

# Scottish Borders Health and Wellbeing Profiles – key indicators and overview

Cite as: Millard A, McCartney G, MacKinnon A, Van Heelsum A, Gasiorowski A, Barkat S. *Scottish Borders Health and Wellbeing Profiles – key indicators and overview*. Edinburgh: ScotPHO; 2016.

## Introduction

The ScotPHO Health and Wellbeing profiles ([www.scotpho.org.uk/comparative-health/profiles/online-profiles-tool](http://www.scotpho.org.uk/comparative-health/profiles/online-profiles-tool)) provide a set of health and wellbeing indicators for Scottish local authority areas. The indicators are displayed in spine charts for each local authority and are measured in the same way in each part of Scotland. One of the key aims of the profiles is to allow comparisons between areas, and the data that are available demonstrate the inequalities in outcomes between areas.

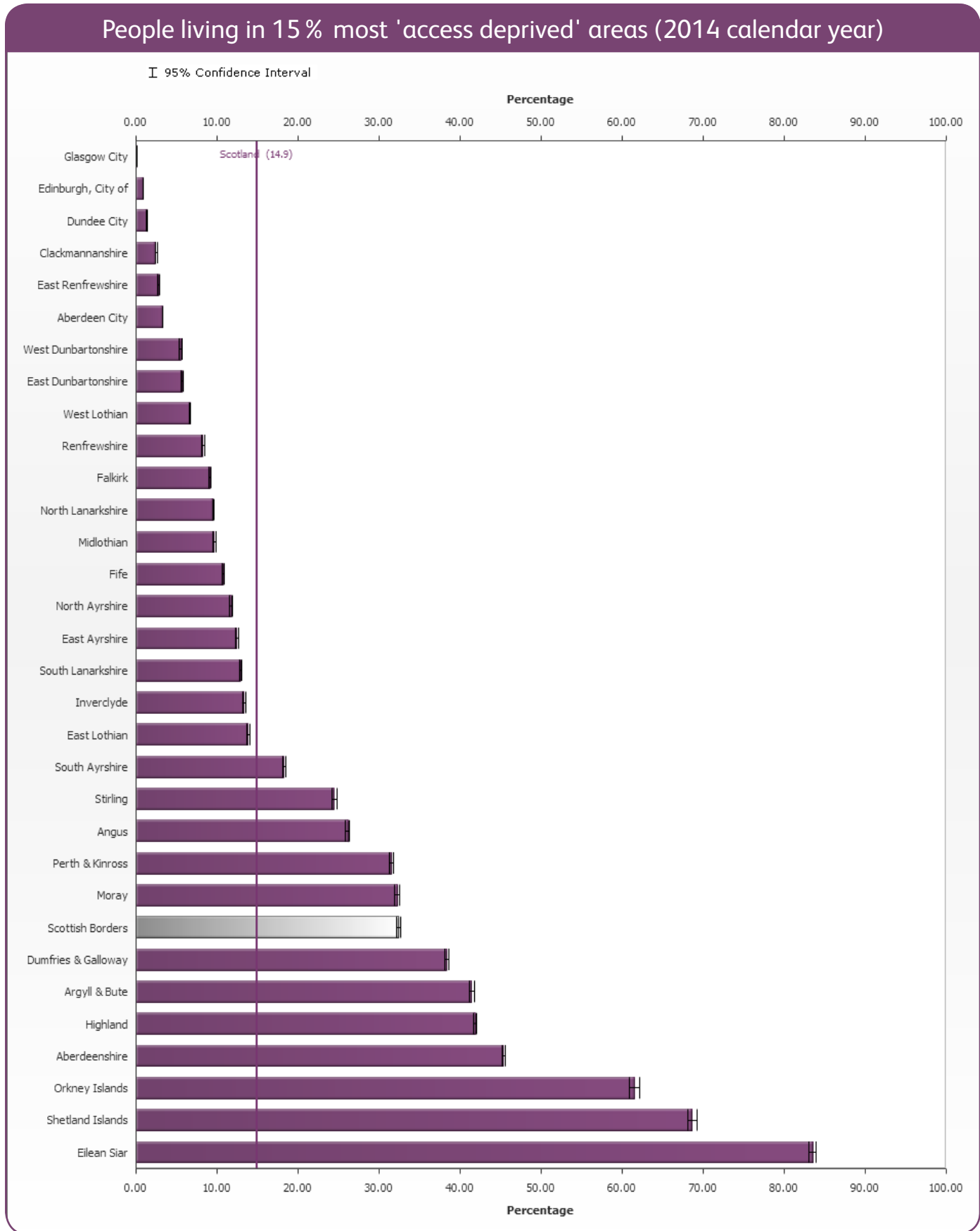
Feedback shows that some people find using the online profiles tool daunting, therefore this report will provide key points without the need to go into the tool. For further details or up-to-date figures see the final section of this report, which explains how to use the tool.

The featured spine chart compares the local and national position for each indicator. Also included – for the worst key indicator locally – are a trend chart, showing changes over time in comparison with Scotland, and a rank chart, showing how your local authority compares with the other 31 local authorities. These charts can be accessed online by clicking on an individual indicator name in the spine chart.

Throughout this report we refer to the European Age Standardised Rate (EASR), which is the rate per 100,000 population adjusted for the different age balances. Unless the indicator is given for one sex only, the EASRs adjust for both differing age and sex balance. Crude rates are the rates before any adjustment. Unless specified as crude, 'rate' always means the EASR in this report.

# Key differences from Scotland in health and wellbeing indicators for Scottish Borders

The 'worst' indicators, ranked locally are reported below in the key differences summary. The aim is to provide an indication of which areas might be considered as priorities for improvement.



## Methods

Indicators are highlighted only when it is considered that the difference between the local and national figure is not just due to random variation (in other words the difference is statistically significant). Figures were ordered from the worst to the best, then the six worst were selected and compared to the Scottish averages. This information may be of use in health improvement planning, but must be considered in a local context.

The information in this report is a snapshot taken on a particular date (25 February 2016). The indicators are updated continuously, and therefore more up-to-date information may be available online. To avoid disclosure as a result of small numbers, many indicators use aggregated figures where necessary, for example over a three- or five-year period, such as 2012–14. The data can be collected for a calendar year, such as 2012, or a financial year, such as 2012/13.

## Key indicators for Scottish Borders

For Scottish Borders in 2014, the percentage of people living in 15% most 'access deprived' areas was 33%, which was 117% higher than the Scottish level of 15%.

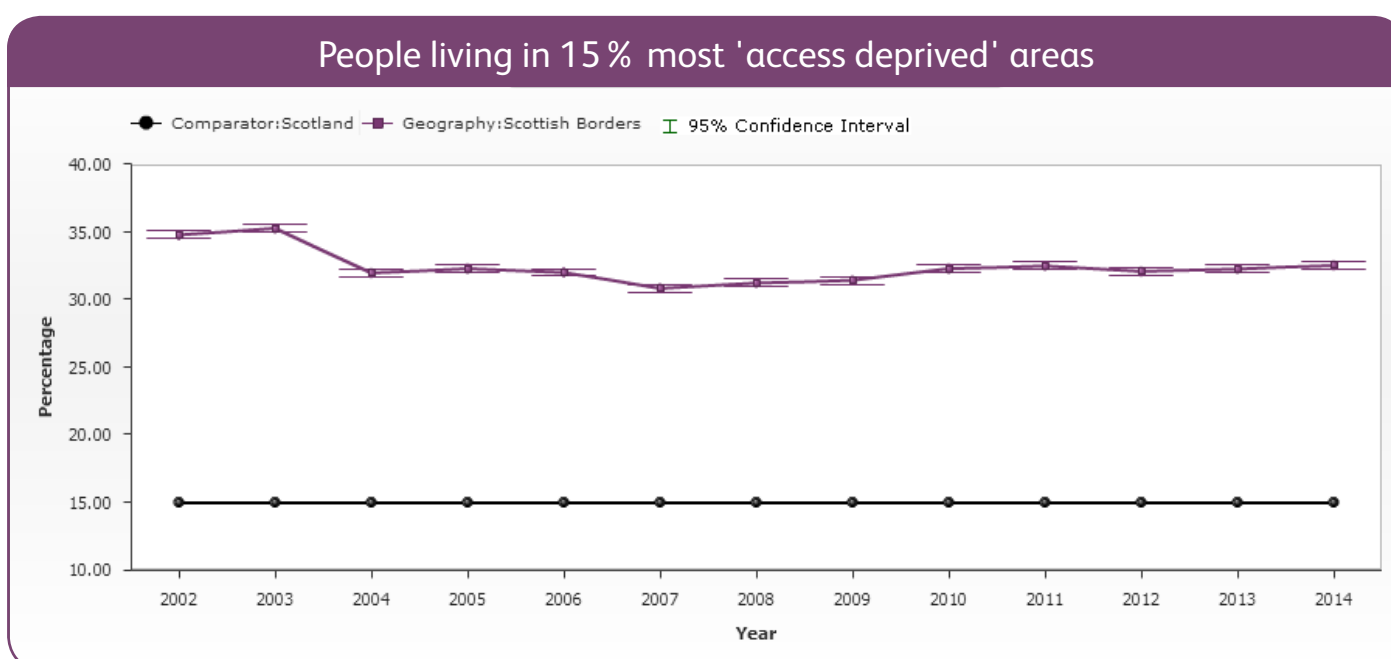
In 2013, the percentage of population within 500 metres of a derelict site was 41%, which was 38% higher than the Scottish level of 30%.

In 2013/14, the percentage of people aged 65 and over with high levels of care needs who are cared for at home was 26%, which was 25% lower than the Scottish level of 35%.

In 2012/13–2014/15, the percentage of mothers smoking during pregnancy was 23%, which was 24% higher than the Scottish level of 19%.

In 2011–2013, the rate for patients with emergency hospitalisations was 8357/100,000, which was 11% higher than the Scottish level of 7500/100,000.

In 2014/15, the percentage of patients prescribed drugs for anxiety/depression/psychosis was 18%, which was 1% higher than the Scottish level of 17%.



# Health & Wellbeing Profiles (Scottish Borders)

Domain	Indicator	Period	Number	Measure	Type	National Average	'Worst'	Scotland Comparator	'Best'
Life Expectancy & Mortality	1 Male life expectancy <sup>18</sup>	2011	n/a	78.7	yrs	76.6			
	2 Female life expectancy <sup>18</sup>	2011	n/a	82.0	yrs	80.8			
	3 Deaths all ages <sup>12</sup>	2013	1,253	1,042.3	sr4	1,169.8			
	4 All-cause mortality among the 15-44 year olds. <sup>12</sup>	2013	29	82.1	sr4	100.5			
	5 Early deaths from CHD (<75) <sup>12</sup>	2012	50	43.0	sr4	60.7			
	6 Early deaths from cancer (<75) <sup>12</sup>	2013	161	123.6	sr4	154.7			
Behaviours	7 Estimated smoking attributable deaths <sup>3,13,16</sup>	2014	209	288.0	sr4	366.8			
	8 Smoking prevalence (adults 16+) <sup>3,14</sup>	2014	36	14.2	%	20.2			
	9 Alcohol-related hospital stays <sup>15</sup>	2014	527	464.6	sr4	671.7			
	10 Deaths from alcohol conditions <sup>17</sup>	2012	19	14.9	sr4	23.1			
	11 Drug-related hospital stays <sup>12,15</sup>	2013	73	79.6	sr4	122.0			
	12 Active travel to work <sup>3,14</sup>	2013	36	18.0	%	16.0			
Ill Health & Injury	13 Patients registered with cancer <sup>12</sup>	2012	738	589.1	sr4	634.1			
	14 Patients hospitalised with chronic obstructive pulmonary disease (COPD) <sup>12,15</sup>	2012	618	497.6	sr4	659.9			
	15 Patients hospitalised with coronary heart disease <sup>12</sup>	2012	558	451.9	sr4	440.3			
	16 Patients hospitalised with asthma <sup>12</sup>	2012	110	99.4	sr4	91.2			
	17 Patients with emergency hospitalisations <sup>12</sup>	2012	9,702	8,356.9	sr4	7,500.2			
	18 Patients (65+) with multiple emergency hospitalisations <sup>12</sup>	2012	1,229	5,122.5	sr4	5,159.5			
Mental Health	19 Road traffic accident casualties <sup>12</sup>	2012	79	69.9	sr4	63.2			
	20 Population prescribed drugs for anxiety/depression/psychosis <sup>3</sup>	2014	20,059	17.6	%	17.4			
	21 Patients with a psychiatric hospitalisation <sup>12</sup>	2012	326	300.2	sr4	291.6			
	22 Deaths from suicide <sup>17</sup>	2011	17	15.7	sr4	14.5			
	23 Adults claiming incapacity benefit/severe disability allowance/ employment and support allowance	2014	4,255	3.7	%	5.1			
	24 <sup>3</sup> People aged 65 and over with high levels of care needs who are cared for at home	2013	239	26.2	%	34.7			
Social Care & Housing	25 Children looked after by local authority <sup>3</sup>	2013	180	7.9	cr2	14.4			
	26 Single adult dwellings	2014	20,269	35.4	%	37.5			
	27 Average tariff score of all pupils on the S4 roll <sup>13</sup>	2012	n/a	199.0	mean	193.0			
	28 Primary school attendance	2010	7,697	95.9	%	94.8			
	29 Secondary school attendance	2010	6,186	91.8	%	91.1			
	30 Working age adults with low or no educational qualifications <sup>3</sup>	2013	7,100	10.6	%	12.6			
Education	31 Population income deprived	2014	11,465	10.1	%	13.1			
	32 Working age population employment deprived	2014	6,410	9.3	%	12.2			
	33 Working age population claiming Out of Work benefits	2014	6,475	9.4	%	12.0			
	34 Young people not in employment, education or training (NEET). <sup>3</sup>	2014	290	5.8	%	6.5			
	35 Children living in poverty.	2012	2,650	10.9	%	15.3			

	2014	290	5.8	%	6.5
<b>34</b> Young people not in employment, education or training (NEET). <sup>3</sup>	2012	2,650	10.9	%	15.3
<b>35</b> Children Living in Poverty	2014	1,750	5.1	%	6.9
<b>36</b> People claiming pension credits (aged 60+)	2014	2,507	22.0	cr2	40.4
<b>37</b> Crime rate	2012	71	96.1	sr4	171.2
<b>38</b> Prisoner population <sup>3,13</sup>	2013	23	2.4	cr2	2.1
<b>39</b> Referrals to Children's Reporter for violence-related offences <sup>3</sup>	2014	911	79.9	cr9	112.0
<b>40</b> Domestic Abuse <sup>3</sup>	2014	64	5.6	cr9	11.9
<b>41</b> Violent crimes recorded <sup>3</sup>	2014	332	29.1	cr9	68.9
<b>42</b> Drug crimes recorded <sup>3</sup>	2013	46,534	40.9	%	29.7
<b>43</b> Population within 500 metres of a derelict site	2014	37,060	32.5	%	15.0
<b>44</b> People living in 15% most 'access deprived' areas	2014	n/a	64.6	%	55.8
<b>45</b> Adults rating neighbourhood as 'a very good place to live' <sup>3,14</sup>	2012	113	36.0	cr2	41.1
<b>46</b> Teenage pregnancies <sup>12</sup>	2013	176	22.9	%	18.5
<b>47</b> Mothers smoking during pregnancy <sup>12</sup>	2013	16	1.7	%	2.0
<b>48</b> Low birth weight <sup>12</sup>	2013	325	33.2	%	26.8
<b>49</b> Babies exclusively breastfed at 6-8 weeks <sup>12</sup>	2013	782	73.8	%	66.7
<b>50</b> Child dental health in primary 1	2013	517	51.6	%	47.7
<b>51</b> Child dental health in primary 7	2013	101	9.1	%	10.1
<b>52</b> Child obesity in primary 1	2011	4,462	76.4	%	72.5
<b>53</b> Breast screening uptake <sup>12</sup>	2012	12,975	61.1	%	56.0
<b>54</b> Bowel screening uptake <sup>12</sup>	2013	1,086	98.7	%	98.2
<b>55</b> Immunisation uptake at 24 months - 5 in 1 <sup>12</sup>	2013	1,063	96.7	%	95.3
<b>56</b> Immunisation uptake at 24 months - MMR <sup>12</sup>					

## Key

**Notes:**

- 3. Data available down to council (local authority) area only.
- 12. Three-year average number, and 3-year average annual measure.
- 13. Indicator based on HB boundaries prior to April 2014.
- 14. Two-year combined number, and 2-year average annual measure.
- 15. All 6 diagnosis codes used in the analysis; please see the technical report for more information.
- 16. Two-year average number, and 2-year average annual measure
- 17. Five-year average number, and 5-year average annual measure
- 18. Three year average for health boards, local authorities and Scotland. Five year average intermediate geographies

**Spine Chart Key:**

- Statistically significantly 'worse' than National average
- Statistically not significantly different from National average
- Statistically significantly 'better' than National average
- Statistically significant difference compared to National average
- △ No significance can be calculated

**Spine Chart Key:**

↑ 'Worse' Area

5th Percentile

← Scotland Average

75th Percentile

→ 'Better' Area

25th Percentile

95th Percentile

See the detailed Definitions and Sources table for indicator information and Technical Report for further guidance on interpreting the spine.

# Overview of the ScotPHO profiles for Scottish Borders

## Introduction

This section provides an overview of the population in Scottish Borders and all the health and wellbeing indicators in the area. The 56 indicators are split into 13 themes (also called domains). For each theme, comparisons are made between what is observed locally and the national picture.

As we include all indicators in the overview summary, some of these differences may be due to random variation. The spine chart (page 4–5) can be used to examine this. The colour of the dot on the spine chart indicates whether the differences are considered to be due to random variation or are statistically significant. Note that an indicator shown as higher does not always mean worse; it could be better. This depends on what the individual indicator measures. Please note that in this overview we use 'similar' wherever a difference is not statistically significant.

## Population structure

In 2014, 60% (68,629/114,030) of the population of Scottish Borders was of working age (16–64 years), lower than the national percentage of 65%. Children and young people (aged 0–15 years) made up 16.6% (19,070/114,030) of the population, lower than the national 17%. Adults aged over 75 years comprised 10% (11,565/114,030) of the population, higher than the national average of 8%. The population structure of Scottish Borders has fewer younger people, more older people, and fewer people of working age than the national average.

## Life expectancy

Life expectancies in 2011, at 78.7 years for males and 82 years for females, were higher than the Scottish average of 76.6 years for males and higher than the Scottish female average of 80.8 years.

## Mortality

In 2012–2014, the overall mortality rate among young adults (aged 15–44 years) was, at 82, similar to the Scottish rate of 101. Among those aged under 75 years, cancer mortality was 124, so lower than the Scottish rate of 155. For the same age group, for coronary heart disease, the mortality rate was 43, lower than the Scottish rate of 61.

## Behaviours

In Scottish Borders the prevalence of smoking in adults in 2014 was, at 14%, lower than that in Scotland (20%). The rate for smoking-attributable deaths in 2013–2014, at 288, was lower than Scotland (367). The rate for alcohol-related hospital stays in 2014/15 was 465, lower than the rate for Scotland (672). The rate for drug-related hospital stays in 2012/13–2014/15, at 80, was lower than Scotland's 122. In 2010–2014, the rate for alcohol-related deaths, at 15, was similar to the Scottish rate of 23. The percentage of adults walking or cycling to work in 2012/2013, at 18%, was similar to the 16% who did so in Scotland overall.

## Ill-health and injury

The rate for cancer registration in 2011–2013 was, at 589, lower than Scotland's overall rate of 634. The rate for patients hospitalised with asthma in 2011–2013, 99, was similar to the Scottish rate of 91. The rate for emergency hospitalisations in 2011–2013, at 8360, was higher than the rate for Scotland (7500). The rate for patients hospitalised for chronic obstructive pulmonary disease (COPD) in 2011–2013, at 498, was lower than the Scottish rate of 660. In 2011–2013, coronary heart disease rate was, at 452, similar to the Scottish level of 440. For road traffic accidents in 2011–2013 the rate was, at 70, similar to the Scottish rate of 63. The rate for adults aged 65 years and over with multiple hospital admissions in 2011–2013, at 5120, was similar to that in Scotland (5160).

## Mental health

The percentage of people prescribed medication for anxiety, depression or psychosis in 2014/15 was, at 18%, higher than Scotland overall (17%). The rate for psychiatric hospitalisations in 2011–2013 was 300, which was similar to the Scottish rate of 292. The suicide rate in 2009–2013 was 16, which was similar to the Scottish rate of 15.

## Social care and housing

In 2014, 3.7% of adults claimed incapacity benefit, severe disability allowance or employment and support allowance; this was lower than the Scottish figure of 5.1%. The percentage of those aged 65 years and over with high care needs cared for at home, at 26%, was lower than in Scotland overall (35%). The crude rate for children who were looked after by the local authority, at 8/1000, was similar to Scotland's rate of 14/1000. The proportion of households occupied by single adults (35%) was similar to the 38% in Scotland as a whole.

## Education

In 2012/13, the mean tariff score – which measures exam success rates – was 199, in comparison with the Scotland mean of 193. In 2010/11, the percentage attendance at primary school in Scottish Borders, at 96%, was higher than Scotland overall (95%) and the secondary school attendance of 92% was similar to Scotland's 91%. In 2013, some 11% of working-age adults had low or no educational qualifications, in comparison with 13% in Scotland.

## Economy

Economic deprivation indicators mostly suggested that the level of deprivation in Scottish Borders was lower than the level for Scotland overall. In 2014, the percentage who were income deprived in Scottish Borders was 10% for all ages, lower than the 13% for all ages for Scotland. 9% were employment deprived, lower than the 12% for those employment deprived in Scotland. In 2014, the percentage who claimed out-of-work benefits, at 9%, was lower than the 12% across Scotland. In 2014, the percentage of young adults who were outside employment, education or training was 6%, which was similar to the 7% for Scotland. In 2012, the percentage of children living in poverty was 11%, and so was lower than the 15% for Scotland. The percentage of those aged 60 years and over who claimed pension credits in 2014, at 5%, was lower than the 6.9% for Scotland.

## Crime

In Scottish Borders the crude population crime rate for 2014 was lower than Scotland at 22/1000 (Scotland: 40/1000) and the crude domestic abuse rate was lower than Scotland at 80/10,000 (Scotland: 112/10,000). The crude rate for recorded drug crimes was lower than Scotland's rate, at 29/10,000 (Scotland: 69/10,000), and the crude rate for referrals to the children's reporter for violence-related offences was similar to Scotland at 2.4/1000 (Scotland: 2.1/1000). The crude rate for recorded violent crimes was lower than Scotland at 6/10,000 (Scotland: 12/10,000). The rate for prisoner population, at 96, was lower than the Scottish rate of 171.

## Environment

In 2013, the percentage of the population who lived within 500m of a derelict site in Scottish Borders was 41%, which was higher than that in Scotland (30%) and the percentage with access deprivation (i.e. within the 15% of the Scottish population who lived furthest away from local services) was, at 33%, higher than the 15% for Scotland. In 2014, the percentage of adults who rated their area as a very good place to live was, at 65%, higher than Scotland's 56%.



## Women's and children's health

In 2011–2013, the crude rate for teenage pregnancy was 36/1000, so similar to Scotland's 41/1000. In 2012/13–2014/15, 2% of births were low weight, similar to Scotland at 2%. In 2013/14 the prevalence of childhood obesity in primary 1 was 9%, so similar to Scotland's 10%. The proportion of mothers smoking in pregnancy, at 23%, was higher than the 19% for Scotland in 2012/13–2014/15. The percentage of exclusive breastfeeding, at 33% in 2012/13–2014/15, was higher than Scotland's 27%. In 2013/14, 74% of children in primary 1 had good dental health, higher than Scotland at 67%. The dental health of children in primary 7, at 52% with no obvious decay experience, was higher than the Scottish average of 48%.

## Immunisation and screening

For breast screening, the uptake of 76% in 2010–2012 was higher than the national average of 73%. For bowel screening, the uptake of 61% was higher than the 56% uptake for Scotland. The immunisation uptake for MMR (measles, mumps, rubella) by age 2 years was 97% in 2012–2014, higher than Scotland's 95%. The immunisation uptake for 5 in 1 (diphtheria, pertussis, tetanus, polio, Hib [meningitis]) by age 2 years in 2012–2014 was 99%, similar to Scotland's 98%.

## Intermediate zones

Spine charts showing the data that are available for smaller areas within Scottish Borders (intermediate zones [IZs] – areas with approximately 10,000 individuals) are available via the online tool, but it is not possible to show these in the printed reports owing to the volume of the data (there are 1235 IZs in Scotland). The IZs can be further investigated by selecting Intermediate Zone from the Geography drop-down menu in the 'Profiles update process' section within the tool. This will show a map initially featuring the IZs for Aberdeen City. Use the buttons provided to zoom in (+) or out (–) of the map. You can select any local authority from the drop-down menu to the top-right of the map. To access the spine, trend and rank charts about a particular IZ, choose one from the list in the left-hand drop-down menu. Some indicators, particularly those reliant on survey data or those which have a very small number of outcomes, are not available at this level.

## Comparisons, time trends, other indicators and further data

Using the online ScotPHO profile tool ([www.scotpho.org.uk/comparative-health/profiles/online-profiles-tool](http://www.scotpho.org.uk/comparative-health/profiles/online-profiles-tool)) it is possible to compare the outcomes between any NHS Board, local authority or IZ area. A wider range of outcomes data are also available in the tool, including alcohol and drugs profiles, older adults' profiles, diabetes profiles and mental health profiles.

In any of the ScotPHO profiles the extent to which any differences may be due to random variation or chance is indicated by the colouring of the dots. By clicking on each individual indicator in the online tool it is also possible to compare areas on a rank chart and view time-trend data. Where relevant, data are also presented as standardised rates (to balance and account for age differences between areas) and as crude rates (to reflect the actual number of individuals/events for a particular outcome for service planning). Data across the socioeconomic determinants of health and health topic areas are available on the ScotPHO website: [www.scotpho.org.uk](http://www.scotpho.org.uk)

To examine inequalities within local authority areas, use the ScotPHO deprivation profiles from the online tool. These provide data on the inequalities across the local populations broadly in line with the outcomes relevant to Single Outcome Agreements (economic recovery and growth, employment, early years, safer and stronger communities and health inequalities).

A technical report is available on the profiles gateway page ([www.scotpho.org.uk/opt/Reports/HWP-2015-technical-report-13112015.pdf](http://www.scotpho.org.uk/opt/Reports/HWP-2015-technical-report-13112015.pdf)), giving more background on the indicators and how they were measured. A user guide for the online profiles tool is also available here.

Contact ScotPHO [scotpho@nhs.net](mailto:scotpho@nhs.net) for further information.