NHSGGC Health and Wellbeing Survey

Volunteering Cross-sectional Analysis: Social Isolation and Loneliness

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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 social isolation and loneliness 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 one geographical area in Scotland 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.

- Social isolation and loneliness has been selected for analysis based on findings from the comprehensive literature review - "Volunteering, Health and Wellbeing" - What does the evidence tell us? published by Volunteer Scotland.
- The literature review found evidence of a strong positive impact on how volunteering can mitigate or eliminate social isolation along with several case studies providing specific examples of volunteering programmes that helped volunteers overcome social isolation and loneliness.
- Data on social isolation and loneliness is not currently available in the SHS, but was included in the 2018 questionnaire and this data will be available in the 2020 SHS release.

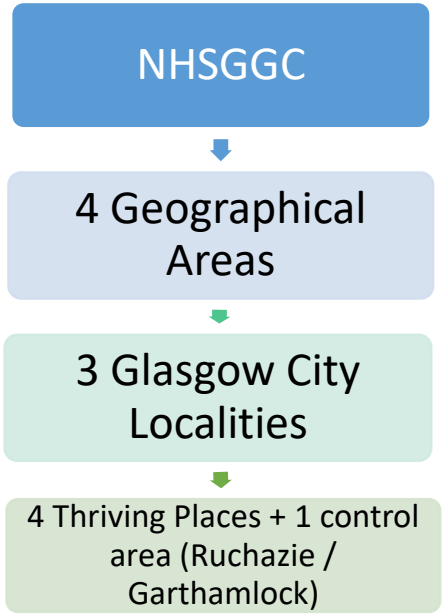
- This presentation analyses data for NHSGGC data in 2 ways:

    - The percentage of adults who feel isolated from friends and family and how often adults feel lonely .

    - The variation in volunteering participation rates between:
        - Those who feel isolated from friends and family and those who do not feel isolated.
        - The frequencies with which adults in NHSGGC feel lonely.

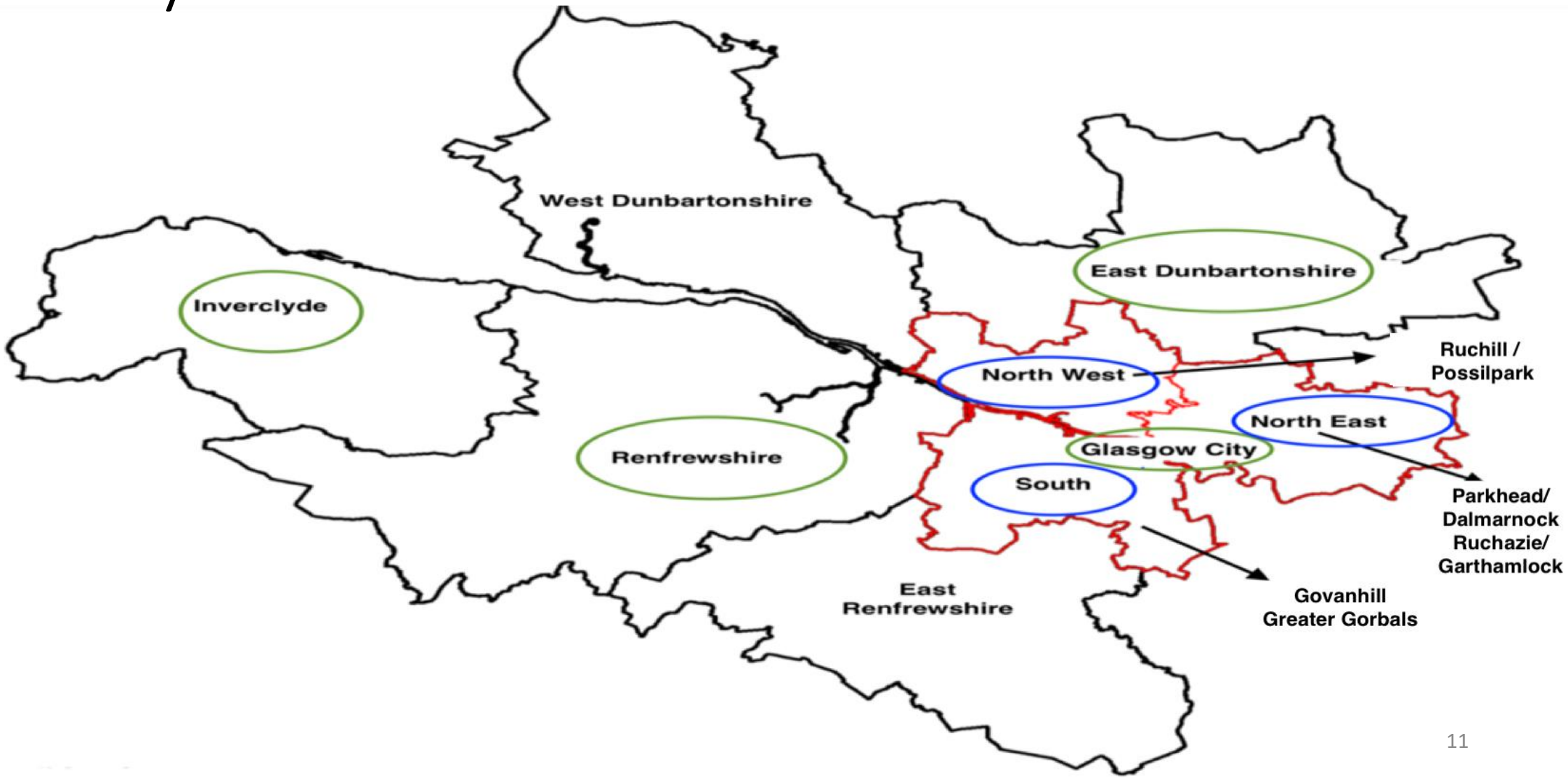
1. Research overview

- For each of the fields, the data is analysed as follows:

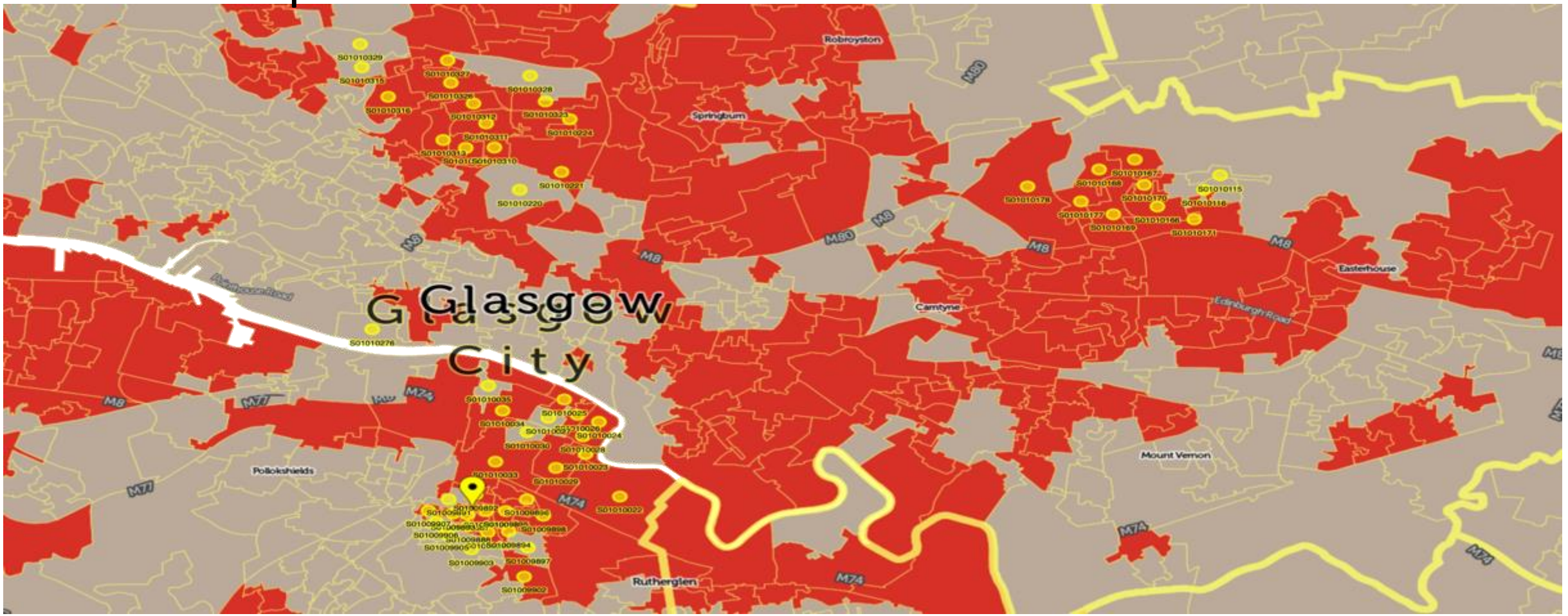


- The overall results for each of the survey fields is presented for all of the NHSGGC geographical levels. For participation rates only the statistically significant results will be presented. For example where the relationship between volunteer participation and social isolation is only statistically 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 who feel isolated from friends and family and volunteering does not mean that volunteering causes isolation. Instead, it may be that those that feel isolated are attracted into volunteering. We just don't know.

2. Survey Fields for Social Isolation and Loneliness

2. Social isolation and loneliness fields.

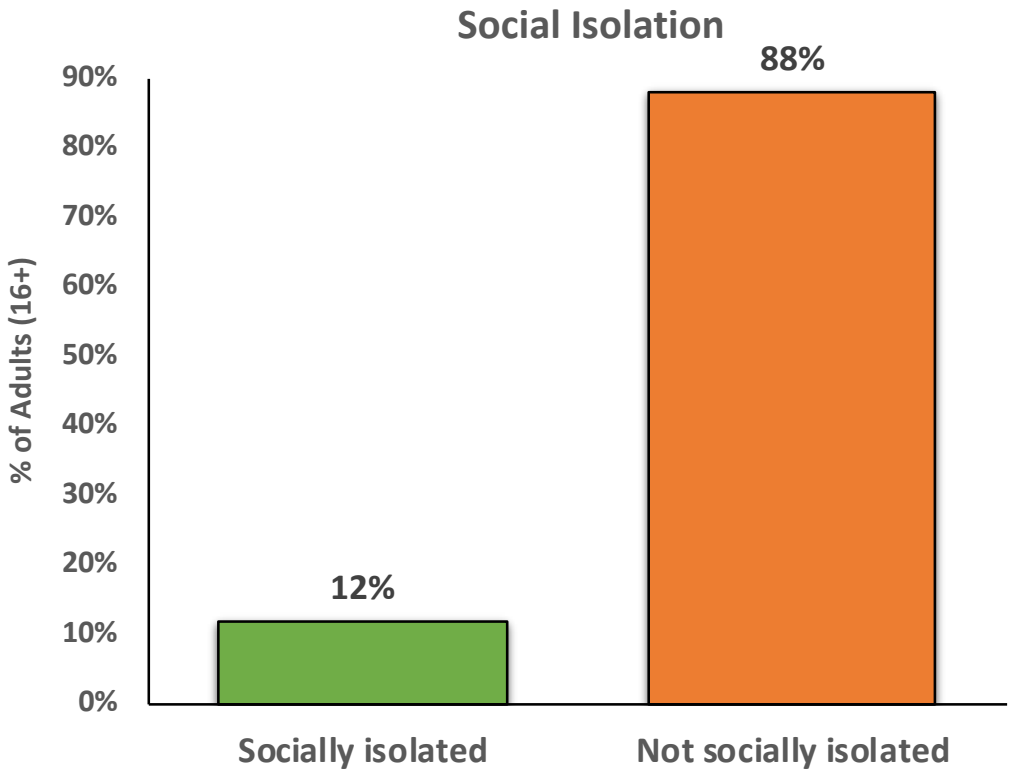
The fields selected for analysis of 'social isolation and loneliness' are.

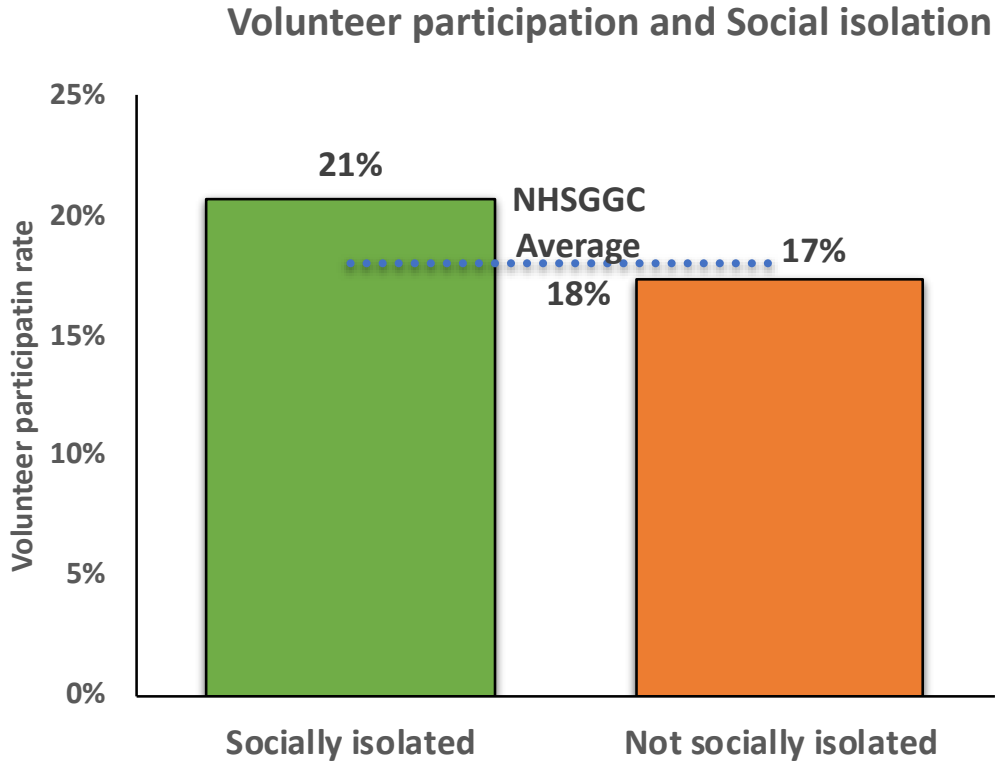
NHSGGC H&W survey question	Response Categories
Q32 – Do you ever feel isolated from family and friends?	Responses are measured as: Yes No Prefer not to say Only responses of yes and no are presented in this analysis.
Q33 – How often have you felt lonely in the past two weeks?	Response categories are: All of the time Often Some of the time Rarely Never For this analysis responses are recoded into: All of the time / often Some of the time Rarely / never

Source: NHSGGC 2017/2018 Health & Wellbeing survey

3. Social Isolation

Social Isolation– NHSGGC Overall





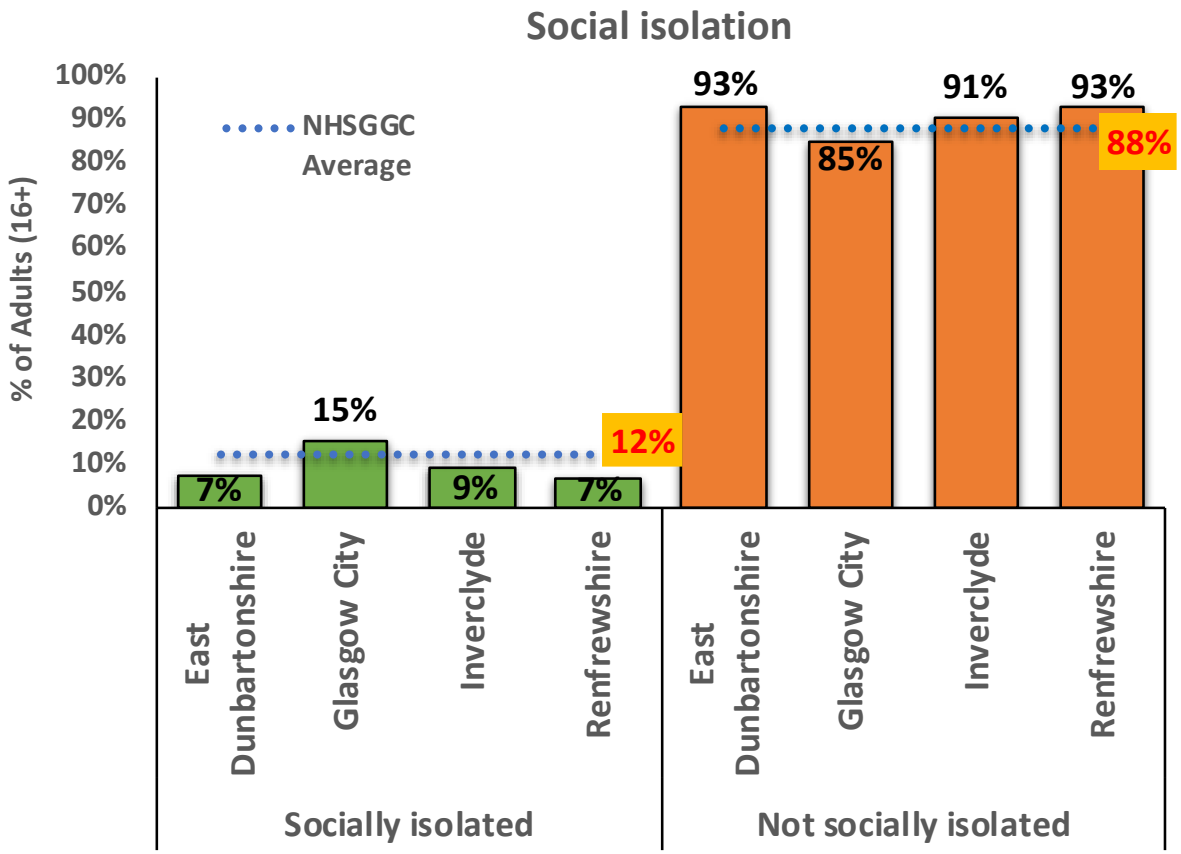
12% of adults in NHSGGC report feeling isolated from their family and friends.

Participation rates are:

- 3% higher than the NHSGGC average for adults who feel isolated from friends and family.
- 1% lower than the NHSGGC average for adults who do not feel isolated from friends and family.

Source: NHSGGC 2017/2018 Health & Wellbeing survey

Social Isolation – NHSGGC Geographical Areas

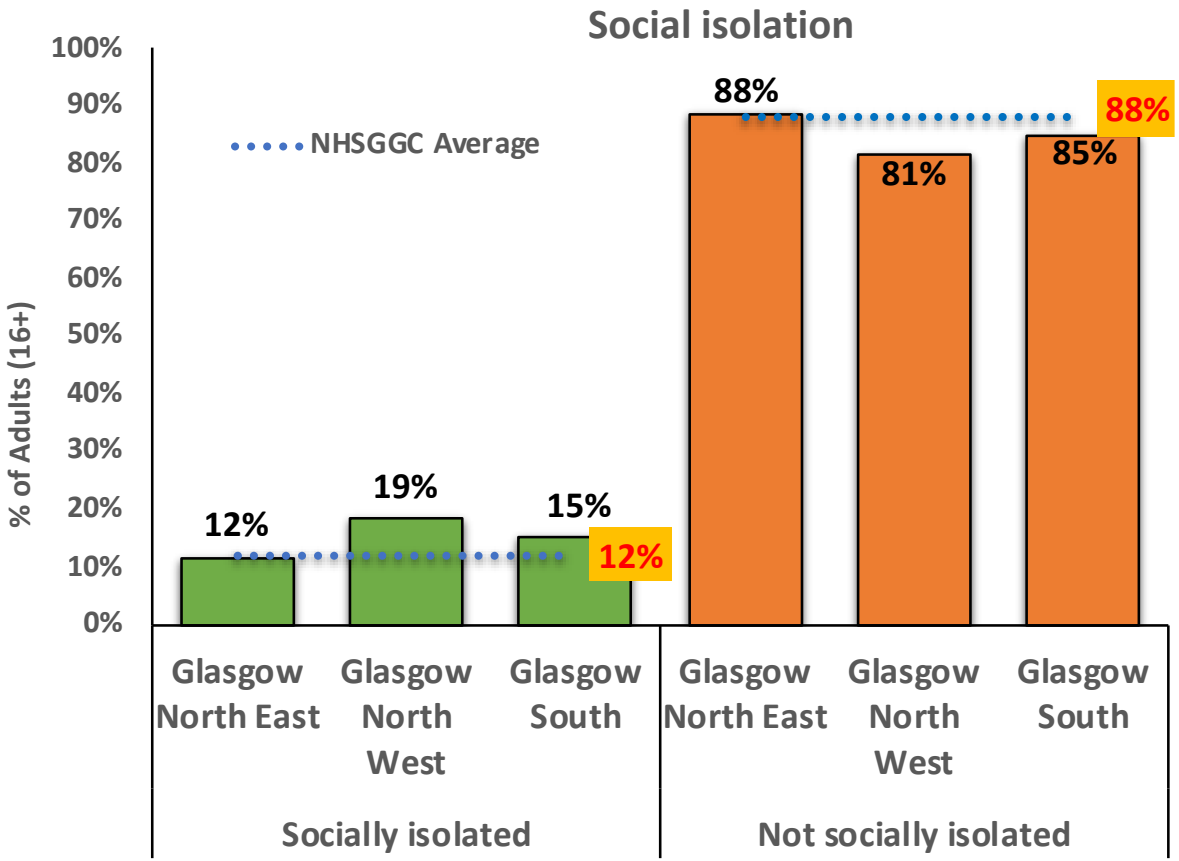


Glasgow City has a higher percentage (3% higher) of adults who feel isolated from friends and family than the NHSGGC average.

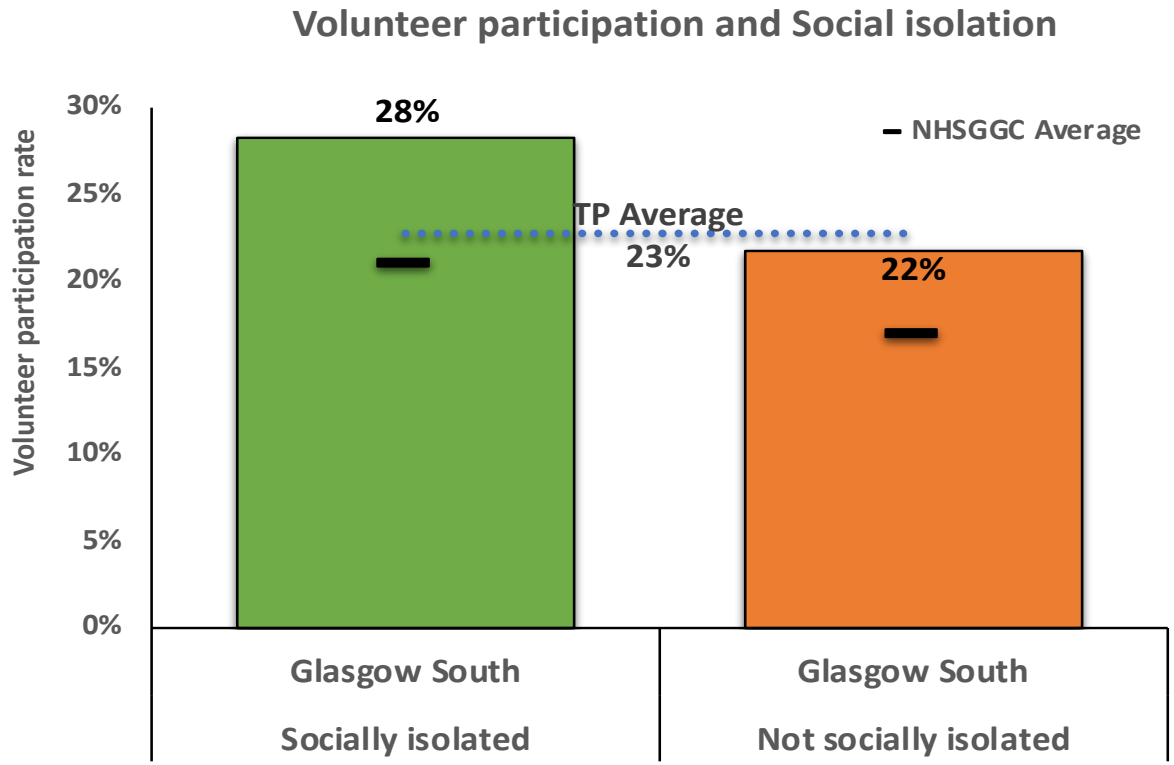
The relationship between volunteer participation and social isolation is not statistically significant for any of the NHSGGC Geographical Areas.

Source: NHSGGC 2017/2018 Health & Wellbeing survey

Social Isolation – Glasgow City Localities



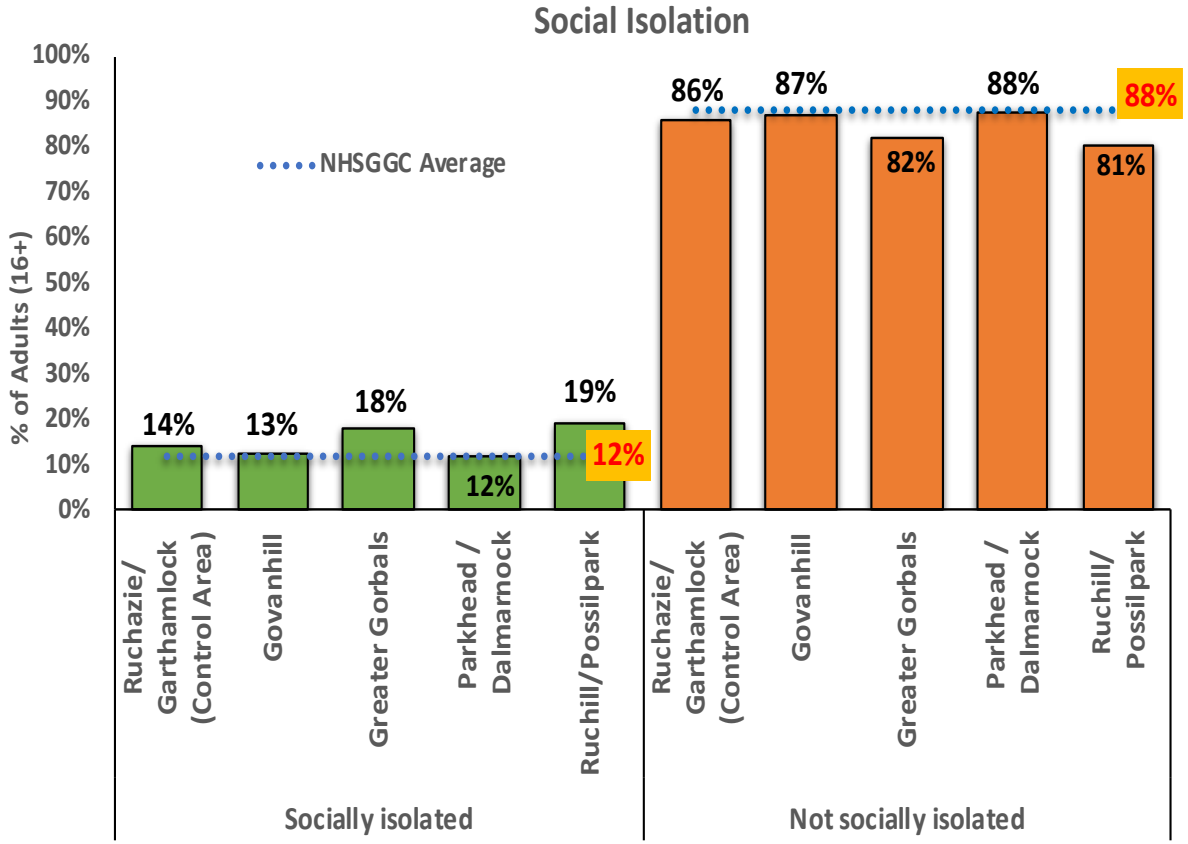
Glasgow North West and Glasgow South have a higher percentage of adults who feel isolated from family and friends than the NHSGGC average (7% and 3% higher respectively).



The relationship between volunteer participation and social isolation is only statistically significant in Glasgow South, where participation rates are higher than the Glasgow South average for adults who feel isolated from family and friends (5%) and below the Glasgow South average for adults who do not feel isolated(1%).

Source: NHSGGC 2017/2018 Health & Wellbeing survey

Social Isolation– Thriving Places



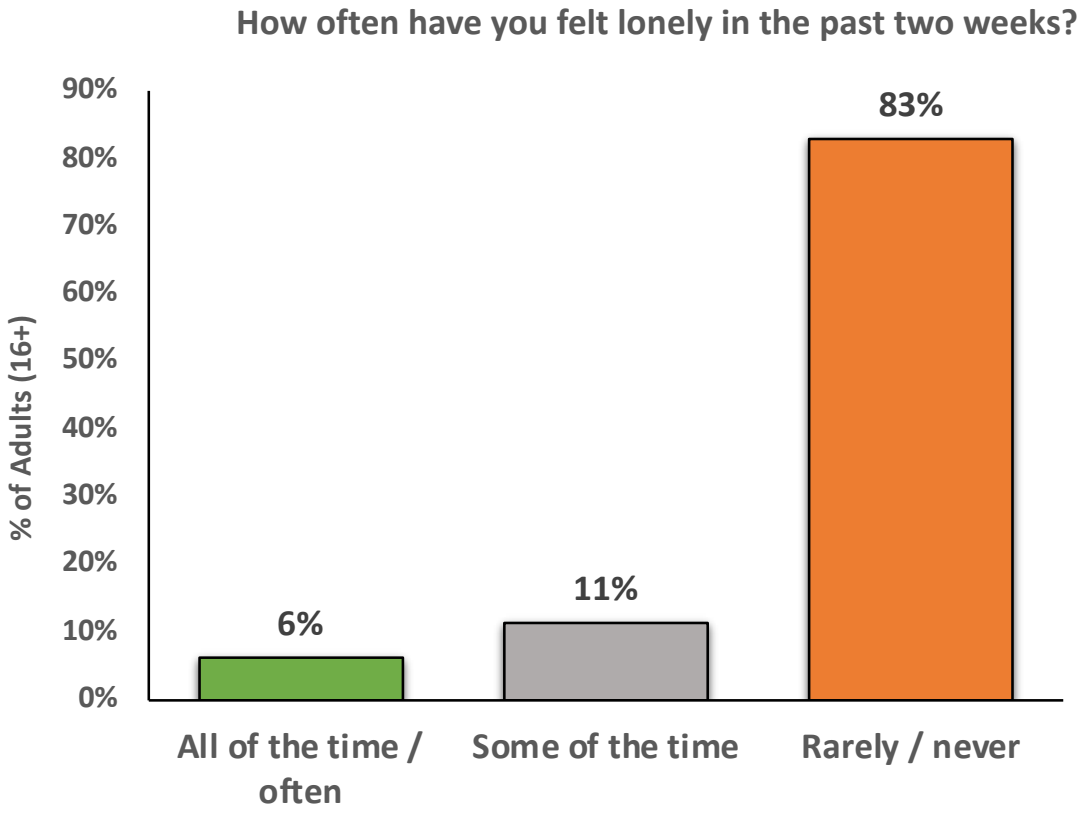
The relationship between volunteer participation and social isolation is not statistically significant for any of the Thriving Places.

All thriving Places except Parkhead / Dalmarnock have a higher percentage of adults who feel isolated from their friends and family than the NHSGGC average.

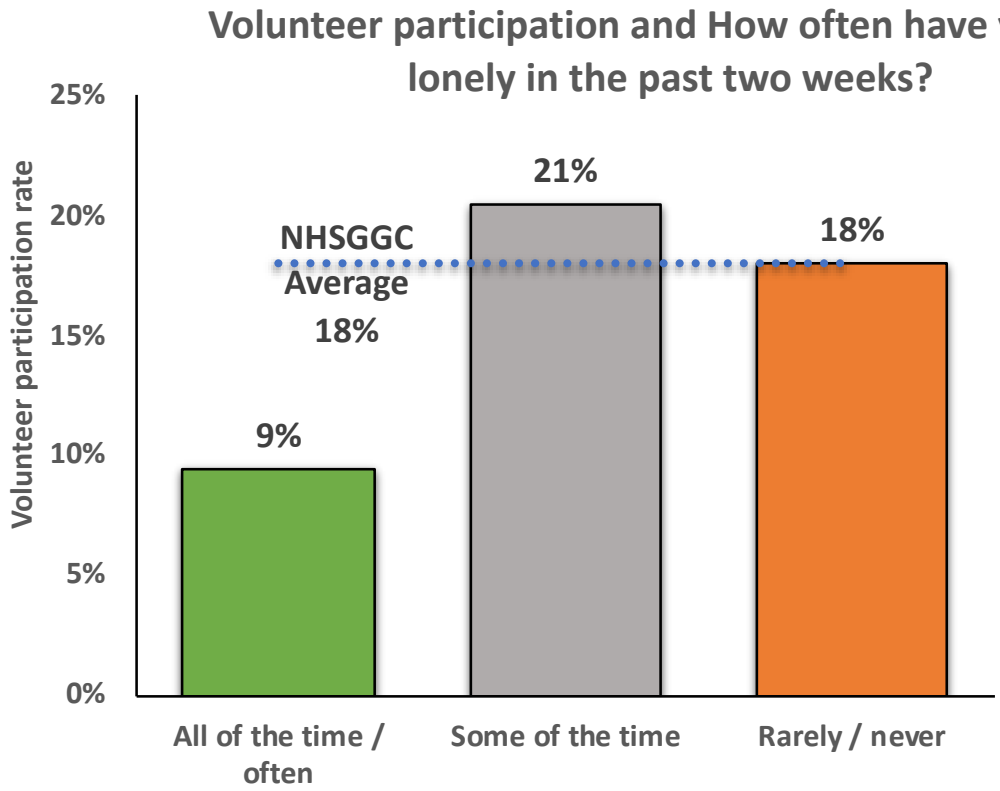
Source: NHSGGC 2017/2018 Health & Wellbeing survey

4. Loneliness

Loneliness– NHSGGC Overall



83% of adults in NHSGGC rarely or never feel lonely, while 6% of adults feel lonely all of the time /often.

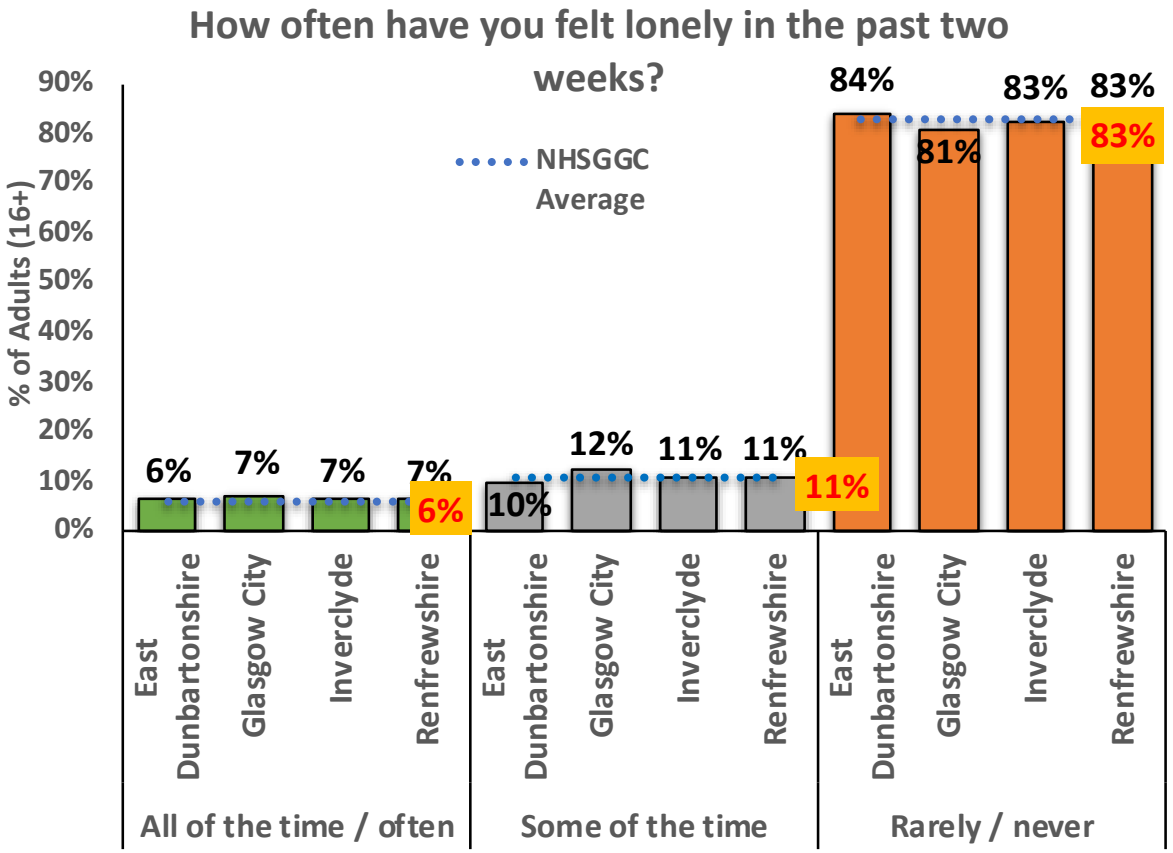


Participation rates are:

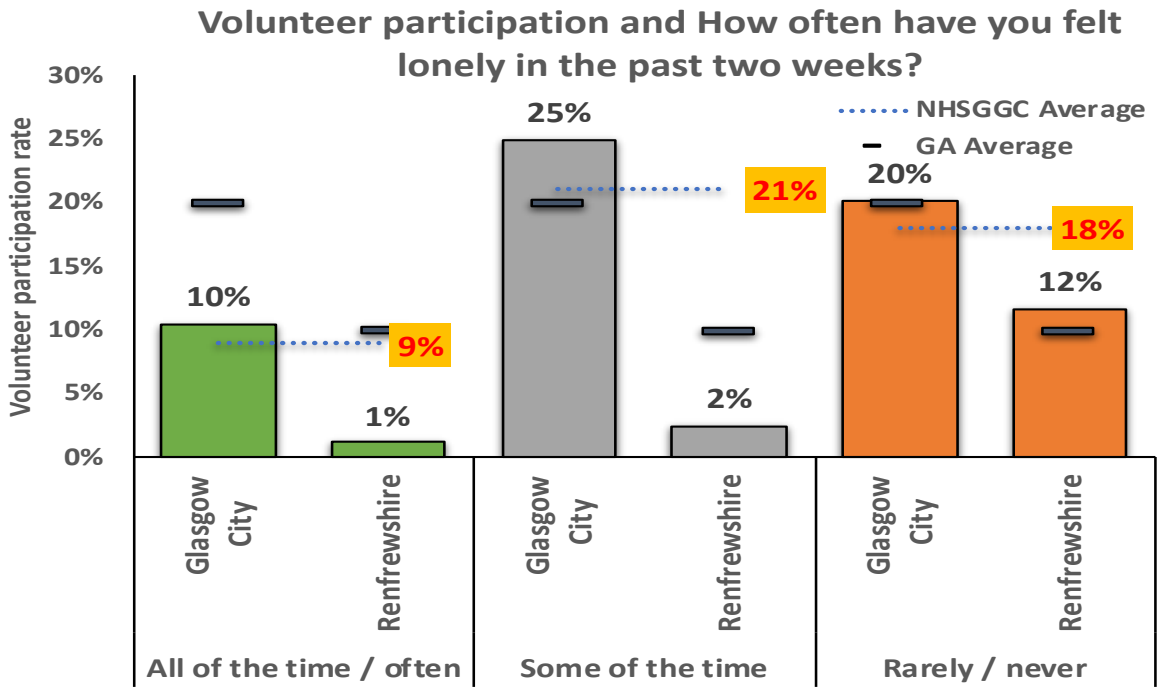
- 9% lower than the NHSGGC average for adults who feel lonely all of the time / often.
- 3% higher than the NHSGGC average for adults feel lonely some of the time.
- Equal to the NHSGGC average for adults who rarely / never feel lonely.

Source: NHSGGC 2017/2018 Health & Wellbeing survey

Loneliness – NHSGGC Geographical Areas



Adults in all NHSGGC Geographical Areas except East Dunbartonshire are more likely to feel lonely all of the time / often than the NHSGGC average, all being 1% higher.



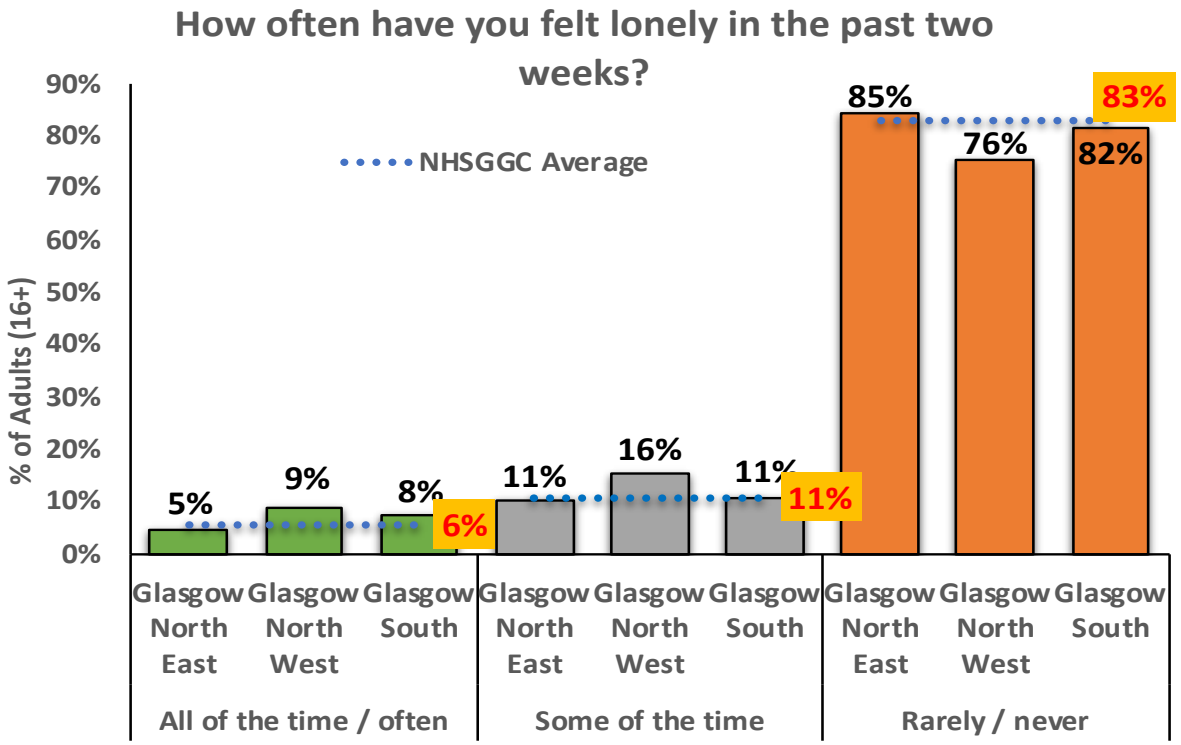
The relationship between volunteer participation rate and loneliness is only statistically significant in Glasgow City and Renfrewshire.

Participation rates in Glasgow City follow the pattern for NHSGGC with lower than average participation rates for adults who feel lonely all of the time/often, above average participation rates for adults who feel lonely some of the time and equal to the average for adults who rarely/never feel lonely.

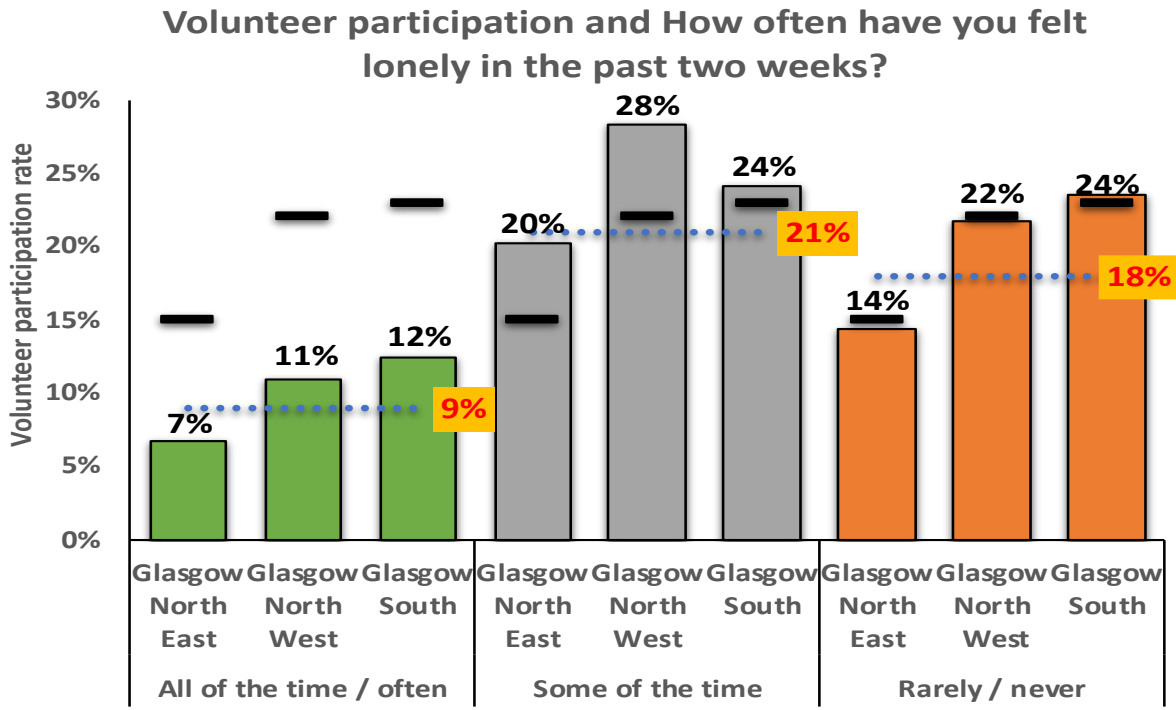
Renfrewshire has below average participation rates for adults feeling lonely all of the time / often and some of the time and above average participation rates for adults who never feel lonely. The sample size for all of the time/often /some of the time is small, but the expected count meets the assumptions of the statistical tests.

Source: NHSGGC 2017/2018 Health & Wellbeing survey

Loneliness – Glasgow City Localities



A higher percentage of adults in Glasgow North West and Glasgow South feel lonely all of the time / often than the NHSGGC average (3% and 2% higher respectively).

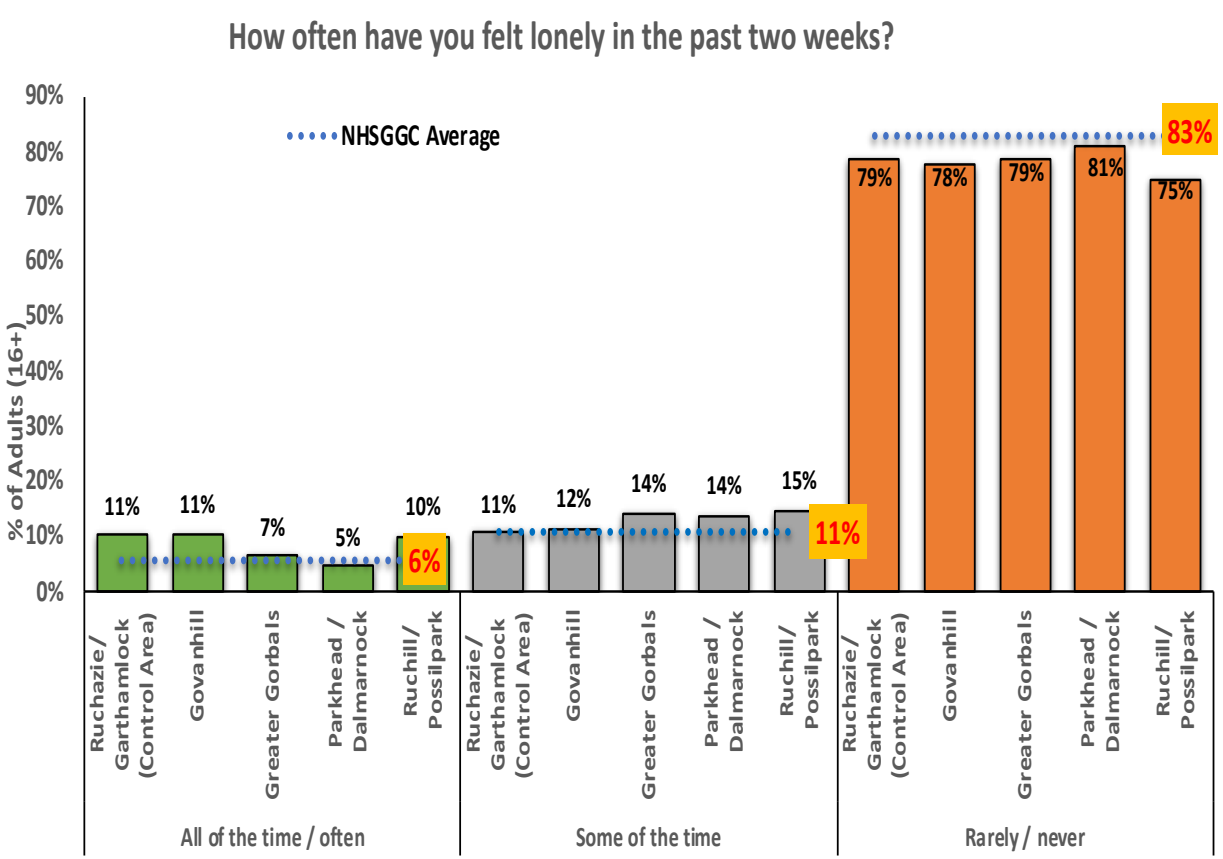


The relationship between volunteer participation rate and loneliness is statistically significant in all Glasgow City Localities. Participation rates are:

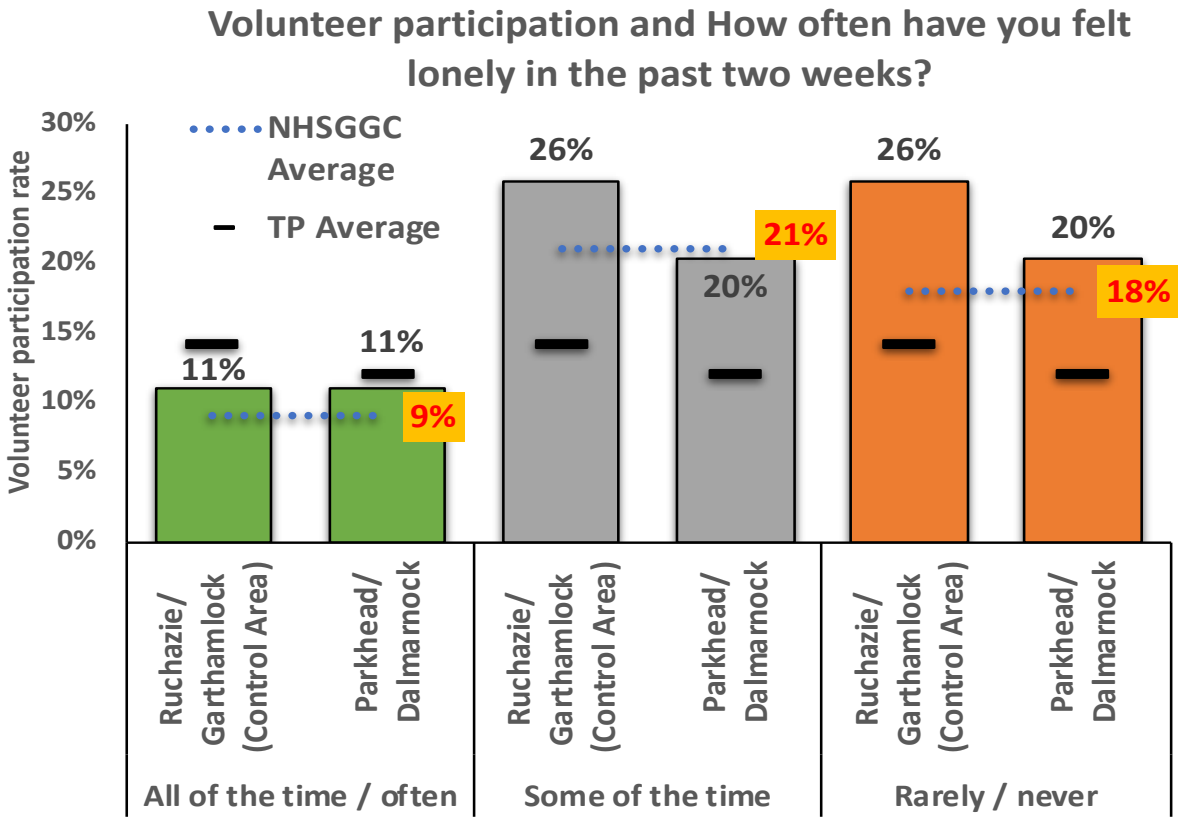
- Below average for adults who feel lonely all of the time /often.
- Above average for adults feeling lonely some of the time.
- Above average for adults who rarely / never feel lonely in Glasgow South, below average for adults who rarely / never feel lonely in Glasgow North East and equal to the North West average for adults who rarely / never feel lonely in the North West/.

Source: NHSGGC 2017/2018 Health & Wellbeing survey

Loneliness– Thriving Places



A higher percentage of adults in all but one thriving place, Parkhead / Dalmarnock, feel lonely all of the time / often than the NHSGGC average.



The relationship between volunteer participation rate and loneliness is only statistically significant in Parkhead / Dalmarnock and the control area Ruchazie/Garthamlock.

Participation rates are:

- Below average for adults who feel lonely all of the time / often.
- Above average for adults who feel lonely some of the time.
- Above average for adults who rarely / never feel lonely.

Source: NHSGGC 2017/2018 Health & Wellbeing survey

5. Summary Highlights

Summary highlights

Social Isolation

Social Isolation is higher than the NHSGGC average in some of the most deprived areas in NHSGGC - Glasgow City, Glasgow North West, Glasgow South and all but one thriving place (Parkhead / Dalmarnock), this shows that adults living in the most deprived Areas in NHSGGC are more likely to feel isolated from friends and family.

Where the relationship between volunteer participation and social isolation is statistically significant, those feeling isolated from friends and family have higher participation rates.

Previous research has shown that volunteering can be used as a means to mitigate or eliminate social isolation, the findings from NHSGGC show that those in the most deprived areas, who feel isolated from friends and family have higher participation rates.

Further research would be required to understand why adults in these areas who feel isolated from friends and family have higher volunteering participation rates. The demographic make up of the area may have an effect on the participation rates for those feeling isolated from friends and family. For example, areas where a high percentage of adults are not from the local area and feel isolated from their friends and family and engage in volunteering as a means to build social connections in the local area.

Summary highlights

Loneliness

A higher percentage of adults feel lonely all of the time / often in some of the most deprived areas in NHSGGC - Glasgow City, Inverclyde, Renfrewshire, Glasgow North West, Glasgow South and all but one thriving place (Parkhead / Dalmarnock), than the NHSGGC average.

The evidence presented in Volunteering, Health and Wellbeing, What does the evidence tell us shows that volunteering can mitigate or eliminate social isolation, by increasing volunteer participation in the most deprived Areas of Glasgow where more adults feel lonely more often it may be possible to reduce the higher than average rates of frequent loneliness.

Participation rates are below average for all Areas where adults feel lonely all of the time / often.

For all Areas except Renfrewshire, participation rates are above or equal to average for adults who feel lonely some of the time.

For all Areas except Renfrewshire, participation rates are above or equal to average for adults who rarely / never feel lonely.

6. 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%