NHSGGC Analysis: Health and Wellbeing

This summary presents analysis of volunteering data in the 2022/23 NHS Greater Glasgow and Clyde (NHSGGC) Health and Wellbeing Survey and builds on analysis of the 2017/2018 dataset as well as Volunteer Scotland's cross-sectional analysis of the 2022 Scottish Household Survey. The analysis considers the impact of health and wellbeing on formal volunteer participation across the Greater Glasgow and Clyde area.

Key Takeaways:

General Health:

- Formal volunteering rates are consistently lowest among adults who report bad or very bad general health, across all geographical breakdowns where the relationship is statistically significant — including Scotland overall, SIMD quintiles, NHSGGC, and local geographical areas.
- Conversely, participation is highest among those reporting very good health in all statistically significant splits, with one exception: in Scotland at SIMD quintile 3, the highest rate of formal volunteering is observed among adults reporting good (rather than very good) health.

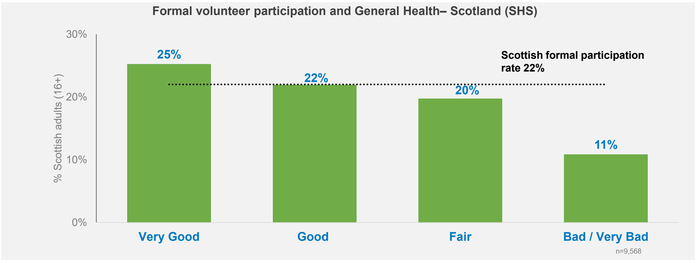
Mental Health:

- In Scotland, the Scottish Household Survey (SHS) assesses mental wellbeing using the Short Warwick–Edinburgh Mental Wellbeing Scale (SWEMWBS), a condensed version of the full WEMWBS. The average SWEMWBS score in the SHS dataset is 24.5. For analytical purposes, individuals are grouped into three mental wellbeing categories: Low: 7–20, Average: 20.01–28.99 and High: 29–35.
- At the Scotland-wide level, adults with average mental wellbeing show the highest formal volunteer participation rates. Formal volunteer participation is lower among those with high or low wellbeing scores. Adults with low mental wellbeing have the lowest participation rates overall.
- NHSGGC does not measure SWEMBS and instead asks four questions on mental wellbeing: 'Which face best rates your overall quality of life?', 'Which face best rates your general physical wellbeing?', 'Which face best rates your general mental or emotional wellbeing?' and 'Do you feel in control of decisions that affect your life, such as planning your budget, moving house or changing job?'. For the first three questions respondents 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.
- Formal volunteer participation is highest among adults who rate their overall quality of life positively, and lowest among those who rate it negatively in NHSGGC overall which is mirrored in Glasgow City and Renfrewshire. The relationship is not statistically significant, or the sample size is too small across all thriving places.
- At an NHSGGC overall level formal volunteer participation is highest among adults who rate their physical wellbeing positively, and lowest among those who rate it negatively. The same trend is observed in Glasgow City, which is the only area where the relationship is statistically significant. Elsewhere, the relationship is not statistically significant, or the sample size is too small.
- Participation is highest among adults who rate their mental/emotional wellbeing positively, and lowest among those who rate it negatively at an overall NHSGGC level. The relationship varies by Geographical Area as detailed below.
- Participation is highest among adults who 'definitely feel' in control of decisions affecting their life, and lowest among those who feel only somewhat or not at all in control. This trend is mirrored in the geographical areas where the relationship is statistically significant.

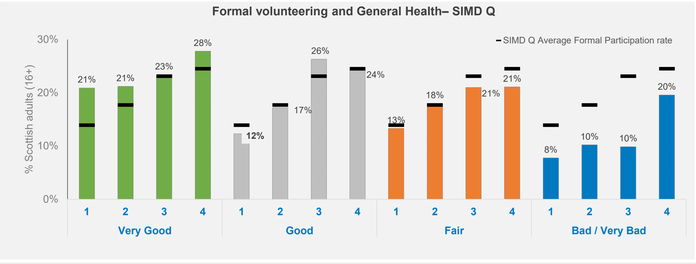
Long-Term Health Conditions

- The relationship between adults' long-term health condition and formal volunteer participation is not statistically significant at an overall Scottish level. At the SIMD Q level, the relationship is only statistically significant for SIMD Q3.
- The relationship between 'do you have any long-term condition or illness that substantially interferes with your day-to-day activities and formal volunteer participation is not statistically significant at an overall NHSGGC level. At the Geographical Area level, the relationship is only statistically significant for Glasgow City where formal participation rates are lowest for adults with a long-term health. This is also mirrored in the Thriving Places where the relationship is statistically significant.
- NHSGGC allows further analysis on the relationship between formal volunteer participation and types of health conditions.
- In NHSGGC formal volunteer participation rates are lowest for adults with a physical disability and highest adults without a physical disability. The relationship is not statistically significant for any local authorities. In the Thriving Places where the relationship is statistically significant the trend mirror the overall NHSGGC trend.
- In NHSGGC formal volunteer participation rates are lowest for adults with a mental or emotional health problem and highest for adults without a mental or emotional health problem. This trend is mirrored in the Geographical Areas where the relationship is statistically significant. The relationship is not statistically significant, or the sample size is too small for all thriving places.

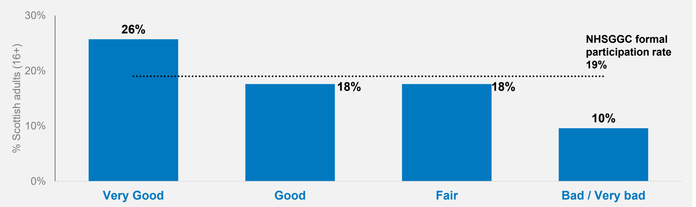
Formal volunteer participation and General Health



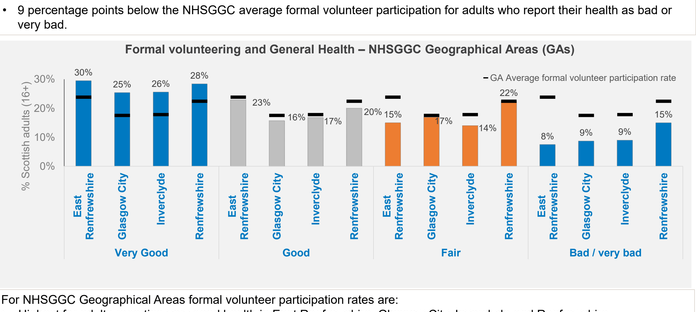
Formal volunteer participation rates are:
- 3 percentage points above the average formal participation rate for adults rating their health as very good.
- Equal to the average formal volunteer participation rate for adults rating their health as good.
- 2 percentage points below the average formal volunteer participation rate for adults rating their health as fair and 11 percentage points below for adults rating their health as bad or very bad.



For Scottish SIMD Q formal volunteer participation rates are:
- Highest for adults reporting very good health in SIMD Q1, Q2 and Q4 and good health in SIMD Q3.
- Lowest for adults reporting bad or very bad health in SIMD Q1 – Q4.
- The relationship is not statistically significant for Q5 (and is therefore not included on the graph).



In NHSGGC formal volunteer participation rates are:
- 7 percentage points above the NHSGGC average formal volunteer participation rate for adults who report their health as very good.
- 1 percentage point below the NHSGGC average formal volunteer participation for adults who report their health as good or fair.
- 9 percentage points below the NHSGGC average formal volunteer participation for adults who report their health as bad or very bad.



For NHSGGC Geographical Areas formal volunteer participation rates are:
- Highest for adults reporting very good health in East Renfrewshire, Glasgow City, Inverclyde and Renfrewshire.
- Lowest for adults reporting bad or very bad health in East Renfrewshire, Glasgow City, Inverclyde and Renfrewshire.
- The relationship is not statistically significant for East or West Dunbartonshire.
- Sample sizes are too small or the relationship is not statistically significant in any Thriving Places.

Please see: Volunteer Scotland Cross Sectional Analysis, Volunteer Scotland's NHSGGC 2017/18 analysis and NHSGGC overall 2022/23 Health and Wellbeing survey reports for further details.

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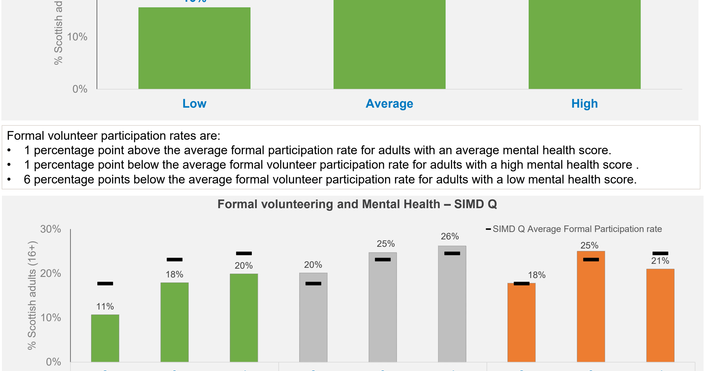
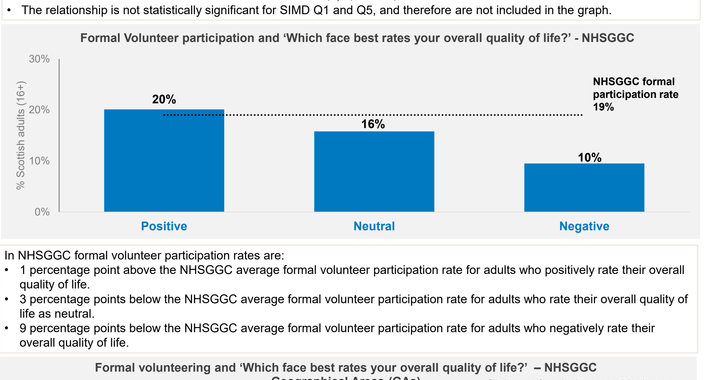
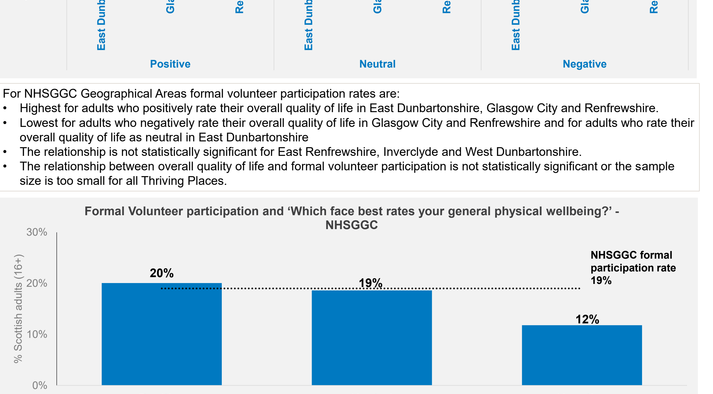
Formal volunteer participation and Mental Health



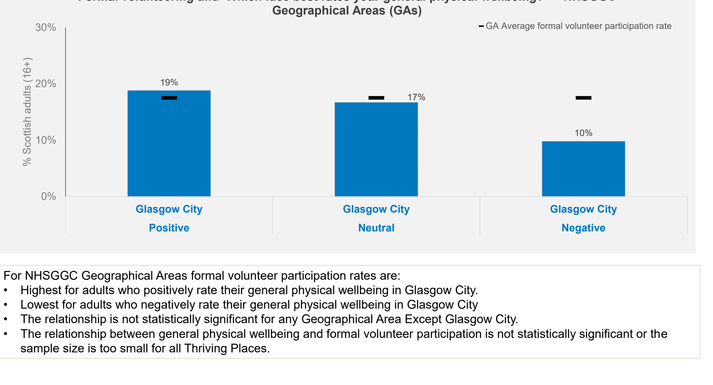
Formal volunteer participation rates are:
- 1 percentage point above the average formal participation rate for adults with an average mental health score.
- 1 percentage point below the average formal volunteer participation rate for adults with a high mental health score .
- 6 percentage points below the average formal volunteer participation rate for adults with a low mental health score.



For Scottish SIMD Q formal volunteer participation rates are:
- Highest for adults with average mental health score in SIMD Q2 and Q4. In SIMD Q3 formal participation rates are joint highest for adults with average and high mental health scores..
- Lowest for adults with low mental health score in SIMD Q2, Q3 and Q4
- The relationship is not statistically significant for SIMD Q1 and Q5, and therefore are not included in the graph.



In NHSGGC formal volunteer participation rates are:
- 1 percentage point above the NHSGGC average formal volunteer participation rate for adults who positively rate their overall quality of life.
- 3 percentage points below the NHSGGC average formal volunteer participation rate for adults who rate their overall quality of life as neutral.
- 9 percentage points below the NHSGGC average formal volunteer participation rate for adults who negatively rate their overall quality of life.



For NHSGGC Geographical Areas formal volunteer participation rates are:
- Highest for adults who positively rate their overall quality of life in East Dunbartonshire, Glasgow City and Renfrewshire.
- Lowest for adults who negatively rate their overall quality of life in Glasgow City and Renfrewshire and for adults who rate their overall quality of life as neutral in East Dunbartonshire
- The relationship is not statistically significant for East Renfrewshire, Inverclyde and West Dunbartonshire.
- The relationship between overall quality of life and formal volunteer participation is not statistically significant or the sample size is too small for all Thriving Places.

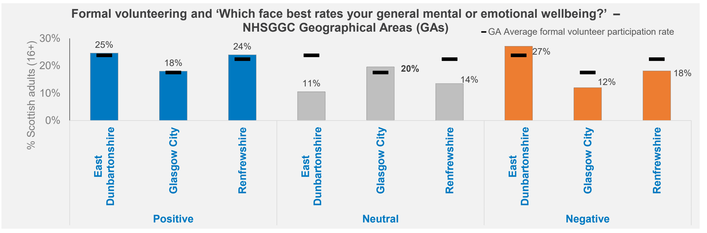
In NHSGGC formal volunteer participation rates are:
- 1 percentage point above the NHSGGC average formal volunteer participation rate for adults who positively rate their general physical wellbeing.
- Equal to the NHSGGC average formal volunteer participation rate for adults who rate their general physical wellbeing as neutral.
- 7 percentage points below the NHSGGC average formal volunteer participation rate for adults who negatively rate their general physical wellbeing.

For NHSGGC Geographical Areas formal volunteer participation rates are:
- Highest for adults who positively rate their general physical wellbeing in Glasgow City.
- Lowest for adults who negatively rate their general physical wellbeing in Glasgow City
- The relationship is not statistically significant for any Geographical Area Except Glasgow City.
- The relationship between general physical wellbeing and formal volunteer participation is not statistically significant or the sample size is too small for all Thriving Places.

In NHSGGC formal volunteer participation rates are:
- 1 percentage point above the NHSGGC average formal volunteer participation rate for adults who positively rate their general mental or emotional wellbeing.
- 1 percentage point below NHSGGC average formal volunteer participation rate for adults who rate their general mental or emotional wellbeing as neutral.
- 4 percentage points below the NHSGGC average formal volunteer participation rate for adults who negatively rate their general mental or emotional wellbeing.

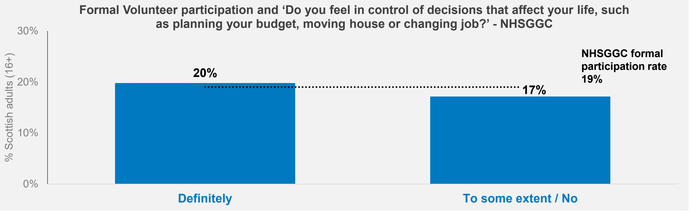
Please see: Volunteer Scotland Cross Sectional Analysis, Volunteer Scotland's NHSGGC 2017/18 analysis and NHSGGC overall 2022/23 Health and Wellbeing survey reports for further details.

NHSGGC Analysis: Health and Wellbeing



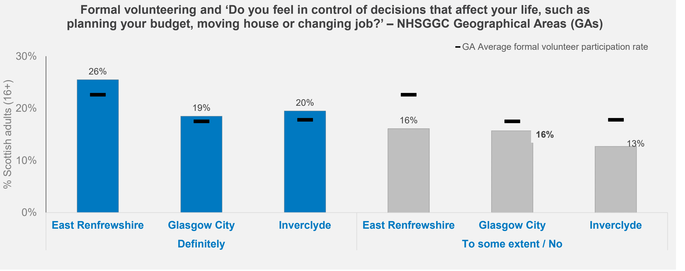
For NHSGGC Geographical Areas formal volunteer participation rates are:

- Highest for adults who positively rate their general mental or emotional wellbeing in Renfrewshire, negatively rate their general mental or emotional wellbeing in East Dunbartonshire and adults who rate their general mental or emotional wellbeing as neutral in Glasgow City.
- Lowest for adults who rate their general mental or emotional wellbeing as neutral in East Dunbartonshire and Renfrewshire and lowest for adults who negatively rate their general mental or emotional wellbeing in Glasgow City.
- The relationship is not statistically significant for East Renfrewshire, Inverclyde and West Dunbartonshire.
- The relationship between overall quality of life and formal volunteer participation is not statistically significant or the sample size is too small for all Thriving Places.



In NHSGGC formal volunteer participation rates are:

- 1 percentage point above the NHSGGC average formal volunteer participation rate for adults who definitely feel in control of decisions that affect their life.
- 2 percentage points below the NHSGGC average formal volunteer participation rate for adults that feel in control of decisions that affect their life to some extent or do not feel in control of decisions that affect their life.

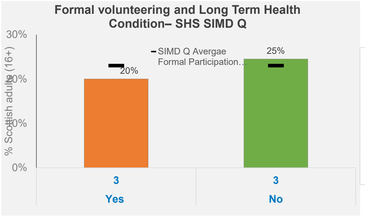


For NHSGGC Geographical Areas formal volunteer participation rates are:

- Highest for adults for adults who definitely feel in control of decisions that affect their life in East Renfrewshire, Glasgow City and Inverclyde.
- Lowest for adults that feel in control of decisions that affect their life to some extent or do not feel in control of decisions that affect their life in East Renfrewshire, Glasgow City and Inverclyde.
- The relationship is not statistically significant for East Dunbartonshire, Inverclyde, Renfrewshire and West Dunbartonshire.
- The relationship between overall quality of life and formal volunteer participation is not statistically significant or the sample size is too small for all Thriving Places.

Formal volunteer participation and Long-Term Health Conditions

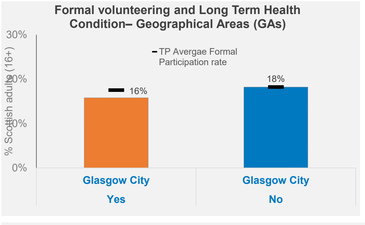
The relationship between adults' long-term health condition and formal volunteer participation is not statistically significant at an overall Scottish level. Formal participation rates are 21% for those with a long-term health condition and 22% for adults with no long-term health conditions.



The relationship between adults' long-term health conditions and formal volunteer participation is only statistically significant for SIMD Q3 (at a Scottish level).

Formal participation rates are:

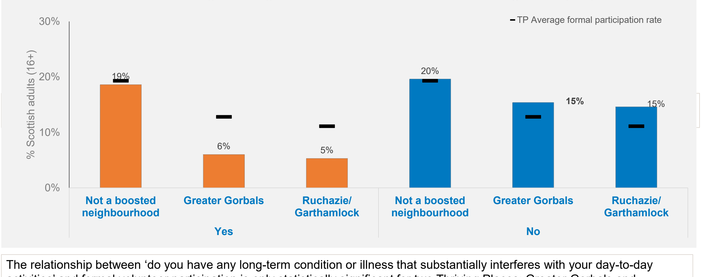
- Below the SIMD Q average for adults with a long-term health condition.
- Above the SIMD Q average for adults with no long-term health conditions.



The relationship between 'do you have any long-term condition or illness that substantially interferes with your day-to-day activities and formal volunteer participation is only statistically significant for one Geographical Area, Glasgow City.

Formal participation rates are:

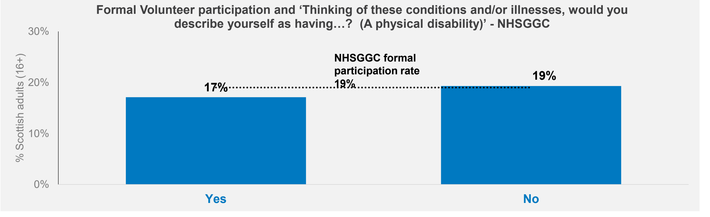
- Below the Geographical Area average for adults with a long-term health condition.
- Above the Geographical average for adults with no long-term health conditions.



The relationship between 'do you have any long-term condition or illness that substantially interferes with your day-to-day activities' and formal volunteer participation is only statistically significant for two Thriving Places: Greater Gorbals and Ruchazie / Garthamlock.

Formal participation rates are:

- Below the Geographical Area average for adults with a long-term health condition.
- Above the Geographical average for adults with no long-term health conditions.

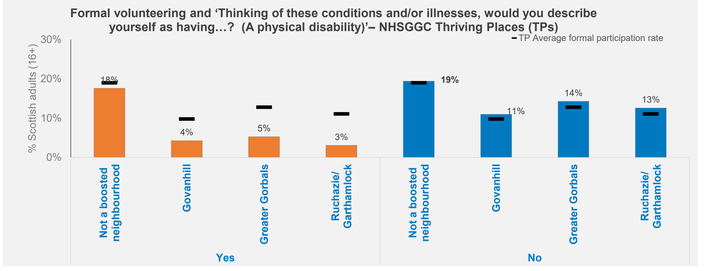


In NHSGGC formal volunteer participation rates are:

- 2 percentage points below the NHSGGC average formal volunteer participation rate for adults with a physical disability.
- Equal to the NHSGGC average formal volunteer participation rate for adults without a physical disability.
- The relationship between volunteer participation and 'Thinking of these conditions and/or illnesses, would you describe yourself as having…? (A physical disability)' is not statistically significant for any Geographical Areas.

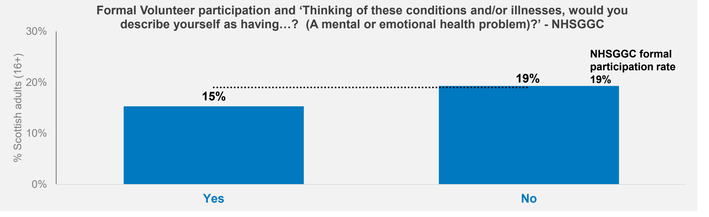
Please see: Volunteer Scotland Cross Sectional Analysis, Volunteer Scotland's NHSGGC 2017/18 analysis and NHSGGC overall 2022/23 Health and Wellbeing survey reports for further details.

NHSGGC Analysis: Health and Wellbeing

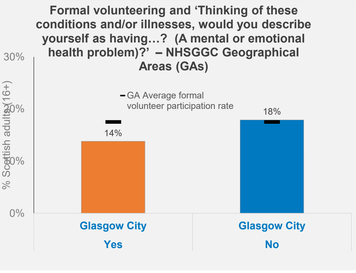


The relationship between 'Thinking of these conditions and/or illnesses, would you describe yourself as having…? (A physical disability)' and formal volunteer participation is statistically significant for three Thriving Places, Govanhill, Greater Gorbals and Ruchazie / Garthamlock.

Formal participation rates are:
- Below the Geographical Area average for adults with a physical disability.
- Above the Geographical average for adults without a physical disability.



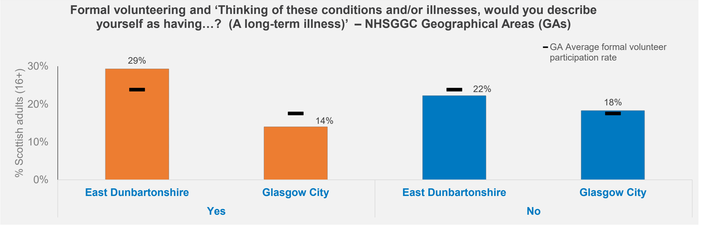
In NHSGGC formal volunteer participation rates are:
- Equal to the NHSGGC average formal volunteer participation rate for adults without a mental or emotional health problem.
- 4 percentage point below the NHSGGC average formal volunteer participation rate for adults with a mental or emotional health problem.



For NHSGGC Geographical Areas the relationship between formal volunteer participation rates and 'Thinking of these conditions and/or illnesses, would you describe yourself as having…? (A mental or emotional health problem)?' is only statistically significant in Glasgow City, where formal participation rates are:

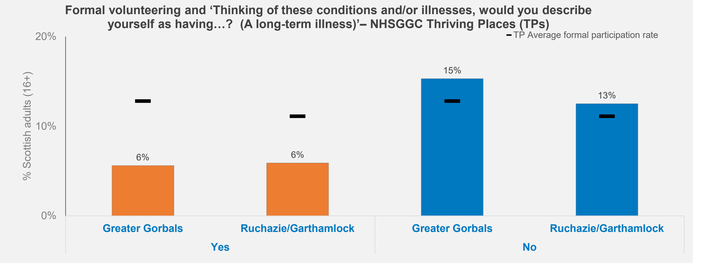
- Equal to the Geographical Area average for adults without a mental or emotional health problem.
- Below the Geographical Area average for adults with a mental or emotional health problem.
- The relationship is not statistically significant, or the sample size is too small for all Thriving Places.

- The relationship between formal volunteer participation and 'Thinking of these conditions and/or illnesses, would you describe yourself as having…? (A long-term illness)' is not statistically significant at an overall NHSGGC level.



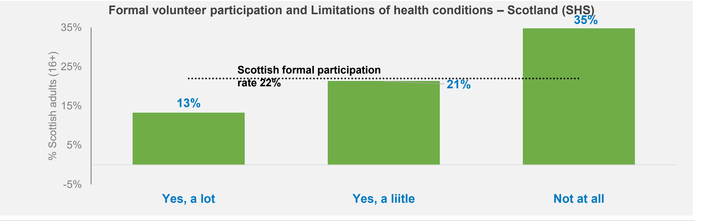
For NHSGGC Geographical Areas the relationship between formal volunteer participation rates and 'Thinking of these conditions and/or illnesses, would you describe yourself as having…? (A long-term illness)?' is only statistically significant in East Dunbartonshire and Glasgow City, where formal participation rates are:

- Above the Geographical Area average for adults with a long-term illness in East Dunbartonshire and below the Geographical Area average for adults without a long-term illness.
- Below the Geographical Area average for adults with a long-term illness in Glasgow City and equal to the Geographical Area average for adults without a long-term illness.

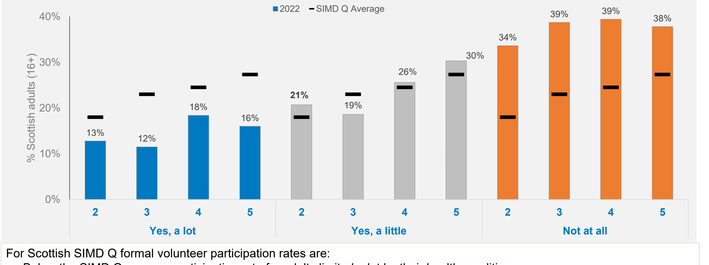


The relationship between 'Thinking of these conditions and/or illnesses, would you describe yourself as having…? (A long-term illness)' and formal volunteer participation is statistically significant for two thriving places, Greater Gorbals and Ruchazie / Garthamlock.

Formal participation rates are:
- Below the Geographical Area average for adults with a long-term illness.
- Above the Geographical average for adults without a long-term illness.



Formal volunteer participation rates are:
- 13 percentage points above the average formal participation rate for adults not limited at all by their health condition.
- 1 percentage point below the average formal volunteer participation rate for adults impacted a little by their health condition.
- 9 percentage points below the average formal volunteer participation rate for adults impacted a lot by their health condition.



For Scottish SIMD Q formal volunteer participation rates are:
- Below the SIMD Q average participation rate for adults limited a lot by their health condition.
- Above the SIMD Q average participation for adults limited a little in SIMD Q2, Q4 and Q5. Below the SIMD Q average for adults limited a little in SIMD Q3.
- Above the SIMD Q average participation rate for adults not limited by their health condition. .
- The relationship is not statistically significant for Q1.

Please see: Volunteer Scotland Cross Sectional Analysis, Volunteer Scotland's NHSGGC 2017/18 analysis and NHSGGC overall 2022/23 Health and Wellbeing survey reports for further details.

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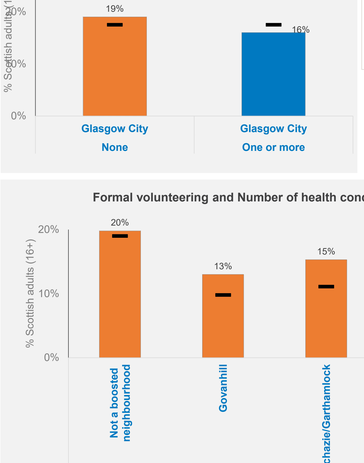
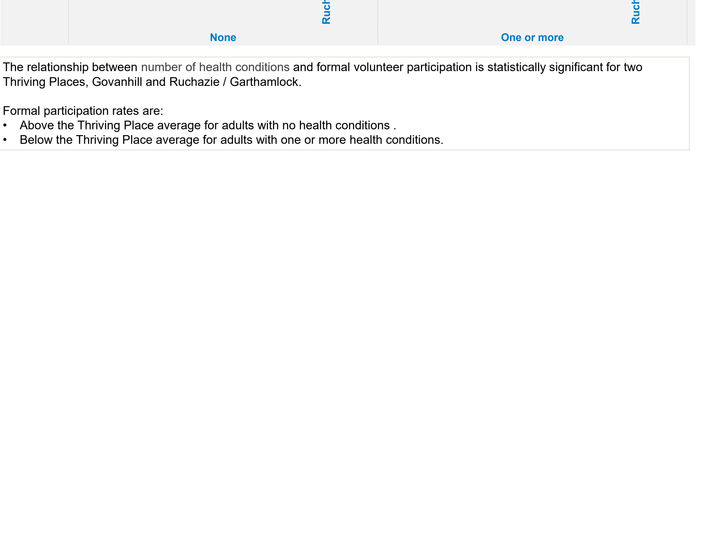
The relationship between formal volunteer participation and the number of illnesses someone is receiving treatment for is not statistically significant at an overall NHSGGC level.



For NHSGGC Geographical Areas the relationship between formal volunteer participation rates and number of health conditions is only statistically significant in Glasgow City, where formal participation rates are:

- Above the Geographical Area average for adults with no health conditions.
- Below the Geographical Area average for adults with one or more health conditions.



The relationship between number of health conditions and formal volunteer participation is statistically significant for two Thriving Places, Govanhill and Ruchazie / Garthamlock.

Formal participation rates are:
- Above the Thriving Place average for adults with no health conditions .
- Below the Thriving Place average for adults with one or more health conditions.

Please see: Volunteer Scotland Cross Sectional Analysis, Volunteer Scotland's NHSGGC 2017/18 analysis and NHSGGC overall 2022/23 Health and Wellbeing survey reports for further details.