

# **A summary of results for Glenrothes and North East Fife Community Health Partnership from the Scottish Health Survey 2008-11**

## **1. Summary**

This paper presents a brief background to the Scottish Health Survey and a summary of the results from adults interviewed in the Glenrothes and North East Fife Community Health Partnership (CHP) area in 2008-11. Key results for Glenrothes and North East Fife CHP are shown in Appendix 1 with comparisons to Fife as well as the other two CHP areas. Detailed results can be found in the full report and in associated resources.<sup>1</sup>

## **2. The Scottish Health Survey**

The Scottish Health Survey (SHeS) is a national survey of health and health behaviours which collects information from the population living in private households in Scotland.<sup>2</sup>

It is designed to make a major contribution to the monitoring of health in Scotland by providing estimates of the prevalence of a range of health conditions, information on health related behaviours and data to monitor progress towards local and national health and wellbeing targets not available from other sources.

Since 2008 the SHeS has had a new continuous survey design with the sample being built up annually over a four year period.

## **3. The Scottish Health Survey in Fife**

The new SHeS design, with an annual sample of approximately 400 Fife adults, and a boost of 200 adults funded since 2008 by NHS Fife has provided an opportunity to have a larger sample of Fife residents every two years and the relatively unique opportunity to produce CHP results and results by both sex and age from the 2008-11 surveys.

## **4. Fife and CHP 2008-11 Results**

### **4.1 The Sample**

This report summarises results from surveys in Fife between 2008 and 2011. Over this period **2,741 adults** across Fife participated in the surveys. This provided a sample size of **964** adults in Glenrothes and North East Fife CHP which allows results to be presented separately for men and women.

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<sup>1</sup> Full report available at [www.nhsfife.org](http://www.nhsfife.org) (use A-Z to search for public health)

<sup>2</sup> The Scottish Government. Edinburgh: The Scottish Health Survey 2011 Main Report Available from: <http://www.scotland.gov.uk/Publications/2012/09/7854>

## **4.2 General Health and Mental Wellbeing**

Questions in this section provide information to contribute to the monitoring of a number of national strategic objectives including improving self assessed health and mental wellbeing.<sup>3</sup>

77% of adults in Glenrothes and North East Fife CHP rated their general health to be 'good' or 'very good' which was slightly higher than the 75% in Fife as a whole. 6% rated their health as 'bad or very bad, compared to 7% in Fife.

26% of adults in Glenrothes and North East Fife CHP, compared to 27% in Fife, reported a limiting long term condition (defined as a physical or mental conditions or disabilities that had affected, or were likely to affect the person, for at least a year).

Positive mental health is measured by the WEMWBS scale with a higher score from a possible 14 to 70 indicating more positive wellbeing. The 2008-11 results showed that adults in Glenrothes and North East Fife CHP had an average WEMWBS scores of 49.9 which was the same as Fife as a whole.

Life satisfaction scores were similar across the CHPs and in Fife with a score of 7.7 (from a scale of 0-10 extremely satisfied) reported in Glenrothes and North East Fife CHP which was the same as Fife. Scores of 7.6 were reported in both Dunfermline and West Fife CHP and Kirkcaldy and Levenmouth.

## **4.3 Dental Health**

The SHes looks at dental health in terms of the prevalence of natural teeth and dental health problems. In the 2008-11 survey, 12% of adults in Glenrothes and North East Fife CHP reported having no teeth. This compared to 13% of Fife adults and proportions of 11% and 16% in Dunfermline and West Fife CHP and Kirkcaldy and Levenmouth CHP respectively.

## **4.4 Alcohol Consumption**

Guidelines for sensible levels of alcohol consumption state that women should drink no more than 2-3 units per day and men no more than 3-4 units with a recommendation that everyone should have at least two alcohol free days per week. In addition weekly consumption should be not be greater than 14 units per week for women and 21 units per week for men. The SHes collects information to monitor adherence to these guidelines.<sup>2</sup>

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<sup>3</sup> The Scottish Government [Internet]. Edinburgh: National Outcomes: Healthier Lives. Available from: <http://www.scotland.gov.uk/About/Performance/scotPerforms/outcome/healthier>

Average reported weekly alcohol consumption from 2008-2011 was calculated to be 18.3 units for men and 8 units for women in Glenrothes and North East Fife CHP with the value reported for men being the highest in Fife. 27% of men and 18% of women in Glenrothes and North East Fife CHP drank beyond sensible weekly limits. This was the same proportion as among women in Fife and but slightly lower than the 28% of men in Fife.

Further categorisation of weekly drinking showed that Glenrothes and North East Fife CHP had the highest proportion of men drinking to 'harmful' levels (7.4%) defined as more consumption of more than 50 units a week which may already be causing physical, psychological or social harm.

42% of men and 31% of women in Glenrothes and North East Fife CHP reported drinking more than the recommended daily amount of 2-3 units or 3-4 units respectively. This was the lowest proportion among men in Fife. Average daily consumption in Glenrothes and North East Fife CHP was 6 units among men and 2.9 units among women.

46% of men and 35% of women exceeded both weekly and daily drinking limits. The majority, 82% of men and 86% of women in Glenrothes and North East Fife CHP reported that they had at least two alcohol free days each week.

Binge drinking, defined as consuming more than 6 (women) or 8 (men) units on any one occasion, was reported by 26% of men and 14% of women in Glenrothes and North East Fife CHP compared to 26% and 15% among men and women in Fife.

#### **4.5 Smoking**

In 2008-11, reported cigarette smoking prevalence in Glenrothes and North East Fife CHP was 23% which was the lowest proportion in Fife. Within the CHP smoking rates were higher among men (26.8%) than women (19%). More than half of all adults in the CHP reported they had never smoked (56%) with 26% describing themselves as ex-smokers.

#### **4.6 Physical Activity**

As part of the national physical activity strategy adults are advised to take part in 30 minutes of moderate physical activity on at least five days of the week. The SHeS focuses on participation in sports and structured exercise, walking, home based activities and activity at work to monitor progress towards physical activity targets.<sup>3</sup>

Home based activities classed as heavy housework were the most frequently reported physical activities among women in Glenrothes and North East Fife CHP undertaken by 60% of women in the previous four weeks with sports and exercise reported by 47%. Sports and exercise were the most frequently reported activities among men reported by 56% of men compared to heavy housework reported by 54%. On average men in Glenrothes and North East

Fife CHP spent two hours per week doing sports and exercise and one hour doing heavy housework. Women spent 1.6 hours on heavy housework and 1.1 hours doing sports and exercise.

39% of adults in Glenrothes and North East Fife CHP achieved the recommended weekly amount of physical activity, 45% of men and 34% of women. This was the highest proportion achieving the target in Fife.

#### **4.7 Fruit and Vegetable Consumption**

Survey respondents were asked how many portions of both fruit and vegetables they had eaten in the previous 24 hours to calculate the proportions consuming five portions of fruit and vegetables that day which is one of the key health improvement messages.<sup>2</sup>

Consumption of five or more portions of fruit and vegetables was low, reported by 26% of adults in Glenrothes and North East Fife CHP. This was the highest level of consumption in Fife with a value of 23% reported for Fife as whole. Women more likely than men to report consuming five portions, 23% compared to 29% in Glenrothes and North East Fife CHP.

Consuming no portions in the 24 hours prior to the survey was reported by 5% of women and 11% of men in Glenrothes and North East Fife CHP, the highest proportion among men in Fife.

#### **4.8 Obesity**

Body Mass Index (BMI) calculated from the height and weight ( $\text{kg/m}^2$ ) of respondents measured by the interviewer is a widely accepted measure that allows for differences in weight due to height. This information is used to monitor progress towards the national long term outcome of 'having the majority of Scotland's adult population in normal weight throughout life'.<sup>4</sup>

In 2008-11 the majority of adults (65%) in Glenrothes and North East Fife CHP had a BMI which exceeded the normal weight range so were classed as overweight or obese. Men were more likely than women to be overweight (including obese), 72% compared to 59%. 24% of men and 29% of women were obese. This level of obesity was lower than reported for Fife as a whole.

#### **4.9 Multiple Risk Factors**

Five risk factors have been identified as contributing approximately 90% of the total burden of disease in countries such as the United Kingdom.<sup>4</sup> These factors are smoking, excessive alcohol consumption, poor diet, physical inactivity and being overweight (incl. obesity).<sup>5</sup>

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<sup>4</sup> The Scottish Government [Internet]. Edinburgh: Indicators to Monitor Progress of the Prevention of Obesity Route Map Available from: <http://www.scotland.gov.uk/Resource/0038/00386316.pdf>

<sup>5</sup> The Scottish Government. Edinburgh: The Scottish Health Survey 2010 Main Report Available from: <http://www.scotland.gov.uk/Publications/2011/09/27084018/0>

4% of adults in Glenrothes and North East Fife CHP had no risk factors, which equates to 96% of adults having one or more risk factor. Glenrothes and North East Fife CHP had the smallest proportion of adults with all five risk factors (2.2%). Men (3.2%) were more likely than women (1.3%) to report all five risk factors.

The most common number of risks among men in Glenrothes and North East Fife CHP was three with 36% of men reporting this number. Glenrothes and North East Fife CHP was the only CHP with a higher proportion of women reporting two risks (36%) than three (32%). The most common combination of three risk factors was to be overweight or obese, be physically inactive and not eat the recommended five portions of fruit and vegetables which reported by 18% of men and 19% of women in the CHP. The most common combination of two risks among women was to be physically inactive and eat less than five daily portions of fruit and vegetables reported by 13%.

#### **4.10 Cardiovascular Disease**

Many of the targets and initiatives relating to smoking, alcohol consumption, diet, physical activity and obesity have the potential to impact on cardiovascular disease (CVD).

Respondents were asked whether they had suffered from a list of conditions classed as cardiovascular disease and had been told this by a doctor. The prevalence of any cardiovascular disorder in Glenrothes and North East Fife CHP was 16% the same proportion as Fife. When diabetes was included with these conditions prevalence rose to 19% in Glenrothes and North East Fife CHP.

### **5. Conclusions**

The Scottish Health Survey is a vast resource of information on health and health related behaviours. These results show us how Glenrothes and North East Fife compares to Fife and the other two CHP areas. As data collection continues we will be able to monitor progress within each CHP in key health improvement areas in future reports.

Detailed results can be found in the full report and within a spreadsheet on the Public Health pages at: [www.nhsfife.org](http://www.nhsfife.org) (use A\_Z to find Public Health). Key results from the 2008-11 Fife Scottish Health Survey are available on the KnowFife dataset.

## **6. Summing Up**

Adults in GNEF CHP had the same WEMWBS score of 49.9 as Fife.

12% of adults in GNEF CHP had no natural teeth compared to 13% in Fife.

27% of men and 18% of women in GNEF CHP exceeded weekly drinking limits, compared to 28% and 18% in Fife.

42% of men and 31% of women drank more than daily drinking limits, compared to 43% and 33% in Fife.

Binge drinking was recorded among 26% of men and 14% of women, compared to 26% of men and 15% of women in Fife.

23% of adults in GNEF CHP were current smokers, the lowest prevalence in Fife.

Recommended levels of physical activity were achieved by 39% of adults in GNEF CHP, the highest level in Fife.

26% of adults in GNEF CHP consumed 5 portions of more of fruit and vegetables daily compared to 24% in Fife.

24% of both men and 29% of women in GNEF CHP were obese compared to 29% of men and 32% of women in Fife.

GNEF CHP had the largest proportion of adults with no risk factors, 4% compared to 3% in Fife.

2.2% of adults in GNEF CHP had five risk factors compared to 2.8% in Fife.

19% of adults in DWF CHP reported they had a CVD condition and /or diabetes compared to 20% in Fife.

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**APPENDIX 1: KEY FIFE and CHP SCOTTISH HEALTH SURVEY 2008-11 RESULTS**

	Fife			DWF CHP			GNEF CHP			K&L CHP		
	Males	Females	All	Males	Females	All	Males	Females	All	Males	Females	All
<b>Good or Very Good Self Assessed Health</b>	76	73	75	76	74	75	76	77	77	74	68	71
<b>Limiting Long Term Conditions</b>	25	29	27	26	28	27	25	28	26	26	31	29
<b>WEMWBS Score</b>	49.9	49.8	49.9	50.3	49.9	50.1	49.5	50.3	49.9	49.8	49.2	49.5
<b>Life Satisfaction Score</b>	7.6	7.6	7.6	7.6	7.5	7.5	7.7	7.7	7.7	7.7	7.4	7.5
<b>No Natural Teeth</b>	10.5	14.4	13	8	13	11	10.6	14	12	13.9	17.5	16
<b>Exceeds weekly drinking limits</b>	28	18	-	28.2	19.7	-	27	18.3	-	28.8	15.6	-
<b>Exceeds daily drinking limits</b>	43	33	-	44	38	-	42	31	-	43	27	-
<b>Exceeds weekly and daily limits</b>	48	37	-	49	43	-	46	35	-	49	30	-
<b>Binge drinking</b>	26.1	15.2	-	28.1	18.1	-	26.3	13.8	-	22.8	13.1	-
<b>Current smokers</b>	28.3	24.7	26.4	26.7	28.0	27.3	26.8	19.2	22.8	32.9	27.3	29.9
<b>Achieved physical activity levels</b>	43	32	37	41	32	36	45	34	39	42	31	36
<b>Ate 5 daily portions of fruit and vegetables</b>	21.3	25.9	24	22.8	23.8	23	22.6	28.9	26	16.8	25.1	21
<b>Overweight</b>	70.4	62.8	67	70.5	64.5	68	71.5	58.6	65	68.7	66.2	67
<b>Obese</b>	29	32	31	33.4	32.7	33	24.3	28.8	27	28.7	35.6	32
<b>Five Risk Factors</b>	3.4	1.9	2.8	3.5	2.5	3.1	3.2	1.3	2.2	3.3	1.8	2.5
<b>Cardiovascular Disease (inc diabetes)</b>	20	18.9	19.5	19	19.1	19	20.2	18.7	19	21.3	19.1	20