Findings from The Scottish Health Survey in Fife

BACKGROUND

The Scottish Health Survey is designed to provide information on the health, and factors related to health, of people living across Scotland. In Fife we have boosted the number of adults interviewed so that information is available for the whole of Fife every two years and for different age groups and areas within Fife every four years.

Since 2008 almost 4,000 adults aged 16 and over in Fife have taken part in the survey. Key findings for Fife for three time periods are presented here. Figures for within Fife are available separately for 2008-11 with 2012-15 figures available at the end of 2016.

DIET

The percentage of adults meeting the 5 portions of fruit and vegetables a day recommendation has changed little since 2008-9.

- 23% - 2008-9
- 24% - 2010-11
- 24% - 2012-13

In 2012-13 an average of 3.2 portions were eaten per day in Fife with 10% of adults eating no portions.

SMOKING

A quarter of adults in 2012-13 stated they were current smokers which was a small reduction on the figure reported in previous years.

OBESITY

In 2012-13 two thirds of adults were overweight, including 32% who were obese. Levels of overweight and obesity have changed little since 2008-9.

Women were more likely than men to be obese across all three time periods with a third of women and 31% of men categorised as obese in 2012-13.
PHYSICAL ACTIVITY

The percentage of adults achieving at least 30 minutes of physical activity on 5 or more days a week (pre 2011 guidelines) has increased since 2008-9. Men were more likely than women to achieve this across all time periods.

In 2011 new physical activity guidelines were introduced across the UK. These included recommendations that adults should achieve 150 minutes of moderate or 75 minutes of vigorous activity per week and undertake muscle strengthening exercises on at least 2 days.

65% of adults achieved the recommended amount of activity in 2012-13.

26% of adults achieved the recommended amount of activity and muscle strengthening.

MENTAL HEALTH & WELLBEING

Levels of wellbeing in adults as measured by the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) on a scale from 14 to 70 have remained fairly consistent over the three time periods.

In 2012-13, 18% of adults exhibited signs of a possible psychiatric disorder (GHQ-12 score of 4 or more).

On a scale of 0 - 10 the average life satisfaction for adults has remained fairly constant over the three time periods.

GENERAL HEALTH

In 2012-13, 71% of adults rated their health as 'good' or 'very good' with 10% rating it as 'bad' or 'very bad'.

The proportion of adults reporting they had one or more long term conditions has increased to 46% (32% limiting, 14% non limiting) in 2012-13. Women were more likely than men to report a long term condition.
**ALCOHOL**

The proportion of men and women who do not drink alcohol increased in men from 9% in 2008–9 to 12% in 2012–13 but decreased among women from 18% to 16%.

- **Men**: 5.8 units
- **Women**: 3.0 units

Average alcohol consumption on the heaviest drinking day in the past week has changed little over the three time periods and was 5.8 units for men and 3 units for women in 2012–13.

41% of men drank beyond the recommended* daily drinking limits of 3–4 units and 31% of women drank more than the recommended 2–3 units in 2012–13 which was consistent with proportions reported previously.

- **Men**: 2.8 days
- **Women**: 2.5 days

The most common frequency for drinking alcohol was once or twice a week, reported by 37% of men and 31% of women in 2012–13. The average number of days in the week when alcohol was drunk was 2.8 for men and 2.5 for women in 2012–13.

Weekly average consumption has reduced among men but fluctuated among women since 2008–9 to 15.4 and 8 units in 2012–13.

- **Men**: 17, 16.9, 15.4 units
- **Women**: 7.7, 8.2, 8.0 units

Drinking more than recommended weekly limits (above 21 units for men and 14 units for women)* has decreased over the three time periods and was reported by 25% of men and 17% of women in 2012–13.

- **Proportion exceeding weekly limits**
  - **Men**: 27, 28, 25
  - **Women**: 19, 18, 17

In 2012–13, 45% of men and 34% of women drank more than either weekly or daily guidelines* which were lower proportions than reported previously.

* Consumption guidelines as at November 2015

*Findings from the annual national survey and detailed theme reports can be found at: [http://www.gov.scot/Topics/Statistics/Browse/Health/scottish-health-survey](http://www.gov.scot/Topics/Statistics/Browse/Health/scottish-health-survey)