



# Healthy and Wellbeing Survey 2014 Glasgow City CHP SUMMARY

## Introduction

Every three years, NHS Greater Glasgow and Clyde (NHSGGC) carries out a survey of the health and wellbeing of its population by randomly selecting households to take part. In 2014/5, over 8,000 adult individuals took part in the survey, 4,343 were from Glasgow city.

Of those surveyed nearly 65% lived within the most deprived areas of the city. Participants were spread across ages with the largest group (18.5%) coming from the 25 to 34 age group.

The results are now available and this document is a summary of their findings for the Glasgow city area only.

A full copy of the Glasgow city version of the NHSGGC 2014 Health and Wellbeing Survey including comparisons to previous years can be found at:

<http://www.nhsggc.org.uk/your-health/public-health/public-health-resource-unit/research-and-evaluation/reports-library/?id=240795>

## Perception of Health and Wellbeing

So what did the survey find? Let's start with people's perception of their own health and wellbeing. Nearly two-thirds felt themselves to be in very good or good health; 22% had a long term illness or condition that interfered with their daily life; and 38% were receiving treatment for at least one condition.

However, those living in Glasgow city were less likely than NHSGGC residents as a whole to rate their general health positively (74% for the city as opposed to 77% for NHSGGC).

### *Physical Health*

For physical wellbeing, 78% had a positive outlook on their physical health, however, those in the most deprived areas of the city were less likely to feel positive. Men were more likely to have a positive view of their physical wellbeing (80%) than women (76%) and the younger you were (16-24 had 88% positivity) the more likely you were to be positive about your physical health (for example, 88% of those aged 16- 24 compared to 61% of those aged 75+ were positive about their physical health).

Of those questioned, 38% of respondents were receiving treatment for at least one illness or condition. The 75+ age group (79%) were more likely to receive treatment as opposed to the 16-24 age group (17%) and women were more likely than men to be receiving it (41% as opposed to 34%). Those in the most deprived areas were more likely to be treated for at least one illness.

### *Mental health*

Regarding perception of mental health or emotional wellbeing, 84% felt positive. The 35-44 age group were most positive (91% of those) as opposed to the 55-64 group feeling least positive (72%). Again within those living in the most deprived areas were less likely to have a positive perception of their mental health and wellbeing.

When looking at mental health, researchers used the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) to work out a person's mental health.

Everyone was given a score with 70 being the best mental health and 14 being the lowest. The average (or mean) score for people living in Glasgow City was 52.5 which was slightly less than NHSGGC (53.4) but better than the Scottish average (50.0).

The 25-34 age group had the best average score in Glasgow (54.9) with the over 75s having the worst (49.4). In the deprived areas, the average score was 51.0.

### *Quality of Life*

When asked about their quality of life, overall, 85% had a positive perception of their quality of life (as opposed to 88% in NHSGGC Board area). The 16-24 age group were the most positive (91%) and the 55-64 age group the least (78%). In deprived areas only 77% had a positive outlook on their quality of life.

## Health Behaviours

The survey explored a range of health behaviours including smoking; use of alcohol; consumption of fruit and vegetables and physical activity.

### *Smoking*

39% said they were exposed to second-hand smoke most or some of the time, compared to 34% for NHSGGC; 48% of people living in deprived areas were exposed to second-hand smoke most or some of the time.

28% of participants currently smoked whereas 50% had never smoked. Those aged 35-74 were more likely to smoke than younger respondents and men were more likely to smoke than women; smoking was more common in the most deprived areas where 38% of participants smoked.

Almost a third of smokers would like to stop. Smokers were more likely to have used an e-cigarette in the last year than non smokers. Attitudes towards e cigarettes varied with 46% of respondents agreed that e-cigarettes encourage people to stop smoking, although 33% thought that e-cigarettes are helping smoking become more acceptable.

### *Alcohol*

More than a third of respondents never drank alcohol. Just over a third drank at least once a week with the remaining third drinking alcohol less frequently than once a week.

Of those who had drunk alcohol in the last week, 22% exceeded the limits for weekly alcohol use (21 units of more for a man; 14 units or more for a women), 43% had binged (8 or more units of alcohol in a day for a man, 6 or more units of alcohol in a day for a women), 93% had had two alcohol-free days.

Attitudes towards alcohol varied. Almost a fifth felt that getting drunk is a perfectly acceptable thing to do, over a third felt it is easier to enjoy a social event if you've had a drink of alcohol and almost a third felt there were too many places selling alcohol.

### *Exercise*

Of all people surveyed, 69% had been physically active for at least 150 minutes (two-and-a-half hours) in the past week (64% in of those living in deprived areas had done this). Almost 9 in 10 had taken part in at least one activity or sport in the last week (8 in 10 in the most deprived areas). The 16-24 age group was more active (83%) with the over 75s being less active (44%). The most popular activities were housework/ gardening/DIY and walking.

### *Fruit and Vegetables*

37% ate five or more pieces of fruit or vegetables a day (32% in deprived areas); women were more likely than men to do this.

## Financial Wellbeing

Fifty-three percent of respondents did not receive any state benefits, whereas, 20% received all their income from state benefits. One in three (34%) of those living in deprived areas received all their income from state benefits.

A third felt they had no problem meeting household bills including rent/mortgage, transports; utilities; food; clothes and telephone

bills (including mobile). 72% thought they had adequate household income, 15% were neutral and 13% didn't think their income was enough.

However, when it came to meeting the cost of unexpected bills; 11% reported that it would be a problem to meet an unexpected bill of £20; 46% said they would have a problem if it was £100; and 76% said it would be a problem if it was £1000.

## Feelings About Community

When it comes to feeling isolated or part of a community, 10% felt isolated from family and friends whilst 76% felt they belonged to their local area. 63% felt valued as a member of the community and 73% felt that people in their neighbourhood could influence decisions made in that area. People living in more deprived areas were less likely to agree with the latter.

Seven in ten (70%) had a positive view of reciprocity (the practice of exchanging things with others for mutual benefit, especially privileges granted by one country or organization to another) and 72% had positive view of trust in their area. Those aged 25-34 and those living in deprived areas were less likely to have positive views of reciprocity or trust.

Seven in ten (73%) valued local friendships; those aged 25-34 and those in deprived areas were less likely to value local friendships. Almost eight in ten (78%) had a positive view of social support; those aged under 55 and men were less likely to have a positive view of social support.

One in eight people felt there were troublesome neighbours in their area and the 25-44 age group

was more likely to have a high perception of troublesome neighbours.

Four per cent felt discriminated against in the last year. The most common perceived reasons for discrimination were: ethnic background, accent, gender, religious beliefs, age, sexual orientation and disability.

89% felt safe using public transport and 67% felt safe walking alone even after dark.

Issues that people felt negatively about in their areas were: the amount of dogs' dirt (38%), rubbish (31%), availability of safe playing areas (23%) and pleasant places to walk (15%).

Respondents also had concerns about the amount of drug activity in their area (44%); the level of unemployment in their area (40%); the amount of alcohol consumption in their area (39%). Those in the most deprived areas were more likely to have a negative perception of these issues.

## Household Composition

A third (33%) of those surveyed said they lived in a house with two people living there, 31% lived in a household of four or more people, 18% had three or more and the smallest percentage (17%) lived alone.

Six percent said that they were responsible for caring for someone on a day-to-day basis (outside of work) – in deprived areas that figure is 8%. People aged 45-54 were most likely to be carers (10%) with women being more likely to be carers than men.

## Final Remarks

This study provides a interesting range of insights into the health and wellbeing of the residents of Glasgow City. Some areas have shown positive change over time (such as the decrease in smoking) whereas other areas have been more challenging to change (such as the lack of change in the proportion of are physically active).

This is a summary of the Glasgow City report. There are a range of other reports which explore smaller geographies in detail including Glasgow South; Glasgow North East; Glasgow North West and Thriving Places. They may all be found at the link below:

<http://www.nhsggc.org.uk/your-health/public-health/public-health-resource-unit/research-and-evaluation/reports-library/?id=240795>

The Health and Wellbeing Survey 2014 was launched on December 3, 2014

This study was funded in partnership with the Directorate of Public Health, Glasgow City Community Health & Care Partnership, Glasgow Centre of Population Health.

Thanks are due to the Health & Wellbeing Working Group who designed and managed this project (Allan Boyd, Senior Information Analyst; Margaret McGranachan, Public Health Researcher; Elaine Torely, Health Improvement Lead; Julie Truman, Programme Manager). Please direct any enquires about the survey to Julie Truman email [Julie.truman@ggc.scot.nhs.uk](mailto:Julie.truman@ggc.scot.nhs.uk)

The full report can be seen here: <http://www.nhsggc.org.uk/your-health/public-health/public-health-resource-unit/research-and-evaluation/reports-library/?id=240795>