1. Introduction

The Health and Wellbeing Survey was carried out in 2011 on behalf of NHS Greater Glasgow and Clyde. It is the fifth in a series of studies conducted by the former NHS Greater Glasgow and the second to include the area administered by NHS Greater Glasgow and Clyde, which includes Renfrewshire.

2. Purpose

The 2011 survey provides an update for the Renfrewshire area from which progress towards performance assessment targets and national health behaviour targets can be measured against the 2008 baseline data. The Health and Wellbeing Survey is formed around core questions which will remain the same to allow monitoring of trends over time. The information the survey provides helps to build up a picture of the public’s health in Renfrewshire. The results can also be compared to Greater Glasgow and Clyde as a whole.

3. Summary of Methodology

In total 582 face-to-face, in-home interviews were conducted with adults (aged 16 and over) in the Renfrewshire area. The sample was stratified proportionately by local authority and SIMD quintile, with addresses selected at random from the residential postcode address file within each stratum. Adults were randomly selected within each sampled household using the last birthday technique.

The 6,101 completed interviews across the NHS Greater Glasgow and Clyde area were weighted to account for under/over representation of groups within the sample to ensure the 2011 sample was as representative as possible of the adult population in the Greater Glasgow & Clyde NHS Board area.

Most Deprived 15% Datazones Versus Other Datazones
Base: All Renfrewshire (582)

<table>
<thead>
<tr>
<th>Group</th>
<th>% in sample</th>
<th>Renfrewshire % of population (aged 16+)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Most deprived 15% datazones</td>
<td>19.9%</td>
<td>20.1%</td>
</tr>
<tr>
<td>Other datazones</td>
<td>80.1%</td>
<td>79.9%</td>
</tr>
</tbody>
</table>
Age and Gender Breakdown
Base: All Renfrewshire (582)

| Age  | Men | Women | Total | Renfrewshire % of population (aged 16+)
|------|-----|-------|-------|----------------------------------------
| 16-24| 49  | 45    | 94    | 15.7%                                  
| 25-34| 49  | 51    | 100   | 17.4%                                  
| 35-44| 46  | 53    | 99    | 17.1%                                  
| 45-54| 48  | 55    | 103   | 17.7%                                  
| 55-64| 36  | 40    | 76    | 13.0%                                  
| 65-74| 25  | 33    | 58    | 9.9%                                   
| 75+  | 17  | 35    | 52    | 9.2%                                   
|      | 270 | 312   | 582   |                                        

4. Findings

The survey was extensive and covered many health and wellbeing issues. This summary report focuses on key findings in the following areas:

- Health Behaviours
- Body Mass Index (BMI)
- Access to Health Services
- People's Perceptions of Their Health and Wellbeing
- Social Health
- Social Capital

A copy of the full survey report which includes the full range of analysis can be found at: [http://www.chps.org.uk/content/default.asp?page=s606_6](http://www.chps.org.uk/content/default.asp?page=s606_6).

5. Health Behaviours

5.1 Smoking

<table>
<thead>
<tr>
<th>Indicator</th>
<th>% of sample in Renfrewshire 2011</th>
<th>% of sample in Renfrewshire 2008</th>
<th>% of sample in NHSGGC 2011</th>
<th>% of sample in NHSGGC 2008</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current smoker</td>
<td>24.0%</td>
<td>35.2%</td>
<td>29.0%</td>
<td>32.6%</td>
</tr>
<tr>
<td>Heavily addicted smoker (smoking 20 or more cigarettes per day), based on all smokers</td>
<td>46.0%</td>
<td>49.1%</td>
<td>42%</td>
<td>47.4%</td>
</tr>
<tr>
<td>Intention to stop smoking</td>
<td>41.0%</td>
<td>34%</td>
<td>33%</td>
<td>33%</td>
</tr>
<tr>
<td>Exposed to second hand smoke most or some of the time</td>
<td>44%</td>
<td>43%</td>
<td>39%</td>
<td>39.1%</td>
</tr>
</tbody>
</table>
Compared to those in the NHS Greater Glasgow & Clyde area as a whole, those in Renfrewshire were:

- Less likely to be a current smoker
- More likely to be a heavily addicted smoker
- More likely to be exposed to second hand smoke most or some of the time

## 5.2 Alcohol

The recommended weekly limit for alcohol consumption is 21 units per week for men and 14 units per week for women.

<table>
<thead>
<tr>
<th>Indicator</th>
<th>% of sample in Renfrewshire 2011</th>
<th>% of sample in Renfrewshire 2008</th>
<th>% of sample in NHSGGC 2011</th>
<th>% of sample in NHSGGC 2008</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drink alcohol weekly</td>
<td>46.0%</td>
<td>38%</td>
<td>45%</td>
<td>36%</td>
</tr>
<tr>
<td>Exceeds recommended limits for weekly units of alcohol (based on all those who drank at all in the past week)</td>
<td>19.0%</td>
<td>12%</td>
<td>20%</td>
<td>13%</td>
</tr>
<tr>
<td>Binge drinker in the past week (based on all those who drank at all in the past week)</td>
<td>34.0%</td>
<td>22%</td>
<td>31%</td>
<td>22%</td>
</tr>
</tbody>
</table>

Compared to those in the NHS Greater Glasgow & Clyde area as a whole, those in Renfrewshire were:

- More likely to drink alcohol weekly
- More likely to have binge drank in the past week

## 5.3 Physical Activity

<table>
<thead>
<tr>
<th>Indicator</th>
<th>% of sample in Renfrewshire 2011</th>
<th>% of sample in Renfrewshire 2008</th>
<th>% of sample in NHSGGC 2011</th>
<th>% of sample in NHSGGC 2008</th>
</tr>
</thead>
<tbody>
<tr>
<td>Takes at least 30 minutes of moderate exercise 5 or more times per week</td>
<td>30.1%</td>
<td>39.8%</td>
<td>33%</td>
<td>37%</td>
</tr>
</tbody>
</table>

Compared to those in the NHS Greater Glasgow & Clyde area as a whole, those in Renfrewshire were less likely to take at least 30 minutes of moderate exercise 5 or more times in a week.
5.4 Diet

| Indicator                                                       | % of sample in Renfrewshire 2011 | % of sample in Renfrewshire 2008 | % of sample in NHSGGC 2011 | % of sample in NHSGGC 2008 |
|                                                               |                                 |                                  |                           |                           |
| Consumes 5 or more portions of fruit/vegetables per day (national target) | 33%                             | 43%                               | 33%                        | 38%                        |
| Consume 2 or more portions of oily fish per week (meeting recommended target) | 22%                             | 31%                               | 28%                        | 24%                        |
| Exceed recommended daily limit of one high fat and sugary snack | 42%                             | 35%                               | 36%                        | 36%                        |

Compared to those in the NHS Greater Glasgow and Clyde area as a whole, those in Renfrewshire were:

- Less likely to consume 2 or more portions of oily fish per week
- More likely to exceed recommended daily limit of one high fat and sugary snack

6. Body Mass Index (BMI)

Respondents were asked to state their height and weight, from which their Body Mass Index (BMI) was calculated. BMI classification points are defined as:

- Underweight BMI below 18.5
- Ideal weight BMI between 18.5 and 24.99
- Overweight BMI between 25 and 29.99
- Obese BMI between 30 and 39.99
- Very obese BMI 40 or over

Due to a recognised tendency for people to over report height and under report weight, a revised cut off for obesity was applied at 29.2.

| Indicator                                           | % of sample in Renfrewshire 2011 | % of sample in Renfrewshire 2008 | % of sample in NHSGGC 2011 | % of sample in NHSGGC 2008 |
|                                                    |                                 |                                  |                           |                           |
| Body Mass Index of 25 or over                       | 55%                             | 49.9%                             | 49%                        | 44%                        |
| Body Mass Index of 29.2 or over (classified as obese) | 25%                             | 18%                               | 19%                        | 15.5%                      |
Compared to those in the NHS Greater Glasgow & Clyde area as a whole, those in Renfrewshire were more likely to be overweight or obese.

7. Accessing Health Services

Indicators for the use of Health Services showed:

- 82% had seen a GP at least once in the last year (74% NHSGGC)
- 16% had attended Accident and Emergency at least once in the last year
- 12% had a hospital stay in the last year
- 8% contacted NHS24 in the last year (10% NHSGGC)
- 6.8% had difficulty reaching hospital for an appointment (7.6% NHSGGC)
- 14% had difficulty getting an appointment to see their GP (16.3% NHSGGC)
- 12.4% had difficulty getting a consultation at their GP Surgery within 48 hours (12.2% NHSGGC)
- 4.7% had difficulty getting a dentist appointment (5.5% NHSGGC)

8. People’s Perceptions of their Health and Wellbeing

Many of Renfrewshire’s findings for people’s perceptions of their health and wellbeing are similar to those for the Greater Glasgow and Clyde area as a whole.

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<tr>
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<th>% of sample in NHSGGC 2008</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self-perceived health very good or good.</td>
<td>80%</td>
<td>67.2%</td>
<td>75%</td>
<td>70.8%</td>
</tr>
<tr>
<td>Positive perception of general physical wellbeing.</td>
<td>65.7%</td>
<td>79.7%</td>
<td>75%</td>
<td>80.4%</td>
</tr>
<tr>
<td>Positive perception of general mental or emotional wellbeing.</td>
<td>69.4%</td>
<td>83.9%</td>
<td>82%</td>
<td>84.9%</td>
</tr>
<tr>
<td>Feel definitely in control of decisions affecting daily life.</td>
<td>90%</td>
<td>67.6%</td>
<td>66%</td>
<td>66.5%</td>
</tr>
<tr>
<td>Positive perception of quality of life.</td>
<td>70.6%</td>
<td>84.9%</td>
<td>84%</td>
<td>85.8%</td>
</tr>
<tr>
<td>Has long term illness/condition that interferes with daily life.</td>
<td>12%</td>
<td>20.1%</td>
<td>19%</td>
<td>19.7%</td>
</tr>
<tr>
<td>Receiving treatment for at least one condition.</td>
<td>34.1%</td>
<td>38.3%</td>
<td>39%</td>
<td>36.5%</td>
</tr>
<tr>
<td>Have some/all of own teeth.</td>
<td>86.9%</td>
<td>83%</td>
<td>88%</td>
<td>87.3%</td>
</tr>
</tbody>
</table>

9. Social Health

In Renfrewshire, 84% of respondents felt that they belonged to the local area, with 64% feeling they were valued as members of the community. 68% felt that local
people working together could influence local decisions. 92% of respondents felt safe on public transport in their local area and 80% felt safe walking alone in their area, even after dark. All these results have improved since the 2008 survey.

Other findings for social health included:

- 8% felt isolated from family and friends
- 56% identify with a religion
- 4.4% felt they had been treated offensively during the last three months
- 99% felt safe in their own home.

10. Social Capital

In Renfrewshire, 71% had a positive view of their local area as a place to live and 66% had a positive view of their local area as a place to bring up children.

Four in five (78%) had a positive view of reciprocity in their area and 85% had a positive view of trust in their area. Those aged under 65 were less likely than older respondents to have positive views of reciprocity or trust.

84% of respondents valued local friendships and 88% had a positive view of social support.

11. Contact Details

If you require more information on the Health and Wellbeing Survey, please contact:

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Renfrewshire Community Health Partnership
3rd Floor
Renfrewshire House
Cotton Street
Paisley
PA1 1AL

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Email: renfrewshirechp@ggc.scot.nhs.uk