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**NHS Greater Glasgow and Clyde  
2008 Health and Wellbeing Survey**

*Glasgow East Report*

*Final*

*Prepared for*

NHS Greater Glasgow and Clyde

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# 1 Introduction

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## 1.1 Introduction

This report contains the findings for Glasgow East from a research study on health and wellbeing carried out in 2008 on behalf of NHS Greater Glasgow and Clyde. The fieldwork and data entry was performed by MRUK. Analysis and reporting was performed by Traci Leven Research. It is the fourth in a series of studies conducted by the former NHS Greater Glasgow and the first to include the area administered by the newly formed NHS Greater Glasgow and Clyde.

### Background

The health and wellbeing study started in 1999. At that time the aim of the study was:

- to provide intelligence to inform the health promotion directorate;
- to explore the different experience of health and wellbeing in our most deprived communities<sup>1</sup> compared to other areas; and
- to provide information that would be useful for monitoring health promotion interventions.

There have been many policy changes over the decade the health and wellbeing study has been in operation. For example, the dissolution of social inclusion partnership areas (SIPs) as a focus of tackling area based deprivation and the emergence of the Scottish Index of Multiple Deprivation (SIMD) as the main tool for measuring area based deprivation and focusing of resources; the emergence of Community Health (and Care) Partnerships as a vehicle for integrated planning and delivery of health (and social) care services at a local level and changes to the performance assessment framework have led to an increased focus on some health behaviours such as breastfeeding; use of alcohol; diet and exercise.

The health and wellbeing survey was formed around core questions which have remained the same and allow the monitoring of trends over time. However, the survey has also been adapted over time to take into account new health and wellbeing issues and new geographies.

The survey provides a snapshot in time of the views and experience of the resident adult population. Whilst we cannot attribute causal relationships between the findings and the changing policy context we can explore our findings alongside wider changes in NHS Greater Glasgow and Clyde (NHSGGC).

Our local survey has provided flexible options to explore health and wellbeing at a local level. In 2008 each of the CH(C)Ps bought into the survey. Separate reports are available for each of the CH(C)Ps that comprise NHSGGC. In addition, Glasgow South West, Inverclyde and Renfrewshire bought into the survey at enhanced levels to allow for local exploration between the most deprived areas and other areas. Trends are available for the area administered by the former NHSGG area. All the reports will be posted on <http://www.phru.net> as they become available.

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<sup>1</sup> In 1999, our most deprived communities were given additional resources with the aim of reducing the gap between deprived and least deprived areas. The initiative was part of an umbrella programme of support which focused on Social Inclusion Partnership areas.

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

Allan Boyd	Senior Analyst
Norma Greenwood	Head of Public Health Resource Unit
Margaret McGranachan	Information and Research Manager
Julie Truman	Senior Researcher

In addition the project benefited from the support and advice of the advisory group:

Nichola Brown	Glasgow South East, CHCP
Lara Calder	South Lanarkshire CHP (formerly)
Susan Coull	Glasgow South West CHCP (formerly)
Heather Cunningham	Renfrewshire CHP
Linda de Caestecker	NHS Greater Glasgow and Clyde
James Egan	Glasgow East, CHCP
Suzanne Glennie	Glasgow North, CHCP
Liz Holms	East Renfrewshire CHCP
Russell Jones	Glasgow Centre for Population Health
Irene Mackenzie	Corporate Inequalities Team
Kathleen McGill	East Dunbartonshire CHP
Clare McGinley	West Dunbartonshire CHP
Karen McNiven	Glasgow South West CHCP
David Radford	East Dunbartonshire CHP
Uzma Rehman	Glasgow West CHCP
Janice Scouller	Glasgow East CHCP (formerly)
John Thomson	Glasgow North, CHCP
Greg Usrey	Glasgow South West CHCP (formerly)
Clare Walker	Renfrewshire CHP
Helen Watson	Inverclyde CHP

## Objectives

The objectives of the study are:

- to continue to monitor the core health indicators
- to determine whether the changes found in the first two follow-ups were the beginning of a trend in the NHSGG area
- to compare attitudes and behaviour of those living in the bottom 15% SIMD areas and other areas and address whether changes in attitudes and behaviour apply across the board or just in the most deprived/other areas, thereby tracking progress towards reducing health inequalities
- to form a baseline of health and wellbeing measures for NHSGGC
- to provide intelligence for health improvement policy, programmes and information to enhance performance management.

## Summary of Methodology

In total, 8,278 face-to-face, in-home interviews were conducted with adults (aged 16 or over) in the NHSGGC area. The fieldwork was conducted between mid August and mid December 2008. The response rate for all in-scope attempted contacts was 70%.

The sample was stratified proportionately by local authority and SIMD quintile (for definition of SIMD see section 1.2), with addresses selected at random from the residential postcode address file within each stratum. Adults were randomly selected within each sampled household using the last birthday technique.

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

## 1.2 Sample Profile

There were 585 interviews conducted in Glasgow East as part of the survey.

Data were weighted to account for under/over representation of groups within the sample to ensure the 2008 sample was as representative as possible of the adult population in the Greater Glasgow & Clyde NHS Board area. A full explanation of the weighting method and the data sources used can be found in Appendix B. The breakdown of the final weighted dataset for the 585 Glasgow East interviews - and how this compares with the known population profile - is shown in Table 1.1.

**Table 1.1: Age and Gender Breakdown**

Base: 584

Age	Men (% of sample)	Women (% of sample)	Total (% of sample)	Glasgow East % of population (aged 16+)
16-24	8.1%	8.2%	16.3%	16.3%
25-34	9.2%	9.1%	18.3%	18.4%
35-44	8.0%	9.4%	17.4%	17.4%
45-54	8.2%	8.9%	17.1%	16.9%
55-64	5.8%	6.5%	12.2%	12.4%
65-74	4.2%	5.7%	10.0%	10.0%
75+	3.0%	5.7%	8.7%	8.7%

The Scottish Index of Multiple Deprivation (SIMD) 2006 is a relative measure of deprivation used to identify the most deprived areas in Scotland. It is constructed using 37 indicators within 7 'domains' (Income, Employment, Health, Education, Skills & Training, Geographic Access, Housing and Crime) each of which describes a specific aspect of deprivation. The SIMD is a weighted combination of these domains.

The SIMD is based on small geographical areas called datazones. The average population of a datazone is 750 and unlike previous deprivation measures, which were based on much larger geographies (e.g. postcode sectors, average population 5,000), they enable the identification of small pockets of deprivation. In order to compare the most deprived small areas with other cut-off points, the most deprived 15% datazones are used. There are 6,505 datazones in Scotland. They are ranked from 1 (most deprived) to 6,505 (least deprived). The NHSGGC area contains the most deprived datazone in Scotland and in total 48% of the most deprived 15% datazones in Scotland lie within it.

**Table 1.2: Most Deprived 15% Datazones Versus Other Datazones**

Base: All (585)

Group	% in sample	Glasgow East % of population (aged 16+)
Most deprived 15% datazones	58.5%	58.5%
Other datazones	41.5%	41.5%

## 1.3 This Report

Chapters 2-6 report on all the survey findings, with each subject chapter containing its own summary. For each indicator, tables are presented showing the proportion of the sample which met the criteria, with comparisons with the NHS Greater Glasgow & Clyde (NHSGGC)

area as a whole, and break-downs by demographic (independent) variables. Only comparisons with NHSGGC and independent variables which were found to be significantly different ( $p < 0.05$ ) are reported. The independent variables which were tested were:

- Gender; and
- Age group (16-44; 45-64; 65+).

Chapter 7 provides a summary of the differences for the findings for Glasgow East compared to the NHSGGC area as a whole.

Chapter 8 provides information on trends across the last two health and wellbeing surveys in Glasgow East (2005 and 2008).

## 2 People's Perceptions of Their Health & Illness

### 2.1 Chapter Summary

Table 2.1 below shows the indicators relating to perceptions of health and illness.

**Table 2.1: Indicators for Perceptions of Health and Illness (Glasgow East)**

Indicator	% of sample	Unweighted base (n)
Self-perceived health excellent or good (Q1)	67.0%	580
Positive perception of general physical wellbeing (Q53b)	77.0%	585
Positive perception of general mental or emotional wellbeing (Q53c)	82.0%	585
Positive perception of happiness (Q77)	85.4%	585
Feel definitely in control of decisions affecting daily life (Q78)	68.2%	584
Positive perception of quality of life (Q53a)	82.8%	585
Has long term illness/condition that interferes with daily life (Q3)	17.9%	581
Receiving treatment for at least one condition (Q2)	34.3%	578
Total number of conditions receiving treatment for (Q2):		
0	65.7%	578
1	18.6%	
2 or more	15.7%	
GHQ12 score of 4 or above (indicating poor mental health) (Q15)	9.6%	585
Have some/all of own teeth (Q12)	87.1%	582
Brushes teeth twice or more per day – based on those with some/all of own teeth	82.7%	478

Two in three (67%) respondents had a positive view of their general health. Those aged 65 or over and women were less likely to have a positive view of their health.

Three in four (77%) had a positive view of their general physical wellbeing. Those aged 65 or over and women were less likely to do so.

Four in five (82%) had a positive perception of their mental or emotional wellbeing. Those aged 65 or over were less likely to do so.

More than four in five (85%) had a positive perception of their happiness.

Two in three (68%) respondents definitely felt in control of the decisions affecting their daily life.

More than four in five (83%) had a positive perception of their quality of life. Those aged 65 or over and women were less likely to do so.

One in six (18%) respondents had a long term limiting condition or illness. Those aged 65 or over were more likely to have such a condition/illness.

A third (34%) of respondents were receiving treatment for at least one condition or illness.

One in ten (10%) respondents had a high GHQ12 score indicating poor mental health. Those aged 45 or over and women were more likely to have a high GHQ12 score.



Just under nine in ten (87%) respondents had at least some of their natural teeth. Those aged 65 or over were less likely to do so.

Four in five (83%) of those with at least some of their natural teeth brushed their teeth at least twice a day. Those aged 65 or over and men were less likely to do so.

## 2.2 Self-Perceived Health and Wellbeing

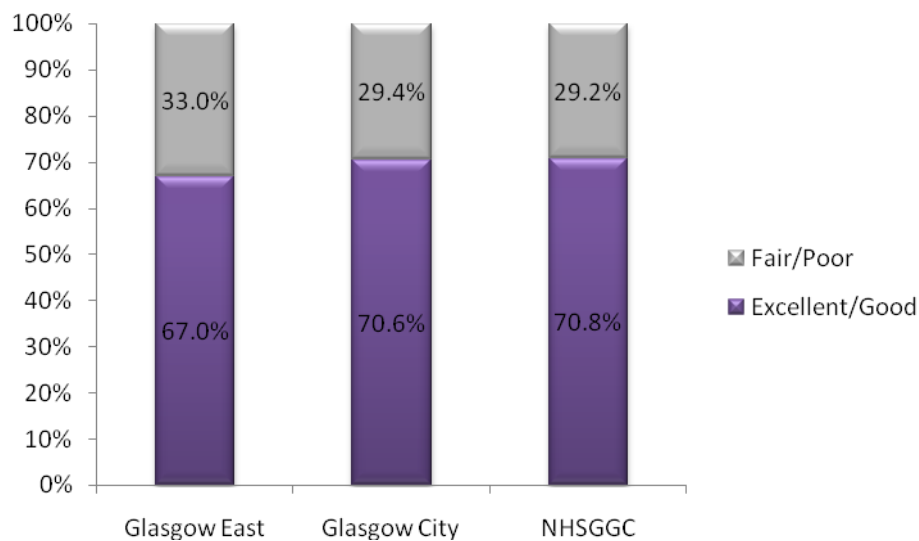
### General Health

Respondents were asked to describe their general health over the last year on a four point scale (excellent, good, fair or poor). Overall, two thirds (67%) gave a positive view of their health, with 13% saying their health was excellent and 54% saying their health was good. However, 33% gave a negative view of their health, with 21% saying their health was fair and 12% saying it was poor.

### Comparison with Glasgow City and NHS Greater Glasgow & Clyde Area

Those in Glasgow East were less likely than those in Glasgow City or the NHSGGC area as a whole to have a positive perception of their general health (67% Glasgow East; 71% NHSGGC)

**Figure 2.1: Self-Perceived General Health: Glasgow East, Glasgow City and NHSGGC**



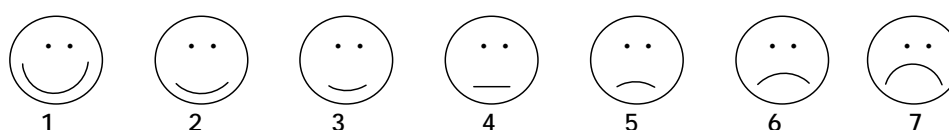
As Table 2.2 shows, those aged 65 or over were less likely to have positive views of their general health, and those aged under 45 were the most likely to do so. Men were more likely than women to have a positive view of their general health.

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

	Excellent	Good	Fair	Poor	Excellent/ Good	Fair/ Poor	Unweighted base (n)
Age:							
16-44	21%	62%	13%	4%	83%	17%	217
45-64	6%	47%	32%	15%	53%	47%	196
65+	3%	41%	27%	29%	44%	56%	166
Men	17%	55%	18%	10%	72%	28%	239
Women	10%	53%	24%	14%	63%	37%	341
<b>All</b>	13%	54%	21%	12%	67%	33%	580

### Physical Wellbeing

Respondents were presented with a 7-point 'faces' scale, with the expressions on the faces ranging from very happy to very unhappy:



Using this scale, they were asked to rate their general physical well-being and general mental or emotional well-being. Those selecting any of the three 'smiling' faces (1-3) were categorised as having a positive perception.

Three in four (77%) respondents gave a positive view of their physical wellbeing, using this scale.

### Comparison with Glasgow City NHS Greater Glasgow & Clyde Area

Compared to those in Glasgow City and in the NHSGGC area as a whole, those in Glasgow East were less likely to have a positive view of their physical wellbeing.

**Figure 2.2: Perceptions of Physical Wellbeing: Glasgow East, Glasgow City and NHSGGC**

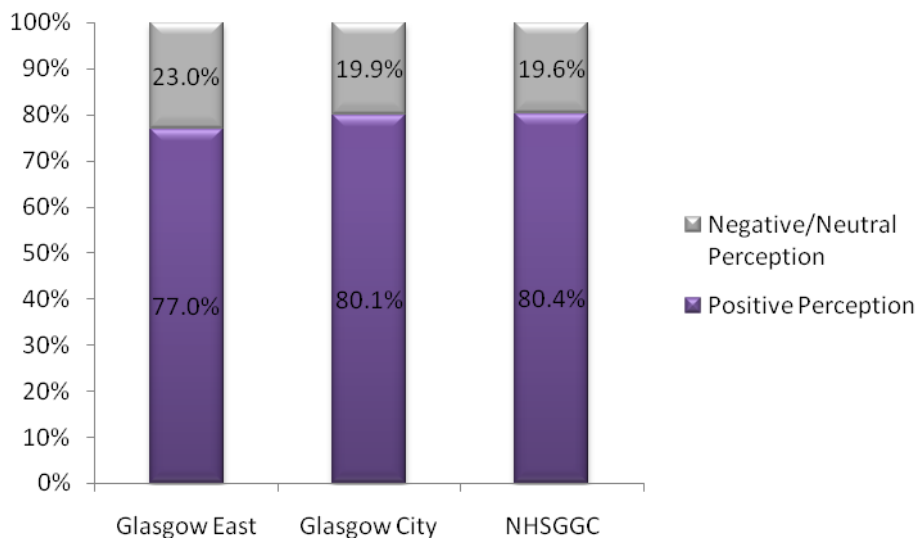


Table 2.3 shows those under the age of 45 were more likely to have a positive perception of their physical wellbeing and men were more likely than women to do so.

**Table 2.3: Positive Perception of Physical Wellbeing (Q53b) by Age and Gender**

	Positive Perception	Unweighted base (n)
Age:		
16-44	86.1%	218
45-64	74.6%	197
65+	55.3%	169
Men	80.3%	240
Women	74.1%	345
All	77.0%	585

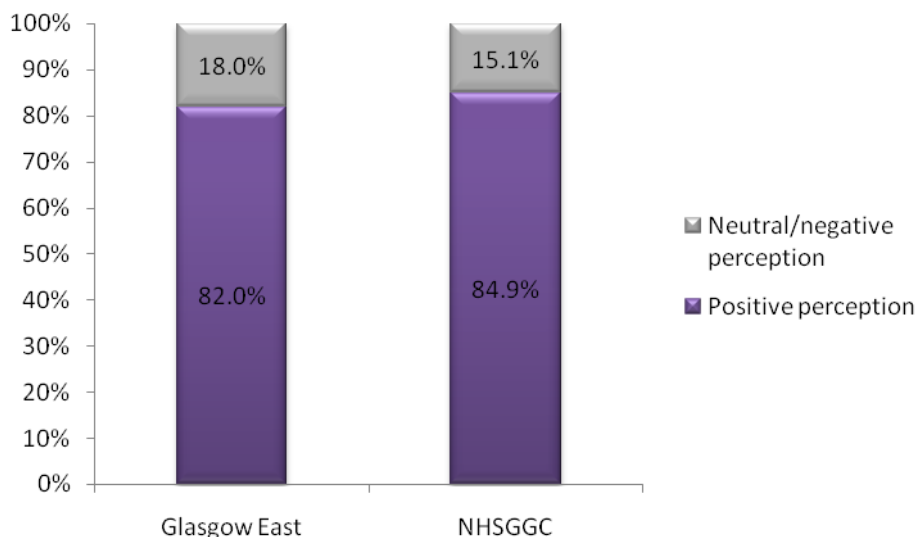
### Mental or Emotional Wellbeing and Happiness

Using the 'faces' scale, four in five (82%) respondents gave a positive view of their mental or emotional wellbeing.

### Comparison with NHS Greater Glasgow & Clyde Area

Those in Glasgow East were less likely than those in the NHSGGC area as a whole to have a positive view of their mental or emotional wellbeing.

**Figure 2.3: Perceptions of Mental and Emotional Wellbeing: Glasgow East and NHSGGC**



Those aged under 45 were more likely to have a positive perception of their mental/emotional wellbeing and those aged 65 or over were the least likely to do so.

**Table 2.4: Positive Perception of Mental/Emotional Wellbeing (Q53c) by Age**

	Positive Perception	Unweighted base (n)
Age:		
16-44	88%	218
45-64	79%	197
65+	69%	169
All	82%	585

Respondents were also asked to use the ‘faces’ scale to indicate how happy they are, taking everything into account. In total 85% of respondents gave a positive view of their happiness.

### Feeling in Control of Decisions Affecting Life

Respondents were asked whether they feel in control of decisions that affect their life, such as planning their budget, moving house or changing job. Two in three (68%) said that they ‘definitely’ feel in control of these decisions, while 28% said that they felt in control ‘to some extent’ and 4% did not feel in control of these decisions.

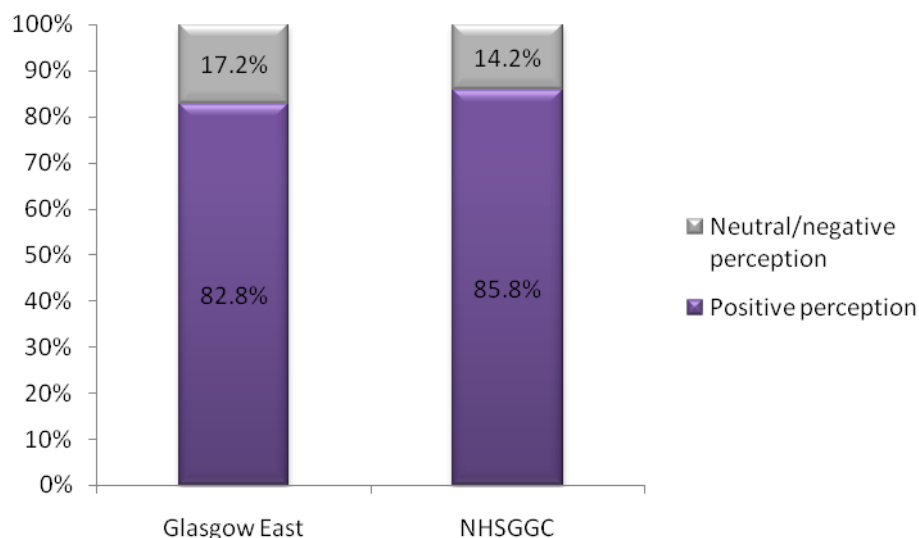
### 2.3 Self Perceived Quality of Life

Using the ‘faces’ scale, respondents were asked to rate their overall quality of life. Overall, 83% of respondents gave a positive rating of their quality of life.

#### Comparison with NHS Greater Glasgow & Clyde

Those in Glasgow East were less likely than those in the NHSGGC area as a whole to have a positive rating of their quality of life (83% Glasgow East; 86% NHSGGC).

**Figure 2.4: Perceptions of Quality of Life: Glasgow East and NHSGGC**



Those aged under 45 were the most likely to have a positive perception of their quality of life and those aged 65 or over were the least likely. Men were more likely than women to have a positive view of their quality of life.

**Table 2.5: Positive Perception of Quality of Life (Q53a) by Age and Gender**

	Positive Perception	Unweighted base (n)
Age:		
16-44	88%	218
45-64	83%	197
65+	69%	169
Men	86%	240
Women	80%	345
All	83%	585

## 2.4 Illness

One in six (18%) respondents said that they had a long-term condition or illness that substantially interfered with their day to day activities.

The likelihood of having a limiting condition or illness increased with age from 5% of those aged 16-44 to 34% of those aged 65 or over.

**Table 2.6: Limiting Long-Term Condition or Illness (Q3) by Age**

	<b>Long-Term Condition/Illness</b>	<b>Unweighted base (n)</b>
Age:		
16-44	5%	216
45-64	31%	196
65+	34%	168
All	18%	581

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

A third (34%) of respondents were receiving treatment for at least one illness or condition.

The likelihood of being in receipt of treatment for at least one illness/condition rose with age – from 13% of those aged 16-44 to 67% of those aged 65 or over. Women were more likely than men to be receiving treatment. This is shown in Table 2.7.

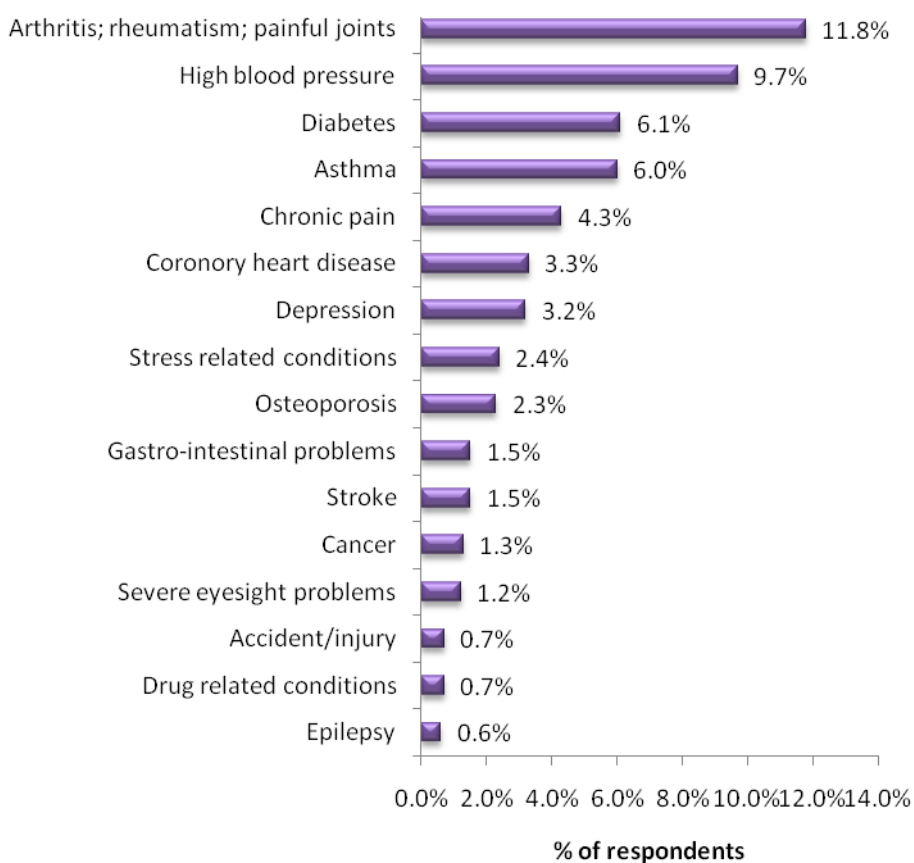
**Table 2.7: At Least One Illness/Condition Being Treated (Q2) by Age and Gender**

	<b>Being Treated for Condition/Illness</b>	<b>Unweighted base (n)</b>
Age:		
16-44	13%	215
45-64	51%	194
65+	67%	168
Men	30%	237
Women	38%	341
All	34%	578

Figure 2.5 below shows the proportion of respondents who were being treated for each type of illness/condition (for all those with a proportion of 0.5% or more).

The most common condition being treated was arthritis/rheumatism/painful joints, for which 12% of respondents were being treated. Also, 10% of respondents were being treated for high blood pressure.

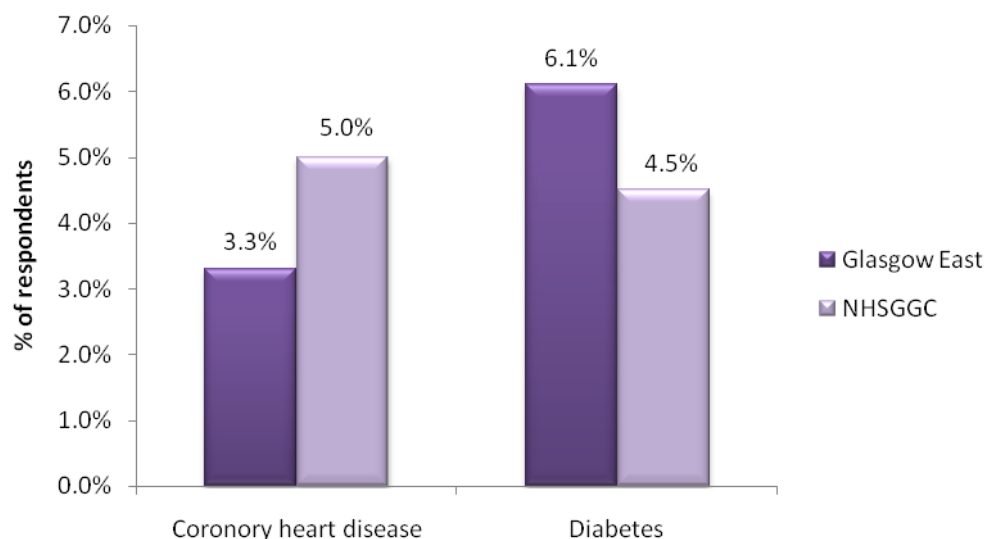
**Figure 2.5: Conditions/Illnesses for Which Treatment is Being Received (Q2)**



### **Comparison with NHS Greater Glasgow & Clyde Area**

Compared to those in the NHSGGC area as a whole, those in Glasgow East were less likely to be receiving treatment for coronary heart disease, but more likely to be receiving treatment for diabetes. This is shown in Figure 2.6.

**Figure 2.6: Conditions/Illnesses Being Treated: Glasgow East and NHSGGC (all conditions showing a significant difference)**



## 2.5 Mental Health

### GHQ12 Scores

The survey used the General Health Questionnaire (GHQ) to assess the mental health of respondents. The GHQ was designed to be a self-administered questionnaire which could be used to detect psychiatric disorders in the general population. The version used for this survey is based on twelve questions (GHQ12) which ask respondents about their general level of happiness, depression, anxiety, self-confidence, and stress in the few weeks before the interview. Respondents were asked to complete the responses themselves. Interviewers recorded whether they actually did so, or whether they asked the interviewer to help.

Each respondent was given a score between 0 and 12, based on his/her responses to the 12 questions. The number of questions for which the respondent claimed to have experienced a particular symptom or type of behaviour 'more than usual' or 'much more than usual' over the past few weeks is counted, and the total is the score for that person. The higher the score, the greater the likelihood that the respondent has a psychiatric disorder.

The questions on the GHQ12 ask about changes from normal functioning but not about how long those changes have persisted. As a result, the GHQ detects psychiatric disorders of a range of durations, including those that may be of very short duration. This should be borne in mind when interpreting the results. The prevalence figures presented in this chapter estimate the percentages of the population with a possible psychiatric disorder at a particular point in time and are most useful for comparing sub-groups within the population. It is not possible to deduce the incidence of psychiatric disorders from these data.

A score of four or more on the GHQ12 has been used to identify those with a potential psychiatric disorder (and references to respondents with a 'high' GHQ12 score refer to those with scores at this level). This is the same method of scoring that is used in the Scottish Health Survey series.

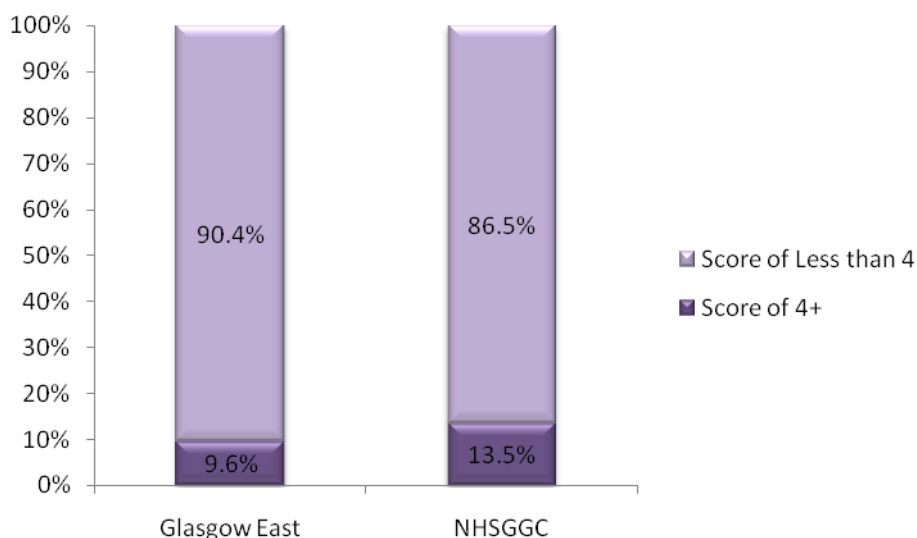
Overall, 10% of respondents had a GHQ12 score of four or more, indicating poor mental health.



## Comparison with NHS Greater Glasgow & Clyde Area

Those in Glasgow East were less likely than those in the NHSGCC area as a whole to have a high GHQ12 score. This is shown in Figure 2.7.

**Figure 2.7: High GHQ12 Score: Glasgow East and NHSGCC**



Those aged under 45 were less likely than older respondents to have a high GHQ12 score. Women were more likely than men to have a high GHQ12 score.

**Table 2.8: High GHQ12 Score (Q15) by Age and Gender**

	GHQ12 score of 4 or more	Unweighted base (n)
<b>Age:</b>		
16-44	6%	218
45-64	14%	197
65+	13%	169
<b>Men</b>	7%	240
<b>Women</b>	12%	345
<b>All</b>	10%	585

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

The survey also used the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) to assess positive mental health (mental wellbeing). This uses 14 positively worded questions. Scores are derived by summing responses to each of the 14 questions on a 1-5 likert scale. Thus, the maximum score is 70 and the minimum score is 14. The scale is designed to allow the measurement of mean scores in population samples. The provisional mean score for the Scottish population is 50.7.

The overall mean WEMWBS score for respondents in Glasgow East was 50.7.

Those under the age of 45 tended to have higher WEMWBS scores, indicating better mental wellbeing. Men tended to have higher WEMWBS scores than women.

**Table 2.9: Mean WEMWBS Score (Q16) by Age**

	Mean WEMWBS Score	Unweighted base (n)
<b>Age:</b>		
16-44	53.0	218
45-64	48.9	197
65+	47.1	169
<b>All</b>	50.7	585

## 2.6 Oral Health

### Proportion of Own Teeth

Respondents were asked what proportion of their teeth were their own. Just under nine in ten (87%) respondents said that they had all (52%) or some (35%) of their own teeth, while 13% had none of their own teeth.

The national target is for no more than 5% of 45-54 year olds to have none of their natural teeth by 2010. Responses indicate that this target is already met in Glasgow East, with 2% of 45-54 year olds having no natural teeth.

The proportion who had all or some of their natural teeth ranged from 50% of those aged 65 or over to 99% of those aged under 45.

**Table 2.10: Proportion of Own Teeth (Q12) by Age**

	All	Some	None	All/some	Unweighted base (n)
<b>Age:</b>					
16-44	73%	26%	2%	98%	217
45-64	35%	54%	11%	89%	196
65+	19%	33%	47%	53%	168
<b>All</b>	52%	35%	13%	87%	582

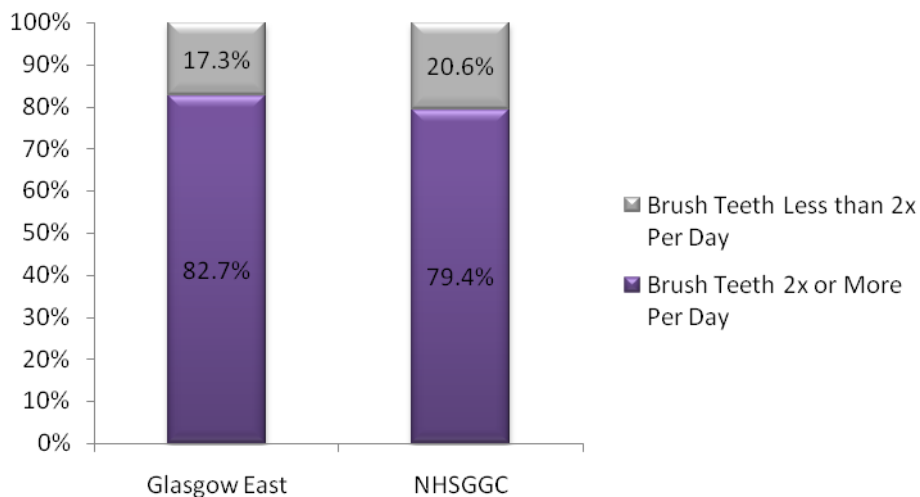
### Frequency of Brushing Teeth

Those with at least some of their own teeth were asked how often they brushed their teeth. In total 83% said they brushed their teeth at least twice a day.

## Comparison with NHS Greater Glasgow & Clyde Area

Those in Glasgow East were more likely than those in the NHSGGC area as a whole to brush their teeth twice or more per day (83% Glasgow East; 79% NHSGGC).

**Figure 2.8: Whether Brush Teeth Twice or More Per Day: Glasgow East and NHSGGC (all those with at least some of their own teeth)**



Those aged 65 or over were less likely to brush their teeth at least twice a day. Women were more likely than men to brush their teeth at least twice a day. This is shown in Table 2.11.

**Table 2.11: Brushes Teeth Twice or More Per Day (Q13) by Age and Gender**

	Brushes Teeth 2x or more per day	Unweighted base (n)
Age:		
16-44	90%	211
45-64	75%	178
65+	67%	89
Men	76%	200
Women	89%	278
All	83%	478

## 3 The Use of Health Services

### 3.1 Chapter Summary

Table 3.1 provides the indicators relating to use of health services.

**Table 3.1: Indicators for Use of Health Services**

Indicator	% of sample	Unweighted base (n)
Seen a GP at least once in last year (Q6a)	86.1%	571
Outpatient to see doctor at least once in last year (Q7d)	15.5%	582
Accident and emergency at least once in last year (Q7c)	6.0%	585
Hospital stay in last year (q7e)	8.8%	583
Seen Pharmacist for health advice in last year (Q7a)	25.2%	581
Contacted NHS24 in last year (Q7b)	13.5%	583
Used GP out of hours service (GEMS) in last year (q7f)	5.9%	585
Been to the dentist within past six months (Q11)	50.2%	447
Registered with a dentist (Q9)	71.4%	584
Difficulty reaching hospital for an appointment (Q14d)	6.9%	514
Difficulty getting GP appointment (Q14a)	9.8%	578
Difficulty getting hospital appointment (Q14c)	6.6%	459
Difficulty getting GP consultation within 48 hours (Q14f)	3.5%	496
Difficulty accessing health services in an emergency (Q14b)	2.5%	482
Difficulty getting dentist appointment (Q14e)	6.5%	458
Someone in home suffered accidental injury in last year (Q17)	1.5%	585

Just under nine in ten (86%) respondents had seen a GP at least once in the last year. Those aged 45 or over and women were more likely to have done so.

One in seven (15%) had visited hospital to see a doctor as an outpatient in the last year. Those aged 65 or over and women were more likely to have done so.

One in seventeen (6%) had visited accident and emergency in the last year. Women were more likely to have done so.

One in eleven (9%) respondents had been admitted to hospital in the last year.

One in seven (14%) had contacted NHS24 in the last year. Women were more likely to have done so.

One in seventeen (6%) had used the GP out of hours service in the last year.

Half (50%) of respondents had seen a dentist within the last six months. Those aged 65 or over and men were less likely to have done so.

Seven in ten (71%) were registered with a dentist. Those aged 65 or over were less likely to be registered with a dentist.

One in fifteen (7%) had difficulty reaching hospital for an appointment. Those aged 65 or over were more likely to find this difficult.

One in ten (10%) had difficulty getting a GP appointment. Those aged under 45 were more likely to find this difficult.

One in fifteen (7%) had difficulty getting a hospital appointment. Those aged under 45 were more likely to find this difficult.

One in 28 (4%) had difficulty getting a GP consultation within 48 hours when needed.

One in 40 (2.5%) had difficulty accessing health services in an emergency.

One in 15 (7%) had difficulty getting an appointment with the dentist. Those aged under 65 were more likely to find this difficult.

One in 66 (1.5%) said that someone in their home had suffered an accidental injury in the home in the last year.

### 3.2 Use of Specific Health Services

#### General Practitioners (GPs)

Overall, 86% of respondents had seen a GP at least once in the last year. Of those who had visited a GP, half (49%) had visited the GP either once (26%) or twice (23%) in the last year. The mean number of GP visits was 4.54.

#### Comparison with Glasgow City and NHS Greater Glasgow & Clyde Area

Those in Glasgow East were more likely than those in Glasgow City or the NHSGGC area as a whole to have seen a GP in the last year.

**Figure 3.1: Whether Seen a GP in the Last Year: Glasgow East, Glasgow City and NHSGGC**

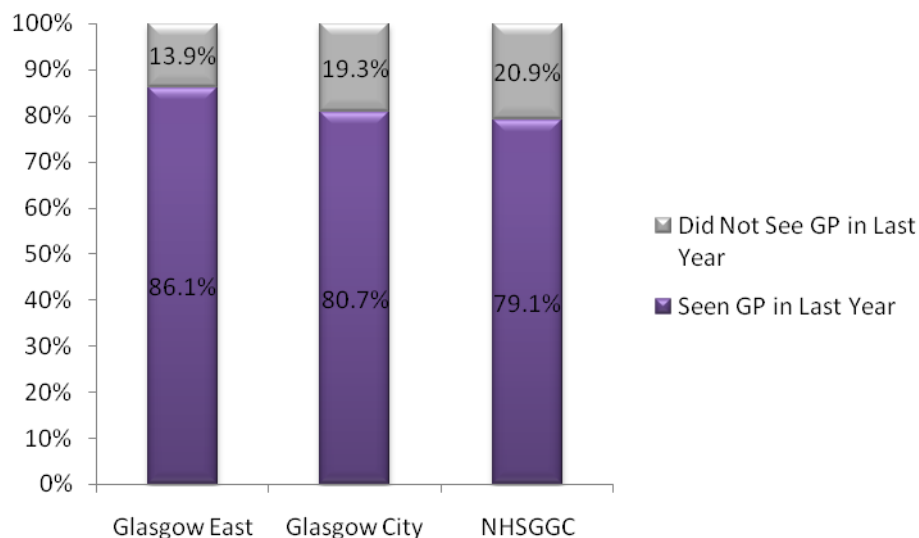


Table 3.2 shows that those aged 45 or over were more likely to have seen a GP in the last year. Women were more likely than men to have seen a GP in the last year.

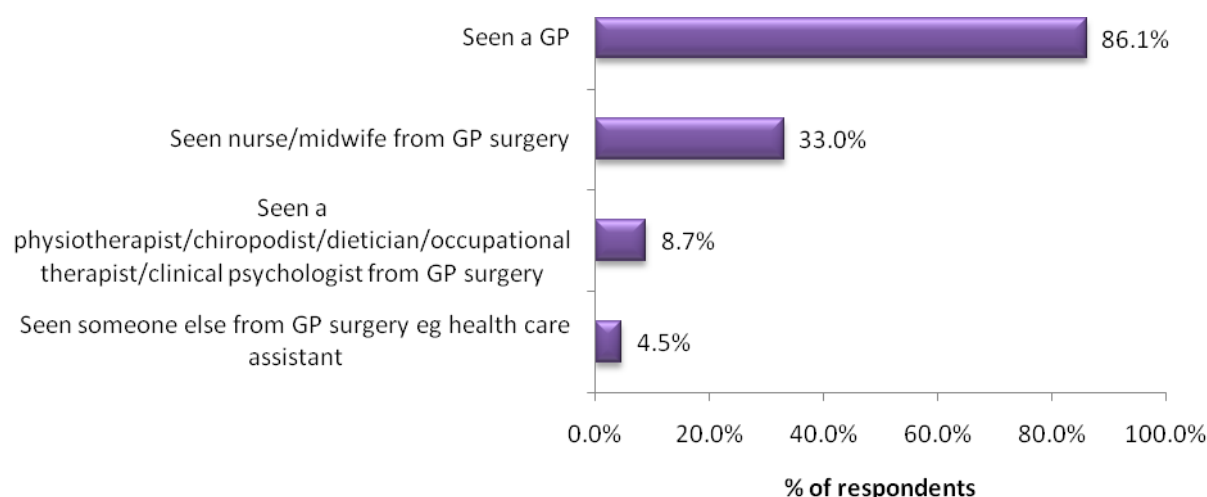
**Table 3.2: Seen GP at Least Once (Q6a) by Age and Gender**

	% seen GP at least once	Unweighted base (n)
Age:		
16-44	81%	214
45-64	92%	190
65+	91%	166
Men	80%	233
Women	92%	338
<b>All</b>	<b>86%</b>	<b>571</b>

### Other Uses of GP Surgery

Figure 3.2 shows the extent of other uses of GP surgeries in the last year. In addition to the 86% of respondents who had seen a GP in the last year, 33% had seen a nurse or midwife from the GP surgery (mean number of visits was 3.91) and 9% had seen staff such as physiotherapist, chiropodist, dietician, occupational therapist or clinical psychologist (mean number of visits was 3.08). Also, 4% had seen some other type of staff at a GP surgery (mean number of visits was 2.52).

**Figure 3.2: Seen Specific GP Practice Staff in Last Year (Q6)**



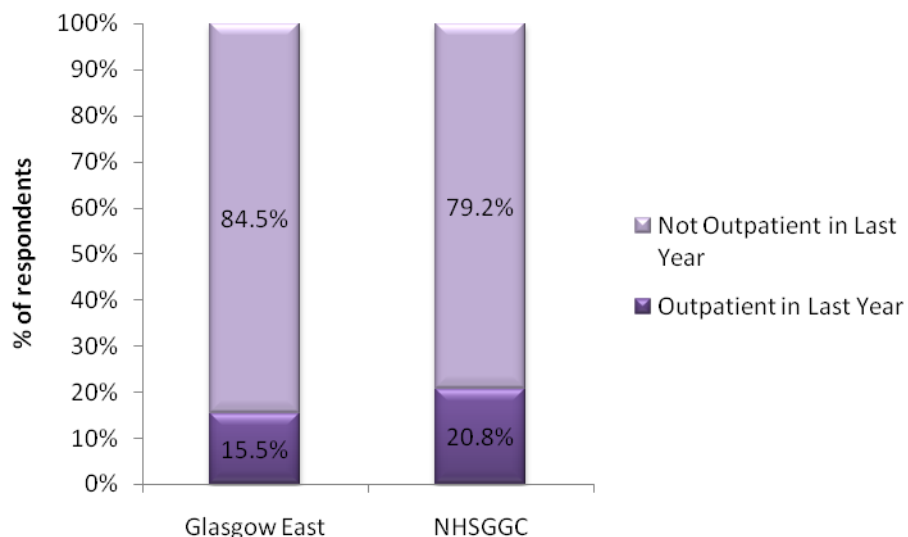
### Outpatients

One in seven (15%) respondents had visited a hospital outpatient department to see a doctor at least once in the last year. Of those who had made such a visit, the average number of outpatient visits in the last year was 2.87.

### Comparison with NHS Greater Glasgow & Clyde Area

Compared to those in the NHSGGC area as a whole, those in Glasgow East were less likely to have visited hospital as an outpatient.

**Figure 3.3: Visited Doctor at Hospital Outpatient Department in Last Year: Glasgow East and NHSGGC**



Those aged under 45 were the least likely to have been a hospital outpatient in the last year and those aged 65 or over were the most likely. Women were more likely than men to have been hospital outpatients.

**Table 3.3: Visited Doctor at Hospital Outpatient Department in Last Year (Q7d) by Age and Gender**

	% outpatient at least once	Unweighted base (n)
Age:		
16-44	9%	218
45-64	20%	195
65+	26%	168
Men	13%	238
Women	18%	344
<b>All</b>	15%	582

### Accident and Emergency

One in 17 (6%) respondents had been to accident and emergency in the last year. Of those who had visited accident and emergency, 82% had been once in the last year and the mean number of visits was 1.22.

### Comparison with NHS Greater Glasgow & Clyde Area

Those in East Glasgow were less likely than those in the NHSGGC area as a whole to have visited A&E in the last year.

**Figure 3.4: Visited Accident & Emergency in Last Year: Glasgow East and NHSGGC**

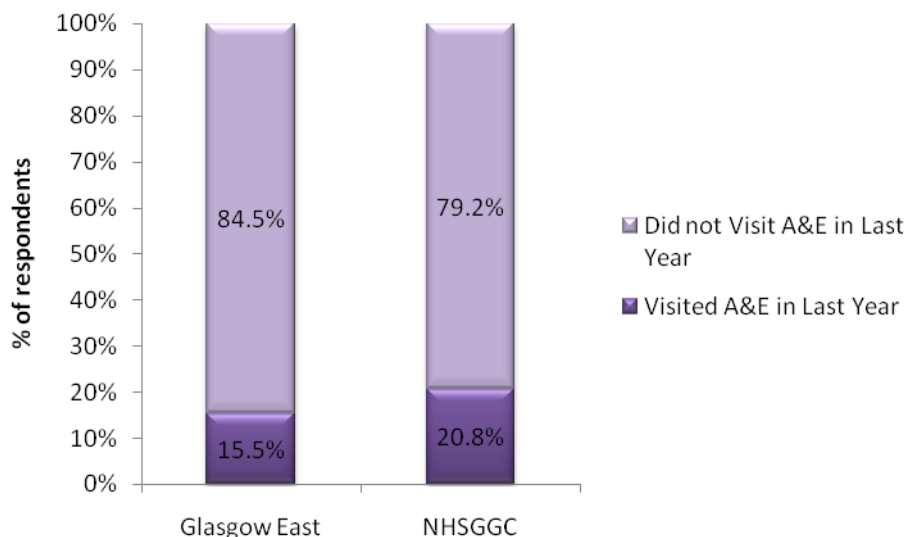


Table 3.4 shows that women were more likely than men to have visited accident and emergency in the last year.

**Table 3.4: Visited Accident & Emergency in Last Year (Q7d) by Gender**

	% visited A&E at least once	Unweighted base (n)
Men	4%	240
Women	8%	345
<b>All</b>	6%	585

### Hospital Admissions

One in eleven (9%) respondents had been admitted to hospital at least once in the last year. Of those who had been admitted to hospital, 75% had been admitted once in the last year, and the mean number of admissions was 1.74.

### Use of Pharmacy for Health Advice

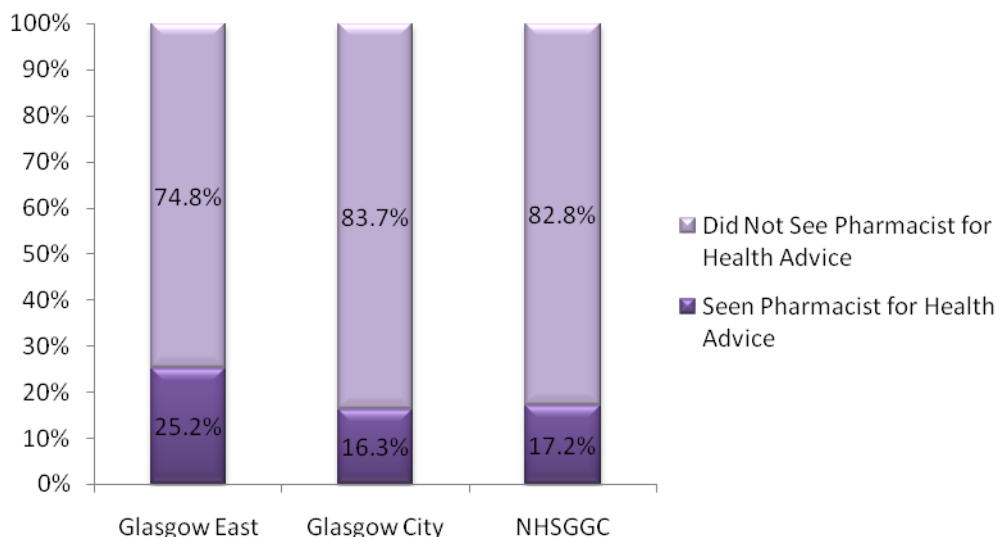
One in four (25%) respondents had seen a pharmacist for health advice in the last year. Of those who had done so, 45% had done so only once, and the mean number of visits to the pharmacist was 1.86.

### Comparison with Glasgow City and NHS Greater Glasgow & Clyde Area

Those in Glasgow East were more likely than those in Glasgow City or the NHSGGC area as a whole to have visited a pharmacist for health advice in the last year (25% Glasgow East; 16% Glasgow City; 17% NHSGGC).



**Figure 3.5: Seen Pharmacist of Health Advice in Last Year: Glasgow East and NHSGCC**



### Contacting NHS24

One in seven (14%) respondents had contacted NHS24 at least once in the last year. Of those who had contacted NHS24, 79% had done so just once, and the mean number of contacts was 1.42.

**Table 3.5: Contacted NHS24 in Last Year (Q7b) by Gender**

	% contacted NHS 24 at least once	Unweighted base (n)
Men	9%	238
Women	18%	345
<b>All</b>	14%	583

### Use of GP Out of Hours Service

One in 17 (6%) respondents had used the GP out of hours service (GEMS) in the last year. Of those who had used the service, the mean number of visits was 1.87.

### Comparison with Glasgow City and NHS Greater Glasgow & Clyde Area

Those in Glasgow East were more likely than those in Glasgow City or the NHSGCC area as a whole to have used the GP out of hours service in the last year (6% Glasgow East; 3% Glasgow City; 3% NHSGCC).

## 3.3 Dental Services

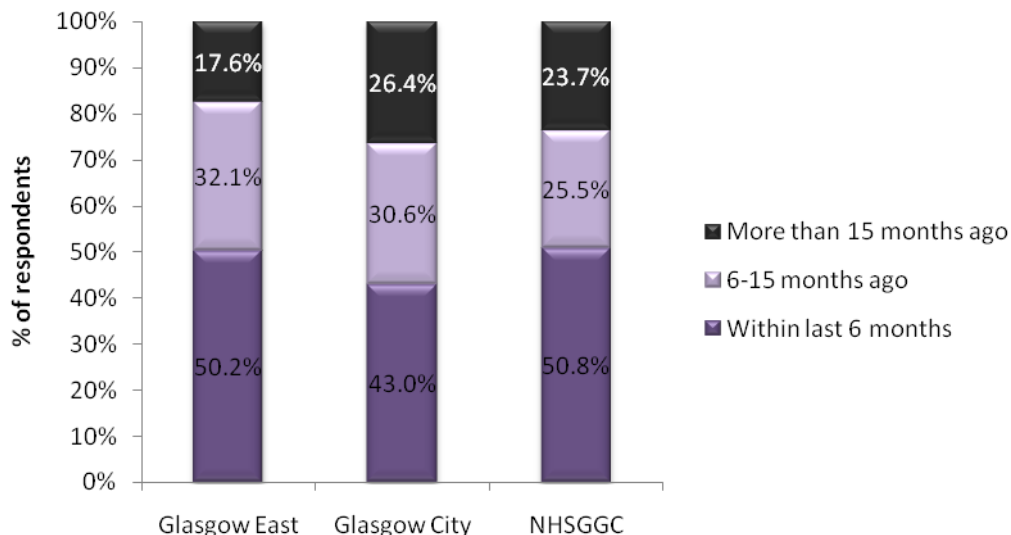
### Frequency of Visits to the Dentist

Of those who were able to say when they last visited the dentist, half (50%) said that they had visited the dentist within the last six months, 32% had visited the dentist between six and 15 months ago, and 18% had last visited the dentist over 15 months ago.

### Comparison with NHS Greater Glasgow & Clyde Area

As Figure 3.6 shows, those in Glasgow East were more likely than those in Glasgow City as a whole to have visited the dentist within the last six months, and more likely than those in the NHSGGC area as a whole to have visited the dentist within the last 15 months.

**Figure 3.6: When Last Visited Dentist: Glasgow East, Glasgow City and NHSGGC**



Those aged 65 or over were less likely to have visited the dentist within the last six months and more likely to have last visited more than 15 months ago. Women were more likely than men to have seen a dentist in the last six months.

**Table 3.6: When Last Visited the Dentist (Q11) by Age and Gender**

	Within Last Six Months	Within 6 – 15 months	More than 15 months Ago	Unweighted base (n)
Age:				
16-44	53%	30%	18%	188
45-64	48%	38%	15%	165
65+	43%	27%	30%	94
Men	42%	37%	21%	176
Women	57%	28%	15%	271
<b>All</b>	<b>50%</b>	<b>32%</b>	<b>18%</b>	<b>447</b>

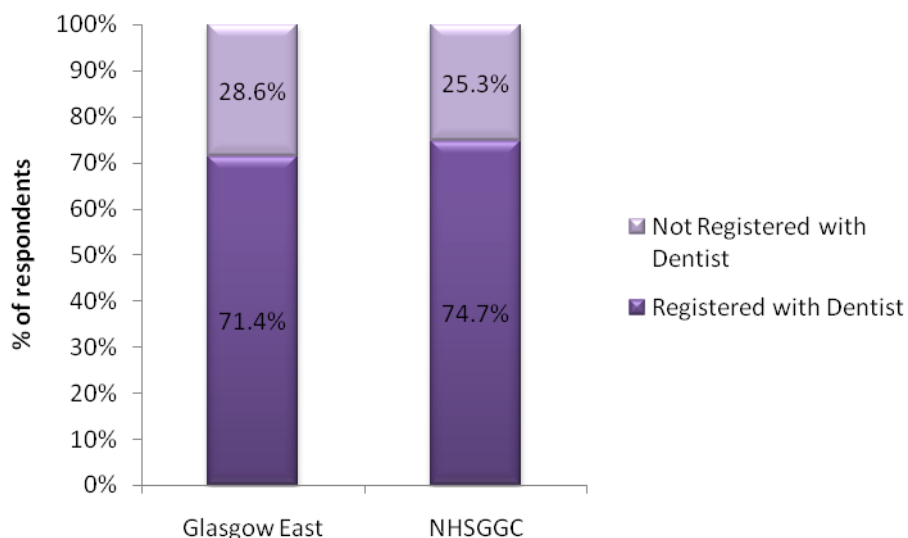
### Registration with a Dentist

Seven in ten (71%) respondents said they were registered with a dentist. Of those who were registered with a dentist, 91% received NHS treatment while 9% received private treatment.

### Comparison with NHS Greater Glasgow & Clyde Area

Those in Glasgow East were less likely than those in the NHS Greater Glasgow and Clyde area as a whole to be registered with a dentist (71% Glasgow East; 75% NHSGGC).

**Figure 3.7: Whether Registered with a Dentist: Glasgow East and NHSGGC**



Those aged 65 or over were less likely to be registered with a dentist. This is shown in Table 3.7.

**Table 3.7: Registered with a Dentist (Q9) by Age**

	Registered with a dentist	Unweighted base (n)
Age:		
16-44	75%	218
45-64	81%	197
65+	47%	168
All	71%	584

### 3.4 Involvement in Decisions Affecting Health Service Delivery

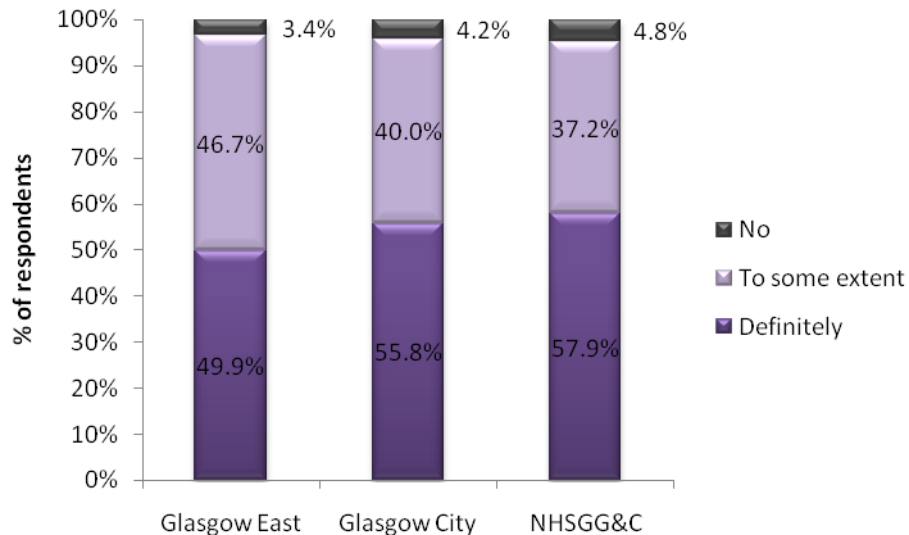
#### Information about Condition or Treatment

Of those who had accessed any health services over the last year, 50% felt that they had 'definitely' been given adequate information about their condition or treatment, 47% felt that they had 'to some extent', and 3% felt that they had not.

#### Comparison with Glasgow City and NHS Greater Glasgow & Clyde Area

Those in Glasgow East were less likely than those in Glasgow City or the NHSGGC area as a whole to feel they had definitely been given adequate information about their condition or treatment. This is shown in Figure 3.8.

**Figure 3.8: Whether Given Adequate Information about Condition or Treatment: Glasgow East, Glasgow City and NHSGGC**



### **Encouragement to Participate in Decisions Affecting Health or Treatment**

Four in five (81%) of those who had used health services in the last year felt that they had been encouraged to participate in decisions affecting their health or treatment either definitely (40%) or to some extent (41%).

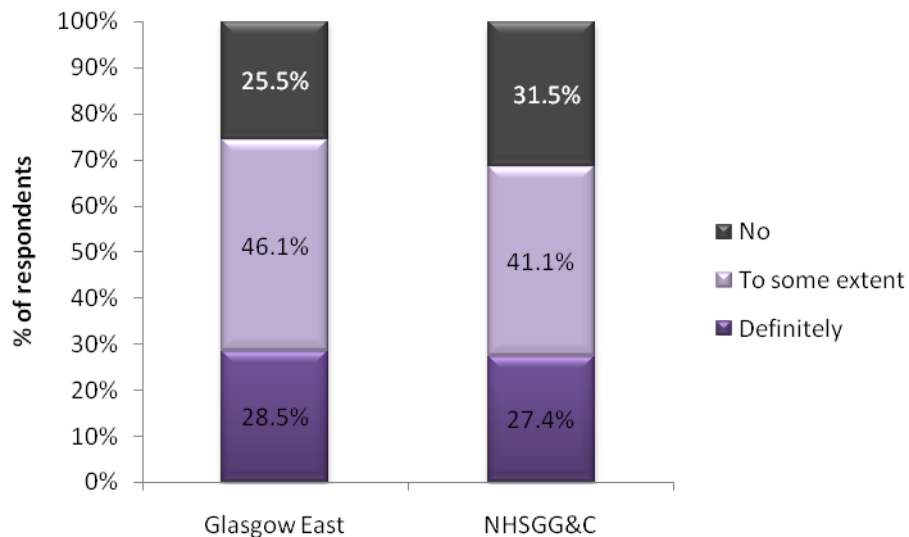
### **Having a Say in How Health Services are Delivered**

Three in four (75%) of those who had used health services in the last year felt that they had had a say in how these services are delivered, either definitely (29%) or to some extent (46%).

### **Comparison with NHS Greater Glasgow & Clyde Area**

Those in Glasgow East were more likely than those in the NHSGGC area as a whole to feel that they had a say in how health services are delivered.

**Figure 3.9: Have a Say in How Health Services are Delivered: Glasgow East and NHSGGC**



### Feel that Views and Circumstances are Understood and Valued

Of those who had used health services in the last year, 87% felt that their views and circumstances were understood and valued, either definitely (39%) or to some extent (48%).

### 3.5 Accessing Health Services

Respondents were asked on a scale of 1 to 5, (1 being 'very difficult' and 5 being 'very easy') how easy or difficult it was to access a number of specific health services. The tables in this section have categorised responses so that 1 and 2 are 'difficult', 3 is 'neither difficult nor easy', and 4 and 5 are 'easy'.

#### Traveling to Hospital for an Appointment

Four in five (80%) respondents indicated that they found it easy to travel to hospital for an appointment, while 13% found it neither difficult nor easy and 7% found it difficult.

Those aged 65 or over were less likely to find it easy to travel to hospital for an appointment.

**Table 3.8: Difficulty/Ease of Travelling to Hospital for Appointment (Q14d) by Age**

	Difficult	Neither/ nor	Easy	Unweighted base (n)
Age:				
16-44	5%	12%	83%	186
45-64	8%	12%	80%	176
65+	12%	17%	72%	151
<b>All</b>	<b>7%</b>	<b>13%</b>	<b>80%</b>	<b>514</b>

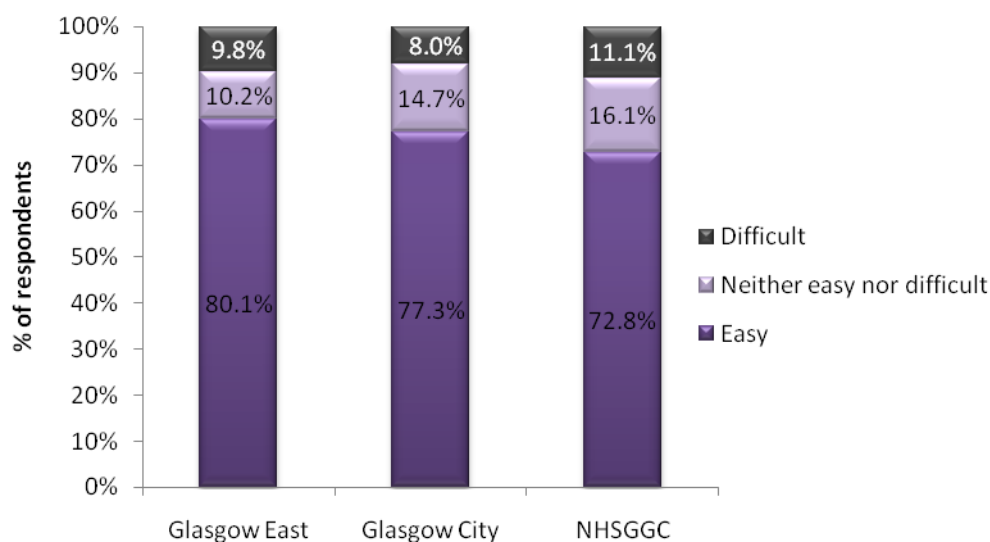
## Getting a GP appointment

One in ten (10%) respondents said that it was difficult to obtain an appointment to see their GP, 10% said that it was neither easy nor difficult and 80% said that it was easy.

### Comparison with NHS Greater Glasgow & Clyde Area

Compared to those in Glasgow City and the NHSGGC area as a whole, those in Glasgow East were more likely to find it easy to get a GP appointment.

**Figure 3.10: Difficulty/Ease of Getting Appointment to see GP: Glasgow East, Glasgow City and NHSGGC**



Those aged under 45 were more likely than older respondents to have difficulty obtaining a GP appointment.

**Table 3.9: Difficulty/Ease of Getting Appointment to see GP (Q14a) by Age**

	Difficult	Neither/nor	Easy	Unweighted base (n)
Age:				
16-44	13%	9%	78%	215
45-64	7%	12%	81%	193
65+	6%	10%	84%	169
<b>All</b>	10%	10%	80%	578

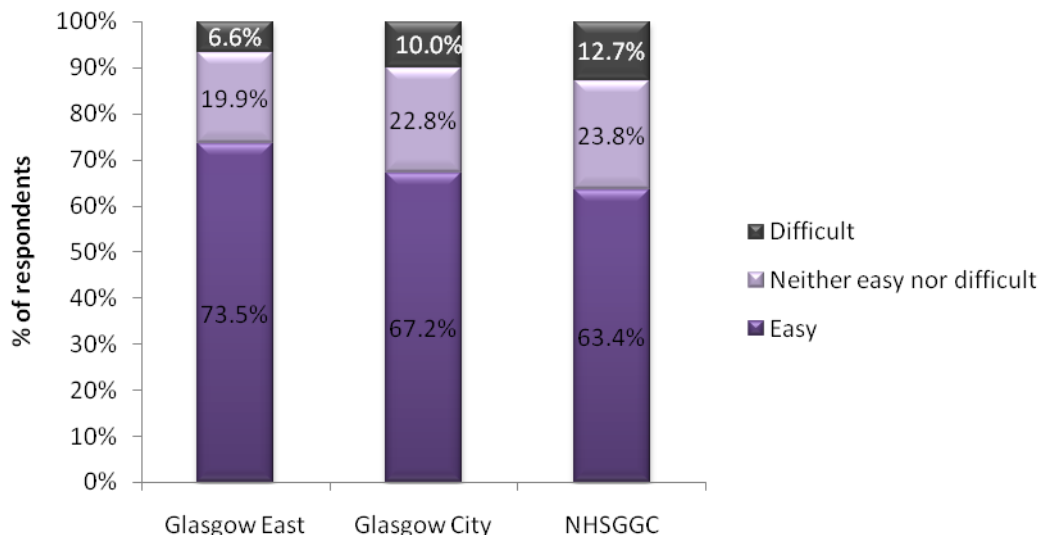
## Obtaining an Appointment at the Hospital

One in 15 (7%) respondents said that it was difficult to obtain a hospital appointment, 20% said that it was neither easy nor difficult and 74% said that it was easy.

### Comparison with Glasgow City and NHS Greater Glasgow & Clyde Area

Those in Glasgow East were less likely than those in Glasgow City or the NHSGGC area as a whole to say it was difficult to obtain a hospital appointment.

**Figure 3.11: Difficulty/Ease of Getting Appointment at the Hospital: Glasgow East, Glasgow City and NHSGCC**



Those aged under 45 were more likely than older respondents to say that it was difficult to get an appointment at the hospital. This is shown in Table 3.10.

**Table 3.10: Difficulty/Ease of Getting Appointment at the Hospital (Q14c) by Age**

	Difficult	Neither/nor	Easy	Unweighted base (n)
Age:				
16-44	11%	17%	72%	162
45-64	3%	22%	75%	153
65+	2%	22%	75%	143
<b>All</b>	<b>7%</b>	<b>20%</b>	<b>74%</b>	<b>459</b>

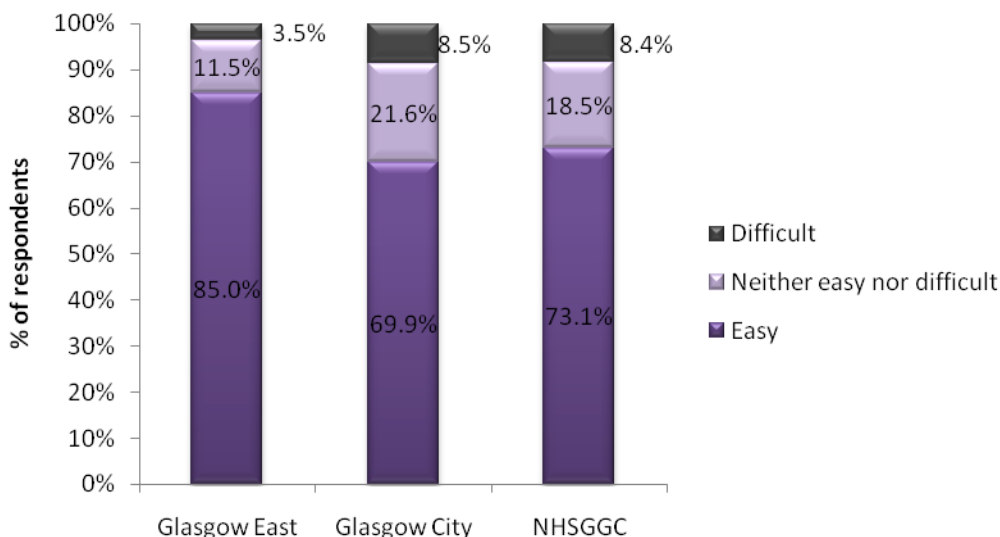
### Getting a Consultation at GP Surgery within 48 Hours

Respondents were asked how easy or difficult it was to get a consultation with someone at their GP surgery within 48 hours when needed. Overall, 85% said that it was easy, 11% said that it was neither easy nor difficult and 4% said that it was difficult.

### Comparison with Glasgow City and NHS Greater Glasgow & Clyde Area

Compared to those in Glasgow City and the NHS Greater Glasgow and Clyde area as a whole, those in Glasgow East were more likely to say that it was easy to get a consultation with a GP within 48 hours when needed.

**Figure 3.12: Difficulty/Ease of Getting a Consultation at GP Surgery within 48 Hours: Glasgow East, Glasgow City and NHSGGC**



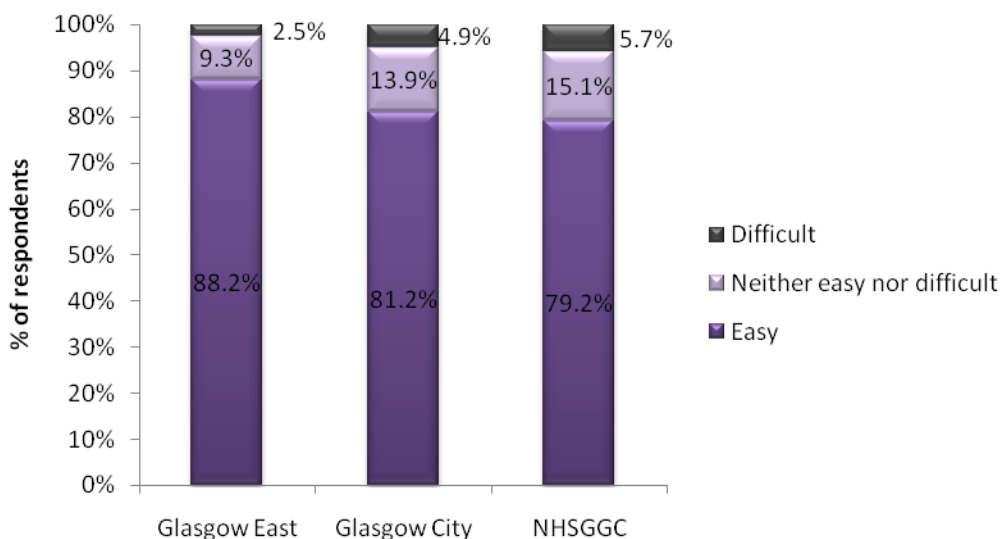
**Accessing Health Services in an Emergency**

One in 40 (2.5%) said it was difficult to access health services in an emergency; 9% said it was neither easy nor difficult and 88% said it was easy.

**Comparison with Glasgow City and NHS Greater Glasgow & Clyde Area**

Those in Glasgow East were more likely than those in Glasgow City or the NHSGGC area as a whole to say that it was easy to access health services in an emergency.

**Figure 3.13: Difficulty/Ease of Accessing Health Services in an Emergency: Glasgow East, Glasgow City and NHSGGC**



Those aged 45-64 were the most likely to say that it was difficult to access health services in an emergency.



## Getting an Appointment to See the Dentist

Nearly four in five (78%) respondents said that it was easy to get an appointment to see the dentist, while 15% said that it was neither easy nor difficult and 7% said that it was difficult.

Those aged 65 or over were more likely to say that it was easy to get an appointment to see the dentist.

**Table 3.11: Difficulty/Ease of Getting a Dentist Appointment by Age**

	Difficult	Neither/nor	Easy	Unweighted base (n)
Age:				
16-44	8%	13%	79%	183
45-64	6%	19%	74%	170
65+	1%	12%	87%	105
All	7%	15%	78%	458

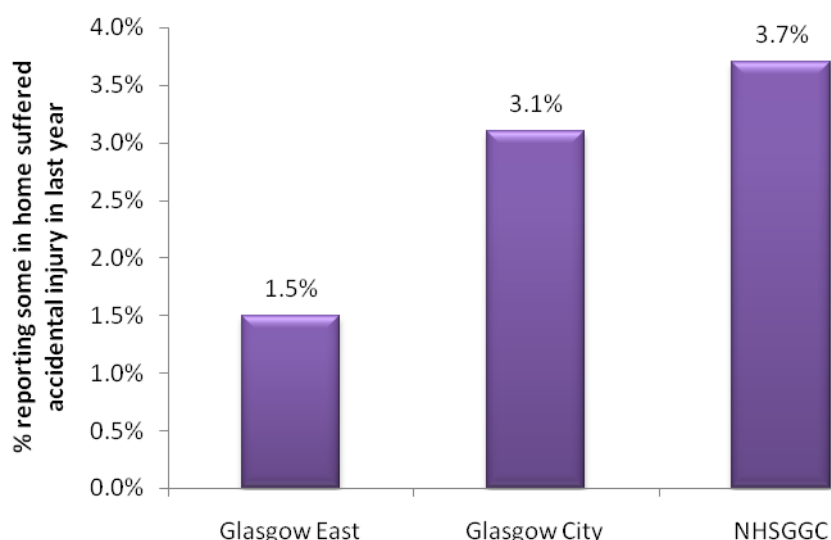
## 3.6 Accidents in the Home

Respondents were asked whether in the past year anyone in their household had suffered an accidental injury in the home. One in 66 (1.5%) said that this had happened in the last year.

### Comparison with Glasgow City and NHS Greater Glasgow & Clyde Area

Those in Glasgow East were less likely than those in Glasgow City or the NHSGGC area as a whole to say that someone in their household had suffered an accidental injury at home in the last year.

**Figure 3.14: Whether Anyone in Household Suffered Accidental Injury at Home in Last Year: Glasgow East, Glasgow City and NHSGGC**



## 4 Health Behaviours

### 4.1 Chapter Summary

Table 4.1 shows the core indicators relating to health behaviours.

**Table 4.1: Indicators for Health Behaviours**

Indicator	% of sample	Unweighted base (n)
Exposed to second hand smoke most or some of the time (Q21)	51.8%	582
Current smoker (Q22)	40.5%	585
Heavily addicted smoker (smoking 20 or more cigarettes per day), based on all smokers	54.1%	248
Exceeds recommended limits for weekly units of alcohol (based on all respondents) (Q29)	19.5%	555
Exceeds recommended limits for weekly units of alcohol (based on all those who drank at all in the past week) (Q29)	46.3%	225
Binge drinker in the past week (based on all respondents) (Q29)	29.9%	560
Binge drinker in the past week (based on all those who drank at all in the past week) (Q29)	69.6%	230
Takes at least 30 minutes of moderate exercise 5 or more times per week OR takes at least 20 minutes of vigorous exercise 3 or more times per week (Q43-Q47)	33.6%	583
Participated in at least one sport in the last week (Q48 & Q49)	34.4%	581
Consumes 5 or more portions of fruit/vegetables per day (Q32 & Q33)	30.0%	577
Consumes breakfast every day (Q38)	73.3%	582
Consumes at least 2 portions of oily fish per week (Q36)	10.7%	584
Consumes at least 2 portions of high fat snacks per day (Q34)	42.4%	582
Consumes at least 5 slices of bread per day (Q35)	8.5%	581
Eat takeaway food every week (Q37)	25.1%	585
Body Mass Index of 25 or over (Q41 & Q42)	50.3%	523
More than 1 of the following 5 'unhealthy' behaviours: smoking, BMI of 25+, not meeting recommended levels of physical activity, not meeting the recommended fruit/veg consumption, binge drinking	81.1%	492
More than 1 of the following 5 'healthy' behaviours: non-smoker, within normal BMI range (18.5-24.99), meet the physical activity recommendations, eat 5 or more portions of fruit/veg per day, drink within safe limits/not at all	79.8%	435

Half (52%) of respondents were exposed to second hand smoke most or some of the time. Those aged 45-64 were more likely to be exposed to second hand smoke.

Two in five (41%) respondents were smokers. Those aged 45-64 and men were more likely to be smokers. More than half (54%) of smokers were heavily addicted (smoking 20 or more cigarettes per day).

One in five (19%) respondents exceeded the recommended weekly limit for alcohol consumption. This equates to 46% of those who drank alcohol in the previous week. Those aged under 65 and men were more likely to exceed their recommended weekly limit.

Three in ten (30%) respondents had been binge drinkers in the previous week. This equates to 70% of those who drank alcohol in the previous week. Those aged under 45 and men were more likely to have been binge drinkers.

A third (34%) of respondents met the target for physical activity. Those aged 65 or over and women were less likely to meet this target.

A third (34%) of respondents had participated in at least one sport in the previous week. Those aged 65 or over were less likely to have done so.

Three in ten (30%) respondents met the target of consuming five or more portions of fruit/vegetables per day. Men were less likely to do so.

Three in four (73%) respondents ate breakfast every day. Those aged under 45 and men were less likely to do so.

One in nine (11%) met the target of consuming two or more portions of oily fish per week.

Two in five (42%) respondents exceeded the recommended limit of one high fat/sugary snack per day.

One in twelve (8%) met the target of consuming five or more slices (or equivalent) of bread per day. Those aged 65 or over and women were less likely to meet this target.

One in four (25%) respondents ate fast food takeaways at least once a week. Those aged under 45 and men were more likely to do so.

Half (50%) of respondents had a body mass index which indicated that they were over their ideal weight, and 20% were obese. Those aged 45-64 were more likely to be obese.

## 4.2 Smoking

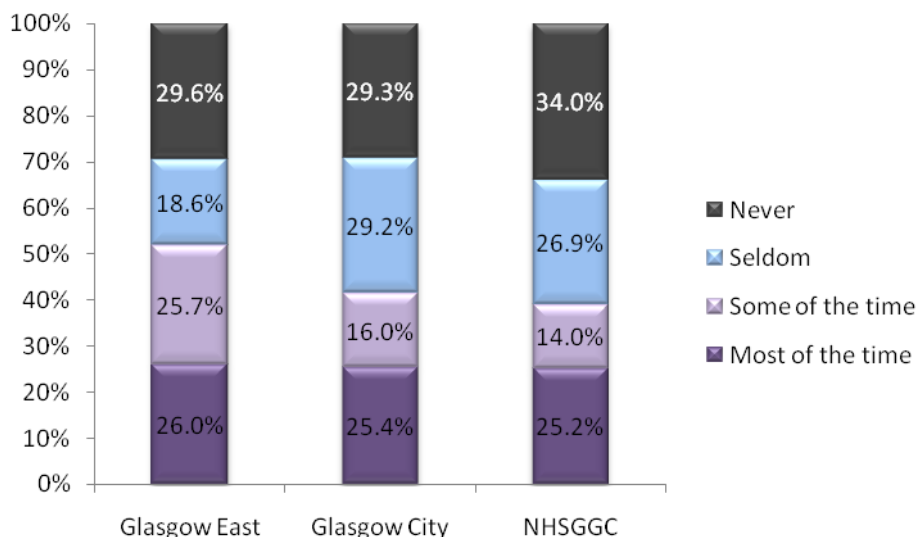
### Exposure to Second Hand Smoke

Respondents were asked how often they were in places where there is smoke from other people smoking tobacco. Half (52%) said that this happened most of the time (26%) or some of the time (26%). A further 19% said that they were seldom exposed to second hand smoke and 30% said that they never were.

### Comparison with Glasgow City and NHSGGC

Those in Glasgow East were more likely than those in Glasgow City or the NHSGGC area as a whole to say they were exposed to second hand smoke most or some of the time (52% Glasgow East; 41% Glasgow City; 39% NHSGGC).

**Figure 4.1: Exposure to Second Hand Smoke: Glasgow East, Glasgow City and NHSGCC**



Those aged 45-64 were the most likely to be exposed to second hand smoke most or some of the time.

**Table 4.2: Exposure to Second Hand Smoke (Q21) by Age**

	Most of the time	Some of the time	Seldom	Never	Most/some of the time	Unweighted base (n)
Age:						
16-44	25%	29%	18%	28%	54%	217
45-64	33%	27%	17%	22%	61%	197
65+	18%	13%	22%	47%	31%	167
<b>All</b>	<b>26%</b>	<b>26%</b>	<b>19%</b>	<b>30%</b>	<b>52%</b>	<b>582</b>

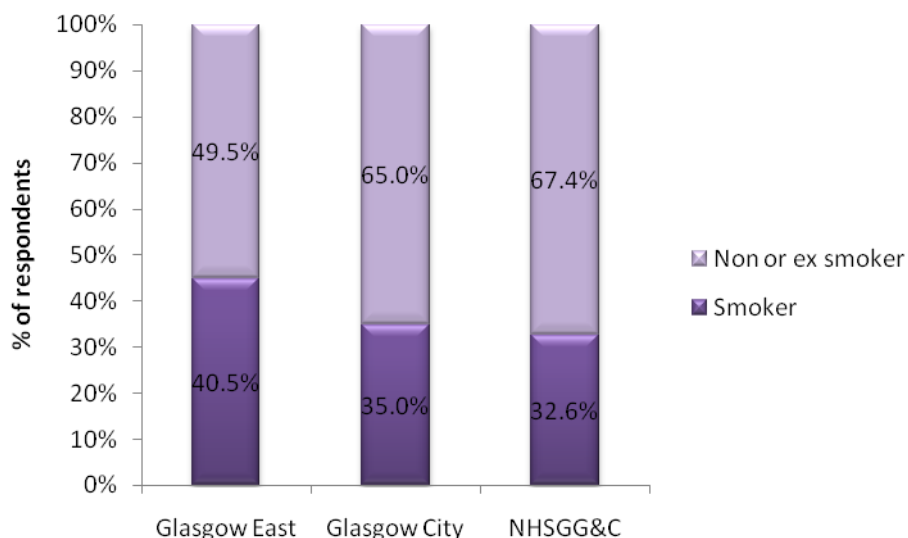
### Smokers

Two in five (41%) of respondents were smokers, smoking either every day (34%) or some days (6%).

### Comparison with Glasgow City and NHS Greater Glasgow & Clyde Area

Those in Glasgow East were more likely than those in Glasgow City or the NHSGCC area as a whole to be smokers.

**Figure 4.2: Smoking Status: Glasgow East, Glasgow City and NHSGCC**



Those aged 45-64 were most likely to be smokers. Men were more likely than women to be smokers. This is shown in Table 4.3.

**Table 4.3: Proportion of Current Smokers (Q22) by Age and Gender**

	Current smoker	Unweighted base (n)
Age:		
16-44	41%	218
45-64	49%	197
65+	27%	169
Men	45%	240
Women	37%	345
All	41%	585

### Heavily Addicted Smokers

Among smokers, the mean number of cigarettes smoked per day was 19.0. Just over half (54%) of smokers were 'heavily addicted smokers' i.e. smoking 20 or more cigarettes per day.

Among smokers, those in Glasgow East were more likely than those in Glasgow City and the NHSGGC area as a whole to be heavily addicted (54% Glasgow East; 47% Glasgow City; 47% NHSGGC).

### Intention to Stop Smoking

Just over a quarter (28%) of smokers said that they intend to stop smoking. Heavy smokers were less likely than other smokers to say that they intend to stop smoking (22% heavy smokers; 37% other smokers).

## 4.3 Drinking

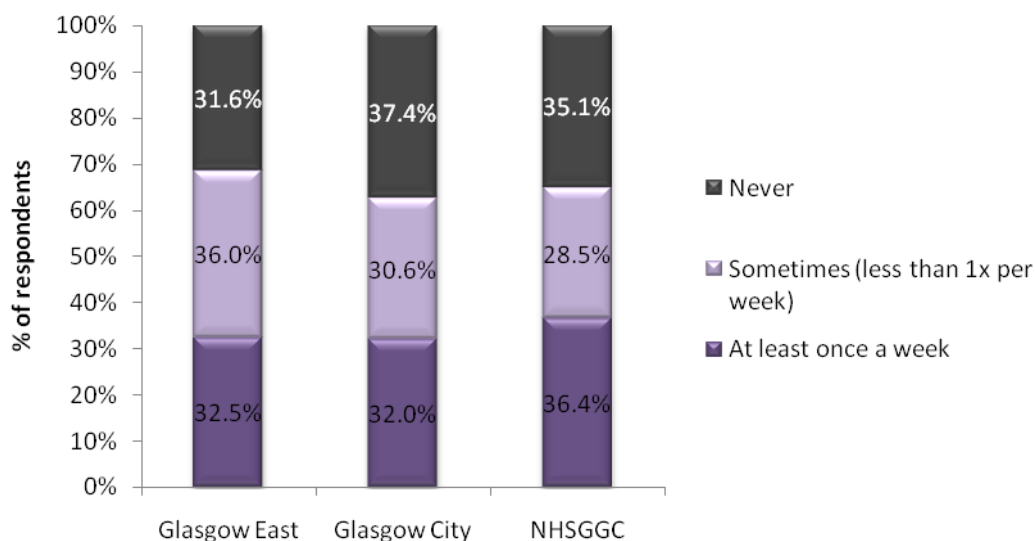
### Frequency of Drinking Alcohol

A third (32%) of respondents said that they never drank alcohol, 36% drank alcohol sometimes (but less than weekly) and 32% drank alcohol at least once a week (including 3% who drank alcohol on three or more days per week).

### Comparison with Glasgow City and NHS Greater Glasgow & Clyde Area

Those in Glasgow East were less likely than those in Glasgow City or the NHSGCC area as a whole to say that they never drank alcohol.

**Figure 4.3: Frequency Drink Alcohol: Glasgow East, Glasgow City and NHSGCC**



Those aged under 45 were more likely than older respondents to drink alcohol at least once a week. Men were more likely than women to drink alcohol weekly.

**Table 4.4: Frequency Drink Alcohol (Q27) by Age and Gender**

	Never	Less than weekly	At least once a week	Unweighted base (n)
Age:				
16-44	25%	38%	37%	218
45-64	33%	37%	29%	197
65+	47%	30%	24%	168
Men	25%	34%	42%	240
Women	38%	38%	24%	344
<b>All</b>	<b>32%</b>	<b>36%</b>	<b>32%</b>	<b>584</b>

### Alcohol Consumption in Previous Week

Respondents were asked whether they had had a drink containing alcohol in the past seven days. Just under half (46%) of all respondents said they had drunk alcohol in the past week (therefore more than the 32% who had said they drank alcohol weekly).

Respondents were asked how many of each type of drink they had consumed on each of the past seven days. Responses were used to calculate the total units of alcohol consumed

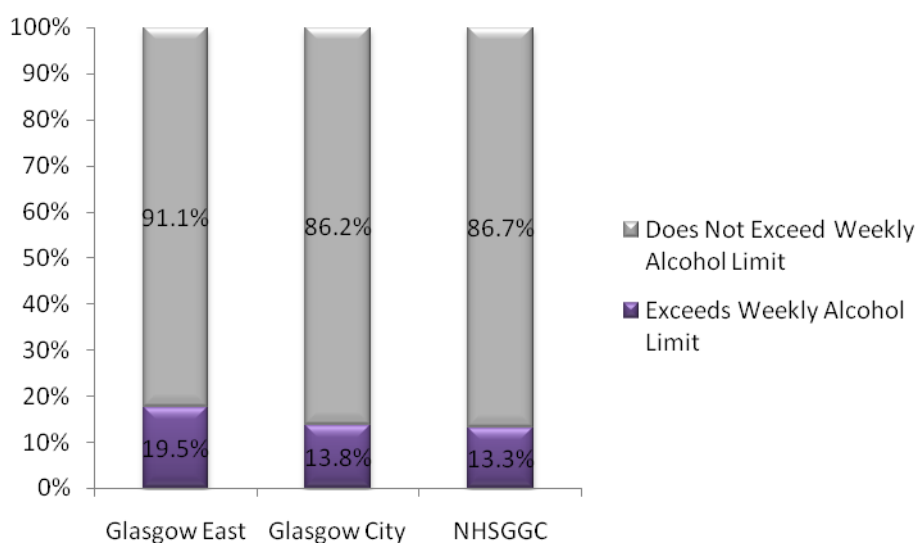
on each day, and a total number of units for the week. For the 2008 survey, in calculating the number of units, new assumptions were applied for the number of units in each type of drink. Appendix D shows the assumptions of units in each type of drink for both the current survey and for the 2005 survey. The data presented here show indicators for both the new unit measures and the old unit measures for comparison.

The recommended weekly limit for alcohol consumption is 21 units per week for men and 14 units per week for women. Using the new unit measures, 19% of all respondents exceeded their weekly limit. This equates to 46% of all those who had drunk alcohol in the last week.

### Comparison with Glasgow City and NHS Greater Glasgow & Clyde Area

Those in Glasgow East were more likely than those in Glasgow City or the NHSGGC area as a whole to exceed the recommended weekly limit for alcohol.

**Figure 4.4: Whether Exceeded Recommended Weekly Limits for Alcohol (new unit measures): Glasgow East, Glasgow City and NHSGGC**



Those aged 65 or over were the least likely to exceed the recommended weekly limit for alcohol consumption. Men were more likely than women to exceed their recommended limit (27% of men; 13% of women).

**Table 4.5: Proportion Exceeding Recommended Weekly Limits for Alcohol (old new and old unit measures) (Q29) by Age and Gender**

	Exceeds Weekly Limit (new measures)	Exceeds Weekly Limit (old measures)	Unweighted base (n)
Age:			
16-44	23%	18%	204
45-64	20%	18%	187
65+	8%	7%	163
Men	27%	23%	225
Women	13%	10%	330
All	19%	16%	555

### Binge Drinking

Binge drinkers were defined as:

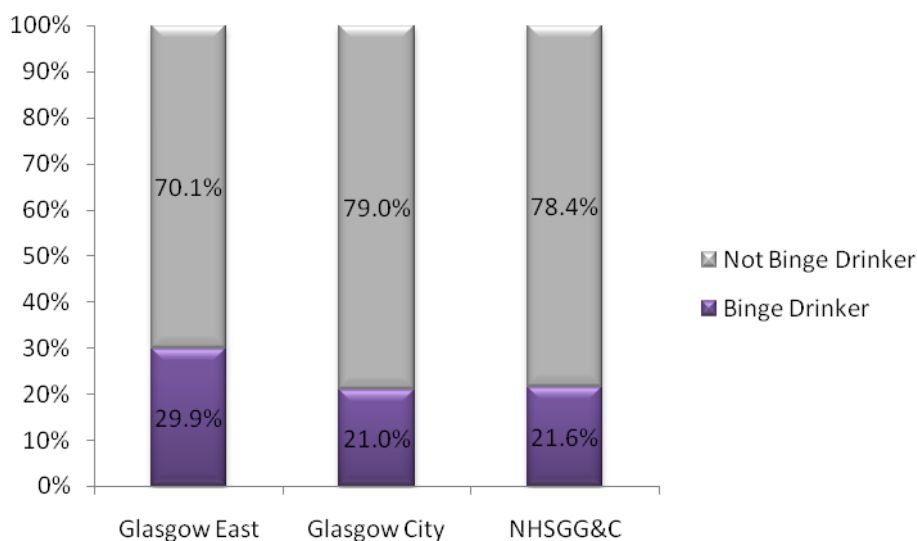
- Men who consumed eight or more units of alcohol on at least one day in the previous week;
- Women who consumed six or more units of alcohol on at least one day in the previous week.

Using the new measures for calculating unit totals, 30% of all respondents had been binge drinkers during the previous week. This equates to 70% of all those who had consumed alcohol in the previous week.

### Comparison with Glasgow City and NHS Greater Glasgow & Clyde Area

Those in Glasgow East were more likely than those in Glasgow City or the NHS Greater Glasgow and Clyde area as a whole to have been binge drinkers in the previous week. This is shown in Figure 4.5.

**Figure 4.5: Whether Binge Drinker in Past Week (new unit measures): Glasgow East, Glasgow City and NHSGGC**





Those aged under 45 were most likely to be binge drinkers and those aged 65 or over were the least likely. Men were more likely than women to be binge drinkers. This is shown in Table 4.6.

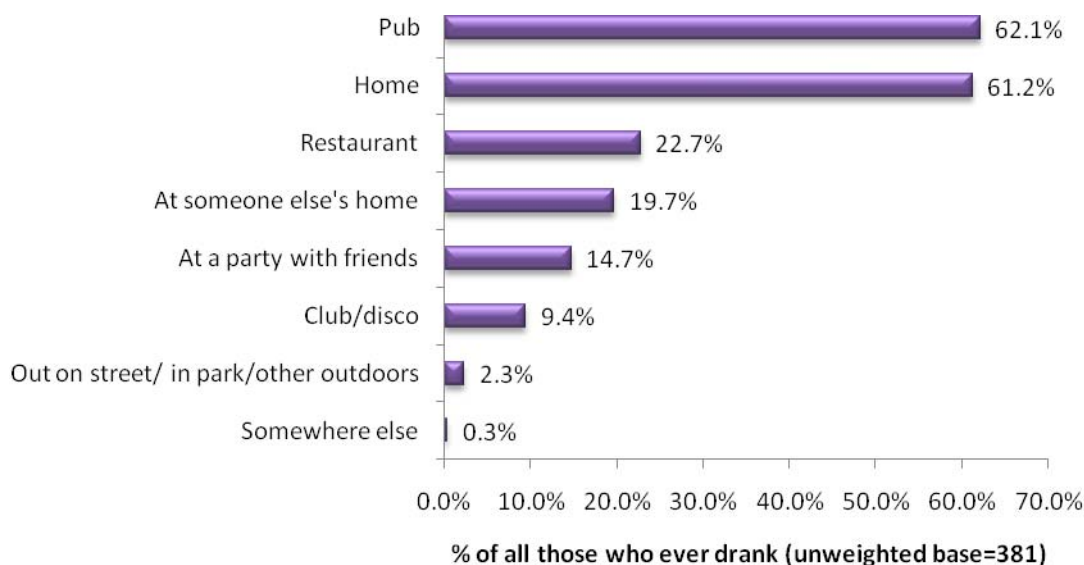
**Table 4.6: Proportion Binge Drinking During Previous Week (old new and old unit measures) (Q29) by Age and Gender**

	Binge Drinker (new measures)	Binge Drinker (old measures)	Unweighted base (n)
Age:			
16-44	35%	31%	207
45-64	31%	27%	189
65+	13%	12%	163
Men	39%	35%	230
Women	22%	18%	330
All	30%	26%	560

### Where People Drink Alcohol

Those who ever drank alcohol were asked where they had drunk alcohol in the last six months. Responses are shown in Figure 4.6. The most common places to have drunk alcohol in the last six months were at a pub and at home.

**Figure 4.6: Where Consumed Alcohol in the Last Six Months (Based on All Those who Ever Drank Alcohol)**



### Comparison with NHS Greater Glasgow & Clyde Area

Figure 4.7 shows that among those who drank alcohol, those in Glasgow East were less likely than those in Glasgow City and the NHSGGC area as a whole to have drunk alcohol at home, at someone else's home, at a party with friends or at a club or disco. Those in Glasgow East were also less likely than those in the NHSGGC area as a whole to have drunk alcohol in a restaurant, but more likely to have drunk alcohol at a pub.

**Figure 4.7: Where Consumed Alcohol in the Last Six Months: Glasgow East, Glasgow City and NHSGGC (Based on All Those who Ever Drank Alcohol; All Places Showing Significant Difference).**



#### 4.4 Physical Activity

##### Frequency of Physical Activity

Respondents were asked on how many days per week they take at least 30 minutes of moderate physical exercise such as brisk walking. They were also prompted to ensure that they included all physical activity that they do in their job, housework, DIY and gardening. In total, 22% of respondents said that they took at least 30 minutes of moderate activity on five or more days per week.

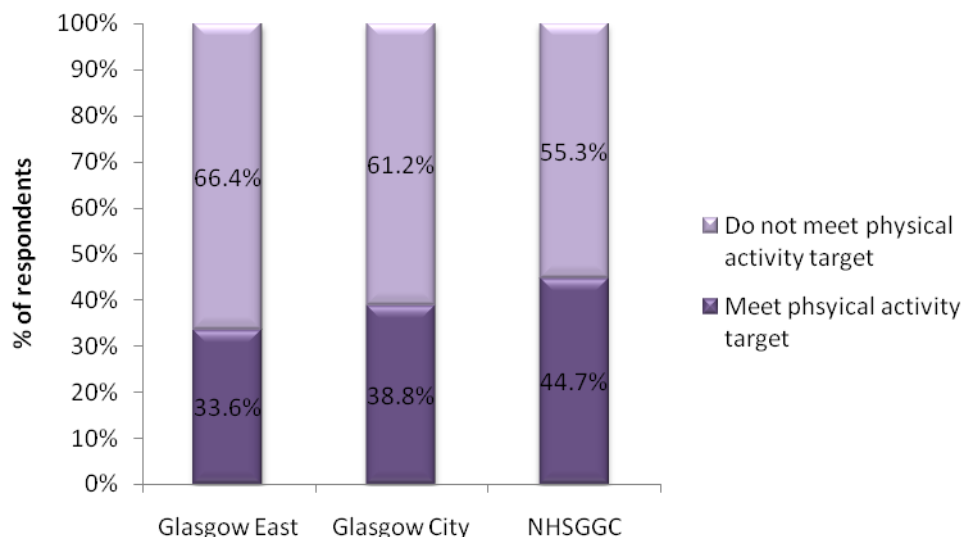
Respondents were also asked on how many days they took at least 20 minutes of vigorous activity (enough to make them sweaty and out of breath). This also included a prompt to ensure that all activity done in work, housework, DIY and gardening were included. In total, 19% said that they took at least 20 minutes of vigorous activity on three or more days per week.

The target for physical activity is to take 30 minutes or more of moderate physical activity on five or more days per week OR 20 minutes of vigorous activity on three or more days per week. In total, 34% of respondents met this target.

##### Comparison with Glasgow City and NHS Greater Glasgow & Clyde Area

Compared to those in Glasgow City and the NHSGGC area as a whole, those in Glasgow East were less likely to meet the target for physical activity.

**Figure 4.8: Whether Meet Physical Activity Target: Glasgow East, Glasgow City and NHSGGC**



Those aged 65 or over were least likely to meet the target for physical activity and those aged under 45 were most likely to do so. Men were more likely than women to meet the target.

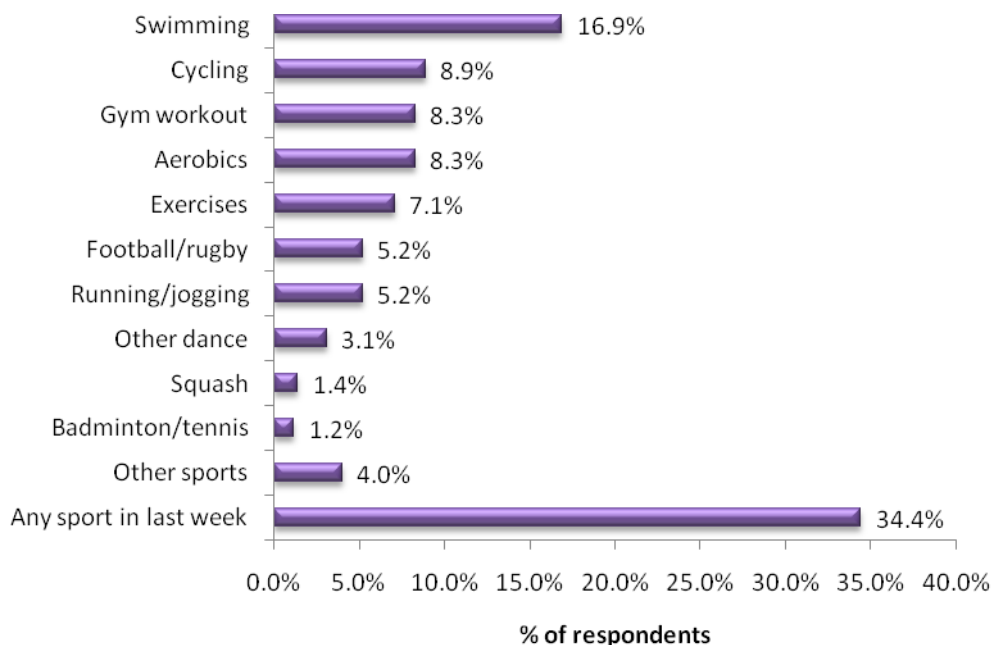
**Table 4.7: Proportion Who Take 30 Minutes or More of Moderate Activity 5 or More Times Per Week or 20 Minutes or More of Vigorous Activity 3 or More Times Per Week (Q43-47) by Age and Gender**

	Meet Physical Activity Target	Unweighted base (n)
Age:		
16-44	40%	217
45-64	30%	196
65+	21%	169
Men	38%	240
Women	30%	343
All	34%	583

## Participation in Sport in the Last Week

Respondents were asked whether they had participated in specific sports in the last week. Responses are shown in Figure 4.9. A third (34%) of respondents had participated in at least one sport in the last week. The most common sports were swimming (17%) and cycling (9%).

**Figure 4.9: Proportion Participating in Sports in the Last Week**



Of those who said that they participated in 'other sports', the most common sports were walking (63%) and bowling (9%).

## Comparison with Glasgow City and NHS Greater Glasgow & Clyde Area

Those in Glasgow East were less likely than those in Glasgow City or the NHSGGC area as a whole to have participated in any sport in the last week. Specifically, those in Glasgow East were less likely to have participated in gym workouts and running/jogging. However, those in Glasgow East were more likely than those in Glasgow City or the NHSGGC area as a whole to have participated in swimming or cycling, and more likely than those in the NHSGGC area to have participated in aerobics.

**Figure 4.10: Proportion Participating in Sports in the Last Week: Glasgow East, Glasgow City and NHSGGC (all sports showing a significant difference)**



The likelihood of having participated in at least one sport in the last week decreased with age, ranging from 41% of those aged 16-44 to 22% of those aged 65 and over.

**Table 4.8: Proportion Who Participated in at Least One Sport in the Last Week (Q48/Q49) by Age**

	Participated in Sport	Unweighted base (n)
Age:		
16-44	41%	217
45-64	30%	194
65+	22%	169
All	34%	581

## 4.5 Diet

### Fruit and Vegetables

The national target for fruit and vegetable consumption is to have at least five portions of fruit and/or vegetables per day. Responses indicate that 30% of respondents met this target and 9% had no fruit or vegetables in a day.

### Comparison with NHS Greater Glasgow & Clyde Area

Those in Glasgow East were less likely than those in Glasgow City or the NHS Greater Glasgow & Clyde area as a whole to consume five or more portions of fruit/vegetables per day.

**Figure 4.11: Number of Portions of Fruit/Vegetables Consumed Per Day: Glasgow East, Glasgow City and NHSGGC**



Table 4.9 shows that women were more likely than men to meet the target for fruit/vegetable consumption.

**Table 4.9: Proportion Who Consume Target Amount of Fruit/Vegetables (Q32/Q33) by Gender**

	Meet Fruit/Veg Target	No fruit/veg	Unweighted base (n)
Men	26%	14%	235
Women	34%	4%	342
All	30%	9%	577

### Breakfast

Respondents were asked on how many days of the week they ate breakfast. Three in four (73%) ate breakfast every day, 12% never ate breakfast, with the remaining 15% eating breakfast between one and six days per week.

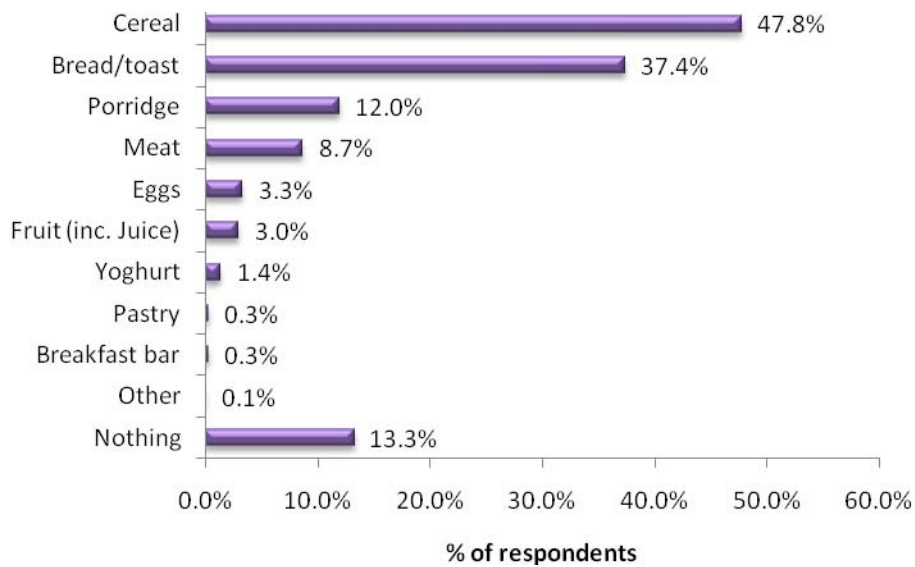
Those aged under 45 were least likely to eat breakfast every day and those aged 65 or over were the most likely. Women were more likely than men to eat breakfast every day (78% of women; 67% of men).

**Table 4.10: Frequency Eat Breakfast (Q38) by Age and Gender**

	Every Day	Some Days	Never	Unweighted base (n)
Age:				
16-44	68%	19%	13%	217
45-64	73%	12%	15%	197
65+	88%	8%	5%	167
Men	67%	17%	16%	238
Women	78%	13%	8%	344
<b>All</b>	<b>73%</b>	<b>15%</b>	<b>12%</b>	<b>582</b>

Respondents were asked what they had eaten for breakfast that morning. On the morning of the survey, 13% of respondents had not eaten breakfast. The most commonly consumed items were cereal and bread/toast, as shown in Figure 4.12.

**Figure 4.12: Items Consumed for Breakfast That Morning (Q39)**



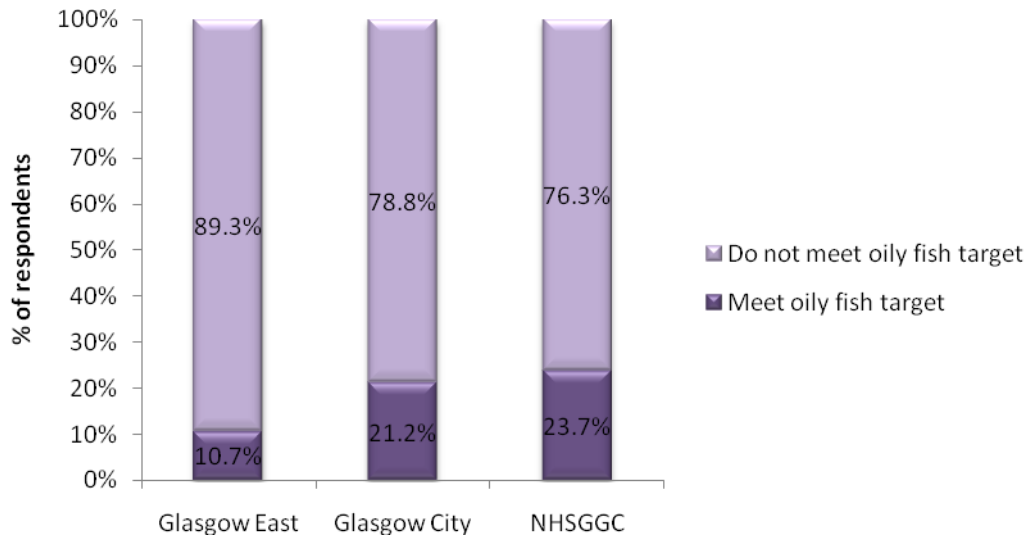
### Oily Fish

The recommended target is to consume two or more portions of oily fish per week. One in nine (11%) respondents met this target.

### Comparison with Glasgow City and NHS Greater Glasgow & Clyde Area

Those in Glasgow East were less likely than those in Glasgow City or the NHSGGC area as a whole to meet the target for oily fish consumption. This is shown in Figure 4.13.

**Figure 4.13: Whether Meet Target for Oily Fish Consumption: Glasgow East, Glasgow City and NHSGCC**



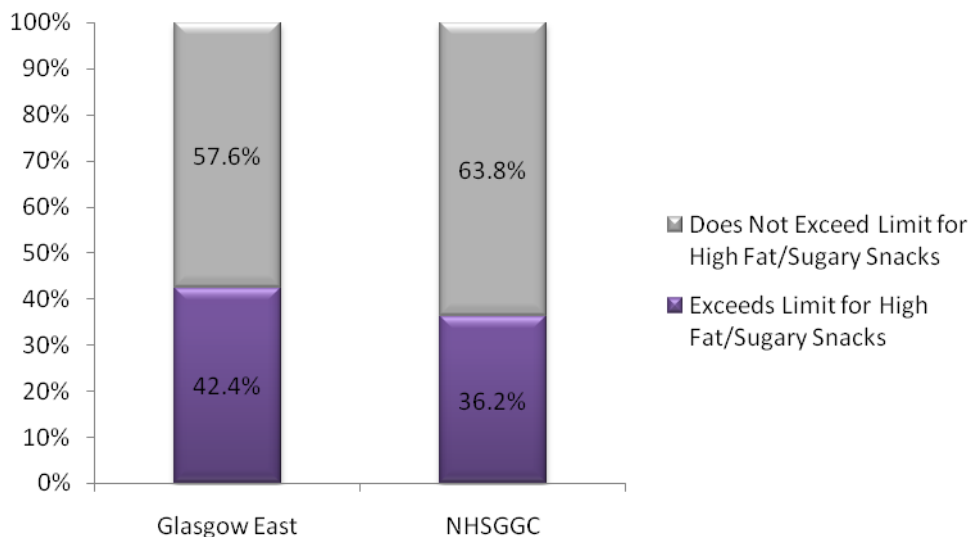
### High Fat and Sugary Snacks

Two in four (42%) respondents exceeded the recommended daily limit of one high fat and sugary snack (e.g. cakes, pasties, chocolate, biscuits, crisps).

### Comparison with NHS Greater Glasgow & Clyde Area

Those in Glasgow East were more likely than those in the NHSGCC area as a whole to exceed the recommended daily limit for high fat and sugary snacks (42% Glasgow East; 36% NHSGCC).

**Figure 4.14: Whether Exceed Recommended Daily Limit of 2 Portions of High Fat/Sugary Snacks: Glasgow East and NHSGCC**





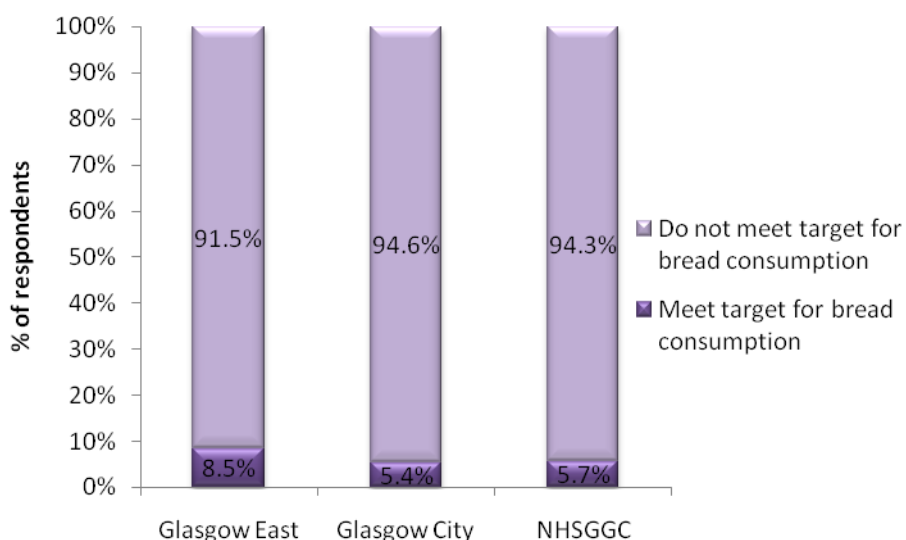
## Bread

Respondents were asked how many slices of bread (or equivalent rolls, chapattis, naan etc) they consumed on an average day. Responses showed that 3% ate fewer than one slice per day, 10% had one slice, 43% had two slices, 9% had three slices and 26% had four slices. In total, 8% met the target of consuming five or more slices (or equivalent) of bread per day. The mean number of slices per day was 2.81.

### Comparison with Glasgow City and NHS Greater Glasgow & Clyde Area

Compared to those in Glasgow City and the NHSGGC area as a whole, those in Glasgow East were more likely to consume five or more slices of bread per day.

**Figure 4.15: Whether Meet Recommended Daily Target for Bread Consumption: Glasgow East, Glasgow City and NHSGGC**



Those aged 45-64 were more likely to meet the target for bread consumption. Men were more likely than women to meet the target for bread consumption. This is shown in Table 4.11.

**Table 4.11: Proportion Who Met Recommended Daily Target for Bread Consumption (Q35) by Age and Gender**

	Five or More Slices Per Day	Unweighted base (n)
Age:		
16-44	7%	216
45-64	14%	196
65+	3%	168
Men	14%	239
Women	4%	342
All	8%	581

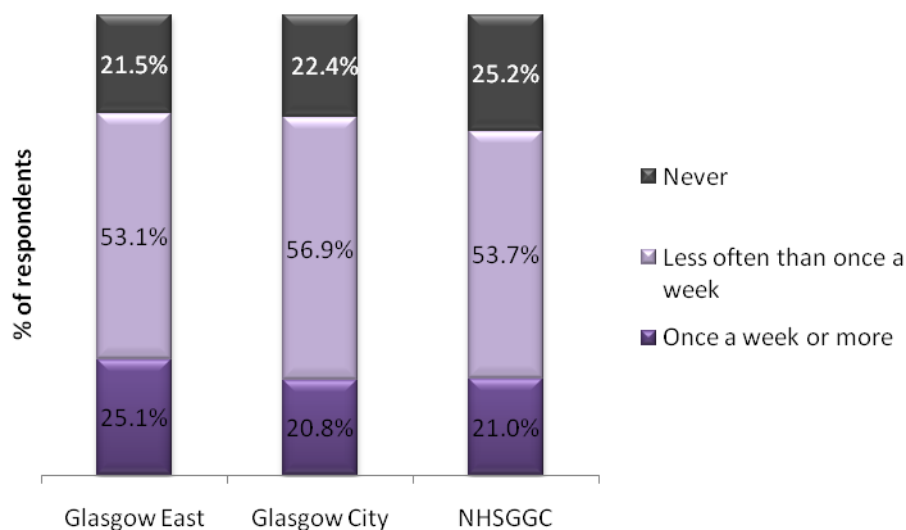
## Fast Food Takeaways

One in four (25%) respondents said that they ate fast food takeaways once a week or more, while 21% said they never did and 53% did sometimes (less often than once a week).

## Comparison with Glasgow City and NHS Greater Glasgow & Clyde Area

Those in Glasgow East were more likely than those in Glasgow City or the NHSGGC area as a whole to have takeaways weekly.

**Figure 4.16: Frequency Have Takeaways: Glasgow East, Glasgow City and NHSGGC**



The likelihood of having takeaways every week declined with age – ranging from 36% of those aged 16-44 to 8% of those aged 65 or over. Men were more likely than women to eat takeaways weekly.

**Table 4.12: Frequency Have Takeaways (Q37) by Age and Gender**

	Never	Less than weekly	At least once a week	Unweighted base (n)
Age:				
16-44	11%	53%	36%	218
45-64	17%	66%	17%	197
65+	58%	35%	8%	169
Men	18%	53%	30%	240
Women	25%	54%	21%	345
<b>All</b>	21%	53%	25%	585

### 4.6 Body Mass Index (BMI)

Respondents were asked to state their height and weight, from which their Body Mass Index (BMI) was calculated.

BMI classification points are defined as follows:

Underweight	BMI below 18.5
Ideal weight	BMI between 18.5 and 24.99
Overweight	BMI between 25 and 29.99
Obese	BMI between 30 and 39.99
Very obese	BMI 40 or over

However, due to a recognised tendency for people to over-report height and under-report weight, a revised cut off for obesity has been applied at 29.2. The table in this section shows both measures of obesity.

Altogether, half (50%) of respondents had a BMI of 25 or over, indicating that they are overweight or obese. Using the new definition obesity (BMI of 29.2), 20% of respondents were classified as obese.

### Comparison with Glasgow City and NHS Greater Glasgow & Clyde Area

Those in Glasgow East were more likely than those in Glasgow City or the NHSGGC area as a whole to be overweight or obese.

**Figure 4.17: Body Mass Index: Glasgow East, Glasgow City and NHSGGC**



Those aged 45-64 were more likely to be obese. This is shown in Table 4.13.

**Table 4.13: Body Mass Index (Q41/Q42) by Age**

	Under-weight	Ideal	Over-weight	Obese	Very obese	Revised obese (29.2+)	Unweighted base (n)
Age							
16-44	3%	58%	24%	15%	<1%	15%	199
45-64	3%	32%	39%	23%	2%	29%	177
65+	1%	38%	44%	16%	1%	19%	146
<b>All</b>	3%	47%	32%	17%	1%	20%	523

## 4.7 Unhealthy and Healthy Behaviour Indices

### An Unhealthy Behaviour Index

This section examines the extent to which multiple 'unhealthy' behaviours are exhibited by the same people. An 'unhealthy' behaviour index has been derived from the following five unhealthy behaviours:

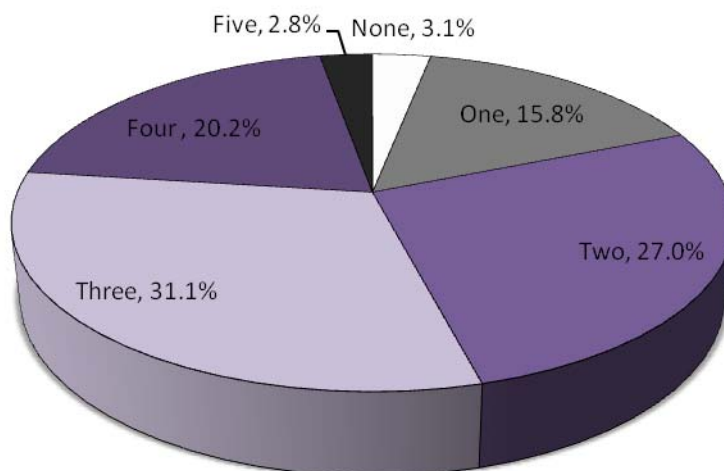
- Smoking;
- Having a BMI of 25 or over;
- Not meeting the recommended levels of physical activity;

- Not meeting the recommended level of fruit and vegetable consumption; and
- Binge drinking.

Figure 4.18 shows that most (97%) respondents exhibited at least one of these behaviours, but just 3% exhibited all five. The mean number of unhealthy behaviours was 2.58.

**Figure 4.18: Number of Unhealthy Behaviours Exhibited**

Unweighted N=492



### Comparison with Glasgow City and NHS Greater Glasgow & Clyde

Those in Glasgow East tended to exhibit more unhealthy behaviours than those in Glasgow City or the NHSGGC area as a whole (means: 2.58 Glasgow East; 2.22 Glasgow City; 2.14 NHSGGC).

Those aged 45-64 tended to exhibit the most unhealthy behaviours. Men tended to exhibit more unhealthy behaviours than women. This is shown in Table 4.14.

**Table 4.14: Mean Number of Unhealthy Behaviours by Age and Gender**

	Mean No. of Unhealthy Behaviours	Unweighted base (n)
Age:		
16-44	2.45	185
45-64	2.85	166
65+	2.52	140
Men	2.73	200
Women	2.46	292
All	2.58	492

### A Healthy Behaviour Index

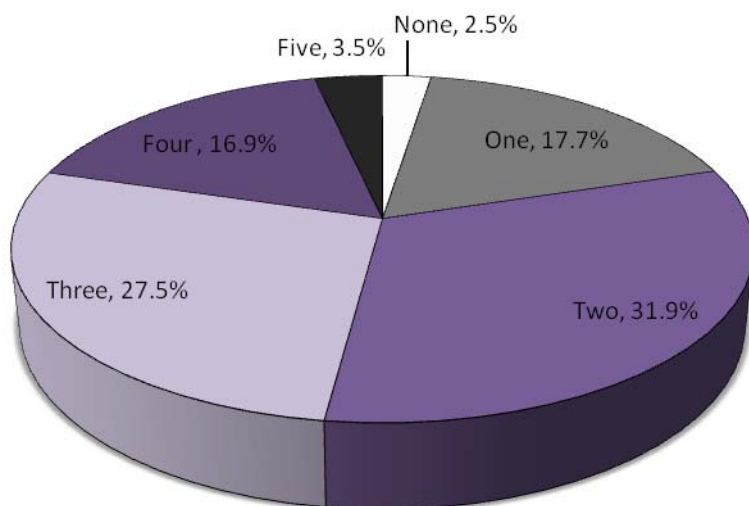
A 'healthy behaviour index' was also developed, which examined the extent to which respondents exhibited multiple healthy behaviours. The five healthy behaviours used in the index were:

- Not smoking;
- Having a BMI within the ideal range (18.5 to 24.99);
- Meeting the physical activity recommendations;

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

Figure 4.19 shows that most (97%) respondents exhibited at least one healthy behaviour, and 3% of respondents exhibited all five. The mean number of healthy behaviours was 2.49.

**Figure 4.19: Number of Healthy Behaviours Exhibited**  
Unweighted base=435



#### Comparison with Glasgow City and NHS Greater Glasgow & Clyde Area

Those in Glasgow East tended to exhibit fewer healthy behaviours than those in Glasgow City or the NHSGGC area as a whole (means= 2.49 Glasgow East; 2.85 Glasgow City; 2.93 NHSGGC).

Those aged 45-64 tended to exhibit the fewest unhealthy behaviours. Women tended to exhibit more healthy behaviours than men, as shown in Table 4.15.

**Table 4.15: Mean Number of Healthy Behaviours by Age and Gender**

	Mean No. of Healthy Behaviours	Unweighted base (n)
Age:		
16-44	2.64	160
45-64	2.18	143
65+	2.56	131
Men	2.36	172
Women	2.60	263
All	2.49	435

## 4.8 Attitudes to Breastfeeding

Respondents were given three statements relating to breastfeeding in public and asked to state the extent to which they agreed or disagreed with each. The first statement was:

*Women should be made to feel comfortable breastfeeding their babies in public.*

Nine in ten (90%) respondents agreed with this (51% strongly agreed and 39% tended to agree) and 10% disagreed (5% tended to disagree and 5% strongly disagreed).

The second statement was:

*Women should only breastfeed their babies at home or in private.*

Overall, 15% agreed with this (7% strongly agreed and 9% tended to agree) and 85% disagreed (31% tended to disagree and 54% strongly disagreed).

The third statement was:

*I would feel embarrassed seeing a woman breastfeeding her baby.*

One in five (19%) respondents agreed with this (7% strongly agreed and 12% tended to agree) and 81% disagreed with this statement (27% tended to disagree and 54% strongly disagreed).

### Comparison with NHS Greater Glasgow & Clyde Area

Those in Glasgow East were less likely than those in Glasgow City or the NHSGGC area as a whole to agree that women should only breastfeed at home/in private. Also, those in Glasgow East were less likely than those in Glasgow City to say they would feel embarrassed seeing a woman breastfeeding.

**Figure 4.20: Agree/Disagree with Statements Relating to Breastfeeding: Glasgow East, Glasgow City and NHSGGC (all showing significant difference)**

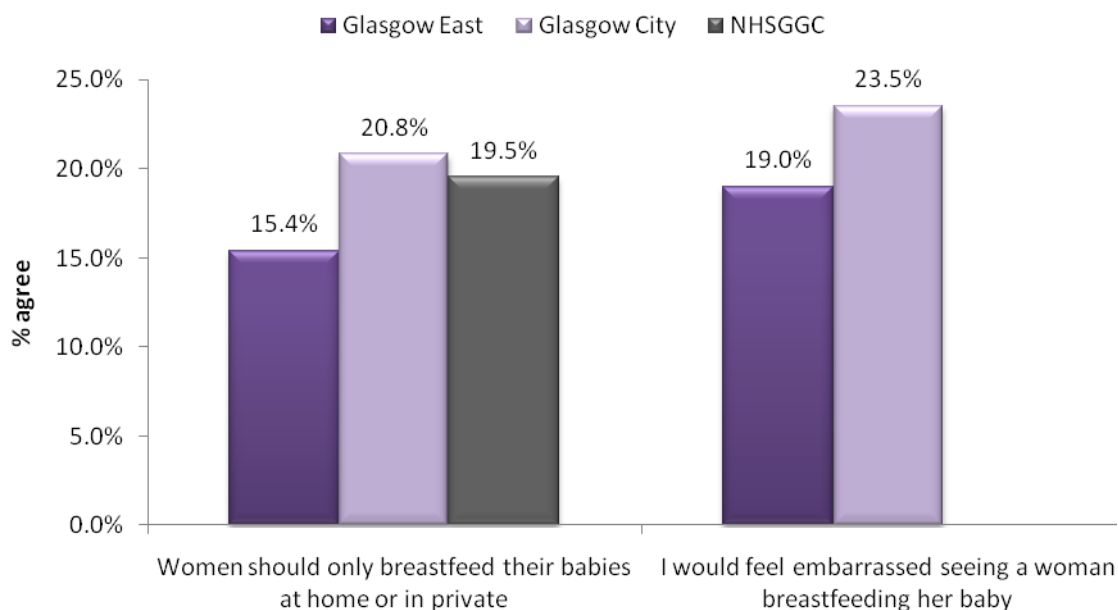


Table 4.16 shows that those aged 65 or over were less likely to agree with the positive statement about breastfeeding and more likely to agree with the two negative statements.

Also, men were less likely than women to agree with the positive statement and more likely to agree with the negative statements.

**Table 4.16: Agree with Statements Relating to Breastfeeding (Q40) by Age and Gender**

	Women should be made to feel comfortable breastfeeding in public	Women should only breastfeed at home or in private	I would feel embarrassed seeing a woman breastfeeding	Unweighted base (n)
Age:				
16-44	94%	9%	12%	193
45-64	91%	15%	15%	167
65+	74%	34%	44%	141
Men	86%	23%	29%	186
Women	92%	10%	12%	315
<b>All</b>	90%	15%	19%	501

## 5 Social Health

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### 5.1 Chapter Summary

Table 5.1 summarises the indicators relating to social health.

**Table 5.1: Indicators for Social Health**

Indicator	% of sample	Unweighted base (n)
Feel isolated from family and friends (Q73)	5.0%	583
Belong to a club or organisation (Q58)	10.4%	585
Feel I belong to the local area (Q71b)	72.7%	570
Feel valued as a member of the community (Q71d)	55.0%	568
People in my neighbourhood can influence decisions (Q71f)	56.9%	538
Exchange small favours with people living nearby (Q72)	59.6%	580
Identify with a religion (Q98)	60.1%	574
Experienced at least one form of discrimination over last year (Q100)	3.4%	585
Feel safe in own home (Q76c)	96.0%	585
Feel safe using public transport (Q76b)	93.3%	502
Feel safe walking alone even after dark (Q76a)	60.6%	537

One in 20 (5%) respondents felt isolated from family and friends.

One in 10 (10%) belonged to a club/organisation etc. Women were less likely to do so.

Three in four (73%) felt that they belonged to their local area. Those aged under 45 were less likely to feel that they belonged to the local area.

Just over half (55%) felt valued as a member of their community. Those aged under 45 were less likely to do so.

Just under three in five (57%) agreed that people in their neighbourhood working together could influence local decisions. Those aged under 45 and men were less likely to agree with this.

Three in five (60%) exchanged small favours with neighbours. Those aged under 45 and men were less likely to do so.

Three in five (60%) identified with a religion. Those aged under 45 and men were less likely to do so.

One in 30 (3%) respondents said they had experienced at least one form of discrimination in the last year.

Most (96%) felt safe in their own home.

More than nine in ten (93%) felt safe using public transport in their area. Those aged 45-64 were less likely to do so.

Three in five (61%) felt safe walking alone in their area even after dark. Those aged under 45 and women were less likely to do so.



## 5.2 Social Connectedness

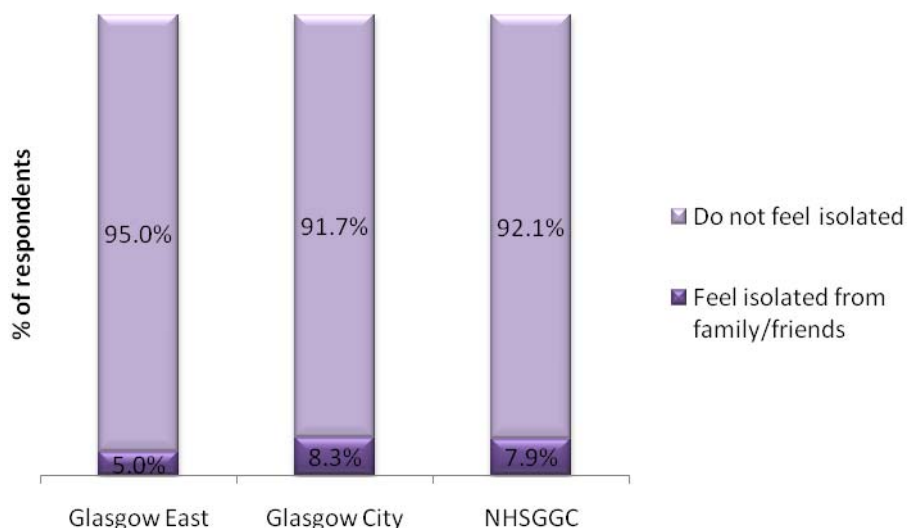
### Isolation from Family and Friends

When asked whether they ever felt isolated from family and friends, 5% said yes.

### Comparison with Glasgow City and NHS Greater Glasgow & Clyde Area

Those in Glasgow East were less likely than those in Glasgow City or the NHSGGC area as a whole to feel isolated from family and friends.

**Figure 5.1: Feel Isolated from Family and Friends: Glasgow East, Glasgow City and NHSGGC**



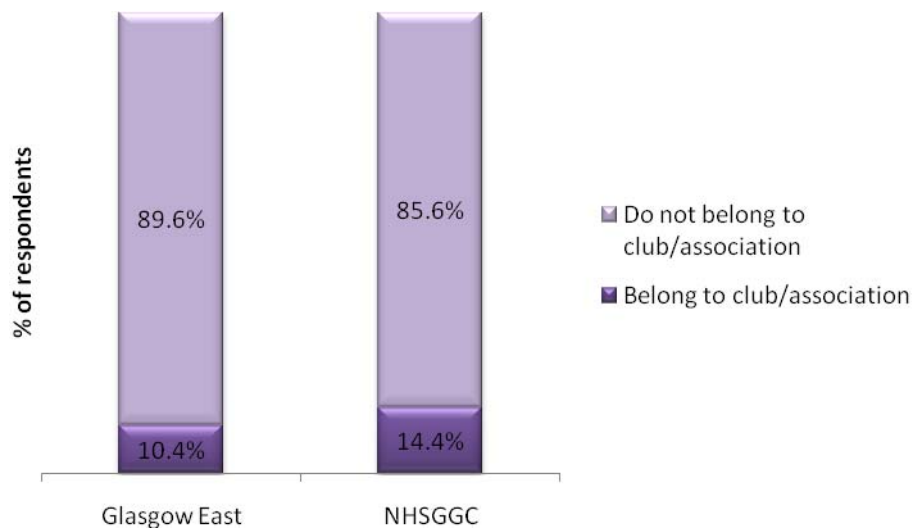
### Club Membership

One in ten (10%) respondents said that they attended any social clubs, associations, church groups or anything similar. Of those who said they attended clubs or associations, most (98%) attended at least one club locally and 5% attended any clubs elsewhere.

### Comparison with NHS Greater Glasgow & Clyde Area

Those in Glasgow East were less likely than those in the NHS Greater Glasgow and Clyde area as a whole to belong to a club, association, etc.

**Figure 5.2: Belong to Social Club, Association Etc: Glasgow East and NHSGGC**



Men were more likely than women to belong to a club, association, etc (13% of men and 8% of women did so).

**Table 5.2: Belong to Social Club, Association Etc. (Q58) by Gender**

	Belong to club etc.	Unweighted base (n)
Men	13%	240
Women	8%	345
All	10%	585

### Sense of Belonging to the Community

Respondents were asked to indicate the extent to which they agreed or disagreed with the statement "I feel I belong to this local area". Just under three in four (73%) respondents agreed with this statement (19% strongly agreed and 53% agreed), 10% disagreed and 17% neither agreed nor disagreed.

### Comparison with Glasgow City

Those in Glasgow East were more likely than those in Glasgow City as a whole to agree that they belonged to the local area.

**Figure 5.3: Belong to the Local Area: Glasgow East and Glasgow City**



Those aged under 45 were least likely to feel that they belonged to the local area and those aged 65 or over were the most likely to do so. This is shown in Table 5.3.

**Table 5.3: Belong to the Local Area (Q71b) by Age**

	Agree	Neither/ Nor	Disagree	Unweighted base (n)
Age:				
16-44	61%	23%	16%	208
45-64	80%	15%	5%	194
65+	92%	5%	3%	167
<b>All</b>	<b>73%</b>	<b>17%</b>	<b>10%</b>	<b>570</b>

### Feeling Valued as a Member of the Community

Respondents were asked to indicate the extent to which they agreed or disagreed with the statement “I feel valued as a member of my community”. Just over half (55%) agreed with this statement (18% strongly agreed and 37% agreed); 16% disagreed and 29% neither agreed nor disagreed.

### Comparison with Glasgow City

Those in Glasgow East were more likely than those in Glasgow City as a whole to agree that they felt valued as members of the community.

**Figure 5.4: Feel Valued as a Member of the Community: Glasgow East and Glasgow City**



Those aged 16-44 were the least likely to feel they were valued as a member of the community and those aged 65 or over were the most likely to feel this. This is shown in Table 5.4.

**Table 5.4: Feel Valued as a Member of the Community (Q71d) by Age**

	Agree	Neither/ Nor	Disagree	Unweighted base (n)
Age:				
16-44	48%	30%	22%	209
45-64	57%	31%	13%	191
65+	70%	22%	8%	167
<b>All</b>	55%	29%	16%	568

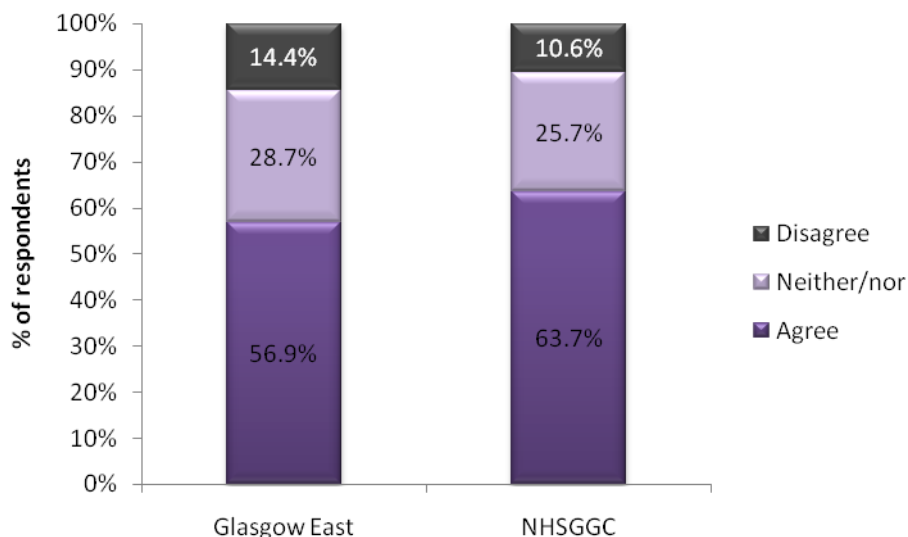
### **Influence in the Neighbourhood**

Respondents were asked the extent to which they agreed or disagreed with the statement, “By working together people in my neighbourhood can influence decisions that affect my neighbourhood”. In total, 57% agreed with this statement (17% strongly agreed and 40% agreed), while 14% disagreed and 29% neither agreed nor disagreed.

### **Comparison with NHS Greater Glasgow & Clyde Area**

Those in Glasgow East were less likely than those in the NHSGGC area as a whole to feel that local people can influence local decisions (57% Glasgow East; 64% NHSGGC).

**Figure 5.5: Can Influence Decisions that Affect Neighbourhood: Glasgow East and NHSGGC**



Those aged under 45 were the least likely to agree that local people can influence local decisions and those aged 65 or over were the most likely to agree with this. Also, women were more likely than men to agree that that local people can influence local decisions. This is shown in Table 5.5.

**Table 5.5: Local People Can Influence Decisions that Affect Neighbourhood (Q71f) by Age and Gender**

	Agree	Neither/ Nor	Disagree	Unweighted base (n)
Age:				
16-44	51%	60%	68%	197
45-64	34%	24%	22%	183
65+	15%	16%	10%	157
Men	53%	34%	12%	218
Women	60%	24%	16%	320
<b>All</b>	<b>57%</b>	<b>29%</b>	<b>14%</b>	<b>538</b>

### Exchanging Small Favours with Neighbours

Respondents were asked whether they ever exchange small favours with the 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 shops for each other). Three in five (60%) said that they did (27% did so with one neighbour, 20% did so with two neighbours and 13% did so with three or more neighbours).

### Comparison with Glasgow City

Those in Glasgow East were more likely than those in Glasgow City as a whole to exchange small favours with neighbours (60% Glasgow East; 51% Glasgow City).

**Figure 5.6: Whether Exchange Small Favours With Neighbours: Glasgow City and NHSGGC**



Those aged 16-44 were the least likely to exchange small favours with neighbours, and those aged 45-64 were the most likely. Women were more likely than men to exchange small favours. This is shown in Table 5.6.

**Table 5.6: Exchange Small Favours with Neighbours (Q72) by Age and Gender**

	Exchange Small Favours	Unweighted base (n)
Age:		
16-44	53%	216
45-64	69%	196
65+	62%	167
Men	54%	237
Women	64%	343
All	60%	580

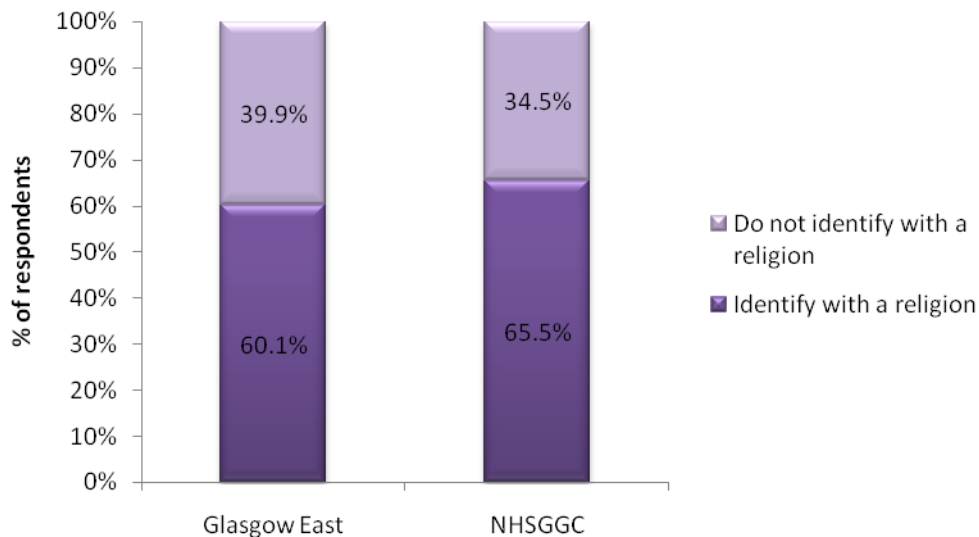
### Religious Identity

Three in five (60%) respondents identified with a religion.

### Comparison with NHS Greater Glasgow & Clyde

Those in Glasgow East were less likely than those in the NHSGGC area as a whole to identify with a religion.

**Figure 5.7: Whether Identify with Religion: Glasgow East and NHSGGC**



Those aged under 45 were less likely than older respondents to identify with a religion. Those aged 65 or over were the most likely to do so. Women were more likely than men to identify with a religion (65% of women; 54% of men).

**Table 5.7: Religious Identity (Q98) by Age and Gender**

	Have Religious Identity	Unweighted base (n)
Age:		
16-44	50%	213
45-64	65%	195
65+	80%	165
Men	54%	236
Women	65%	338
All	60%	574

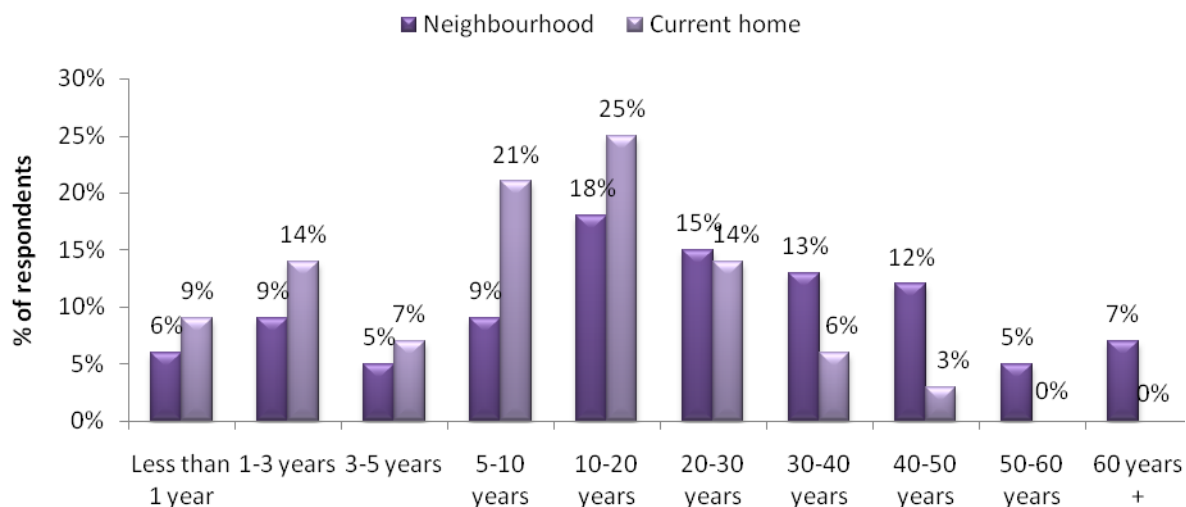
### Experience of Discrimination

Respondents were asked whether they had experienced discrimination in the last 12 months on any grounds including accent, age, disability, ethnicity, language, nationality, religion, sex, sexual orientation, skin colour or anything else. In total 3% of respondents had experienced at least one form of discrimination in the last year.

### 5.3 Length of Residency – Neighbourhood and Current Home

Across all respondents, the mean length of residency in the neighbourhood was 24.2 years, and the mean length of residency in the current home was 12.4 years.

**Figure 5.8: Length of Residency (Neighbourhood and Current Home)**



### 5.4 Feelings of Safety

#### Feeling Safe in Own Home

Most (96%) respondents agreed that they felt safe in their own home (60% strongly agreed and 36% agreed), while less than 1% disagreed and 4% neither agreed nor disagreed.

#### Feeling Safe Using Public Transport

Respondents were asked the extent to which they agreed or disagreed with the statement "I feel safe using public transport in this local area". In total, 93% agreed with this (26% strongly agreed and 67% agreed), while 3% disagreed and 3% neither agreed nor disagreed.

#### Comparison with Glasgow City and NHS Greater Glasgow & Clyde Area

Those in Glasgow East were more likely than those in Glasgow City or the NHSGGC area as a whole to feel safe using public transport in their local area.



**Figure 5.9: Feel Safe Using Public Transport in Local Area: Glasgow East, Glasgow City and NHSGGC**



Table 5.8 shows that those aged 45-64 were less likely to feel safe using public transport in their local area.

**Table 5.8: Feel Safe Using Public Transport (Q76a) by Age**

	Agree	Neither/ Nor	Disagree	Unweighted base (n)
Age:				
16-44	95%	2%	3%	193
45-64	90%	6%	5%	166
65+	94%	5%	1%	142
<b>All</b>	93%	3%	3%	502

**Feeling Safe Walking Alone in Local Area Even After Dark**

Respondents were asked the extent to which they agreed or disagreed with the statement “I feel safe walking alone around this local area even after dark”. Three in five (61%) agreed with this statement (18% strongly agreed and 43% agreed), 23% disagreed and 17% neither agreed nor disagreed.

Those aged under 45 were less likely to feel safe walking alone. Also, women were less likely than men to feel safe walking alone. This is shown in Table 5.9.

**Table 5.9: Feel Safe Walking Alone Even After Dark (Q76b) by Age and Gender**

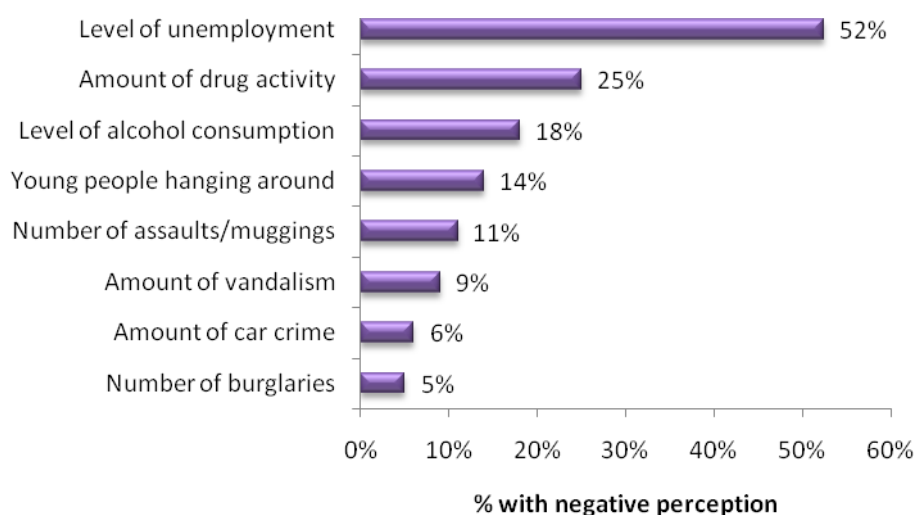
	Agree	Neither/ Nor	Disagree	Unweighted base (n)
Age:				
16-44	58%	17%	25%	211
45-64	65%	20%	16%	185
65+	61%	10%	28%	140
Men	70%	18%	12%	228
Women	52%	15%	33%	309
<b>All</b>	<b>61%</b>	<b>17%</b>	<b>23%</b>	<b>537</b>

## 5.5 Social Issues in the Local Area

Using the 'faces' scale, respondent were asked to indicate how they felt about a range of perceived social problems. Faces 5 to 7 are classified as negative perceptions and indicate that respondents are concerned about these issues.

The social issues which most frequently caused concern were level of unemployment, and amount of drug activity.

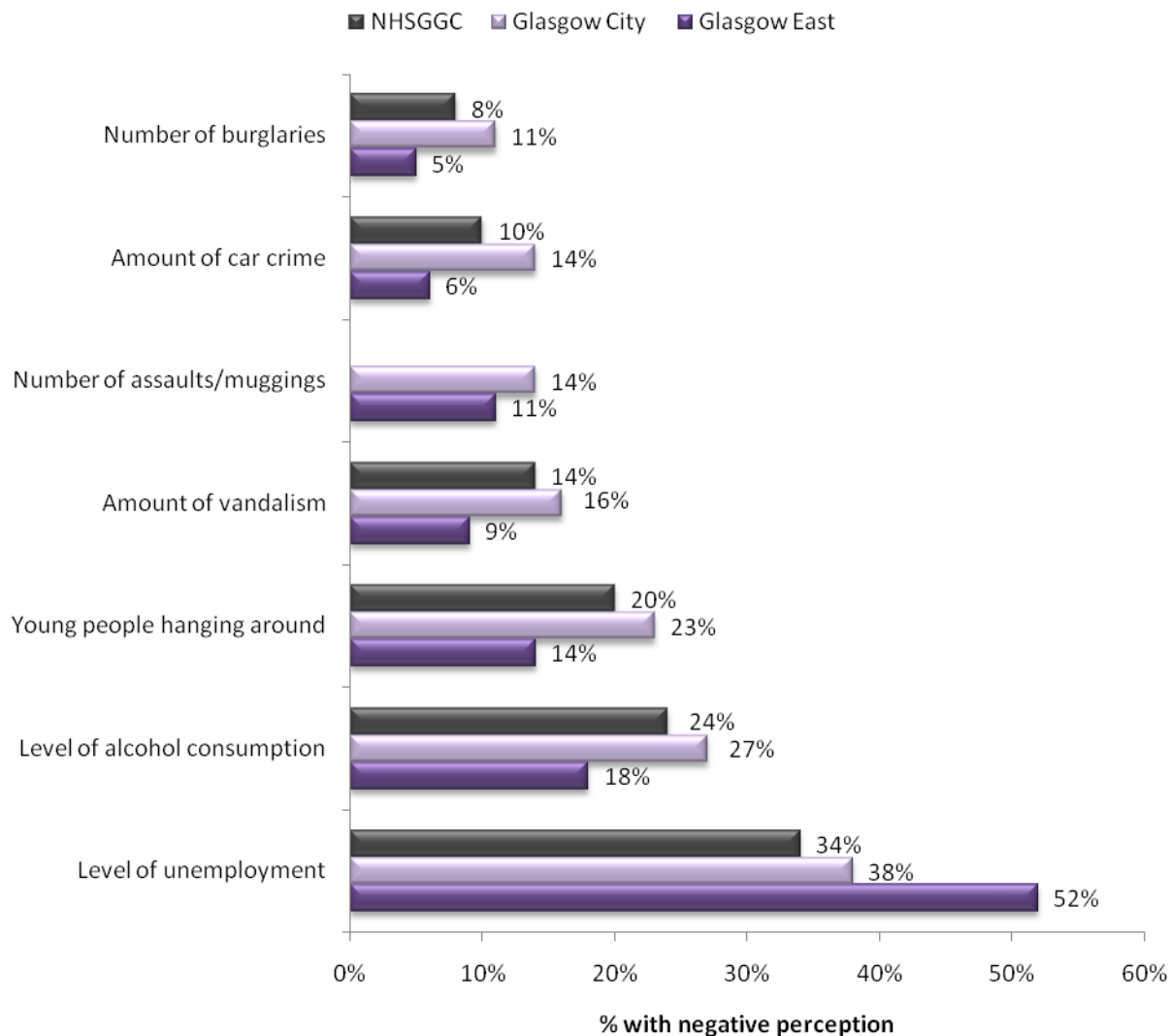
**Figure 5.10: Negative Perception of Social Issues in the Local Area (Q56a-h)**



## Comparison with Glasgow City and NHS Greater Glasgow & Clyde Area

Figure 5.11 shows that compared to both Glasgow City and the NHSGGC area as a whole, those in Glasgow East were less likely to be concerned about burglaries, car crime, vandalism, young people hanging around and level of alcohol consumption. Also, those in Glasgow East were less likely than those in the NHSGGC area as a whole to be concerned about assaults/muggings. However, those in Glasgow East were more likely than those in Glasgow City or the NHSGGC area as a whole to be concerned about the level of unemployment in their area.

**Figure 5.11: Negative Perception of Social Issues in the Local Area: Glasgow East, Glasgow City and NHSGGC (all issues showing a significant difference)**

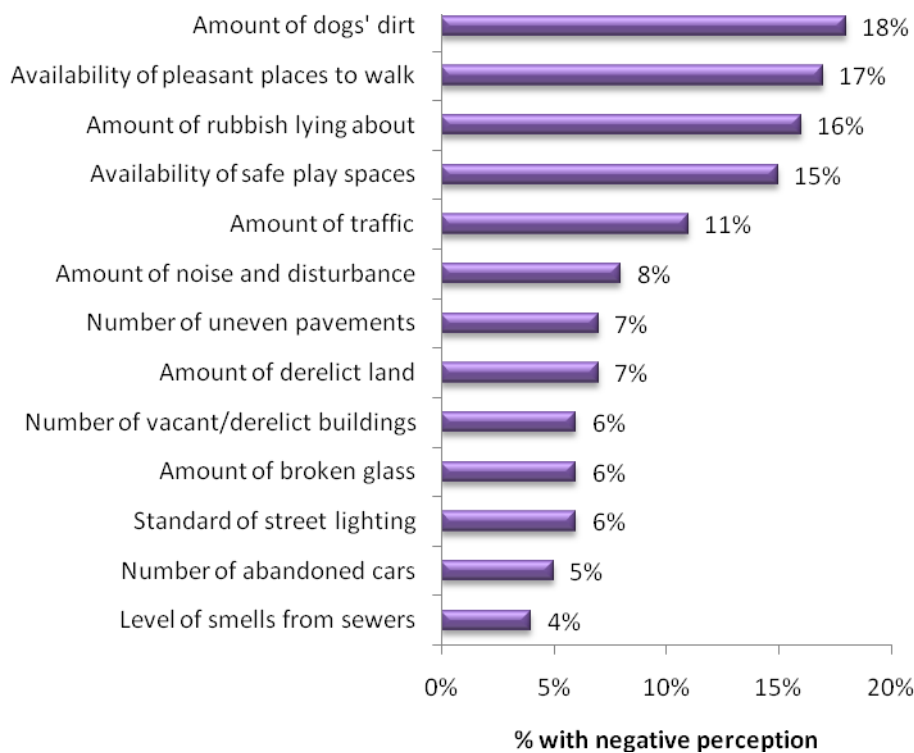


### 5.6 Environmental Issues in the Local Area

Again using the 'faces' scale, respondent were asked to indicate how they felt about a range of perceived environmental problems. Faces 5 to 7 are classified as negative perceptions and indicate that respondents are concerned about these issues.

The environmental issues which most frequently caused concern were the amount of dogs dirt and availability of pleasant places to walk. This is shown in Figure 5.12.

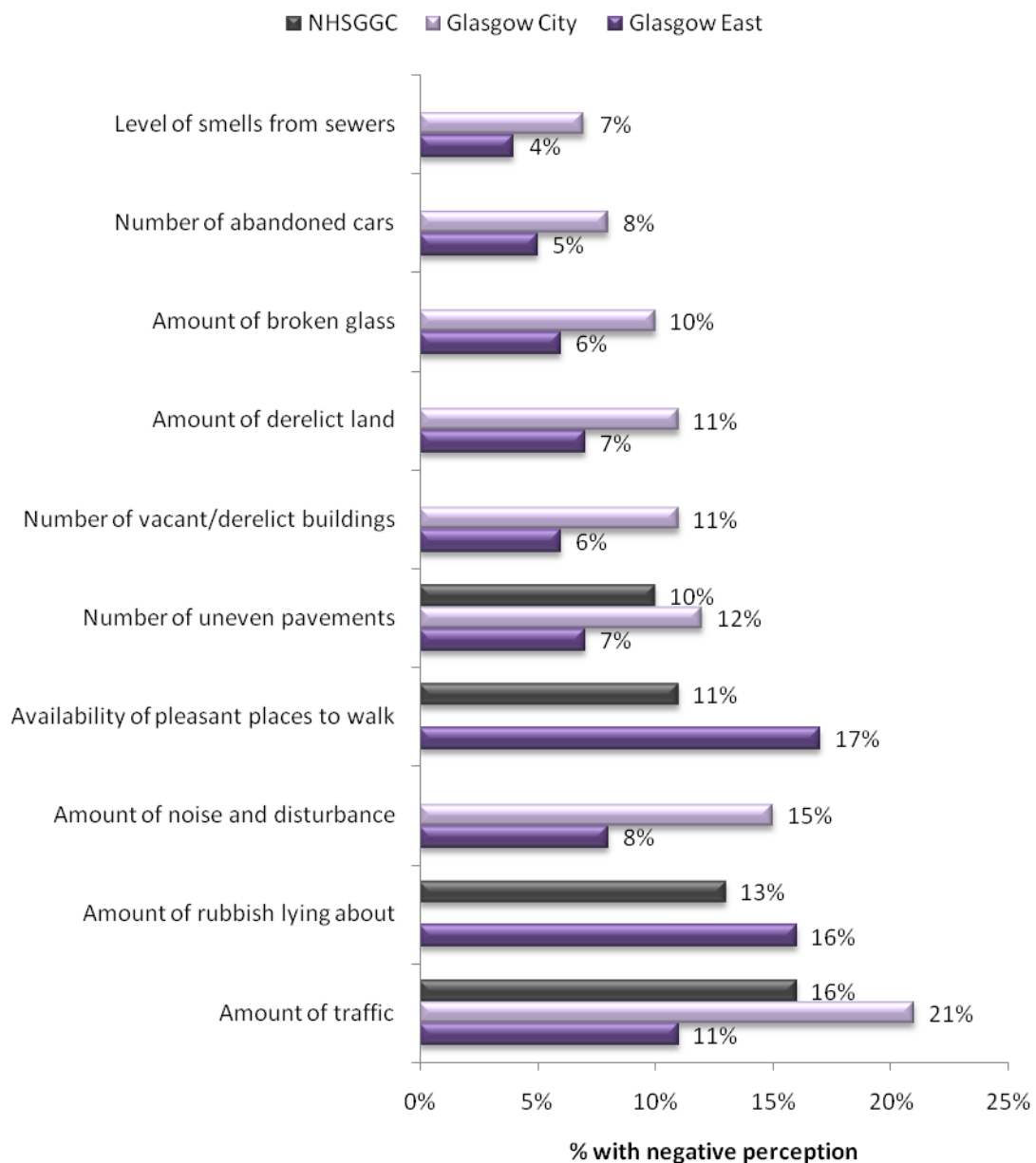
**Figure 5.12: Negative Perception of Environmental Issues in the Local Area (Q57a-m)**



**Comparison with Glasgow City and NHS Greater Glasgow & Clyde Area**

As Figure 5.13 shows, those in Glasgow East were less likely than those in Glasgow City or the NHS Greater Glasgow & Clyde area as a whole to be concerned about the number of uneven pavements or the amount of traffic in their area. Also, those in Glasgow East were less likely than those in Glasgow City as a whole to be concerned about the level of smell from sewers, abandoned cars, broken glass, derelict land or vacant/derelict buildings or the amount of noise/disturbance. However, those in Glasgow East were more likely than those in the NHSGGC area as a whole to be concerned about the availability of pleasant places to walk and the amount of rubbish lying about.

**Figure 5.13: Negative Perception of Environmental Issues in the Local Area: Glasgow East, Glasgow City and NHSGGC (all issues showing a significant difference)**

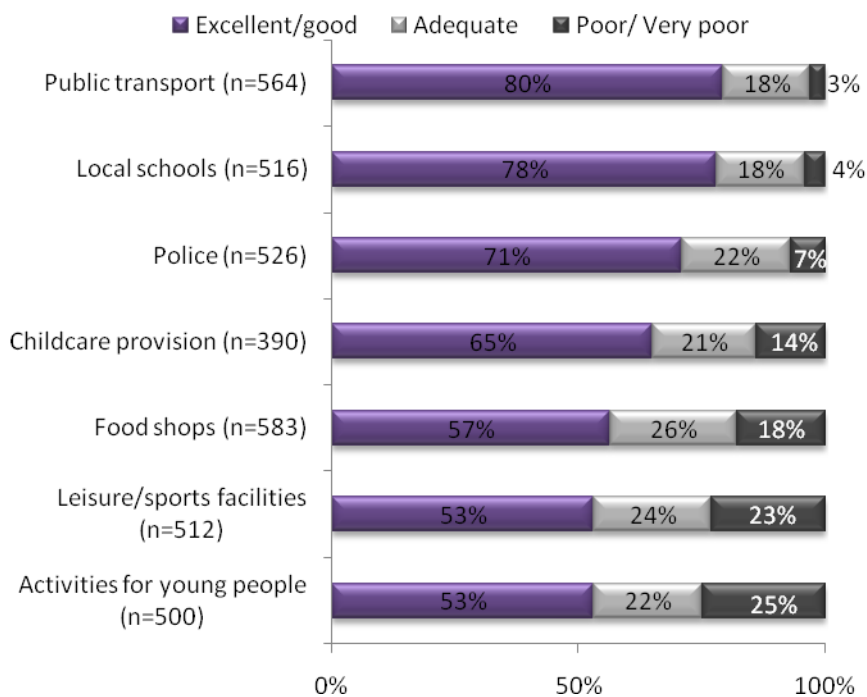


### 5.7 Perceived Quality of Services in the Area

Respondents were given a list of seven local services and asked to rate each (excellent, good, adequate, poor or very poor). Figure 5.14 shows the responses to each type of service. The number of respondents answering ‘don’t know’ varied for different types of service reflecting the level of use. ‘Don’t know’ responses have been excluded from analysis, and Figure 5.14 shows the number of respondents who gave a rating response for each service.

The services for which the largest proportion of respondents gave a positive rating were public transport and local schools. Activities for young people and leisure/sports facilities had the lowest proportion of respondents giving a positive rating.

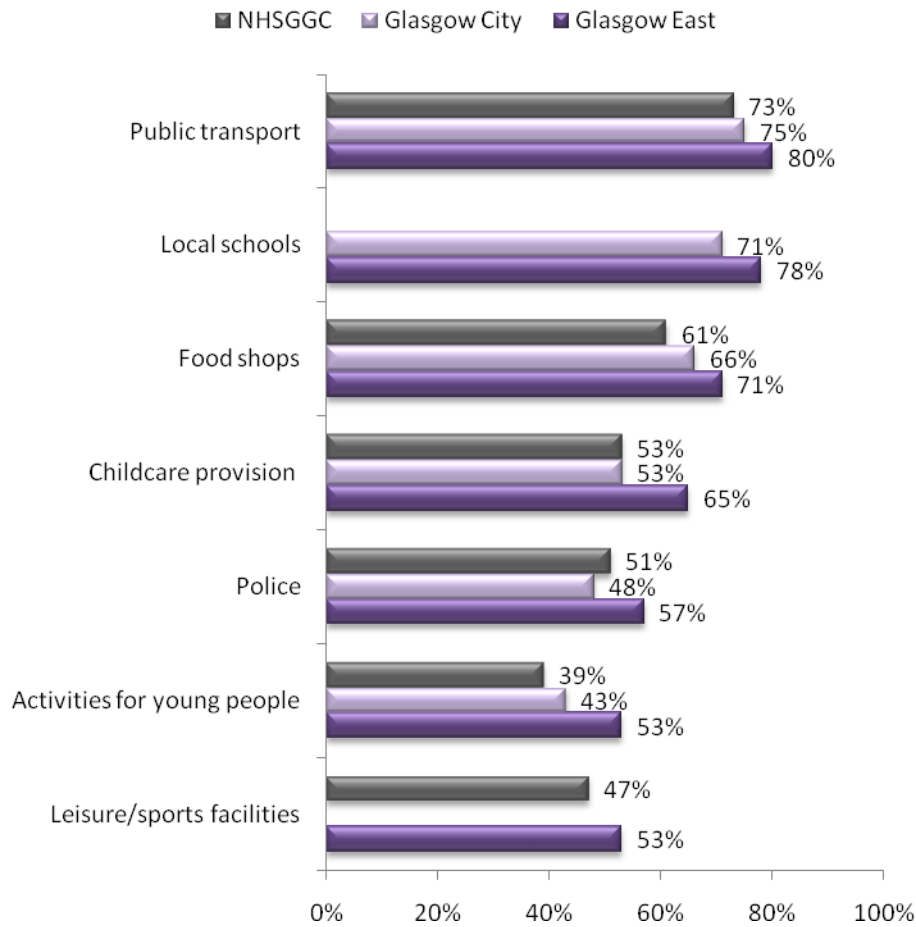
**Figure 5.14: Perceived Quality of Local Services**



**Comparison with Glasgow City and NHS Greater Glasgow and Clyde Area**

Figure 5.15 shows that those in Glasgow East were more likely than those in Glasgow City or the NHSGGC area as a whole to have a positive perception of public transport, food shops, childcare provision, police and activities for young people. Also, those in Glasgow East were more likely than those in Glasgow City as a whole to have a positive perception of local schools, and more likely than those in the NHSGGC area as a whole to have a positive perception of leisure/sports facilities.

**Figure 5.15: Positive Perceptions of Quality of Local Services: Glasgow East, Glasgow City and NHSGGC (all services showing a significant difference).**

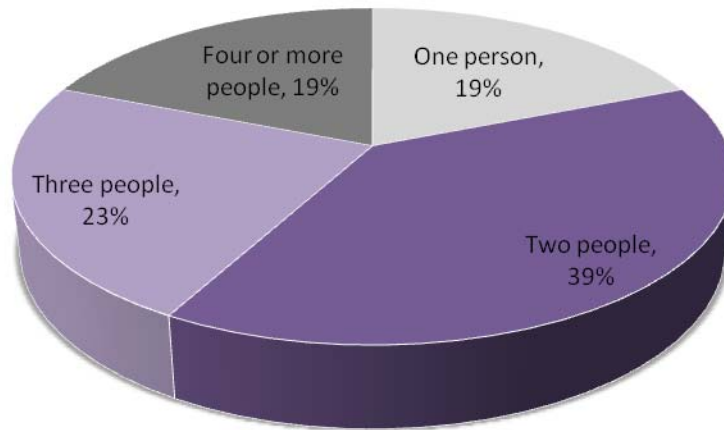


## 5.8 Individual Circumstances

### Household Size

One in five (19%) respondents lived alone. Figure 5.16 shows the breakdown of household size.

**Figure 5.16: Household Size**  
(Base: 585)



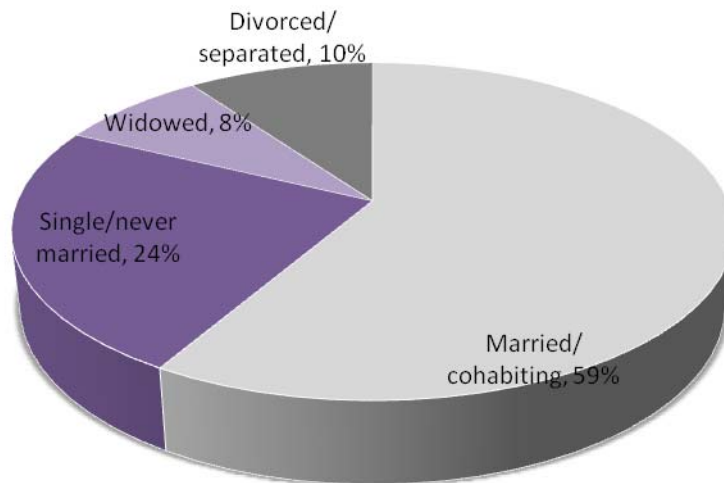
### Ethnicity

Respondents were asked their ethnicity. Most (98%) identified themselves as White, and 2% were from other ethnic backgrounds.

### Marital Status

Three in five (59%) respondents were married or living with their partner. Figure 5.17 shows the breakdown of marital status.

**Figure 5.17: Marital Status**  
(Base: 571)



The age group most likely to describe themselves as married or cohabiting was 45-64 year olds, of whom 69% were married or living with their partner.



## **Internet Access**

Just under three in five (57%) respondents had access to the internet, and 53% had access to the internet in their home. Those aged 16-44 were the most likely to have internet access at their home (66% in this age group did), while those aged 65 and over were the least likely to have internet access at home (16% did).

## **Car Ownership**

Just under half (47%) of respondents said that they or someone in their household owned a car. Car ownership was highest among those aged 45-64 (59% of whom owned a car).

Those in Glasgow East were less likely than those in the NHSGGC area as a whole to own a car (47% Glasgow East; 58% NHSGGC).

## **Main Form of Transport**

Respondents were asked which mode of transport they normally use for most journeys they make. Just under a quarter (23%) said their usual mode was active travel (walking, cycling); 38% said it was private personal travel (car, motorcycle) and 39% said that it was public travel (bus, train, underground, taxi).

## **Caring Responsibilities**

A small proportion (1.2%) of respondents said that they were responsible for caring for someone on a day to day basis (excluding regular childcare). Of these, the mean number of hours per day spent caring was 10.2.

Those in Glasgow East were less likely than those in Glasgow City or the NHSGGC area as a whole to have caring responsibilities (1.2% Glasgow East; 2.8% Glasgow City; 3.2% NHSGGC).

## **Educational Qualifications**

Three in ten (30%) had no educational qualifications. Those aged under 45 were less likely to have no qualifications (19% in this age group had no qualifications) and those aged 65 or over were the most likely to have no qualifications (46% aged 65 or over had no qualifications).

Those in Glasgow East were more likely than those in Glasgow City or the NHSGGC area as a whole to have no qualifications (30% Glasgow East; 26% Glasgow City; 21% NHSGGC).

## **Proportion of Household Income from State Benefits**

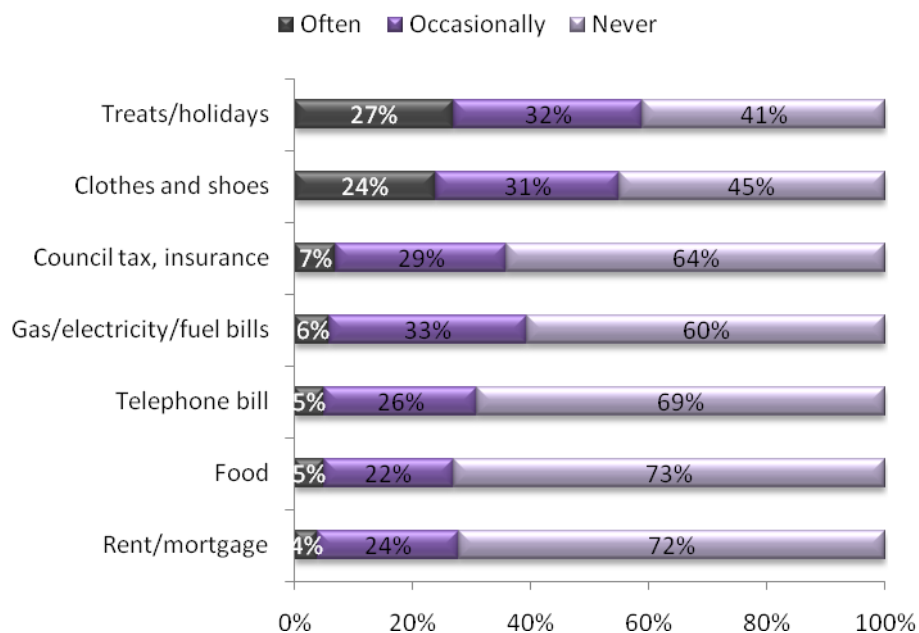
Three in five (60%) respondents said that at least some of their household income came from state benefits, and 29% said that all their household income came from state benefits.

Those in Glasgow East were more likely than those in the NHSGGC area as a whole to say that all their household income came from state benefits 29% Glasgow East; 24% NHSGGC).

## **Difficulty Meeting the Cost of Specific Expenses**

Figure 5.18 shows the proportion of respondents who said they had difficulty meeting specific expenses often, occasionally and never.

**Figure 5.18: How Often Have Difficulty Meeting the Costs of Specific Expenses (Q89)**



All together, 58% said that they ever had difficulty meeting the costs of rent/mortgage, fuel bills, telephone bills, council tax/insurance, food or clothes/shoes.

Those aged 65 or over were less likely to say that they ever had difficulty meeting these costs (45% in this age group did), and those aged 45 or over were the most likely (63%).

Overall, those in Glasgow East were more likely than those in the NHSGGC area as a whole to ever have difficulty meeting these costs (58% Glasgow East; 47% NHSGGC).

### **Difficulty Finding Unexpected Sums**

A third (36%) said that they would have a problem meeting an unexpected expense of £20; two thirds (64%) said they would have a problem meeting an unexpected expense of £100 and 87% would had a problem finding £1,000 for an unexpected expense.

Those in Glasgow East were more likely than those in Glasgow City and the NHSGGC area as a whole to have a problem finding £20 (36% Glasgow East; 27% Glasgow City; 18% NHSGGC) or £100 (64% Glasgow East; 60% Glasgow City; 49% NHSGGC). Also, those in Glasgow East were more likely than those in the NHSGGC area as a whole to have a problem finding £1,000 (87% Glasgow East; 80% NHSGGC).

### **Factors about the Home that Affect Health**

Just 1% of respondents said that there was something about their home that affected their health.

### **Economic Activity**

Just under half (47%) of respondents were in employment (42% were employed full time and 5% were employed part time). Of those aged under 75, 68% lived in households where the main wage earner was economically active.

## **Social Class**

Social class classifications were derived from information about the occupation of the main wage earner (or former occupation if retired). In total, 7% comprised class A/B, 43% comprised C1/C2 and 50% comprised class D/E.

## **Migrant Workers**

One in 38 (2.6%) respondents described themselves as migrant workers.

## **Sexual Orientation**

Most (98%) respondents described their sexual orientation as heterosexual while 1% said that they were gay or lesbian and 1% said they were bisexual.

## 6 Social Capital

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### 6.1 Chapter Summary

Table 6.1 summarises the indicator data for social capital.

**Table 6.1: Indicators for Social Capital**

Indicator	% of sample	Unweighted base (n)
Positive perception of local area as a place to live (Q54)	85.9%	585
Positive perception of local area as a place to bring up children (Q55)	82.9%	585
Currently act as a volunteer (Q62)	2.2%	585
Positive perception of reciprocity (Q71a)	74.7%	565
Positive perception of trust (Q71e)	71.2%	566
Value local friendships (Q71c)	72.9%	569
Positive perception of social support (Q71g)	72.8%	571

More than four in five (86%) had a positive perception of their area as a place to live and 83% had a positive perception of their area as a place to bring up children.

A small proportion (2%) of respondents were volunteers.

Three in four (75%) had a positive perception of reciprocity in their area and 71% had a positive perception of trust in their area. Those aged under 45 were less likely to have positive views of reciprocity and trust.

Three in four (73%) valued local friendships. Those aged under 45 were less likely to do so.

Three in four (73%) had a positive perception of social support in their area. Those aged under 45 were less likely to have a positive perception of social support.

### 6.2 View of Local Area

Respondents were presented with the seven 'faces' scale and asked to indicate how they felt about their area a) as a place to live; and b) as a place to bring up children. Those choosing any of the three 'smiley' faces (1-3) were categorised as having a positive perception. Overall, 86% had a positive view of their area as a place to live and 83% had a positive view of the area as a place to bring up children.

#### Comparison with Glasgow City

Compared to those in Glasgow City as a whole, those in Glasgow East were more likely to have a positive view of their area as a place to live or to bring up children. This is shown in Figure 6.1.

**Figure 6.1: Positive Perception of Area as a Place to Live and as a Place to Bring Up Children: Glasgow East and Glasgow City**



### 6.3 Volunteering

A small proportion (2.2%) of respondents were volunteers. Those who volunteered did so for a mean of 6.66 hours per week.

#### Comparison with NHS Greater Glasgow & Clyde Area

Those in Glasgow East were less likely than those in the NHSGGC area as a whole to be a volunteer (2.2% Glasgow East; 3.8% NHSGGC).

### 6.4 Reciprocity and Trust

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

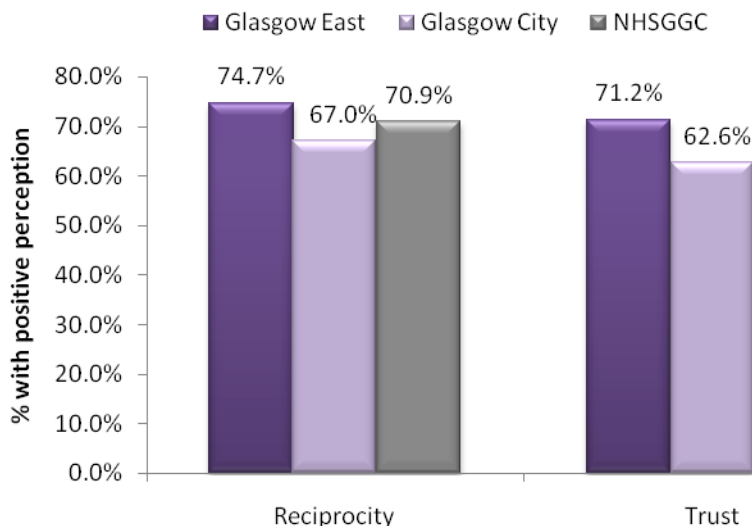
“This is a neighbourhood where neighbours look out for each other”, and  
 “Generally speaking, you can trust people in my local area”.

Those agreeing with the first statement were categorised as having a positive view of reciprocity, and those agreeing with the second were categorised as having a positive view of trust. Overall, 75% were positive about reciprocity and 71% were positive about trust.

#### Comparison with Glasgow City and NHS Greater Glasgow & Clyde Area

Compared with those in Glasgow City or the NHSGGC area as a whole, those in Glasgow East were more likely to have positive views of reciprocity. Also, those in Glasgow East were more likely than those in Glasgow City as a whole to have positive views about trust. This is shown in Figure 6.2.

**Figure 6.2: Positive Perceptions of Reciprocity and Trust: Glasgow East, Glasgow City and NHSGGC (where significant)**



Those aged 16-44 were the least likely to have positive views of reciprocity or trust. This is shown in Table 6.2.

**Table 6.2: Positive Perceptions of Reciprocity (Q71a) and Trust (Q71e) by Age**

	Positive Perception of Reciprocity	Unweighted base (n)	Positive Perception of Trust	Unweighted base (n)
Age:				
16-44	68%	204	65%	207
45-64	79%	194	75%	192
65+	84%	166	81%	166
<b>All</b>	75%	565	71%	566

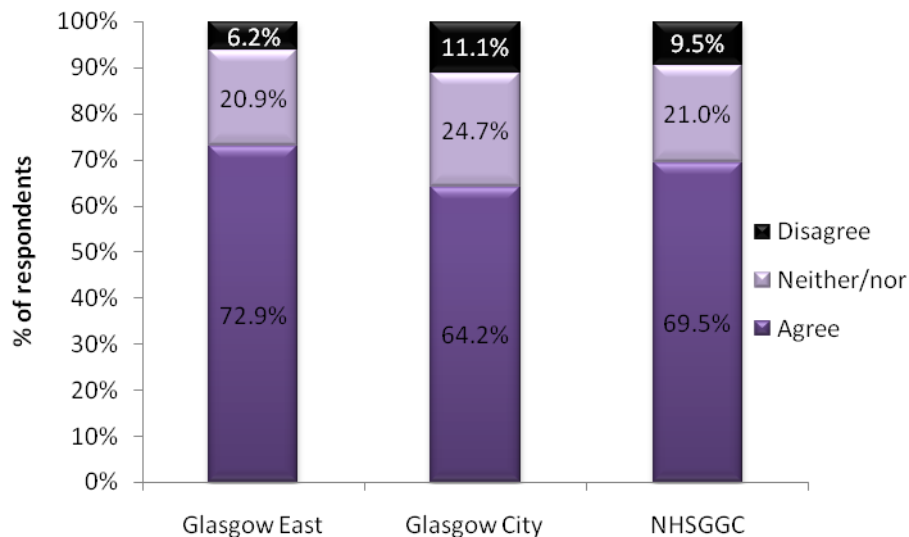
### 6.5 Local Friendships

Respondents were asked to indicate the extent to which they agree or disagree with the statement: *"The friendships and associations I have with other people in my local area mean a lot to me"*. Overall, 73% agreed with this statement.

#### Comparison with Glasgow City and NHS Greater Glasgow & Clyde Area

Those in Glasgow East were more likely than those in Glasgow City or the NHSGGC area as a whole to value local friendships.

**Figure 6.3: Value Local Friendships: Glasgow East, Glasgow City and NHSGGC**



Those aged under 45 were less likely to value local friendships and those aged 65 or over were more likely to do so. This is shown in Table 6.3.

**Table 6.3: Proportion Value Local Friendships (Q71c) by Age**

	Value Local Friendships	Unweighted base (n)
Age:		
16-44	67%	207
45-64	76%	194
65+	82%	167
All	73%	569

## 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 were categorised as having a positive view of social support. According to this definition, 73% were positive about social support.

### Comparison with Glasgow City

Compared to those in Glasgow City as a whole, those in Glasgow East were more likely to have a positive view of social support. This is shown in Figure 6.4.

**Figure 6.4: Views of Social Support: Glasgow East and Glasgow City**



Those aged under 45 were less likely to have a positive view of social support.

**Table 6.4: Positive View of Social Support (Q71g) by Age**

	Positive View	Unweighted base (n)
Age:		
16-44	67%	208
45-65	79%	194
65+	78%	168
All	73%	571



## 7 Summary of Comparisons with NHS Greater Glasgow & Clyde Area

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This chapter presents a summary of the comparisons of indicator data from Glasgow East to those for Glasgow City and the NHS Greater Glasgow & Clyde area as a whole.

### 7.1 Indicators showing More Favourable Findings

Compared to those in both Glasgow City and the NHS Greater Glasgow & Clyde area as a whole, those in Glasgow East were:

- More likely to say it was easy to get a GP appointment;
- Less likely to have difficulty getting a hospital appointment;
- More likely to say that it was easy to get a consultation with a GP within 48 hours when needed;
- More likely to say that it was easy to access health services in an emergency;
- Less likely to say that someone in their household had suffered an accident at home in the last year;
- More likely to have participated in swimming or cycling in the previous week;
- More likely to meet the target for bread consumption;
- Less likely to agree that women should only breastfeed at home/in private;
- Less likely to feel isolated from family and friends;
- More likely to feel safe using public transport in their area;
- Less likely to be concerned about burglaries, car crime, vandalism, young people hanging around and level of alcohol consumption;
- Less likely to be concerned about the number of uneven pavements or the amount of traffic in their area;
- More likely to have a positive perception of public transport, food shops, childcare provision, police and activities for young people;
- Less likely to have caring responsibilities;
- More likely to have a positive view of reciprocity; and
- More likely to value local friendships.

Compared to those in Glasgow City as a whole, those in Glasgow East were:

- More likely to have visited the dentist within the last six months;
- Less likely to say they would feel embarrassed seeing a woman breastfeeding;
- More likely to feel that they belonged to the local area;
- More likely to feel valued as a member of their community;
- More likely to exchange small favours with neighbours;
- Less likely to be concerned about the level of smell from sewers, abandoned cars, broken glass, derelict land or vacant/derelict buildings or the amount of noise/disturbance;
- More likely to have a positive perception of local schools;
- More likely to have a positive view of their area as a place to live;
- More likely to have a positive view of their area as a place to bring up children;
- More likely to have a positive view of trust; and
- More likely to have a positive view of social support.

Compared to those in the NHS Greater Glasgow & Clyde area as a whole, those in Glasgow East were:

- Less likely to be receiving treatment for coronary heart disease;
- Less likely to have a high GHQ12 score (indicating poor mental health);
- More likely to brush their teeth twice or more per day;
- More likely to have visited the dentist within the last 15 months;

- (Of those who had used health services in the last year) more likely to feel that they had a say in how health services are delivered;
- More likely to have participated in aerobics in the last week;
- Less likely to be concerned about assaults/muggings; and
- More likely to have a positive perception of local leisure/sports facilities.

## 7.2 Indicators showing Less Favourable Findings

Compared to those in both Glasgow City and the NHS Greater Glasgow & Clyde area as a whole, those in Glasgow East were:

- Less likely to have a positive view of their general health;
- Less likely to have a positive view of their physical wellbeing;
- (Of those who had used health services in the last year) less likely to feel they had definitely been given adequate information about their condition or treatment;
- More likely to be exposed to second hand smoke most or some of the time;
- More likely to be smokers;
- Less likely to say that they never drank alcohol;
- More likely to exceed the recommended weekly limit for alcohol consumption;
- More likely to have been a binge drinker in the previous week;
- Less likely to meet the target for physical activity levels;
- Less likely to have participated in a sport in the last week and specifically, less likely to have participated in gym workouts and running/jogging;
- Less likely to eat five or more portions of fruit/vegetables per day;
- Less likely to meet the target of consuming two or more portions of oily fish per week;
- More likely to eat fast food takeaways at least once a week;
- More likely to be overweight or obese;
- More likely to be concerned about the level of unemployment in their area;
- More likely to have no qualifications; and
- More likely to have difficulty finding unexpected sums of £20 or £100.

Compared to those in the NHS Greater Glasgow & Clyde area as a whole, those in Glasgow East were:

- Less likely to have a positive view of their mental/emotional wellbeing;
- Less likely to have a positive view of their quality of life;
- More likely to be receiving treatment for diabetes;
- Less likely to be registered with a dentist;
- More likely to exceed the recommended limit of one high fat/sugary snack per day;
- Less likely to belong to a club/association, etc;
- Less likely to identify with a religion;
- More likely to be concerned about the availability of pleasant places to walk and the amount of rubbish lying about in their area;
- Less likely to own a car;
- More likely to receive all household income from state benefits;
- More likely to ever have difficulty meeting the cost of bills etc;
- More likely to have difficulty finding an unexpected sum of £1,000; and
- Less likely to be a volunteer.

## 7.3 Other Significant Differences

Compared to those in both Glasgow City and the NHS Greater Glasgow & Clyde area as a whole, those in Glasgow East were:

- More likely to have seen a GP in the last year;
- More likely to have visited a pharmacist for health advice in the last year; and

- (Of those who ever drank alcohol) less likely to have drunk alcohol at home, at someone else's home, at a party with friends or at a club or disco.

Compared to those in the NHS Greater Glasgow & Clyde area as a whole, those in Glasgow East were:

- Less likely to have visited a doctor at hospital as an outpatient in the last year;
- Less likely to have visited accident and emergency in the last year;
- (Of those who ever drank alcohol) more likely to drink alcohol at a pub; and
- (Of those who ever drank alcohol) less likely to drink alcohol at a restaurant.

## 8 Trend Data

In this chapter, results from all indicator questions that represent a statistically significant change between 2008 and 2005 are shown.

The formula used to test for significant change is a hypothesis test for two proportions. The 'null hypothesis' is that there is no change since 2005. The following formula yields a 'test statistic' (z):

$z = \frac{\hat{p}_1 - \hat{p}_2}{\sqrt{\hat{p}_p(1 - \hat{p}_p) \left[ \left( \frac{1}{n_1} \right) + \left( \frac{1}{n_2} \right) \right]}}$	<p><math>p_1</math> = proportion observed in 2008  <math>p_2</math> = proportion observed in 2005  <math>n_1</math> = sample size in 2008  <math>n_2</math> = sample size in 2005</p>
$\hat{p}_p = \frac{x_1 + x_2}{n_1 + n_2} = \frac{n_1 p_1 + n_2 p_2}{n_1 + n_2}$	

If the value of z falls outside of the range (-1.96 to 1.96), we reject the null hypothesis and conclude that there has been significant change since 1999 (at the 95% confidence level).

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

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

For example, the confidence interval for the first result shown in Table 8.1 is (5.8 to 15.2). This means that we can be 95% confident that, had we interviewed the entire population of Glasgow East in the surveys, the actual difference between the two sets of results would be between 5.8 and 15.2 percentage points.

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

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

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

### 8.1 People's Perceptions of their Health and Illness

Between 2005 and 2008 there was an increase in the proportion of respondents who gave a positive perception of their general health.

**Table 8.1: Positive Perceptions of General Health**

Base: All

	Glasgow East
2005	56.5%
2008	67.0%
Change (2005-2008)	+10.5%
P	<0.001
Confidence Interval	+5.8 to +15.2

There was no significant in change in the proportion who had a positive perception of their physical wellbeing.

**Table 8.2: Positive Perceptions of Physical Wellbeing**

Base: All

	Glasgow East
2005	75.2%
2008	77.0%
Change (2005-2008)	n/a
P	n/a
Confidence Interval	n/a

There was an increase in the proportion of respondents who had a positive perception of their mental/emotional wellbeing.

**Table 8.3: Positive Perceptions of Mental or Emotional Wellbeing**

Base: All

	Glasgow East
2005	78.0%
2008	82.0%
Change (2005-2008)	+4.0%
P	<0.05
Confidence Interval	+0.1 to +7.9

There was an increase between 2005 and 2008 in the proportion of respondents who definitely felt in control of the decisions affecting their daily life.

**Table 8.4: Feeling Definitely in Control of Decisions Affecting Daily Life**

Base: All

	Glasgow East
2005	62.8%
2008	68.2%
Change (2005-2008)	+5.4%
P	<0.05
Confidence Interval	+0.8 to +10.0

The proportion who had a positive perception of their quality of life rose between 2005 and 2008. This is shown in Table 8.5.

**Table 8.5: Positive Perception of Overall Quality of Life**

Base: All

	Glasgow East
2005	76.1%
2008	82.8%
Change (2005-2008)	+6.7%
P	<0.001
Confidence Interval	+2.8 to +10.6

The proportion who had a limiting condition or illness fell between 2005 and 2008.

**Table 8.6: Illness/Condition Affecting Daily Life**

Base: All

	Glasgow East
2005	25.7%
2008	17.9%
Change (2005-2008)	-7.8%
P	<0.001
Confidence Interval	-11.8 to -3.8

There was a considerable drop in the proportion of respondents who were receiving treatment for at least one condition between 2005 and 2008.

**Table 8.7: Receiving Treatment for One or More Condition**

Base: All

	Glasgow East
2005	46.2%
2008	34.3%
Change (2005-2008)	-11.9%
P	<0.001
Confidence Interval	-16.6 to -7.2

There was an increase in the proportion of respondents with some or all of their own teeth.

**Table 8.8: Proportion with Some/All of their Own Teeth**

Base: All

	Glasgow East
2005	78.2%
2008	87.1%
Change (2005-2008)	+8.9%
P	<0.001
Confidence Interval	+5.2 to +12.6

There was a sizeable increase in the proportion of respondents who brushed their teeth twice or more per day.

**Table 8.9: Proportion Brushing Teeth at Least Twice a Day**

Base: Those with at least some of their own teeth

	Glasgow East
2005	59.8%
2008	82.7%
Change (2005-2008)	+22.9%
P	<0.001
Confidence Interval	+18.6 to +27.2

## 8.2 The Use of Health Services

There was an increase between 2005 and 2008 in the proportion who had seen a GP in the last year.

**Table 8.10: Proportion Seen a GP in the Last Year**

Base: All

	Glasgow East
2005	80.8%
2008	86.1%
Change (2005-2008)	+5.3
P	<0.01
Confidence Interval	+1.7 to +8.9

There was a decrease in the proportion who had been to accident and emergency in the last year.

**Table 8.11: Proportion Been to A&E in the Last Year**

Base: All

	Glasgow East
2005	11.8%
2008	6.0%
Change (2005-2008)	-5.8%
P	<0.001
Confidence Interval	-8.6 to -3.0

The proportion of respondents who had visited hospital as an outpatient fell between 2005 and 2008.

**Table 8.12: Proportion Been to Hospital as an Outpatient to see a Doctor in the Last Year**

Base: All

	Glasgow East
2005	21.1%
2008	15.5%
Change (2005-2008)	-5.6%
P	<0.01
Confidence Interval	-9.4 to -1.8

The proportion of respondents who were registered with a dentist did not change significantly between 2005 and 2008.

**Table 8.13: Registered with a Dentist**

Base: All

	Glasgow East
2005	69.6%
2008	71.4%
Change (2005-2008)	n/a
P	n/a
Confidence Interval	n/a

The proportion of respondents who had visited the dentist in the last six months rose between 2005 and 2008.

**Table 8.14: Been to a Dentist in the Last Six Months**

Base: All

	Glasgow East
2005	41.4%
2008	50.2%
Change (2005-2008)	+8.8%
P	<0.001
Confidence Interval	+4.0 to +13.6

### 8.3 Health Behaviours

The proportion of respondents who were current smokers did not change significantly between 2005 and 2008.

**Table 8.15: Proportion Currently Smoking (On Some or Every Day)**

Base: All

	Glasgow East
2005	41.9%
2008	40.5%
Change (2005-2008)	n/a
P	n/a
Confidence Interval	n/a



There was a considerable decrease in the proportion of respondents who were exposed to second hand smoke some or all of the time between 2005 and 2008. (The ban on smoking in public places was introduced in Scotland in 2006).

**Table 8.16: Proportion Exposed to Smoke (Some or All the Time)**

Base: All

	Glasgow East
2005	65.1%
2008	51.8%
Change (2005-2008)	-13.3%
P	<0.001
Confidence Interval	-18.0 to -8.6

There were no significant changes in the proportion of respondents who exceeded the recommended weekly limit for alcohol or who binge drank in the preceding week, as Tables 8.17 and 8.18 show.

**Table 8.17: Proportion Exceeding Recommended Alcohol Limit in Preceding Week (Based on old estimates of units)**

Base: All

	Glasgow East
2005	19.1%
2008	16.0%
Change (2005-2008)	n/a
P	n/a
Confidence Interval	n/a

**Table 8.18: Proportion Binge Drinking in the Preceding Week (Based on old estimates of units)**

Base: All

	Glasgow East
2005	29.7%
2008	26.0%
Change (2005-2008)	n/a
P	n/a
Confidence Interval	n/a

The proportion who met the target for physical activity fell considerably between 2005 and 2008.

**Table 8.19: Proportion Meeting the Physical Activity Target**

Base: All

	Glasgow East
2005	66.8%
2008	33.6%
Change (2005-2008)	-33.2%
P	<0.001
Confidence Interval	-37.8 to -28.6

Proportionately more respondents met the target for fruit and vegetable consumption in 2008 than in 2005.

**Table 8.20: Proportion Meeting the Fruit and Vegetable Consumption Target**

Base: All

	Glasgow East
2005	23.8%
2008	30.0%
Change (2005-2008)	+6.2%
P	<0.01
Confidence Interval	+1.9 to +10.5

The proportion who met the target for oily fish consumption fell considerably between 2005 and 2008.

**Table 8.21: Proportion Eating the Recommended Amount of Oily Fish**

Base: All

	Glasgow East
2005	26.6%
2008	10.7%
Change (2005-2008)	-15.9%
P	<0.001
Confidence Interval	-19.6 to -12.2

The proportion of respondents who ate two or more high fat and sugary snacks per day rose considerably between 2005 and 2008.

**Table 8.22: Proportion Eating More than the Recommended Amount of High Fat and Sugary Snacks**

Base: All

	Glasgow East
2005	29.3%
2008	42.4%
Change (2005-2008)	+13.1%
P	<0.001
Confidence Interval	+8.5 to +17.7

The proportion of respondents with a body mass of 25 or over (indicating overweight/obese) rose between 2005 and 2008. The proportion who were obese also rose.

**Table 8.23: Body Mass Index**

Base: All

	Glasgow East
<b>BMI of 25 or over</b>	
2005	42.4%
2008	50.3%
Change (2005-2008)	+7.9%
P	<0.01
Confidence Interval	+3.1 to +12.7%
<b>BMI of 35 or over</b>	
2005	3.1%
2008	4.4%
Change (2005-2008)	n/a
P	n/a
Confidence Interval	n/a
<b>BMI indicting obese/extremely obese</b>	
2005	12.8%
2008	18.4%
Change (2005-2008)	+5.6%
P	<0.01
Confidence Interval	+2.1 to +9.1

#### 8.4 Social Health

Between 2005 and 2008 there was a decrease in the proportion of respondents who said they felt isolated from family and friends.

**Table 8.24: Proportion Isolated from Family and Friends**

Base: All

	Glasgow East
2005	12.5%
2008	5.0%
Change (2005-2008)	-7.5%
P	<0.001
Confidence Interval	-10.2 to -4.8

The proportion of respondents who felt that they belonged to the area rose between 2005 and 2008.

**Table 8.25: Proportion Feeling they Belong to Local Area**

Base: All

	Glasgow East
2005	61.8%
2008	72.7%
Change (2005-2008)	+10.9%
P	<0.001
Confidence Interval	+6.4 to +15.4

Between 2005 and 2008, there was a rise in the proportion of respondents who felt valued as members of their community. This is shown in Table 8.26.

**Table 8.26: Proportion Feeling Valued as Member of their Community**

Base: All

	Glasgow East
2005	47.3%
2008	55.0%
Change (2005-2008)	+7.7%
P	<0.01
Confidence Interval	+2.9 to +12.5

There was a rise between 2005 and 2008 in the proportion of respondents who felt that local people could influence local decisions.

**Table 8.27: Proportion Feeling Local People Can Influence Decisions**

Base: All

	Glasgow East
2005	50.0%
2008	56.9%
Change (2005-2008)	+6.9%
P	<0.01
Confidence Interval	+2.1 to +11.7

The proportion of respondents who felt safe in their own home, on public transport and walking alone in their area, rose between 2005 and 2008. This is shown in Tables 8.28 to 8.30.

**Table 8.28: Proportion Feeling Safe in Their Own Home**

Base: All

	Glasgow East
2005	93.5%
2008	96.0%
Change (2005-2008)	+2.5%
P	<0.05
Confidence Interval	+0.3 to +4.7

**Table 8.29: Proportion Feeling Safe Using Public Transport**

Base: All

	Glasgow East
2005	55.9%
2008	93.3%
Change (2005-2008)	+37.4%
P	<0.001
Confidence Interval	+33.5 to +41.3

**Table 8.30: Proportion Feeling Safe Walking Alone After Dark**

Base: All

	Glasgow East
2005	36.0%
2008	60.6%
Change (2005-2008)	+24.6%
P	<0.001
Confidence Interval	+19.9 to +29.3

## 8.5 Individual Circumstances

The proportion who were married or living as married rose between 2005 and 2008.

**Table 8.31: Proportion Cohabiting/Married etc**

Base: All

	Glasgow East
2005	50.1%
2008	58.6%
Change (2005-2008)	+8.5%
P	<0.001
Confidence Interval	

The proportion of respondents with children aged under 14 and the proportion who were single parents fell between 2005 and 2008.

**Table 8.32: Proportion with Children Under 14**

Base: All

	Glasgow East
2005	33.2%
2008	21.7%
Change (2005-2008)	-11.5%
P	<0.001
Confidence Interval	-15.8 to -7.2

**Table 8.33: Proportion who Are Lone Parents of Children Under 14**

Base: All

	Glasgow East
2005	14.7%
2008	2.8%
Change (2005-2008)	-11.9%
P	<0.001
Confidence Interval	-14.6 to -9.2

There was a considerable rise between 2005 and 2008 in the proportion of respondents who had internet access at home.

**Table 8.34: Proportion with Internet Access at Home**

Base: All

	Glasgow East
2005	28.4%
2008	53.4%
Change (2005-2008)	+25.0%
P	<0.001
Confidence Interval	+20.4 to +29.6

There was no significant change between 2005 and 2008 in the proportion who had a car.

**Table 8.35: Proportion with a Car**

Base: All

	Glasgow East
2005	45.0%
2008	47.1%
Change (2005-2008)	n/a
P	n/a
Confidence Interval	n/a

There was a considerable drop between 2005 and 2008 in the proportion of respondents who had no qualifications.

**Table 8.36: Proportion with No Qualifications**

Base: All

	Glasgow East
2005	47.1%
2008	30.0%
Change (2005-2008)	-17.1%
P	<0.001
Confidence Interval	-21.8 to -12.4

There was a considerable decrease in the proportion of respondents who received all household income from state benefits.

**Table 8.37: Proportion with all Income from State Benefits**

Base: All

	Glasgow East
2005	43.7%
2008	28.6%
Change (2005-2008)	-15.1%
P	<0.001
Confidence Interval	-19.7 to -10.5

The proportion of respondents who had a positive perception of their household income remained stable between 2005 and 2008.

**Table 8.38: Proportion with a Positive Perception of Household Income**

Base: All

	Glasgow East
2005	52.4%
2008	52.6%
Change (2005-2008)	n/a
P	n/a
Confidence Interval	n/a

The proportion of respondent who would find it impossible or a big problem to find unexpected expenses of £20 increased between 2005 and 2008.

**Table 8.39: Proportion Having Difficulties Finding Unexpected Expenses**

	Glasgow East
<b>Difficulty finding £20</b>	
2005	3.6%
2008	10.7%
Change (2005-2008)	+7.1%
P	<0.001
Confidence Interval	+4.7 to +9.5
<b>Difficulty finding £100</b>	
2005	28.8%
2008	32.0%
Change (2005-2008)	n/a
P	n/a
Confidence Interval	n/a
<b>Difficulty finding £1,000</b>	
2005	73.0%
2008	74.1%
Change (2005-2008)	n/a
P	n/a
Confidence Interval	n/a

The proportion of main wage earners in full time employment rose between 2005 and 2008.

**Table 8.40: Proportion of Main Wage Earners Employed Full Time**

Base: All

	Glasgow East
2005	43.1%
2008	50.3%
Change (2005-2008)	+7.2%
P	<0.01
Confidence Interval	+2.4 to +12.0

Between 2005 and 2008 there was a decrease in the proportion of household with no employed adults.

**Table 8.41: Proportion of Households with No Adults in Employment**

Base: All

	Glasgow East
2005	52.0%
2008	40.5%
Change (2005-2008)	-11.5%
P	<0.001
Confidence Interval	-16.3 to -6.7



## 8.6 Social Capital

There was a considerable rise between 2005 and 2008 in the proportion of respondents who had a positive perception of their area as a place to live and as a place to bring up children. This is shown in Tables 8.42 and 8.43.

**Table 8.42: Proportion with a Positive Perception of Local Area as a Place to Live**

Base: All

	Glasgow East
2005	63.7%
2008	85.9%
Change (2005-2008)	+22.2%
P	<0.001
Confidence Interval	+18.1 to +26.3

**Table 8.43: Proportion with Positive Perception of Local Area as a Place to Bring Up Children**

Base: All

	Glasgow East
2005	55.1%
2008	82.9%
Change (2005-2008)	+27.8%
P	<0.001
Confidence Interval	+23.5 to +32.1

Tables 8.44 and 8.45 show that between 2005 and 2008 there was a sizeable rise in the proportion of respondents with positive perceptions of reciprocity and trust.

**Table 8.44: Proportion with Positive Perception of Reciprocity**

Base: All

	Glasgow East
2005	61.7%
2008	74.7%
Change (2005-2008)	+13.0%
P	<0.001
Confidence Interval	+8.5 to +17.5

**Table 8.45: Proportion with Positive Perception of Trust**

Base: All

	Glasgow East
2005	53.2%
2008	71.2%
Change (2005-2008)	+18.0%
P	<0.001
Confidence Interval	+13.4 to +22.6

The proportion of respondents who valued local friendships rose between 2005 and 2008.

**Table 8.46: Proportion Valuing Local Friendships**

Base: All

	Glasgow East
2005	60.3%
2008	72.9%
Change (2005-2008)	+12.6%
P	<0.001
Confidence Interval	+8.1 to +17.1

Between 2005 and 2008 there was a considerable rise in the proportion of respondents who had a positive perception of social support.

**Table 8.47: Proportion with a Positive Perception of Social Support**

Base: All

	Glasgow East
2005	58.4%
2008	72.8%
Change (2005-2008)	+14.4%
P	<0.001
Confidence Interval	+9.8 to +19.0

# APPENDIX A: SURVEY METHODOLOGY & RESPONSE

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## Sampling

It was necessary to adopt a sampling system which would be:

- Representative of the population of NHSGGC (and the former NHSGG) as a whole in terms of age, sex and geographical distribution and SIMD
- Comparable with the survey used in 1999, 2002 AND 2005, to allow results to be compared across the surveys
- Replicable, so that future surveys can track indicators over time.

The sample was stratified by local authority (8 authorities) and by SIMD quintile (5 categories). The target sample size was set at 8,253. To achieve this, clusters were sampled in proportion to the population in each stratum. In addition, 3 areas were over sampled to allow comparison between the bottom 15% SIMD areas and other areas within the CH(C)P.

The sample was drawn from the Postal Address File (PAF) by CACI, to a specification provided by MRUK. The PAF was sorted into the strata above. Within each stratum, the PAF was then sorted in alphanumeric order by postcode and house number/name. Interval samples were then taken.

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

## Questionnaire design and pilot

The questionnaire was based on the questionnaire used in 2005 in NHSGG, but some new questions have been added. It was felt that the 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 data were deemed to be least useful in 2005 were selected for deletion in 2008.

In turn, the 2008 questionnaire had been based on the one used in 1999, with some changes and order to make the interview run more smoothly. Thus, most of the questions in the 2008 questionnaire can be tracked back to 1999 and/or 2002; 2005.

Once a draft questionnaire had been agreed, a pilot survey was conducted.

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 2005.

## Fieldwork

MRUK were responsible for the fieldwork element of the project. A team of interviewers attended a briefing session which was conducted by MRUK and representatives from NHSGGC health and wellbeing working group. The briefing session involved full instructions in the conduct of the survey interview. The questionnaire was administered through computer based software with instructions included on the computer screens.

Interviewers were assigned a number of clusters. Their instructions were to make at least six calls at an address at different times of the day/days of the week before classifying the addresses 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.

Each sample address was sent an advance letter from NHSGGC explaining the purpose of the survey and requesting co-operation. As a result of this letter, a number of residents contacted NHSGGC to "opt out" of the survey. These addresses were removed from the lists given to interviewers and these households were not contacted further by MRUK.

Each interviewer was provided with a letter of authorisation to show on the doorstep. Interviewers were also instructed to carry their MRUK 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 was important. A leaflet was left with every respondent.

Fieldwork began immediately after the briefing session in mid August 2008 and was completed by mid December 2008. A total of 8,278 interviews were completed. The average interview length was 30 minutes.

## Response Rate

A total of 8,278 interviews were achieved from a starting sample of 16,658 addresses. Therefore a successful interview was achieved with 49.69% of all contact addresses. A number of interviews were considered out of scope for the following reasons:

- The address could not be traced
- The address had not been built or was not ready for occupation
- The address had been demolished
- The address was vacant or empty
- The address was for business or industrial use only (ie not residential)
- The address was an institution

Once the out of scope addresses had been removed, 11, 889 addresses were remaining. This equated to a response rate of 69.64% which compares well to the 2005 survey where a 71% response rate was achieved.

## Date coding

Data from the open questions were coded using the same code frames as were used in each of the earlier surveys. NHSGGC were involved in re-coding some of the lists of codes, which referred to medical conditions.

The interviews were conducted with computer based software; this removed the requirement to enter the data separately.

Additional core indicator variables were computed and added to the data set. These were specified by NHSGGC.

Data were weighted before analysis. This replicated the approach taken in earlier surveys.

## APPENDIX B: DATA WEIGHTING

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### Introduction

Data were weighted to ensure that they were as representative as possible of the adult population in the GGNHSB area. This appendix describes the weighting processes.

### Household Size Weighting

In this survey, households were selected at random and therefore had equal probability of selection. However within the household the probability of an individual's selection is not necessarily equal to that of others, since it is inversely proportional to the number of people available to be selected. For example, in a single-person household the probability of selection is exactly 1 whereas in a four-person household the probability of selection is 1/4. The logic of this implies that the respondent from the single-person household represents one person (him/herself) while the respondent from the four-person household is in fact representing four people. It is normal to allow for this bias by 'weighting' the sample to give the respondent from the four-person household four times the 'weight' of the respondent from the one-person household. It is usual to calculate this weighting in such a way that the sum of the weights matches the sample size.

The formula for calculating the household size weight was:

$$Wf = F \times \frac{T}{A}$$

Where:

- $Wf$  is the household size weighting factor for a respondent living in a household size  $F$ .
- $F$  is the household size
- $T$  is the total number of respondents
- $A$  is the total number of adults in all households where a successful interview took place.

### Weighting by Age/Gender/Bottom 15%/CH(C)P

Firstly the household size weighting was applied to the dataset. This produced the new 'actual' counts to which we applied the age/sex/bottom15%/CH(C)P weighting frame to produce the final weighting factors. This ensured that the weighted data would reflect the overall Greater Glasgow and Clyde population in terms age, gender, bottom 15%/other areas and CH(C)P areas. The formula for this stage of the weighting process was:

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

Where:

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

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

$C$  is the total adult population in the NHS Greater Glasgow and Clyde area

$T$  is the total number of interviews

$t_i$  is the number of interviews (weighted by the household size weighting factor) for age/gender/bottom15% versus other areas/CH(C)P area group  $i$

## Appendix C: ASSUMPTIONS OF NUMBER OF UNITS OF ALCOHOL IN EACH TYPE OF DRINK (2005 and 2008)

The table below shows the assumed number of units of alcohol in each type of drink that were used for the calculation of unit consumption in 2005, and the new assumptions that have been applied in 2008.

	UNIT ASSUMPTION USED FOR ANALYSIS 2005	UNIT ASSUMPTION USED FOR ANALYSIS 2008
Normal strength beer - pints	2.30	2.80
Normal strength beer - cans	1.80	2.20
Normal strength beer bottles	1.00	1.70
Strong beer - pints	2.80	3.40
Strong beer - cans	2.25	2.60
Strong beer - bottles	1.80	2.00
Extra strong beer - pints	5.00	5.10
Extra strong beer - cans	4.00	4.00
Extra strong beer - bottles	3.00	3.00
Single measures spirits	1.00	1.00
Single measure martini/sherry/buckfast etc	1.00	1.00
Small glass wine	1.00	1.75
Large glass wine	2.00	3.50
1/2 bottle wine	4.50	5.25
Full bottle wine	8.75	10.50
Small bottle of alcopops	1.50	1.40
Large bottle of alcopops	n/a	5.45



## APPENDIX D: ANNOTATED SURVEY QUESTIONNAIRE

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The survey questionnaire is presented here. Where relevant, questions show:

- The number of respondents who answered the question (with “don’t know”, refused and missing responses removed). These are **unweighted** and shown as “(n=)” after the question;
- The percentage of respondents who gave each response. These are **weighted**.

In some cases, the mean response rather than the percentage giving individual responses is given. These are also weighted.



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<b>OFFICE USE</b> Serial Number				

JOB NUMBER

--	--	--	--	--	--	--	--	--	--

INTERVIEWER ID NUMBER

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QUESTIONNAIRE NUMBER

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**DO NOT FILL IN RESPONDENT DETAILS ON THIS PAGE**

**FILL IN ALL OTHER INFO**

**THANKS**

START TIME

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FINISH TIME

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This interview has been conducted within the Code of Conduct of the Market Research Society.

INTERVIEWER SIGN \_\_\_\_\_

INTERVIEWER PRINT \_\_\_\_\_

DATE OF INTERVIEW \_\_\_\_\_

EDITED BY \_\_\_\_\_  
DATE \_\_\_\_\_

CODED BY \_\_\_\_\_  
DATE \_\_\_\_\_

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) (N=580)**

Excellent	13.1
Good	53.9
Fair	21.2
Poor	11.8
Don't know	n/a

**GO TO Q2**

Q2 **SHOWCARD 1.** 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) (N=578)**

1	Coronary heart disease	3.3
2	Stroke	1.5
3	Arthritis; rheumatism ; painful joints	11.8
4	Osteoporosis	2.3
5	Chronic pain	4.3
6	Clinical depression	3.2
7	Diabetes	6.1
8	Cancer	1.3
9	Asthma, bronchitis, or persistent cough	6.0
10	Epilepsy	0.6
11	Acquired brain injury	0.4
12	Stress related conditions, e.g. difficulty sleeping or concentrating	2.4
13	Severe hearing problems	0.4
14	Severe eyesight problems	1.2
15	Accident / injury	0.7
16	Gastro-intestinal problems, e.g. peptic ulcer disease, irritable bowel syndrome	1.5
17	High blood pressure	9.7
18	Drug or alcohol related conditions	0.7
19	Sexually transmitted infections, e.g. gonorrhoea, syphilis, chlamydia	0.0
	None	66.1
	Refused	n/a
	Other	2.9

**GO TO Q3**

**GO TO Q2A**

**IF CODED 'OTHER' AT Q2 GO TO Q2A, OTHERWISE GO TO Q3**

Q2a Other (please specify) – **RECORD VERBATIM (46 Responses)**

**GO TO Q3**

Q3 Do you have any long-term condition or illness that substantially interferes with your day to day activities? **SINGLE CODE (N=581)**

Yes	17.9	<b>GO TO Q4</b>
No	82.1	<b>GO TO Q6</b>
Refused	n/a	

Q4 Thinking of these conditions and/or illnesses, would you describe yourself as having...? **(READ OUT AND CODE ALL THAT APPLY) (N=140)**

A physical disability	59.1	
A mental or emotional health problem	19.4	
A long-term illness	56.6	<b>GO TO Q5</b>
Don't know	3.7	
Other	0.0	<b>GO TO Q4A</b>

**IF CODED OTHER AT Q4 GO TO Q4A, OTHERWISE GO TO Q5**

Q4a Other (please specify) – **RECORD VERBATIM (0 Responses)**

**GO TO Q5**

Q5 **SHOWCARD 2.** How much does it (do they) interfere with the following activities (seriously, moderately, or doesn't)? **(READ OUT and code one for each)**

		<b>Seriously Interferes</b>	<b>Moderately Interferes</b>	<b>Does not Interfere</b>	<b>N/A</b>
A	Taking up training <b>(N=105)</b>	54.6	26.7	18.7	n/a
B	Holding down or obtaining a job <b>(N=91)</b>	50.9	21.0	28.1	n/a
C	Taking exercise/physical activity <b>(N=137)</b>	57.2	28.2	14.5	n/a
D	Socialising <b>(N=138)</b>	40.6	41.1	18.3	n/a

**GO TO Q6**

Q6 Thinking about the past year and your own health and your use of the GP surgery how many times have you:

**(PUT A NUMBER IN EACH BOX. IF 'NEVER', WRITE IN '0'. IF DON'T KNOW, PROBE FOR ESTIMATE. IF CAN'T GIVE ESTIMATE, ENTER 99 FOR DON'T KNOW)**

	<b>% at least once</b>
a. Seen a GP? <b>(N=571)</b>	86.1
b. Seen a nurse/midwife from your surgery? <b>(N=582)</b>	33.0
c. Seen a physiotherapist/chiroprapist/dietician/occupational therapist/clinical psychologist from your surgery? <b>(N=582)</b>	8.7
d. Seen someone else from your surgery e.g. health care assistant? <b>(N=582)</b>	4.5

**GO TO Q7**

Q7 Now thinking about other places, over the past year and your own health how many times have you.....

**(PUT A NUMBER IN EACH BOX. IF 'NEVER', WRITE IN '0'. IF DON'T KNOW, PROBE FOR ESTIMATE. IF CAN'T GIVE ESTIMATE, ENTER 99 FOR DON'T KNOW)**

	% at least once	
a. Seen a pharmacist for health advice e.g. minor ailments or smoking cessation advice? <b>(N=581)</b>	25.2	
b. Contacted NHS24? <b>(N=583)</b>	13.5	<b>GO TO Q8</b>
c. Been to accident and emergency? <b>(N=585)</b>	6.0	
d. Visited a hospital out-patient department to see a doctor? (Do not include visits for an X-ray or other tests) <b>(N=582)</b>	15.5	
e. Been admitted to hospital (either as a day case or for a longer stay)? <b>(N=583)</b>	8.8	
f. Used GP out of hours service (GEMS) <b>(N=585)</b>	5.9	

Q8 **SHOWCARD 3.** Thinking about your recent use and experience of the health services such as GP, dentist, or hospital: **READ OUT AND CODE FOR EACH ONE**

		Definitely	To Some Extent	No	Don't know	N/A
A	Were you given adequate information about your condition or treatment? <b>(N=521)</b>	49.9	46.7	3.4	n/a	n/a
B	Have you been encouraged to participate in decisions affecting your health or treatment? <b>(N=505)</b>	40.4	41.0	18.6	n/a	n/a
C	Do you feel that you have a say in how these services are delivered? <b>(N=492)</b>	28.5	46.1	25.5	n/a	n/a
D	Do you feel that your views and circumstances are understood and valued? <b>(N=486)</b>	39.3	47.6	13.1	n/a	n/a

**GO TO Q9**

Q9 Are you registered with a dentist? **SINGLE CODE (N=584)**

Yes	71.4	<b>GO TO Q10</b>
No	28.6	<b>GO TO Q11</b>
Refused	n/a	

- Q10 Do you receive NHS or private dental treatment? **SINGLE CODE (N=408)**
- |            |      |                  |
|------------|------|------------------|
| NHS        | 91.4 | <b>GO TO Q11</b> |
| Private    | 8.6  |                  |
| Refused    | n/a  |                  |
| Don't know | n/a  |                  |
- Q11 When was the last time you went to the dentist? **(READ OUT. CODE ONE ONLY) (N=447)**
- |                              |      |                  |
|------------------------------|------|------------------|
| Within last 6 months         | 50.2 | <b>GO TO Q12</b> |
| Within 6 months to 15 months | 32.1 |                  |
| Over 15 months               | 17.6 |                  |
| Don't know / can't remember  | n/a  |                  |
- Q12 What proportion of your teeth are your own? (Crowns are regarded as 'own teeth'.) **(READ OUT. CODE ONE ONLY) (N=582)**
- |              |      |                  |
|--------------|------|------------------|
| All of them  | 51.6 | <b>GO TO Q13</b> |
| Some of them | 35.4 |                  |
| None of them | 12.9 | <b>GO TO Q14</b> |
| Refused      | n/a  |                  |
- Q13 How often do you brush your teeth? **SINGLE CODE (N=478)**
- |                      |      |                  |
|----------------------|------|------------------|
| Twice or more a day  | 82.7 | <b>GO TO Q14</b> |
| About once a day     | 15.5 |                  |
| Less than once a day | 1.1  |                  |
| Seldom or never      | 0.8  |                  |
| Refused              | n/a  |                  |
- Q14 **SHOWCARD 4.** On a scale of 1 to 5, where 1 is 'very difficult' and 5 is 'very easy', how easy or difficult is it to ... **(READ OUT AND CODE ONE FOR EACH)**

		Very Difficult 1	2	3	4	Very Easy 5	Don't know 6
A	Get an appointment to see your GP? <b>(N=578)</b>	4.4	5.4	10.2	33.0	47.1	n/a
B	Access health services in an emergency? <b>(N=482)</b>	0.5	2.0	9.3	29.7	58.5	n/a
C	Obtain an appointment at the hospital? <b>(N=459)</b>	1.1	5.5	19.9	30.0	43.5	n/a
D	Travel to the hospital for an appointment? <b>(N=514)</b>	3.3	3.6	13.1	29.5	50.6	n/a
E	Get an appointment to see the dentist? <b>(N=458)</b>	1.9	4.7	15.0	25.6	52.9	n/a
F	When needed, get a consultation with someone at your GP surgery within 48 hours? <b>(N=496)</b>	1.6	1.9	11.5	35.7	49.2	n/a

I am going to show you a series of questions about emotion and feelings. For each question, please tick the box which applies to you.

**PASS QUESTIONNAIRE TO RESPONDENT FOR SELF-COMPLETION OF Q15 & Q16.  
ENCOURAGE THE RESPONDENT TO SELF-COMplete, BUT DON'T INSIST ON IT IF THEY  
WOULD PREFER YOU TO COMPLETE IT ON THEIR BEHALF**

Q15 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 closely 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) (N=585)**

a) ...been able to concentrate on whatever you're doing?	Better than usual 3.7	Same as usual 89.4	Less than usual 6.2	Much less than usual 0.7
b) ...lost much sleep over worry?	Not at all 47.4	No more than usual 44.4	Rather more than usual 6.9	Much more than usual 1.3
c) ...felt that you are playing a useful part in things?	More so than usual 4.7	Same as usual 88.2	Less useful than usual 6.7	Much less useful 0.5
d) ...felt capable of making decisions about things?	More so than usual 6.6	Same as usual 88.0	Less so than usual 5.1	Much less capable 0.3
e) ...felt constantly under strain?	Not at all 49.6	No more than usual 42.4	Rather more than usual 7.0	Much more than usual 0.9
f) ...felt you couldn't overcome your difficulties?	Not at all 53.4	No more than usual 39.9	Rather more than usual 5.2	Much more than usual 1.5
g) ...been able to enjoy your normal day-to-day activities?	More so than usual 7.7	Same as usual 83.6	Less so than usual 7.3	Much less than usual 1.3
h) ...been able to face up to your problems?	More so than usual 8.2	Same as usual 86.2	Less able than usual 5.2	Much less able 0.4
i) ...been feeling unhappy and depressed?	Not at all 59.3	No more than usual 33.2	Rather more than usual 6.3	Much more than usual 1.2
j) ...been losing confidence in yourself?	Not at all 60.7	No more than usual 31.0	Rather more than usual 7.3	Much more than usual 0.9
k) ...been thinking of yourself as a worthless person?	Not at all 61.5	No more than usual 32.4	Rather more than usual 5.4	Much more than usual 0.7
l) ...been feeling reasonably happy, all things considered?	More so than usual 10.6	About same as usual 82.8	Less so than usual 5.8	Much less than usual 0.9

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Q16 Below are some statements about feelings and thoughts. Please tick the box that best describes your experience of each over the last 2 weeks (N=585)

	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future	1.7	9.8	42.0	36.7	9.8
I've been feeling useful	1.3	8.8	37.2	40.4	12.3
I've been feeling relaxed	1.6	7.1	41.8	36.2	13.3
I've been interested in other people	0.5	3.7	36.4	44.1	15.3
I've had energy to spare	3.2	14.2	33.6	37.4	11.6
I've been dealing with problems well	1.1	7.1	37.9	38.7	15.3
I've been thinking clearly	0.9	5.8	30.5	47.4	15.4
I've been feeling good about myself	1.3	8.3	34.4	39.7	16.3
I've been feeling close to other people	0.8	4.3	34.2	45.0	15.8
I've been feeling confident	1.4	8.2	31.1	43.0	16.3
I've been able to make up my own mind about things	0.8	4.2	32.4	43.2	19.5
I've been feeling loved	0.6	5.2	35.5	40.1	18.5
I've been interested in new things	1.9	7.5	34.3	38.6	17.6
I've been feeling cheerful	1.1	4.7	33.6	43.3	17.3

**GO TO Q17**

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Q17 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) (N=585)

Yes	1.5	<b>GO TO Q18</b>
No	98.5	<b>GO TO Q21</b>

Q18 How many people had an accidental injury in the home in the past year? (N=10)

**WRITE IN NUMBER OF PEOPLE IN THE BOX:**

**GO TO Q19**

1: 83.9

2: 16.1

Q19 How many of the people who had an accidental injury in the past year were aged under 16 at the time? (N=10)

**WRITE NUMBER OF UNDER 16's IN THE BOX:**

**GO TO Q20**

0: 51.1

1: 48.9

**Number of people cannot exceed amount recorded at Q18 please re-enter**

Q20 For each person, how many accidents did they have that required treatment from a doctor or a nurse (without attending hospital)? How many of these were treated at the hospital?

**(ENTER THE NUMBER OF ACCIDENTS FOR EACH PERSON, THEN ENTER THE NUMBER OF THESE THAT WERE TREATED IN HOSPITAL – INCLUDING THOSE AGED 16 AND OVER)**

	DR or Nurse (Not at Hospital)		At Hospital	
Person 1 (N=10)	0 1	55.8 44.2	0 1 2	23.8 68.1 8.1
Person 2 (N=1)	0 1	100.0 0.0	0 1	0.0 100.0
Person 3				
Person 4				
Person 5				
Person 6				
Person 7				
Person 8				

**GO TO Q21**

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

Q21 How often are you 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?  
**SINGLE CODE (N=582)**

Most of the time	26.0
Some of the time	25.7
Seldom	18.6
Never	29.6
Don't know	n/a

**GO TO Q22**

**Q22 SHOWCARD 5.** Which of the following statements best describes you at present?  
**SINGLE CODE (N=585)**

a.	I have never smoked tobacco	48.9	<b>GO TO INSTRUCTION BEFORE Q25</b>
b.	I have only tried smoking once or twice	1.9	
c.	I have given up smoking	8.8	
d.	I smoke some days	6.0	<b>GO TO Q23</b>
e.	I smoke every day	34.4	

**Q23** On average, how many cigarettes a day do you smoke? **(N=248)**  
**(WRITE NUMBER OF CIGARETTES IN THE BOX)**  
**(CODE AS '995' IF THE PERSON ONLY SMOKES CIGARS / PIPE / LOOSE TOBACCO. CODE AS 999 FOR DON'T KNOW)**

**WRITE NUMBER IN THE BOX:**

mean	18.96
------	-------

**GO TO Q24**

**Q24** Do you intend to stop smoking? **SINGLE CODE (N=256)**

Yes	27.6	<b>GO TO INSTRUCTION BEFORE Q25</b>
No	72.4	

**ASK Q25 OF THOSE RESPONDING C, D OR E AT Q22. OTHERWISE GO TO Q27**

**Q25** We are interested in whether people use any of the nicotine replacement products that are now available, such as nicotine chewing gum or patches. Have you used any of the following nicotine replacements products in the last year? **READ OUT (N=312)**

Nicotine gum e.g. Nicorette, NiQuitin, Nicotinelle	9.3	<b>GO TO INSTRUCTION AFTER Q25</b>
Nicotine patches that you stick on your skin e.g. Nicorette, Nicoderm, Nicotinelle	16.6	
Nasal spray / nicotine inhaler e.g. Nicorette, Nicotrol	3.0	
No	77.4	
Other	2.4	

**IF CODED 'OTHER' AT Q25 GO TO Q25A, OTHERWISE GO TO INSTRUCTION BEFORE Q26**

**Q25A** Other (please specify) – **RECORD VERBATIM (6 Responses)**

**GO TO INSTRUCTION BEFORE Q26**

**IF YES USED GUM, PATCHES OR NASAL SPRAY / INHALERS AT Q25 ASK Q26 OTHERWISE GO TO Q27**

**Q26** Was your use of these products accompanied by stop smoking support? **(N=58)**

Yes	12.3	<b>GO TO Q26A</b>
No	87.7	<b>GO TO Q27</b>

Q26a Which of these NHS Smokefree services did you use? **READ OUT (N=8)**

Community Group	42.4
Pharmacy Service	9.9
Hospital Service	38.5
Pregnancy service	0.0
Other	9.2

**IF CODED 'OTHER' AT Q26A GO TO Q26B OTHERWISE GO TO Q27**

Q26b Other (please specify) – **RECORD VERBATIM (2 Responses)**

**GO TO Q27**

Q27 How often do you drink alcohol? **PROBE TO PRECODE – SINGLE CODE (N=584)**

Never	31.6	<b>GO TO Q32</b>
Less than once a month	20.8	
More than once a month but not weekly	15.2	
1-2 days per week	29.0	<b>GO TO Q28</b>
3-5 days per week	2.2	
6-7 days per week	1.3	
Refused		

Q28 Have you had a drink containing alcohol in the past 7 days? **SINGLE CODE (N=381)**

Yes	66.5	<b>GO TO Q28A</b>
No	33.5	<b>GO TO Q30</b>

Q28a **SHOWCARD 6.** Have you had any of the following in the past 7 days? **(N=255)**

Normal strength beer/lager/stout/cider (e.g. McEwan's lager, heavy) – Pints	26.9
Normal strength beer/lager/stout/cider (e.g. McEwan's lager, heavy) – Cans	11.1
Normal strength beer/lager/stout/cider (e.g. McEwan's lager, heavy) – Bottles	4.9
Strong beer/lager/cider (e.g. Guinness, Murphy's, Budweiser) – Pints	2.0
Strong beer/lager/cider (e.g. Guinness, Murphy's, Budweiser) – Cans	3.0
Strong beer/lager/cider (e.g. Guinness, Murphy's, Budweiser) – Bottles	0.6
Extra strong beer/lager/ cider (e.g. Tennant's super lager) – Pints	0.4
Extra strong beer/lager/ cider (e.g. Tennant's super lager) – Cans	1.1
Extra strong beer/lager/ cider (e.g. Tennant's super lager) – Bottles	4.6
Single measures of spirits (e.g. whisky, gin, vodka) (a bottle contains 28 measures)	27.8
Single measures of Martini/sherry/buckfast/Mad Dog 20/20 (a bottle contains 14 measures)	6.4
Glasses of wine – Small Glass	10.3
Glasses of wine – Large Glass	10.3
½ bottle of wine	1.0
Full bottle of wine	5.5
Small bottles (300ml) of alcoholic carbonate (alcopops, such as Smirnoff Ice and Bacardi Breezer)	1.6
Large bottles (1.5litre) of alcoholic carbonate (alcopops, such as Smirnoff Ice and Bacardi Breezer)	1.3
Other	0.4

**IF CODED 'OTHER' AT Q28A GO TO Q28B OTHERWISE GO TO Q29**

Q28b Please specify other alcoholic drink consumed in the past 7 days

**Specify – RECORD VERBATIM (1 Response)**

Q29 **SHOWCARD 6.** 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)**  
**(IF REFUSED ENTER 98; IF DON'T KNOW ENTER AS 99)**

	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>Normal strength beer/lager/stout/cider (e.g. McEwan's lager, heavy)</b>							
Pints							
Cans							
Bottles							
<b>Strong beer/lager/cider (e.g. Guinness, Murphy's, Budweiser)</b>							
Pints							
Cans							
Bottles							
<b>Extra strong beer/lager/ cider (e.g. Tennant's super lager)</b>							
Pints							
Cans							
Bottles							
<b>Single measures of spirits (e.g. whisky, gin, vodka) (a bottle contains 28 measures)</b>							
<b>Single measures of Martini/sherry/buckfast/Mad Dog 20/20 (a bottle contains 14 measures)</b>							
<b>Glasses of wine</b>							
Small Glass							
Large Glass							
½ bottle							
Full bottle							
<b>Small bottles (300ml) of alcoholic carbonate (alcopops, such as Smirnoff Ice and Bacardi Breezer)</b>							
<b>Large bottles (1.5litre) of alcoholic carbonate (alcopops, such as Smirnoff Ice and Bacardi Breezer)</b>							
<b>Please tell me how much you drink on each day in the past week of &lt;%Q28b&gt;</b>							

**GO TO Q30**

Q30 Where have you had a drink in the last 6 months? **READ OUT AND CODE ALL THAT APPLY (N=381)**

In a pub	62.1
In a restaurant	22.7
In a club or disco	9.4
At a party with friends	14.7
At my home	61.2
At someone else's home	19.7
Out on the street, in a park or other outdoor area	2.3
Somewhere else	0.3

**IF CODED 'SOMEWHERE ELSE' AT Q30 GO TO Q30A, OTHERWISE GO TO Q31**

Q30a Somewhere else (write in) – **RECORD VERBATIM (1 Response)**

**GO TO Q31**

Q31 In which place did you drink the most alcohol (again in the last 6 months)? **(N=381)**

In a pub	41.0
In a restaurant	6.1
In a club or disco	4.1
At a party with friends	4.6
At my home	40.2
At someone else's home	2.8
Out on the street, in a park or other outdoor area	1.2
Somewhere else	0.0

**GO TO Q32**

**GO TO Q31A**

**IF CODED 'SOMEWHERE ELSE' AT Q31 GO TO Q31A, OTHERWISE GO TO Q32**

Q31a Somewhere else (write in) – **RECORD VERBATIM (0 Responses)**

**GO TO Q32**

Q32 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 of fruit juice. **(WRITE NUMBER IN BOX. IF LESS THAN ONE, WRITE '0'; IF DON'T KNOW CODE AS 99) (N=578)**

**WRITE NUMBER IN THE BOX:**

mean	1.70
------	------

**GO TO Q33**

Q33 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'; IF DON'T KNOW CODE AS 99) (N=581)**

**WRITE NUMBER IN THE BOX:**

mean	1.78
------	------

**GO TO Q34**

Q34 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'; IF DON'T KNOW CODE AS 99) (N=582)**

WRITE NUMBER IN THE BOX:

mean	1.46
------	------

GO TO Q35

Q35 How many slices of bread (include bread rolls as one slice; chapattis as one slice; naan as one slice) do you eat per average day?  
**(WRITE NUMBER IN BOX. IF LESS THAN ONE, WRITE '0'; IF DON'T KNOW CODE AS 99) (N=581)**

WRITE NUMBER IN THE BOX:

mean	2.81
------	------

GO TO Q36

**Note Q36-Q38 refers to the number of times per week**

Q36 How often PER WEEK do you usually eat oily fish (e.g. kipper, herring, salmon, trout, mackerel, tuna, sardines or pilchards) taken in sandwiches or as part of a meal? Include oily fish taken as part of a meal, e.g. tuna pasta, salmon fishcakes  
**(WRITE NUMBER IN BOX. IF LESS THAN ONE, WRITE '0'; IF DON'T KNOW CODE AS 99) (N=584)**

WRITE NUMBER IN THE BOX:

mean	0.76
------	------

GO TO Q37

Q37 How frequently do you eat fast food takeaways? **PROBE TO PRECODE (N=585)**

Never	21.5
Less than once a month	26.0
More than once a month but not weekly	27.4
1-2 days a week	23.7
3-5 days a week	1.4
6-7 days a week	0.0

GO TO Q38

Q38 On how many days per week do you usually eat breakfast?  
**(WRITE NUMBER BETWEEN 0 AND 7 IN BOX, IF VARIES ENTER AS '8' IF DON'T KNOW ENTER AS '9') (N=582)**

WRITE NUMBER IN THE BOX:

GO TO Q39

<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
11.9	0.5	2.3	2.8	1.9	6.8	0.4	73.3

Q39 What, if anything, did you eat for breakfast this morning?  
(code as many as apply) (N=585)

Nothing	13.3
Breakfast cereal	47.8
Porridge/rice porridge	12.0
Bread / toast	37.4
Fruit (incl. fresh fruit juice/smoothie, but not fruit squash/cordial)	3.0
Yoghurt	1.4
Meat (e.g. bacon, sausage, black pudding)	8.7
Egg(s)	3.3
Breakfast bar, e.g. Nutrigrain	0.3
Pastry, e.g. croissant, pain au chocolat, pie	0.3
Other	0.1

**IF CODED 'OTHER' AT Q39 GO TO Q39A, OTHERWISE GO TO Q40**

Q39a Other (please specify) – **RECORD VERBATIM (5 Responses)**

**GO TO Q40**

**Now I'd like to ask you some questions about breastfeeding**

Q40 **SHOWCARD 7.** The following statements are things some people have said about breastfeeding. How much do you agree or disagree with each one. **READ OUT**

	<b>Strongly Agree</b>	<b>Tend to Agree</b>	<b>Tend to Disagree</b>	<b>Strongly Disagree</b>	<b>Don't know</b>
a. Women should be made to feel comfortable breastfeeding their babies in public (N=501)	50.6	39.0	5.1	5.4	n/a
b. Women should only breastfeed their babies at home or in private (N=499)	6.9	8.6	30.6	53.9	n/a
c. I would feel embarrassed seeing a women breastfeeding her baby (N=498)	7.2	11.8	26.6	54.4	n/a

**GO TO Q41**

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

Q41 What is your weight?  
(WRITE WEIGHT IN STONES/POUNDS OR KILOGRAMS. IF UNSURE, ASK FOR ESTIMATE.) IF DON'T KNOW CODE AS 0, IF REFUSED CODE AS -1. INTERVIEWER PLEASE NOTE THAT IF RESPONDENT STATES WEIGHT IN STONES AND POUNDS THEY WILL AUTOMATICALLY SKIP KILOGRAMS. IF RESPONDENT RESPONDS DON'T KNOW OR REFUSED IT WILL PROCEED TO ASK ALL PARTS OF THE QUESTION. IF RESPONDENT RESPONDS IN KILOGRAMS ENTER '99' AT STONES/POUNDS.

a. Stones / pounds (N=511)    Stone    Pounds  
Or **GO TO Q42**

b. Kilograms (N=15)



Q42 What is your height?  
**(WRITE IN HEIGHT IN FEET/INCHES OR CENTIMETRES. IF UNSURE, ASK FOR ESTIMATE.) IF DON'T KNOW CODE AS 0, IF REFUSED CODE AS -1. IF RESPONDENT STATES HEIGHT AT FEET/INCHES THEY WILL AUTOMATICALLY SKIP CENTIMETERS. IF RESPONDENT RESPONDS DON'T KNOW OR REFUSED IT WILL PROCEED TO ASK ALL PARTS OF THE QUESTION. IF RESPONDENT RESPONDS IN CENTIMETERS ENTER '99' AT FEET/INCHES.**

a. Feet / inches (N=564)    Feet    Inches **GO TO Q43**  
 Or  
 b. Centimeters (N=9)

Q43 Thinking now of the exercise and physical 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 NUMBER OF DAYS IN BOX, IF DON'T KNOW CODE AS -1) (N=585)**

**WRITE NUMBER IN THE BOX:**  **GO TO Q44**

0	1	2	3	4	5	6	7
42.3	3.7	13.7	11.4	8.1	8.5	2.1	10.2

Q44 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, IF DON'T KNOW CODE AS -1) (N=585)**

**WRITE NUMBER IN THE BOX:**  **GO TO Q45**

0	1	2	3	4	5	6	7
58.5	5.5	19.2	5.6	4.2	4.3	1.0	1.7

Q45 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) (N=585)**

Yes – all activities have been included	93.6	<b>GO TO Q48</b>
No – there are more activities to add	6.4	<b>GO TO Q46</b>

Q46 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 TOTAL NUMBER OF DAYS IN BOX, IF DON'T KNOW CODE AS 9) (N=31)**

**WRITE NUMBER IN THE BOX:**  **GO TO Q47**

0	1	2	3	4	5	6	7
0.0	16.5	12.5	35.5	8.0	13.8	4.0	9.6

- Q47 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 TOTAL NUMBER OF DAYS IN BOX, IF DON'T KNOW CODE AS 9)**  
**(N=31)**

WRITE NUMBER IN THE BOX:

GO TO Q48

0	1	2	3	4	5	6	7
24.2	8.4	19.0	22.8	13.4	5.6	2.1	4.6

- Q48 **SHOWCARD 8.** I am now going to read out a list of activities, and I'd like you to tell me which you have done in the last **4 WEEKS** and how many days a week you did them? Include teaching, coaching, training and practice sessions.

	Yes, done 1 day a week	Yes, done 2 days a week	Yes, done 3 days a week	Yes, done 4 days a week	Yes, done 5 days a week	Yes, done 6 days a week	Yes, done 7 days a week	No, have not done in last 4 weeks	Don't know
Swimming (N=580)	7.9	4.9	2.3	0.9	0.4	0.2	0.2	83.1	n/a
Cycling (N=581)	2.9	2.9	1.3	0.9	0.2	0.3	0.3	91.1	n/a
Workout at a gym / exercise bike / weight training (N=581)	3.4	2.1	1.9	0.5	0.1	0.3	0.0	91.7	n/a
Aerobics / Keep Fit / Gymnastics / Dance for Fitness (N=584)	3.8	1.3	1.8	0.5	0.3	0.6	0.0	91.7	n/a
Any other type of dancing (N=582)	2.4	0.2	0.0	0.2	0.0	0.3	0.0	96.9	n/a
Running / jogging (N=582)	2.1	2.4	0.4	0.0	0.0	0.3	0.0	94.8	n/a
Football / rugby (N=581)	2.9	1.7	0.2	0.1	0.0	0.3	0.0	94.8	n/a
Badminton / Tennis (N=581)	0.5	0.5	0.0	0.0	0.0	0.3	0.0	98.8	n/a
Squash (N=582)	0.5	0.6	0.0	0.0	0.0	0.3	0.0	98.6	n/a
Exercises (e.g. press-up, sit ups) (N=583)	3.5	1.0	1.8	0.0	0.0	0.3	0.4	92.9	n/a

GO TO Q49

- Q49 Have you done any other sport or exercise not listed on the card? (N=585)

Yes	4.0	GO TO Q50
No	96.0	GO TO Q51

Q50 Probe for name of sport or exercise and write in – **RECORD VERBATIM.**  
**Note to Interviewer: If done more than 1, prompt for most recent.**  
**(25 responses)**

a.

---

b. Ask frequency as above (N=25)

1 day a week	9.5
2 days a week	22.5
3 days a week	15.3
4 days a week	8.8
5 days a week	9.3
6 days a week	0.0
7 days a week	34.6

**GO TO Q51**

Q51 Thinking first of weekdays, that is Monday to Friday, how much time on an average day do you spend watching TV or another type of screen such as a computer, game boy, or video game. Please do not include any time spend in front of a screen while at school, college or work. **ENTER NUMBER BELOW. IF DON'T KNOW ENTER '99' AT HOURS (N=581)**

---

**GO TO  
Q52**

Q52 Now thinking of the weekend, that is Saturday and Sunday, how much time on an average day do you spend watching TV or another type of screen such as a computer, game boy, or video game. Again, please do not include any time spend in front of a screen while at school, college or work. **ENTER NUMBER BELOW. IF DON'T KNOW ENTER '99' AT HOURS (N=570)**

---

**GO TO  
Q53**

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

Q53 **SHOWCARD 9.** Looking at the faces on the card:

a. Which face best rates your overall quality of life?  
**(WRITE NUMBER IN BOX) (N=585)**

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
17.1	33.5	32.2	14.2	2.0	0.8	0.2

**GO TO Q54**

b. Which face best rates your general physical well being?  
**(WRITE NUMBER IN BOX) (N=585)**

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
19.6	31.5	25.9	15.0	4.6	2.0	1.4

c. Which face best rates your general mental or emotional well being?  
**(WRITE NUMBER IN BOX) (N=585)**

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
20.4	37.5	24.1	12.6	3.1	1.4	1.0

Q54 **SHOWCARD 9.** 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. **(N=585)**

WRITE NUMBER IN THE BOX:

GO TO Q55

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
20.6	28.9	36.4	10.1	1.5	1.7	0.8

Q55 **SHOWCARD 9.** And how do you feel about this area as a place in which to bring up children? **(N=585)**

WRITE NUMBER IN THE BOX:

GO TO Q56

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
19.2	25.4	38.2	11.7	1.4	3.1	1.0

Q56 **SHOWCARD 9.** 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)**

		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>Don't Know</b>
A	The level of unemployment in your area <b>(N=500)</b>	4.7	6.4	17.8	18.8	20.6	18.0	13.7	n/a
B	The number of burglaries in your area <b>(N=550)</b>	35.9	28.8	18.2	12.1	2.9	0.8	1.3	n/a
C	The amount of vandalism / graffiti in your area <b>(N=563)</b>	31.2	23.3	21.3	15.5	4.6	2.3	1.8	n/a
D	The number of assaults / muggings in your area <b>(N=551)</b>	31.5	25.1	20.4	12.1	6.1	1.9	2.9	n/a
E	The amount of drug activity in your area <b>(N=529)</b>	26.9	18.3	12.9	16.6	8.9	8.3	8.1	n/a
F	The level of alcohol consumption in your area <b>(N=537)</b>	23.0	20.5	18.0	20.3	9.1	4.0	5.1	n/a
G	Young people hanging around in your area <b>(N=566)</b>	23.1	25.8	22.7	14.5	6.1	4.0	3.9	n/a
H	The amount of car crime in your area <b>(N=529)</b>	39.4	30.1	13.7	10.7	2.4	2.0	1.8	n/a

GO TO Q57

**Q57 SHOWCARD 10.** 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 (A) –(M) AND CODE ONE FOR EACH)**

		1	2	3	4	5	6	7	Don't know
A	The amount of rubbish lying about in your area <b>(N=578)</b>	20.8	21.7	25.6	16.3	10.9	2.7	2.1	n/a
B	The amount of noise and disturbance in your area <b>(N=582)</b>	27.7	31.2	20.3	12.7	4.3	2.0	1.8	n/a
C	The standard of street lighting in your area <b>(N=581)</b>	44.8	28.0	12.0	9.6	2.5	1.8	1.3	n/a
D	The amount of vacant/derelict land in your area <b>(N=576)</b>	42.7	22.5	17.3	10.8	3.8	1.6	1.2	n/a
E	The number of vacant/derelict buildings in your area <b>(N=576)</b>	42.7	24.1	16.9	10.8	2.4	1.6	1.5	n/a
F	The amount of dog's dirt in your area <b>(N=579)</b>	21.4	16.8	22.7	21.5	9.0	5.4	3.3	n/a
G	The number of abandoned cars in your area <b>(N=563)</b>	48.9	27.7	10.4	7.9	3.0	1.2	0.9	n/a
H	The amount of traffic in your area <b>(N=580)</b>	26.0	23.3	22.6	16.8	6.8	3.1	1.5	n/a
I	The level of smells from sewers in your area <b>(N=578)</b>	58.1	23.3	8.7	6.1	1.4	1.7	0.7	n/a
J	The amount of broken glass lying around in your area <b>(N=576)</b>	31.4	38.2	15.9	8.5	3.7	0.5	1.7	n/a
K	The number of uneven pavements in your area <b>(N=581)</b>	29.6	29.8	24.5	8.8	3.9	1.9	1.5	n/a
L	The availability of safe play spaces in your area <b>(N=571)</b>	25.4	28.6	15.0	16.2	3.8	4.5	6.5	n/a
M	The availability of pleasant places to walk etc in your area <b>(N=576)</b>	26.3	25.6	15.0	16.2	7.0	4.7	5.3	n/a

**GO TO Q58**

**Q58** Do you belong to any social clubs, associations, church groups or anything similar?  
**SINGLE CODE (N=585)**

Yes	10.4	<b>GO TO Q59</b>
No	89.6	<b>GO TO Q61</b>

Q59 How many do you attend regularly in your local area? And elsewhere? (N=56)  
(Write number in each box. If 'none' write in '0'.)

a. Your local area  
(WRITE NUMBER IN BOX)

mean	1.07
------	------

GO TO Q60

b. Elsewhere  
(WRITE NUMBER IN BOX)

mean	0.06
------	------

Q60 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? SINGLE CODE (N=56)

Yes	25.8
No	74.2

GO TO Q61

Q61 X

Q62 Do you act as a volunteer? SINGLE CODE (N=585)

Yes	2.2
No	97.8

GO TO Q63

GO TO Q64

Q63 How many hours (approximately) do you volunteer per week? (N=11)

WRITE NUMBER IN THE BOX:

mean	6.66
------	------

GO TO Q64

Q64 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). IF DON'T KNOW OR REFUSED ENTER 99 IN YEARS (N=585)

GO TO Q65

<input type="text"/>	<input type="text"/>	Years	<input type="text"/>	<input type="text"/>	Months
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Q65 How long have you lived in your present home?  
(WRITE IN YEARS AND/OR MONTHS). INTERVIEWER PLEASE ENSURE THAT THE LENGTH OF TIME RESPONDENT HAS LIVED IN THEIR PRESENT HOME DOES NOT EXCEED LENGTH OF TIME THEY HAVE LIVED IN THEIR NEIGHBOURHOOD/LOCAL AREA (Q64). IF DON'T KNOW OR REFUSED ENTER 99 IN YEARS (N=585)

GO TO Q66

<input type="text"/>	<input type="text"/>	Years	<input type="text"/>	<input type="text"/>	Months
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Q66 Do you have access to the internet? SINGLE CODE (N=585)

Yes	57.1
No	42.9

GO TO Q67

GO TO Q68

Q67	Is this at home, elsewhere or both? <b>SINGLE CODE (N=268)</b>		
	Home	74.2	
	Elsewhere	6.5	<b>GO TO Q68</b>
	Both	19.3	
Q68	Is there anything about your home that affects your health? <b>SINGLE CODE (N=585)</b>		
	Yes	0.6	<b>GO TO Q69</b>
	No	99.4	<b>GO TO Q70</b>
Q69	What would that be? – <b>RECORD VERBATIM (3 Responses)</b>		
	<hr/>		<b>GO TO Q70</b>
Q70	Is your home bought or rented? <b>SINGLE CODE (N=585)</b>		
	Owner occupied/being bought	39.8	
	Rented from private owner	12.0	
	Rented from local housing association or Glasgow Housing Association	48.1	<b>GO TO Q71</b>
	B&B/Hostel	0.1	
	Refused	n/a	
	Other	0.0	<b>GO TO Q70A</b>

**IF CODED 'OTHER' AT Q70 GO TO Q70A, OTHERWISE GO TO Q71**

Q70a	Other (please specify) – <b>RECORD VERBATIM (2 Responses)</b>		
	<hr/>		<b>GO TO Q71</b>

**Q71 SHOWCARD 12.** How much do you agree or disagree with the following statements about living in this local area?

**(READ OUT AND CODE ONE FOR EACH)**

		<b>Strongly Agree</b>	<b>Agree</b>	<b>Neither / nor</b>	<b>Disagree</b>	<b>Strongly Disagree</b>	<b>Don't know</b>
A	This is a neighbourhood where neighbours look out for each other <b>(N=565)</b>	14.1	60.6	15.7	7.2	2.4	n/a
B	I feel I belong to this local area <b>(N=570)</b>	19.3	53.5	17.1	5.6	4.6	n/a
C	The friendships and associations I have with other people in my local area mean a lot to me <b>(N=569)</b>	18.8	54.1	20.9	3.8	2.4	n/a
D	I feel valued as a member of my community <b>(N=568)</b>	17.6	37.5	28.7	13.8	2.4	n/a
E	Generally speaking, you can trust people in my local area <b>(N=566)</b>	17.2	54.1	21.4	3.8	3.6	n/a
F	By working together, people in my neighbourhood can influence decisions that affect my neighbourhood <b>(N=538)</b>	16.7	40.2	28.7	12.2	2.3	n/a
G	If I have a problem, there is always someone to help me <b>(N=571)</b>	19.8	53.0	19.4	5.0	2.8	n/a

**GO TO Q72**

**Q72** 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'. (N=580)**

**WRITE NUMBER IN THE BOX:**

mean	1.15
------	------

**GO TO Q73**

**Q73** Do you ever feel isolated from family and friends? **SINGLE CODE (N=583)**

Yes	5.0	
No	95.0	<b>GO TO Q74</b>
Refused	n/a	



Q74 **SHOWCARD 13.** 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	Don't know
A	Food shops (N=583)	0.9	6.3	21.7	63.5	7.5	n/a
B	Local schools (N=516)	0.4	3.1	18.1	70.9	7.5	n/a
C	Public transport (N=564)	0.8	1.9	17.6	67.1	12.6	n/a
D	Activities for young people (N=500)	4.0	21.3	22.0	50.6	2.1	n/a
E	Leisure / sports facilities (N=512)	3.5	19.5	24.2	50.7	2.1	n/a
F	Childcare provision (N=390)	3.5	10.8	20.9	60.4	4.3	n/a
G	Police (N=526)	2.6	15.0	25.6	53.3	3.4	n/a

**GO TO Q75**

Q75 What mode of transport do you normally use for most of the journeys you make?

**INTERVIEWER: PROBE FOR MAIN MODE – THE ONE USED TO TRAVEL FURTHEST SINGLE CODE (N=584)**

Walking	22.3	
Driver car / van	33.4	
Passenger car / van	4.2	
Motorcycle / moped	0.0	
Bicycle	0.7	
School bus	0.0	<b>GO TO Q76</b>
Works bus	0.1	
Ordinary (service) bus	34.9	
Taxi / minicab	3.6	
Train	0.8	
Underground	0.0	
Ferry	0.0	
Aeroplane	0.0	
Horse-riding	0.0	
Other	0.0	<b>GO TO Q75A</b>

**IF CODED 'OTHER' AT Q75 GO TO Q75A, OTHERWISE GO TO Q76**

Q75a Other (write in) – **RECORD VERBATIM (0 Responses)**

**GO TO Q76**

Q76 **SHOWCARD 14.** 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	Don't know
A	I feel safe using public transport in this local area (N=502)	26.4	66.9	3.4	2.1	1.2	n/a
B	I feel safe walking alone around this local area even after dark (N=537)	18.1	42.5	16.5	13.4	9.5	n/a
C	I feel safe in my own home (N=585)	59.6	36.4	3.6	0.4	0.0	n/a

**GO TO Q77**

**Q77 SHOWCARD 15.** Taking all things into account, which face best indicates how happy you are in general? **(N=585)**

**WRITE NUMBER IN THE BOX:**

**GO TO Q78**

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
15.9	37.6	32.0	11.4	2.6	0.6	0.1

**Q78** Do you feel in control of decisions that affect your life, such as planning your budget, moving house or changing job? **SINGLE CODE (N=584)**

Definitely	68.2
To some extent	27.8
No	4.0
Don't know	n/a

**GO TO Q79**

Q79 Now I'd like to ask you about the members of your household.

A: How many people are there in this household (including yourself)?  
(N=585)

WRITE NUMBER IN THE BOX:

--	--

1	2	3	4	5	6	7	8	9	10
18.6	39.2	23.2	12.9	3.5	1.6	1.1	0.0	0.0	0.0

B: What gender are they? (enter below).

C: Please tell me their ages (enter below). If child under 1 years enter as '0'. IF REFUSED CODE AS 98

D: FOR EACH: Is he/she employed or in education? (enter below).

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 be classed as 'education'. If child under 16 record as 'other'). Enter numbers in grid below.

PERSON	GENDER				AGE				WORK STATUS					
	1 = Male	2 = Female	3 = Transsexual	4 = Refused	Write in age last birthday				1 = Employed	2 = Education	3 = Unemployed	4 = Other / Retired / under 16	5 = Refused	
1 = Respondent	Q79a (N=585)				Q79ab (N=584)					Q79ac (N=585)				
2	Q79b (N=383)				Q79ba (N=383)					Q79bb (N=382)				
3	Q79c (N=174)				Q79ca (N=174)					Q79cb (N=174)				
4	Q79d (N=72)				Q79da (N=72)					Q79db (N=72)				
5	Q79e (N=17)				Q79ea (N=17)					Q79eb (N=16)				
6	Q79f (N=6)				Q79fa (N=6)					Q79fb (N=6)				
7	Q79g (N=1)				Q79ga (N=1)					Q79gb (N=1)				
8	Q79h				Q79ha					Q79hb				
9	Q79i				Q79ia					Q79ib				
10	Q79j				Q79ja					Q79jb				
11	Q79k				Q79ka					Q79kb				
12	Q79l				Q79la					Q79lb				

**Q80 INTERVIEWER: PASS Q80 TO RESPONDENT FOR SELF COMPLETION. DO NOT READ OUT QUESTION OR RESPONSES. ASK RESPONDENTS NOT TO READ OUT ANSWER.**

Which of the following best describes your sexual orientation? **SINGLE CODE (N=580)**

Bisexual	0.6
Gay or lesbian (same sex relationship)	1.3
Heterosexual (opposite sex relationships)	98.1
Other	0.1
Prefer not to answer	n/a

**GO TO Q81**

**Q81 SHOWCARD 16.** What is the highest level of educational qualifications you've obtained? **SINGLE CODE (N=585)**

A	School leaving certificate	22.9
B	'O' Grade, Standard Grade, GCSE, CSE, Senior Cert or equivalent	19.9
C	Higher Grade, CSYS, 'A' Level, AS Level, Advanced Senior Cert or equivalent	3.1
D	GSVQ/SVQ Level 1 or 2, Scotvec Module, BTEC First Diploma, City and Guilds Craft, RSA or equivalent	3.6
E	GSVQ/SVQ Level 3, ONC, OND, Scotvec National Diploma, City and Guilds Advanced Craft, RSA Advanced Diploma or equivalent	3.8
F	Apprenticeship / trade qualification	4.1
G	HNC, HND, SVQ Level 4 or 5, RSA Higher Diploma or equivalent	5.0
H	First Degree, Higher Degree	7.0
I	None	30.0
	Other Professional qualification	0.5

**GO TO Q82**

**GO TO Q81A**

**IF CODED 'OTHER' AT Q81 GO TO Q81A, OTHERWISE GO TO Q82**

**Q81a** Other Professional qualification (specify) – **RECORD VERBATIM (5 Responses)**

**GO TO Q82**

**Q82** 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? **SINGLE CODE (N=585)**

Yes	72.9
No	27.1

**GO TO Q83**

**ASK Q83 OF ALL RESPONDENTS**

**Q83 SHOWCARD 17.** Which one of these describes you best? **GO TO INSTRUCTIONS BEFORE Q83A.**

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

**IF RESPONDENT IS NOT MAIN WAGE EARNER ('NO' AT Q82), ASK Q83A: OTHERS GO TO Q84.**

Q83a Which of these applies to the main wage earner?  
**IF RESPONDENT IS NOT MAIN WAGE EARNER (NO' AT Q82) ASK Q83A, OTHERWISE GO TO Q84. CODE ONE ONLY.**  
**IF CURRENTLY OFF WORK OR ON MATERNITY LEAVE, CODE AS EMPLOYED FULL- OR PART-TIME.**

	Q83 Respondent (N=585)	Q83a Main Wage Earner (N=117)
Employed full-time	41.5	60.6
Employed part-time	5.4	2.4
Unemployed and seeking work	10.4	13.3
Unable to work due to illness or disability	7.7	2.3
Retired	21.7	14.6
Looking after home/family	6.7	4.1
In full-time education/training	6.6	2.7
In part-time education/training	0.0	0.0

**GO TO Q84**

Q84 What is or was the main wage earner's occupation?  
**Job (write in verbatim). IF 'NEVER WORKED' CODE AS N/A. IF RETIRED ENTER PREVIOUS OCCUPATION (533 Responses)**

**GO TO Q85**

Q85 How many people is/was he/she responsible for?  
**If none, write in '0'. If Don't know, code as 99 (576 Responses)**

**WRITE IN NUMBER:**

mean	0.82
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**GO TO Q86**

Q86 **SHOWCARD 18.** What industry do/did he/she work in? What is/was made or done at the place where he/she work(ed)? **CODE ONE ONLY (N=585)**

Manufacturing and mining	12.6
Construction	12.9
Transport	7.5
Health service	6.1
Local or national government	8.9
Service industries (e.g. banking, insurance, travel, entertainment)	15.7
Retail services	7.7
Catering/food preparation	3.0
Professional services (e.g. teaching, legal, surveying services)	1.5
Voluntary or community sector	1.0
Other	23.0

**IF CODED 'OTHER' AT Q86 GO TO Q86A, OTHERWISE GO TO Q87**

Q86a Other (please specify) – **RECORD VERBATIM (138 Responses)**

**GO TO Q87**

Q87 SEG (N=585)

A	0.4
B	6.2
C1	20.2
C2	22.8
D	29.2
E	21.2

**IF RESPONDENT IS UNEMPLOYED AND SEEKING WORK (CODE 3 AT Q83) ASK Q88 OTHERS GO TO Q89)**

Q88 How long has it been since you were last in paid employment?  
WRITE IN YEARS AND/OR MONTHS. IF NEVER WORKED, CODE AS '98' (N=43)

Years   Months  
 Never GO TO Q89

Q89 **SHOWCARD 19.** How often do you find it difficult to meet the cost of:

		Very Often	Quite Often	Occasionally	Never	Don't know	N/A	Refused
A	Rent/mortgage (N=553)	1.1	3.3	23.9	71.7	n/a	n/a	n/a
B	Gas, electricity and other fuel bills (N=569)	2.2	4.1	33.3	60.4	n/a	n/a	n/a
C	Telephone bill (N=547)	1.1	3.5	26.0	69.4	n/a	n/a	n/a
D	Council tax, insurance (N=566)	2.0	5.2	29.2	63.6	n/a	n/a	n/a
E	Food (N=570)	2.0	3.1	22.3	72.6	n/a	n/a	n/a
F	Treats / holidays (N=555)	9.9	16.7	32.3	41.1	n/a	n/a	n/a
G	Clothes and shoes (N=570)	9.3	14.9	30.5	45.2	n/a	n/a	n/a

GO TO Q90

Q90 **SHOWCARD 20.** 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?

		Impossible to Find	A big Problem	A bit of a Problem	No Problem	Don't know
A	£20 (N=568)	2.1	8.6	24.8	64.5	n/a
B	£100 (N=562)	4.5	27.5	32.3	35.7	n/a
C	£1,000 (N=558)	45.7	28.4	13.0	13.0	n/a

GO TO Q91



Q97 **SHOWCARD 24.** Which of the groups on this card best describes you?

**SINGLE CODE**

\* Gypsy/Travellers should be encouraged to record their ethnic group under 'Other White – specify' (N=575)

	<b>White</b>	
A	Scottish	94.7
B	Other British	2.6
C	Irish	0.3
D	Other White British	0.0
	<b>Mixed</b>	
E	Any mixed background	0.3
	<b>Asian, Asian Scottish, Asian English, Asian Welsh or other Asian British</b>	
F	Indian	0.8
G	Pakistani	0.2
H	Bangladeshi	0.0
I	Chinese	0.7
J	Any other Asian background	0.0
	<b>Black, Black Scottish, Black English, Black Welsh or other Black British</b>	
K	Caribbean	0.0
L	African	0.2
M	Any other Black background	0.0
	<b>Other Ethnic background</b>	
N	Any other background	0.2
	Refused	n/a

**IF CODED '4', '5', '10', '13' OR '14' AT Q97 GO TO Q97A, ALL OTHERS GO TO Q98**

Q97A Other ethnic group – **RECORD VERBATIM (4 Responses)**

**GO TO Q98**

Q98 What religion, if any, do you identify with? **SINGLE CODE (N=574)**

None	39.9
Christianity, Church of Scotland	36.8
Christianity, Roman Catholic	21.0
Christianity, Other	1.5
Buddhism	0.0
Hinduism	0.6
Judaish	0.0
Islam	0.0
Sikhism	0.0
Refused	n/a
Other religion	0.2



**IF CODED 'OTHER' AT Q98, GO TO Q98A, OTHERWISE GOT TO Q99.**

Q98A Other religion group – **RECORD VERBATIM (2 Responses)**

**GO TO Q99**

Q99 What month were you born in? **PROBE TO PRECODE (N=565)**

January	7.3
February	6.6
March	11.4
April	8.5
May	9.5
June	6.7
July	9.2
August	11.3
September	8.9
October	8.3
November	5.0
December	7.1
Refused	n/a

**GO TO Q100**

Q100 **SHOWCARD 25.** Have you experienced discrimination on any of the following grounds in the last twelve months? **CODE ALL THAT APPLY (N=585)**

Accent	0.1
Age	0.1
Disability	0.0
Ethnicity	0.3
Language	0.5
Nationality	1.2
Religion / faith / belief	0.8
Sex	0.0
Sexual orientation	0.6
Skin colour	0.0
None	96.6
Other	0.0

**IF CODED 'OTHER' AT Q100 GO TO Q100A, OTHERWISE GO TO Q101**

Q100a Other (please specify) – **RECORD VERBATIM (0 responses)**

**GO TO Q101**

Q101 Do you consider yourself to be a migrant worker? **(N=585)**

**Prompt: A migrant worker is someone who has come to Scotland over the past few years from outside the UK for the purpose of employment. This question is asked to allow the health service to improve understanding of the health needs of these new communities....it will be used for no other purposes**

Yes	2.6	<b>GO TO Q102</b>
No	97.4	<b>GO TO Q103</b>

Q102 What is your country of origin? **SINGLE CODE (N=10)**

One of the new accession 10 countries (Poland, Lithuania, Estonia, Latvia, Slovenia, Slovakia, Hungary, Czech Republic, Romania, Bulgaria)	37.9
One of the other member states of the European Union (Austria, Belgium, Cyprus, Denmark, Finland, Greece, Germany, Ireland, Italy, Luxemburg, Malta, Netherlands, Portugal, Spain, Sweden)	0.0
A country from outside the European Union	62.1

**GO TO Q103**

Q103 NHSGG&C are keen to look at health and wellbeing of residents across the health board area. For this reason, may I record your postcode? This will be passed with responses to this questionnaire to NHSGG&C, and will only be used for planning and monitoring health across the area.

Yes	1	<b>GO TO Q103A</b>
No	2	<b>GO TO Q104</b>

Q103a What is your postcode? **PLEASE RECORD POSTCODE**

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Q103b Could you repeat that please, just to ensure I have recorded it correctly. **PLEASE RECORD POSTCODE**

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**GO TO Q104**

**IF Q103A DOES NOT EQUAL Q103B, DISPLAY VALUES ARE NOT THE SAME PLEASE RE-ENTER**

Q104 May we have your permission to give NHS Greater Glasgow & Clyde or its partners your name and address so they can contact you in the future about similar research studies in relation to health? The partners are the Glasgow Centre for Population Health and the community health partnerships. We would not give them any of your answers to this interview – just your name and address. Should you agree, this follow-up research could take the form of a self completion questionnaire, telephone or face to face interview, over the course of the next 2 years.

Yes, permission given	1	<b>ENSURE PERMISSION SHEET SIGNED AND GO TO Q104A</b>
No, permission not given	2	<b>GO TO Q105</b>

Q105 When reviewing the results of the survey, it is possible that **mrug** research may want to recontact you to clarify one or two of your answers. Would you be happy for us to call you if necessary following our analysis stage (likely to be during next 4 months)? We would not take up more than 2 or 3 minutes of your time. Please note that should you agree your contact details will not be passed to our client (unless previous permission given) and will only be used for the purpose of recontacting you should any clarification be required.

Please also note that it is not definite that you will be contacted and your details will only be held for this purpose a maximum of 6 months.

Yes	1	
No	2	<b>GO TO Q106</b>

Q106 Please record how Q15 and Q16 were completed.  
**SINGLE CODE**

Self completion	1	
Read out for the respondent	2	

Q104a Record respondent details?  
Name:

**GO TO Q104B**

\_\_\_\_\_

**You must enter the full name with whom the survey was completed.**

Q104b Record respondent details?  
Address

**GO TO Q104C**

\_\_\_\_\_

**You must enter the full address**

Q104c Record respondent details?  
Postcode:

**GO TO Q104D**

\_\_\_\_\_

**You must enter the full postcode**

Q104d Record respondent details?  
Telephone Number

\_\_\_\_\_

**You must enter the telephone number.**

**THANK AND CLOSE**  
**MAKE SURE POSTCODE IS COMPLETE & CORRECTLY RECORDED FROM SAMPLE FOR ALL**  
**RESPONDENTS WHO AGREE**  
**HAND OUT "THANK YOU" LEAFLET**