

**Greater Glasgow Health &
Well-being Study 2005:
West Dunbartonshire Report**

Report prepared for
**GREATER GLASGOW & CLYDE NHS
BOARD AND THE WEST
DUNBARTONSHIRE PARTNERSHIP**

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INVESTOR IN PEOPLE

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1 INTRODUCTION

This report contains the findings of a research study carried out in 2005 by RBA Research Ltd (with Research Resource Ltd) on behalf of Greater Glasgow NHS Board (GGNHSB) and the West Dunbartonshire Partnership. It is part of a larger study covering the entire Greater Glasgow area. This report focuses solely on the results from West Dunbartonshire. The results of the main study can be found in a separate report.

1.1 *Background*

GGNHSB is operating to the NHS clinical priorities of cancer, coronary heart disease and stroke, mental health and services to children and young people. However, underpinning its work is its strong commitment to promote positive health and to reduce inequalities in health by developing initiatives that will:

- Strengthen individuals,
- Strengthen communities and encourage them to participate in decision-making on health services and budgets,
- Improve access to services and facilities, and ensure equity of access, particularly in deprived circumstances, and
- Encourage macro-economic and cultural change by addressing the underlying determinants of health and effecting policy change.¹

A number of recent strategic developments also have influenced GGNHSB action. They include:

- a. *Towards a Healthier Scotland*,² the government's White Paper on public health which established a national strategy for improving Scotland's health. The White Paper calls for a reduction in health inequalities, a focus on children and young people, and initiatives to reduce cancer and heart disease rates. It advocates improving the life circumstances that

¹ *The NHS in Greater Glasgow: Health Improvement Programme 1999-2004* (1999). Greater Glasgow NHS Board.

² *Working Together for a Healthier Scotland* (1999). White Paper. The Scottish Office Department of Health, Edinburgh.

impact on health, such as social inclusion, jobs, income, housing and education. In addition, lifestyles that lead to illness and premature death need to be addressed, such as lack of exercise, poor diet, smoking, and alcohol and drug misuse. It also calls for work to prevent accidents and to enhance oral, mental and sexual health. The white paper stresses the importance of having appropriate monitoring and evaluation mechanisms in place to assess the effectiveness of interventions and to provide the indicators and targets that will inform and assess progress in specific areas, as well as the progress towards the reduction of health inequalities between different socio-economic groups.

- b. *Creating Tomorrow's Glasgow*, the strategy of the Glasgow Alliance of which GGNHSB was a partner, outlined a plan to re-establish Glasgow as a competitive city attracting and retaining jobs, people and opportunities. GGNHSB has taken the lead role in ensuring that the health and well-being objective - that Glasgow will be a city where all citizens have the knowledge, services and support to live a safe, active and healthy life by 2010 - is met. The initial health priorities for the Alliance were: children's health, mental health, tobacco, physical activity, and drug and alcohol misuse. These have since been identified as continuing priorities in the Glasgow Community Plan (2005).
- c. *Social Inclusion* has become a major strand of government policy, a key component of which was the creation of Social Inclusion Partnerships (SIPs). The Scottish Executive's strategy³ outlines a framework for tackling poverty and injustice and establishes a number of milestones relevant to SIP strategies. SIPs either work in a geographical area or with a particular issue or population group to prevent social exclusion through innovative partnership approaches. Eleven area-based SIPs (9 in Glasgow City, 1 in Cambuslang/Rutherglen and 1 in Clydebank) and three population-based SIPs had been designated in Greater Glasgow in 1999. Since the baseline survey was conducted, three small SIPs (Toryglen, Penilee and Dumbarton Road Corridor) have been designated under the direction of Glasgow City Council.

³ *Social Justice, a Scotland where everyone matters* (1999). Scottish Executive, Edinburgh.

d. *Community planning through partnership working* has been a strategy guiding work recently both within Glasgow and in North and South Lanarkshire, East and West Dunbartonshire and East Renfrewshire. In July 2004, a new £104 million Community Regeneration Fund was established to bring improvements to deprived areas and replaces the existing SIP and Better Neighbourhood Services Fund (BNSF) programmes. This fund's main purpose is to achieve one of the six 'Closing the Opportunity Gap' objectives: "regenerating the most disadvantaged neighbourhoods, so that people living there can take advantage of job opportunities and improve their quality of life". As a result, the fund focuses on the most deprived 15% of areas (datazones) identified by the Scottish Index of Multiple Deprivation (SIMD) 2004. Community Planning Partnerships have developed a 3-year framework to deliver this objective. In Glasgow City, there will be an additional 80,000 people who live in the most deprived 15% of areas that were not previously designated as SIPs.

Strategic themes of the above developments are:

- A focus on children and young people,
- An emphasis on local working within communities to address local needs and issues,
- Increased attention to the prevention of problems, particularly through working with those at highest risk, and
- A need to establish and maintain strong partnerships with other agencies.

The impact of these policy initiatives on the health and well-being of the GGNHSB population requires careful and systematic monitoring over time, hence the requirement for this series of surveys. In 1999, a baseline study was carried out by MVA Scotland, with a view to measuring core health indicators. Interviews were conducted with 1,693 GGNHSB residents aged 16 and over. The primary aim of the study was to provide baseline data in order to monitor change over time in both SIP and non-SIP areas along a variety of health-related measures. As a result of findings from the baseline study, GGNHSB has set priorities to ensure investment is in place to meet the greatest need.

Some of the indicators established during the baseline study were those required to assess progress towards the Public Health White Paper's targets. Examples include:

- % of 45-54 year olds with no natural teeth,
- % current smokers, aged 16-64,
- % exceeding the recommended weekly alcohol limits,
- % aged 16-64 who achieved recommended moderate exercise level,
- % meeting Scottish Diet target on daily fruit and vegetable consumption.

Other indicators were developed to inform local service delivery. Examples include:

- % reporting a long-standing illness/condition that interferes with daily living,
- % perceiving health as excellent or good.

The baseline study identified baseline measures on the core indicators and explored the relationship between different aspects of life and various measures of the physical and mental health and quality of life of the population. Further statistical analysis was commissioned from the Information and Statistics Division (ISD) to identify the relative influence of the different aspects of life on perceived physical health, perceived mental health and quality of life.

The first follow-up of the baseline study was conducted in 2002 by RBA Research, and consisted of 1,802 interviews (including 119 in West Dunbartonshire). This study provided an opportunity to monitor the core indicators and assess changes over time for the total GGNHSB population, as well as for those living in SIP and non-SIP areas. The questionnaire used for the 1999 study was used as the basis for the 2002 study, but was revised by the advisory group to counteract some of the problems encountered in 1999. Core questions, however, remained the same to enable changes to be tracked over time.

The results of the study were relevant not only to the NHS, but also to a range of partners whose activities contribute to improving the health, well-being and quality of life of people throughout the Greater Glasgow area. Some of the main findings of the follow-up illustrated:

- The impact of health inequalities and the effect of poverty and deprivation on health, with people in SIP areas recording less favourable responses in almost all aspects of health,
- Evidence of improvements in health since the baseline survey in 1999,
- Encouraging indications that the policy of working in partnership and targeting resources and efforts to SIP areas is resulting in positive changes in both lifestyle behaviours and life circumstances,
- In some aspects of health, the inequality gap between SIP and non-SIP areas is narrowing.

This research was developed and commissioned in early 2005. Later in 2005 a neighbouring health board, NHS Argyll and Clyde, was dissolved. Part of this health board will now come under the boundary of a new health board, NHS Greater Glasgow and Clyde, which takes in the entire former Greater Glasgow NHS Board area and part of the former Argyll and Clyde area.

1.2 Objectives

As noted above, the study reported here is the second follow-up of the 1999 baseline Health and Well-being Study. It provides the opportunity to continue to monitor the core indicators and assess changes over time. The timing also allows the study to provide baseline data for the newly-defined regeneration outcome areas (ROAs), which can be tracked in future follow-ups. The intention is to continue carrying out follow-up surveys every three years.

A working group established to facilitate this study has members who have extensive experience with survey research and includes Senior Research Officers from Health Promotion and Information Services and a representative from the Glasgow Centre for Population Health.

The identified objectives of the study are:

1. To continue to monitor the core health indicators in the total GGNHSB population
2. To determine whether the changes found in the first follow-up were the beginning of a trend
3. To compare the attitudes and behaviour of those living in SIP areas with those living in non-SIP areas, and assess whether changes in attitudes and behaviour apply across the board, or just in SIP/non-SIP areas, thereby tracking progress towards reducing health inequalities
4. To compare attitudes and behaviour of those living in the most deprived 15% datazones with those living elsewhere, and use this analysis as a baseline for tracking progress towards reducing health inequalities in the future

1.3 Summary of Methodology

On the main survey, 1,934 face-to-face, in-home interviews were conducted with adults (aged 16 or over) in the GGNHSB area. Of these, 111 (6%) were in West Dunbartonshire, i.e. in proportion to the West Dunbartonshire population. To allow area-based analysis, a West Dunbartonshire booster sample was designed, which resulted in a further 505 interviews. In total, therefore, 616 interviews were carried out in West Dunbartonshire, and the results in this report are based on this sample of 616. At the time of the survey, West Dunbartonshire (Dumbarton and Vale of Leven) fell within NHS Argyll and Clyde, while the Clydebank area fell within NHS Greater Glasgow.

The fieldwork was carried out by Research Resource Ltd, under the guidance of RBA Research.

The fieldwork was conducted between 13 August and 11 December 2005. The response rate for all in-scope attempted contacts for the main sample was 72%, and for the West Dunbartonshire booster sample it was 74%.

The sample was stratified proportionately by local authority and DEPCAT (for definition of DEPCAT see Section 1.4), with addresses selected at random within each stratum. Adults were randomly selected within each sampled household.

A full account of the sampling procedures, fieldwork and survey response can be found in Appendix A. The survey questionnaire is in Appendix D.

1.4 Sample Profile

The 616 completed interviews were weighted to account for under / over representation of groups within the sample to ensure the 2005 sample was as representative as possible of the adult population in West Dunbartonshire. A full explanation of the weighting method and the data sources used can be found in the report for the main survey. The breakdown of the final weighted dataset - and how this compares with the known population profile - is shown in Tables 1.1 - 1.3.

Table 1.1: Age and gender breakdown

Base: All (616)

Age	Men % of sample	Women % of sample	Total % of sample	W Dunbartonshire % of 16+ population*
16-24	5.9	7.3	13.1	14.0
25-34	8.1	9.2	17.3	16.9
35-44	9.5	10.6	20.1	19.5
45-54	8.5	8.7	17.1	16.8
55-64	6.2	7.3	13.5	13.2
65-74	4.0	6.5	10.5	11.0
75+	3.0	5.3	8.3	8.7

* Census data are provided in age bands, which were used to calculate these figures. In the published census data there is a '15-19' age band, but no '16-19' age band. The figures in tables 1.1 and 1.2 have been calculated by taking 80% of the 15-19 age band and assuming this to be the size of the 16-19 age band.

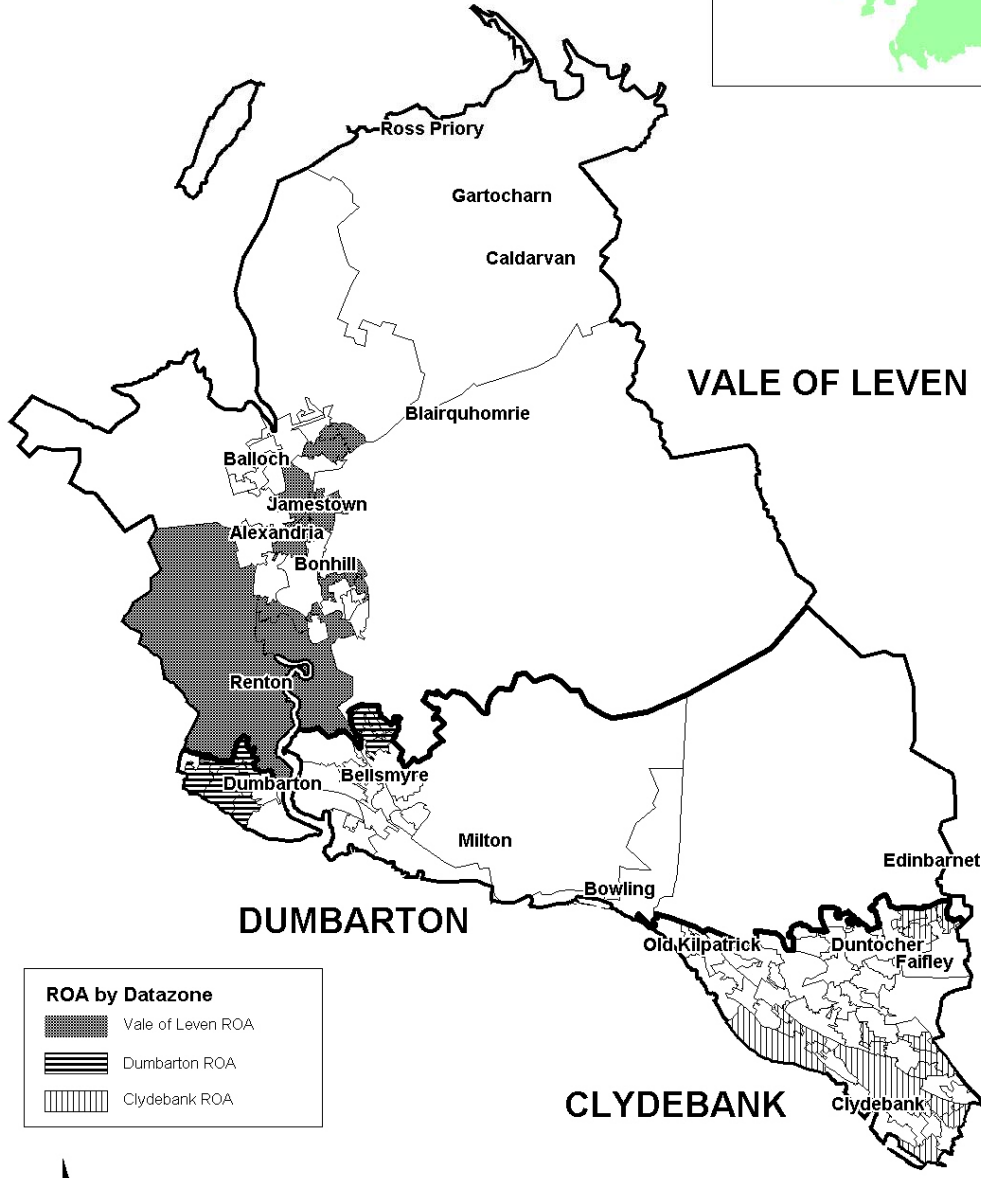
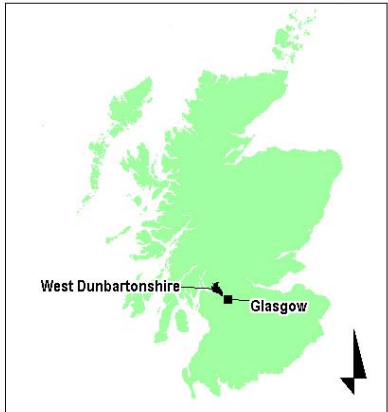
The sample was designed so that sufficient interviews were achieved to allow separate analysis by Regeneration Outcome Area (ROA) within the three settlements in West Dunbartonshire (Clydebank, Dumbarton and Vale of Leven). In practice, this meant over-sampling those in ROAs, and weighting them back to their correct proportions during analysis (see Appendix B for further information on weighting).

Table 1.2: Breakdown by ROA/non-ROA area

Base: All (616)

Area	% of sample	W Dunbartonshire % of 16+ population
Clydebank ROA	14.5	14.3
Clydebank non-ROA	33.4	33.4
<i>Clydebank total</i>	<i>48.0</i>	<i>47.7</i>
Dumbarton ROA	7.2	7.1
Dumbarton non-ROA	16.8	17.3
<i>Dumbarton total</i>	<i>23.9</i>	<i>24.4</i>
Vale of Leven ROA	10.0	9.7
Vale of Leven non-ROA	18.1	18.2
<i>Vale of Leven total</i>	<i>28.1</i>	<i>27.9</i>
ROA total	31.6	31.1
Non-ROA total	68.4	68.9

Map 1
 West Dunbartonshire Council
 Vale of Leven, Dumbarton & Clydebank Settlements
 showing ROA Areas



ROA by Datazone	
	Vale of Leven ROA
	Dumbarton ROA
	Clydebank ROA

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1.5 This Report

Chapters 2-6 report on all the survey findings, with each subject chapter containing its own summary.

Analysis by deprivation uses ROA areas as the definition of 'deprived'. If ROA respondents are not mentioned in the text, it means, on that measure, there is no significant difference between those living in ROA areas and those living elsewhere.

To help explain the ROA / non-ROA variations, the data have been analysed by age and gender within ROA / non-ROA areas. Please note that this analysis has been carried out across all three settlements, because the sample sizes for ROA/non-ROA respondents within settlement are too small for separate analysis. Table 1.3 below shows the base sizes involved in this analysis:

Table 1.3: Unweighted base sizes for age/gender analysis

	ROA	Non-ROA
Male	122	112
Female	179	203
Aged under 45	146	140
Aged 45-64	90	121
Aged 65+	65	54

For many indicators, tables are presented showing the proportion of the sample which met the criteria broken down by demographic (independent) variables. In the text, however, only those independent variables which were found to be significantly different ($p < 0.05$) are mentioned.

A full set of chi-square probability values and t-test calculations for each core indicator by all demographic variables is in Appendix C.

1.6 Acknowledgements

First and foremost, we would like to thank the 616 West Dunbartonshire residents who gave up their time to be interviewed for this study. Without them, there would be no study!

At Greater Glasgow NHS Board and the Glasgow Centre for Population Health, we would like to thank the project Steering Group: Evelyn Borland, Allan Boyd, Russell Jones, Ruth Kendall, Margaret McGranachan, John Thomson, Julie Truman and latterly Norma Greenwood and Phil White. Their enthusiasm for the project, depth of knowledge and support is much appreciated.

The team at Research Resource did a sterling job of collecting and processing the data for this challenging project. The response rate in 2005 is the best so far in this series of research studies, and the whole team is to be congratulated for this achievement. In particular, our thanks go to Elaine MacKinnon, Kirsty Martin and Lorna Shaw.

In addition to the named authors of this report (below), we would like to acknowledge the contribution of the whole RBA team, in particular Cathy Burton, the project manager who kept us all on track, and Alan Middleton, who carried out the painstaking task of double-checking all the figures.

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June 2006

2 PEOPLE'S PERCEPTIONS OF THEIR HEALTH & ILLNESS

2.1 Chapter Summary

Table 2.1 shows all indicators relating to perceptions of health and illness, and shows how the West Dunbartonshire results compare with those of Greater Glasgow as a whole. On all measures shown in this table, the West Dunbartonshire results are less positive than the results for Greater Glasgow as a whole. Within West Dunbartonshire, the results for those in ROA areas tend to be less positive than for those living elsewhere.

Table 2.1: Indicators for perceptions of health and illness

	GGNHSB	West Dunbartonshire		
		Total 616	ROA 301	Non-ROA 315
<i>Base: All. Unweighted base:</i>	1,934			
Self-perceived health excellent or good (Q1)	68.4%	64.4%	57.4%	67.6%
Positive perception of general physical well-being (Q28b)	80.2%	68.6%	56.3%	74.2%
Positive perception of general mental or emotional well-being (Q28c)	83.6%	74.9%	62.1%	80.8%
Positive perception of happiness (Q46d)	85.8%	80.7%	68.4%	86.4%
Positive perception of quality of life (Q28a)	83.2%	74.9%	65.8%	79.1%
Feels in control of decisions affecting life (Q45)	96.2%	94.3%	88.4%	97.1%
Have illness or condition affecting daily life (Q3)	21.6%	26.2%	29.5%	24.6%
Total number of conditions currently receiving treatment for (Q2):				
	0	58.2%	52.7%	46.8%
	1	23.8%	27.0%	33.2%
	2	10.7%	13.2%	12.6%
	3 or more	7.3%	7.2%	7.4%
Mean number of conditions for which currently receiving treatment (based on those with at least one condition: n=966 in GG; 333 in W Dun, 177 in ROA areas, 156 in non-ROA areas)	1.73	1.72	1.70	1.74
GHQ-12 score of 4 or above (indicating poor mental health) (Q11)	12.4%	18.8%	28.4%	14.4%
Have some/all of own teeth (Q7)	85.8%	82.2%	78.4%	83.9%
Aged 45-54 years with no natural teeth (Q7) (base: n=308 in GGNHSB; 119 in W Dun, 50 in ROA areas, 69 in non-ROA areas)	6.7%	8.7%	13.3%	6.8%
Brushes teeth twice a day or more (Q7a) (based on those with at least some of their own teeth: n=1,563 in GG; 486 in W Dun; 231 in ROA areas, 255 in non-ROA areas)	66.9%	64.2%	61.3%	65.4%

2.2 Self-perceived Health & Well-being

2.2.1 General Health

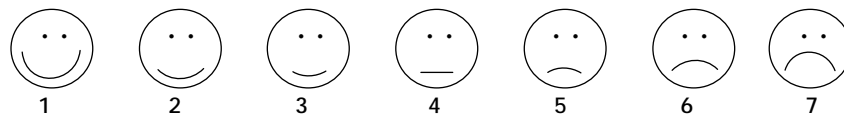
Respondents were asked to describe their general health using a four-point scale (excellent, good, fair, poor). Most (64%) have a positive view, with 25% saying 'excellent' and 39% 'good'.

There is a link between deprivation and self-perceived health and well-being, with just 57% of ROA respondents holding a positive view, compared with 68% of non-ROA respondents.

The variation between ROA and non-ROA respondents is mainly due to men and those aged under 45. Just 57% of men in ROA areas are positive about their general health, compared with 71% of men in non-ROA areas. Similarly, 73% of under-45s in ROA areas are positive, compared with 90% of under-45s in non-ROA areas. Among women and those in the 45+ age groups, there is no significant difference between ROA and non-ROA respondents.

2.2.2 Components of Health & Well-being

Respondents were asked to rate different components of their health and well-being, using a 'faces' scale. The scale consisted of seven faces representing different perceptions, ranging from very happy to very unhappy:



Using this scale, they were asked to rate their:

- General physical well-being
- General mental or emotional well-being
- Happiness
- Overall quality of life

Those selecting any of the three 'smiling' faces (1-3) were categorised as having a positive perception.

Overall, seven in ten (69%) rate their **general physical well-being** positively. Those living in ROAs tend to be less positive (56%, compared with 74% in non-ROA areas). This is especially true in Clydebank (53% of Clydebank ROA respondents are positive, compared with 76% of non-ROA Clydebank respondents). The variation between ROA and non-ROA respondents applies to both men and women, but only to the under 45s.

Overall, three-quarters (75%) rate their general **mental or emotional well-being** positively. In ROA areas, only 62% are positive compared to 81% in non-ROA areas. This applies in all three settlements (59% of Clydebank ROA respondents are positive, compared with 80% of Clydebank non-ROA respondents; 58% of Dumbarton ROA respondents are positive compared with 75% of Dumbarton non-ROA respondents; 70% of Vale of Leven ROA respondents are positive, compared with 88% of Vale of Leven non-ROA respondents). Again, the variation between ROA and non-ROA respondents applies to both men and women, but only to those aged 45.

Overall, eight in ten (81%) rate their **happiness** positively. In ROA areas, however, this figure is only 68%. The difference between ROA and non-ROA respondents applies only in Clydebank and Dumbarton (56% of Clydebank ROA respondents and 70% of Dumbarton ROA respondents); those in Vale of Leven ROA are broadly in line with the overall figure at 83%. The variation between ROA and non-ROA respondents applies to both men and women, and to both under 45s and over 45s.

Across the sample as a whole, three-quarters (75%) rate their **overall quality of life** positively. In ROA areas, however, only 66% are positive, compared with 79% in non-ROA areas. Again, this difference applies only in Clydebank and Dumbarton (56% of Clydebank ROA respondents and 70% of Dumbarton ROA respondents are positive compared with 84% of Clydebank non-ROA respondents and 86% of Dumbarton non-ROA respondents).

The variation between the perceived quality of life of ROA and non-ROA respondents is mainly due to women and those aged under 45. Just 66% of female ROA respondents are positive about their quality of life, compared with 83% of female non-ROA respondents. Similarly, just 66% of ROA respondents aged under 45 are positive, compared with 86% of non-ROA respondents aged under 45. Among men and those in the 45+ age groups, there is no significant difference between ROA and non-ROA respondents.

Respondents were asked whether they **feel in control of decisions** that affect their lives, such as planning a budget, moving house or changing job. Most (94%) say they feel in control of these decisions (64% say 'definitely' and 30% 'to some extent'). Those living in ROA areas are less likely to feel in control (88% say they do to at least some extent, but only 51% feel *definitely* in control).

The difference between ROA and non-ROA respondents applies in all three areas, to both men and women, and to both under and over 45s.

2.3 Illness

2.3.1 Long-term Condition or Illness

A quarter (26%) report having a long-term condition or illness that interferes with day-to-day activities.

Although the combined data show no significant differences between ROA and non-ROA respondents for long-term conditions or illness, Clydebank ROA respondents are significantly more likely than those living in other parts of Clydebank to report a long-term condition or illness (39% and 25% respectively). There is also a significant difference for those aged under 45 (17% of ROA respondents aged under 45 have a long term condition or illness, compared with just 5% of non-ROA respondents aged under 45).

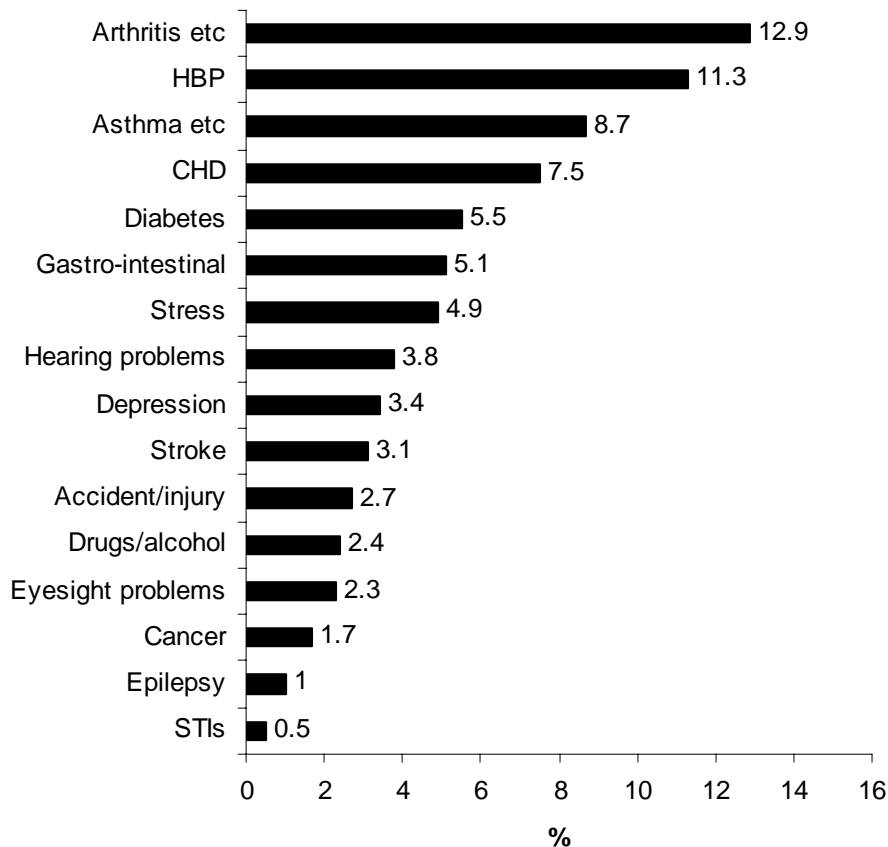
2.3.2 Illnesses/Conditions Being Treated

Just under half (47%) say they are currently being treated for at least one illness or condition. Just over a quarter (27%) say they are being treated for one illness/condition, 13% say they have two and 7% report three or more. Among those with at least one condition, the mean number of conditions is 1.72.

Chart 2.1 shows the conditions reported by 0.5% or more of West Dunbartonshire residents. It illustrates that the most commonly-reported conditions are: arthritis/rheumatism/painful joints (12.9%) and high blood pressure (11.3%). Asthma/bronchitis/persistent cough (8.7%) and coronary heart disease (7.5%) are also relatively widespread.

Chart 2.1: Illnesses/conditions for which treatment is being received (Q2)

Base: All (616)



Although there is not an overall significant difference between ROAs and non-ROAs for long-term conditions or illness, when limited to those aged under 45, a significant difference is observed (35% of those aged under 45 in ROA areas say they are receiving treatment for at least one condition, compared with just 21% of those aged under 45 in non-ROA areas).

2.3.3 Mental Health

The method used to assess mental health was the GHQ-12 scale, which is a validated method of measuring general psychosocial well-being. A score of 4 or more on this scale (range: 0-12) indicates poor mental health. By this measure, one in five West Dunbartonshire respondents overall (19%) have poor mental health.

Those living in the ROAs are twice as likely as non-ROA respondents to have poor mental health (28% and 14% respectively have a GHQ-12 score of 4+). The variation between ROA and non-ROA areas applies to Clydebank and Dumbarton, but not in Vale of Leven. The variation is observed for both men and women, and to both under and over 45s.

2.4 Oral Health

Overall, 82% of West Dunbartonshire respondents say they have some (25%) or all (57%) of their own teeth. Currently, 8.7% of West Dunbartonshire respondents aged 45-54 say they have no natural teeth, against the Towards Healthier Scotland target of 5% by 2010.

Fewer than two-thirds of those with at least some of their own teeth (64%) say they brush their teeth at least twice a day.

3 THE USE OF HEALTH SERVICES

3.1 Chapter Summary

Table 3.1 shows all indicators relating to use of health services, and shows how the West Dunbartonshire results compare with Greater Glasgow as a whole. West Dunbartonshire respondents tend to make heavier use of health services. They are also more likely to report having difficulty accessing certain health services. Those in ROA areas tend to be less positive about their opportunities to have a say in how health services are delivered. They are also more likely to report difficulty in getting GP consultations within 48 hours and getting to hospital for appointments.

Table 3.1: Indicators for use of health services

	GGNHSB	West Dunbartonshire		
		Total	ROA	Non-ROA
<i>Base: All. Unweighted base:</i>	1,934	616	301	315
Seen a GP at least once in last year (Q4a)	78.0%	84.0%	85.3%	83.4%
Out-patient to see a doctor at least once in last year (Q4c)	22.7%	26.3%	27.4%	25.8%
Accident & Emergency at least once in last year (Q4b)	14.4%	19.8%	22.6%	18.5%
Hospital stay at least once in last year (Q4d)	13.0%	18.6%	17.4%	19.2%
Been to the dentist in last 6 months (Q8)	44.8%	46.3%	45.3%	46.7%
Registered with a dentist (Q6)	79.3%	76.3%	71.6%	78.5%
Given adequate info about condition/treatment (Q5a)	78.6%	78.0%	81.1%	76.6%
Feel that views and circumstances are understood & valued (Q5d)	71.0%	70.7%	75.8%	68.4%
Encouraged to participate in decisions affecting health or treatment (Q5b)	72.1%	68.8%	65.3%	70.5%
Have a say in how services are delivered (Q5c)	61.9%	54.3%	47.9%	57.3%
Difficulty getting GP appointment (Q10a)	11.1%	20.2%	24.7%	18.0%
Difficulty accessing health services in an emergency (Q10b)	5.2%	11.3%	14.7%	9.8%
Difficulty getting hospital appointment (Q10c)	8.8%	10.2%	11.6%	9.5%
Difficulty reaching hospital for an appointment (Q10d)	14.6%	9.5%	13.7%	7.5%
Difficulty getting GP consultation within 48 hours (Q10h)	6.7%	8.8%	13.7%	6.6%
Difficulty getting dentist appointment (Q10e)	4.8%	3.5%	3.7%	3.4%
Accident in the home in the last year (Q12)	9.5%	13.8%	14.2%	13.6%

3.2 Use of Specific Health Services

Across the sample as a whole, over eight in ten (84%) say they have **seen a GP** in the past 12 months. The mean number of visits in the last year is 3.9.

ROA respondents are no more likely to have visited their GP at least once than non-ROA respondents. However, for men there is a significant difference in the number of GP visits for ROA and non-ROA respondents. Male ROA respondents made a mean number of 4.2 GP visits in the last year, compared with just 3.1 among male non-ROA respondents. There is also a significant difference for respondents aged 25-44. Respondents in this age group living in ROA areas made a mean of 3.6 visits, compared with just 2.1 among 25-44 year-olds in non-ROA areas.

Across the sample as a whole, a quarter (26%) say they have seen a doctor at a **hospital out-patient department** in the past 12 months. The mean number of visits in the last year is 1.0.

Overall, one in five (20%) say they have been to **Accident & Emergency** (A & E) in the past 12 months.

Overall, one in five (19%) say they have been **admitted to hospital** at least once in the past year.

Just under half (46%) say they have been to the **dentist** within the past six months. A further 21% say they have been in the past 6-15 months, while 33% say it is over 15 months since their last visit.

Three-quarters (76%) say they are registered with a dentist. Although there was no significant difference in dentist registration overall between ROA and non-ROA areas, there was a difference for men. Just 69% of male ROA respondents are registered, compared with 81% of male non-ROA respondents.

3.3 Involvement in Decisions Affecting Health Service Delivery

Respondents were asked to think about their recent use and experience of health services such as GP, dentist or hospital.

Across the sample as a whole, almost eight in ten (78%) feel they have **been given adequate information about their condition or treatment** (42% say 'definitely' and 36% 'to some extent').

Across the sample as a whole, seven in ten (71%) feel their **views and circumstances are understood and valued** (27% say 'definitely' and 44% 'to some extent'). Although there was not an overall significant difference between ROA and non-ROA areas, there was difference for respondents aged under 45. Among under 45s in ROA areas, 80% felt their views and circumstances were understood and valued, compared to 67% in non-ROA areas.

Overall, seven in ten (69%) feel they have been **encouraged to participate in decisions affecting their health and treatment** (22% say 'definitely' and 47% 'to some extent').

In Dumbarton, those living in ROA areas are more likely than those living elsewhere to say they have 'definitely' been encouraged to participate (34% and 18% respectively), but they are also much more likely to say they have definitely *not* been encouraged (23% and 5% respectively). This suggests a wide variation in levels of encouragement within Dumbarton generally, and particularly within Dumbarton ROA.

Overall, just over half (54%) feel that they **have a say in how health services are delivered** (14% say 'definitely' and 40% 'to some extent'). ROA respondents tend to be less positive than non-ROA respondents on this measure (48% and 57% respectively).

This difference is due solely to Dumbarton respondents (just 30% of Dumbarton ROA respondents feel they have a say, compared with 70% of Dumbarton non-ROA respondents). In Clydebank and Vale of Leven, there is no significant difference between ROAs and non-ROAs. The lower ratings in Dumbarton ROA areas are mainly due to men (43% of male ROA respondents feel they have a say, compared with 58% of male non-ROA respondents).

3.4 Accessing Health Services

Respondents were asked to rate how easy or difficult it is for them to access certain health services, on a scale of 1 (very difficult) to 5 (very easy). For the purposes of reporting, we have defined ratings of 1 or 2 as 'difficult' and ratings of 4 or 5 as 'easy'. For all the services covered on the questionnaire, the majority of those with an opinion rate access as easy. Getting a GP appointment is the aspect of service most likely to be rated as difficult.

Overall, one in five (20%) say it is difficult to **get a GP appointment**. Those in Vale of Leven are most likely to say this (35%, compared with 18% in Clydebank and 8% in Dumbarton).

Among those aged 45 or over, ROA respondents report more difficulty getting a GP appointment (29% of ROA respondents aged 45+ say they have difficulty, compared with 15% of non-ROA respondents aged 45+). There are also differences between ROA and non-ROA areas for women. (27% of female ROA respondents say they have difficulty, compared with 17% of female non-ROA respondents).

Overall, one in nine (11%) say it is difficult to **access health services in an emergency**. Those in Vale of Leven and Clydebank are most likely to say this (13% in each settlement, compared with 7% in Dumbarton).

Across West Dunbartonshire as a whole, there is no significant difference between ROA and non-ROA respondents. In Dumbarton, however, those in ROA areas are more likely to report difficulty accessing health services in an emergency than non-ROA respondents (13% and

4% respectively). This is due mainly to women (17% of female ROA respondents report difficulty, compared with just 8% of female non-ROA respondents).

Across the sample as a whole, one in ten (10%) say it is difficult to **get a hospital appointment**.

Again, there is no significant difference between ROA and non-ROA respondents across the sample as a whole, but within Dumbarton there is a significant difference (16% of Dumbarton ROA respondents report difficulty, compared with just 4% of Dumbarton non-ROA respondents).

Overall, one in ten (10%) say it is difficult to **travel to the hospital for an appointment**. In ROA areas, this figure is higher at 14%.

The greater difficulty reported in ROA areas is due to Dumbarton and Vale of Leven respondents (26% of Dumbarton ROA respondents report difficulty, compared with 4% of Dumbarton non-ROA respondents; 13% of Vale of Leven ROA respondents report difficulty, compared with just 3% of Vale of Leven non-ROA respondents). In Clydebank, there is no significant difference between ROA and non-ROA respondents.

Across the sample as a whole, one in eleven (9%) say it is difficult to **get a consultation with someone at their GP surgery within 48 hours**. In ROA areas, this figure is higher at 14%.

The difference between ROA and non-ROA respondents is only evident in Dumbarton and Vale of Leven (14% of Dumbarton ROA respondents and 18% of Vale of Leven ROA respondents report difficulty, compared with 3% of Dumbarton non-ROA respondents and 4% of Vale of Leven non-ROA respondents).

The greater degree of difficulty reported in ROA areas is due mainly to women and those aged between 45 and 64 (15% of women in ROA areas report difficulty, compared with 4% of women in non-ROA areas; 16% of 45-64 year-olds in ROA areas report difficulty, compared with 5% of 45-64 year-olds in non-ROA areas).

Overall, one in twenty-five (4%) say it is difficult to **get a dental appointment**.

3.5 Accidents in the Home

One in seven respondents (14%) say that they or someone in their household has suffered an accidental injury in the home in the past year. The majority of these report only one person in the household having had an accident.

4 HEALTH BEHAVIOURS

4.1 *Chapter Summary*

Table 4.1 shows all indicators relating to health behaviours, and shows how the West Dunbartonshire results compare with those of Greater Glasgow as a whole. It shows that, for all measures except oily fish consumption, negative health behaviours are more prevalent in West Dunbartonshire than they are across Greater Glasgow as a whole. Those in ROA areas are less likely to admit binge drinking in the last week, more likely to meet the recommended physical activity levels and more likely to consume the recommended quantity of fruit/vegetables. They are also less likely to exhibit more than one of the key five unhealthy behaviours.

Table 4.1: Indicators for health behaviours

	GGNHSB	West Dunbartonshire		
		Total	ROA	Non-ROA
	<i>Base: All. Unweighted base:</i> 1,934	616	301	315
Currently smoking (Q14)	37.4%	39.9%	45.3%	37.5%
Heavily addicted smokers (more than 20 cigarettes per day) – based on those currently smoking (n=723 in GGNHSB, 274 in West Dun, 143 in ROA areas, 131 in non-ROA areas).	56.0%	54.4%	53.1%	55.7%
Exposed to others' smoke most/some of the time (Q13)	54.7%	62.6%	63.7%	62.0%
Exceeds recommended weekly units of alcohol (Q17) – based on all respondents	17.7%	24.3%	17.9%	27.3%
Exceeds recommended weekly units of alcohol (Q17) – based on those who drank at all in past week (n=807 in GG, 284 in W Dun, 128 in ROA areas, 156 in non-ROA areas)	38.9%	48.8%	43.0%	50.9%
Admits to binge drinking in last week (Q17) – based on all respondents	25.9%	35.0%	25.3%	39.5%
Admits to binge drinking in last week (Q17) – based on those who drank at all in past week (n=807 in GG, 284 in W Dun, 128 in ROA areas, 156 in non-ROA areas)	57.0%	70.2%	60.8%	73.6%
Takes at least 30 minutes of moderate exercise 5+ times per week (Q26-27b)	50.4%	35.9%	49.5%	29.7%
Takes at least 20 minutes of vigorous exercise 3+ times per week (Q27-27c)	29.1%	21.3%	23.2%	20.4%
Takes at least 30 minutes of moderate exercise 5+ times per week OR at least 20 minutes of vigorous exercise 3+ times per week (Q26-27c)	58.9%	47.8%	56.8%	43.6%
Consumes at least 5 portions of fruit and/or vegetables per day (Q18-19)	30.0%	23.3%	32.1%	19.2%
Consumes breakfast every day (Q23)	73.3%	71.3%	66.8%	73.4%
Consumes at least 2 portions of oily fish per week (Q22)	29.6%	32.3%	37.4%	30.0%
Consumes at least 2 high-fat snacks per day (Q21)	32.3%	46.2%	43.7%	47.3%
Body Mass Index 25 or over (Q25)	42.2%	52.0%	48.4%	53.7%
More than one of the following unhealthy behaviours: smoking, drinking over the recommended weekly limit of alcohol, overweight, not eating five or more portions of fruit/veg per day, not meeting exercise targets	68.0%	77.7%	70.0%	81.3%

4.2 Smoking

Overall, four in ten respondents (40%) are 'smokers' (i.e. say they smoke at least some days). The target for smoking is to reduce the rate to 31% by 2010. Among those who smoke, the mean number of cigarettes smoked per week is 141.2, i.e. higher than the 117.2 recorded across Greater Glasgow as a whole.

Although there was no overall significant difference between ROA and non-ROA areas, smoking was significantly more prevalent among **women** in ROA areas than non-ROA areas (45% of women in ROA areas say they smoke, compared with 34% of women in non-ROA areas). There was also a significant difference for those aged under 45 (55% of under-45s in ROA areas say they smoke, compared with 42% of under-45s in non-ROA areas). Smoking rates among men and those aged 45+ are similar between ROA respondents and non-ROA respondents.

Among those who smoke, more than half (54%) are heavy smokers (i.e. smoke more than 20 cigarettes per day).

Most respondents (63%) report being exposed to other people's smoke some or most of the time. A further 17% say it happens seldom, leaving 21% saying it never happens.

4.3 Drinking

Three-quarters (75%) say they **drink alcohol at least sometimes**, and just under half (47%) say they do so once a week or more. In Dumbarton, ROA respondents are less likely than non-ROA respondents to say they drink at least once a week (24% and 42% respectively).

Those who say they ever have an alcoholic drink were asked to state whether or not they had had a drink in the 7 days preceding the interview. Two-thirds of 'drinkers' (67%) say they did, which translates to half (50%) of all West Dunbartonshire respondents. This proportion virtually matches the 47% who said at the previous question that they drink at least once a week, indicating a high level of consistency in respondents' answers.

The current recommended weekly alcohol consumption limit for men is 21 units per week, and for women it is 14 units per week. Respondents were asked to detail their total consumption per day in the last week (interviewers used a diary-style grid to record their answers), and these data were converted into units.

The targets for alcohol misuse are to reduce the incidence of men exceeding the weekly limit to 29% by 2010, and to reduce the incidence of women exceeding the limit to 11% by 2010. Currently, 34% of men and 17% of women (i.e. 24% overall) admit to **exceeding the recommended limit** in the week preceding the interview.

Lower levels of excessive drinking in ROA areas are evident in Dumbarton and Vale of Leven (5% of Dumbarton ROA respondents and 25% of Dumbarton non-ROA respondents admit to exceeding the recommended level, as do 10% of Vale of Leven ROA respondents and 25% of Vale of Leven non-ROA respondents). In Clydebank, there is no significant difference between ROA and non-ROA respondents on this measure.

This difference is mainly due to men and those aged under 45 (38% of men in non-ROA areas exceeded the limit in the week before interview, compared with 22% of men in ROA areas; 36% of under-45s in non-ROA areas did so, compared with 24% of under-45s in ROA areas).

Among those who say they had a drink in the week preceding interview, over half (59%) admit to having exceeded the recommended limit in that week.

For the purposes of this analysis, **'binge drinking'** is defined as a man drinking more than 8 units on a single day, or a woman drinking more than 6. By this definition, 35% of West Dunbartonshire respondents (47% of men and 25% of women) admit to having 'binged' at least once in the week preceding interview. In ROA areas, this figure is lower at 25%.

Again, in Dumbarton and Vale of Leven, *non*-ROA respondents are more likely to admit to binge drinking in the last week (35% and 43% respectively). This is again mainly due to men (54% of male non-ROA respondents say they binged at least once in the preceding week, compared with 33% of male ROA respondents).

Among those who say they had a drink in the week preceding interview, seven in ten (70%) admit to having 'binged' at least once in that week. Among ROA respondents, this figure is lower at 61%.

4.4 Physical Activity

Respondents were asked to state the number of days in an average week on which they take at least 30 minutes of moderate physical exercise, such as brisk walking. They were also asked to state the number of days on which they take at least 20 minutes of vigorous exercise, i.e. enough to make them sweaty and out of breath. They were then prompted to find out whether or not they had included physical activity that they do in their job, housework, DIY and gardening. Those who had not were asked to give a revised estimate of their physical activity levels in an average week.

The recommended levels of physical activity are: at least 30 minutes of moderate activity five or more times per week and/or at least 20 minutes of vigorous activity three or more times per week. Overall, fewer than half (48%) say they meet this recommendation. Just over one in three (36%) say they take the recommended amount of moderate activity, and one in five (21%) that they take the recommended level of vigorous activity.

The target is to increase the proportion taking 30 minutes of moderate activity on 5 or more occasions each week to 50% for men and 40% for women by 2005, and 60% and 50% respectively by 2010. Currently, the figures in West Dunbartonshire stand at 35% for men and 37% for women. In other words, the target for women has almost been achieved, but the target for men is still some way off being achieved.

ROA respondents are more likely than non-ROA respondents to do the recommended amount of moderate activity (50% and 30% respectively), and because of this they are more likely to do the recommended amount of moderate and/or vigorous physical activity (57% and 44% respectively). This difference is mostly due to Vale of Leven (where 75% of ROA respondents do the required amount, compared with 46% of non-ROA respondents).

The greater levels of physical activity (either vigorous or moderate exercise) in ROA areas are due mainly to women and those aged 45+ (63% of women in ROA areas meet the recommended levels, compared with just 40% of women in non-ROA areas; 48% of those aged 45+ in ROA areas do, compared with just 33% of those aged 45+ in non-ROA areas).

Looking just at moderate activity, ROA respondents in Vale of Leven and Dumbarton are more likely than their non-ROA counterparts to meet the recommendation (75% of ROA respondents in Vale of Leven and 44% in Dumbarton say they do, compared with 46% of non-ROA respondents in Vale of Leven and 20% in Dumbarton). Again, this is due mainly to women (57% of women in ROA areas meet the recommendation, compared with 28% of women in non-ROA areas).

4.5 Diet

4.5.1 Fruit & Vegetables

The Scottish Diet Action Plan target is for individuals to consume at least five portions of fruit and/or vegetables (excluding potatoes) per day. Overall, just under a quarter (23%) say they do this on an average day. The mean number of portions of fruit and vegetables consumed per day is 3.24.

ROA respondents are *more* likely than non-ROA respondents to say they eat the recommended amount of fruit and vegetables. This difference is, however, only significant in Clydebank and Dumbarton, (31% of ROA respondents in Clydebank and 35% of ROA respondents in Dumbarton, compared with 18% of non-ROA respondents in these two areas).

In Vale of Leven, there is no significant difference between ROA and non-ROA respondents on this measure.

The greater consumption of fruit/vegetables in ROA areas is due mainly to women (37% of female ROA respondents say they eat the recommended amount, compared with 20% of female non-ROA respondents).

4.5.2 Breakfast

Respondents were asked to state the number of days per week on which they usually eat breakfast. Overall, seven in ten (71%) say they do so every day, and one in seven (13%) that they never do.

Overall, there is no significant difference between ROA and non-ROA respondents in terms of the proportion eating breakfast every day. Within Dumbarton, however, ROA respondents tend to eat breakfast less frequently than non-ROA respondents (70% of ROA respondents say they do so every day and 16% that they never do, whereas 87% of non-ROA respondents say they do so every day and only 3% say they never do).

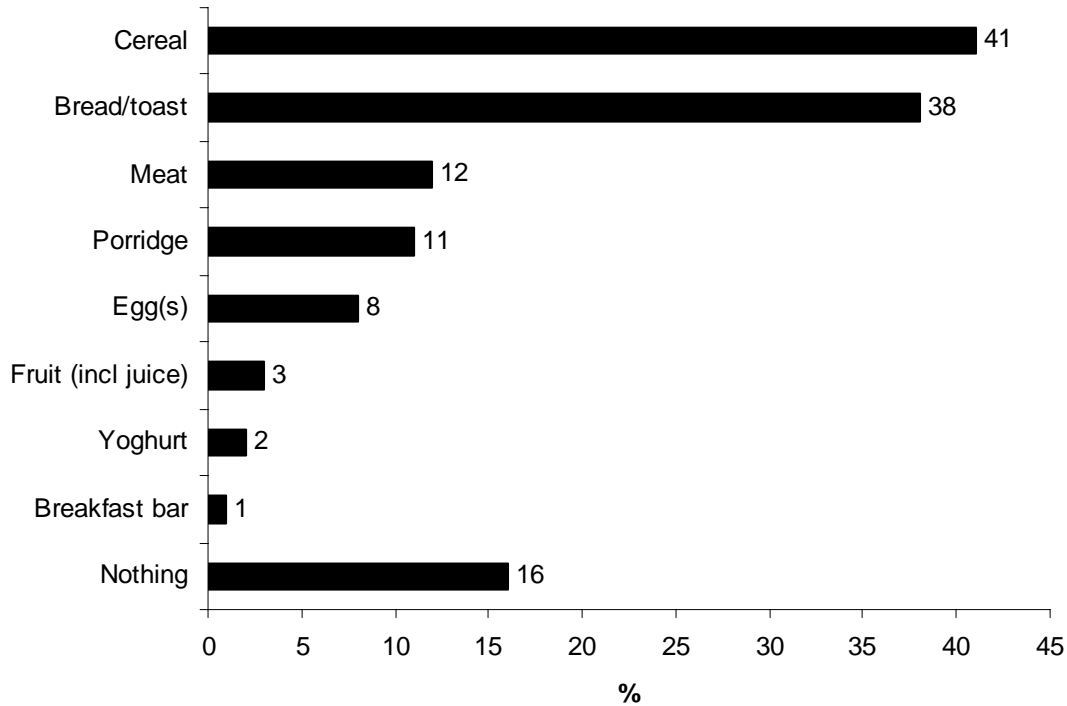
Respondents were then asked to state what they had for breakfast *that morning*. Even if, in some cases, what respondents had for breakfast that morning does not reflect their usual behaviour, we can assume that for every respondent who did *not* eat a healthy breakfast that morning despite usually doing so, there will be another who *did* eat a healthy breakfast that morning even though (s)he does not normally do so. On aggregate, therefore, these data should give us a good picture of a 'typical' day in terms of breakfast-eating behaviour across West Dunbartonshire.

One in six (16%) say they ate no breakfast that morning. This matches the 16% who, at the previous question, said that they do not usually eat breakfast, again indicating consistency in the responses given to different questions.

Chart 4.1 shows that cereal and toast are by far the most popular breakfast foods (41% and 38% respectively say they ate these that morning). One in eight (12%) say they had a meat product such as bacon, sausage or black pudding, and one in nine (11%) that they had porridge. Only 3% say they had fruit or fruit juice. Only 3% say they had fruit or fruit juice.

Chart 4.1: Foods eaten for breakfast that morning (Q24)

Base: All (616)



4.5.3 Oily Fish

The Scottish Diet Action Plan target is for individuals to consume at least two portions of oily fish per week. Overall, one in three (32%) say they usually do this. The mean number of portions of oily fish consumed per week is 1.10.

In Clydebank, ROA respondents are *more* likely than non-ROA respondents to say they consume the recommended amount of oily fish (42% and 27% respectively).

4.5.4 High-fat Snacks

Almost half of West Dunbartonshire respondents (46%) say they eat two or more high-fat snacks (e.g. cakes, pastries, chocolate, biscuits, crisps) on a usual day. The mean number of high-fat snacks consumed per day is 1.51. The recommended maximum consumption of high-fat snacks is no more than one per day.

4.6 *Body Mass Index (BMI)*

Respondents were asked to state their height and weight, from which their Body Mass Index (BMI) was calculated. Obviously, these figures would have been more reliable had we been able to weigh and measure the respondents rather than rely on their self-reported height and weight, but this is the best approximation available.

A BMI of 25 or over constitutes being above ideal weight, and over half (52%) of West Dunbartonshire respondents fit this description. A BMI of 30 or over constitutes being obese, and 16% fit this description.

4.7 *An 'Unhealthy Behaviours' Index*

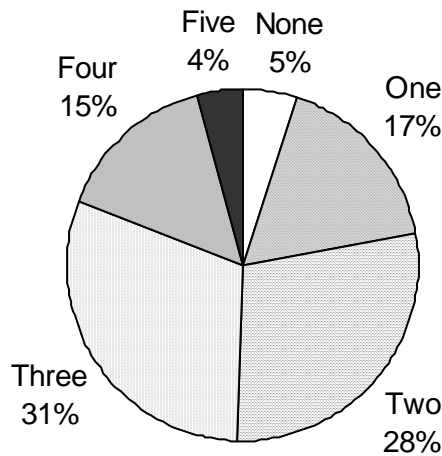
This section looks at the extent to which those who exhibit one 'unhealthy behaviour' are likely to exhibit others. In this analysis, we have looked at five 'unhealthy behaviours' and how they interact:

- Smoking
- Being above ideal weight (i.e. BMI of 25+)
- Not doing the recommended amount of physical activity
- Not eating the recommended quantity of fruit and vegetables
- Drinking more than the recommended weekly limit

Chart 4.2 shows that nearly all respondents (95%) admit to at least one of these behaviours, but only 4% admit to all five. The mean number of unhealthy behaviours is 2.45, compared with 2.08 across Greater Glasgow as a whole. In other words, West Dunbartonshire respondents tend to exhibit more unhealthy behaviours than do Greater Glasgow respondents as a whole.

Chart 4.2: Number of unhealthy behaviours exhibited

Base: All (616)



In Dumbarton, ROA respondents are *less* likely than non-ROA respondents to exhibit more than one of the above unhealthy behaviours (70% and 81% respectively). This appears to be mainly due to women (62% of women in ROA areas display more than one unhealthy behaviour, compared with 80% of women in non-ROA areas).

5 SOCIAL HEALTH

5.1 Chapter Summary

Table 5.1 shows all indicators relating to social health, and shows how the West Dunbartonshire results compare with those of Greater Glasgow as a whole. In comparison with Greater Glasgow as a whole, the situation in West Dunbartonshire is positive in relation to exchanging favours with neighbours and being treated fairly irrespective of religious beliefs. The situation is relatively poor in relation to: feeling isolated, feeling as though local people can influence decisions that affect the area and feelings of safety. West Dunbartonshire respondents are more likely to feel a sense of religiousness and/or spirituality, but are not significantly more likely to attend religious/spiritual activities.

The results for those in the ROA areas are significantly less positive than those in non-ROA areas in relation to club membership and feelings of safety after dark.

Table 5.1: Indicators for social health

	GGNHSB	West Dunbartonshire		
		Total	ROA	Non-ROA
<i>Base: All. Unweighted base:</i>	1,934	616	301	315
Feel isolated from family & friends (Q59)	8.2%	15.3%	19.2%	13.5%
Belong to a club or association (Q33)	21.0%	20.4%	13.7%	23.5%
Feel I belong to this local area (Q42b)	71.8%	74.4%	73.5%	74.9%
Feel valued as a member of my community (Q42d)	52.7%	52.6%	50.9%	53.4%
People in my neighbourhood can influence decisions (Q42f)	60.2%	56.5%	53.9%	57.8%
Exchange small favours with neighbours (Q42h)	57.5%	60.7%	66.7%	57.9%
Identify with a religion (Q66)	70.5%	75.5%	73.7%	76.6%
Consider self to be religious (Q67)	12.9%	16.1%	13.2%	17.5%
Consider self to be spiritual (Q68)	9.0%	14.7%	14.7%	14.7%
Attend religious/spiritual activities at least once a week (Q69)	18.5%	18.8%	15.6%	20.3%
Treated unfairly due to religious beliefs (Q70)	6.0%	2.4%	1.3%	2.8%
Feel safe in my own home (Q46c)	92.4%	87.8%	84.7%	89.2%
Feel safe using public transport (Q46a)	76.2%	70.9%	66.5%	73.0%
Feel safe walking alone even after dark (Q46b)	59.8%	53.9%	42.2%	59.3%

5.2 Social Connectedness

5.2.1 Isolation from Family & Friends

When asked if they ever feel isolated from family and friends, one in seven (15%) say 'yes'.

In Vale of Leven, ROA respondents are more likely than non-ROA respondents to say they feel isolated (27% and 10% respectively). This difference is mainly due to the 45-64 age group (34% of 45-64 year-old ROA respondents say they feel isolated, compared with just 9% of 45-64 year-old non-ROA respondents).

5.2.2 Club Membership

One in five respondents (20%) say they belong to a social club, association or similar. Nearly all of these are clubs in the local area.

ROA respondents are less likely than those in other areas to say they are club members (14% and 23% respectively). This difference is, however, only evident in Clydebank and Dumbarton (13% of Clydebank ROA respondents and 7% of Dumbarton ROA respondents say they are club members, compared with 25% of Clydebank non-ROA respondents and 26% of Dumbarton non-ROA respondents). This variation between ROA and non-ROA respondents applies to both men and women, but only to those aged under 45.

5.2.3 Sense of Belonging to the Community

Three-quarters of respondents (74%) agree with the statement: 'I feel I belong to this local area' (61% agree and 13% agree strongly). Just 10% disagree.

In Clydebank ROA respondents are less likely than non-ROA respondents to have a sense of belonging (just 64% compared to 76% of non-ROA respondents). In Vale of Leven, on the other hand, ROA respondents tend to have *more* of a sense of belonging than non-ROA respondents (90% and 68% respectively). Dumbarton shows no significant difference between ROA respondents and non-ROA respondents.

5.2.4 Feeling Valued as a Member of the Community

Just over half of respondents (53%) agree with the statement: 'I feel valued as a member of my community' (43% agree and 10% agree strongly). One in seven (14%) disagree.

In Dumbarton, ROA respondents are less likely than non-ROA respondents to feel valued (37% and 67% respectively agree with the statement). In Vale of Leven, on the other hand, ROA respondents tend to feel *more* valued than non-ROA respondents (68% and 41% respectively agree). Overall, there is no significant difference between ROA and non-ROA respondents.

5.2.5 Influence within Neighbourhood

Over half (57%) agree with the statement: 'By working together, people in my neighbourhood can influence decisions that affect my neighbourhood' (46% agree and 10% agree strongly). One in seven (14%) disagree.

In Dumbarton, ROA respondents are less likely than non-ROA respondents to feel they have an influence (42% and 71% respectively agree that local respondents can influence decisions).

5.2.6 Exchanging Favours with Neighbours

Six in ten respondents (61%) say they exchange small favours with people who live near them (e.g. leaving a key to let in a repair man, feeding pets while you are away or picking up things from the shop for each other). A third (33%) do so with one neighbour, a quarter (26%) with 2-5 neighbours and 1% with more than 5.

In Value of Leven alone, ROA respondents are more likely than non-ROA respondents to say they exchange small favours with neighbours (80% of ROA respondents and 46% of non-ROA respondents). This difference is also only apparent among men (67% of male ROA respondents say they exchange favours, compared with just 45% of male non-ROA respondents).

5.2.7 Religious Identity

Three-quarters of respondents (76%) say they identify with a religion, predominantly Church of Scotland (40%) and Roman Catholic (30%). Virtually no respondents say they identify with a non-Christian religion.

In Dumbarton, ROA respondents are significantly more likely than non-ROA respondents to say they identify with Roman Catholicism (54% and 33% respectively).

5.2.8 'Religiousness'

Respondents were asked how religious they consider themselves to be on a scale of 1 ('not at all') to 5 ('very much'). Those responding '4' or '5' have been defined as 'very or fairly religious'. On this basis, 16% of West Dunbartonshire respondents consider themselves to be very/fairly religious, whereas almost half (47%) say they are not at all religious.

5.2.9 'Spirituality'

Respondents were then asked how spiritual they consider themselves to be, on the same scale of 1 ('not at all') to 5 ('very much'). Again, those responding '4' or '5' have been defined as 'very or fairly spiritual'. On this basis, 15% of West Dunbartonshire respondents consider themselves to be very/fairly spiritual, whereas half (50%) say they are not at all spiritual.

There is an extremely high degree of crossover between those who consider themselves to be spiritual and those who consider themselves to be religious – i.e. they are mostly the same individuals. Nonetheless, 18% of those who say they are spiritual do *not* consider themselves to be religious.

When the questionnaire was piloted, it was clear that there was some confusion regarding the difference between the two concepts. In the interviewer instructions for the main survey, therefore, an explanation was provided for use when the respondent asked for one. This explanation read: *"These questions are not asking about activities, just how spiritual they consider themselves to be. This can often take the form of people involved in non-traditional spiritual activities (such as meditation, crystals, etc) but it's also worthwhile to note that some people who've been raised in a religious environment, but no longer participate in religious activities, may still feel they have a strong spiritual connection, although no longer consider themselves to be religious."*

5.2.10 Frequency of Attending Spiritual or Religious Activities

Over half (55%) say they never attend religious or spiritual activities (excluding weddings, funerals, baptisms etc). One in five (19%) say they do so once a week or more, and a quarter (26%) that they attend less often than once a week.

5.2.11 Unfair Treatment Due to Religious Beliefs

Just 2% of respondents say they have been treated unfairly because of their religious beliefs (or lack of them). Most of those who feel they have been treated unfairly live in the non-ROA parts of Clydebank.

5.3 Feelings of Safety

A large majority of respondents (88%) agree or agree strongly with the statement: 'I feel safe **in my own home**' (59% agree and 29% agree strongly). Only 5% disagree.

Most (71%) agree or agree strongly with the statement: 'I feel safe **using public transport** in this local area' (63% agree and 8% agree strongly). Only 6% disagree.

Just over half (54%) agree or agree strongly with the statement: 'I feel safe **walking alone** around this local area, even after dark' (48% agree and 6% agree strongly). Three in ten (31%), however, disagree.

ROA respondents tend to feel less safe walking alone in the local area (42% feel safe, compared with 59% of non-ROA respondents). Overall, there is no significant difference between ROA respondents and non-ROA respondents in terms of feeling safe in one's own home and when using public transport.

In Dumbarton, ROA respondents feel safer walking alone around the local area than non-ROA respondents (40% and 62% respectively).

In Clydebank, ROA respondents tend to feel less safe walking alone around the local area and using public transport than non-ROA respondents (40% and 59% respectively agree that they feel safe walking alone, and 64% and 79% respectively agree that they feel safe on public transport).

5.4 Social Issues in Local Area

Using the faces scale (see section 2.2.2), respondents were asked which face best describes how they feel about a range of social issues in their local area. Faces 5-7 are classed as feeling negative about that issue.

Table 5.2 shows the proportion feeling negative about each issue, and how this compares with the results from Greater Glasgow as a whole. Using this measure, West Dunbartonshire respondents are most negative about: unemployment, drug activity, young people hanging around and level of alcohol consumption. The rank order of concerns is similar to that recorded across Greater Glasgow as a whole, but West Dunbartonshire respondents are markedly more likely to be negative about all the issues listed (especially unemployment).

Table 5.2 also shows that the responses of those living in ROA areas are significantly more negative than those living elsewhere in relation to all the listed issues.

Table 5.2: Proportion with a negative perception of social issues in local area (Q31)

	GGNHSB	West Dunbartonshire		
		Total	ROA	Non-ROA
<i>Base: All. Unweighted base:</i>	1,934	616	301	315
Amount of car crime	9.5%	15.8%	27.9%	10.2%
Number of assaults/muggings	9.2%	19.7%	31.6%	14.1%
Number of burglaries	8.4%	20.8%	36.8%	13.4%
Amount of vandalism/graffiti	14.0%	25.2%	37.4%	19.5%
Level of alcohol consumption	18.4%	30.6%	46.8%	23.1%
Young people hanging around	20.6%	32.9%	44.7%	27.5%
Amount of drug activity	20.3%	33.6%	51.1%	25.5%
Level of unemployment	18.3%	38.0%	57.4%	29.0%

In Clydebank, ROA respondents are significantly more likely to be negative than non-ROA respondents about levels of burglaries (34% and 19% respectively), assaults (28% and 17% respectively), car crime (28% and 11% respectively) and drug activity (41% and 29% respectively).

Charts 5.1 and 5.2 illustrate that, in Dumbarton ROA respondents feel significantly less positive than non-ROA respondents about all the listed issues. In Vale of Leven, ROA respondents were significantly more negative than non-ROA respondents about social issues in their area, with the exception of assaults and young people hanging around.

Chart 5.1: Proportion with a negative perception of social issues in local area (Q31) - Dumbarton

Base: All [shown in square brackets in chart]

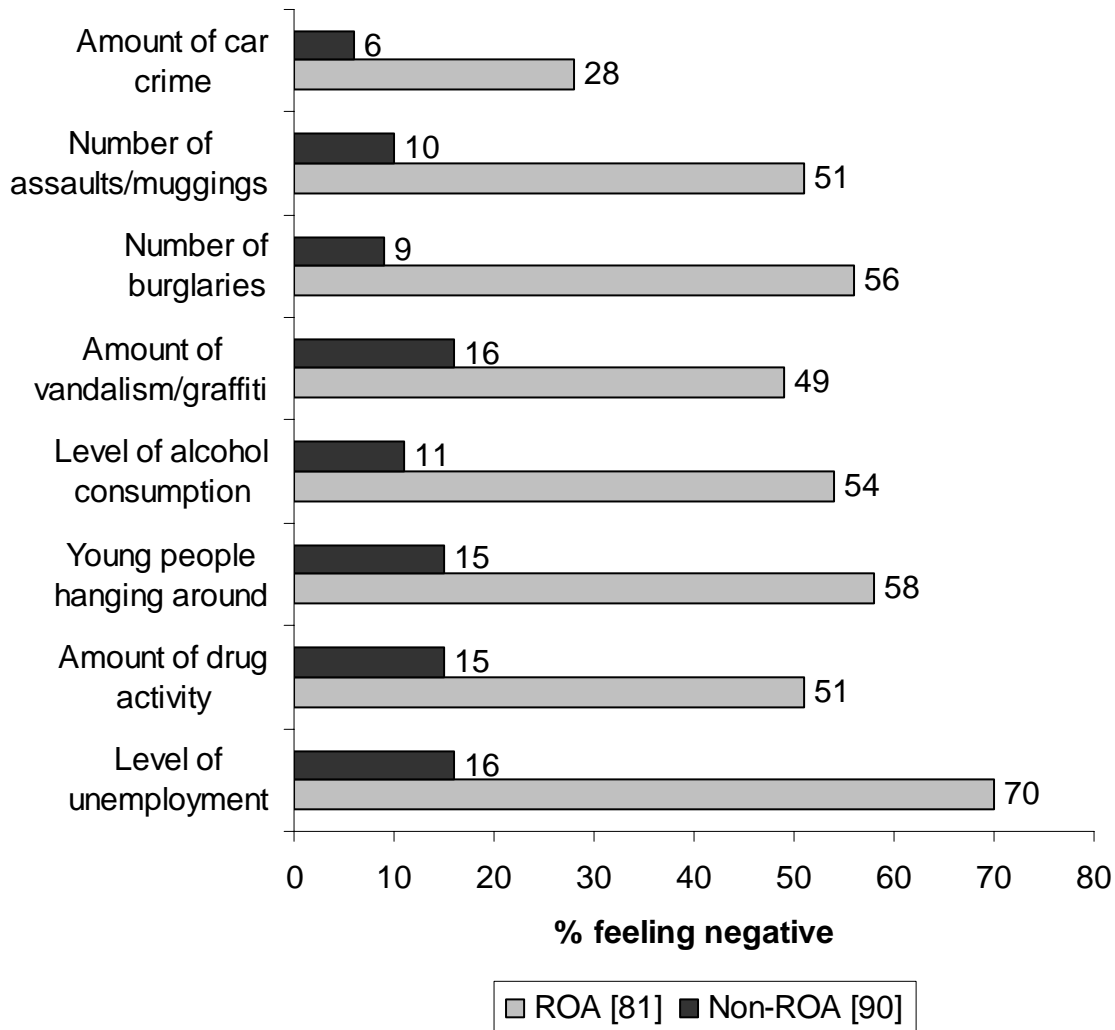
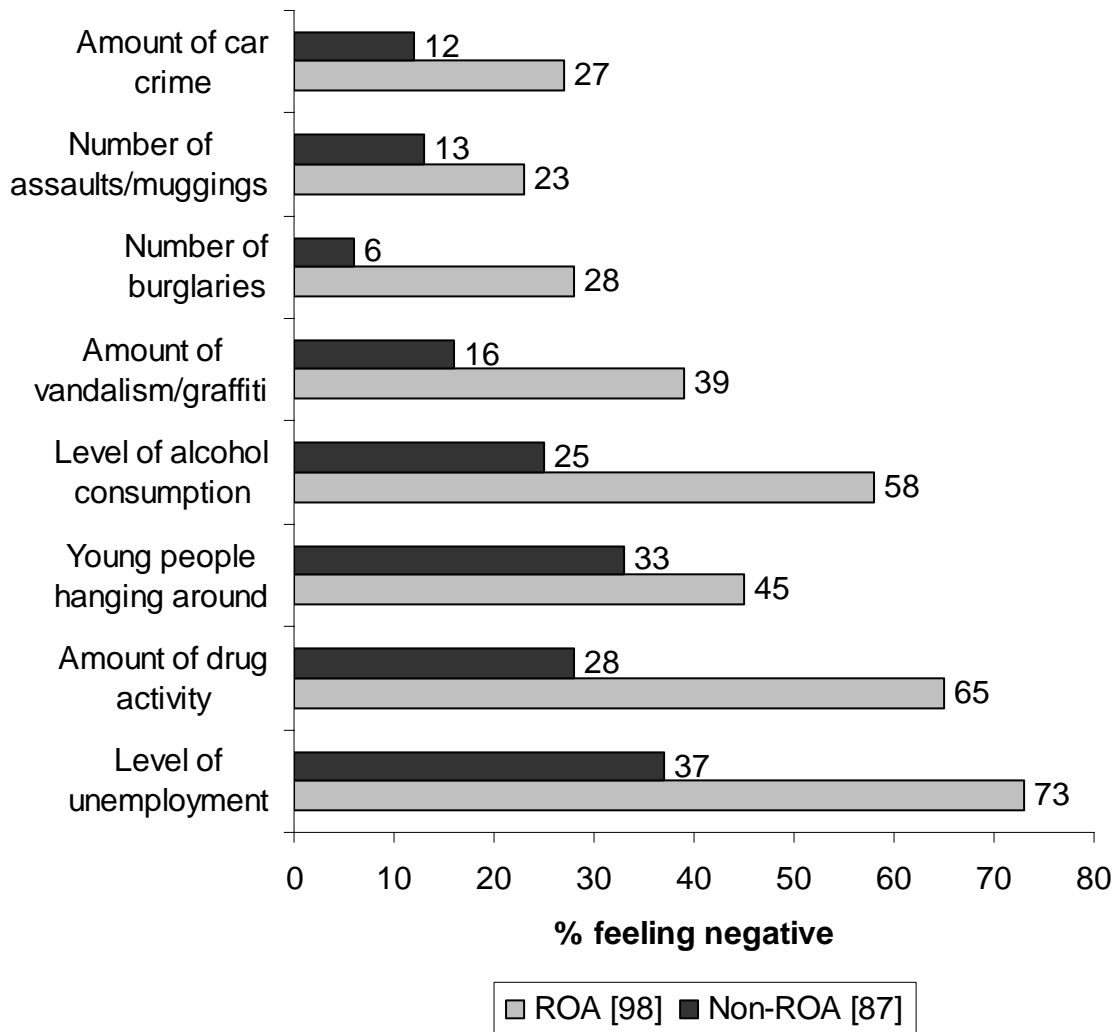


Chart 5.2: Proportion with a negative perception of social issues in local area (Q31) – Vale of Leven

Base: All [shown in square brackets in chart]



The lower proportion of positive feelings in ROA areas applies to both men and women, and to respondents of all ages.

5.5 Environmental Issues in Local Area

Again using the faces scale (see section 2.2.2), respondents were asked which face best describes how they feel about a range of environmental issues in their local area. Faces 5-7 are classed as feeling negative about that issue.

Table 5.3 shows the proportion feeling negative about each issue, and how this compares with the results from Greater Glasgow as a whole. Using this measure, the environmental issues about which West Dunbartonshire respondents feel most negative are: the availability of safe places to play, number of uneven pavements, amount of dogs' dirt and the availability of pleasant places to walk. West Dunbartonshire respondents are more likely than Greater Glasgow respondents as a whole to be negative about all the listed issues, especially the availability of safe play spaces. Table 5.3 also shows that ROA respondents are significantly more likely than those living elsewhere to feel negative about all of the listed issues except street lighting and dogs' dirt.

Table 5.3: Proportion with negative perception of environmental issues (Q32)

	GGNHSB	West Dunbartonshire		
		Total	ROA	Non-ROA
<i>Base: All. Unweighted base:</i>	1,954	616	301	315
Level of smells from sewers	2.8%	7.4%	11.1%	5.7%
Number of abandoned cars	3.5%	6.5%	12.6%	3.7%
Standard of street lighting	4.7%	6.9%	8.9%	5.9%
Amount of vacant/derelict land	4.1%	6.9%	12.1%	4.4%
Number of vacant/derelict buildings	4.1%	7.2%	13.2%	4.4%
Amount of broken glass lying around	10.4%	9.2%	13.7%	7.1%
Amount of noise and disturbance	9.0%	14.7%	21.1%	11.8%
Amount of traffic	11.6%	17.6%	22.6%	15.2%
Amount of rubbish lying about	15.8%	17.3%	23.7%	14.3%
Number of uneven pavements	9.9%	21.8%	33.2%	16.5%
Availability of pleasant places to walk etc	11.7%	20.3%	30.5%	15.5%
Amount of dogs' dirt	16.0%	21.1%	24.2%	19.7%
Availability of safe play spaces	14.0%	25.9%	37.9%	20.3%

Table 5.4 shows how results vary across the three settlements within West Dunbartonshire, and within each settlement, how the perceptions of ROA respondents compared with those of non-ROA respondents. **Shaded cells indicate that there is no significant difference between ROA and non-ROA respondents** in that settlement for that indicator. This table shows that in Dumbarton, ROA respondents tend to be more negative than non-ROA respondents on most measures. In Clydebank, however, ROA respondents are significantly more negative than non-ROA respondents on only 6 of the 13 indicators, and in Vale of Leven a significant difference is only seen for 4 indicators.

Table 5.4: Proportion with a negative perception of environmental issues in local area (Q32), by location / ROA status

Base: All

	Clydebank		Dumbarton		Vale of Leven	
	ROA	Non-ROA	ROA	Non-ROA	ROA	Non-ROA
<i>Unweighted base:</i>	122 %	138 %	81 %	90 %	98 %	87 %
Level of smells from sewers	17	11	12	2	0	0
Number of abandoned cars	17	6	14	3	7	0
Standard of street lighting	16	9	2	0	3	6
Amount of vacant/derelict land	16	7	19	4	3	0
Number of vacant/derelict buildings	16	7	16	5	8	0
Amount of broken glass lying around	15	10	23	5	5	5
Amount of noise and disturbance	24	14	35	6	7	13
Amount of traffic	30	17	5	1	27	26
Amount of rubbish lying about	25	17	26	5	22	18
Number of uneven pavements	33	19	26	3	38	25
Availability of pleasant places to walk etc	28	18	47	6	23	20
Amount of dog's dirt	23	29	23	8	27	14
Availability of safe play spaces	28	24	54	10	42	13

Again, where there is a significant difference between ROA and non-ROA respondents, this tends to apply to both men and women, and to all age groups.

5.6 Perceived Quality of Services in the Area

Respondents were read a list of seven services/facilities, and asked to rate the quality of each in their area, on a five-point scale (very poor, poor, adequate, good, excellent). Those rating it as 'good' or 'excellent' are classed as having a positive perception.

Table 5.5 shows that West Dunbartonshire respondents tend to be most positive about local schools and public transport, but even though these are the 'top two', under half have a positive perception of them. Activities for young people and leisure/sports facilities record the highest proportion of negative ratings. This table also shows that West Dunbartonshire respondents tend to rate their local services/facilities less positively than Greater Glasgow respondents as a whole, particularly in relation to food shops.

Table 5.5: Perceptions of services/facilities in local area (Q43)

Base: All (GGNHSB: 1,934; West Dunbartonshire: 616)

Indicator	Positive perception		Negative perception	
	GGNHSB	W Dunbartonshire	GGNHSB	W Dunbartonshire
Local schools	53.7%	45.9%	4.4%	6.1%
Public transport	57.2%	43.6%	11.1%	7.7%
Food shops	51.1%	37.3%	15.4%	17.1%
Leisure/sports facilities	30.6%	26.0%	31.5%	27.9%
Police	32.8%	25.0%	17.9%	22.7%
Activities for young people	21.8%	14.5%	39.1%	41.1%
Childcare provision	19.5%	13.4%	12.7%	13.8%

Table 5.6 shows how the results vary across the three settlements within West Dunbartonshire, and within each settlement, how the perceptions of ROA respondents compared with those of non-ROA respondents. **Shaded cells indicate that there is no significant difference between ROA and non-ROA respondents** for that indicator. This table shows that, across West Dunbartonshire as a whole, there is no significant difference between the views of ROA respondents and non-ROA respondents on these measures. Within the three settlements, however, some variation is evident. In Clydebank, ratings of food shops are *higher* in ROA areas than in non-ROA areas, whereas in Dumbarton and Vale of Leven, ROA respondents give lower ratings. In Dumbarton, ROA respondents are more positive about public transport. In Vale of Leven, ROA respondents are also less positive about: local schools, leisure/sports facilities and the police.

Table 5.6: Proportion with a positive perception of services/facilities in local area (Q43), by location / ROA status

Base: All

	W Dunbartonshire		Clydebank		Dumbarton		Vale of Leven	
	ROA	Non-ROA	ROA	Non-ROA	ROA	Non-ROA	ROA	Non-ROA
<i>Unweighted base:</i>	301 %	315 %	122 %	138 %	81 %	90 %	98 %	87 %
Local schools	46	46	47	38	58	46	35	62
Public transport	48	42	39	30	60	43	52	62
Food shops	33	39	44	32	28	52	22	41
Leisure/sports facilities	22	28	23	22	23	31	17	37
Police	24	25	25	23	39	30	13	24
Activities for young people	15	14	18	12	23	25	7	8
Childcare provision	14	13	14	8	16	28	11	10

Although only two services/facilities show a significant difference in positive perceptions between ROA and non-ROA respondents in Dumbarton, four more show a significant difference in *negative* perceptions, indicating that ratings are poorer in ROA areas:

- Leisure/sports facilities (44% are negative in ROA areas; 13% in non-ROA areas)
- Police (23% and 6% respectively)
- Activities for young people (54% and 16% respectively)
- Childcare provision (16% and 6% respectively)

5.7 Individual Circumstances & Financial Situation

Several questions were asked to identify personal circumstances that might lead to social exclusion and/or have an impact on health. These are detailed in Table 5.7. On these measures, the West Dunbartonshire figures are similar to those for Greater Glasgow as a whole. Within West Dunbartonshire, however, those in ROA areas are: more likely to be lone parents, more likely to say they have no qualifications, less likely to have employed adults in the household and less likely to have a car.

Table 5.7: Indicators for individual circumstances

Base: All (GGNHSB: 1,934; West Dunbartonshire: 616)

	GGNHSB	West Dunbartonshire		
		Total	ROA	Non-ROA
<i>Base: All. Unweighted base:</i>	<i>1,934</i>	<i>616</i>	<i>301</i>	<i>315</i>
Has children under 14 (Q47)	32.3%	33.9%	38.9%	31.6%
Lone parent with children under 14 (Q47)	9.8%	9.2%	16.3%	5.8%
Widowed/divorced/separated (Q64)	15.6%	16.6%	19.5%	15.3%
No educational qualifications (Q49)	39.1%	40.3%	47.9%	36.8%
No employed adults in household (Q47)	40.0%	36.7%	51.1%	30.0%
Has access to the Internet (Q40)	48.3%	47.7%	45.3%	48.8%
Owens a car (Q61)	59.2%	58.8%	50.0%	62.9%
Has caring responsibilities (Q60)	5.5%	7.0%	7.4%	6.8%

Within the three individual settlements, the following circumstances show a significant difference between those in ROA and non-ROA areas:

- In Vale of Leven, ROA respondents are more likely than non-ROA respondents to have children under 14 (41% and 21% respectively). Furthermore, 17% of ROA respondents are lone parents, compared with 6% of non-ROA respondents. As might be expected, this difference is mainly due to women and those aged under 45.

- In Clydebank, 60% of ROA respondents say they have no educational qualifications, compared with 35% of non-ROA respondents. This is mainly due to men and those aged 25-44 (48% of male ROA respondents have no qualifications, compared with 29% of male non-ROA respondents; 42% of 25-44 year-old ROA respondents have none, compared with 18% of 25-44 year-old non-ROA respondents).
- In Clydebank and Vale of Leven, those in ROA areas are less likely to have employed adult(s) in the household.
- In Dumbarton and Vale of Leven, ROA respondents are less likely than non-ROA respondents to have a car (45% of ROA respondents and 65% of non-ROA respondents in Dumbarton; 60% of ROA respondents and 77% of non-ROA respondents in Vale of Leven).

Table 5.8 details the indicators that relate to respondents' financial situation. It shows that West Dunbartonshire respondents tend to have a poorer financial situation than Greater Glasgow respondents as a whole. It also shows that, on all of these measures except the one about difficulty in finding £20 for an unexpected expense, ROA respondents tend to perceive their financial situation to be worse than those living elsewhere.

Table 5.8: Indicators for financial situation

Base: All (GGNHSB: 1,934; West Dunbartonshire: 616)

	GGNHSB	West Dunbartonshire		
		Total	ROA	Non-ROA
	<i>Base: All. Unweighted base:</i> 1,934	616	301	315
Positive perception of adequacy of household income (Q58)	72.2%	62.8%	46.3%	70.5%
All household income from State benefits (Q56)	27.0%	23.7%	35.8%	18.0%
Experiences difficulty meeting household expenses (Q53)	42.7%	60.4%	68.9%	56.4%
Impossible/big problem to find £20 (Q54a)	1.3%	2.3%	2.1%	2.4%
Impossible/big problem to find £100 (Q54b)	14.6%	22.0%	27.9%	19.2%
Impossible/big problem to find £1,000 (Q54c)	46.0%	54.2%	61.6%	50.9%

Within the three individual settlements, the following circumstances show a significant difference between those in ROA and non-ROA areas:

- In all three settlements, ROA respondents are less likely than non-ROA respondents to have a positive perception of their household income (43% and 64% respectively in Clydebank; 53% and 71% respectively in Dumbarton; 47% and 83% respectively in Vale of Leven).
- In Clydebank and Vale of Leven, ROA respondents are more likely than non-ROA respondents to say all their household income is from State benefits (46% and 20% respectively in Clydebank; 28% and 15% respectively in Vale of Leven).
- In Clydebank and Vale of Leven, ROA respondents are more likely than non-ROA respondents to say they ever experience difficulty meeting the cost of at least one household expense (77% and 65% respectively in Clydebank; 62% and 43% respectively in Vale of Leven).
- In Vale of Leven, ROA respondents are more likely than non-ROA respondents to say they would find it impossible/a big problem to find £100 (29% and 8% respectively), and to find £1,000 (62% and 46% respectively). In Clydebank, ROA respondents are more likely than non-ROA respondents to say they would find it impossible/a big problem to find £1,000 (67% and 51% respectively).

6 SOCIAL CAPITAL

6.1 Chapter Summary

Table 6.1 shows all indicators relating to social capital, and shows how the West Dunbartonshire results compare with those of Greater Glasgow as a whole. West Dunbartonshire respondents tend to have a less positive perception of: their area as a place to live, their area as a place to bring up children, reciprocity and trust. On the other hand, West Dunbartonshire respondents appear to be *more* active within their communities and are more likely to value local friendships. This table also shows that those in ROA areas tend to have less social capital than those living elsewhere on most measures, the exceptions being those in the shaded boxes, for which there is no significant difference.

Table 6.1: Indicators for social capital

	GGNHSB	West Dunbartonshire		
		Total	ROA	Non-ROA
<i>Base: All. Unweighted base:</i>	1,934	616	301	315
Positive perception of local area as a place to live (Q29)	82.7%	72.5%	63.2%	76.8%
Positive perception of local area as a place to bring up children (Q30)	75.7%	65.3%	49.7%	72.5%
Responsibilities in clubs, associations etc (Q34)	6.3%	9.8%	5.8%	11.7%
'Local activists' (Q35)	7.6%	17.6%	20.5%	16.3%
Currently act as a volunteer (Q36)	5.0%	7.0%	7.9%	6.6%
Positive perception of reciprocity (Q42a)	72.3%	69.6%	63.2%	72.5%
Positive perception of trust (Q42e)	71.4%	66.9%	61.6%	69.3%
Belongs to social network(s) (Q33)	21.0%	20.4%	13.7%	23.4%
Values local friendships (Q42c)	69.2%	75.4%	73.7%	76.2%
Positive perception of social support (Q42g)	71.6%	74.9%	73.6%	75.4%

6.2 View of Local Area

Respondents were presented with a 7-point ‘faces’ scale (see section 2.2.2 for details), and asked to rate their local area: (a) as a place to live, and (b) as a place to bring up children. Those selecting any of the three ‘smiling’ faces (1-3) were categorised as having a positive perception. Overall, 72% have a positive perception of their area as a place to live, and 65% have a positive perception of it as a place to bring up children.

In all three settlements, ROA respondents are less likely than non-ROA respondents to rate their local area positively, as shown in Table 6.2.

Table 6.2: Proportion with a positive perception of their local area (Q29-30), by location / ROA status

Base: All

	Clydebank		Dumbarton		Vale of Leven	
	ROA	Non-ROA	ROA	Non-ROA	ROA	Non-ROA
<i>Unweighted base:</i>	122	138	81	90	98	87
	%	%	%	%	%	%
As a place to live	52	68	56	75	85	94
As a place to bring up children	38	64	54	75	63	87

When looking at ratings of the area as a place to live, the difference between ROA and non-ROA areas is widest among women (61% of female ROA respondents are positive, compared with 79% of female non-ROA respondents). When it comes to bringing up children, however, the difference between ROA and non-ROA respondents applies to both men and women.

6.3 Civic Engagement

One in ten (10%) say that, in the last three years, they have had **responsibilities in clubs, associations, church groups or similar** (e.g. committee member, fundraising, organising events or administrative work).

Just 6% of ROA respondents say they have had such responsibilities, compared with 12% of those living elsewhere. This difference applies only in Clydebank and Dumbarton (5% of Clydebank ROA respondents and 14% of Clydebank non-ROA respondents; 2% of Dumbarton ROA respondents and 16% of Dumbarton non-ROA respondents say they have responsibilities). This difference is mainly due to men (just 6% of male ROA respondents say they have had such responsibilities, compared with 14% of male non-ROA respondents).

Respondents were presented with a list of actions that could be taken in an attempt to improve things in the local area, and asked which they had personally done in the last three years. Those saying they had done at least one have been categorised as '**activists**'. By this definition, one in six (18%) are activists.

In Clydebank, ROA respondents are less likely than non-ROA respondents to be activists (9% and 19% respectively). In Vale of Leven, however, ROA respondents are *more* likely than non-ROA respondents to be activists (35% and 15% respectively). Overall, therefore, there is no significant difference between ROA and non-ROA respondents on this measure.

One in fourteen (7%) say they currently act as a **volunteer**.

6.4 Reciprocity & Trust

Respondents were asked to indicate the extent to which they agree or disagree with the following statements:

1. "*This is a neighbourhood where neighbours look out for each other*", and
2. "*Generally speaking, you can trust people in my local area*".

Those agreeing with the first statement are categorised as having a positive view of reciprocity, and those agreeing with the second statement are categorised as having a positive view of trust. Overall, 70% are positive about reciprocity and 67% about trust.

ROA respondents are less likely than those living elsewhere to be positive about reciprocity (63% and 72% respectively). Table 6.3 shows that this applies only in Clydebank and Dumbarton. In Vale of Leven, ROA respondents tend to be *more* positive than non-ROA respondents about reciprocity. Clydebank alone shows a significant difference between ROA and non-ROA respondents for positive perceptions of trust.

Table 6.3: Proportion with a positive perception of reciprocity and trust (Q42a and 42e), by location / ROA status

Base: All

	Clydebank		Dumbarton		Vale of Leven	
	ROA	Non-ROA	ROA	Non-ROA	ROA	Non-ROA
<i>Unweighted base:</i>	122	138	81	90	98	87
	%	%	%	%	%	%
Reciprocity	49	74	60	82	83	61
Trust	54	70	58	72	75	67

The difference between ROA and non-ROA respondents on the measures of reciprocity solely due to women (62% of ROA women are positive about reciprocity, compared with 79% of non-ROA women). Among men, there is no significant difference between ROA and non-ROA respondents.

6.5 Social Networks & Local Friendships

Respondents were asked if they belong to any social clubs, associations, church groups or similar, and those indicating that they do are categorised as belonging to a **social network**. According to this definition, one in five (20%) belong to a social network.

ROA respondents are less likely than those living elsewhere to belong to a social network (14% and 23% respectively). This is true only in Clydebank and Dumbarton (13% of Clydebank ROA respondents and 25% of Clydebank non-ROA respondents; 7% of Dumbarton ROA respondents and 26% of Dumbarton non-ROA respondents). In Vale of Leven, there is no significant difference between ROA and non-ROA respondents.

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, three-quarters (75%) agree with this statement, i.e. **value local friendships**.

Across West Dunbartonshire as a whole, there is no significant difference between ROA and non-ROA respondents on this measure, but this masks some variation within the settlements. In Dumbarton, ROA respondents are less likely than non-ROA respondents to attach value to local friendships (58% and 83% respectively agree with the above statement). In Vale of Leven, on the other hand, ROA respondents are *more* likely than non-ROA respondents to do so (88% and 65% respectively).

6.6 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 are categorised as having a positive view of social support. According to this definition, three-quarters (75%) are positive about social support.

Again, across West Dunbartonshire as a whole, there is no significant difference between ROA and non-ROA respondents on this measure. In Dumbarton, however, ROA respondents are significantly less likely than non-ROA respondents to be positive about social support (63% and 79% respectively).

APPENDIX A: SURVEY METHODOLOGY & RESPONSE

Sampling

For the main survey sample, it was necessary to adopt a sampling system which would be:

- representative of the population of the GGNHSB area as a whole in terms of age, sex, geographical distribution and index of deprivation;
- comparable with the system used in 1999 and 2002, to allow results to be compared across the two surveys;
- replicable, so that future surveys can track indicators over time.

The main sample was stratified by local authority (six authorities) and by DEPCAT (seven categories, grouped into three – 1/2, 3/4/5 and 6/7). The target sample size was set at 2000 individuals. To achieve this, 200 clusters were sampled in proportion to the population in each stratum, with a view to achieving an average of 10 interviews per cluster. The table below shows the number of clusters in each of the 13 strata.

Table A.1: Sample stratification – main sample

Stratum	Local Authority	DEPCAT Group	No. of Clusters
1	West Dunbartonshire	3/4/5	4
2	West Dunbartonshire	6/7	6
3	East Dunbartonshire	1/2	13
4	East Dunbartonshire	3/4/5	7
5	East Dunbartonshire	6/7	2
6	East Renfrewshire	1/2	11 ⁴
7	East Renfrewshire	3/4/5	1
8	Glasgow City	1/2	6
9	Glasgow City	3/4/5	41
10	Glasgow City	6/7	91
11	North Lanarkshire	3/4/5	6
12	South Lanarkshire	3/4/5	11
13	South Lanarkshire	6/7	1

The sample was drawn from the Postal Address File (PAF) by CACI, to a specification provided by RBA Research. The PAF was sorted into the 13 strata above. Within each

⁴ After the initial round of fieldwork, the original 11 clusters in stratum 6 had not yielded sufficient interviews to allow the appropriate analysis to be conducted in East Renfrewshire due to a low response rate in this stratum. To remedy this, a further 4 clusters were issued, bring the total in this stratum up to 15.

stratum, the PAF was then sorted in alphanumeric order by postcode and house number/name. Interval samples of groups of 150 addresses were then taken, with the number of groups being the number of clusters required in the stratum. This was done as follows:

- the interval was calculated by taking the number of addresses in the stratum and dividing by the number of clusters required. Eg, if there were 1000 addresses in a stratum and four clusters were required, the interval x would be $1000/4=250$;
- a random number was selected between 1 and x and then the group of 150 addresses started at this point on the address list. Eg, if the random number between 1 and 250 was 50, the 150 addresses began at the 50th address in the stratum. The second group of 150 addresses started at address 300, and so on.
- Eighteen addresses were randomly sampled from each group of 150 addresses to form each cluster. Interviewers were required to obtain as many interviews as possible in each cluster, with the assumption that on average, 10 per cluster would be achieved.

For the West Dunbartonshire booster sample, the same principle was used, but the variables used for stratification of the PAF list were settlement and ROA status, resulting in 6 strata. An estimate was made of the number of interviews likely to be achieved in each stratum as part of the main sample. An appropriate number of clusters was then selected for the booster sample, based on the aim of achieving at least 100 interviews in each stratum. Table A.2 shows the number of clusters selected in each stratum.

Table A.2: Sample stratification – West Dunbartonshire booster sample

Stratum	Settlement	ROA/ Non-ROA	No. of Clusters
1	Clydebank	ROA	9
2	Clydebank	Non-ROA	8
3	Dumbarton	ROA	9
4	Dumbarton	Non-ROA	8
5	Vale of Leven	ROA	8
6	Vale of Leven	Non-ROA	8

Before the addresses were issued to interviewers, GGNHSB screened the sample to identify areas containing high levels of ‘deadwood’ (eg business addresses, derelict buildings). Where these were found, they were replaced with other addresses that were a match in terms of the sample strata.

Questionnaire Design and Pilot

The survey questionnaire was based on the questionnaire used in 2002, but some new questions had been added. It was felt that the 2002 questionnaire had reached its maximum practicable length, so the addition of new questions had to be balanced by commensurate cuts elsewhere in the questionnaire. Questions for which the data were deemed to be least useful in 2002 were selected for deletion in 2005.

In turn, the 2002 questionnaire had been based on the one used in 1999, but with some changes to content and order to make the interview run more smoothly. Thus, most of the questions in the 2005 questionnaire can be tracked back to 1999 and/or 2002.

Once a draft questionnaire had been agreed, a pilot survey was conducted. Three interviewers conducted 30 interviews. Pilot interviews were carried out to the following quotas:

Table A.3: Pilot quotas

	Male		Female	
	Under 45 years	45+ years	Under 45 years	45+ years
DEPCAT 1,2	1	1	1	1
DEPCAT 3,4,5	3	2	3	3
DEPCAT 6,7	4	3	4	4

The pilot ensured that:

- the questionnaire structure flowed easily, thereby maintaining the interest of the respondent over the duration of the interview which was not considered to be onerous;
- the routing of questions was complete;
- the questions were understood by a range of respondents. It was recognised that the questions had to be coherent and meaningful to people of different levels of ability.

Following the pilot, a few minor changes were made to the questionnaire, but question wording largely remained as it was in 2002.

Fieldwork

Research Resource Ltd was responsible for the fieldwork element of the project. A team of 8 interviewers attended a briefing session which was conducted by Research Resource and RBA, and which was attended by a representative of the Health & Well-being Survey Steering Group. The briefing session involved full instructions in the conduct of the survey interview. Written instructions were given to all interviewers. A copy of these can be found in the report for the main survey. A further 15 interviewers were briefed by Research Resource when they started work later in the fieldwork period.

Interviewers were assigned a number of clusters. A list of 18 addresses was issued per cluster, with interviewers being instructed to obtain as many interviews as possible from each list. Their instructions were to make at least four calls at an address at different times of the day/days of the week before classifying the address as a non-response.

Respondents were randomly selected within households using the 'next birthday rule'. The person aged 16 or over who would next have a birthday was chosen for interview. In cases where the next birthday was not known, a Kish grid was used to make a random selection. An example grid can be found in the main survey report.

Each sampled address was sent an advance letter from GGNHSB explaining the purpose of the survey and requesting co-operation. As a result of this letter, a number of respondents contacted GGNHSB to 'opt out' of the survey. These addresses were removed from the lists given to interviewers and these households were not contacted further by Research Resource.

Each interviewer was provided with a 'letter of authorisation' to show on the doorstep. Interviewers were also instructed to carry their Research Resource photo-identity card at all times and to display this to all potential respondents. Each interviewer also carried a stock of leaflets that explained more about the survey and why participation is important. A leaflet was left with every respondent. Copies of the letters and leaflet can be found in the main survey report.

Fieldwork began immediately after the briefing session on 12 August 2005, and the bulk of it (including all the West Dunbartonshire interviews) was completed by 2 December, with most interviews taking place in November. The average interview length was just under 30 minutes. On the main sample, 1,954 interviews were completed, of which 111 were in West Dunbartonshire. A further 505 interviews were completed in the West Dunbartonshire booster sample, making a total of 616.

Response

Table A.4 shows the outcomes of attempted contacts in the main sample, and Table A.5 shows the outcomes in the West Dunbartonshire booster sample.

Table A.4: Outcome of attempts to interview – main sample

Outcome	n	% of in-scope	% of all contacts
In-scope (interview possible)			
Interview obtained	1954	71.89%	51.39%
Office refusal (telephone/letter)	136	5.00%	3.58%
No. of people in household information refused	10	0.37%	0.26%
No contact after 4+ calls	158	5.81%	4.16%
No contact with selected person after 1+ visits	134	4.93%	3.52%
Personal refusal by selected person	258	9.49%	6.79%
Proxy refusal on behalf of selected person	22	0.81%	0.58%
Broken appointment, no re-contact	21	0.77%	0.55%
Ill at home during survey period	2	0.07%	0.05%
Away/in hospital during survey period	7	0.26%	0.18%
Selected person has dementia	14	0.52%	0.37%
Inadequate English	2	0.07%	0.05%
Incomplete interview	0	0.00%	0.00%
<i>Total in-scope</i>	<i>2718</i>	<i>100.00%</i>	<i>71.49%</i>
Out of scope (no interview possible)			
Insufficient address	19	n/a	0.50%
Not traced	39	n/a	1.03%
Not yet built / not yet ready for occupation	0	n/a	0.00%
Derelict/demolished	37	n/a	0.97%
Empty/vacant	20	n/a	0.53%
Business/industrial only (not private)	9	n/a	0.24%
Institution only	3	n/a	0.08%
Other	55	n/a	1.45%
<i>Total out-of-scope</i>	<i>182</i>	<i>n/a</i>	<i>4.79%</i>
<i>Untried (cluster quota achieved so address not pursued – treated as ‘out of scope’)</i>	<i>902</i>	<i>n/a</i>	<i>23.72%</i>
<i>Total contacts⁵</i>	<i>3802</i>	<i>n/a</i>	<i>n/a</i>

⁵ The initial sample consisted of 3,600 addresses (200 clusters x 18 addresses). Where batches of unusable addresses were identified within a cluster, additional contacts were released. Also, as noted above, a further 4 clusters were released in stratum 6 when it became apparent that the response rate was low in this stratum. Hence the total number of contacts is greater than 3,600.

Table A.5: Outcome of attempts to interview – West Dunbartonshire booster sample

Outcome	n	% of in-scope	% of all contacts
In-scope (interview possible)			
Interview obtained	505	74.26%	55.01%
Office refusal (telephone/letter)	5	0.74%	0.54%
No. of people in household information refused	4	0.59%	0.44%
No contact after 4+ calls	43	6.32%	4.68%
No contact with selected person after 1+ visits	54	7.94%	5.88%
Personal refusal by selected person	56	8.24%	6.10%
Proxy refusal on behalf of selected person	11	1.62%	1.20%
Broken appointment, no re-contact	0	0.00%	0.00%
Ill at home during survey period	2	0.29%	0.22%
Away/in hospital during survey period	0	0.00%	0.00%
Selected person has dementia	0	0.00%	0.00%
Inadequate English	0	0.00%	0.00%
Incomplete interview	0	0.00%	0.00%
<i>Total in-scope</i>	<i>680</i>	<i>100.00%</i>	<i>74.07%</i>
Out of scope (no interview possible)			
Insufficient address	7	n/a	0.76%
Not traced	2	n/a	0.22%
Not yet built / not yet ready for occupation	0	n/a	0.00%
Derelict/demolished	4	n/a	0.44%
Empty/vacant	0	n/a	0.00%
Business/industrial only (not private)	0	n/a	0.00%
Institution only	0	n/a	0.00%
Other	0	n/a	0.00%
<i>Total out-of-scope</i>	<i>13</i>	<i>n/a</i>	<i>1.42%</i>
<i>Untried (cluster quota achieved so address not pursued – treated as ‘out of scope’)</i>	<i>225</i>	<i>n/a</i>	<i>24.51%</i>
<i>Total contacts</i>	<i>918</i>	<i>n/a</i>	<i>n/a</i>

Data Coding and Input

Data from open questions were coded using the same code frames as were used in 1999 and 2002, for comparability. GGNHSB was involved in re-coding some of the lists of codes, which referred to medical conditions.

A specially devised data entry programme was set up to allow data to be entered directly onto computer. The programme included route, range and logic checks at the time of data entry to ensure that the data were valid.

A second-stage cleaning process was conducted after all the data had been entered. This involved examining frequency counts for all variables and checking extreme values.

Additional core indicator variables were computed and added to the dataset. These were specified by GGNHSB.

Data were weighted before analysis. Appendix B details the weighting processes, which replicates that used in 1999 and 2002 to aid comparability.

APPENDIX B: DATA WEIGHTING

Weighting by Age/Sex/ROA and household size

Firstly the household size weighting was applied to the dataset. This produced the new 'actual' counts (column H in the table below) to which we applied the age/sex/ROA weighting frame to produce the final weighting factors. Column W below shows the final weighted counts. All the results in this report are based on the combined weighting of household size, age, sex and ROA.

	Clydebank ROA			Clydebank Others			Dumbarton ROA		
	A	H	W	A	H	W	A	H	W
Male:									
16-24	2	1	5	7	7	15	1	2	4
25-34	12	15	7	12	12	17	4	3	3
35-44	9	9	7	7	7	18	8	12	4
45-54	8	7	6	13	16	15	7	7	4
55-64	8	6	5	8	6	13	6	5	3
65-74	7	5	4	3	3	9	8	6	2
75+	4	3	3	4	3	7	0	0	0
Female:									
16-24	8	9	7	11	12	13	7	7	4
25-34	20	22	10	31	38	18	5	6	4
35-44	14	15	9	8	9	21	9	12	5
45-54	13	14	6	17	17	18	9	9	3
54-64	7	6	6	10	9	15	7	3	4
65-74	6	3	6	3	3	12	7	4	3
75+	4	2	5	4	2	11	3	2	1
	Dumbarton Others			Vale of Leven ROA			Vale of Leven Others		
	A	H	W	A	H	W	A	H	W
Male:									
16-24	0	0	0	4	4	5	2	3	6
25-34	6	6	9	4	3	5	3	2	8
35-44	8	11	10	5	8	6	4	4	12
45-54	4	5	10	7	6	5	3	5	11
55-64	10	9	6	6	5	4	6	5	7
65-74	6	5	5	5	3	3	1	0	0
75+	2	1	3	7	4	2	3	1	3
Female:									
16-24	6	6	7	8	8	4	3	2	8
25-34	4	5	9	10	12	5	9	11	10
35-44	7	9	11	16	23	6	12	17	12
45-54	22	26	9	6	6	5	10	12	11
54-64	6	5	7	6	7	4	12	9	8
65-74	7	4	8	9	6	4	11	9	7
75+	2	1	6	5	3	3	8	5	5

A= Actual (unweighted)

H= Weighted by household size

W = Final weighted figures (by age/sex/ROA and household size)

APPENDIX C: DATA ANALYSIS – CHI-SQUARE & T-TEST RESULTS

Chi-Square Probabilities for Chapter 2

Self-perceived health and well being

	Number of categories in independent variable	Self-perception of general Health Q1	Overall Quality of Life Q28a	General Physical Well-being Q28b	General Mental or Emotional Well-being Q28c	Feeling in control of life decisions Q45
Independent Variable		P=	P=	P=	P=	P=
Age	7	0.000	0.000	0.000	0.005	0.263
Gender	2	0.231	0.088	0.724	0.570	1.000
Age and Gender	14	0.000	0.000	0.000	0.002	0.060
Social Class	4	0.000	0.000	0.000	0.000	0.000
15% most deprived	2	0.206	0.000	0.001	0.000	0.006
SIP or Non-SIP area	2	0.294	0.000	0.000	0.000	0.004
ROA or Non-ROA area	2	0.017	0.001	0.000	0.000	0.000

Illness

	Number of categories in independent variable	Existence of long term condition or illness Q3	Classified as clinically depressed (GHQ12 score of 4+)
Independent Variable		P=	P=
Age	7	0.000	0.024
Gender	2	0.962	0.753
Age and Gender	14	0.000	0.180
Social Class	4	0.004	0.000
15% most deprived	2	0.027	0.001
SIP or Non-SIP area	2	0.065	0.002
ROA or Non-ROA area	2	0.231	0.000

Oral Health:

	Number of categories in independent variable	Proportion of teeth that are your own Q7
Independent Variable		P=
Age	7	0.000
Gender	2	0.041
Age and Gender	14	0.000
Social Class	4	0.002
15% most deprived	2	0.341
SIP or Non-SIP area	2	0.745
ROA or Non-ROA area	2	0.109

Chi-Square Probabilities for Chapter 3

Use of Health Services

	Number of categories in independent variable	GP Visits Q4a	Visits to A&E Q4b	Out Patient visits Q4c	Admitted to hospital Q4d	Frequency of visits to Dentist Q8	Registered with dentist Q6	NHS / Private dentist Q6a
Independent Variable		P=	P=	P=	P=	P=	P=	P=
Age	7	0.000	0.002	0.000	0.000	0.000	0.000	0.151
Gender	2	0.823	0.681	0.264	0.172	0.366	0.700	0.044
Age and Gender	14	0.075	0.000	0.000	0.000	0.000	0.000	0.173
Social Class	4	0.760	0.136	0.337	0.017	0.001	0.009	0.139
15% most deprived	2	0.071	0.092	1.000	0.642	0.468	0.673	0.229
SIP or Non-SIP area	2	0.127	0.059	0.779	0.633	0.901	1.000	0.231
ROA or Non-ROA area	2	0.633	0.271	0.691	0.653	0.792	0.064	0.013

Involvement in Decisions about Health

	Number of categories in independent variable	Given adequate information about condition / treatment Q5a	Encouraged to participate in decisions affecting health or treatment Q5b	Have a say in how services are delivered Q5c	Having views and circumstances understood and valued Q5d
Independent Variable		P=	P=	P=	P=
Age	7	0.000	0.000	0.000	0.000
Gender	2	0.004	0.300	0.257	0.770
Age and Gender	14	0.080	0.000	0.000	0.000
Social Class	4	0.032	0.034	0.002	0.600
15% most deprived	2	0.011	0.202	0.066	0.126
SIP or Non-SIP area	2	0.009	0.126	0.033	0.092
ROA or Non-ROA area	2	0.047	0.030	0.000	0.007

Accessing Health Services

	Number of categories in independent variable	Getting an appointment to see your GP Q10a	Accessing health services in an emergency Q10b	Obtaining an appointment at the hospital Q10c	Reaching the hospital for an appointment Q10d	Getting an appointment to see the dentist Q10e	Getting a consultation with someone at your GP surgery within 48 hours Q10h
Independent Variable		P=	P=	P=	P=	P=	P=
Age	7	0.033	0.246	0.396	0.299	0.000	0.001
Gender	2	0.962	0.412	0.452	0.354	0.384	0.361
Age and Gender	14	0.003	0.005	0.000	0.045	0.000	0.004
Social Class	4	0.220	0.001	0.008	0.101	0.498	0.024
15% most deprived	2	0.178	0.019	0.001	0.709	0.351	0.325
SIP or Non-SIP area	2	0.299	0.005	0.001	0.718	0.275	0.338
ROA or Non-ROA area	2	0.170	0.124	0.001	0.000	0.071	0.002

Chi-Square Probabilities for Chapter 4

Health Behaviours

	Number of categories in independent variable	Passive Smoking Q13	Active Smoking Q14	Drinking Q15	Consumption of alcohol in the previous week Q16	Exceeding the recommended weekly units (males)	Exceeding the recommended weekly units (females)	Incidence of 'Binge' drinking (males)	Incidence of 'Binge' drinking (females)
Independent Variable		P=	P=	P=	P=	P=	P=	P=	P=
Age	7	0.000	0.000	0.000	0.050	0.008	0.001	0.000	0.000
Gender	2	0.669	0.141	0.000	0.000	N/A	N/A	N/A	N/A
Age and Gender	14	0.000	0.000	0.000	0.000	0.008	0.001	0.000	0.000
Social Class	4	0.043	0.000	0.008	0.068	0.042	0.336	0.297	0.412
15% most deprived	2	0.526	0.298	0.965	0.881	0.248	0.127	1.000	0.449
SIP or Non-SIP area	2	0.429	0.258	0.963	0.759	0.111	0.079	0.851	0.247
ROA or Non-ROA area	2	0.152	0.322	0.067	0.078	0.009	0.434	0.001	0.173

Exercise

	Number of categories in independent variable	Recommended level of physical activity Q26-Q27c	Moderate Activity Q26 & Q27b	Vigorous activity Q27 & Q27c
Independent Variable		P=	P=	P=
Age	7	0.000	0.097	0.000
Gender	2	0.951	0.733	0.550
Age and Gender	14	0.000	0.169	0.000
Social Class	4	0.779	0.173	0.001
15% most deprived	2	0.146	0.315	0.884
SIP or Non-SIP area	2	0.104	0.150	1.000
ROA or Non-ROA area	2	0.003	0.000	0.455

Diet

	Number of categories in independent variable	Fruit and Vegetables Q18 & Q19	Breakfast Q23	Oily Fish Q22	High-fat snacks Q21	Body Mass index Q25a & Q25b
Independent Variable		P=	P=	P=	P=	P=
Age	7	0.001	0.006	0.000	0.043	0.000
Gender	2	0.209	0.319	0.483	0.934	0.006
Age and Gender	14	0.000	0.023	0.000	0.165	0.000
Social Class	4	0.167	0.012	0.098	0.015	0.090
15% most deprived	2	0.569	0.354	0.051	0.145	0.172
SIP or Non-SIP area	2	0.767	0.409	0.032	0.079	0.175
ROA or Non-ROA area	2	0.001	0.100	0.075	0.429	0.027

Oral Health

	Number of categories in independent variable	Frequency of Brushing Q7a	Brush at least twice a day Q7a
Independent Variable		P=	P=
Age	7	0.000	0.000
Gender	2	0.002	0.001
Age and Gender	14	0.000	0.000
Social Class	4	0.000	0.000
15% most deprived	2	0.026	0.004
SIP or Non-SIP area	2	0.012	0.004
ROA or Non-ROA area	2	0.765	0.415

Chi-Square Probabilities for Chapter 5

Social Health

	Number of categories in independent variable	Isolation from friends/family Q59	Club Membership Q33	Voluntary work Q36	Sense of belonging to the community Q42b	Feeling valued as a member of the community Q42d	Influence over neighbourhood through working together Q42f
Independent Variable		P=	P=	P=	P=	P=	P=
Age	7	0.135	0.000	0.000	0.000	0.000	0.000
Gender	2	0.004	0.126	0.525	0.004	0.133	0.093
Age and Gender	14	0.002	0.000	0.002	0.002	0.000	0.000
Social Class	4	0.000	0.002	0.025	0.000	0.049	0.000
15% most deprived	2	0.184	0.049	0.004	0.041	0.018	0.318
SIP or Non-SIP area	2	0.117	0.087	0.006	0.025	0.014	0.252
ROA or Non-ROA area	2	0.067	0.006	0.607	0.127	0.025	0.047

The Social and Physical Environment

	Number of categories in independent variable	Public transport Q46a	Walking around after dark Q46b	Feeling safe in your own home Q46c
Independent Variable		P=	P=	P=
Age	7	0.767	0.000	0.006
Gender	2	0.416	0.000	0.035
Age and Gender	14	0.295	0.000	0.000
Social Class	4	0.006	0.078	0.000
15% most deprived	2	0.002	0.003	0.035
SIP or Non-SIP area	2	0.003	0.012	0.011
ROA or Non-ROA area	2	0.000	0.000	0.105

Problems within the local area

	Number of categories in independent variable	Unemployment Q31 a (negative perception)	Burglaries Q31 b (negative perception)	Vandalism / Graffiti Q31 c (Negative perception)	Assault / muggings Q31 d (negative perception)	Drug Activity Q31 e (negative perception)	Excessive Drinking Q31 f (negative perception)	Young People Hanging around Q31 g (negative perception)	Car crime Q31 h (negative perception)
Independent Variable		P=	P=	P=	P=	P=	P=	P=	P=
Age	7	0.117	0.078	0.279	0.305	0.116	0.037	0.001	0.066
Gender	2	0.613	0.920	0.011	0.020	0.931	0.656	0.228	0.144
Age and Gender	14	0.136	0.059	0.009	0.171	0.150	0.039	0.000	0.009
Social Class	4	0.000	0.000	0.000	0.003	0.000	0.000	0.000	0.000
15% most deprived	2	0.901	0.007	0.209	0.014	0.094	0.188	0.301	0.001
SIP or Non-SIP area	2	1.000	0.005	0.114	0.007	0.083	0.079	0.112	0.000
ROA or Non-ROA area	2	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000

Environmental Problems within the local area

	Number of categories in independent variable	Rubbish lying around Q32i (negative perception)	Noise and Disturbance Q32j (negative perception)	Poor Street lighting Q32k (negative perception)	Vacant / derelict land Q32l (negative perception)	Vacant / derelict buildings Q32m (negative perception)	Dogs Dirt Q32n (negative perception)	Abandoned cars Q32o (negative perception)	Traffic Q32p (negative perception)	Smells from sewers Q32q (negative perception)	Broken glass lying around Q32r (negative perception)	Uneven pavements Q32s (negative perception)	Safe play spaces Q32t (negative perception)	Pleasant places to walk Q32u (negative perception)
Independent Variable		P=	P=	P=	P=	P=	P=	P=	P=	P=	P=	P=	P=	P=
Age	7	0.089	0.115	0.166	0.000	0.005	0.079	0.047	0.006	0.434	0.012	0.000	0.030	0.000
Gender	2	0.304	0.817	0.746	0.260	0.204	0.616	0.614	0.830	0.638	0.762	0.690	0.008	1.000
Age and Gender	14	0.095	0.070	0.079	0.000	0.005	0.004	0.219	0.000	0.769	0.025	0.005	0.028	0.002
Social Class	4	0.000	0.000	0.004	0.000	0.000	0.034	0.000	0.000	0.000	0.000	0.000	0.000	0.000
15% most deprived	2	0.055	0.006	0.000	0.000	0.000	0.458	0.000	0.016	0.000	0.021	0.055	0.890	0.070
SIP or Non-SIP area	2	0.021	0.002	0.000	0.000	0.000	0.284	0.000	0.012	0.000	0.028	0.035	1.000	0.002
ROA or Non-ROA area	2	0.005	0.004	0.170	0.001	0.000	0.236	0.000	0.029	0.028	0.014	0.000	0.000	0.000

Quality of Services in the Area

	Number of categories in independent variable	Food shops Q43a	Local Schools Q43b	Public Transport Q43c	Activities for young people Q43d	Leisure / sports facilities Q43e	Childcare Provision Q43f	Police Q43g
Independent Variable		P=	P=	P=	P=	P=	P=	P=
Age	7	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Gender	2	0.019	0.533	0.023	0.633	0.200	0.087	0.730
Age and Gender	14	0.000	0.000	0.000	N/A	0.000	0.000	0.000
Social Class	4	0.044	0.000	0.414	0.000	0.000	0.000	0.000
15% most deprived	2	0.166	0.976	0.134	0.000	0.001	0.003	0.136
SIP or Non-SIP area	2	0.591	0.891	0.131	0.004	0.002	0.013	0.200
ROA or Non-ROA area	2	0.001	0.208	0.000	0.001	0.000	0.003	0.004

Chi-Square Probabilities for Chapter 6

	Number of categories in independent variable	Internet Access Q40	View of area as place to live Q29	View of area as place to bring up children Q30	Activism Q35	Volunteering Q36
Independent Variable		P=	P=	P=	P=	P=
Age	7	0.000	0.004	0.000	0.000	0.000
Gender	2	0.366	0.219	0.786	0.517	0.525
Age and Gender	14	0.000	0.001	0.000	0.001	0.002
Social Class	4	0.000	0.000	0.000	0.119	0.025
15% most deprived	2	0.022	0.000	0.000	0.079	0.004
SIP or Non-SIP area	2	0.044	0.000	0.000	0.019	0.006
ROA or Non-ROA area	2	0.430	0.000	0.000	0.208	0.607

t-TEST OUTCOMES –AGE

Statistics examining age					
(Age grouped by 44 or younger and 45 or older)					
Group Statistics					
Variable	Age	N	Mean	Std. Deviation	Std. Error Mean
No. of times seen a GP	< 45	304	2.57	3.902	.224
	>= 45	297	5.21	5.194	.301
No. of times been to A&E	< 45	304	.23	.626	.036
	>= 45	297	.43	.973	.056
No. of times visited doctor as out-patient	< 45	304	.46	2.411	.138
	>= 45	297	1.58	2.879	.167
No. of times admitted to hospital	< 45	304	.17	.762	.044
	>= 45	297	.47	.964	.056
Total no. of times seen doctor	< 45	304	3.43	6.515	.374
	>= 45	297	7.70	8.088	.469

	t-Tests	Levene's Test for Equality of Variances		t-test for Equality of means		
		F	Sig.	t	df	Sig. (2-tailed)
No. of times seen a GP	Equal variances assumed	62.018	.000	-7.064	599	.000
	Equal variances not assumed			-7.042	549.303	.000
No. of times been to A&E	Equal variances assumed	28.551	.000	-3.038	599	.002
	Equal variances not assumed			-3.024	503.511	.003
No. of times visited doctor as out-patient	Equal variances assumed	42.836	.000	-5.152	599	.000
	Equal variances not assumed			-5.142	576.252	.000
No. of times admitted to hospital	Equal variances assumed	45.059	.000	-4.219	599	.000
	Equal variances not assumed			-4.208	562.847	.000
Total no. of times seen doctor	Equal variances assumed	52.991	.000	-7.118	599	.000
	Equal variances not assumed			-7.101	567.438	.000

Statistics examining age					
(Age grouped by 44 or younger and 45 or older)					
Group Statistics					
Variable	Age	N	Mean	Std. Deviation	Std. Error Mean
GHQ12 Score total	< 45	304	1.47	3.138	.180
	>= 45	297	2.12	3.255	.189
How many people had accidents?	< 45	44	1.19	.471	.071
	>= 45	40	1.00	.000	.000
How many cigarettes a day? total	< 45	139	18.97	8.603	.731
	>= 45	91	22.00	13.688	1.435
Portions of fruit a day	< 45	304	1.65	1.687	.097
	>= 45	297	1.65	1.282	.074
Portions of veg/salad a day	< 45	304	1.47	1.272	.073
	>= 45	297	1.72	1.230	.071
Portions of fruit/veg/salad a day	< 45	304	3.12	2.468	.142
	>= 45	297	3.37	2.146	.125

	t-Tests	Levene's Test for Equality of Variances		t-test for Equality of means		
		F	Sig.	t	df	Sig. (2-tailed)
GHQ12 Score total	Equal variances assumed	4.041	.045	-2.492	599	.013
	Equal variances not assumed			-2.491		
How many people had accidents?	Equal variances assumed	48.335	.000	2.508	81	.014
	Equal variances not assumed			2.634		
How many cigarettes a day? total	Equal variances assumed	19.655	.000	-2.060	228	.041
	Equal variances not assumed			-1.881		
Portions of fruit a day	Equal variances assumed	1.467	.226	.047	598	.963
	Equal variances not assumed			.047		
Portions of veg/salad a day	Equal variances assumed	.011	.915	-2.485	598	.013
	Equal variances not assumed			-2.486		
Portions of fruit/veg/salad a day	Equal variances assumed	.036	.849	-1.314	598	.189
	Equal variances not assumed			-1.316		

Statistics examining age					
(Age grouped by 44 or younger and 45 or older)					
Group Statistics					
Variable	Age	N	Mean	Std. Deviation	Std. Error Mean
How many days eat breakfast	< 45	304	5.33	2.728	.157
	>= 45	297	5.78	2.339	.136
How often eat cakes/pastries a day	< 45	304	1.66	1.366	.078
	>= 45	297	1.35	1.185	.069
No. of times eat oily fish a week	< 45	304	1.05	1.007	.058
	>= 45	297	1.15	.943	.055
Weight - kilograms	< 45	304	69.12	18.419	1.057
	>= 45	297	71.84	17.330	1.005
Height - centimetres	< 45	304	1.67	.246	.0141
	>= 45	297	1.67	.107	.0062

	t-Tests	Levene's Test for Equality of Variances		t-test for Equality of means		
		F	Sig.	t	df	Sig. (2-tailed)
How many days eat breakfast	Equal variances assumed	15.229	.000	-2.167	598	.031
	Equal variances not assumed			-2.170	588.456	.030
How often eat cakes/pastries a day	Equal variances assumed	4.777	.029	2.877	598	.004
	Equal variances not assumed			2.882	590.075	.004
No. of times eat oily fish a week	Equal variances assumed	2.231	.136	-1.276	598	.202
	Equal variances not assumed			-1.277	597.220	.202
Weight - kilograms	Equal variances assumed	.357	.551	-1.865	599	.063
	Equal variances not assumed			-1.866	597.814	.063
Height - centimetres	Equal variances assumed	3.147	.077	-.053	599	.958
	Equal variances not assumed			-.053	415.575	.958

Statistics examining age					
(Age grouped by 44 or younger and 45 or older)					
Group Statistics					
Variable	Age	N	Mean	Std. Deviation	Std. Error Mean
How many days take 30 mins moderate physical exercise?	< 45	304	3.87	2.451	.141
	>= 45	297	2.92	2.765	.160
How many days take 20 mins vigorous physical exercise?	< 45	304	1.93	2.203	.126
	>= 45	297	.79	1.500	.087
How many days take 30 mins moderate physical exercise? (in all)	< 45	304	3.94	2.444	.140
	>= 45	297	3.01	2.780	.161
How many days take 20 mins vigorous physical exercise? (in all)	< 45	304	1.94	2.212	.127
	>= 45	297	.85	1.548	.090
Overall quality of life - score	< 45	304	2.69	1.293	.074
	>= 45	297	2.96	1.342	.078
General physical well being - score	< 45	304	2.62	1.290	.074
	>= 45	297	3.32	1.484	.086

	t-Tests	Levene's Test for Equality of Variances		t-test for Equality of means		
		F	Sig.	t	df	Sig. (2-tailed)
How many days take 30 mins moderate physical exercise?	Equal variances assumed	7.217	.007	4.430	599	.000
	Equal variances not assumed			4.425	586.881	.000
How many days take 20 mins vigorous physical exercise?	Equal variances assumed	45.730	.000	7.423	598	.000
	Equal variances not assumed			7.454	534.905	.000
How many days take 30 mins moderate physical exercise? (in all)	Equal variances assumed	8.380	.004	4.352	599	.000
	Equal variances not assumed			4.346	585.479	.000
How many days take 20 mins vigorous physical exercise? (in all)	Equal variances assumed	38.419	.000	6.994	599	.000
	Equal variances not assumed			7.021	542.581	.000
Overall quality of life - score	Equal variances assumed	.000	.997	-2.509	599	.012
	Equal variances not assumed			-2.508	596.592	.012
General physical well being - score	Equal variances assumed	11.251	.001	-6.163	599	.000
	Equal variances not assumed			-6.154	583.585	.000

Statistics examining age					
(Age grouped by 44 or younger and 45 or older)					
Group Statistics					
Variable	Age	N	Mean	Std. Deviation	Std. Error Mean
General mental or emotional well being - score	< 45	304	2.64	1.353	.078
	>= 45	297	2.92	1.406	.082
Local area as place to live - score	< 45	304	2.95	1.458	.084
	>= 45	297	2.85	1.336	.078
Local area as place to bring up children - score	< 45	300	3.10	1.557	.090
	>= 45	296	2.99	1.465	.085
How long lived in local area? (total)	< 45	304	15.2816	11.30066	.64847
	>= 45	297	34.5368	21.23767	1.23230
How long lived in present home? (total)	< 45	304	7.7235	6.68183	.38343
	>= 45	297	19.2014	13.43724	.77968
No. of people in household	< 45	304	3.04	1.154	.066
	>= 45	297	2.31	1.138	.066

	t-Tests	Levene's Test for Equality of Variances		t-test for Equality of means		
		F	Sig.	t	df	Sig. (2-tailed)
General mental or emotional well being - score	Equal variances assumed	.165	.685	-2.492	599	.013
	Equal variances not assumed			-2.491	596.503	.013
Local area as place to live - score	Equal variances assumed	1.225	.269	.872	599	.383
	Equal variances not assumed			.873	596.184	.383
Local area as place to bring up children - score	Equal variances assumed	3.989	.046	.902	594	.367
	Equal variances not assumed			.903	592.859	.367
How long lived in local area? (total)	Equal variances assumed	113.403	.000	-13.914	599	.000
	Equal variances not assumed			-13.828	448.991	.000
How long lived in present home? (total)	Equal variances assumed	101.933	.000	-13.299	599	.000
	Equal variances not assumed			-13.210	431.810	.000
No. of people in household	Equal variances assumed	.052	.820	7.804	599	.000
	Equal variances not assumed			7.806	598.666	.000

Statistics examining age					
(Age grouped by 44 or younger and 45 or older)					
Group Statistics					
Variable	Age	N	Mean	Std. Deviation	Std. Error Mean
How long since last in paid employment?	< 45	24	1.4216	3.20376	.64850
	>= 45	2	9.5946	3.45303	2.42576
How feel about adequacy of household income	< 45	300	3.28	1.526	.088
	>= 45	297	3.35	1.273	.074
Length of interview	< 45	304	24.05	4.489	.258
	>= 45	296	24.79	6.394	.372

	t-Tests	Levene's Test for Equality of Variances		t-test for Equality of means		
		F	Sig.	t	df	Sig. (2-tailed)
How long since last in paid employment?	Equal variances assumed	.003	.960	-3.478	24	.002
	Equal variances not assumed			-3.255	1.178	.159
How feel about adequacy of household income	Equal variances assumed	7.407	.007	-.650	595	.516
	Equal variances not assumed			-.651	578.738	.516
Length of interview	Equal variances assumed	28.523	.000	-1.650	598	.099
	Equal variances not assumed			-1.643	527.510	.101

t-TEST OUTCOMES –GENDER

Statistics examining gender								Independent Samples t-tests				
Group Statistics							t-tests	Levene's Test for Equality of Variances		t-test for Equality of Means		
	Gender	N	Mean	Std. Deviation	Std. Error Mean			F	Sig.	t	df	Sig. (2-tailed)
No. of times seen a GP	male	272	3.47	4.083	.248	No. of times seen a GP	Equal variances assumed	10.449	.001	-1.926	599	.055
	Female	329	4.22	5.251	.289		Equal variances not assumed			-1.972		
No. of times been to A&E	Male	272	.32	.840	.051	No. of times been to A&E	Equal variances assumed	.147	.722	-.078	599	.923
	Female	329	.33	.809	.045		Equal variances not assumed			-.078		
No. of times visited doctor as out-patient	male	272	.78	1.985	.120	No. of times visited doctor as out-patient	Equal variances assumed	9.867	.002	-1.901	599	.056
	Female	329	1.21	3.174	.175		Equal variances not assumed			-1.984		
No. of times admitted to hospital	male	272	.28	.808	.049	No. of times admitted to hospital	Equal variances assumed	2.982	.085	-1.092	599	.268
	Female	329	.36	.935	.052		Equal variances not assumed			-1.107		
Total no. of times seen doctor	male	272	4.85	6.147	.374	Total no. of times seen doctor	Equal variances assumed	12.085	.001	-2.023	599	.043
	Female	329	6.11	8.636	.476		Equal variances not assumed			-2.088		

Statistics examining gender						Independent Samples t-tests						
Group Statistics						t-tests	Levene's Test for Equality of Variances		t-test for Equality of Means			
							F	Sig.	t	df	Sig. (2-tailed)	
	Gender	N	Mean	Std. Deviation	Std. Error Mean							
GHQ12 Score total	male	272	1.76	3.212	.195	GHQ12 Score total	Equal variances assumed	.185	.667	-.254	599	.799
	Female	329	1.82	3.214	.177		Equal variances not assumed					
How many people had accidents?	male	42	1.12	.325	.050	How many people had accidents?	Equal variances assumed	.026	.872	.464	81	.644
	Female	42	1.08	.381	.059		Equal variances not assumed					
How many cigarettes a day? total	male	109	21.46	10.823	1.039	How many cigarettes a day? total	Equal variances assumed	1.466	.227	1.692	228	.092
	Female	121	19.02	11.031	1.002		Equal variances not assumed					
Portions of fruit a day	male	272	1.49	1.713	.104	Portions of fruit a day	Equal variances assumed	4.444	.035	-2.341	598	.020
	Female	329	1.78	1.285	.071		Equal variances not assumed					
Portions of veg/salad a day	male	272	1.50	1.236	.075	Portions of veg/salad a day	Equal variances assumed	.518	.472	-1.640	598	.102
	Female	329	1.67	1.270	.070		Equal variances not assumed					
Portions of fruit/veg/salad a day	male	272	2.99	2.441	.148	Portions of fruit/veg/salad a day	Equal variances assumed	1.381	.240	-2.408	598	.016
	Female	329	3.44	2.189	.121		Equal variances not assumed					

Statistics examining gender								Independent Samples t-tests				
Group Statistics							t-tests	Levene's Test for Equality of Variances		t-test for Equality of Means		
								F	Sig.	t	df	Sig. (2-tailed)
	Gender	N	Mean	Std. Deviation	Std. Error Mean							
How many days eat breakfast	male	272	5.57	2.622	.159	How many days eat breakfast	Equal variances assumed	.202	.654	.168	598	.866
	Female	329	5.54	2.494	.138		Equal variances not assumed			.168		
How often eat cakes/pastries a day	male	272	1.42	1.168	.071	How often eat cakes/pastries a day	Equal variances assumed	1.942	.164	-1.552	598	.121
	Female	329	1.58	1.376	.076		Equal variances not assumed			-1.557		
No. of times eat oily fish a week	male	272	1.02	.922	.056	No. of times eat oily fish a week	Equal variances assumed	2.210	.138	-1.853	598	.064
	Female	329	1.16	1.015	.056		Equal variances not assumed			-1.870		
Weight - kilograms	male	272	75.89	18.037	1.098	Weight - kilograms	Equal variances assumed	.010	.920	6.935	599	.000
	Female	329	66.03	16.593	.915		Equal variances not assumed			6.880		
Height - centimetres	male	272	1.72	.239	.014	Height - centimetres	Equal variances assumed	5.176	.023	6.619	599	.000
	Female	329	1.62	.121	.007		Equal variances not assumed			6.254		

Statistics examining gender								Independent Samples t-tests				
Group Statistics							t-tests	Levene's Test for Equality of Variances		t-test for Equality of Means		
								F	Sig.	t	df	Sig. (2-tailed)
	Gender	N	Mean	Std. Deviation	Std. Error Mean							
How many days take 30 mins moderate physical exercise?	male	272	3.38	2.615	.159	How many days take 30 mins moderate physical exercise?	Equal variances assumed	1.567	.211	-.153	599	.878
	Female	329	3.42	2.684	.148		Equal variances not assumed					
How many days take 20 mins vigorous physical exercise?	male	272	1.43	1.993	.121	How many days take 20 mins vigorous physical exercise?	Equal variances assumed	.186	.667	.764	599	.445
	Female	329	1.31	1.956	.108		Equal variances not assumed					
How many days take 30 mins moderate physical exercise? (in all)	male	272	3.39	2.612	.159	How many days take 30 mins moderate physical exercise? (in all)	Equal variances assumed	2.437	.119	-.749	599	.454
	Female	329	3.55	2.691	.148		Equal variances not assumed					
How many days take 20 mins vigorous physical exercise? (in all)	male	272	1.41	1.982	.120	How many days take 20 mins vigorous physical exercise? (in all)	Equal variances assumed	.004	.950	.140	599	.889
	Female	329	1.39	1.995	.110		Equal variances not assumed					
Overall quality of life - score	male	272	2.97	1.358	.082	Overall quality of life - score	Equal variances assumed	.003	.958	2.473	599	.014
	Female	329	2.70	1.283	.071		Equal variances not assumed					
General physical well being - score	male	272	3.07	1.464	.089	General physical well being - score	Equal variances assumed	.127	.722	1.577	599	.115
	Female	329	2.89	1.401	.077		Equal variances not assumed					

Statistics examining gender						Independent Samples t-tests						
Group Statistics						t-tests	Levene's Test for Equality of Variances		t-test for Equality of Means			
							F	Sig.	t	df	Sig. (2-tailed)	
	Gender	N	Mean	Std. Deviation	Std. Error Mean							
General mental or emotional well being - score	male	272	2.84	1.346	.082	General mental or emotional well being - score	Equal variances assumed	1.783	.182	0.993	599	.321
	Female	329	2.73	1.418	.078		Equal variances not assumed			0.998		
Local area as place to live - score	male	272	2.96	1.400	.085	Local area as place to live - score	Equal variances assumed	.042	.838	1.027	599	.305
	Female	329	2.84	1.398	.077		Equal variances not assumed			1.027		
Local area as place to bring up children - score	male	267	3.05	1.532	.094	Local area as place to bring up children - score	Equal variances assumed	.098	.754	.036	594	.972
	Female	329	3.05	1.498	.083		Equal variances not assumed			.035		
How long lived in local area? (total)	male	272	23.1433	17.59653	1.06790	How long lived in local area? (total)	Equal variances assumed	6.975	.008	-1.899	599	.058
	Female	329	26.1706	20.85336	1.14935		Equal variances not assumed			-1.930		
How long lived in present home? (total)	male	272	13.0336	11.46322	.69568	How long lived in present home? (total)	Equal variances assumed	.921	.338	-.676	599	.500
	Female	329	13.6999	12.48197	.68795		Equal variances not assumed			-.681		
No. of people in household	male	272	2.75	1.253	.076	No. of people in household	Equal variances assumed	3.971	.047	1.296	599	.196
	Female	329	2.62	1.158	.064		Equal variances not assumed			1.286		

Statistics examining gender						Independent Samples t-tests						
Group Statistics						t-tests	Levene's Test for Equality of Variances		t-test for Equality of Means			
							F	Sig.	t	df	Sig. (2-tailed)	
	Gender	N	Mean	Std. Deviation	Std. Error Mean							
How long since last in paid employment?	male	15	2.8146	4.67449	1.21209	How long since last in paid employment?	Equal variances assumed	.958	.337	1.169	24	.254
	Female	12	1.0619	2.26849	.66721		Equal variances not assumed			1.267	21.019	.219
How feel about adequacy of household income	male	268	3.32	1.428	.087	How feel about adequacy of household income	Equal variances assumed	.267	.606	.065	595	.948
	Female	329	3.31	1.389	.077		Equal variances not assumed			.065	564.330	.948
Length of interview	male	270	24.44	5.488	.334	Length of interview	Equal variances assumed	.779	.378	.088	598	.930
	Female	329	24.40	5.554	.306		Equal variances not assumed			.089	577.644	.929

t-TEST OUTCOMES –SEG

Statistics Examining Social Class						Independent Samples t-test						
(social class divided by ABC1 and C2DE)						t-tests	Levene's Test for Equality of Variances		t-test for Equality of Means			
Group Statistics							F	Sig.	t	df	Sig. (2-tailed)	
Variable	Social Class	N	Mean	Std. Deviation	Std. Error Mean							
No. of times seen a GP	C2/D/E	408	4.33	5.198	.257	No. of times seen a GP	Equal variances assumed	35.839	.000	3.645	595	.000
	A/B/C1	189	2.81	3.449	.251		Equal variances not assumed			4.210	522.551	.000
No. of times been to A&E	C2/D/E	408	.39	.912	.045	No. of times been to A&E	Equal variances assumed	23.669	.000	2.666	595	.008
	A/B/C1	189	.20	.574	.042		Equal variances not assumed			3.131	540.909	.002
No. of times visited doctor as out-patient	C2/D/E	408	1.17	3.018	.149	No. of times visited doctor as out-patient	Equal variances assumed	12.289	.000	2.091	595	.037
	A/B/C1	189	.67	1.871	.136		Equal variances not assumed			2.467	546.008	.014
No. of times admitted to hospital	C2/D/E	408	.41	1.019	.050	No. of times admitted to hospital	Equal variances assumed	42.362	.000	3.510	595	.000
	A/B/C1	189	.14	.412	.030		Equal variances not assumed			4.606	585.403	.000
Total no. of times seen doctor	C2/D/E	408	6.29	8.505	.421	Total no. of times seen doctor	Equal variances assumed	34.580	.000	3.717	595	.000
	A/B/C1	189	3.81	4.934	.359		Equal variances not assumed			4.472	565.150	.000

Statistics Examining Social Class					
(social class divided by ABC1 and C2DE)					
Group Statistics					
Variable	Social Class	N	Mean	Std. Deviation	Std. Error Mean
GHQ12 Score total	C2/D/E	408	2.10	3.490	.173
	A/B/C1	189	1.12	2.352	.171
How many people had accidents?	C2/D/E	56	1.10	.308	.041
	A/B/C1	27	1.09	.435	.083
How many cigarettes a day? total	C2/D/E	178	21.56	11.578	.869
	A/B/C1	52	15.44	6.808	.944
Portions of fruit a day	C2/D/E	408	1.54	1.584	.078
	A/B/C1	189	1.88	1.289	.094
Portions of veg/salad a day	C2/D/E	408	1.53	1.261	.062
	A/B/C1	189	1.72	1.251	.091
Portions of fruit/veg/salad a day	C2/D/E	408	3.07	2.409	.119
	A/B/C1	189	3.60	2.082	.152

		Independent Samples t-test						
		Levene's Test for Equality of Variances		t-test for Equality of Means				
		t-tests		F	Sig.	t	df	Sig. (2-tailed)
GHQ12 Score total	Equal variances assumed	32.784	.000	-3.505	595	.000		
	Equal variances not assumed			-4.029	516.856	.000		
How many people had accidents?	Equal variances assumed	.435	.512	-.205	81	.838		
	Equal variances not assumed			-.183	40.000	.856		
How many cigarettes a day? total	Equal variances assumed	6.599	.011	-3.632	228	.000		
	Equal variances not assumed			-4.774	144.162	.000		
Portions of fruit a day	Equal variances assumed	1.859	.173	2.537	594	.011		
	Equal variances not assumed			2.734	441.765	.007		
Portions of veg/salad a day	Equal variances assumed	.119	.730	1.735	594	.083		
	Equal variances not assumed			1.740	367.738	.083		
Portions of fruit/veg/salad a day	Equal variances assumed	1.661	.198	2.588	594	.010		
	Equal variances not assumed			2.730	417.906	.007		

Statistics Examining Social Class					
(social class divided by ABC1 and C2DE)					
Group Statistics					
Variable	Social Class	N	Mean	Std. Deviation	Std. Error Mean
How many days eat breakfast	C2/D/E	408	5.36	2.677	.133
	A/B/C1	189	5.95	2.229	.162
How often eat cakes/pastries a day	C2/D/E	408	1.58	1.354	.067
	A/B/C1	189	1.34	1.132	.082
No. of times eat oily fish a week	C2/D/E	408	1.08	.999	.049
	A/B/C1	189	1.12	.931	.068
Weight - kilograms	C2/D/E	408	70.17	18.480	.914
	A/B/C1	189	71.08	16.770	1.22
Height - centimetres	C2/D/E	408	1.67	.204	.0101
	A/B/C1	189	1.67	.156	.0113

		Independent Samples t-test				
		Levene's Test for Equality of Variances	t-test for Equality of Means			
			F	Sig.	t	df
How many days eat breakfast	Equal variances assumed	20.721	.000	-2.630	594	.009
	Equal variances not assumed			-2.812		
How often eat cakes/pastries a day	Equal variances assumed	5.000	.026	2.077	594	.038
	Equal variances not assumed			2.217		
No. of times eat oily fish a week	Equal variances assumed	.156	.693	-4.84	594	.629
	Equal variances not assumed			-4.96		
Weight - kilograms	Equal variances assumed	2.433	.119	-5.76	595	.565
	Equal variances not assumed			-5.97		
Height - centimetres	Equal variances assumed	1.208	.272	-.027	595	.979
	Equal variances not assumed			-.030		

(social class divided by ABC1 and C2DE)					
Group Statistics					
Variable	Social Class	N	Mean	Std. Deviation	Std. Error Mean
How many days take 30 mins moderate physical exercise?	C2/D/E	408	3.35	2.651	.131
	A/B/C1	189	3.59	2.632	.192
How many days take 20 mins vigorous physical exercise?	C2/D/E	408	1.24	1.898	.094
	A/B/C1	189	1.67	2.109	.154
How many days take 30 mins moderate physical exercise? (in all)	C2/D/E	408	3.41	2.650	.131
	A/B/C1	189	3.70	2.639	.192
How many days take 20 mins vigorous physical exercise? (in all)	C2/D/E	408	1.26	1.930	.096
	A/B/C1	189	1.73	2.088	.152
Overall quality of life - score	C2/D/E	408	2.99	1.338	.066
	A/B/C1	189	2.49	1.220	.089
General physical well being - score	C2/D/E	408	3.13	1.431	.071
	A/B/C1	189	2.63	1.341	.098

	t-tests	Levene's Test for Equality of Variances		t-test for Equality of Means		
		F	Sig.	t	df	Sig. (2-tailed)
How many days take 30 mins moderate physical exercise?	Equal variances assumed	.180	.671	-1.014	595	.311
	Equal variances not assumed			-1.016	367.392	.310
How many days take 20 mins vigorous physical exercise?	Equal variances assumed	3.336	.068	-2.472	595	.014
	Equal variances not assumed			-2.378	332.775	.018
How many days take 30 mins moderate physical exercise? (in all)	Equal variances assumed	.166	.684	-1.245	595	.214
	Equal variances not assumed			-1.247	366.354	.213
How many days take 20 mins vigorous physical exercise? (in all)	Equal variances assumed	1.815	.178	-2.667	595	.008
	Equal variances not assumed			-2.591	340.287	.010
Overall quality of life - score	Equal variances assumed	.773	.380	4.315	595	.000
	Equal variances not assumed			4.464	397.378	.000
General physical well being - score	Equal variances assumed	3.253	.072	4.040	595	.000
	Equal variances not assumed			4.138	387.563	.000

(social class divided by ABC1 and C2DE)					
Group Statistics					
Variable	Social Class	N	Mean	Std. Deviation	Std. Error Mean
General mental or emotional well being - score	C2/D/E	408	3.00	1.440	.071
	A/B/C1	189	2.34	1.136	.083
Local area as place to live - score	C2/D/E	408	3.11	1.436	.071
	A/B/C1	189	2.46	1.192	.087
Local area as place to bring up children - score	C2/D/E	404	3.28	1.527	.076
	A/B/C1	188	2.60	1.365	.100
How long lived in local area? (total)	C2/D/E	408	25.9070	20.09974	.99510
	A/B/C1	189	21.6714	17.14120	1.24838
How long lived in present home? (total)	C2/D/E	408	14.0759	12.82570	.63497
	A/B/C1	189	11.8808	9.80344	.71398
No. of people in household	C2/D/E	408	2.61	1.230	.061
	A/B/C1	189	2.85	1.115	.081

	t-tests	Levene's Test for Equality of Variances		t-test for Equality of Means		
		F	Sig.	t	df	Sig. (2-tailed)
General mental or emotional well being - score	Equal variances assumed	9.487	.002	5.524	595	.000
	Equal variances not assumed			6.020	453.944	.000
Local area as place to live - score	Equal variances assumed	6.324	.012	5.444	595	.000
	Equal variances not assumed			5.827	433.633	.000
Local area as place to bring up children - score	Equal variances assumed	4.231	.040	5.203	590	.000
	Equal variances not assumed			5.419	405.056	.000
How long lived in local area? (total)	Equal variances assumed	4.982	.026	2.503	595	.013
	Equal variances not assumed			2.653	422.887	.008
How long lived in present home? (total)	Equal variances assumed	12.433	.000	2.085	595	.038
	Equal variances not assumed			2.297	466.914	.022
No. of people in household	Equal variances assumed	6.178	.013	-2.281	595	.023
	Equal variances not assumed			-2.365	399.631	.019

(social class divided by ABC1 and C2DE)					
Group Statistics					
Variable	Social Class	N	Mean	Std. Deviation	Std. Error Mean
How long since last in paid employment?	C2/D/E	26	2.0439	3.88267	.76189
	A/B/C1	0(a)	.	.	.
How feel about adequacy of household income	C2/D/E	408	3.53	1.476	.073
	A/B/C1	185	2.84	1.119	.082
Length of interview	C2/D/E	408	24.52	5.855	.290
	A/B/C1	188	24.02	4.560	.333

	t-tests	Levene's Test for Equality of Variances		t-test for Equality of Means		
		F	Sig.	t	df	Sig. (2-tailed)
How long since last in paid employment?	Equal variances assumed					
	Equal variances not assumed					
How feel about adequacy of household income	Equal variances assumed	21.179	.000	5.625	591	.000
	Equal variances not assumed			6.264	459.837	.000
Length of interview	Equal variances assumed	6.824	.009	1.057	593	.301
	Equal variances not assumed			1.157	456.856	.258

t-TEST OUTCOMES –SIP / Non-SIP

Statistics examining SIP areas						Independent samples t-test					
Group Statistics						t-test	Levene's Test for Equality of Variances		t-test for Equality of Means		
							F	Sig.	t	df	Sig. (2-tailed)
Variable	SIP/NON-SIP	N	Mean	Std. Deviation	Std. Error Mean						
No. of times seen a GP	SIP	73	4.54	5.037	.591	Equal variances assumed	2.209	.138	1.269	599	.205
	Non SIP	528	3.79	4.729	.206				Equal variances not assumed	1.210	90.033
No. of times been to A&E	SIP	73	.50	1.002	.117	Equal variances assumed	7.707	.006	1.904	599	.057
	Non SIP	528	.30	.792	.034				Equal variances not assumed	1.596	84.554
No. of times visited doctor as out-patient	SIP	73	1.04	2.188	.257	Equal variances assumed	.091	.763	.106	599	.915
	Non SIP	528	1.01	2.774	.121				Equal variances not assumed	.127	106.294
No. of times admitted to hospital	SIP	73	.39	.996	.117	Equal variances assumed	1.754	.186	.741	599	.459
	Non SIP	528	.31	.864	.038				Equal variances not assumed	.666	87.258
Total no. of times seen doctor	SIP	73	6.48	8.098	.950	Equal variances assumed	3.354	.068	1.121	599	.263
	Non SIP	528	5.41	7.565	.329				Equal variances not assumed	1.065	89.841

Statistics examining SIP areas

Group Statistics						t-test	Independent samples t-test				
							Levene's Test for Equality of Variances		t-test for Equality of Means		
Variable	SIP/NON-SIP	N	Mean	Std. Deviation	Std. Error Mean		F	Sig.	t	df	Sig. (2-tailed)
GHQ12 Score total	SIP	73	2.69	3.850	.451	Equal variances assumed	11.822	.001	2.560	599	.011
	Non SIP	528	1.67	3.096	.135	Equal variances not assumed			2.172	84.988	.033
How many people had accidents?	SIP	11	1.00	.000	.000	Equal variances assumed	6.233	.015	-.985	81	.328
	Non SIP	72	1.11	.376	.044	Equal variances not assumed			-2.565	71.462	.012
How many cigarettes a day? total	SIP	35	20.82	9.091	1.544	Equal variances assumed	1.516	.219	.379	228	.705
	Non SIP	195	20.06	11.296	.809	Equal variances not assumed			.440	53.995	.661
Portions of fruit a day	SIP	73	1.65	1.259	.148	Equal variances assumed	.139	.709	-.016	598	.987
	Non SIP	528	1.65	1.530	.067	Equal variances not assumed			-.018	103.332	.985
Portions of veg/salad a day	SIP	73	1.52	1.369	.161	Equal variances assumed	.921	.338	-.484	598	.629
	Non SIP	528	1.60	1.242	.054	Equal variances not assumed			-.449	88.767	.654
Portions of fruit/veg/salad a day	SIP	73	3.17	2.405	.282	Equal variances assumed	.383	.536	-.273	598	.785
	Non SIP	528	3.25	2.305	.100	Equal variances not assumed			-.264	90.857	.792

Statistics examining SIP areas

Statistics examining SIP areas						Independent samples t-test					
Group Statistics						t-test	Levene's Test for Equality of Variances		t-test for Equality of Means		
							F	Sig.	t	df	Sig. (2-tailed)
Variable	SIP/NON-SIP	N	Mean	Std. Deviation	Std. Error Mean						
How many days eat breakfast	SIP	73	5.58	2.421	.284	Equal variances assumed	.952	.330	.087	598	.931
	Non SIP	528	5.55	2.570	.112				Equal variances not assumed	.091	95.441
How often eat cakes/pastries a day	SIP	73	1.75	1.221	.143	Equal variances assumed	.433	.511	1.720	598	.086
	Non SIP	528	1.47	1.294	.056	Equal variances not assumed			1.797	95.348	.075
No. of times eat oily fish a week	SIP	73	1.47	1.080	.127	Equal variances assumed	4.522	.034	3.489	598	.001
	Non SIP	528	1.04	.951	.041	Equal variances not assumed			3.168	87.741	.002
Weight - kilograms	SIP	73	69.68	15.763	1.848	Equal variances assumed	.530	.467	-.394	599	.694
	Non SIP	528	70.57	18.214	.793	Equal variances not assumed			-.439	100.090	.661
Height - centimetres	SIP	73	1.68	.094	.0110	Equal variances assumed	1.783	.182	.447	599	.655
	Non SIP	528	1.67	.199	.009	Equal variances not assumed			.758	179.200	.449

Statistics examining SIP areas

Group Statistics						t-test	Independent samples t-test				
							Levene's Test for Equality of Variances		t-test for Equality of Means		
Variable	SIP/NON-SIP	N	Mean	Std. Deviation	Std. Error Mean		F	Sig.	t	df	Sig. (2-tailed)
How many days take 30 mins moderate physical exercise?	SIP	73	2.88	2.473	.290	Equal variances assumed	4.637	.032	-1.786	599	.075
	Non SIP	528	3.47	2.669	.116	Equal variances not assumed			-1.892	96.260	.061
How many days take 20 mins vigorous physical exercise?	SIP	73	1.42	2.035	.239	Equal variances assumed	.035	.851	.231	599	.817
	Non SIP	528	1.36	1.965	.086	Equal variances not assumed			.225	91.149	.822
How many days take 30 mins moderate physical exercise? (in all)	SIP	73	3.05	2.474	.290	Equal variances assumed	4.897	.027	-1.461	599	.145
	Non SIP	528	3.54	2.675	.116	Equal variances not assumed			-1.550	96.362	.124
How many days take 20 mins vigorous physical exercise? (in all)	SIP	73	1.45	2.065	.242	Equal variances assumed	.084	.772	.244	599	.807
	Non SIP	528	1.39	1.979	.086	Equal variances not assumed			.236	90.821	.814
Overall quality of life - score	SIP	73	3.61	1.551	.182	Equal variances assumed	7.131	.008	5.591	599	.000
	Non SIP	528	2.71	1.252	.054	Equal variances not assumed			4.756	85.090	.000
General physical well being - score	SIP	73	3.60	1.648	.193	Equal variances assumed	6.861	.009	4.039	599	.000
	Non SIP	528	2.88	1.379	.060	Equal variances not assumed			3.530	86.129	.001

Statistics examining SIP areas						Independent samples t-test					
Group Statistics						t-test	Levene's Test for Equality of Variances		t-test for Equality of Means		
							F	Sig.	t	df	Sig. (2-tailed)
Variable	SIP/NON-SIP	N	Mean	Std. Deviation	Std. Error Mean						
General mental or emotional well being - score	SIP	73	3.62	1.776	.208	Equal variances assumed	23.576	.000	5.657	599	.000
	Non SIP	528	2.67	1.283	.056				Equal variances not assumed	4.434	82.352
Local area as place to live - score	SIP	73	3.85	1.561	.183	Equal variances assumed	4.608	.032	6.420	598	.000
	Non SIP	528	2.77	1.323	.058				Equal variances not assumed	5.664	86.511
Local area as place to bring up children - score	SIP	73	4.18	1.673	.196	Equal variances assumed	3.996	.046	7.066	594	.000
	Non SIP	523	2.89	1.421	.062				Equal variances not assumed	6.244	86.700
How long lived in local area? (total)	SIP	73	21.5122	17.36221	2.03581	Equal variances assumed	3.032	.082	-1.537	599	.125
	Non SIP	528	25.2555	19.73903	.85905				Equal variances not assumed	-1.694	99.126
How long lived in present home? (total)	SIP	73	11.8141	10.62582	1.24593	Equal variances assumed	1.055	.305	-1.199	599	.231
	Non SIP	528	13.6170	12.20028	.53096				Equal variances not assumed	-1.331	99.707
No. of people in household	SIP	73	2.52	1.009	.118	Equal variances assumed	3.350	.068	-1.203	599	.230
	Non SIP	528	2.70	1.226	.053				Equal variances not assumed	-1.393	103.271

Statistics examining SIP areas

Statistics examining SIP areas						Independent samples t-test					
Group Statistics						t-test	Levene's Test for Equality of Variances		t-test for Equality of Means		
							F	Sig.	t	df	Sig. (2-tailed)
Variable	SIP/NON-SIP	N	Mean	Std. Deviation	Std. Error Mean						
How long since last in paid employment?	SIP	15	1.4238	2.13623	.54549	Equal variances assumed	1.978	.172	-0.979	24	.337
	Non SIP	11	2.9109	5.43096	1.63036				Equal variances not assumed		
How feel about adequacy of household income	SIP	73	4.21	1.489	.175	Equal variances assumed	1.879	.171	5.953	595	.000
	Non SIP	525	3.19	1.348	.059	Equal variances not assumed					5.524
Length of interview	SIP	72	25.97	4.612	.542	Equal variances assumed	2.210	.138	2.561	598	.011
	Non SIP	527	24.20	5.604	.244	Equal variances not assumed					2.966

t-TEST OUTCOMES –ROA / Non-ROA

Statistics examining ROA areas						Independent samples t-test					
Group Statistics						t-test	Levene's Test for Equality of Variances		t-test for Equality of Means		
							F	Sig.	t	df	Sig. (2-tailed)
Variable	ROA/NON-ROA	N	Mean	Std. Deviation	Std. Error Mean						
No. of times seen a GP	ROA	190	4.38	5.396	.391	Equal variances assumed	3.071	.080	1.768	599	.078
	Non ROA	411	3.65	4.438	.219				Equal variances not assumed	1.647	311.786
No. of times been to A&E	ROA	190	.38	.879	.064	Equal variances assumed	2.889	.090	1.088	599	.277
	Non ROA	411	.30	.794	.039				Equal variances not assumed	1.048	336.534
No. of times visited doctor as out-patient	ROA	190	1.11	3.386	.246	Equal variances assumed	1.081	.299	.623	599	.534
	Non ROA	411	.97	2.332	.115				Equal variances not assumed	.546	274.977
No. of times admitted to hospital	ROA	190	.34	1.057	.077	Equal variances assumed	.979	.323	.408	599	.683
	Non ROA	411	.31	.786	.039				Equal variances not assumed	.367	289.456
Total no. of times seen doctor	ROA	190	6.22	8.988	.652	Equal variances assumed	2.639	.105	1.490	599	.137
	Non ROA	411	5.23	6.906	.341				Equal variances not assumed	1.355	296.194

Statistics examining ROA areas

Group Statistics						t-test	Independent samples t-test				
							Levene's Test for Equality of Variances		t-test for Equality of Means		
Variable	ROA/NON-ROA	N	Mean	Std. Deviation	Std. Error Mean		F	Sig.	t	df	Sig. (2-tailed)
GHQ12 Score total	ROA	190	2.48	3.599	.261	Equal variances assumed	20.110	.000	3.623	599	.000
	Non ROA	411	1.47	2.964	.146	Equal variances not assumed				3.376	312.103
How many people had accidents?	ROA	27	1.01	.347	.067	Equal variances assumed	4.569	.036	-1.563	81	.122
	Non ROA	56	1.14	.350	.047	Equal variances not assumed				-1.569	52.374
How many cigarettes a day? total	ROA	82	17.85	9.804	1.080	Equal variances assumed	1.825	.178	-2.425	228	.016
	Non ROA	147	21.47	11.409	.940	Equal variances not assumed				-2.531	190.781
Portions of fruit a day	ROA	190	1.84	1.560	.113	Equal variances assumed	4.208	.041	2.110	598	.035
	Non ROA	410	1.56	1.464	.072	Equal variances not assumed				2.061	347.977
Portions of veg/salad a day	ROA	190	1.89	1.521	.110	Equal variances assumed	17.734	.000	4.026	598	.000
	Non ROA	410	1.45	1.088	.054	Equal variances not assumed				3.574	281.966
Portions of fruit/veg/salad a day	ROA	190	3.73	2.769	.201	Equal variances assumed	23.642	.000	3.554	598	.000
	Non ROA	410	3.02	2.037	.101	Equal variances not assumed				3.184	287.184

Statistics examining ROA areas

Statistics examining ROA areas						Independent samples t-test					
Group Statistics						t-test	Levene's Test for Equality of Variances		t-test for Equality of Means		
							F	Sig.	T	df	Sig. (2-tailed)
Variable	ROA/NON-ROA	N	Mean	Std. Deviation	Std. Error Mean						
How many days eat breakfast	ROA	190	5.29	2.699	.196	Equal variances assumed	6.413	.012	-1.722	598	.086
	Non ROA	410	5.68	2.473	.122				Equal variances not assumed		
How often eat cakes/pastries a day	ROA	190	1.47	1.289	.094	Equal variances assumed	.029	.864	-.488	598	.626
	Non ROA	410	1.52	1.288	.064	Equal variances not assumed					-.488
No. of times eat oily fish a week	ROA	190	1.30	1.153	.084	Equal variances assumed	15.162	.000	3.532	598	.000
	Non ROA	410	1.00	.867	.043	Equal variances not assumed					3.189
Weight - kilograms	ROA	190	69.46	17.332	1.257	Equal variances assumed	.083	.773	-.933	599	.351
	Non ROA	411	70.93	18.196	.898	Equal variances not assumed					-.950
Height - centimetres	ROA	190	1.67	.096	.007	Equal variances assumed	4.737	.030	.017	599	.986
	Non ROA	411	1.67	.221	.011	Equal variances not assumed					.022

Statistics examining ROA areas

Group Statistics						t-test	Independent samples t-test				
							Levene's Test for Equality of Variances		t-test for Equality of Means		
Variable	ROA/NON-ROA	N	Mean	Std. Deviation	Std. Error Mean		F	Sig.	t	df	Sig. (2-tailed)
How many days take 30 mins moderate physical exercise?	ROA	190	4.07	2.814	.204	Equal variances assumed	17.327	.000	4.259	599	.000
	Non ROA	411	3.09	2.516	.124	Equal variances not assumed			4.088	333.651	.000
How many days take 20 mins vigorous physical exercise?	ROA	190	1.43	2.217	.161	Equal variances assumed	6.786	.009	.506	599	.613
	Non ROA	411	1.34	1.850	.091	Equal variances not assumed			.474	315.370	.636
How many days take 30 mins moderate physical exercise? (in all)	ROA	190	4.18	2.799	.203	Equal variances assumed	15.360	.000	4.488	599	.000
	Non ROA	411	3.15	2.523	.124	Equal variances not assumed			4.320	335.872	.000
How many days take 20 mins vigorous physical exercise? (in all)	ROA	190	1.48	2.258	.164	Equal variances assumed	9.897	.002	.691	599	.490
	Non ROA	411	1.36	1.851	.091	Equal variances not assumed			.643	310.956	.521
Overall quality of life - score	ROA	190	3.19	1.448	.105	Equal variances assumed	4.479	.035	4.710	599	.000
	Non ROA	411	2.65	1.226	.061	Equal variances not assumed			4.432	318.950	.000
General physical well being - score	ROA	190	3.39	1.590	.115	Equal variances assumed	15.536	.000	4.936	599	.000
	Non ROA	411	2.78	1.310	.065	Equal variances not assumed			4.600	312.173	.000

Statistics examining ROA areas

Group Statistics						t-test	Independent samples t-test				
							Levene's Test for Equality of Variances		t-test for Equality of Means		
Variable	ROA/NON-ROA	N	Mean	Std. Deviation	Std. Error Mean		F	Sig.	t	df	Sig. (2-tailed)
General mental or emotional well being - score	ROA	190	3.25	1.616	.117	Equal variances assumed	26.877	.000	5.717	599	.000
	Non ROA	411	2.57	1.208	.060	Equal variances not assumed			5.150	290.463	.000
Local area as place to live - score	ROA	190	3.41	1.625	.118	Equal variances assumed	19.123	.000	6.260	599	.000
	Non ROA	411	2.66	1.212	.060	Equal variances not assumed			5.634	289.944	.000
Local area as place to bring up children - score	ROA	189	3.69	1.670	.121	Equal variances assumed	11.866	.001	7.416	594	.000
	Non ROA	407	2.75	1.333	.066	Equal variances not assumed			6.835	303.262	.000
How long lived in local area? (total)	ROA	190	23.8577	18.07342	1.31114	Equal variances assumed	3.388	.066	-0.808	599	.420
	Non ROA	411	25.2393	20.12032	.99283	Equal variances not assumed			-0.840	406.292	.401
How long lived in present home? (total)	ROA	190	11.7323	10.90413	.79104	Equal variances assumed	1.653	.199	-2.318	599	.021
	Non ROA	411	14.1698	12.44964	.61433	Equal variances not assumed			-2.434	415.958	.015
No. of people in household	ROA	190	2.63	1.254	.091	Equal variances assumed	1.140	.286	-0.716	599	.474
	Non ROA	411	2.70	1.178	.058	Equal variances not assumed			-0.700	348.162	.484

Statistics examining ROA areas

Statistics examining ROA areas						Independent samples t-test					
Group Statistics						t-test	Levene's Test for Equality of Variances		t-test for Equality of Means		
							F	Sig.	t	df	Sig. (2-tailed)
Variable	ROA/NON-ROA	N	Mean	Std. Deviation	Std. Error Mean						
How long since last in paid employment?	ROA	22	1.7685	3.70208	.78611	Equal variances assumed	.783	.385	-.847	24	.405
	Non ROA	4	3.5056	4.84612	2.34947						
How feel about adequacy of household income	ROA	190	3.92	1.574	.114	Equal variances assumed	19.952	.000	7.461	595	.000
	Non ROA	407	3.04	1.226	.061	Equal variances not assumed					
Length of interview	ROA	190	23.40	4.836	.351	Equal variances assumed	4.188	.041	-3.092	598	.002
	Non ROA	410	24.89	5.754	.284	Equal variances not assumed					

t-TEST OUTCOMES – Well-being and Local area as a place to live

Statistical examination of 'well being' and 'view of area as a place to live'					
(examined by SIP residency)					
Group Statistics					
Variable	SIP/NON-SIP	N	Mean	Std. Deviation	Std. Error Mean
Overall Quality of Life	SIP	73	3.61	1.551	.182
	Non SIP	528	2.71	1.252	.054
General Physical well-being	SIP	73	3.60	1.648	.193
	Non SIP	528	2.88	1.379	.060
Mental / Emotional well-being	SIP	73	3.62	1.776	.208
	Non SIP	528	2.67	1.283	.056
How do you feel about your local area as a place to live?'	SIP	73	3.85	1.561	.183
	Non SIP	528	2.77	1.323	.058

Variable	t-tests	Levene's Test for Equality of Variances		t-test for Equality of Means		
		F	Sig.	t	df	Sig. (2-tailed)
Overall Quality of Life	Equal variances assumed	7.131	.008	5.591	599	.000
	Equal variances not assumed			4.756	85.090	.000
General Physical well-being	Equal variances assumed	6.861	.009	4.039	599	.000
	Equal variances not assumed			3.530	86.129	.001
Mental / Emotional well-being	Equal variances assumed	23.576	.000	5.657	599	.000
	Equal variances not assumed			4.434	82.352	.000
How do you feel about your local area as a place to live?'	Equal variances assumed	4.608	.032	6.420	598	.000
	Equal variances not assumed			5.664	86.511	.000

Statistical examination of 'well being' and 'view of area as a place to live'					
(examined by SIP residency)					
Group Statistics					
Variable	SIP/NON-SIP	N	Mean	Std. Deviation	Std. Error Mean
How do you feel about this area as a place to bring up children?	SIP	73	4.18	1.673	.196
	Non SIP	523	2.89	1.421	.062

		Levene's Test for Equality of Variances		t-test for Equality of Means				
		t-tests		F	Sig.	t	df	Sig. (2-tailed)
Variable		F	Sig.	t	df	Sig. (2-tailed)		
How do you feel about this area as a place to bring up children?	Equal variances assumed	3.996	.046	7.066	594	.000		
	Equal variances not assumed			6.244	86.700	.000		

APPENDIX D: 2005 SURVEY QUESTIONNAIRE

INTRODUCTION

Good morning/afternoon/evening. My name is from an independent research agency called Research Resource. We are carrying out a research study on behalf of the Greater Glasgow NHS Board and we would appreciate it if you could just answer a few questions. SHOW LETTER OF AUTHORISATION IF REQUIRED.

(IF REQUIRED): *(It should take about half an hour.)*

(IF REQUIRED): *(The survey is about your health and related issues such as diet, exercise and how you feel about the area you live in.)*

Q1 *I'd like to start by asking you some questions about your health. How would you describe your health over the past year?*

(READ OUT AND CODE ONE ONLY)

<i>Excellent</i>	1
<i>Good</i>	2
<i>Fair</i>	3
<i>Poor</i>	4

SHOWCARD A

Q2 *Can you tell me all the illnesses or conditions for which you are currently being treated, by indicating the numbers on the card.*

(CODE ALL THAT APPLY)

Coronary heart disease	1
Stroke	2
Arthritis or rheumatism or painful joints	3
Clinical depression.....	4
Diabetes	5
Cancer	6
Asthma, bronchitis, or persistent cough.....	7
Epilepsy	8
Stress related conditions, eg difficulty sleeping or concentrating	9
Severe hearing problems.....	10
Severe eyesight problems	11
Accident / injury	12
Gastro-intestinal problems, eg peptic ulcer disease, irritable bowel syndrome.....	13
High blood pressure	14
Drug or alcohol related conditions.....	15
Sexually transmitted infections, eg gonorrhoea, syphilis, chlamydia.....	16
Other/s (PLEASE SPECIFY)	

None 17

Q3 Do you have any long-term condition or illness that substantially interferes with your day to day activities?

Yes1 GO TO Q3a
 No2 GO TO Q4

Q3a Thinking of these conditions and/or illnesses, would you describe yourself as having...?
 (READ OUT AND CODE ALL THAT APPLY)

A physical disability1
 A mental or emotional health problem2
 A long-term illness3
 Other/s (PLEASE SPECIFY)

Q3b How much does it (do they) interfere with the following activities (seriously, moderately, or doesn't)?
 (READ OUT AND CODE ONE FOR EACH)

	<i>Seriously interferes</i>	<i>Moderately interferes</i>	<i>Does not interfere</i>	<i>N/A</i>
a. Taking up training.....	1.....	2.....	3.....	4.....
b. Holding down or obtaining a job	1.....	2.....	3.....	4.....

Q4 Thinking about the past year and your own health:
 (PUT A NUMBER IN EACH BOX. IF 'NEVER', WRITE IN '0'. IF DON'T KNOW, PROBE FOR ESTIMATE. IF CAN'T GIVE ESTIMATE, WRITE IN 'DK')

- a) How many times have you seen a GP?
- b) How many times have you been to accident and emergency?
- c) How many times have you visited a hospital out-patient department to see a doctor? (Do not include visits for an X-ray or other tests).....
- d) How many times have you been admitted to hospital (either as a day case or for a longer stay)?.....

SHOWCARD B

Q5 *Thinking about your recent use and experience of the Health Services such as GP, dentist, or hospital:*

(READ OUT AND CODE ONE FOR EACH)

Defin- To some No Don't Not
itely extent know applicable

- a) *Were you given adequate information about your condition or treatment?* 1 2 3 4 5
- b) *Have you been encouraged to participate in decisions affecting your health or treatment?* 1 2 3 4 5
- c) *Do you feel that you have a say in how these services are delivered?* 1 2 3 4 5
- d) *Do you feel that your views and circumstances are understood and valued?* 1 2 3 4 5

Q6 *Are you registered with a dentist?*

(CODE ONE ONLY)

- Yes1 GO to Q6a
- No2 GO to Q7

Q6a *Is this an NHS or private dentist?*

(CODE ONE ONLY)

- NHS1
- Private2

Q7 *What proportion of your teeth are your own?*

(CROWNS ARE REGARDED AS 'OWN TEETH'.)

(READ OUT. CODE ONE ONLY)

- All of them*1 GO TO Q7a
- Some of them*2 GO TO Q7a
- None of them*3 GO TO Q8

Q7a *How often do you brush your teeth?*

(CODE ONE ONLY)

- Twice or more a day1
- About once a day2
- Less than once a day3
- Seldom or never4

Q8 *When was the last time you went to the dentist?*

(READ OUT. CODE ONE ONLY)

- Within the last 6 months*1
- Within 6 months to 15 months*2
- Over 15 months*3

(Q9 deleted)

We should like to know if you have had any medical complaints, and how your health has been in general, *over the past few weeks*. Please answer ALL the questions on this page simply by ticking the answer which you think most nearly applies to you. Remember that we want to know about present and recent complaints, not those you had in the past. It is important that you try to answer ALL the questions.

Have you recently...

(Please tick one box for each statement)

a) ...been able to concentrate on whatever you're doing?	Better than usual <input type="checkbox"/> 1	Same as usual <input type="checkbox"/> 2	Less than usual <input type="checkbox"/> 3	Much less than usual <input type="checkbox"/> 4
b) ...lost much sleep over worry?	Not at all <input type="checkbox"/> 1	No more than usual <input type="checkbox"/> 2	Rather more than usual <input type="checkbox"/> 3	Much more than usual <input type="checkbox"/> 4
c) ...felt that you are playing a useful part in things?	More so than usual <input type="checkbox"/> 1	Same as usual <input type="checkbox"/> 2	Less useful than usual <input type="checkbox"/> 3	Much less useful <input type="checkbox"/> 4
d) ...felt capable of making decisions about things?	More so than usual <input type="checkbox"/> 1	Same as usual <input type="checkbox"/> 2	Less so than usual <input type="checkbox"/> 3	Much less capable <input type="checkbox"/> 4
e) ...felt constantly under strain?	Not at all <input type="checkbox"/> 1	No more than usual <input type="checkbox"/> 2	Rather more than usual <input type="checkbox"/> 3	Much more than usual <input type="checkbox"/> 4
f) ...felt you couldn't overcome difficulties?	Not at all <input type="checkbox"/> 1	No more than usual <input type="checkbox"/> 2	Rather more than usual <input type="checkbox"/> 3	Much more than usual <input type="checkbox"/> 4
g) ...been able to enjoy your normal day-to-day activities?	More so than usual <input type="checkbox"/> 1	Same as usual <input type="checkbox"/> 2	Less so than usual <input type="checkbox"/> 3	Much less than usual <input type="checkbox"/> 4
h) ...been able to face up to your problems?	More so than usual <input type="checkbox"/> 1	Same as usual <input type="checkbox"/> 2	Less able than usual <input type="checkbox"/> 3	Much less able <input type="checkbox"/> 4
i) ...been feeling unhappy and depressed?	Not at all <input type="checkbox"/> 1	No more than usual <input type="checkbox"/> 2	Rather more than usual <input type="checkbox"/> 3	Much more than usual <input type="checkbox"/> 4
j) ...been losing confidence in yourself?	Not at all <input type="checkbox"/> 1	No more than usual <input type="checkbox"/> 2	Rather more than usual <input type="checkbox"/> 3	Much more than usual <input type="checkbox"/> 4
k) ...been thinking of yourself as a worthless person?	Not at all <input type="checkbox"/> 1	No more than usual <input type="checkbox"/> 2	Rather more than usual <input type="checkbox"/> 3	Much more than usual <input type="checkbox"/> 4
l) ...been feeling reasonably happy, all things considered?	More so than usual <input type="checkbox"/> 1	About same as usual <input type="checkbox"/> 2	Less so than usual <input type="checkbox"/> 3	Much less than usual <input type="checkbox"/> 4

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Q12 *In the past year, has anyone in your household suffered an accidental injury in the home? Please include any injuries – no matter how small - for which the sufferer was treated at home.*
(CODE ONE ONLY)

- Yes1 GO TO Q12a
No2 GO TO Q13

Q12a *How many people had an accidental injury in the home in the past year?*
(WRITE NUMBER OF PEOPLE IN THE BOX)

Q12b *How many of the people who had an accidental injury in the past year were aged under 16 at the time?*
(WRITE NUMBER OF UNDER-16S IN THE BOX)

Q12c *For each person, how many accidents did they have that required treatment from a doctor or a nurse? How many of these were treated at the hospital?*
(WRITE A NUMBER IN THE BOX FOR EACH PERSON WHO HAD ACCIDENTS – INCLUDING THOSE AGED 16 AND OVER)

	DR OR NURSE	AT HOSPITAL
Person 1	<input type="text"/>	<input type="text"/>
Person 2	<input type="text"/>	<input type="text"/>
Person 3	<input type="text"/>	<input type="text"/>
Person 4	<input type="text"/>	<input type="text"/>

Now I would like to ask you some questions about your lifestyle.

Q13 *How often are you usually in places where there is smoke from other people smoking tobacco? Would you say most of the time, some of the time, seldom or never?*
(CODE ONE ONLY)

- Most of the time1
Some of the time2
Seldom3
Never.....4

SHOWCARD C

Q14 *Which of the following statements best describes you at present?*
(CODE ONE ONLY)

- I have never smoked tobacco1 GO to Q15
I have only tried smoking once or twice2 GO to Q15
I have given up smoking3 GO to Q15
I smoke some days4 GO to Q14b
I smoke every day5 GO to Q14b

Q14a (deleted)

Q14b *On average, how many cigarettes a day do you smoke?*

(WRITE NUMBER OF CIGARETTES IN THE BOX)
(CODE AS '995' IF THE PERSON ONLY SMOKES CIGARS / PIPE / LOOSE TOBACCO)

Q15 How often do you drink alcohol?

(READ OUT. CODE ONE ONLY)

- Never.....1 GO to Q18
 Less than once a month2 GO to Q16
 More than once a month but not weekly.....3 GO to Q16
 1-2 days per week4 GO to Q16
 3-5 days per week5 GO to Q16
 6-7 days per week6 GO to Q16

Q16 Have you had a drink containing alcohol in the past 7 days?

(CODE ONE ONLY)

- Yes1 GO to Q17
 No2 GO to Q18

SHOWCARD D

Q17 Using the card, please tell me how much you drank on each day in the past week.

(START WITH THE PREVIOUS DAY AND WORK BACK THROUGH THE WEEK)

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Normal strength beer/lager/stout/cider (eg McEwan's lager, heavy) Pints Cans Bottles							
Strong beer/lager/cider (eg Guinness, Murphy's, Budweiser) Pints Cans Bottles							
Extra strong beer/lager/ cider (eg Tennant's super lager) Pints Cans Bottles							
Single measures of spirits (eg whisky, gin, vodka) (a bottle contains 28 measures)							
Single measures of Martini/sherry/buckfast/Mad Dog 20/20 (a bottle contains 14 measures)							
Glasses of wine at pub or restaurant Small glass Large glass							
Bottles of wine at home $\frac{1}{4}$ bottle $\frac{1}{2}$ bottle Full bottle							
Bottles of alcoholic carbonate (alcopops, such as Smirnoff Ice and Bacardi Breezer)							
Other (please describe)							

Q18 *Now I'd like to ask you some questions about the food you eat. On average, how many portions of fruit do you eat EACH DAY? Examples of a portion are one apple, one tomato, 2 tablespoons canned fruit, one small glass fruit juice.*
 (WRITE NUMBER IN BOX. IF LESS THAN ONE, WRITE '0')

Q19 *On average, how many portions of vegetables or salad (not counting potatoes) do you eat EACH DAY? A portion of vegetables is 2 tablespoons.*
 (WRITE NUMBER IN BOX. IF LESS THAN ONE, WRITE '0')

Q20 (deleted)

Q21 *How often PER DAY do you usually eat items such as cakes, pastries, chocolate, biscuits and crisps?*
 (WRITE NUMBER IN BOX. IF LESS THAN ONE, WRITE '0')

Note Q22-23 refers to the number of times per week

Q22 *How often PER WEEK do you usually eat oily fish, taken in sandwiches or as part of a meal? (eg kipper, herring, salmon, trout, mackerel, tuna, sardines or pilchards.)*
 (WRITE NUMBER IN BOX.
 INCLUDE OILY FISH TAKEN AS PART OF A MEAL, EG TUNA PASTA, SALMON FISHCAKES)

Q23 *On how many days PER WEEK do you usually eat breakfast?*
 (WRITE NUMBER BETWEEN 0 AND 7 IN BOX)

Q24 *What, if anything, did you eat for breakfast this morning?*
 (CODE AS MANY AS APPLY)

- Nothing 1
- Breakfast cereal..... 2
- Porridge..... 3
- Bread / toast 4
- Fruit (incl. fresh fruit juice/smoothie, but not fruit squash/cordial) 5
- Yoghurt 6
- Meat (eg bacon, sausage, black pudding) 7
- Egg(s)..... 8
- Breakfast bar, eg Nutrigrain..... 9
- Pastry, eg croissant, pain au chocolat 10
- Other (specify)

Q25a What is your weight?

(WRITE IN WEIGHT IN STONES/POUNDS OR KILOGRAMS. IF UNSURE, ASK FOR ESTIMATE.)

Stones Pounds

Or

Kilograms

Q25b What is your height?

(WRITE IN HEIGHT IN FEET/INCHES OR CENTIMETRES)

Feet Inches

Or

Centimetres

Q26 Thinking now of the exercise you take. In an average week, on how many days do you take at least 30 minutes of moderate physical exercise such as brisk walking? It doesn't have to be 30 minutes all at once.

(WRITE NUMBER OF DAYS IN BOX)

Q27 In an average week, on how many days do you spend at least 20 continuous minutes doing vigorous exercise (enough to make you sweaty and out of breath)?

(WRITE NUMBER OF DAYS IN BOX)

Q27a Can I just check, when you answered the last two questions, did you include physical activity that you do in your job, housework, DIY and gardening?

(CODE ONE ONLY)

Yes - all activities have been included.....1 GO to Q28

No - there are more activities to add2 GO to Q27b

Q27b Including ALL types of exercise and activity you take. In an average week, on how many days do you take at least 30 minutes of moderate physical exercise such as brisk walking? It doesn't have to be 30 minutes all at once.

(WRITE IN THE TOTAL NUMBER OF DAYS IN BOX)

Q27c And including ALL types of exercise and activity. In an average week, on how many days do you spend at least 20 continuous minutes doing vigorous exercise (enough to make you sweaty and out of breath)?

(WRITE IN THE TOTAL NUMBER OF DAYS IN BOX)

SHOWCARD E

Q28 *Looking at the faces on the card:*

a. Which face best rates your overall quality of life?
(WRITE NUMBER IN BOX)

b. Which face best rates your general physical well being?
(WRITE NUMBER IN BOX)

c. Which face best rates your general mental or emotional well being?
(WRITE NUMBER IN BOX)

SHOWCARD E AGAIN

Q29 *Now I would like to ask you some questions regarding your local area and community. Please look at the card and could you tell me which face on the scale indicates how you feel about your local area as a place to live.*
(WRITE NUMBER IN BOX)

SHOWCARD E AGAIN

Q30 *And how do you feel about this area as a place in which to bring up children?*
(WRITE NUMBER IN BOX)

SHOWCARD E AGAIN

Q31 *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 ...*
(READ OUT (A) –(H) AND CODE ONE FOR EACH)

- A) *The level of unemployment in your area* 12 34 5.....6 7
- B) *The number of burglaries in your area*..... 12 34 5.....6 7
- C) *The amount of vandalism / graffiti in your area* 12 34 5.....6 7
- D) *The number of assaults / muggings in your area* 12 34 5.....6 7
- E) *The amount of drug activity in your area*..... 12 34 5.....6 7
- F) *The level of alcohol consumption in your area* 12 34 5.....6 7
- G) *Young people hanging around in your area* 12 34 5.....6 7
- H) *The amount of car crime in your area* 12 34 5.....6 7

SHOWCARD E AGAIN

Q32 *Now I'd like to ask you about some environmental issues that may or may not be a problem in your area. Which face best describes how you feel about ...*

(READ OUT (I) –(U) AND CODE ONE FOR EACH)

- I) *The amount of rubbish lying about in your area* 12 34 5.....6 7
- J) *The amount of noise and disturbance in your area* 12 34 5.....6 7
- K) *The standard of street lighting in your area* 12 34 5.....6 7

- L) *The amount of vacant/derelict land in your area* 12 34 5.....6 7
- M) *The number of vacant/derelict buildings in your area* 12 34 5.....6 7
- N) *The amount of dog's dirt in your area* 12 34 5.....6 7

- O) *The number of abandoned cars in your area* 12 34 5.....6 7
- P) *The amount of traffic in your area* 12 34 5.....6 7
- Q) *The level of smells from sewers in your area* 1.....2 3.....4 5.....6 7

- R) *The amount of broken glass lying around in your area* 1.....2 3.....4 5.....6 7
- S) *The number of uneven pavements in your area* 1.....2 3.....4 5.....6 7
- T) *The availability of safe play spaces in your area* 1.....2 3.....4 5.....6 7
- U) *The availability of pleasant places to walk etc in your area* 1.....2 3.....4 5.....6 7

Q33 *Do you belong to any social clubs, associations, church groups or anything similar?*
(CODE ONE ONLY)

- Yes1 GO to Q33a
- No2 GO to Q35

Q33a *How many do you attend regularly in your local area? And elsewhere?*
(WRITE NUMBER IN EACH BOX. IF 'NONE' WRITE IN '0'.)

Local

Elsewhere

Q34 *In the past 3 years, have you had any responsibilities in the groups you belong to, such as being a committee member, raising funds, organising events, or doing administrative or clerical work?*
(CODE ONE ONLY)

- Yes1
- No2

SHOWCARD F

Q35 *In the past 3 years, have you taken any of the following actions in an attempt to help improve things in your local area?*
(CODE ALL THAT APPLY)

- Written to local newspaper1
- Contacted an organisation, e.g. the council2
- Contacted a local councillor or MSP3
- Attended a protest meeting4
- Joined an action group5
- Joined a decision-making group, e.g. community council
or school board6
- Thought about it, but did not do it7
- Other action (specify) _____
- None of the above8

Q36 *Do you act as a volunteer?*
(CODE ONE ONLY)

- Yes1 GO TO Q36a
- No2 GO TO Q37

Q36a *How many hours (approximately) do you volunteer per week?*
(WRITE NUMBER OF HOURS IN BOX)

Q37 *How long have you lived in this neighbourhood/local area?*
(WRITE IN YEARS AND/OR MONTHS.
USE RESPONDENT'S OWN DEFINITION OF NEIGHBOURHOOD/LOCAL AREA.)

Years

Months

Q38 *How long have you lived in your present home?*
(WRITE IN YEARS AND/OR MONTHS)

Years

Months

Q39 (deleted)

Q40 *Do you have access to the Internet?*
(CODE ONE ONLY)

- Yes1 GO to Q40a
- No2 GO to Q41

Q40a *Is this at home, elsewhere, or both?*
(CODE ONE ONLY)

- Home.....1
- Elsewhere.....2
- Both3

Q41 *Is there anything about your home that affects your health?*

(CODE ONE ONLY)

- Yes1 GO to Q41a
No2 GO to Q41b

Q41a *What would that be?*

Q41b *Is your home bought or rented?*

(CODE ONE ONLY)

- Owner occupied/being bought 1
Rented from private owner2
Rented from local housing association or Glasgow Housing Association.3
B&B/Hostel4
Other (specify) _____
Refused5

SHOWCARD G

Q42 *How much do you agree or disagree with the following statements about living in this local area?*

(READ OUT AND CODE ONE FOR EACH)

- | | Strongly
Agree | Agree | Neither
/nor | Disagree | Strongly
Disagree |
|---|-------------------|-------|-----------------|----------|----------------------|
| a. <i>This is a neighbourhood where neighbours look out for each other.</i> | 1 | 2 | 3 | 4 | 5 |
| b. <i>I feel I belong to this local area.</i> | 1 | 2 | 3 | 4 | 5 |
| c. <i>The friendships and associations I have with other people in my local area mean a lot to me.</i> | 1 | 2 | 3 | 4 | 5 |
| d. <i>I feel valued as a member of my community.</i> | 1 | 2 | 3 | 4 | 5 |
| e. <i>Generally speaking, you can trust people in my local area.</i> | 1 | 2 | 3 | 4 | 5 |
| f. <i>By working together, people in my neighbourhood can influence decisions that affect my neighbourhood.</i> | 1 | 2 | 3 | 4 | 5 |
| g. <i>If I have a problem, there is always someone to help me.</i> | 1 | 2 | 3 | 4 | 5 |

Q42h *Do you ever exchange small favours with the people who live near you? I'm thinking about things like leaving a key to let in a repair man, feeding pets while you are away or picking up things from the shop for each other. IF YES: How many people do you exchange favours with?*

WRITE NUMBER IN THE BOX. IF 'NONE' WRITE IN '0', IF MORE THAN 98 WRITE IN '98'. IF DON'T KNOW, WRITE IN '99'.

SHOWCARD H

Q43 *Please look at the card I've given you and tell me what you think of the quality of services in your area.*

(READ OUT AND CODE ONE FOR EACH)

	Very Poor	Poor	Adequate	Good	Excellent	D/K
a. <i>Food shops</i>	1	2	3	4	5	6
b. <i>Local schools</i>	1	2	3	4	5	6
c. <i>Public transport</i>	1	2	3	4	5	6
d. <i>Activities for young people</i>	1	2	3	4	5	6
e. <i>Leisure/sports facilities</i>	1	2	3	4	5	6
f. <i>Childcare provision</i>	1	2	3	4	5	6
g. <i>Police</i>	1	2	3	4	5	6

Q44 *What is your main form of transport?*

(CODE ONE ONLY)

Car/motorcycle/moped.....	1
Public transport (buses and trains).....	2
Cycling.....	3
Walking.....	4
Other (specify)	

Never go out.....5

Q45 *Do you feel in control of decisions that affect your life, such as planning your budget, moving house or changing job?*

(CODE ONE ONLY)

Definitely	1
To some extent.....	2
No	3

SHOWCARD I

Q46 *How much do you agree or disagree with the following statements about safety in this local area?*

(READ OUT AND CODE ONE FOR EACH)

Strongly
Agree Agree Neither
/nor Disagree Strongly
Disagree

a. *I feel safe using public transport in this local area*..... 1 2 3 4 5

b. *I feel safe walking alone around this local area even after dark*..... 1 2 3 4 5

c. *I feel safe in my own home* 1 2 3 4 5

SHOWCARD J

Q46d *Taking all things into account, which face best indicates how happy you are?*

(WRITE NUMBER IN BOX)

Q47 Now I'd like to ask you about the members of your household.

A: How many people are there in this household (including yourself)?

B: Please tell me their ages.

C: FOR EACH: Is he/she employed or in education?

MAKE SURE RESPONDENT IS PERSON NUMBER 1.

RECORD AS EMPLOYED ONLY IF THIS IS PRIMARY OCCUPATION (E.G. FULL-TIME STUDENTS WITH A PART-TIME JOB SHOULD NOT BE CLASSED AS EMPLOYED.) ENTER NUMBERS IN GRID BELOW.

Person number	Gender 1 = male 2 = female	Age Write in age last birthday	Work status 1 = employed 2 = education 3 = other
1 (respondent)			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			

TOTAL NUMBER OF PEOPLE IN HOUSEHOLD (INCLUDING RESPONDENT):

Q48 (deleted)

SHOWCARD K

Q49 *What is the highest level of educational qualifications you've obtained?*
(CODE ONE ONLY)

School leaving certificate.....	1
'O' Grade, Standard Grade, GCSE, CSE, Senior Cert or equivalent	2
Higher Grade, CSYS, 'A' Level, AS Level, Advanced Senior Cert or equivalent	3
GSVQ/SVQ Level 1 or 2, Scotvec Module, BTEC First Diploma, City and Guilds Craft, RSA or equivalent.....	4
GSVQ/SVQ Level 3, ONC, OND, Scotvec National Diploma, City and Guilds Advanced Craft, RSA Advanced Diploma or equivalent	5
Apprenticeship / trade qualification.....	6
HNC, HND, SVQ Level 4 or 5, RSA Higher Diploma or equivalent	7
First Degree, Higher Degree	8
Professional qualifications (specify)	
<hr/>	
None	9

Q50 *I'd like to ask about the main wage earner in the household. If there is no wage earner, this could be the person who draws a pension or simply brings in most of the household's income. Are you the main wage earner in the household?*

Yes	1
No	2

SHOWCARD L

Q51a *Which one of these describes you best?*

IF RESPONDENT IS MAIN WAGE EARNER ('YES' AT Q50), ENTER UNDER 'RESPONDENT' COLUMN. CODE ONE ONLY.

IF CURRENTLY OFF WORK OR ON MATERNITY LEAVE, CODE AS EMPLOYED FULL- OR PART-TIME.

IF RESPONDENT IS NOT MAIN WAGE EARNER ('NO' AT Q50), ASK Q51B: OTHERS GO TO Q51C.

Q51b *Which of these applies to the main wage earner?*

ENTER UNDER 'MAIN WAGE EARNER' COLUMN BELOW. CODE ONE ONLY.

IF CURRENTLY OFF WORK OR ON MATERNITY LEAVE, CODE AS EMPLOYED FULL- OR PART-TIME.

	<i>Q51a) Respondent</i>	<i>Q51b) Main wage earner</i>
Employed full-time	1	1
Employed part-time	2	2
Unemployed and seeking work.....	3	3
Unable to work due to illness or disability	4	4
Retired.....	5	5
Looking after home/family	6	6
In full-time education/training	7	7
In part-time education/training	8	8

Q51c (deleted)

Q51d *What is or was the main wage earner's occupation?
How many people is/was he/she responsible for?
What industry do/did he/she work in? What is/was made or done at the place where he/she work(ed)?*

ENTER UNDER 'MAIN WAGE EARNER' COLUMN BELOW. CODE ONE ONLY.

Job (write in)
(if never worked, write
'never worked')

Ask how many people
he/she is/was responsible for.
If none, write in '0'

Industry:

- Manufacturing and mining..... 1
 - Construction..... 2
 - Transport..... 3
 - Health service 4
 - Local or national government 5
 - Service industries (eg banking, insurance, travel, entertainment) 6
 - Retail services 7
 - Catering/food preparation 8
 - Professional services (eg teaching, legal, surveying services) 9
 - Voluntary or community sector 10
 - Other (PLEASE WRITE IN)
-

Q51e OFFICE USE ONLY

Socio-Economic Group

- A 1
- B 2
- C1 3
- C2 4
- D 5
- E 6

IF RESPONDENT IS UNEMPLOYED AND SEEKING WORK (CODE 3 AT Q51A), ASK Q52. OTHERS GO TO Q53.

Q52 *How long has it been since you were last in paid employment?*

WRITE IN NUMBER OF YEARS AND/OR MONTHS . IF NEVER WORKED, WRITE IN 'NEVER'

YEARS

MONTHS

SHOWCARD M

Q53 *How often do you find it difficult to meet the cost of:*
(READ OUT AND CODE ONE FOR EACH)

	<i>Very Often</i>	<i>Quite Often</i>	<i>Occasi onally</i>	<i>Never</i>	<i>D/K</i>	<i>N/A</i>
<i>a. Rent/mortgage</i>	1	2	3	4	5	6
<i>b. Gas, electricity and other fuel bills</i>	1	2	3	4	5	6
<i>c. Telephone bill</i>	1	2	3	4	5	6
<i>d. Council tax, insurance</i>	1	2	3	4	5	6
<i>e. Food</i>	1	2	3	4	5	6
<i>f. Treats/holidays</i>	1	2	3	4	5	6
<i>g. Clothes and shoes</i>	1	2	3	4	5	6

SHOWCARD N

Q54 *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 £1000?*
(READ OUT AND CODE ONE FOR EACH)

	<i>Impossible To find</i>	<i>A big problem</i>	<i>A bit of a problem</i>	<i>No problem</i>	<i>D/K</i>
<i>a. £20</i>	1	2	3	4	5
<i>b. £100.</i>	1	2	3	4	5
<i>c. £1,000</i>	1	2	3	4	5

Q55 (deleted)

SHOWCARD O

Q56 *What proportion of your household income comes from state benefits?*
 (READ OUT. CODE ONE ONLY)

- None*1 GO to Q58
- Very little*2 GO to Q57
- About a quarter*3 GO to Q57
- About a half*.....4 GO to Q57
- About three quarters*5 GO to Q57
- All*6 GO to Q57
- Don't know*7 GO to Q57

Q57 *Are you or any member of your household in receipt of each of the following?*
 (READ OUT. CODE ALL THAT APPLY)

- Job seekers allowance (JSA).....1
- Income support2
- Disability-related benefits.....3
- Housing benefits4
- Family tax credit5
- Disabled person's tax credit.....6
- Retirement pension7
- Attendance allowance8
- Other pension.....9
- Other (PLEASE WRITE IN)

SHOWCARD P

Q58 *Thinking of the total income of your household, which face on the scale indicates how you feel about the adequacy of that income?*
 (WRITE NUMBER IN BOX)

Q59 *Do you ever feel isolated from family and friends?*
 (CODE ONE ONLY)

- Yes1
- No2

Q60 *Outwith work, are you responsible for caring for someone on a day to day basis? – eg a disabled child, elderly person, etc. (Do not include ‘ordinary’ childcare.)*

- Yes1 GO to Q60a
No2 GO to Q61

Q60a *On average, how many hours per day do you spend looking after this person(s)?*
(WRITE NUMBER OF HOURS IN BOX)

Q61 *Do you, or any member of your household, own a car?*

- Yes1
No2

Q62 (deleted)

Q63 (deleted)

SHOWCARD Q

Q64 *Can you tell me which of these descriptions applies to you?*
CODE ONE ONLY

- Married.....1
Cohabiting/living with partner.....2
Single/never married.....3
Widowed.....4
Divorced.....5
Separated.....6

SHOWCARD R

Q65 *Which of the groups on this card best describes you?*
(CODE ONE ONLY)

White

Scottish.....	1
Other British	2
Irish	3
Other White background (specify)	4*

Mixed (specify)5

Asian, Asian Scottish or Asian British

Indian	6
Pakistani.....	7
Bangladeshi.....	8
Chinese.....	9
Other Asian, Asian Scottish or Asian British background (specify)	10

Black, Black Scottish or Black British

Caribbean.....	11
African	12
Other Black, Black Scottish or Black British (specify)	13

Any other ethnic background (specify)14

Refused15

* Gypsy/Travellers should be encouraged to record their ethnic group under 'Other White – specify'

Q66 *What religion, if any, do you identify with?*
(CODE ONE ONLY)

None	1
Church of Scotland	2
Roman Catholic	3
Other Christian.....	4
Buddhist.....	5
Hindu	6
Jewish.....	7
Muslim.....	8
Sikh	9
Other religion.....	10
Refused	11

Q67 *On a scale of 1 to 5, where 1 is 'not at all' and 5 is 'very much', how religious do you consider yourself to be?*
 (WRITE NUMBER IN BOX)

Q68 *On a scale of 1 to 5, where 1 is 'not at all' and 5 is 'very much', how spiritual do you consider yourself to be?*
 (WRITE NUMBER IN BOX)

Q69 *How often, if ever, do you attend religious or spiritual activities? (Do not include weddings, funerals, baptisms etc.)*
 (CODE ONE ONLY)

- Never.....1
- More than once a week2
- About once a week.....3
- 2-3 times a month4
- Once a month5
- A few times a year6

Q70 *Have you ever been treated unfairly because of your religious beliefs (or lack of them)?*

- No1
- Yes (write in details).....2

Q71 *May we have your permission to give the Health Board and its partners your details so they can contact you in the future about similar research studies? The Health Board's partners are the Glasgow Centre for Population Health (if respondent lives in West Dunbartonshire: and the West Dunbartonshire Partnership).*

- Yes, permission given.....1
- No, permission not given.....2

Q72 *Please record the length of the interview:*

minutes

Q73 *Please record how Q11 was completed.*
 (CODE ONE ONLY)

- Self completion 1
- Read out for the respondent 2

THANK AND CLOSE
MAKE SURE FRONT PAGE DETAILS (incl. POSTCODE) ARE COMPLETE & CORRECT
HAND OUT "THANK YOU" LEAFLET
COMPLETE THE CONTACT SHEET AND ATTACH TO THE QUESTIONNAIRE