

# **A summary of Fife and Community Health Partnership results 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 Fife and Community Health Partnership (CHP) results under key health and health related headings from the 2008-11 Scottish Health Survey.

## **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>1</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 sample sizes of 918 adults in Dunfermline and West Fife CHP, 964 in Glenrothes and North East Fife CHP and 859 in Kirkcaldy and Levenmouth CHP.

---

<sup>1</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 cover self assessed general health, long term conditions and mental health and provide information to contribute to the monitoring of a number of national strategic objectives including improving mental wellbeing.<sup>2</sup>

75% of Fife adults rated their general health to be 'good' or 'very good' as did 76% of Scottish respondents. Proportions were also above 70% in the CHPs; 75% in Dunfermline and West Fife, 77% in Glenrothes and North East Fife and 71% in Kirkcaldy and Levenmouth CHP.

All participants were asked about physical or mental conditions or disabilities that had affected, or were likely to affect them, for at least a year with 27% of Fife adults reporting they had a limiting long term condition compared to 27% in Dunfermline and West Fife, 26% in Glenrothes and North East Fife and 29% in Kirkcaldy and Levenmouth CHP.

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 Fife adults had the same score as Scottish respondents (49.9) with similar scores being recorded across the CHPs; 50.1 in Dunfermline and West Fife, 49.9 in Glenrothes and North East Fife and 49.5 in Kirkcaldy and Levenmouth CHP. Scores were very similar for men and women but higher among adults aged 55 and over.

Life satisfaction scores were also similar across the CHPs and in Fife with scores of 7.5 (from a scale of 0-10 extremely satisfied) reported in both Dunfermline and West Fife and Kirkcaldy and Levenmouth CHPs, 7.6 in Fife and 7.7 in Glenrothes and North East Fife CHP. Scores were similar for both men and women but highest for adults aged 16-24 and 65 and over.

## **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, 13% of Fife adults reported that they had no natural teeth with a higher proportion of 16% reported in Kirkcaldy and Levenmouth. Proportions of 11% and 12% were reported for Dunfermline and West Fife and Glenrothes and North East Fife 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

---

<sup>2</sup> The Scottish Government [Internet]. Edinburgh: National Outcomes: Healthier Lives. Available from: <http://www.scotland.gov.uk/About/Performance/scotPerforms/outcome/healthier>

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>1</sup>

43% of men and a third of women in Fife exceeded daily drinking guidelines. Dunfermline and West Fife CHP had the largest proportion of men and women to report this. Binge drinking, defined as consuming more than 6 (women) or 8 (men) units on any one occasion was reported by 26% of men and 15% of women in Fife with reports of binge drinking most common among younger age groups.

Weekly drinking limits were exceeded by 28% of men and 18% of women in Fife. Kirkcaldy and Levenmouth CHP had the highest proportion of men to do this and Dunfermline and West Fife CHP the largest proportion of women. In Fife average weekly alcohol consumption was 17 units for men and 7.9 units for women. Younger women (16-24) and older men (55-64) were most likely to report exceeding weekly limits. A high proportion of adults reported that they had two or more alcohol free days a week, 84% of men and 90% of women in Fife.

Almost half of men in Fife and more than a third of women exceeded both limits set for sensible drinking. Of the three CHPs, Dunfermline and West Fife CHP had the highest proportion of men and women to do this. Men were more likely than women to drink beyond both sensible limits.

Table 1: Alcohol consumption by sex; Fife and CHPs

	Fife		DWF		GNEF		K&L	
	M	F	M	F	M	F	M	F
	% of respondents							
Exceeds daily limits	43	33	44	38	42	31	43	27
Binge drinking	26.1	15.2	28.1	18.1	26.3	13.8	22.8	13.1
Exceeds weekly limits	28	18	28	20	27	18	29	16
Exceeds both limits	48	37	49	43	46	35	49	30
2+ alcohol free days	84	90	86	92	82	86	81	91

#### 4.5 Smoking

In 2008-11, cigarette smoking prevalence among the Fife sample was 26.4%, slightly higher than the 25% reported nationally. Of the three CHPs, Kirkcaldy and Levenmouth had the highest smoking prevalence with 30% of adults reporting being a current smoker compared to 27% in Dunfermline and West Fife and 23% in Glenrothes and North East Fife.

Smoking prevalence was higher among women than men. Smoking prevalence was highest among those aged 25-34 (36%) but then decreased with increasing age. Reports of never smoking were highest among the youngest age group with more than two thirds of those aged 16-24 reporting this.

## 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, with the ability to accumulate 30 minutes from shorter bouts of at least 10 minutes of activity. The SHeS focuses on participation in sports and structured exercise, walking, home based activities and activity at work in the previous four week period to monitor progress towards physical activity targets.<sup>2</sup>

Home based activities classed as heavy housework were the most frequently reported physical activities in Fife undertaken 53% of men and 63% of women. Sports and exercise were the second most commonly reported.

37% of adults in Fife achieved the recommended weekly amount of physical activity compared to 38% in Scotland. Proportions of 36% were reported in both Dunfermline and West Fife and Kirkcaldy and Levenmouth CHPs with a slightly higher figure of 39% in Glenrothes and North East Fife CHP. In all areas men were more likely than women to achieve the recommended amount. Half of all young adults achieved the recommended amount with the proportions doing so then decreasing with increasing age.

## 4.7 Fruit and Vegetable Consumption

Survey respondents were asked how many portions of both fruit and vegetables they had eaten in the 24 hours prior to interview and were given everyday examples (e.g. 3 tablespoons of vegetables, a medium apple) to facilitate this process. These answers were then used to calculate the proportions consuming five portions of fruit and vegetables that day which is one of the key health improvement messages.<sup>1</sup>

Consumption of five or more portions of fruit and vegetables was low, reported by 24% of adults in Fife and 22% in Scotland. Consumption was highest in Glenrothes and North East Fife CHP at just 26% with proportions of 23% and 21% being reported in Dunfermline and West Fife and Kirkcaldy and Levenmouth CHPs respectively. Women and adults aged 55 and over were more likely to consume five portions daily than men and younger adults.

## 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>3</sup>

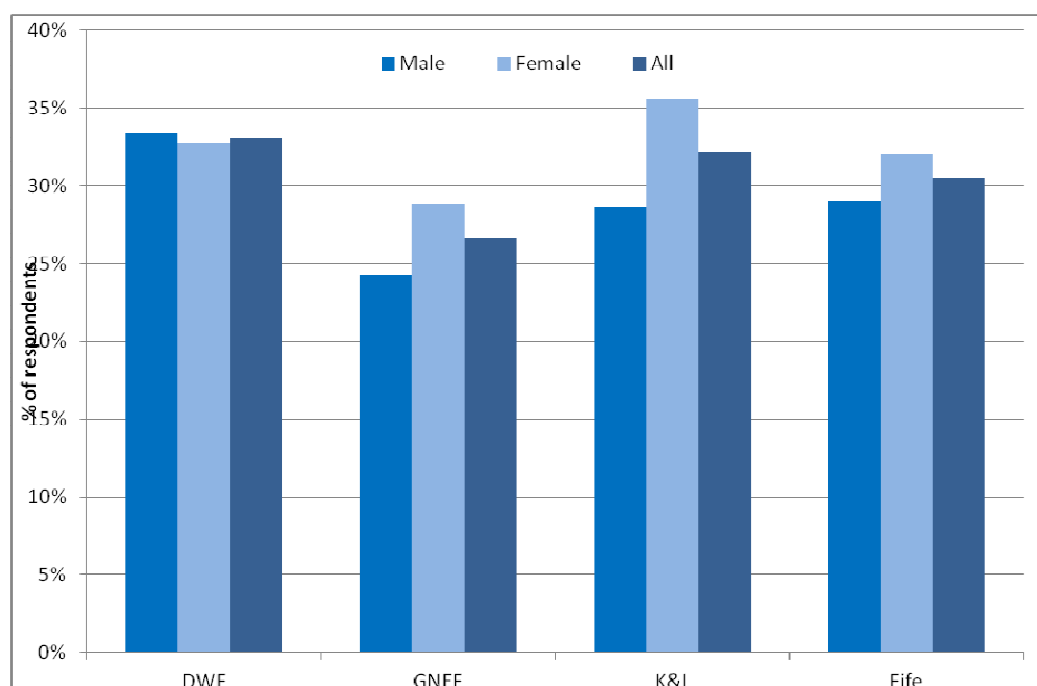
---

<sup>3</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>

In 2008-11 the majority of adults (67%) in the Fife sample had a BMI which exceeded the normal weight range so were classed as either overweight or obese. Levels of obesity were recorded among 31% of Fife adults, a significantly higher proportion than the 27% in Scotland.

The prevalence of obesity was highest among males in Dunfermline and West Fife CHP and females in Kirkcaldy and Levenmouth (Chart 1). Women were more likely to be obese than men and younger adults had the lowest proportions of obesity and adults aged 55-64 the highest.

Chart 1: Prevalence of obesity by gender; Fife and CHPs



#### 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>4</sup> Only 3% of Fife adults had no risk factors, which translates to 97% of adults in Fife having one or more risk factor.

The same proportion of adults in Fife had all five risk factors present, 3%. Dunfermline and West Fife CHP had the largest proportion with five risk factors (3.1%) and Glenrothes and North East Fife CHP the lowest (2.2%). Men were more likely than women to report all five risk factors across all areas.

<sup>4</sup> The Scottish Government. Edinburgh: The Scottish Health Survey 2010 Main Report Available from: <http://www.scotland.gov.uk/Publications/2011/09/27084018/0>

In Fife the most common number of risks was three with 37% of adults reporting this number. A higher proportion of 41% reported three risks in Kirkcaldy and Levenmouth CHP compared to 38% in Dunfermline and West Fife and 34% in Glenrothes and North East Fife CHP. 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.

#### **4.10 Cardiovascular Disease**

The main components of cardiovascular disease (CVD) are coronary heart disease (CHD) and stroke with CVD being the second most common cause of death in Fife after cancer.<sup>1,5</sup> Many of the targets and initiatives relating to smoking, alcohol consumption, diet, physical activity and obesity have the potential to impact on 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 Fife was 16% compared to 15% among Scottish respondents. Similar proportions were reported across the CHPs; 16% in Dunfermline and West Fife and Glenrothes and North East Fife CHPs and 17% in Kirkcaldy and Levenmouth CHP.

### **5. Conclusions**

The Scottish Health Survey is a vast resource of information on health and health related behaviours. These results show us how Fife compares to Scotland and allows us to examine similarities and differences in health and health related behaviours between residents of our Community Health Partnership areas and between Fife residents of different ages and gender.

Compared to Scotland, Fife had a significantly higher prevalence of obesity and higher levels of morbid obesity. Levels of fruit and vegetable consumption are low in Fife and across Scotland. Fife had similar proportions of adults achieving recommended physical activity levels to Scotland but higher levels of smoking. The proportion of adults exceeding sensible weekly drinking limits was the same in Fife and Scotland as was the average number of units consumed weekly. Proportions of adults exceeding both weekly and daily guidelines were similar. Positive mental wellbeing scores were the same in Fife and Scotland.

Within Fife obesity levels among all adults were highest in Dunfermline and West Fife CHP. Consumption of fruit and vegetables was lowest in Kirkcaldy and Levenmouth CHP. The proportion of adults meeting recommended physical activity levels was highest in Glenrothes and North East Fife CHP. Dunfermline and West Fife CHP had the highest proportions of males and females who exceeded weekly drinking guidelines, daily guidelines and reported binge drinking. Smoking prevalence was highest in Kirkcaldy and

---

<sup>5</sup> NHS Fife DPH Annual Report 2011-12

[http://publications.1fife.org.uk/weborgs/nhs/uploadfiles/publications/c64\\_ARversion-final.pdf](http://publications.1fife.org.uk/weborgs/nhs/uploadfiles/publications/c64_ARversion-final.pdf)

Levenmouth but there was very little difference across the CHPs in terms of positive mental wellbeing and life satisfaction.

Women were more likely to be obese than men but more likely to report consuming five daily portions of fruit and vegetables. Smoking levels and levels of excessive and binge drinking were higher in men than women. Men were more likely to achieve the recommended levels of physical activity. Ratings of positive mental health and life satisfaction were similar for men and women.

Levels of obesity were highest among adults aged 55-64 and lowest among those aged 16-24 in Fife. Younger adults (16-24) were also most likely to meet recommended levels of physical activity and report that they had never smoked. They were also least likely to consume five portions of fruit and vegetables with proportions reporting this greater among older adults. Smoking prevalence was highest among those aged 25-34. Men of this age were also most likely to report binge drinking. Binge drinking among women was reported most often by those aged 16-24 as was drinking beyond weekly sensible limits. Among men the proportion exceeding weekly limits was highest among those aged 55-64. Positive mental wellbeing was higher among older age groups but ratings of life satisfaction were highest among those aged 16-24 and 65 and over.

Detailed results can be seen in Appendix 1 and in the full report (on the public health pages of [www.nhsfife.org](http://www.nhsfife.org)). Two themed reports have also been published looking at physical activity and smoking in detail. Reports focussing on other topics including inequalities will be published later in 2013. Key results from the 2008-11 Fife Scottish Health Survey are available on the KnowFife dataset.

This information has already been used in Fife to provide baseline information for Community Plan and Health and Wellbeing Plan indicators, to create a Fife Mental Health Indicators Dataset and other resources to be used by Fife Partnership.

**Clare Campbell, Public Health Scientist**  
**Bryan Archibald, Senior Information Analyst**  
**September 2013**

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

	Scotland			Fife			DWF CHP			GNEF CHP			K&L CHP		
	M	F	All	M	F	All	M	F	All	M	F	All	M	F	All
<b>Good or Very Good Self Assessed Health</b>	77	75	76	76	73	75	76	74	75	76	77	77	74	68	71
<b>Limiting Long Term Conditions</b>	24	29	27	25	29	27	26	28	27	25	28	26	26	31	29
<b>WEMWBS Score</b>	50.1	49.7	49.9	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	7.6	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>	9	13	11	10.5	14.4	13	8	13	11	10.6	14	12	13.9	17.5	16
<b>Exceeds weekly drinking limits</b>	27	19	-	28	18	-	28.2	19.7	-	27	18.3	-	28.8	15.6	-
<b>Exceeds daily drinking limits</b>	43	34	-	43	33	-	44	38	-	42	31	-	43	27	-
<b>Exceeds weekly and daily limits</b>	49	39	-	48	37	-	49	43	-	46	35	-	49	30	-
<b>Binge drinking</b>	26	17	-	26.1	15.2	-	28.1	18.1	-	26.3	13.8	-	22.8	13.1	-
<b>Current smokers</b>	26	24	25	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>	45	33	38	43	32	37	41	32	36	45	34	39	42	31	36
<b>Ate 5 daily portions of fruit and vegetables</b>	21	24	22	21.3	25.9	24	22.8	23.8	23	22.6	28.9	26	16.8	25.1	21
<b>Overweight</b>	68.2	61.1	64.6	70.4	62.8	67	70.5	64.5	68	71.5	58.6	65	68.7	66.2	67
<b>Obese</b>	27	27.8	27.4	29	32	31	33.4	32.7	33	24.3	28.8	27	28.7	35.6	32
<b>Five Risk Factors</b>	4	4	4	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>	19.2	17.1	18.1	20	18.9	19.5	19	19.1	19	20.2	18.7	19	21.3	19.1	20