



Renfrewshire
Health & Social Care
Partnership



Summary Report

NHS Greater Glasgow and Clyde 2017/18 Health and Wellbeing Survey

Renfrewshire HSCP Summary Report

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1. Introduction

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

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

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

1.1 Background

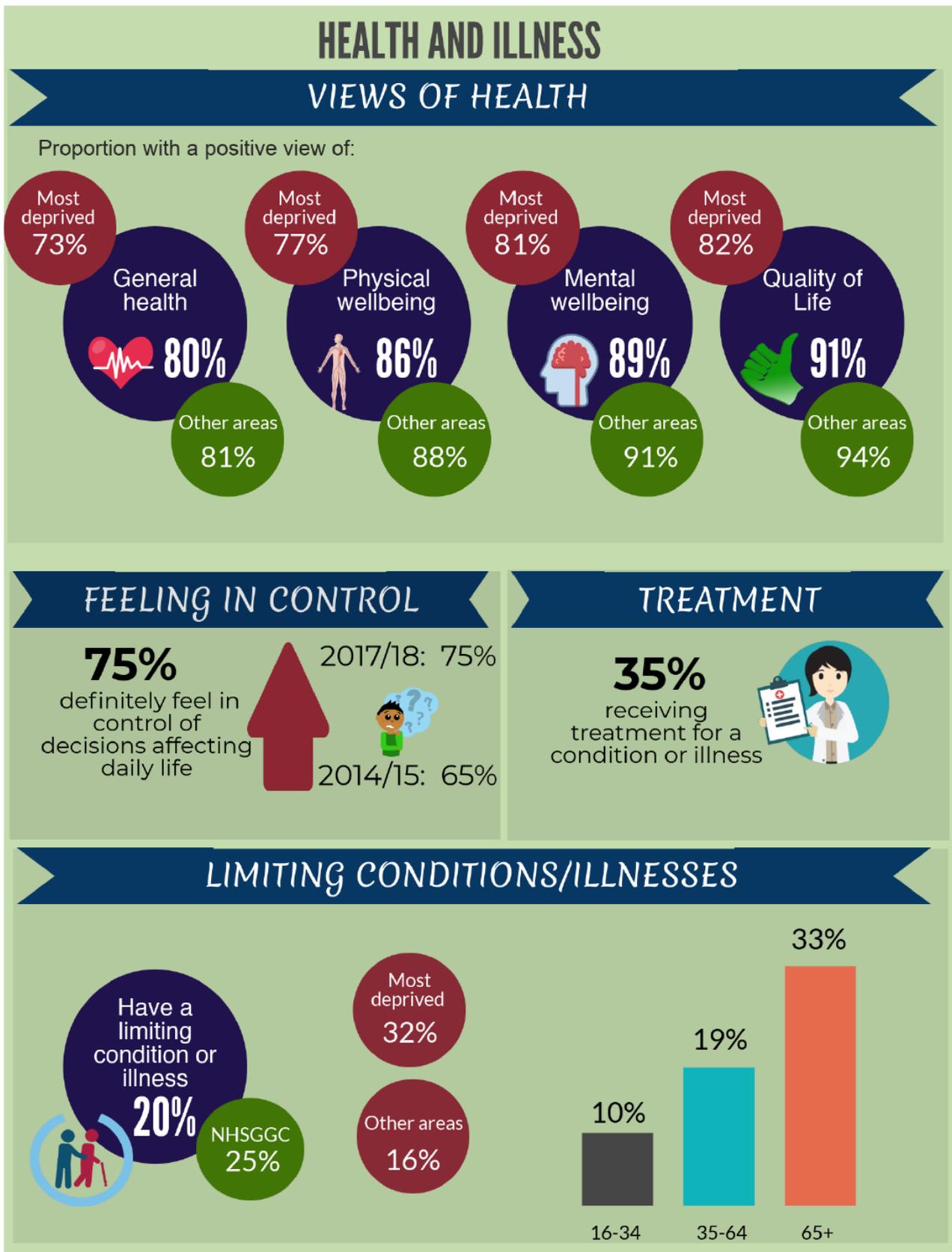
- The survey provides valuable information on the self perceived health and wellbeing of our residents, their health behaviours, attitudes, social health/social capital and financial wellbeing
- Cross sectional – a ‘snapshot in time’
- Random Stratified Sample
 - representative of the Health and Social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

1.2 Sample

Total Sample – Renfrewshire	600
➤ Deprivation (SIMD 2016)	
○ Most Deprived Areas	20%
○ Other Areas	80%
➤ Local Authority Area	
○ East Renfrewshire	194
○ Glasgow City	4,520
○ Inverclyde	1,196
○ East Dunbartonshire	1,134
○ West Dunbartonshire	190
➤ Total Sample Size - NHSGGC	7,834

NHS Greater Glasgow and Clyde 2017/18 Adult Health and Wellbeing Survey (Renfrewshire Main Report) <https://www.stor.scot.nhs.uk/handle/11289/579892>

2. Perceptions of Health and Illness



2.1 Summary of Key Messages - Perceptions of Health and Illness

Comparisons with NHSGGC - those in Renfrewshire were:

- more likely to have a positive view of their general health
- more likely to have a positive view of their physical wellbeing or mental/emotional wellbeing
- more likely to have a positive view of their quality of life
- less likely to have a long-term limiting condition or illness.

Differences by Age

- Those in the oldest age group were the least likely to have positive views of their general health or physical wellbeing.
- Those in the oldest age group were the most likely to have a limiting condition or illness or to be receiving treatment for at least one condition.

Differences by Deprivation

Those in the most deprived areas were:

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

Trends

- Between 2014/15 and 2017/18 there was no significant change in the proportion who had positive views of their general health, physical or mental/emotional wellbeing or quality of life. There was no significant change in the proportion with a limiting condition or illness.
- There was an increase between 2014/15 and 2017/18 in the proportion who definitely felt in control of the decisions affecting their life.

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

* denotes significant difference to NHSGGC

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

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

3. Health Behaviours

HEALTH BEHAVIOURS

SMOKING

15%
were
smokers



Most deprived areas: 28%

NHSGGC
20%



Other areas: 12%

28%



Exposed to second-hand
smoke most/some of the
time

Most
Deprived
41%

Other
Areas
25%

ALCOHOL

9%

AUDIT score
indicating alcohol-
related risk



Men
13%



Women
6%

NHSGGC
15%

39%

agreed
getting
drunk is
acceptable

NHSGGC
30%

DIET

46%

5+ portions of
fruit/veg per
day

NHSGGC
41%

Men
39%

Women
52%

Most
deprived
34%

Other
areas
49%



PHYSICAL ACTIVITY

47%

active for 150
minutes per
week

NHSGGC
58%



3.1 Summary of Key Messages – Health Behaviours

Comparisons with NHSGGC - those in Renfrewshire were:

- less likely to smoke
- less likely to drink alcohol or have an AUDIT score which indicated alcohol-related risk
- (among those who drank alcohol) less likely to binge drink or drink before a night out
- more likely feel that getting drunk was perfectly acceptable
- less likely to feel it was acceptable to drink alcohol on public transport
- more likely to meet the target of consuming five or more portions of fruit/vegetables per day
- less likely to consume seven types of food/drink weekly including cakes/biscuits, sweets/chocolate and sugary drinks
- less likely to meet the target of 150 minutes per week of physical activity
- exhibiting lower mean sedentary behaviour times.

Differences by Age and Gender

- Smoking and exposure to smoke was least common among those aged 65 and over.
- Men were more likely than women to have an AUDIT score which indicated risk. Men were also more likely to agree it was easier to enjoy a social event with a drink of alcohol and more likely to agree it was acceptable to drink on trains.
- Among those who drank alcohol, those aged under 35 were the most likely to binge drink or to drink before a night out. This age group were also the most likely to agree it was acceptable to get drunk, feel it was easier to enjoy a social event with a drink of alcohol and feel it was acceptable to drink on trains.
- Women were more likely than men to meet the target of consuming five or more portions of fruit/vegetables per day.

- Those in the youngest age group were the most likely to meet the target of 150 minutes of physical activity per week. Men were more likely than women to meet this target but men also had higher mean sedentary behaviour times.

Differences by Deprivation

Those in the most deprived areas were:

- more likely to smoke or be exposed to second hand smoke
- (among those who drank alcohol) more likely to binge drink
- less likely to meet the target of consuming five or more portions of fruit/vegetables per day
- exhibiting lower mean times for sedentary behaviour.

Trends

- There was a significant decrease between 2011 and 2017/18 in the proportion who were smokers.

3.2 Key Indicators by Local Authority Area – Health Behaviours

* denotes significant difference to NHSGGC

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

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

4. Social Health

SOCIAL HEALTH

ISOLATION

1 in 14 (7%) felt isolated from family/friends

NHSGGC 12%



BELONGING TO THE LOCAL AREA

88% Felt they belonged to their local area

NHSGGC 82%



FEELING VALUED

74% Felt valued as a member of their community

Men 68%

Women 79%

NHSGGC 67%



EXPERIENCE OF CRIME

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



6% were a victim of any of 5 types of crime in the last year

Most deprived 11.5%

Other areas 4.5%

NHSGGC 10%

FEELINGS OF SAFETY

78% Felt safe walking alone in their area

Men 86%

Women 71%



CARING

1 in 6 had caring responsibilities



4.1 Summary of Key Messages – Social Health

Comparisons with NHSGGC - those in Renfrewshire were:

- less likely to feel isolated from family and friends
- more likely to feel they belonged to their local area or feel valued as a member of their community
- more likely to feel that local people could influence local decisions
- less likely to have been discriminated against or have been a victim of crime in the last year
- less likely to be concerned about social issues in their area
- less likely to be concerned about rubbish lying about or the availability of safe play spaces in their area
- less likely to have positive views about local services.

Differences by Age and Gender

- Women were more likely than men to feel they belonged to their local area or feel valued as a member of their community.
- Those aged 65 and over were the most likely to have been a victim of crime in the last year and women were more likely than men to be victims of crime.
- Those in the oldest age group and women were less likely to feel safe walking alone in their area.
- Those aged 35 and over were the most likely to be carers.

Differences by Deprivation

Those in the most deprived areas were:

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

Trends

- There was no significant change between 2014/15 and 2017/18 in the proportion who felt isolated, felt they belonged to their local area, felt valued as members of their community or felt that local people could influence local decisions.
- Between 2014/15 and 2017/18 there was a rise in the proportion who felt safe walking alone in their area.

4.2 Key Indicators by Local Authority Area – Social Health

* denotes significant difference to NHSGGC

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

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

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

5. Social Capital

SOCIAL CAPITAL

RECIPROCITY

85% agreed "this is a neighbourhood where neighbours look out for each other"



NHSGGC
80%

TRUST

85% agreed "generally speaking, you can trust people in my local area"



NHSGGC
81%

LOCAL FRIENDSHIPS AND SOCIAL SUPPORT



80%
valued local friendships



88%
had a positive view of social support

CLUBS/ASSOCIATIONS/GROUPS



17%

belonged to clubs, associations or groups

14%

16-34

13%

35-64

32%

65+

SOCIAL ACTIVISM

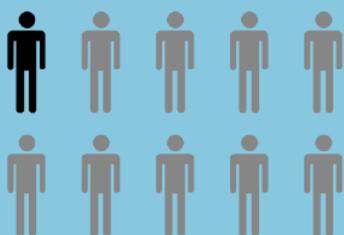
3%

engaged in social activism



NHSGGC
6%

VOLUNTEERING



1 in 10
volunteered

volunteering less common in most deprived areas

5.1 Summary of Key Messages – Social Capital

Comparisons with NHSGGC - those in Renfrewshire were:

- more likely to have positive views of reciprocity and trust
- less likely to volunteer or belong to clubs, associations or groups
- less likely to have engaged in social activism in the last year.

Differences by Age

- Those aged 65 and over were the most likely to have a positive view of reciprocity, trust or social support.
- Those aged 65 and over were the most likely to belong to clubs, associations or groups.
- Women were more likely than men to volunteer or belong to clubs, associations or groups.

Differences by Deprivation

Those in the most deprived areas were:

- less likely to have positive views of reciprocity or trust
- less likely to have a positive view of social support
- less likely to volunteer or belong to clubs, associations or groups.

Trends

- There was an increase between 2014/15 and 2017/18 in the proportion who had a positive perception of reciprocity in their area.
- There was no significant change between 2014/15 and 2017/8 in the proportion who had a positive view of trust or social support or the proportion who valued local friendships.

5.2 Key Indicators by Local Authority Area – Social Capital

* denotes significant difference to NHSGGC

	Positive perception of reciprocity	Positive perception of trust	Value local friendships	Positive perception of social support
NHSGGC	79.5%	80.9%	77.7%	86.1%
Glasgow City	74.3%*	77.0%*	72.9%*	82.6%*
East Dunbartonshire	87.9%*	86.8%*	84.3%*	90.0%*
Inverclyde	85.7%*	83.8%*	81.2%*	89.8%*
Renfrewshire	85.2%*	84.6%*	79.6%	87.6%

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

6. Financial Wellbeing

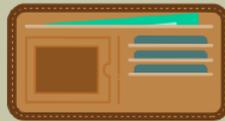
FINANCIAL WELLBEING

STATE BENEFITS

8%



received all income from state benefits



Most deprived
20%

Other areas
4%

Decrease since 2014/15

2014/15: 13%

2017/18: 8%

ADEQUACY OF INCOME



84%
satisfied with household income

NHSGGC
75%

DIFFICULTY FINDING UNEXPECTED SUMS

8%
Difficulty finding
£35

48%
Difficulty finding
£165

82%
Difficulty finding
£1600

DIFFICULTY MEETING NECESSARY EXPENSES



28%
difficulty meeting necessary bills and living expenses

Most deprived
38%

Other areas
25%

FOOD INSECURITY



6%
experienced food insecurity in last year

Most deprived
13%

Other areas
4%

Mild: 2.0%

Moderate: 1.2%

Severe: 2.8%

6.1 Summary of Key Messages – Financial Wellbeing

Comparisons with NHSGGC - those in Renfrewshire were:

- less likely to receive all household income from benefits
- less likely to have been affected by benefits changes
- more likely to have a positive view of the adequacy of their income
- more likely to say they would have a problem meeting an unexpected expense of £165
- less likely to have used a credit/store card in specific ways in the last year
- less likely to have had experiences indicating food insecurity in the last year
- less likely to have gambled in the last year.

Differences by Age and Gender

- Those aged under 35 were the most likely to report difficulties meeting essential bills/costs and the most likely to report experiences which indicated food insecurity.
- Those in the oldest age groups were the least likely to have difficulty finding unexpected sums of money.
- Those aged 35-64 were the most likely to have used credit/store cards in specific ways in the last year.
- Gambling was most common among those aged 35-64 and men were more likely than women to report spending money on gambling.

Differences by Deprivation

Those in the most deprived areas were:

- more likely to receive all household income from state benefits and more likely to have been affected by benefits changes
- less likely to have a positive view of the adequacy of their income
- more likely to attribute local poverty to laziness/lack of willpower, and less likely than others to say that no one lived in poverty in their area
- more likely to report having difficulties meeting the cost of expenses and more likely to report experiences indicating food insecurity
- less likely to have used store/credit cards in specific ways in the last year.

Trends

- There was a decrease between 2014/15 and 2017/18 in the proportion who received all household income from benefits.
- Between 2014/15 and 2017/18 there was an increase in the proportion who had a positive view of the adequacy of their household income.

6.2 Key Indicators by Local Authority Area – Financial Wellbeing

* denotes significant difference to NHSGGC

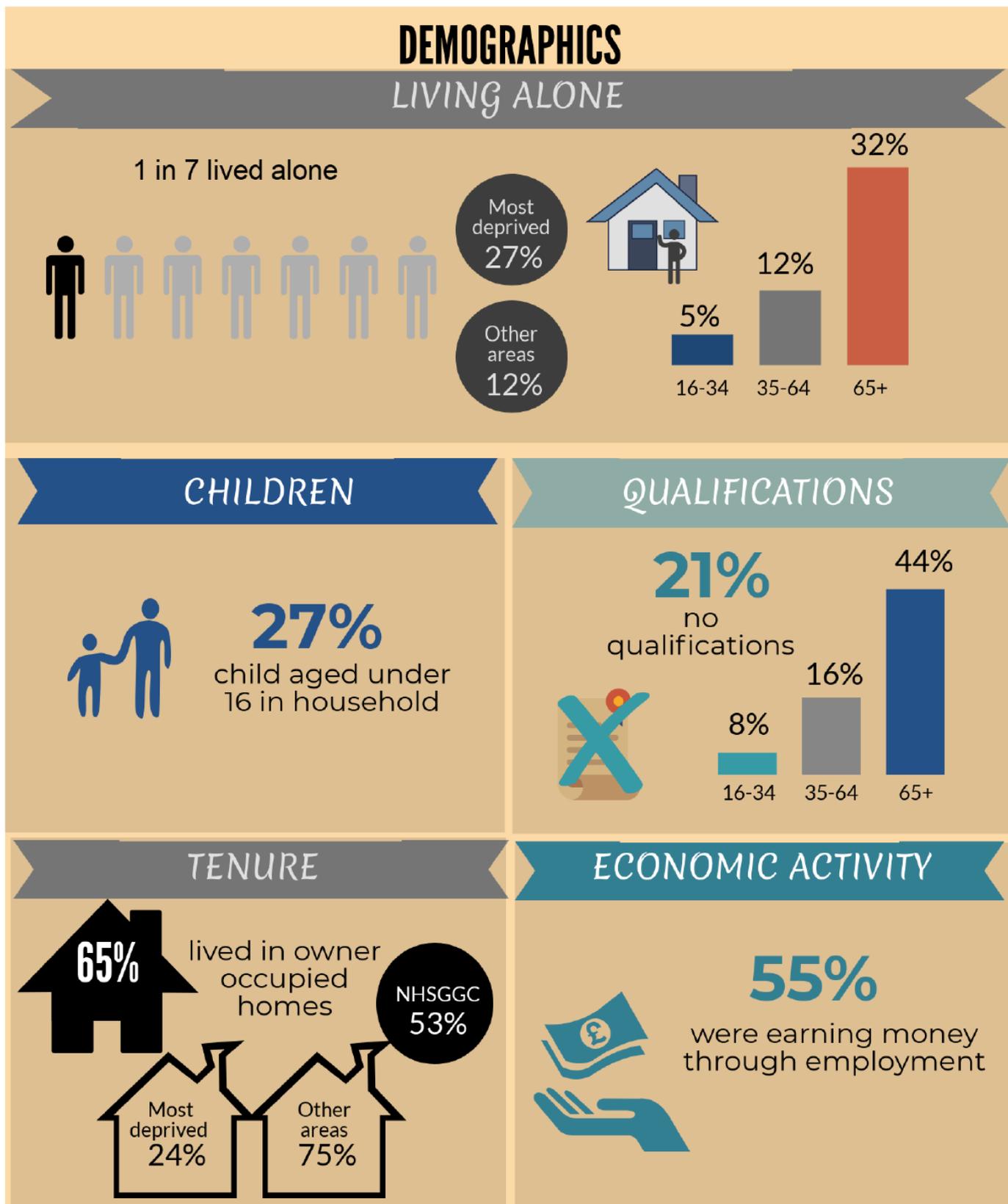
	All household income from state benefits	Positive perception of adequacy of household income	Difficulty meeting essential living costs
NHSGGC	13.8%	75.3%	29.4%
Glasgow City	17.2%*	68.1%*	30.1%
East Dunbartonshire	6.0%*	86.3%*	39.4%*
Inverclyde	17.2%*	78.3%*	32.0%
Renfrewshire	7.5%*	84.1%*	28.0%

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

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

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

7. Demographics



7.1 Summary of Key Messages – Demographics

Comparison with NHSGGC - those in Renfrewshire were:

- more likely to say they had no qualifications
- more likely to live in owner occupied homes and less likely to live in socially or privately rented homes.

Differences by Age and Gender

- Those in the oldest age group were the most likely to live alone.
- Those in the oldest age group were the most likely to say they had no qualifications, and women were more likely than men to say they had no qualifications.
- Those aged under 35 were the least likely to live in owner-occupied homes.

Differences by Deprivation

Those in the most deprived areas were:

- more likely to live alone
- more likely to say they had no qualifications
- less likely to live in owner occupied homes.

7.2 Key Indicators by Local Authority Area – Demographics

* denotes significant difference to NHSGGC

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