



**Summary  
Report**

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

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## 1. Introduction

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

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

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

### 1.1 Background

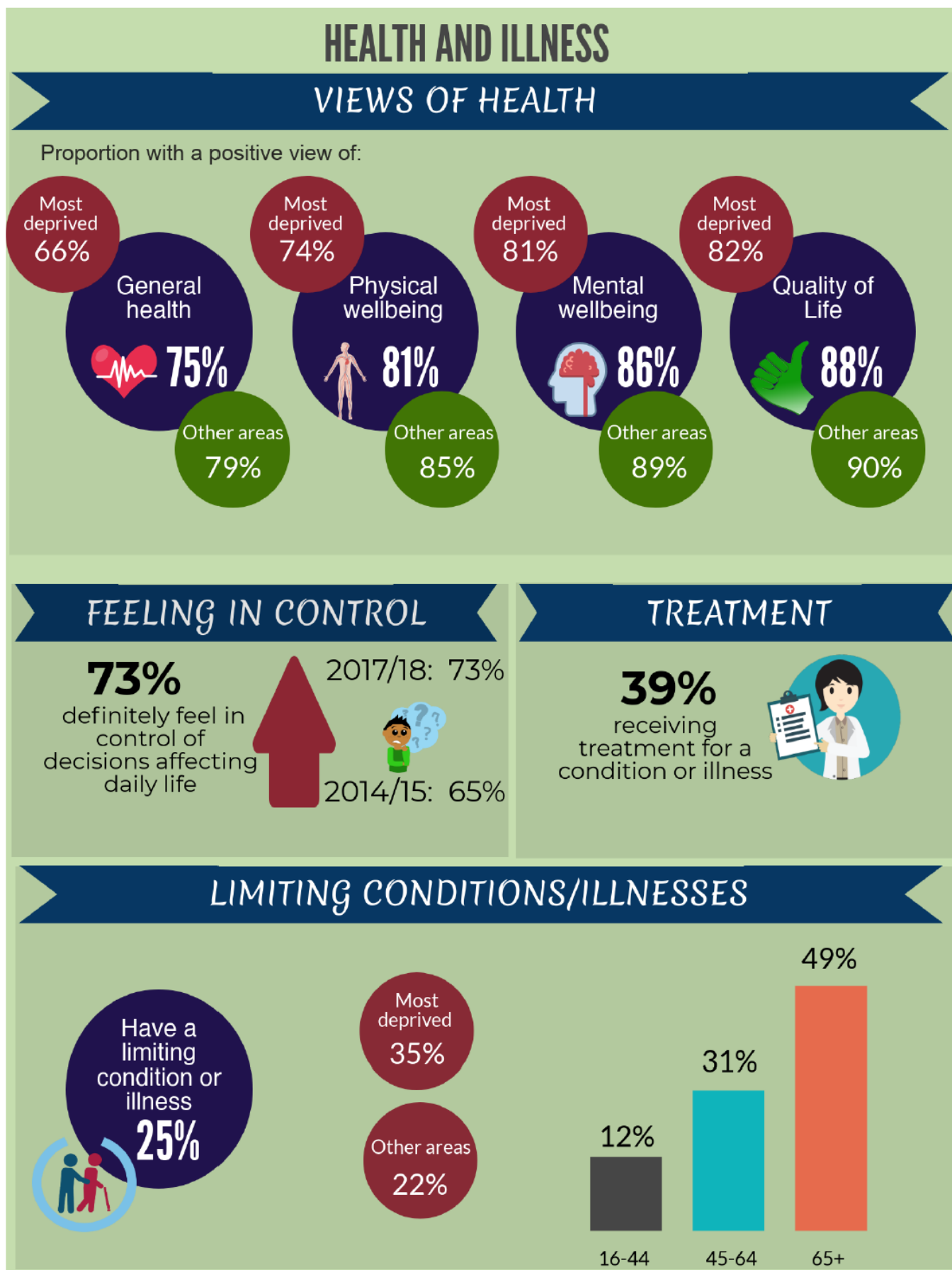
- The survey provides valuable information on the self perceived health and wellbeing of our residents, their health behaviours, attitudes, social health/social capital and financial wellbeing
- Cross sectional – a ‘snapshot in time’
- Random Stratified Sample
  - representative of the Health and Social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

### 1.2 Sample

- Total Sample Size 7,834
- Deprivation (SIMD 2016)
  - Most Deprived Areas 30%
  - Other Areas 70%
- Local Authority Area
  - East Dunbartonshire 1134
  - East Renfrewshire 194
  - Glasgow City 4520
  - Inverclyde 1196
  - Renfrewshire 600
  - West Dunbartonshire 190

**NHS Greater Glasgow and Clyde 2017/18 Adult Health and Wellbeing Survey  
(Main Report) <http://hdl.handle.net/11289/579899>**

## 2. Perceptions of Health and Illness



## **2.1 Summary of Key Messages - Perceptions of Health and Illness**

### **Differences by Age and Gender**

- The likelihood of having a positive view of general health, physical wellbeing and quality of life decreased with age.
- Those aged 25-44 were the most likely to definitely feel in control of the decisions affecting their life. Women were more likely than men to definitely feel in control of the decisions affecting their life.
- Women were more likely than men to have a limiting condition/illness or to be receiving treatment for at least one condition/illness.
- The likelihood of having a limiting condition/illness or receiving treatment for an illness/condition increased sharply with age.

### **Differences by Deprivation**

Those living in the most deprived areas were:

- less likely to have positive views of their general health, physical wellbeing, mental/emotional wellbeing and quality of life
- less likely to feel in control of the decisions affecting their life
- more likely to have a limiting condition/illness or to be receiving treatment for at least one condition.

### **Trends**

- There was little or no change since 2014/15 in the proportion who had a positive view of their general health, physical wellbeing, mental/emotional wellbeing or quality of life.
- There was a significant rise since 2014/15 in the proportion who definitely felt in control of the decisions affecting their life.
- There was a rise in the proportion who had a limiting condition or illness from 20% in 2014/15 to 25% in 2017/18. However, there was no significant change in the proportion who were receiving treatment for at least one illness/condition.

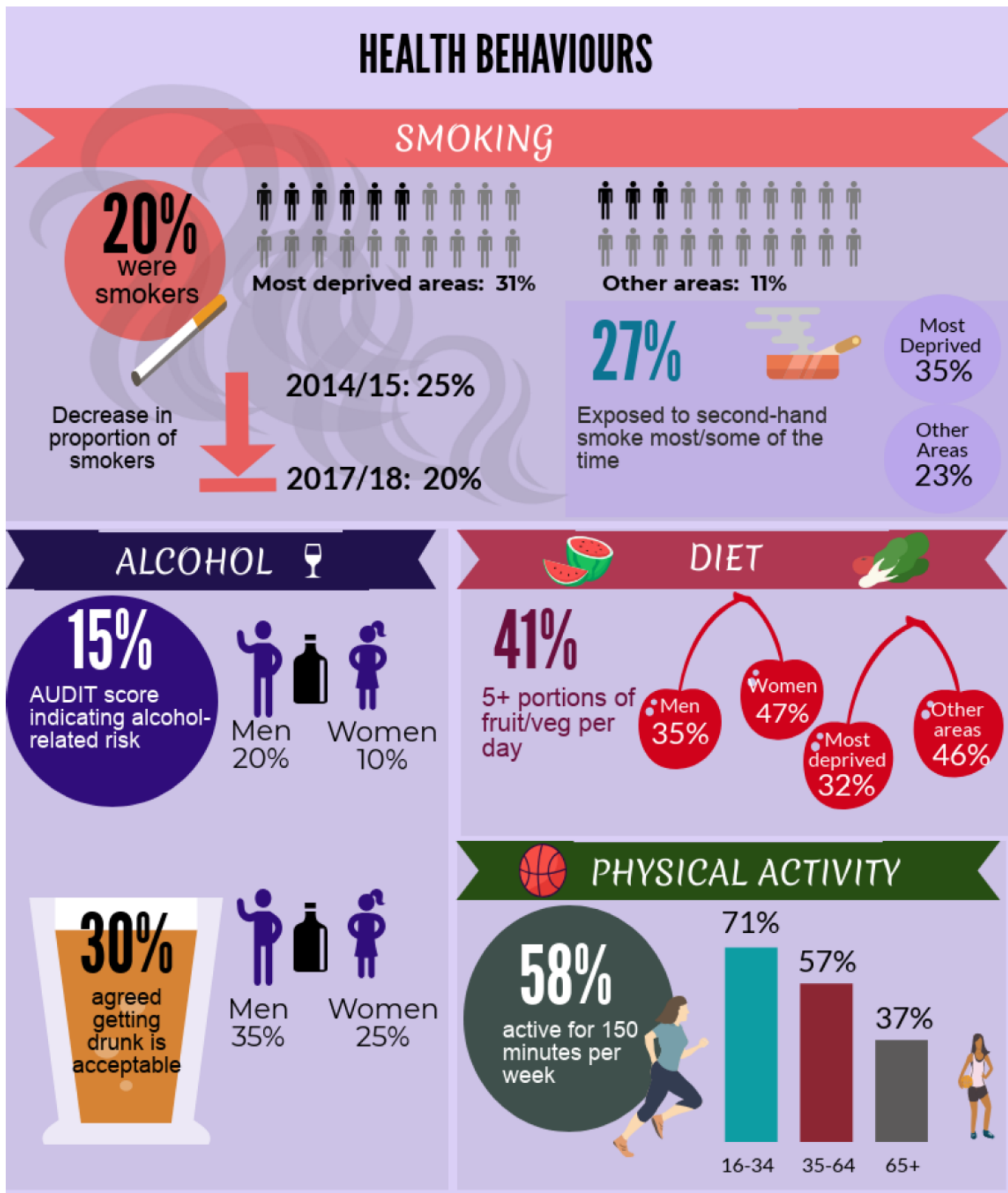
## 2.2 Key Indicators by Local Authority Area - Perceptions of Health and Illness

\* denotes significant difference to NHSGGC

	Positive View of General Health	Positive Perception of Physical Wellbeing	Positive Perception of Mental/ Emotional Wellbeing	Definitely feel in control of decisions affecting life
<b>NHSGGC</b>	<b>75.0%</b>	<b>81.5%</b>	<b>86.2%</b>	<b>72.7%</b>
Glasgow City	72.9%	79.1%*	83.9%	71.9%
East Dunbartonshire	84.4%*	88.0%*	90.9%*	70.1%
Inverclyde	73.8%	81.3%	84.5%	76.3%
Renfrewshire	79.7%*	86.0%*	89.4%*	74.8%

	Positive Perception of Quality of Life	Long-term Limiting Condition or Illness	Receiving Treatment for at Least One Condition
<b>NHSGGC</b>	<b>87.5%</b>	<b>25.5%</b>	<b>39.2%</b>
Glasgow City	85.1%*	28.6%*	41.4%
East Dunbartonshire	93.8%*	16.3%	30.6%*
Inverclyde	87.1%	29.9%*	40.9%
Renfrewshire	91.3%*	19.5%*	35.3%

### 3. Health Behaviours



### 3.1 Summary of Key Messages – Health Behaviours

#### Differences by Age and Gender

- Smoking was less common among those aged 75 or over than other age groups. Men were more likely than women to be smokers.
- Exposure to second hand smoke decreased with age. Men were more likely than women to be exposed to second hand smoke.
- Those aged 25-64 were more likely than those in younger or older age groups to drink alcohol. Men were more likely than women to drink alcohol.
- Among those who drank alcohol, the likelihood of binge drinking decreased with age. Among drinkers, men were more likely than women to binge drink.
- The likelihood of having an AUDIT score which indicated alcohol-related risk decreased with age. Men were more likely than women to have a score indicating risk.
- Among those who drank, the likelihood of drinking before a night out decreased with age.
- Women were more likely than men to meet the target of consuming five or more portions of fruit/vegetables per day.
- Those aged under 25 were the most likely to have takeaways, pies/pasties etc., crisps/nuts and sweets/chocolate at least weekly. Those aged 75 or over were the most likely to have cakes/biscuits/pastries and puddings/desserts at least weekly.
- Men were more likely than women to consume sugary drinks, pies/pasties etc., takeaways, readymade meals and shop bought coffee at least weekly. However, women were more likely than men to have cakes/biscuits/pastries or sweets/chocolates weekly.
- The likelihood of meeting the physical activity target of 150 minutes or more per week decreased with age. Men were more likely than women to meet this target.

## Differences by Deprivation

Those in the most deprived areas were:

- more likely to be smokers or to be exposed to second hand smoke, and more likely to use e-cigarettes
- less likely to drink alcohol - however, among those who did drink alcohol, those in the most deprived areas were more likely to drink before a night out
- less likely to meet the target of consuming five or more portions of fruit/vegetables per day.
- more likely to report at least weekly consumption of sugary drinks, pies/pasties, takeaways and readymade meals but less likely to consume puddings/desserts or shop bought coffee at least weekly.

## Trends

- There was a significant decrease between 2014/15 and 2017/18 in the proportion who were smokers and in the proportion who were exposed to second hand smoke.
- There was no significant change between 2014/15 and 2017/18 in the proportion who consumed five or more portions of fruit/vegetables per day.

## 3.2 Key Indicators by Local Authority Area – Health Behaviours

\* denotes significant difference to NHSGGC

	Current smokers	Exposed to second hand smoke	Drink alcohol	AUDIT score indicating risk
<b>NHSGGC</b>	<b>20.4%</b>	<b>26.5%</b>	<b>64.7%</b>	<b>14.5%</b>
Glasgow City	24.4%*	29.9%*	65.7%	17.0%*
East Dunbartonshire	12.2%*	23.5%*	61.6%	8.3%*
Inverclyde	20.3%	25.8%	67.9%	12.5%
Renfrewshire	15.4%*	28.4%	52.3%*	9.1%*

	Binge drinks (as % of drinkers)	Consumes 5+ portions fruit/veg per day	150 mins+ per week of physical activity
<b>NHSGGC</b>	<b>57.9%</b>	<b>41.4%</b>	<b>57.5%</b>
Glasgow City	61.6%*	38.8%*	64.8%*
East Dunbartonshire	54.7%	51.6%*	53.1%*
Inverclyde	56.2%	42.4%	48.3%*
Renfrewshire	47.2%*	45.9%*	47.4%*

4. Social Health

# SOCIAL HEALTH

## ISOLATION

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



Most deprived  
15%

Other areas  
10%

## BELONGING TO THE LOCAL AREA

82% Felt they belonged to their local area



Most deprived  
78%

Other areas  
83%

## FEELING VALUED

67% Felt valued as a member of their community



Men  
64%

Women  
70%



## EXPERIENCE OF CRIME

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



10% were a victim of any of 5 types of crime in the last year

Most deprived  
13%

Other areas  
9%

## FEELINGS OF SAFETY

77% Felt safe walking alone in their area



Men  
86%

Women  
68%

Most deprived  
68%

Other areas  
80%

## CARING

1 in 7 had caring responsibilities



## 4.1 Summary of Key Messages – Social Health

### Differences by Age and Gender

- Those aged 45-54 were the most likely to say they felt isolated from friends/family.
- Those aged 75 or over were the most likely to feel lonely, and women were more likely than men to feel lonely.
- Those aged 65 or over were the most likely to feel they belonged to their community, to feel valued as a member of their community, or to feel that local people can influence local decisions.
- Those aged under 55 were the most likely to have been discriminated against or to have been a victim of crime in the last year.
- Those aged 75 or over and women were less likely to feel safe walking alone in their area even after dark.
- Those in the youngest and oldest age groups were less likely than others to be concerned about social or environmental issues in their area.
- Those aged 55-64 were the most likely to be carers, and women were more likely than men to be carers.

### Differences by Deprivation

Those in the most deprived areas were:

- more likely to feel isolated or lonely
- less likely to feel they belonged to their community, feel valued as a member of their community or feel that local people could influence local decisions
- more likely to have experienced discrimination or been a victim of crime in the last year
- less likely to feel safe using public transport or walking alone in their area
- more likely to have a negative perception of social or environmental issues in their area

- less likely to give a positive rating on local schools, food shops, leisure/sports facilities, childcare provisions or activities for young people.
- more likely to be carers.

## **Trends**

- Between 2014/15 and 2017/18 there was an increase in the proportion who said they felt safe using local public transport and the proportion who said they felt safe walking in their area even after dark.
- There was no significant change between 2014/15 and 2017/18 in the proportion who felt they belonged to their local area, the proportion who felt valued as members of their community, the proportion who agreed that local people working together could influence local decisions, or the proportion with a positive perception of the adequacy of their income.

## 4.2 Key Indicators by Local Authority Area – Social Health

\* denotes significant difference to NHSGGC

	Isolated from family and friends	Felt Lonely in last 2 weeks (at least some of the time)	Feel belong to the local area
<b>NHSGGC</b>	<b>11.8%</b>	<b>17.3%</b>	<b>81.5%</b>
Glasgow City	15.2%*	19.5%*	75.9%*
East Dunbartonshire	7.2%*	15.9%	88.8%*
Inverclyde	9.2%*	17.5%	88.1%*
Renfrewshire	6.9%*	17.3%	88.0%*

	Feel valued as a member of the community	Feel local people can influence local decisions	Experienced discrimination
<b>NHSGGC</b>	<b>66.7%</b>	<b>74.8%</b>	<b>4.7%</b>
Glasgow City	61.2%*	69.5%*	6.7%*
East Dunbartonshire	75.5%*	84.2%*	2.1%*
Inverclyde	73.2%*	75.8%	2.0%*
Renfrewshire	73.8%*	80.7%*	2.6%*

	Feel safe using local public transport	Feel safe walking alone in local area even after dark	Has caring responsibilities
<b>NHSGGC</b>	<b>91.4%</b>	<b>76.5%</b>	<b>13.8%</b>
Glasgow City	90.2%	74.6%	14.4%
East Dunbartonshire	94.8%*	86.1%*	12.5%
Inverclyde	92.4%	76.2%	13.5%
Renfrewshire	92.5%	78.2%	15.5%

5. Social Capital

## SOCIAL CAPITAL

### RECIPROCITY

**80%** agreed "this is a neighbourhood where neighbours look out for each other"

Most deprived  
**73%**



Other areas  
**82%**

### TRUST

**81%** agreed "generally speaking, you can trust people in my local area"

Most deprived  
**71%**



Other areas  
**85%**

### LOCAL FRIENDSHIPS AND SOCIAL SUPPORT



**78%** valued local friendships



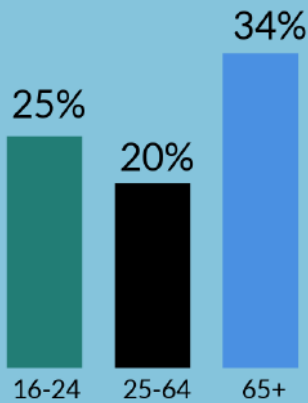
**86%** had a positive view of social support

Most deprived areas less likely to have positive views

### CLUBS/ASSOCIATIONS/GROUPS



**23%** belonged to clubs, associations or groups



### SOCIAL ACTIVISM

**6.5%** engaged in social activism

oldest and youngest least likely



Most deprived  
**4.2%**

Other areas  
**7.4%**

### VOLUNTEERING



**1 in 6** volunteered

volunteering less common in most deprived areas

## 5.1 Summary of Key Messages – Social Capital

### Differences by Age and Gender

- Those aged 65 or over were more likely to have a positive view of reciprocity or trust in their area, more likely to value local friendships and more likely to have a positive view of social support.
- Women were more likely than men to have a positive view of reciprocity, value local friendships or have a positive view of social support.
- Those aged under 25 were the most likely to volunteer.
- Those aged 65 or over were the most likely to belong to any clubs/associations.
- Those in the youngest and oldest age groups were less likely to have engaged in social activism in the last year.

### Differences by Deprivation

Those in the most deprived areas were:

- less likely to have positive views of reciprocity or trust
- less likely to value local friendships or have a positive view of social support
- less likely to volunteer, belong to clubs/associations or engage in social activism.

### Trends

- There was an increase between 2014/15 and 2017/18 in the proportion who had a positive perception of reciprocity and the proportion who had a positive perception of trust in their area.
- Among those in the most deprived areas, there was an increase between 2014/15 and 2017/18 in the proportion who valued local friendships.
- There was an increase between 2014/15 and 2017/18 in the proportion who had a positive perception of social support in their area, with the sharpest rise observed among those in the most deprived areas.

## 5.2 Key Indicators by Local Authority Area – Social Capital

\* denotes significant difference to NHSGGC

	Positive perception of reciprocity	Positive perception of trust	Value local friendships	Positive perception of social support
<b>NHSGGC</b>	<b>79.5%</b>	<b>80.9%</b>	<b>77.7%</b>	<b>86.1%</b>
Glasgow City	74.3%*	77.0%*	72.9%*	82.6%*
East Dunbartonshire	87.9%*	86.8%*	84.3%*	90.0%*
Inverclyde	85.7%*	83.8%*	81.2%*	89.8%*
Renfrewshire	85.2%*	84.6%*	76.6%	87.6%

	Volunteered in last year	Belong to clubs, associations or groups	Engaged in social activism in last year
<b>NHSGGC</b>	<b>17.8%</b>	<b>23.0%</b>	<b>6.5%</b>
Glasgow City	20.0%*	26.0%*	6.9%
East Dunbartonshire	20.2%	20.8%	9.4%*
Inverclyde	14.9%*	17.0%*	6.2%
Renfrewshire	9.9%*	17.4%*	3.3%*

## 6. Financial Wellbeing

# FINANCIAL WELLBEING

## STATE BENEFITS

1 in 7 received all income from state benefits



Most deprived  
27%

Other areas  
8%

## ADEQUACY OF INCOME



**75%**  
satisfied with household income

Most deprived  
62%

Other areas  
81%

## DIFFICULTY FINDING UNEXPECTED SUMS

10%  
Difficulty finding  
£35

44%  
Difficulty finding  
£165

80%  
Difficulty finding  
£1600

## DIFFICULTY MEETING NECESSARY EXPENSES



**29%**

difficulty meeting necessary bills and living expenses

Most deprived  
38%

Other areas  
25%

## FOOD INSECURITY



9%  
experienced food insecurity in last year

Most deprived  
13%

Other areas  
7%

Mild: 2.7%

Moderate: 2.3%

Severe: 3.7%

## **6.1 Summary of Key Messages – Financial Wellbeing**

### **Differences by Age and Gender**

- The proportion who received all household income from state benefits increased with age.
- Gambling was most common among those aged 55-64 and men were more likely than women to report spending money on gambling.

### **Differences by Deprivation**

Those in the most deprived areas were:

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

## 6.2 Key Indicators by Local Authority Area – Financial Wellbeing

\* denotes significant difference to NHSGGC

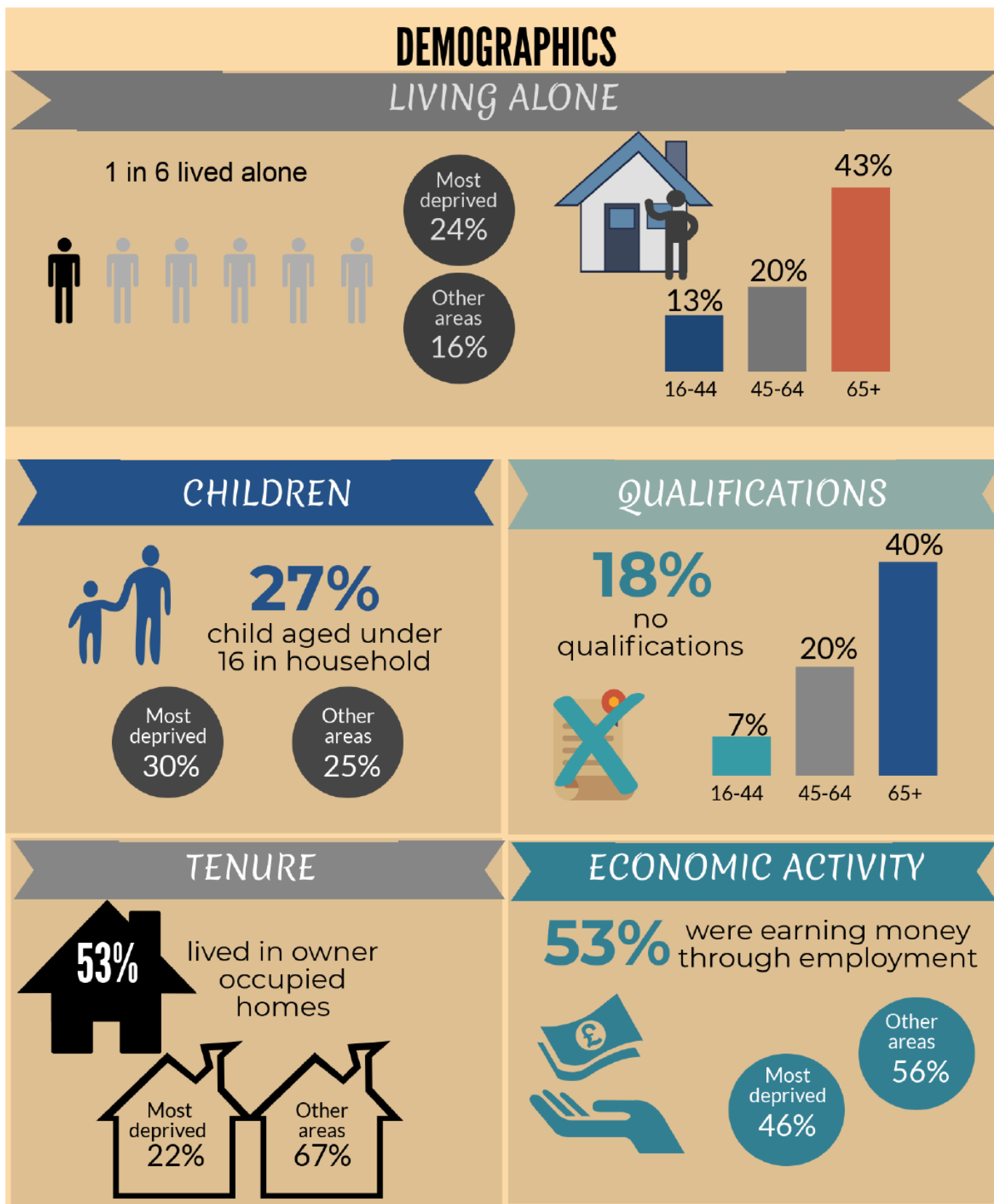
	All household income from state benefits	Positive perception of adequacy of household income	Difficulty meeting essential living costs
<b>NHSGGC</b>	<b>13.8%</b>	<b>75.3%</b>	<b>29.4%</b>
Glasgow City	17.2%*	68.1%*	30.1%
East Dunbartonshire	6.0%*	86.3%*	39.4%*
Inverclyde	17.2%*	78.3%*	32.0%
Renfrewshire	7.5%*	84.1%*	28.0%

	Problem finding £35	Problem finding £165	Problem finding £1,600
<b>NHSGGC</b>	<b>10.3%</b>	<b>43.8%</b>	<b>80.0%</b>
Glasgow City	12.5%*	46.4%*	83.7%*
East Dunbartonshire	5.0%*	38.9%*	71.4%*
Inverclyde	10.3%	43.0%	83.2%
Renfrewshire	8.4%	48.2%	81.8%

	Experienced benefits sanctions (based on those who receive benefits)	Experienced delay in benefit payments (based on those who receive benefits)
<b>NHSGGC</b>	<b>4.5%</b>	<b>6.6%</b>
Glasgow City	5.3%	7.7%
East Dunbartonshire	2.0%	7.2%
Inverclyde	1.1%*	2.3%*
Renfrewshire	4.8%	5.9%

	Experienced food insecurity in last year	Experienced severe food insecurity in last year
<b>NHSGGC</b>	<b>8.6%</b>	<b>3.7%</b>
Glasgow City	10.8%*	4.6%*
East Dunbartonshire	5.7%*	2.4%*
Inverclyde	7.0%	2.7%
Renfrewshire	6.0%*	2.8%

## 7. Demographics



## 7.1 Summary of Key Messages – Demographics

### Differences by Age and Gender

- The likelihood of living alone increased with age. Women were more likely to have children in their household.
- Those in the older age groups and women were more likely to say they had no qualifications.
- Those aged 35 or over were more likely to live in owner-occupied homes.
- Those aged 25-54 were the most likely to be economically active, and men were more likely than women to be economically active.

### Differences by Deprivation

Those in the most deprived areas were:

- more likely to live alone
- more likely to have children in their household
- more likely to say they had no qualifications
- less likely to live in owner-occupied homes
- less likely to be economically active.

## 7.2 Key Indicators by Local Authority Area – Demographics

**\* denotes significant difference to NHSGGC**

	No qualifications
NHSGGC	17.8%
Glasgow City	19.2%
East Dunbartonshire	14.1%*
Inverclyde	19.4%
Renfrewshire	20.6%*