



Briefing Note

Scottish Health Survey

2015 Health Board Results

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October 2016

Background

The Scottish Health Survey (SHeS) is run every year by the Scottish Government and every few years health board level results are released. The survey is designed to:

- Estimate the prevalence of particular health conditions in Scotland
- Estimate the prevalence of certain risk factors associated with these conditions and to document the pattern of related health behaviours
- Look at difference between regions and between population sub-groups, and to make comparisons with other national statistics for Scotland and England.
- Monitor trends in population health over time
- Contribute to monitoring progress towards health targets¹.

In September 2016 the SHeS published health board level results using combined data from the 2012, 2013, 2014 and 2015 surveys. These surveys sample the general population, living in private households, aged 16 and over. This briefing note sets out the key results in relation to Dumfries & Galloway.

Prior to this release, the most recent health board level results were published in 2012 based on survey data from 2008, 2009, 2010 and 2011.

For more information please visit www.gov.scot/Topics/Statistics/Browse/Health/scottish-health-survey

Results

Across Scotland, the results are based on 19,355 respondents over 4 surveys (2012, 2013, 2014 and 2015). There were 818 respondents included from Dumfries & Galloway. It should be noted that not all respondents provided answers for every question.

¹ **Scottish Government.** *Scottish Health Survey, Results for Health Boards: 2012/2013/2014/2015.* September 2016 <http://www.gov.scot/Resource/0050/00505567.pdf> (accessed 26th October 2016)

Summary of results from the Scottish Health Survey for Dumfries & Galloway

Topic	Dumfries & Galloway Result	National Benchmarking	Change Since 2011 Results
Self Assessed General Health: Proportion of adults who self-assess their general health as “very good/good”	All adults = 69% <i>95% CI = 66%-73%</i> <i>Base (unweighted) = 818</i>	Dumfries & Galloway had the lowest proportion compared to other health boards. This was significantly lower than the Scottish rate (74% (95%CI: 73%-75%)). However, a larger proportion in Dumfries & Galloway self-assessed as “fair” (21%) compared to other boards and so the proportion who self-assessed as “bad/very bad” (9%) was similar to that of Scotland (8%)	No change Across Dumfries & Galloway there is a marginal decrease from the results published in 2012 (72% (95%CI: 66%-77%)) but this is not statistically significant.
WMWEBS: Mean score	All adults = 48.8 <i>95%CI: 47.7-50.0</i> <i>Base (unweighted) = 705</i> Men = 49.5 <i>95%CI: 48.1-50.9</i> <i>Base (unweighted) = 311</i> Women = 48.3 <i>95%CI: 46.9-49.6</i> <i>Base (unweighted) = 394</i>	Dumfries & Galloway had the lowest mean score compared to other health boards although it was not statistically significantly lower than the mean score for Scotland (50.0 (95%CI: 49.8-50.1)). The pattern between men and women across Dumfries & Galloway was similar to that of Scotland where the mean score for women was lower than that for men. Although, whereas the difference across Scotland was statistically significant, the difference in Dumfries and Galloway was not.	No change The mean WMWEBS score for Dumfries & Galloway is marginally lower in this recent release compared to the results published in 2012 (50.3 (95%CI: 49.7-50.9) but it is not a statistically significant difference.
General Health Questionnaire (GHQ-12)²: Proportion who scored 4+	All adults = 15% <i>95%CI: 11%-20%</i> <i>Base (unweighted) = 712</i>	The results for Dumfries & Galloway are in line with the results for Scotland (15% (95%CI: 15%-16%))	No change The recent result for Dumfries & Galloway is marginally higher than the result published in 2012 (11% (95%CI: 9%-13%)) but it is not a statistically significant increase.

² GHQ-12 is used to identify individuals showing signs of the presence of a possible psychiatric disorder (as indicated by scores of four or higher)

Topic	Dumfries & Galloway Result	National Benchmarking	Change Since 2011 Results
Long-Term Illness: The prevalence of limiting long-term illness	All adults = 37% <i>95%CI: 32%-43%</i> <i>Base (unweighted) = 818</i>	Dumfries & Galloway had the second highest proportion of adults who reported living with a limiting long-term illness. NHS Ayrshire & Arran had the highest proportion (43% (95%CI: 39%-46%)). Despite this, the result for Dumfries & Galloway was not statistically significantly higher than the proportion across Scotland (32% (95%CI: 31%-33%))	Increase There has been an increase in the proportion of adults who report a limiting long term illness in the recent results compared to those published in 2012 (30% (95%CI: 26%-33%)).
Alcohol: Proportion who indicate "Hazardous/Harmful" alcohol consumption	All adults = 21% <i>95%CI: 17%-25%</i> <i>Base (unweighted) = 815</i> Men = 29% <i>95%CI: 22%-36%</i> <i>Base (unweighted) = 358</i> Women = 18% <i>95%CI: 13%-22%</i> <i>Base (unweighted) = 457</i>	A lower proportion of adults indicate "hazardous/harmful" alcohol consumption in Dumfries & Galloway than across Scotland (26% (95%CI: 25%-27%)). Amongst men, together with NHS Tayside, Dumfries & Galloway has the lowest proportion across Scotland. Amongst women, Dumfries & Galloway has the second lowest proportion with the Western Isles having the lowest proportion (11% (95%CI: 7%-14%))	No change There has been no change in the proportion of adults from Dumfries & Galloway who report "hazardous/harmful" alcohol consumption since the results published in 2012.
Alcohol: Mean units consumed per week	All adults = 11.2 units <i>95%CI: 9.2-13.2</i> <i>Base (unweighted) = 683</i>	Dumfries & Galloway had the lowest reported mean units of alcohol consumed per person per week across Scotland. The mean across Scotland was 12.7 units (95%CI: 12.3-13.1).	No comparable results available.
Smoking Behaviour: Proportion who are "regular smokers"	All adults = 21% <i>95%CI: 18%-25%</i> <i>Base (unweighted) = 814</i>	The proportion of adults from Dumfries & Galloway who are regular smokers was similar to the proportion of adults from across Scotland (22%; 95%CI: 21%-23%). Four health boards had marginally lower proportion of regular smokers than Dumfries & Galloway.	No change There has been a marginal decline in proportion of adults who report as being a regular smoker since the results published in 2012 (23% (95%CI: 20%-27%)) although this is not statistically significant.

Topic	Dumfries & Galloway Result	National Benchmarking	Change Since 2011 Results
<p>Healthy Weight:</p> <p>Proportion of adults who are overweight³ (including obese)</p> <p>Proportion of adults who are obese⁴</p>	<p>All adults overweight = 68% <i>95%CI: 64%-72%</i> <i>Base (unweighted) = 683</i></p> <p>All adults obese = 30% <i>95%CI: 26%-34%</i> <i>Base (unweighted) = 683</i></p>	<p>The weight profile of adults from Dumfries & Galloway is similar to that seen across Scotland: the proportion of overweight adults across Scotland was 65% (95%CI: 64%-66%); the proportion of obese adults across Scotland was 28% (95%CI: 27%-29%).</p> <p>Although not statistically significant, across Dumfries & Galloway there was a marginally greater proportion of men (71%) who were overweight than for women (66%), but the proportion for each sex who were obese was similar (28% and 30% respectively). This pattern was replicated across Scotland.</p>	<p>No change</p> <p>There has been no change in proportion of adults who are overweight (69.5% (95%CI: 65.6%-73.4%)), or the proportion of adults who are obese (31.1% (95%CI: 26.8%-35.3%)) since the 2012 SHeS results.</p>
<p>Fruit and Vegetables:</p> <p>Proportion of adults who consume 5 or more portions of fruit and vegetables daily</p> <p>Mean portions of fruit and vegetables consumed daily</p>	<p>All adults = 22% <i>95%CI: 18%-26%</i> <i>Base (unweighted) = 818</i></p> <p>All adults = 3.3 portions <i>95%CI: 3.1-3.6</i> <i>Base (unweighted) = 818</i></p>	<p>There is no statistical difference between Dumfries & Galloway and Scotland: Across Scotland the proportion of adults who consume 5 or more portions of fruit and vegetables daily was 21% (95%CI: 20%-22%). The mean portions of fruit and vegetables consumed daily across Scotland was 3.2 (95%CI: 3.1-3.2)</p>	<p>No change</p> <p>There has been no change in proportion of adults who consume 5 or more portions of fruit and vegetables per day (24% (95%CI: 20%-28%)), or the mean portions consumed per person per day (3.4 (95%CI: 3.2-3.65)) since the results published in 2012.</p>

³ Overweight – BMI \geq 25Kg/m²

⁴ Obese – BMI \geq 30Kg/m²

Topic	Dumfries & Galloway Result	National Benchmarking	Change Since 2011 Results
Physical Activity: Proportion of adults who report meeting physical activity guidelines ⁵	All adults = 60% <i>95%CI: 56%-64%</i> <i>Base (unweighted) = 815</i> Men = 70% <i>95%CI: 65%-75%</i> <i>Base (unweighted) = 357</i> Women = 52% <i>95%CI: 47%-57%</i> <i>Base (unweighted) = 458</i>	Dumfries & Galloway, together with Ayrshire & Arran, has the lowest proportion of all adults who report meeting physical activity guidelines compared to the rest of Scotland. The proportion across Scotland was 63% (95%CI: 62%-64%). The pattern where more men report meeting the guidelines than women is repeated across Scotland.	No comparable results available
Cardiovascular Disease (CVD)⁶: Prevalence of CVD	All adults = 17% <i>95%CI: 14%-21%</i> <i>Base (unweighted) = 818</i>	The reported prevalence of CVD in Dumfries & Galloway is similar to that of Scotland (16%; 95%CI: 15%-16%)	No comparable results available.

⁵ Meets moderate / vigorous physical activity (MVPA) guidelines: at least 150 minutes of moderately intensive physical activity or 75 minutes vigorous activity per week or an equivalent combination of both.

⁶ Participants were classified as having cardiovascular disease (CVD) if they reported ever having any of the following conditions diagnosed by a doctor: angina, heart attack, stroke, heart murmur, irregular heart rhythm, 'other heart trouble'.