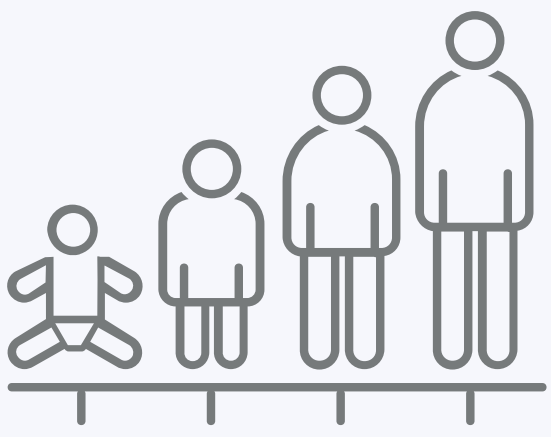


SHETLAND

Population Health Survey

21/22



DEMOGRAPHICS



49.7% were aged 40-64 years

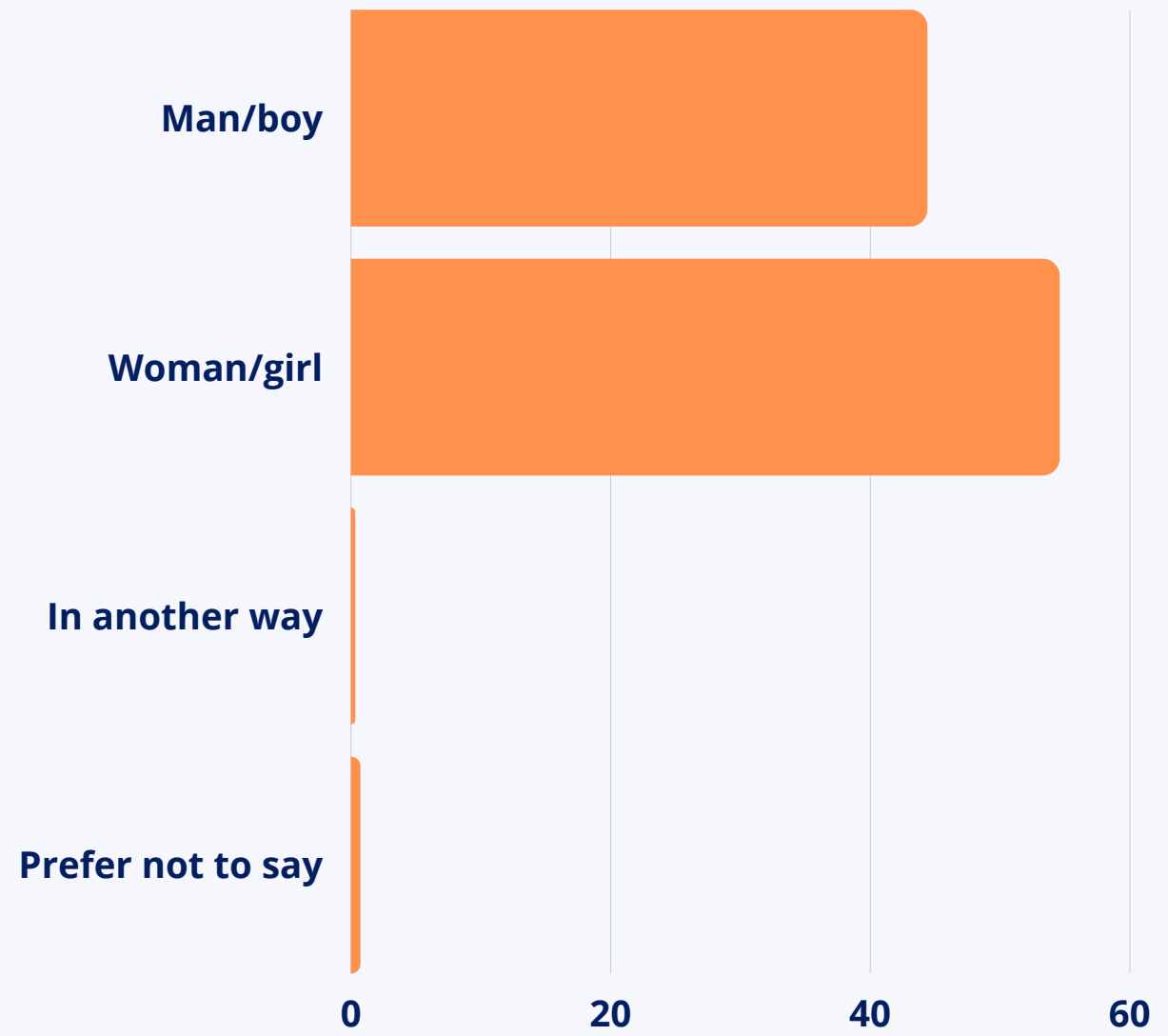
33% were aged 65+ years

17.3% were aged 18-39 years



Other ethnicities recorded included Irish, Polish, Showman/Showwoman, Other white ethnic group, Scottish Chinese and Mixed/multiple ethnic groups.

How individuals describe their gender identity



Sexual orientation

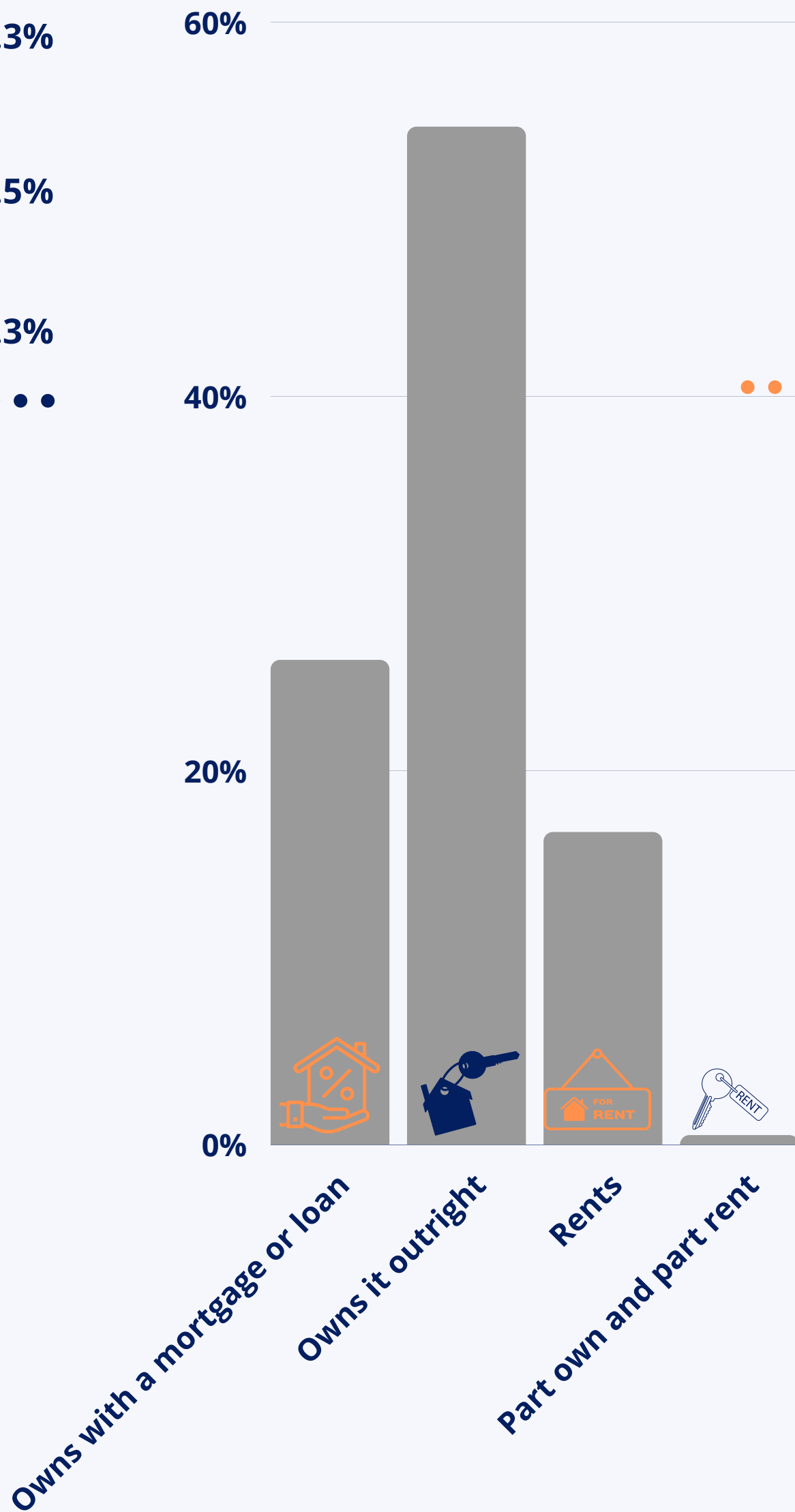


24.1% of the households included children

69.2% live in a whole house that is detached

20.7% live in a whole house that is semi-detached

6% live in a whole house that is terraced



Of those who rent or part rent

25.7% privately rent

25.7% have social housing rental (Hjatland Housing Ass)

47.5% have social housing rental (SIC)

Main issues identified with current home that limits day to day activities*

Rooms too small

24.4%

Other issue

24.4%

Can't open windows

22.2%

Kitchen cupboards/shelves are too difficult to reach/use

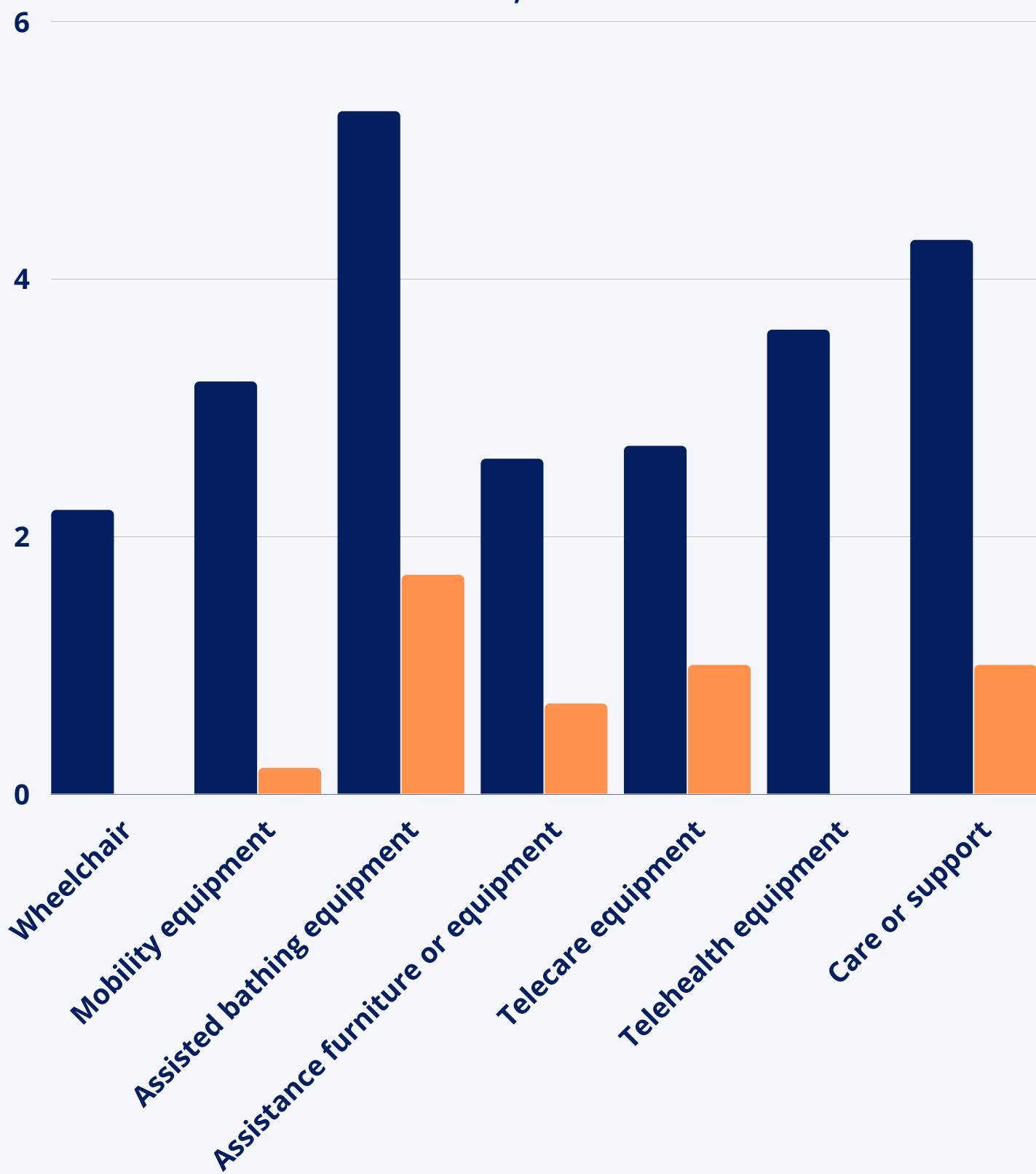
22.2%

Bath/shower difficult to access/use

22.2%

*based on those who identified issues

Have Need, but do not have



Things that are a bit of/serious problem in household

11.9%



Rent or mortgage costs are not affordable

44.7%



Heating costs are not affordable

24.5%



Difficulty maintaining your home or carrying out repairs

14.3%



Difficulty maintaining your home including cleaning, gardening etc

7.7%



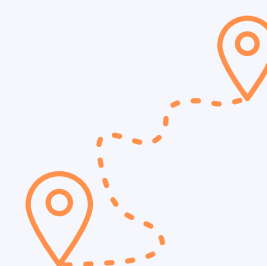
Experience problems with neighbours

10.9%



Feel isolated and lonely at home

12.4%



Home is not close enough to local amenities

5.4%



There is no accessible car parking near home



0

5.6% have no vehicle available for use



x 1

37.6% have 1 vehicle available for use



x 2

40.8% have 2 vehicles available for use



x 3

12.8% have 3 vehicles available for use



x 4

2.6% have 4 vehicles available for use

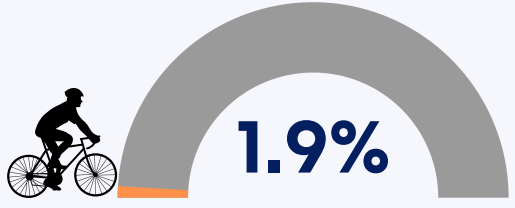
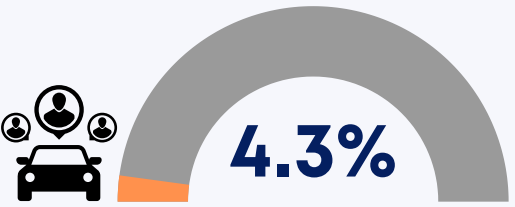
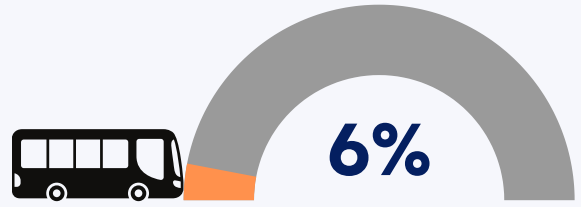
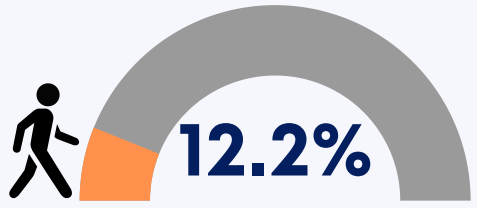
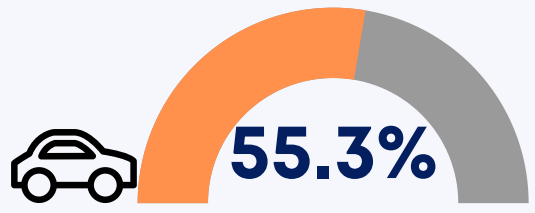
£100-
£150

Majority spent this amount of money on fuel for cars in the past month

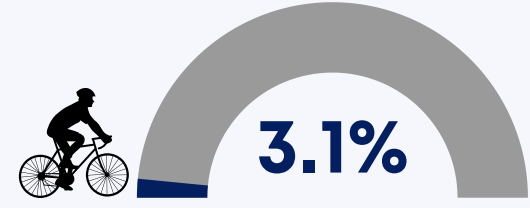
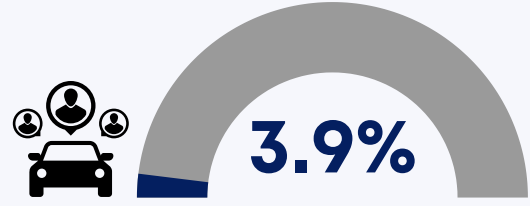
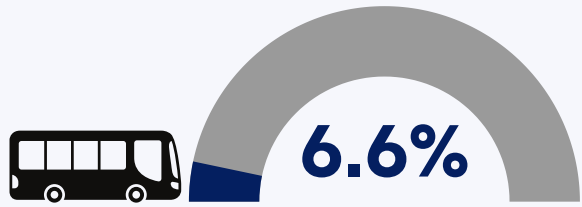
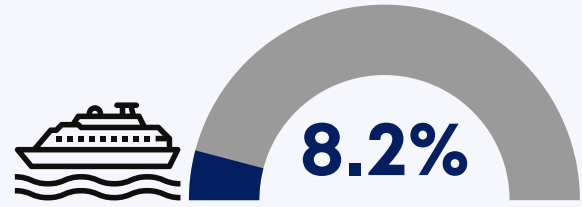
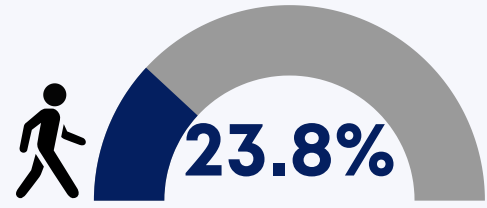
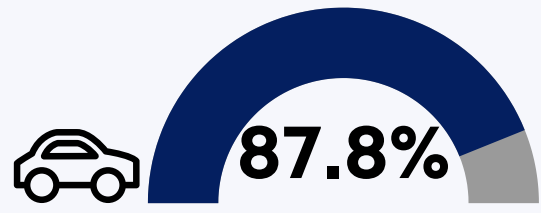
£100-
£150

Majority spent this amount of money on heating their home in the past month

Travel to work/school/college



Travel for leisure activities

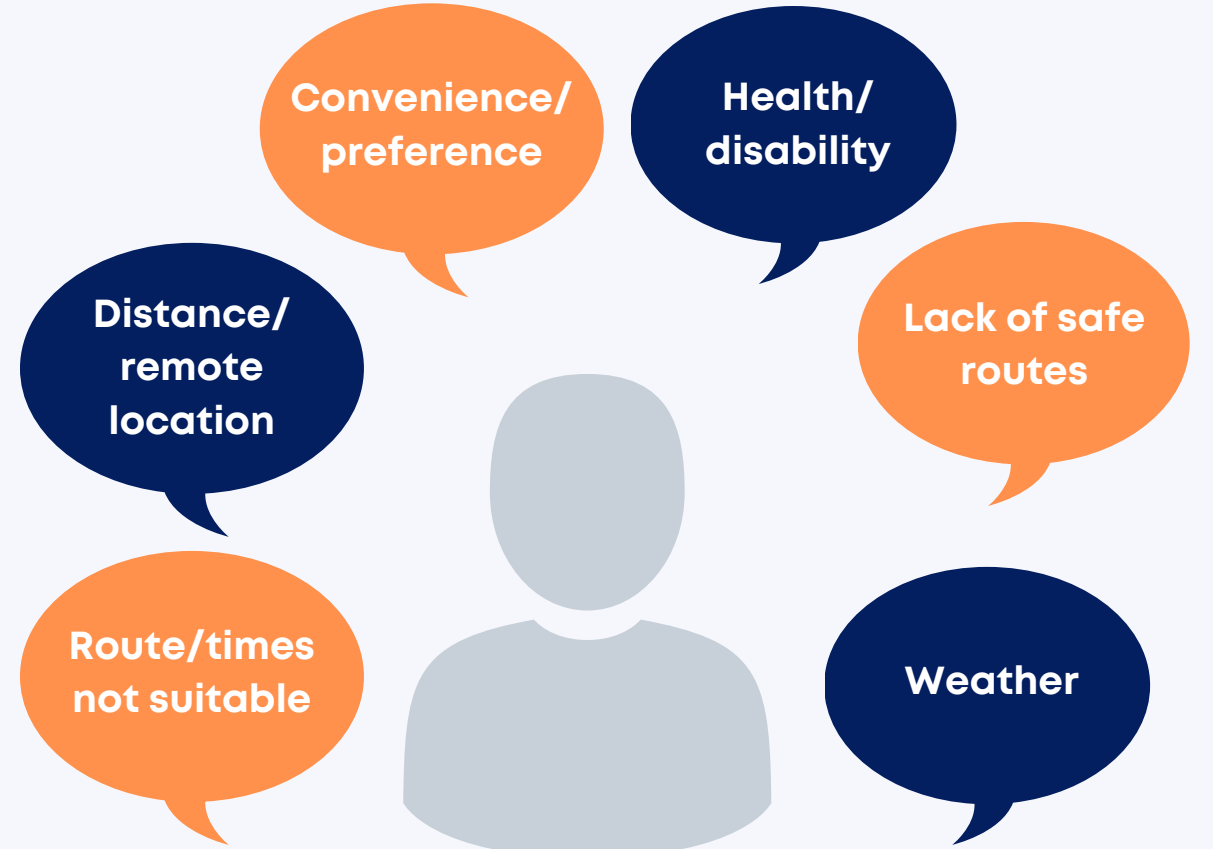


42% were

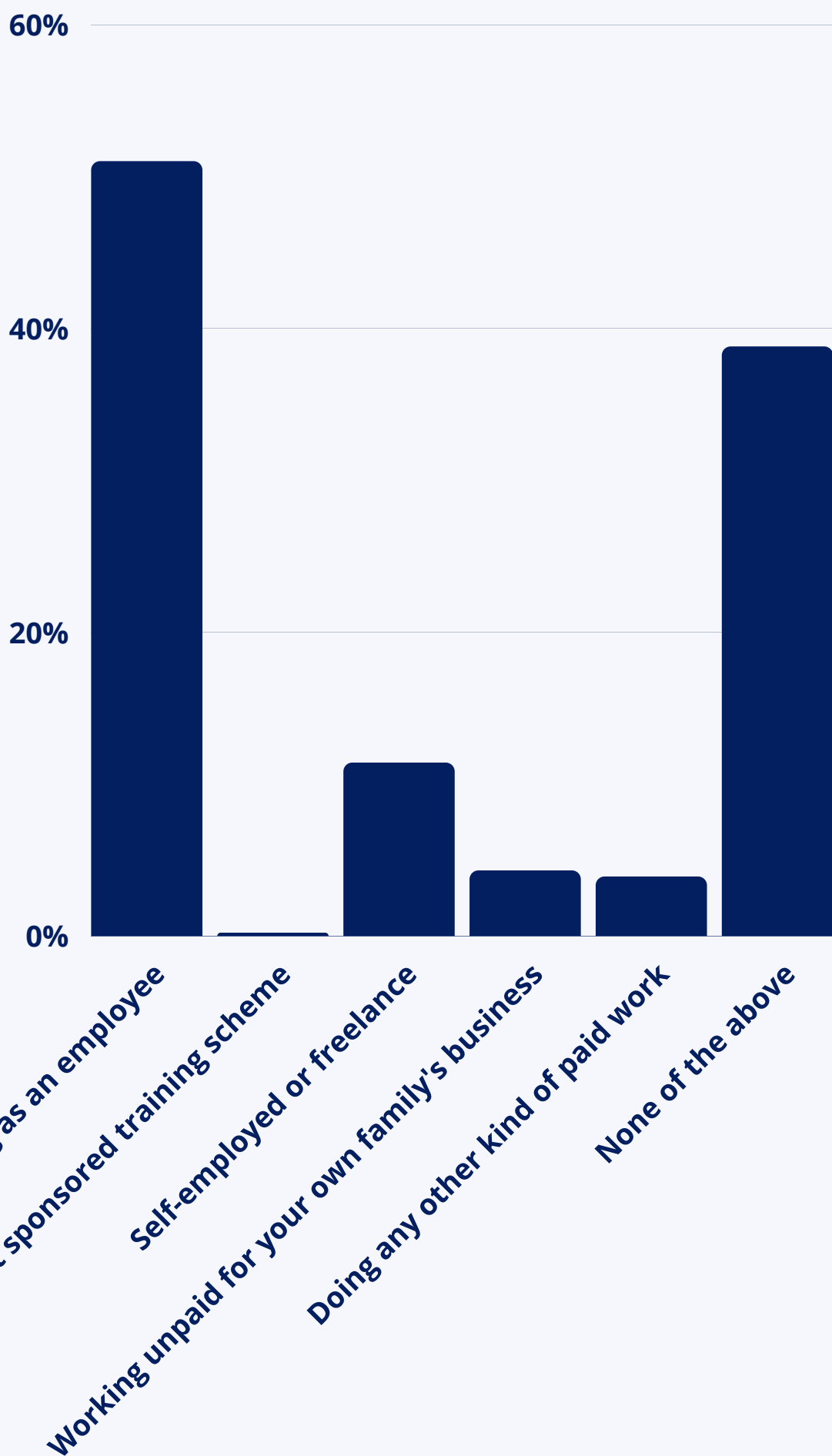
interested in increasing their use of 'active travel' options



Barriers to active travel



In the last week



32.1% either own or have access to a bicycle

O Grade, Standard Grade, GCSE, GCE O Level, CSE, National Qualification Access 3 Cluster, Intermediate 1 or 2, Senior Certificate or equivalent

62.8%

Higher Grade, Advanced Higher, CSYS, A Level, AS Level, Advanced Senior Certificate or equivalent

37.2%

First Degree, Higher Degree, SVQ Level 5 or equivalent

24.5%

HNC, HND, SVQ Level 4, RSA Higher Diploma or equivalent

21.8%



GENERAL HEALTH

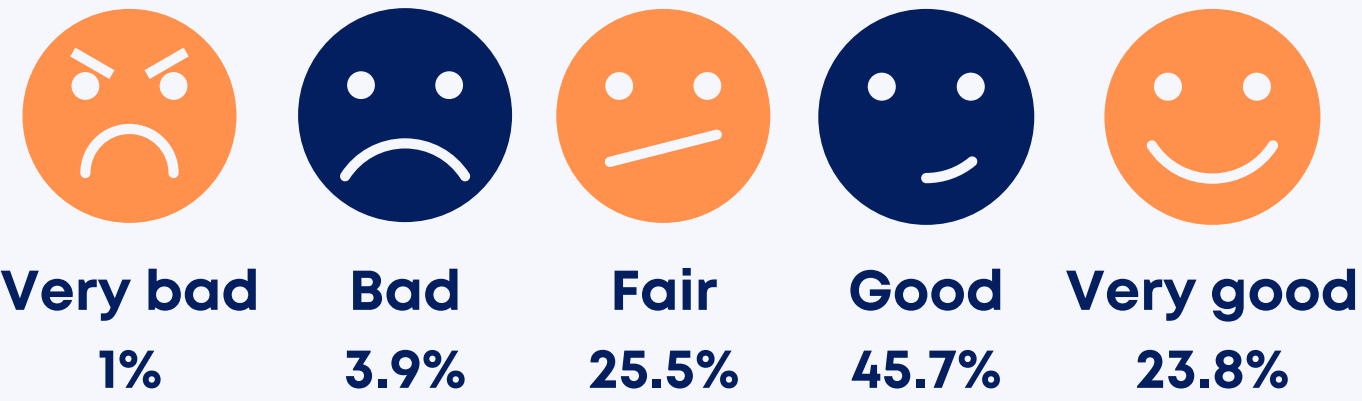


SHETLAND

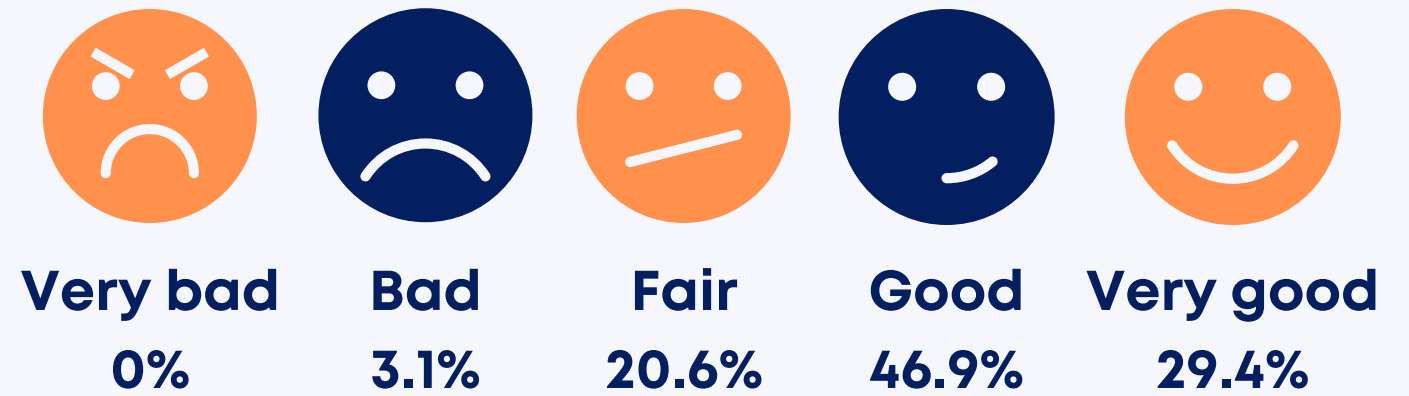
Population Health Survey

Health & Wellbeing

General health



Pre-pandemic general health



21.9%
live with
chronic or
persistent pain



59% take regular medication
to manage your
chronic/persistent pain

51.8% strongly agree/agree that they
have enough support and
information to manage their chronic
or persistent pain



Ways to help manage pain



Conditions

(last 12 months or more)

Deafness or partial hearing loss 14.6%

Blindness or partial sight loss 3.4%

Full or partial loss of voice 0.3%

Learning disability 1.7%

Learning difficulty 1.9%

Development disorder 0.2%

Mental health condition 13.4%

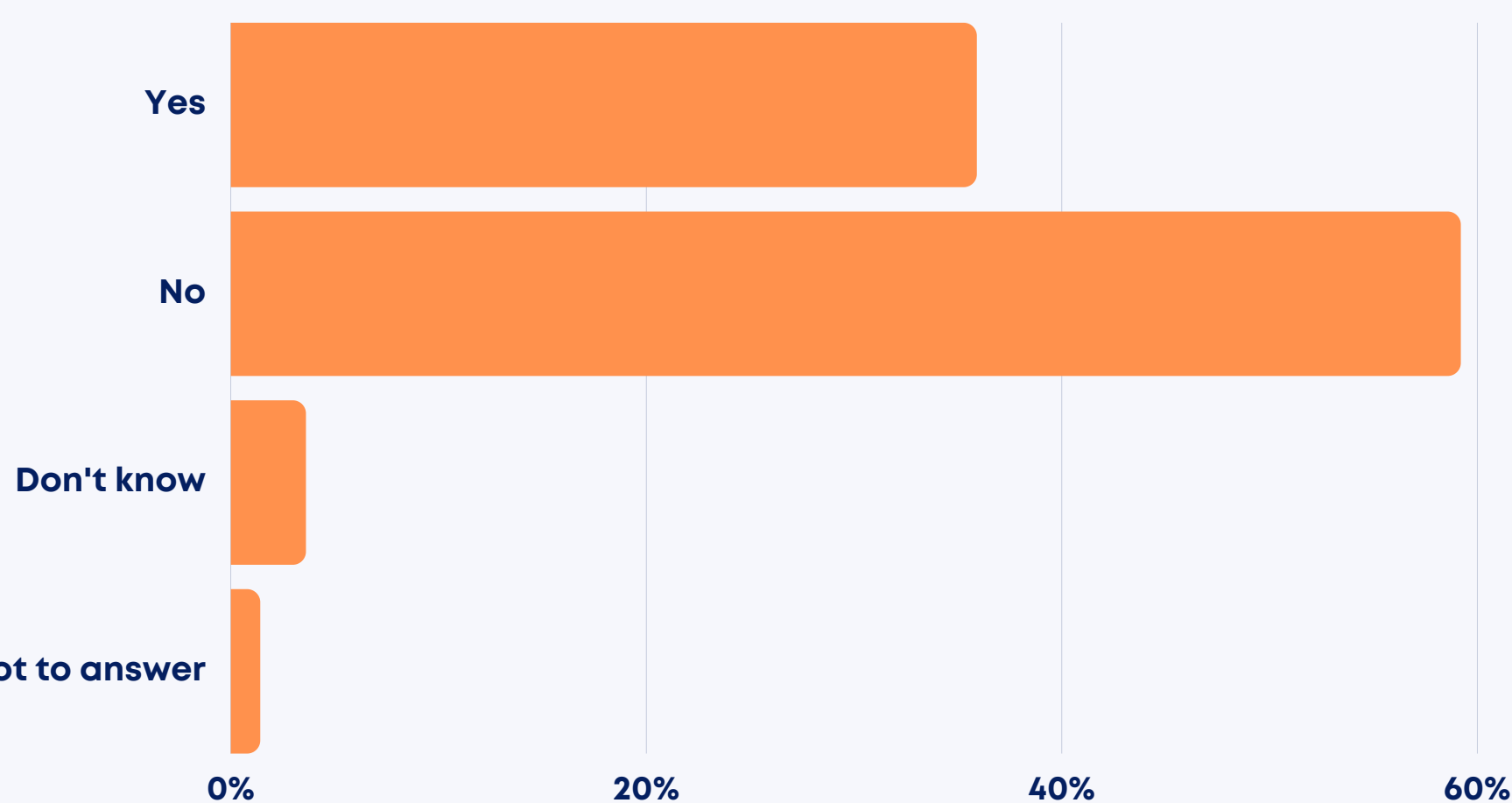
Physical disability 12.4%

Long-term illness, disease or condition 20.6%

No condition 51.2%

Other 6%

Any physical or mental health conditions (last 12 months or more)





PHYSICAL ACTIVITY AND FALLS



Days in the week where physically active for 30+ minutes



150 minutes

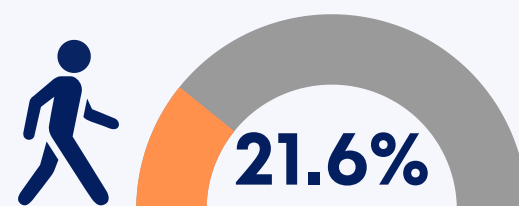
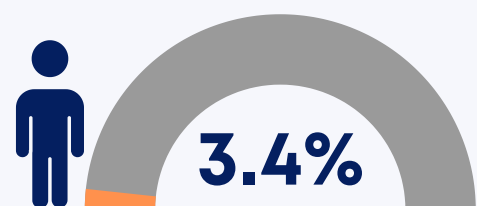
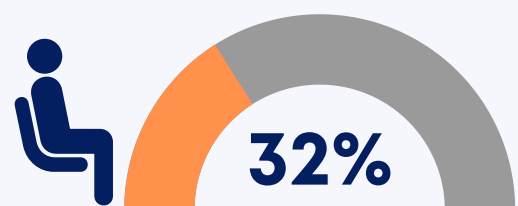


17.2% had been physically active for at least two and a half hours (150 mins) over the course of the previous week

62.6% were interested in being more physically active



What is mainly done at home, work, school or college



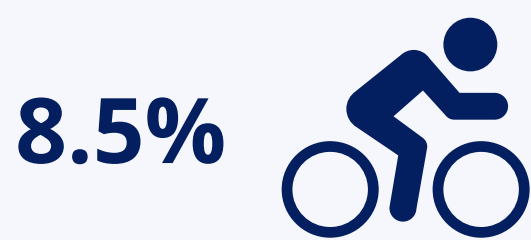
Activities undertaken in the previous 4 weeks



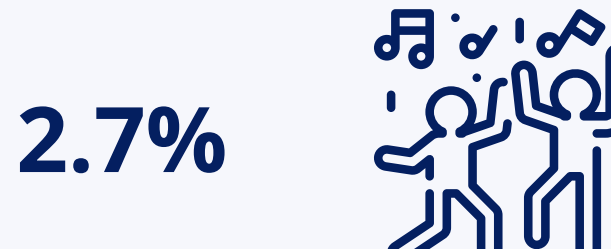
Swimming



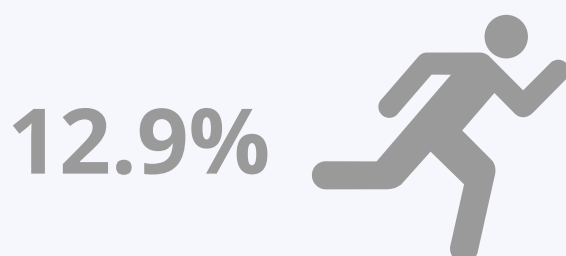
Badminton/ tennis/ squash



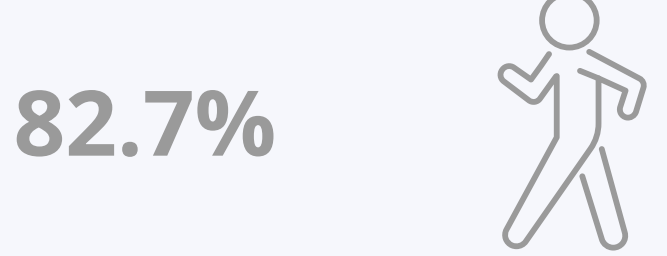
Cycling



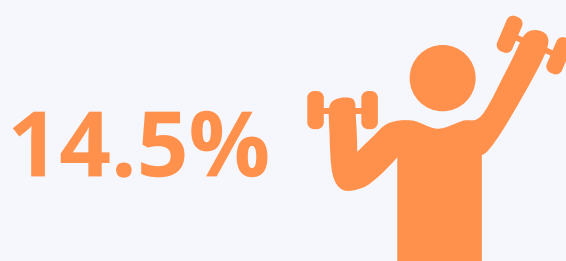
Any other type of dancing



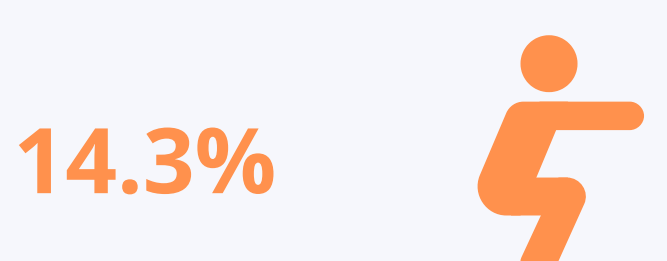
Running/jogging



Walking



Workout at a gym/ using exercise bike/ weight training



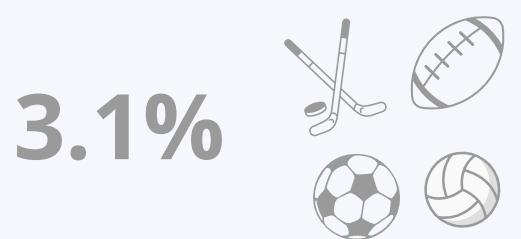
Body weight exercises



Aerobics/ gymnastics/ dance for fitness/ keep fit class



None



Hockey/ football/ rugby/ netball



Other

Yes - 15.3%

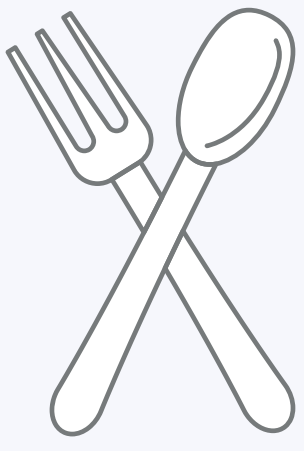
No - 84.7%

Had a fall in the last 12 months

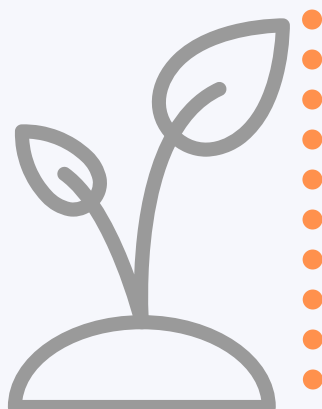
Where the fall took place



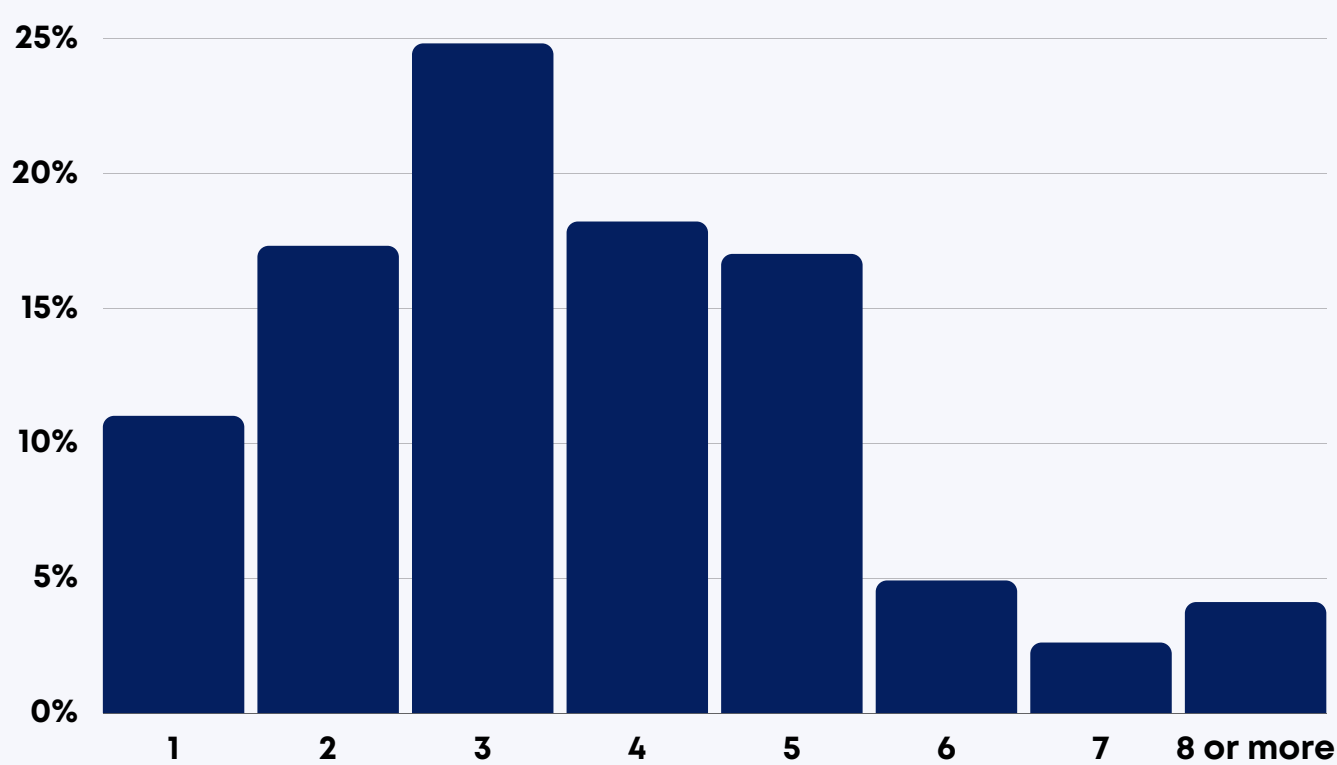
21.1% required medical attention



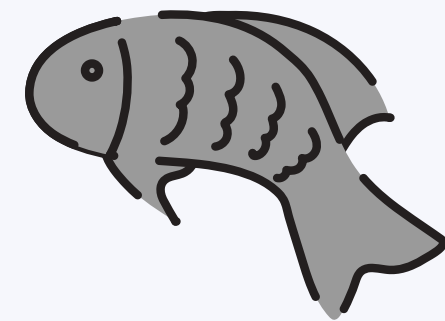
FOOD AND NUTRITION



Portions of fruit or vegetables in a day

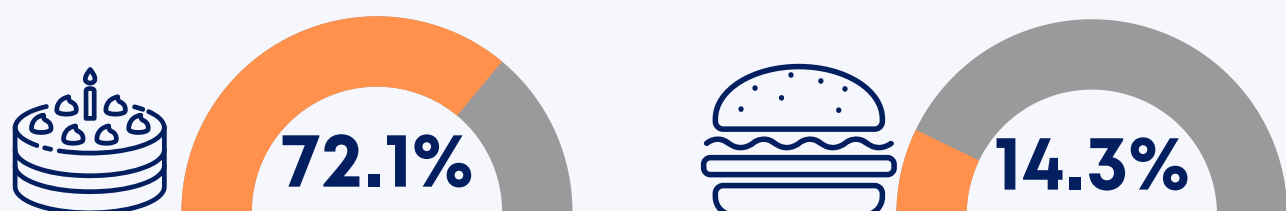


65.6% choose wholemeal breads or cereals, while 25.2% sometimes choose wholemeal breads or cereals.



70.4% eat oily fish at least once a week and a further 2.7% eat oily fish occasionally

Eat 3 or more times a week



Eat 2-3 portions per day



No - 38.8%

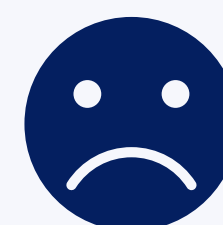
Yes - 61.2%

Attends a dental clinic for check-up at least once a year

Reasons or barriers to attending dentist



I don't feel nervous at all
58%



I feel a bit nervous
31.8%

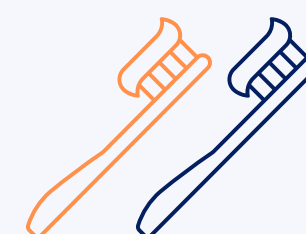


I feel very nervous
10.2%

20.2% brush their teeth less than twice a day



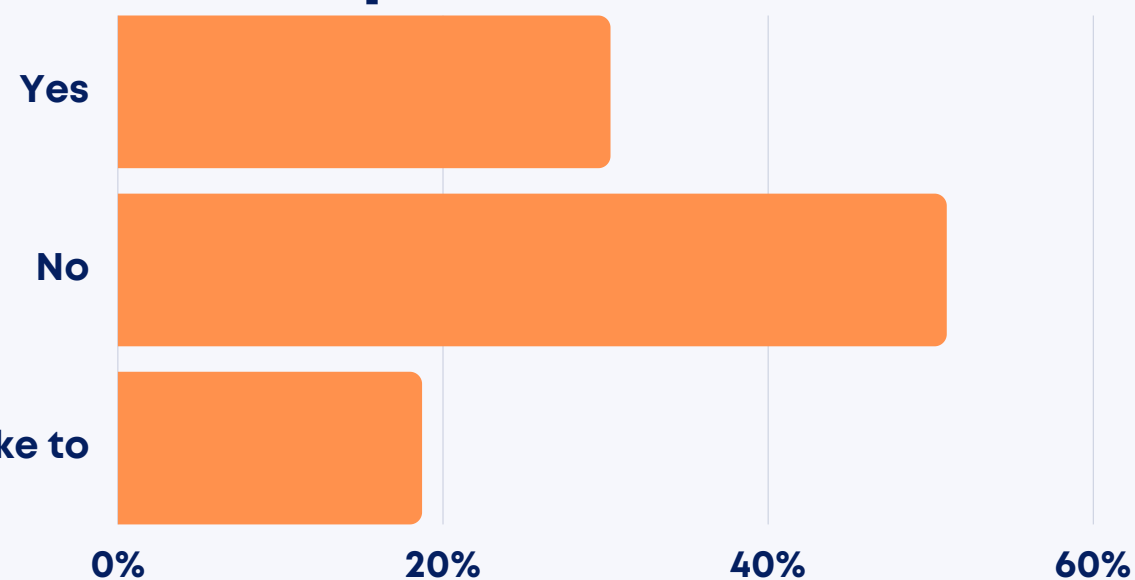
69.4% brush their teeth twice a day



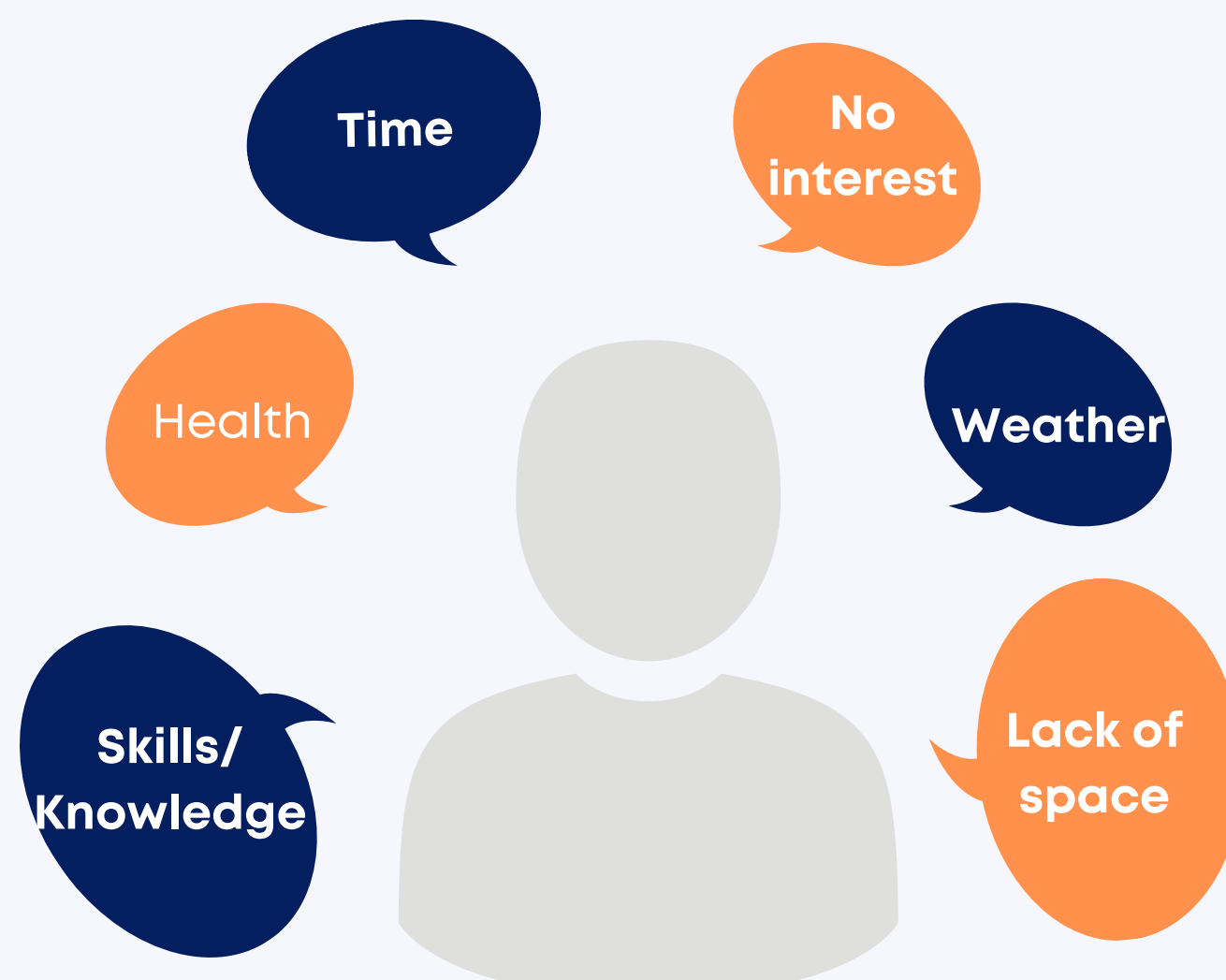
9.5% brush their teeth more than twice a day



Grow their own produce



Main barriers to growing own produce




37.6% use no home grown produce for any meal during the week. 18% use home grown produce for 1-3 meals per week.

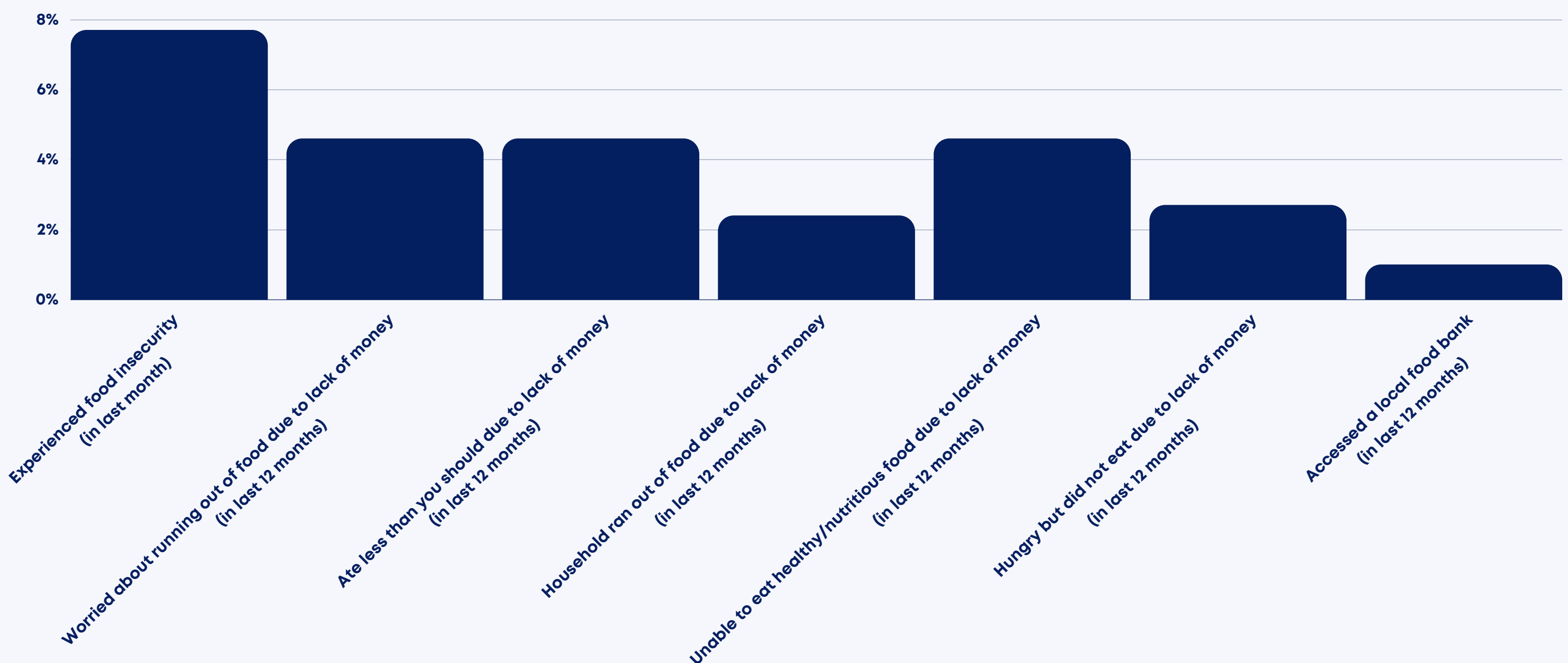


It is moderately or very important that food eaten



 **58.8%** take vitamins or supplement to improve diet/health

54.1% take vitamin D supplement as part of their multi-vitamin supplement



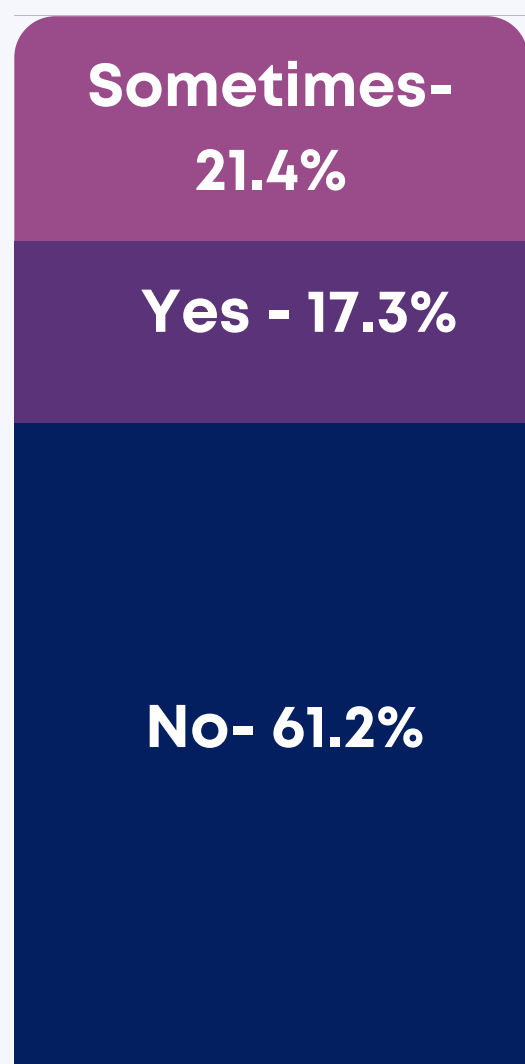


MENTAL WELLBEING





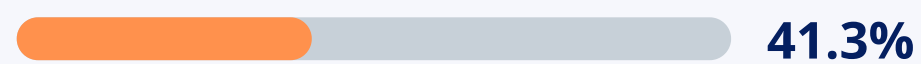
Feel comfortable with the size and/or shape of body



Mental health affected by feeling of body image

In the last 2 weeks, often or all of the time felt.....

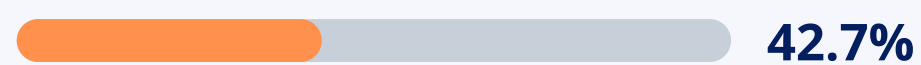
I've been feeling optimistic about the future



I've been feeling useful



I've been feeling relaxed



I've been feeling interested in other people



I've had energy to spare



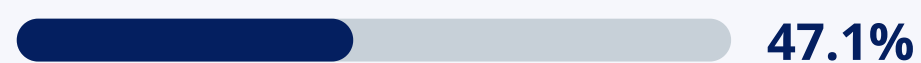
I've been dealing with problems well



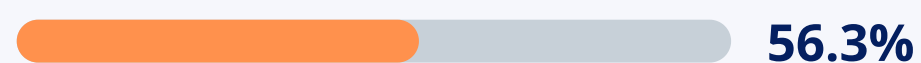
I've been thinking clearly



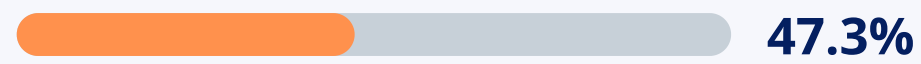
I've been feeling good about myself



I've been feeling close to other people



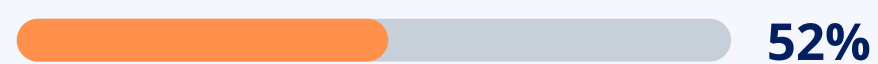
I've been feeling confident



I've been able to make up my own mind about things



I've been interested in new things

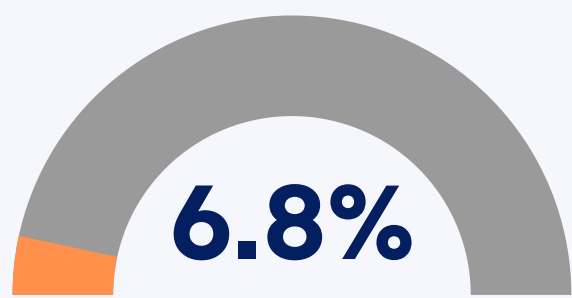


I've been feeling cheerful



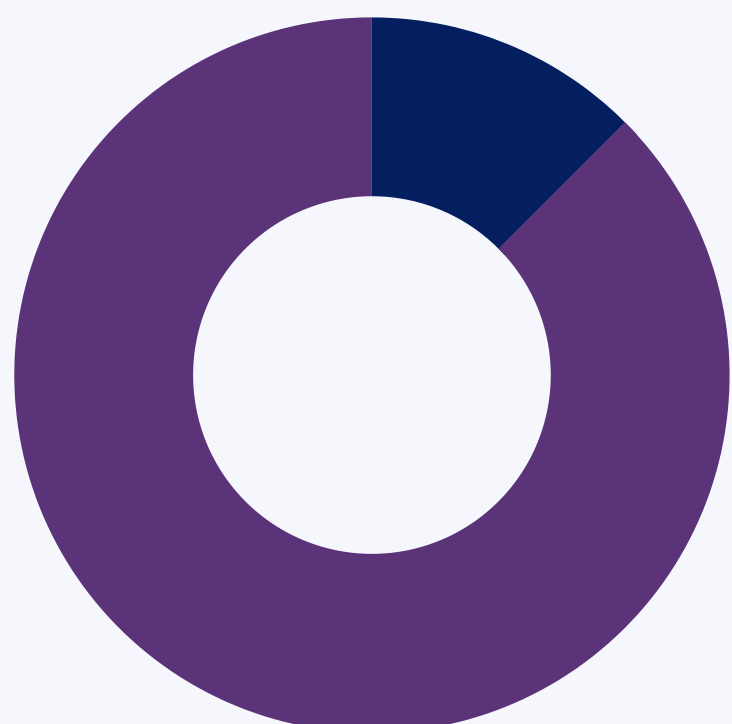
The Warwick-Edinburgh Mental Well-Being Scale

AVERAGE SCORE
45.0



have deliberately harmed themselves

In the last year
12.5%



Some other time
87.5%

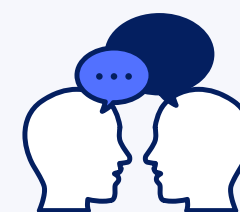


86.2%



Could rely on friends/relatives for help

57.5%



Contact friends/relatives most days

17.3%

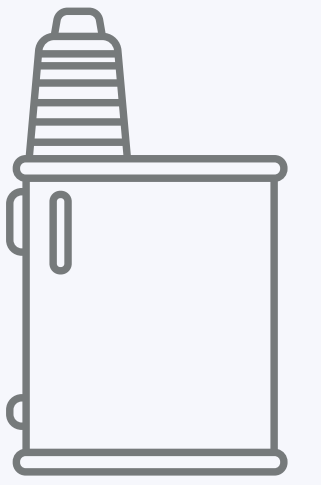
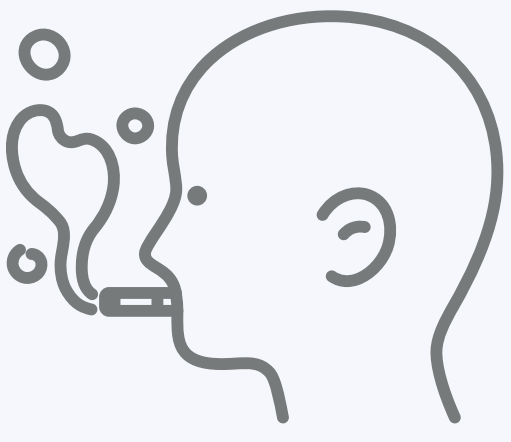


Felt lonely in the last week

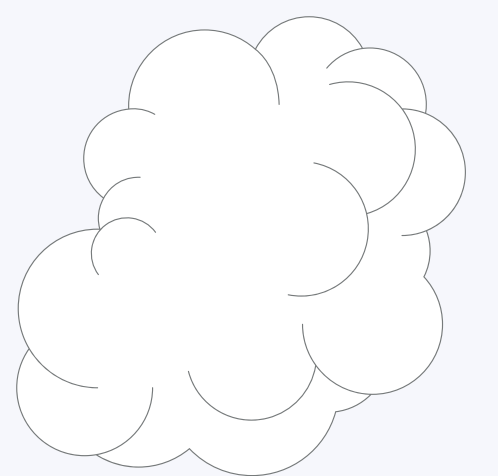
74.3%



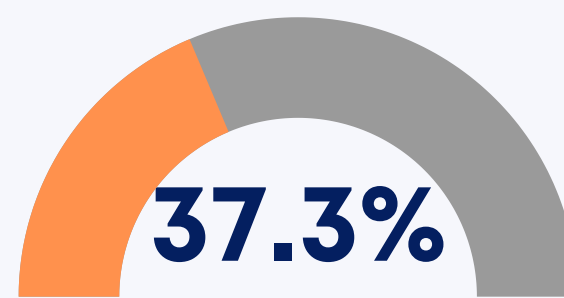
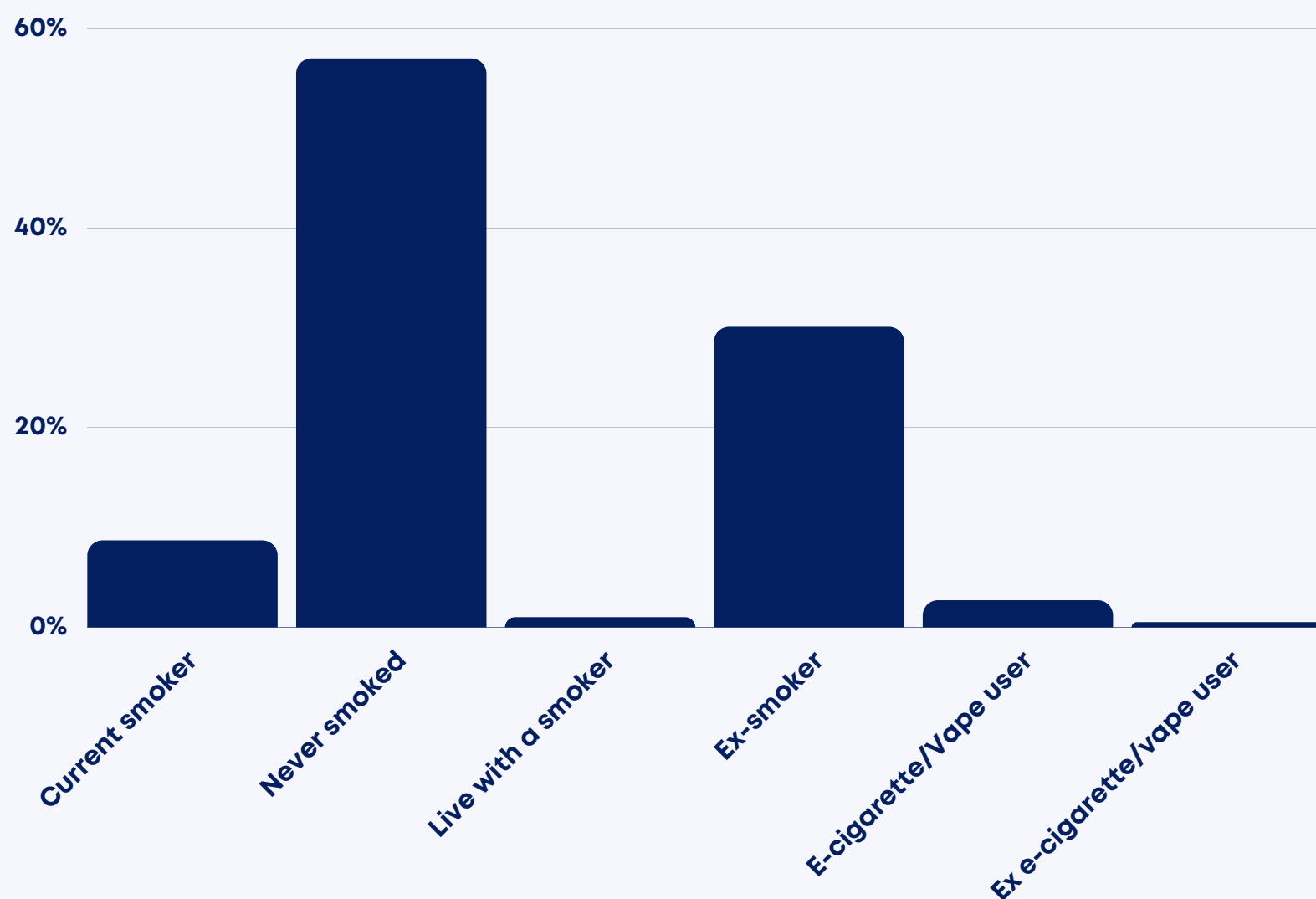
Never or rarely feel lonely



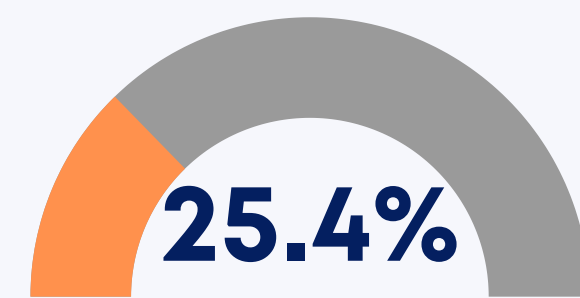
SMOKING



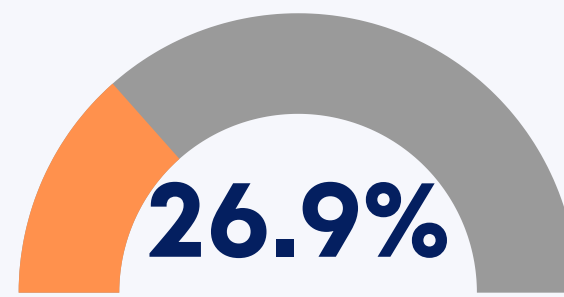
Smoking status



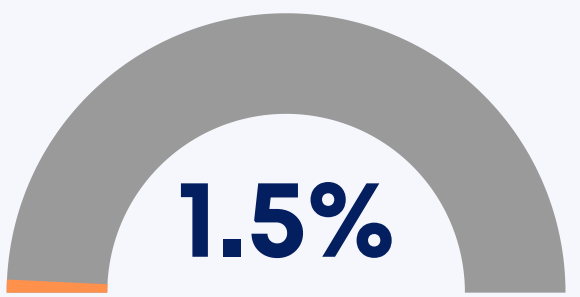
Cigarettes



Roll-ups



E-cigarettes / Vape

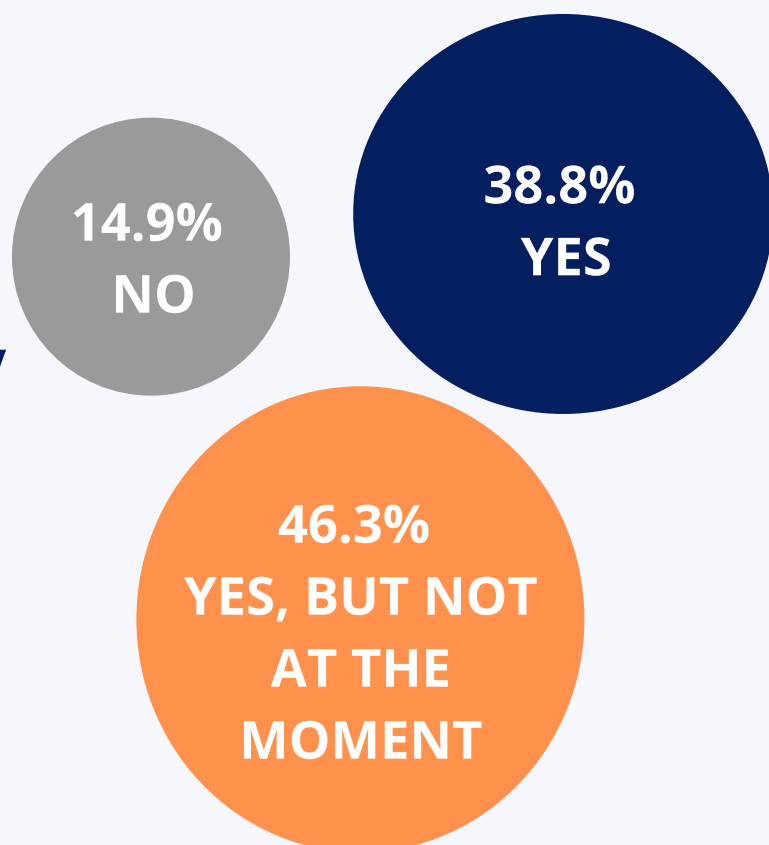


Cannabis

Barriers to quitting smoking/vaping



Wish to reduce or stop smoking/vaping



71.6%

have tried to stop smoking/vaping in the past



Over 60% have tried to stop smoking/vaping more than 3 times the past

What would help the most to stop/reduce smoking

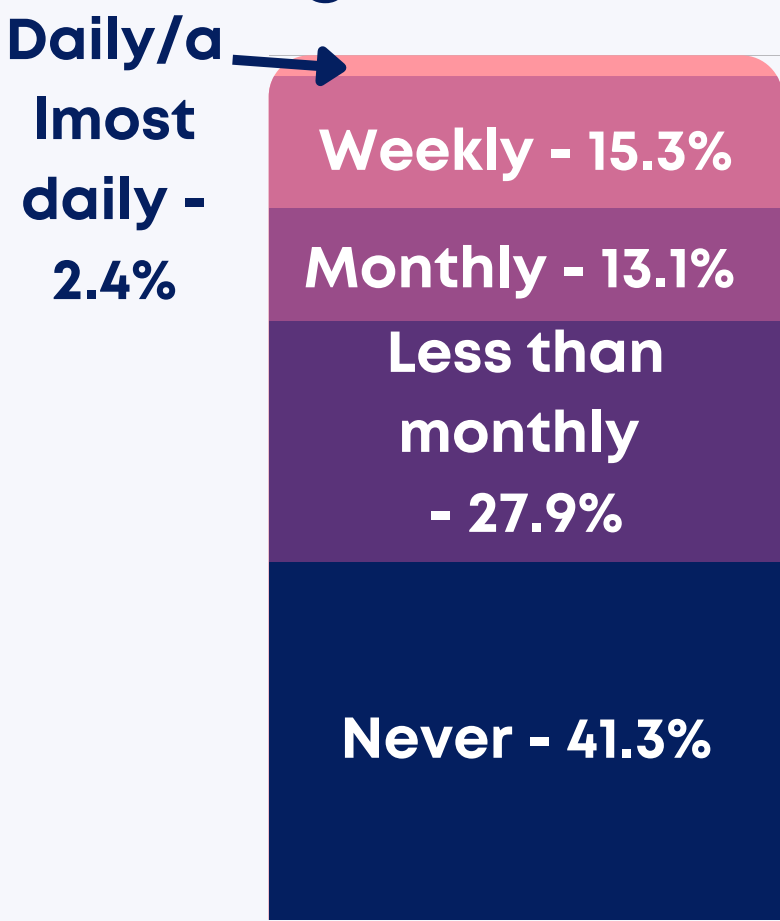




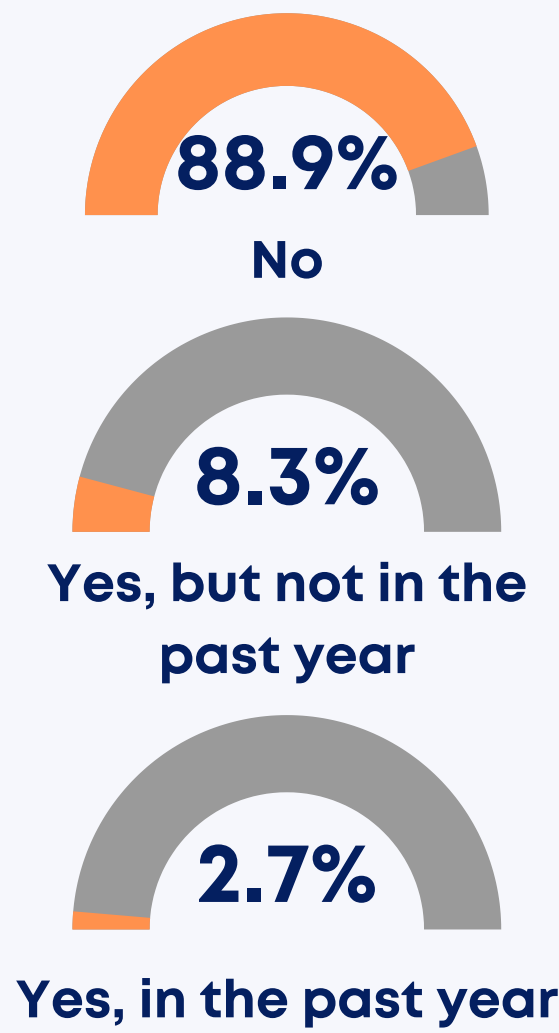
ALCOHOL AND DRUGS



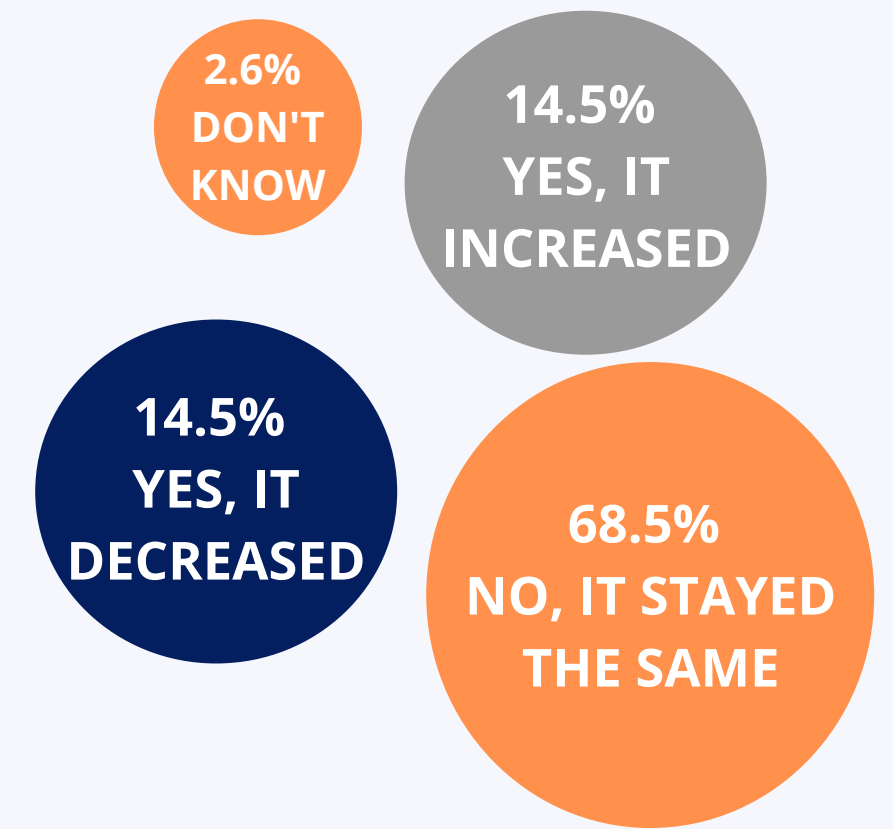
Frequency of drinking 6 or more units on a single occasion



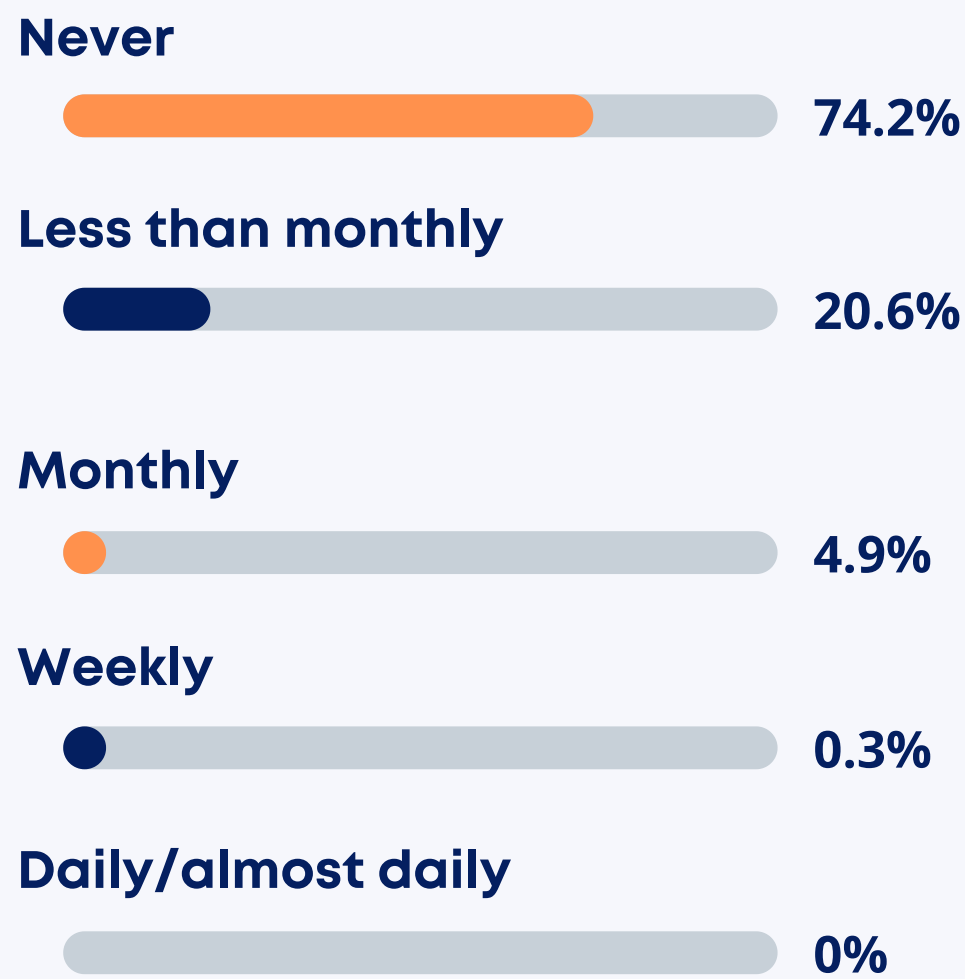
Others being concerned about drinking habits



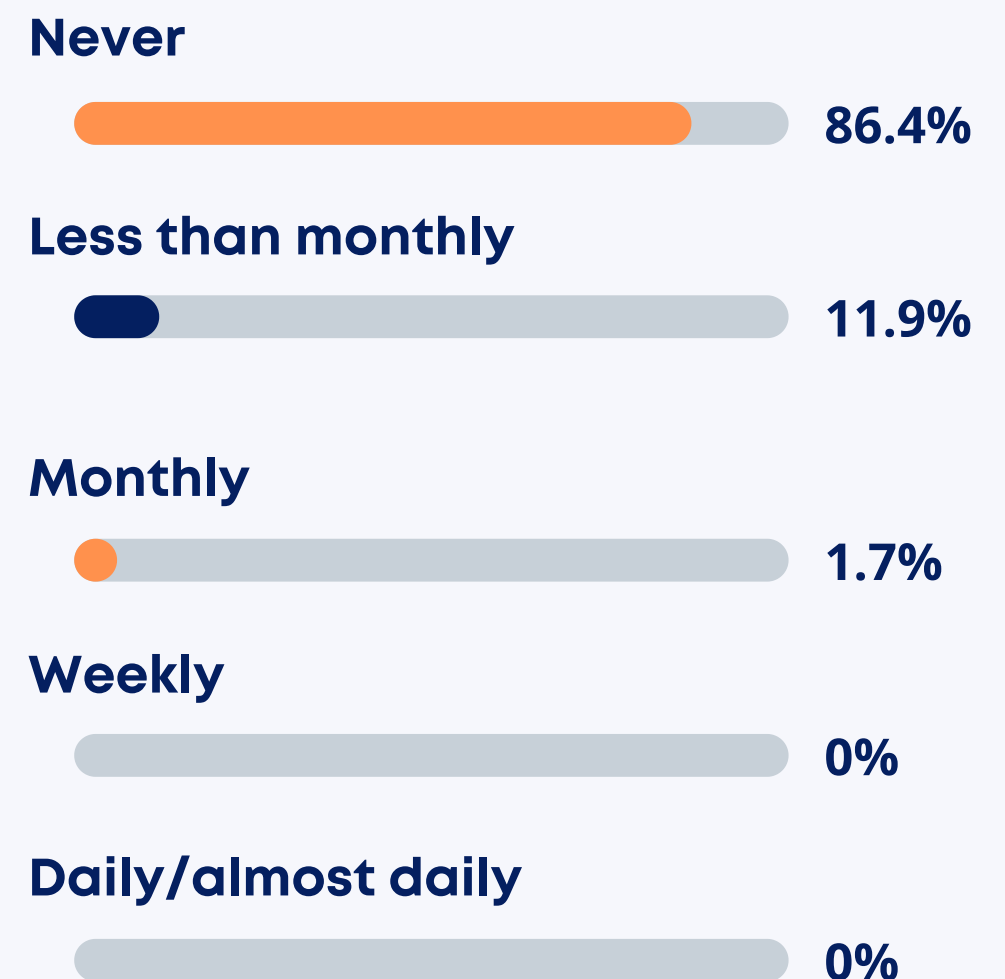
Change in drinking habits during lockdown - March 2020



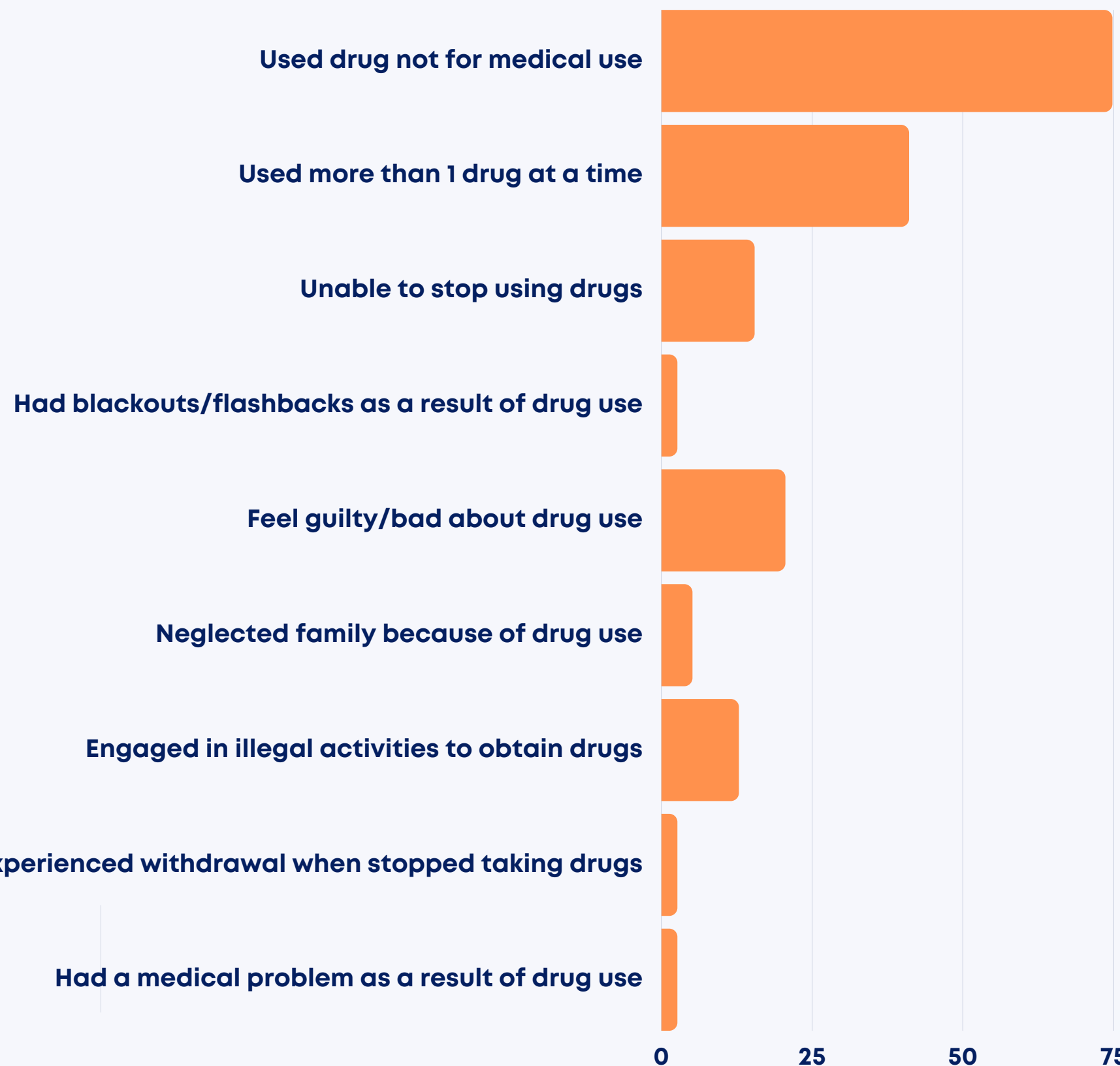
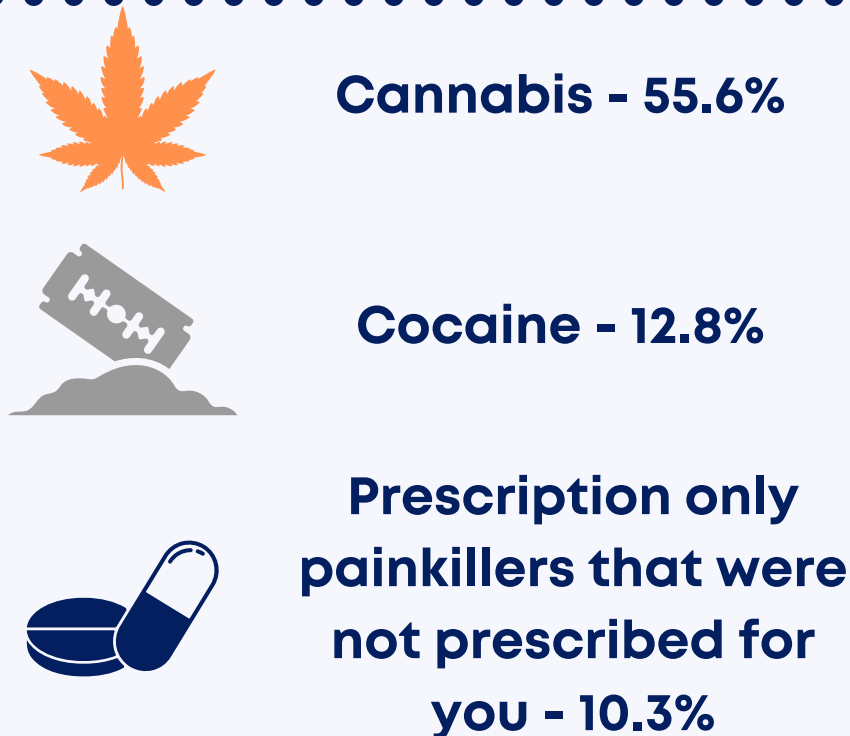
Not remembering what happened when drinking the night before



Not doing what is expected of you because of drinking



6.6% have used drugs in the past year



· Monthly or less · Weekly · Daily or almost daily



Frequency of drug use