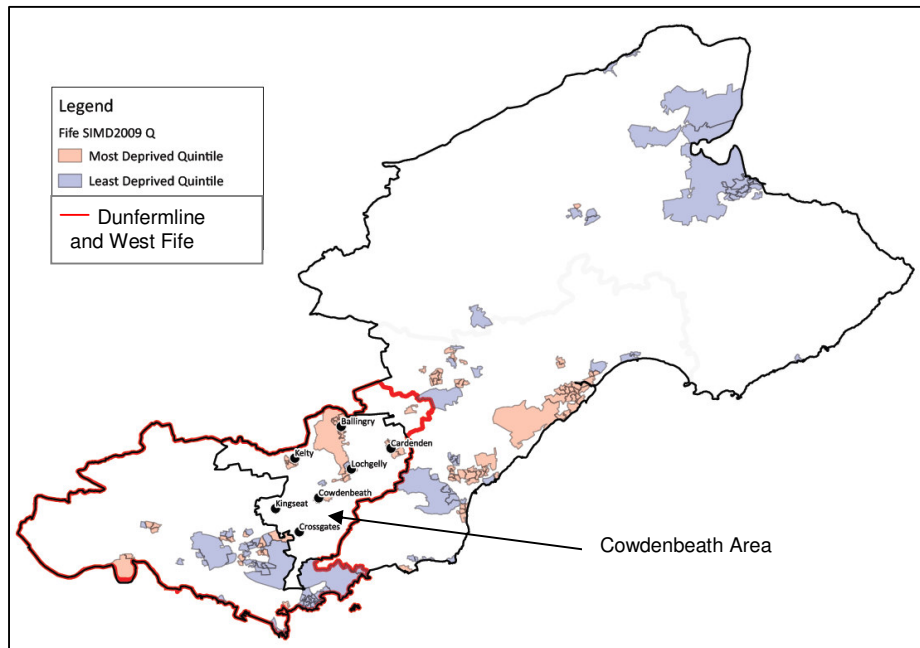


## Cowdenbeath Area Local Community Plan Health & Wellbeing Profile

This profile presents information about the population living in the geographical area covered by the Cowdenbeath Local Community Plan and the Cowdenbeath Local Area Committee.<sup>a</sup> The Cowdenbeath area includes Cowdenbeath, Ballingry, Crossgates, Lochgelly, Cardenden, Kelty and Kingseat. This profile also presents information about the 20% of the population living in the most deprived areas and least deprived areas across Fife as shown on the map below.<sup>b</sup>

This profile covers residents of all ages. It contains information on a range of factors that can positively and negatively affect the health and wellbeing of people living in the area. This profile gives a snapshot of selected health and wellbeing indicators using information available at September 2013.



Information in this profile can be used:-

- as an overview of health and wellbeing in the area
- to understand what this means in relation to Fife as a whole and in relation to the most and least deprived areas of Fife
- to support you in identifying any key health and wellbeing issues in the area
- to help you decide on local action that will improve the health and wellbeing of people living in the area and reduce health inequalities.

Fife's Health and Wellbeing Plan ([www.healthyfife.net](http://www.healthyfife.net)) provides further information on ways of working to reduce health inequalities and improve health and wellbeing.

The KnowFife Dataset ([www.knowfife.fife.gov.uk](http://www.knowfife.fife.gov.uk)) can provide other types of information about your area and other areas in Fife.

	Cowdenbeath Area		Most Deprived		Least Deprived		Fife		Explanatory Notes
<b>Census Population</b>	39,851		71,952		73,852		365,198		The total number of people living in each area at the 2011 Census. <sup>1</sup>
<b>Population</b>	7,467 - 19%		14,344 - 20%		12,546 - 17%		64,997 - 18%		Number and percentage of the population estimated to be in each age category in the 2011 mid-year population estimates. <sup>2</sup>
Children	23,915 - 60%		43,311 - 60%		47,834 - 63%		225,486 - 61%		
Working age adults	8,469 - 21%		14,184 - 20%		15,021 - 20%		76,887 - 21%		
<b>Births</b>	525		1,146		702		4,268		Number of live hospital births to mothers aged 15-44 and rate per 1,000 female population aged 15-44 in 2011. <sup>3</sup>
No:	48.5		78.5		45		60.2		
Rate per 1,000 population:	88*		83		29		223		Number of singleton live births (all gestations) weighing less than 2,500 grams in 2011/12 as a percentage of all live singleton births. <sup>3</sup>
No:	5.1%*		7.6%		4.3%		5.5%		
<b>Life Expectancy</b>	77.4		72.3		80.6		76.6		Number of years of life expectancy for males and females born in 2009-2011. <sup>4</sup>
Males	80.6		78.3		85.2		81.3		
Females	<u>All</u>	<u>&lt;75</u>	<u>All</u>	<u>&lt;75</u>	<u>All</u>	<u>&lt;75</u>	<u>All</u>	<u>&lt;75</u>	Deaths from all causes to residents of all ages and those aged under 75 years (premature death) in 2011; number and age standardised rate. <sup>5,b</sup>
No:	476	185	822	356	526	166	3,759	1,351	
ASR per 100,000 popn:	717	403	771	475	434	194	610	317	
<b>Smoking</b>	27.3%*		40.8%		14.8%		26.4%		Self reported smoking amongst adults aged 16 and over in the Scottish Health Survey (SHeS) 2008-11. <sup>6</sup>
% of adults:	14.8%		38%		7.2%		23.5%		
<b>Smoking in pregnancy</b>	14.8%		38%		7.2%		23.5%		Self reported smoking at first ante-natal (booking) visit among expectant mothers in 2011/12. <sup>3</sup>
% of expectant mothers:	16.3%		15.4%		38.1%		26%		
<b>Breastfeeding</b>	16.3%		15.4%		38.1%		26%		Babies being exclusively breastfed at 6-8 weeks after birth in 2011/12 shown as a percentage of all babies reviewed at 6-8 weeks. <sup>7</sup>
% of all babies reviewed:	63*		56		11		169		
<b>Teenage Pregnancy</b>	8.1*		13.8		3.0		9.0		Number of pregnancies in women aged less than 16 years (at conception) in the three year period 2009-11 and rate per 1,000 female population aged 13-15. <sup>8</sup>
No:	17.7%		11.7%		10.3%		11.4%		
Rate per 1,000 population:	13.2%		11.7%		7.7%		9.9%		Children in Primary 1 categorised as overweight and obese based on height and weight measurements taken as part of child health reviews in 2011/12 shown as a percentage of all P1 children reviewed. <sup>9</sup>
% overweight:	33%*		32.9%		27.9%		30.5%		
<b>Adult Weight</b>	33%*		32.9%		27.9%		30.5%		Adults aged 16 and over categorised as obese based on height and weight measurements taken during SHeS 2008-11. <sup>6</sup>
% obese:	36%*		36.2%		33.9%		37.1%		
<b>Physical Activity</b>	36%*		36.2%		33.9%		37.1%		Self reported participation in at least 30 minutes of physical activity on 5 or more days a week by adults aged 16 and over; SHeS 08-11. <sup>6</sup>
% of adults:	23%*		15.6%		34%		23.7%		
<b>Healthy Diet</b>	23%*		15.6%		34%		23.7%		Self reported consumption of 5 or more daily portions of fruit and vegetables by adults aged 16 and over in SHeS 08-11. <sup>6</sup>
% of adults:	<u>Men</u>	<u>Women</u>	<u>Men</u>	<u>Women</u>	<u>Men</u>	<u>Women</u>	<u>Men</u>	<u>Women</u>	
<b>Alcohol Consumption</b>	44%*	38%*	42%	32%	48%	38%	43%	33%	Self reported alcohol consumption beyond recommended levels of women 2-3 units a day or 14 units per week and men 3-4 units a day or 21 units per week; adults aged 16 and over SHeS 08-11. <sup>6</sup>
Exceeds daily levels:	28%*	20%*	29%	19%	28%	22%	28%	18%	
Exceeds weekly levels:	50.1*		47.8		51.1		49.9		Average scores for positive mental wellbeing (measured by WEMWBS with scores ranging from min of 14 to max 70) and life satisfaction (ratings on a scale of 0 to 10 extremely satisfied). <sup>6</sup>
<b>Mental Wellbeing</b>	7.5*		7.3		7.96		7.6		
WEMWBS Score	7.5*		7.3		7.96		7.6		
Life Satisfaction Score	7.5*		7.3		7.96		7.6		

\*Figures presented for wider Dunfermline and West Fife area due to small numbers

	Cowdenbeath Area		Most Deprived		Least Deprived		Fife		Explanatory Notes
<b>Children in poverty</b> % of all children under 16:	28.2%		40.8%		4.5%		20%		Children aged under 16 living in families in receipt of child tax credit with an income less than 60% of median or in receipt of income support or job seekers allowance as at 31 <sup>st</sup> Aug 2011. <sup>2,10</sup>
<b>Employment Deprived</b> % of working age population	19.1%		25.1%		3.9%		12.8%		Persons of working age who are in receipt of employment related benefits as a percentage of the working age population; SIMD 2012. <sup>11</sup>
<b>Low Income</b> % of population	18.4%		26.9%		3.6%		13.3%		Persons (of all ages) living in households in receipt of key income related benefits as a percentage of the total population; SIMD 2012. <sup>11</sup>
<b>Free school meals</b> % of all pupils	28.4%		38.3%		5.1%		19.9%		Pupils in primary and secondary schools registered for free school meals in the school year 12/13 as a percentage of all school pupils. <sup>2</sup>
<b>Educational Attainment</b> S4 Average Tariff Score	163		147		216		180		Average tariff scores for all S4 pupils in school year 2011/12. Tariffs are calculated from set scores for type of qualification and award. <sup>7</sup>
<b>Diabetes</b> No: % of population:	2,424 6.1%		4,199 5.9%		2,806 3.7%		18,501 5%		Fife GP practice patients (all ages) on the diabetes (all types) register as at 31 <sup>st</sup> June 2012 as a percentage of total population. <sup>12</sup>
<b>Cancer: registrations</b> No: ASR per 100,000 popn:	<u>All</u> 284 419	<u>&lt;75</u> 196 329	<u>All</u> 432 468	<u>&lt;75</u> 281 376	<u>All</u> 371 370	<u>&lt;75</u> 265 303	<u>All</u> 2109 409	<u>&lt;75</u> 1393 326	New cases of cancer (all cancers except non-melanoma skin cancer) diagnosed in 2011 in residents of all ages and those aged under 75 years; number and age standardised rate. <sup>13</sup>
<b>Cancer: deaths</b> No: ASR per 100,000 popn:	<u>All</u> 406 185	<u>&lt;75</u> 207 114	<u>All</u> 747 242	<u>&lt;75</u> 381 164	<u>All</u> 520 160	<u>&lt;75</u> 248 96	<u>All</u> 3,294 194	<u>&lt;75</u> 1,660 126	Deaths from all cancers in the three years 2009-11 to residents of all ages and those aged under 75 years; number and age standardised rate. <sup>5</sup>
<b>CHD: admissions</b> No: ASR per 100,000 popn:	<u>All</u> 713 377	<u>&lt;75</u> 506 305	<u>All</u> 1,200 447	<u>&lt;75</u> 836 378	<u>All</u> 765 256	<u>&lt;75</u> 494 195	<u>All</u> 5,117 337	<u>&lt;75</u> 3,468 273	All acute admissions to hospital of residents of all ages and those under 75 years with a diagnosis of coronary heart disease in 2011/12; number and age standardised rate. <sup>14</sup>
<b>CHD: deaths</b> No: ASR per 100,000 popn:	<u>All</u> 227 97	<u>&lt;75</u> 83 45	<u>All</u> 386 118	<u>&lt;75</u> 164 72	<u>All</u> 212 57	<u>&lt;75</u> 58 21	<u>All</u> 1,639 88	<u>&lt;75</u> 571 43	Deaths from coronary heart disease in the three years 2009-11 to residents of all ages and those aged under 75 years; number and age standardised rate. <sup>5</sup>
<b>Alcohol: admissions</b> No: ASR per 1,000 popn	282 673		741 1,040		161 196		1,993 517		All acute hospital admissions of residents of all ages with any alcohol related diagnosis in 2011/12; number and age standardised rate. <sup>14</sup>
<b>Alcohol: deaths</b> No: ASR per 100,000 popn:	167* 32.2*		150 65.9		38 14		436 33.5		Alcohol related deaths (including as an underlying or contributory cause) in the three years 2009-11 to residents of all ages; number and age standardised rate. <sup>5</sup>
<b>Drugs misuse admissions</b> No: ASR per 1,000 popn:	138* 103*		226 343		14 18		423 128		All acute hospital admissions of residents of all ages with any drugs misuse related diagnosis in 2011/12; number and age standardised rate. <sup>14</sup>
<b>Accidents: admissions</b> No: ASR per 100,000 population:	<u>16+</u> 481 1105	<u>&lt;16</u> 126 985	<u>16+</u> 951 1595	<u>&lt;16</u> 246 1351	<u>16+</u> 514 738	<u>&lt;16</u> 130 765	<u>16+</u> 3,487 1058	<u>&lt;16</u> 878 1052	All acute admissions to hospital of residents aged 16 and over and those aged under 16 as a result of an accident in 2011/12; number and age standardised rate. <sup>14</sup>
<b>Multiple Admissions</b> No: Rate per 1,000 population:	203 60.9		454 79.7		283 52.2		1,898 63.7		Number of residents aged 75 and over with two or more emergency admissions to hospital in 2011/12 and rate per 1,000 population aged 75 and over. <sup>14</sup>

\*Figures presented for wider Dunfermline and West Fife area due to small numbers

## Summary

The Cowdenbeath area has a population of 39,851 persons. Each of the seven areas has some of the most and least deprived populations within their boundaries.

During 2011 there were 525 births to Cowdenbeath area residents, giving a birth rate lower than the Fife average. The proportion of babies born with a low birth weight was lower than Fife as was the proportion of babies being exclusively breastfed at 6-8 weeks. The rate of pregnancy in women aged under 16 years was lower than Fife.

476 residents of the Cowdenbeath area died during 2011. The rate of death for all ages and premature deaths was higher in the Cowdenbeath area than across Fife. Rates of death from coronary heart disease for all ages and those aged under 75 years were higher than in Fife. Cancer deaths were lower in the Cowdenbeath area than Fife for both premature death rates and rates for all ages. New cases of cancer were higher in the Cowdenbeath area than Fife for all ages and those under 75 years. Admissions to hospital with CHD were higher among Cowdenbeath area residents than Fife.

A higher proportion of adults reported smoking in the Dunfermline and West Fife area than Fife. Smoking among expectant mothers was lower in the Cowdenbeath area than Fife. The proportion of men drinking beyond sensible limits in the Dunfermline and West Fife area was similar to Fife but higher than Fife for proportions among women. Deaths related to alcohol use were lower in the Dunfermline and West Fife area than in Fife. Hospital admissions with an alcohol related diagnosis were higher than Fife as a whole but admissions relating to drug misuse were lower.

A higher proportion of P1 children were overweight or obese in the Cowdenbeath area than in Fife as were levels of obesity in adults in Dunfermline and West Fife. The proportion of adults in Dunfermline and West Fife eating a healthy diet and undertaking the recommended level of exercise was similar to Fife as a whole. A higher proportion of the population in the Cowdenbeath area was registered with diabetes than across Fife and in the most deprived areas.

30% of children in the Cowdenbeath area live in poverty with 28% in receipt of free school meals, both figures higher than reported for Fife. Average educational attainment by pupils in S4 in the Cowdenbeath area was lower than across Fife. The proportion of the Cowdenbeath area population in receipt of income and employment related benefits were higher than the Fife averages.

For indicators relating to hospital admissions, deaths, cancer registrations, income and employment and education Cowdenbeath area was better than the most deprived areas but worse than the least deprived areas.

## Sources

1. 2011 Census ([www.scotlandscensus.gov.uk/en/censusresults/](http://www.scotlandscensus.gov.uk/en/censusresults/))
2. KnowFife Dataset ([www.knowfife.fife.gov.uk](http://www.knowfife.fife.gov.uk))
3. Fife SMR02 extract, Information Services Dept, NHS Fife
4. Fife life expectancy calculations, Information Services Dept, NHS Fife
5. Fife NRS deaths extract, Information Services Dept, NHS Fife
6. Scottish Health Survey: Fife Data 2008-2011, Public Health Dept, NHS Fife
7. Scottish Neighbourhood Statistics ([www.sns.gov.uk](http://www.sns.gov.uk))
8. Fife teenage pregnancy figures, Information Services Dept, NHS Fife
9. Child weight figures, Information and Statistics Division, NHS Scotland
10. HMRC (<http://www.hmrc.gov.uk/statistics/child-poverty-stats.htm>)
11. Scottish Index Multiple Deprivation 2012 ([www.scotland.gov.uk/Topics/Statistics/SIMD/](http://www.scotland.gov.uk/Topics/Statistics/SIMD/))
12. Fife diabetes data extracted from Scottish Care Information - Diabetes Collaboration Dataset which collates information on all GP patients registered with diabetes, June 2012.
13. SMR06 Fife extract, Information Services Dept, NHS Fife
14. SMR01 Fife extract, Information Services Dept, NHS Fife

- a. These areas have been defined from whole datazones.
  - b. Deprived areas are calculated from datazone populations which are ranked by SIMD and then divided into groups; each containing 20% of the Fife population.
  - c. ASR is age standardised rate. Age standardised rates are rates that have been adjusted to account for the different age structures of different populations and are often presented per 1,000 or 100,000 population. These are used to provide a more accurate comparison between different areas in Fife.
- \* Where the number of cases (or sample size) was small figures have been shown for the wider Dunfermline and West Fife area (based on Community Health Partnership area) to protect confidentiality and ensure robust estimates.

This profile gives a snapshot of selected health and wellbeing indicators using information available at September 2013.

## Further Information

Profiles are available for each of the seven Area Committee/Local Plan areas. A technical report (including definitions of all indicators) is also available. Look in the Resources section of KnowFife ([www.knowfife.fife.gov.uk](http://www.knowfife.fife.gov.uk)) or on [www.HealthyFife.net](http://www.HealthyFife.net). Information for Area Committee/Local Plan areas can be found on KnowFife using Pick and Mix to select your area.

- If you would like to find out more about information in this profile please contact: Clare Campbell, Public Health Dept, NHS Fife ([clare.campbell@nhs.net](mailto:clare.campbell@nhs.net))
- If you would like to find out more about the KnowFife dataset please contact: Chris Brown, KnowFife Dataset Co-ordinator ([c.brown27@nhs.net](mailto:c.brown27@nhs.net))
- If you would like to know more about Fife's Health and Wellbeing Plan: Vivienne Brown, Fife Council ([vivienne.brown@fife.gov.uk](mailto:vivienne.brown@fife.gov.uk))