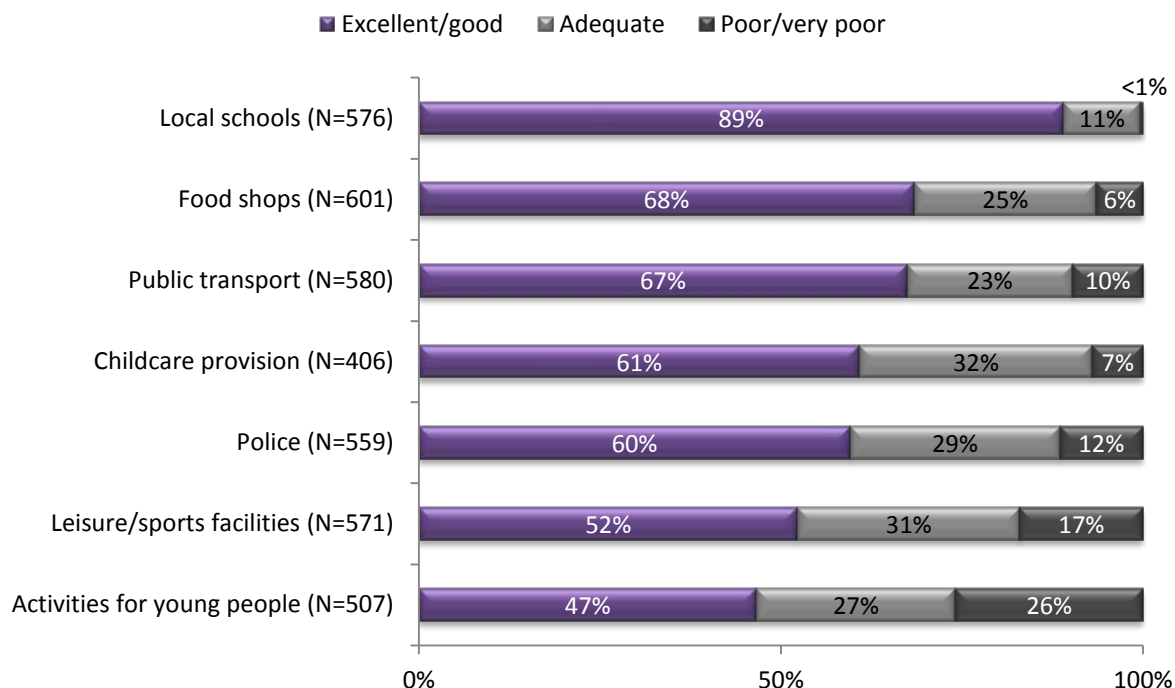
Three percent of respondents expressed a negative perception of the availability of pleasant places to walk in their area.

## 4.8 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 4.7 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 4.7 shows the number of respondents who gave a rating response for each service.

The services for which the largest proportion of respondents gave a positive rating were local schools and food shops. Activities for young people had the fewest proportion of respondents giving a positive rating.

**Figure 4.7: Perceived Quality of Local Services**



### Comparison with NHSGGC

Compared to those in the NHSGGC area as a whole, those in East Renfrewshire were more likely to have a positive perception of:

- Local schools (89% East Renfrewshire; 79% NHSGGC);
- Police (60% East Renfrewshire; 53% NHSGGC);
- Childcare provision (61% East Renfrewshire; 49% NHSGGC);
- Leisure/sports facilities (52% East Renfrewshire; 49% NHSGGC);
- Activities for young people (47% East Renfrewshire; 38% NHSGGC).

However, those in East Renfrewshire were less likely than those in the NHSGGC area as a whole to have a positive perception of public transport (67% East Renfrewshire; 72% NHSGGC).

### Comparison with East Dunbartonshire

Those in East Renfrewshire were less likely than those in East Dunbartonshire to have a positive perception of local leisure/sports facilities (52% East Renfrewshire; 63% East Dunbartonshire). However, those in East Renfrewshire were more likely than those in East Dunbartonshire to have a positive perception of childcare provision (61% East Renfrewshire; 53% East Dunbartonshire) and the police (60% East Renfrewshire; 50% East Dunbartonshire).

### Local Schools

Just under nine in ten (89%) respondents rated local schools positively, with a further 11% saying they were adequate and less than 1% saying they were poor.

## Food Shops

Just over two in three (68%) respondents rated local food shops positively, while 25% said they were adequate and 6% said they were poor.

Those aged under 45 were the most likely to rate local food shops positively.

**Table 4.8: Perceived Quality of Local Food Shops (Q38a) by Age**

|       | Excellent/<br>Good | Adequate | Poor/<br>Poor | Very | Unweighted<br>base (n) |
|-------|--------------------|----------|---------------|------|------------------------|
| Age:  |                    |          |               |      |                        |
| 16-44 | 75%                | 20%      | 5%            |      | 232                    |
| 45-64 | 62%                | 32%      | 5%            |      | 178                    |
| 65+   | 65%                | 24%      | 11%           |      | 183                    |
| All   | 68%                | 25%      | 6%            |      | 601                    |

## Public Transport

Two in three (67%) respondents rated public transport positively, while 23% said it was adequate and 10% considered it poor.

## Childcare Provision

Just over three in five (61%) respondents rated local childcare provision positively while 32% said it was adequate and 7% said it was poor.

## Police

Three in five (60%) respondents rated the local police service positively while 29% said it was adequate and 12% said it was poor. Those aged under 45 were the age group most likely to rate the police positively.

**Table 4.9: Perceived Quality of Police (Q38g) by Age**

|       | Excellent/<br>Good | Adequate | Poor/<br>Poor | Very | Unweighted<br>base (n) |
|-------|--------------------|----------|---------------|------|------------------------|
| Age:  |                    |          |               |      |                        |
| 16-44 | 65%                | 26%      | 8%            |      | 214                    |
| 45-64 | 56%                | 29%      | 15%           |      | 171                    |
| 65+   | 53%                | 35%      | 13%           |      | 166                    |
| All   | 59%                | 29%      | 12%           |      | 559                    |

## Leisure/Sports Facilities

Just over half (52%) of respondents gave a positive rating of local leisure/sports facilities while 31% said they were adequate and 17% said they were poor.

## Activities for Young People

Just under half (47%) of respondents gave a positive rating of the quality of activities for young people locally, 27% said they were adequate and 26% said they were poor. Those

aged under 45 were the most likely to have a positive view of the local activities for young people.

**Table 4.10: Perceived Quality of Activities for Young People (Q38d) by Age**

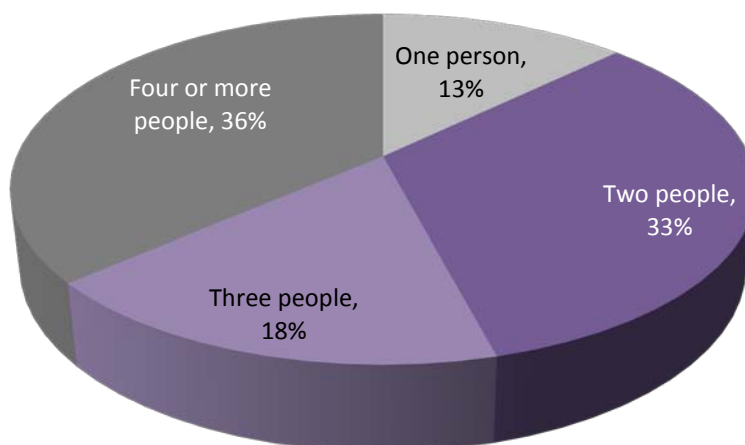
|       | Excellent/<br>Good | Adequate | Poor/<br>Poor | Very | Unweighted<br>base (n) |
|-------|--------------------|----------|---------------|------|------------------------|
| Age:  |                    |          |               |      |                        |
| 16-44 | 53%                | 25%      | 21%           |      | 213                    |
| 45-64 | 41%                | 31%      | 29%           |      | 157                    |
| 65+   | 40%                | 27%      | 33%           |      | 130                    |
| All   | 47%                | 27%      | 26%           |      | 507                    |

## 4.9 Individual Circumstances

### Household Size

Thirteen percent of respondents lived alone. Figure 4.8 shows the breakdown of household size.

**Figure 4.8: Household Size**  
(Base: 598)



### Ethnicity

Respondents were asked their ethnicity. Most (94%) respondents identified themselves as White, 5% identified themselves as Asian and 1% identified as an other ethnic group.

### Caring Responsibilities

Three percent of respondents said that outside work they were responsible for caring for someone on a day to day basis.

### Comparison with NHSGGC

Those in East Renfrewshire were less likely than those in the NHSGGC area as a whole to be carers (3% East Renfrewshire; 7% NHSGGC).

### Comparison with East Dunbartonshire

Those in East Renfrewshire were less likely than those in East Dunbartonshire to be carers (3% East Renfrewshire; 7% East Dunbartonshire).

### Educational Qualifications

Sixteen percent of respondents had no educational qualifications.

### Comparison with East Dunbartonshire

Those in East Renfrewshire were more likely than those in East Dunbartonshire to say they had no qualifications (16% East Renfrewshire; 11% East Dunbartonshire).

The likelihood of having no qualifications increased with age, ranging from 8% of those aged under 45 to 27% of those aged 65 or over.

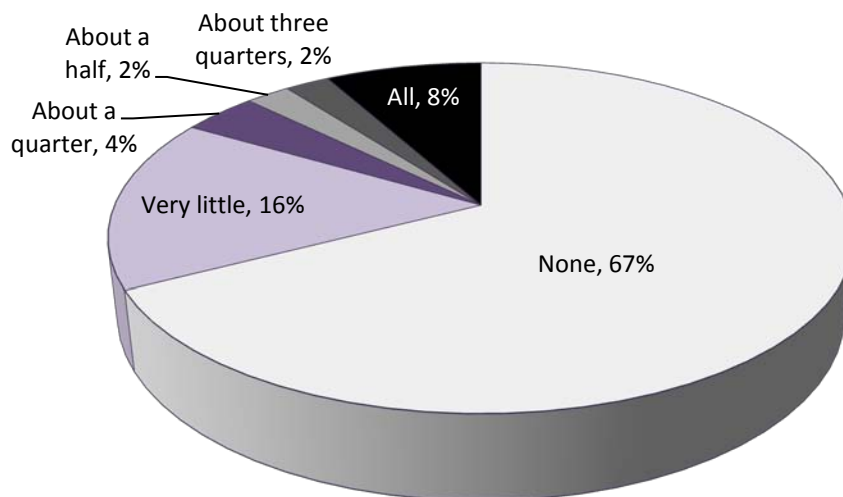
**Table 4.11: Proportion with No Qualifications (Q47) by Age**

|       | No Qualifications | Unweighted base (n) |
|-------|-------------------|---------------------|
| Age:  |                   |                     |
| 16-44 | 8%                | 228                 |
| 45-64 | 17%               | 175                 |
| 65+   | 27%               | 181                 |
| All   | 16%               | 588                 |

### Proportion of Household Income from State Benefits

One in three (33%) respondents said that at least some of their household income came from state benefits, and 8% said that all their household income came from state benefits. This is shown in Figure 4.9.

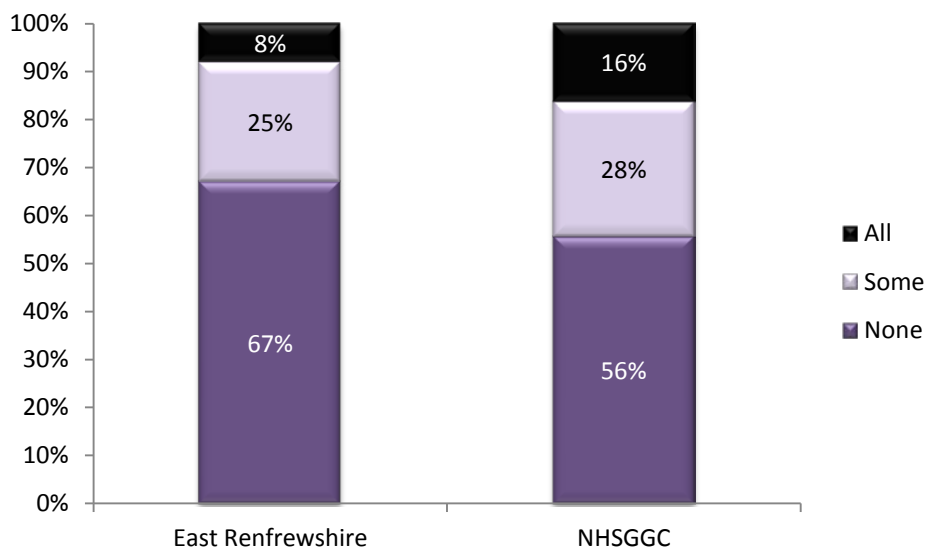
**Figure 4.9: Proportion of Household Income from State Benefits**  
(Base: 578)



### Comparison with NHSGGC

Those in East Renfrewshire were less likely than those in the NHSGGC area as a whole to receive any of their income from benefits (33% East Renfrewshire; 44% NHSGGC) or to receive all income from benefits (8% East Renfrewshire; 16% NHSGGC).

**Figure 4.10: Proportion of Household Income from Benefits (Q56) - East Renfrewshire and NHSGGC**



Those aged 65 or over were the most likely to receive all household income from benefits.

**Table 4.12: Proportion Receiving all Household Income from Benefits (Q56) by Age**

|       | All Income from Benefits | Household from | Unweighted base (n) |
|-------|--------------------------|----------------|---------------------|
| Age:  |                          |                |                     |
| 16-44 | 4%                       |                | 220                 |
| 45-64 | 6%                       |                | 176                 |
| 65+   | 19%                      |                | 176                 |
| All   | 8%                       |                | 578                 |

### Welfare Reform

Four percent of respondents said that they or their household had been affected by welfare reform. Among those who said they had been affected by welfare reform, 74% said they were worse off as a result of welfare reform.

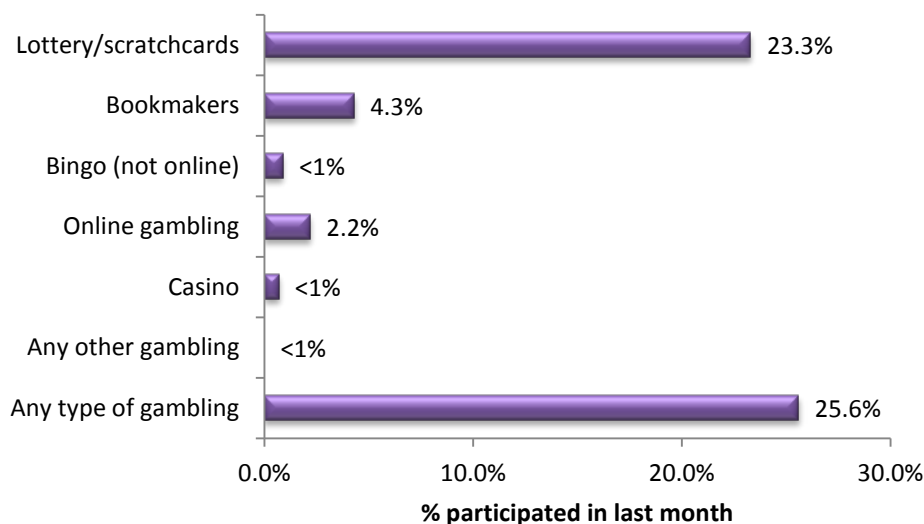
### Comparison with NHSGGC

Those in East Renfrewshire were less likely than those in the NHSGGC area as a whole to have been affected by welfare reform (4% East Renfrewshire; 7% NHSGGC).

## Money Spent Gambling

Respondents were asked whether they had spent money on different types of gambling activities in the last month. Overall, just over one in four (26%) respondents had spent money on gambling in the last month. The most common type was lottery/scratchcards.

**Figure 4.11: Proportion spent money on gambling activities in last month**



Among those who had gambled in the last month, 31% had spent £5 or less on gambling activities in the last month; half (50%) had spent between £5.01 and £20; 13% had spent between £20.01 and £50; 5% had spent between £50.01 and £100 and 1% had spent more than £100 on gambling in the last month.

## Comparison with NHSGGC

Those in East Renfrewshire were less likely than those in the NHSGGC area as a whole to have gambled in the last month (26% East Renfrewshire; 32% NHSGGC).

## Comparison with East Dunbartonshire

Those in East Renfrewshire were less likely than those in East Dunbartonshire to have gambled in the last month (26% East Renfrewshire; 31% East Dunbartonshire).

Men were more likely than women to have spent money on gambling in the last month.

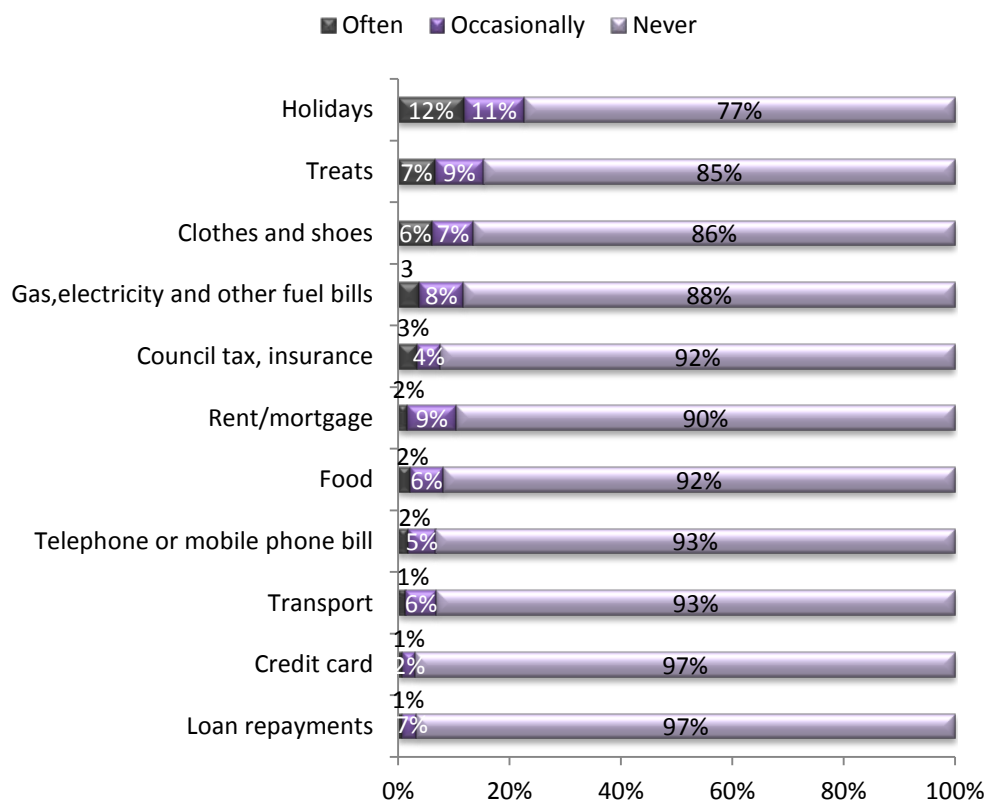
**Table 4.13: Proportion Spent Money on Any Gambling Activity in the Last Month (Q51) by Gender**

|       | Any Gambling in Last Month | Unweighted base (n) |
|-------|----------------------------|---------------------|
| Men   | 30%                        | 268                 |
| Women | 22%                        | 331                 |
| All   | 26%                        | 599                 |

## Difficulty Meeting the Cost of Specific Expenses

Figure 4.12 shows the proportion of respondents who said they had difficulty meeting specific expenses often, occasionally and never.

**Figure 4.12: How Often Have Difficulty Meeting the Costs of Specific Expenses (Q53)**



All together, just under one in five (19%) said that they ever had difficulty meeting the costs of rent/mortgage, fuel bills, telephone bills, council tax/insurance, food or clothes/shoes.

**Comparison with NHSGGC**

Those in East Renfrewshire were less likely than those in the NHSGGC area as a whole to say they ever had difficulty meeting the costs of rent/mortgage, fuel bills, telephone bills, council tax/insurance, food or clothes/shoes (19% East Renfrewshire; 29% NHSGGC).

**Difficulty Finding Unexpected Sums**

Two percent said that they would have a problem meeting an unexpected expense of £20; 21% said they would have a problem meeting an unexpected expense of £100 and 55% would have a problem finding £1,000 for an unexpected expense.

**Comparison with NHSGGC**

Those in East Renfrewshire were less likely than those in the NHSGGC area as a whole to say they would have a problem meeting an unexpected expense of £20 (2% East Renfrewshire; 9% NHSGGC), £100 (21% East Renfrewshire; 38% NHSGGC) or £1,000 (55% East Renfrewshire; 70% NHSGGC).

Those aged under 45 were more likely than older respondents to say it would be difficult to meet unexpected expenses of £100 or £1,000.

**Table 4.14: Proportion Who Would Find it a Problem Meeting Unexpected Expenses of £100 or £1,000 by Age**

|       | Problem Finding £100 | Problem Finding £1,000 | Unweighted base (n) |
|-------|----------------------|------------------------|---------------------|
| Age:  |                      |                        |                     |
| 16-44 | 29%                  | 64%                    | 221                 |
| 45-64 | 18%                  | 52%                    | 177                 |
| 65+   | 14%                  | 45%                    | 179                 |
| All   | 21%                  | 55%                    | 584                 |

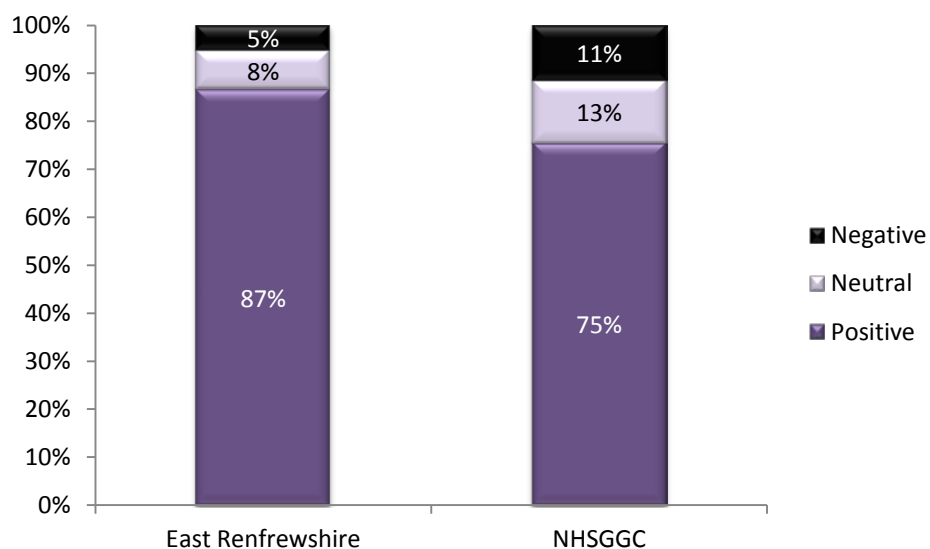
### Adequacy of Income

Using the 'faces' scale (see Section 2.2), respondents were asked how they felt about the adequacy of their household income. Just under nine in ten (87%) gave a positive view of the adequacy of their income, while 8% gave a neutral view and 5% gave a negative view.

### Comparison with NHSGCC

Those in East Renfrewshire were more likely than those in the NHSGCC area as a whole to have a positive perception of the adequacy of their household income (87% East Renfrewshire; 75% NHSGCC).

**Figure 4.13: Adequacy of Household Income (Q57) - East Renfrewshire and NHSGCC**



Those aged 45-64 were the least likely to have a positive view of the adequacy of their household income.

**Table 4.15: Perceived Adequacy of Household Income (Q57) by Age**

|       | Positive | Neutral | Negative | Unweighted base (n) |
|-------|----------|---------|----------|---------------------|
| Age:  |          |         |          |                     |
| 16-44 | 88%      | 5%      | 7%       | 225                 |
| 45-64 | 82%      | 12%     | 6%       | 177                 |
| 65+   | 92%      | 6%      | 1%       | 176                 |
| All   | 87%      | 8%      | 5%       | 584                 |

### Economic Activity

Respondents were asked which category best described their employment situation, with the option of selecting more than one category. Responses, from most to least frequent were:

- Employee in full-time job (31%);
- Wholly retired from work (28%);
- Employee in part-time job (18%);
- Full-time education at school, college or university (9%);
- Unemployed and available for work (4%);
- Looking after the family/home (7%);
- Permanently sick/disabled (2%);
- Self employed - full or part time (3%);
- Employed on a zero hours contract (1%);
- Part-time education at school, college or university (1%).

In total, 52% of all respondents were employed (in full-time or part-time employment, self-employed or on a zero hours contract).

Rates of economic activity were much lower among those aged 65 or over. Men were more likely than women to be economically active.

**Table 4.16: Proportion Economically Active (Q45) by Age and Gender**

|       | Economically Active | Unweighted base (n) |
|-------|---------------------|---------------------|
| Age:  |                     |                     |
| 16-44 | 64%                 | 230                 |
| 45-64 | 67%                 | 175                 |
| 65+   | 7%                  | 184                 |
| Men   | 59%                 | 263                 |
| Women | 46%                 | 331                 |
| All   | 52%                 | 594                 |

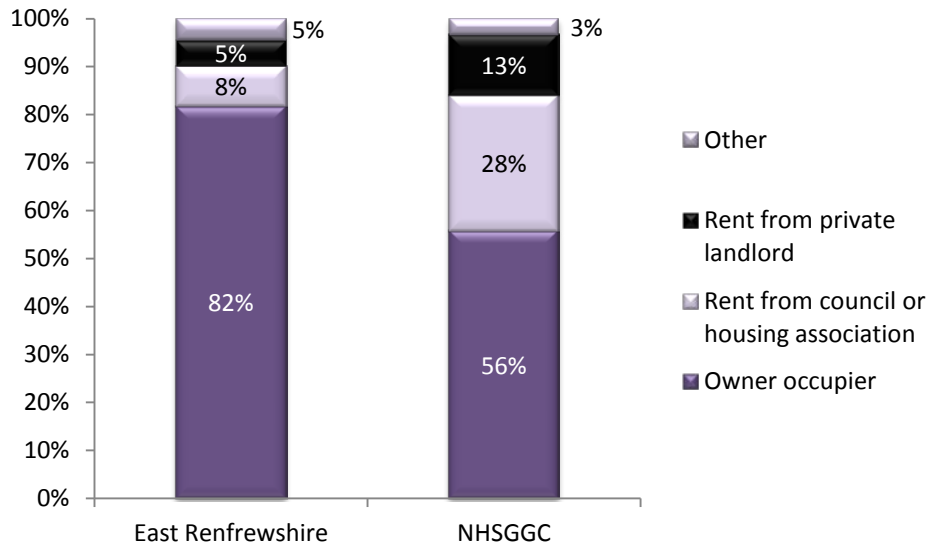
### Tenure

Just over four in five (82%) respondents lived in owner-occupied homes (either owned outright or buying with a mortgage), 8% lived in homes rented from the council or a housing association, 5% lived in privately rented homes and 5% lived in homes with some other tenure.

## Comparison with NHSGGC

Those in East Renfrewshire were more likely than those in the NHSGGC area as a whole to live in owner-occupied homes (82% East Renfrewshire; 56% NHSGGC).

**Figure 4.14: Household Tenure - East Renfrewshire and NHSGGC**



Those aged under 45 were the least likely to live in owner-occupied homes.

**Table 4.17: Proportion in Owner-Occupied Homes (Q55) by Age**

|       | Owner-occupier | Unweighted base (n) |
|-------|----------------|---------------------|
| Age:  |                |                     |
| 16-44 | 68%            | 226                 |
| 45-64 | 87%            | 178                 |
| 65+   | 95%            | 181                 |
| All   | 82%            | 590                 |

## Smoke Alarms

More than nine in ten (94%) respondents lived in households with a working smoke alarm.

## 5 Social Capital

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### 5.1 Chapter Summary

Table 5.1 summarises the indicator data for social capital.

**Table 5.1: Indicators for Social Capital**

| Indicator                                    | % of sample | Unweighted base (n) |
|--|-------------|---------------------|
| Positive perception of reciprocity (Q32a)    | 82%         | 596                 |
| Positive perception of trust (Q32e)          | 84%         | 597                 |
| Value local friendships (Q32c)               | 80%         | 600                 |
| Positive perception of social support (Q32g) | 88%         | 597                 |
| Volunteered in last year (Q34)               | 26%         | 603                 |
| Belong to clubs/associations/groups (Q35)    | 24%         | 603                 |
| Participated in social activism (Q36)        | 16%         | 565                 |

Just over four in five (82%) were positive about reciprocity and 84% were positive about trust. Men were less likely to be positive about trust.

Four in five (80%) valued local friendships.

Just under nine in ten (88%) were positive about social support.

Just over one in four (26%) had volunteered in the last year. Women were more likely to have been volunteers.

Just under one in four (24%) belonged to clubs, associations or groups. Those aged 65 or over were more likely to belong to clubs/associations/groups.

Sixteen percent had participated in social activism in the last year.

### 5.2 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, 82% were positive about reciprocity and 84% were positive about trust.

There was a high degree of crossover on these two questions; 91% of those who were positive about reciprocity were also positive about trust and 90% of those who were positive about trust were also positive about reciprocity.

## Comparison with NHSGGC

Those in East Renfrewshire were more likely than those in the NHSGGC area as a whole to be positive about reciprocity (82% East Renfrewshire; 75% NHSGGC) or trust (84% East Renfrewshire; 76% NHSGGC).

## Comparison with East Dunbartonshire

Those in East Renfrewshire were less likely than those in East Dunbartonshire to be positive about reciprocity (82% East Renfrewshire; 88% East Dunbartonshire) or trust (84% East Renfrewshire; 88% East Dunbartonshire).

Women were more likely than men to be positive about trust.

**Table 5.2: Positive Perception of Trust (Q32e) by Gender**

|       | Trust | Unweighted base (n) |
|-------|-------|---------------------|
| Men   | 81%   | 269                 |
| Women | 86%   | 328                 |
| All   | 84%   | 597                 |

## 5.3 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"*. Overall, four in five (80%) respondents agreed with this statement.

## Comparison with NHSGGC

Those in East Renfrewshire were more likely than those in the NHSGGC area as a whole to value local friendships (80% East Renfrewshire; 76% NHSGGC).

## 5.4 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, 88% overall were positive about social support.

## Comparison with NHSGGC

Those in East Renfrewshire were more likely than those in the NHSGGC area as a whole to have a positive view of social support (88% East Renfrewshire; 82% NHSGGC).

## 5.5 Volunteering

Just over one in four (26%) respondents said they had given up any time to help any clubs, charities, campaigns or organisations in an unpaid capacity in the last year.

## Comparison with NHSGGC

Those in East Renfrewshire were more likely than those in the NHSGGC area as a whole to have volunteered in the last year (26% East Renfrewshire; 20% NHSGGC).

Women were more likely than men to have volunteered in the last year.

**Table 5.3: Volunteering in Last 12 Months (Q34) by Gender**

|       | Volunteered | Unweighted base (n) |
|-------|-------------|---------------------|
| Men   | 22%         | 270                 |
| Women | 30%         | 333                 |
| All   | 26%         | 603                 |

## 5.6 Belonging to Clubs, Associations and Groups

Just under one in four (24%) said that they belonged to any social clubs, associations, church groups or anything similar.

### Comparison with East Dunbartonshire

Those in East Renfrewshire were less likely than those in East Dunbartonshire to belong to any clubs, associations or groups (24% East Renfrewshire; 32% East Dunbartonshire).

Those aged 65 or over were the most likely to belong to clubs/associations/groups.

**Table 5.4: Belong to Social Clubs, Associations, Church Groups or Similar by Age**

|       | Belong to club etc | Unweighted base (n) |
|-------|--------------------|---------------------|
| Age:  |                    |                     |
| 16-44 | 19%                | 232                 |
| 45-64 | 23%                | 179                 |
| 65+   | 36%                | 184                 |
| All   | 24%                | 603                 |

## 5.7 Social Activism

Respondents were asked whether, in the last 12 months they had taken any of the following actions in an attempt to solve a problem affecting people in their local area:

- contacted any media, organisation, council, councillor or MP;
- attended a public meeting, tenants/residents group, protest meeting or action group;
- organised a petition on a local issue; or
- some other type of social activism.

Excluding those who said they did not know or that there were no local problems (n=38), 16% of all respondents had engaged in any type of social activism.

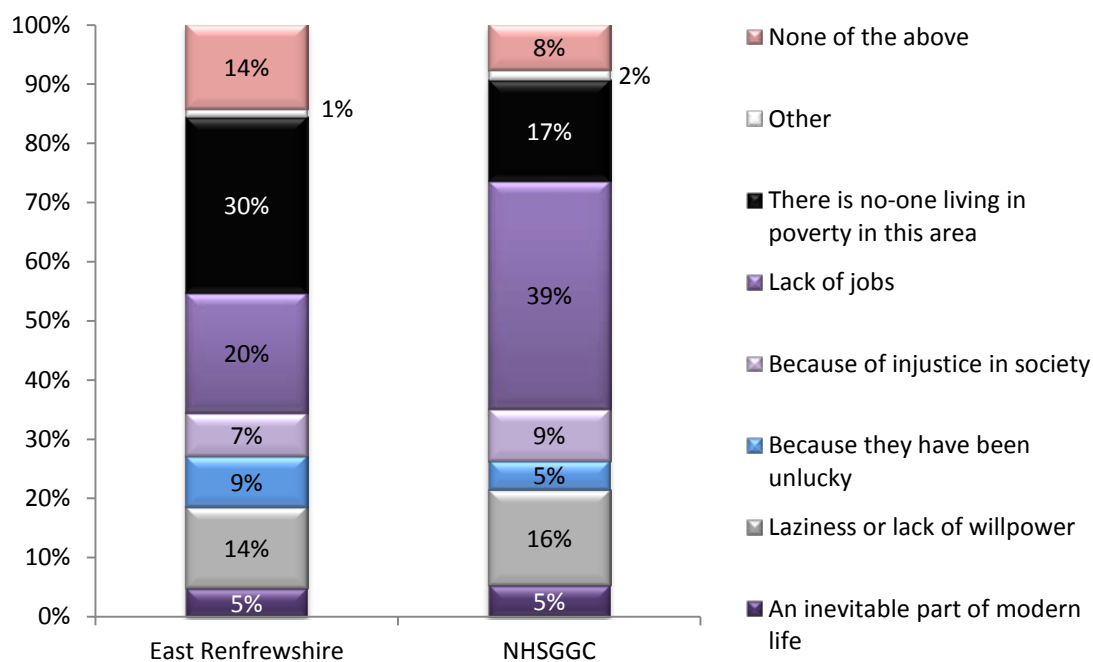
## 5.8 Views on Poverty

Respondents were asked what they felt was the main reason some people in their area lived in poverty. The most frequent response was that there was no-one living in poverty in their area (30%), followed by lack of jobs (20%).

### Comparison with NHSGGC

Those in the East Renfrewshire were much more likely than those in the NHSGGC area as a whole to say there was no-one living in poverty (30% East Renfrewshire; 17% NHSGGC).

**Figure 5.1: Perceived Reasons for Poverty in Local Area - East Renfrewshire and NHSGGC**



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

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### 6.1 Indicators Showing More Favourable Findings

Compared to those in the NHSGGC area as a whole, those in East Renfrewshire were:

- More likely to have a positive view of their general health;
- More likely to have a positive view of their physical wellbeing;
- More likely to have a positive view of their mental/emotional wellbeing;
- More likely to feel definitely in control of the decisions affecting their daily life;
- More likely to have a positive view of their quality of life;
- Less likely to have a limiting condition or illness;
- Less likely to be receiving treatment for at least one condition, and specifically less likely to be receiving treatment for clinical depression or stress related conditions;
- Less likely to be exposed to second hand smoke most or some of the time;
- Less likely to smoke;
- Less likely to have used e-cigarettes in the last year;
- Less likely to have been a binge drinker in the previous week;
- (Among those who ever drink alcohol) less likely to drink alcohol before going on a night out;
- More likely to consume five or more portions of fruit/vegetables per day;
- Less likely to ever feel isolated from family or friends;
- More likely to feel they belonged to the local area;
- More likely to feel valued as members of their community;
- Less likely to have been a victim of vandalism in the last year;
- More likely to feel safe walking alone in their area even after dark;
- Less likely to have a negative perception of the following social issues:
  - level of alcohol consumption;
  - amount of drug activity;
  - level of unemployment;
  - people being attacked or harassed because of their skin colour, ethnic origin or religion;
  - amount of troublesome neighbours;
- Less likely to have a negative perception of the following environmental issues:
  - amount of dogs' dirt;
  - amount of rubbish lying about;
  - availability of safe play spaces;
  - availability of pleasant places to walk;
- More likely to have a positive perception of the following local services:
  - local schools;
  - police;
  - childcare provision;
  - leisure/sports facilities;
  - activities for young people;
- Less likely to be carers;
- Less likely to receive any household income from benefits;
- Less likely to have difficulty meeting the cost of rent/mortgage, fuel bills, telephone bills, council tax/insurance, food or clothes/shoes;
- Less likely to say it would be a problem to meet unexpected costs of £20, £100 or £1,000;
- More likely to have a positive perception of the adequacy of their household income;
- More likely to live in an owner-occupied home;
- More likely to be positive about reciprocity;
- More likely to be positive about trust;
- More likely to value local friendships;
- More likely to be positive about social support;

- More likely to have volunteered in the last year.

Compared to those in the NHSGGC area as a whole, those in East Renfrewshire had:

- Higher mean WEMWBS scores (indicating more positive mental wellbeing).

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

- More likely to feel definitely in control of decisions affecting daily life;
- Less likely to have been binge drinkers in the previous week;
- Less likely to have a negative perception of the amount of dogs' dirt in their area;
- More likely to have a positive perception of local childcare provision;
- More likely to have a positive perception of local police;
- Less likely to be carers;
- Less likely to have gambled in the last month.

## 6.2 Indicators Showing Less Favourable Findings

Compared to those in the NHSGGC area as a whole, those in East Renfrewshire were:

- Less likely to say they never drink alcohol;
- Less likely to have participated in any sport or activity in the last week, and specifically less likely to have participated in walking for commuting.

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

- Less likely to have participated in at least one sport/activity in the last week, and specifically less likely to have participated in:
  - domestic activity;
  - walking for recreation;
  - walking for commuting;
  - cycling;
  - racket sports;
- Less likely to consume five or more portions of fruit/vegetables per day;
- Less likely to feel they belong to the local area;
- More likely to have been a victim of crime in the last year, and specifically more likely to have been a victim of:
  - anti-social behaviour;
  - theft/burglary;
- Less likely to feel safe walking alone in their area even after dark;
- Less likely to have a positive view of local leisure/sports facilities;
- More likely to say they had no qualifications;
- Less likely to be positive about reciprocity;
- Less likely to be positive about trust;
- Less likely to belong to clubs/associations/groups.

## 6.3 Other Significant Differences

Compared to those in the NHSGGC area as a whole, those in East Renfrewshire were:

- Less likely to say there are too many places selling alcohol in their area;
- Less likely to have been affected by welfare reform;
- More likely to say there is no-one living in poverty in their area.

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

- Less likely to agree that e-cigarettes encourage people to stop smoking.

# 7 Trends

## 7.1 Introduction

In this chapter, results from all indicator questions that represent a statistically significant change between 2011 and 2014 are shown. Where there is no significant change between 2011 and 2014, instead any significant change between 2008 and 2014 are shown. Details on changes between the prior surveys (i.e. between 2008 and 2011) can be found in previous reports and are not repeated here. The reports for 2011 can be found at the link:

<http://library.chps.org.uk/mediaAssets/CHP%20Renfrewshire/Renfrewshire%202011%20final.pdf>

The formula used to test for significant change is a hypothesis test for two proportions. The 'null hypothesis' is that there is no change since 2008 or since 2011. The following formula yields a 'test statistic' (z):

|  |   |
|--|---|
| $z = \frac{\hat{p}_1 - \hat{p}_2}{\sqrt{\hat{p}_p(1 - \hat{p}_p) \left[ \left( \frac{1}{n_1} \right) + \left( \frac{1}{n_2} \right) \right]}}$ | <p><math>p_1</math> = proportion observed in 2014<br/> <math>p_2</math> = proportion observed in 2008/2011<br/> <math>n_1</math> = sample size in 2014<br/> <math>n_2</math> = sample size in 2008/2011</p> |
| $\hat{p}_p = \frac{x_1 + x_2}{n_1 + n_2} = \frac{n_1 p_1 + n_2 p_2}{n_1 + n_2}$  |   |

If the value of z falls outside of the range (-1.96 to 1.96), we reject the null hypothesis and conclude that there has been significant change since the previous survey (at the 95% confidence level).

For those results that show significant change, we have also calculated a confidence interval for the difference between any two sets of results.

$$\left( \hat{p}_1 - \hat{p}_2 \right) \pm 1.96 \sqrt{\frac{\hat{p}_1(1 - \hat{p}_1)}{n_1} + \frac{\hat{p}_2(1 - \hat{p}_2)}{n_2}}$$

For example, the confidence interval for the first result shown in Table 7.1 is (+0.4 to +9.6). This means that we can be 95% confident that, had we interviewed the entire population of East Renfrewshire in the surveys, the actual difference between the two sets of results would be between 0.4 and 9.6 percentage points.

The tables show the results, and also show p values. Where p is less than 0.05, the change is considered to be significant. P values are reported as one of three levels of significance: <0.05, <0.01 and <0.001. A p value of <0.05 means that we can be 95% confident that a 'real' change has taken place. A p value of <0.01 means that we can be 99% confident, and a p value of <0.001 means that we can be 99.9% confident.

Only significant changes over time have been mentioned in the text. Where a change is not significant, the size of the change is not shown in the table, and no p value is shown.

It should be noted that the formulae used in this chapter only strictly apply to simple random samples, whereas this survey uses a complex multi-stage sample design. For this reason, results of tests should be interpreted with caution, particularly if the result is on the margins of statistical significance.

## 7.2 People's Perception of their Health and Illness

Between 2008 and 2014 there was a rise in the proportion who had a positive perception of their general health.

**Table 7.1: Positive Perceptions of General Health**

|                     | All Renfrewshire | East |
|---------------------|------------------|------|
| 2008                | 77.0%            |      |
| 2011                | 79.7%            |      |
| 2014                | 82.0%            |      |
| Change (2008-2014)  | +5.0%            |      |
| P                   | <0.05            |      |
| Confidence Interval | +0.4 to          | +9.6 |

Between 2011 and 2014 there was a rise in the proportion who had a positive perception of their physical wellbeing.

**Table 7.2: Positive Perceptions of Physical Wellbeing**

|                     | All Renfrewshire | East |
|---------------------|------------------|------|
| 2008                | 78.8%            |      |
| 2011                | 83.2%            |      |
| 2014                | 87.8%            |      |
| Change (2011-2014)  | +4.6%            |      |
| P                   | <0.05            |      |
| Confidence Interval | +0.6 to          | +8.6 |

There was a rise between 2011 and 2014 in the proportion who were positive about their mental or emotional wellbeing.

**Table 7.3: Positive Perceptions of Mental or Emotional Wellbeing**

|                     | All Renfrewshire | East |
|---------------------|------------------|------|
| 2008                | 86.7%            |      |
| 2011                | 85.5%            |      |
| 2014                | 90.8%            |      |
| Change (2011-2014)  | +5.3%            |      |
| P                   | <0.01            |      |
| Confidence Interval | +1.6 to          | +9.0 |

Between 2011 and 2014 there was a rise in the proportion who felt definitely in control of the decisions affecting their daily life.

**Table 7.4: Feeling Definitely in Control of Decisions Affecting Daily Life**

|                     | All Renfrewshire | East |
|---------------------|------------------|------|
| 2008                | 75.3%            |      |
| 2011                | 55.2%            |      |
| 2014                | 77.9%            |      |
| Change (2011-2014)  | +22.7            |      |
| P                   | <0.001           |      |
| Confidence Interval | +17.5 to +27.9   |      |

Between 2011 and 2014 there was a rise in the proportion who had a positive perception of their overall quality of life.

**Table 7.5: Positive Perception of Overall Quality of Life**

|                     | All Renfrewshire | East |
|---------------------|------------------|------|
| 2008                | 90.0%            |      |
| 2011                | 87.4%            |      |
| 2014                | 94.8%            |      |
| Change (2011-2014)  | +7.4%            |      |
| P                   | <0.001           |      |
| Confidence Interval | +4.2 to +10.6    |      |

There was a rise between 2011 and 2014 in the proportion who had a limiting condition or illness.

**Table 7.6: Illness/Condition Affecting Daily Life**

|                     | All Renfrewshire | East |
|---------------------|------------------|------|
| 2008                | 15.0%            |      |
| 2011                | 12.3%            |      |
| 2014                | 16.5%            |      |
| Change (2011-2014)  | +4.2%            |      |
| P                   | <0.05            |      |
| Confidence Interval | +0.2 to +8.2     |      |

Between 2008 and 2014 there was a drop in the proportion who were receiving treatment for at least one condition.

**Table 7.7: Receiving Treatment for One or More Condition**

|                     | All Renfrewshire | East |
|---------------------|------------------|------|
| 2008                | 41.8%            |      |
| 2011                | 29.6%            |      |
| 2014                | 32.3%            |      |
| Change (2008-2014)  | -9.5%            |      |
| P                   | <0.001           |      |
| Confidence Interval | -15.0 to -4.0    |      |

### 7.3 Health Behaviours

There was no significant change between 2011 and 2014 or between 2008 and 2014 in the proportion who were smokers.

**Table 7.8: Proportion Currently Smoking (On Some or Every Day)**

|                     | All Renfrewshire | East |
|---------------------|------------------|------|
| 2008                | 20.3%            |      |
| 2011                | 14.6%            |      |
| 2014                | 17.7%            |      |
| Change (2011-2014)  | n/a              |      |
| P                   | n/a              |      |
| Confidence Interval | n/a              |      |

There was no significant change between 2011 and 2014 or between 2008 and 2014 in the proportion who were exposed to second hand smoke most or some of the time.

**Table 7.9: Proportion Exposed to Smoke (Some or Most of the Time)**

|                     | All Renfrewshire | East |
|---------------------|------------------|------|
| 2008                | 24.2%            |      |
| 2011                | 31.9%            |      |
| 2014                | 28.3%            |      |
| Change (2011-2014)  | n/a              |      |
| P                   | n/a              |      |
| Confidence Interval | n/a              |      |

Between 2011 and 2014 there was a drop in the proportion who exceeded the recommended weekly limit for alcohol consumption.

**Table 7.10: Proportion Exceeding Recommended Alcohol Limit in Preceding Week (Based on new estimates of units)**

|                     | All Renfrewshire | East |
|---------------------|------------------|------|
| 2008                | 8.6%             |      |
| 2011                | 15.1%            |      |
| 2014                | 8.2%             |      |
| Change (2011-2014)  | -6.9%            |      |
| P                   | <0.001           |      |
| Confidence Interval | -10.5 to -3.3    |      |

There was a drop between 2011 and 2014 in the proportion who took at least 30 minutes of moderate activity on five or more days per week.

**Table 7.11: Proportion Taking 30 Minutes of Moderate Physical Activity on Five or More Days Per Week**

|                     | All Renfrewshire | East |
|---------------------|------------------|------|
| 2008                | 41.0%            |      |
| 2011                | 53.3%            |      |
| 2014                | 41.2%            |      |
| Change (2011-2014)  | -12.1%           |      |
| P                   | <0.001           |      |
| Confidence Interval | -17.7 to -6.5    |      |

There was a rise between 2011 and 2014 in the proportion who were overweight, but there was no significant change in the proportion who were obese.

**Table 7.12: Body Mass Index**

|  | All Renfrewshire | East |
|--|------------------|------|
| <b>BMI of 25 or over</b>                                       |                  |      |
| 2008   | 50.8%            |      |
| 2011   | 39.8%            |      |
| 2014   | 48.6%            |      |
| Change (2011-2014)   | +8.8%            |      |
| P  | <0.01            |      |
| Confidence Interval  | +3.2 to +14.4    |      |
| <b>BMI indicting obese/extremely obese (BMI of 30 or over)</b> |                  |      |
| 2008   | 11.4%            |      |
| 2011   | 11.2%            |      |
| 2014   | 14.8%            |      |
| Change (2011-2014)   | n/a              |      |
| P  | n/a              |      |
| Confidence Interval  | n/a              |      |

#### 7.4 Social Health

Between 2011 and 2014 there was a drop in the proportion who said they ever felt isolated from family and friends.

**Table 7.13: Proportion Isolated from Family and Friends**

|                     | All Renfrewshire | East |
|---------------------|------------------|------|
| 2008                | 5.4%             |      |
| 2011                | 10.0%            |      |
| 2014                | 5.7%             |      |
| Change (2011-2014)  | -4.3%            |      |
| P                   | <0.01            |      |
| Confidence Interval | -7.3 to -1.3     |      |

There was a rise between 2011 and 2014 in the proportion who felt they belonged to their local area.

**Table 7.14: Proportion Feeling they Belong to Local Area**

|                     | All Renfrewshire | East |
|---------------------|------------------|------|
| 2008                | 71.4%            |      |
| 2011                | 78.5%            |      |
| 2014                | 85.2%            |      |
| Change (2011-2014)  | +6.7%            |      |
| P                   | <0.01            |      |
| Confidence Interval | +2.3 to +11.1    |      |

There was a rise between 2011 and 2014 in the proportion who felt valued as a member of their community.

**Table 7.15: Proportion Feeling Valued as Member of their Community**

|                     | All Renfrewshire | East |
|---------------------|------------------|------|
| 2008                | 53.5%            |      |
| 2011                | 60.7%            |      |
| 2014                | 74.4%            |      |
| Change (2011-2014)  | +13.7            |      |
| P                   | <0.001           |      |
| Confidence Interval | +8.4 to +19.0    |      |

Between 2011 and 2014 there was a rise in the proportion who felt that local people can influence local decisions.

**Table 7.16: Proportion Feeling Local People Can Influence Decisions**

|                     | All Renfrewshire | East |
|---------------------|------------------|------|
| 2008                | 63.2%            |      |
| 2011                | 58.6%            |      |
| 2014                | 78.5%            |      |
| Change (2011-2014)  | +19.9            |      |
| P                   | <0.001           |      |
| Confidence Interval | +14.7 to +25.1   |      |

Between 2011 and 2014 there was a rise in the proportion who felt safe using public transport.

**Table 7.17: Proportion Feeling Safe Using Public Transport**

|                     | All Renfrewshire | East |
|---------------------|------------------|------|
| 2008                | 78.0%            |      |
| 2011                | 75.6%            |      |
| 2014                | 91.5%            |      |
| Change (2011-2014)  | +15.9%           |      |
| P                   | <0.001           |      |
| Confidence Interval | +11.8 to +20.0   |      |

Between 2008 and 2014 there was a rise in the proportion who felt safe walking alone in their area even after dark.

**Table 7.18: Proportion Feeling Safe Walking Alone After Dark**

|                     | All Renfrewshire | East |
|---------------------|------------------|------|
| 2008                | 52.1%            |      |
| 2011                | 71.1%            |      |
| 2014                | 71.5%            |      |
| Change (2008-2014)  | +19.4%           |      |
| P                   | <0.001           |      |
| Confidence Interval | +14.0 to +24.8   |      |

## 7.5 Individual Circumstances

There was a rise between 2011 and 2014 in the proportion who said they had no qualifications.

**Table 7.19: Proportion with No Qualifications**

|                     | All Renfrewshire | East |
|---------------------|------------------|------|
| 2008                | 12.4%            |      |
| 2011                | 5.9%             |      |
| 2014                | 15.7%            |      |
| Change (2011-2014)  | +9.8%            |      |
| P                   | <0.001           |      |
| Confidence Interval | +6.3 to +13.3    |      |

There was a drop between 2008 and 2014 in the proportion who received all household income from state benefits.

**Table 7.20: Proportion with all Income from State Benefits**

|                     | All Renfrewshire | East |
|---------------------|------------------|------|
| 2008                | 15.9%            |      |
| 2011                | 6.6%             |      |
| 2014                | 8.1%             |      |
| Change (2008-2014)  | -7.8%            |      |
| P                   | <0.001           |      |
| Confidence Interval | -11.5 to -4.1    |      |

There was a rise between 2008 and 2014 in the proportion who had a positive perception of the adequacy of their household income.

**Table 7.21: Proportion with a Positive Perception of Household Income**

|                     | All<br>Renfrewshire | East |
|---------------------|---------------------|------|
| 2008                | 79.8%               |      |
| 2011                | 82.1%               |      |
| 2014                | 86.5%               |      |
| Change (2008-2014)  | +6.7%               |      |
| P                   | <0.01               |      |
| Confidence Interval | +2.4 to +11.0       |      |

There was a drop between 2008 and 2014 in the proportion who said it would be impossible or a big problem to meet an unexpected expense of £100, and a drop between 2011 and 2014 in the proportion who said it would be impossible or a big problem to meet an unexpected expense of £1,000.

**Table 7.22: Proportion Having Difficulties Finding Unexpected Expenses**

|                                  | All<br>Renfrewshire | East |
|----------------------------------|---------------------|------|
| <b>Difficulty finding £20</b>    |                     |      |
| 2008                             | 0.8%                |      |
| 2011                             | 0.2%                |      |
| 2014                             | 0.1%                |      |
| Change (2011-2014)               | n/a                 |      |
| P                                | n/a                 |      |
| Confidence Interval              | n/a                 |      |
| <b>Difficulty finding £100</b>   |                     |      |
| 2008                             | 10.6%               |      |
| 2011                             | 5.8%                |      |
| 2014                             | 4.4%                |      |
| Change (2008-2014)               | -6.2%               |      |
| P                                | <0.001              |      |
| Confidence Interval              | -9.2 to -3.2        |      |
| <b>Difficulty finding £1,000</b> |                     |      |
| 2008                             | 42.8%               |      |
| 2011                             | 46.6%               |      |
| 2014                             | 36.6%               |      |
| Change (2011-2014)               | -10.0%              |      |
| P                                | <0.001              |      |
| Confidence Interval              | -15.6 to -4.4       |      |

## 7.6 Social Capital

There was a rise between 2011 and 2014 in the proportion who had a positive perception of reciprocity.

**Table 7.23: Proportion with Positive Perception of Reciprocity**

|                     | All Renfrewshire | East |
|---------------------|------------------|------|
| 2008                | 73.8%            |      |
| 2011                | 69.3%            |      |
| 2014                | 82.3%            |      |
| Change (2011-2014)  | +13.0            |      |
| P                   | <0.001           |      |
| Confidence Interval | +8.2 to +17.8    |      |

There was a rise between 2008 and 2014 in the proportion who had a positive perception of trust.

**Table 7.24: Proportion with Positive Perception of Trust**

|                     | All Renfrewshire | East |
|---------------------|------------------|------|
| 2008                | 76.0%            |      |
| 2011                | 81.7%            |      |
| 2014                | 84.2%            |      |
| Change (2008-2014)  | +8.2%            |      |
| P                   | <0.001           |      |
| Confidence Interval | +3.7 to +12.7    |      |

Between 2011 and 2014 there was a rise in the proportion who valued local friendships.

**Table 7.25: Proportion Valuing Local Friendships**

|                     | All Renfrewshire | East |
|---------------------|------------------|------|
| 2008                | 71.4%            |      |
| 2011                | 68.4%            |      |
| 2014                | 80.0%            |      |
| Change (2011-2014)  | +11.6%           |      |
| P                   | <0.001           |      |
| Confidence Interval | +6.7 to +16.5    |      |

Between 2011 and 2014 there was a rise in the proportion who had a positive perception of social support.

**Table 7.26: Proportion with a Positive Perception of Social Support**

|                     | All Renfrewshire | East |
|---------------------|------------------|------|
| 2008                | 66.3%            |      |
| 2011                | 80.1%            |      |
| 2014                | 87.9%            |      |
| Change (2011-2014)  | +7.8%            |      |
| P                   | <0.001           |      |
| Confidence Interval | +3.7 to +11.9    |      |

## APPENDIX A: SURVEY METHODOLOGY & RESPONSE

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This appendix has been prepared by BMG Research.

NHSGGC provided BMG Research with a datazone definition file that identified the key criteria of each datazone within the study area, including SIMD 2012, CHCP, neighbourhood etc. Datazones formed the sampling points within each area, with their selection based on a stratification by SIMD within each of the target areas to ensure a representative datazone selection by deprivation. The postcode address file (PAF) was then used to randomly select 25 addresses per datazone to form the sampling frame, with a target of 10 interviews to achieve per datazone.

It was found that during this process, a number of target areas (for example, Parkhead/Dalmarnock neighbourhood boost) did not have sufficient datazones to achieve the target using the '25 addresses sampled to achieve 10 interviews' process. In these instances, a greater number of addresses were sampled within each datazone to achieve the sample, but at all times only 2.5 times to number of addresses were supplied to achieve the target, thus ensuring the response rates were protected and consistent. Therefore, in summary:

- 579 datazones were sampled in total.
- 21,793 addresses were sampled in total across these datazones.
- Each address received a pre-survey letter in the post prior to being approached for interview, which gave the household the opportunity to 'opt out', and responding households were left with an information leaflet on completion of the interview.
- The sample was de-duped wherever possible against other survey fieldwork being conducted in the study area (i.e. GoEast).
- The datazones were allocated to one of four 'survey waves', which ensured a broad spread of interviews in any given target area across the survey period, thus controlling for seasonal affects. The resulting number of achieved interviews per CHCP per wave is shown in the table below.

**Table A1: Number of interviews achieved per CHCP per wave**

| CHCP                | Wave 1<br>(August to mid Sept) | Wave 2<br>(mid Sept to end Oct) | Wave 3<br>(end Oct to mid Dec) | Wave 4<br>(mid Dec to end Jan) | Total                   |
|---------------------|--------------------------------|---------------------------------|--------------------------------|--------------------------------|-------------------------|
| East Dunbartonshire | 53                             | 638                             | 191                            | 236                            | 1118                    |
| East Renfrewshire   | 116                            | 15                              | 277                            | 195                            | 603                     |
| Glasgow North East  | 365                            | 747                             | 266                            | 183                            | 1561                    |
| Glasgow North West  | 308                            | 282                             | 183                            | 343                            | 1116                    |
| Glasgow South       | 342                            | 522                             | 350                            | 452                            | 1666                    |
| Inverclyde          | 200                            | 128                             | 566                            | 284                            | 1178                    |
| Renfrewshire        | 251                            | 1                               | 596                            | 355                            | 1203                    |
| West Dunbartonshire | 0                              | 188                             | 0                              | 0                              | 188                     |
| <b>Total</b>        | <b>1635</b>                    | <b>2521</b>                     | <b>2429</b>                    | <b>2111</b>                    | <b>8633<sup>4</sup></b> |

Prior to fieldwork commencing, a pilot was conducted to test a number of aspects of the methodology, including sampling, questionnaire content/flow, CAPI script functionality, and contact management in terms of recording call outcomes at addresses. A total of 43 interviews were conducted as part of the pilot, with achieved interviews split proportionately according to the following:

- Glasgow City / East Dunbartonshire & East Renfrewshire / Renfrewshire & Inverclyde.
- Index of multiple deprivation.
- Age (16-44, 45-64, 65+).
- Gender.

A total of 52 interviewers were briefed and worked on this project. The initial briefing session took place in early August, with NHSGGC in attendance. A further 5 briefing sessions took place subsequent to this with interviewers who were unable to attend the initial briefing. The maximum number of interviews conducted by any one interviewer was 843, which is below BMG Research's policy of 10% of all interviews achieved. The minimum and maximum numbers achieved per interviewer ranged from 3 to 843, with the average being 169 each. The interviews lasted an average of 35 minutes, with the maximum length of 1hr 23mins.

All interviewers were briefed that each address must be attempted up to four times before it is deemed exhausted. However, to effectively manage this, each of the four attempts was to be made at different times of the day and week. This ensures the greatest opportunity for all resident groups to be captured, particularly those in work. The following table provides the breakdown of interviews achieved by time of day and weekday or weekend, and it can be seen that more than half of the interviews were completed at weekends or evenings.

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<sup>4</sup> Although the original target was set at 8674. The final number of interviews was short of this target. The main reason for this was a shortfall in the Parkhead/ Dalmarnock area where fieldwork was also taking place for the Go Well study. This placed a restriction on the number of datazone that were available for the study.

**Table A2: Number of achieved interviews by time of day and week**

|                   | Number of interviews completed | %   |
|-------------------|--------------------------------|-----|
| Weekday before 12 | 465                            | 5%  |
| Weekday 12-4      | 3685                           | 43% |
| Weekday after 4   | 2139                           | 25% |
| Weekend           | 2344                           | 27% |

**Table A3 Call outcomes and response rates**

|                                       |      | % of all contacts | % of valid contacts | % where contact was made |
|---------------------------------------|------|-------------------|---------------------|--------------------------|
| Interview obtained                    | 8633 | 39.6              | 46.3                | 75.3                     |
| No reply                              | 5225 | 24.0              | 28.0                | -                        |
| Exhausted after 4 knocks              | 228  | 1.0               | 1.2                 | -                        |
| Opt out prior to interview            | 1742 | 8.0               | 9.3                 | -                        |
| Hard refusal                          | 1159 | 5.3               | 6.2                 | 10.1                     |
| Refused - illness / dementia          | 138  | 0.6               | 0.7                 | 1.2                      |
| Refused - no time                     | 787  | 3.6               | 4.2                 | 6.9                      |
| Other refused                         | 629  | 2.9               | 3.4                 | 5.5                      |
| Call back / appointment               | 35   | 0.2               | 0.2                 | 0.3                      |
| Language issues                       | 54   | 0.2               | 0.3                 | 0.5                      |
| Away at hospital during survey period | 31   | 0.1               | 0.2                 | 0.3                      |
| Non-valid contacts                    |      |                   |                     |                          |
| Not attempted because target achieved | 2887 | 13.2              | -                   | -                        |
| Business / institution                | 40   | 0.2               | -                   | -                        |
| Empty/derelict                        | 200  | 0.9               | -                   | -                        |
| No-one aged 16+                       | 5    | 0.0               | -                   | -                        |
| Sample base                           |      | 21793             | 18661               | 11466                    |

## APPENDIX B: DATA WEIGHTING

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### Introduction

Data were weighted to ensure that they were as representative as possible of the adult population in the NHSGGC 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 or Neighbourhood

Firstly the household size weighting was applied to the dataset. This produced the new 'actual' counts to which we applied the age/sex/bottom15%<sup>5</sup>/CH(C)P or Neighbourhood 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 of age, gender, bottom 15%/other areas and CH(C)P areas (or neighbourhoods in the case of Glasgow City). The formula for this stage of the weighting process was:

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

Where:

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

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

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<sup>5</sup> Bottom 20% in the case of East Dunbartonshire

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 or neighbourhood group i

## APPENDIX C: INDEPENDENT VARIABLES

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The table below lists the independent variables used for the analysis in this report, showing for each the number of categories and how these categories were formed.

| Independent Variable | Number of categories | Categories        |
|----------------------|----------------------|-------------------|
| Gender               | 2                    | Men; Women        |
| Age                  | 3                    | 16-44; 45-64; 65+ |

## APPENDIX D: ASSUMPTIONS OF NUMBER OF UNITS OF ALCOHOL IN EACH TYPE OF DRINK (1999-2005 and 2008-2014)

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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 up to 2005, and the new assumptions that have been applied since 2008.

|  | UNIT ASSUMPTION USED FOR ANALYSIS 1999, 2002 and 2005 | UNIT ASSUMPTION USED FOR ANALYSIS 2008, 2011 and 2014 |
|--|---|---|
| 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 E: 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.

## Section 1: General health

### ASK ALL

1. I'd like to start by asking you some questions about your health. How would you describe your health? **READ OUT AND CODE ONE ONLY [PREVIOUS] N=603**

|            |      |
|------------|------|
| Very good  | 35.3 |
| Good       | 46.6 |
| Fair       | 13.4 |
| Bad        | 3.2  |
| Very bad   | 1.5  |
| Don't know | n/a  |

2. Do you have any long-term condition or illness that substantially interferes with your day to day activities? **CODE ONE ONLY [PREVIOUS] N=602**

|         |      |                 |
|---------|------|-----------------|
| Yes     | 16.5 | <b>GO TO Q3</b> |
| No      | 83.5 | <b>GO TO Q5</b> |
| Refused | n/a  | <b>GO TO Q5</b> |

3. Thinking of these conditions and/or illnesses, would you describe yourself as having...? **READ OUT AND CODE ALL THAT APPLY [PREVIOUS] N=603**

|                                      |      |                 |
|--------------------------------------|------|-----------------|
| A physical disability                | 5.7  | <b>GO TO Q4</b> |
| A mental or emotional health problem | 1.9  | <b>GO TO Q4</b> |
| A long-term illness                  | 12.9 | <b>GO TO Q5</b> |
| Don't know                           | n/a  | <b>GO TO Q5</b> |

4. How much does it (do they) interfere with the following activities (seriously, moderately, or doesn't)? **SHOWCARD 1, READ OUT AND CODE ONE PER ROW [PREVIOUS]**

|   |   | <b>Seriously Interferes</b> | <b>Moderately Interferes</b> | <b>Does not Interfere</b> | <b>N/A</b> |
|---|---|-----------------------------|------------------------------|---------------------------|------------|
| A | Taking up training or education <b>N=35</b>   | 30.5                        | 28.1                         | 41.4                      | n/a        |
| B | Holding down or obtaining a job <b>N=33</b>   | 37.9                        | 20.1                         | 42.0                      | n/a        |
| C | Taking exercise/physical activity <b>N=52</b> | 54.5                        | 28.2                         | 17.3                      | n/a        |
| D | Socialising <b>N=50</b>                       | 24.0                        | 38.0                         | 38.0                      | n/a        |
| E | Everyday chores <b>N=51</b>                   | 35.9                        | 46.0                         | 18.1                      | n/a        |

**ASK ALL**

5. Do you have any illnesses or conditions for which you are currently being treated?  
 If so, please indicate which number(s) from the card. **SHOWCARD 2 AND CODE ALL THAT APPLY [PREVIOUS] N=600**

|      |  |
|------|--|
| 3.9  | Coronary heart disease (CHD)/Ischemic heart disease (IHD)/Myocardial Infarction (MI, heart attack) |
| <1.0 | Stroke   |
| 8.4  | Arthritis; rheumatism; painful joints  |
| 1.8  | Osteoporosis   |
| 3.8  | Chronic pain   |
| 1.7  | Clinical depression  |
| 4.7  | Diabetes   |
| 2.8  | Cancer   |
| 6.5  | Asthma, bronchitis, or persistent cough  |
| 1.3  | Epilepsy   |
| <1.0 | Acquired brain injury  |
| 1.7  | Stress related conditions, e.g. difficulty sleeping or concentrating                               |
| 1.6  | Severe hearing problems  |
| 1.4  | Severe eyesight problems   |
| 1.1  | Accident / injury  |
| 2.9  | Gastro-intestinal problems, e.g. peptic ulcer disease, irritable bowel syndrome                    |
| 9.9  | High blood pressure  |
| <1.0 | Drug or alcohol related conditions   |
| 0.0  | HIV  |
| 0.0  | Sexually transmitted infections, e.g. gonorrhoea, syphilis, chlamydia                              |
| <1.0 | Chronic Obstructive Pulmonary Disease (COPD)   |
| 4.8  | Other, please specify  |
| 67.7 | None   |
| n/a  | Refused  |

**Section 2: Access to health services**

6. (Not asked)

**PASS CAPI MACHINE TO RESPONDENT FOR SELF-COMPLETION OF Q7. ENCOURAGE THE RESPONDENT TO SELF-COMplete, BUT DON'T INSIST ON IT IF THEY WOULD PREFER YOU TO COMPLETE IT ON THEIR BEHALF.**

**SECTION 3: WELLBEING**

7. Below are some statements about feelings and thoughts. Please tick the box that best describes your experience of each over the last 2 weeks. **SHOWCARD 3**  
[PREVIOUS]

|   | None of the time | Rarely | Some of the time | Often | All of the time | Not provided |
|---|------------------|--------|------------------|-------|-----------------|--------------|
| I've been feeling optimistic about the future <b>N=602</b>      | 2.8              | 4.9    | 19.5             | 48.5  | 24.3            | n/a          |
| I've been feeling useful <b>N=603</b>                           | 1.2              | 3.2    | 17.9             | 45.9  | 31.9            | n/a          |
| I've been feeling relaxed <b>N=602</b>                          | 2.0              | 8.5    | 32.8             | 39.7  | 17.1            | n/a          |
| I've been interested in other people <b>N=603</b>               | <1.0             | 2.5    | 16.0             | 51.3  | 29.4            | n/a          |
| I've had energy to spare <b>N=603</b>                           | 3.0              | 13.8   | 34.8             | 39.2  | 9.2             | n/a          |
| I've been dealing with problems well <b>N=602</b>               | 1.1              | 3.5    | 21.5             | 47.0  | 26.9            | n/a          |
| I've been thinking clearly <b>N=602</b>                         | <1.0             | 1.7    | 16.0             | 51.1  | 30.7            | n/a          |
| I've been feeling good about myself <b>N=603</b>                | 1.0              | 3.3    | 19.1             | 43.8  | 32.8            | n/a          |
| I've been feeling close to other people <b>N=603</b>            | <1.0             | 2.7    | 15.5             | 48.3  | 32.8            | n/a          |
| I've been feeling confident <b>N=603</b>                        | <1.0             | 3.4    | 23.8             | 46.7  | 25.2            | n/a          |
| I've been able to make up my own mind about things <b>N=603</b> | <1.0             | 1.3    | 9.2              | 44.2  | 44.9            | n/a          |
| I've been feeling loved <b>N=603</b>                            | 1.2              | 1.8    | 10.7             | 36.1  | 50.2            | n/a          |
| I've been interested in new things <b>N=602</b>                 | 1.5              | 3.5    | 19.1             | 46.5  | 29.3            | n/a          |
| I've been feeling cheerful <b>N=602</b>                         | <1.0             | 1.8    | 18.6             | 55.4  | 23.9            | n/a          |

"Warwick-Edinburgh Mental Well-being Scale (WEMWBS) © NHS Health Scotland, University of Warwick and University of Edinburgh, 2006, all rights reserved"

**PLEASE CAN YOU NOW PASS BACK THE COMPUTER TO THE INTERVIEWER. THANK YOU.**

## **Section 4: Lifestyle**

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

8. How often are you in places where there is smoke from other people smoking tobacco? **READ OUT AND CODE ONE ONLY [PREVIOUS] N=603**

|                  |      |
|------------------|------|
| Most of the time | 11.5 |
| Some of the time | 16.8 |
| Seldom           | 21.4 |
| Never            | 50.3 |
| Don't know       | n/a  |

9. Which of the following statements best describes you at present?

**SHOWCARD 4 AND CODE ONE ONLY [PREVIOUS] N=603**

|    |   |      |                  |
|----|---|------|------------------|
| a. | I have never smoked tobacco             | 61.5 | <b>GO TO Q11</b> |
| b. | I have only tried smoking once or twice | 3.4  | <b>GO TO Q11</b> |
| c. | I have given up smoking                 | 17.4 | <b>GO TO Q11</b> |
| d. | I smoke some days                       | 2.5  | <b>GO TO Q10</b> |
| e. | I smoke every day                       | 15.2 | <b>GO TO Q10</b> |

10. Do you intend to stop smoking? **CODE ONE ONLY N=117**

|          |      |
|----------|------|
| Yes      | 32.7 |
| No       | 47.0 |
| Possibly | 20.3 |

### **ASK ALL**

11. Have you used an e-cigarette in the last year? **READ OUT AND CODE ONE ONLY [NEW] N=601**

|      |                         |
|------|-------------------------|
| <1.0 | Yes – every day         |
| 2.2  | Yes – some days         |
| 3.8  | Once or twice           |
| 93.3 | No                      |
| n/a  | <b>DNRO:</b> Don't know |

12. To what extent do you agree or disagree with the following statements?

**SHOWCARD 5 AND CODE ONE PER ROW [NEW]**

|  | Strongly agree | Agree | Neither agree nor disagree | Disagree | Strongly disagree | Don't know |
|--|----------------|-------|----------------------------|----------|-------------------|------------|
| e-cigarettes encourage people to stop smoking <b>N=521</b>                   | 2.5            | 42.0  | 22.7                       | 28.1     | 4.6               | n/a        |
| e-cigarettes encourage people to start smoking <b>N=525</b>                  | 2.6            | 25.5  | 21.4                       | 45.5     | 5.0               | n/a        |
| e-cigarettes are harmless to health <b>N=458</b>                             | 2.4            | 22.6  | 34.8                       | 35.2     | 4.9               | n/a        |
| e-cigarettes are just as harmful to health as normal cigarettes <b>N=495</b> | 2.5            | 17.9  | 25.6                       | 44.6     | 9.4               | n/a        |
| e-cigarettes are helping smoking to become more acceptable <b>N=522</b>      | 2.2            | 29.6  | 26.6                       | 36.3     | 5.3               | n/a        |

13. How often do you drink alcohol? **SHOWCARD 6 AND CODE ONE ONLY**

*[PREVIOUS]* **N=603**

|                                       |      |                  |
|---------------------------------------|------|------------------|
| Never                                 | 24.2 | <b>GO TO Q18</b> |
| Less than once a month                | 20.3 | <b>GO TO Q14</b> |
| More than once a month but not weekly | 15.2 |                  |
| 1-2 days per week                     | 29.6 |                  |
| 3-5 days per week                     | 7.4  |                  |
| 6-7 days per week                     | 3.2  |                  |
| Refused                               | n/a  |                  |

14. Have you had a drink containing alcohol in the past 7 days? **CODE ONE ONLY**

*[PREVIOUS]* **N=463**

|     |      |                  |
|-----|------|------------------|
| Yes | 57.3 | <b>GO TO Q15</b> |
| No  | 42.7 | <b>GO TO Q16</b> |

15. Please tell me how much, if any, of the following on this card you drank on each day in the past week. **SHOWCARD 7, START WITH THE PREVIOUS DAY AND WORK BACK THROUGH THE WEEK [SLIGHTLY REVISED FROM PREVIOUSLY]**

**SCRIPT AS A CODE ALL THAT APPLY FROM THE LIST, THEN ASK MON-SUN QUANTITIES FROM THOSE SELECTED. INCLUDE A REFUSED OPTION IN THE FIRST LIST.**

|   | 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>Have you drank any other alcoholic drink in the past week? Yes/No</b>                                    |     |      |     |       |     |     |     |
| <b>If Yes, Interviewer write what it is and how many each day</b>   |     |      |     |       |     |     |     |

**ASK Q16-17 OF THOSE WHO ANSWERED 2-6 AT Q13**

**READ OUT: For the next few questions I will be referring to a night out and by this I mean an evening with family or friends away from home (or their home).**

16. Do you ever drink alcohol (either alone or with others) before going on a night out?

**READ OUT AND CODE ONE ONLY [NEW - GCPH] N=463**

|      |     |                  |
|------|-----|------------------|
| 25.0 | Yes | <b>GO TO Q17</b> |
| 75.0 | No  | <b>GO TO Q18</b> |

17. What are the reasons you have a drink before a night out? **READ OUT AND CODE ALL THAT APPLY [NEW - GCPH] N=100**

|      |   |
|------|---|
| 36.6 | It makes the night better                                 |
| 38.1 | It makes the night cheaper                                |
| 55.8 | It provides a chance to socialise with friends and family |
| <2.0 | Other, please specify                                     |
| n/a  | Don't know  |

**ASK ALL**

18. I'm going to read out some statements, please tell me how much you agree or disagree with each of them? **READ OUT AND ONE CODE PER ROW [NEW - GCPH]**

|  | <b>Strongly agree</b> | <b>Agree</b> | <b>Neither agree nor disagree</b> | <b>Disagree</b> | <b>Strongly disagree</b> | <b>Don't know</b> |
|--|-----------------------|--------------|-----------------------------------|-----------------|--------------------------|-------------------|
| Getting drunk is a perfectly acceptable thing to do <b>N=600</b>                   | <1.0                  | 17.9         | 15.2                              | 45.5            | 20.8                     | n/a               |
| It is easier to enjoy a social event if you've had a drink of alcohol <b>N=594</b> | 1.8                   | 36.5         | 16.2                              | 33.3            | 12.1                     | n/a               |

19. Have you ever had alcohol delivered to your home from any of the following places? **READ OUT AND CODE ALL THAT APPLY [NEW] N=602**

|      |  |
|------|--|
| 4.5  | A supermarket  |
| 0.0  | A food takeaway                                      |
| <1.0 | 24 hour alcohol delivery service (e.g. dial-a-booze) |
| 0.0  | A taxi firm  |
| 2.3  | Other (please specify)                               |
| 93.1 | None of these  |
| n/a  | Don't know   |

20. Thinking about the number of places you can buy alcohol in your local area (for example, off-licences, local grocers, supermarkets, pub, restaurants, etc) in your opinion are there...? **READ OUT AND CODE ONE ONLY [NEW] N=566**

|      |                  |
|------|------------------|
| 74.4 | The right amount |
| 15.7 | Too many         |
| 9.8  | Too few          |
| n/a  | Don't know       |

21. Now I'd like to ask you some questions about the food you eat. Yesterday, how many portions of fruit did you eat? Examples of a portion are one apple, one tomato, 3 tablespoons of canned fruit, one small glass of fruit juice.

**(WRITE NUMBER IN BOX. IF LESS THAN ONE, WRITE '0'; IF DON'T KNOW CODE AS 997) [PREVIOUS] N=602**

**8** WRITE NUMBER IN THE BOX:

|      |      |
|------|------|
|      |      |
| Mean | 2.18 |

22. Yesterday, how many portions of vegetables or salad (not counting potatoes) did you eat? A portion of vegetables is 3 tablespoons.

**(WRITE NUMBER IN BOX. IF LESS THAN ONE, WRITE '0'; IF DON'T KNOW CODE AS 997) [PREVIOUS] N=601**

**9** WRITE NUMBER IN THE BOX:

|      |      |
|------|------|
|      |      |
| Mean | 2.16 |

**PASS CAPI MACHINE TO RESPONDENT FOR SELF-COMPLETION OF Q23-Q24. ENCOURAGE THE RESPONDENT TO SELF-COMplete, BUT DON'T INSIST ON IT IF THEY WOULD PREFER YOU TO COMPLETE IT ON THEIR BEHALF.**

23. What is your weight?

**(WRITE WEIGHT IN STONES/POUNDS OR KILOGRAMS. IF UNSURE, ASK FOR ESTIMATE. IF DON'T KNOW CODE AS 997, IF REFUSED CODE AS 998.) [PREVIOUS]**

a. Stones / pounds    **Stones**    **Pounds**

Or

b. Kilograms

24. What is your height?

**(WRITE IN HEIGHT IN FEET/INCHES OR CENTIMETRES. IF UNSURE, ASK FOR ESTIMATE. IF DON'T KNOW CODE AS 997, IF REFUSED CODE AS 998.) [PREVIOUS]**

a. Feet / inches    **Feet**    **Inches**

Or

b. Centimetres

## Section 5: Physical activity

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

**READ OUT:** Physical activity is a broad term. It can be as simple as walking. There are many types of physical activity: exercise, sport, play, dance and active living such as walking, housework and gardening.

25. In the past week, on how many days have you done a total of 30 minutes or more of physical activity, which was enough to raise your breathing rate?

The 30 minutes can be obtained by adding smaller bouts of not less than ten minutes.

The activity may include sport, exercise, and brisk walking or cycling for recreation or to get to and from places, but should not include housework or physical activity that may be part of your job.

**(WRITE NUMBER OF DAYS IN BOX, IF DON'T KNOW CODE AS 97)**  
*[PREVIOUS] N=601*

### **10**      **WRITE NUMBER IN THE BOX:**

---

| <b>0</b> | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> | <b>6</b> | <b>7</b> |
|----------|----------|----------|----------|----------|----------|----------|----------|
| 34.9     | 6.4      | 13.4     | 11.9     | 7.1      | 11.0     | 1.2      | 14.1     |

26. Including **ALL** types of physical activity you take. In the past week, on how many days have you done at least 30 minutes of moderate physical exercise such as brisk walking? It doesn't have to be 30 minutes all at once. **(INCLUDE YOUR HOUSEWORK AND PHYSICAL ACTIVITY THAT IS PART OF YOUR JOB)** **(WRITE NUMBER OF DAYS IN BOX, IF DON'T KNOW CODE AS 97)** *[PREVIOUS] N=602*

### **11**      **WRITE NUMBER IN THE BOX:**

---

| <b>0</b> | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> | <b>6</b> | <b>7</b> |
|----------|----------|----------|----------|----------|----------|----------|----------|
| 23.1     | 5.6      | 8.5      | 12.0     | 9.5      | 14.5     | 4.5      | 22.2     |

**ASK Q27 IF CODED 4 DAYS OR LESS AT Q26**

27. Have you been physically active for at least two and a half hours (150 minutes) over the course of the past week? **CODE ONE ONLY** *[NEW] N=252*

|     |      |
|-----|------|
| Yes | 44.5 |
| No  | 55.5 |

## ASK ALL

28. 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 past week. **SHOWCARD 8 AND CODE ALL THAT APPLY**

**INTERVIEWER NOTE: INCLUDE TEACHING, COACHING, TRAINING AND PRACTICE SESSIONS. [PREVIOUS] N=603**

|   |      |
|---|------|
| Water based sports: swimming; synchro swimming; diving; canoeing; sailing   | 9.0  |
| Athletics   | 4.9  |
| Racket Sports: badminton, tennis; squash; table tennis  | 2.4  |
| Team sports; football; rugby; netball; hockey; soft ball  | 8.6  |
| Cycling: road ; mountain; track; for commuting or leisure   | 5.3  |
| Martial art: taekwondo; judo; karate; boxing and wrestling  | 1.2  |
| Any type of dancing   | 5.4  |
| Any Leisure Centre Based activity e.g. weight training; rowing machine; cycling machine; cross training; exercise class | 19.7 |
| Walking for commuting; to and from school/shops/clubs etc   | 34.0 |
| Walking: hill; recreation; for leisure  | 38.1 |
| Domestic activity: housework; gardening; DIY  | 48.6 |
| Other, please specify   | 4.3  |
| None  | 19.5 |

## Section 6: Yourself and your local area

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

29. Looking at the faces on the card...? **SHOWCARD 9 AND CODE ONE PER ROW [PREVIOUS]**

|   |   | 1    | 2    | 3    | 4   | 5    | 6    | 7    | Don't Know |
|---|---|------|------|------|-----|------|------|------|------------|
| A | Which face best rates your overall quality of life? <b>N=603</b>                | 44.0 | 37.7 | 13.1 | 3.7 | <1.0 | <1.0 | <1.0 | n/a        |
| B | Which face best rates your general physical well being? <b>N=603</b>            | 30.2 | 35.9 | 21.7 | 7.5 | 2.6  | 1.4  | <1.0 | n/a        |
| C | Which face best rates your general mental or emotional well being? <b>N=603</b> | 37.0 | 38.2 | 15.6 | 6.0 | 1.9  | <1.0 | <1.0 | n/a        |

30. 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...? **SHOWCARD 9, READ OUT (A)–(E) AND CODE ONE FOR EACH ROW [PREVIOUS – ALTHOUGH SLIGHTLY AMENDED]**

|   |  | 1    | 2    | 3    | 4    | 5    | 6    | 7    | Don't Know |
|---|--|------|------|------|------|------|------|------|------------|
| A | The level of unemployment in your area <b>N=517</b>  | 24.5 | 25.6 | 20.6 | 14.1 | 9.3  | 3.1  | 2.9  | n/a        |
| B | The amount of drug activity in your area <b>N=481</b>  | 27.9 | 28.5 | 13.9 | 10.3 | 7.6  | 4.7  | 7.1  | n/a        |
| C | The level of alcohol consumption in your area <b>N=511</b>   | 23.7 | 30.1 | 17.4 | 9.3  | 8.9  | 5.2  | 5.5  | n/a        |
| D | People being attacked or harassed because of their skin colour, ethnic origin or religion <b>N=553</b> | 42.2 | 33.8 | 13.2 | 6.7  | 1.3  | <1.0 | 2.2  | n/a        |
| E | The amount of troublesome neighbours in your area <b>N=594</b>   | 60.0 | 25.3 | 8.7  | 3.8  | <1.0 | <1.0 | <1.0 | n/a        |

31. Now I'd like to ask you about environmental issues that may or may not be a problem in your area. Which face best describes how you feel about...? **SHOWCARD 9, READ OUT (A)–(D) AND CODE ONE FOR EACH ROW [PREVIOUS – ALTHOUGH SLIGHTLY AMENDED]**

|   |   | 1    | 2    | 3    | 4    | 5   | 6   | 7    | Don't know |
|---|---|------|------|------|------|-----|-----|------|------------|
| A | The amount of rubbish lying about in your area <b>N=602</b>           | 30.6 | 32.7 | 19.1 | 6.4  | 5.2 | 3.1 | 2.9  | n/a        |
| B | The amount of dog's dirt in your area <b>N=595</b>                    | 19.7 | 25.8 | 21.0 | 12.7 | 9.7 | 6.1 | 5.0  | n/a        |
| C | The availability of safe play spaces in your area <b>N=584</b>        | 29.9 | 31.4 | 17.1 | 12.9 | 5.6 | 1.3 | 1.7  | n/a        |
| D | The availability of pleasant places to walk in your area <b>N=599</b> | 37.0 | 37.1 | 14.4 | 8.4  | 1.3 | 1.1 | <1.0 | n/a        |

32. How much do you agree or disagree with the following statements about living in this local area? **SHOWCARD 10, READ OUT AND CODE ONE FOR EACH ROW [PREVIOUS]**

|   |   | <b>Strongly Agree</b> | <b>Agree</b> | <b>Neither agree nor disagree</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=596</b>                                     | 24.8                  | 57.5         | 10.0                              | 7.3             | <1.0                     | n/a               |
| B | I feel I belong to this local area <b>N=600</b>   | 27.5                  | 57.7         | 10.5                              | 4.0             | <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=600</b>          | 29.6                  | 50.4         | 13.9                              | 5.8             | <1.0                     | n/a               |
| D | I feel valued as a member of my community <b>N=596</b>  | 19.8                  | 54.6         | 19.2                              | 5.9             | <1.0                     | n/a               |
| E | Generally speaking, I can trust people in my local area <b>N=597</b>  | 24.9                  | 59.3         | 11.4                              | 4.3             | <1.0                     | n/a               |
| F | By working together, people in my neighbourhood can influence decisions that affect my neighbourhood <b>N=585</b> | 20.7                  | 57.8         | 14.1                              | 6.4             | <1.0                     | n/a               |
| G | If I have a problem, there is always someone to help me <b>N=597</b>  | 29.0                  | 58.9         | 7.9                               | 4.0             | <1.0                     | n/a               |

33. Do you ever feel isolated from family and friends? **CODE ONE ONLY [PREVIOUS] N=602**

|         |      |
|---------|------|
| Yes     | 5.7  |
| No      | 94.3 |
| Refused | n/a  |

34. Thinking back over the last 12 months, have you given up any time to help any clubs, charities, campaigns or organisations in an unpaid capacity? **CODE ONE ONLY [NEW] N=603**

|     |      |
|-----|------|
| Yes | 26.4 |
| No  | 73.6 |

35. Do you belong to any social clubs, associations, church groups or anything similar? **CODE ONE ONLY [NEW] N=603**

|     |      |
|-----|------|
| Yes | 24.0 |
| No  | 76.0 |

36. In the last 12 months, have you taken any of the following actions in an attempt to solve a problem affecting people in your local area? **SHOWCARD 11 AND CODE ALL THAT APPLY**  
**N=603**

|      |   |
|------|---|
| 10.7 | Contacted any media, organisation, council, councillor or MP                        |
| 5.8  | Attended a public meeting, tenants/residents group, protest meeting or action group |
| 1.3  | Organised a petition on a local issue   |
| 6.4  | There are no local problems   |
| <1.0 | Other, please specify   |
| 78.8 | None of the above   |
| n/a  | Don't know  |

37. What would you say is the main reason some people in this area live in poverty? **SHOWCARD 12 AND CODE ONE ONLY [NEW – BRITISH SOCIAL ATTITUDES SURVEY]** **N=569**

|      |  |
|------|--|
| 4.8  | An inevitable part of modern life              |
| 13.7 | Laziness or lack of willpower                  |
| 8.6  | Because they have been unlucky                 |
| 7.2  | Because of injustice in society                |
| 20.5 | Lack of jobs                                   |
| 29.6 | There is no one living in poverty in this area |
| 1.4  | Other, please specify                          |
| 14.3 | None of the above                              |
| n/a  | Don't know                                     |

38. Please look at the card I've given you and tell me what you think of the quality of services in your area? **SHOWCARD 13, READ OUT AND CODE ONE PER ROW [PREVIOUS]**

|   |   | Excellent | Good | Adequate/OK | Poor | Very Poor | Don't know |
|---|---|-----------|------|-------------|------|-----------|------------|
| A | Food shops<br><b>N=601</b>                  | 21.6      | 46.8 | 25.2        | 4.6  | 1.8       | n/a        |
| B | Local schools<br><b>N=576</b>               | 46.2      | 42.7 | 10.7        | <1.0 | 0.0       | n/a        |
| C | Public transport<br><b>N=580</b>            | 19.6      | 47.9 | 22.9        | 7.4  | 2.3       | n/a        |
| D | Activities for young people<br><b>N=507</b> | 12.2      | 34.4 | 27.5        | 22.5 | 3.4       | n/a        |
| E | Leisure / sports facilities<br><b>N=571</b> | 10.8      | 41.5 | 30.7        | 15.4 | 1.6       | n/a        |
| F | Childcare provision<br><b>N=406</b>         | 11.0      | 49.9 | 32.2        | 5.7  | 1.3       | n/a        |
| G | Police<br><b>N=559</b>                      | 10.1      | 49.5 | 28.9        | 9.1  | 2.4       | n/a        |

39. How much do you agree or disagree with the following statements about safety in this local area? **SHOWCARD 14, READ OUT AND CODE ONE PER ROW [PREVIOUS]**

|   |   | Strongly Agree | Agree | Neither agree nor disagree | Disagree | Strongly Disagree | Don't know |
|---|---|----------------|-------|----------------------------|----------|-------------------|------------|
| A | I feel safe using public transport in this local area <b>N=565</b>            | 30.5           | 61.0  | 6.9                        | 1.6      | 0.0               | n/a        |
| B | I feel safe walking alone around this local area even after dark <b>N=588</b> | 20.8           | 50.7  | 13.7                       | 13.1     | 1.7               | n/a        |

40. Could you tell me if you have been a victim of each of these crimes in the last year? Just to reiterate, your responses to this survey will remain confidential unless your permission is explicitly given. **SHOWCARD 15, READ OUT AND CODE ONE PER ROW. DO NOT ASK 'DOMESTIC VIOLENCE' IF THE PARTNER IS IN THE ROOM TOO – CODE AS REFUSED.**  
[NEW]

|  | Yes  | No    | Don't know | Refused |
|--|------|-------|------------|---------|
| Anti-social behaviour <b>N=602</b>         | 5.1  | 94.9  | n/a        | n/a     |
| Any type of theft or burglary <b>N=602</b> | 4.5  | 95.5  | n/a        | n/a     |
| Vandalism <b>N=602</b>                     | 2.4  | 97.6  | n/a        | n/a     |
| Domestic violence <b>N=597</b>             | <1.0 | >99.0 | n/a        | n/a     |
| Physical attack <b>N=602</b>               | <1.0 | >99.0 | n/a        | n/a     |

### **Section 7: About you and your household**

**These questions explore some details about you and your household.**

41. Now I'd like to ask you about the members of your household. How many people are there in this household (including yourself)? **N=598**

**12 WRITE NUMBER IN THE BOX:**

|      |      |
|------|------|
|      |      |
| Mean | 2.97 |

42. How many people living in your household are aged under 16?

**13 WRITE NUMBER IN THE BOX: N=599**

|      |      |
|------|------|
|      |      |
| Mean | 0.56 |

43. Interviewer to record gender: **N=603**

|        |      |
|--------|------|
| Male   | 46.9 |
| Female | 53.1 |

44. a) Please can you tell me your date of birth?

DD/MM/YYYY \_\_\_\_\_

(b) **IF YOU'D PREFER NOT TO ANSWER:** Would you mind indicating which age band you fit into? **SHOWCARD 16 AND CODE ONE ONLY**

- |    |         |
|----|---------|
| 1  | 16-19   |
| 2  | 20-24   |
| 3  | 25-29   |
| 4  | 30-34   |
| 5  | 35-39   |
| 6  | 40-44   |
| 7  | 45-49   |
| 8  | 50-54   |
| 9  | 55-59   |
| 10 | 60-64   |
| 11 | 65-74   |
| 12 | 75+     |
| 13 | Refused |

COMBINED RESPONSES FROM Q44a and Q44b: **N=595**

| 16-24 | 25+34 | 35-44 | 45-54 | 55-64 | 65-74 | 75+  |
|-------|-------|-------|-------|-------|-------|------|
| 13.7  | 10.7  | 16.0  | 20.2  | 16.4  | 12.0  | 10.9 |

45. Which of the following best describes your employment situation? **SHOWCARD 17 AND CODE ALL THAT APPLY N=594**

- |      |   |
|------|---|
| 31.3 | Employee in full-time job (35 or more hours per week)   |
| 17.6 | Employee in part-time job (less than 35 hours per week) |
| 1.1  | Employed on a zero hours contract                       |
| 2.7  | Self-employed – full or part time                       |
| 0.0  | Government supported training or employment             |
| 4.1  | Unemployed and available for work                       |
| 9.3  | Full-time education at school, college or university    |
| 1.0  | Part-time education at school, college or university    |
| 28.2 | Wholly retired from work                                |
| 7.4  | Looking after the family/home                           |
| 2.4  | Permanently sick/disabled                               |
| 0.0  | Other, please specify                                   |
| n/a  | Refused   |

**ASK Q46 WHERE CODED 11 AT Q45**

46. How long ago did you commence working on a zero hours contract? **CODE ONE ONLY [NEW]**  
**N=<5 (too few to code)**

|                            |  |
|----------------------------|--|
| In the past couple of days |  |
| In the past week           |  |
| In the past month          |  |
| In the past 3 months       |  |
| In the past 6 months       |  |
| In the last year           |  |
| Over a year ago            |  |
| Don't know                 |  |

**ASK ALL**

47. What is the highest level of educational qualifications you've obtained? **SHOWCARD 18 AND CODE ONE ONLY [PREVIOUS] N=588**

|   |   |      |
|---|---|------|
| A | School leaving certificate, National Qualification Access Unit  | 5.4  |
| B | 'O' Grade, Standard Grade, GCSE, GCE O Level, CSE, National Qualification Access 3 Cluster, Intermediate 1 or 2 Senior Certificate or equivalent, National 4 or 5 | 17.9 |
| C | GNVQ/GSVQ Foundation or Intermediate, SVQ Level 1 or 2, SCOTVEC/National Certificate Module, City and Guilds Craft, RSA Diploma or equivalent                     | 1.8  |
| D | Higher Grade, Advanced Higher, CSYS, 'A' Level, AS Level, Advanced Senior Certificate or equivalent   | 12.3 |
| E | GSVQ/GSVQ Advanced, SVQ Level 3, ONC, OND, Scotvec National Diploma, BTEC First Diploma, City and Guilds Advanced Craft, RSA Advanced Diploma or equivalent       | 2.8  |
| F | HNC, HND, SVQ Level 4, RSA Higher Diploma or equivalent   | 7.6  |
| G | First Degree, Higher Degree, SVQ Level 5  | 23.1 |
| H | Professional Qualifications e.g. teaching, accountancy  | 11.3 |
| I | Other school examinations not already mentioned   | 1.9  |
| J | Other post-school but pre-Higher education examinations/ Higher education qualifications not already mentioned, please specify                                    | <1.0 |
| K | No qualifications   | 15.7 |
| L | Refused   | n/a  |

## **Section 8: Welfare reform and the current economic situation**

**READ OUT: The UK government is making big changes to benefits and the way that they are paid.**

48. Have you or your household been affected by welfare reform? **CODE ONE ONLY [NEW] N=581**

|            |      |                  |
|------------|------|------------------|
| Yes        | 3.9  | <b>GO TO Q49</b> |
| No         | 96.1 | <b>GO TO Q50</b> |
| Don't know | n/a  | <b>GO TO Q50</b> |

49. Is your household...? **READ OUT AND CODE ONE ONLY [NEW] N=28**

|   |      |
|---|------|
| Financially better off under welfare reform | 0.0  |
| Financially worse off under welfare reform  | 74.4 |
| Made no difference                          | 25.6 |
| Don't know                                  | n/a  |

### **ASK ALL**

50. Do you feel in control of decisions that affect your life, such as planning your budget, moving house or changing job? **READ OUT AND CODE ONE ONLY [PREVIOUS] N=601**

|                |      |
|----------------|------|
| Definitely     | 77.9 |
| To some extent | 14.0 |
| No             | 8.2  |
| Don't know     | n/a  |

51. Have you spent money on any of the following in the last month? If so, when? **SHOWCARD 19, READ OUT SCALE AND CODE ONE PER ROW [NEW]**

|  | Yes in the last 24 hours | Yes more than 24 hours ago but within the last week | Yes, more than a week ago but in the last month | None  | Refused |
|--|--------------------------|---|---|-------|---------|
| Any Lottery/scratchcard <b>N=599</b>                                     | 3.8                      | 8.4   | 11.0  | 76.7  | n/a     |
| Bingo (not online) <b>N=597</b>  | <1.0                     | 0.0   | <1.0  | >99.0 | n/a     |
| Bookmakers <b>N=598</b>  | <1.0                     | 1.9   | 2.0   | 95.7  | n/a     |
| Casino <b>N=597</b>  | 0.0                      | 0.0   | <1.0  | >99.0 | n/a     |
| Any online (internet) gambling (including bingo, poker etc) <b>N=597</b> | <1.0                     | <1.0  | 1.0   | 97.8  | n/a     |
| Any other gambling – please specify <b>N=603</b>                         | 0.0                      | 0.0   | 0.0   | 100.0 | n/a     |

**ASK Q52 WHERE CODED 1-3 AT Q51.**

52. How much money have you spent in the last month on these activities? **CODE ONE ONLY**  
**N=155**

|                    |      |
|--------------------|------|
| Less than £1.00    | <5.0 |
| £1.01 to £5.00     | 30.5 |
| £5.01 to £20.00    | 49.9 |
| £20.01 to £50.00   | 13.0 |
| £50.01 to £100.00  | 5.3  |
| £100.01 to £250.00 | <5.0 |
| £250.01 to £500.00 | 0.0  |
| £500.01 +          | 0.0  |
| Don't know         | n/a  |
| Refused            | n/a  |

**ASK ALL**

53. How often, if at all, over the past year have you found it difficult to meet the cost of the following? **SHOWCARD 20 AND CODE ONE PER ROW [PREVIOUS – SLIGHTLY AMENDED]**

|   |  | Very Often | Quite Often | Occasionally | Never | Don't know | N/A | Refused |
|---|--|------------|-------------|--------------|-------|------------|-----|---------|
| A | Rent/mortgage <b>N=511</b>                         | <1.0       | 1.6         | 8.7          | 89.6  | n/a        | n/a | n/a     |
| B | Gas, electricity and other fuel bills <b>N=578</b> | <1.0       | 3.6         | 7.9          | 88.3  | n/a        | n/a | n/a     |
| C | Telephone or mobile phone bill <b>N=587</b>        | <1.0       | 1.4         | 4.9          | 93.2  | n/a        | n/a | n/a     |
| D | Council tax, insurance <b>N=579</b>                | <1.0       | 2.9         | 4.2          | 92.4  | n/a        | n/a | n/a     |
| E | Food <b>N=590</b>                                  | <1.0       | 2.0         | 6.0          | 91.9  | n/a        | n/a | n/a     |
| F | Treats <b>N=585</b>                                | <1.0       | 5.7         | 8.8          | 84.6  | n/a        | n/a | n/a     |
| G | Holidays <b>N=557</b>                              | 4.2        | 7.6         | 10.8         | 77.4  | n/a        | n/a | n/a     |
| H | Clothes and shoes <b>N=592</b>                     | 2.3        | 4.0         | 7.3          | 86.5  | n/a        | n/a | n/a     |
| I | Transport <b>N=586</b>                             | <1.0       | <1.0        | 5.6          | 93.1  | n/a        | n/a | n/a     |
| J | Credit card <b>N=446</b>                           | <1.0       | <1.0        | 2.3          | 96.9  | n/a        | n/a | n/a     |
| K | Loan repayments <b>N=409</b>                       | <1.0       | <1.0        | 2.7          | 96.7  | n/a        | n/a | n/a     |

54. 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 £1,000? **SHOWCARD 21 AND CODE ONE PER ROW [PREVIOUS]**

|   |                     | No Problem | A bit of a Problem | A big Problem | Impossible to Find | Don't know |
|---|---------------------|------------|--------------------|---------------|--------------------|------------|
| A | £20 <b>N=592</b>    | 97.5       | 2.5                | 0.0           | <1.0               | n/a        |
| B | £100 <b>N=591</b>   | 78.5       | 17.1               | 4.1           | <1.0               | n/a        |
| C | £1,000 <b>N=584</b> | 45.1       | 18.3               | 22.8          | 13.7               | n/a        |

55. Which of the following applies to your household? **SHOWCARD 22 AND CODE ONE ONLY**  
 [NEW] N=590

|      |   |
|------|---|
| 41.3 | Owner occupier / owned outright         |
| 40.4 | Owner occupier / buying with a mortgage |
| 7.1  | Rented from council                     |
| 1.3  | Rented from housing association         |
| 5.4  | Rented from a private landlord          |
| <1.0 | Shared ownership                        |
| 0.0  | Accommodation comes with the job        |
| 4.0  | Other _____ (please specify)            |
| n/a  | Don't know                              |

56. What proportion of your household income comes from state benefits? **SHOWCARD 23 AND CODE ONE ONLY** [PREVIOUS] N=578

|                      |      |
|----------------------|------|
| None                 | 67.4 |
| Very little          | 16.0 |
| About a quarter      | 3.9  |
| About a half         | 2.3  |
| About three quarters | 2.3  |
| All                  | 8.1  |
| Don't know           | n/a  |
| Refused              | n/a  |

57. Thinking of the total income of your household, which face on the scale indicates how you feel about the adequacy of that income? **SHOWCARD 24, IF DON'T KNOW PLEASE ENTER 997. IF REFUSED PLEASE ENTER 998.** [PREVIOUS] N=584

## 14 WRITE NUMBER IN THE BOX:

|          |          |          |          |          |          |          |
|----------|----------|----------|----------|----------|----------|----------|
| <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> | <b>6</b> | <b>7</b> |
| 32.5     | 29.9     | 24.1     | 8.1      | 3.6      | <1.0     | <1.0     |

58. Outside work, are you responsible for caring for someone on a day to day basis? – e.g. a disabled child, elderly person. (Do not include 'ordinary' childcare.) **CODE ONE ONLY**  
 [PREVIOUS] N=603

|     |      |
|-----|------|
| Yes | 3.3  |
| No  | 96.7 |

59. Which of the groups on this card best describes you? **SHOWCARD 25 AND CODE ONE ONLY**  
 [PREVIOUS] N=599

|  |  |      |
|--|--|------|
| <b>White</b>   |  |      |
| Scottish   |  | 84.0 |
| Other British  |  | 7.7  |
| Irish  |  | <1.0 |
| Gypsy/Traveller  |  | 0.0  |
| Polish   |  | <1.0 |
| Other White ethnic group, please specify                 |  | <1.0 |
| <b>Mixed</b>   |  |      |
| Any mixed or multiple ethnic background, please specify  |  | <1.0 |
| <b>Asian, Asian Scottish, or Asian British</b>           |  |      |
| Indian, Indian Scottish or Indian British                |  | 1.2  |
| Pakistani, Pakistani Scottish or Pakistani British       |  | 3.2  |
| Bangladeshi, Bangladeshi Scottish or Bangladeshi British |  | 0.0  |
| Chinese, Chinese Scottish or Chinese British             |  | 1.0  |
| Other, please specify                                    |  | 0.0  |
| <b>African</b>   |  |      |
| African, African Scottish or African British             |  | 0.0  |
| Other, please specify                                    |  | 0.0  |
| <b>Caribbean or Black</b>                                |  |      |
| Caribbean, Caribbean Scottish or Caribbean British       |  | <1.0 |
| Black, Black Scottish or Black British                   |  | 0.0  |
| Other, please specify                                    |  | 0.0  |
| <b>Other Ethnic group</b>                                |  |      |
| Arab, Arab Scottish or Arab British                      |  | <1.0 |
| Other, please specify                                    |  | <1.0 |
| Don't know   |  | n/a  |
| Refused  |  | n/a  |

60. Have you been discriminated against in the last year? **READ OUT AND CODE ONE ONLY**  
 [PREVIOUS] N=602

|                           |      |                  |
|---------------------------|------|------------------|
| No                        | 97.9 | <b>GO TO Q63</b> |
| Yes, occasionally         | 1.4  | <b>GO TO Q61</b> |
| Yes, on several occasions | <1.0 |                  |
| Prefer not to say         | n/a  | <b>GO TO Q63</b> |

61. Who discriminated against you? **SHOWCARD 26 AND CODE ALL THAT APPLY [PREVIOUS]**  
**N=12 (TOO FEW TO CODE)**

|                                  |     |
|----------------------------------|-----|
| Health care services             |     |
| College/school                   |     |
| Employer                         |     |
| Police/judicial system           |     |
| Social services                  |     |
| Shops/restaurants                |     |
| Bank/insurance company           |     |
| Landlord/housing office          |     |
| Close relative                   |     |
| Unknown person in a public place |     |
| Known person in a public place   |     |
| Other, please specify            |     |
| Prefer not to say                | n/a |

62. Why do you think you were discriminated against? **SHOWCARD 27 AND CODE ALL THAT APPLY [PREVIOUS]**  
**N=12 (TOO FEW TO CODE)**

|  |     |
|--|-----|
| Ethnic background                      |     |
| Gender                                 |     |
| Sexual orientation                     |     |
| Age                                    |     |
| Disability                             |     |
| Religion / faith / belief              |     |
| Because of the neighbourhood I live in |     |
| Accent                                 |     |
| Other, please specify                  |     |
| Don't know                             | n/a |
| Prefer not to say                      | n/a |

**ASK ALL**

63. Does your property have a working smoke alarm? **CODE ONE ONLY N=601**

|            |      |
|------------|------|
| Yes        | 94.2 |
| No         | 5.8  |
| Don't know | n/a  |

64. **INTERVIEWER TO COMPLETE:** Was the interview conducted in another language (other than English)? **CODE ONE ONLY [NEW] N=603**

|                             |       |
|-----------------------------|-------|
| No                          | 0.0   |
| Yes (specify language)..... | 100.0 |

## Scottish Health Records

- The National Health Service (NHS) maintains routine medical and other health records on all patients who use their services. These records include:
  - o Inpatient and outpatient visits to hospital, length of stay and waiting time.
  - o Information about specific medical conditions such as cancer, heart disease and diabetes.
  - o Details about registration with a general practitioner, and when people pass away, the date and cause of their death.
- We would like to ask for your consent to link your NHS health records with your survey answers.
- To link this information we need to send your name, address and date of birth to the Information Services Division (ISD) of NHS Scotland so they can identify your health records.
- By linking this information with the interview data the research is more useful as we can look at how people's lifestyle and circumstances can have an impact on their future and use of hospital services.
- This information will be confidential and used for statistical and research purposes only. The information will not identify you so it cannot be used by anyone treating you as a patient.
- By checking this box you are only giving permission for the linking of this information to routine administrative data and nothing else.
- You can cancel this permission at any time in the future by contacting BMG Research on 0800 358 0337. You do not need to give a reason to cancel this.

By checking this box, I give consent to BMG Research to pass my name, address and date of birth to NHSGGC and the Information Services Division of NHS Scotland: **ASK ALL – RECODE TO NO CONSENT IF DATE OF BIRTH IS NOT GIVEN AT Q44a.**

65. 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 and wellbeing? The partners are the Glasgow Centre for Population Health and the University of Glasgow. Should you agree, this follow-up research could take the form of a postal, telephone or face to face interview/questionnaire within the next 24 months. **N=603**

|                          |  |      |
|--------------------------|--|------|
| Yes, permission given    |  | 49.9 |
| No, permission not given |  | 50.1 |

As part of BMG Research's quality control process, my employer will wish to contact some of the people I have interviewed. This is to confirm that I have undertaken the interview in an appropriate manner, and according to market research practice. Could you please provide me with your name, confirm your address and provide me with a contact telephone number. This information will not be passed on, or used for any purpose other than our quality control processes unless you provided permission. Your details will be deleted as soon as our quality controls process ends.

**READ :** Thank you, those are all the questions I have.

If you are concerned about whether BMG is a genuine market research agency you can call the Market Research Society on 0500 396 999 during office hours. Finally I need you to verify that you have taken part in this survey and that I have accurately recorded your comments, by signing the following statement:

**IMPORTANT: TAKE CARE TO RECORD RESPONDENT NAME AND ADDRESS DETAILS ACCURATELY.**

|  |  |
|--|--|
| RESPONDENT'S NAME:                                       |  |
| ADDRESS: (Address Line 1)                                |  |
| (Address Line 2)   |  |
| (Address Line 3)   |  |
| (Postal Town)  |  |
| (County)   |  |
| POSTCODE: <b>(ESSENTIAL)</b>                             |  |
| TELEPHONE: (INCLUDING <b>STD</b> )<br><b>(ESSENTIAL)</b> |  |

**REMEMBER TO HAND OUT "THANK YOU" LEAFLET**