NHSGGC Health and Wellbeing Survey

Volunteering Cross-sectional Analysis: Health and Wellbeing

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1. Research Overview

1. Research overview.

- This presentation is one of a series of presentations that analyses volunteer participation in Greater Glasgow and Clyde using the 2017/2018 NHS Greater Glasgow and Clyde Health and Wellbeing survey.

Cross-sectional presentation topics
Health and Wellbeing
Community Engagement and Social Capital
Social Action
Demographics
Social isolation and loneliness
Caring responsibilities
Deprivation

- This presentation cross-tabulates a number of health and wellbeing fields with volunteering.

1. Research overview.

- Currently Volunteer Scotland's primary data source for the analysis of volunteering evidence in Scotland is the Scottish Household Survey (SHS).
- The SHS has an (unweighted) sample size of 9,400 which allows for analysis of participation rates in Scotland across several dimensions, e.g. demographics such as age, gender, Scottish index of multiple deprivation, income levels, educational levels, religion and ethnicity.
- While the SHS allows for analysis at a Scotland-wide level the analysis of geographical areas within Scotland is problematic due to the small sample sizes that the SHS provides for the 32 local authorities in Scotland. Table 1 below shows the SHS sample sizes for the 6 local authorities in the Greater Glasgow and Clyde area between 2013 and 2017.

SHS LA Sample Sizes	2013	2014	2015	2016	2017
West Dunbartonshire	265	163	238	287	162
East Dunbartonshire	249	194	234	255	194
East Renfrewshire	252	163	258	233	159
Glasgow City	907	1,108	809	803	1,117
Inverclyde	251	149	270	239	145
Renfrewshire	268	319	286	273	316
Total	2,192	2,096	2,095	2,090	2,093

Table 1 - SHS unweighted random adult LA sample sizes in Greater Glasgow and Clyde 2013-2017. Source SHS 2013 -2017.

1. Research overview.

- Small sample sizes for each of the local authorities leads to high variability in the participation rates and statistical difficulties in analysing sub-demographic groups e.g. age ranges and less robust statistical results where analysis is possible.
- Table 2 below shows the variability in participation rates for Greater Glasgow and Clyde local authorities from 2013 to 2017.

Participation Rates	2013	2014	2015	2016	2017
Glasgow City	21%	20%	20%	23%	21%
East Dunbartonshire	35%	36%	31%	21%	34%
East Renfrewshire	33%	31%	30%	29%	28%
Inverclyde	28%	25%	21%	25%	25%
Renfrewshire	26%	26%	22%	31%	27%
West Dunbartonshire	23%	15%	18%	14%	16%
SHS Scotland	28%	27%	27%	27%	28%

Table 2 - SHS volunteer participation rates Greater Glasgow and Clyde 2013-2017. Source SHS 2013 -2017.

- In contrast to the variability in local authority participation rates, overall Scottish participation rates were relatively stable at between 27% and 28% during the same

1. Research overview.

- The Health & Wellbeing Survey from NHS Greater Glasgow and Clyde (NHSGGC) has a substantially larger sample size (7,758) than SHS for the Greater Glasgow and Clyde area (2,094), which allows for a more robust and detailed analysis of NHS Greater Glasgow and Clyde overall as well as a multilayered analysis of:

  - Four ‘Geographical Areas’ (GAs) - East Dunbartonshire, Inverclyde, Renfrewshire and Glasgow City local authority areas. The GAs selected for analysis all have a boosted sample, which ensure that the sample is demographically representative of the area in terms of household size, age, gender and deprivation. As West Dunbartonshire and East Renfrewshire do not have a boosted sample, the sample sizes are too small to allow for a detailed individual analysis of these areas.
  - Three Glasgow City HSCP Localities (Glasgow South, Glasgow North East and Glasgow North West .
  - Four ‘Thriving places’ (TPs) within Glasgow City (Govanhill, Greater Gorbals, Parkhead / Dalmarnock and Ruchill / Possilpark) and 1 control area (Ruchazie / Garthamlock).

1. Research overview.

A detailed analysis of volunteering within NHSGGC provides a unique opportunity for Volunteer Scotland to:

- Provide greater insights into how volunteering in Greater Glasgow and Clyde compares to overall volunteering in Scotland (SHS data).
- Analyse variations in volunteering participation rates within Greater Glasgow and Clyde.
- Allow new insights into volunteering in some of Scotland's most deprived areas. Analysing Glasgow City where many areas are in the 15% most deprived areas in Scotland, and the Thriving Places in Greater Glasgow and Clyde where the population mainly reside in the most deprived areas, will provide insights into deprivation at a city and locality level.

1. Research overview.

- The Health and Wellbeing fields selected for analysis are based on findings from the comprehensive literature review - "Volunteering, Health and Wellbeing": What does the evidence tell us? published by Volunteer Scotland. The key findings include:

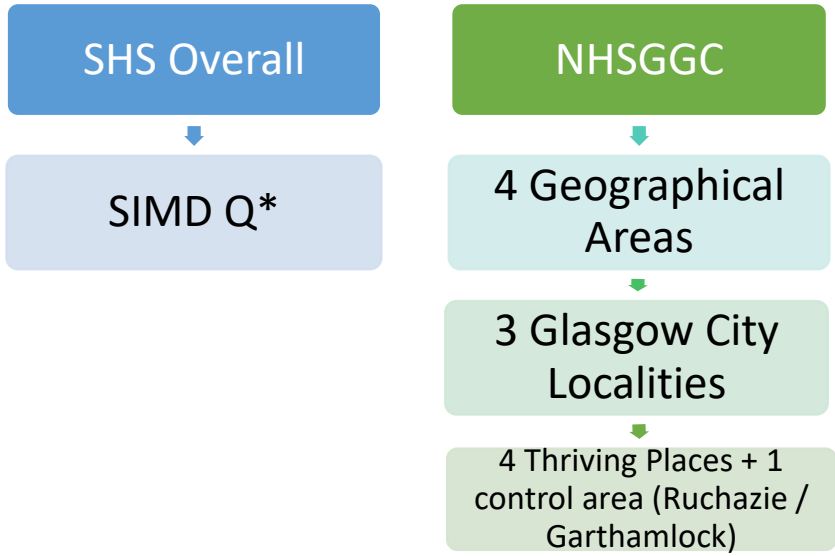
    - Volunteering can lead to improvements in mental health – the strongest evidence related to the contribution of volunteering to enhanced mental health, including the alleviation of depression, reduced anxiety and stress and other more serious mental health conditions such as post-traumatic stress disorder.

    - Volunteering can enhance physical health – volunteering can improve individual's self-rated health through the adoption of healthy behaviours such as exercise; and helping people cope with personal illness and dependency in older age.

    - Volunteering should target the excluded – there is clear-cut evidence that those subject to exclusion and disadvantage in society have the most to gain from volunteering in terms of their health and wellbeing.

1. Research overview.

- This presentation will present data on each of the health fields in 2 ways:
    - The overall levels of responses in each answer category, e.g. the percentage of adults who report their health as very good, good, fair and bad / very bad this will identify Areas in Glasgow that have higher instances of poor health that may have increased health and well-being benefits from volunteering .
    - The participation rates for each answer category to consider how volunteering participation rates differ between response categories, e.g. how do participation rates differ between adults with a positive and negative perception of their overall health .
- For each of the fields, the data is analysed as follows:



1. Research overview

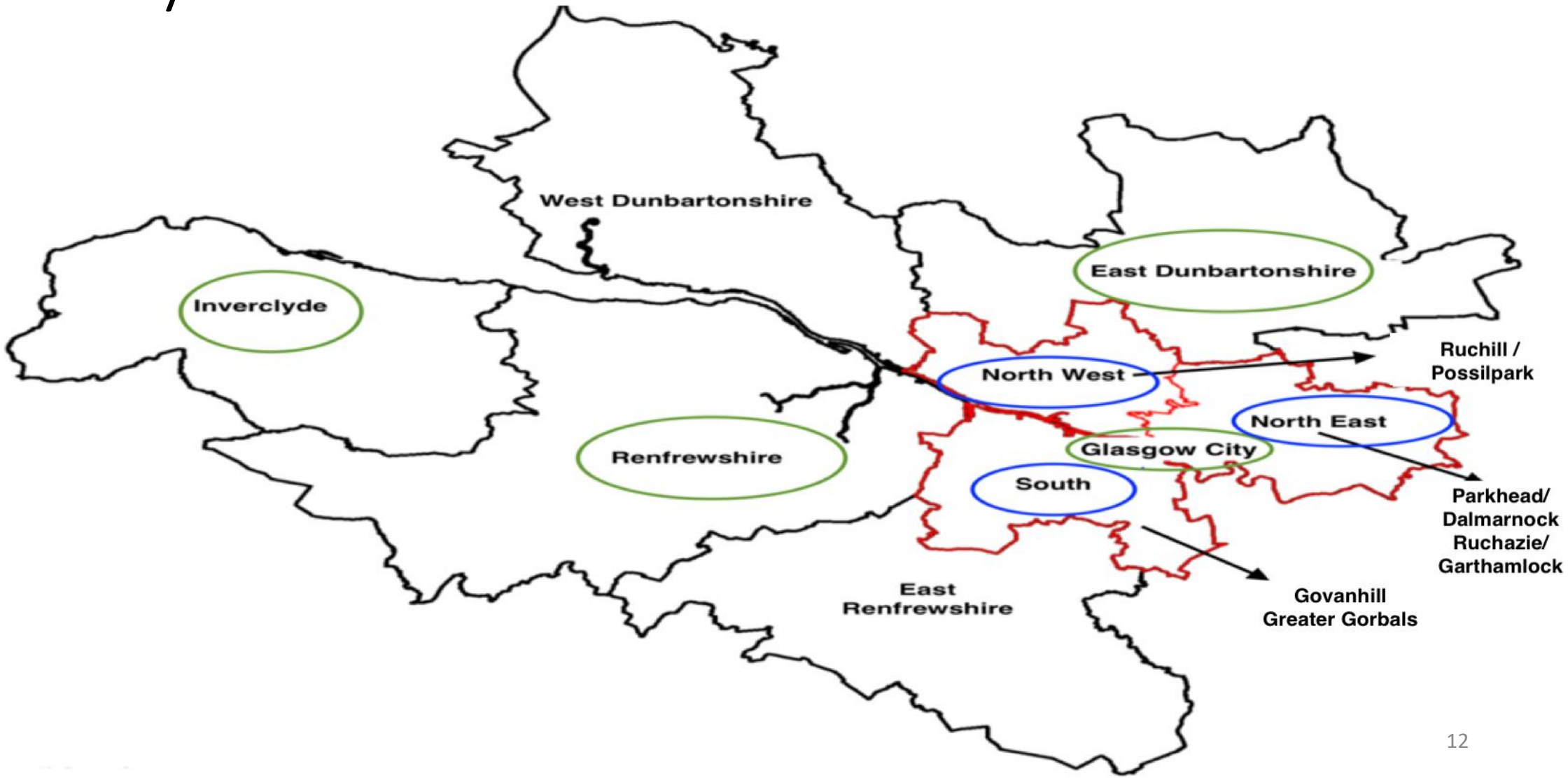
* SIMD Q - Scottish Index of Multiple Deprivation Quintiles (SIMD Q). SIMD Q ranks areas in Scotland on a scale of:

  1 - Most deprived 20% of the population; to

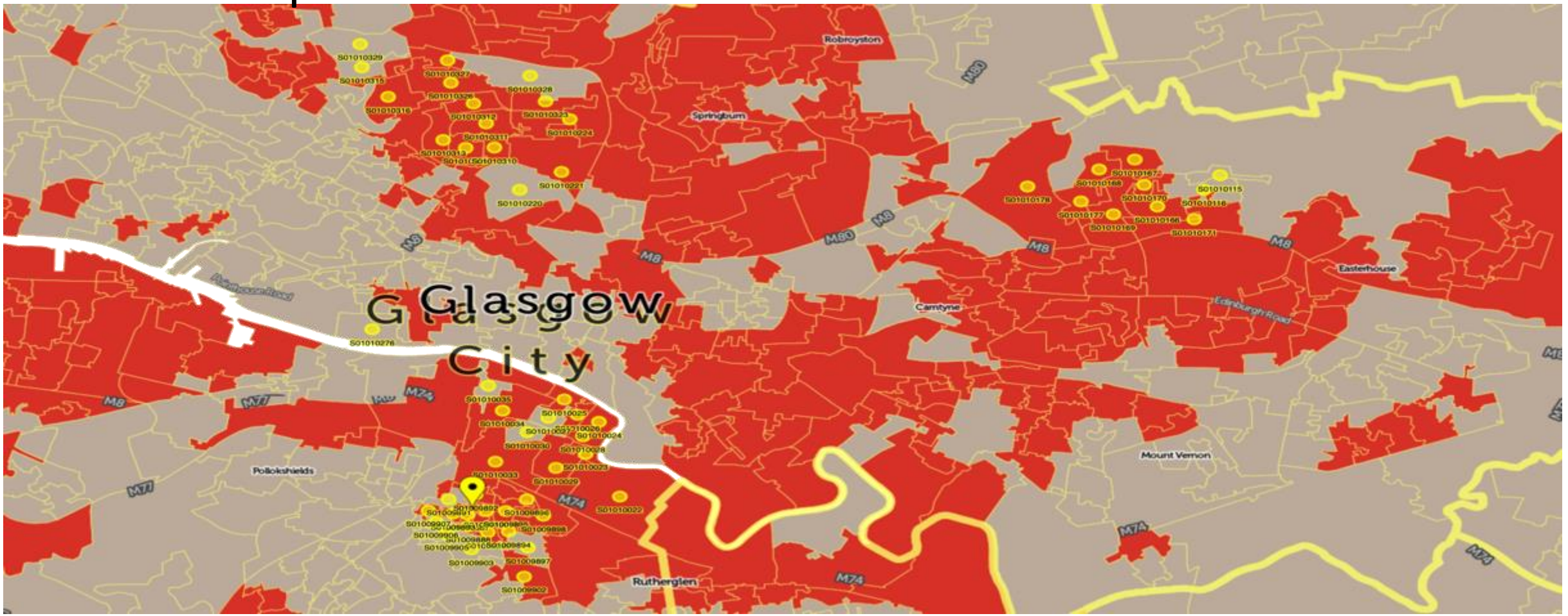
  5 - Least deprived 20% of the population.

- The overall results for each of the survey fields is presented for all of the NHSGGC geographical levels. For participation rates only the statistically significant results will be presented. For example where the relationship between volunteer participation and a mental health question is only statistically significant for 1 geographical area, only that area will be presented on the chart. This will provide a clearer view on where volunteering differs between geographic areas.

1. Research Overview - NHS Greater Glasgow and Clyde



1. Research Overview - Glasgow City SIMD- Most Deprived 20%



Yellow circle show the data zones that make up the thriving places.

1. Research overview.

- This presentation focuses exclusively on Formal Volunteering – defined as "……. Giving up time to help any groups, clubs or organisations in an unpaid capacity" that individuals have undertaken at least once in the past 12 months. The wording of the SHS and NHSGGC question on volunteering is identical, allowing for comparisons to be made between the evidence from the two datasets.
- It is important to note that correlation between the fields analysed and volunteering does not imply causation. Where we see a relationship between the variables this does not necessarily mean that one causes the other. For example a correlation between adults with very good general health and volunteering does not mean that volunteering causes very good health. Instead, it may be that those that have very good general health are attracted into volunteering. We just don't know.

2. Survey Fields for Health & Wellbeing

2. Health fields.

The fields selected for analysis of 'health and wellbeing' are spilt into four sections.

Section	SHS Question	NHSGGC H&W survey question	Response Categories
General Health	**Genhlth** : How is your health in General?	**Q1 –** How would you describe your health?	Responses are measured on a Likert scale with 5 categories ranging from very bad – very good. For the analysis in this presentation responses are grouped into four categories: Very Good Good Fair Bad / very bad.

Sources: Scottish Household Survey (SHS) 2016 & NHSGGC 2017/2018 Health & Wellbeing survey

2. Health fields.

The fields selected for analysis of 'health and wellbeing' are spilt into four sections.

Section	SHS Question	NHSGGC H&W survey question	Response Categories
Mental Health	**SWEMWBS** - Combined swemwbs score. SWEMWBS is a short version of the Warwick–Edinburgh Mental Well-being Scale(WEMWBS). The WEMWBS was developed to enable the monitoring of mental wellbeing in the general population. The SWEMWBS uses seven of the WEMWBS's 14 statements about thoughts and feelings. The seven statements are positively worded with five response categories from 'none of the time' to 'all of the time.	SWEMBS is not measured in the NHSGGC survey. The following questions have been selected as alternative measure of mental health: Q2a – Which face best rates your overall quality of life? Q2b – Which face best rates your general physical wellbeing? Q2c – Which face best rates your general mental or emotional wellbeing? Q3 – Do you feel in control of decisions that affect your life, such as planning your budget, moving house or changing job?	**SHS SWEMWBS** - Each category is assigned a score from 1-5. Total scores range from 7 to 35 with higher scores indicating higher positive mental well-being. The average SWEMBS from the SHS dataset is 24.5 For the analysis conducted individuals are assigned to 3 categories: low (7-20), average (20.01 - 28.99) and high (29-35). **NHSGGC Q2a-c -** interviewees are presented with a card with 8 faces. The three smiling faces are coded as positive responses, the three frowning faces are coded as negative responses, with the last face being coded as neutral. **NHSGGC Q3 -** responses are presented as two categories, to some extent / no and definitely.

Sources: Scottish Household Survey (SHS) 2016 & NHSGGC 2017/2018 Health & Wellbeing survey

2. Scottish Household Survey (SHS) fields.

Section	SHS Question	NHSGGC H&W survey question	Response Categories
Long term health conditions.	**rg5a**: Do you have a physical or mental health condition or illness lasting or expected to last 12 months or more?	**Q4 -** Do you have any long term conditions that substantially interferes with your day to day activities?	**SHS –** Response are measure as yes, no and don't know and refused. Responses of refused are excluded from this analysis. **NHSGGC** –Responses are measured as yes, no and refused. Responses of refused are excluded from this analysis.
	rg5b - Does your condition or illness reduce your ability to carry-out day-to-day activities?	**Q5 –**Thinking of these conditions / and or illnesses, would you describe yourself as having: A physical disability, a mental or emotional health problem, a long term illness.	**SHS -**Responses are measured in 3 categories, 'Yes a Lot', 'Yes a little' and 'Not at all'. **NHSGGC** –Responses are measured as yes and no to each of the categories of condition / illness.
	Physmen - Whether anyone has a physical or mental health condition/illness at least 12 months? Where anyone refers to any household members.	**Q6 –** How many illness or conditions are you being treated for?	**SHS -**Responses are measured as 'No – no-one' and 'Yes – someone'. **NHSGGC** –Responses are measured as a free format number, and recoded as none and one or more for analysis.

Sources: Scottish Household Survey (SHS) 2016 & NHSGGC 2017/2018 Health & Wellbeing survey

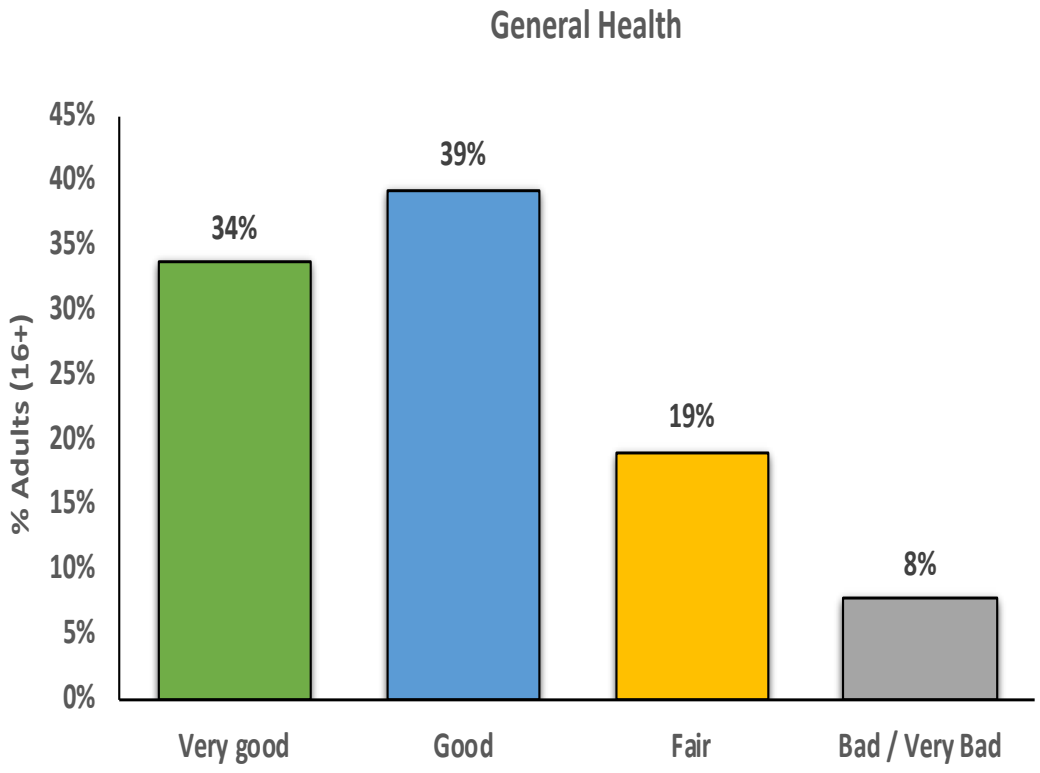
2. Scottish Household Survey (SHS) fields.

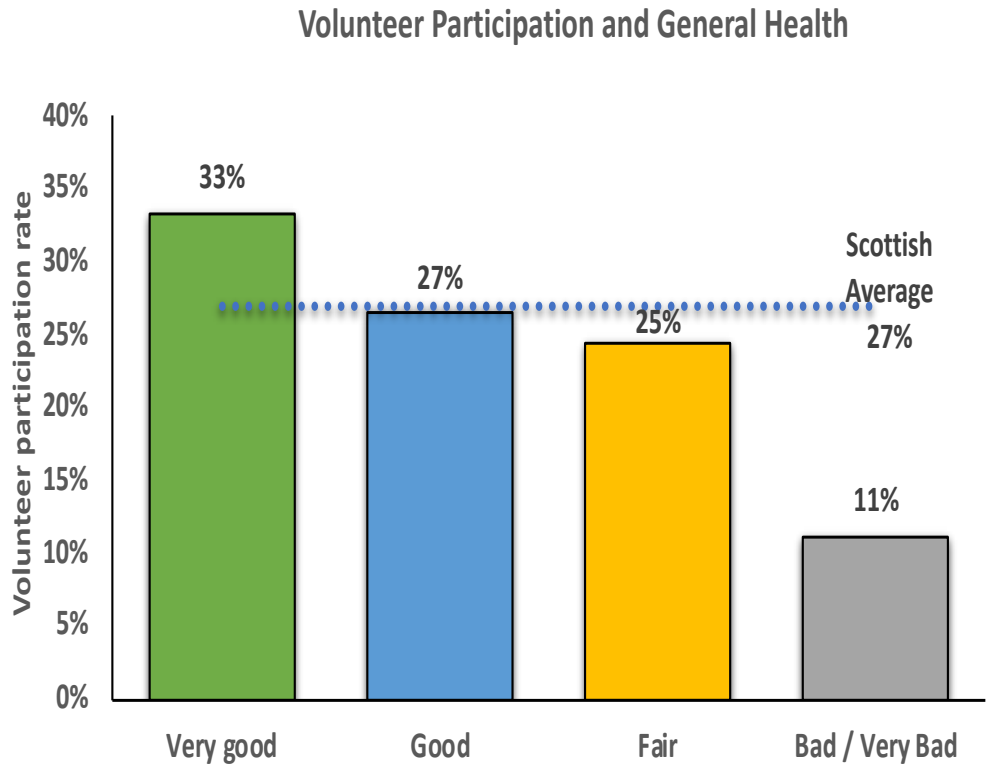
Section	SHS Question	NHSGGC H&W survey question	Response Categories
Health Behaviours	**rg19** - Whether random adult smokes cigarettes nowadays?	**Q10 -** Which of the following statements best describes you at present? I have never smoked tobacco I have only tried smoking once or twice I have given up smoking I smoke some days I smoke everyday	**SHS -** responses are given as yes / no. **NHSGGC -** responses are recoded into smoker and non smoker.
	rg2011 - Have you ever smoked cigarettes regularly? By regularly I mean at least one cigarette a day.		**SHS -** responses are given as yes / no.

Sources: Scottish Household Survey (SHS) 2016 & NHSGGC 2017/2018 Health & Wellbeing survey

3. General Health

General Health – Scottish population





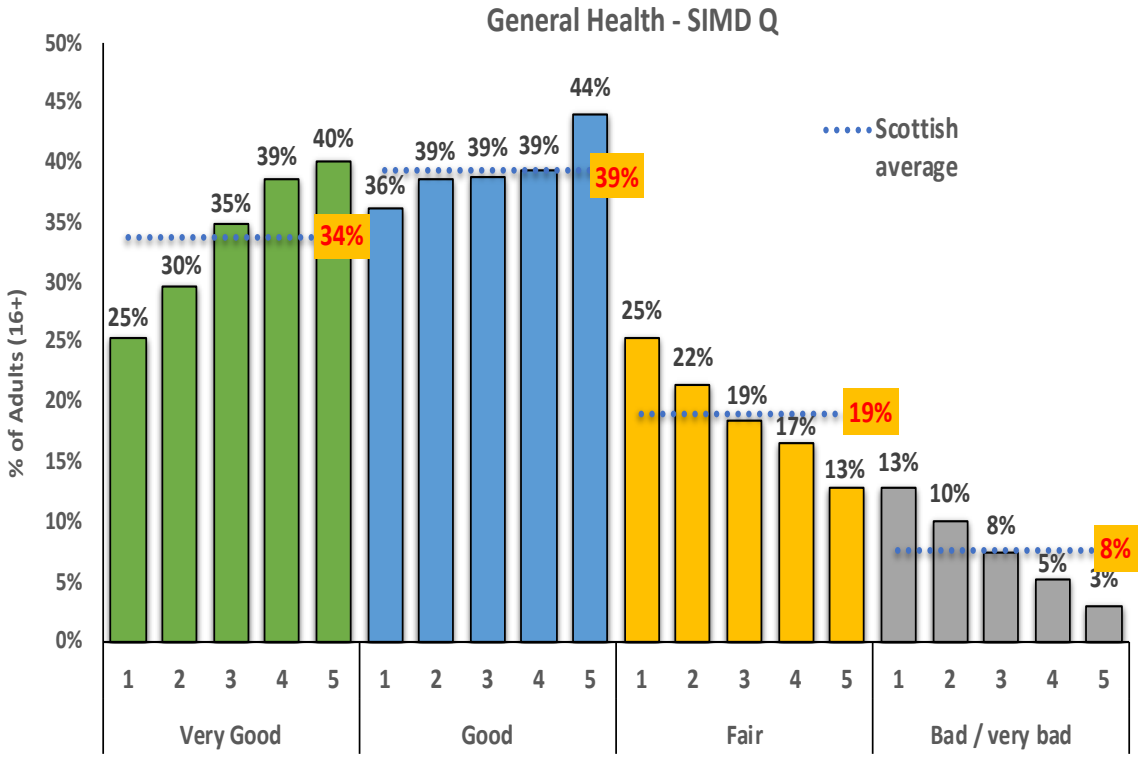
Almost three quarters of Scottish adults (73%) have a positive view of their general health (very good or good).

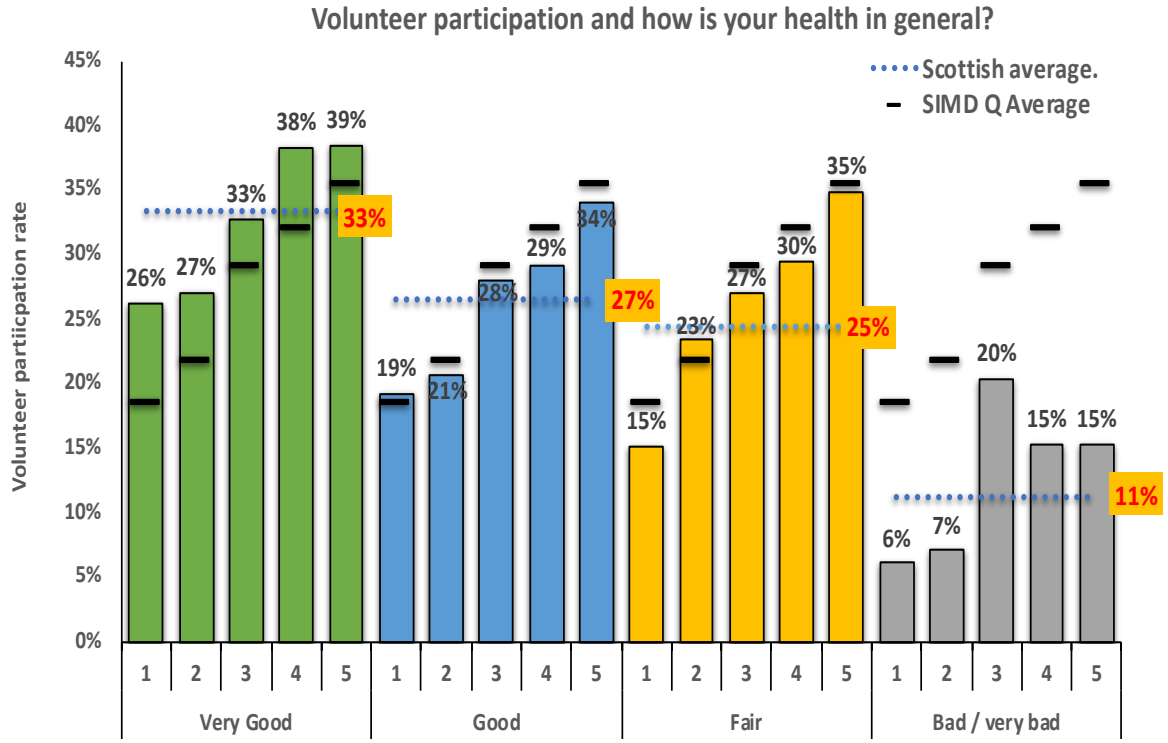
Participation rates are:

- 6% higher than the Scottish average for adults who rate their health as very good.
- 16% lower than the Scottish average for adults who rate their health as bad / very bad.

Source: Scottish Household Survey (SHS) 2016

General Health – SIMD Q





Adults reporting Bad / Very Bad general health in SIMD Q1 and Q2 have a more negative perception of their health than the Scottish average.

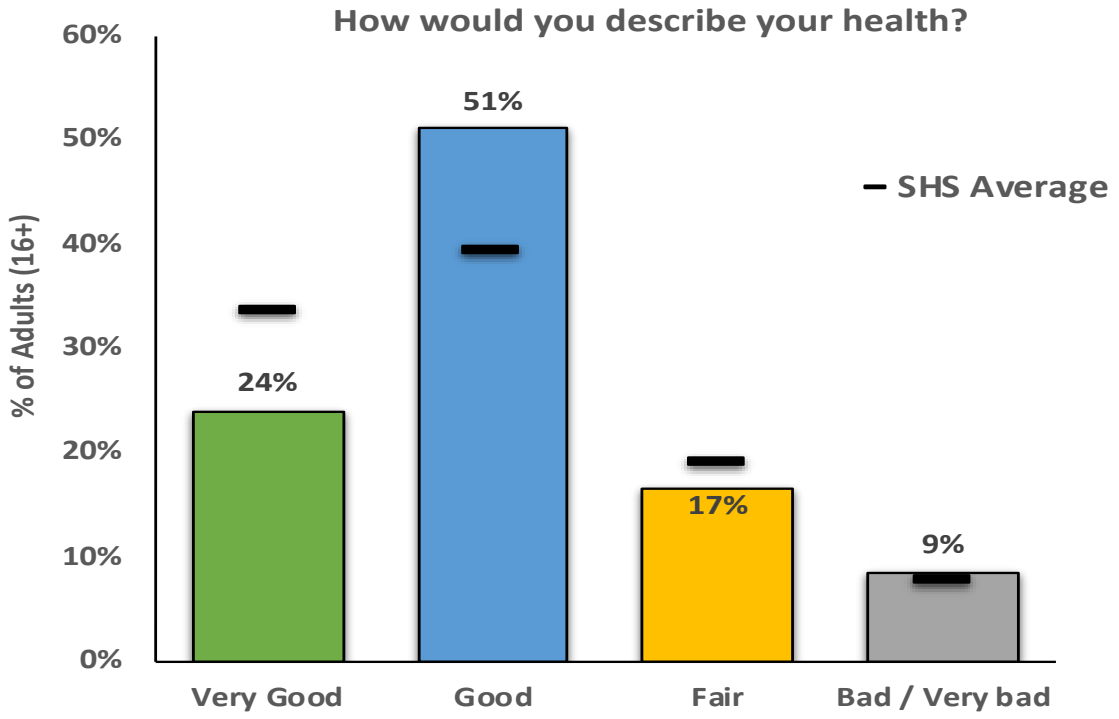
Adults in SIMD Q3 to Q5 have a more positive perception of their general health than the Scottish average, with an increasing proportion of adults reporting positive views in the higher quintiles.

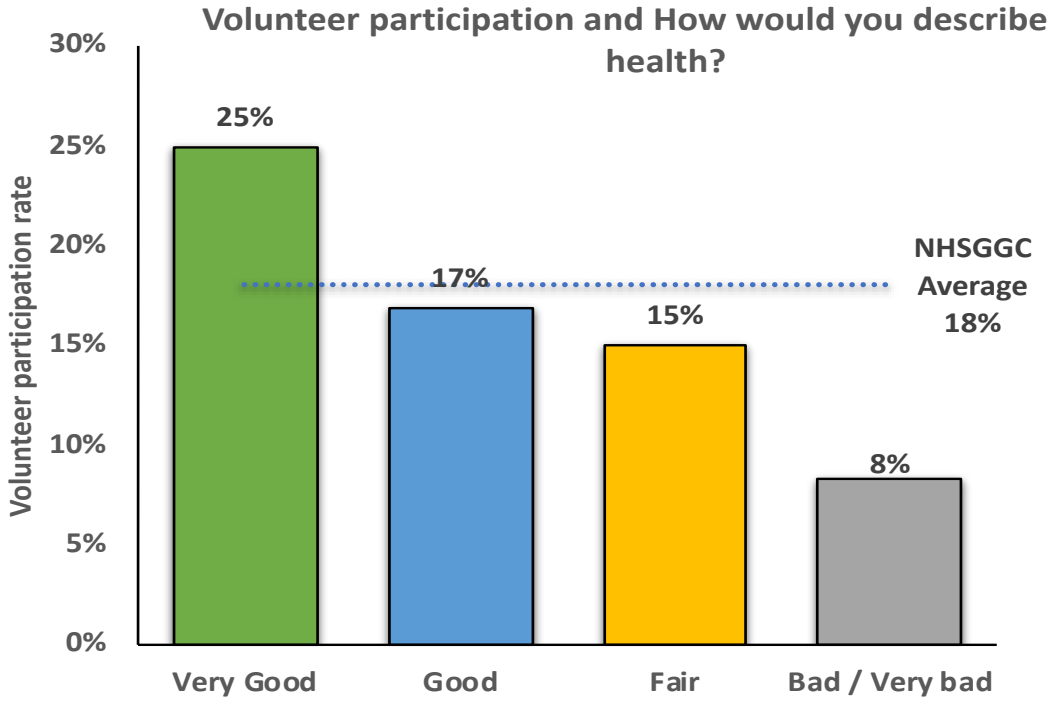
Source: Scottish Household Survey (SHS) 2016

The participation rates for SIMD Q1 and Q2 are below the average Scottish participation rates for adults reporting Very Good health. However the participation rates in these quintiles is higher than the overall Scottish quintile average (18% and 22% respectively).

Participation rates for all quintiles is lower than their overall Scottish quintile participation rate for adults reporting their general health as Bad/Very Bad.

General Health – NHSGGC overall





A lower % of adults in NHSGGC (24%) report there health as very good, than the Scottish average (34%) . However a higher percentage of adults (75%) report their general health positively (very good / good) than the Scottish average (73%).

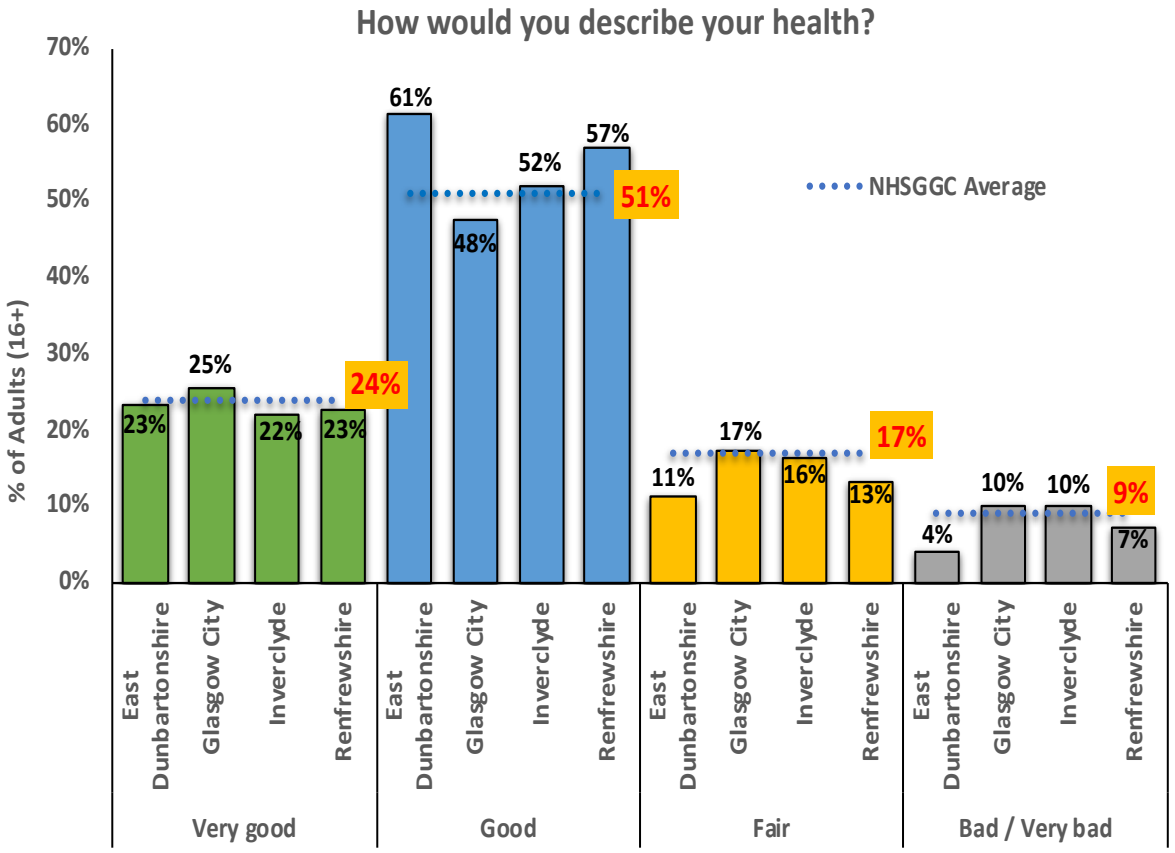
Participation rates are:

- 7% higher than the NHSGGC average for adults reporting very good health.
- 1% lower than the NHSGGC average for adults reporting good health.
- 3% lower than the NHSGGC average for adults reporting fair health.
- 10% lower than the NHSGGC average for adults reporting bad / very bad health.

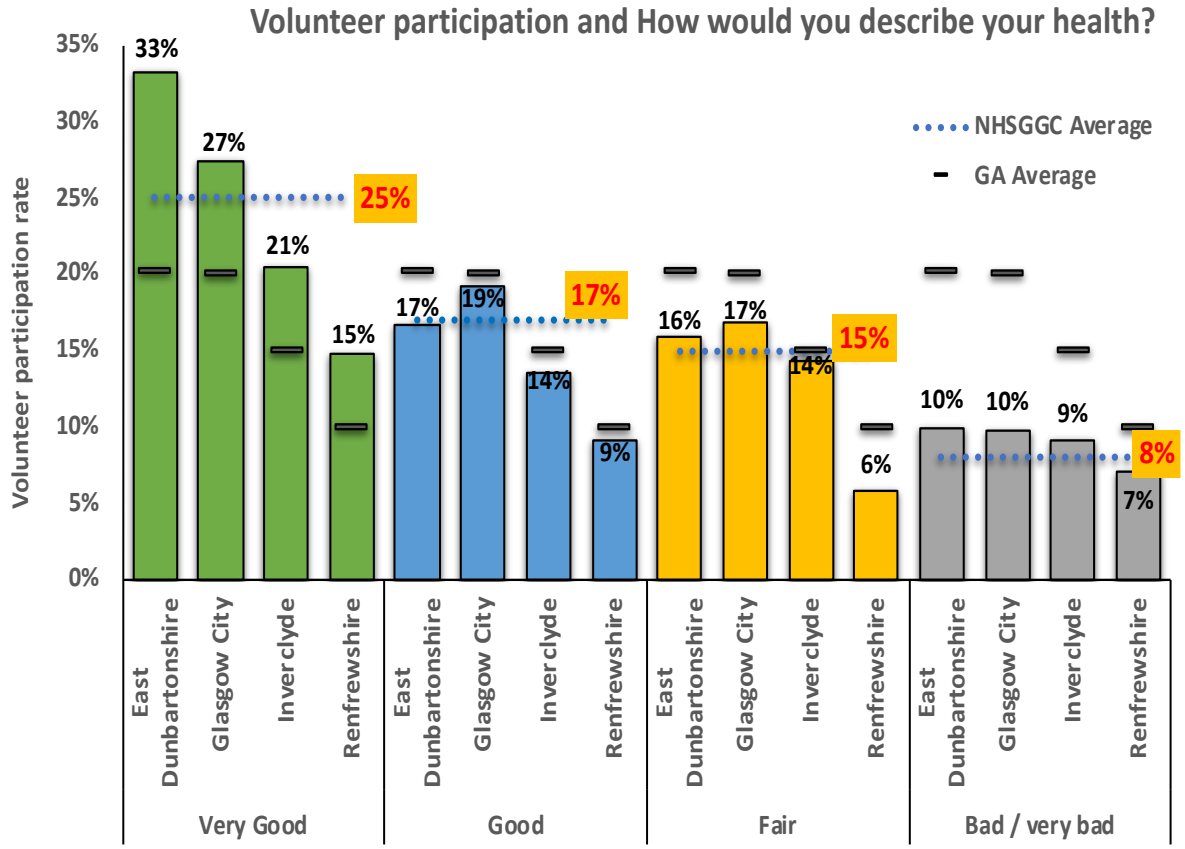
The difference in participation rate between very good and bad / very bad is less in Glasgow (17%) than in Scotland overall (22%).

Source: NHSGGC 2017/2018 Health & Wellbeing survey

General Health – NHSGGC Geographical Areas



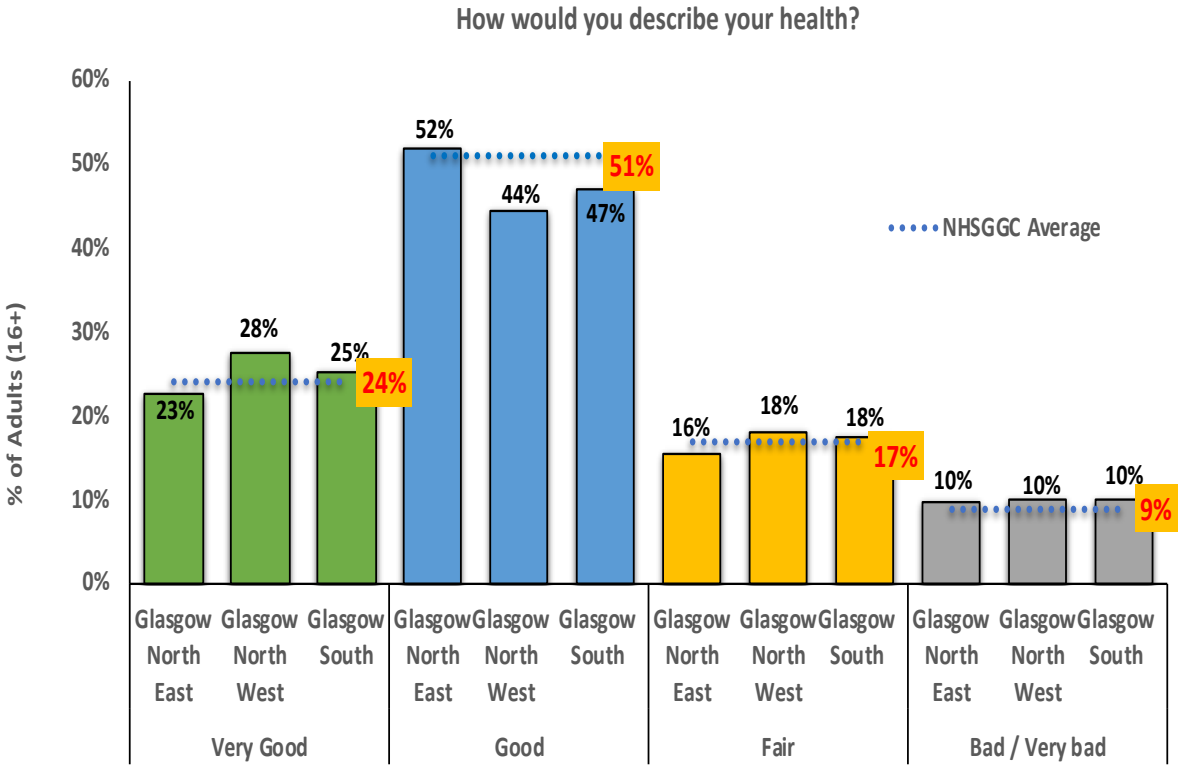
Glasgow City and Inverclyde have a higher percentage (1%) of adults with a negative perception of their general health than the overall NHSGGC average.



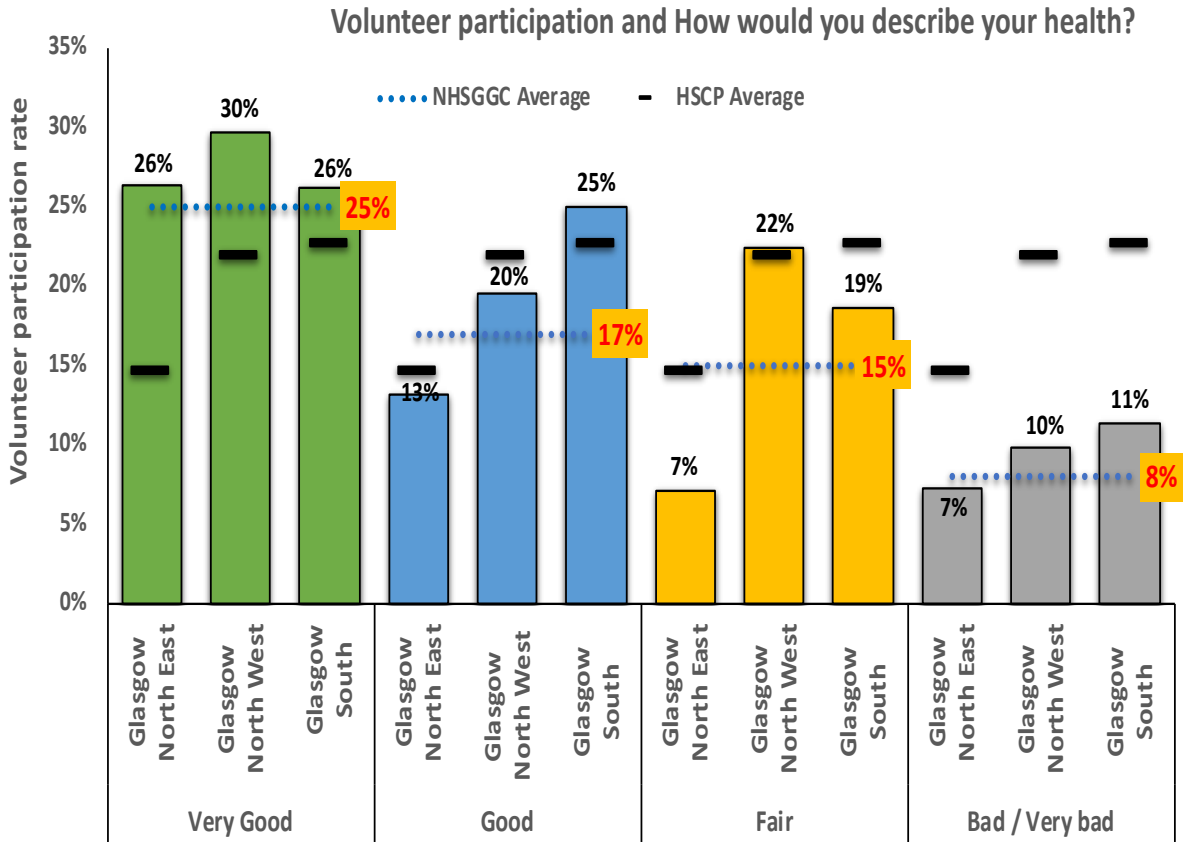
Participation rates for all Geographical locations are higher than their average geographical area participation rates where individuals report their health as very good, conversely participation rates are lower for all Geographical Areas where individuals report their general health as bad / very bad.

Source: NHSGGC 2017/2018 Health & Wellbeing survey

General Health – Glasgow City Localities



All Glasgow City Localities have a higher percentage of adults reporting their health as bad / very bad than the overall NHSGGC average, all being 1% higher.

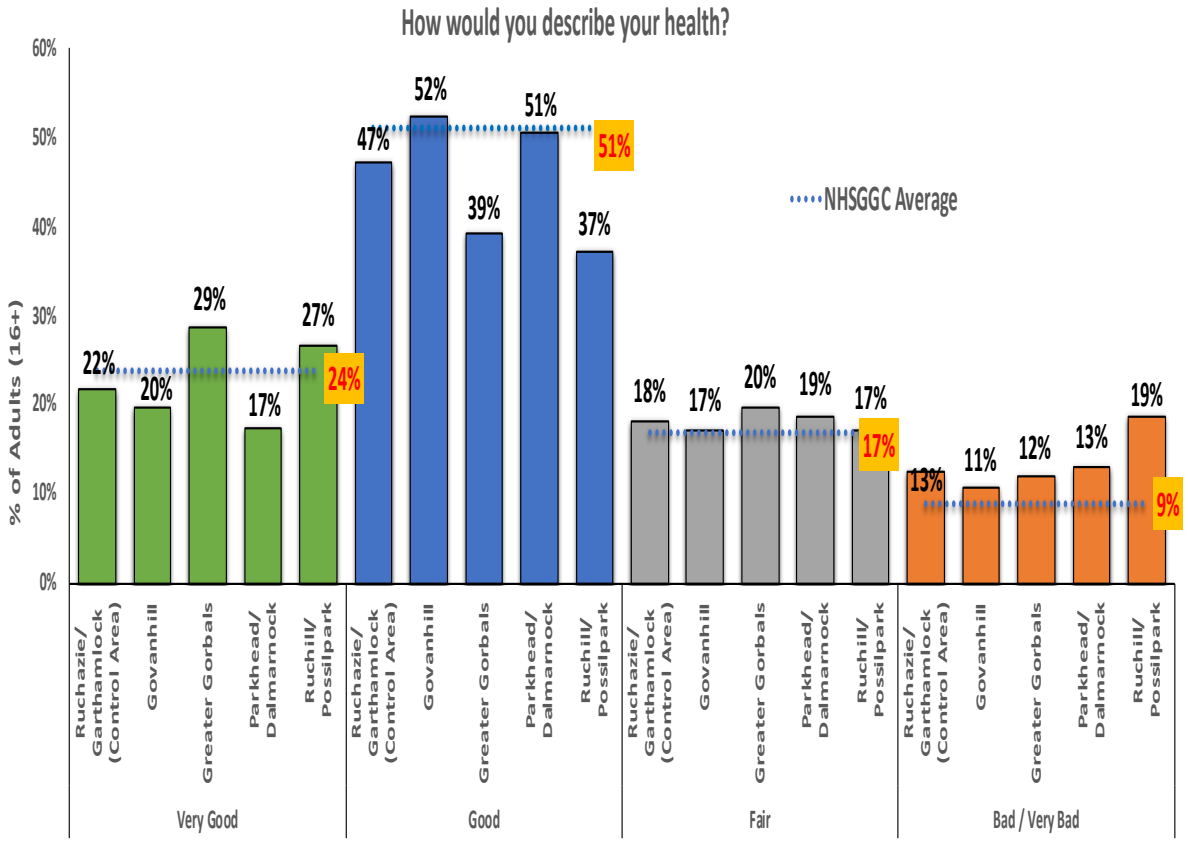


Glasgow City Localities follow the overall Glasgow and Scottish trends with participation rates above the city localities average participation rate for adults reporting very good health and below the city localities average for adults reporting bad / very bad health.

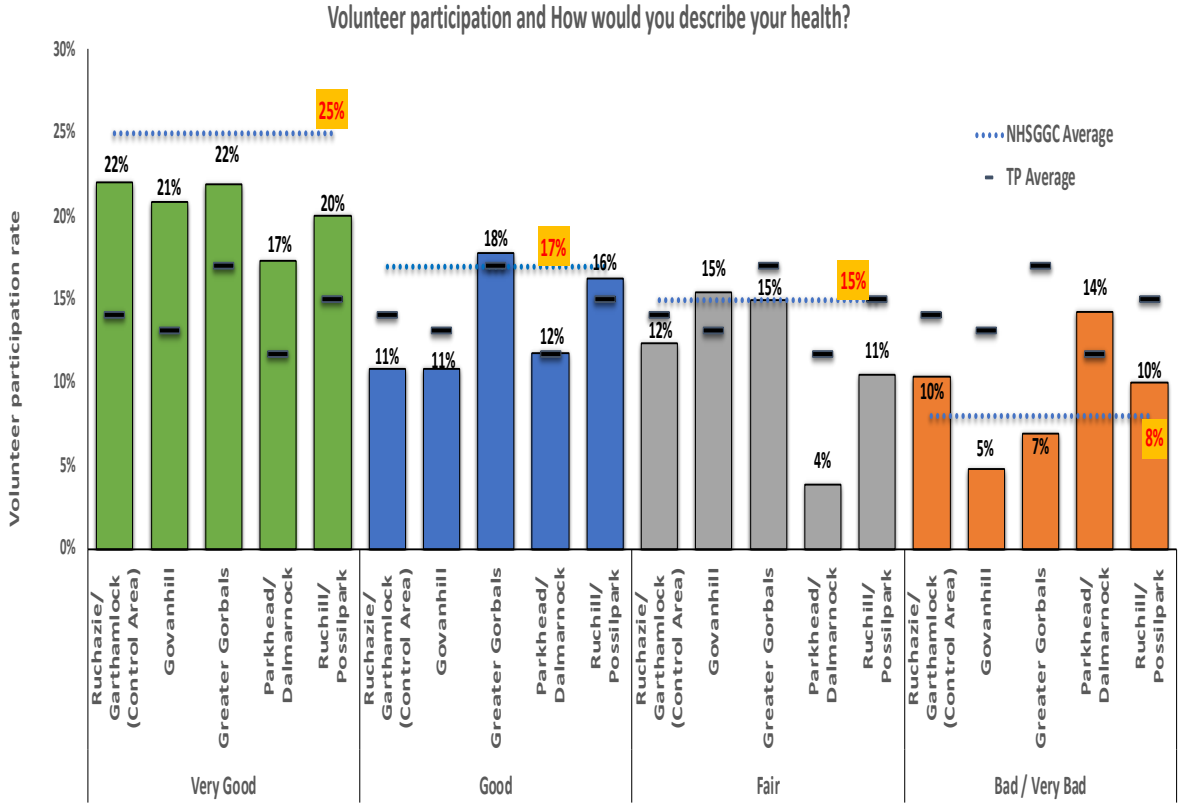
In Glasgow north east participation rates are 9% higher than the Glasgow north east participation rate average for adults with very good health, and 12% lower for adults with bad / very bad health.

Source: NHSGGC 2017/2018 Health & Wellbeing survey

General Health – Thriving Places



All Thriving Places have a higher percentage of adults reporting their health as bad / very bad than the Scottish average– the worst being in Ruchill / Possilpark at 10% higher .

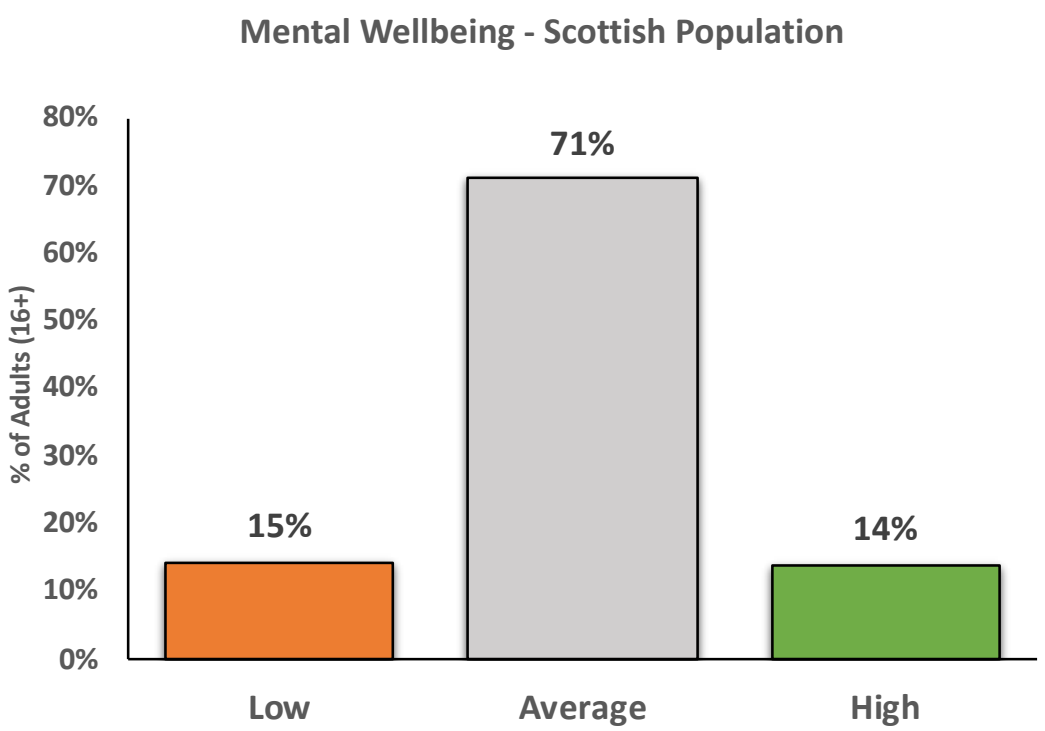


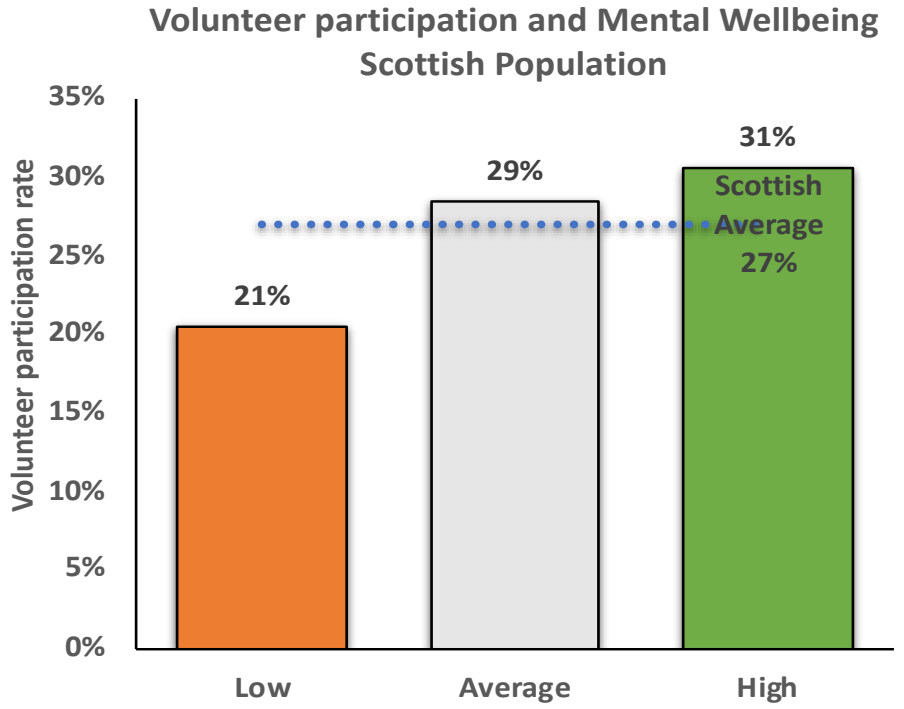
Participation rates for Thriving Places follow the overall trends for Glasgow and Scotland with above the thriving place average participation rates for adults reporting very good health and below the thriving place average participation rates for adults reporting bad / very bad health. An interesting exception to this case is Parkhead / Dalmarnock where participation rates for those reporting bad / very bad health is above the areas average participation rate.

Source: NHSGGC 2017/2018 Health & Wellbeing survey

4. Mental Health

Mental Health – Scottish Population





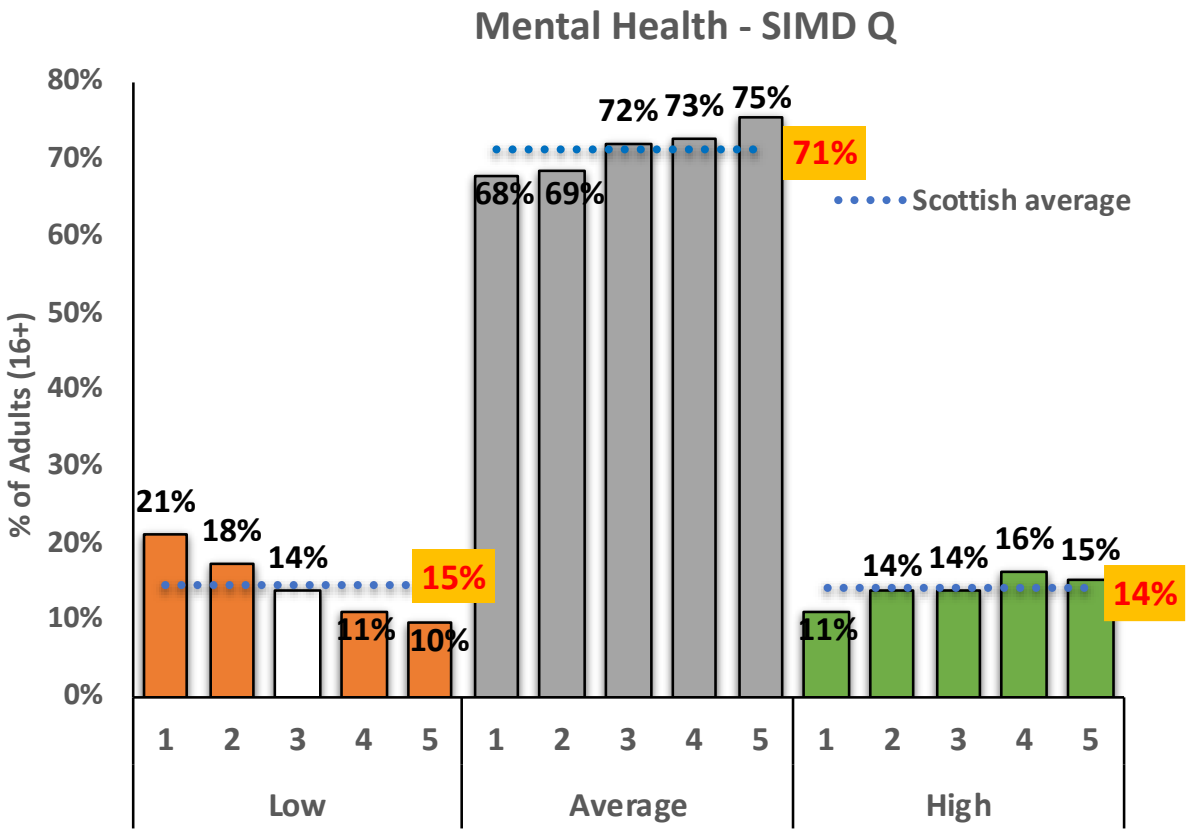
The short version of the Warwick– Edinburgh Mental Well-being Scale (SWEMWBS) scores have been split into 3 categories: low (7-20), average (20.01 - 28.99) and high (29-35). This method of splitting the SWEMWBS score follows the University of Warwick methodology for interpretation of SWEMWBS scores.

Participation rates are:

- 6% lower than the Scottish average for adults with a low SWEMWBS score.
- 2% higher than the Scottish average for adults with an average SWEMWBS score.
- 4% higher than the Scottish average for adults with a high SWEMWBS score.

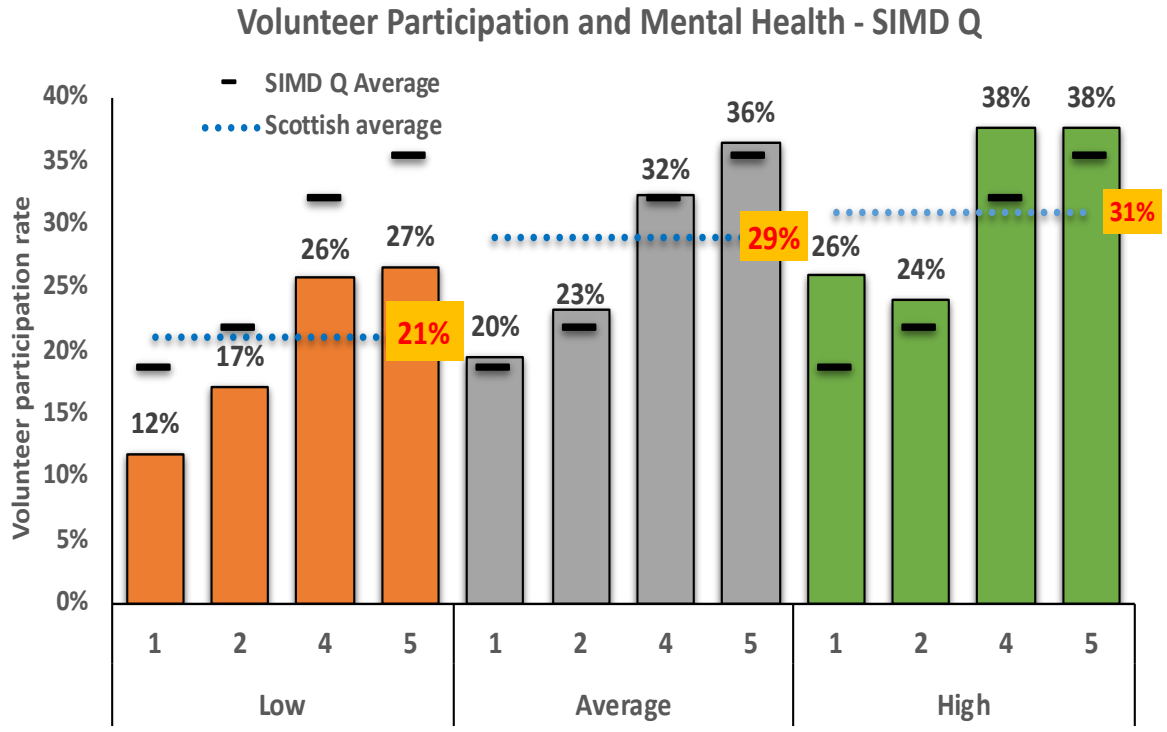
Source: Scottish Household Survey (SHS) 2016

Mental Health – SIMD Q



Adults in SIMD Q1 and SIMD Q2 have a higher percentage of adults with a low SWEMWBS. SIMD Q1 has 6% more adults with low scores.

Source: Scottish Household Survey (SHS) 2016

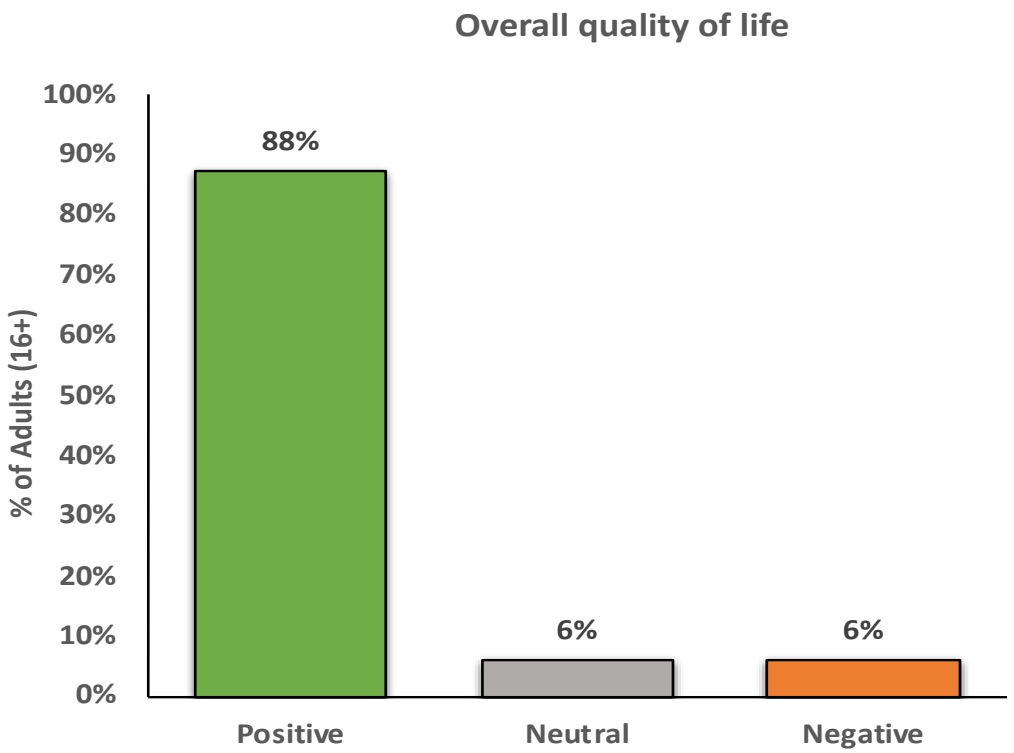


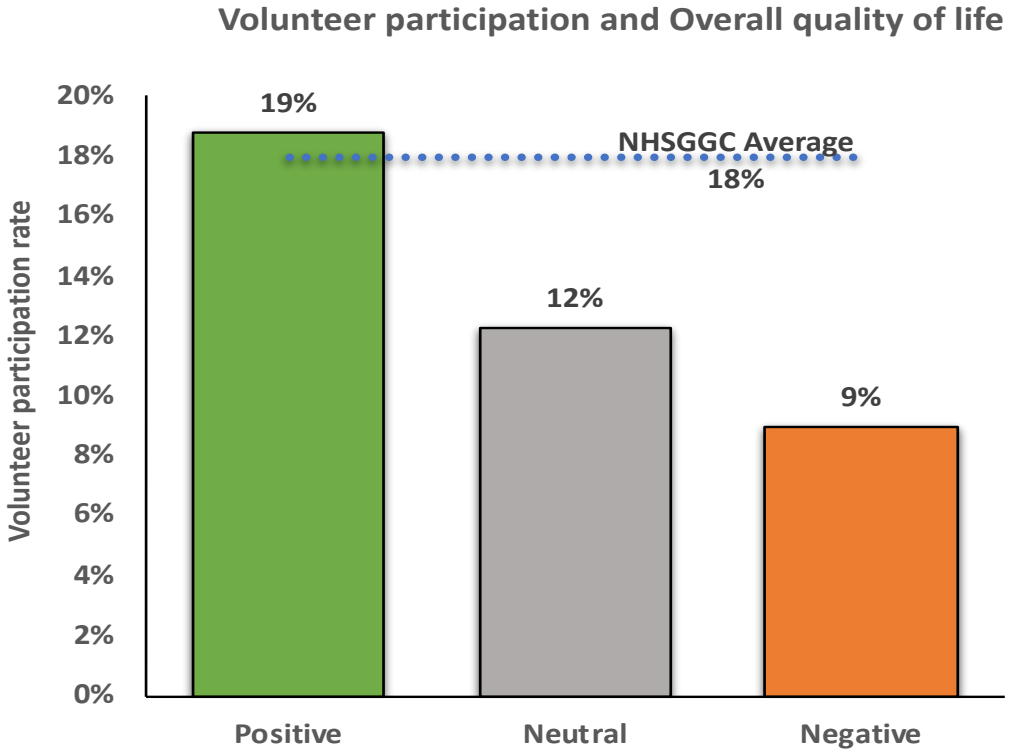
The relationship between mental health and volunteer participation is not statistically significant for SIMD Q3.

Participation rates for SIMD Q1, Q2, Q4 and Q5 are lower than their quintile average participation rate for adults with a low SWEMWBS score

The participation rates for SIMD Q1 and Q2 are below the average Scottish participation rates for adults with a high SWEMWBS score. However, the participation rates in quintiles Q1 and Q2 are higher than the overall Scottish quintile average (18% and 22% respectively).

Mental Health – NHSGGC Overall





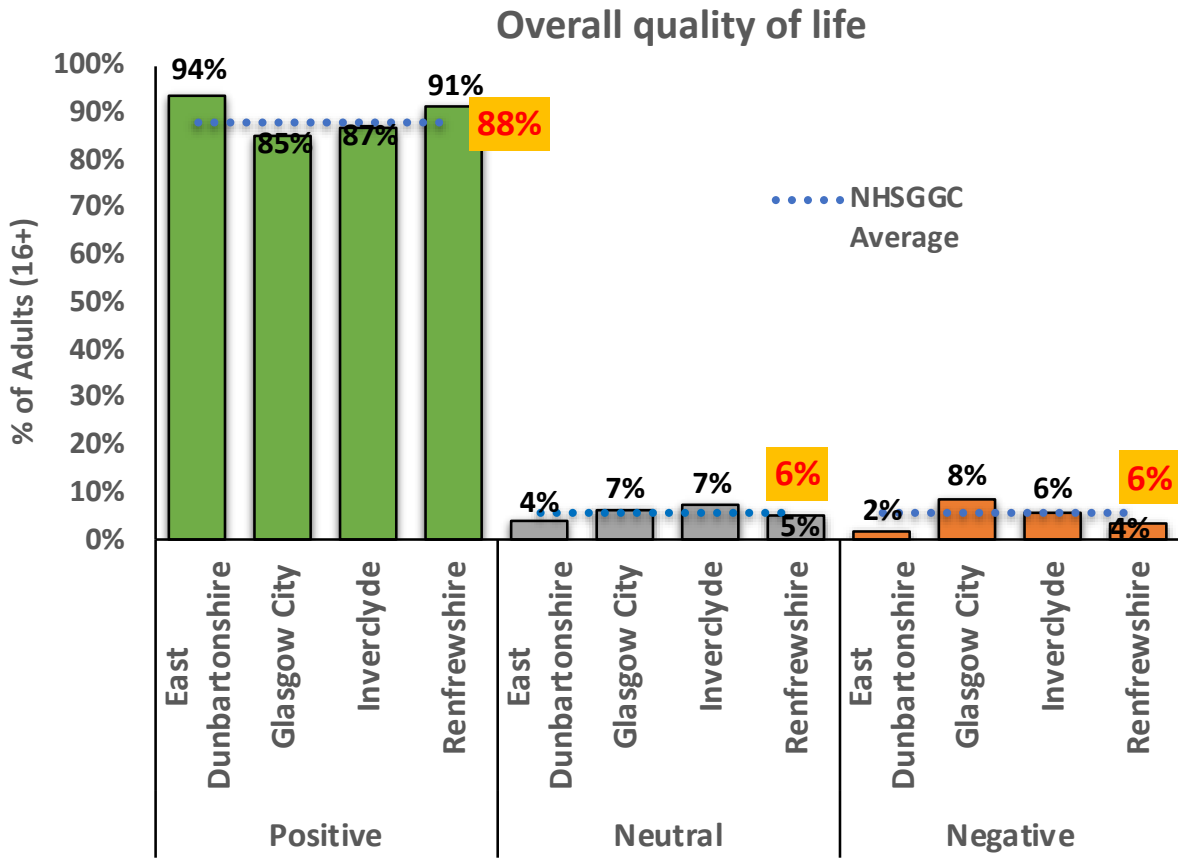
88% of adults in NHSGGC have a positive perception of their overall quality of life, with 6% having a negative view.

Participation rates are:

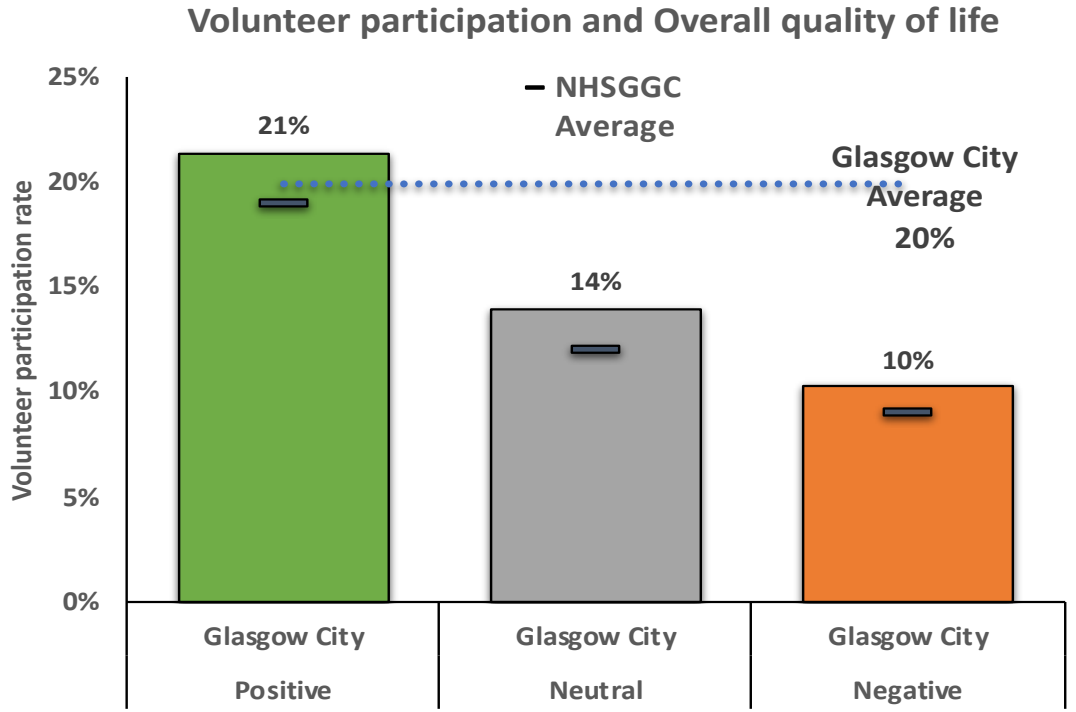
- 1% higher than the NHSGGC average for adults reporting a positive view.
- 6% lower than the NHSGGC average for adults reporting a neutral view.
- 9% lower than the NHSGGC average for adults reporting a negative view.

Source: NHSGGC 2017/2018 Health & Wellbeing survey

Mental Health – NHSGGC Geographical Areas



Adults in Glasgow City have a more negative perception of their overall quality of live than the NHSGGC average, with 2% more adults reporting feeling negatively about their overall quality of life.

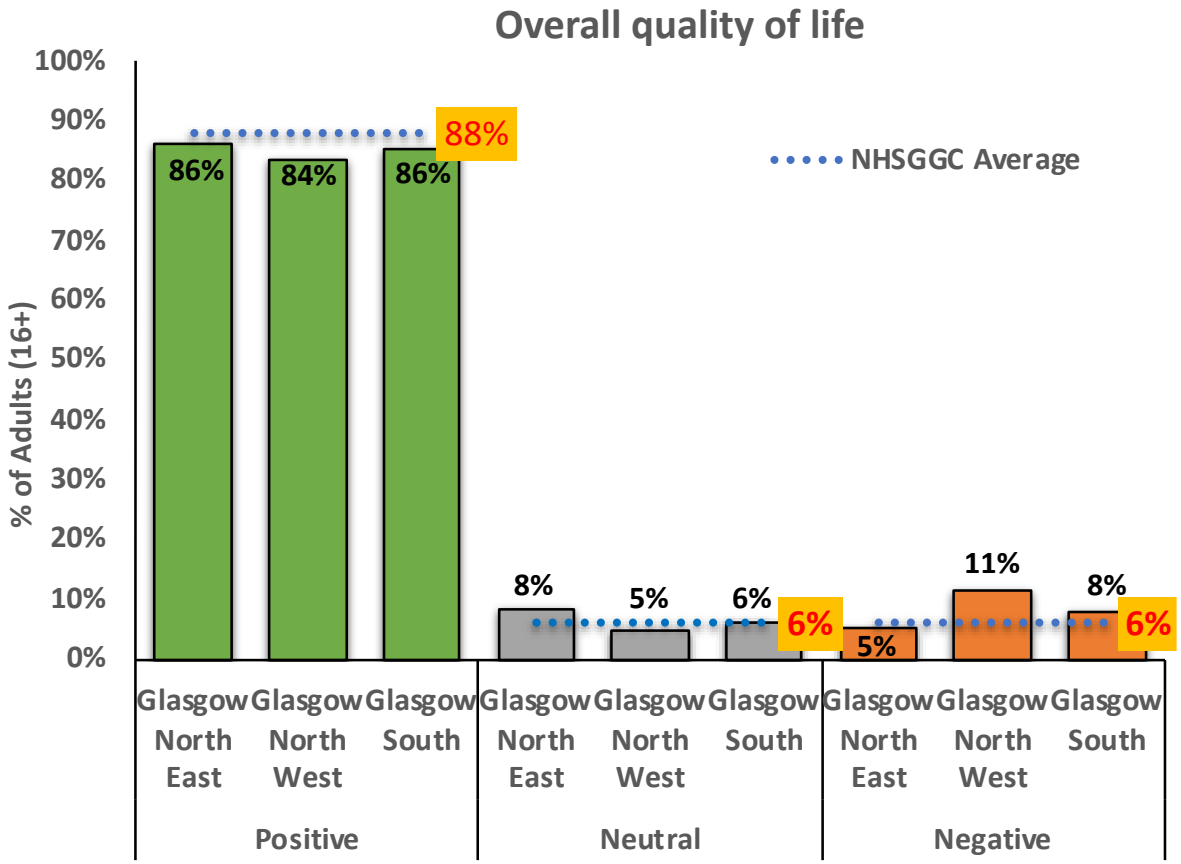


The relationship between volunteer participation rate and quality of life is only statistically significant in Glasgow City, where participation rates are:

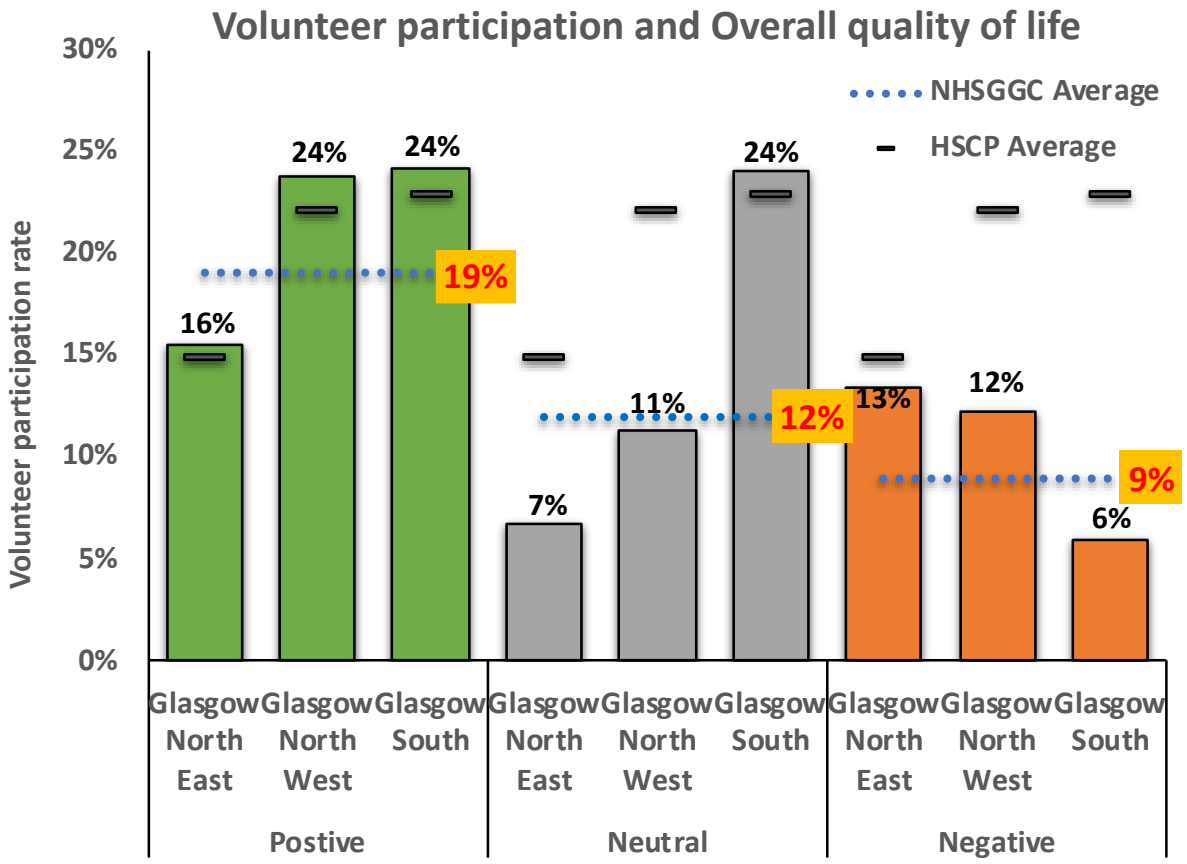
- 1% higher than the average Glasgow City participation rate for adults with a positive view.
- 6% lower than the average Glasgow City participation rate for adults with a neutral view.
- 10% lower than the average Glasgow City participation rate for adults with a negative view.

Source: NHSGGC 2017/2018 Health & Wellbeing survey

Mental Health – Glasgow City Localities



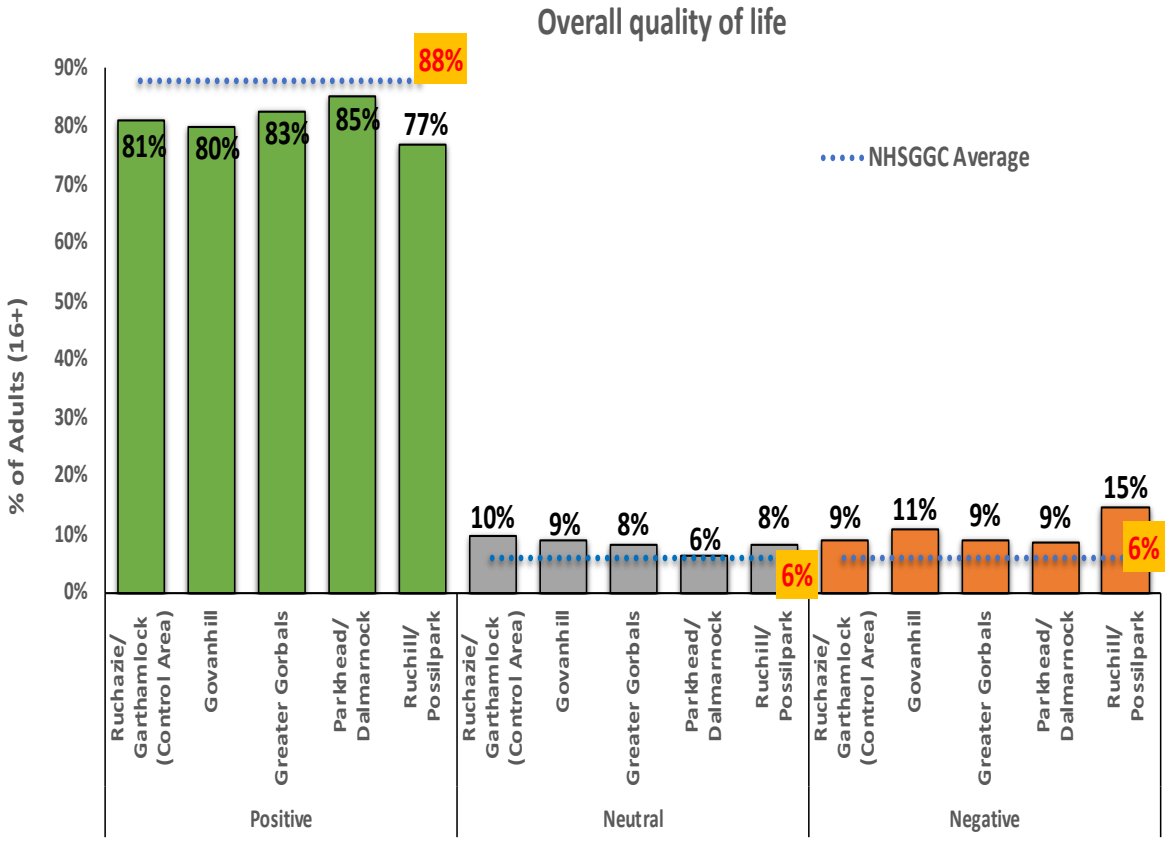
All Glasgow City Localities have a lower percentage of adults with a positive perception of their overall quality of life than the NHSGGC average. Glasgow North west has 5% more adults reporting a negative perception of their overall quality of life than the NHSGGC average.



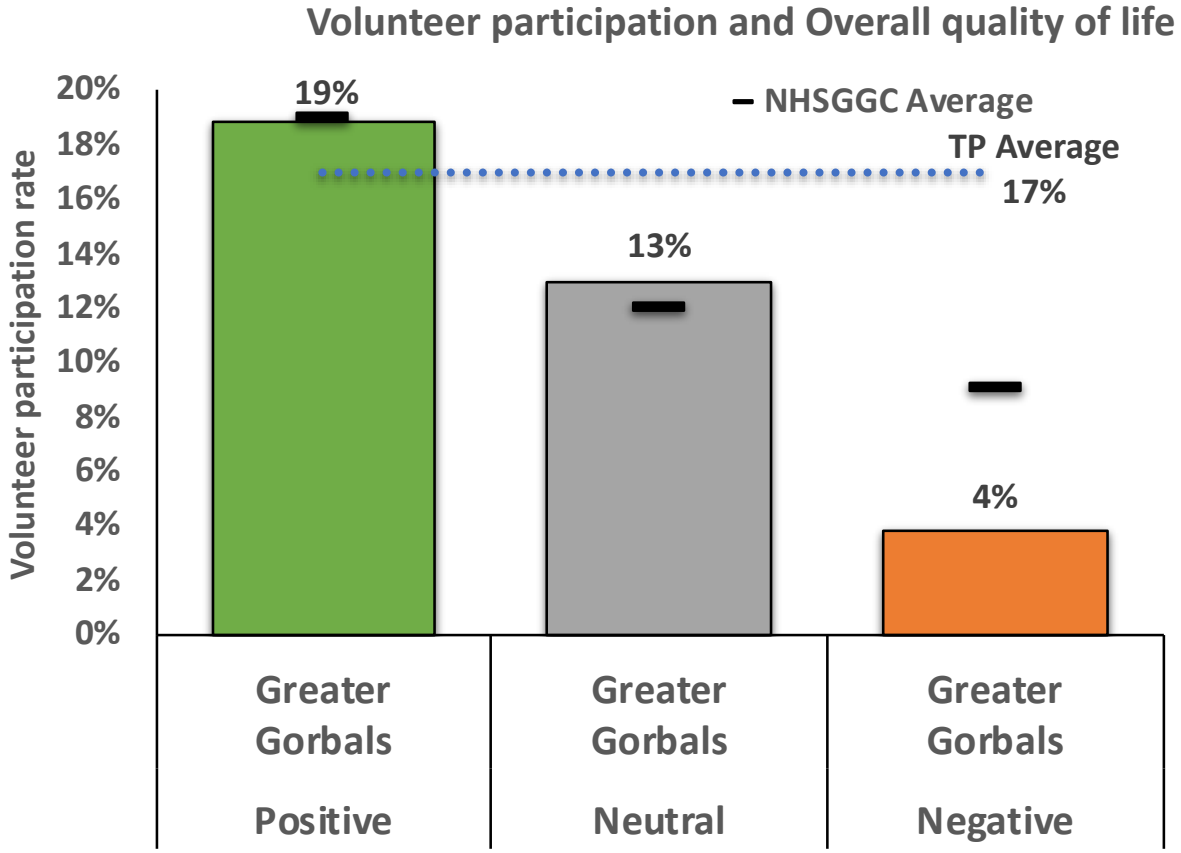
All Glasgow City Localities have a participation rate higher than their city locality average participation rate for adults with a positive perception of their overall quality of life and a lower than average participation rates for adults with a negative perception of their quality of life.

Source: NHSGGC 2017/2018 Health & Wellbeing survey

Mental Health – Thriving Places



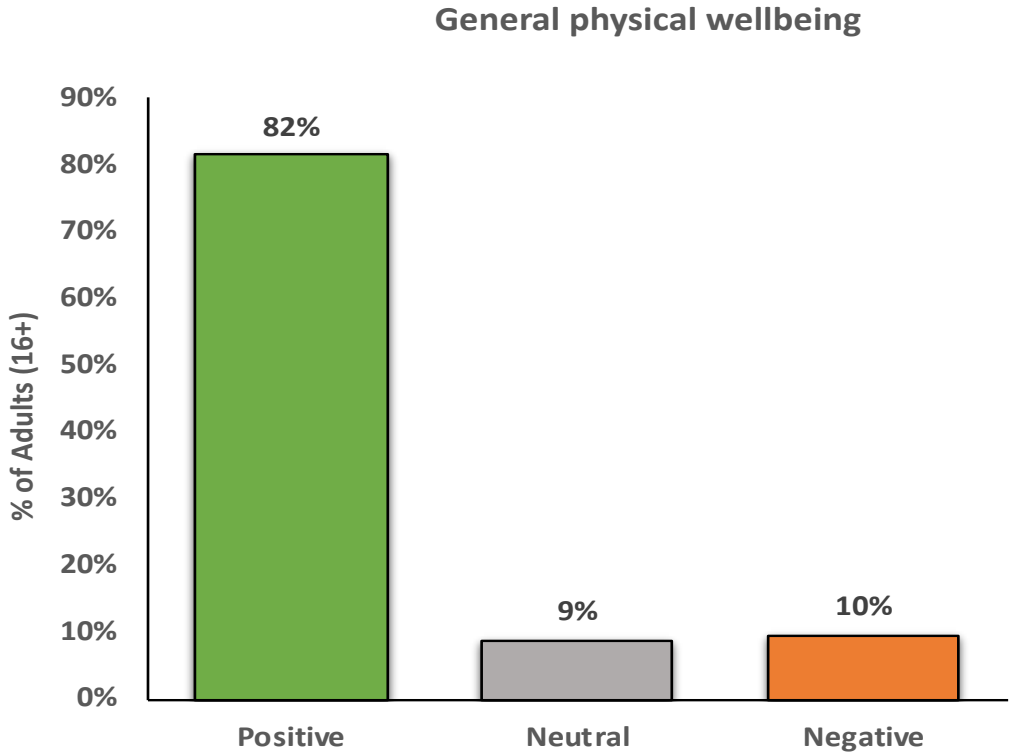
All Thriving Places have a higher percentage of adults with a negative view of their overall quality of life than the NHSGGC average, with the highest difference of 9% in Ruchill/Possilpark.



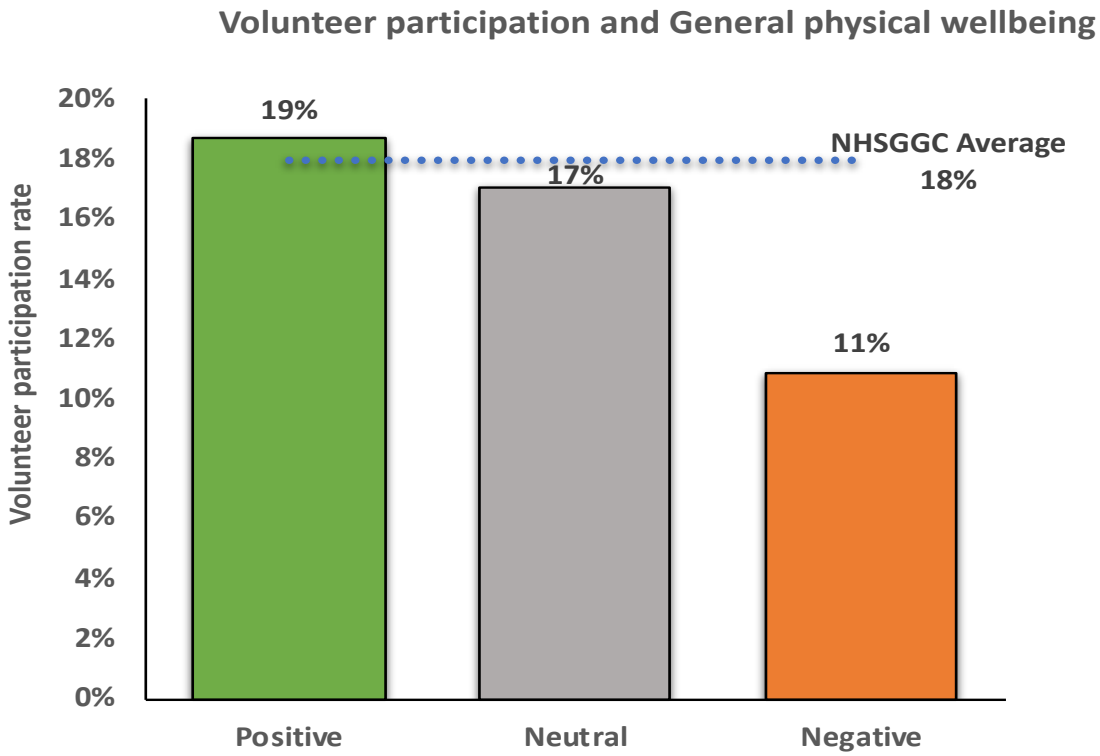
The relationship between volunteer participation and overall quality of life is only statistically significant in Greater Gorbals, where participation rates are higher than the Greater Gorbals average participation rate for adults with a positive view of their overall quality of life and lower than the Greater Gorbals average participation rate for adults with a neutral or negative view.

Source: NHSGGC 2017/2018 Health & Wellbeing survey

Mental Health – NHSGGC Overall



82% of adults in NHSGGC have a positive perception of their general physical wellbeing, with 10% having a negative perception.

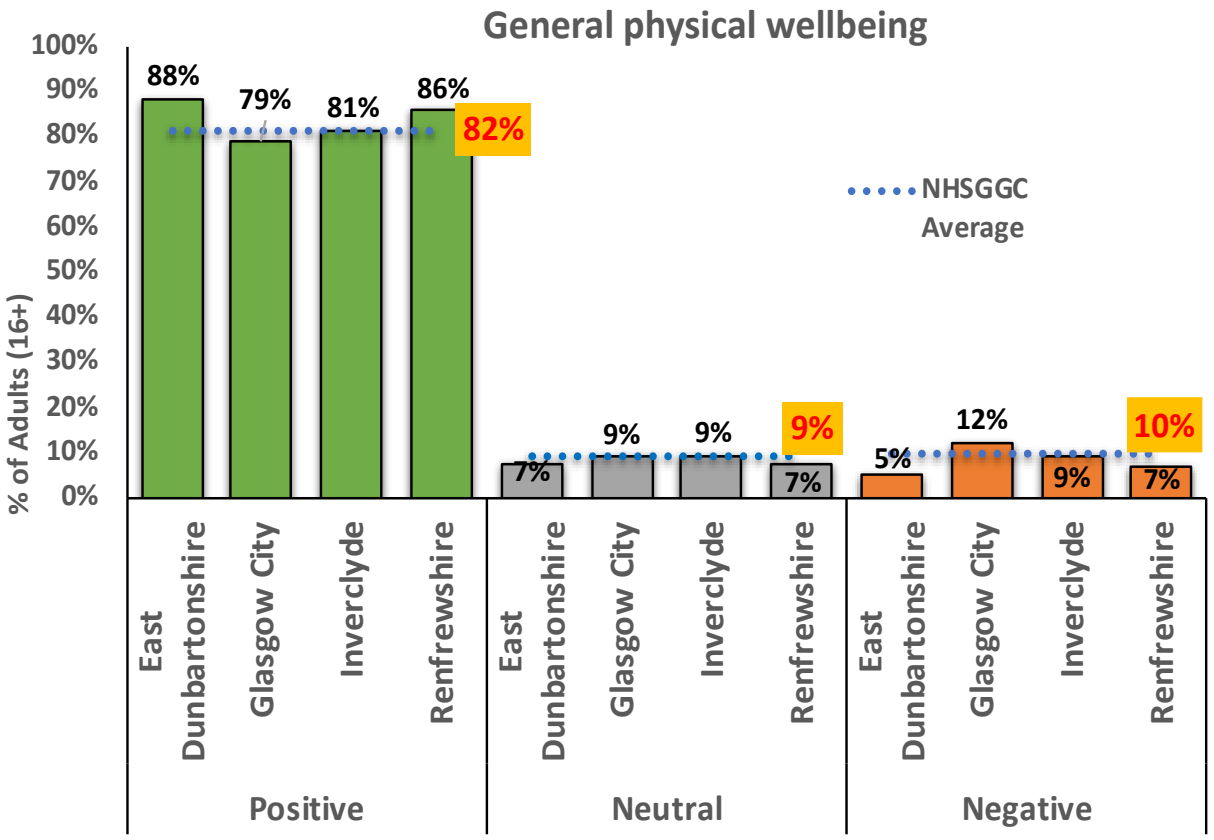


Participation rates are:

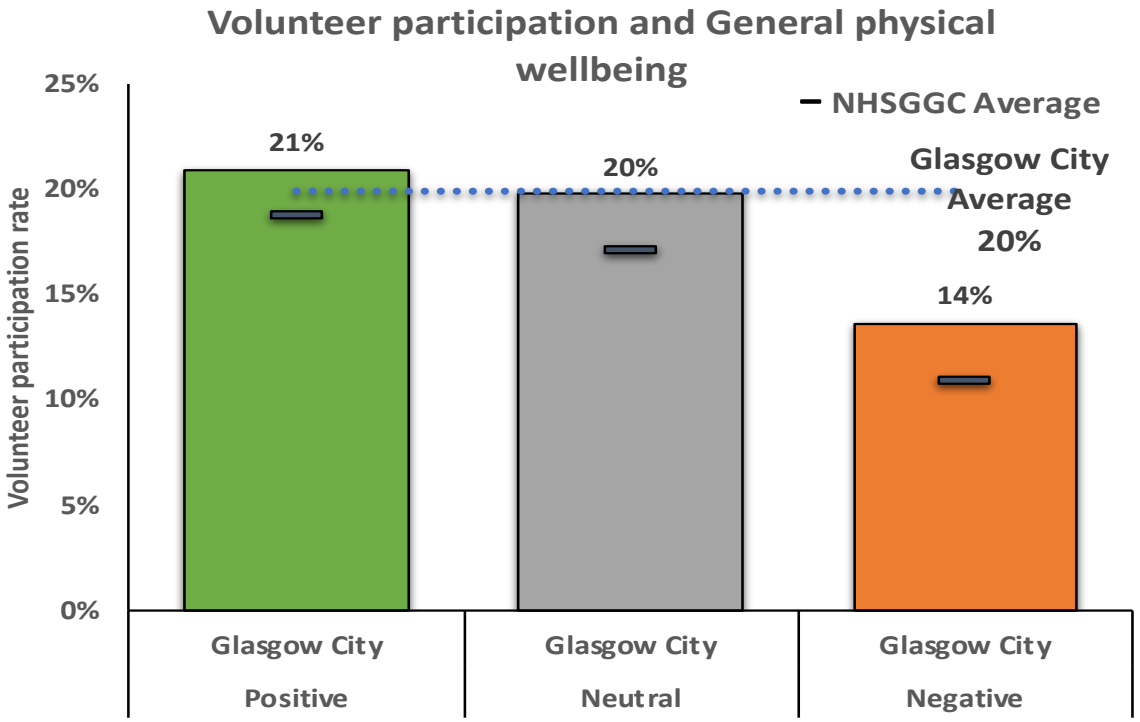
- 1% higher than the NHSGGC average for adults reporting a positive view.
- 2% lower than the NHSGGC average for adults reporting a neutral view.
- 7% lower than the NHSGGC average for adults reporting a negative view.

Source: NHSGGC 2017/2018 Health & Wellbeing survey

Mental Health – NHSGGC Geographical Areas



A higher percentage of adults (2% higher) in Glasgow City report feeling negatively about their general physical wellbeing then the overall NHSGGC average.

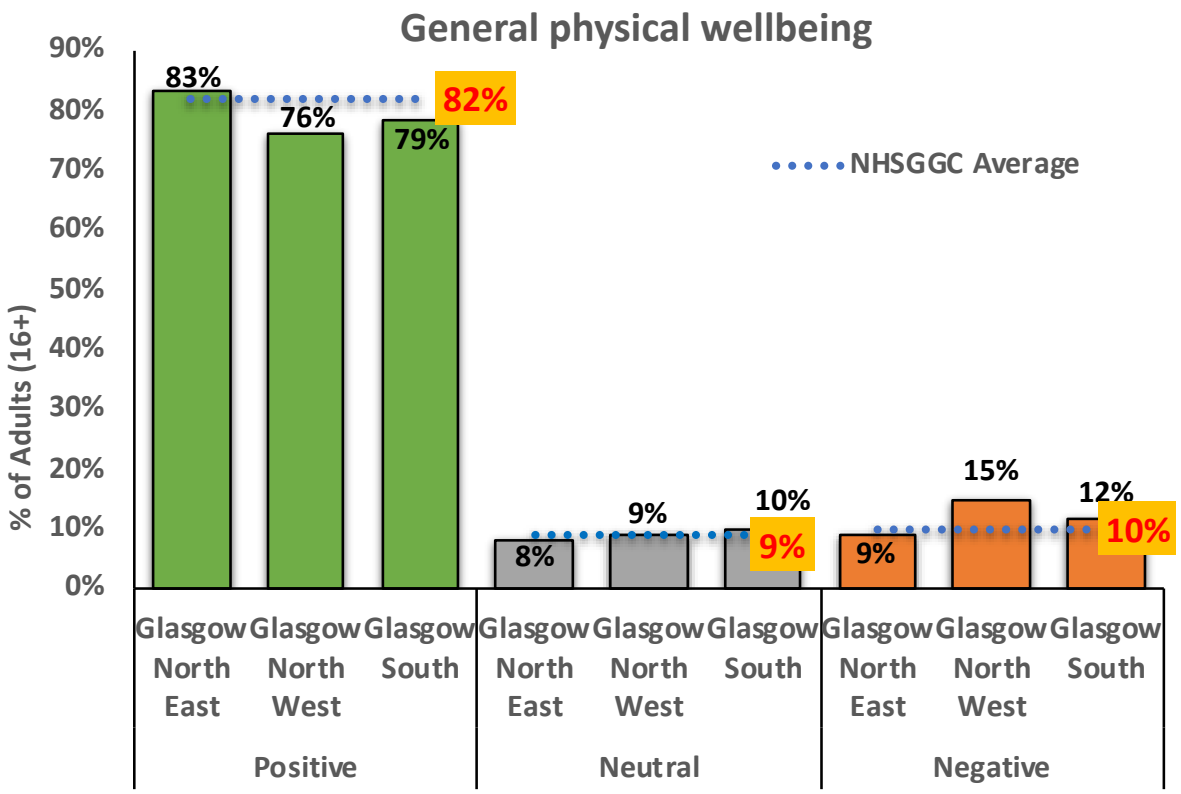


The relationship between volunteer participation and general physical wellbeing is only statistically significant in Glasgow City, where participation rates are:

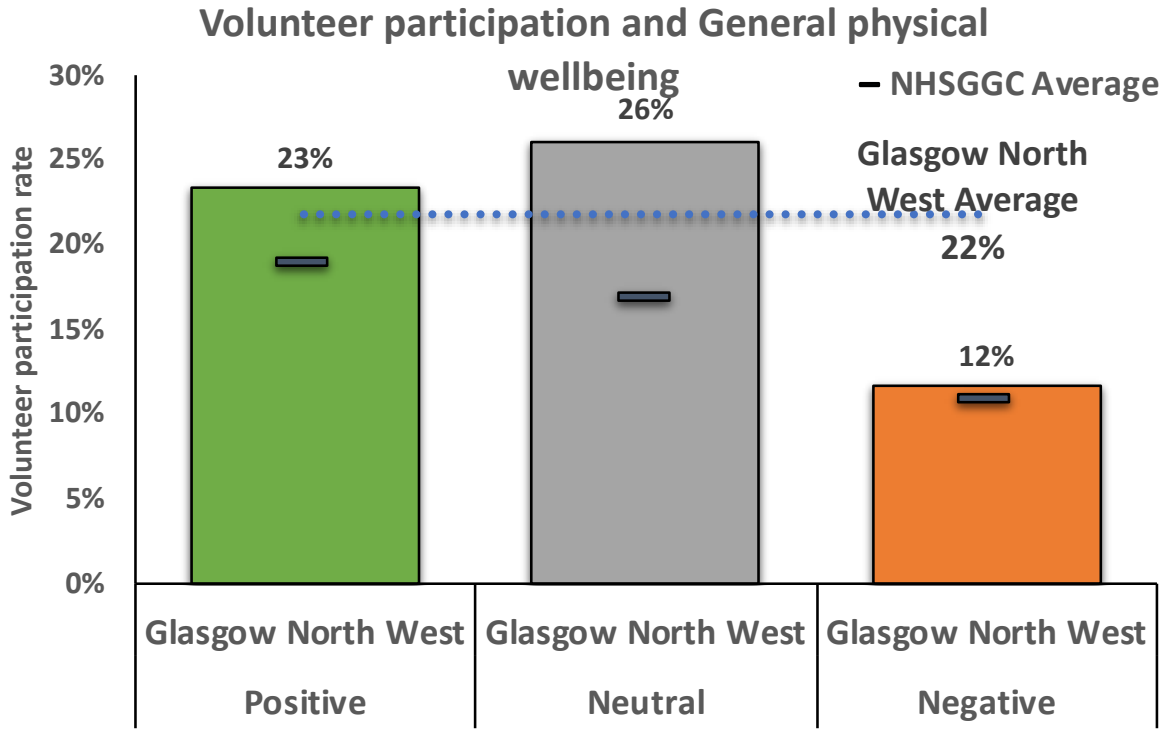
- 1% higher than the average Glasgow City participation rate for adults with a positive view.
- Equal to the average Glasgow City participation rate for adults with a neutral view.
- 6% lower than the average Glasgow City participation rate for adults with a negative view.

Source: NHSGGC 2017/2018 Health & Wellbeing survey

Mental Health – Glasgow City Localities



Glasgow North West has 5% more adults than the NHSGGC average reporting a negative view of their general physical wellbeing.

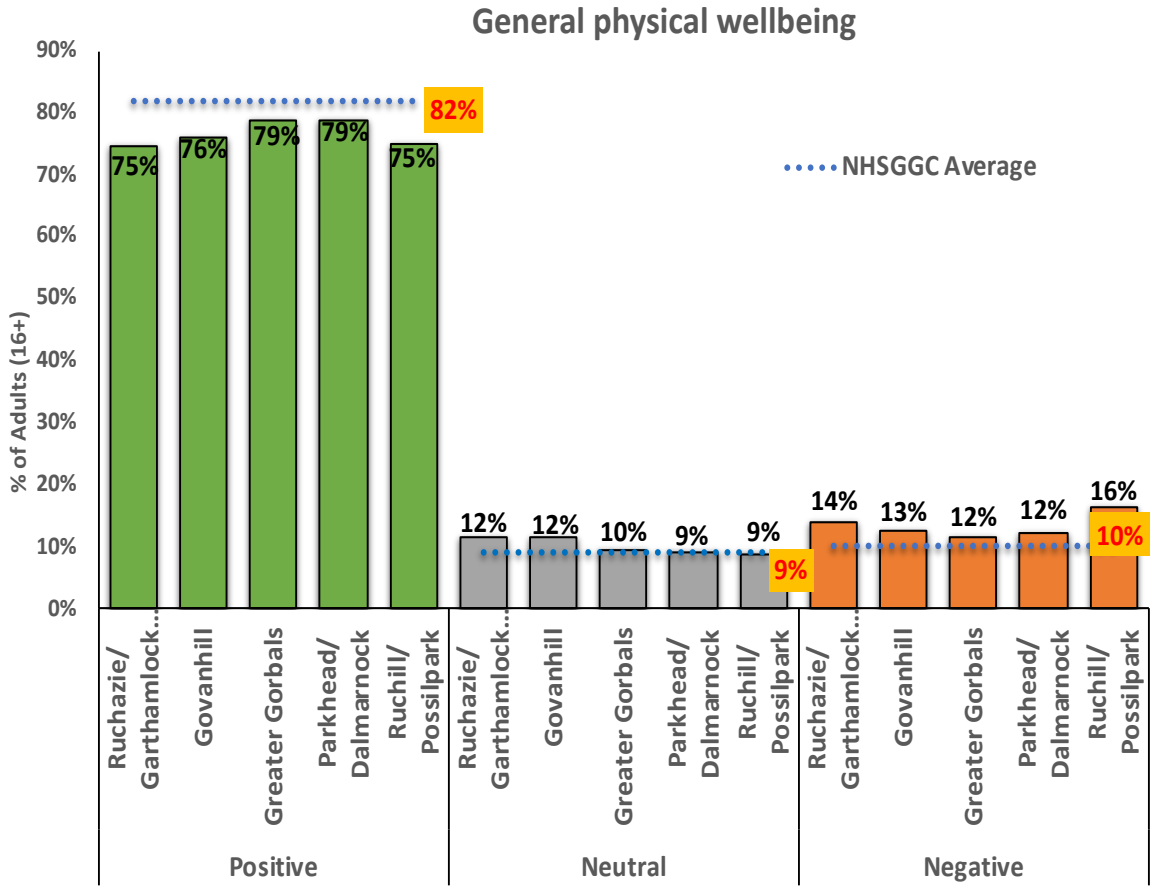


The relationship between volunteer participation rate and general physical wellbeing is only statistically significant in Glasgow North West, where participation rates are:

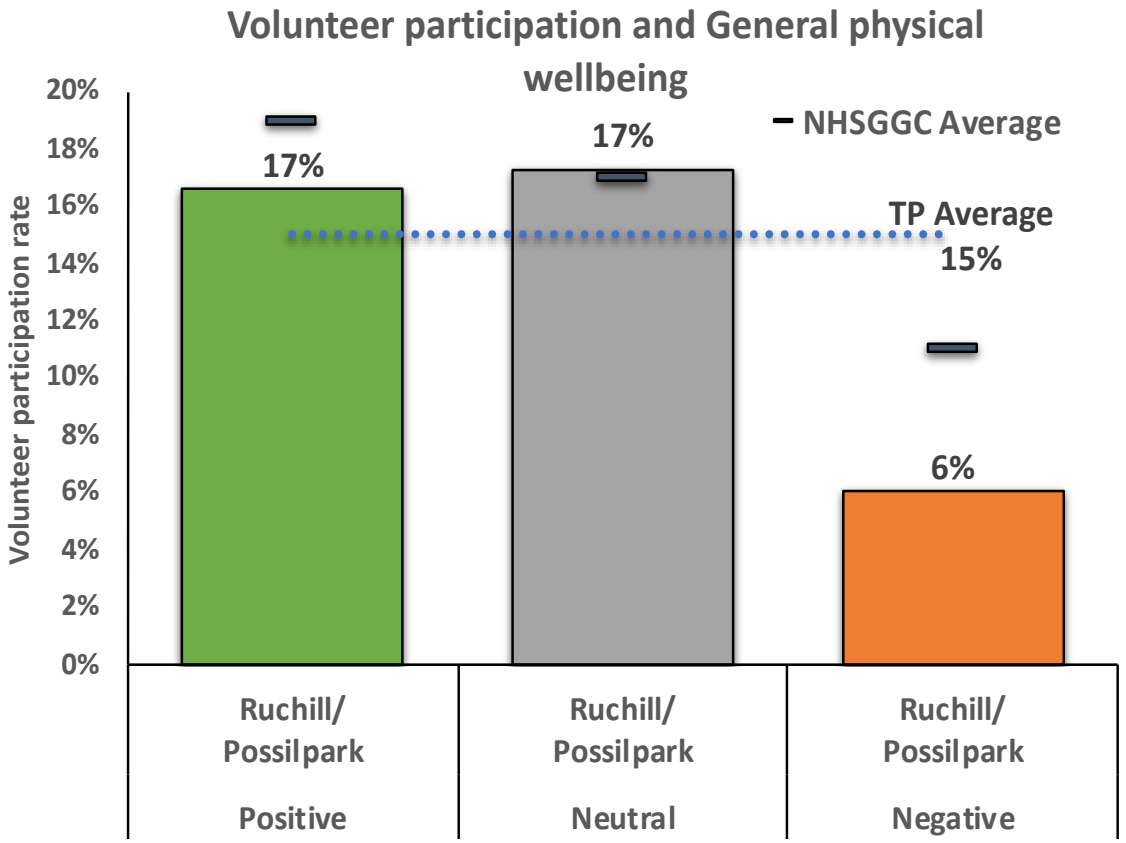
- 1% higher than the average Glasgow North West participation rate for adults with a positive view.
- 4% higher than the average Glasgow North West participation rate for adults with a neutral view.
- 10% lower than the average Glasgow North West participation rate for adults with a negative view.

Source: NHSGGC 2017/2018 Health & Wellbeing survey

Mental Health – Thriving Places



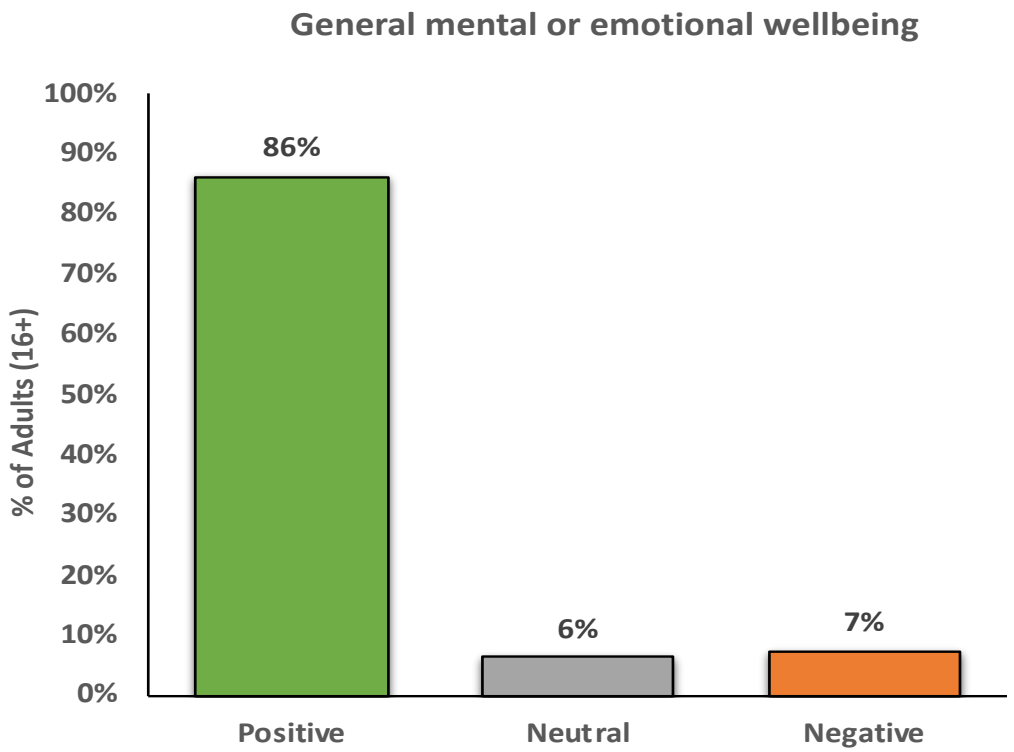
All Thriving Places have a higher percentage of adults reporting a negative view of their general physical wellbeing than the NHSGGC average, with the highest difference of 6% in Ruchill / Possilpark.

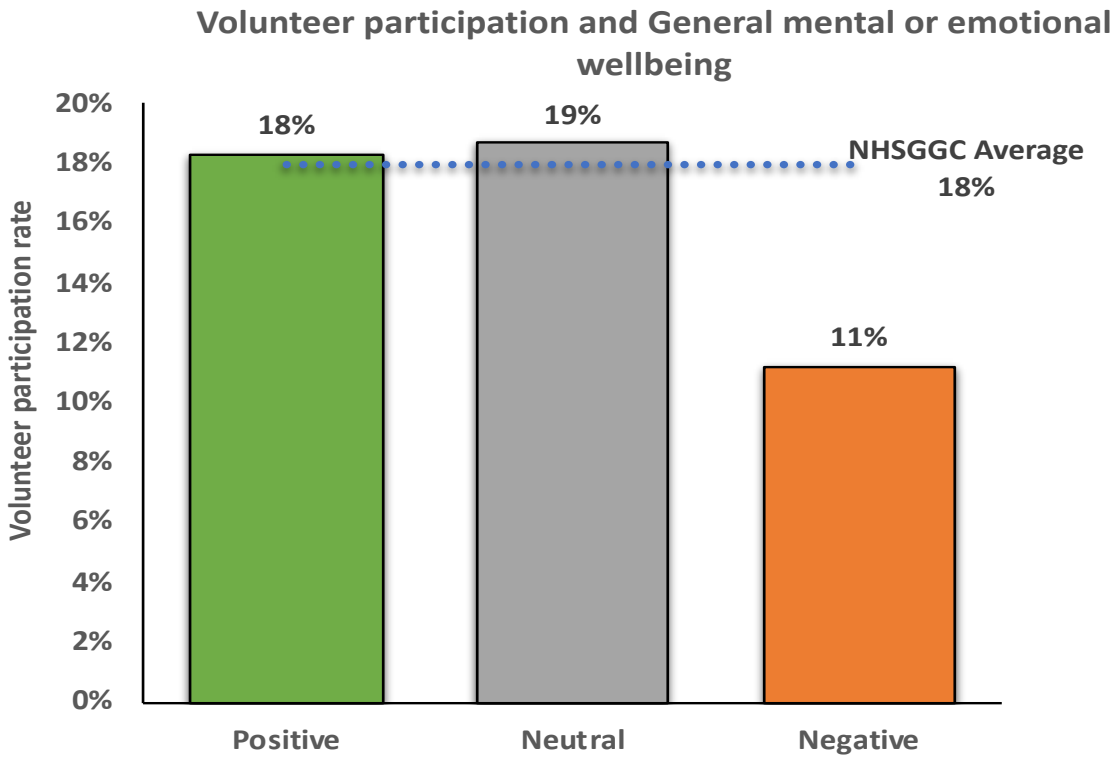


The relationship between volunteer participation and general physical wellbeing is only statistically significant in non-boosted neighbourhoods and Ruchill/ Possilpark. In Ruchill/ Possilpark participation rates are above the Ruchill /Possilpark average participation rate for adults with a positive or neutral view of their general physical wellbeing and below the Ruchill /Possilpark average participation rate for adults with a negative view.

Source: NHSGGC 2017/2018 Health & Wellbeing survey

Mental Health – NHSGGC overall





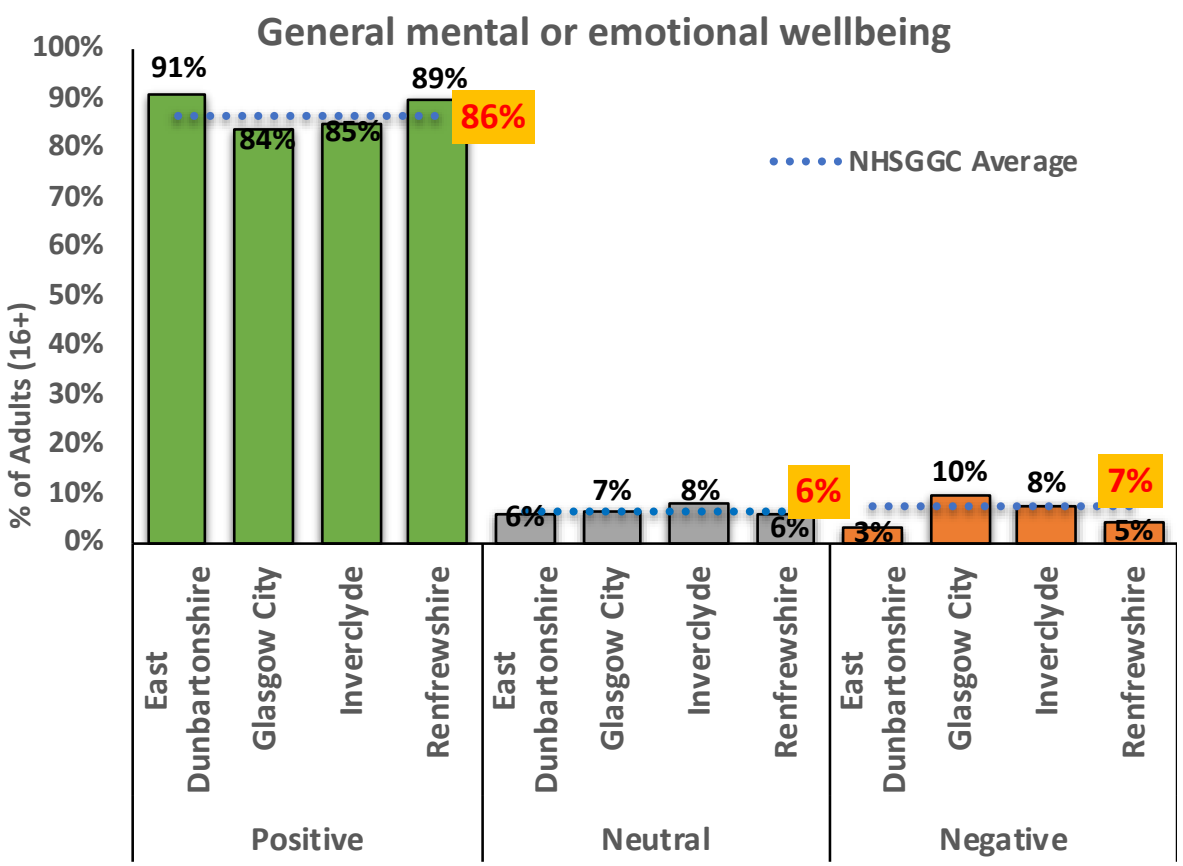
86% of adults in NHSGGC have a positive perception of their general mental or emotional wellbeing, with 7% having a negative perception.

Participation rates are:

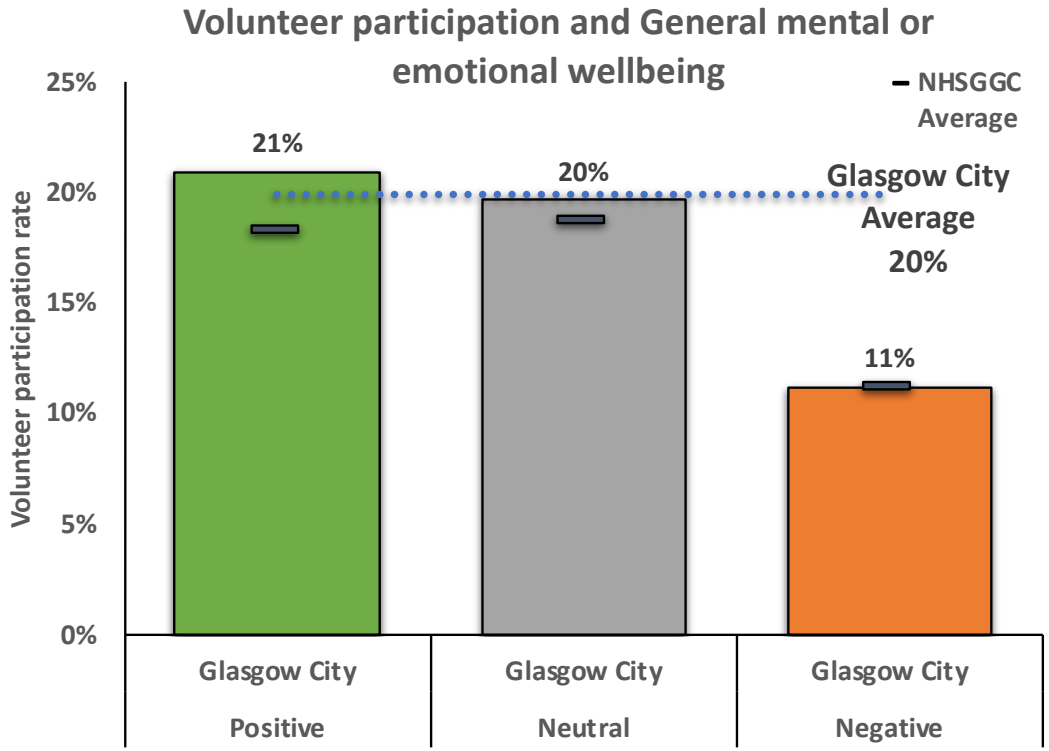
- Equal to the NHSGGC average for adults reporting a positive view.
- 1% higher than the NHSGGC average for adults reporting a neutral view.
- 7% lower than the NHSGGC average for adults reporting a negative view.

Source: NHSGGC 2017/2018 Health & Wellbeing survey

Mental Health – NHSGGC Geographical Areas



A higher percentage of adults (3% higher) in Glasgow City report a negative view of their general mental or emotional wellbeing than the NHSGGC average.

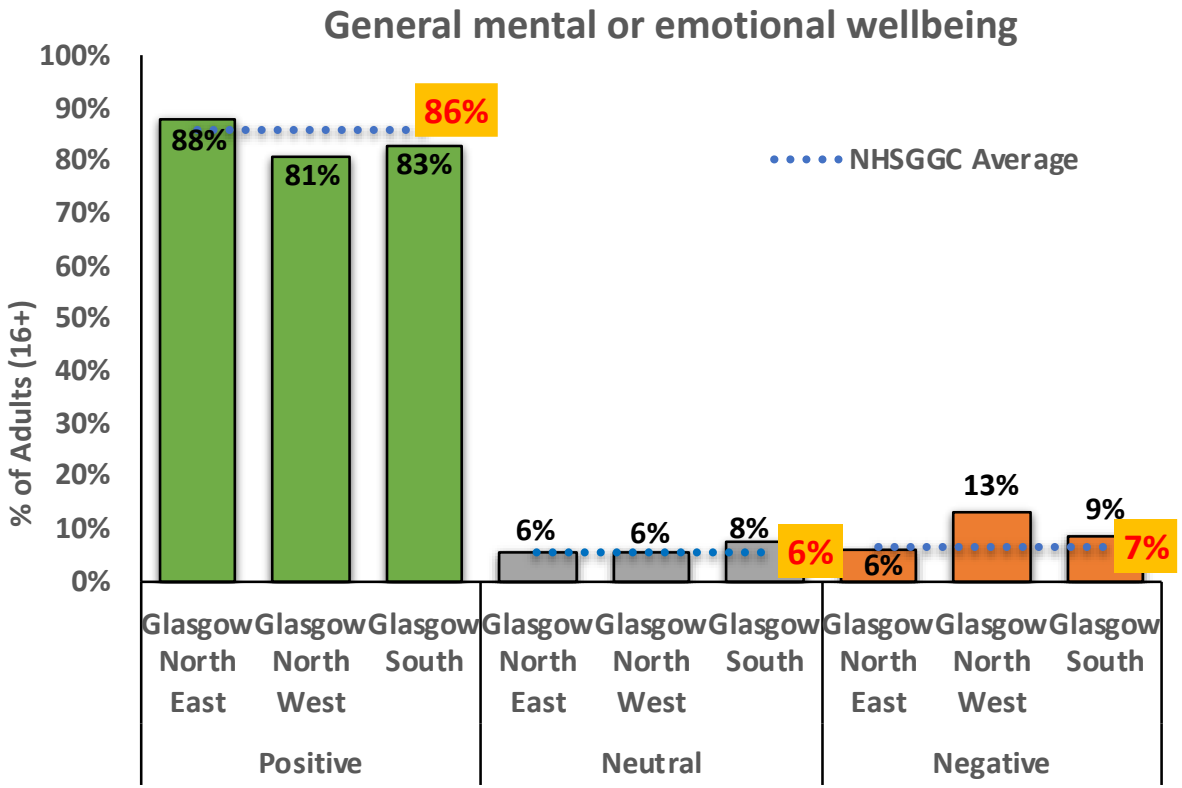


The relationship between volunteer participation rate and mental or emotional wellbeing is only statistically significant in Glasgow City, where participation rates are:

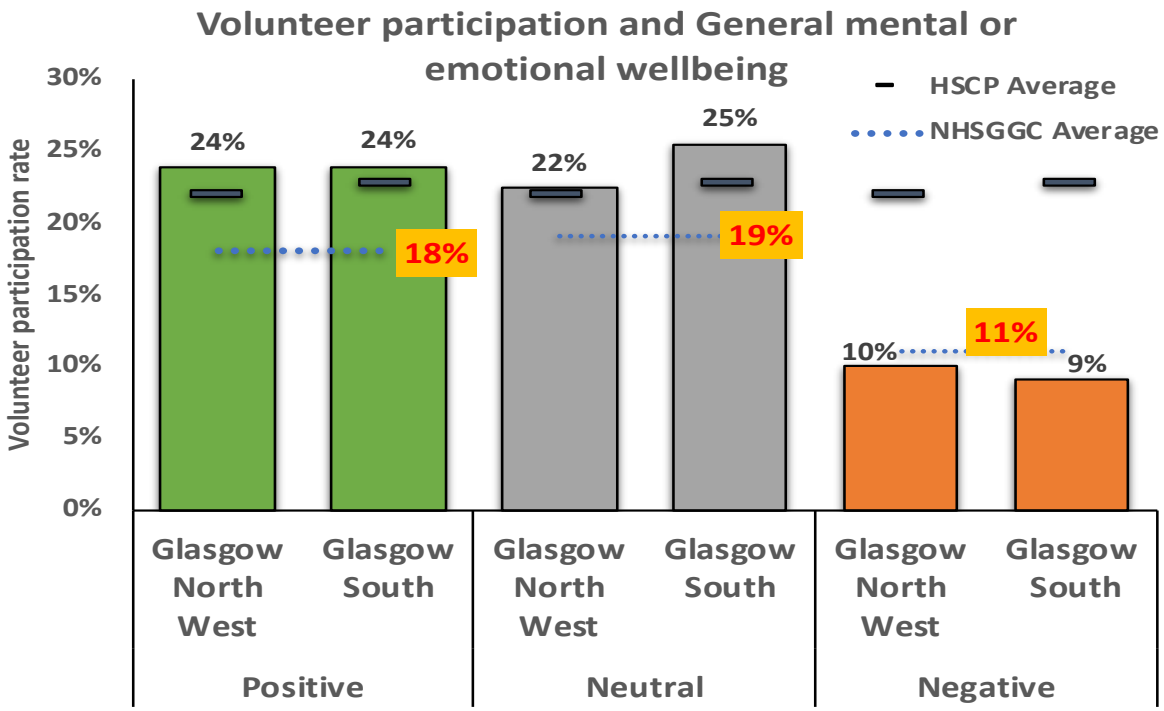
- 1% higher than the average Glasgow City participation rate for adults with a positive view.
- Equal to the average Glasgow City participation rate for adults with a neutral view.
- 9% lower than the average Glasgow City participation rate for adults with a negative view.

Source: NHSGGC 2017/2018 Health & Wellbeing survey

Mental Health – Glasgow City Localities



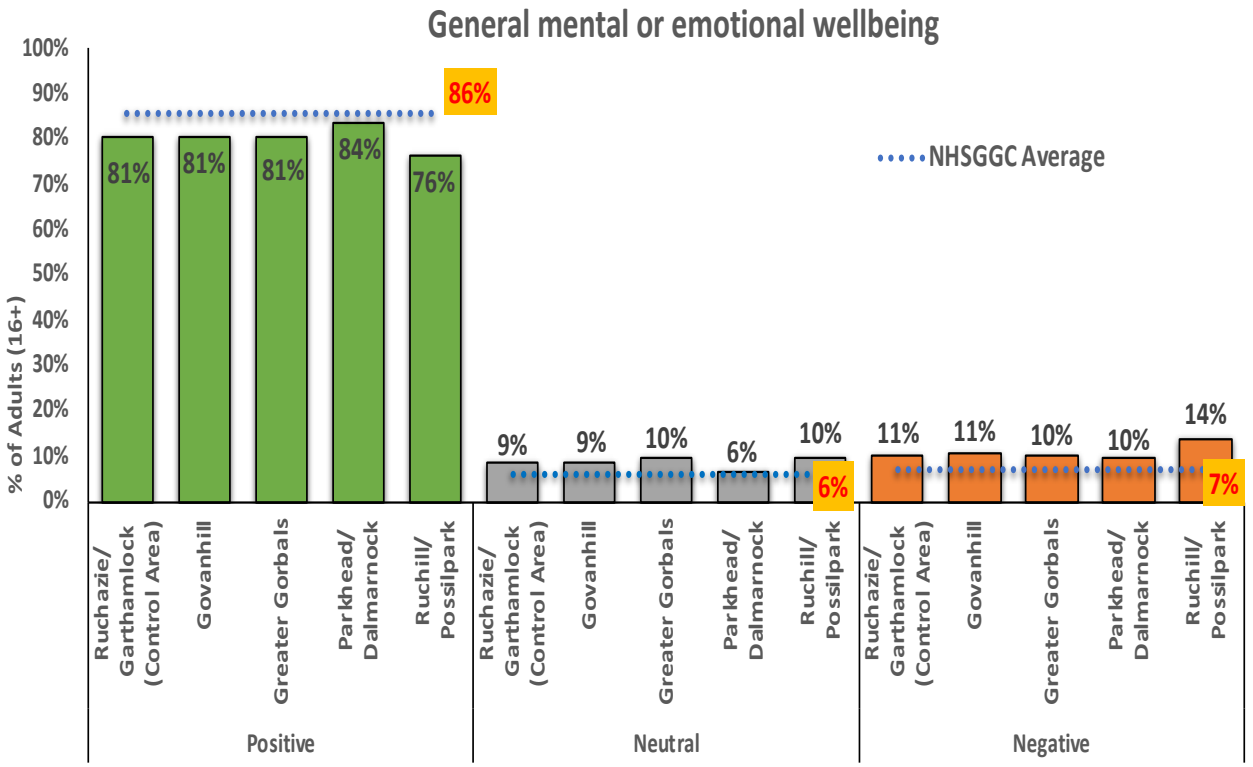
Glasgow North West and Glasgow South have more adults reporting a negative view of their general mental or emotional wellbeing than the NHSGGC average (5% and 2% more respectively).



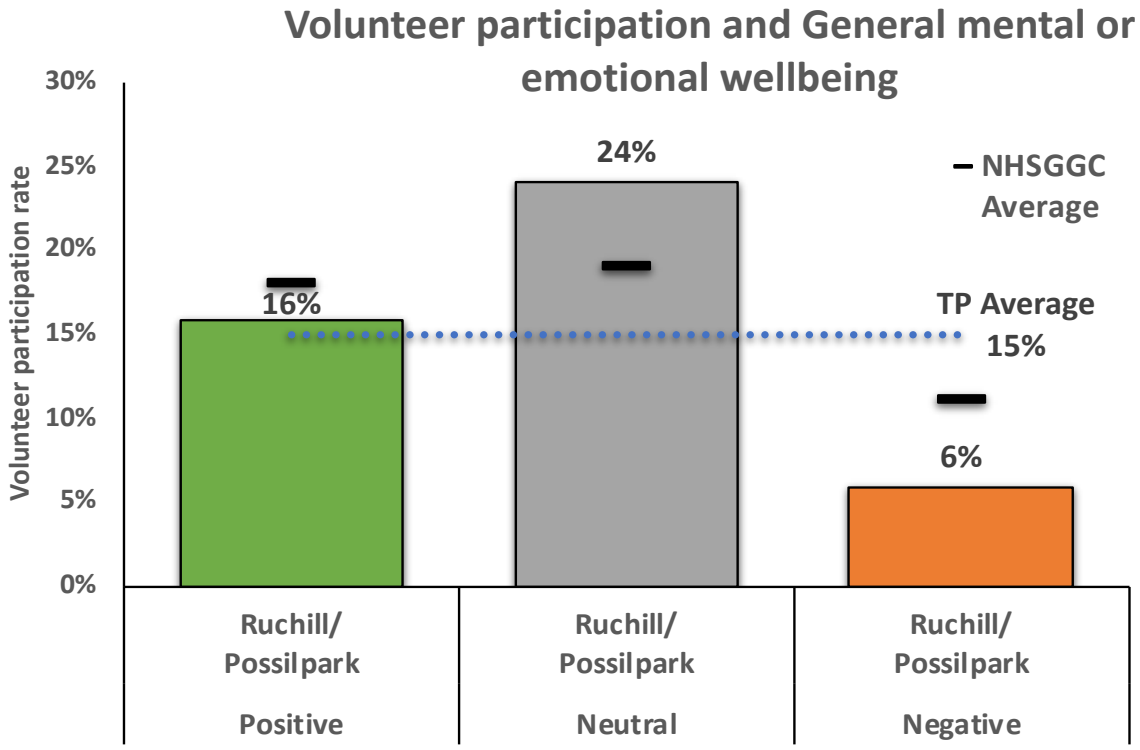
The relationship between volunteer participation rates and mental or emotional wellbeing is only statistically significant in Glasgow North West and Glasgow South, where participation rates are higher than their city locality average participation rate for adults with a positive view of their mental or emotional wellbeing, equal to or higher than their city locality average participation rate for adults with a neutral view and below their city local average participation rate for adults with a negative view.

Source: NHSGGC 2017/2018 Health & Wellbeing survey

Mental Health – Thriving Places



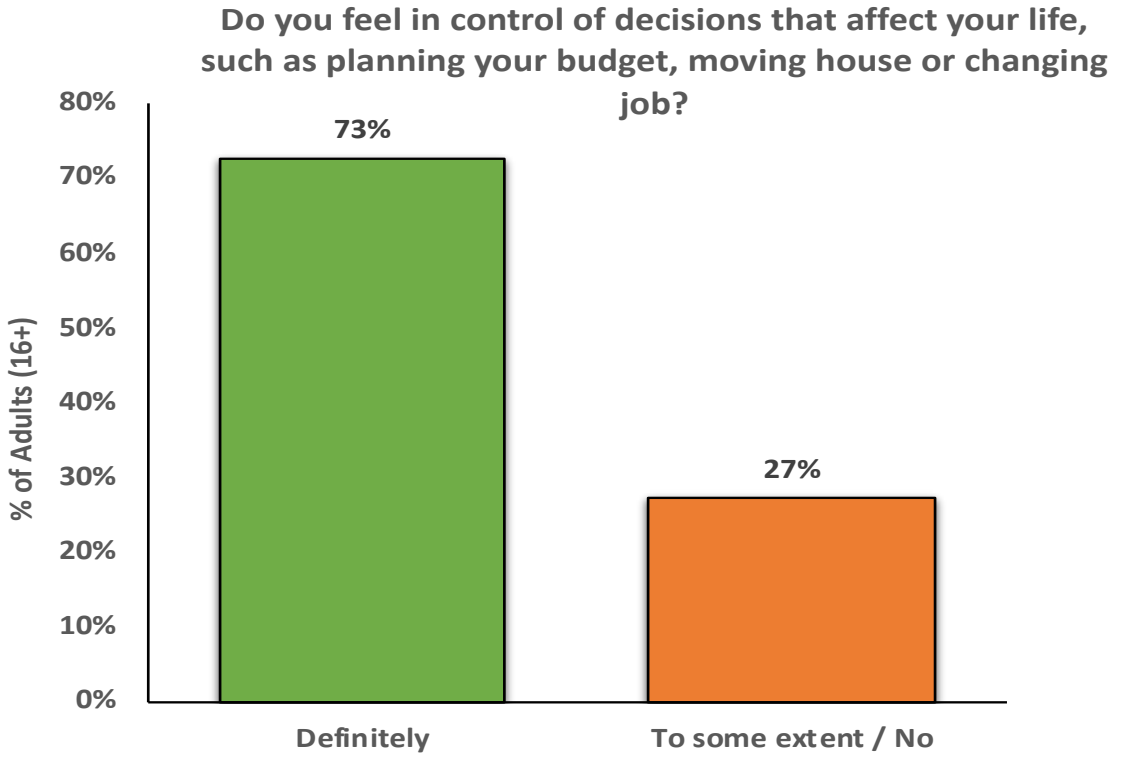
All Thriving Places have a higher percentage of adults with a negative view of their general mental / emotional wellbeing than the NHSGGC average, with the biggest difference of 7% in Ruchill / Possilpark.

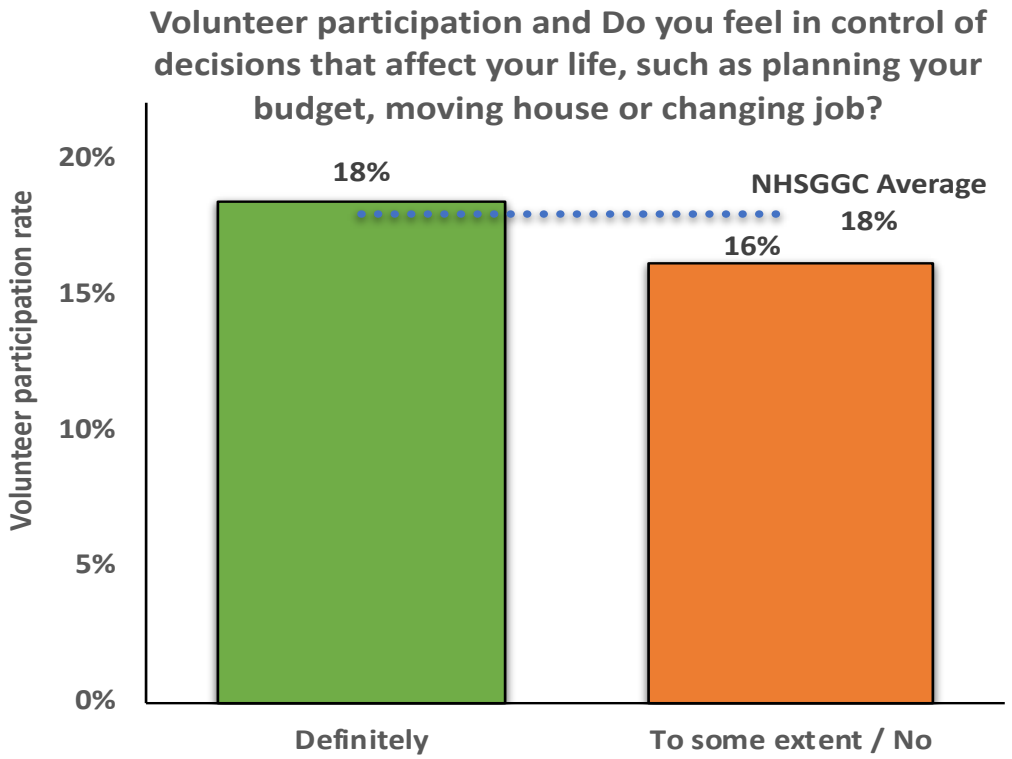


The relationship between volunteer participation and general mental or emotional wellbeing is only statistically significant in Ruchill/ Possilpark, where participation rates are above the Ruchill / Possilpark average participation rate for adults with a positive or neutral view of their general mental or emotional wellbeing and below the Ruchill / Possilpark average participation rate for adults with a negative view.

Source: NHSGGC 2017/2018 Health & Wellbeing survey

Mental Health – NHSGGC overall





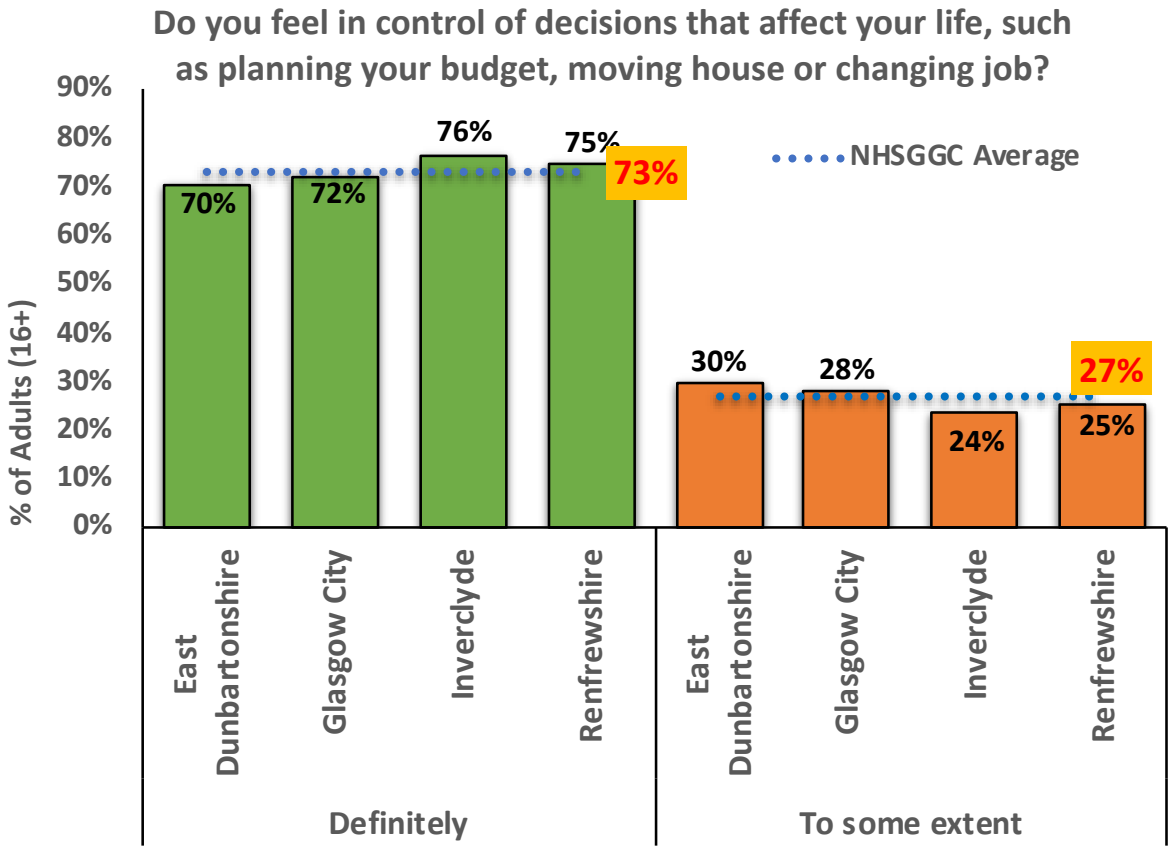
Over a quarter (27%) of adults in NHSGGC only feel in control of decisions affecting their lives to some extent or not at all.

Participation rates are:

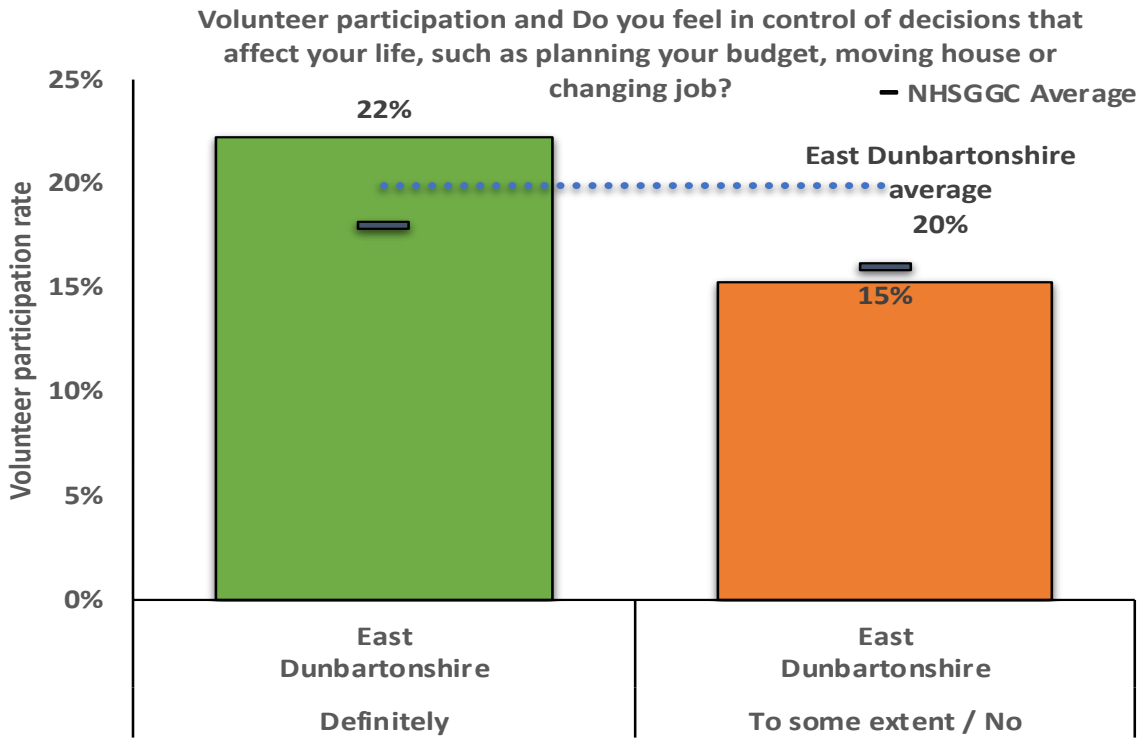
- Equal to the NHSGGC average for adults who definitely feel in control of life affecting decisions.
- 2% lower than the NHSGGC average for adults who only feel in control to some extent or not at all.

Source: NHSGGC 2017/2018 Health & Wellbeing survey

Mental Health – NHSGGC Geographical Areas



A lower percentage of adults on East Dunbartonshire and Glasgow City definitely feel in control of life affecting decisions than the overall NHSGGC average (3% and 1% lower respectively).

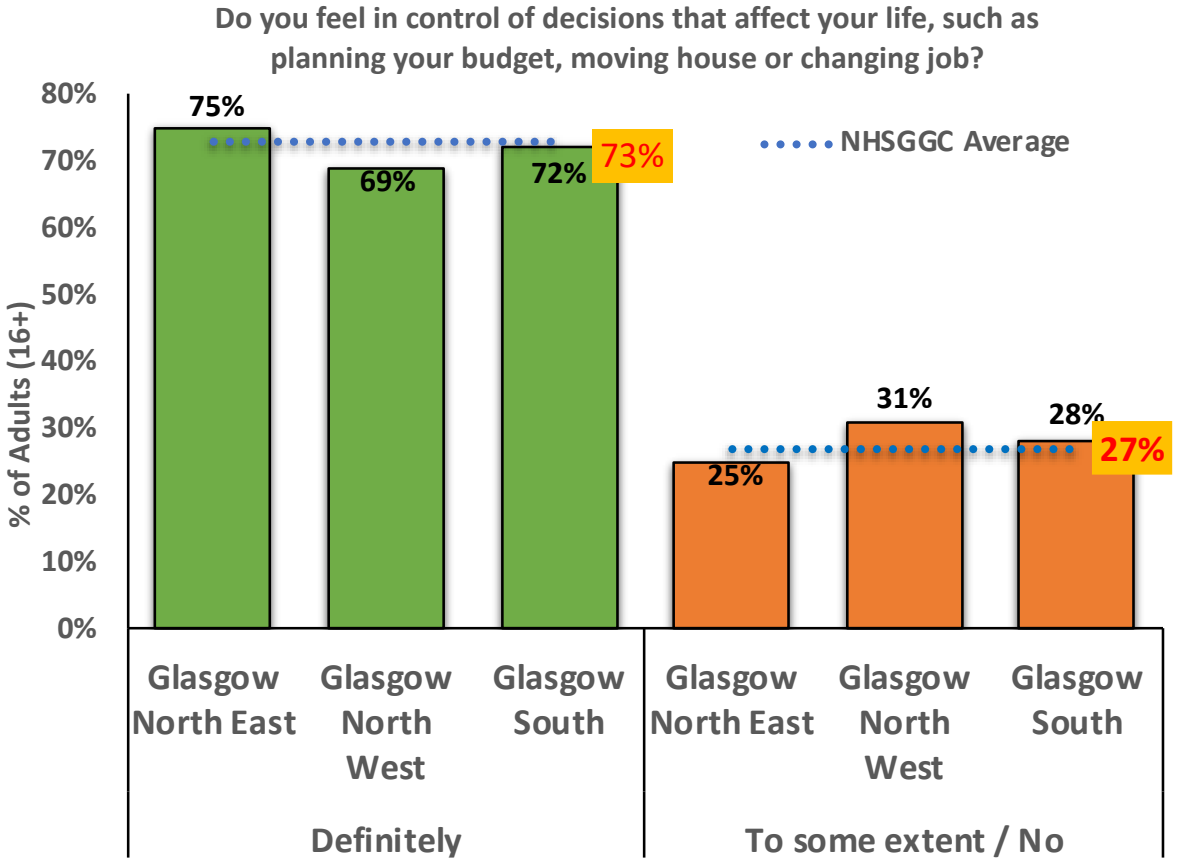


The relationship between volunteer participation and life affecting decisions is only statistically significant in East Dunbartonshire, where participation rates are:

- 2% higher than the average East Dunbartonshire participation rate for adults who definitely feel in control of life affecting decisions.
- 5% lower than the average East Dunbartonshire participation rate for adults who feel they can only affect decisions to some extent or not at all.

Source: NHSGGC 2017/2018 Health & Wellbeing survey

Mental Health – Glasgow City Localities

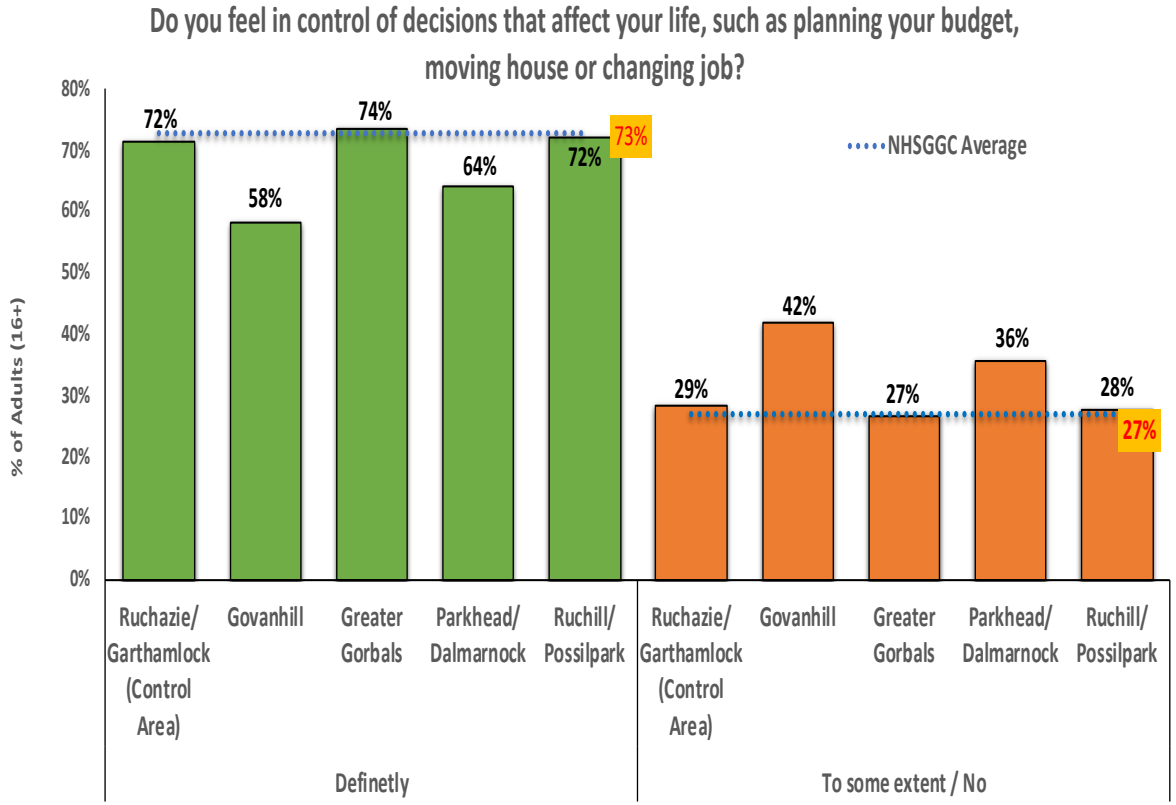


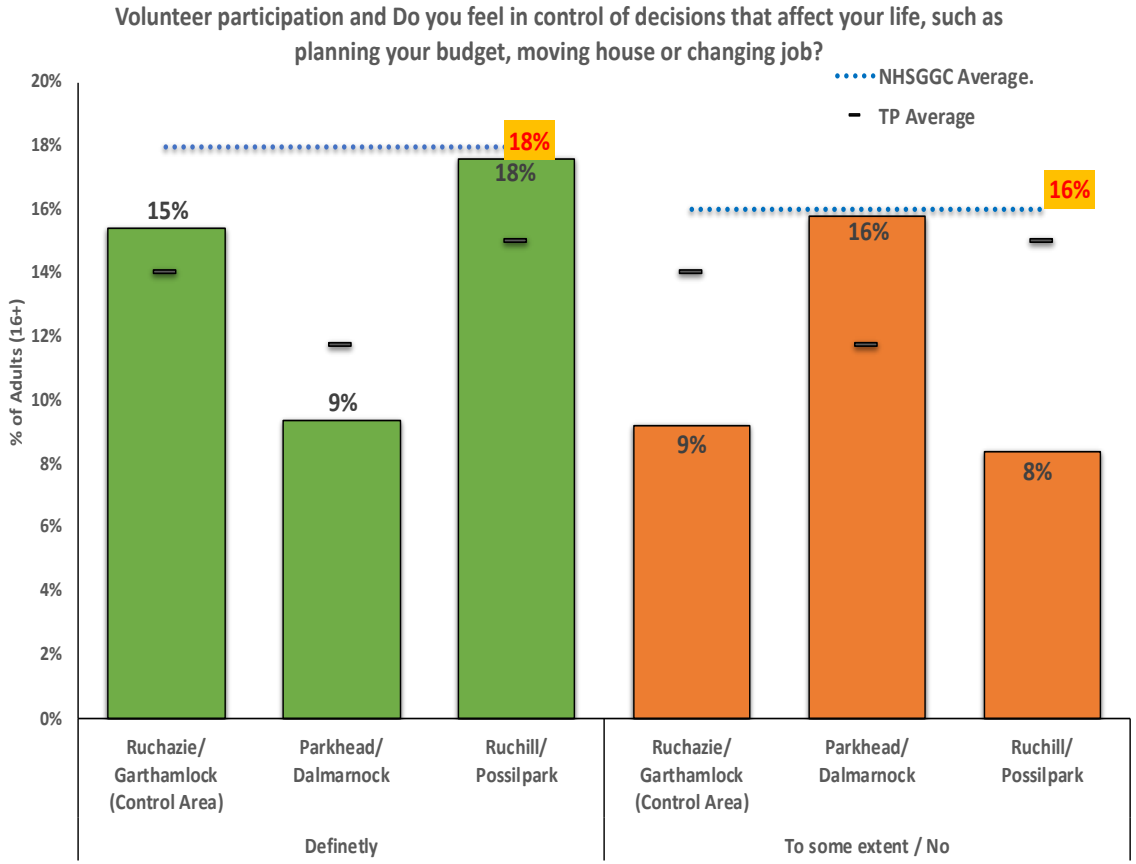
A lower percentage of adults in Glasgow North West and Glasgow South definitely feel in control of life affecting decisions than the NHSGGC average (4% and 1% less respectively).

There is not a statistically significant relationship between volunteer participation rates and control of life affecting decisions in any of the Glasgow City Localities.

Source: NHSGGC 2017/2018 Health & Wellbeing survey

Mental Health – Thriving Places





All Thriving Places, with the exception of Greater Gorbals, have a higher percentage of adults who feel they are in control of decisions that affect their life only to some extent / no. This variance is greatest in Govanhill at 15%.

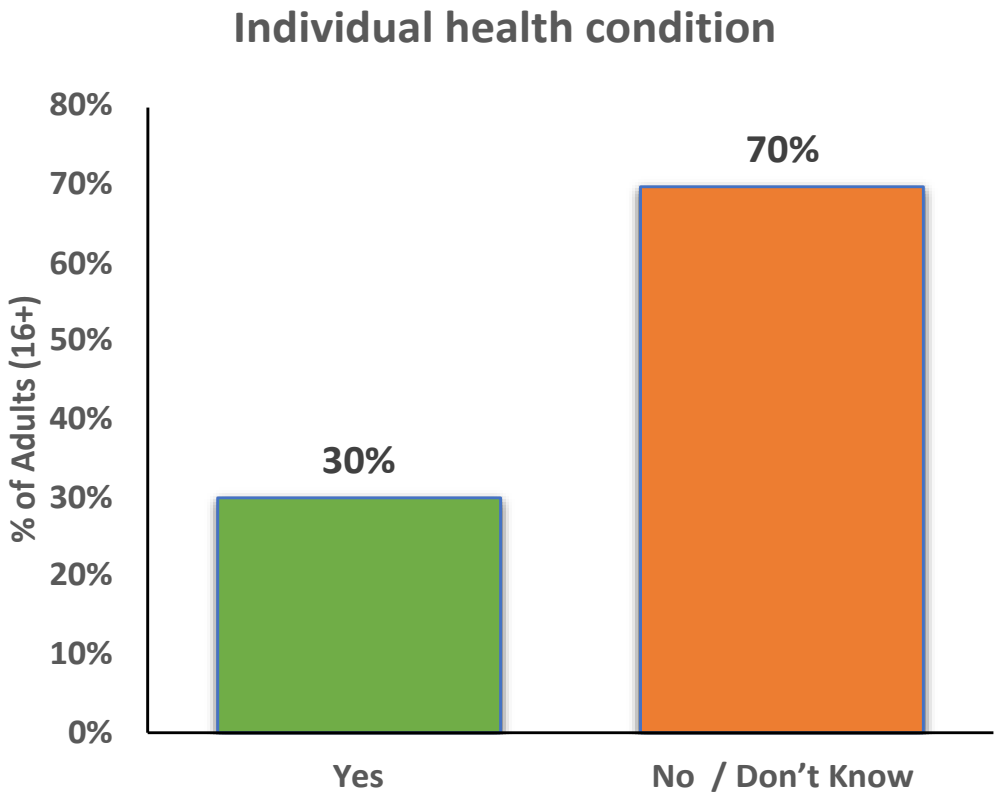
The relationship between volunteer participation and control of life affecting decisions is statistically significant in Parkhead/Dalmarnick, Ruchill/Possilpark and Ruchazie/Garthamlock.

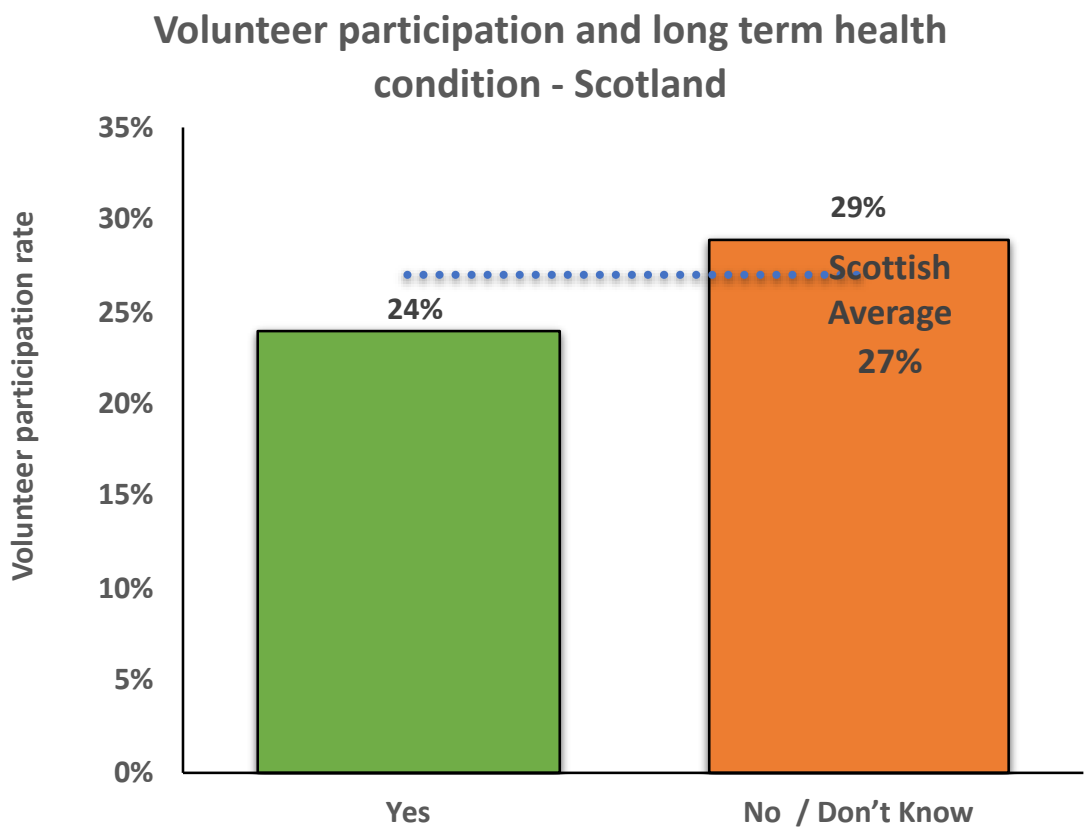
Parkhead and Dalmarnock is a case of interest as the participation rates are higher than the Parkhead / Dalmarnock average for adults who feel they are in control of life affecting decisions to some extent / no, which is the opposite to the other Thriving Places and NHSGGC overall

Source: NHSGGC 2017/2018 Health & Wellbeing survey

5. Long-term health conditions

Long-term health conditions – Scottish population





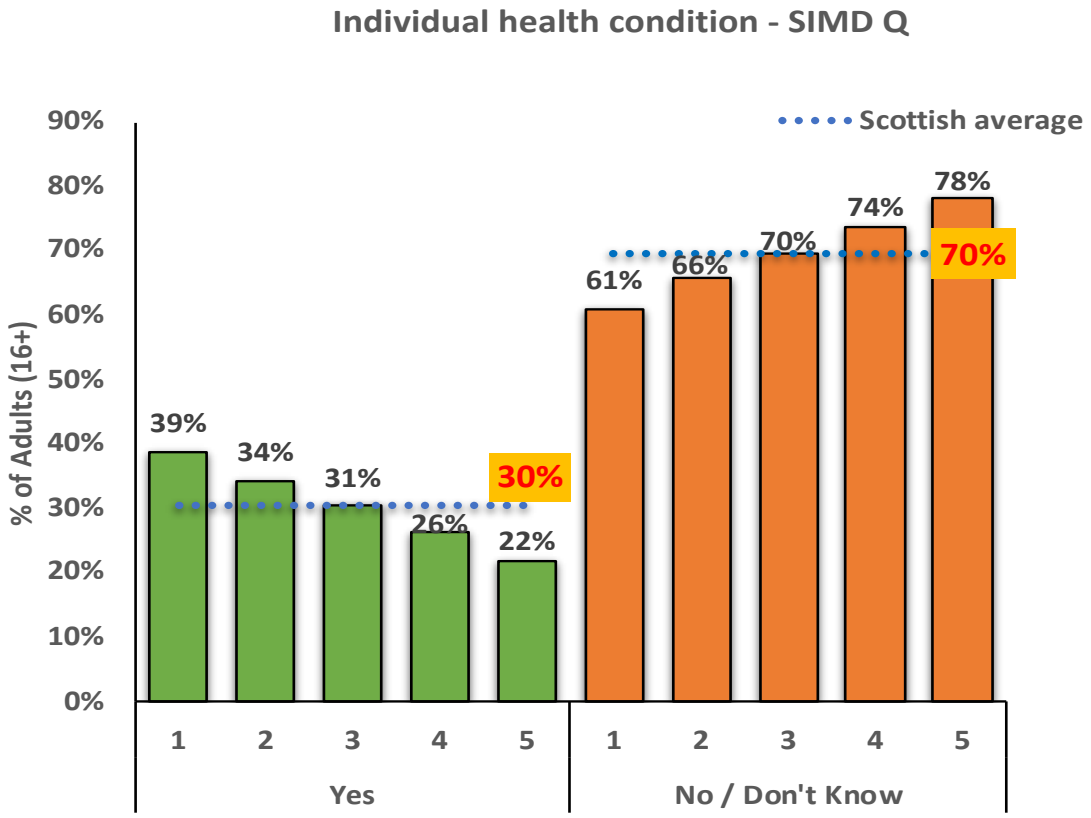
Less than a third (30%) of Scottish adults report having a physical or mental health condition lasting more than 12 months.

Participation rates are:

- 2% higher than the Scottish average for adults without a long-term health condition.
- 3% lower than the Scottish average for adults with a long-term health condition.

Source: Scottish Household Survey (SHS) 2016

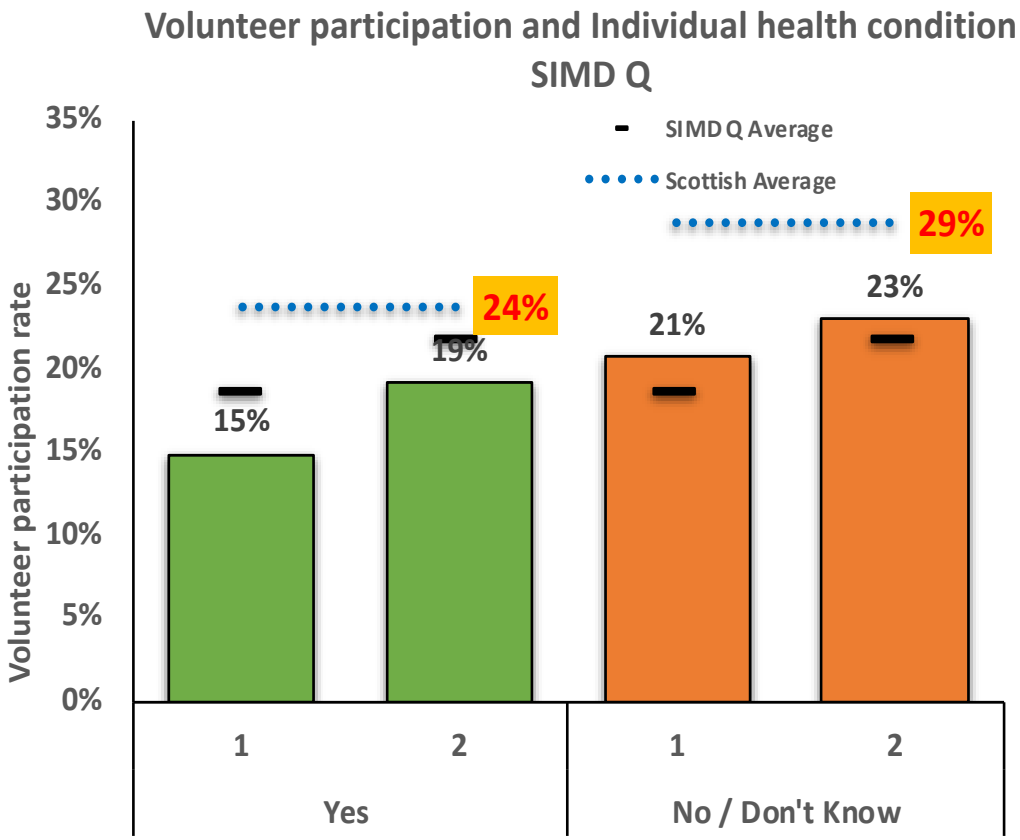
Long-term physical or mental health conditions



A higher percentage of adults in SIMD Q1 – SIMD Q3 report having a long-term health condition than the Scottish average .

SIMD Q4 and Q5 have less adults reporting a long-term health condition than the Scottish average.

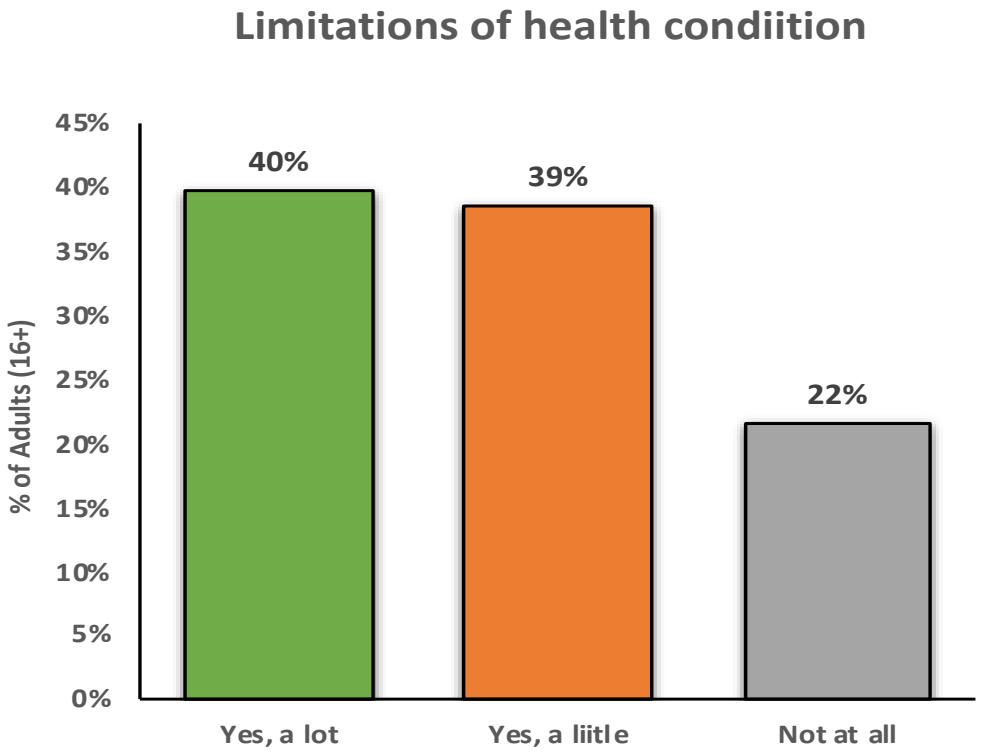
Source: Scottish Household Survey (SHS) 2016

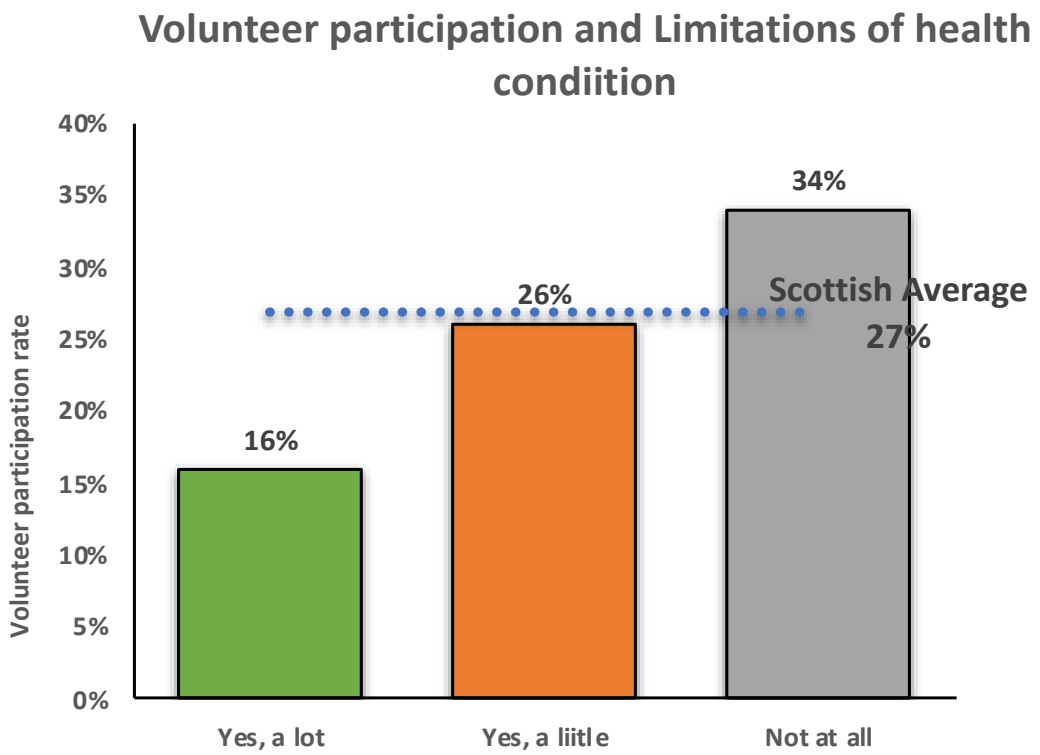


The relationship between individual health conditions and volunteer participation is only statistically significant for SIDM Q1 and Q2.

The participation rates are below the average Scottish participation rates for adults without a long-term health condition. However the participation rates in these quintiles is higher than the overall Scottish quintile average (18% and 22%respectively).

Long-term health conditions – Scottish Population





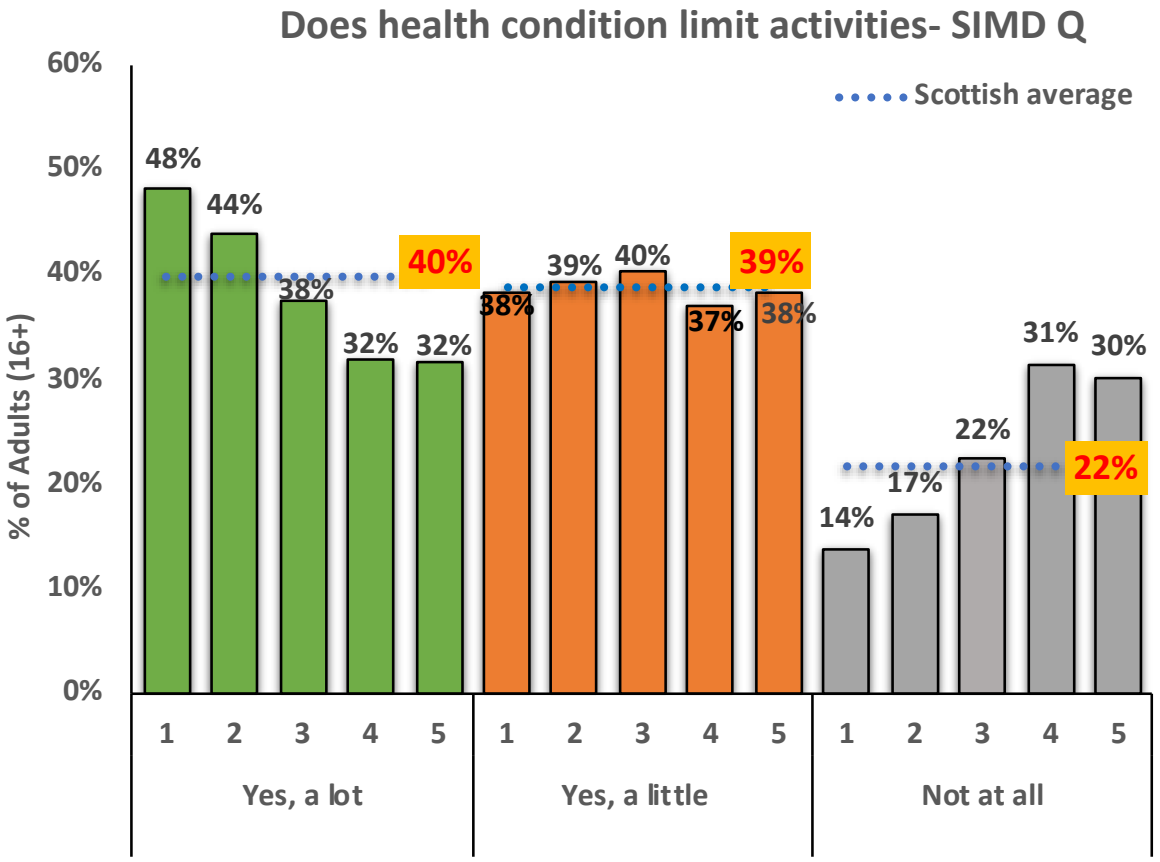
79% of Scottish adults with a long-term health condition experience a level of impact on their daily activities.

Participation rates are:

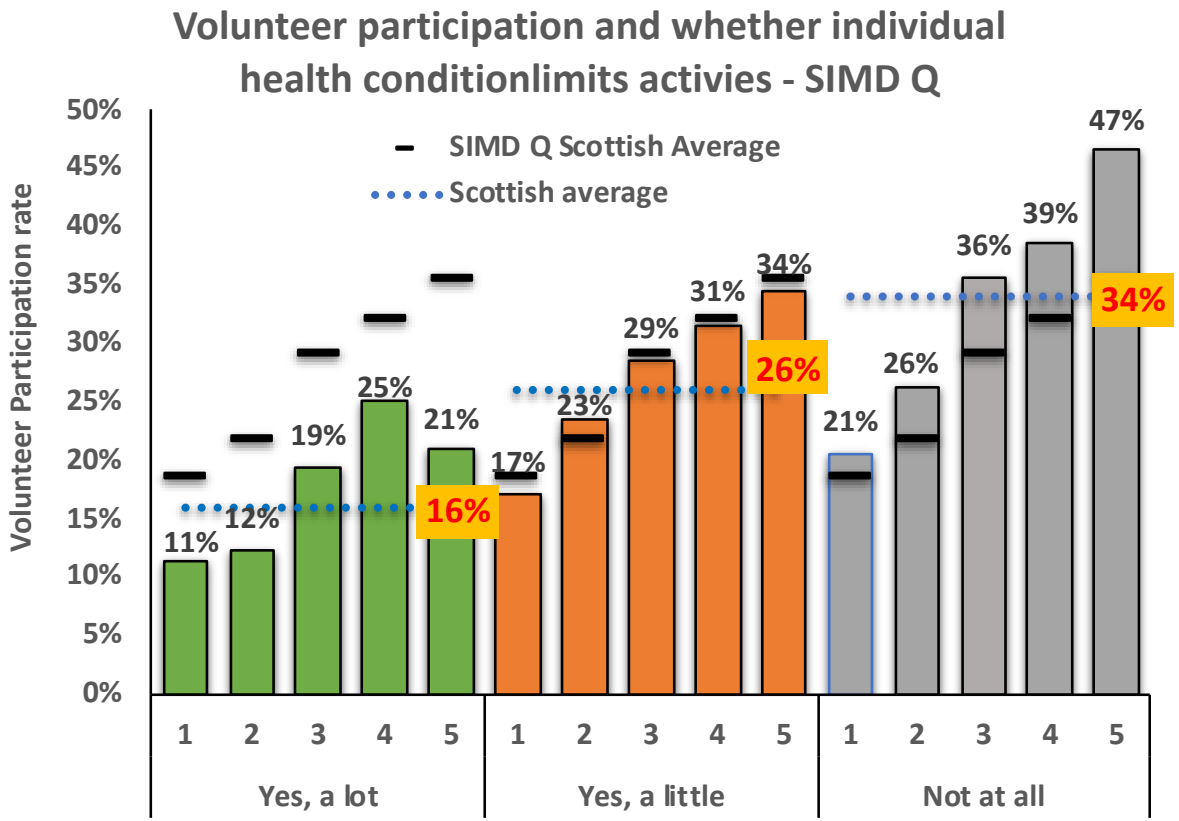
- 11% lower than the Scottish average for adults reporting that their long-term health condition impacts on their daily activities ‘a lot’.
- 2% lower than the Scottish average for adults reporting that their long-term health condition impacts on their daily activities ‘a little’.
- 7% higher than the Scottish average where their condition does not limit daily activities.

Source: Scottish Household Survey (SHS) 2016

Long-term health conditions – SIMD Q



In SIMD Q1 and Q2 a higher percentage of adults experience a lot of limitation to their daily activities, compared to the Scottish average(8% and 4% more respectively)

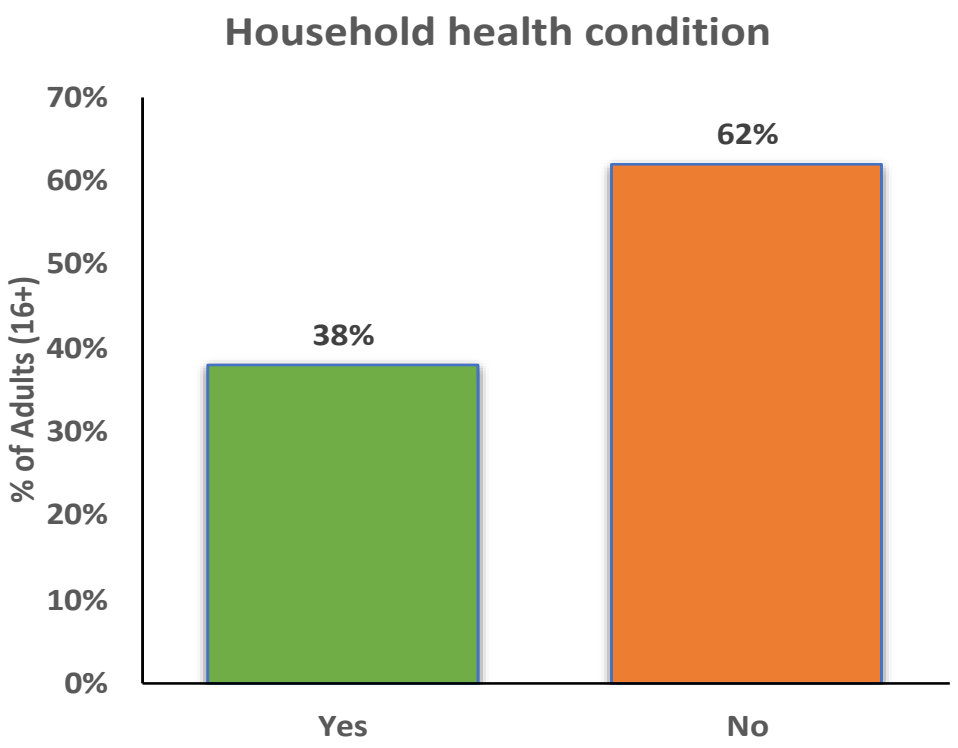


Adults in all quintiles that report a lot of impact on their daily activities have participation rates lower than their quintile average participation rates.

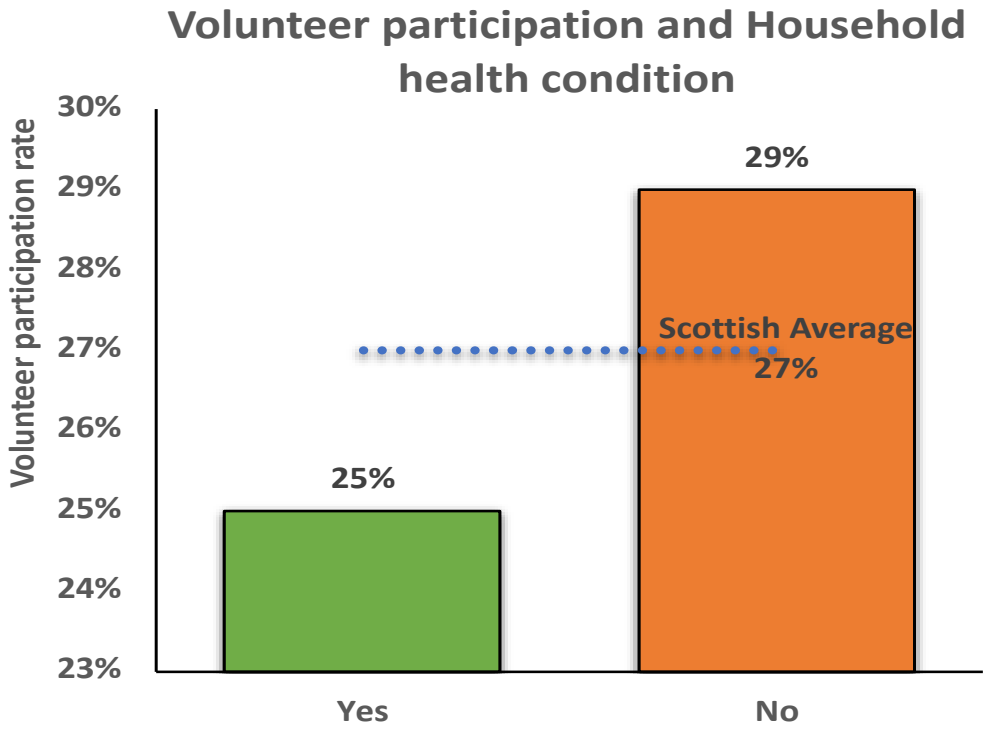
Conversely adults in all quintiles that report no impact on their daily activities have a participation rate higher than their quintile average.

Source: Scottish Household Survey (SHS) 2016

Long-term health conditions - Scottish population



38% of households in Scotland have at least one household member with a long-term health condition.

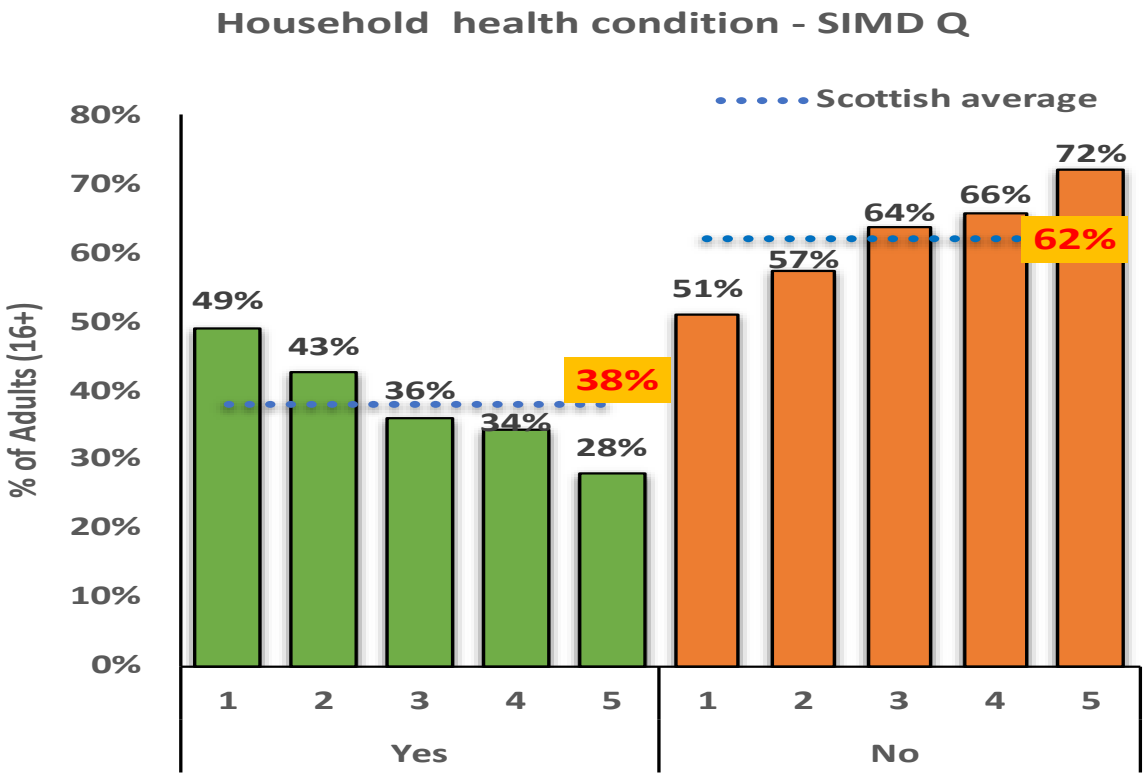


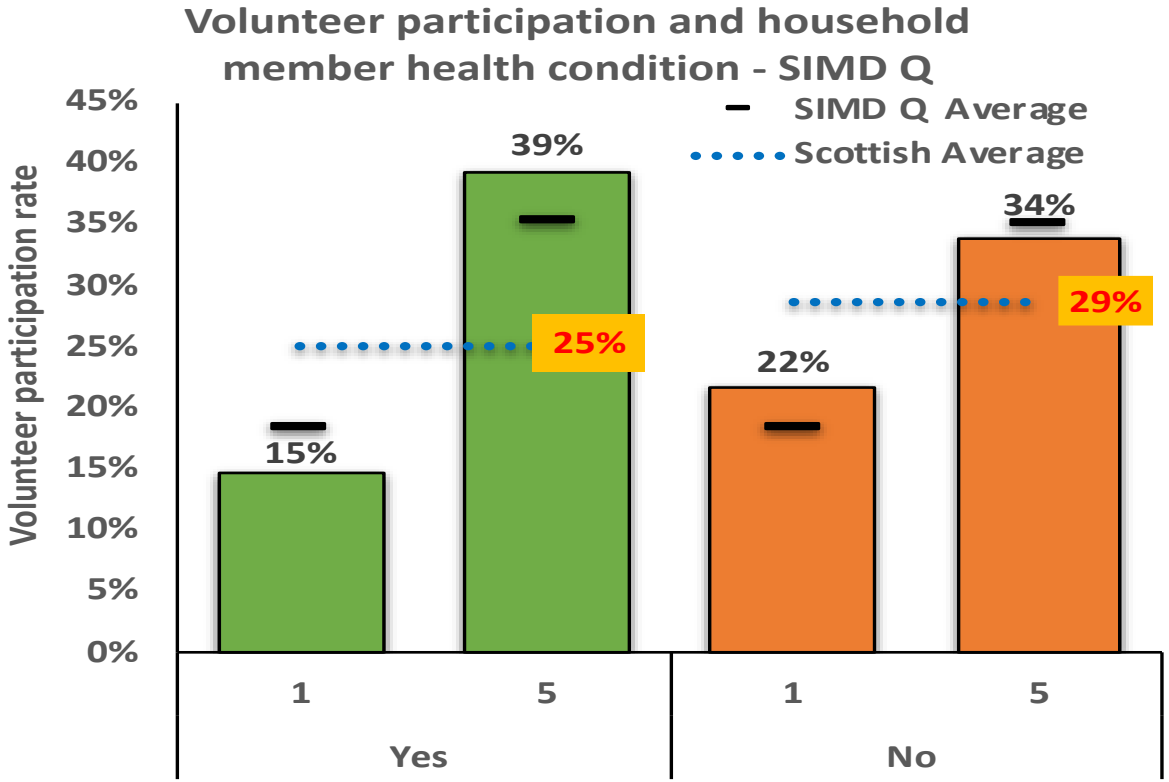
Participation rates are:

- 2% lower than the Scottish average for households with at least one household member with a long-term health condition.
- 2% higher than the Scottish average where there are no household members with a long-term health condition.

Source: Scottish Household Survey (SHS) 2016

Long-term physical or mental health conditions





A higher percentage of adults in SIMD Q1 and SIMD Q2 have at least one household member with a long-term condition than the Scottish average.

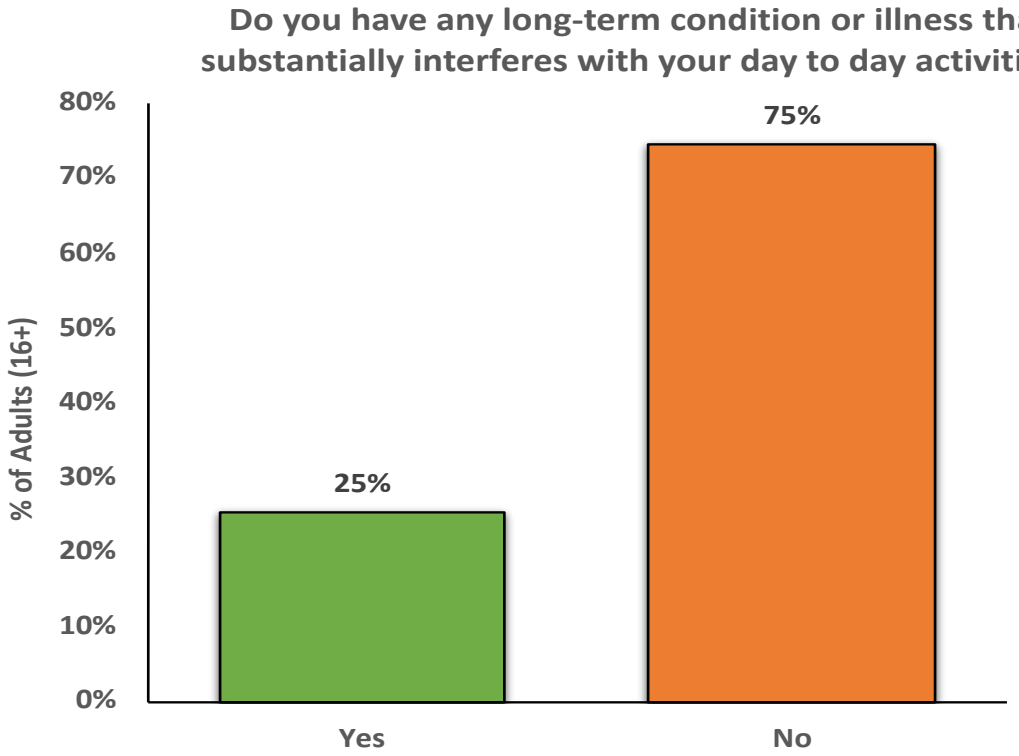
SIMD Q3, Q4 and Q5 have a lower percentage of households with at least one household member experiencing a long-term health condition than the Scottish average.

Source: Scottish Household Survey (SHS) 2016

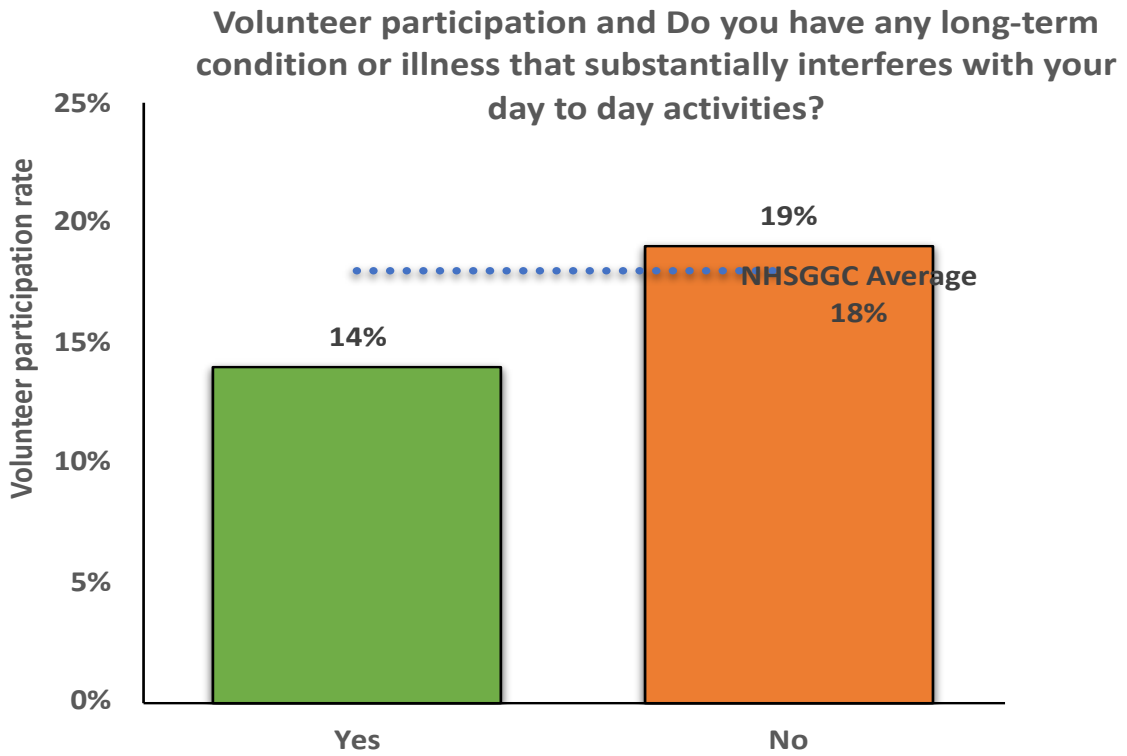
The relationship between household members' health conditions and SIMDQ is only statistically significant for SIMD Q1 and Q5.

The participation rate for SIMD Q1 is above the SIMD Q1 average for households with no household members having a long-term health condition (22% vs. 18%) and below the quintile average for SIMD Q5(34% vs. 35%) .

Long term conditions – NHSGGC Overall



A quarter of adults in NHSGGC report having a long term condition or illness that interferes with their day to day activities.

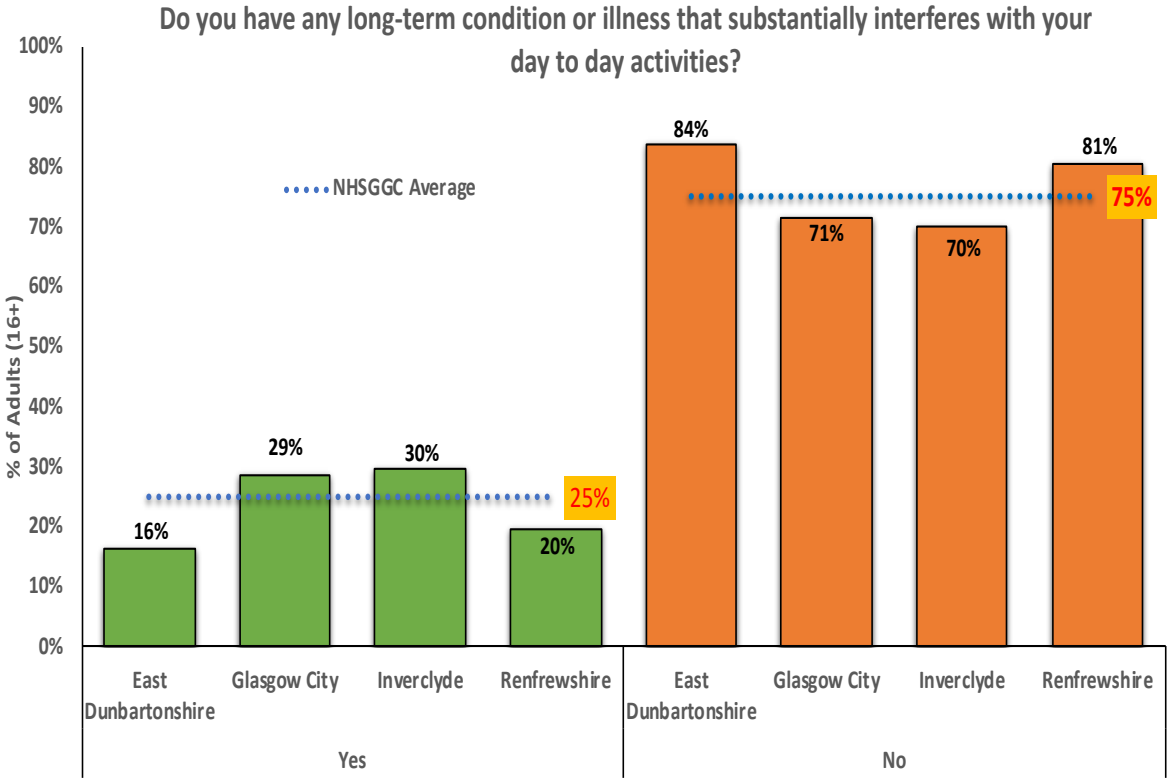


Participation rates are:

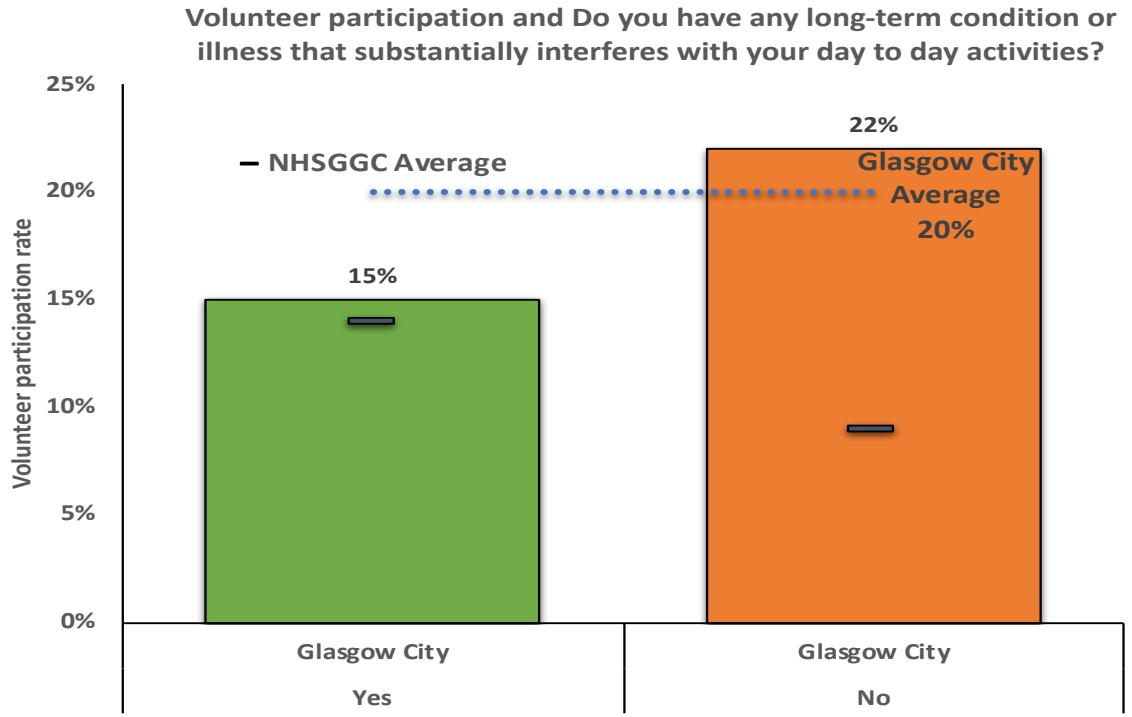
- 4% below the NHSGGC average for adults with a life impacting long term condition or illness.
- 1% higher than the NHSGGC average for adults without a life impacting long term condition or illness.

Source: NHSGGC 2017/2018 Health & Wellbeing survey

Long-term conditions – NHSGGC Geographical Areas



A higher percentage of adults in Glasgow City and Inverclyde report having a long-term condition that substantially interferes with day-to-day activities than the NHSGGC average (4% and 5% higher respectively).

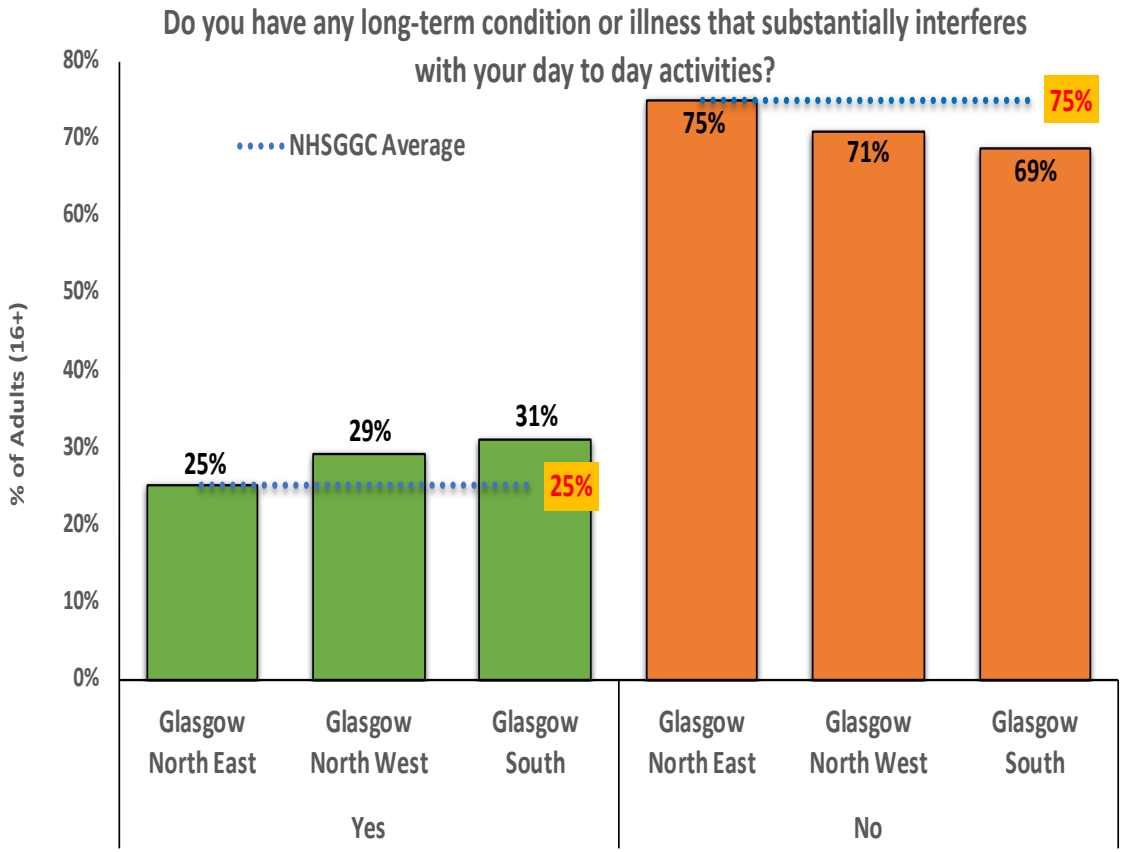


The relationship between long-term life illness and volunteer participation is only statistically significant in Glasgow City.

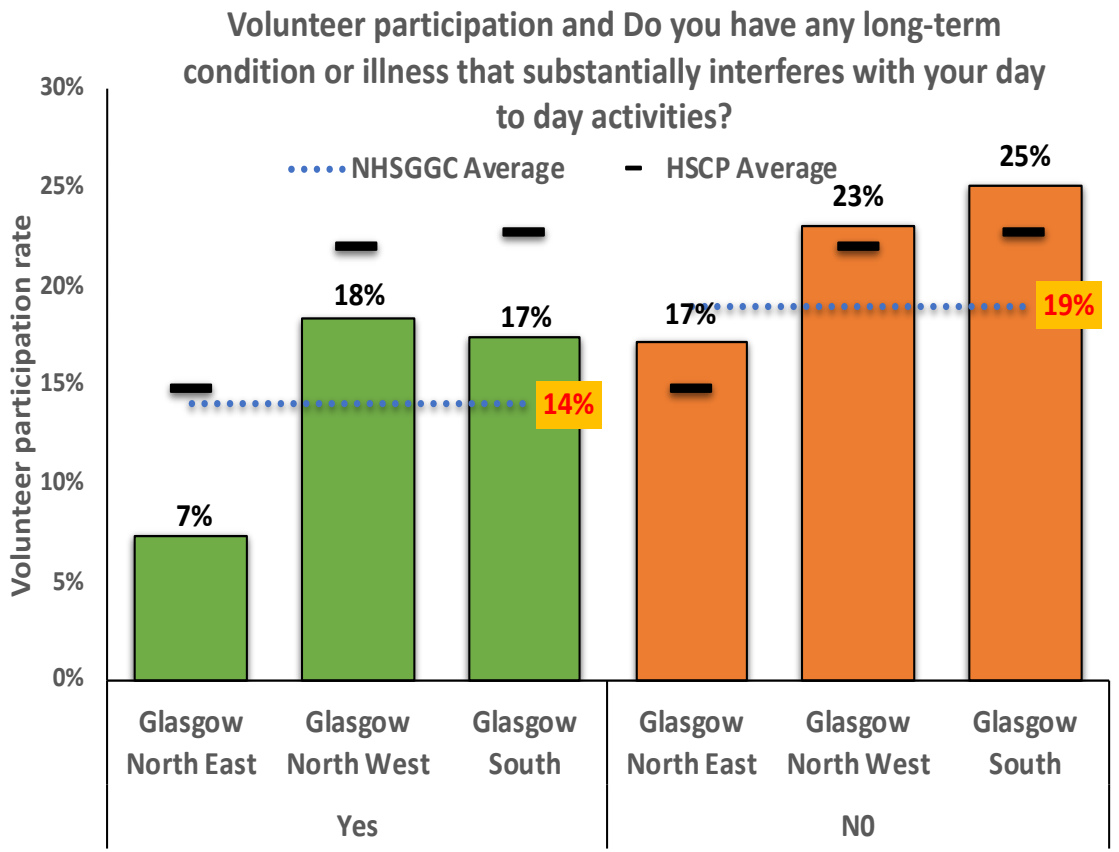
Participation rates are:

- 5% below the Glasgow City average for adults with a long-term illness that substantially interferes with day-to-day activities.
- 2% higher than the Glasgow City average for adults without a long-term illness that substantially interferes with day-to-day activities.

Long term conditions – Glasgow City Localities



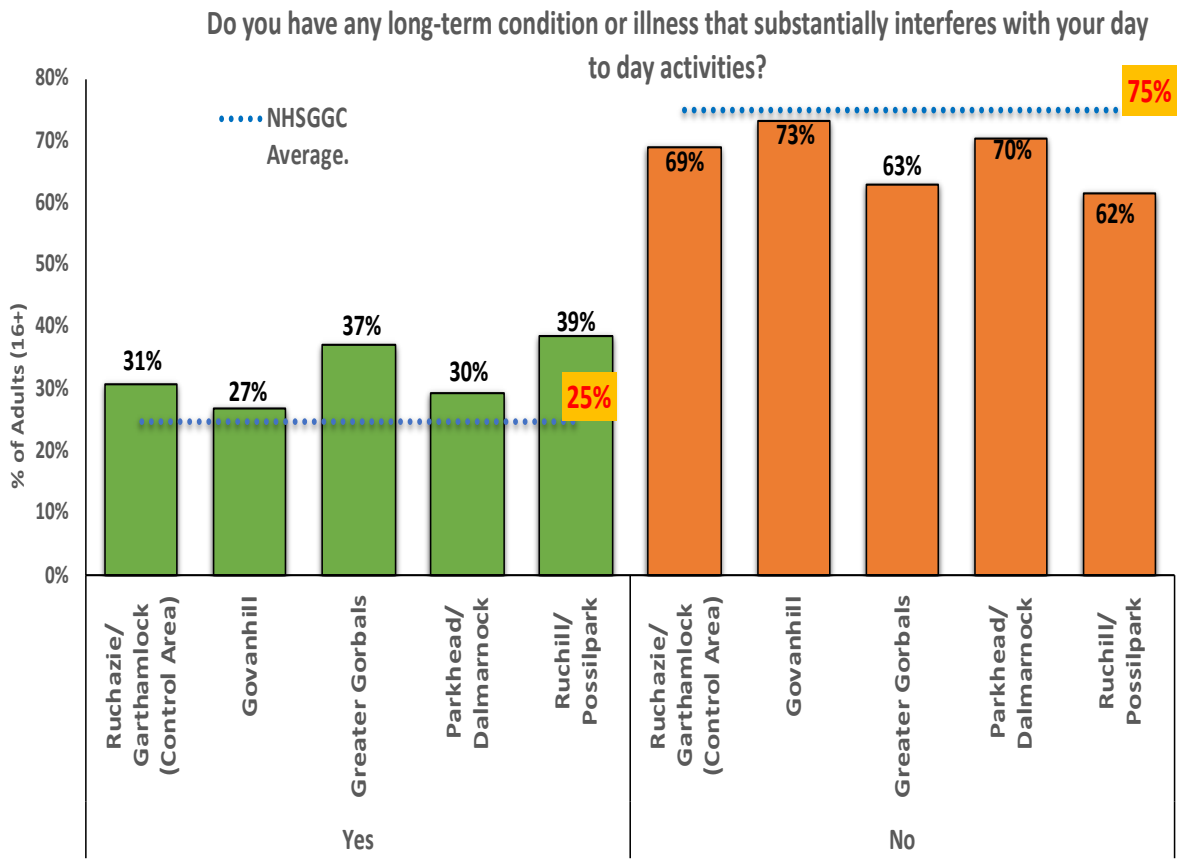
A higher percentage of adults in Glasgow North West and Glasgow South report having a long term condition that substantially interferes with day to day activities than the NHSGGC average (4% and 6% higher respectively).



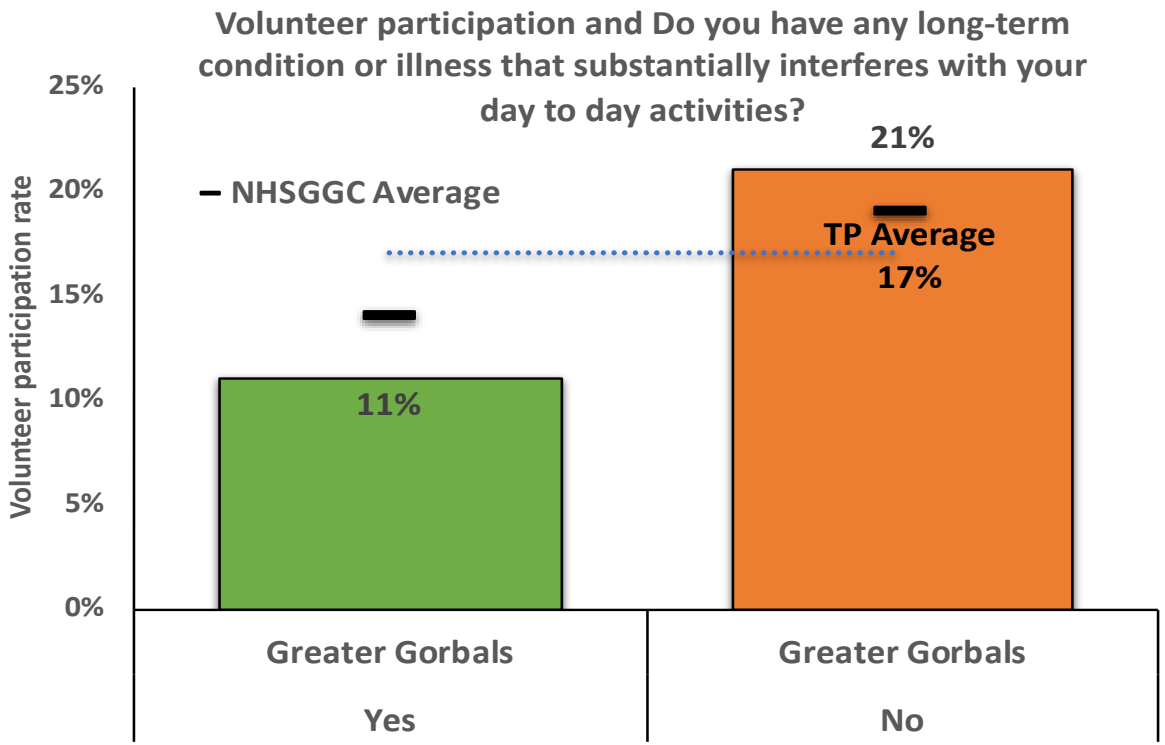
Participation rates are below the city localities average participation rate for all Glasgow City Localities where adults report having a long term condition that substantially interferes with day to day activities and above the city localities average participation rate where adults do not report having a long term condition that substantially interferes with day to day activities .

Source: NHSGGC 2017/2018 Health & Wellbeing survey

Long-term conditions – Thriving Places



A higher percentage of adults in all Thriving Places report having a long-term condition that interferes with their day-to-day activities than the NHSGGC average. The variance is highest in Ruchill/Possilpark at 14% .

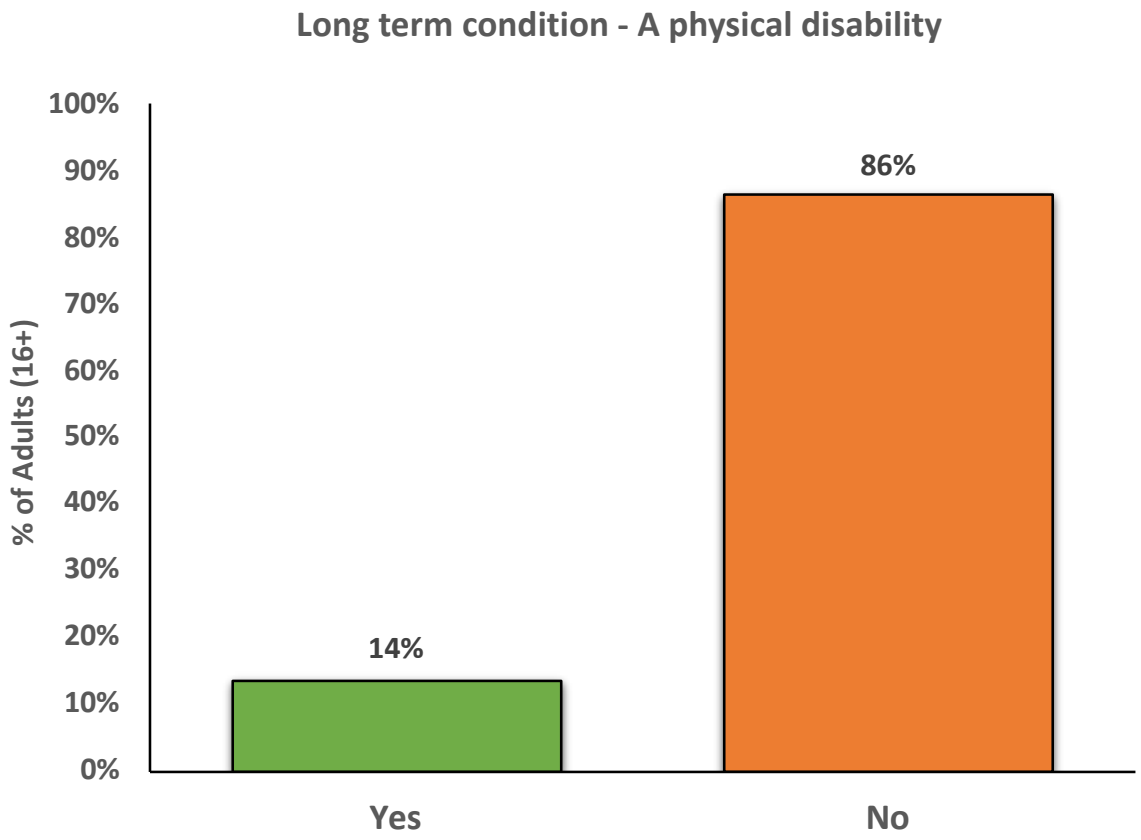


The relationship between a long-term condition that interferes with day-to-day activities and volunteer participation is only statistically significant in Greater Gorbals.

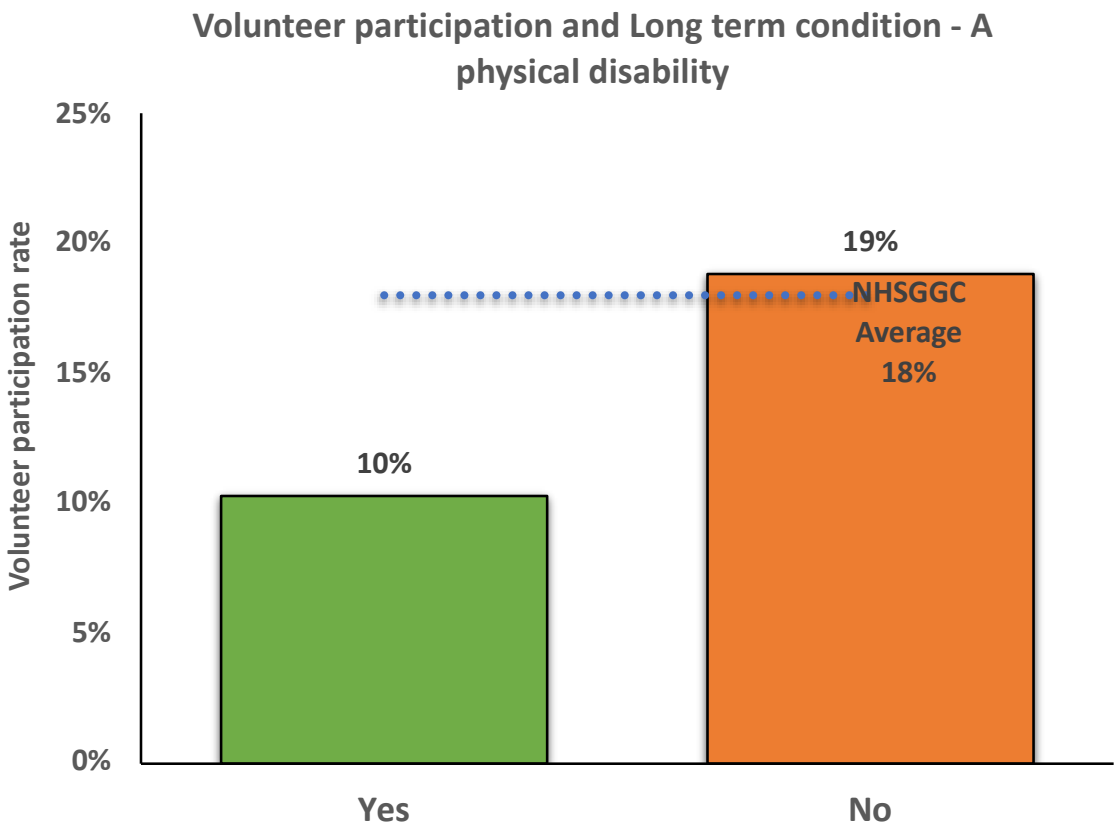
For Greater Gorbals participation rates follow the overall NHSGGC trends with participation rates below the Greater Gorbals average participation rate for adults with a long-term condition and above the Greater Gorbals average participation rate for adults with no long-term condition.

Source: NHSGGC 2017/2018 Health & Wellbeing survey

Long-term conditions – NHSGGC Overall



14% of adults in NHSGGC have a long term physical disability.

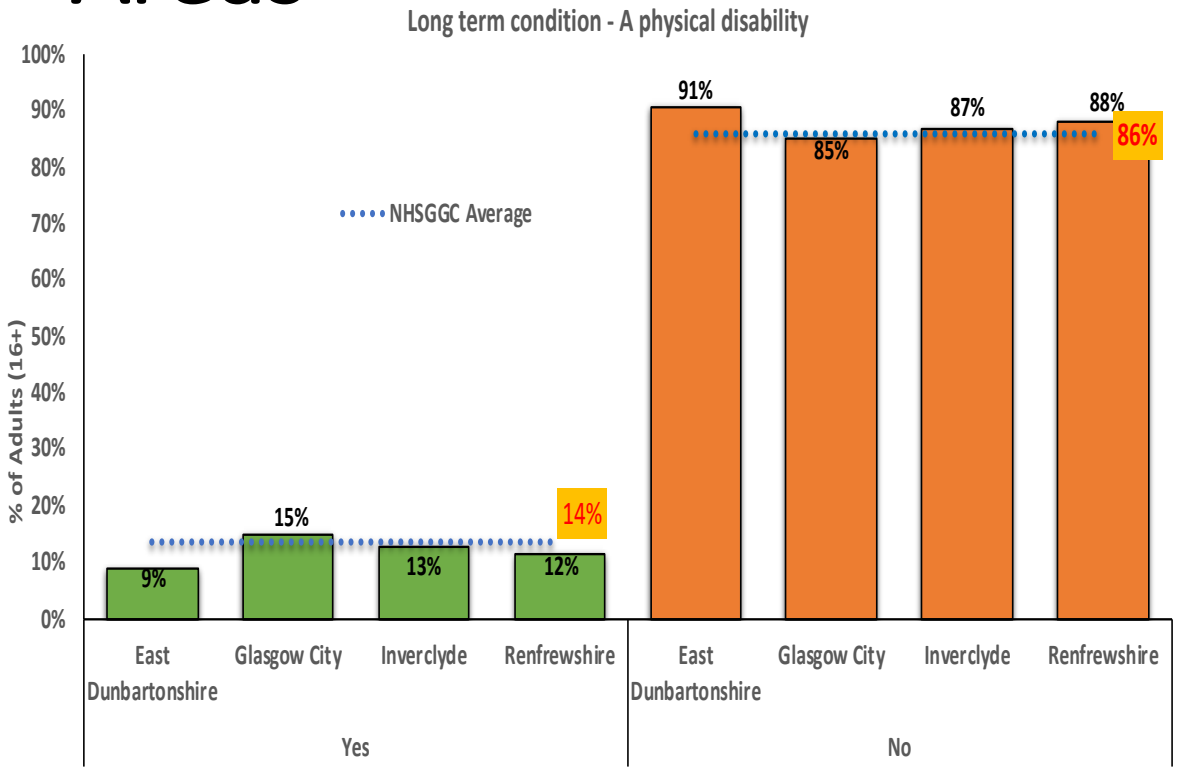


Participation rates are:

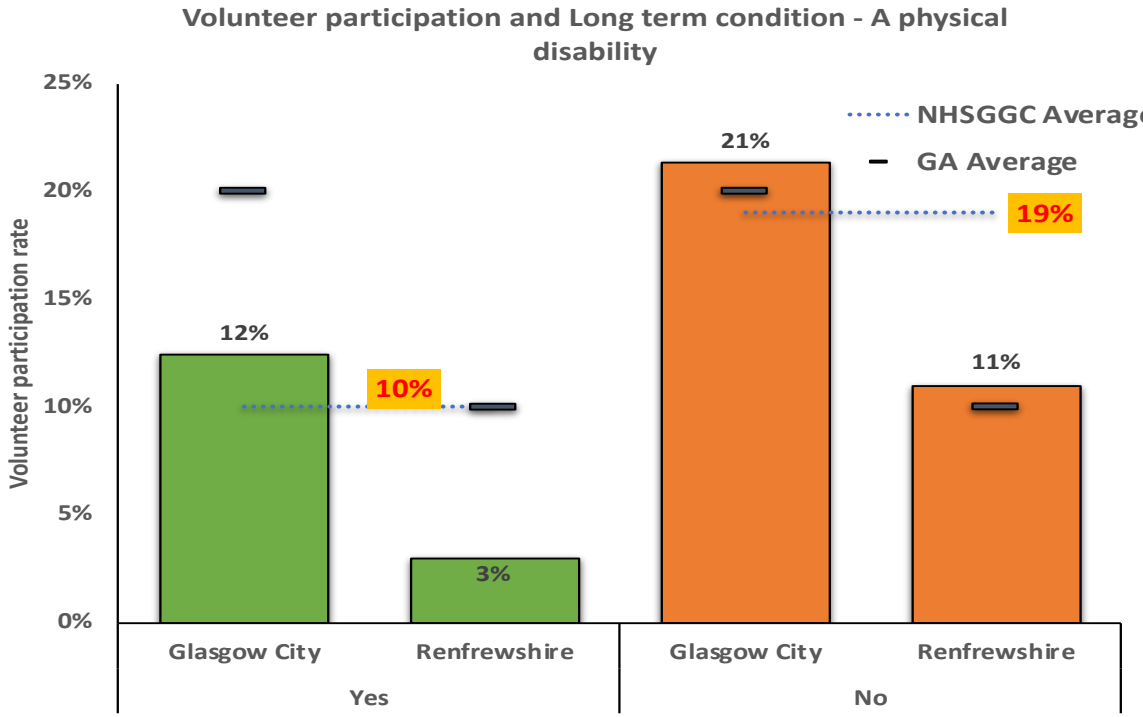
- 8% below the NHSGGC average for adults with a physical disability.
- 1% higher than the NHSGGC average for adults without a physical disability.

Source: NHSGGC 2017/2018 Health & Wellbeing survey

Long-term conditions – NHSGGC Geographical Areas



The percentage of adults in Glasgow City who report having a physical disability is 1% higher than the NHSGGC average(15 % vs. 14%).

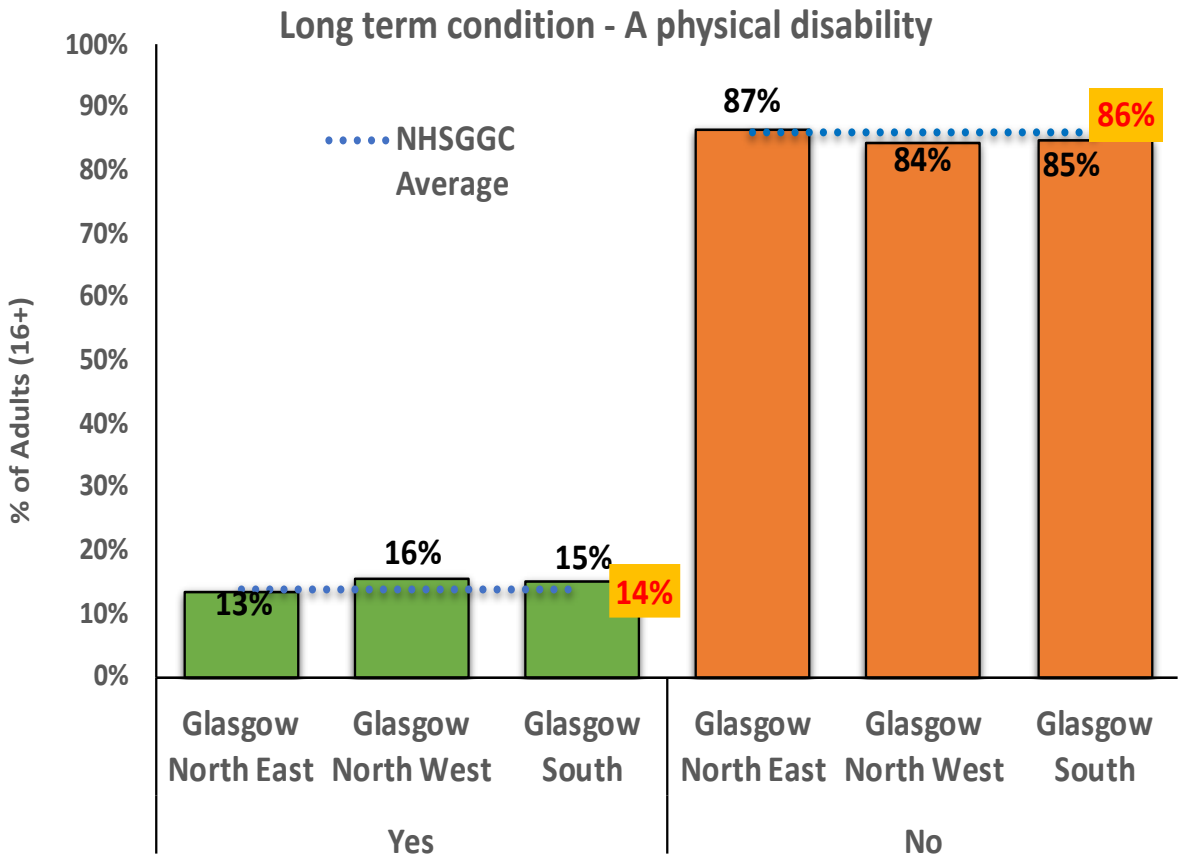


The relationship between physical disability and volunteer participation is only statistically significant in Glasgow City and Renfrewshire.

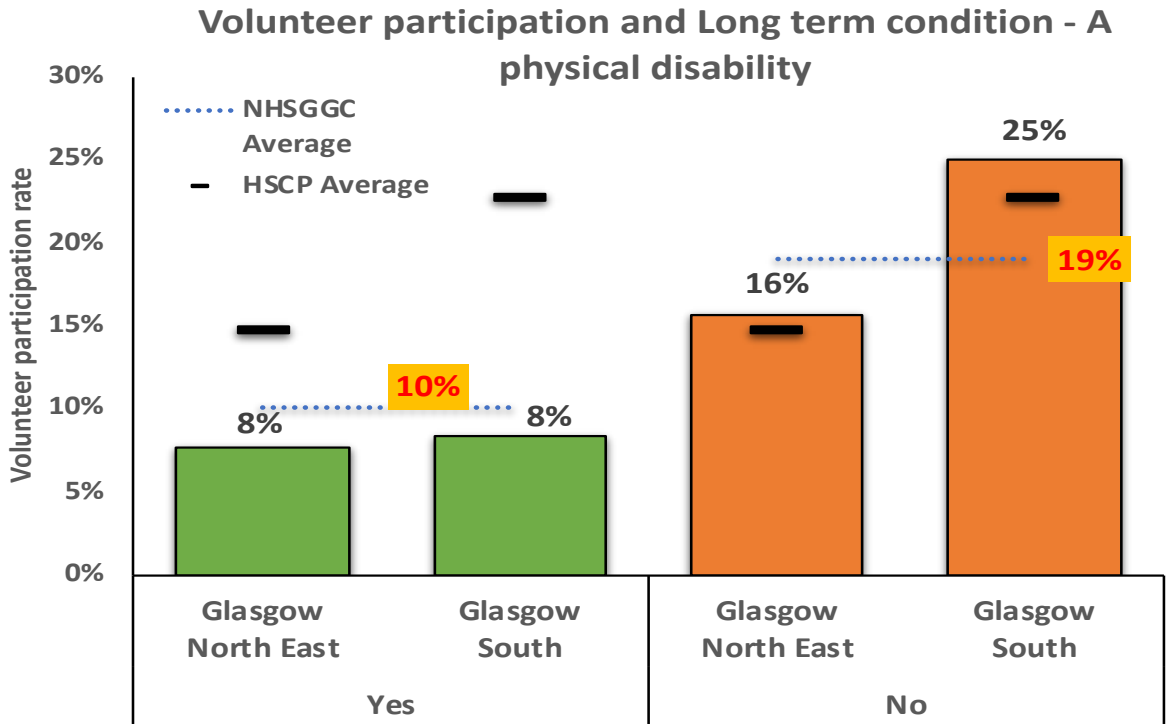
Participation rates are above the geographical areas average participation rate in both Geographical Areas where adults do not have a physical disability and are below the geographical areas average participation rate where adults have a physical disability.

Source: NHSGGC 2017/2018 Health & Wellbeing survey

Long term conditions – Glasgow City Localities



A higher percentage of adults in Glasgow North West and Glasgow south report having a physical disability than the NHSGGC average (2% and 1% higher respectively).

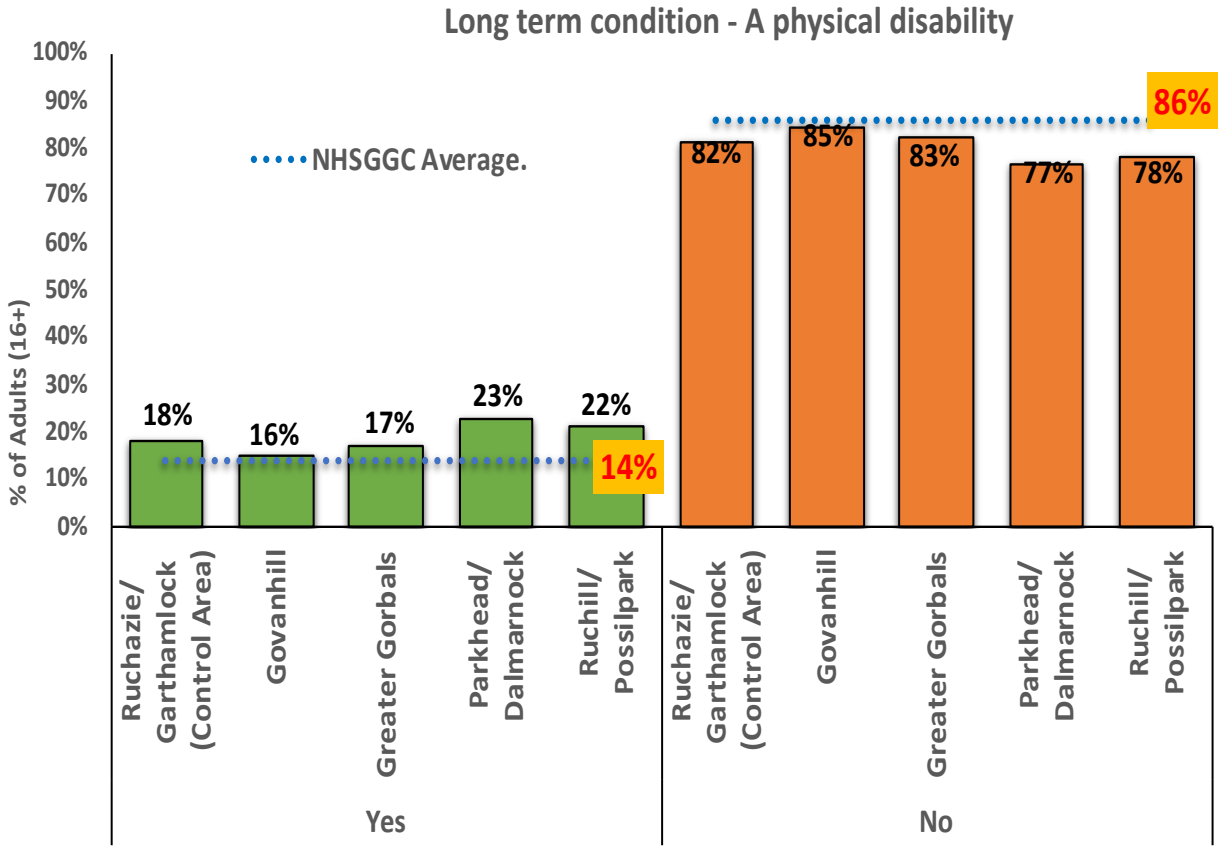


The relationship between physical disability and volunteer participation is only statistically significant in Glasgow North East and Glasgow South.

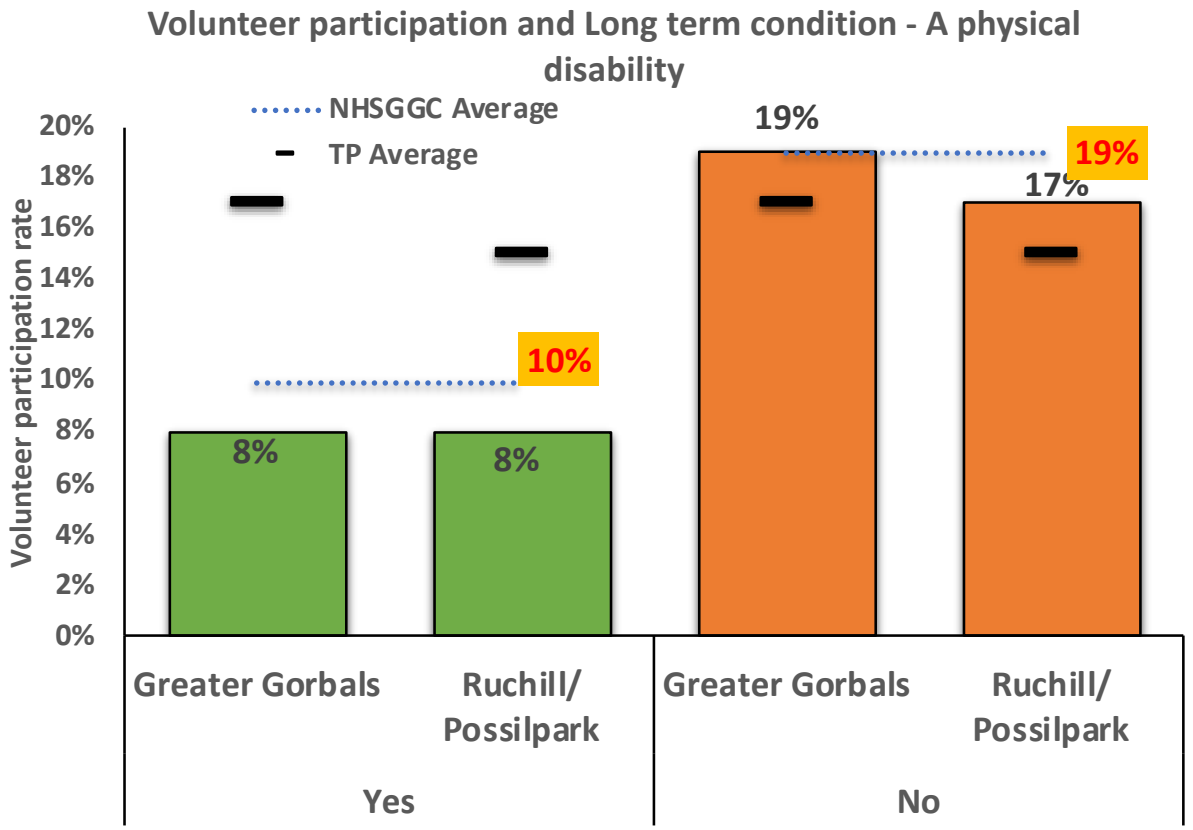
Participation rates are below the city localities average participation rate where adults have a physical disability and above the city localities average participation rate for adults without a physical disability.

Source: NHSGGC 2017/2018 Health & Wellbeing survey

Long term conditions – Thriving Places



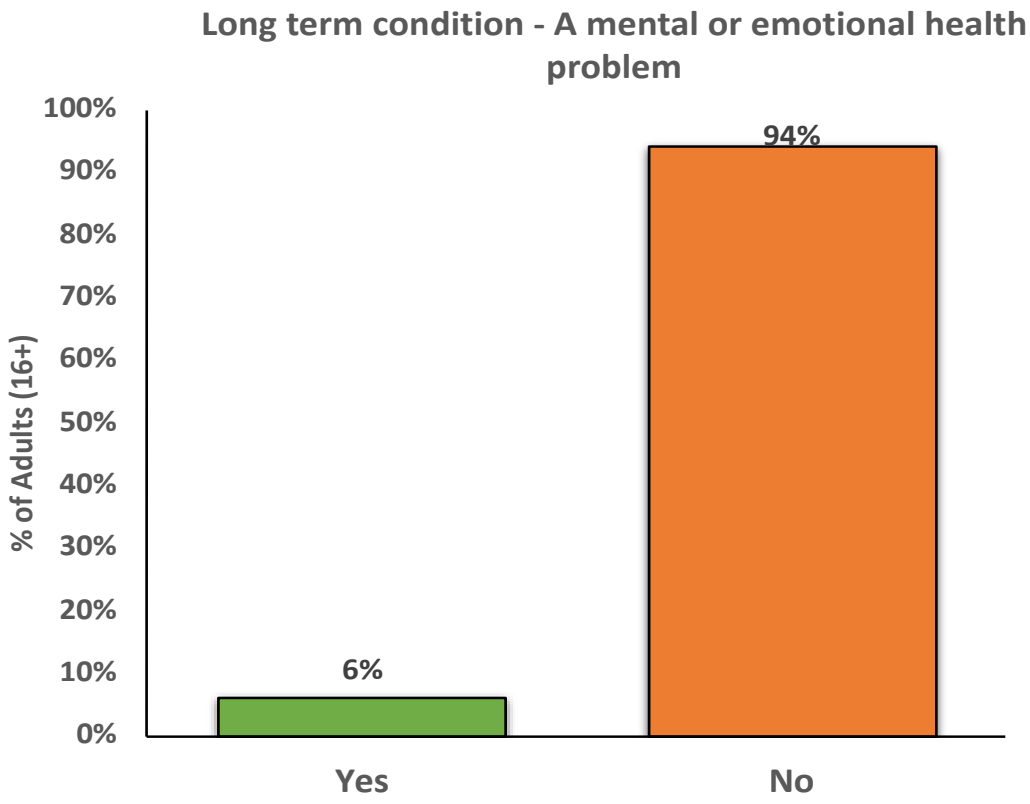
A higher percentage of adults in all Thriving Places report having a physical disability than the NHSGGC average, the variance being greatest in Parkhead/Dalmarnock at 9% higher .



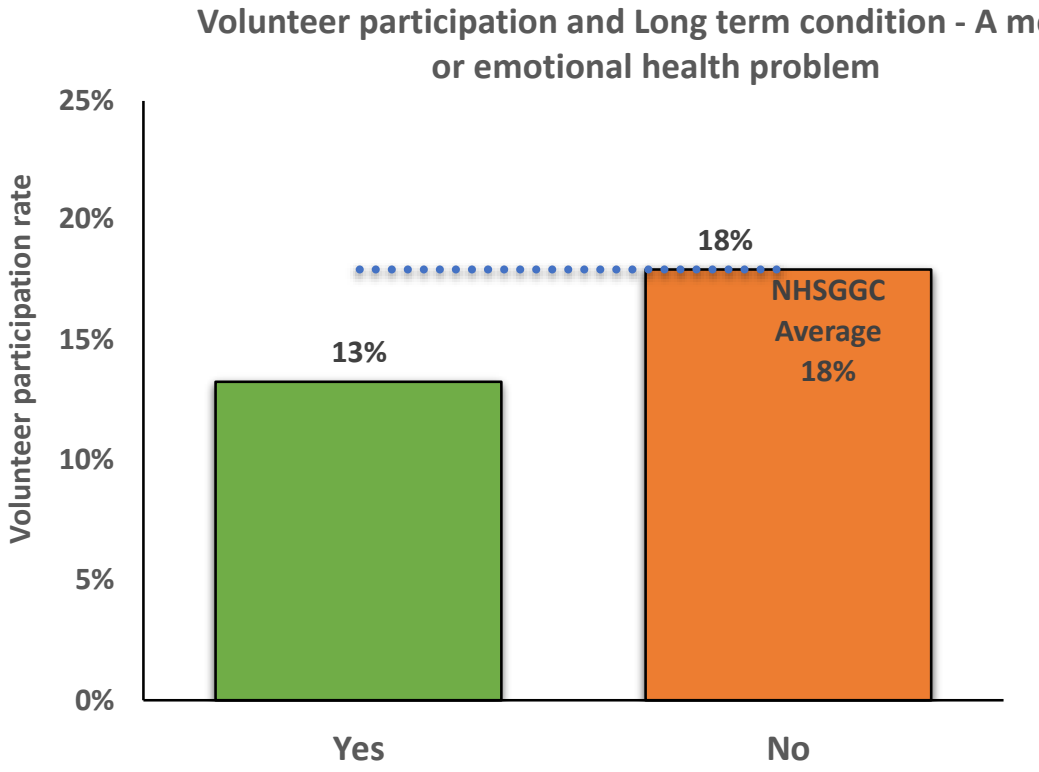
The relationship between physical disability and volunteer participation is statistically significant for Greater Gorbals and Ruchill/ Possilpark, where the participation rates follow the overall NHSGGC trend of above average participation rates for adults without a physical disability and below average for adults with a physical disability.

Source: NHSGGC 2017/2018 Health & Wellbeing survey

Long term conditions – NHSGGC Overall



6% of adults in NHSGGC have a long term mental or emotional health problem.

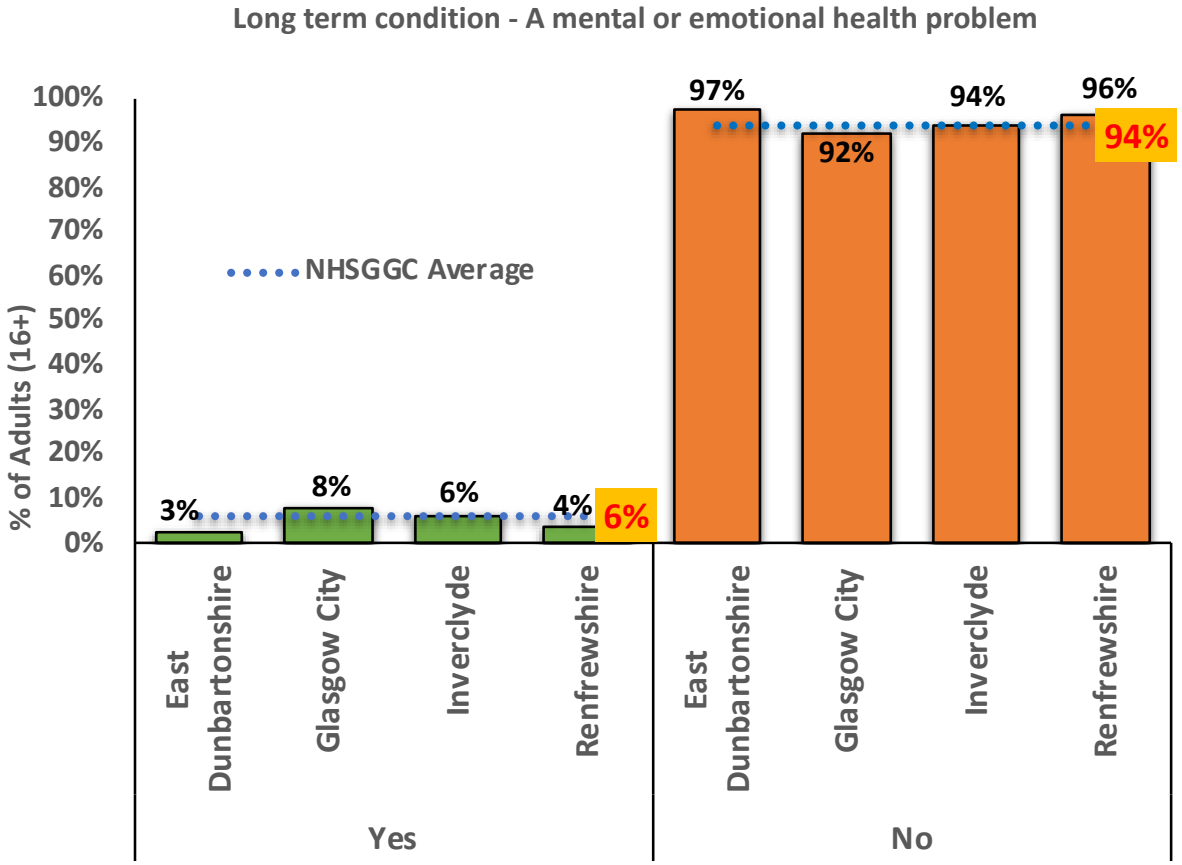


Participation rates are:

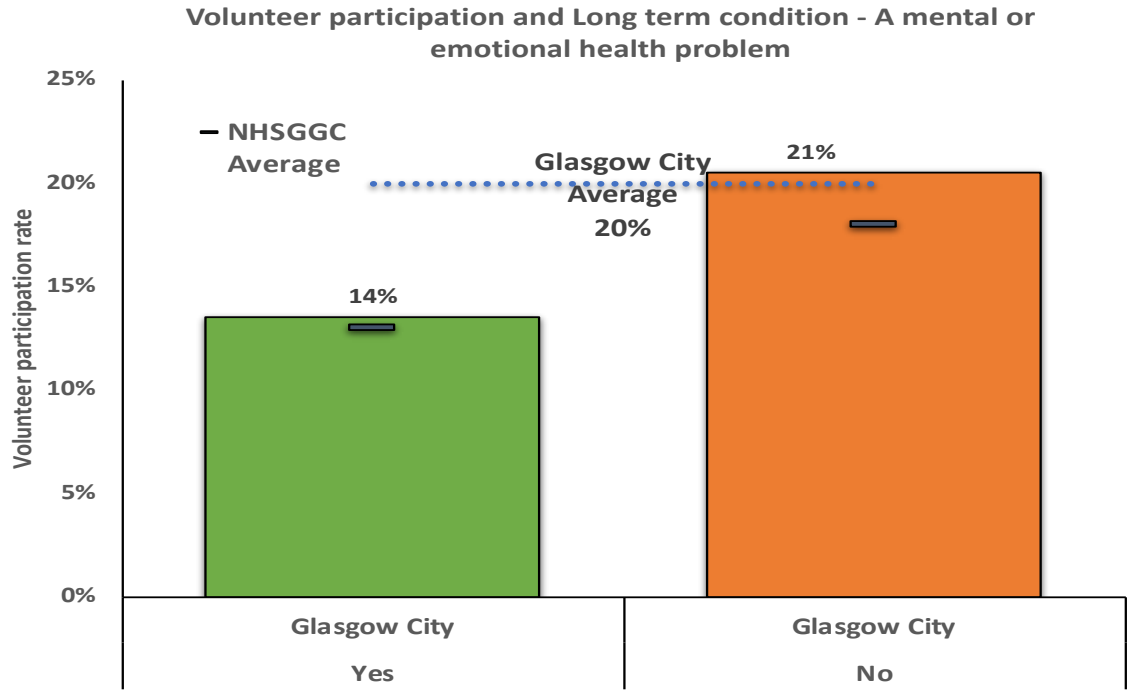
- 5% below the NHSGGC average for adults with a mental or emotional health problem.
- Equal to the NHSGGC average for adults without a mental or emotional health problem.

Source: NHSGGC 2017/2018 Health & Wellbeing survey

Long-term conditions – NHSGGC Geographical Areas



A higher percentage of adults in Glasgow City report having a mental or emotional health problem than the NHSGGC average- 2% higher(8% vs. 6%) .



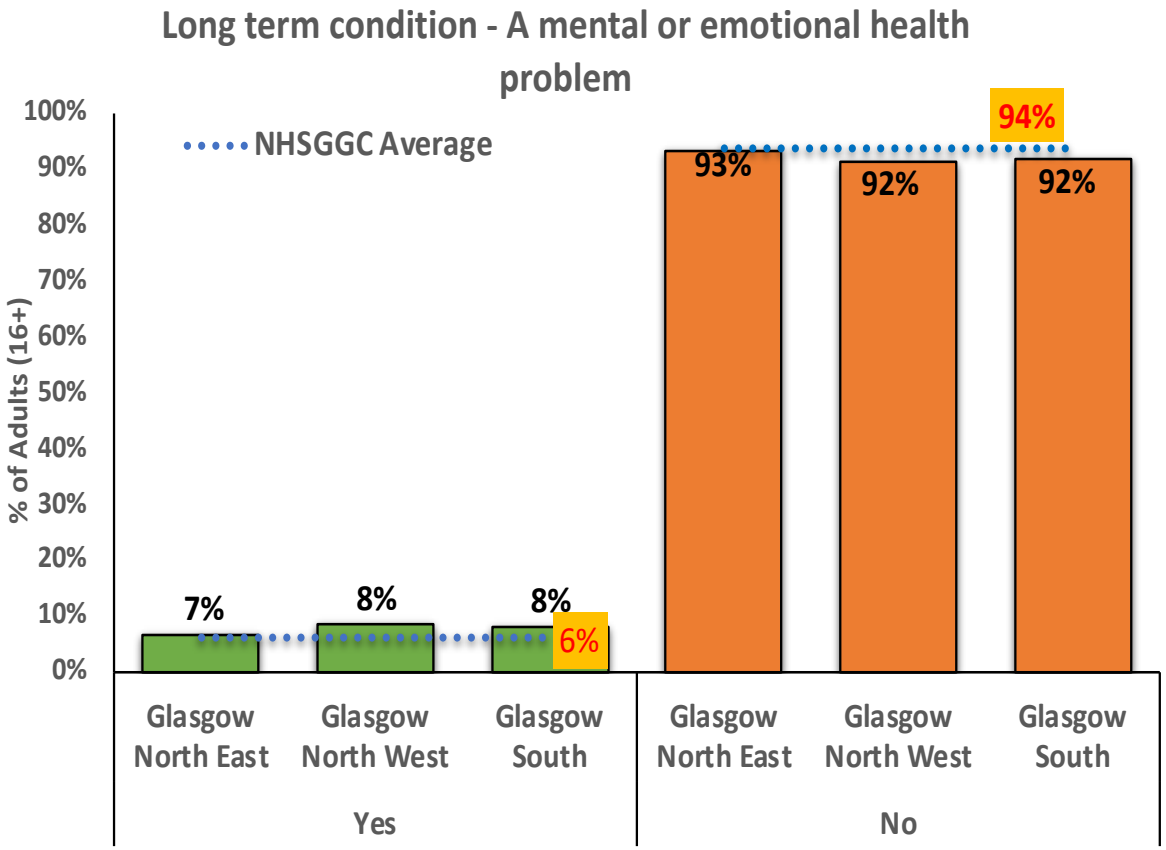
The relationship between having an emotional or mental health problem and volunteer participation is only statistically significant in Glasgow City

Participation rates are:

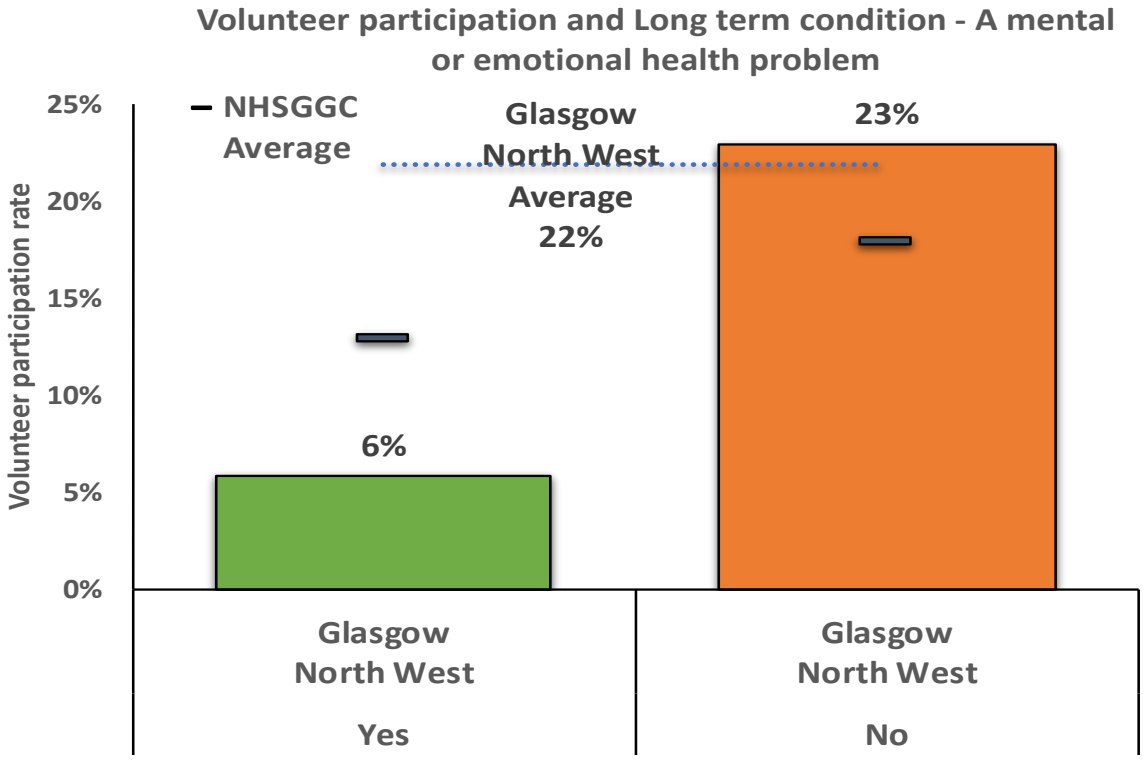
- 6% below the Glasgow City average for adults with a mental or emotional health problem.
- 1% higher than the Glasgow City average for adults without a mental or emotional health problem.

Source: NHSGGC 2017/2018 Health & Wellbeing survey

Long term conditions – Glasgow City Localities



A higher percentage of adults in all Glasgow City Localities report having a mental or emotional health problem than the NHSGGC average.



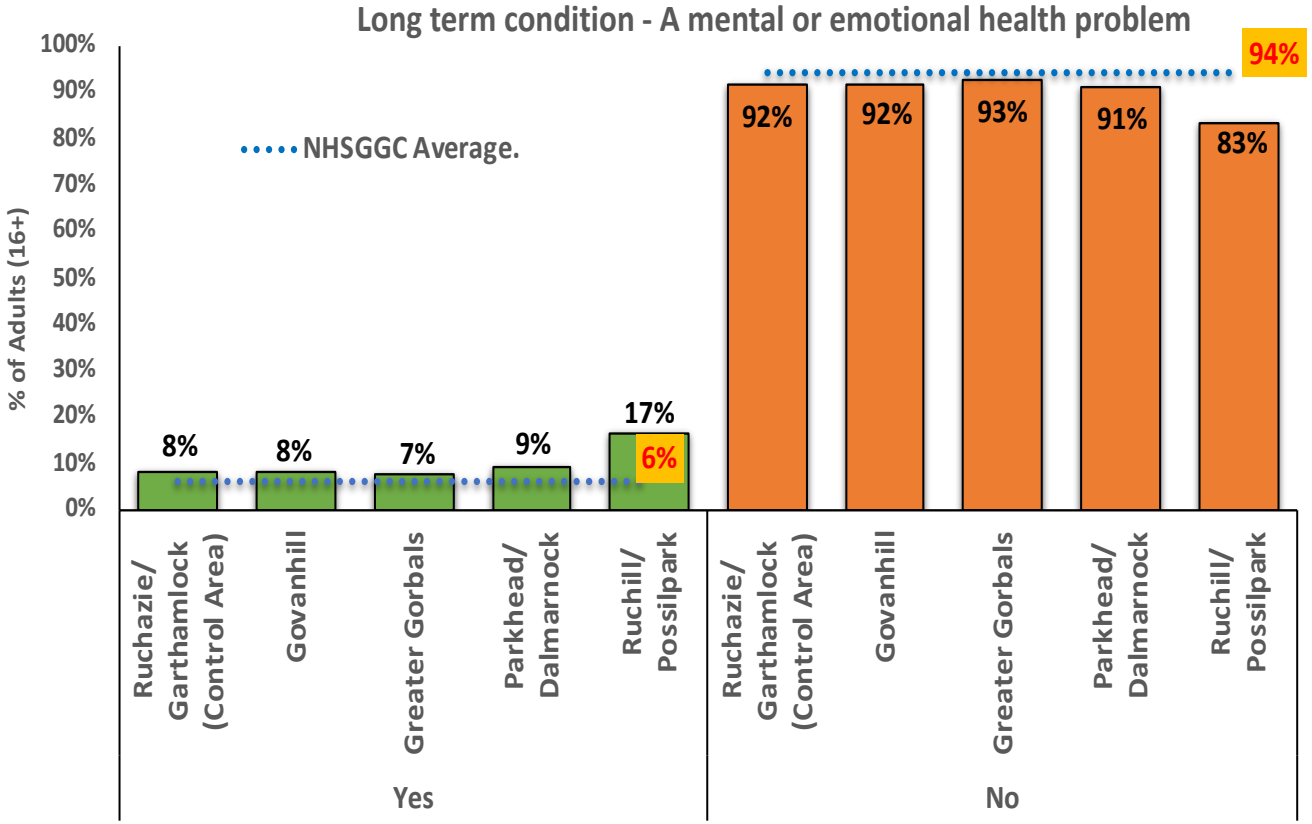
The relationship between mental or emotional health problem and volunteer participation is only statistically significant in Glasgow North West.

Participation rates:

- 16% below the Glasgow North East average for adults with an emotional / mental health problem.
- 1% above the Glasgow North East average for adults without an emotional / mental health issue.

Source: NHSGGC 2017/2018 Health & Wellbeing survey

Long term conditions – Thriving Places

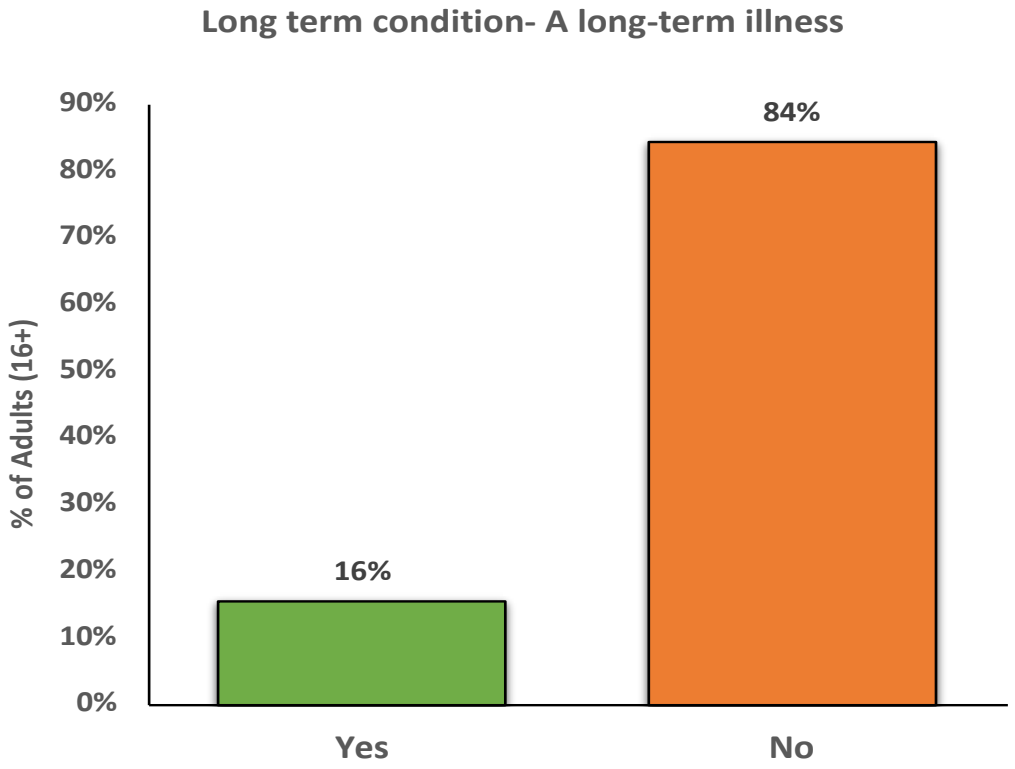


A higher percentage of adults in all Thriving Places have a mental or emotional health problem than the NHSGGC average, with Ruchill/Possilpark being 11% higher.

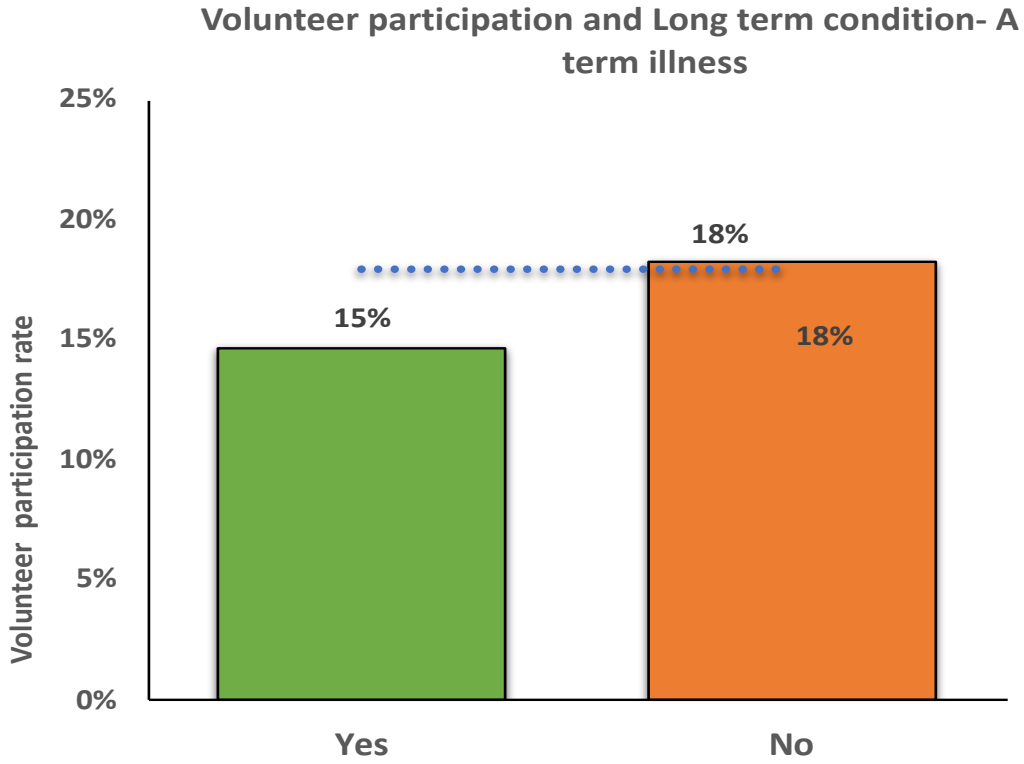
The relationship between volunteer participation and a mental or emotional health problem is not statistically significant for any of the Thriving Places.

Source: NHSGGC 2017/2018 Health & Wellbeing survey

Long-term conditions – NHSGGC Overall



16% of adults in NHSGGC have a long-term illness.

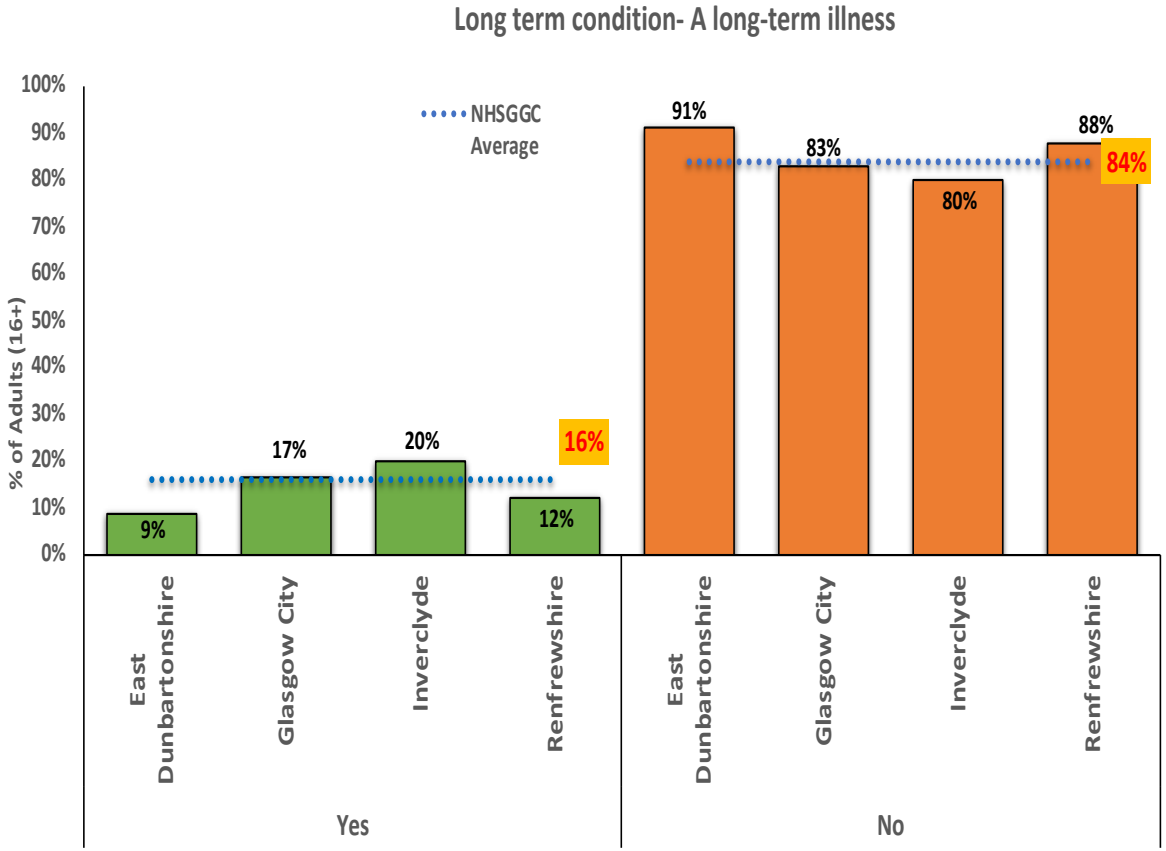


Participation rates are:

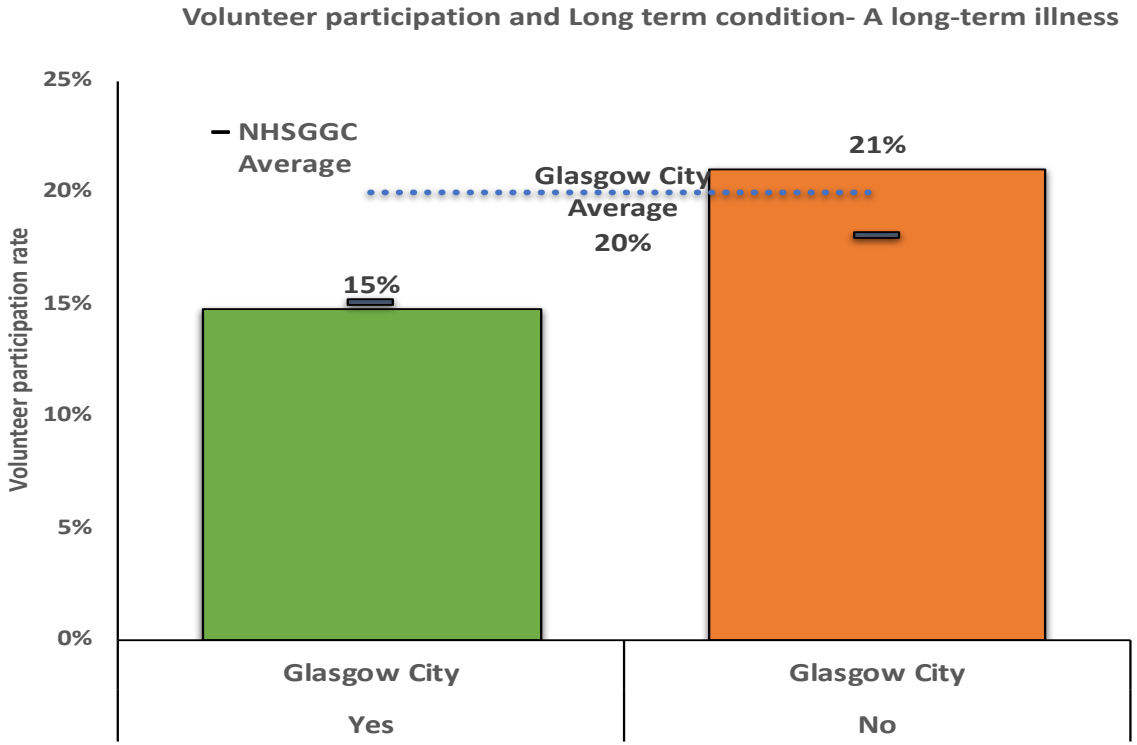
- 3% below the NHSGGC average for adults with a long-term illness.
- Equal to the NHSGGC average for adults without a long-term illness.

Source: NHSGGC 2017/2018 Health & Wellbeing survey

Long-term conditions – NHSGGC Geographical Areas



A higher percentage of adults in Glasgow City and Renfrewshire report having a long-term illness than the NHSGGC average (1% and 4% higher respectively).



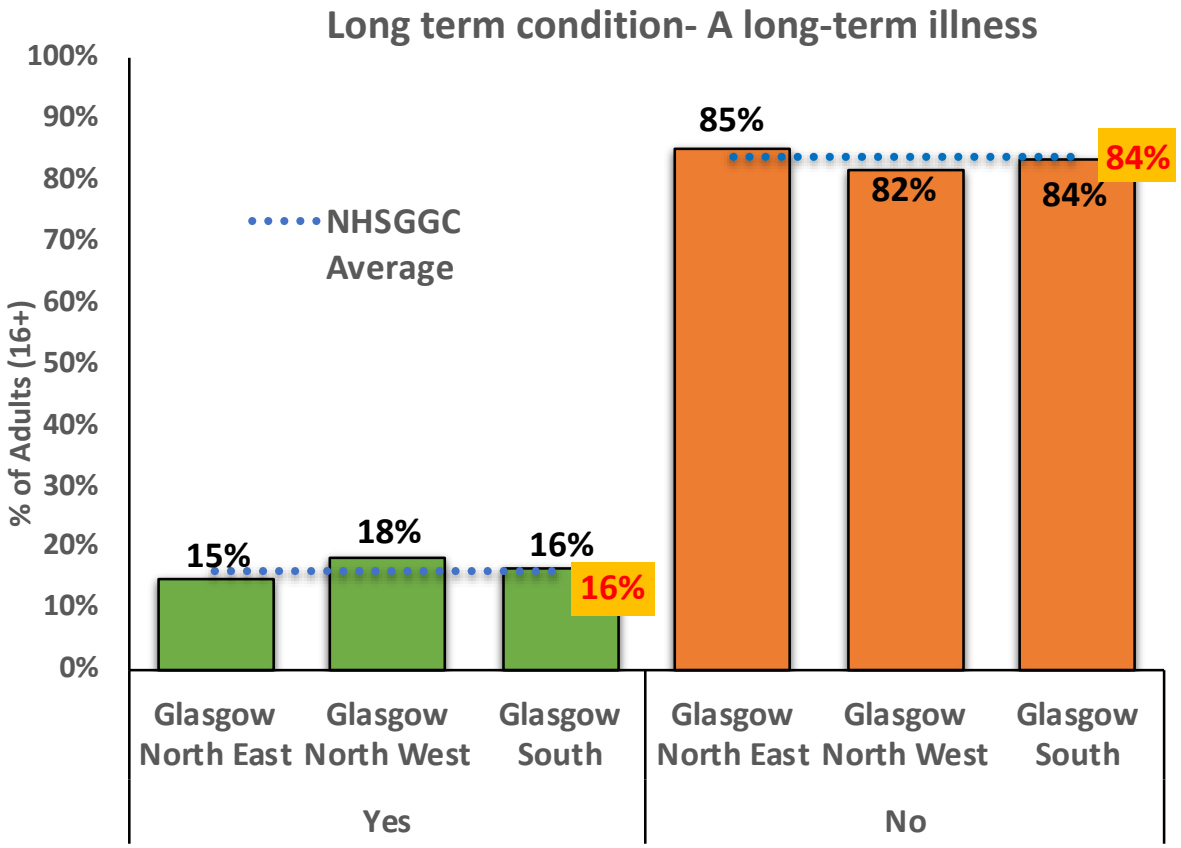
The relationship between having long-term illness and volunteer participation is only statistically significant in Glasgow City

Participation rates are:

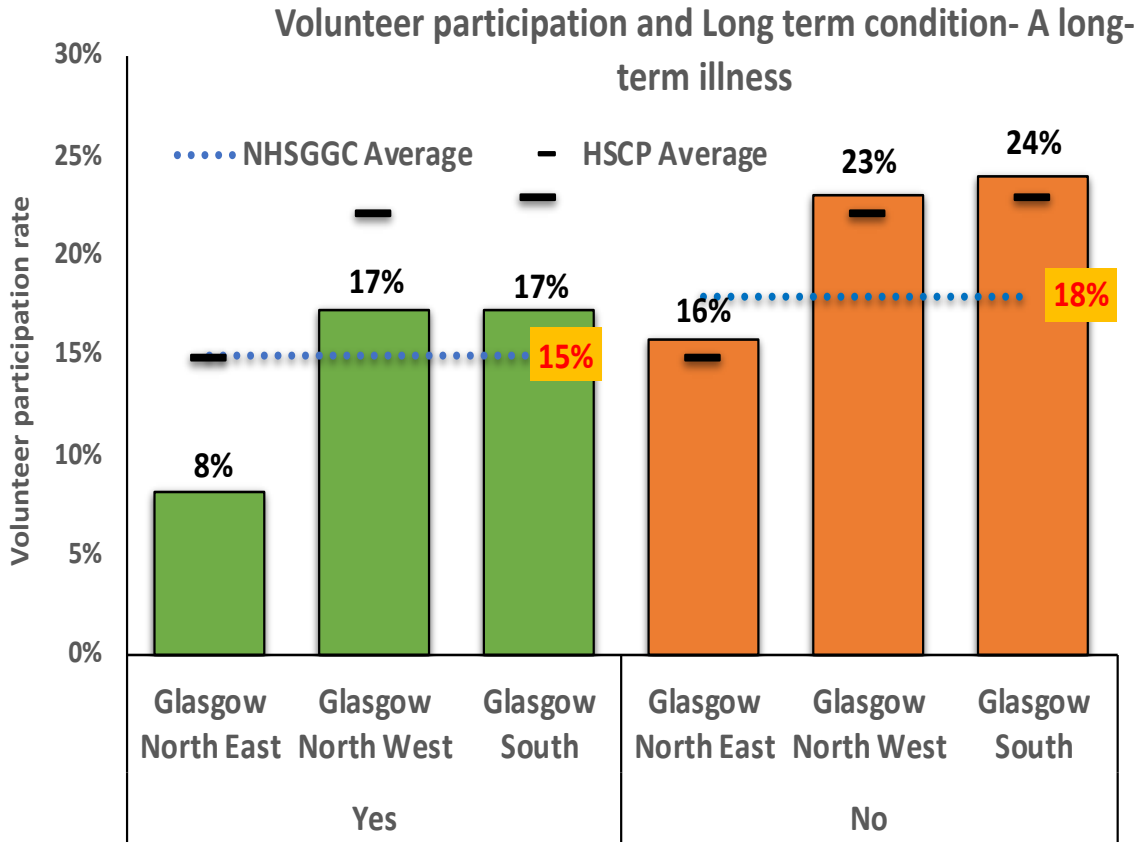
- 5% below the Glasgow City average for adults with a long-term illness.
- 1% higher than the Glasgow City average for adults without a long-term illness.

Source: NHSGGC 2017/2018 Health & Wellbeing survey

Long-term conditions – Glasgow City Localities



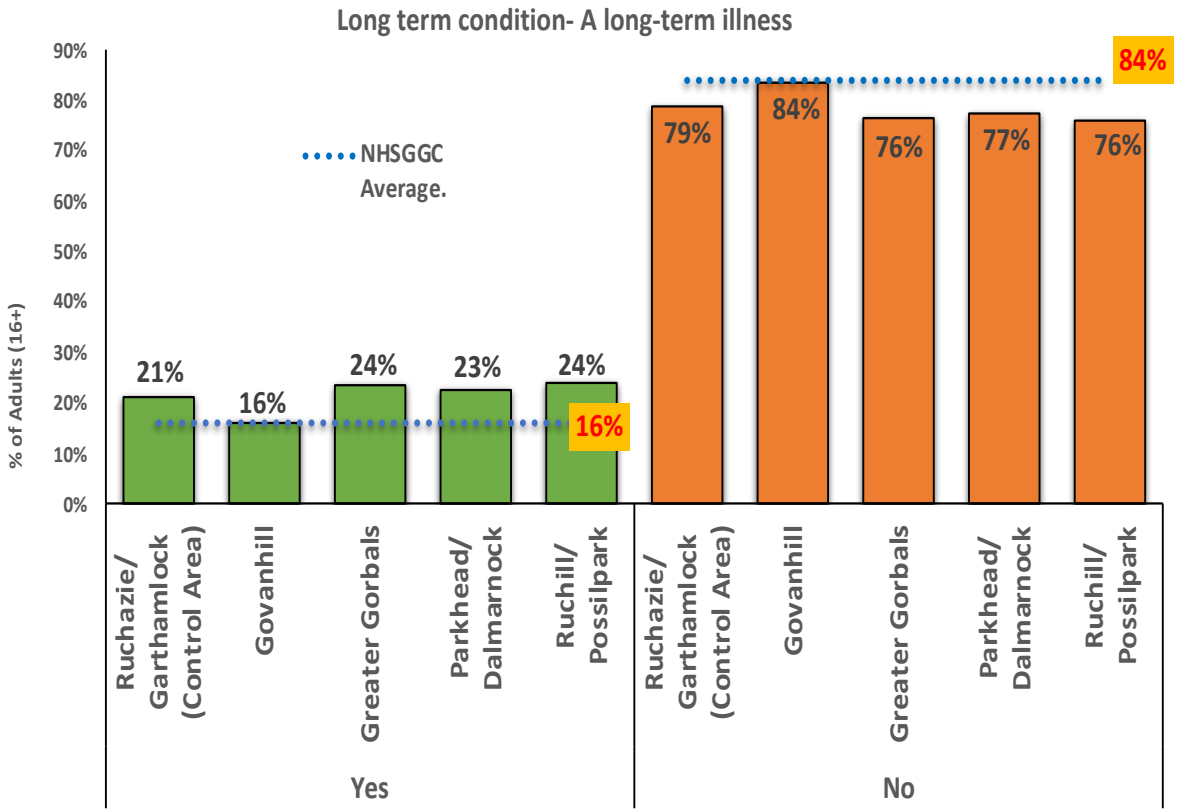
A higher percentage of adults in Glasgow North West report having a long-term illness than the NHSGGC average (2% higher).



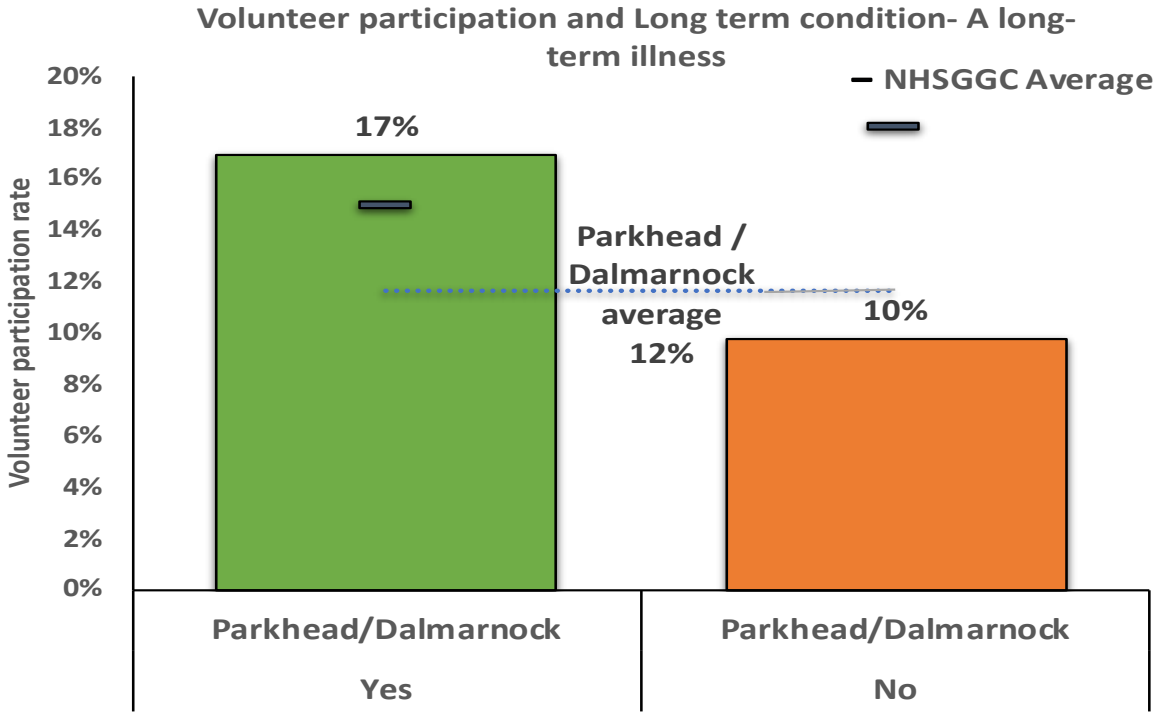
The relationship between long-term illness and volunteer participation is statistically significant for all Glasgow City Localities, with participation rates below the city localities average participation rate for adults with a long-term illness and above the city localities average participation rate for adults without a long-term illness.

Source: NHSGGC 2017/2018 Health & Wellbeing survey

Long-term conditions – Thriving Places



A higher percentage of adults in all but one Thriving place, Govanhill, have a higher percentage of adults with a long-term illness than the NHSGGC average.



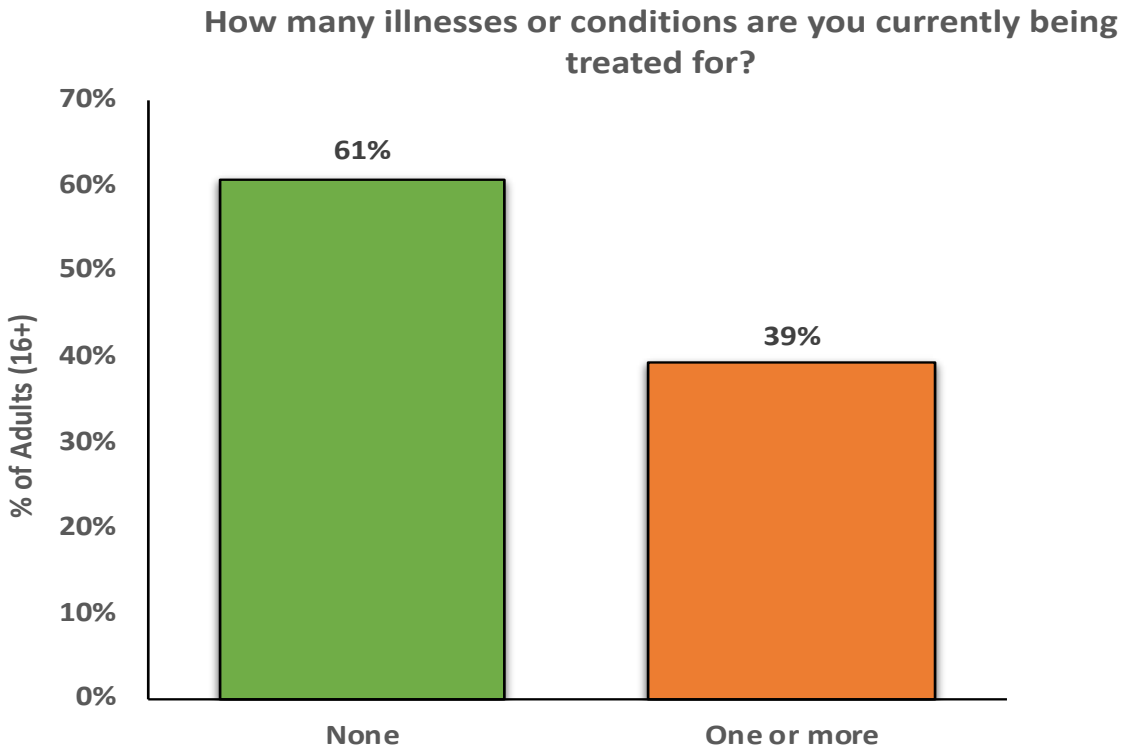
The relationship between volunteer participation and a long term illness is only statistically significant for Parkhead / Dalmarnock.

Participation rates are:

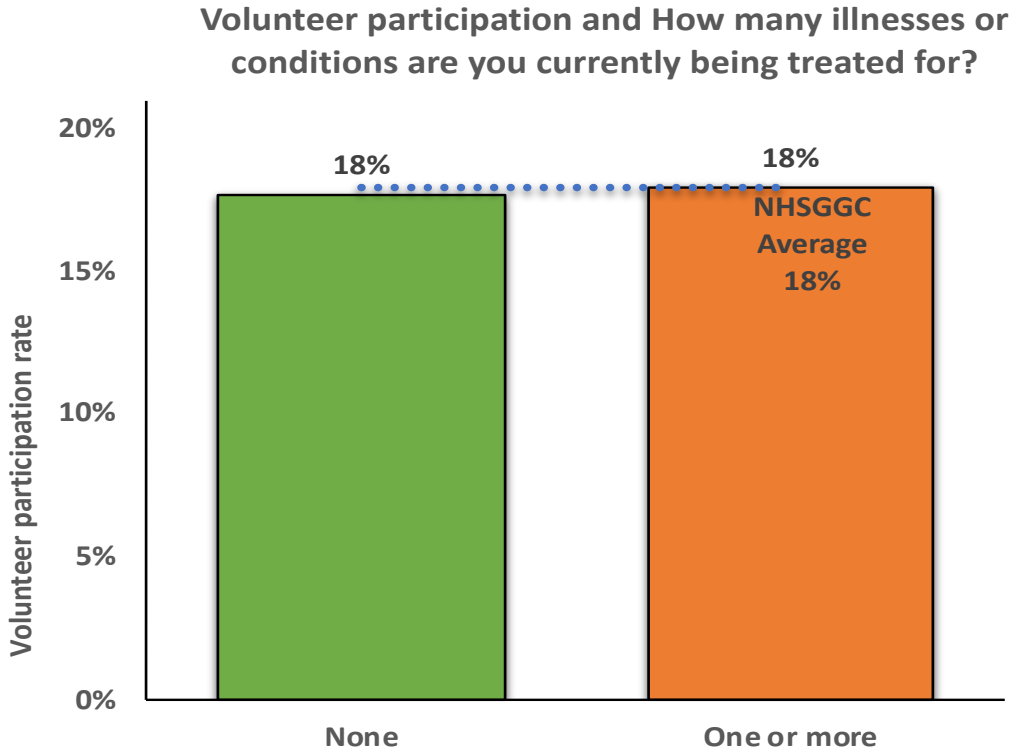
- 5% higher than the Parkhead / Dalmarnock average participation rate for adults without a long term illness.
- 2% lower than the Parkhead / Dalmarnock average participation rate for adults with a long term illness.

Source: NHSGGC 2017/2018 Health & Wellbeing survey

Long term conditions – NHSGGC Overall



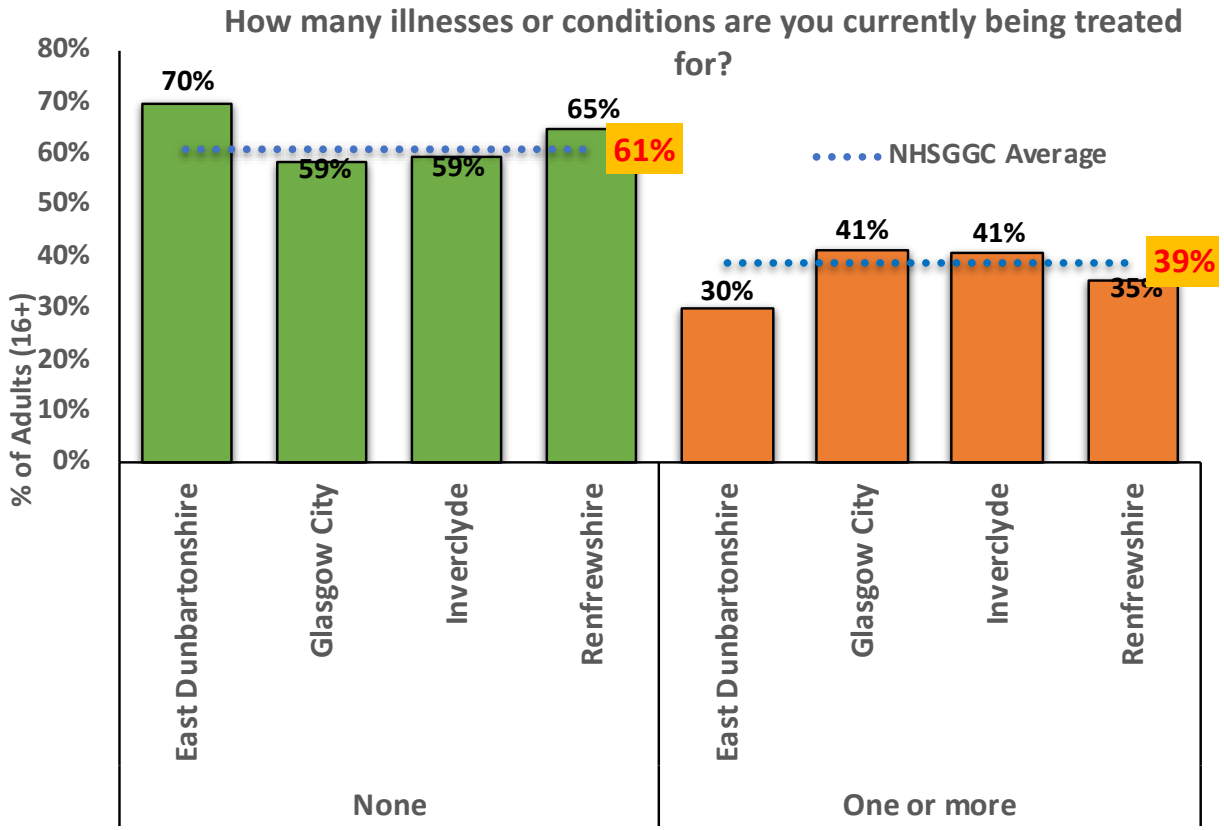
39% of adults in NHSGGC are being treated for one or more illnesses.



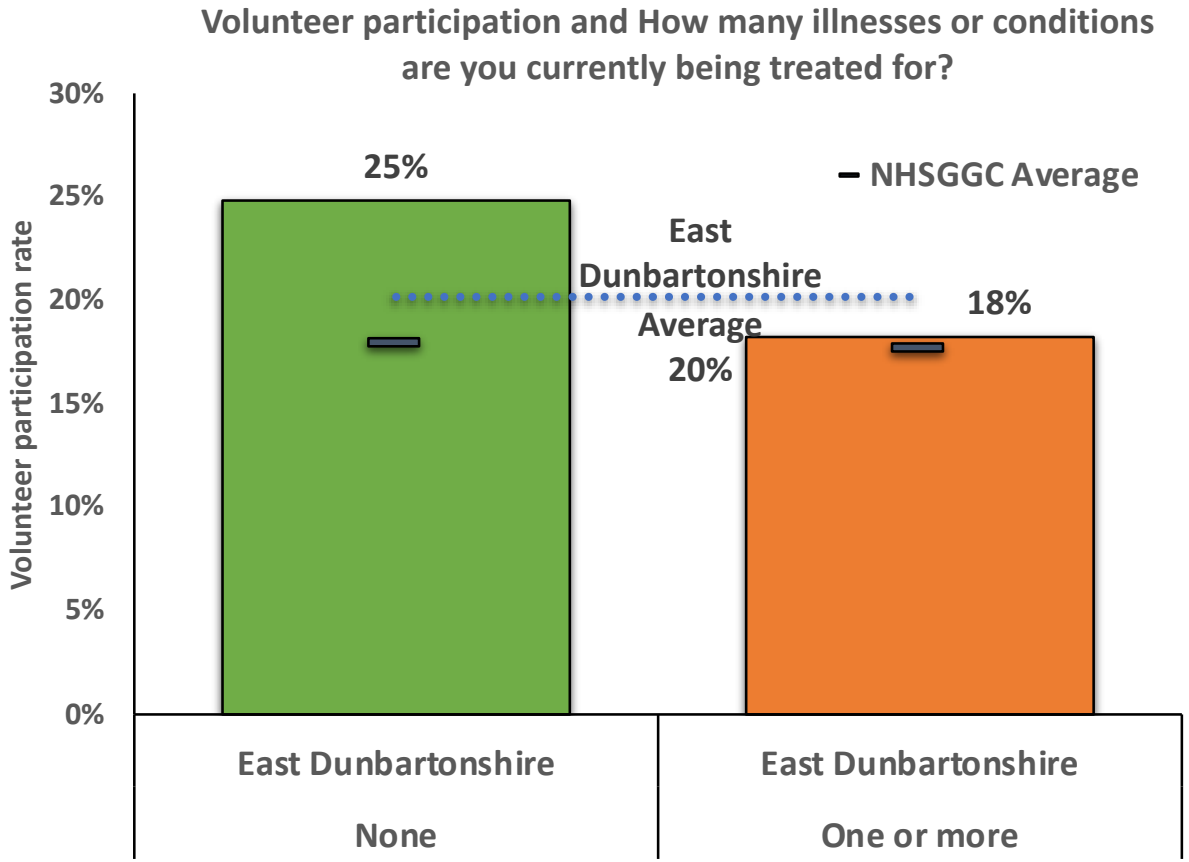
There is no statistically significant difference in participation rates for adults in NHSGGC being treated for one or more illnesses and adults being treated for no illnesses.

Source: NHSGGC 2017/2018 Health & Wellbeing survey

Long term conditions – NHSGGC Geographical Areas



A higher percentage of adults in Glasgow City and Inverclyde report being treated for one or more illness than the NHSGGC average (both being 2% higher).

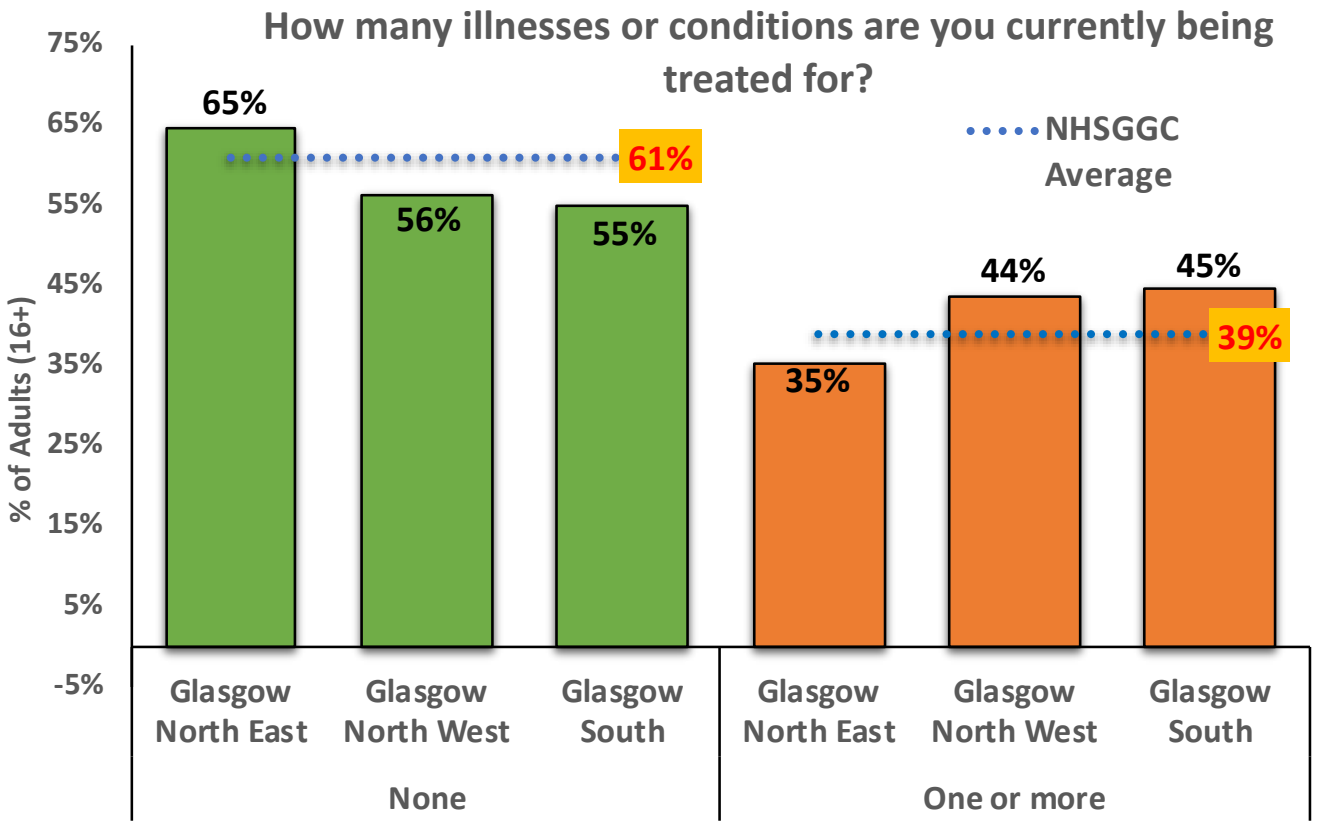


Participation rates are:

- 2% below the East Dunbartonshire average participation rate for adults being treated for one or more illnesses.
- 5% higher than the East Dunbartonshire average participation rate for adults who are not being treated for any illnesses.

Source: NHSGGC 2017/2018 Health & Wellbeing survey

Long-term conditions – Glasgow City Localities

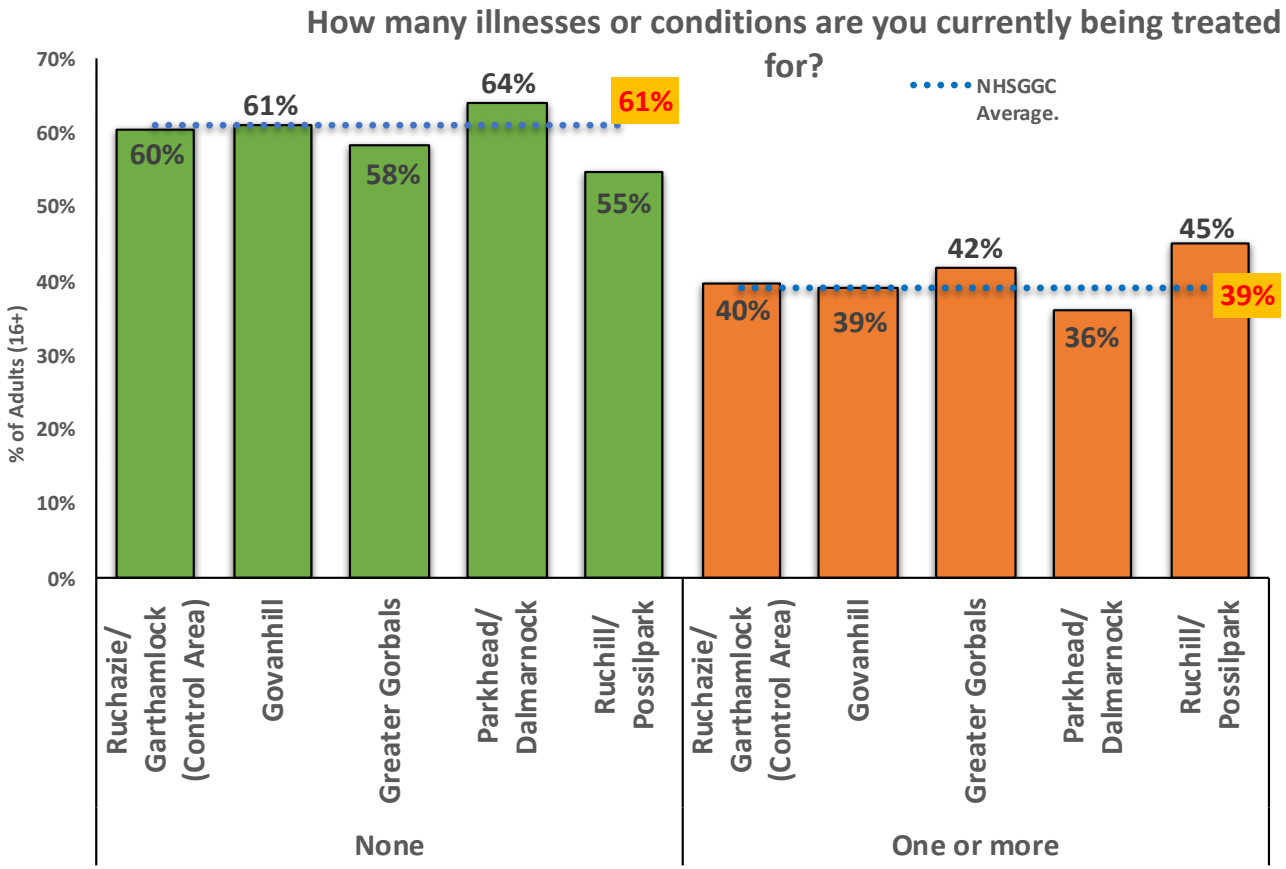


The relationship between the number of illnesses adults are being treated for and volunteer participation is not statistically significant for any Glasgow City Locality.

A higher percentage of adults in Glasgow North West and Glasgow South report being treated for one or more illnesses than the NHSGGC average (5% and 6% higher respectively) .

Source: NHSGGC 2017/2018 Health & Wellbeing survey

Long term conditions – Thriving Places



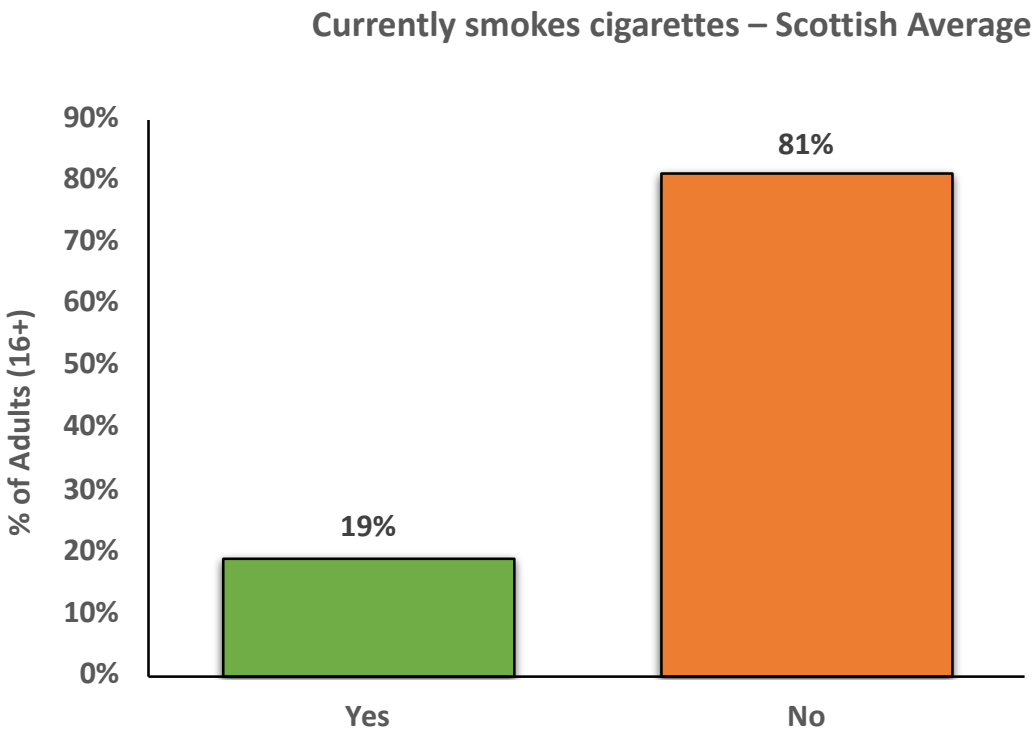
Greater Gorbals, Ruchazie/Dalmarnock and Ruchill/PossilPark have a higher percentage of adults being treated for one or more illness compared to the NHGGC average .

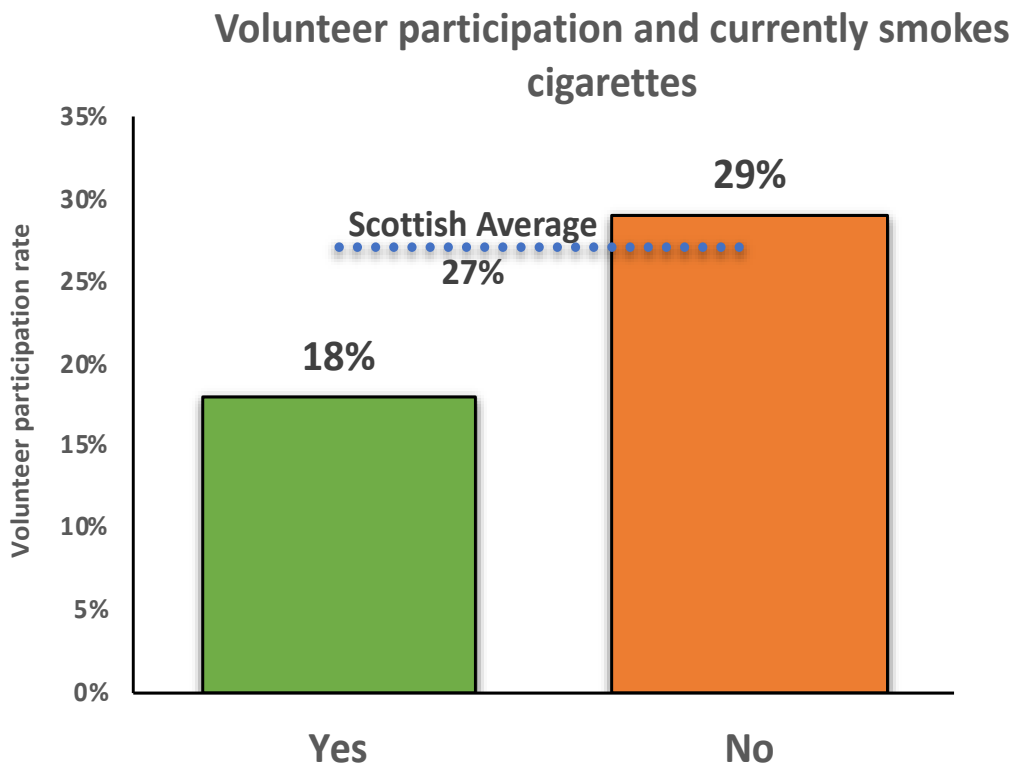
The relationship between volunteer participation and the number of illnesses adults are being treated for is not statistically significant for any of the Thriving Places.

Source: NHSGGC 2017/2018 Health & Wellbeing survey

6. Health Behaviours

Health Behaviours – Scottish population



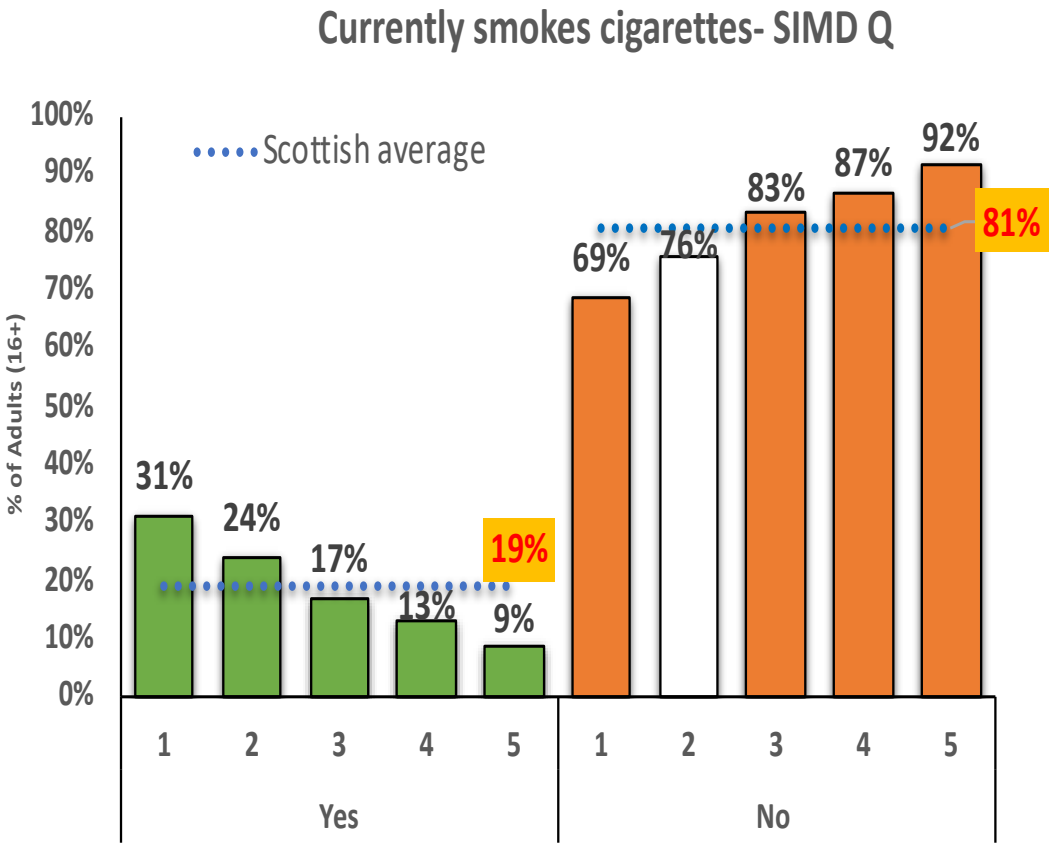


19% of the Scottish population currently smoke cigarettes.

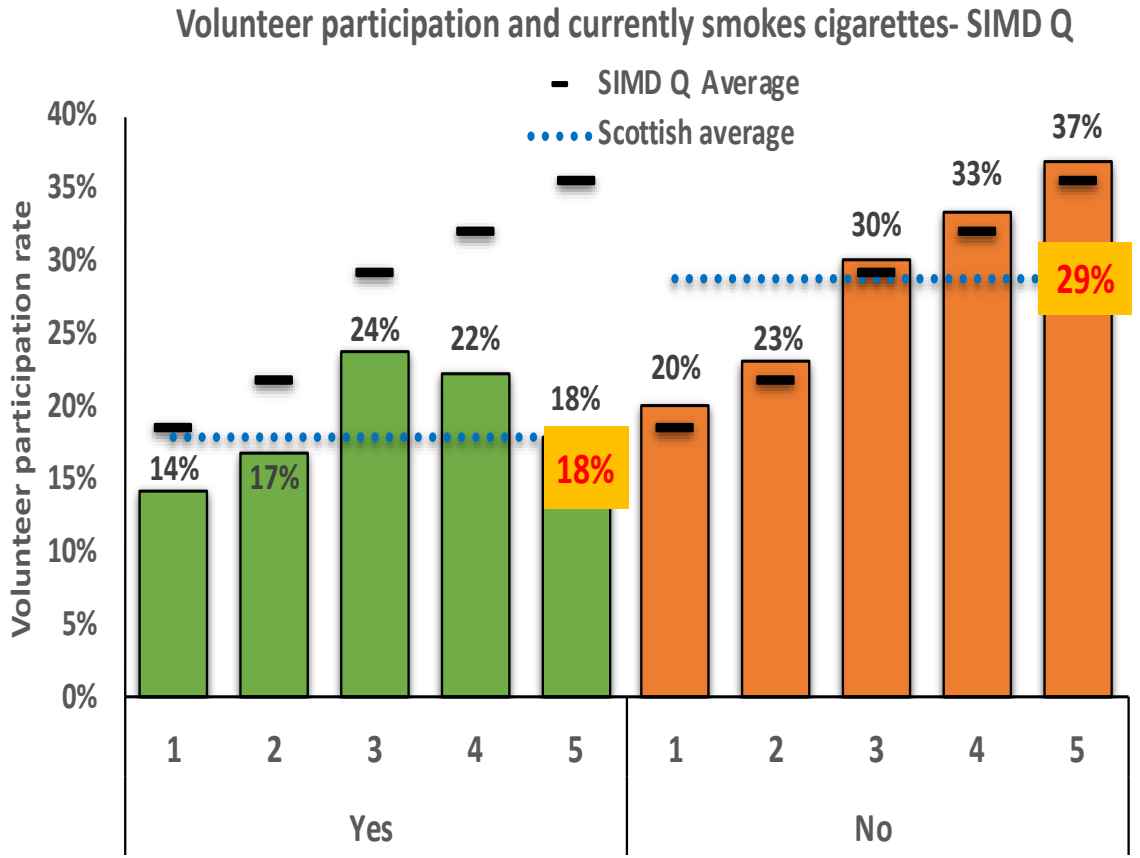
Participation rates for adults who smoke cigarettes are 9% lower than the average Scottish participation rate,

Source: Scottish Household Survey (SHS) 2016

Health Behaviours – SIMD Q



The percentage of adults in SIMD Q1 that smokes cigarettes is 12% higher than the Scottish average, while SIMD Q5 is 10% lower.

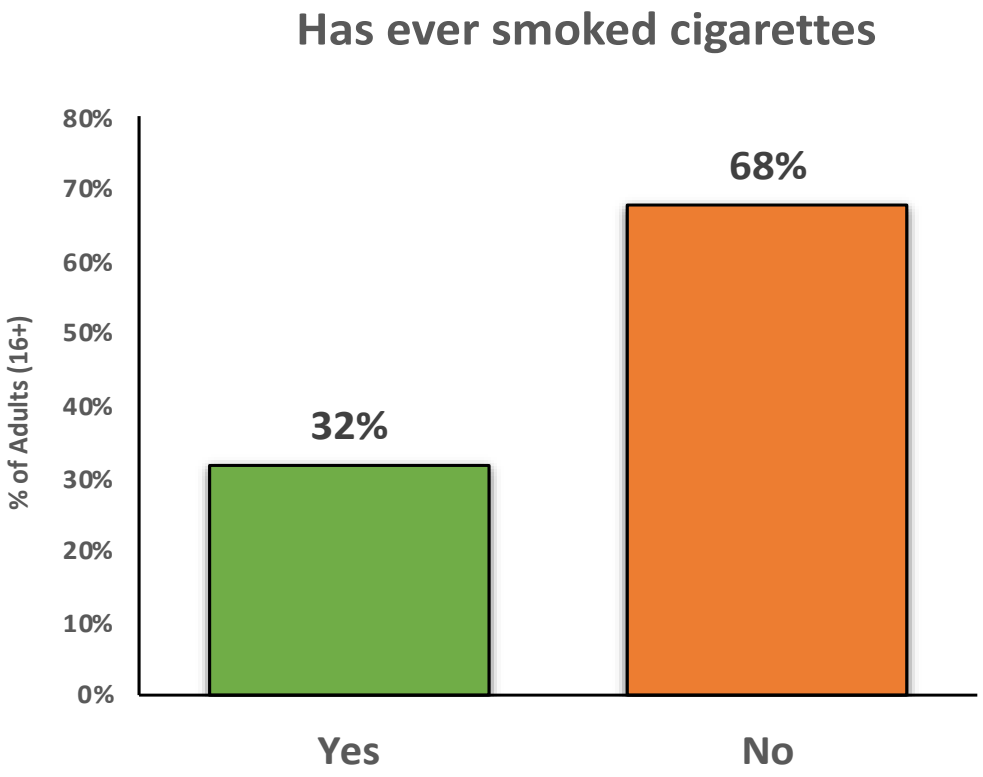


Participation rates are lower than the quintile average participation rate for all quintiles where adults smoke cigarettes.

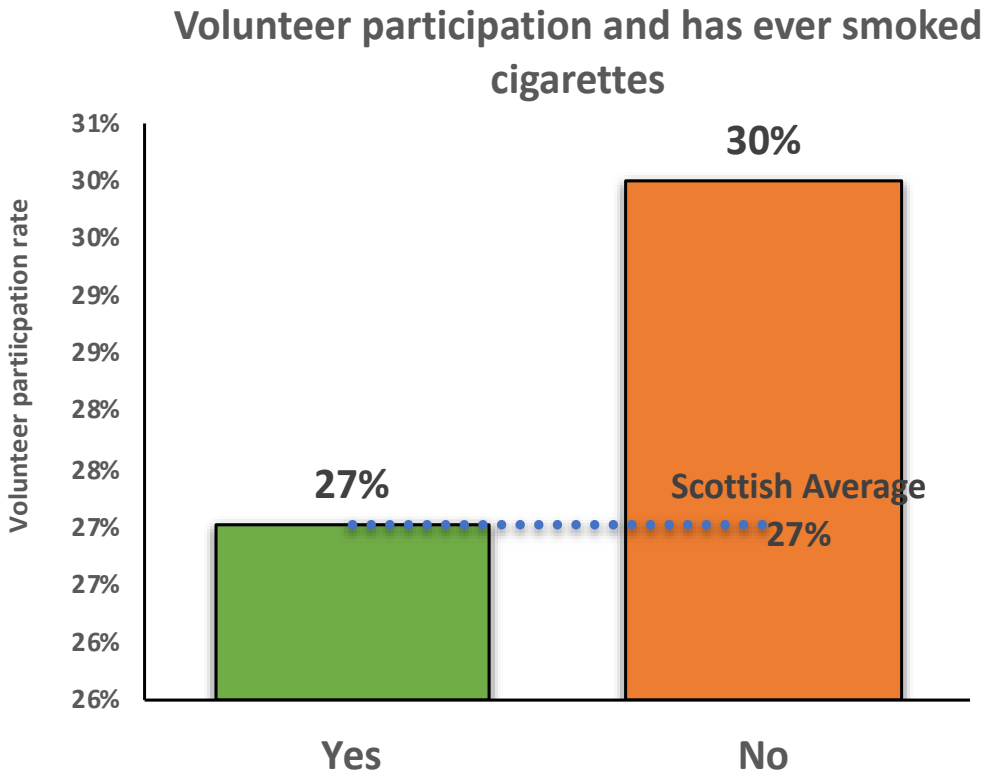
The participation rates for SIMD Q1 and Q2 are below the average Scottish participation rates for non smokers. However the participation rates in these quintiles is higher than the overall Scottish quintile average (18% and 22% respectively).

Source: Scottish Household Survey (SHS) 2016

Health Behaviours – Scottish population



Almost one third of Scottish adults have regularly smoked cigarettes at some point in their lives.

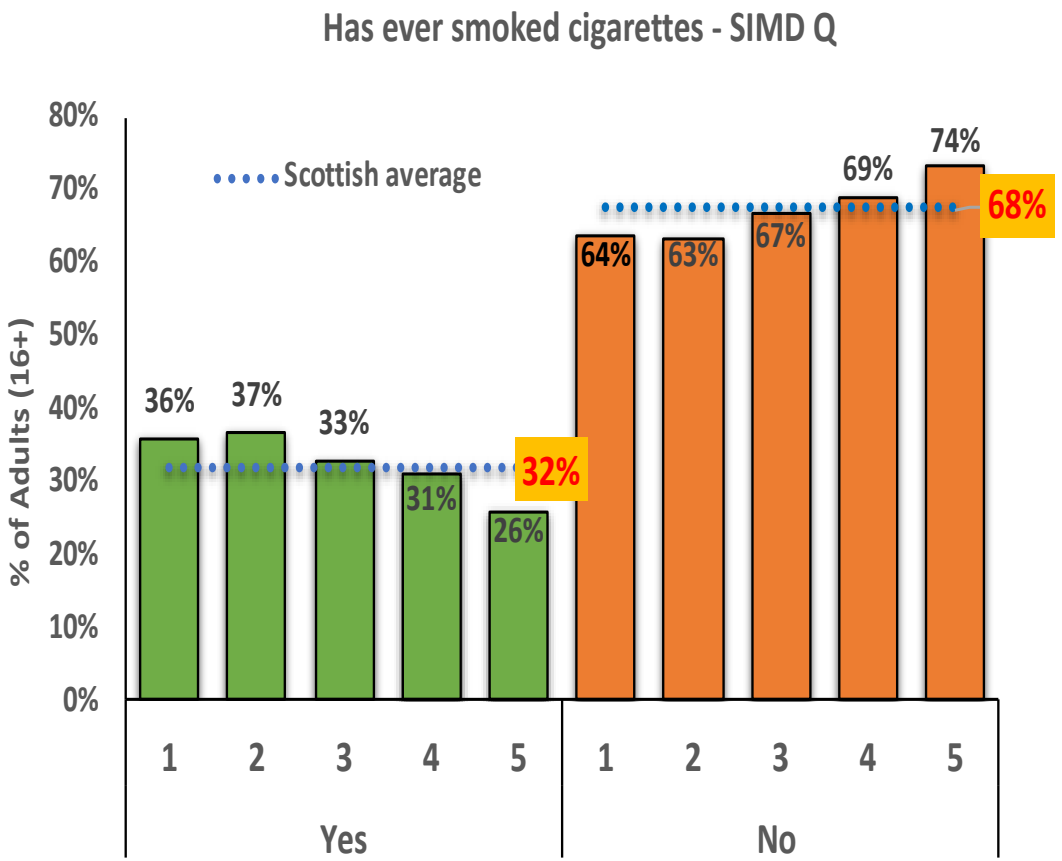


Participation rates for those adults that have never smoked are 3% higher than the Scottish average.

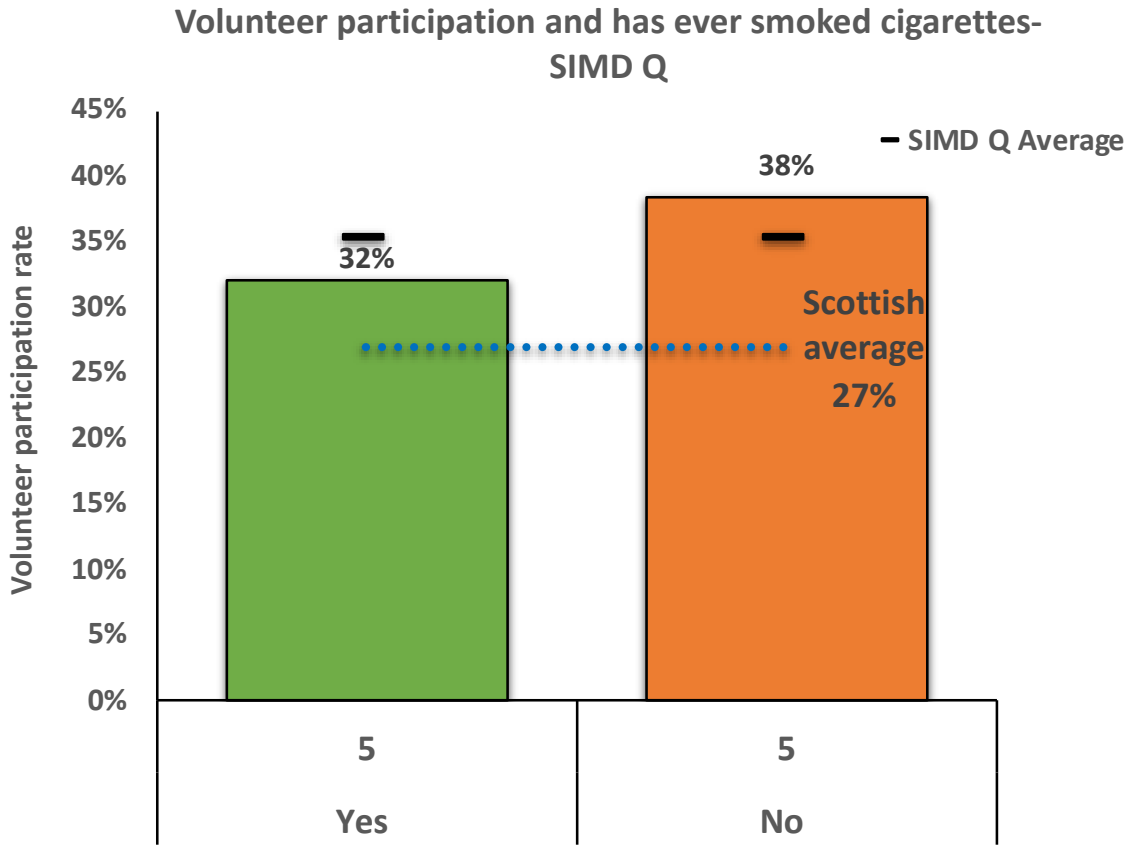
*The participation rate for individuals who did not answer this question is 17.9%. This group is included in the Scottish average calculation.

Source: Scottish Household Survey (SHS) 2016

Health Behaviours



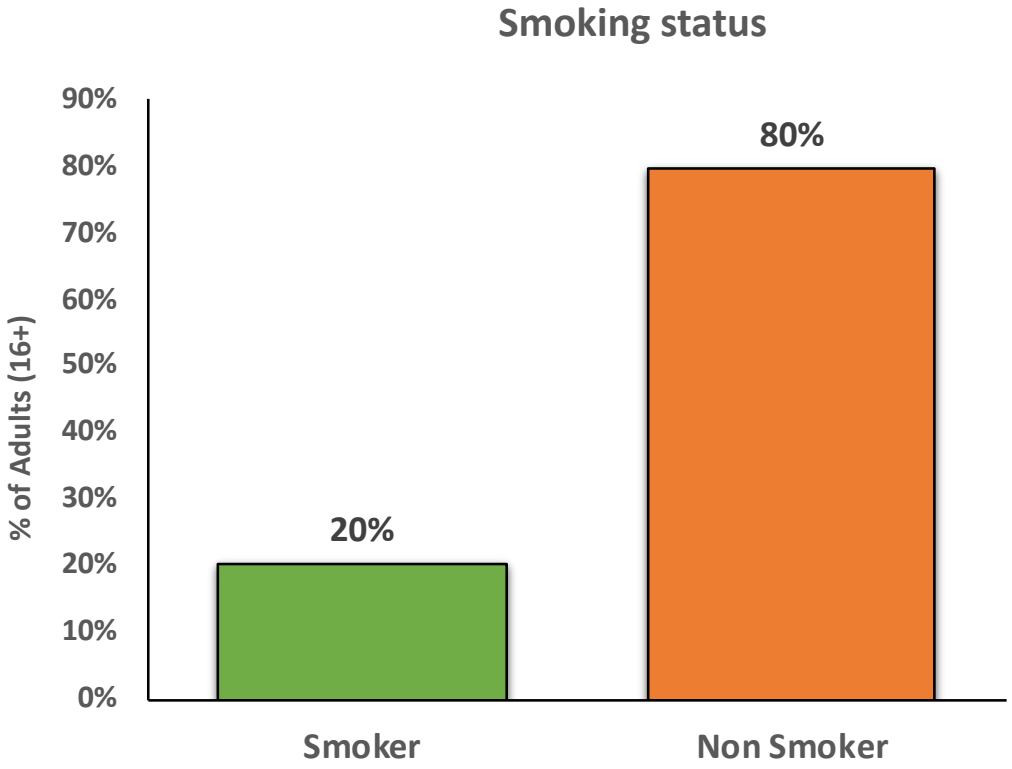
SIMD Q1, Q2 and Q3 have higher than average percentages of adults who have smoked at some point in their lives.

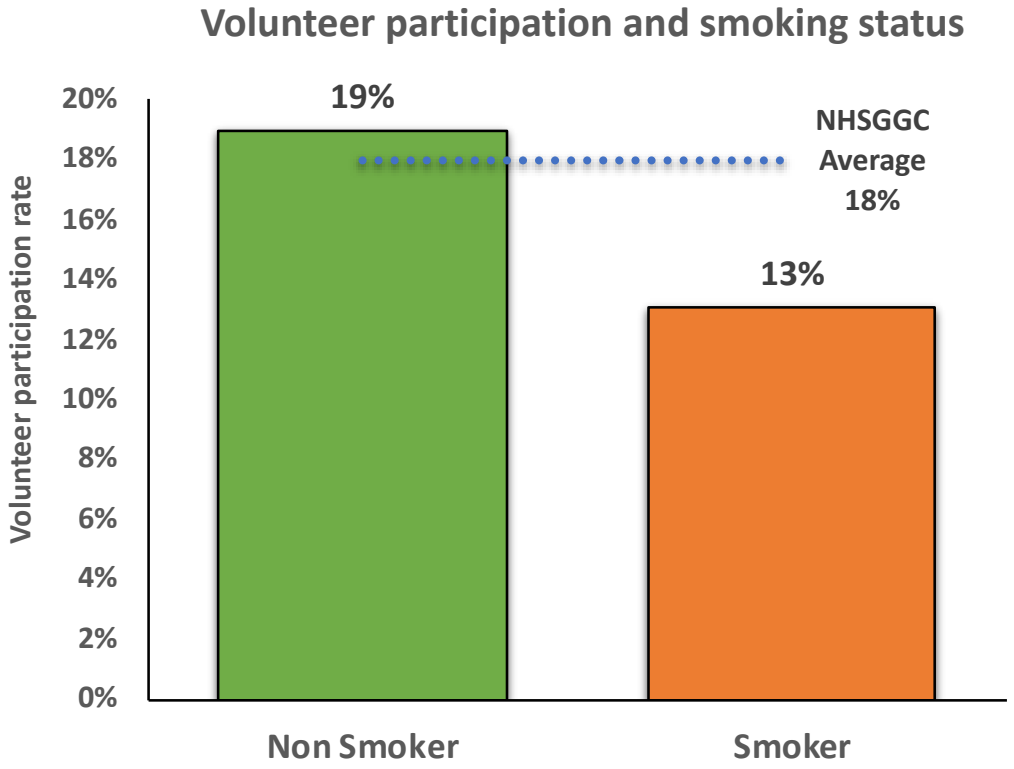


The relationship between 'has ever smoked cigarettes' and volunteer participation is only statistically significant for SIMD Q5, where participation rates are below the quintile average for adults who have previously smoked and above average for adults who have never smoked.

Source: Scottish Household Survey (SHS) 2016

Health Behaviours – NHSGGC Overall





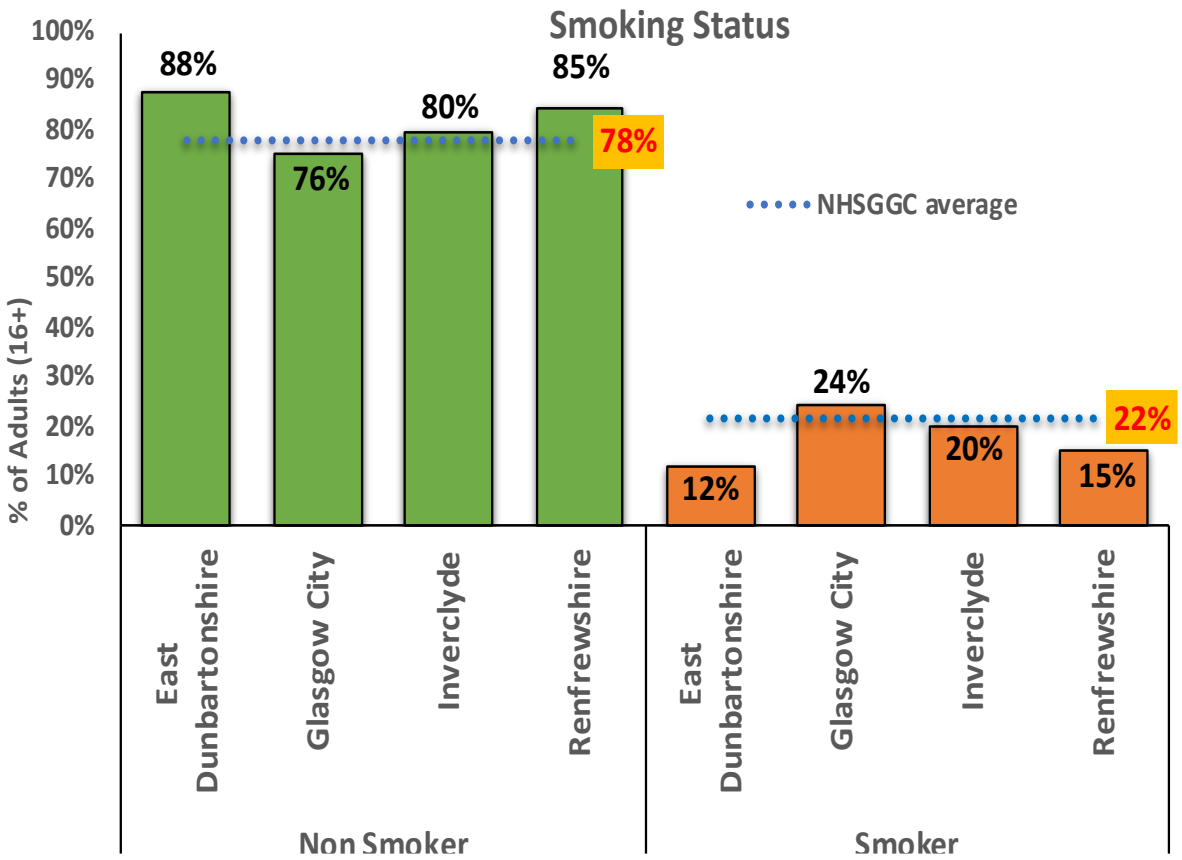
20% of adults in NHSGGC are smokers, this is 1% higher than the number of adults currently smoking in Scotland overall.

Participation rates are:

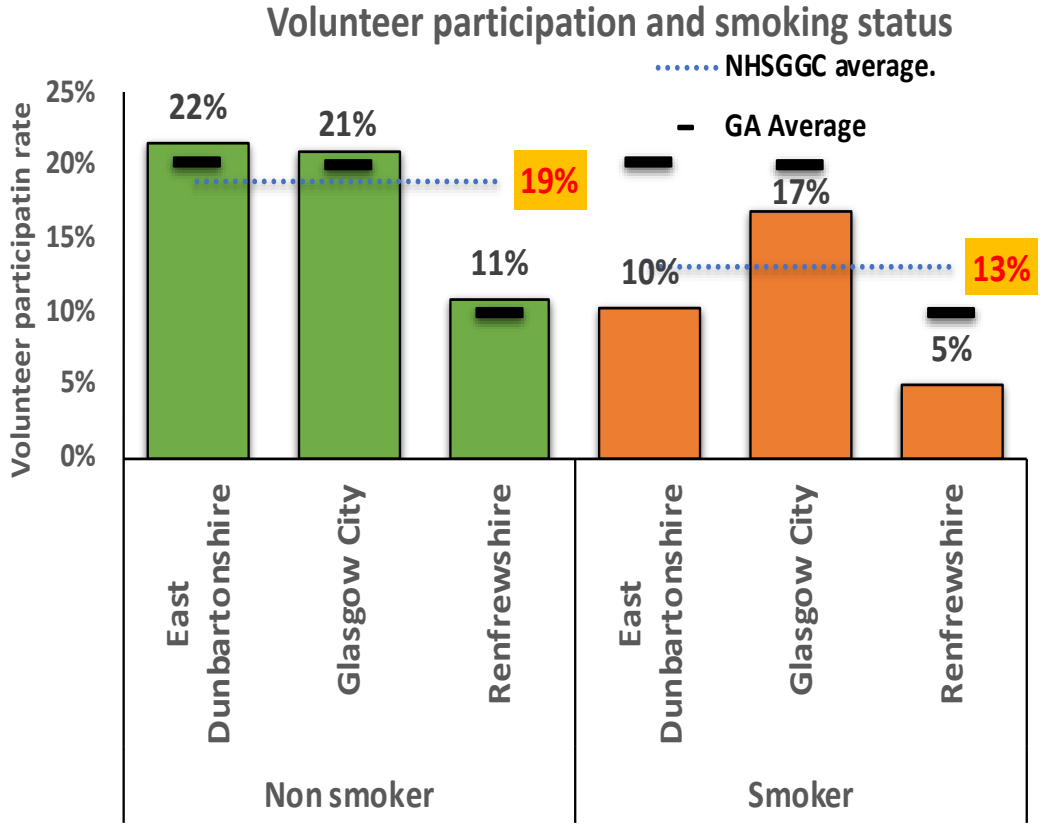
- 1% above the NHSGGC average participation rate for non smokers.
- 5% below the NHSGGC average participation rates for smokers.

Source: NHSGGC 2017/2018 Health & Wellbeing survey

Health Behaviours – NHSGGC Geographical Areas



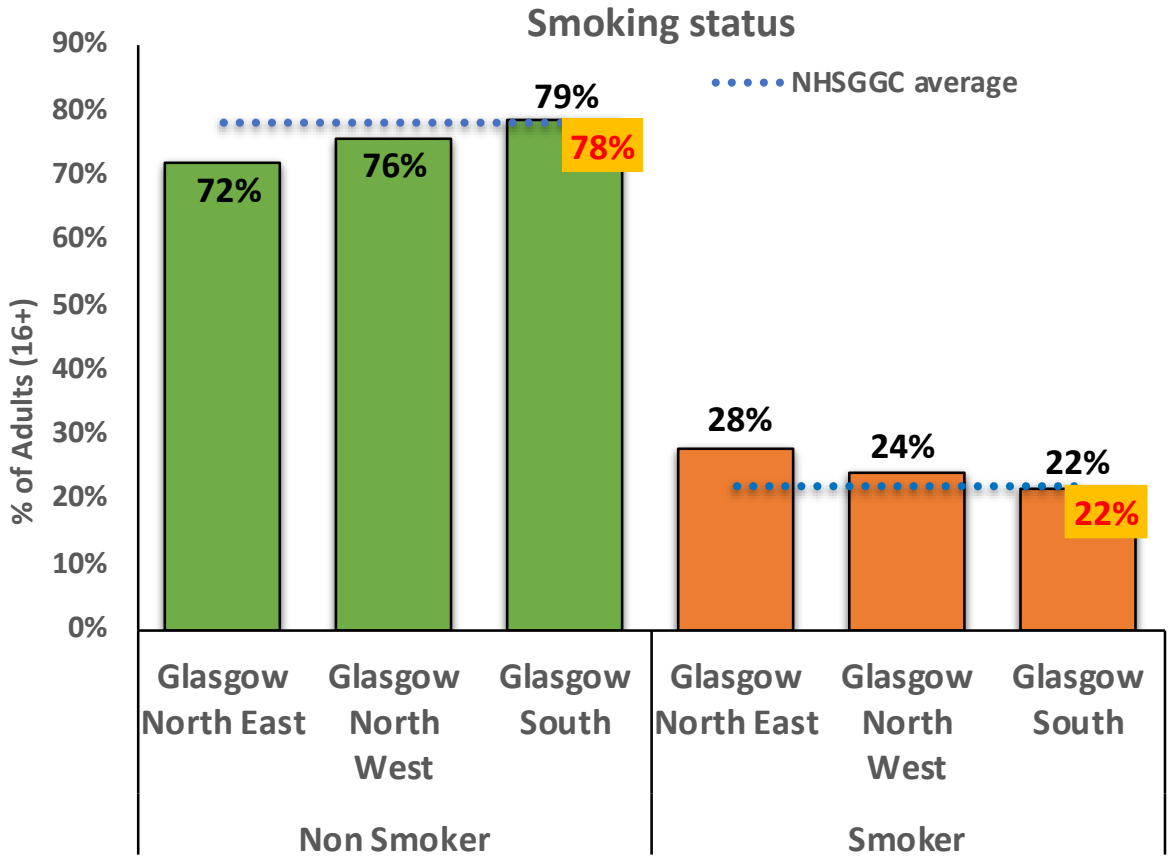
A higher percentage of adults in Glasgow City smoke than the NHSGGC average.



The relationship between smoking status and volunteer participation rates is statistically significant in East Dunbartonshire, Glasgow City and Renfrewshire, with participation rates following the overall trend for NHSGGC, with above average participation rates for non smokers and below average participation rates for smokers.

Source: NHSGGC 2017/2018 Health & Wellbeing survey

Health Behaviours – Glasgow City Localities

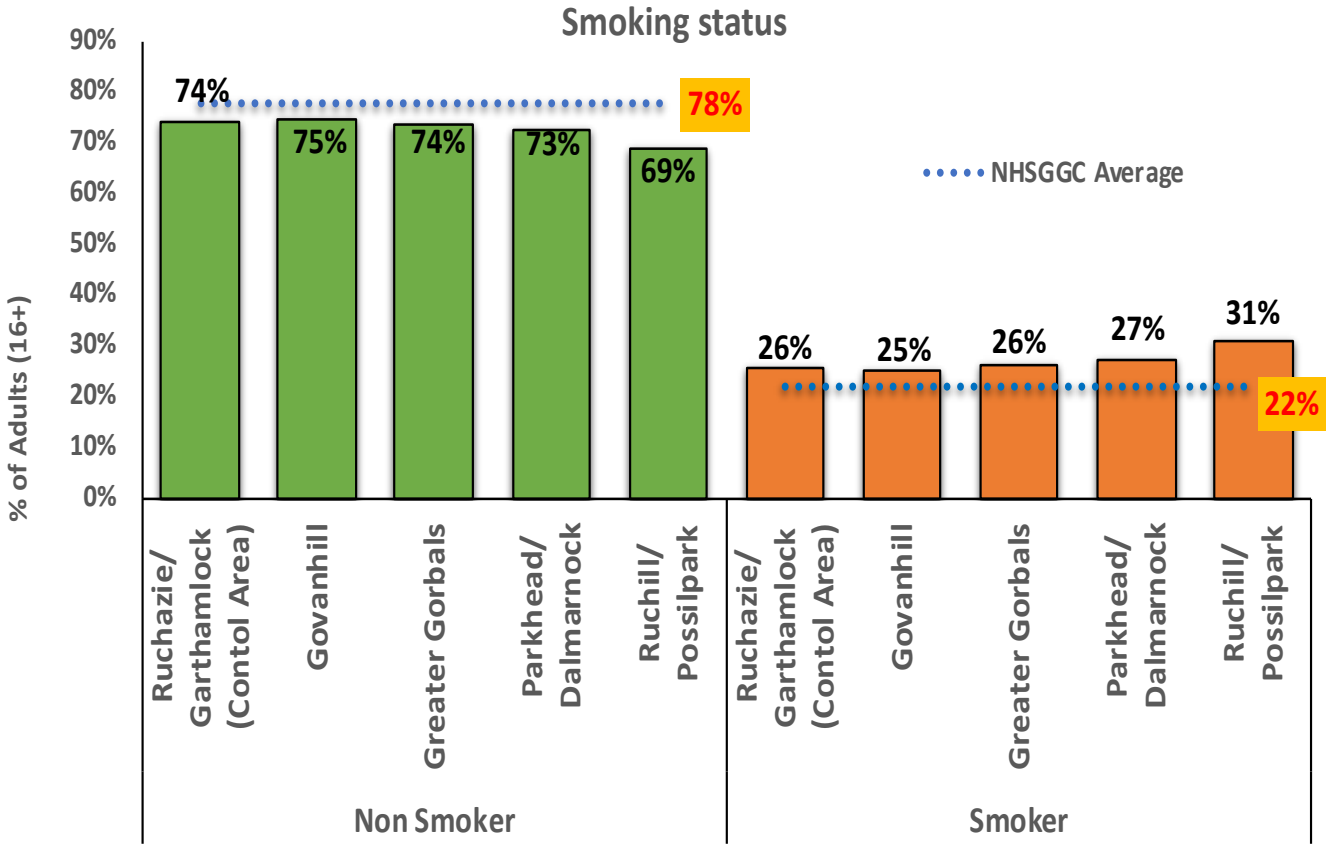


A higher percentage of adults in Glasgow North East and Glasgow North West are smokers than the NHSGGC average.

The relationship between volunteer participation and smoking status is not statistically significant for any of the Glasgow City Localities.

Source: NHSGGC 2017/2018 Health & Wellbeing survey

Health Behaviours – Thriving Places



A higher percentage of adults in all Thriving Places are smokers than the NHSGGC average.

The relationship between smoking and volunteer participation rates is not statistically significant for any of the Thriving Places.

Source: NHSGGC 2017/2018 Health & Wellbeing survey

7. Summary Highlights

Summary highlights – Scottish Level

Volunteer participation rates are higher than the Scottish average (27%) for adults who:

- Have a positive view of their general health, ranking their general health as Very Good (6% higher).
- Have a high SWEMWBS score indicating a more positive mental health score (4% higher).
- Do not have a long-term (lasting > 12 months) physical or mental health condition (2% higher)
- Are not limited by any long-term health conditions they have (7% higher).
- Do not have any household members with a long-term health condition (2% higher).
- Are currently non smokers (2% higher).
- Have never smoked (3% higher).

Overall this tells us that more Scottish adults volunteer when they have positive general or mental health and practise positive healthy behaviours. From this data we cannot confirm if volunteering causes positive health changes in the volunteers, but we do see a strong relationship between health and volunteering.

Summary highlights – NHSGGC Overall

Volunteer participation rates are higher than the NHSGGC average (18%) for adults who:

- Have a positive view of their general health, ranking their general health as Very Good (7% higher).
- Have a positive view of their overall quality of life (1% higher).
- Have a positive view of their general physical wellbeing (1% higher).
- Have a neutral view of general mental or emotional wellbeing (1% higher).
- Feel in control of life affecting decisions (equal to NHSGGC average).
- Do not have a long-term illness or condition that substantially interferes with day-to-day activities (1% higher).
- Do not have a physical disability (1% higher).
- Do not have a mental or emotional illness (equal to NHSGGC average).
- Do not have a long-term illness (equal to the NHSGGC average).
- Are currently non smokers (1% higher).

Overall this reinforces the findings from the SHS and allows us to confirm the findings from the SHS that adults with better physical and mental health, without long-term health conditions and with positive health behaviours having higher volunteering participation rates.

From this data we cannot confirm if volunteering causes positive health changes in the volunteers, but we do see a strong relationship between health and volunteering in NHSGGC.

Summary highlights – SIMDQ Level

The relationship between health and volunteering at an SIMD Q level follows the overall Scottish trends with higher volunteer participation rates for adults in each SIMD Q with positive general or mental health and who practise positive healthy behaviours.

When considering SIMD Q1 and Q2 (the 40% most deprived Areas in Scotland), these quintiles have:

- A higher percentage of adults with a poor self-assessment of their general health than the Scottish average.
- A higher percentage of adults with a low SWEMWBS score.
- A higher percentage of adults with a long-term health condition.
- Are limited “a lot” by any long-term health conditions they have.
- A higher percentage of households with a household members with a long-term health condition.
- A higher % of current smokers.
- A higher percentage of adults that have smoked at some point in their lives.

For each of the health fields analysed SIMD Q1 and Q2 have participation rates below the quintile Scottish average.

However for adults with a positive self perception of their general health, high mental health scores, no long-term health conditions, no adults in the household suffering from long-term health conditions and those practising positive health behaviours, the participation rates are all higher than their SIMD Q average.

Summary highlights – NHSGGC Sublevels

General Health

General health is the only health question that is statistically significant for volunteer participation rates across each of the Geographical Areas, Glasgow City Localities and Thriving Places (neighbourhoods).

Glasgow City and Inverclyde, who each have more than 40% of adults living in an SIMD Q1 Areas, have a higher percentage of adults reporting their general health as “bad/very bad” than the NHSGGC average.

All of the Glasgow City Localities and Thriving Places also have a higher percentage of adults reporting their general health as “bad/very bad” than the NHSGGC average.

This reinforces the findings from the SHS that adults in the most deprived Areas of Scotland report poorer levels of general health than the Scottish average.

The NHSGGC data strengthens this finding, by showing that the same holds for some of Scotlands most deprived neighbourhoods, for example in Ruchill / Possilpark where 71% of adults live in an SIMD Q1 Area, 10% more adults report their general health as “bad/very bad” than the NHSGGC average.

Volunteer participation rates in each of the sublevels also follows the overall trend for Scotland and NHSGGC with above average participation rates for adults reporting “Very good” general health and below average participation rates for adults reporting “bad/very bad” general health with one exception. The participation rate in Parkhead / Dalmarnock has a participation rate above their average participation rate for adults reporting “bad/very bad” general health.

Summary highlights – NHSGGC Sublevels

The table below shows the difference in between the average participation rate and the category participation rate for adults reporting “very good” or “bad/very bad” general health.

	General Health					
	Very Good			Bad / Very Bad		
Geographic Area	Overall average participation rate	Very Good participation rate	Difference	Overall average participation rate	Bad / Very bad participation rate	Difference
East Dunbartonshire	20%	33%	13%	20%	10%	-10%
Inverclyde	15%	21%	6%	15%	9%	-6%
Glasgow City	20%	27%	7%	20%	10%	-10%
Renfrewshire	10%	15%	5%	10%	7%	-3%
Glasgow City Localities						
Glasgow South	*23%*	*26%*	*3%*	*23%*	*11%*	*-12%*
Glasgow North East	*15%*	*26%*	*11%*	*15%*	*7%*	*-8%*
Glasgow North West	*22%*	*30%*	*8%*	*22%*	*10%*	*-12%*
Neighbourhoods						
Ruchazie/Garthamlock (Control Area)	*14%*	*22%*	*8%*	*14%*	*10%*	*-4%*
Govanhill	*13%*	*21%*	*8%*	*13%*	*5%*	*-8%*
Greater Gorbals	*17%*	*22%*	*5%*	*17%*	*7%*	*-10%*
Parkhead/Dalmarnock	*12%*	*17%*	*5%*	*12%*	*14%*	*2%*
Ruchill/Possilpark	*15%*	*20%*	*5%*	*15%*	*10%*	*-5%*

Summary highlights – NHSGGC Sublevels

Mental Health

For each of the four mental health questions adults in Glasgow City, Glasgow North West, Glasgow South and all the Thriving Places (with one exception) have a higher percentage of adults with a negative view of

- Their overall quality of life.
- General physical wellbeing.
- General mental or emotional wellbeing.
- Feeling in control of life affecting decision – Govan Hill is equal to the NHSGGC average for this question, and has a higher participation rate for adults responding “to some extent / No”.

However, as with general health we see that the participation rates are generally higher in each Area for adults who respond positively to the mental health questions and lower for adults who respond in a negative category.

Summary highlights – NHSGGC Sublevels

Long-term Health Conditions

The table below shows each location that has a higher percentage of adults that the NHSGGC average for each long-term health condition question:

Long term health condition question	Geographical location	Glasgow city locality	Thriving Places
Have a long term illness or condition that substantially interferes with day to day activities.	Glasgow City Inverclyde	 Glasgow North West Glasgow South	 All
Have a physical disability.	Glasgow City	Glasgow North West Glasgow South	 All
Have a mental or emotional illness.	Glasgow City	 All	 All
Have a long term illness.	Glasgow City Inverclyde	 Glasgow North West	 All except Govanhill
Have one or more long term illnesses	Glasgow City Inverclyde	 Glasgow North West Glasgow South	Greater Gorbals Ruchazie / Garthamlock Ruchill / Possilpark

This shows that the most deprived Areas in NHSGGC (Glasgow City and Inverclyde) also have a higher number of adults with long-term health conditions.

Similar to general and mental health participation rates are higher for adults answering in positive response categories, those with no long-term conditions of any kind.

Summary highlights – NHSGGC Sublevels

Health Behaviours

A higher percentage of adults in Glasgow City, Glasgow North East, Glasgow North West and all Thriving Places are smokers than the NHSGGC average.

Participation rates are higher in all Areas where adults are non smokers.

Conclusions

Volunteering, Health and Wellbeing, What does the evidence tell us published by Volunteer Scotland provides clear evidence that those subject to exclusion and disadvantage in society have the most to gain from volunteering in terms of their health and wellbeing.

From the NHSGGC data set we can see that the most deprived Areas of NHSGGC have poorer general and mental health, more adults with long-term illnesses and poor health behaviours, volunteering in these Areas could be used to improve the health and wellbeing in these Areas, which in turn could increase volunteer participation rates.

8. Appendices

Appendix 1 – Sample Size and Participation rates

	2017/18		
	Total Unweighted Sample		Volunteer Participation Rate (weighted)
Geographic Area *	**No**	**%**	**%**
East Dunbartonshire	1134	14%	20%
East Renfrewshire*	194	2%	19%
Inverclyde	1196	15%	15%
Renfrewshire	600	8%	10%
West Dunbartonshire	190	2%	17%
Glasgow City	4520	58%	20%
Glasgow City Localities			
Glasgow South	*1701*	*22%*	*23%*
Glasgow North East	*1673*	*21%*	*15%*
Glasgow North West	*1146*	*15%*	*22%*
Neighbourhoods			
Ruchazie/Garthamlock (Control Area)	*574*	*7%*	*14%*
Govanhill	*602*	*8%*	*13%*
Greater Gorbals	*571*	*7%*	*17%*
Parkhead/Dalmarnock	*565*	*7%*	*12%*
Ruchill/Possilpark	*602*	*8%*	*15%*
Total	**7834**	**100%**	**18%**

** East Renfrewshire did not boost in 2017/18*

*** West Dunbartonshire have neved boosted their sample*

Appendix 2 – Deprivation profiles SIMD Q

	2017/18					
	% of adult population living in SIMD Q					Volunteer Participation Rate
Geographic Area	SIMD Q1	SIMD Q2	SIMD Q3	SIMD Q4	SIMD Q5	%
East Dunbartonshire	5%	18%	8%	15%	54%	20%
Inverclyde	44%	12%	15%	17%	13%	15%
Renfrewshire	27%	16%	20%	15%	23%	10%
Glasgow City	46%	17%	17%	8%	11%	20%
Glasgow City Localities						
Glasgow South	*41%*	*25%*	*19%*	*5%*	*11%*	23%
Glasgow North East	*62%*	*13%*	*15%*	*10%*	*0%*	15%
Glasgow North West	*39%*	*13%*	*17%*	*10%*	*21%*	22%
Neighbourhoods						
Ruchazie/Garthamlock (Control Area)	*77%*	*23%*				14%
Govanhill	*71%*	*29%*				13%
Greater Gorbals	*75%*	*25%*				17%
Parkhead/Dalmarnock	*90%*	*10%*				12%
Ruchill/Possilpark	*76%*	*24%*				15%
NHSGGC Overall	*35%*	*17%*	*16%*	*11%*	*21%*	18%
Scotland	*20%*	*20%*	*20%*	*20%*	*20%*	27%