

A summary of results for Kirkcaldy and Levenmouth 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 Kirkcaldy and Levenmouth Community Health Partnership (CHP) area in 2008-11. Key results for Kirkcaldy and Levenmouth 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.¹

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.²

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 by NHS Fife since 2008 has provided an opportunity to have a larger sample of Fife residents every two years and the relatively unique opportunity to produce CHP results 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 **859** adults in Kirkcaldy and Levenmouth CHP which allows results to be presented separately for men and women.

¹ Full report available at www.nhsfife.org (use A-Z to search for public health)

² 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.³

74% of adults in Kirkcaldy and Levenmouth CHP rated their general health to be 'good' or 'very good' which was similar to the 75% reported for Fife as a whole. 7% rated their health as 'bad or very bad, the same as Fife.

29% of adults in Kirkcaldy and Levenmouth CHP 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) which was more than the 27% in Fife as a whole.

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 Kirkcaldy and Levenmouth CHP had the lowest WEMWBS scores of 49.5 compared to 49.9 in Fife as a whole and Glenrothes and North East Fife CHP and 50.1 in Dunfermline and West Fife CHP.

Life satisfaction scores were similar across the CHPs and in Fife with a score of 7.5 (from a scale of 0-10 extremely satisfied) reported in Kirkcaldy and Levenmouth CHP which was the same as that for Dunfermline and West Fife CHP. Scores of 7.6 and 7.7 were reported for Fife and Glenrothes and North East Fife CHP.

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, Kirkcaldy and Levenmouth CHP had the highest proportion of adults who reported having no teeth, 16%. This compared to 13% of Fife adults and proportions of 12% and 11% in Glenrothes and North East Fife CHP and Dunfermline and West 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 recommendation that everyone should have at least two alcohol free days per week. In addition weekly consumption should 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.²

³ 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 16 units for men and 7.1 units for women in Kirkcaldy and Levenmouth CHP. Both of these values were the lowest in Fife. 28.8% of men and 15.6% of women in Kirkcaldy and Levenmouth CHP drank beyond sensible weekly limits, a slightly higher proportion than among men in Fife (28%) but lower than the 18% reported among Fife women.

43% of men and 27% of women in Kirkcaldy and Levenmouth CHP reported drinking more than the recommended daily amount of 2-3 units or 3-4 units respectively. This was the lowest proportion of females in Fife. Average daily consumption in Kirkcaldy and Levenmouth CHP was 5.3 units among men and 2.3 units among women, the lowest values in Fife.

49% of men and 30% of women exceeded both weekly and daily drinking limits. The majority, 81% of men and 91% of women in Kirkcaldy and Levenmouth 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 23% of men and 13% of women in Kirkcaldy and Levenmouth CHP which was lower than in Fife and the other CHPs.

4.5 Smoking

In 2008-11, reported cigarette smoking prevalence in Kirkcaldy and Levenmouth CHP was 30% (33% among men and 27% among women), the highest proportions in Fife. 46% of all adults in the CHP reported they had never smoked with 24% 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.³

Home based activities classed as heavy housework were the most frequently reported physical activities in Kirkcaldy and Levenmouth CHP undertaken by 50% of men and 67% of women. Sports and exercise were the second most commonly reported by 47% of men and 39% of women which were the lowest values in Fife for this type of activity. On average, men in Kirkcaldy and Levenmouth CHP spent 1.9 hours per week doing sports and exercise and 1 hour doing heavy housework. In contrast women spent 2.6 hours on heavy housework and 1.1 hours doing sports and exercise.

36% of adults in Kirkcaldy and Levenmouth CHP achieved the recommended weekly amount of physical activity, 42% of men and 31% of women, compared to 37% in Fife. This was the same proportion as reported in

Dunfermline and West Fife CHP but slightly lower than the figure of 39% in Glenrothes and North East Fife CHP.

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.²

Consumption of five or more portions of fruit and vegetables was low, reported by 21% of adults in Kirkcaldy and Levenmouth CHP which was the lowest level of consumption in Fife. Women were more likely than men to report consuming five portions, 17% of men and 25% of women in Kirkcaldy and Levenmouth CHP.

Consuming no portions in the 24 hours prior to the survey was reported by 9.7% of men and 7.4% of men in Kirkcaldy and Levenmouth CHP compared to 9.3% and 7.7% of men and women in Fife.

4.8 Obesity

Body Mass Index (BMI) calculated from the height and weight (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'.⁴

In 2008-11 the majority of adults (67%) in Kirkcaldy and Levenmouth 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), 69% compared to 66% but women were more likely to be obese, 35.6% of women and 28.7% of men. This level of obesity was same as reported for Fife men but the highest of all the CHPs and Fife for obesity among women.

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.⁴ These factors are smoking, excessive alcohol consumption, poor diet, physical inactivity and being overweight (incl. obesity).⁵

2.6% of adults in Kirkcaldy and Levenmouth CHP had no risk factors, which equates to 97.4% of adults having one or more risk factor. The presence of

⁴ 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>

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

all five risk factors was reported by 2.5% of adults in Kirkcaldy and Levenmouth CHP compared to 2.8% in Fife. Men (3.3%) were more likely than women (1.8%) to report all five risk factors.

The most common number of risks was three with 42% of men and 39% of women in Kirkcaldy and Levenmouth CHP reporting this number. 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 was found among 22% of men and 25% of women in Kirkcaldy and Levenmouth CHP.

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 Kirkcaldy and Levenmouth CHP was 17%, just higher than the 16% reported for Fife. When diabetes was included with these conditions prevalence rose to 20% 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 Kirkcaldy and Levenmouth CHP 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 (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 K&L CHP had an average WEMWBS score of 49.5 which was lower than the 49.9 in Fife.

16% of adults in K&L CHP had no natural teeth which was greater than the 13% in Fife.

29% of men and 16% in K&L CHP exceeded weekly drinking limits, the lowest proportion of women in Fife.

43% of men and 27% of women drank more than daily drinking limits, the lowest proportion among females in Fife.

Binge drinking was recorded among 23% of men and 13% of women, lower levels than in Fife and the other CHPs.

30% of adults in K&L CHP were current smokers which was highest prevalence in Fife.

Recommended levels of physical activity were achieved by 36% of adults in K&L CHP, just lower than the 37% in Fife.

21% of adults in K&L CHP consumed 5 portions of more of fruit and vegetables daily compared to 24% in Fife.

29% of men and 36% of women in K&L CHP were obese, the greatest proportion of women in Fife.

2.6% of adults in K&L CHP had no risk factors compared to 3% in Fife.

2.5% of adults in K&L CHP had five risk factors compared to 2.8% in Fife.

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