

Headline findings from the 2008 Health and Wellbeing Survey.

Summary

This brief report provides some early finding from the 2008 NHS Greater Glasgow and Clyde health and wellbeing survey. This is the first of a series of reports which will emerge throughout the autumn 2009 and into 2010.

Firstly, it is encouraging that the first analysis of trends for Glasgow City¹ show that there are improvements in the percentage of respondents who:

- Brush their teeth twice or more a day
- Smoke
- Consume 5 or more portions of fruit or vegetables in a day
- Feel safe walking alone after dark
- Live with one or more long term limiting illness

The effects of wider economic decline are seen in the increasing proportion of respondents who find it difficult to meet unexpected bills.

The effects of deprivation can be seen in the analysis of bottom 15% SIMD areas compared to other areas. The most deprived areas fare worse than other areas in the percentage of respondents who:

- Brush their teeth twice or more a day
- Smoke
- Consume 5 or more portions of fruit or vegetables in a day
- Have a positive attitude towards breastfeeding
- Meet the recommended amount of physical activity in a week
- Participate in sport
- Amount of time spent on screen based activities
- Feel safe walking alone after dark
- Have difficulties meeting unexpected bills

¹ Trends are not available for NHSGGC as whole as 2008 represented the first year the survey took place following the merger of the former NHS Greater Glasgow and part of the former NHS Argyll and Clyde

The survey demonstrates marked differences between CH(C)Ps. For example respondents from Glasgow North are 6 times more likely to find it impossible to meet an unexpected bill of £20. Cambuslang and Rutherglen have fewer smokers, but of those who do smoke, they are least likely to wish to quit. Further differences between CH(C)Ps are highlighted throughout the report.

Introduction

Between Mid August and Mid December 2008, NHS Greater Glasgow and Clyde conducted a health and wellbeing survey. The survey mirrored earlier surveys which were conducted in 1999; 2002 and 2005. The key difference for the 2008 survey was the expansion to explore the area administered by NHSGGC. Further, each of the CH(C)Ps commissioned the PHRU to include boosted samples to enable them to explore local information. In addition three CH(C)Ps (Glasgow South West; Inverclyde and Renfrewshire) commissioned an enhanced boost to enable them to explore the difference and similarities between their most deprived areas (in the bottom 15% of the Scottish Index of Multiple Deprivation) and their other areas.

The survey explores perceptions of health and illness; use of health services; health behaviours; social health; financial health; environmental health and satisfaction with local services. This report provides an early snapshot of findings and focuses on some key indicators of health and illness; health behaviours; social health and financial health. Trends (where available) are highlighted for Glasgow City. Analysis by bottom 15% compared to other areas are also presented.

Full reports for NHSGGC and each of the CH(C)P's will be available by the end of 2009. These will provide more in-depth analysis of each of the 100 questions covered in the survey including analysis by gender and age.

Methods

A sample size calculator was used to determine the number of interviews that should take place in each of the areas across NHSGGC.

Postcodes across NHSGGC were stratified by local authority and the Scottish Index of Multiple Deprivation Quintiles (SIMD). Residential addresses were selected at random and contacted by letter by MRUK (the market research agency that were commissioned to conduct the interviews on our behalf). Recipients were given the opportunity to opt out of the survey by either contacting MRUK or the Senior Researcher in Public Health.

MRUK visited each address up to 6 times before they were considered redundant. The adult in the household that should be interviewed was selected using the last birthday technique.

Face to face Interviews were conducted using computer assisted software in the respondents own home. Each interview took 30 - 45 minutes. One in ten respondents were re-contacted by MRUK to validate the interviews.

Analysis

This report provides a snapshot of information from the whole survey. Full analysis will be available by the end of the year for each of the 100 questions asked in the survey. The questions will be explored by eighteen independent variables in addition an analysis of trends for the former NHSGG area will be included.

Results

Health and Illness

Across NHSGGC as a whole 63% of respondents reported being free from a long term limiting illness. This varied from 70% in South East CHCP to 57% in East Dunbartonshire CHP and East Renfrewshire CHP.

Of respondents across NHSGGC 22% had one long term limiting illness. This varied from East Renfrewshire CHP and Inverclyde CHP which each had 27% of respondents to Cambuslang and Rutherglen that had 14% of respondents with one long term limiting illness.

A further 15% of respondents across NHSGGC reported having two or more long term limiting illnesses. This varied from 21% in East Dunbartonshire CHP to 6% in West Dunbartonshire CHP.

The table below illustrates these findings for NHSGGC:

Table 1: Percentage of respondents with none, one or two or more long term limiting illnesses

	NHSGGC	Glasgow City	Glasgow East	Glasgow North	Glasgow South East	Glasgow South West	Glasgow West	Cambuslang and Rutherglen	East Dun	East Ren	Inverclyde	Renfrew	West Dun
None	63	65	65	67	70	60	62	68	57	57	61	62	68
One	22	21	19	19	18	25	24	14	22	27	27	20	26
Two or more	15	14	16	14	12	15	14	17	21	16	12	18	6

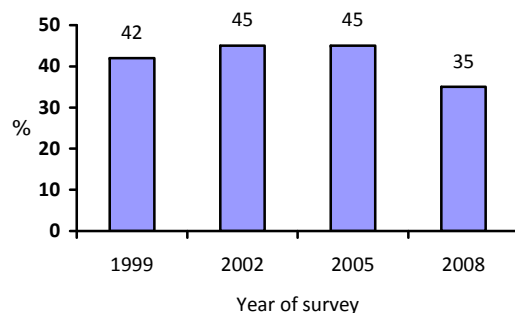
Respondents living in the most deprived areas (bottom 15% SIMD) were less likely to have no long term limiting illnesses and more likely to have two or more long term limiting illnesses. The difference was most marked between the bottom 15% areas in Glasgow South West and least marked in Inverclyde as table 2 demonstrates:

Table 2: Percentage of respondents with none, one or two or more long term limiting illnesses in the bottom 15% SIMD areas compared to other areas

	NHSGGC		Glasgow City		Glasgow South West		Inverclyde		Renfrewshire	
	Bottom 15% areas	Other areas	Bottom 15% areas	Other areas	Bottom 15% areas	Other areas	Bottom 15% areas	Other areas	Bottom 15% areas	Other areas
None	62	64	63	66	55	66	57	62	58	62
One	21	22	20	22	25	24	30	26	21	20
Two or more	17	14	17	11	20	10	13	12	22	18

When we explore trends back to 1999, there has been a slight reduction in the percentage of respondents with one or more long term limiting illness as figure 1 illustrates:

Figure 1: Percentage of respondents with one or more long term limiting illnesses (Glasgow City)



The GHQ12 (General Household Questionnaire) was used to determine the proportion of respondents who were likely to have a clinical mental health problem. A score of between 4 and 12 is indicative of a clinical mental health problem. Across NHSGGC 14% of respondents were in this group. This varied from 21% in Inverclyde to 7% in Cambuslang and Rutherglen as table 3 illustrates:

Table 3: Percentage of respondent with a GHQ12 score of between 4 and 12 (ie indicative of a clinical mental health problem)

NHSGGC	Glasgow City	Glasgow East	Glasgow North	Glasgow South East	Glasgow South West	Glasgow West	Cambuslang and Rutherglen	East Dun	East Ren	Inverclyde	Renfrew	West Dun
14	14	10	10	8	15	15	7	18	13	21	18	13

Health behaviours

Tooth brushing

The national target is to brush teeth twice or more a day. It is encouraging that across NHSGGC 79% met this target. This varied from Glasgow North where 87% of their respondents reported brushing their teeth twice or more a day to Glasgow South West where only 69% met the target. Full results for NHSGGC are presented in table 4:

Table 4: Percentage of respondents that brush their teeth twice or more in a day

NHSGGC	Glasgow City	Glasgow East	Glasgow North	Glasgow South East	Glasgow South West	Glasgow West	Cambuslang and Rutherglen	East Dun	East Ren	Inverclyde	Renfrew	West Dun
79	80	83	87	81	69	82	85	81	73	74	80	74

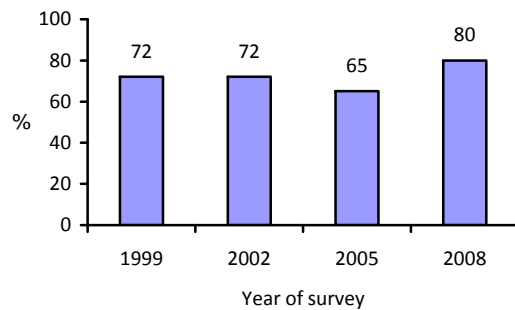
Those living in the most deprived data zones were less likely to meet the tooth brushing target than other areas. Across NHSGGC as a whole only 76% of those living in the most deprived data zones brushed their teeth twice a day compared to 81% in other areas.

Table 5: Percentage of respondents that brushed their teeth twice or more a day in the bottom 15% SIMD areas compared to other areas

NHSGGC		Glasgow City		Glasgow South West		Inverclyde		Renfrewshire	
Bottom 15% areas	Other areas	Bottom 15% areas	Other areas	Bottom 15% areas	Other areas	Bottom 15% areas	Other areas	Bottom 15% areas	Other areas
76	81	76	83	65	73	69	77	74	82

In Glasgow City there has been an increase in the percentage of respondents that brush their teeth twice or more in a day since 2005 as the figure 2 shows:

Figure 2: Percentage of respondents that brush their teeth twice a day (Glasgow City)



Smoking

Overall, one third (33%) of respondents in NHSGGC were smokers. Of these, one third would like to quit smoking. Smoking varied from Glasgow North that had 42% smokers to East Renfrewshire that had 20% smokers. Table 6 provides more detailed information on smoking levels:

Table 6: Percentage of respondents that are current smokers

NHSGGC	Glasgow City	Glasgow East	Glasgow North	Glasgow South East	Glasgow South West	Glasgow West	Cambuslang and Rutherglen	East Dun	East Ren	Inverclyde	Renfrew	West Dun
33	35	41	42	30	36	29	23	23	20	35	35	34

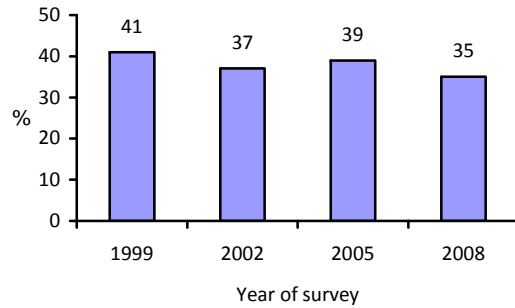
Willingness to quit varied from almost half of smokers in East Renfrewshire to just 11% in Cambuslang and Rutherglen. It is interesting that the two areas with the lowest levels of smoking had such marked differences in willingness to quit. Tables 7 provide more detailed information on willingness to quit.

Table 7: Percentage of smokers that would like to quit

NHSGGC	Glasgow City	Glasgow East	Glasgow North	Glasgow South East	Glasgow South West	Glasgow West	Cambuslang and Rutherglen	East Dun	East Ren	Inverclyde	Renfrew	West Dun
33	30	28	35	22	30	31	11	44	46	31	34	40

Compared to earlier surveys there has been a steady decline in the percentage of respondents that are current smokers since the survey began in 1999 as figure 3 illustrates:

Figure 3: Percentage of respondents that are current smokers (Glasgow City)



There are marked differences between the percentage of respondents that are smokers in the bottom 15% areas compared to other areas (42% of those in the bottom 15% areas across NHSGGC reported they are smokers compared to just 29% in other areas) as table 8 illustrates:

Table 8: Percentage of respondents that are current smokers in the bottom 15% areas and other areas

NHSGGC		Glasgow City		Glasgow South West		Inverclyde		Renfrewshire	
Bottom 15% areas	Other areas	Bottom 15% areas	Other areas	Bottom 15% areas	Other areas	Bottom 15% areas	Other areas	Bottom 15% areas	Other areas
42	29	42	29	45	28	40	32	46	33

The difference between bottom 15% areas and other areas in their willingness to quit smoking is less marked as table 9 illustrates:

Table 9: Percentage of smokers who are willing to quit in the bottom 15% areas and other areas

NHSGGC		Glasgow City		Glasgow South West		Inverclyde		Renfrewshire	
Bottom 15% areas	Other areas	Bottom 15% areas	Other areas	Bottom 15% areas	Other areas	Bottom 15% areas	Other areas	Bottom 15% areas	Other areas
33	32	32	27	33	26	36	28	38	33

Alcohol

Those respondents that drank alcohol were asked about their drinking behaviour in the last week. We can use this information to explore excess drinking by calculating two indicators. Firstly, those who drink more than the recommended amount of alcohol in a week (for men this is 21 units or more and for women this is 14 units or more). Secondly we can explore those who binge drink (which is drinking 6 or more units in a single day for a women and for a man drinking 8 or more units).

In 2008 we applied a correction factor which takes account of the new brands of alcoholic drinks which are stronger. Current information on drinking behaviours is not strictly comparable to earlier surveys due to the application of the correction factor. Trends in drinking behaviour will emerge towards the end of 2009.

The percentage of respondents that drank alcohol in the previous week AND exceed the recommended amount of alcohol in a week was 37% in NHSGGC. The CH(C)P with the highest percentage of respondents exceeding the recommended amount of alcohol in the previous week was Glasgow West with 54% respondents; whereas East Renfrewshire had the least with 17% exceeding the recommended amount of alcohol in the previous week. Table 10 below illustrates these findings

Table 10: Percentage of respondents that drank alcohol in the previous week and exceed the weekly recommended maximum

NHSGGC	Glasgow City	Glasgow East	Glasgow North	Glasgow South East	Glasgow South West	Glasgow West	Cambuslang and Rutherglen	East Dun	East Ren	Inverclyde	Renfrew	West Dun
37	43	46	33	40	30	54	47	35	17	31	33	32

The figure is based on the assumption that higher strength alcoholic drinks were consumed (eg wine at 14% ABV)²

Overall, across NHSGGC there is little difference in the proportion of respondents who drank over the weekly recommended maximum in the most deprived areas and other areas; however, in some CH(C)Ps there is a gap between these areas. For example in Glasgow South West respondents living in the most deprived areas were less likely to drink over the recommended maximum amount of alcohol; whereas in Inverclyde respondents living in the most deprived areas were more likely to drink over the recommended maximum amount of alcohol as table 11 illustrates below:

Table 11: Percentage of respondents that drank alcohol in the previous week and exceeded the weekly recommended maximum number of units; comparing the bottom 15% areas with other areas

NHSGGC		Glasgow City		Glasgow South West		Inverclyde		Renfrewshire	
Bottom 15% areas	Other areas	Bottom 15% areas	Other areas	Bottom 15% areas	Other areas	Bottom 15% areas	Other areas	Bottom 15% areas	Other areas
39	36	39	46	26	35	40	28	31	34

The figure is based on the assumption that higher strength alcoholic drinks were consumed (eg wine at 14% ABV)

An alternative way of exploring patterns of inappropriate alcohol consumption is to look at excess daily consumption or binge drinking. In NHSGGC 59% of respondents binge drank in the last week. This varied between CH(C)Ps from Glasgow West and Glasgow East where 70% to 32% in East Renfrewshire that binge drank in the last week as table 12 below demonstrates:

² Trends for alcohol consumption will be developed for NHSGG but are not currently available as a correction factor has been applied to the 2008 data

Table 12: Percentage of respondents that drank alcohol in the previous week and binge drank on at least one day

NHSGGC	Glasgow City	Glasgow East	Glasgow North	Glasgow South East	Glasgow South West	Glasgow West	Cambuslang and Rutherglen	East Dun	East Ren	Inverclyde	Renfrew	West Dun
59	65	70	58	62	53	70	69	58	32	57	59	55

The figure is based on the assumption that higher strength alcoholic drinks were consumed (eg wine at 14% ABV)

When patterns of binge drinking are explored by deprivation a mixed picture is seen. In some areas there is little difference between the bottom 15% areas and other areas (for example NHSGGC as a whole; Renfrewshire); whereas in Glasgow City and Glasgow South West respondents from the bottom 15% areas appeared to be less likely to binge drink and in Inverclyde respondents in the bottom 15% areas appeared to be more likely to binge drink.

Table 13: Percentage of respondents that drank alcohol in the previous week and binge drank on at least one occasion; comparing the bottom 15% areas with other areas

NHSGGC		Glasgow City		Glasgow South West		Inverclyde		Renfrewshire	
Bottom 15% areas	Other areas	Bottom 15% areas	Other areas	Bottom 15% areas	Other areas	Bottom 15% areas	Other areas	Bottom 15% areas	Other areas
59	59	59	69	47	61	65	54	56	60

The figure is based on the assumption that higher strength alcoholic drinks were consumed (eg wine at 14% ABV)

Fruit and Vegetables

We calculated the number of portions of fruit and vegetables respondents ate the previous day. Across NHSGGC as a whole 38% of respondents ate 5 portions a day. This varied from 47% of respondents in West Dunbartonshire to 26% of respondents in Inverclyde as table 14 illustrates:

Table 14: Percentage of respondents that ate 5 portions of fruit or vegetables on the previous day

NHSGGC	Glasgow City	Glasgow East	Glasgow North	Glasgow South East	Glasgow South West	Glasgow West	Cambuslang and Rutherglen	East Dun	East Ren	Inverclyde	Renfrew	West Dun
38	36	30	29	35	38	44	45	41	37	26	43	47

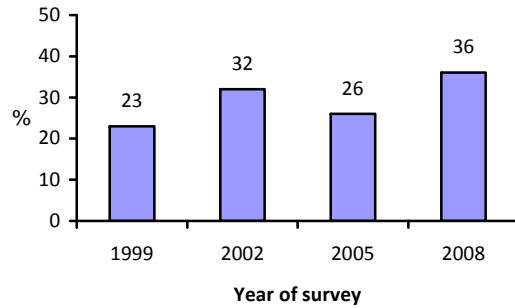
When differences between the bottom 15% areas and other areas were explored, respondents in the most deprived areas were less likely to eat 5 portions of fruit and vegetables. The figures for NHSGGC as a whole are a good example. Only 30% of respondents in the most deprived areas ate 5 portions of fruit or vegetables in the previous day whereas 41% of respondents in other areas ate 5 portions. However, in Inverclyde there is no difference between respondents living in the bottom 15% areas and other areas (both have 26% of respondents eating 5 portions of fruit and vegetables a day) as table 15 below illustrates:

Table 15: Percentage of respondents that ate 5 portions of fruit or vegetables on the previous day by bottom 15% areas vs other areas

NHSGGC		Glasgow City		Glasgow South West		Inverclyde		Renfrewshire	
Bottom 15% areas	Other areas	Bottom 15% areas	Other areas	Bottom 15% areas	Other areas	Bottom 15% areas	Other areas	Bottom 15% areas	Other areas
30	41	29	41	29	45	26	26	29	45

The percentage of respondents from Glasgow City eating 5 or more portions of fruit and vegetables in a day has increased since 2005 as the figure 4 illustrates:

Figure 4: Percentage of respondents that eat 5 or more portions of fruit and vegetables in a day (Glasgow City)



Fast Food Takeaways

Across NHSGGC as a whole around one fifth of respondents ate fast food takeaways at least once a week (21% of respondents). This varied between 28% of respondents in Inverclyde and 14% of respondents in Glasgow South West and West Dunbartonshire as table 16 illustrates:

Table 16: Percentage of respondents that ate fast food takeaways at least once a week

NHSGGC	Glasgow City	Glasgow East	Glasgow North	Glasgow South East	Glasgow South West	Glasgow West	Cambuslang and Rutherglen	East Dun	East Ren	Inverclyde	Renfrew	West Dun
21	21	25	17	24	14	23	22	22	20	28	23	14

When patterns of eating fast food takeaways are explored by comparing the bottom 15% areas and other areas a mixed picture emerges. For example, across NHSGGC as a whole and within Glasgow City there is little difference in the proportion of respondents that eat fast food takeaways at least once a week. However, within Glasgow South West and Renfrewshire a greater proportion of respondents living in the bottom 15% areas eat fast food takeaways than other areas as table 17 illustrates:

Table 17: Percentage of respondents that ate fast food takeaways at least once a week by bottom 15% areas vs other areas

NHSGGC		Glasgow City		Glasgow South West		Inverclyde		Renfrewshire	
Bottom 15% areas	Other areas	Bottom 15% areas	Other areas	Bottom 15% areas	Other areas	Bottom 15% areas	Other areas	Bottom 15% areas	Other areas
23	20	22	19	18	11	25	31	30	22

Attitudes to breastfeeding

A number of questions were asked which explored attitudes to breastfeeding. The findings from one of these questions is reported here. A fuller picture of attitudes to breastfeeding will be reported in the main report.

One fifth of respondents in NHSGGC as a whole agreed with the statement “Women should only breastfeed their babies at home or in private”. The extent this view was held varied across the area with 28% of respondents in Glasgow South West agreeing with the statement and only 7% agreeing with the statement in Cambuslang and Rutherglen as table 18 demonstrates:

Table 18: Percentage of respondents that agreed with the statement “Women should only breastfeed their babies at home or in private”

NHSGGC	Glasgow City	Glasgow East	Glasgow North	Glasgow South East	Glasgow South West	Glasgow West	Cambuslang and Rutherglen	East Dun	East Ren	Inverclyde	Renfrew	West Dun
20	21	15	17	23	28	22	7	17	20	12	23	22

When comparisons were conducted between bottom 15% areas and other areas, on the whole fewer respondents in the bottom 15% areas agreed with the statement “Women should only breastfeed their babies at home or in private”. The exception being Inverclyde where slightly more respondents agreed with the statement in the bottom 15% areas. Table 19 below provides more information:

Table 19: Percentage of respondents that agreed with the statement “Women should only breastfeed their babies at home or in private” by bottom 15% areas vs other areas

NHSGGC		Glasgow City		Glasgow South West		Inverclyde		Renfrewshire	
Bottom 15% areas	Other areas	Bottom 15% areas	Other areas	Bottom 15% areas	Other areas	Bottom 15% areas	Other areas	Bottom 15% areas	Other areas
17	20	18	23	26	29	15	11	16	25

Weight

Respondents were asked to report their weight and height. This was used to calculate Body Mass Index (BMI). A BMI of 25 or above is considered to be overweight. Across NHSGGC 44% of respondents were overweight. Within NHSGGC this varied from 51% of respondent in East Renfrewshire to 33% of respondents in Glasgow West as table 20 illustrates:

Table 20: Percentage of respondents that were overweight using BMI calculated from self report height and weight

NHSGGC	Glasgow City	Glasgow East	Glasgow North	Glasgow South East	Glasgow South West	Glasgow West	Cambuslang and Rutherglen	East Dun	East Ren	Inverclyde	Renfrew	West Dun
44	41	50	37	42	43	33	49	43	51	47	50	42

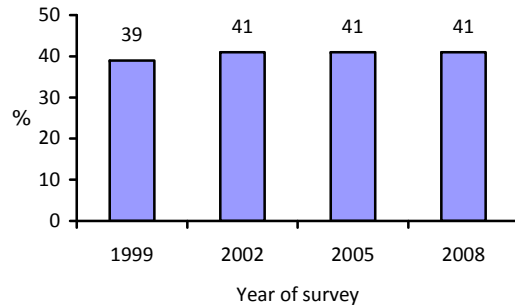
In most areas there is little difference between the percentages of respondents that were overweight in the bottom 15% areas compared to other areas. The exception is Inverclyde where 41% of respondents living in the most deprived areas were overweight compared to 50% in other areas as table 21 illustrates:

Table 21: Percentage of respondents that were overweight using BMI calculated from self report height and weight comparing bottom 15% areas with other areas

NHSGGC		Glasgow City		Glasgow South West		Inverclyde		Renfrewshire	
Bottom 15% areas	Other areas	Bottom 15% areas	Other areas	Bottom 15% areas	Other areas	Bottom 15% areas	Other areas	Bottom 15% areas	Other areas
45	44	43	39	40	46	41	50	53	49

The percentage of respondents with a BMI above ideal has not changed since the survey began in 1999 as the figure below illustrates:

Figure 5: Percentage of respondents with a BMI above 25 (above ideal) (Glasgow City)



Exercise and sport

The national physical activity target is for an adult to take 20 minutes of strenuous physical activity 3 or more times a week OR to take 30 minutes of moderate activity 5 or more times a week. Just less than half of respondents in NHSGCC met this target. Within NHSGCC the percentage of respondent that meet the target varies from 67% of respondents in West Dunbartonshire to 26% in Glasgow North as table 22 below illustrates:

Table 22: Percentage of respondents that met the national physical activity target

NHSGCC	Glasgow City	Glasgow East	Glasgow North	Glasgow South East	Glasgow South West	Glasgow West	Cambuslang and Rutherglen	East Dun	East Ren	Inverclyde	Renfrew	West Dun
45	39	34	26	51	44	39	39	57	50	42	49	67

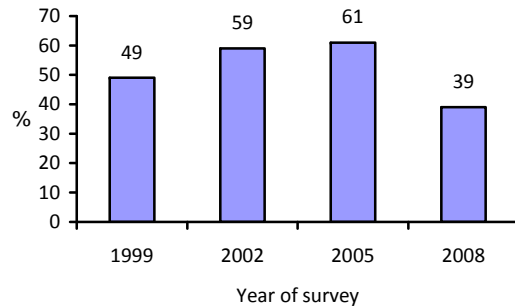
When we explored the proportion of respondents that met the physical activity target by comparing the most deprived areas vs other areas a varied picture emerges. For example, NHSGCC; Glasgow City and Inverclyde respondents in the most deprived areas were less likely to meet the target. Whereas in Glasgow South West and Renfrewshire the difference was less marked as table 23 illustrates:

Table 23: Percentage of respondents that met the national physical activity target. Comparison between the bottom 15% areas and other areas

NHSGCC		Glasgow City		Glasgow South West		Inverclyde		Renfrewshire	
Bottom 15% areas	Other areas	Bottom 15% areas	Other areas	Bottom 15% areas	Other areas	Bottom 15% areas	Other areas	Bottom 15% areas	Other areas
39	47	35	42	43	46	37	44	46	50

The percentage of respondents that meet the current recommendations for physical activity has reduced since the survey began in 1999 as the figure below illustrates:

Figure 6: Percentage of respondents that met the national physical activity target (Glasgow City)



Respondents were asked about their participation in sport in the last four weeks. Around a third of respondents in NHSGGC had participated in any sport in the last four weeks. This varied from 52% of respondents in East Renfrewshire to 31% of respondents in Inverclyde as table 24 illustrates:

Table 24: Percentage of respondents that participated in any sport in the previous 4 weeks

NHSGGC	Glasgow City	Glasgow East	Glasgow North	Glasgow South East	Glasgow South West	Glasgow West	Cambuslang and Rutherglen	East Dun	East Ren	Inverclyde	Renfrew	West Dun
43	43	34	32	40	49	53	40	47	52	31	45	49

In areas where we could conduct a comparison between respondents living in the bottom 15% areas and other areas, those living in the most deprived areas were less likely to participate in sport. The gap was largest in Inverclyde. As table 25 illustrates:

Table 25: Percentage of respondents that participated in any sport in the previous four weeks. Comparison between the bottom 15% areas and other areas

NHSGGC		Glasgow City		Glasgow South West		Inverclyde		Renfrewshire	
Bottom 15% areas	Other areas	Bottom 15% areas	Other areas	Bottom 15% areas	Other areas	Bottom 15% areas	Other areas	Bottom 15% areas	Other areas
35	47	35	49	46	52	20	37	38	47

Time spent on screen-based activities

Respondents were asked about the amount of time they spend watching TV; playing console games or using the computer for leisure. The average number of hours per week spent on such activities was almost 26.5 hours in NHSGGC. There was little variation across CH(C)Ps, with respondents from Glasgow East spending most time on screen based activities (almost 30 hours per week) and respondents from Inverclyde spending least time (almost 24 hours per week). The table below provides more detail:

Table 26: Average number of hours per week spent on screen based activities

NHSGGC	Glasgow City	Glasgow East	Glasgow North	Glasgow South East	Glasgow South West	Glasgow West	Cambuslang and Rutherglen	East Dun	East Ren	Inverclyde	Renfrew	West Dun
26.28	27:47	29:54	26:09	28:27	26:12	27:59	25:37	25:00	24:06	23:44	24:52	28:37

When respondents from the bottom 15% areas were compared with other areas; respondents in the most deprived areas spent a little more time on screen based activities than other areas. The largest gap was observed in Inverclyde as table 27 below illustrates:

Table 27: Average number of hours per week spent on screen based activities. A comparison between bottom 15% areas and other areas

NHSGGC		Glasgow City		Glasgow South West		Inverclyde		Renfrewshire	
Bottom 15% areas	Other areas	Bottom 15% areas	Other areas	Bottom 15% areas	Other areas	Bottom 15% areas	Other areas	Bottom 15% areas	Other areas
28:03	25:46	28:05	27:31	26:43	25:43	27:14	21:50	25:58	24:41

Feeling safe

Respondents were asked if they agreed or disagreed with the statement “I feel safe walking alone even after dark” It is encouraging that in most areas the majority of respondents agreed with this statement. In NHSGGC overall, 62% of respondents agreed with the statement. The area with the greatest percentage of respondent that agreed with the statement was West Dunbartonshire where 76% of respondent felt safe walking alone even after dark; whereas in Glasgow South West only 51% of respondents felt this was as seen in table 28 below:

Table 28: Percentage of respondents that agreed with the statement “I feel safe walking alone even after dark”

NHSGGC	Glasgow City	Glasgow East	Glasgow North	Glasgow South East	Glasgow South West	Glasgow West	Cambuslang and Rutherglen	East Dun	East Ren	Inverclyde	Renfrew	West Dun
62	60	62	59	54	51	72	68	72	52	50	64	76

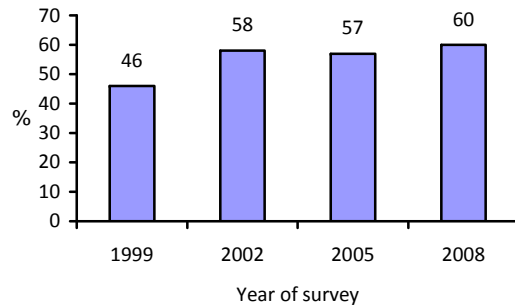
When respondents from the bottom 15% areas were compared with other areas, those living in the most deprived areas were least likely to agree with the statement “I feel safe walking alone even after dark”. The difference was most marked in Inverclyde as the table below illustrates:

Table 29: Percentage of respondents that agreed with the statement “I feel safe walking alone even after dark”. Comparison between the bottom 15% areas and other areas

NHSGGC		Glasgow City		Glasgow South West		Inverclyde		Renfrewshire	
Bottom 15% areas	Other areas	Bottom 15% areas	Other areas	Bottom 15% areas	Other areas	Bottom 15% areas	Other areas	Bottom 15% areas	Other areas
55	66	54	65	48	53	36	58	57	65

There is little difference in the proportion of respondents that felt safe walking alone even after dark since the 2005 as the figure below demonstrates:

Figure 7: Percentage of respondents that felt safe walking alone even after dark (Glasgow City)



Financial health

Respondents were asked how difficult it was for them to meet unexpected bills of £20, £100 and £1000

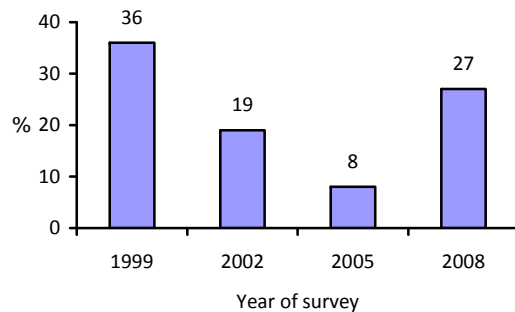
A minority of respondents reported that they would find it impossible to meet an unexpected bill of £20 with just 1% across NHSGGC as whole reporting this. However, there are wide differences within the area with 6% in Glasgow North and less than 1% in Glasgow South West; Cambuslang and Rutherglen; East Dunbartonshire; Inverclyde; West Dunbartonshire and Renfrewshire finding it impossible to meet an unexpected bill of £20 as table 30 illustrates:

Table 30: Percentage of respondents who would find it impossible to meet an unexpected bill of £20

NHSGGC	Glasgow City	Glasgow East	Glasgow North	Glasgow South East	Glasgow South West	Glasgow West	Cambuslang and Rutherglen	East Dun	East Ren	Inverclyde	Renfrew	West Dun
1	2	2	6	1	0.5	2	0.5	0.6	0.7	0	0.1	0.3

However, the proportion of respondents who said they would find it difficult to meet an unexpected bill of £20 has tripled since 2005 as the figure below illustrates:

Figure 8: Percentage of respondents that would find it difficult to meet an unexpected bill of £20 (Glasgow City)



A minority of respondents reported they would find it impossible to meet an unexpected bill of £100; just 4% across NHSGGC as a whole. However, once again there are wide variations across the area with 17% of respondents from Glasgow North and just 1% of respondents in East Renfrewshire and West Dunbartonshire finding it impossible to meet an unexpected bill of £100 as table 31 illustrates:

Table 31: Percentage of respondents who would find it impossible to meet an unexpected bill of £100

NHSGGC	Glasgow City	Glasgow East	Glasgow North	Glasgow South East	Glasgow South West	Glasgow West	Cambuslang and Rutherglen	East Dun	East Ren	Inverclyde	Renfrew	West Dun
4	6	5	17	5	2	3	4	2	1	3	2	1

A larger proportion of respondents would find it impossible to meet an unexpected bill of £1000. Across NHSGGC as a whole a quarter of respondents would find it impossible to meet a bill of this size; however in Glasgow East almost half of the respondents felt this way, whereas in West Dunbartonshire fewer than a tenth of respondents would find it impossible to meet an unexpected bill of £1000. As the table below illustrates:

Table 32: Percentage of respondents who would find it impossible to meet an unexpected bill of £1000

NHSGGC	Glasgow City	Glasgow East	Glasgow North	Glasgow South East	Glasgow South West	Glasgow West	Cambuslang and Rutherglen	East Dun	East Ren	Inverclyde	Renfrew	West Dun
27	35	46	35	34	35	29	17	13	17	28	27	9

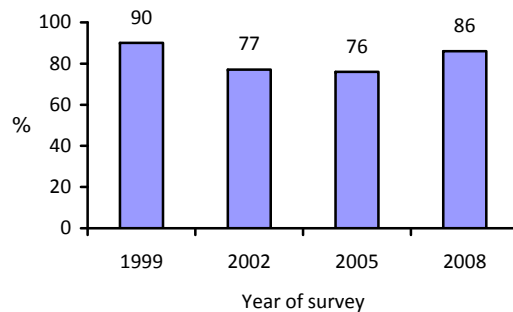
There are marked differences in the percentage of respondents who find it impossible to meet an unexpected bill of £1000 when the bottom 15% areas are compared to other areas. Across NHSGGC 41% of respondents in the bottom 15% areas would find it impossible to meet an unexpected bill of £1000 whereas 22% in other areas felt this way. The largest gap between the bottom 15% areas and other areas is in Glasgow South West as table 33 below illustrates:

Table 33: Percentage of respondents who would find it impossible to meet an unexpected bill of £1000. Comparison between the bottom 15% areas and other areas

NHSGGC		Glasgow City		Glasgow South West		Inverclyde		Renfrewshire	
Bottom 15% areas	Other areas	Bottom 15% areas	Other areas	Bottom 15% areas	Other areas	Bottom 15% areas	Other areas	Bottom 15% areas	Other areas
41	22	44	28	48	23	39	22	41	25

There has been an increase in the proportion of respondents who found it difficult to meet an unexpected bill of £1000 since 2005 as the figure below illustrates:

Figure 9: Percentage of respondents that would find it difficult to meet an unexpected bill of £1000 (Glasgow City)



Respondents were asked how often they found it difficult to meet household bills such as rent/mortgage; utilities; food; clothes and shoes; council tax and insurance; telephone. Those that found it difficult to meet any of these bills very or quite often were collated. Across NHSGGC 17% of respondents found it difficult to meet these essential bills. However, this varied within the area from Glasgow North where just less than a third of respondents from these areas found it difficult to meet essential bills to just 4% of respondents in the East Renfrewshire area as table 34 indicates below:

Table 34: Percentage of respondents that found it difficult to meet essential bills very or quite often

NHSGGC	Glasgow City	Glasgow East	Glasgow North	Glasgow South East	Glasgow South West	Glasgow West	Cambuslang and Rutherglen	East Dun	East Ren	Inverclyde	Renfrew	West Dun
17	24	25	32	14	26	25	12	12	4	18	10	8

Across NHSGGC as a whole there is a wide difference in the proportion of respondents from the most deprived areas who found it difficult to meet essential household bills compared to other areas. However, in Glasgow South West and Glasgow City the difference between the most and least deprived areas is less pronounced as table 35 illustrates:

Table 35: Percentage of respondents that found it difficult to meet essential bills very or quite often. A comparison between those living in the bottom 15% areas and other areas

NHSGGC		Glasgow City		Glasgow South West		Inverclyde		Renfrewshire	
Bottom 15% areas	Other areas	Bottom 15% areas	Other areas	Bottom 15% areas	Other areas	Bottom 15% areas	Other areas	Bottom 15% areas	Other areas
24	15	27	22	25	27	22	15	17	8

Conclusions

Early findings from the survey show some positive results such as fewer respondents smoking and more people eating 5 or more portions of fruit and vegetables in a day. However there are also some challenges, such as the fewer people taking the recommended amount of physical activity and relatively low participation in sport. The effects of wider economic conditions can be seen in increasing numbers of people finding it difficult to meet unexpected bills.

More extensive analysis of the survey is planned including:

- Exploration of wider economy on health (expected October 2009)
- A full main report including analysis by gender; age; SIMD quintile
- Individual CHCP reports

Bespoke analysis can be discussed by contacting the health and wellbeing project management team:

Julie Truman, Senior Researcher, email Julie.Truman@ggc.scot.nhs.uk tel 0141 201 4935

Margaret McGranachan, Data Manager, email Margaret.McGranachan@ggc.scot.nhs.uk tel 0141 201 4874

Allan Boyd, Senior Analyst, email Allan.Boyd@ggc.scot.nhs.uk tel 0141 201 4562