



Shetland Population Survey

2021/22



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Background

In February 2021, the NHS Shetland Public Health department decided to conduct a Population Health Survey for Shetland. This project was led by the NHS Shetland Public Health Improvement Team.

The proposal was to cover a range of topics that would help the team better understand the needs of people living in Shetland. Over a number of months the team reviewed existing health surveys to identify which topics and questions would be included in the survey. Standardised questions were included so that the survey could be repeated in the future and would allow for comparison.

The survey was divided into two main sections:

1. **Demographics:** questions about the respondents, where they live, how they use transport and their economic activity
2. **Health and wellbeing:** questions about both their physical and mental health, which included habits around alcohol, substances and tobacco use.

An invitation approach was used in order to ensure that enough responses were received from across all localities and age bands.

The survey went live on Monday 8th November 2021.

In January 2022, reminder letters were sent to those who received the initial invitation. By March 2022 412 responses had been received from 1,538 invitations.

It was agreed that a second sample would need to be identified and invited to take part in order to ensure a representative response had been received from all localities and age bands.

In June 2022, the second sample was invited to take part in the survey.

On Monday 29th August 2022 the survey was closed with a total of 592 responses having been received across both samples from a total of 2184 invitations.

Sample

When identifying the sample three factors were considered:

1. Population size
2. Margin of error
3. Confidence level

Based on the population size and the desired level of accuracy it was calculated that the sample size needed to be at least 1,009 individuals. Given that the survey was optional to complete it was decided to also consider what the response rate may be. Over the period 2011-2020 the response rate to the Scottish Health Survey by the residents of the Shetland varied from 66%-83%. Therefore, taking into account these previous response rates it was decided that the sample size should be increased to approximately 1,529. This will allow for some nil responses while still providing an adequate sample size to allow for analysis.

The survey sample was stratified by age band and locality. Five year age bandings were used for all ages other than for the youngest and eldest age groups (18-24 years and 80+ years) as these age bandings are consistent with the way data is reported by Public Health Scotland.

Once the initial sample was identified, checks were carried out to highlight any individuals who had the same address recorded. For any individuals with duplicate addresses, one was chosen at random to be removed and was then replaced by an individual from within same age band and locality. This ensured that a maximum of one individual per household was invited to take part,

The sample was also checked to identify any who may have recently passed away. If any were identified they were removed and then replaced by an individual from within same age band and locality.

Once the final sample was complete, names were removed and each individual was assigned a random unique identifier. This was done to allow the team to identify who had responded to the survey and ensure anonymity when the responses were being analysed.

The same process was followed when identifying the second sample in April 2022, while also cross-checking against the original sample. The second sample was increased to allow for nil responses, based on the response rate from the initial sample.

Notes and caveats

Due to the small number of respondents who identified as a gender other than man/boy or woman/girl, it has not been possible to include their responses in gender breakdown for any question. Similarly, responses from any individual who chose not to disclose their age has not been included in age breakdowns for any question.

No gender breakdown has been provided in the accommodation, children or parts of the transport sections as these questions related to the household rather than the individual.

As all information in this report is self-reported, all findings must be treated with caution.

In some cases the numbers responding to questions has been too small to allow for detailed data to be shown. Where possible summary information has been provided and broad age bands have been used.

It is also important to note that data was collection prior to the cost of living crisis and this must be considered when interpreting the results.

Executive summary

Some key results from each of the sections of the survey are detailed below, with further information included in the main report.

Demographics

- Individuals aged between 50-74 years made up over half of the responses received
- The majority of respondents identified as being a woman/girl (54.6%), while 44.4% identified as a man/boy.

Accommodation

- Individuals across all age bands identified issues with their current home that affected their day to day activities, however the majority of those that identified issues were aged 40-64 years.
- Heating costs that are not affordable were identified as a bit of/a serious problem across all age bands. While a high proportion of those in younger age bands also reported rent or mortgage costs not being affordable and feeling isolated and lonely at home as a bit of/a serious problem.

Children

- The majority of households with children were from Central Mainland and Lerwick North and made up approximately 40% of all households with children.
- Households from the North and East Isles and North Mainland made up the smallest proportion of households with children

Transport

- The majority of those aged 65+ years also reported that they were not interested in increasing their use of active travel. While over half of those aged under 40 years reported that they were.
- There was a considerable difference between men/boys and women/. A higher proportion of men/boys reported that they did own, or have access to a bicycle. 41.8% compared to 24.3% of women/girls.

Employment

- North Mainland had the highest proportion of self-employed or freelance respondents (17.0%), while Central Mainland had the highest proportion of respondents who are working unpaid for their own family's business (6.2%).
- North and East Isles had a large proportion of individuals reporting that they had no qualifications – 14.5%, compared to 5.3% in Lerwick South.

Health and Wellbeing

- Almost a quarter of men/boys reported living in chronic or consistent pain compared to under a fifth of women/girls.
- Women/girls were more likely to do nothing to help manage their pain, while men/boys were more likely to take part in some form of exercise.

Physical activity and Falls

- Lerwick North had the highest proportion of individuals who had not been physically active on any day in the previous week (8.8%). The majority of individuals (44.9%) in East and West Mainland reported that they were physically active on 7 days of the past week.
- The majority of those aged <65 years reported being interested in being more physically activity, especially those aged between 25 and 44 years.

Diet and Nutrition

- The 45-49 year age band had the highest proportion reporting that they only eat 1 portion of fruit or vegetables in a day, whereas the 60-64 year age band had the high proportion reporting that they eat 6 or more portions of fruit or vegetables in a day.
- Those in the 18-24 year age band had the highest proportion of respondents who reported that they never eat oily fish (55.0%) compared to 6.9% of those aged 80+ years.

Oral Health

- Over a third of respondents in East and West Mainland reported that they brush their teeth less than twice a day, compared to 16.2% in Shetland South.
- Almost half of women/girls reported that they feel nervous about visiting the dentist (either a bit or very) compared to 31.8% of men/boys. Only 8.0% of men/boys reported that they feel very nervous, in comparison to 11.5% of women/girls.

Food

- While the 25-29 year age band had the lowest proportion reporting that they currently grow and eat their own produce, they in fact had the highest proportion reporting that they would like to grow and eat their own produce.
- The levels of food insecurity varied across localities with North Mainland having the highest across all questions relating to food insecurity, Shetland South had the lowest reported levels of food insecurity.

Mental Wellbeing

- The average Mental Wellbeing scores varied across age band, with the lowest average score recording in 25-29 year age band (39.3) and the highest recorded in 70-74 year age band (49.5).
- Over half of 18-24 year olds and half of 25-29 year olds reported having felt lonely in the previous two weeks, compared to only 6% of 65-69 year olds.

Smoking

- North Mainland had the highest proportion of respondents reporting that they are a current smoker, with 13.2% reporting this compared to 7.1% in Shetland South.
- In North Mainland and Shetland South the majority of respondents reported having tried to stop smoking/vaping at least 3 times with some respondents in North Mainland reporting that they had tried to stop smoking/vaping more than 10 times in the past.

Alcohol

- 6.1% in Shetland South of respondents in Shetland South reported that they drink 6 or more units of alcohol on a single occasion on a monthly basis, compared to 17% of respondents in North Mainland.
- Almost 12% of men/boys reported someone has been concerned about their drinking or advised to cut down, but not in the last year while 5.6% of women/girls reported this.
- The majority of respondents across all localities reported that there had been no change in their drinking habits during the period of lockdown or since March 2020, ranging from 64.2% in North Mainland to 72.3% in Lerwick South.

Drugs

- North and East Isles and Lerwick South had the largest proportions of respondents reporting that they had used drugs in the past year.
- The most commonly reported drug used across all localities was cannabis. Cocaine use was only reported in Lerwick North, North and East Isles and Shetland South.

Sleep

- The majority of respondents across all localities reported that they get, on average, 5-7 hours of sleep in a 24 hour period, ranging from 54.5% in Shetland South to 71.0% in East and West Mainland.
- The majority of respondents across all but one age band (25-29 years) reported that they get, on average, 5-7 hours of sleep in a 24 hour period

Response rates

A total of 592 were received, with 4 responses having to be removed for the following reasons

- Invalid unique reference number recorded
- Duplicate responses under the same unique reference number

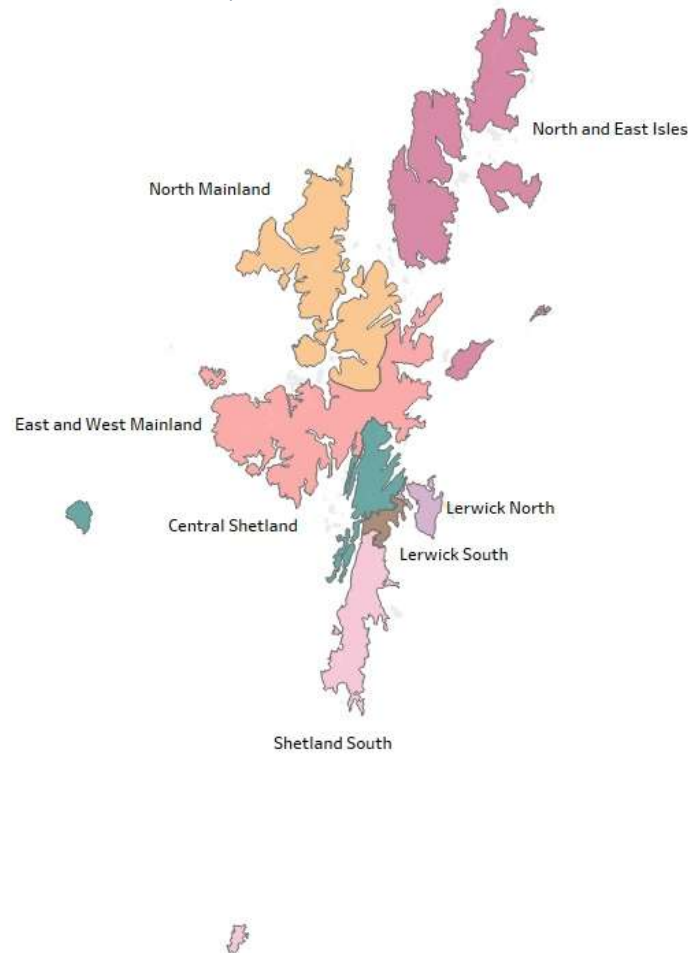
This gave a final total of 588 responses that were included in this analysis and an overall response rate of 27%.

The number of responses surpassed the number required to achieve the desired levels of accuracy. This response rate ensures that we have a representative sample of Shetland's population based on locality and age band.

Locality

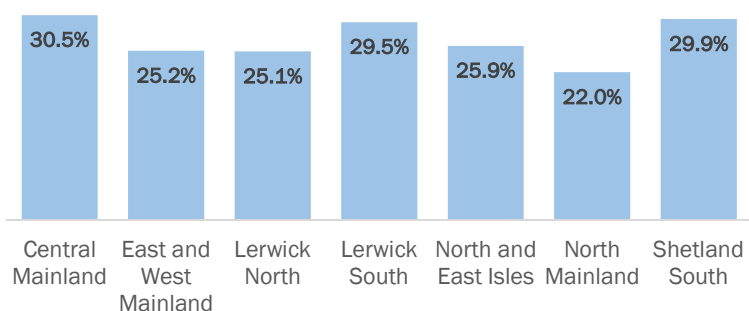
Responses were split based on the locality the respondent lived in. Localities are North and East Isles, North Mainland, East and West Mainland, Central Shetland, Lerwick North, Lerwick South and Shetland South. The boundary of each locality can be seen in the map below.

Map 1: Shetland Islands localities



Response rates varied across localities, ranging from 22.0% to 30.5%. Central Mainland, Lerwick South and Shetland South had a higher than average response rate.

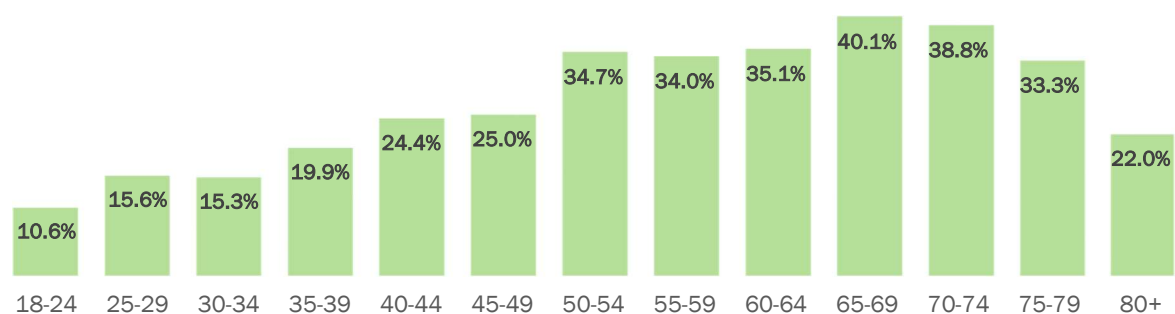
Figure 1: Response rate by locality



Age

Response rate also varied across age bands, with the highest response rates being seen among those aged between 50-79 years. Response rates were lower among those aged under 50 years, with the lowest response rate being seen among those aged 18-24 years (10.6%).

Figure 2: Response rate by age band



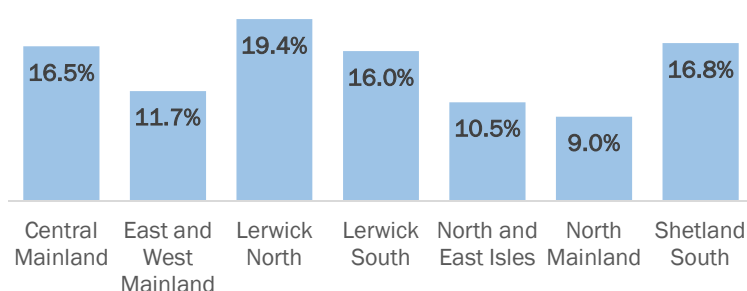
Demographics

Locality

The 588 responses received represented residents of all localities. The highest proportion of respondents lived in Lerwick North, whereas the smallest proportion lived in North Mainland. Given that Lerwick North is the most populous area then it is to be expected that a higher proportion of the responses came from that locality. Similarly, it would be expected that North Mainland would make up less of the responses given that it has a smaller population.

Given that the response rates from the localities was somewhat similar (see *Response rates – Locality*) we can be assured that the response by locality give a fair representation of the population within that area.

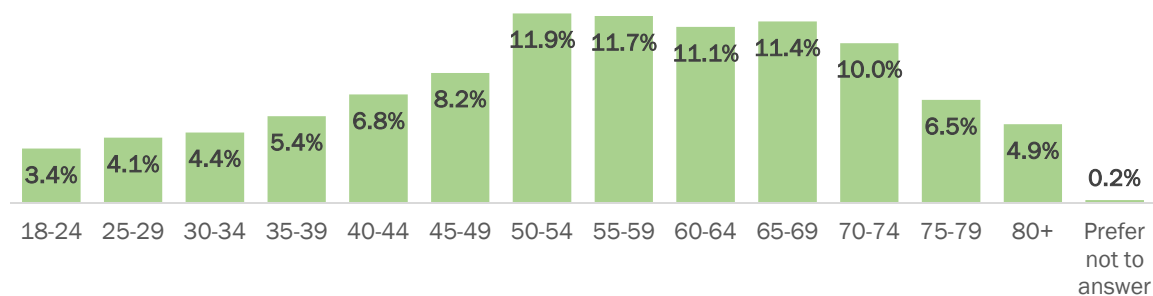
Figure 3: Responses, by locality



Age

Individuals aged between 50-74 years made up over half of the responses received. The younger age groups are less represented within the responses, making up from 3.4% (18-24 years) to 8.2% (45-49 years) of the responses. Those aged 75+ account for 11.4% of the responses.

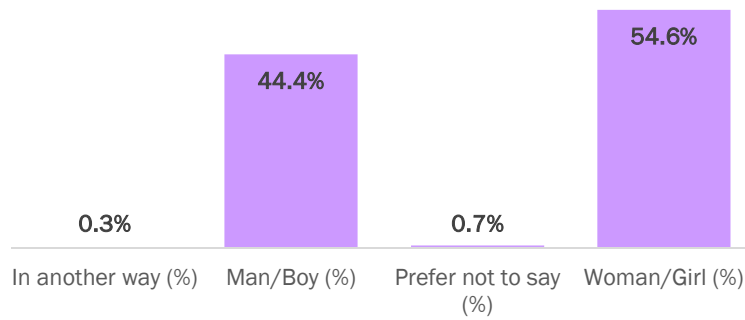
Figure 4: Responses, by age band



Gender

Individuals were asked how they would describe their gender identity. The majority of respondents identified as being a woman/girl (54.6%), 44.4% identified as man/boy. A very small proportions of respondents identified themselves in another way (0.3%) or preferred not to say (0.7%).

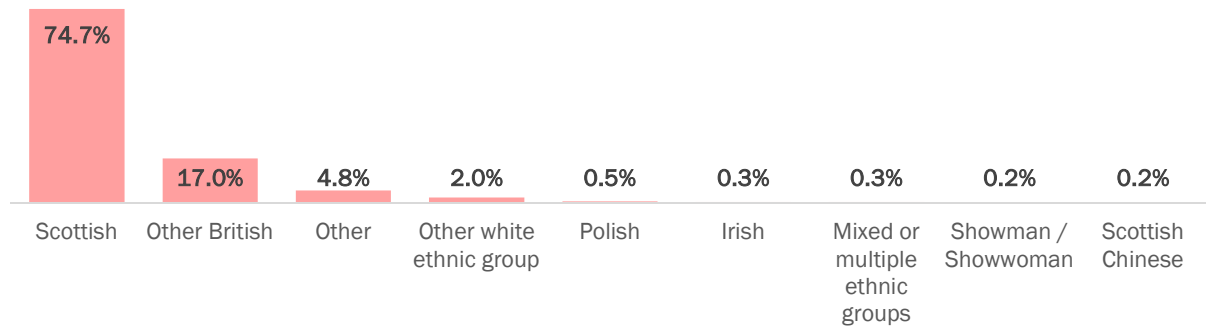
Figure 5: Responses, by gender



Ethnicity

Scottish people make up 74.7% of the respondents, with other British making up 17.0% and all other groups making up the remaining 8.3%. Of those who identified as an 'Other' ethnic group, some of the most common responses given were 'Shetlander', 'British' and 'English'.

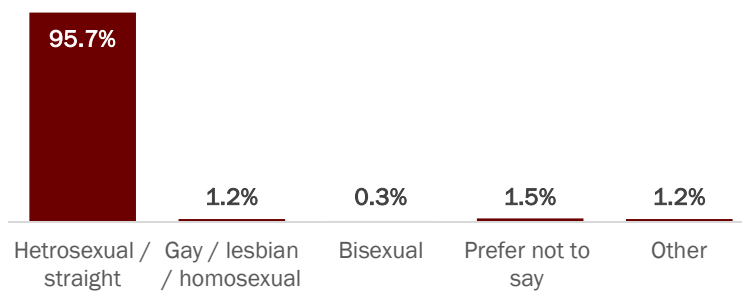
Figure 6: Responses, by ethnicity



Sexual orientation

When respondents were asked which category best described how they thought of themselves the majority, 95.7%, identified themselves as heterosexual/straight.

Figure 7: Responses, by sexual orientation



Accommodation

Type of housing

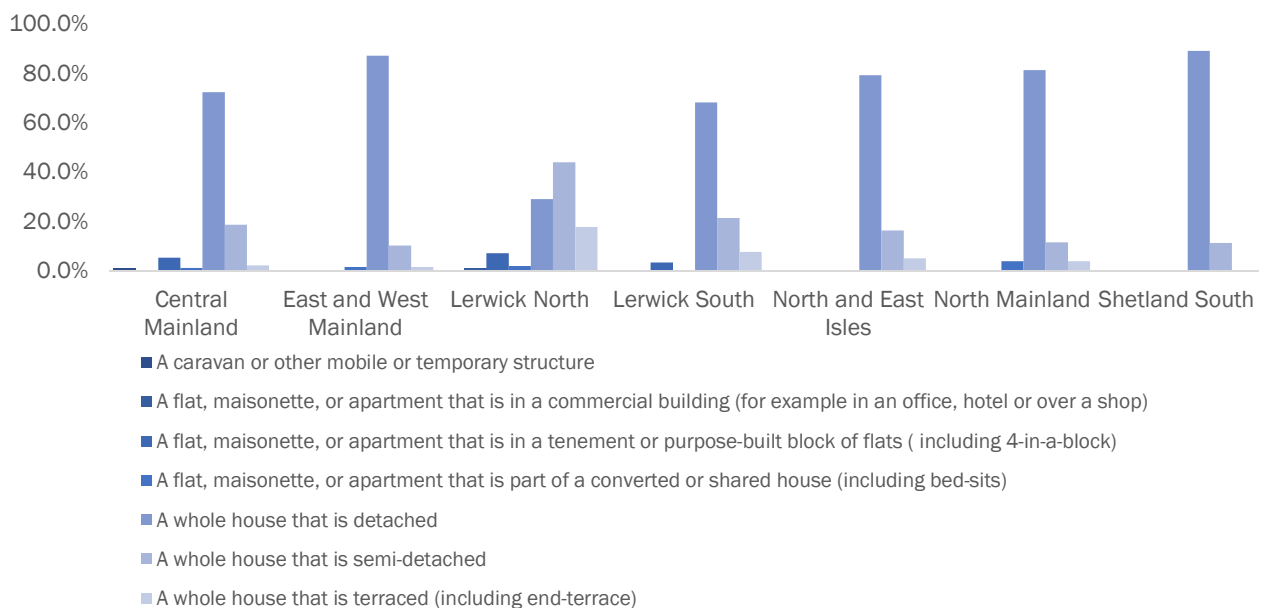
Respondents were asked what type of housing they lived in and were given a range of options from different types of houses, flats/maisonettes/apartments and mobile homes. The most common type of house that individuals reported living in was a whole house that is detached.



Type of housing was similar across most localities, with over 70% of respondents reporting that they lived in a detached house in five out of seven localities. However in Lerwick (North and South) the results were slightly different.

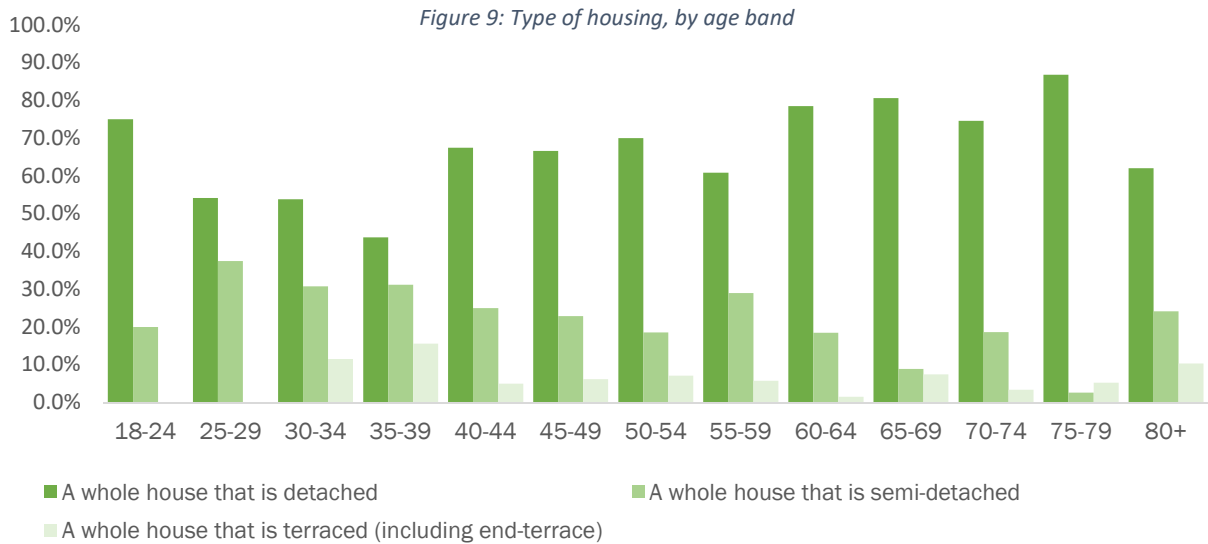
In Lerwick North the most common type of housing was a whole house that is semi-detached, with 43.9% of respondents in that area reporting that they lived in such a house. While only 28.9% reported living in a whole house that is detached. In Lerwick South a detached house was the most common type of house, however the proportions reporting this was slightly lower compared to localities out with Lerwick – 68.1%.

Figure 8: Type of housing, by locality



A whole house that is detached was the most common response across all age bands, with the proportions reporting living in this type of accommodation ranging from 43.8% among 35-39 year olds to 86.8% among 75-79 year olds.

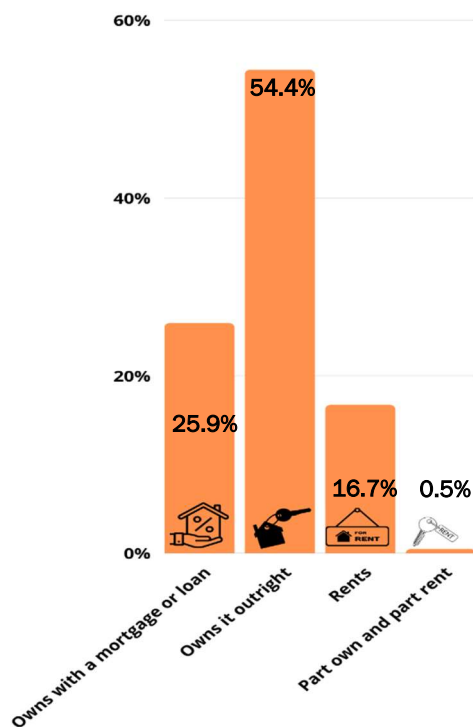
A higher proportion of respondents in the younger age bands reported living in a whole house that is semi-detached compared to some of the older age bands. 37.5% of 25-29 year olds reported living in this type of accommodation compared to 2.6% of 75-79 year olds.



Ownership

When asked whether they owned or rented their accommodation, over half of the respondents (54.4%) reported that they own it outright, with a further 25.9% reportedly owning their accommodation with a mortgage or loan.

Figure 10: Accommodation ownership



Nearly a fifth of individuals rent (fully or part own/part rent) their accommodation. Of those who rent or part rent, the majority of them have social housing rental through Shetland Islands Council (SIC).

Of those who rent or part rent



Ownership of accommodation was similar across all localities – with ‘Own it outright’ being the most common response. North and East Isles saw the highest proportion of respondents – 66.1% - reporting that they own their house outright. Slightly higher proportion of individuals from Central Mainland, East and West Mainland and North Mainland reported that they owned their home with a mortgage or loan (34.0%, 31.9% and 30.2% respectively) compared to other localities.

Renting accommodation was most widely reported in Lerwick North, Lerwick South and South Shetland, than in other localities. In fact, in Lerwick North, renting accommodation was more widely reported than owning it with a mortgage or loan, 22.8% compared to 21.1%.

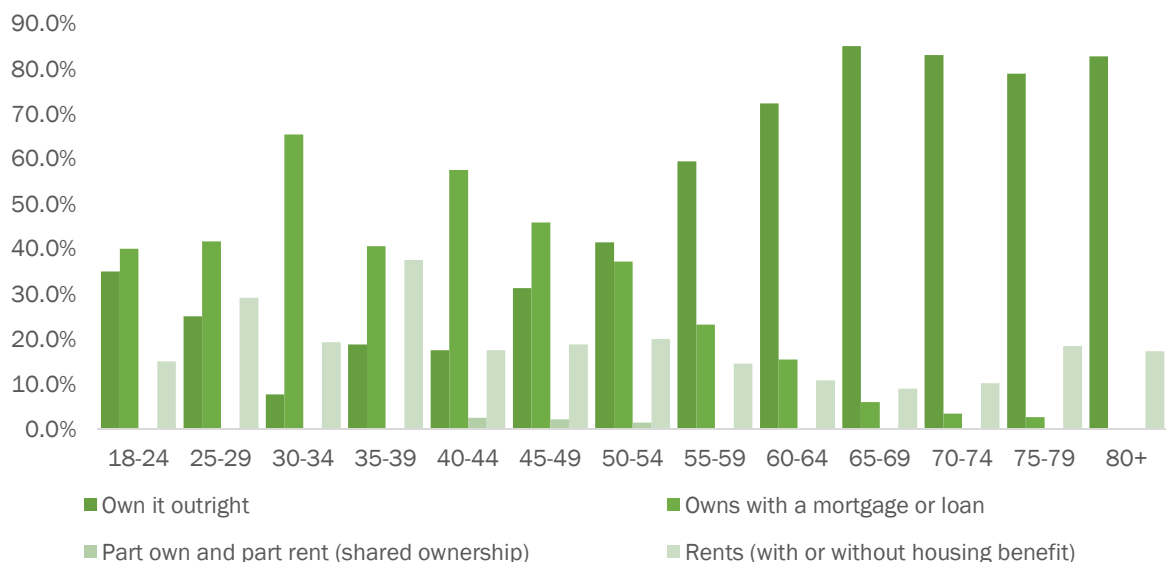
Figure 11: Accommodation ownership, by locality



As expected, ownership of accommodation varies with age. The majority of individuals in all age bands from 50 years and over own their home outright, ranging from 41.4% of 50-55 year olds to 85.1% of 65-79 year olds.

In all bands younger than that the majority of individuals reported owning their homes with a mortgage or loan, ranging from 40.0% of 18-24 years olds to 65.4% of 30-34 year olds. Renting was most common among 35-39 year olds with 37.5% of individuals in that age band reporting that they rent their accommodation.

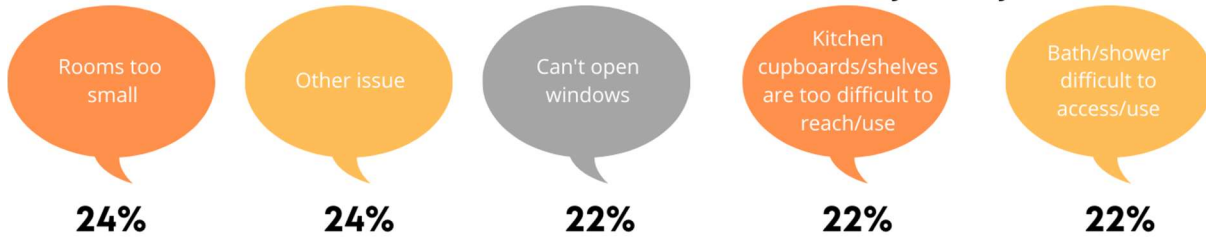
Figure 12: Accommodation ownership, by age band



Limitations

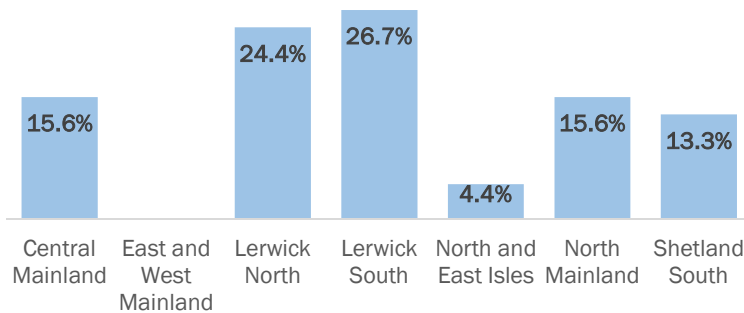
Respondents were asked whether there was anything about their current home which limited their day to day activities. 7.7% of individuals reported that they were some element of their current home which limited their activities.

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



*based on those who identified issues

Figure 13: Limitations, by locality

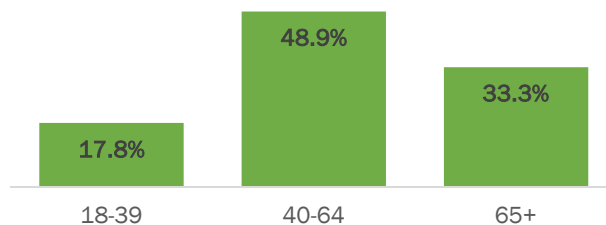


East and West Mainland was the only locality where no issues were identified as affecting day to day activities. Across the other six localities the main issues identified did not vary significantly. The majority of issues were identified by individuals living in Lerwick (North and South).

Due to the small number of individuals reporting that there were issues affecting their day to day activities, broader age bands have been used for this analysis.

Figure 14: Limitations, by broad age band

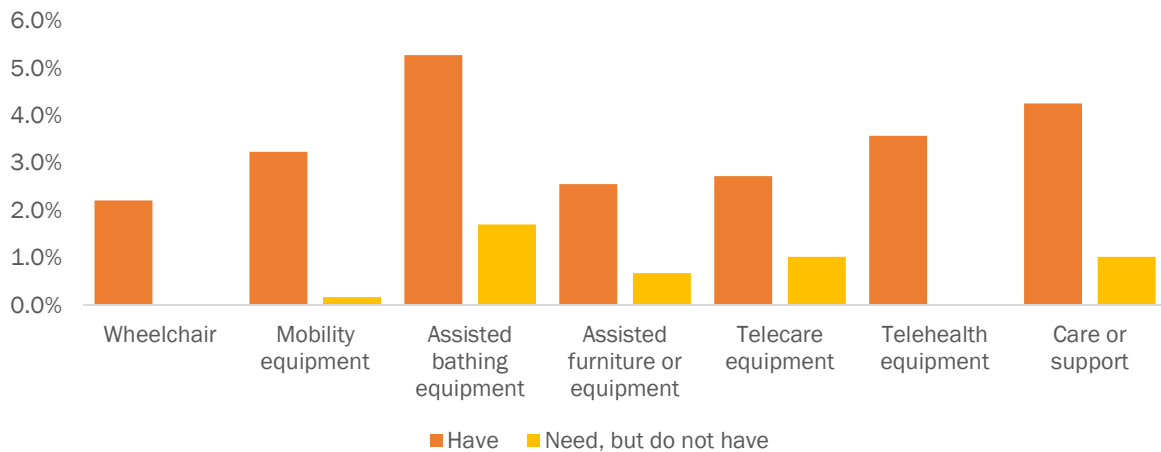
Individuals across all age bands identified issues with their current home that affected their day to day activities, however the majority of those that identified issues were aged 40-64 years.



Equipment or support

Approximately 14% of respondents reported that they, or someone in their household, had or needed (but did not have) some equipment, adaptations or support within their home. The most common pieces of equipment or support that respondents reported having was assisted bathing equipment (5.3%), care or support (4.3%) and telehealth equipment (3.6%). The most commonly reported piece of equipment that respondents felt that was required but that they did not have were assisted bathing equipment (1.7%), telecare equipment (1%) and care and support (1%).

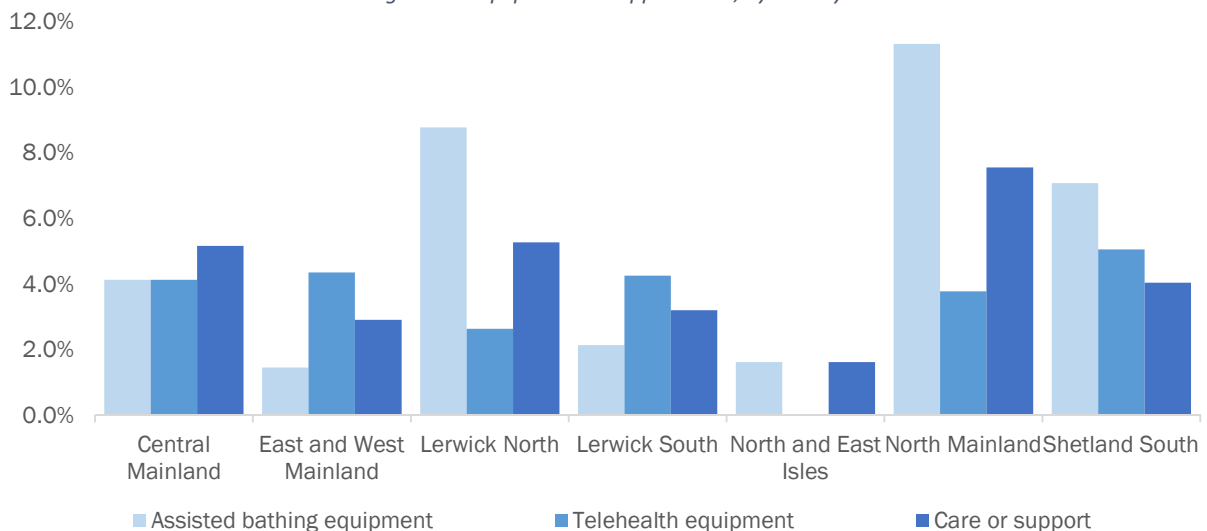
Figure 15: Equipment or support



The use of equipment or support varied across the localities with the proportion of respondents from Lerwick North, North Mainland and Shetland South reportedly utilizing equipment and support being higher than the proportion reported from other localities. Respondents from North and East Isles reported very little use of equipment or support.

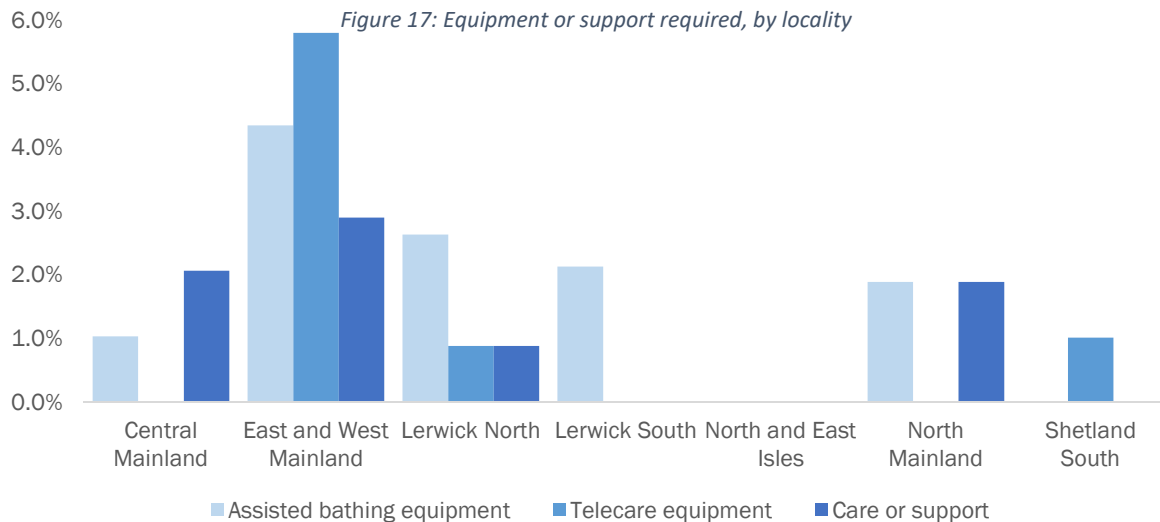
The types of equipment and support being used also varied across localities. A higher proportion of respondents from Central Mainland, Lerwick North and North Mainland reported using care or support more so than respondents from other localities. The proportions of respondents from each locality that reported using assisted bathing equipment ranged from 1.4% in East and West Mainland to 11.3% in North Isles. Similarly the proportions of respondents from each locality that reported using telehealth equipment ranged from 0% in North and East Isles to 5.1% in Shetland South.

Figure 16: Equipment or support used, by locality



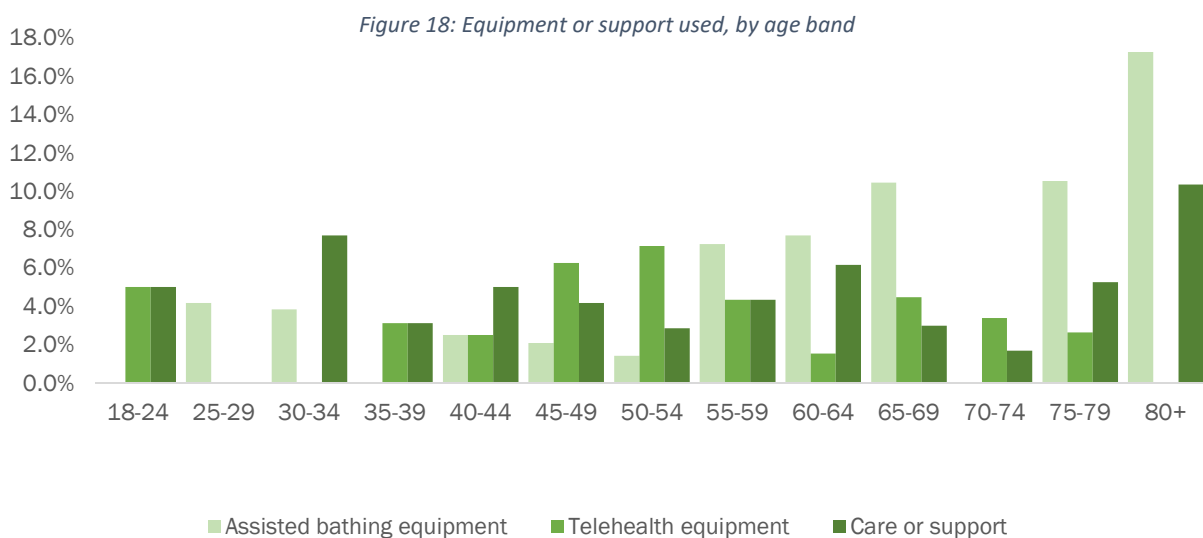
The need for equipment or support varied across the localities with the proportion of respondents from East and West Mainland reportedly requiring (but not having) equipment and support being higher than the proportion reported from other localities. Respondents from North and East Isles reported no need for equipment or support.

The types of equipment and support that respondents reported needing (but not having) also varied across localities. A higher proportion of respondents from East and West Mainland reported requiring (but not having) telecare equipment more so than respondents from other localities. The proportions of respondents from each locality that reported needing (but not having) assisted bathing equipment ranged from 0% in East and West Mainland and Shetland South to 4.3% in East and West Mainland. Similarly the proportions of respondents from each locality that reported needing (but not having) care or support ranged from 0% in Lerwick South, North and East Isles and Shetland South to 2.9% in East and West Mainland.



The use of equipment or support was reported across all age bands, with the highest use reported in the older age bands. Respondents in the 25-29 year age band reported very little use of equipment or support.

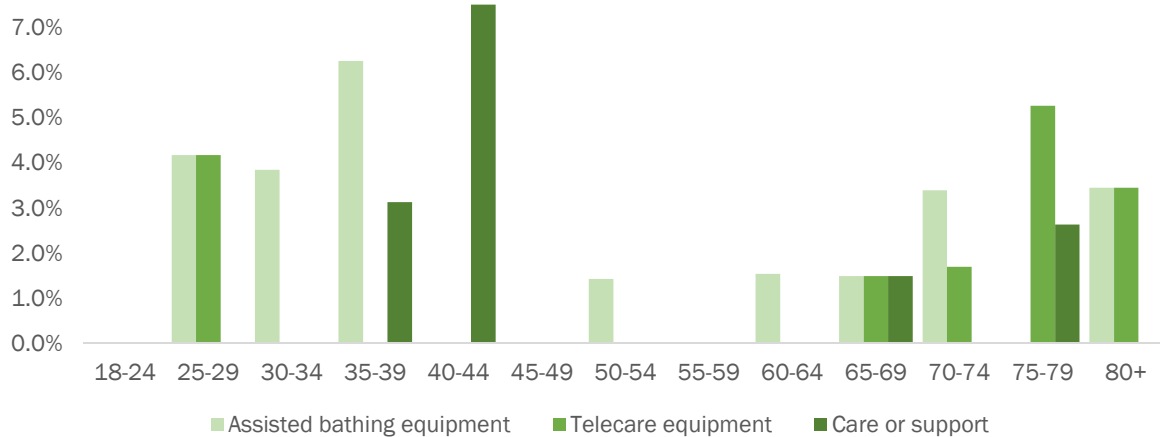
The types of equipment and support being used also varied across age bands. A higher proportion of respondents 45-54 year age bands reported using telehealth equipment more so than respondents in other age bands. The proportions of respondents from each age band that reported using assisted bathing equipment ranged from 0% in 18-24, 35-39, and 70-74 year age bands to 17.2% in the 80+ year age band. Similarly the proportions of respondents from each age band that reported using care or support ranged from 0% in 25-29 year age band to 10.3% in the 80+ year age band.



The need for equipment or support varied across age bands with the proportion requiring (but not having) equipment or support in the 35-44 year age bands was higher than the proportion reported in other age bands. Respondents in the 18-24, 45-49 and 55-59 year age bands reportedly do not requiring any equipment or support.

The types of equipment and support that respondents reported needing (but not having) also varied across age bands. A higher proportion of respondents in the 40-44 year age band reported requiring (but not having) care or support more so than respondents in other age bands. The proportions of respondents in each age band that reported needing (but not having) assisted bathing equipment ranged from 0% to 3.4% in 80+ years age band. Similarly the proportions of respondents in each age band that reported needing (but not having) telecare equipment ranged from 0% to 5.3% in 75-79 year age band.

Figure 19: Equipment or support required, by age band



Unmet needs

Respondents were asked if they, or anyone in their household, had an unmet need for any type of special forms of housing. 98.1% of respondents reported that they did not.

The types of unmet need that the remaining respondents identified included:

Figure 20: Unmet needs



Lerwick South and North Mainland were the only localities where no unmet need was identified. Across the other five localities the main issues identified did not vary significantly.

The majority of needs were identified by those aged 55+ years, with most of them identifying 'Other' unmet needs.

Problems

Respondents were asked to rate a series of statements as being ‘not a problem’, ‘a bit of a problem’ or ‘a serious problem’ for them in their current household. The issue which was identified as the most prevalent problem (a bit of or a serious problem) was heating costs that are not affordable. 44.7% of respondents identified this as a bit of/serious problem in their household.

Additionally almost a quarter of respondents reported that difficulty maintaining their home or carrying out repairs was a bit of/serious problem for their household.

Only a small proportion – 7.7% - of respondents reported that problems with their neighbours was a bit of/serious problem, while only 5.4% reported that no accessible car parking near their home was a bit of/serious problem.

The extent of the problems identified varied across localities with some respondents reporting certain problems to be more of a concern than others.

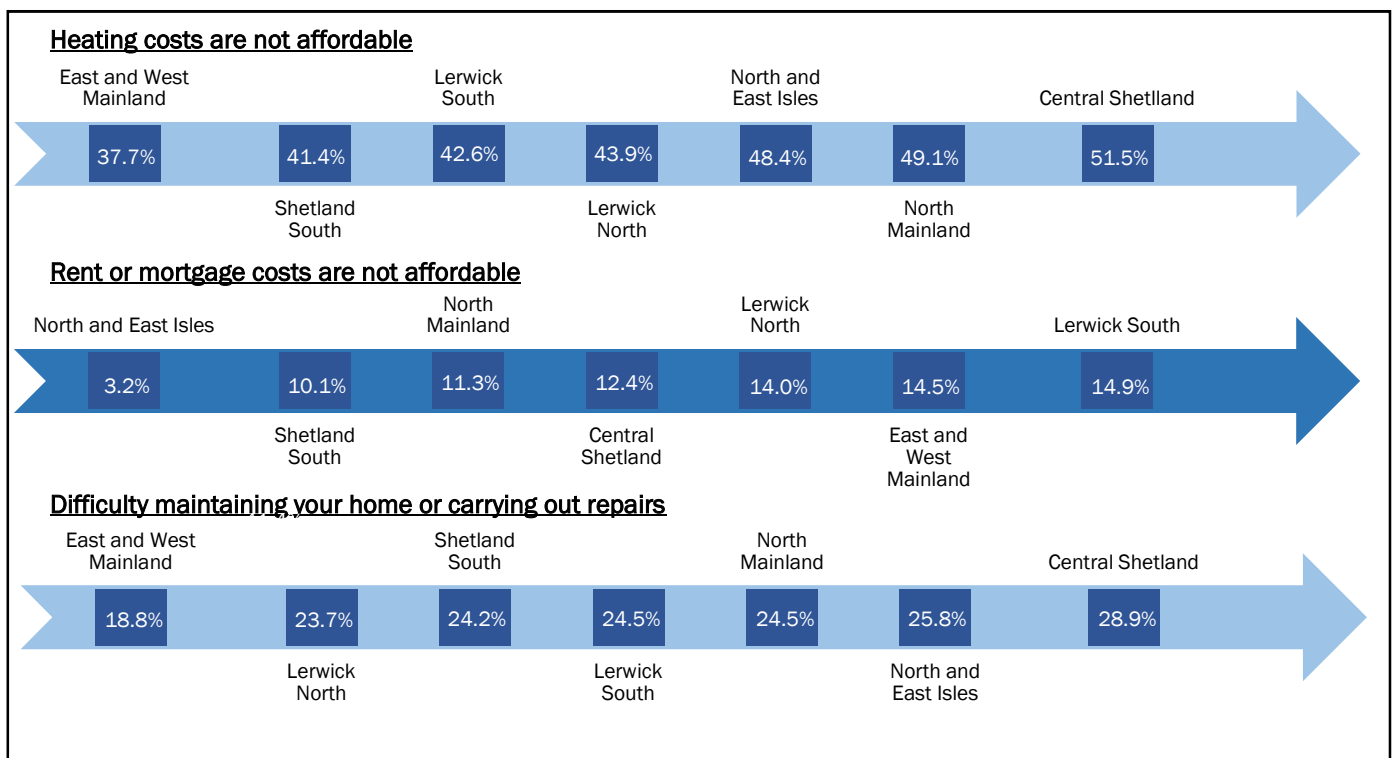
Heating costs that are not affordable was identified by large proportions of respondents across all localities – ranged from over a third of respondents in East and West Mainland to over half of respondents in Central Shetland.

‘You/your household feel isolated and lonely at home’ saw the largest variation across localities. 4.3% of respondent from East and West Mainland identified this as a bit of/serious problem. This is compared to 18.6% of respondents from Central Shetland – a difference of 14.3%.

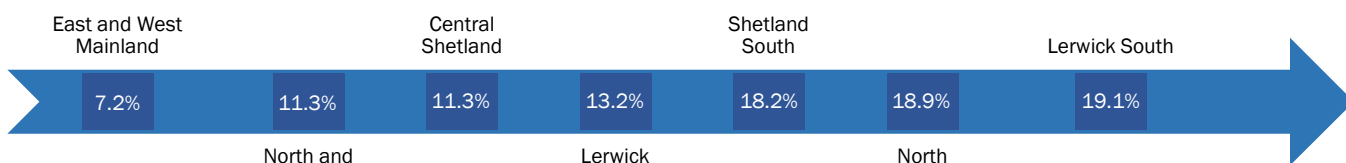
Things that are a bit of/serious problem in household



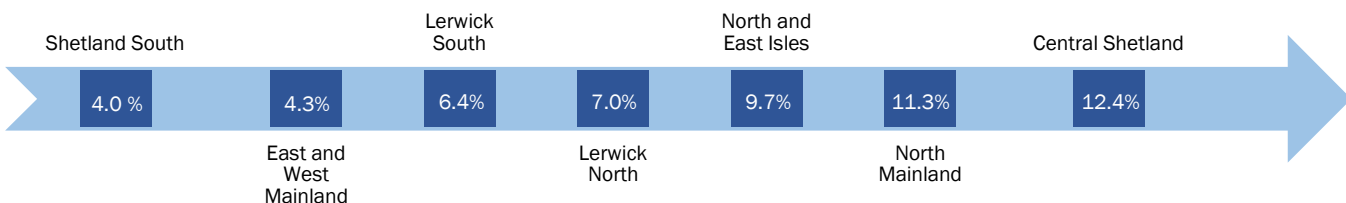
Figure 21: Problems, by locality



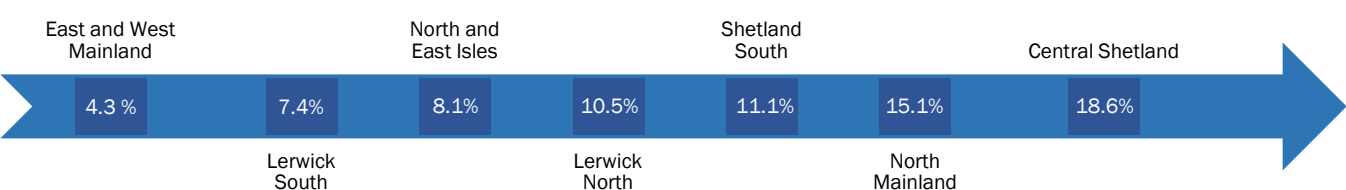
Difficulty managing your home including cleaning, gardening etc.



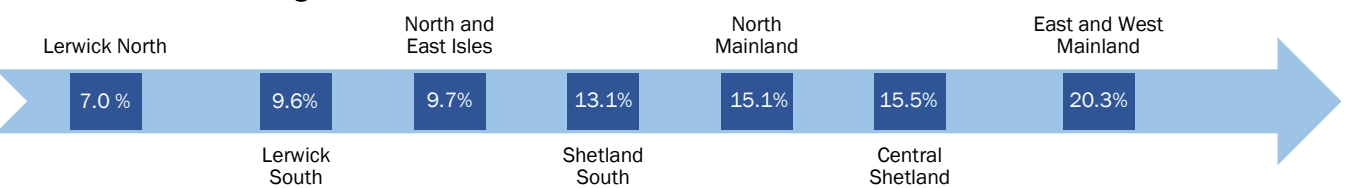
Experiencing problems with neighbours



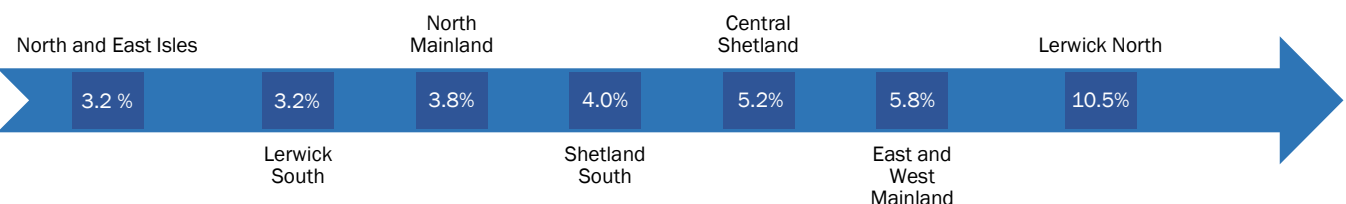
You/ your household feel isolated and lonely at home



Home is not close enough to local amenities



There is no accessible car parking near home

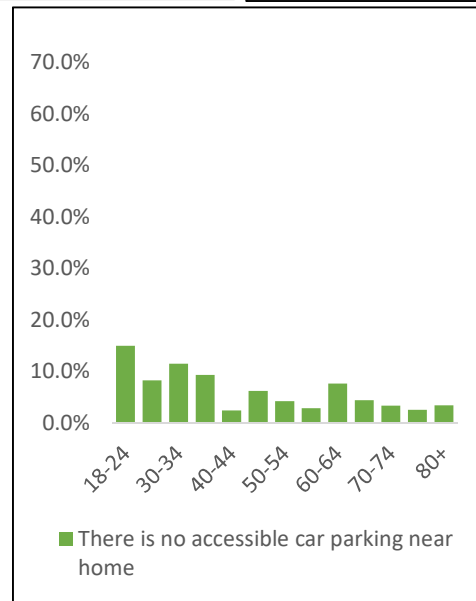
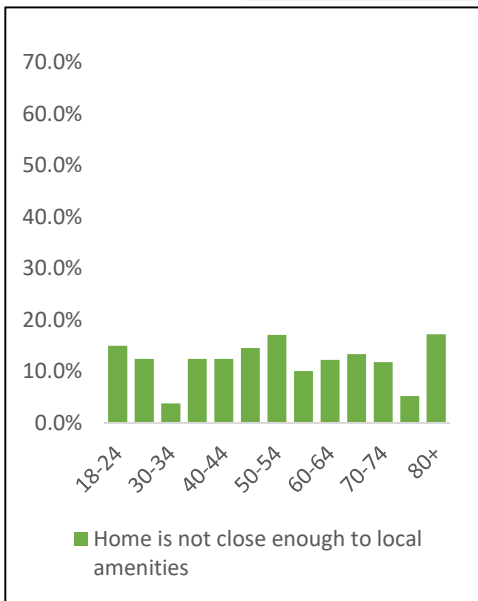
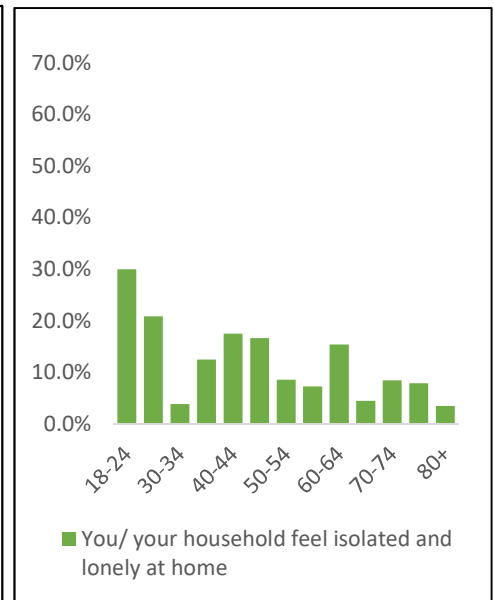
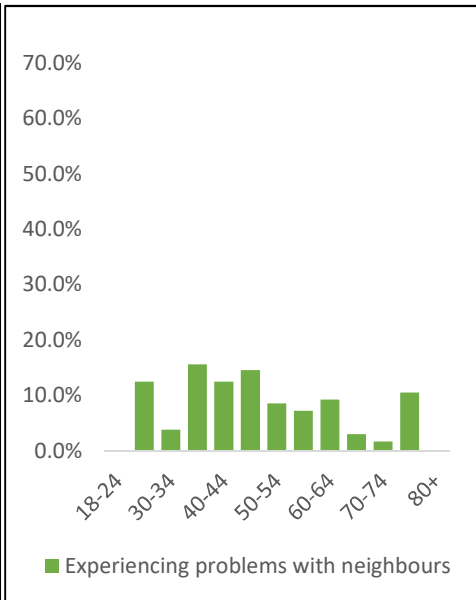
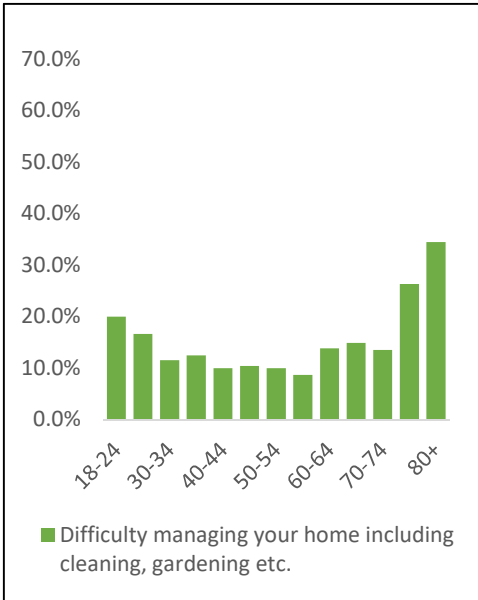
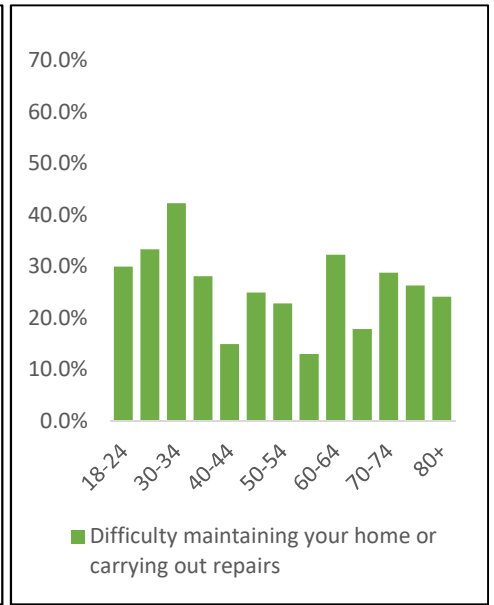
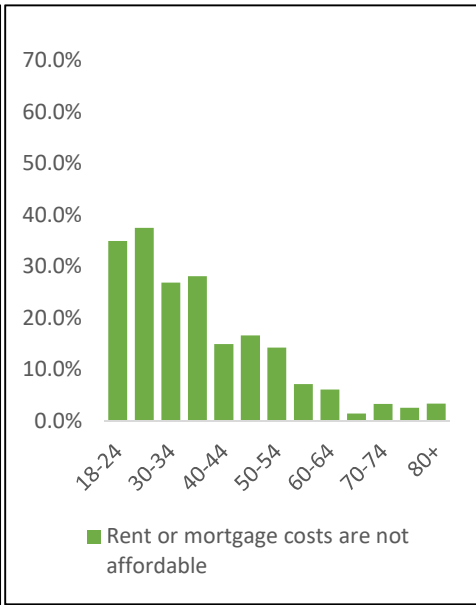
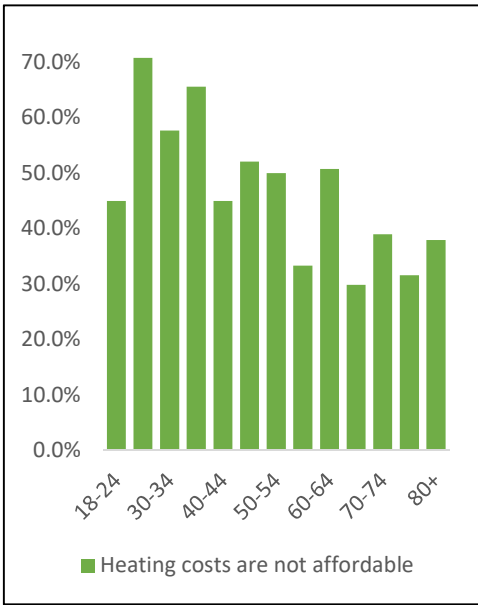


A higher proportion of those in younger age bands reported rent or mortgage costs not being affordable and feeling isolated and lonely at home were a bit of/a serious problem. 36% of 18-29 year olds reported that rent or mortgage costs not being affordable was a bit of/a serious problem compared to 3.5% of those age 60+ years. This may be due to the fact that a higher proportion of the older age band own their house outright, compared to the younger age band. A quarter (25%) of 18-29 year olds reported that feeling isolated and lonely at home was a bit of/a serious problem compared to 8.5% of those age 60+ years.

Difficulty in maintaining or managing their home – both in terms of repairs and cleaning, gardening etc, appears to be a bit of/a serious problem for both the youngest age bands and the oldest, with those aged between 40 and 60 years identifying this as less of a problem.

Heating costs that are not affordable were identified as a bit of/a serious problem across all age bands – ranging from 31.6% among 75-79 year olds to 70.8% among 25-29 year olds.

Figure 22: Problems, by age band



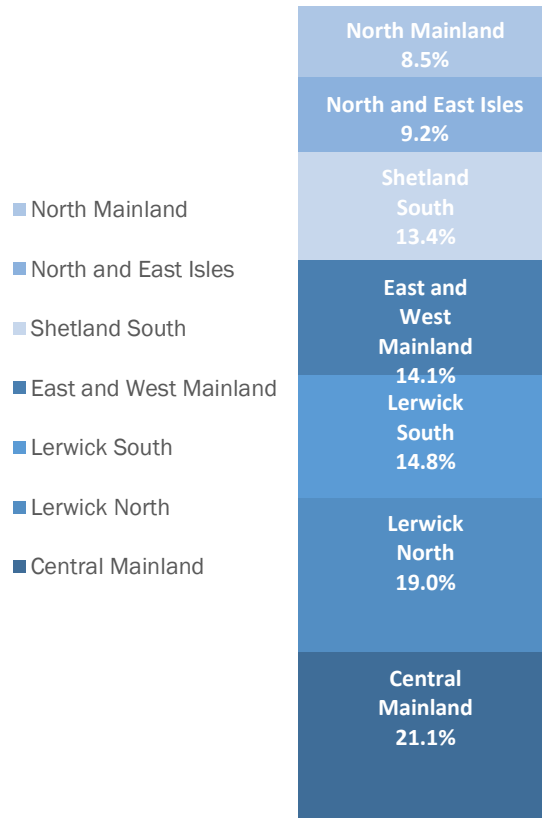
Children

Children in household



Respondents were asked if their household included any children. Almost a quarter of households did.

Figure 23: Children in household, by locality

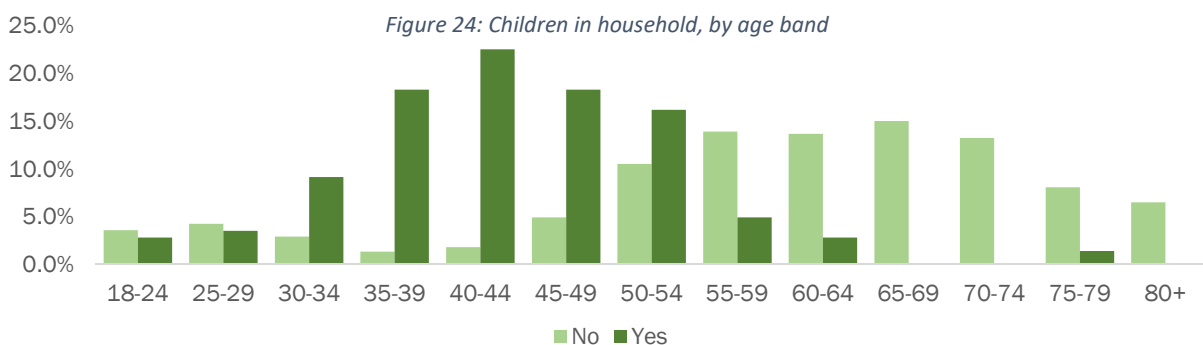


The majority of households with children were from Central Mainland and Lerwick North and made up approximately 40% of all households with children.

Households from the North and East Isles and North Mainland made up the smallest proportion of households with children – 9.2% and 8.5% respectively.

Shetland South, East and West Mainland and Lerwick South made up similar proportions ranging from 13.4% to 14.8%.

The majority of respondents who reported that their household included children were aged between 35 and 54 years, and accounted for 75% of all households with children. Very few respondents aged over 65 years reported that children lived in their household.



Transport

Vehicles in household

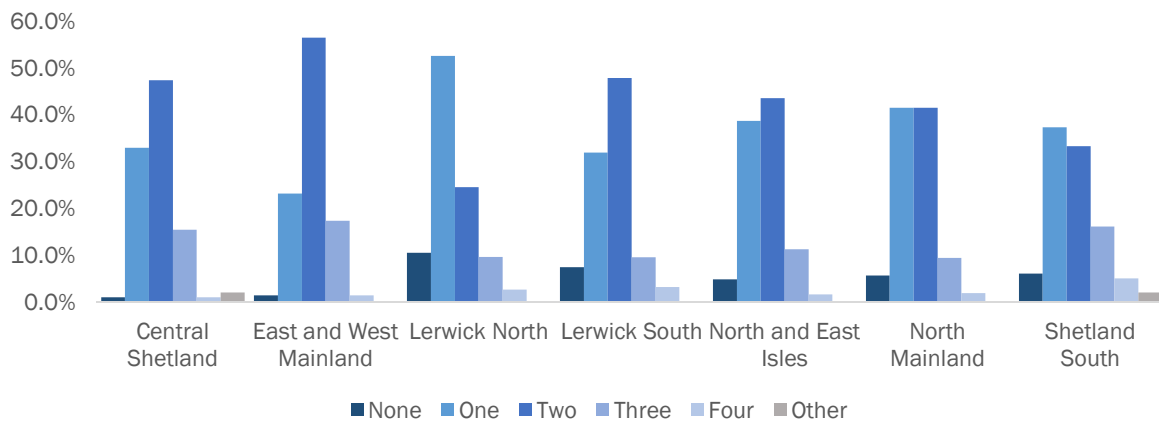
The majority of households owned, or had use of, two vehicles and only a small proportion did not own, or have use of any vehicle.



The number of vehicles available for use in households varied across localities. The majority of respondents from Central Shetland, East and West Mainland, Lerwick South and North and East Isles reported having 2 vehicles available for use (ranging from 43.5% to 56.5%). Whereas the majority of respondents from Lerwick North and Shetland South reported having 1 vehicle available for use. East and West Mainland had the highest proportion with 3 vehicles available (17.4%) and Lerwick South had the highest proportion with 4 vehicles available (3.2%).

All localities had some respondents reporting that they did not have any vehicles available for use – this ranged from 1.0% in Central Shetland to 10.5% in Lerwick North.

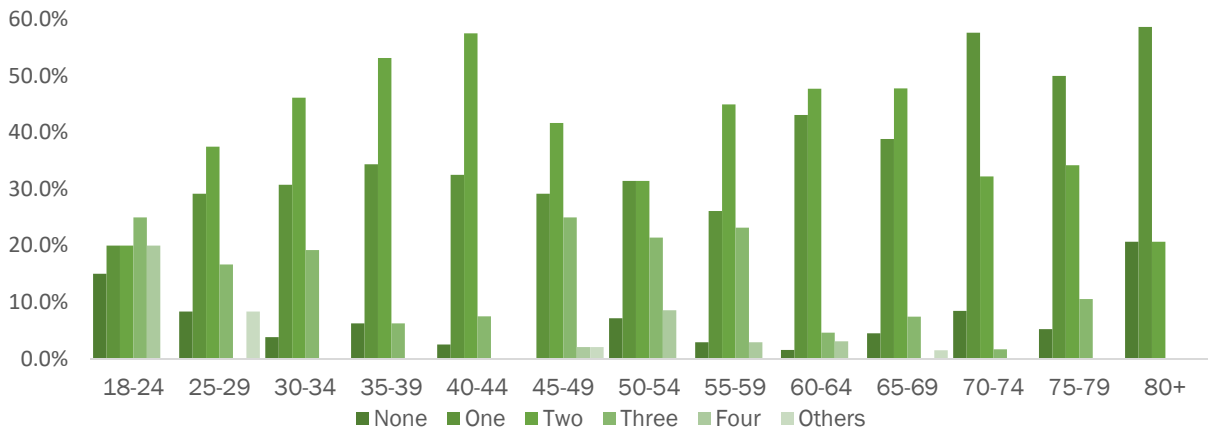
Figure 25: Vehicles in household, by locality



The number of vehicles available for use in households varied across age bands. The majority of respondents aged 25-69 years reported having 2 vehicles available for use (ranging from 20.0% to 57.5%). Whereas the majority of respondents aged 70+ years reported having 1 vehicle available for use. Those aged 18-24 and 45-49 years had the highest proportion with 3 vehicles available (25.0%) and those aged 18-24 also had the highest proportion with 4 vehicles available (20%).

All age bands, except 45-49 years, had some respondents reporting that they did not have any vehicles available for use – this ranged from 1.5% among those aged 60-64 years to 20.7% among those aged 80+ years.

Figure 26: Vehicles in household, by age band



Money spent on fuel

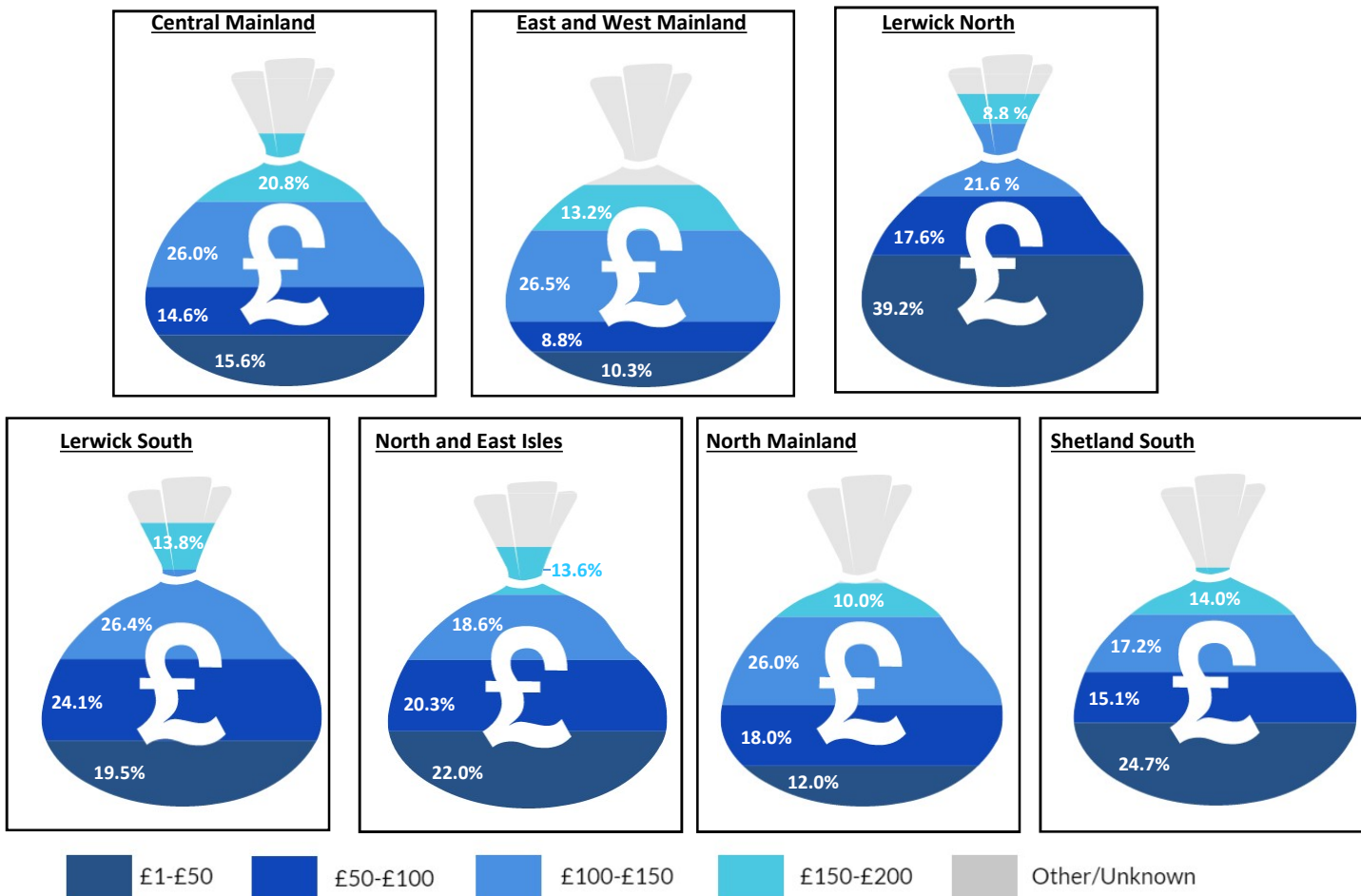
Respondents were asked how much money they spent on fuel (for their car(s) and/or van(s)) in the previous month.

The majority of respondents (23.1%) reported that they had spent approximately £100 - £150 on fuel in the previous month.



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

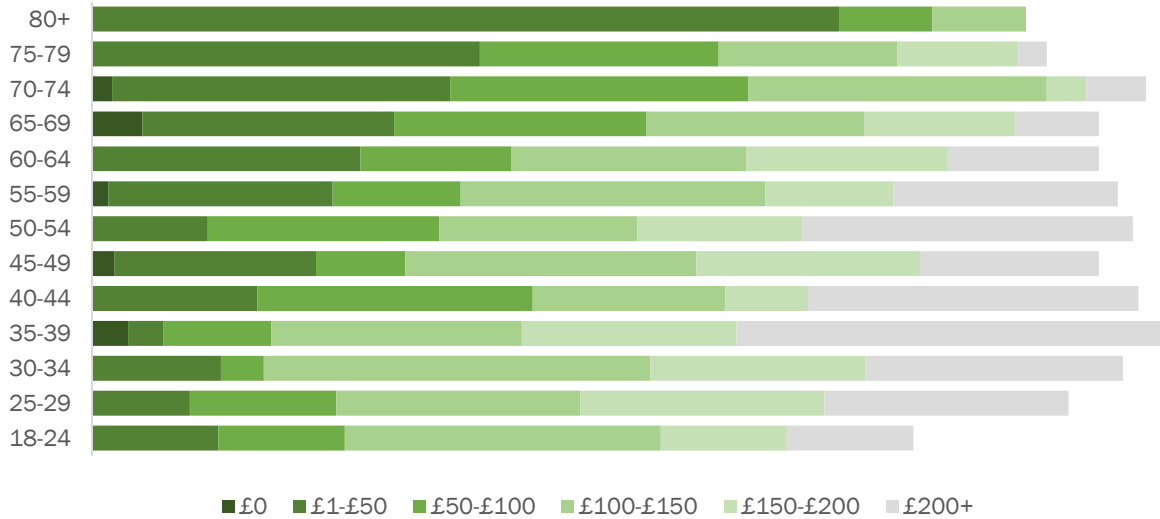
Figure 27: Money spent on fuel, by locality



The amount of money spent on fuel in the previous month also varied by age. Those in older age bands were more likely to spend less money on fuel in the previous month, with the majority of all those aged 60+ years spending £1-£50 a month.

Across all other age bands the majority of respondents reported spending at least £100 on fuel in the previous month. Those in the 35-39 year age band reported spending the most, with 40% spending over £200 in the previous month.

Figure 28: Money spent on fuel, by age band



Money spent on heating

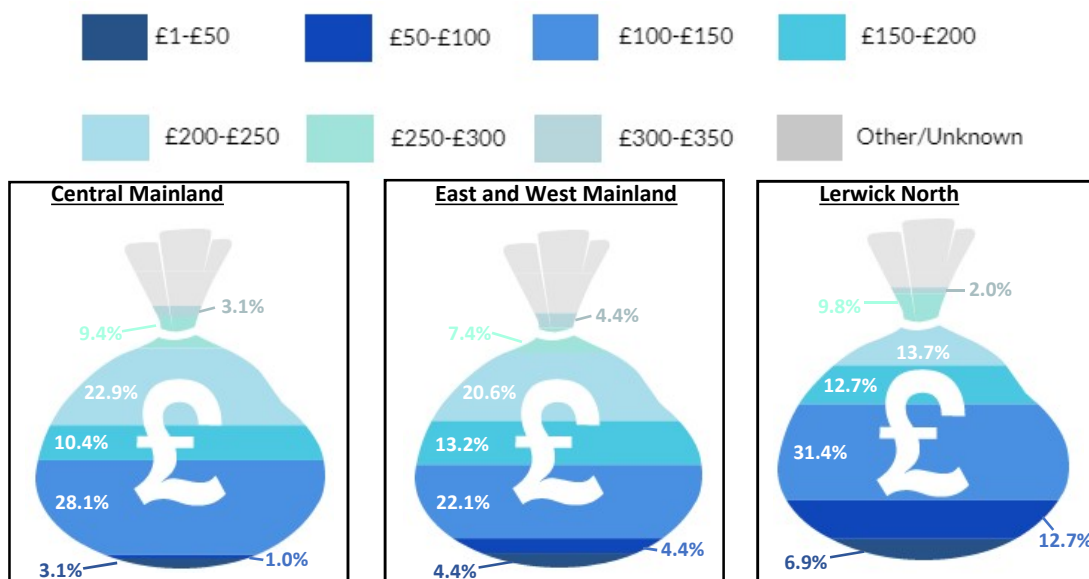
Respondents were asked how much money they spent on heating their home in the previous month.

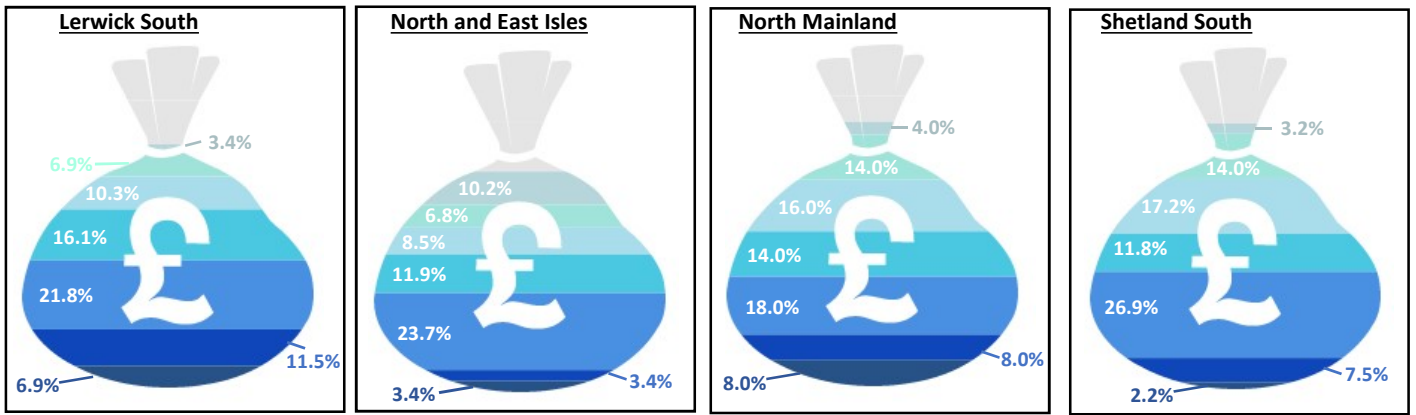
The majority of respondents (24.0%) reported that they had spent approximately £100 - £150 on heating their homes in the previous month.



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

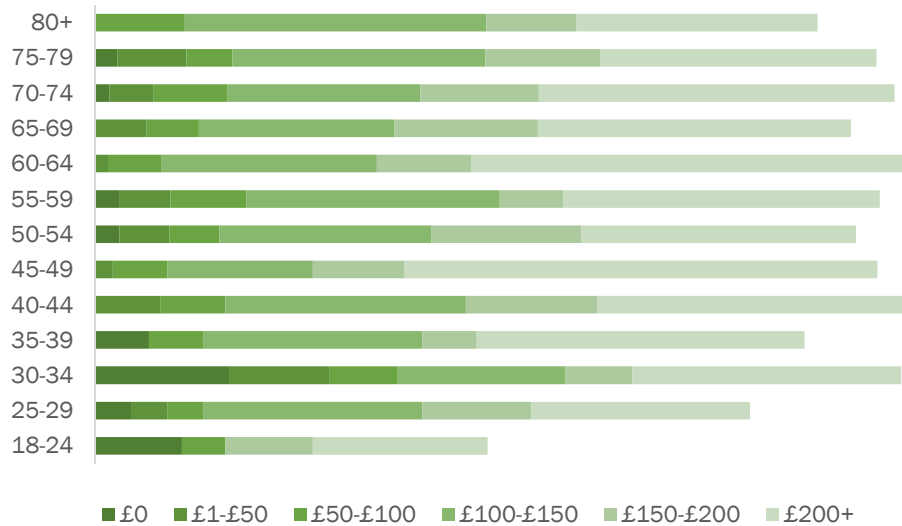
Figure 29: Money spent on heating, by locality



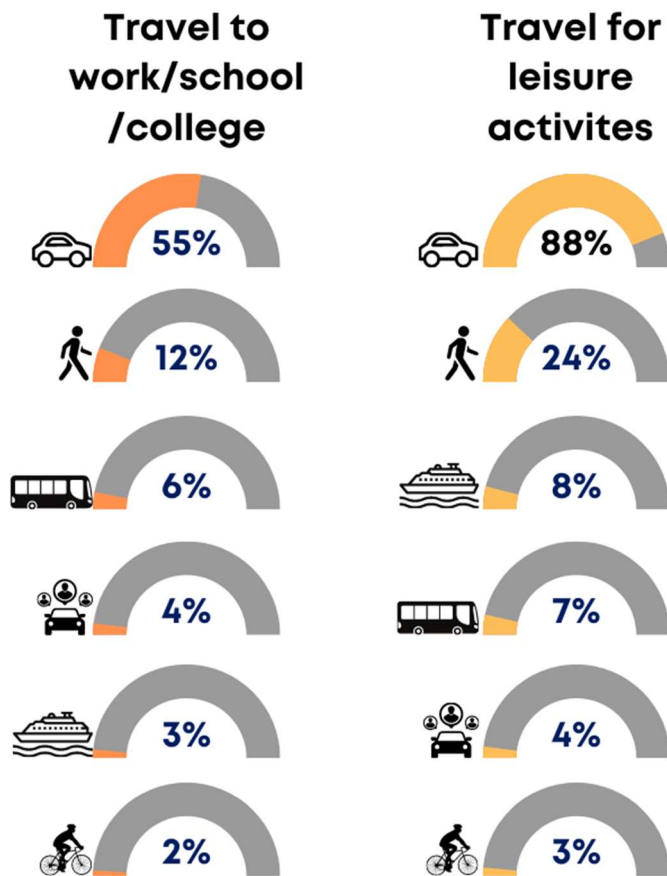


The majority of respondents across all but one age band (80+ years) reported spending £200+ on heating their homes in the previous month. This ranged from 20.0% of 18-24 year olds to 54.2% of 45-49 year olds. The majority of those aged 80+ years reported spending £100-£150.

Figure 30: Money spent on heating, by age band



Travel for work and leisure



The majority of individuals reported using a car for travel to work/school/college and for their leisure activities.

Over a third of individuals reported that travel to work/school/college was not applicable to them. Many of the reasons for this was because either they did not work or they were retired.

Almost a quarter of individuals reported that they walk when going to take part in some type of leisure activities.

Over 45% of individuals in all localities reported that they use a car for travel to work/school/college.

Lerwick North had the highest proportion reporting that they walk to work/school/college (28.9%)



North and East Isles had the highest proportion reporting that they take a ferry to work/school/college (12.9%).



North and East Isles also had the highest proportion (46.8%) reporting that travel to work/school/college was not applicable to them, this may be due to the older demographic within that locality.

Over 70% of individuals in all localities reported that they use a car for leisure activities.



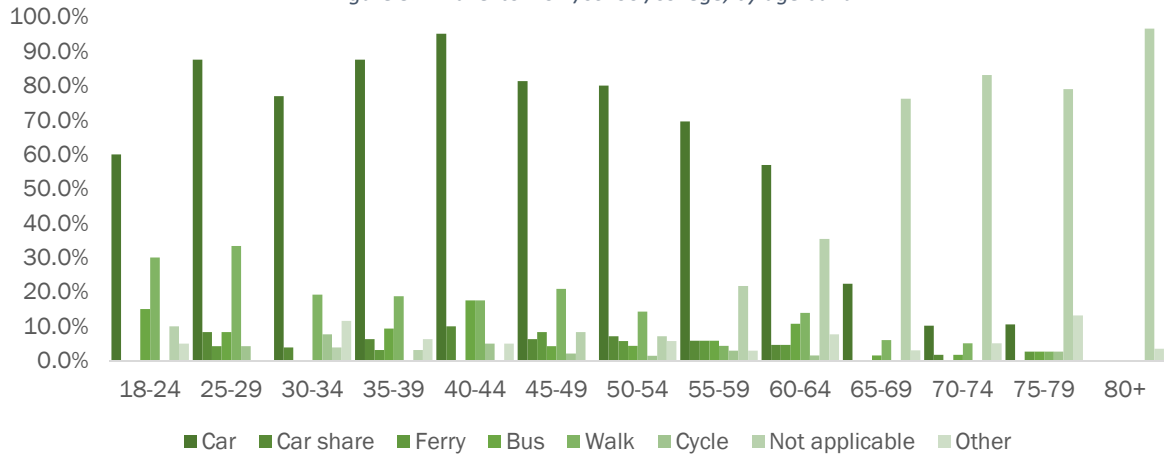
Lerwick North had the highest proportion reporting that they walk to their leisure activities (63.2%).

North and East Isles had the highest proportion reporting that they take a ferry to their leisure activities (53.2%).



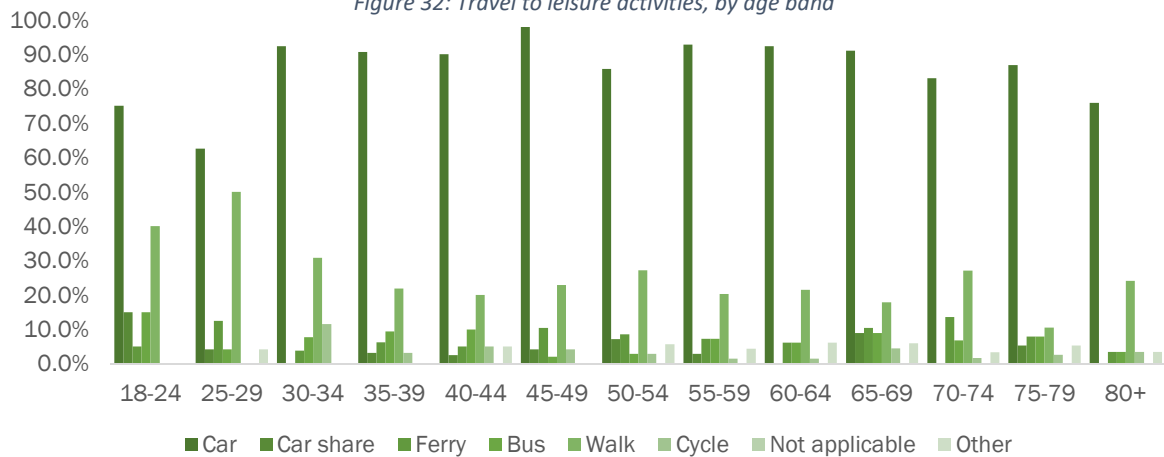
The responses varied according to age with – as expected – higher proportions of those above the working age reporting that travel to work/school/college was not applicable to them. Among the younger age bands (<65 years) the majority reported that they travelled by car. Over 30% of those aged 18-29 years reported that they walked to work/school/college – which is over 10% higher than all other age bands.

Figure 31: Travel to work/school/college, by age band



Over 60% of respondents in all age bands reported that they travel to leisure activities by car. Again, higher proportion of those aged 18-29 years reported that they walked (over 40%) – which is over 10% higher than all other age bands. Those in the youngest age band reported car sharing (15%) and taking to bus (15%) more so than any of the older respondents.

Figure 32: Travel to leisure activities, by age band



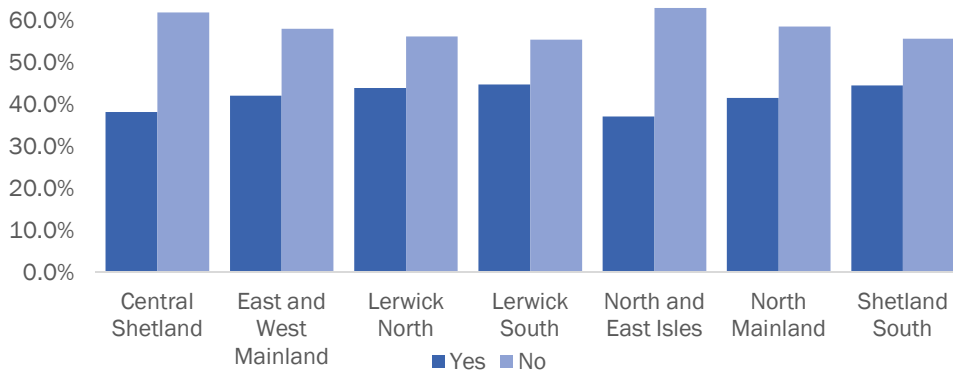
Active travel

Respondents were asked if they were interested in increasing their use of active travel – for example walking, cycling or using public transport. Over 40% reported that they would be interested in this.

The proportion of individuals who were interested in increasing their use of active travel ranged from 37.1% in North and East Isles to 44.7% in Lerwick South.

42%
were
interested in
increasing
their use of
'active travel' options

Figure 33: Increase use of active travel, by locality



Respondents in 5 of the 13 age bands were interested in increasing their use of active travel (18-24, 25-29, 35-39, 55-59 and 60-64 years) ranging from 52.3% to 62.5% of respondents. The 40-44 year age band had the highest proportion of respondents reporting that they were not interested in increasing their use of active travel – 77.5%. The majority of those aged 65+ years also reported that they were not interested in increasing their use of active travel.

Figure 34: Increase use of active travel, by age band

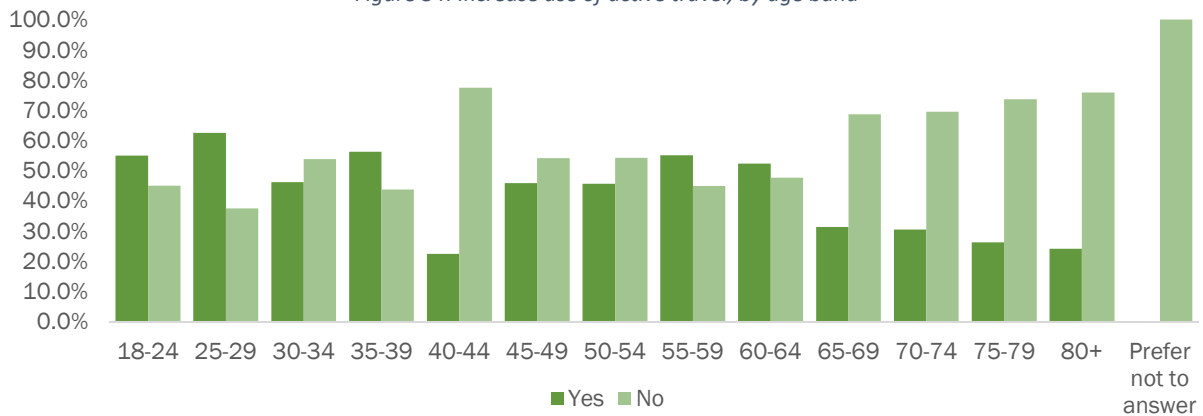
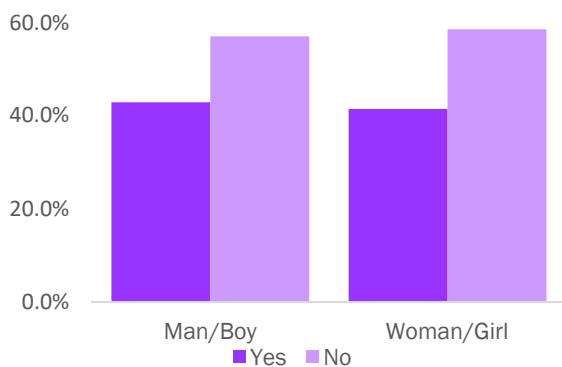


Figure 35: Increase in use of active travel, by gender



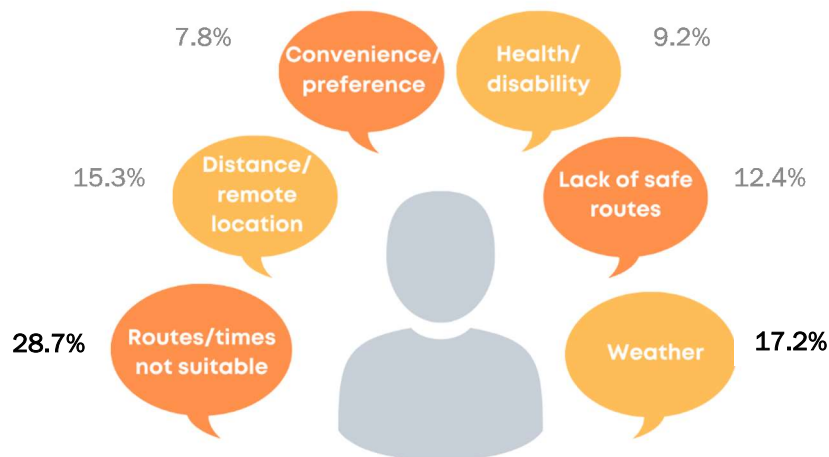
There is not much difference between the responses received from men/boys and women/girls – 42.9% of men/boys reported that they would be interested in increasing their use of active travel compared to 41.4% of women/girls.

Barriers to active travel

When asked what the main barriers were to increasing the respondent’s use of active travel options in Shetland, a range of different responses were given. Responses were then categorized into broad groupings. The most common responses given were relating to routes/times not being suitable, distance/remote location, convenience/preference, health/disability, lack of safe routes and the weather.

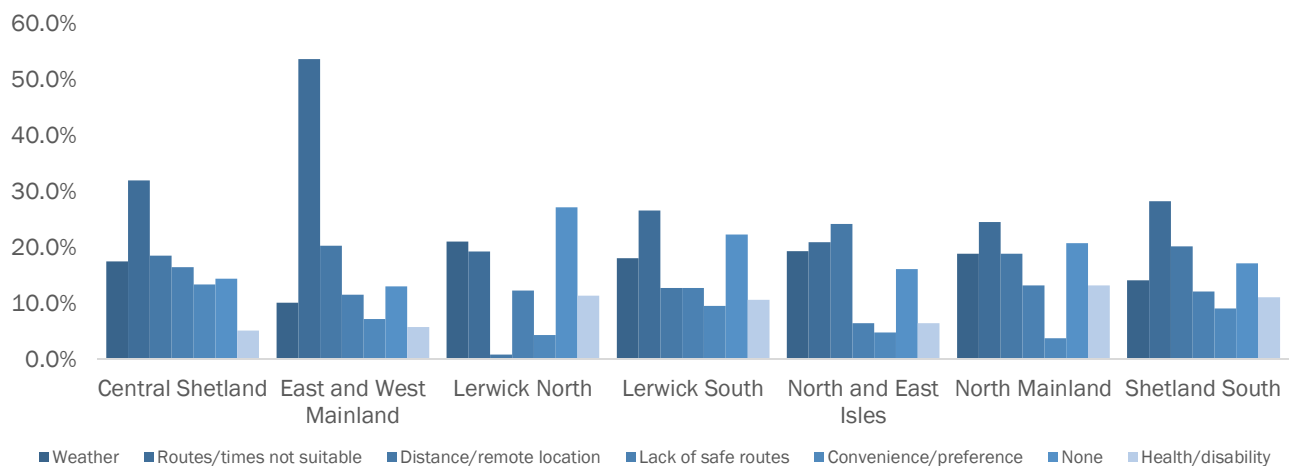
Almost a fifth (19.2%) reported that there were no barriers to them increasing their use of active travel.

Barriers to active travel



Responses varied depending on which locality the respondents was from. Routes/times not being suitable was reported as a barrier by over half of the respondents from East and West Mainland – 53.6% - compared to respondents from Lerwick North where 19.3% of respondents reported this as a barrier. All localities except Lerwick North reported that distance/remote location was a barrier to active travel, with the highest proportion reporting this being residents of North and East Isles (24.2%). Lack of safe routes was also consistently reported across all localities, as was the weather.

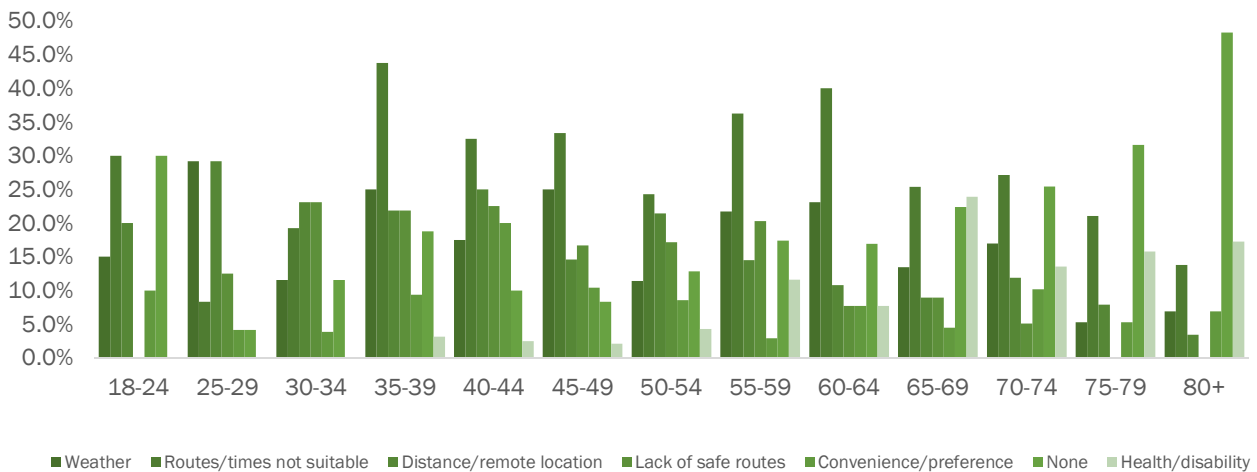
Figure 36: Barriers to active travel, by locality



While large proportions of respondents reported that there were barriers to increasing their use of active travel, a large proportion also reported that there were in fact no barriers to them increase their active travel. This ranged from 13.0% of respondents in East and West Mainland to 27.2% in Lerwick North.

Routes/times not being suitable was reported as a barrier to increasing active travel by all age bands between 18-74 years (except 25-29 years) and the proportions of respondents reporting this in each of these age bands varied from 19.2% among 30-34 year olds to 43.8% among 35-39 year olds. The majority of those aged 75+ years reported that there were no barriers to them increasing their active travel use. For 25-29 year olds the weather and distance/remote location were the main barriers.

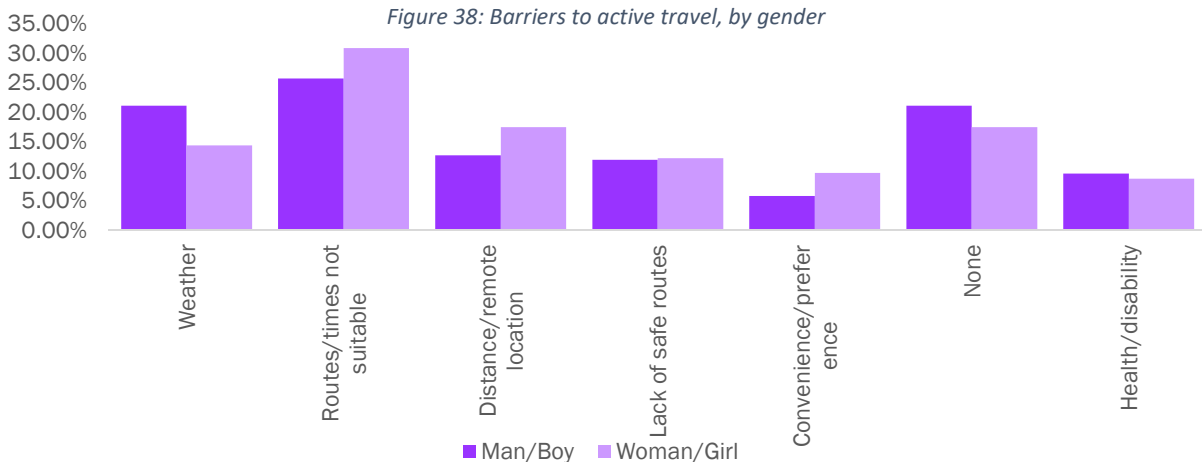
Figure 37: Barriers to active travel, by age band



There is some differences between the responses received from men/boys and women/girls. A higher proportion of men/boys reported that the weather and health/disability were barriers to increasing their use of active travel – 21.1% and 9.6% respectively. However, higher proportions of women/girls reported that route/times not being suitable (30.8%), distance/remote locations (17.5%) and convenience/preference (9.7%) were barriers to increasing their use of active travel.

Over a fifth of men/boys reported that there were no barriers to increasing their use of active travel, compared to 17.8% of women/girls.

Figure 38: Barriers to active travel, by gender



Cycling

Almost a third of respondents reported that they either own or have access to a bicycle.

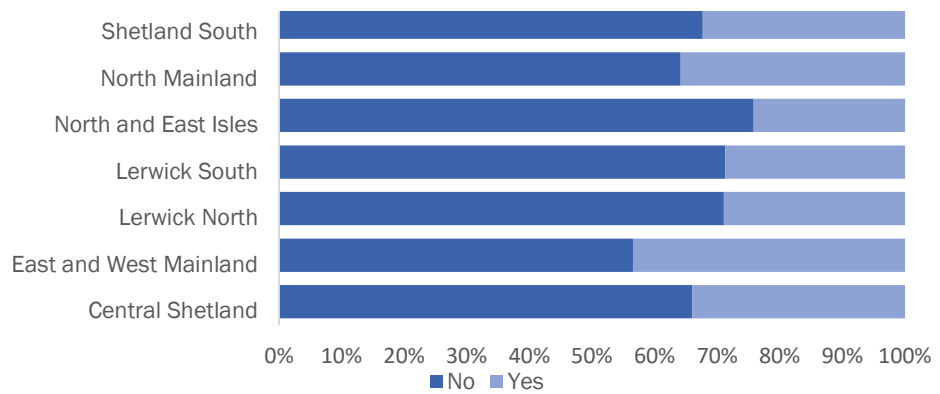
The majority of respondents from each locality reported that they did not own or have access to a bicycle. This ranged from 56.5% in East and West Mainland to 75.8% in the North and East Isles



32.1%
either own
or have
access to a
bicycle

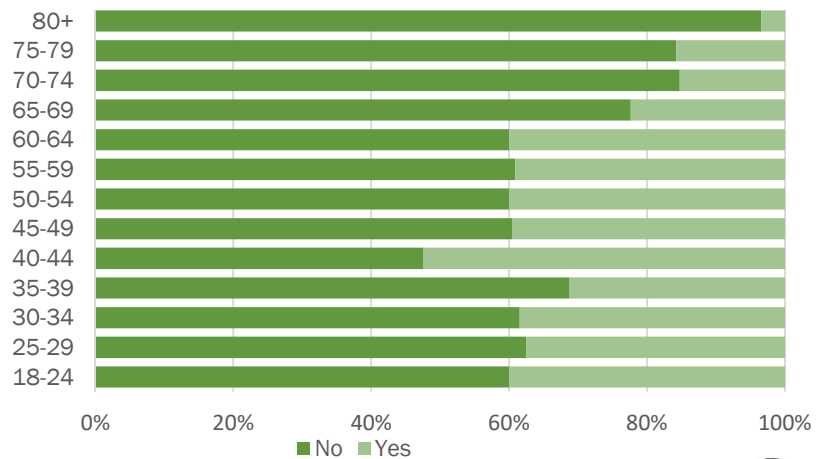
The majority of respondents from all age bands (except 40-44 years) reported that they did not own, or have access to, a bicycle. Of those that are aged 40-44 years, 47.5% reported not owning or having access to a bicycle.

Figure 39: Own or access to bicycle, by locality



Over three quarters of those aged 65+ years do not have a bicycle. The proportions not owning a bicycle are slightly lower in the younger age bands.

Figure 40: Own or access to bicycle, by age band



There was a considerable difference between men/boys and women/. A higher proportion of men/boys reported that they did own, or have access to a bicycle. 41.8% compared to 24.3% of women/girls.



41.8%

24.3%

A quarter of respondents had cycled within the last year. East and West Mainland had the highest proportion of respondents reporting that they had cycled in the past year (40.6%), compared to North and East Isles where less than 20% reported having cycled in the last year.

Figure 41: Cycled in the last year, by locality

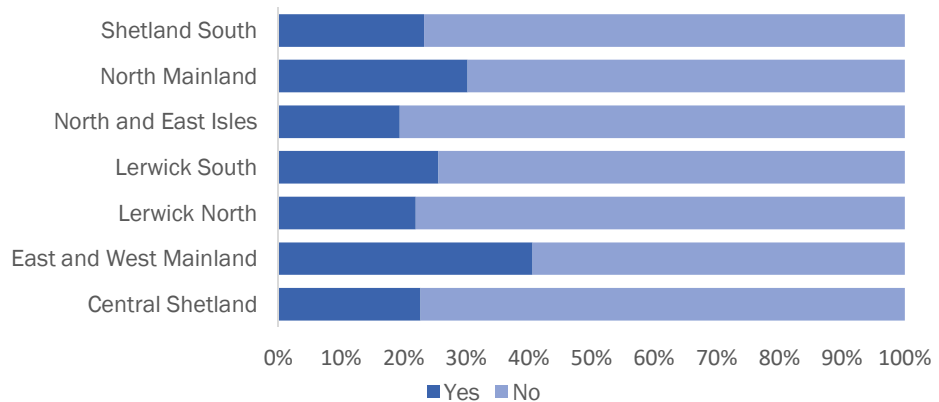
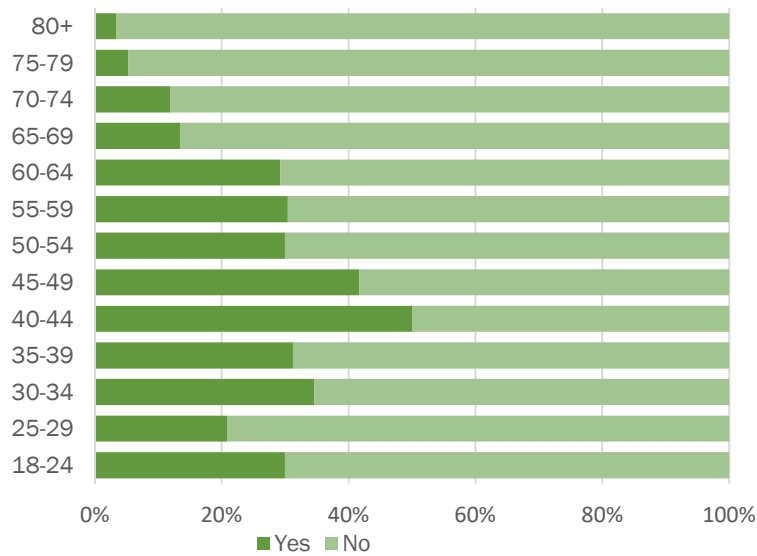
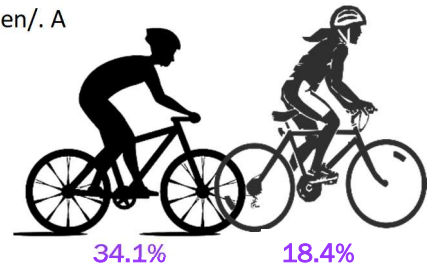


Figure 42: Cycled in the last year, by age band



Half of those aged 40-44 years and over 40% of those aged 45-49 years reported that they had cycled in last year. Only small proportions of those aged 65+ years reported having cycled in the last year (3.4% - 13.4%). Of those in the youngest age bands, 20-35% reported that they had cycled in the year prior to the survey.

Again there was a considerable difference between men/boys and women/. A higher proportion of men/boys reported that they had cycled in the last year. 34.1% compared to 18.4% of women/girls.



Employment

Type of employment

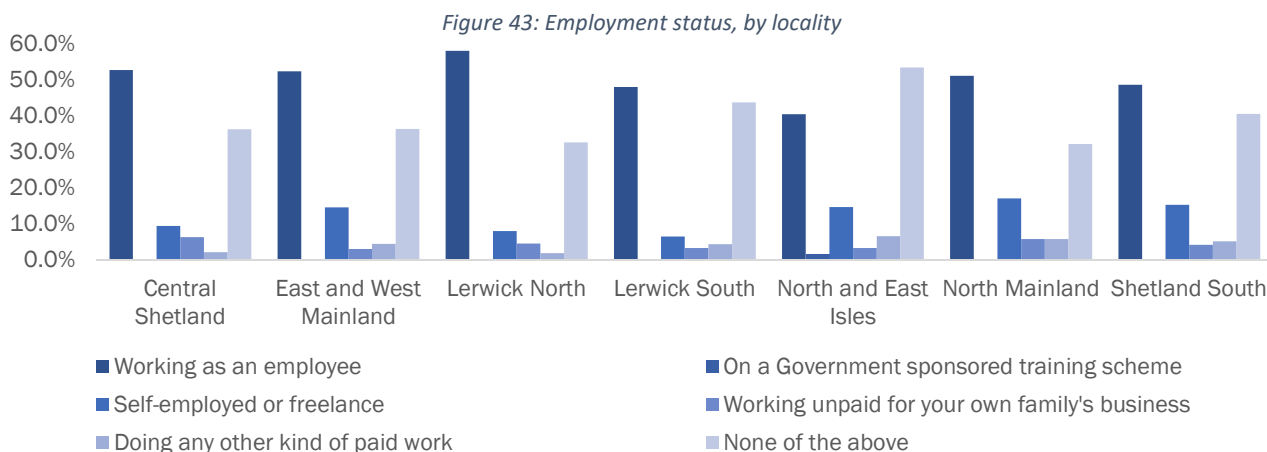
Respondents were asked about their employment and whether in the week prior to the survey they had done any type of work, paid or unpaid. Half of the respondents (50.7%) reported that they had worked as an employee in the week prior to the survey, while 38.8% reported that they had done none of those options in the previous week.

Table 1: Employment status

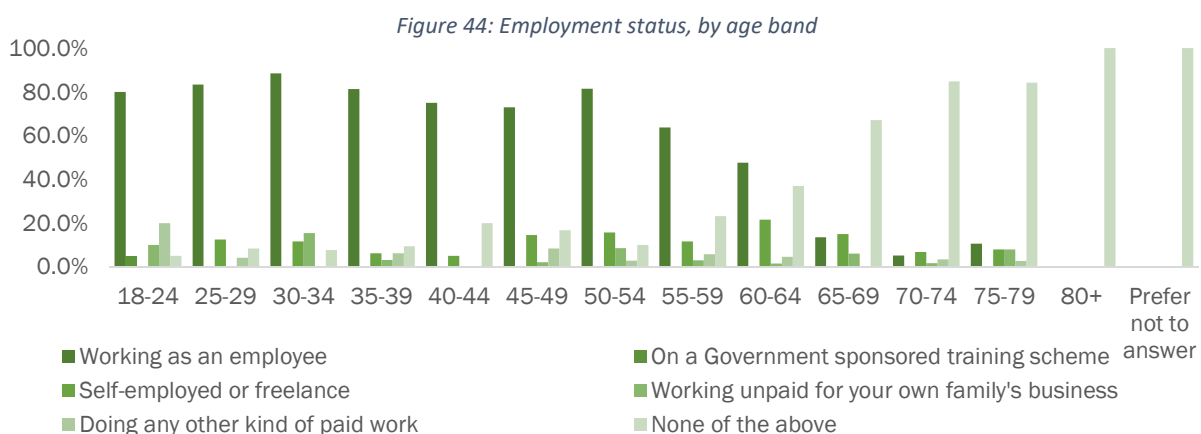
Working as an employee	On a Government sponsored training scheme	Self-employed or freelance	Working unpaid for your own family's business	Doing any other kind of paid work	None of the above
50.7%	0.2%	11.4%	4.3%	3.9%	38.8%

North and East Isles has the lowest proportion of respondents who reported that they had been working as an employee in the week prior to the survey – 40.3% compared to 51.7% across the other six localities. North and East Isles did however have a large proportion of individuals who reported that they did none of the options provided, this may be due to the demographic of individuals living in that locality.

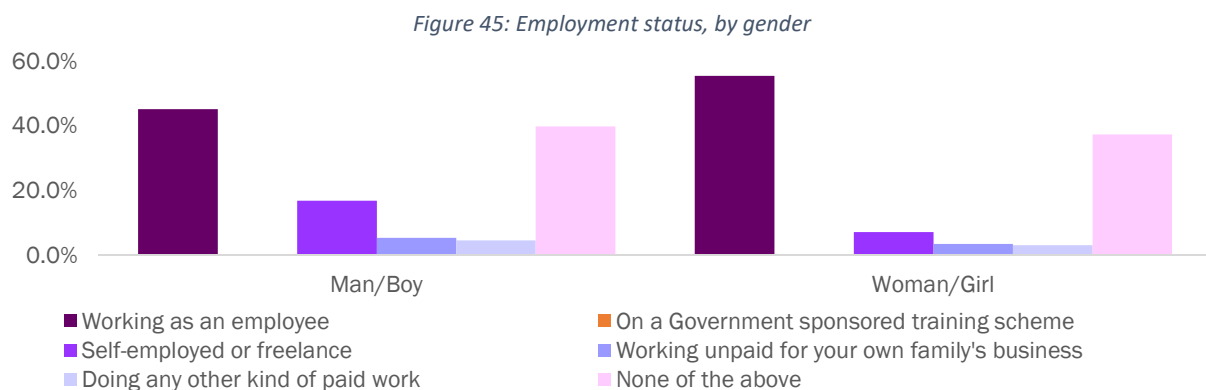
North Mainland had the highest proportion of self-employed or freelance respondents (17.0%), while Central Mainland had the highest proportion of respondents who are working unpaid for their own family's business (6.2%). North and East Isles had the highest proportion who were doing any other kind of paid work (6.5%).



As expected the majority of those in the working-age age bands reported that they had been working as an employee in the week prior to the survey. For those aged 65+ years, the majority reported that they had not done any of those options in the previous week. The highest proportion of respondents who said that they were self-employed or freelance were aged 60-64 years –with 21.5% in that age band reporting this. The youngest band (18-24 years) had the highest proportion reporting that they were doing any other kind of paid work (20.0%), while those aged 30-34 years had the highest proportion reporting that they were working unpaid for their own family’s business (15.4%).



There is approximately 10% difference between the proportion of men/boys and women/girls who were working as an employee in the previous week – 45.2% of men/boys compared to 55.5% of women/girls. There was a similar difference in proportion reporting that they were self-employed or freelance – 16.9% of men/boys compared to 7.2% of women/girls. There was no notable difference in the other categories.



Income and hours worked

Respondents were asked about their usual take home pay, including any pension and benefits. Responses were variable with over 10% of respondents being unable to, or unwilling to, disclose this information.

Due to the variable responses received, only high level analysis will be provided and caution must be taken when interpreting these result.

Table 2: Average income

Income period	A day	A week	A fortnight	4 weeks	Calendar month	Annual
% reported	0.3%	9.9%	2.6%	10.7%	53.4%	14.5%
Average income	Not disclosed	£385.36	£4,192.69	£2,051.24	£1,895.19	£26,570.03

The average number of hours worked per week for that pay was 32.3 hours.

Qualification

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%

Respondents were asked which qualifications, from a list, that they had. The majority reported that they had O Grade, Standard Grade, GCSE, GCE O Level, CSE, National Qualification Access 3 Cluster, Intermediate 1 or 2, Senior Certificate or equivalent

Almost 10% of respondents reported that they have no qualification.

Other qualifications reported included:

Table 3: Qualifications

Professional qualifications e.g. teaching, accountancy	GNVQ/GSVQ Foundation or Intermediate, SVQ Level 1 or 2, SCOTVEC/National Certificate Module, City and Guilds Craft, RSA Diploma or equivalent	GNVQ/GSVQ Advanced, SVQ Level 3, ONC, OND, SCOTVEC National Diploma, City and Guilds Advanced Craft, RSA Advanced Diploma or equivalent	School leaving certificate, National Qualification Access Unit	Other Higher education qualifications not already mentioned	Other school examinations not already mentioned	Other post-school but pre Higher education examinations not already mentioned
21.6%	20.6%	13.4%	11.9%	9.4%	2.7%	1.7

The majority of individuals across all localities reported having O Grades, Standard Grades etc, ranging from 59.6% Lerwick North to 69.1% in Lerwick South. The proportions of individuals who reporting having a First Degree, Higher Degree etc varied considerably with North and East Isles having the smallest proportion – 14.5% - compared to 33.0% in Lerwick South. North and East Isles had a large proportion of individuals reporting that they had no qualifications – 14.5%, compared to 5.3% in Lerwick South.

Figure 46: Qualifications, by locality

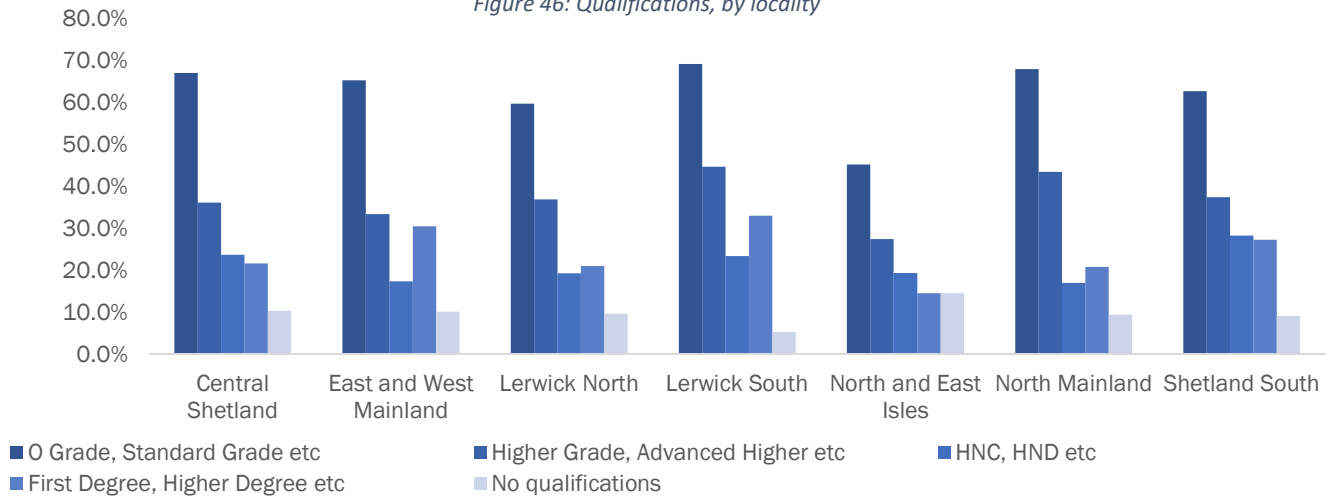
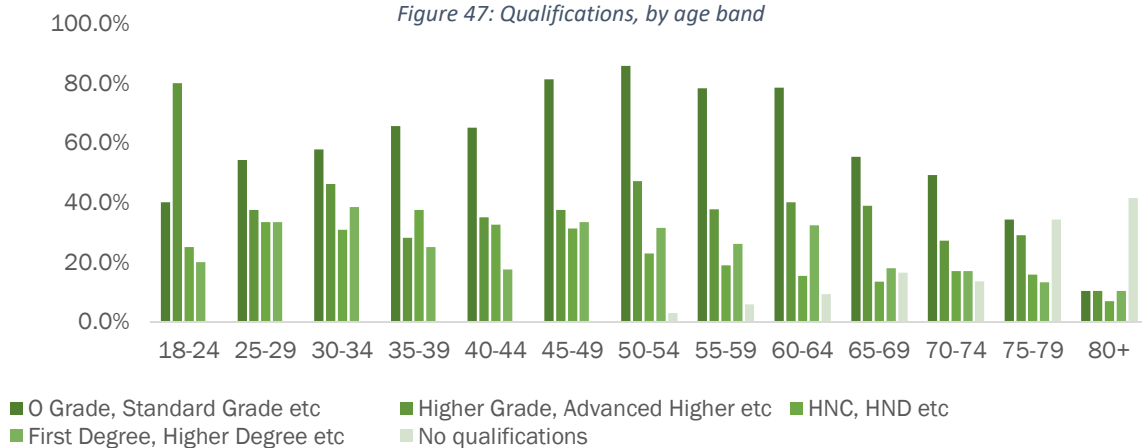


Figure 47: Qualifications, by age band

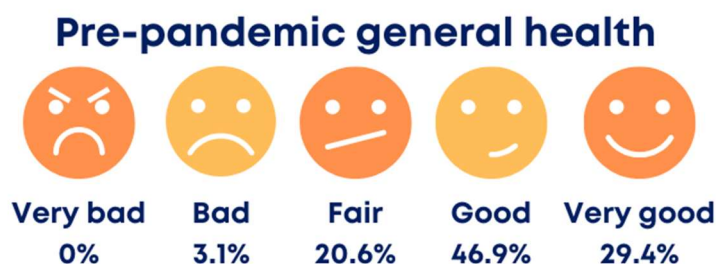


Health and Wellbeing

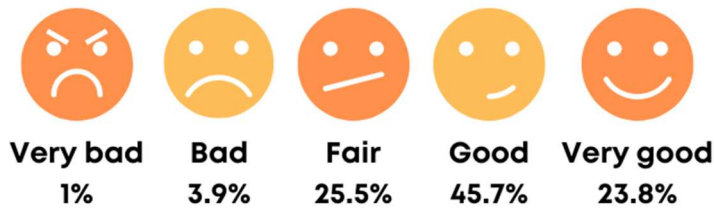
General Health

Respondents were asked how they would rate their general health, both currently and prior to March 2020 and the pandemic.

Respondent’s perception of their general health has worsened since before the pandemic.



General health

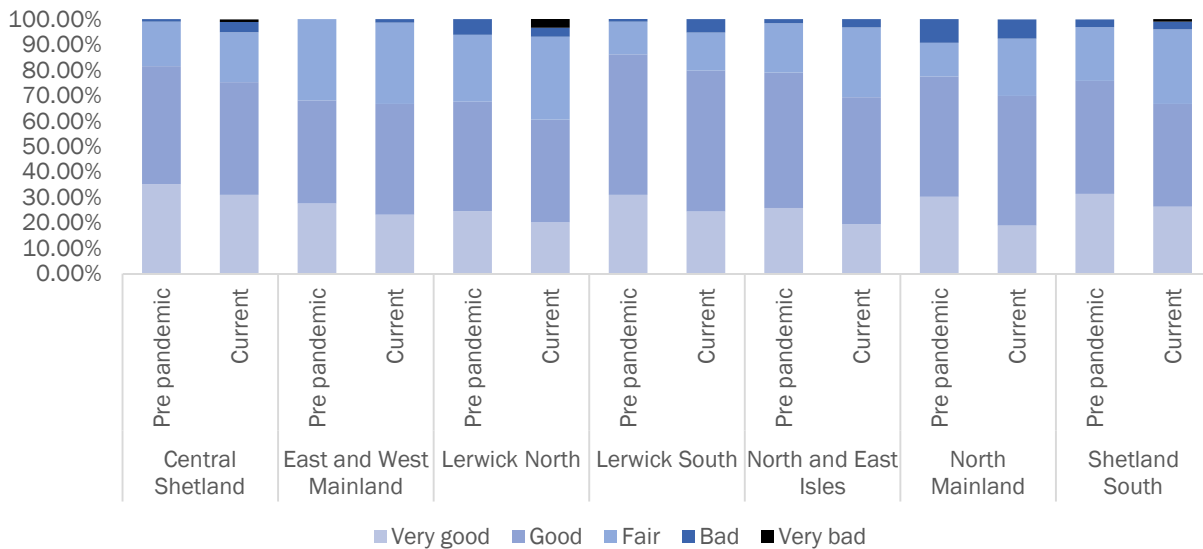


3.1% of respondents felt that their health was bad/very bad prior to the pandemic, compared to 4.9% at the time of the survey.

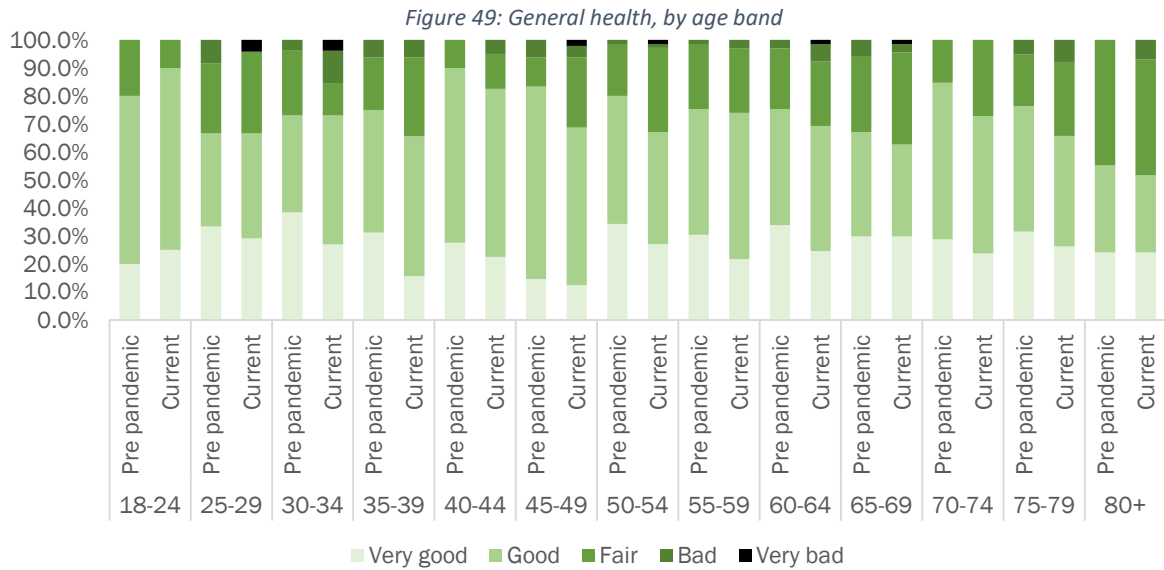
Similarly 76.3% felt that their health was good/very good prior to the pandemic, compared to 69.5% at the time of the survey

The proportion of respondents across all localities who reported being in very good health decreased from pre-pandemic to the time of the survey. In the North Mainland and East and West Mainland the proportion who reported being in good health increased from pre-pandemic to the time of the survey – an increase of almost 3% in both localities. There was not much change among those who reported being in fair health. However, the proportion reporting being in bad/very bad health increased from pre pandemic to the time of the survey in all but one locality. The increase ranged from 0.9% in Lerwick North to 4.2% in Lerwick South. North Mainland saw a decrease in the proportions reporting bad/very bad health from pre pandemic (9.4%) to the time of the survey (7.5%).

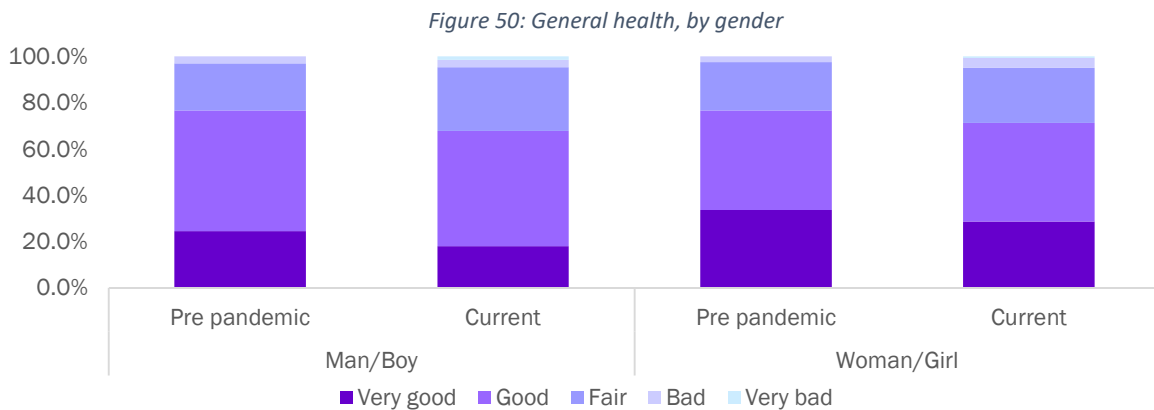
Figure 48: General health, by locality



The proportion of respondents who reported being in very good health decreased from pre-pandemic to the time of the survey in all but three age bands. There was no change among those aged 65-69 year and 80+ years and there was an increase of 5.0% among those aged 18-24 years. Half of the age bands saw an increase in the proportion reporting being in good health with the increase ranging from 3.1% among 60-64 year olds to 11.5% among those 30-34 year olds. The biggest decrease was seen among those aged 45-49 years (-12.5%). The proportion reporting being in bad/very bad health increased from pre-pandemic to the time of the survey in seven of the age bands. The increase ranged from 1.4% in those aged 50-59 years to 11.5% in those aged 30-34 years. Those aged 25-29 years and 65-69 years saw a decrease in the proportions reporting bad/very bad health from pre-pandemic to the time of the survey (8.3%-4.2% and 6.0%-4.5% respectively).



The proportion of men/boys and women/girls who reported being in very good health decreased from pre-pandemic to the time of the survey by 6.5% and 5% respectively. There was a bigger decrease in the proportions of men/boys who reported being in good health from pre-pandemic to the time of the survey (2.3%), compared to women/girls (0.3%). However, there was a higher increase in the proportion of women/girls reporting being in bad/very bad health increased from pre-pandemic to the time of the survey. This increased by 2.5% among women/girls and by 1.5% among men/boys.



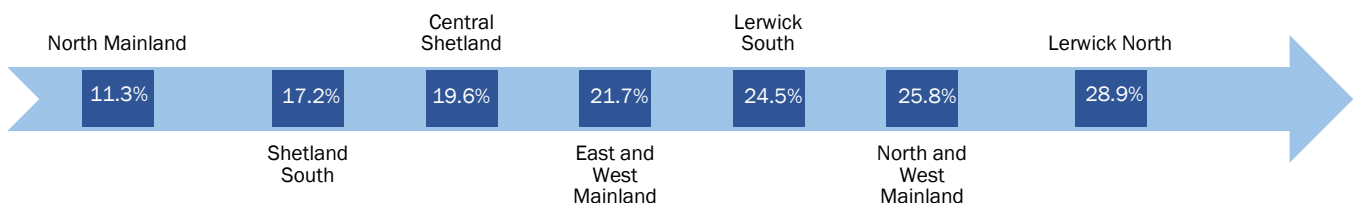
Pain

Over a fifth of respondents reported living in chronic or persistent pain – when chronic or persistent pain is defined as pain that continues beyond 3 months.

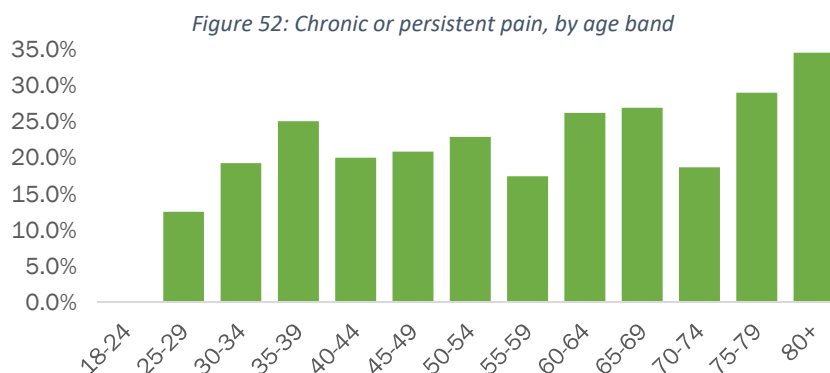
Lerwick North had the highest proportion of individuals who reported living in chronic or consistent pain (28.9%), while North Mainland had the lowest (11.3%).



Figure 51: Chronic or persistent pain, by locality



The proportions of respondents living in chronic or persistent pain varied across age bands, ranging from 0% of 18-24 year olds to 34.5% of 80+ year olds. A higher average proportion of respondents in the 35-39 years, 50-54 years, 60-69 year and 75-79 years age band live with chronic or persistent pain.



Almost a quarter of men/boys reported living in chronic or consistent pain compared to under a fifth of women/girls.

Management of pain

Of those who reported living in chronic or consistent pain – over half of them strongly agreed/agreed that they had enough support and information to manage their pain.

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

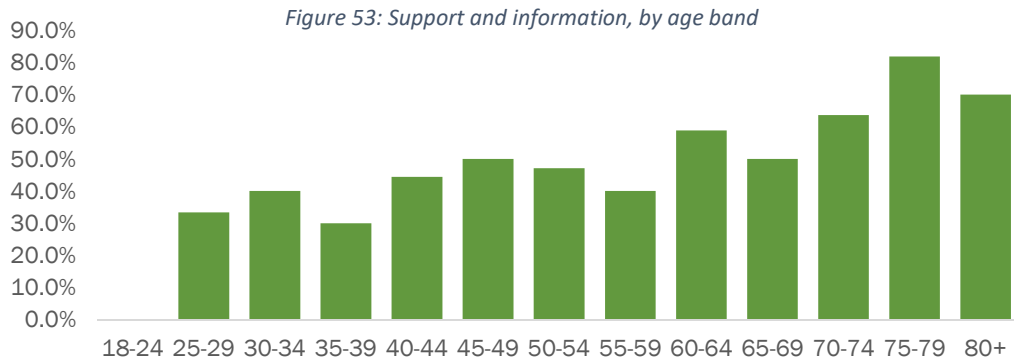


Responses did vary across locality though, ranging from 37.5% of respondents from East and West Mainland strongly agreeing/agreeing to 71.4% in North Mainland. Responses from the other localities were fairly similar with, on average, half of the respondents strongly agreeing/agreeing that they had enough support and information to manage their pain.

Table 4: Support and information, by locality

	Strongly agree/ agree	Strongly disagree/ disagree
Central Mainland	55.0%	35.0%
East and West Mainland	37.5%	56.3%
Lerwick North	55.6%	36.1%
Lerwick South	40.0%	52.0%
North and East Isles	52.9%	41.2%
North Mainland	71.4%	14.3%
Shetland South	55.6%	38.9%

Those in younger age bands were less likely to strongly agree/agree that they had enough support and information to manage their pain. Only 30% of those aged 35-39 years strongly agreed/agreed with this compared to 81.8% of 75-79 year olds.



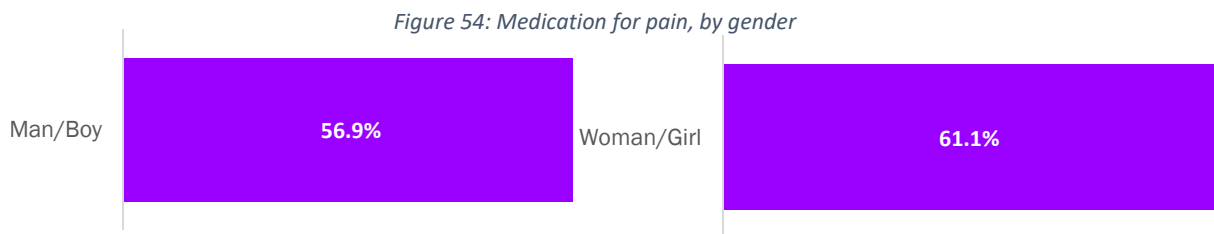
59% take regular medication to manage your chronic/persistent pain

Of those who reported living in chronic or consistent pain – over half of them reported that they take regular medication to manage their chronic/persistent pain.

A higher than average proportion of respondents from Lerwick North (63.9%), Lerwick South (64.0%) and North Mainland (71.4%) reported taking regular medication. North and East Isles had the lower proportion of respondent taking regular medication – 47.1%.

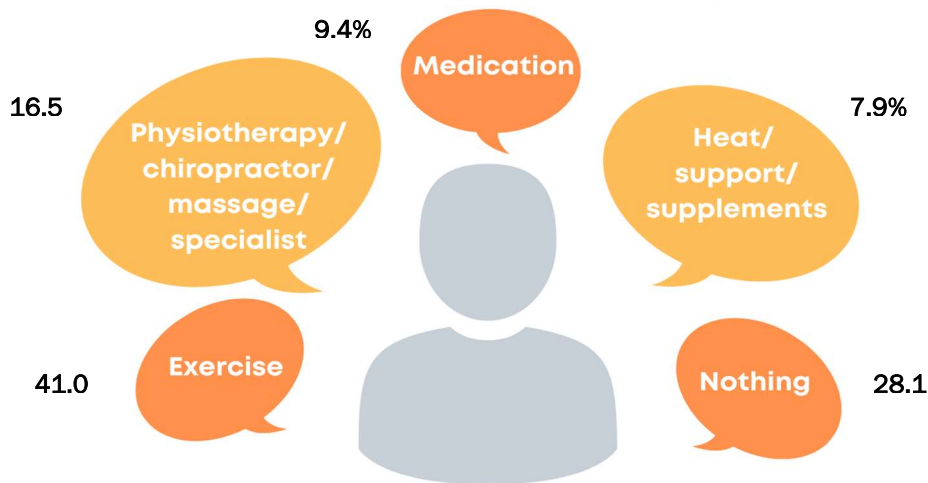
Those in the youngest and the eldest age bands were more likely to take regular medication, with 66.7% of those aged under 35 years and 70.0% of those aged 65+ years reporting that they take regular medication to manage their chronic/persistent pain. Approximately half of those aged 35-64 years reported taking regular medication.

Slightly more women/girls take regular medication to manage their chronic and persistent pain - 61.1% compared to 56.9% of men/boys.



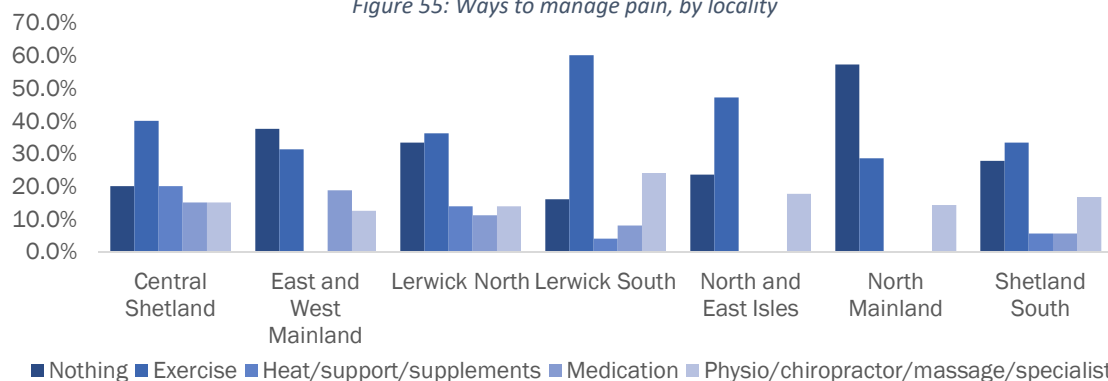
Those who reported living in chronic or consistent pain were asked if they do anything else to help manage their pain. Over 40% reported that they exercise, while 28.1% reported that they do nothing else. Other common ways of managing pain included attending physiotherapy/chiropractor/massage/specialist (16.5%), take medication (9.4%) and use heat/supports/supplements (7.9%).

Ways to help manage pain



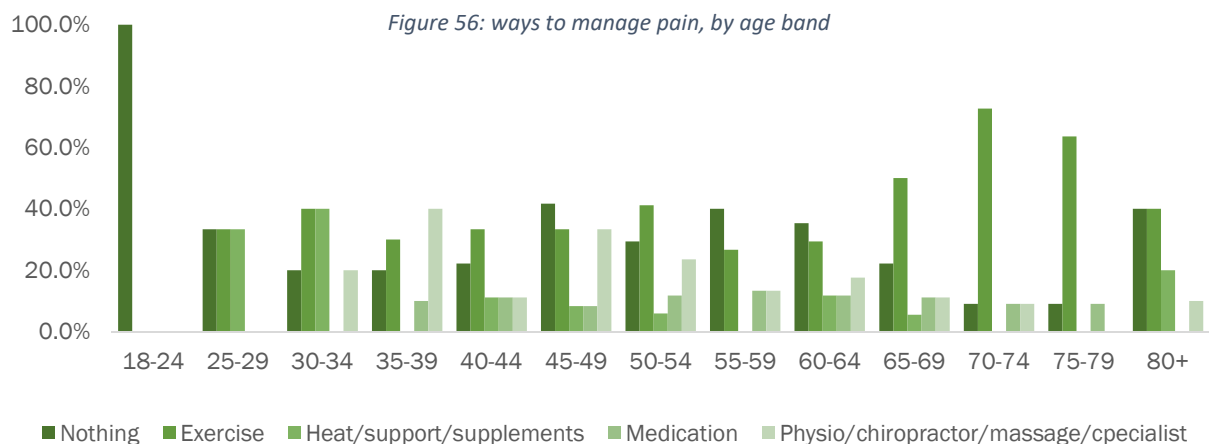
A high proportions of respondents from Lerwick South and the North and East Isles reported that they take part in some form of exercise to help manage their pain (60.0% and 47.1%). Whereas 57.1% of respondents from North Mainland reported that they do nothing to help manage their pain. The proportions of respondents who attended a physio/chiropractor/massage/specialist to manage their pain ranged from 12.5% in East and West Mainland to 24.0% in Lerwick South.

Figure 55: Ways to manage pain, by locality

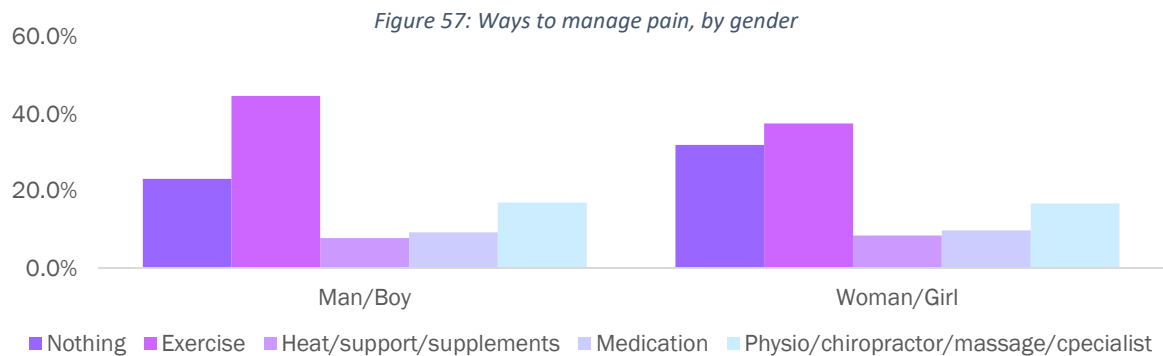


A high proportions of respondents from older age bands (65+ years) reported that they take part in some form of exercise to help manage their pain (56 %). Whereas large proportions of those from younger age bands reported that they do nothing to help manage their pain – ranging from 20% of 30-39 year olds to 100% of 18-24 year olds. The proportions of respondents who attended a physio/chiropractor/massage/specialist to manage their pain ranged from 0% of 18-29 year old to 40.0% of 35-39 year olds.

Figure 56: ways to manage pain, by age band



Women/girls were more likely to do nothing to help manage their pain, 31.9% compared to 23.1% of men/boys. Conversely, men/boys were more likely to take part in some form of exercise, 44.6% compared to 37.5% of women/girls. There was no notable difference in the proportions attending physiotherapy/chiropractor/massage/specialist, take medication and use heat/supports/supplements.

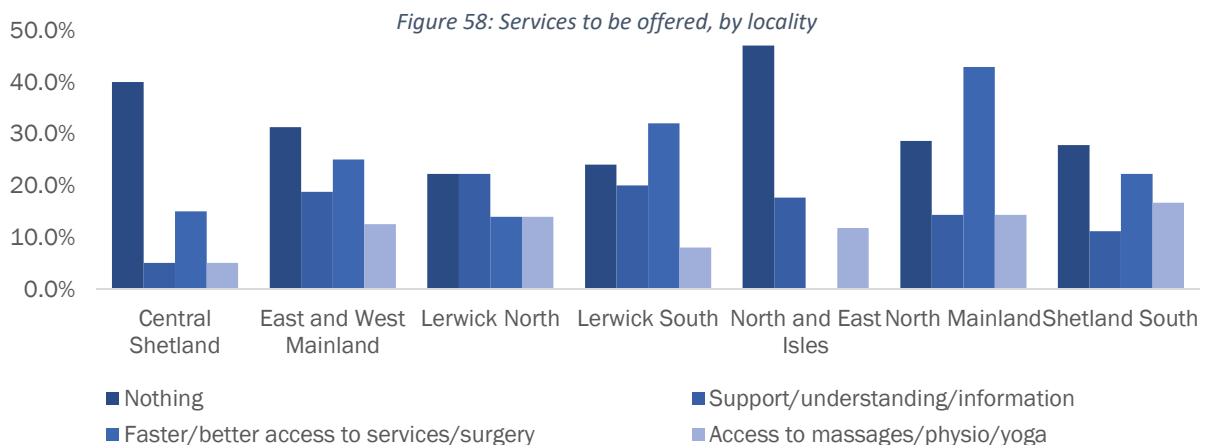


Some of the things which respondents reported that they would like to see offered to help them manage and live with their chronic pain included things such as:

- Nothing – 28.8%
- Faster/better access to service/surgery – 19.4%
- Access to massages/physio/yoga – 16.5%
- Support/understanding/information – 11.5%

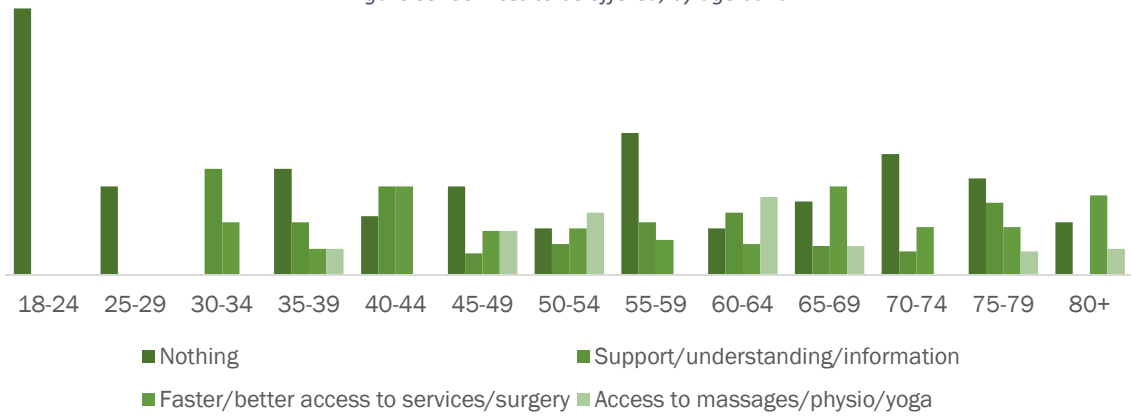
Over a quarter of respondents reported that there was nothing that they would like to see offered to help them manage and live with their chronic pain and this was the most common response in all but two of the localities, ranging from 22.2% in Lerwick North to 47.1% in the North and East Isles.

The most common response from North Mainland and Lerwick South was faster/better access to services/surgery with 42.9% and 32.0% reporting this.



The most common response from half the age bands was that there was nothing that they would like to see offered to help them manage and live with their chronic pain, ranging from 33.3% in the 25-29 and 45-49 year age band to 100% in the 18-24% age band. Across the other age bands the most common responses were support/understanding/information among those aged 30-34 years and 40-44 years; access to massages/physio/yoga among those aged 50-54 years and 60-64 years and finally, faster/better access to services/surgery for those aged 65-69 years and 80+ years.

Figure 59: Services to be offered, by age band



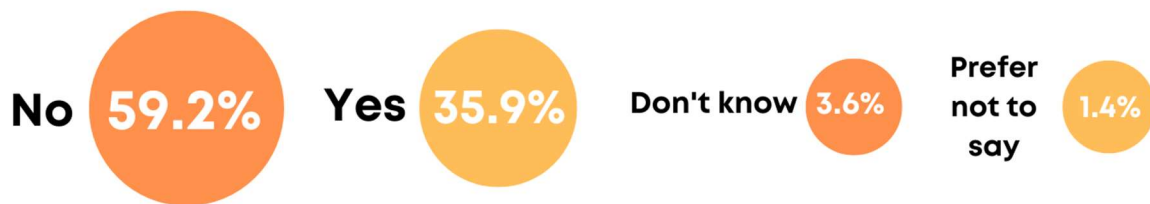
Responses did tend to vary between men/boys and women/girls. Over a quarter of men/boys said that there was nothing that they would like to see offered while another quarter would like to see faster/better access to services/surgery. While a third of women/girls said there was nothing they wanted to see, another fifth said that they would like some support/information/understanding.

Table 5: Services to be offered, by gender

	Nothing	Support/understanding /information	Faster/better access to services/surgery	Access to massages/physio/yoga
Man/boy	26.2%	12.3%	27.7%	16.9%
Woman/girl	33.3%	20.8%	12.5%	6.9%

Physical and mental health conditions/illness

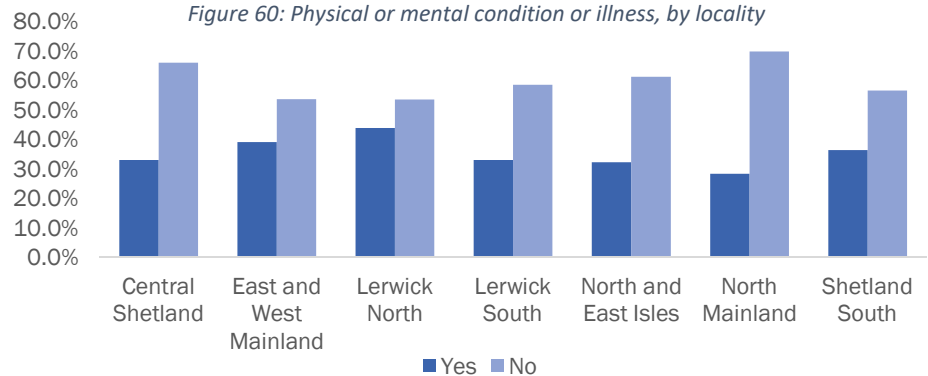
Over half the respondents reported that they did not have a physical or mental condition or illness lasting or expected to last 12 months or more. Over a third of respondents reported that they do have a physical or mental condition or illness lasting or expected to last 12 months or more.



The majority of respondents across all localities reported that they did not have a physical or mental condition or illness, however in some

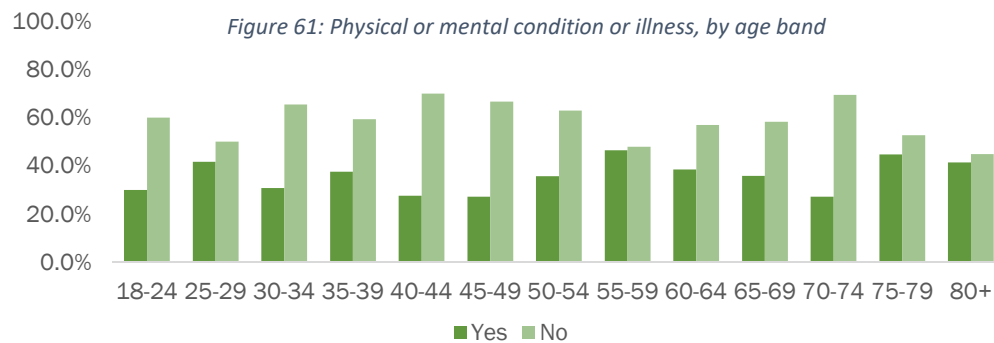
localities the proportion reporting this was somewhat lower than in other localities. North Mainland had the highest proportion reporting that they did not have a long lasting condition or illness (69.8%) compared to Lerwick North where only 53.5% of the population

Figure 60: Physical or mental condition or illness, by locality



reported this. East and West Mainland, Lerwick North and Shetland South had a higher than average proportion of individuals reporting that they had a long lasting illness or condition.

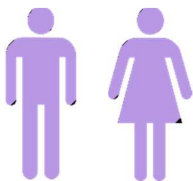
Again, the majority of respondents across all age bands reported that they did not have a physical or mental



condition or illness, however in some age bands the proportion reporting this was somewhat lower than in others. Those in the 40-44 year age band had the

highest proportion reporting that they did not have a long lasting condition or illness (70.0%) compared to those aged 80+ years where only 44.8% of the population reported this. Those in the following age bands had a higher than average proportion of individuals reporting that they had a long last illness or condition: 25-29 years; 35-39 years; 55-59 years; 60-64 years; 65-69 years; 75-79 years and 80+ years.

33.0% 38.0%



A slightly higher proportion of women/girls reported that they have a physical or mental condition or illness lasting or expected to last 12 months or more – with 38.0% of women/girl reporting this compared to 33.0% of men/boys.

Of those who reported having a long lasting physical or mental conditions or illness, over three quarters reported that it has reduced their ability to carry out day to day activities, either a little or a lot.

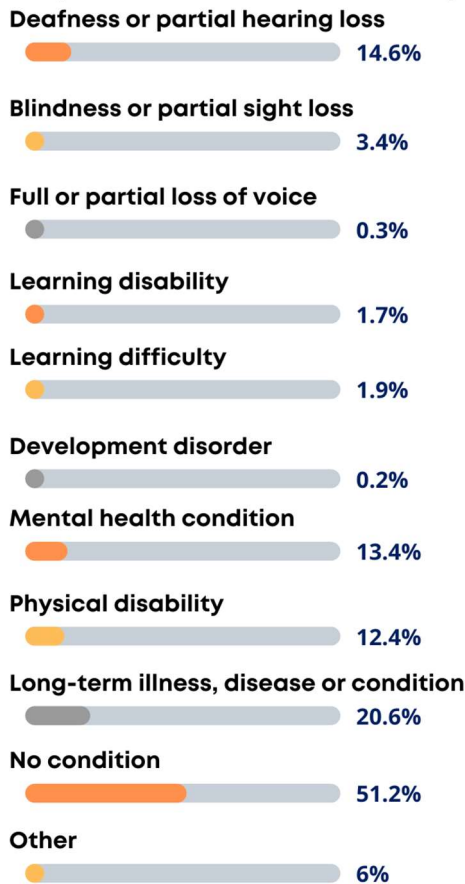
The proportions of respondents reporting that their illness or condition limited their day to day activities varied by over 15.0% across all the localities. Lerwick North had the highest proportion of respondents reporting that their condition or illness limited their day to day activities – 82.0%, while East and West Mainland had the lowest proportion reporting this – 66.7%.



76.8% have reduced ability to carry out day to day activities due to last last lasting condition or illness

All those in the oldest age band, 80+ years, reported that their illness or condition limited their day to day activities. Those in the 70-74 years had the lowest proportion reporting this - 56.3%.

Conditions (last 12 months or more)



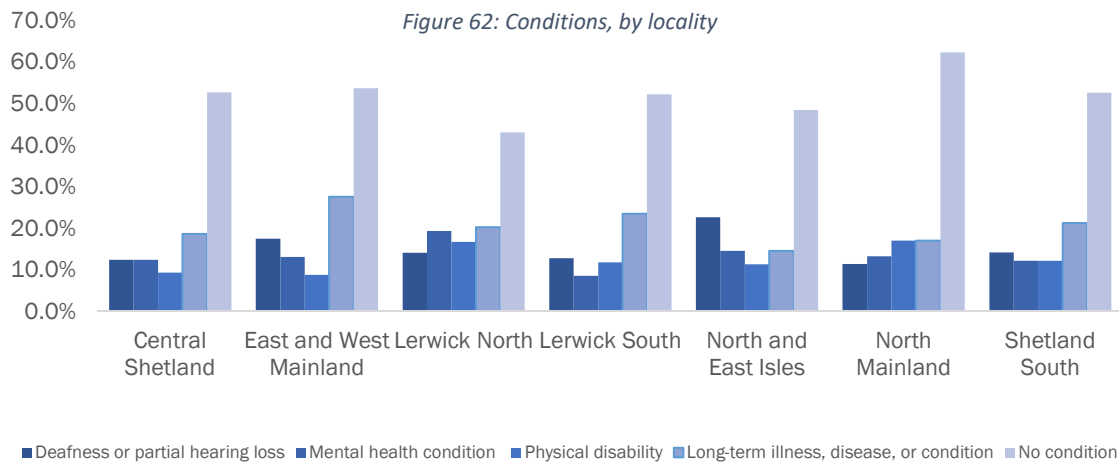
All respondents were asked if they suffered from any of the conditions in a given list. Just over half of the respondents indicated that they did not suffer from any of those conditions.

A fifth indicated that they had a long-term illness, disease or condition. The next most common conditions reported were deafness or partial hearing loss, mental health conditions and physical disability, with 14.6%, 13.4% and 12.4% of respondents reporting this.

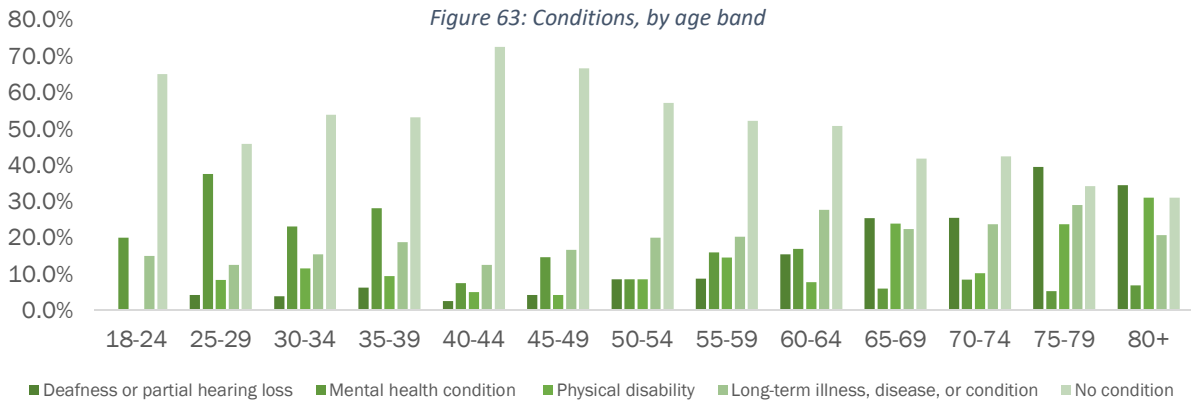
North and East Isles and East and West Mainland had higher proportions of individuals with deafness or partial hearing loss, 22.6% and 17.4% respectively.

Lerwick North and North and East Isles had higher than average proportions reporting that they suffer with a mental health condition (19.3% and 14.5%)

North Mainland and Lerwick North had higher than average proportions reporting that they suffer with a physical disability (17.0% and 16.7%).

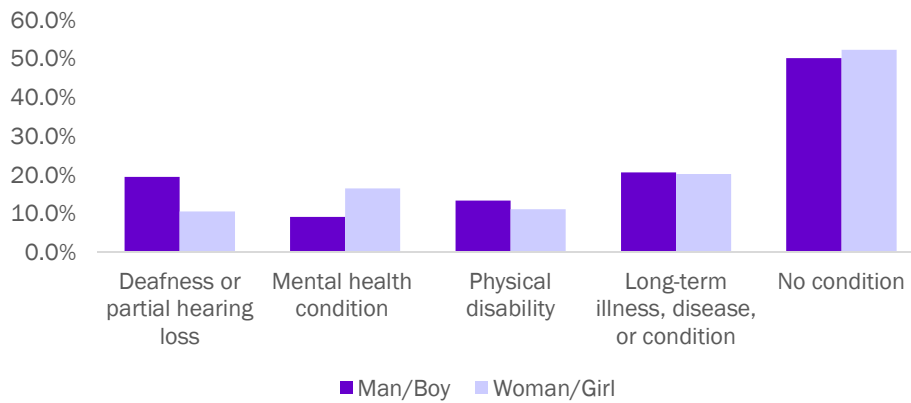


The majority of those with deafness or partial hearing loss were aged 65+ years whereas the majority of those with mental health conditions aged under 40 years. The proportions reporting that they had a physical disability ranged from 0% of 18-24 year olds to 31% of 80+ year olds.



A higher proportion of men/boys reported suffering from deafness or partial hearing loss – 19.5% compared to 10.6% of women/girls. However more women/girls reportedly suffer from mental health conditions – 16.5% compared to 9.2% of men/boys. Similar proportions of men/boys and women/girls suffer from physical disabilities, 13.4% and 11.2% respectively.

Figure 64: Conditions, by gender



Physical activity and falls

Weekly physical activity

Respondents were asked how many days in the past week they had been physically active for a total of 30 minutes or more. The majority of individuals (34.5%) reported that they were physically active on 7 days of the past week.

Figure 65: Number of days physically active



Less than 10% reported that they had not been physically active on any day in the previous week.

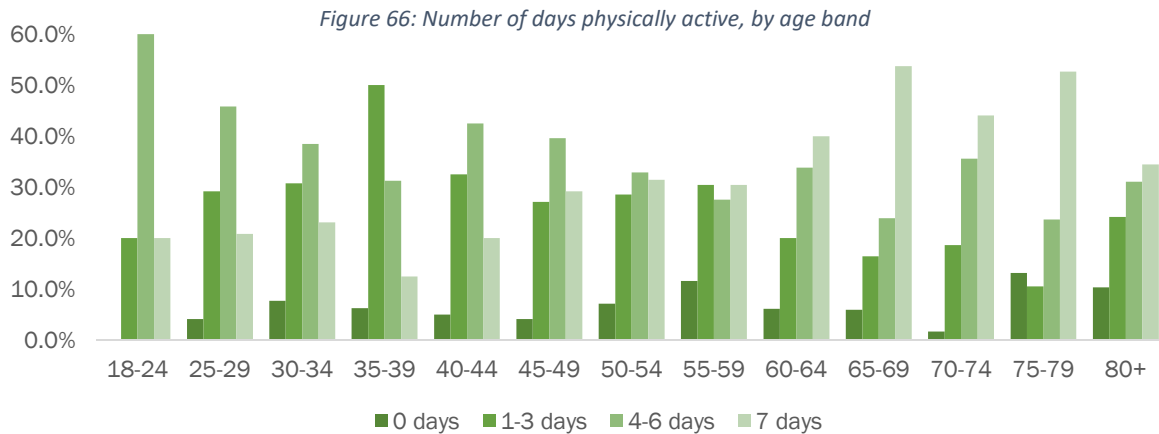
Lerwick North had the highest proportion of individuals who had not been physically active on any day in the previous week – 8.8%, compared to 1.4% in East and West Mainland who reported the same.

The majority of individuals (44.9%) in East and West Mainland reported that they were

physically active on 7 days of the past week. In comparison only 28.9% of respondents in Lerwick North reported that they were physically active on 7 days of the past week.

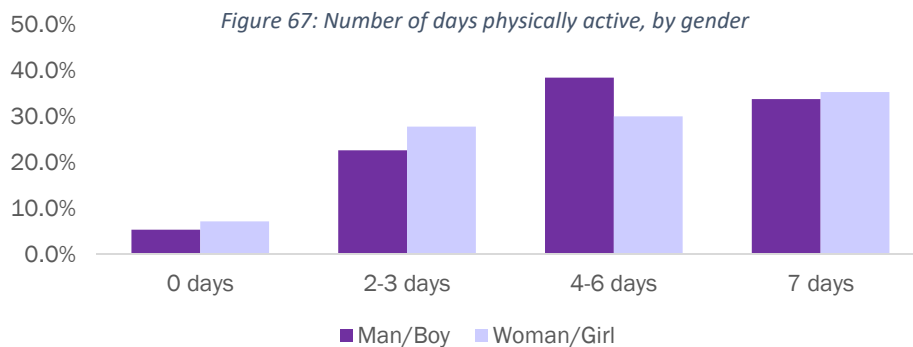
The majority of respondents across all but two age bands reported that they were physically active on 7 days of the past week – this ranged from 20% of 40-44 year olds to 53.7% of 65-69 year olds. The majority of 18-24 year olds were physical active on 5 or 6 days in the past week and the majority of 35-39 year olds were physically active on 3 days in the past week.

Those in the younger age bands reported being physically active on fewer days in the previous week compared to those in the older age bands.



The majority of men/boys and women/girls reported that they were physically active on 7 days of the past week – 33.7% of men/boys and 35.2% of women/girls. A slightly higher proportion of women/girls had not been physically active on any day in the previous week.

A higher proportion of women/girls were physically active on 1-3 days of the past week, whereas a higher proportion of men/boys were physically active on 4-6 days of the past week.



Increasing physical activity

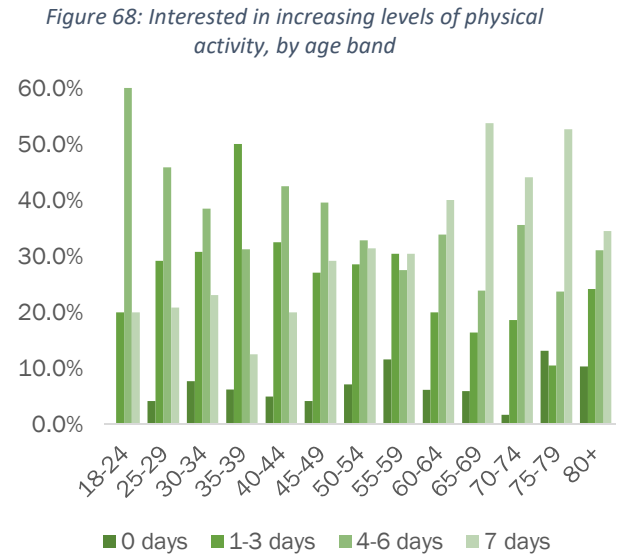
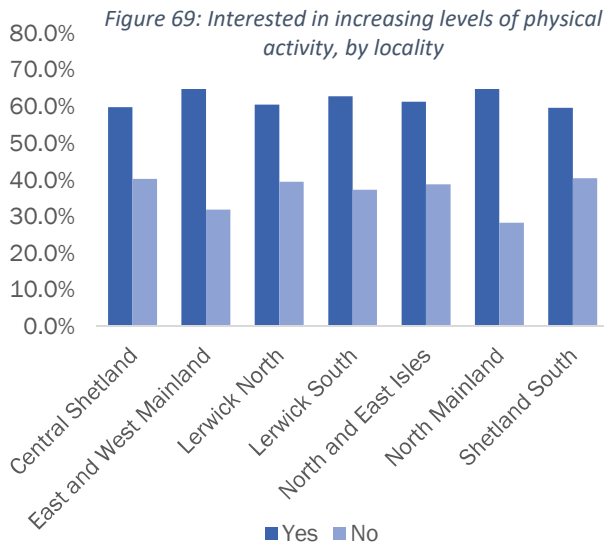
When asked if they were interested in being more physically active almost two thirds of respondents reported that they were.

62.6% were interested in being more physically active



The proportions reporting that they were interested in being more physically active varied across localities, ranging from 59.6% in Shetland South to 71.7% in North Mainland.

Similarly the proportions reporting that they were interested in being more physically active varied across age bands with the majority of those aged <65 years being interested in being more physically activity, especially those aged between 25 and 44 years.



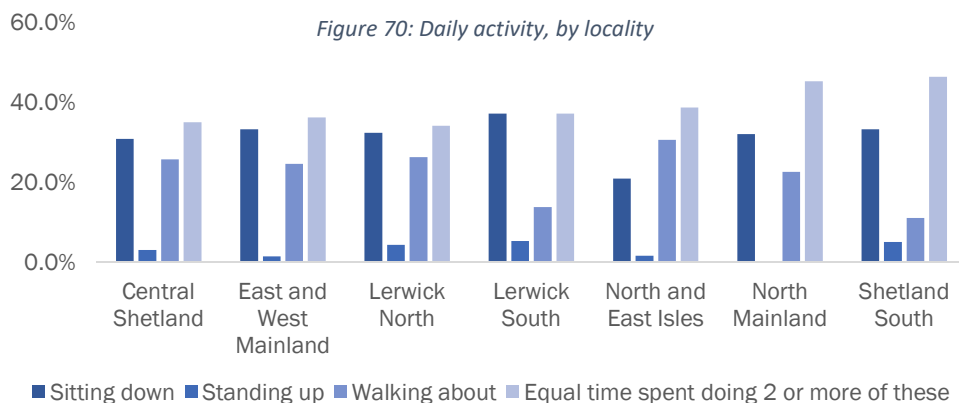
Daily activity

Respondents were asked whether they are mainly sitting down, standing up or walking about when they are at home, work, school or college. The majority, 38.6%, reported that equal time is spent doing two or more of these, while almost a third reported that they are mainly sitting down.

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

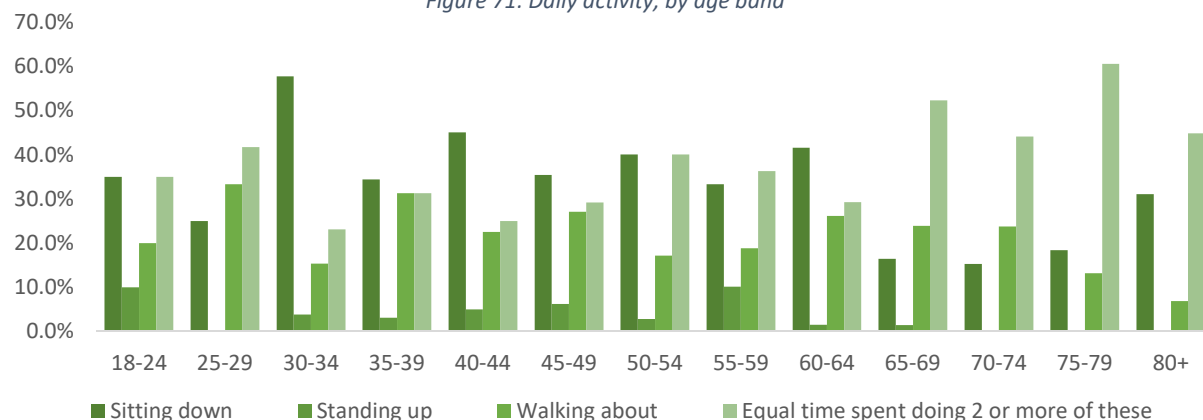


Lerwick South had the highest proportion (37.2%) of respondents reporting that they are mainly sitting down when they are at home, work, school or college, whereas North and East Isles had just over a fifth (21.0%) reporting this. Shetland South and Lerwick South had a high proportion of respondents reporting that they are mainly standing when they are at home, work, school or college (5.1% and 5.3% respectively). North and East Isle had the highest proportion of respondent reporting that they are walking about when they are at home, work, school or college. Those reporting that they spend equal time doing two or more of these ranged from 34.2% in Lerwick North to 46.5% in Shetland South



The majority of respondents in the older age bands 65+ years reported that they spend equal time doing two or more of these – with just over 50% reporting this. However, in the age bands younger than that, sitting down was the most common response in all but two age bands (25-29 years and 55-59 years).

Figure 71: Daily activity, by age band



There was not a notable difference between men/boys and women/girls, with slightly higher proportions of men/boys sitting down and slightly higher proportions of women/girls standing up and walking about.

Table 6: Daily activity, by gender

	Sitting down	Standing up	Walking about	Equal time spent doing 2 or more of these
Man/boy	34.9%	2.3%	20.7%	38.3%
Woman/girl	29.6%	4.4%	22.4%	38.6%

Sporting activities

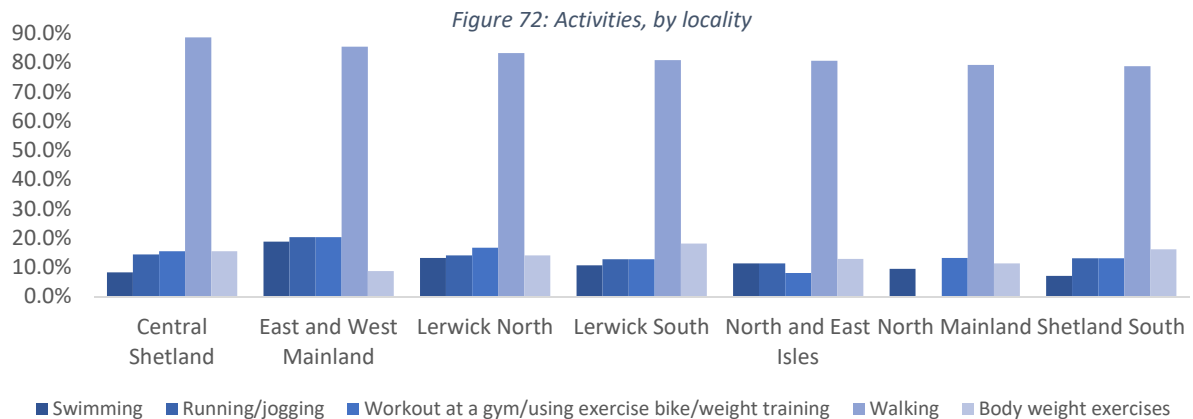
Respondents were asked to select from a list all of the following activities which they have undertaken in the last 4 weeks. The five most popular responses were: walking (82.7%), workout (14.5%), body weigh exercises (14.3%), running/jogging (12.9%) and swimming (11.1%).

Activities undertaken in the previous 4 weeks

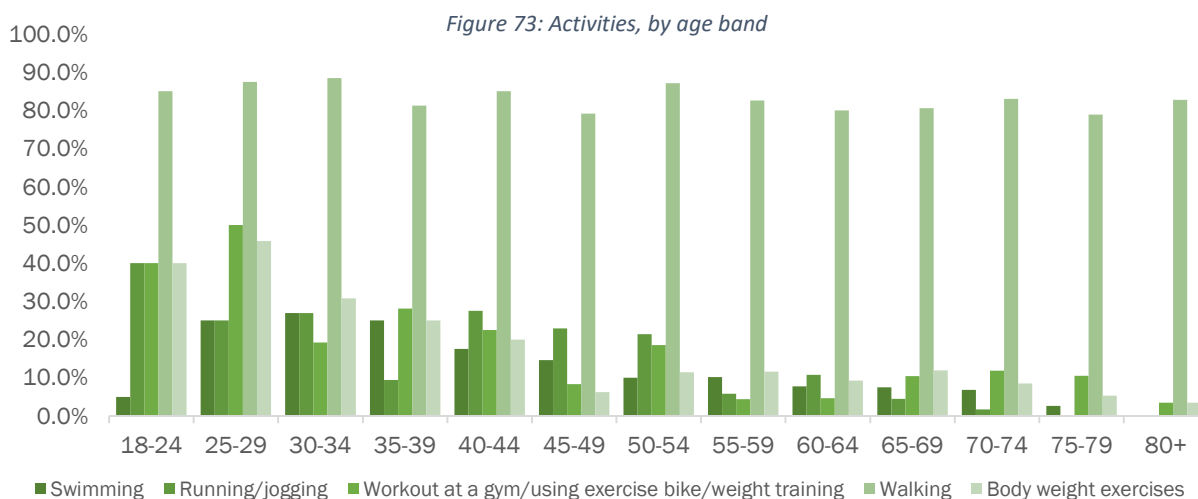


Walking was by far the most popular response from respondents across all localities, ranging from 78.8% in Shetland South to 88.7% in Central Shetland. Approximately a fifth of respondents from East and West Mainland reported that they had been running/jogging in the previous 4 weeks while no respondents from North Mainland reported having been running/jogging.

While East and West Mainland had the highest proportion of respondents reporting that they had been swimming (18.8%) and/or had been to the gym for a workout (20.3%) in the previous 4 weeks, it had the lowest proportion of respondents who had done some type of body weight exercise (8.7%) in the period. Lerwick South had the highest proportion of respondent who had done some type of body weight exercise (18.1%).



Walking was also the most popular response from respondents across all age bands, ranging from 78.9% of those aged 75-79 years to 88.5% of those aged 30-34 years. The majority of respondents who had been running/jogging, been to the gym for a workout and/or done some type of body weight exercise in the previous 4 weeks were aged 18-29 years. Additionally the majority of respondents who had reported swimming in the previous 4 weeks were aged 25-39 years. Few respondents who were over the age of 65 years took part in any of the sporting activities except walking.



There was not a notable difference between men/boys and women/girls, with slightly higher proportions of men/boys running/jogging, been to the gym for a workout and /or done some type of body weight exercise. Slightly higher proportions of women/girls reported swimming and/or walking.

Table 7: Activities, by gender

	Swimming	Running/jogging	Workout at a gym/using exercise bike/weight training	Walking	Body weight exercises
Man/boy	9.6%	14.2%	16.1%	78.5%	15.3%
Woman/girl	11.8%	12.1%	13.4%	86.3%	13.4%

Falls

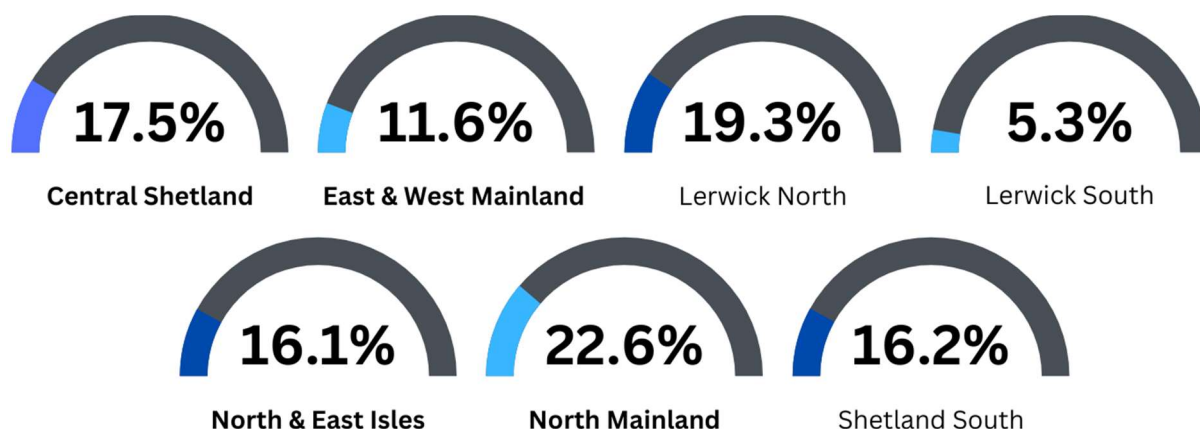
A small proportion of respondents reported that they had suffered a fall in the 12 months prior to the survey.

The proportion of respondents who reported having had a fall in the previous 12 months varied by locality. Very few respondents from Lerwick South reported this in comparison to over a fifth of respondents from North Mainland.

15.3%
have had a fall
in the last
12 months

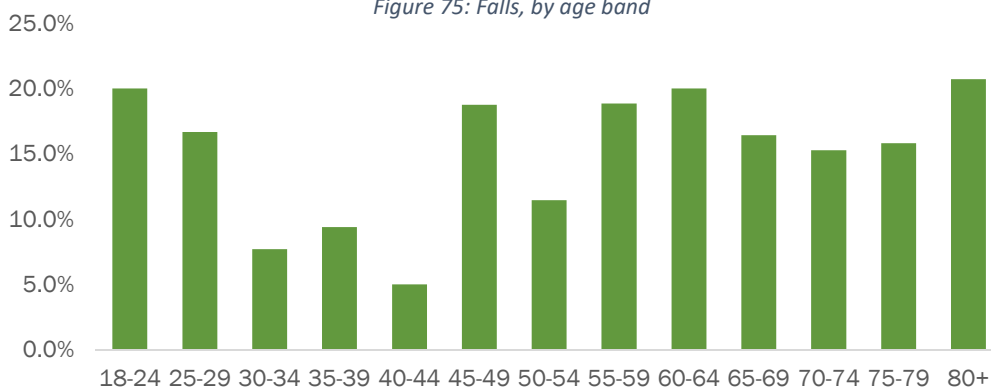


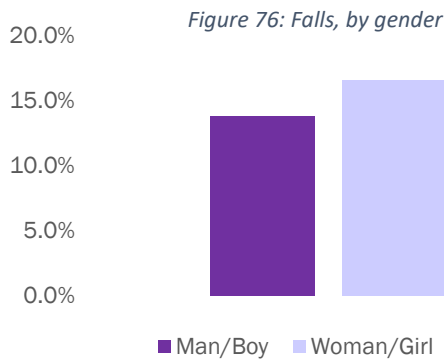
Figure 74: Falls, by locality



Respondents from all age bands reported having had a fall in the previous 12 months, with the highest proportion being reported in the 80+ year age band (20.7%), followed by those aged 18-24 years (20.0%). The smallest proportion of falls was recorded among those aged 30-44 years, with over 10% of respondents from all other age bands having had a fall.

Figure 75: Falls, by age band





There was a slight difference in the proportion of men/boys and women/girls who reported having had a fall in the previous 12 months, with 13.8% of men/boys having had a fall compared to 16.5% of women.

Where the fall took place

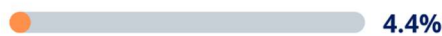
At home, inside



At home, outside



At work



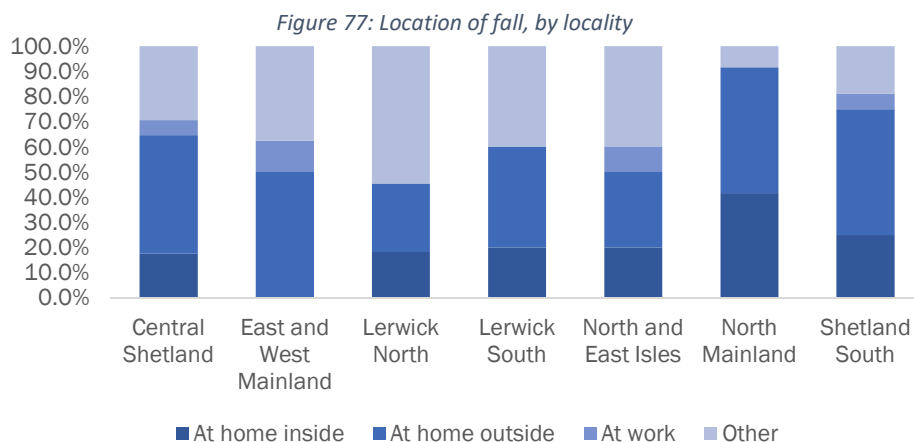
Somewhere else



While the majority of falls (41.1%) reportedly took place at home (outside), a third reportedly took place 'somewhere else' and over a fifth took place at home (inside).

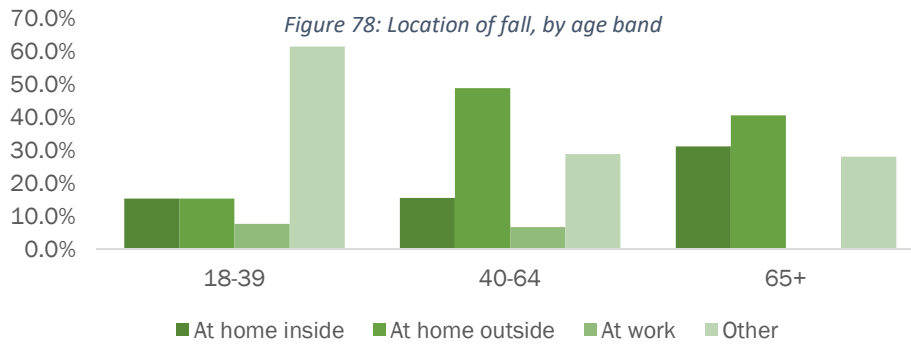
The majority of respondents who reported falling 'somewhere else' fell outside, but not at their home.

The location of the fall varied by locality, where a large proportion of respondents in Central Shetland, North Mainland and Shetland South reported falling at home (inside or outside). In Central Shetland this accounted for 64.7% of the falls, in North Mainland 91.7% and in Shetland South it accounted for 75.0% of the falls. Over half the falls reported in Lerwick North happened 'somewhere else', while 40% of the falls in both Lerwick South and North and East Isles also occurred 'somewhere else'.



A small proportion of 18-39 year olds reported falling at home (inside or outside), where this accounted for 64.4% of falls among those aged 40-64 years and 71.9% of falls among those aged 65+ years. A higher proportion of 40-64 year olds reported falling outside at home (48.9%), while 65+ year olds had a higher proportion reporting to have fallen inside at home (31.3%).

Due to the small number of individuals reporting that they had a fall in the previous 12 months, broader age bands have been used for this analysis.



A higher proportion of women/girls fell at home (inside or outside) compared to men/boys with two thirds of women/girls who fell falling at home compared to just over half of men/boys.

Table 8: Location of fall, by gender

	At home inside	At home outside	At work	Other
Man/boy	16.7%	38.9%	8.3%	36.1%
Woman/girl	22.6%	43.4%	1.9%	32.1%



21.1% required medical attention

A fifth of those who had had a fall in the previous 12 months had required medical attention. The majority of those who required medical attention were from North Mainland and Shetland South.

Almost a quarter of those aged 45+ years required medical attention after a fall, whereas less than 10% of those aged <45 years required medical attention. There was no notable difference in the proportions of men/boys and women/girls requiring medical attention, with approximately 20% reporting this.

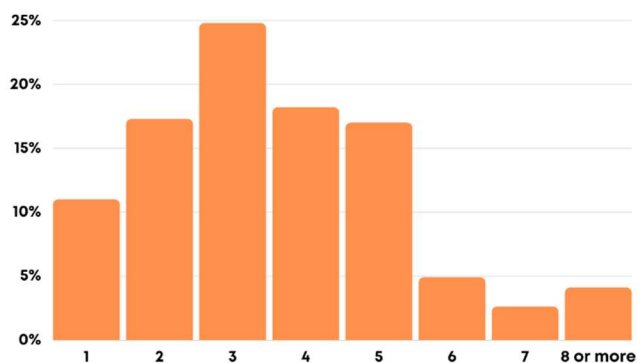
Diet and nutrition

Fruit and vegetables

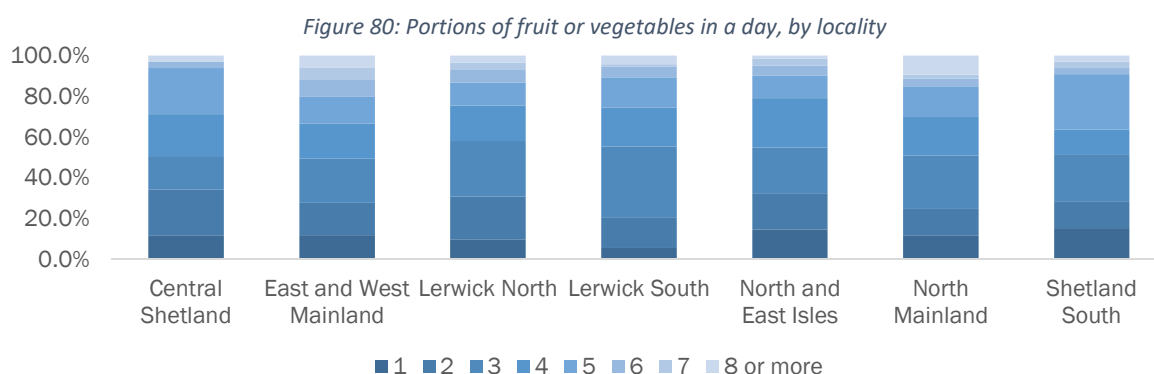
The majority of respondents (24.8%) reported that they usually eat 3 portions of fruit and vegetables in a day. Over 10% reported that they only eat 1 portion of fruit or vegetables in a day and similar proportion reportedly eat 6 or more portions of fruit or vegetables in a day.

The majority of respondents in East and West Mainland, Lerwick North, Lerwick South, North Mainland and Shetland South reported that they usually eat 3 portions of fruit and vegetables in a day. Whereas in Central Shetland the majority usually eat 2 portions and in North and East Isles 4 portions.

Figure 79: Portions of fruit or vegetables in a day



Shetland South had the highest proportion reporting that they only eat 1 portion of fruit or vegetables in a day, whereas East and West Mainland had the highest proportion reporting that they eat 6 or more portions of fruit or vegetables in a day.



The most common response in all but 4 of the age bands was that respondents usually ate 3 portions of fruit or vegetables in a day. For those in the 30-34 year age band the majority reported eating either 2 or 4 portions, in the 35-39 year age band was 4 portions, 65-69 year age band was 2 portions and 80+ years was 5 portions.

The 45-49 year age band had the highest proportion reporting that they only eat 1 portion of fruit or vegetables in a day, whereas the 60-64 year age band had the high proportion reporting that they eat 6 or more portions of fruit or vegetables in a day.

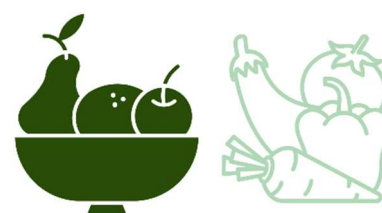
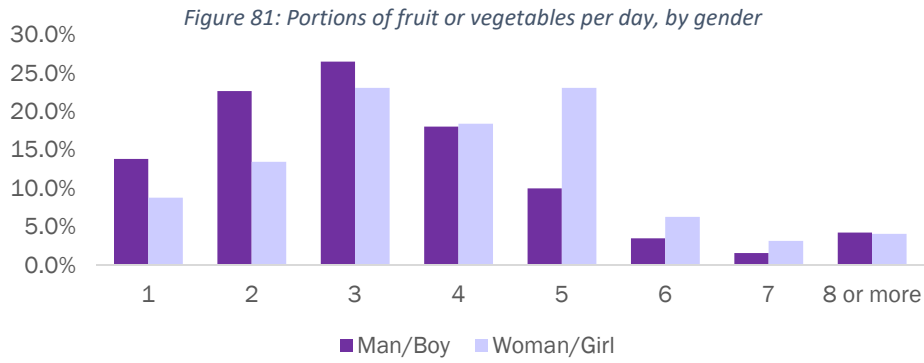


Table 9: Portions of fruit or vegetables in a day, by age band

	1	2	3	4	5	6	7	8 or more
18-24	15.0%	15.0%	25.0%	25.0%	5.0%	10.0%	5.0%	0.0%
25-29	4.2%	20.8%	29.2%	12.5%	16.7%	8.3%	4.2%	4.2%
30-34	11.5%	26.9%	19.2%	11.5%	26.9%	0.0%	0.0%	3.8%
35-39	15.6%	18.8%	18.8%	28.1%	9.4%	6.3%	0.0%	3.1%
40-44	10.0%	22.5%	22.5%	20.0%	15.0%	7.5%	0.0%	2.5%
45-49	18.8%	16.7%	29.2%	20.8%	8.3%	0.0%	4.2%	2.1%
50-54	11.4%	21.4%	28.6%	10.0%	15.7%	4.3%	1.4%	7.1%
55-59	10.1%	18.8%	24.6%	23.2%	17.4%	1.4%	1.4%	2.9%
60-64	6.2%	12.3%	24.6%	23.1%	16.9%	7.7%	1.5%	7.7%
65-69	14.9%	22.4%	14.9%	10.4%	20.9%	7.5%	4.5%	4.5%
70-74	11.9%	8.5%	28.8%	18.6%	16.9%	8.5%	3.4%	3.4%
75-79	2.6%	15.8%	34.2%	15.8%	21.1%	0.0%	5.3%	5.3%
80+	10.3%	6.9%	20.7%	24.1%	31.0%	3.4%	3.4%	0.0%

Women/girls reported eating more portions of fruit and vegetables in a day compared to men/boys. The majority of women/girls reported eating 3 or 5 portions a day compared to the majority of men/boys who reported eating 3 portions of fruit or vegetables in a day. 13.8% of men/boys reported that they only eat 1 portion of fruit or vegetables in a day compared to 8.7% of women/girls. Additionally, 13.4% of women/girls reported eating 6 or more portions of fruit or vegetables in a day compared to 9.2% of men/boys.

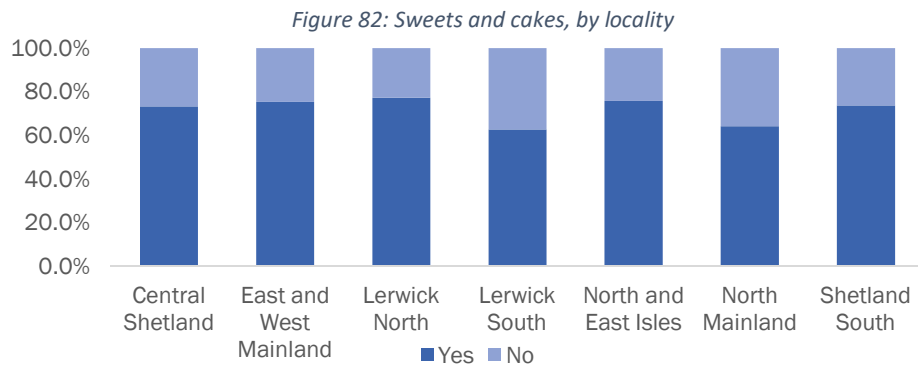


Sweets and cakes

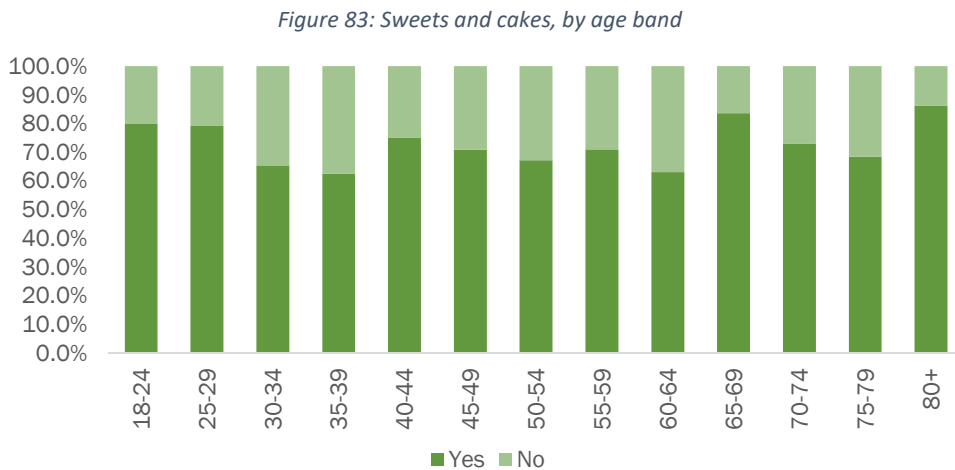


Almost three quarters of respondents reported that they eat sweet snacks such as cakes, biscuits, pastries, or sweets 3 or more times per week.

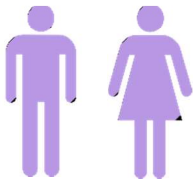
The proportion reporting eating 3 or more of these sweet snacks in a week varied across localities, ranging from 62.8% in Lerwick South to 77.2% in Lerwick North. All localities other than Lerwick South and North Mainland had a higher than average proportion of respondents reporting that they eat 3 or more of these sweet snacks in a week.



Respondents in their 30's were least likely to report that they eat 3 or more of these sweet snacks in a week – with 65.4% of 30-34 year olds and 62.5% of 35-39 year olds reporting this. In comparison 86.2% of 80+ year olds reported that they eat 3 or more of these sweet snacks in a week and 83.6% of 65-69 year olds also reported this.

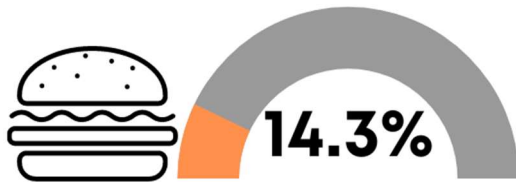


73.2% 71.0%



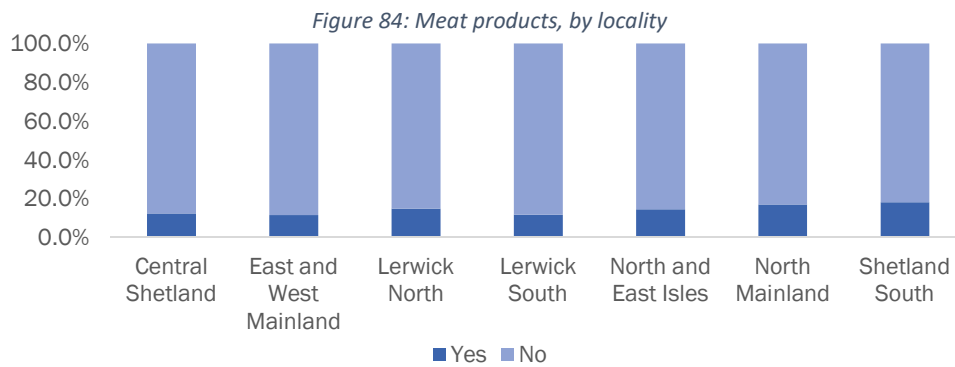
A slightly higher proportion of men/boys reported that they eat 3 or more of these sweet snacks in a week – with 73.2% of men/boys reporting this compared to 71.0% of women/girls.

Meat products

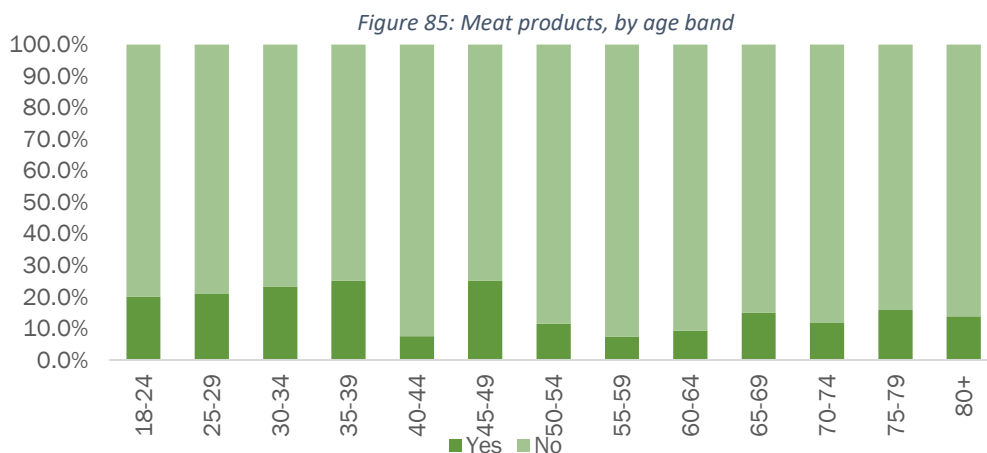


A small proportion of respondents, 14.3% reported that they have meat pies, sausages, burgers or ready meals 3 or more times per week.

The proportion reporting that they have meat pies, sausages, burgers or ready meals 3 or more times per week varied across localities, ranging from 11.6% in East and West Mainland to 18.2% in Shetland South. All localities other than Central Shetland, East and West Mainland and Lerwick South had a lower than average proportion of respondents reporting that they have meat pies, sausages, burgers or ready meals 3 or more times per week.

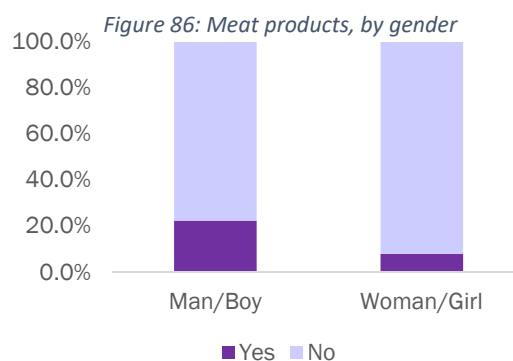


Respondents in their 30's were most likely to report that they have meat pies, sausages, burgers or ready meals 3 or more times per week – with 23.1% of 30-34 year olds and 25.0% of 35-39 year olds reporting this.

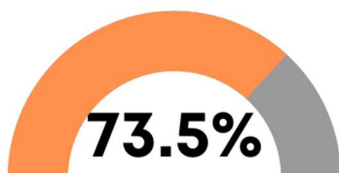


In comparison 7.2% of 55-59 year olds reported that they have meat pies, sausages, burgers or ready meals 3 or more times per week and 7.5% of 40-44 year olds also reported this.

There was a notable difference between the proportions of men/boys reporting that they have meat pies, sausages, burgers or ready meals 3 or more times per week compared to women/girls. Over a fifth (22.2%) of men/boys reported this compared to 7.8% of women/girls.

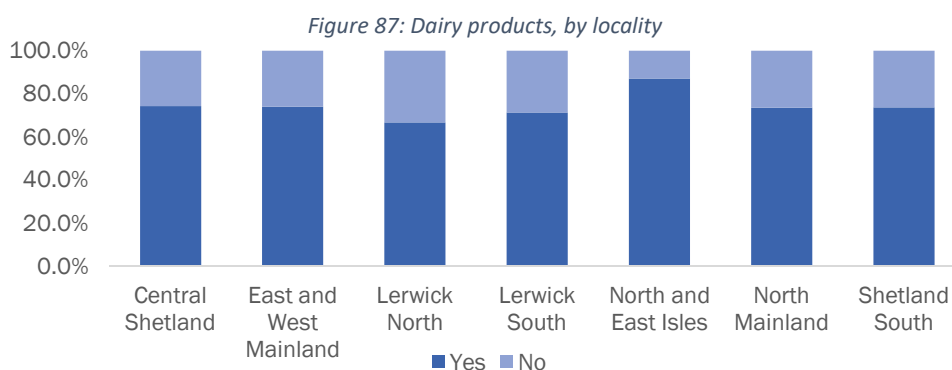


Dairy

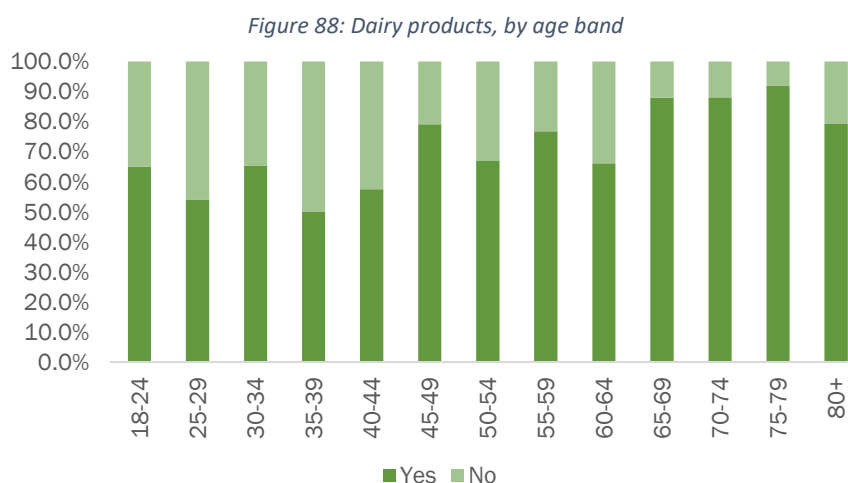


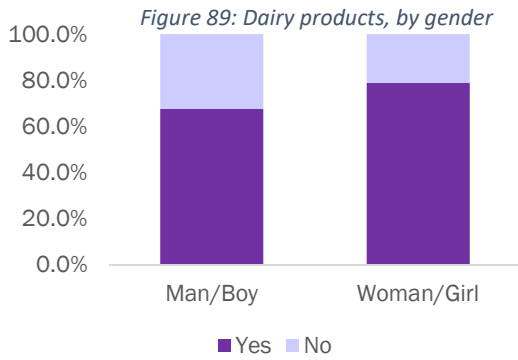
Almost three quarters of respondents reported that they have 2-3 dairy portions per day.

The proportion reporting that they have 2-3 dairy portions per day varied across localities, ranging from 66.7% in Lerwick North to 87.1% in North and East Isles. Central Mainland has the 2nd highest proportion of respondents reporting that they have 2-3 dairy portions per day (74.2%), however this was 13% lower than North and East Isles, which had the highest proportion reporting this.



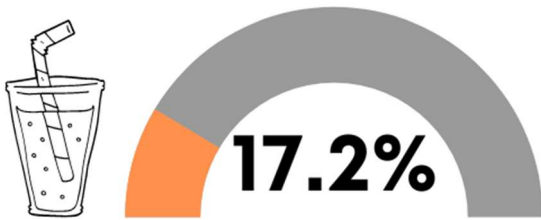
Over 90% of respondents aged 75-79 years reported that they have 2-3 dairy portions per day, in comparison only 50% of 35-39 year reporting this. Those in the older age band (65+ years) were more likely to have 2-3 dairy portions per day with 87.6% of them reporting this compared to 57.8% of those aged under 40 years.





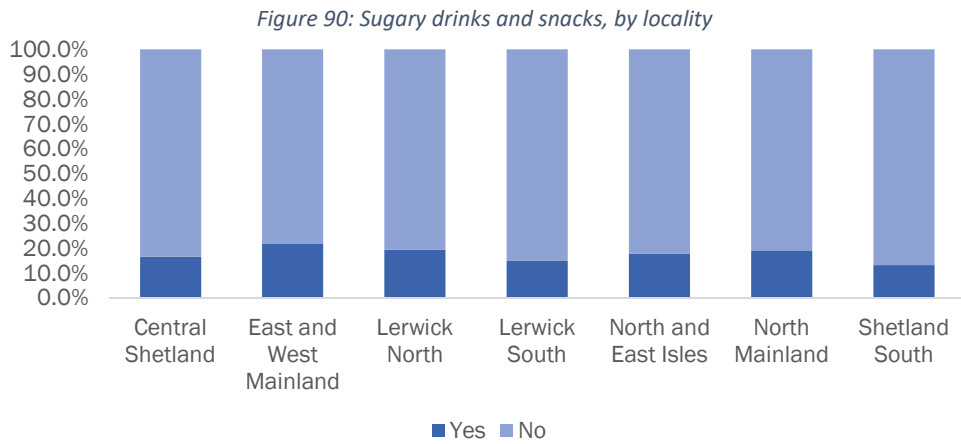
A higher proportion of women/girls reported that they have 2-3 dairy portions per day – with 78.8% of women/girls reporting this compared to 67.4% of men/boys.

Sugary drinks and snacks

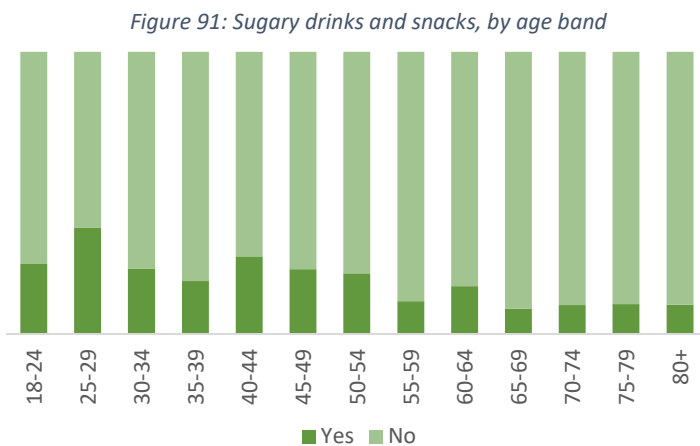


A small proportion of respondents, 14.3% reported that they consume more than 2 or 3 sugary snacks/drinks per day.

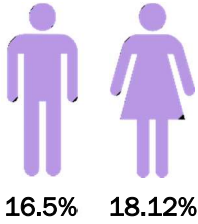
The proportion reporting that they consume more than 2 or 3 sugary snacks/drinks per day varied across localities, ranging from 14.9% in Lerwick South to 21.7% in East and West Mainland. All localities other than Central Shetland, Lerwick South and Shetland South had a higher than average proportion of respondents reporting that they consume more than 2 or 3 sugary snacks/drinks per day.



The 25-29 year age band had the highest proportion reporting that they consume more than 2 or 3 sugary snacks/drinks per day, in comparison only 9.0% of 65-69 year olds reported this.



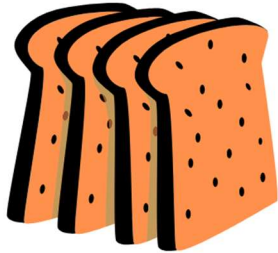
Those in the older age band (65+ years) were less likely to consume more than 2 or 3 sugary snacks/drinks per day less than 10% of them reporting this compared to over a quarter of those aged under 40 years.



A slightly higher proportion of women/girls reported that they consume more than 2 or 3 sugary snacks/drinks per day – with 18.1% of women/girls reporting this compared to 16.5% of men/boys.

Wholemeal breads and cereals

Respondents were asked if they choose wholemeal breads or cereals and over 90% said they do or sometimes do.

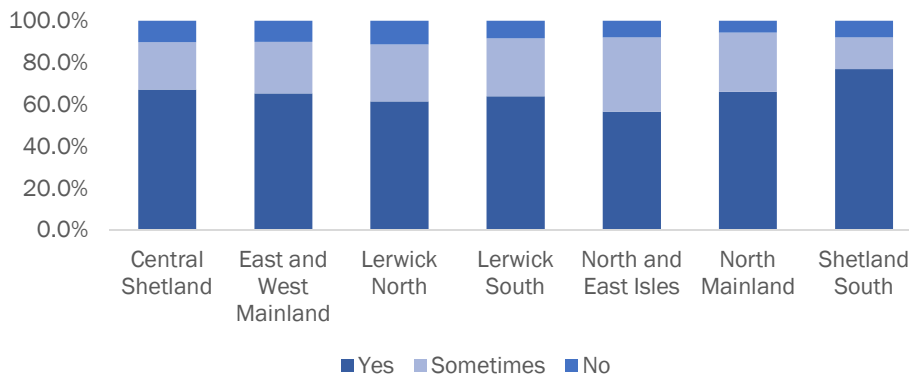


65.6% choose wholemeal breads or cereals, while 25.2% sometimes choose wholemeal breads or cereals.

The proportion of respondents who reported that they do choose wholemeal breads or cereals ranged from 56.5% in North and East Isles to 76.8% in Shetland South. Similarly the proportion who reported that they sometimes choose wholemeal bread or cereals ranged from 15.2% in Shetland South to 35.5% in North and East Isles.

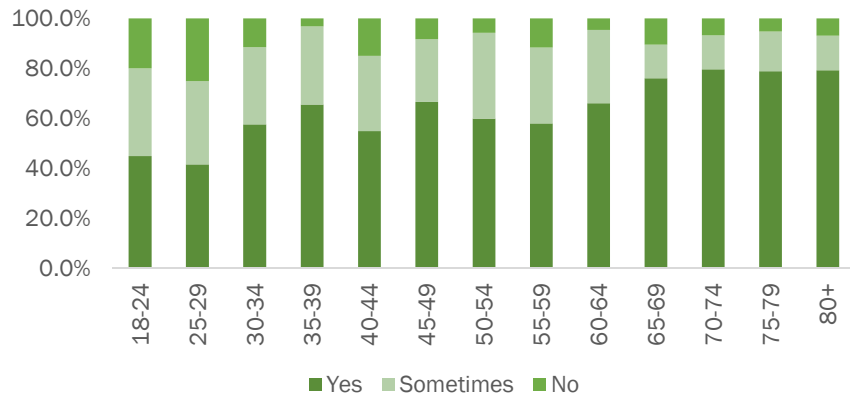
Overall, North Mainland had the highest proportion who said that they choose or sometimes choose wholemeal or cereals – 94.3% compared to 88.6 in Lerwick North.

Figure 93: Wholemeal breads or cereals, by locality



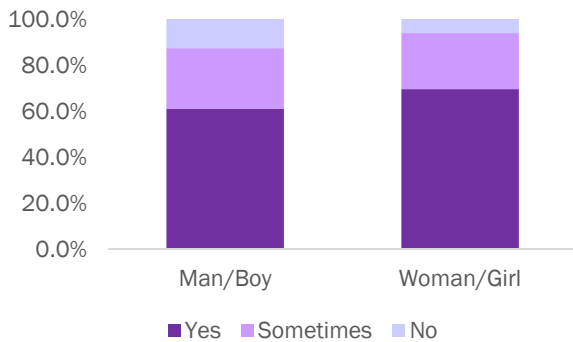
The proportion of respondents who reported that they do choose wholemeal breads or cereals ranged from 41.7% in 25-29 year age band to 79.7% in 70-74 year age band. Similarly the proportion who reported that they sometimes choose wholemeal bread or cereals ranged from 13.4% in 65-69 year age band to 35.0% in 18-24 year age band.

Figure 94: Wholemeal breads or cereals, by age band



Overall, 35-39 year age band had the highest proportion who said that they choose or sometimes choose wholemeal breads or cereals – 96.9% compared to 75.0 in 25-29 year age band.

Figure 95: Wholemeal breads or cereals, by gender

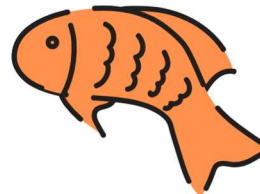


A higher proportion of women/girls said that they do choose wholemeal breads or cereals – 69.5% compared to 60.9% of men/boys. Whilst a higher proportion of men/boys said that they sometimes choose wholemeal breads or cereals 26.4% - compared to 24.3%, overall women/girls were more likely to choose or sometimes choose wholemeal breads or cereals.

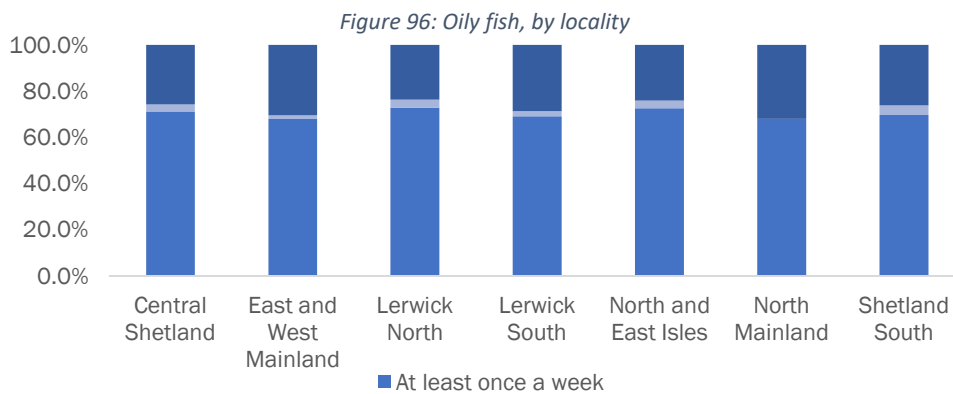
Oily fish

Respondents were asked how many portions of oily fish, for example salmon, mackerel, trout, fresh tuna, they have each week. A large proportion of respondents reported that they eat oily fish at least once a week.

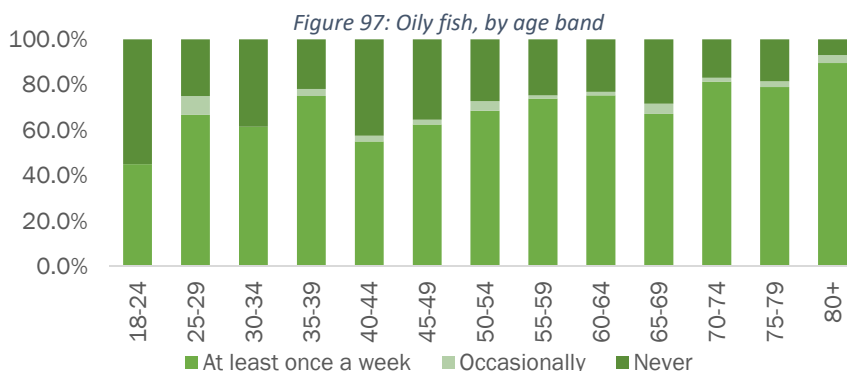
70.4% eat oily fish at least once a week and a further 2.7% eat oily fish occasionally



North Mainland had the highest proportion of respondents who reported that they never eat oily fish (32.1%) compared to 23.7% in Lerwick North. While Lerwick North had the highest portion reporting that they eat oily fish at least once a week (72.8%), Shetland South had the largest proportion reporting that they eat it occasionally (4%).



Those in the 18-24 year age band had the highest proportion of respondents who reported that they never eat



oily fish (55.0%) compared to 6.9% of those aged 80+ years. The 80+ years age band had the highest portion reporting that they eat oily fish at least once a week (89.7%), while the 25-29 year age band had the largest proportion reporting that they eat it occasionally (8.3%).

There was very little difference between men/boys and women/girls, with slightly more women/girls reporting that they never eat oily fish and slightly more men/boys reporting that they eat it at least once a week.

Table 10: Oily fish, by gender

	Never	Occasionally	At least once a week
Man/boy	26.1%	2.7%	71.3%
Woman/girl	27.4%	2.8%	69.8%

Oral Health

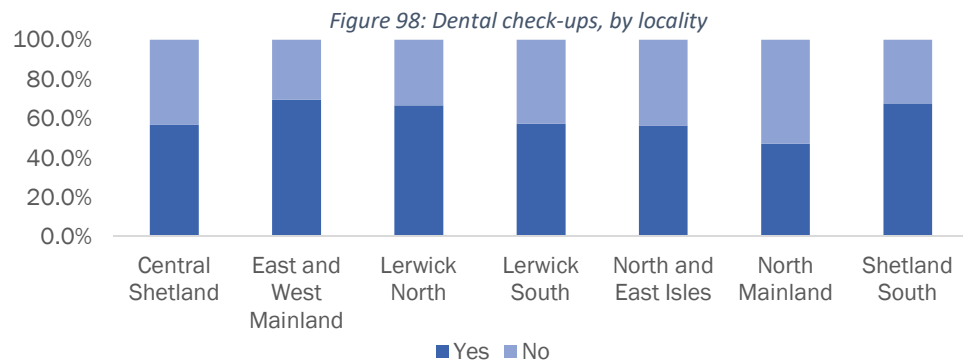
Dental check-ups



61.2% attend a dental clinic for check-up at least once a year.

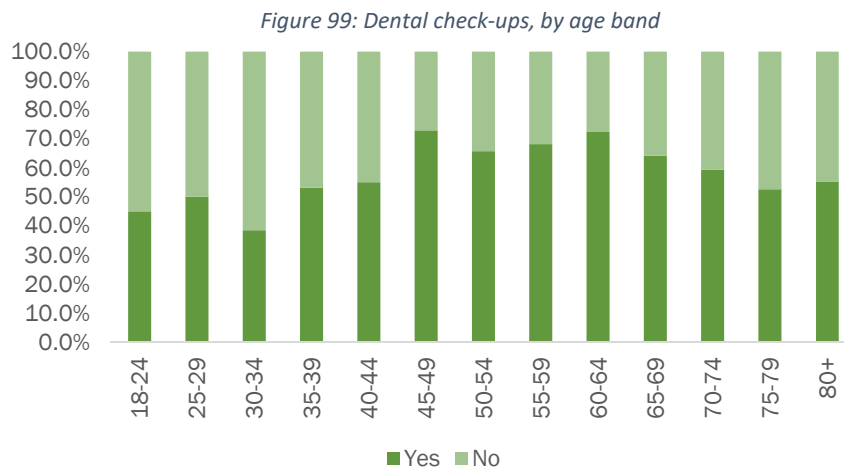
The majority of people reported that they do usually attend a dental clinic for a check-up at least once a year, however over a third did not.

East and West Mainland had the highest proportion of respondents who reported that they attend a dental clinic for check-ups at least once a year (69.6%) compared to 47.2% in North Mainland. All localities other than East and West Mainland, Lerwick North and Shetland South had a lower than average



proportion of respondents reporting that they attend a dental clinic for check-ups at least once a year.

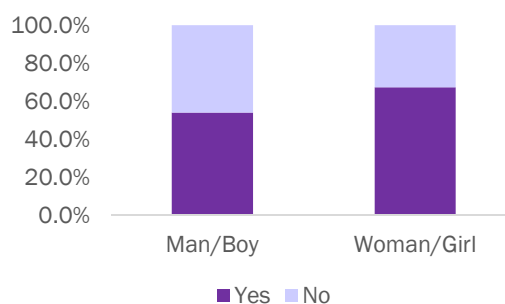
The 30-34 year age band had the lowest proportion reporting that they attend a dental clinic for check-ups at least once a year, in comparison 72.9% of 45-49 year olds reported this. Those in the middle age bands (45-74



years) had a higher than average proportion of respondents reporting that they attend a dental clinic for check-ups at least once a year.

A higher proportion of women/girls said that they attend a dental clinic for check-ups at least once a year – 67.3% compared to 54.0% of men/boys.

Figure 100: Dental check-ups, by gender



Barriers to dental check-ups

When asked what the main barriers were to attending dental clinics for check-ups, a range of different responses were given. Responses were then categorized into broad groupings. The most common responses given related to the lack of appointments, COVID-19, having dentures, forgetting to/no need to and the waiting lists.

Responses varied depending on which locality the respondents were from. Lack of appointments and waiting lists were more of a barrier for respondents in North Mainland (22.6% and 9.4% respectively), compared to Shetland South (12.1% and 2% respectively). North and East Isles had the highest proportion reporting that they forgot to/no need to attend dental clinics for check-ups (6.5%) compared to Lerwick South (3.2%).

The extent that people felt that COVID-19 was a barrier to them attending a dental clinic also varied across the localities, ranging from 1.4% in East and West Mainland to 12.4% in Central Mainland. Lerwick South had the highest proportion reporting that having dentures was their biggest barrier to attending dental clinics for check-up, whereas East and West Mainland had the smallest proportion reporting this.

Reasons or barriers to attending dentist

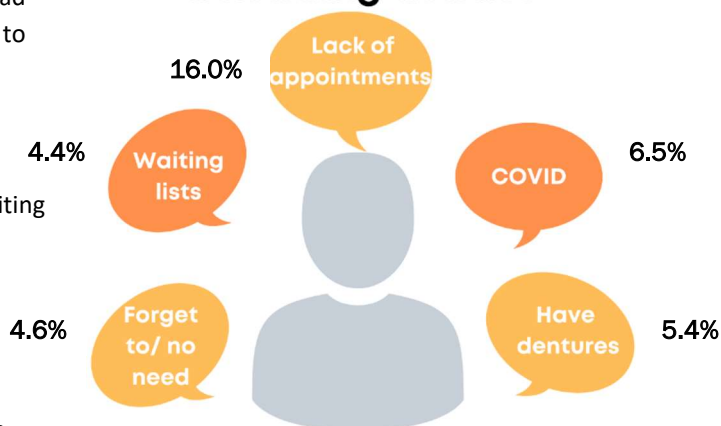
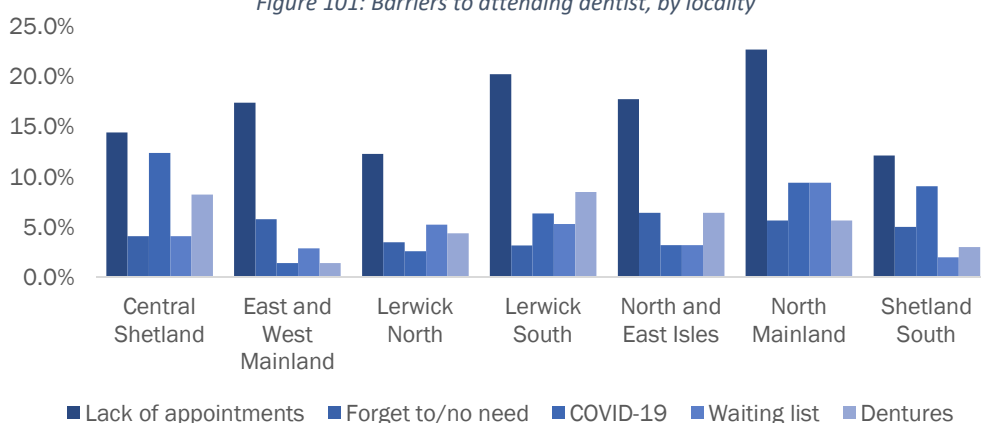
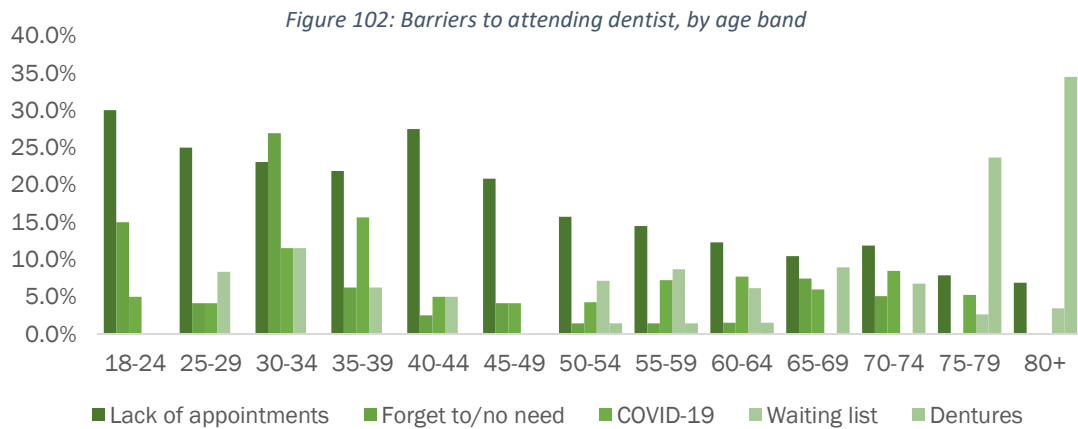


Figure 101: Barriers to attending dentist, by locality

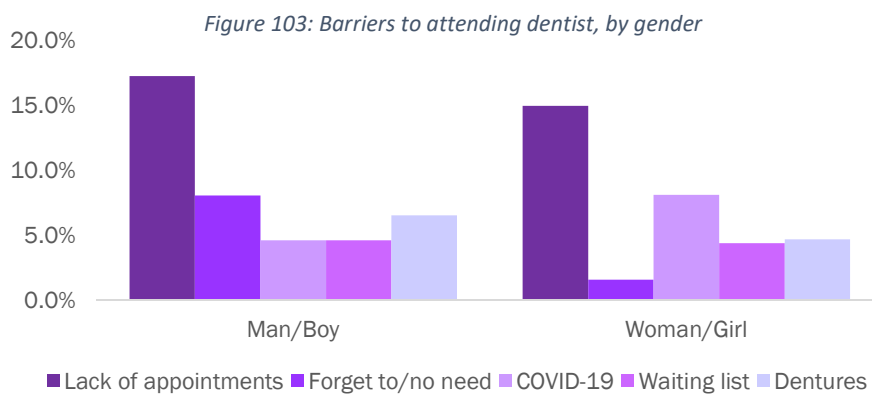


The lack of appointments appeared to be a bigger barrier for the younger age bands with it being reported by almost a quarter of those under 50 years as opposed to 12% of those aged over 50 years. Forgetting to/no need to was again more commonly reported in the younger age bands, especially those aged 30-34 years with 26.9% reporting this. The extent that people felt that COVID-19 was a barrier to them attending a dental clinic also varied across the age bands, ranging from 4.2% among those aged 45-49 years to 15.6% among those aged 35-39 years. As with the lack of appointments, the waiting lists affect younger age bands more than the

older age bands with 11.5% of 30-34 years olds reporting this as a barrier compared to 0% of 45-49 and 65-74 year olds. Having dentures, as expected, were a barrier to those in the older age bands – 23.7% of 75-79 year olds and 34.5% of 80+ year olds.



A higher proportion of men/boys reported that lack of appointments, forgetting to/not needing to and having dentures was a barrier to attending dental clinics for check-up. However, women/girls were more likely to report that COVID-19 was a barrier to attending dental clinics. There was not much difference between those reporting that waiting lists were a barrier.



Tooth brushing

20.2% brush their teeth less than twice a day



69.4% brush their teeth twice a day



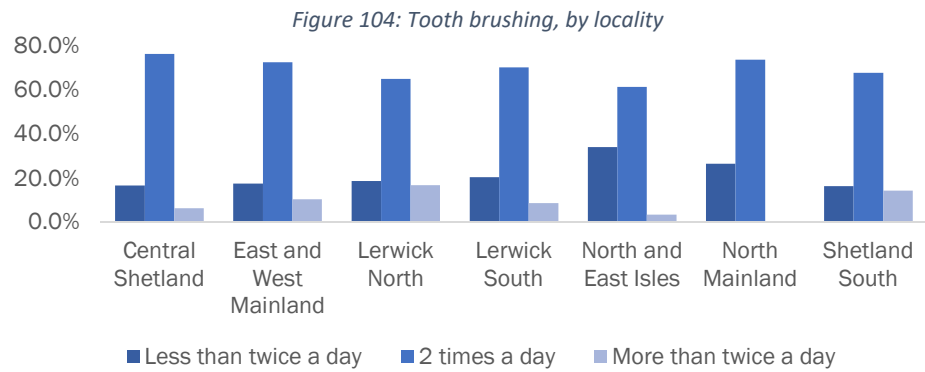
9.5% brush their teeth more than twice a day



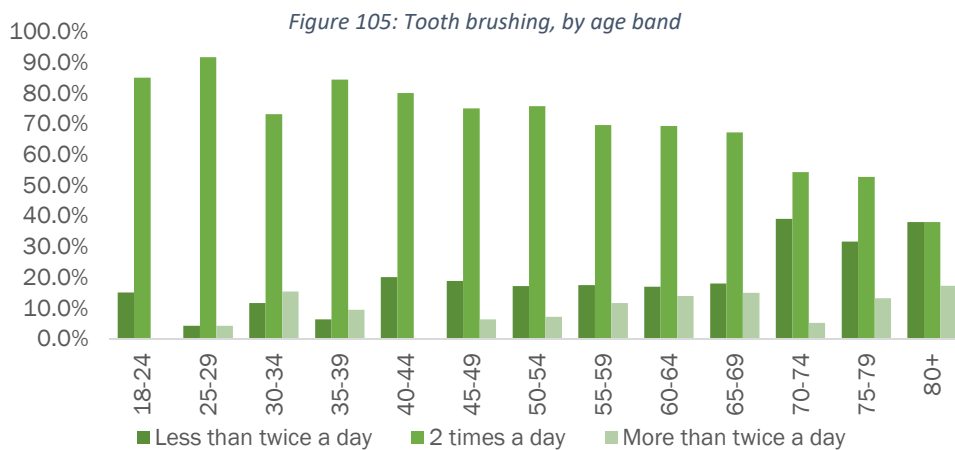
Respondents were asked how often they brushed their teeth in a day. The majority of individuals (69.4%) reported that they brush their teeth twice a day, while a fifth reported that they brush their teeth less than twice a day and almost 10% more than twice a day.

The majority of respondents across all localities reported that they brush their teeth twice a day, ranging from 61.3% in North and East Isles to 76.3% in Central Shetland.

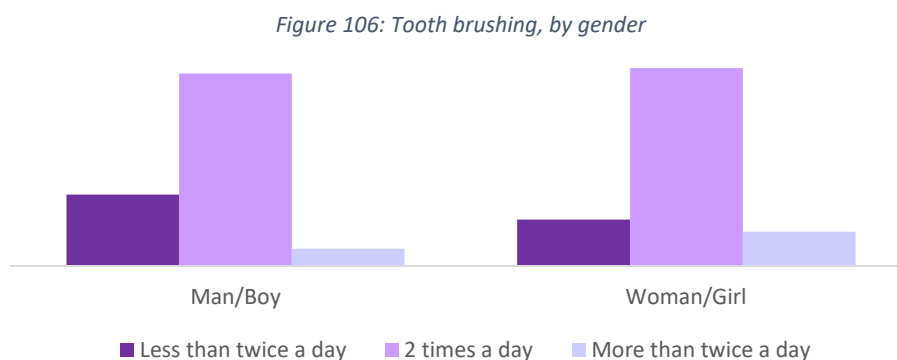
Over a third of respondents in East and West Mainland reported that they brush their teeth less than twice a day, compared to 16.2% in Shetland South. No one in North Mainland reported brushing their teeth more than twice a day however in Lerwick North, 16.7% of respondents reported this.



Over 90% of respondents aged 25-29 years reported that they brush their teeth twice a day, compared to 37.9% of 80+ year olds. A lower than average proportion of respondents aged 55 years and over reported that they brush their teeth twice a day. Over a third of respondents in 70-74 year age band reported that they brush their teeth less than twice a day, compared to 4.2% of those aged 25-29 years. No one in 18-24 or 40-44 year age band reported brushing their teeth more than twice a day however in the 80+ year age band, 17.2% of respondents reported this

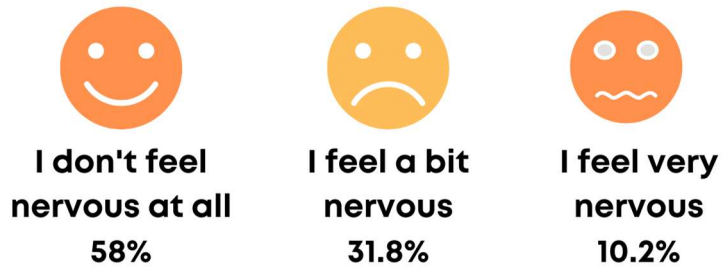


Women/girls were more likely to brush their teeth more often in a day than men/boys. 70% of women/girls reported brushing their teeth 2 times a day compared to 68.2% of men/boys. Additionally 12.1% of women/girls reported brushing their teeth more than twice a day compared to 6.1% of men/boys. A quarter of men/boys reported that they brush their teeth less than twice a day



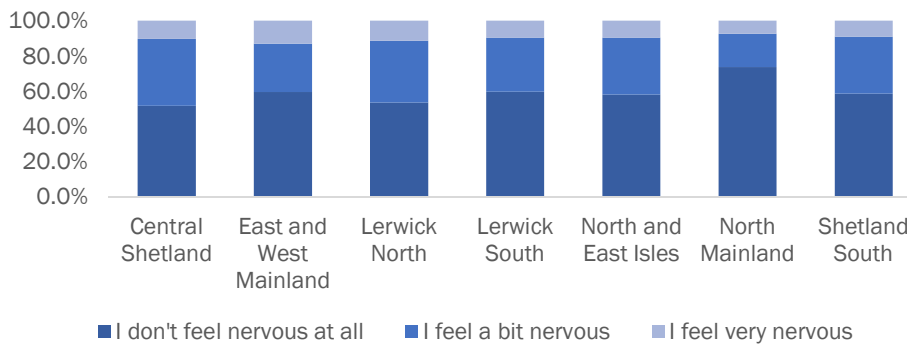
Feelings about dentist

Respondents were asked which option best describes how they feel about visiting the dentist. Over half reported that they don't feel nervous at all, with the remaining 42% reporting that they feel a bit or very nervous.



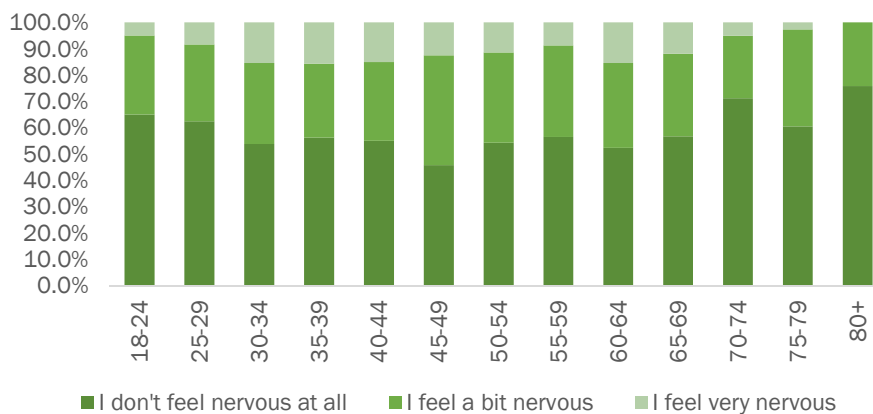
North Mainland had the highest proportion of individuals who reported that they were not nervous of visiting the dentist at all – 73.6% - compared to Central Shetland where this was reported by just over half of the respondents. Conversely, Central Shetland had the highest proportion of individuals who reported that they were a bit nervous of going to the dentist (38.1%) compared to 18.9% in North Mainland. However, East and West Mainland had that highest rate of respondents who reported that they were very nervous of visiting the dentist, with 13.0% of respondents reporting this.

Figure 107: Feelings about dentist, by locality



Those in the youngest age bands and those in the oldest age bands were more likely to report that they do not feel nervous about visiting the dentist at all. 63.6% of those aged <30 years and 69.0% of those aged 70+ years reported that they do not feel nervous at all, however those aged 45-49 had the lowest proportion that said they did not feel nervous at all (45.8%).

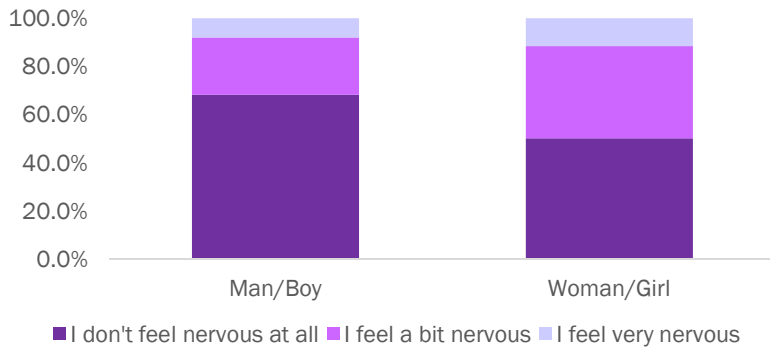
Figure 108: Feelings about dentist, by age band



The proportions of individuals across all age bands reporting that they feel a bit nervous about visiting the dentist ranged from 23.7% of 70-74 year olds to 41.7% of 45-49 year olds. Again those in the youngest age bands and those in

the oldest age bands were least likely to report that they feel very nervous about visiting the dentist at all. 6.8% of those aged under 30 years and 3.2% of those aged 70+ years reported this. The 35-39 year age band had the highest proportion reporting that they feel very nervous – 15.6%.

Figure 109: Feelings about dentist, by gender



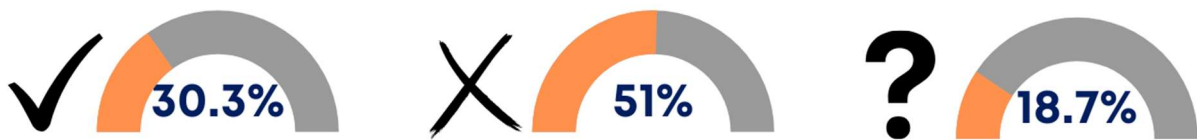
Almost half of women/girls reported that they feel nervous about visiting the dentist (either a bit or very) compared to 31.8% of men/boys. Only 8.0% of men/boys reported that they feel very nervous, in comparison to 11.5% of women/girls.

Food

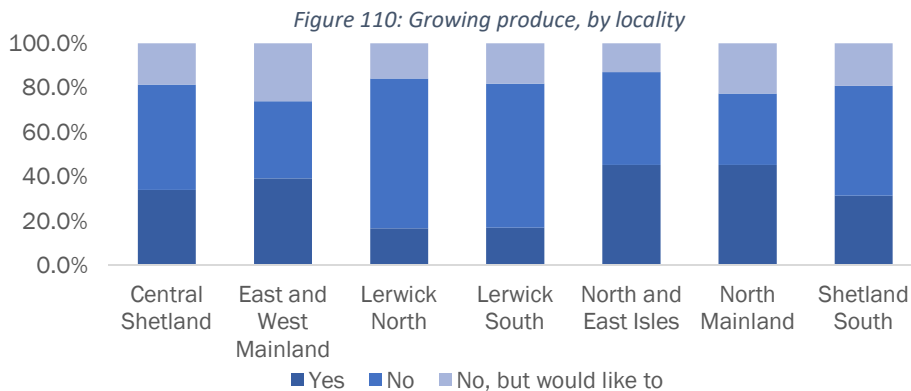
Growing produce

When asked if they grow and eat their own produce 30.3% reported that they do, just over half reported that they do not and almost a fifth reported that they don't but that they would like to.

Growing and eating own produce



North and East Isles (45.2%) and North Mainland (45.3%) had the highest proportion of respondent who reported growing and eating their own produce. Respondents from Lerwick (North and South) had the lowest proportion reporting this (16.7% and 17.0% respectively).



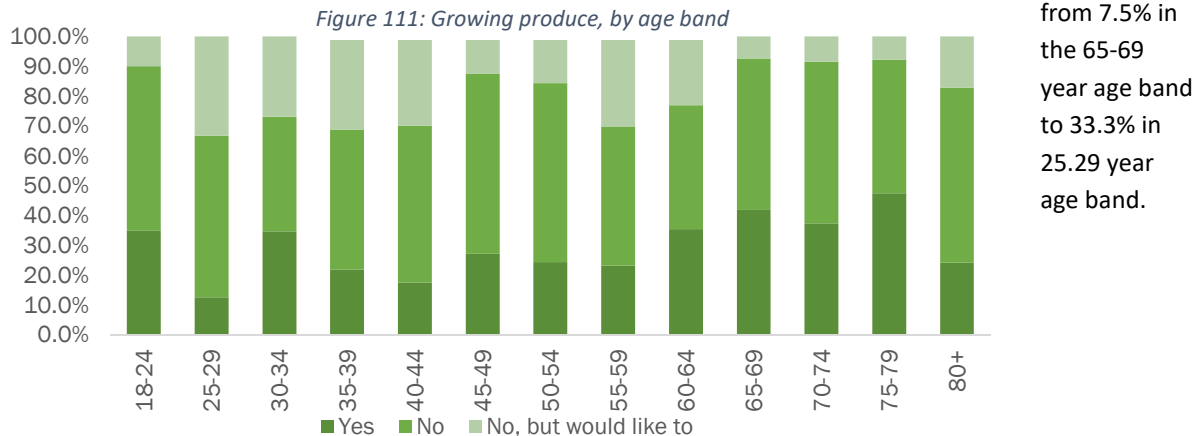
The proportions reporting that they do not grow and eat their own produce ranged from 32.1% in North Mainland to 67.5% in Lerwick North. Additionally, the proportions reporting that they do not grow and eat their own

produce but would like to ranged from 12.9% in North and East Isles to 26.1% in East and West Mainland.

Although localities such as Central Shetland, East and West Mainland and Shetland South had lower proportions of respondents who currently grow and eat their own produce, they do have a slightly larger proportion who would like to grow and eat their own produce.

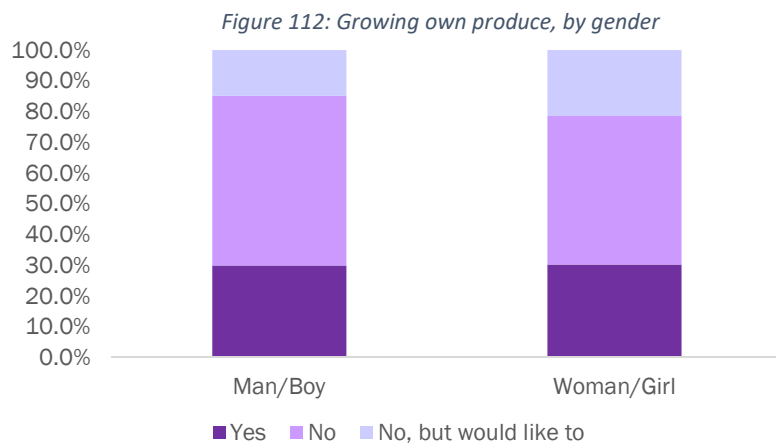
The 75-79 year age band had the highest proportion of respondents who reported growing and eating their own produce (47.4%) while the 25-29 year age band had the lowest (12.5%). The proportions reporting that they do not grow and eat their own produce ranged from 38.5% in 30-34 year age band to 60.4% in 45-49 year age band.

While the 25-29 year age band had the lowest proportion reporting that they currently grow and eat their own produce, they in fact had the highest proportion reporting that they would like to grow and eat their own produce. The proportions reporting that they do not grow and eat their own produce but would like to ranged



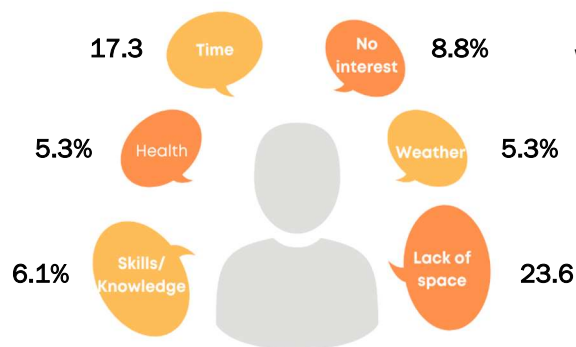
While there is not much of a difference between the proportions of men/boys and women/girls who grow and eat their own produce, there is a difference in the proportions who reported that they would like to grow and eat their own produce.

21.5% of women/girls reported they do not currently grow and eat their own produce but would like to, compared to 14.9% of men/boys.



Barriers to growing produce

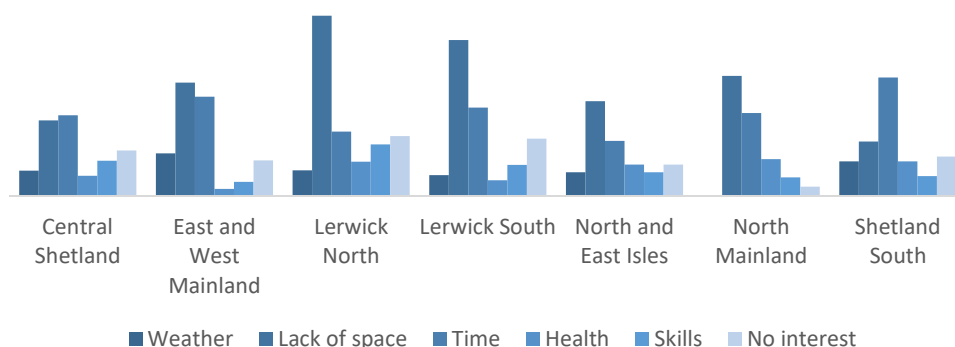
Main barriers to growing own produce



When asked what the main barriers were to growing their own produce, a range of different responses were given. Responses were then categorized into broad groupings. The most common responses given were lack of space (23.6%) and time (17.3%). Other common responses were lack of skills/knowledge, health, no interest and the weather.

Responses varied depending on which locality the respondents were from. Lack of space, lack of skills, and no interest were more of a barrier for respondents in Lerwick North (36.8%, 10.5% and 12.3%) compared to other localities. Shetland South had the lowest proportion reporting lack of space as a barrier (11.1%), East and West Mainland had the lowest proportion reporting lack of skills as a barrier (2.9%) and North Mainland had the lowest proportion reporting no interest as a barrier (1.9%).

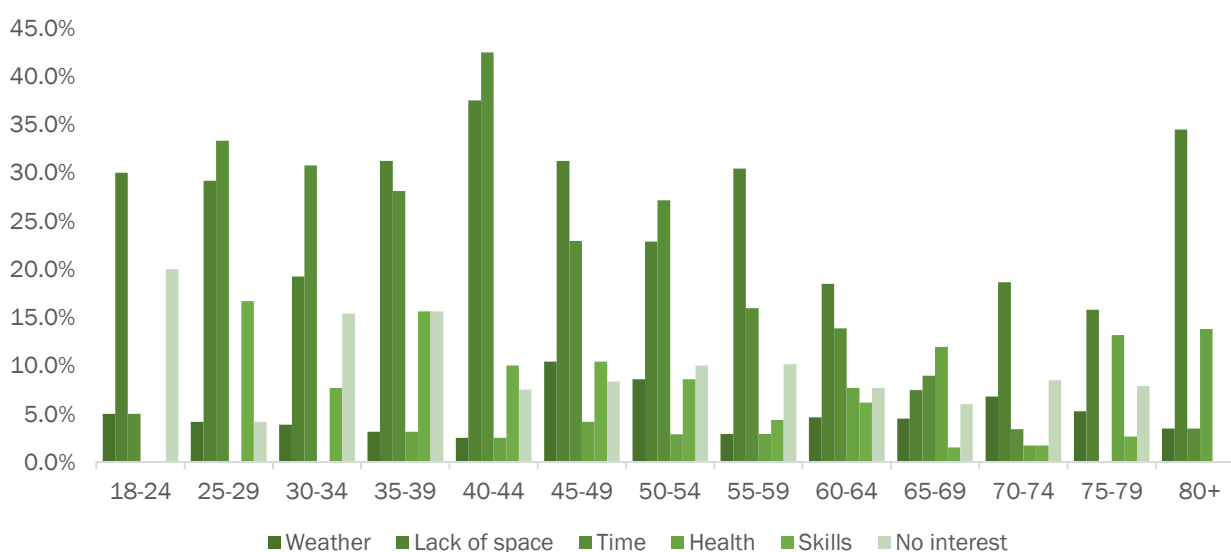
Figure 113: Barriers to growing produce, by locality



The extent that people felt that the weather was a barrier to them growing their own produce also varied across the localities, ranging from 0.0% in North Mainland to 8.7% in East and West Mainland. Shetland South had the highest proportion reporting that time was their biggest barrier to growing their own produce (24.2%), whereas North and East Isles had the smallest proportion reporting this (11.3%). North Mainland had the highest proportion reporting that their health was a barrier to them growing their own produce (7.5%) compared to East and West Mainland (1.4%).

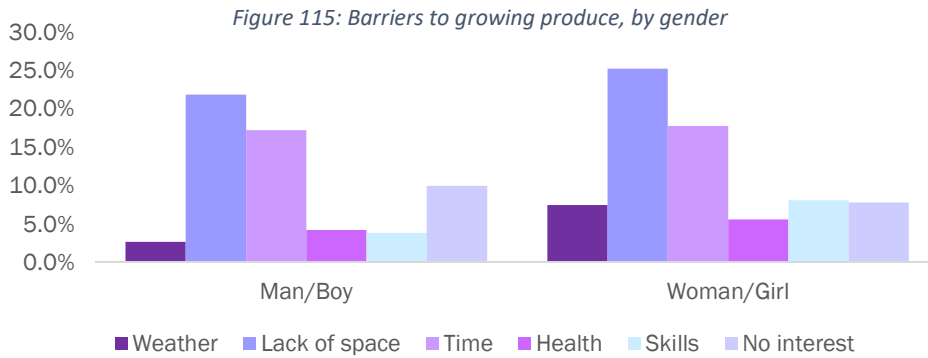
Responses also varied depending on respondent's age. Lack of space and time was more of a barrier for respondent in the 40-44 year age band (37.5% and 42.5%) compared to other age bands. The 65-69 year age band had the lowest proportion reporting lack of space as a barrier (7.5%) and the 70-74 year age band and 80+ year age band had the lowest proportion reporting time as a barrier (3.4%).

Figure 114: Barriers to growing produce, by age band



The extent that people felt that the weather was a barrier to them growing their own produce also varied across age bands, ranging from 2.5% in 40-44 year age band to 10.4% in 45-49 year age band. The 80+ year age band had the highest proportion reporting that their health was their biggest barrier to growing their own produce (13.8%), whereas no one aged between 18-34 years reported this as a barrier. Those in the younger age bands had the highest proportions reporting that having no interest or no skills was the biggest barrier to them – 20.0% of 18-24 year olds reported having no interest, while 16.7% of 25-29 year olds reported having no skills.

The weather (7.5%), lack of space (25.2%) and no skills (8.1%) were more of a barrier to women/girls than men/boys. However having no interest was more of a barrier to men/boys, 10% compared to 7.8% of women/girls. There was not much of a difference in those reporting health and time as a barrier.



Meals with home grown produce

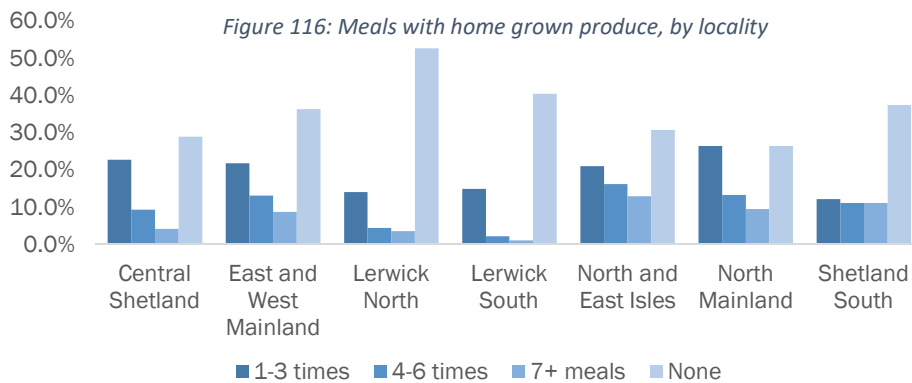
Respondents were asked on average how many meals a week included home grown produce.

The majority reported that they use no home grown produce for any meal during the week. 18% use it for 1-3 meals per week, 9.0% use it for 4-6 meals per week and 6.6% use it for 7+ meals per week.



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

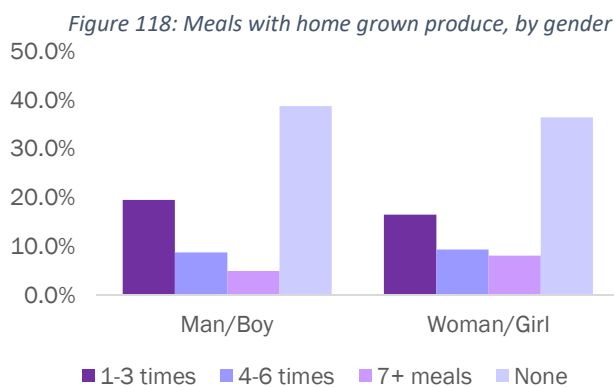
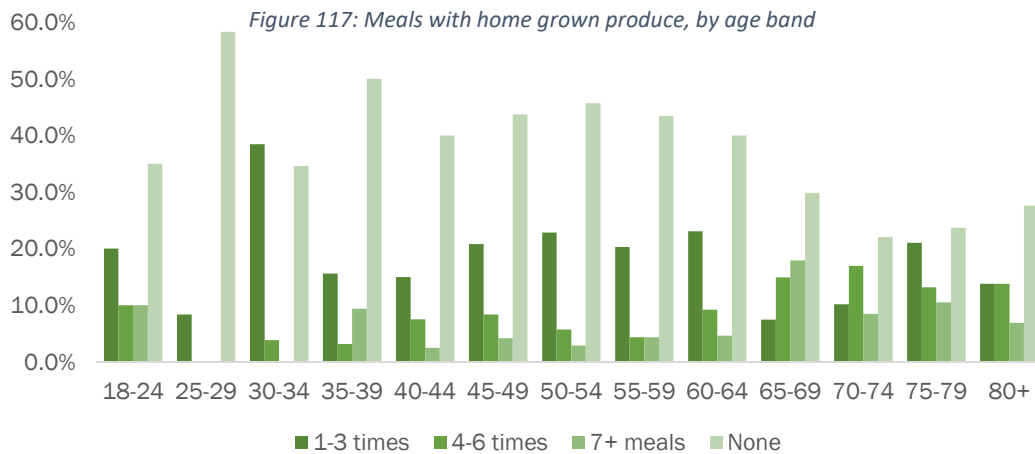
North Mainland had the highest overall proportion of individuals reporting that they use home grown produce for meals during the week (49.1%) with the majority of these individuals using them 1-3 times per week. Lerwick South had the lowest overall proportion of individuals reporting that they use home grown produce for meals during the week, 18.1%. The proportion reporting that they do not use any home grown produce for meals during the week ranged from 26.4% in North Mainland to 52.6% in Lerwick North.



North and East Isles had the highest proportion of individuals reporting that they use home grown produce for meals 4-6 and 7+ times per week, 16.1% and 12.9%.

The 75-79 year age band has the overall highest proportion of individuals reporting that they use home grown produce for meals during the week, 44.7%, with the majority of these individuals using them 1-3 times per week. The 25-29 year age band has the lowest overall proportion of individuals reporting that they use home grown produce for meals during the week, 8.3%. The proportion reporting that they do not use any home grown produce for meals during the week ranged from 22.0% among those aged 70-74 years to 58.3% among those aged 25-29 years.

The 70-74 year age band had the highest proportion of individuals reporting that they use home grown produce for meals 4-6 times per week, 16.9% while the 65-69 year age band had the highest proportion of individuals reporting that they use home grown produce for meals 7+ times per week.



There is little difference in the proportions of men/boys and women/girls who reported that they use home grown produce for meals during the week, 33.3% compared to 34.0%.

Men/boys were more likely to use home grown produce for meals 1-3 times per week, whereas women/girls were more likely to use them for meals, 4-6+ and 7+ times per week. A higher proportion of men/boys reported that they do not use any home grown produces for meals, 38.7% compared to 36.4%.

Choice of food

Respondents were asked to indicate what factors are important to them when considering what food they eat on a typical day. The majority of respondents (96.8%) reported that the food tasting good was moderately or very important to them. The food containing natural ingredients and it being good value for money were also considered to be moderately important or very

It is moderately or very important that food eaten



important factors to the respondents, with 76.5% and 74.8% reporting this respectively. The factor which

fewest respondents reported as being moderately or very important was that their food helped them cope with stress, with only 24.0% of respondents reporting this.

What respondents considered to be moderately or very important to them when considering what food they eat on a typical day did not particularly vary across the localities.

The three factors which the majority of people reporting being moderately or very important were as follows:

Figure 119: Food choices, by locality



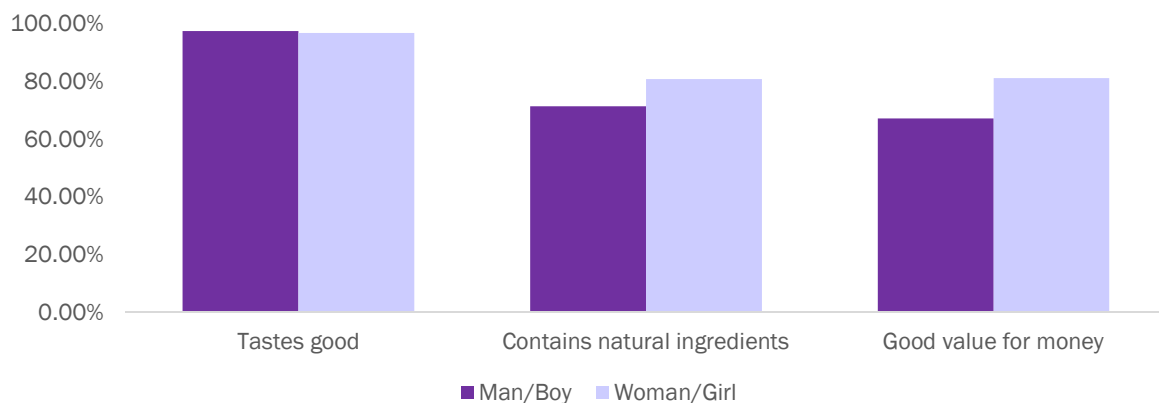
Across the younger age bands, <40 years, having the country of origin clearly marked on food had the lowest proportion of respondents reporting that this was moderately or very important to them when considering what food they eat on a typical day. For the older age band, 40+ years 'Helps me cope with stress' had the lowest proportion of respondents reporting that this was moderately or very important to them when considering what food they eat on a typical day.

Table 11: Food choices, by age band

Top three moderately/very important factors when considering what food is eaten on a typical day			
18-24 years	Tastes good – 100%	Good value for money - 75.0%	Has a pleasant texture – 70.0%
25-29 years	Tastes good – 91.7%	Is familiar to me – 79.2%	Is not expensive – 70.8%
30-34 years	Tastes good – 96.2%	Good value for money – 80.8%	Contains natural ingredients – 73.1% Makes me feel good – 73.1%
35-39 years	Tastes good – 100%	Contains natural ingredients - 84.4% Smells nice – 84.4%	Can be bought close to where I live or work – 78.1%
40-44 years	Tastes good – 97.5%	Is good value for money – 75.0%	Can be cooked very simply – 70%
45-49 years	Tastes good – 95.8%	Is good value for money - 81.3%	Smells nice – 68.8%
50-54 years	Tastes good – 94.3%	Contains natural ingredients - 77.1%	Is good value for money – 75.7%
55-59 years	Tastes good – 100%	Contains lots of vitamins and minerals- 85.5%	Contains natural ingredients - 84.1%
60-64 years	Tastes good – 95.4%	Contains natural ingredients - 89.2%	Contains lots of vitamins and minerals - 83.1%
65-69 years	Tastes good – 97.0%	Contains natural ingredients - 85.1%	Smells nice - 79.1%
70-74 years	Tastes good – 94.9%	Contains natural ingredients - 89.8%	Contains lots of vitamins and minerals - 84.7%
75-79 years	Tastes good – 100%	Contains natural ingredients -76.3% Is good value for money - 76.3%	Contains lots of vitamins and minerals - 73.7%
80+ years	Tastes good – 96.6%	Is familiar to me - 75.9%	Contains lots of vitamins and minerals – 72.4% Contains natural ingredients - 72.4%

The top three moderately/very important factors when considering what food is eaten on a typical day was the same for men/boys and women/girls. Food that contained natural ingredients and was good value for money was moderately/very important to slightly more women/girls than men/boys.

Figure 120: Food choices, by gender



Respondents were asked if they take any vitamins, fish oils, iron supplements, calcium, other minerals, or anything else to supplement their diet or improve their health, almost 60% reported that they did.

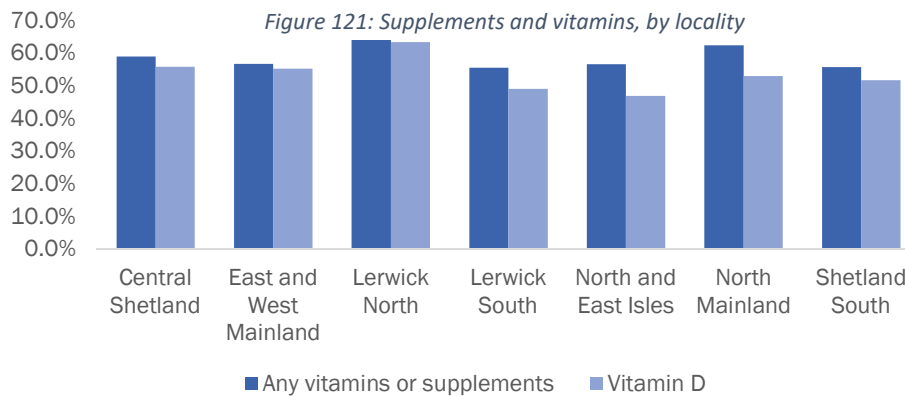
 **58.8%**
take
vitamins
or supplement to
improve diet/health

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



Similarly they were also asked if they were taking vitamin D supplements (including as part of a multi-vitamin supplement), with slightly fewer individuals reporting taking vitamin D – 54.1%.

Lerwick North had the highest proportion of individuals reporting that they take both vitamins and supplements (65.8%) and vitamin D supplements (63.2%). However Lerwick South had the lowest proportion



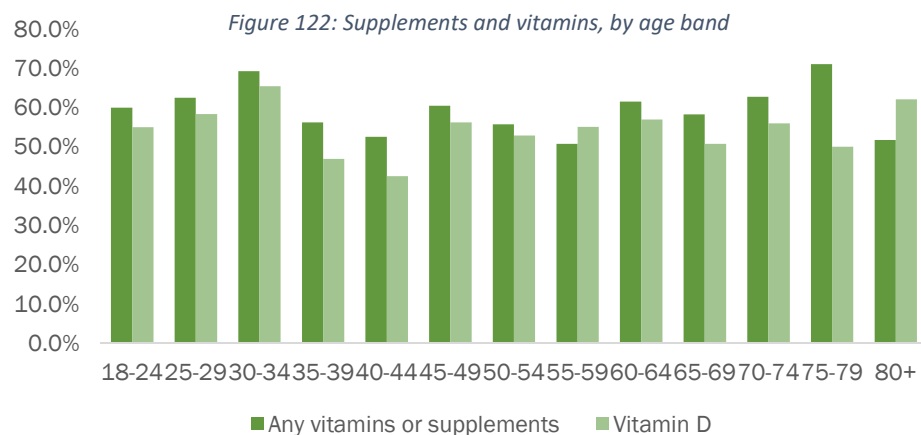
taking vitamins and supplements (55.3%) and North and East Isles had lowest proportion taking vitamin D supplements (46.8%).

North and East Isles had the biggest difference between

those reporting that they take vitamins and supplements and those reporting that they also take vitamin D supplements. There was nearly 10% of a difference in them, in comparison to 1.4% of a difference in East and West Mainland.

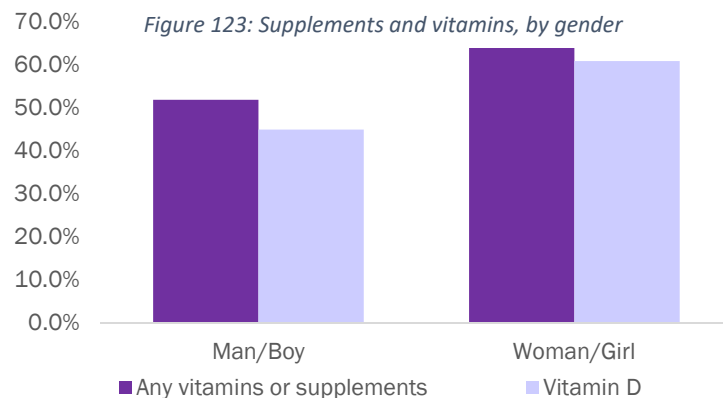
The 75-79 year age band had the highest proportion of individuals reporting that they take vitamins and supplements (71.1%) while the 30-34 year age band had the highest proportion taking vitamin D supplements (65.4%). However

the 55-59 year age band had the lowest proportion taking vitamins and supplements (50.7%) and the 40-44 year age band had lowest proportion taking vitamin D supplements (42.5%).



The 75-79 year age band had the biggest difference between those reporting that they take vitamins and supplements and those reporting that they also take vitamin D supplements. There was over 20% of a difference in them, in comparison to 2.9% of a difference in the 50-54 year age band.

The proportions of women/girls reporting that they take both vitamins and supplements and vitamin D supplements was higher than men/boys. Approximately 64% of women/girls reported that they take vitamins and supplements compared to 51.7% of men/boys. Similarly 60.7% of women/girls reported taking vitamin D supplements compared to 44.8% of men/boys.



men/boys.

Men/boys had the biggest difference between those reporting that they take vitamins and supplements and those reporting that they also take vitamin D supplements. There was nearly 7% of a difference them, in comparison to 3.4% of a difference in women/girls.

Food insecurity

Respondents were asked a number of questions relating to food insecurity, with 7.7% reporting that they had experienced food insecurity at some point. It is important to note that data was collection prior to the cost of living crisis and this must be considered when interpreting these results.

Just under 5% of respondents reported that in the previous year they had been worried about running out of food due to lack of money; had eaten less than they should have due to lack of money and had been unable to eat healthy/nutritious food due to lack of money.

Slightly fewer respondents had reported that their household had run out of food due to lack of money (2.4%) and that they were hungry but did not eat because of a lack of money (2.7%). When asked if they have accessed a local food bank in the last year, 1% reported that they had.



The levels of food insecurity varied across localities with North Mainland having the highest across all questions relating to food insecurity, while Shetland South had the lowest reported levels of food insecurity.

13.2% of the respondents in North Mainland reported that they had ever experienced food insecurity. Slightly fewer respondents, 11.3%, reported that in the previous year they had been worried about running out of food due to lack of money; had eaten less than they should have due to lack of money; their household had run out of food due to lack of money and had been unable to eat healthy/nutritious food due to lack of money.

Just under 10% reported that they were hungry but did not eat because of a lack of money and when asked if they have accessed a local food bank in the last year, 7.5% reported that they had.

Only 4% of respondents in Shetland South reported ever having experienced food insecurity. 2% had reported that in the previous year they had been worried about running out of food due to lack of money, while 1% reported that they had eaten less than they should have due to lack of money and that they had been unable to eat healthy/nutritious food due to lack of money. No one in Shetland South reported that they had been hungry in the previous year but did not eat because of a lack of money. Additionally no one reported that their household had run out of food due to lack of money or that they had access a food bank.

Across the other localities, those ever having experienced food insecurity ranged from 4.8% in North and East Isles to 10.5% in Lerwick North.

Those who in the previous year had been worried about running out of food due to lack of money ranged from 2.1% in Lerwick South to 7.2% in Central Shetland.

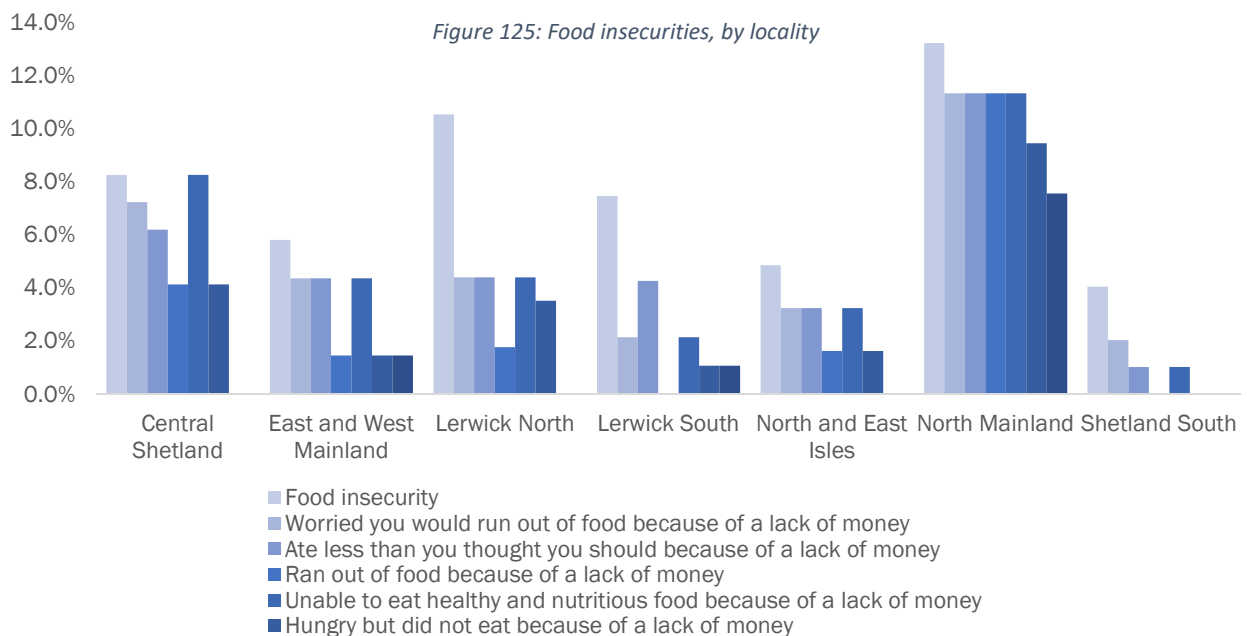
Those who had eaten less than they should have due to lack of money ranged from 3.2% in North and East Isles to 6.2% in Central Shetland.

Those whose households had run out of food due to lack of money ranged from 0% in Lerwick South to 4.1% in Central Shetland.

Those who had been unable to eat healthy/nutritious food due to lack of money ranged from 2.1% in Lerwick South to 8.2% in Central Shetland.

Those who had been hungry in the previous year but did not eat because of a lack of money ranged from 1.1% in Lerwick South to 4.1% in Central Shetland.

And finally those who had accessed a food bank ranged from 0% in Central Shetland, Lerwick North and North and East Isles to 1.4% in East and West Mainland.

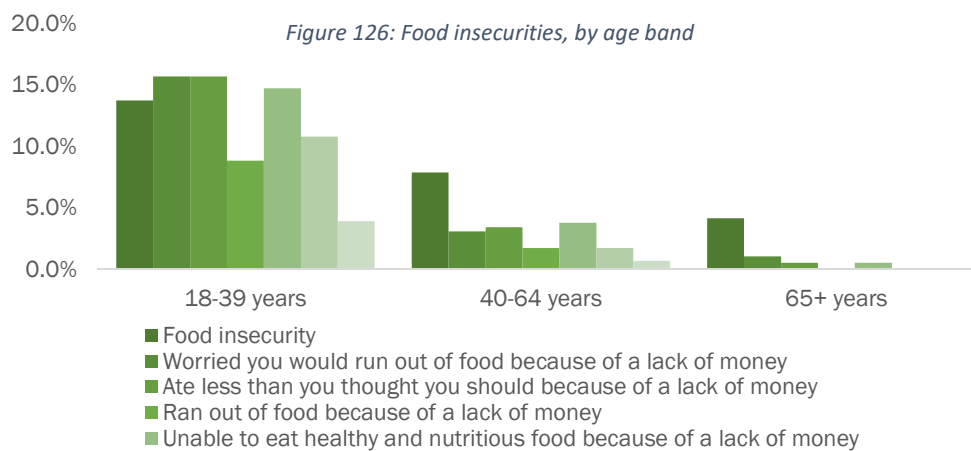


Due to the small number of individuals reporting some of these food insecurities, broader age bands have been used for this analysis

The younger age bands (18-39 years) experienced higher levels of food insecurity than the other age bands (40-64 years and 65+ years).

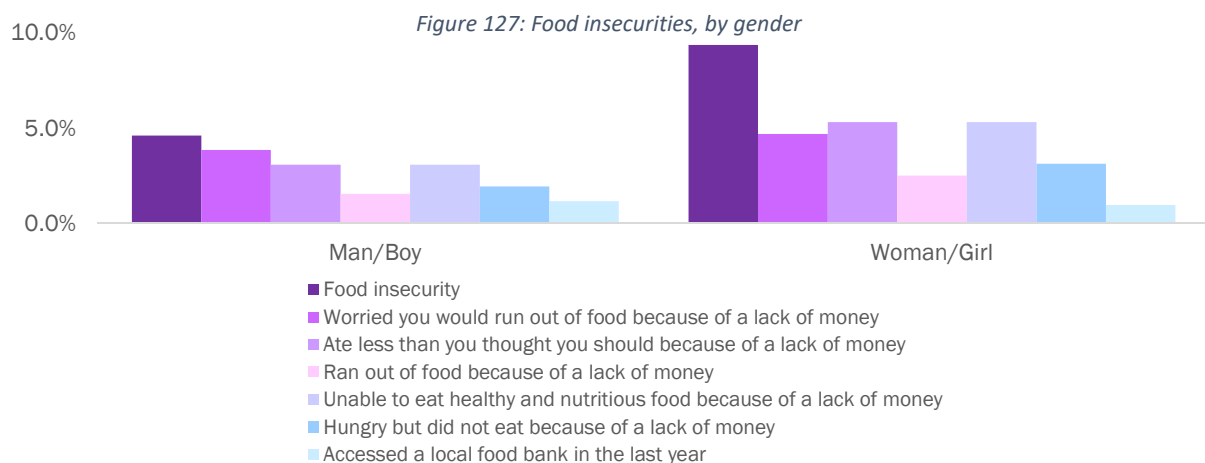
13.7% of the respondents in this age band reported that they had ever experienced food insecurity. Slightly more respondents, 15.7%, reported that in the previous year they had been worried about running out of food due to lack of money; had eaten less than they should have due to lack of money. When asked if there was a time that their household had run out of food due to lack of money, 8.8% reported that there had been. Just under 15% reported that they had been unable to eat healthy/nutritious food due to lack of money, while just over 10% reported that they were hungry but did not eat because of a lack of money. When asked if they have accessed a local food bank in the last year, 3.9% reported that they had.

Across the other age bands, 7.9% of 40-64 year olds and 4.1% of 65+ year olds reported ever having experienced food insecurity. The responses for the other questions across those age bands were all less than 5%.



Women/girls experienced higher levels of food insecurity than men/boys. 9.3% of women/girls reported that they had ever experienced food insecurity. Just under 5% reported that in the previous year they had been worried about running out of food due to lack of money, while just over 5% had eaten less than they should have due to lack of money and had been unable to eat healthy/nutritious food due to lack of money. When asked if there was a time that their household had run out of food due to lack of money, 2.5% reported that there had been. 3.1% reported that they were hungry but did not eat because of a lack of money.

However, when asked whether they had accessed a food bank, slightly higher proportions of men/boys reported that they had (1.1%), compared to 0.9% of women/girls.



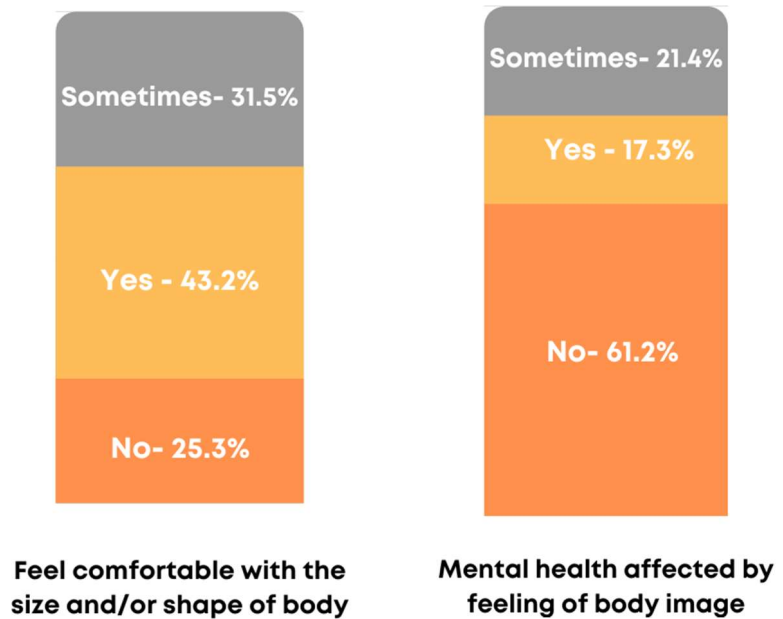
Mental Wellbeing

Body image

When asked if they felt comfortable with the size and/or shape of their body, the majority (43.2%) of respondents reported that they do. One in four reported that they do not, while over 30% reported that they sometimes do.

Respondents were also asked if the way they felt about their body affected their mental health. The majority (61.2%) reported that it did not, 17.3% reported that it did, while 21.4% reported that it sometimes does.

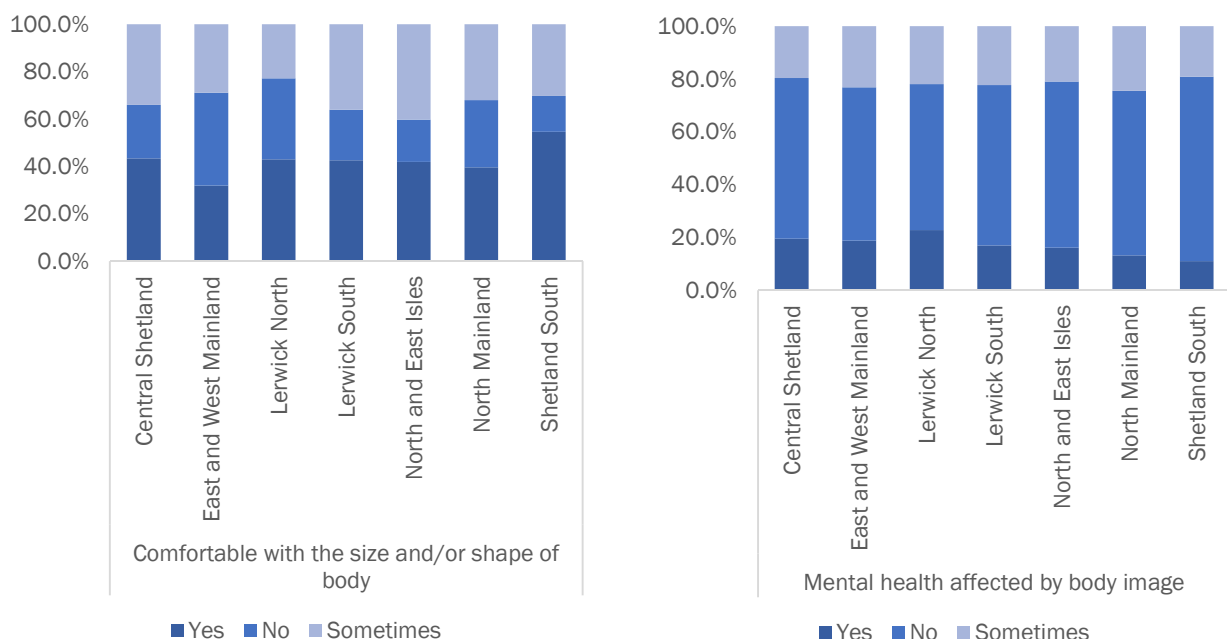
Figure 128: Body image



East and West Mainland had the highest proportion of respondents who reported they do not feel comfortable with the size and/or shape of their body (39.1%). Whereas Shetland South had the lowest proportion reporting this (15.2%). The proportion reporting that they sometimes feel comfortable with the size and/or shape of their body ranged from 22.8% in Lerwick North to 40.3% in North and East Isles.

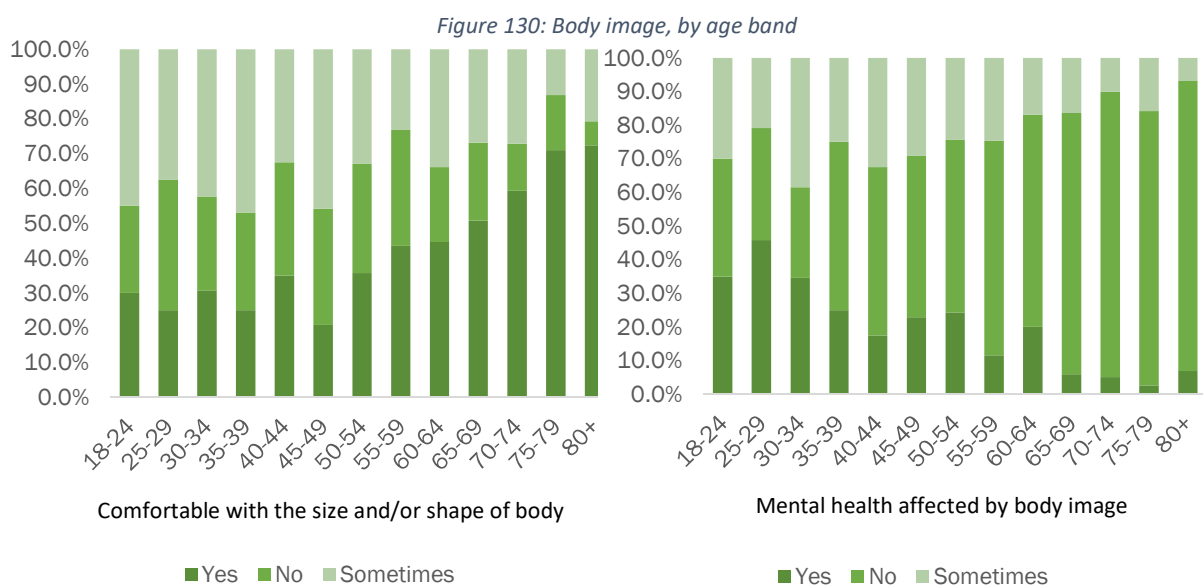
Lerwick North had the highest proportion of respondents who reported that the way they felt about their body affected their mental health (22.8%). Whereas Shetland South had the lowest proportion reporting this (11.1%). The proportion reporting that the way they felt about their body sometimes affected their mental health ranged from 19.2% in Shetland South to 24.5% in North Mainland.

Figure 129: Body image, by locality



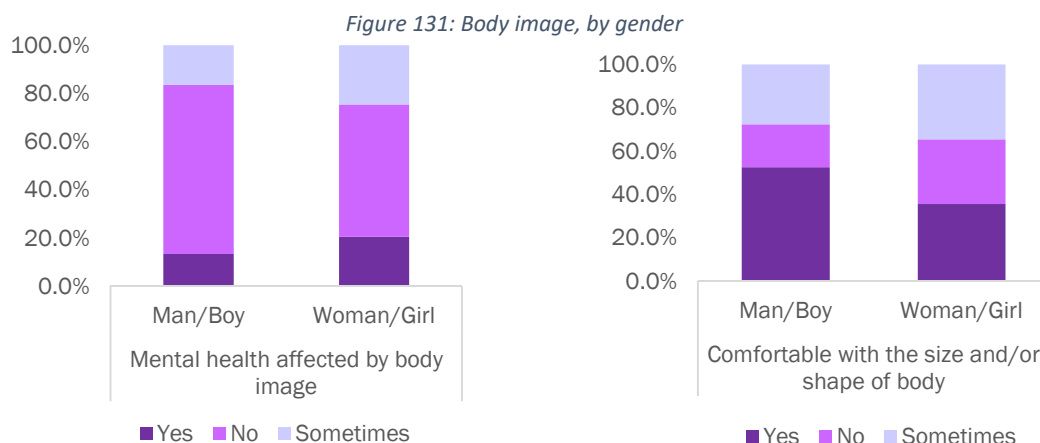
The 25-29 year age band had the highest proportion of respondents who reported that they do not feel comfortable with the size and/or shape of their body (37.5%). Whereas only 6.9% of those in the 80+ years age band reported this. The proportion reporting that they sometimes feel comfortable with the size and/or shape of their body ranged from 13.2% in 75-79 year age band to 46.9% in 35-39 years age band. The proportion of individuals who reported that they do not feel comfortable with the size and/or shape of their body decreased with age.

The 25-29 year age band had the highest proportion of respondents who reported that the way they felt about their body affected their mental health, with almost half reporting this (45.8%). Whereas the 75-79 year age band had the lowest proportion reporting that their mental health was affected by their body image (2.6%). The proportion reporting that the way they felt about their body sometimes affected their mental health ranged from 6.9% in 80+ year age band to 38.5% in the 30-34 year age band. Again the proportion of individuals who reported that the way they felt about their body affected their mental health decreased with age.



A higher proportion of women/girls reported that they do not feel comfortable with the size and/or shape of their body, 29.9% compared to 19.9% of men/boys. Additionally, over a third of women/girls (34.6%) reported that they sometimes do not feel comfortable with the size and/or shape of their body, compared to over a quarter of men/boys (27.6%).

Similarly, a higher proportion of women/girls reported that the way they felt about their body affected their mental health, 20.6% compared to 13.4% of men/boys. Almost a quarter of women/girls reported the way they felt about their body sometimes affected their mental health, 24.6% compared to 16.5% of men/boys.



Mental wellbeing scores

Respondents were presented with a list of statements and asked to describe their experience of each over the 2 weeks prior to the survey.

The majority of respondents (73.1%) reported that in the previous 2 weeks they had felt able to make up their own mind about things often or all of the time.

However, only over a fifth of respondents (21.9%) reported that in the previous 2 weeks they felt that they had energy to spare often or all of the time.

The tool being used is called the Warwick-Edinburgh Mental Wellbeing Scale (WEMWS) and is used to calculate a mental wellbeing score for individuals. Scores can range from 14 to 70 with a higher score indicating a higher level of mental wellbeing. According to the WEMWS the average score is between 41 and 59.

The average score among respondents was 45.0



Figure 132: Mental wellbeing

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

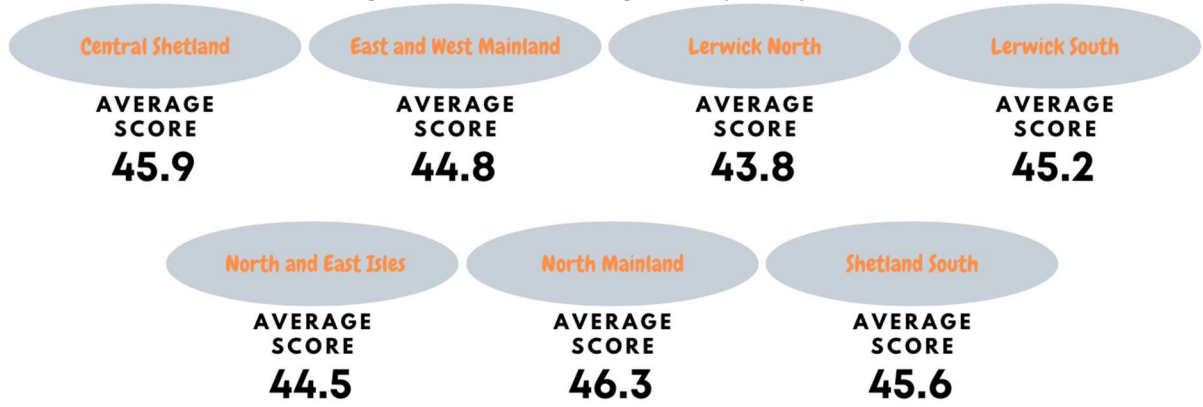


The majority of respondents across each of the localities reported that in the previous 2 weeks they had felt able to make up their own mind about things often or all of the time, ranging from 67.7% in North and East Isles to 75.5% in Lerwick South and North Mainland.

Across all localities large proportions reported that they never or rarely felt that they had energy to spare. This ranged from 29.9% in Central Shetland to 48.2% in Lerwick North.

The average scores varied across locality, with the lowest average score recording in Lerwick North (43.8) and the highest recorded in North Mainland (46.3).

Figure 133: Mental wellbeing scores, by locality



The majority of respondents in all but three of the age bands reported that in the previous 2 weeks they had felt able to make up their own mind about things often or all of the time, ranging from 54.2% in the 45-49 years age band to 88.1% in 70-74 year age band. Across the other three age bands 65.0% of 18-24 year olds reported that they have often or all the time been interested in other people, 45.8% of 25-29 years olds have been feeling optimistic often or all of the time and 54.2% of 45-49 years olds have been thinking clearly often or all of the time.

The statement which the majority of respondents across all but one of the age bands reported that they felt none of the time or rarely was that they had energy to spare. This ranged 25.4% in the 70-74 year age band to 62.5% in 35-39 year age band. In the 18-24 year age band the statement which the majority of respondents reported that they felt none of the time or rarely was that they felt good about themselves (40.0%).

The average scores varied across age band, with the lowest average score recording in 25-29 year age band (39.3) and the highest recorded in 70-74 year age band (49.5).

Figure 134: Mental wellbeing scores, by age band

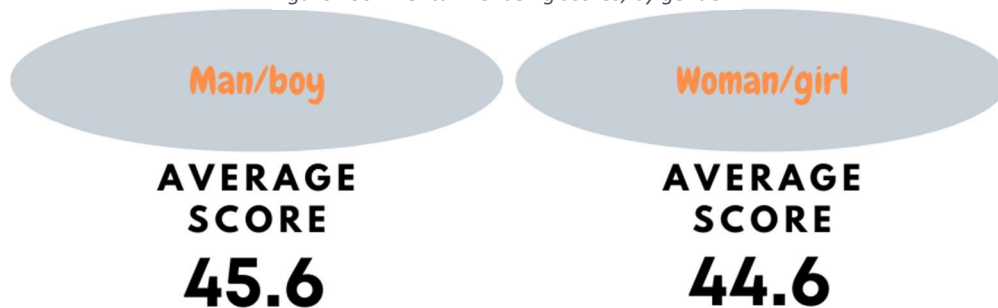


The majority of respondents among men/boys and women/girls reported that in the previous 2 weeks they had felt able to make up their own mind about things often or all of the time, ranging from 70.1% of women/girls to 76.6% of men/boys.

The statement which the majority of respondents across each of the localities reported that they felt none of the time or rarely was that they had energy to spare. This ranged from 32.3% of men/boys to 42.1% of women/girls.

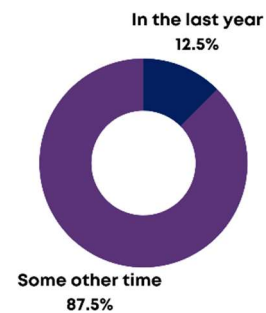
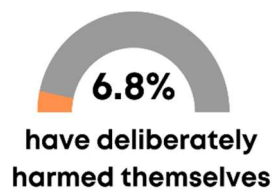
The average scores for men/boys was 45.6 and for women/girls was 44.6.

Figure 135: Mental wellbeing scores, by gender



Self-harm

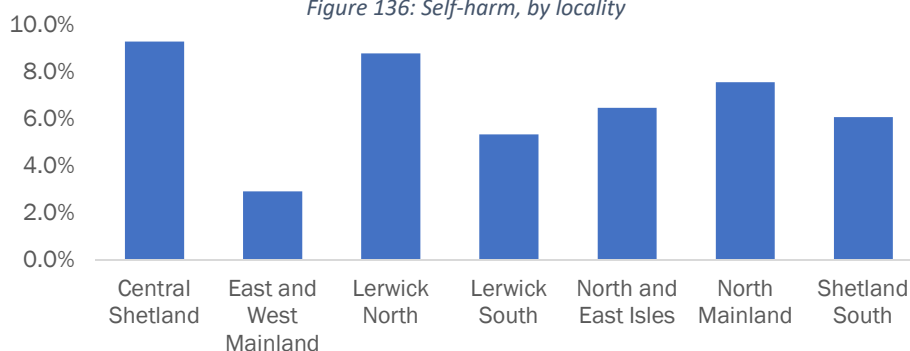
When asked if they had ever deliberately harmed themselves in any way, less than 7% of respondents reported that they had. The majority of these respondents reported that the last time they had done this had been more than a year prior to the survey.



12.5% of these respondents reported having deliberately harmed themselves in the last year, while no respondents reported having done so in the week prior to the survey.

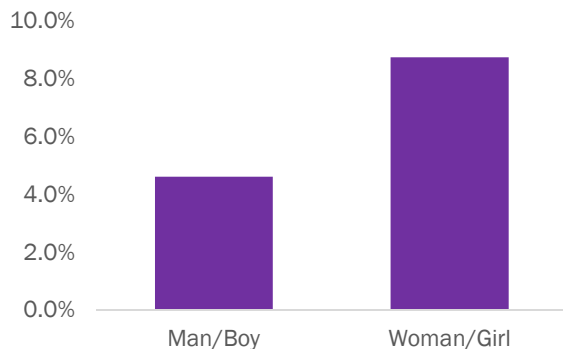
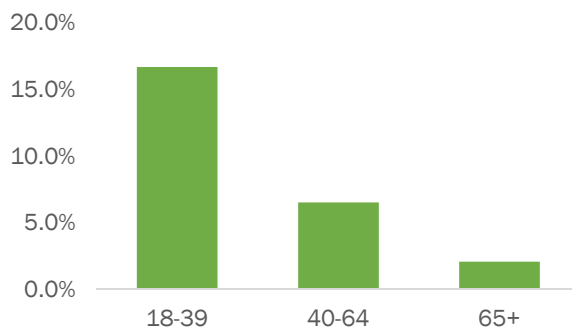
Respondents from all localities reported that they have ever deliberately harmed themselves, ranging from 2.9% in East and West Mainland to 9.3% in Central Shetland. When asked when they had last deliberately harmed themselves, only respondents from Central Shetland, Lerwick, North, North and East Isles and North Mainland reported having done so in the last year.

Figure 136: Self-harm, by locality



Due to the small number of individuals reporting that they had deliberately harmed themselves, broader age bands have been used for this analysis.

Respondents across all age bands reported that they had ever deliberately harmed themselves, ranging from 2.1% of 65+ year olds to 16.7% of 18-39 year olds. When asked when they had last deliberately harmed themselves, only respondents aged 35-39 years, 45-49 years and 50-54 years reported having done so in the last year.



A larger proportion of women/girls reported that they had ever deliberately harmed themselves – 8.7% compared to 4.6%. When asked when they had last deliberately harmed themselves, none of the men/boys reported having done so in the last year, compared to almost a fifth of women/girls.

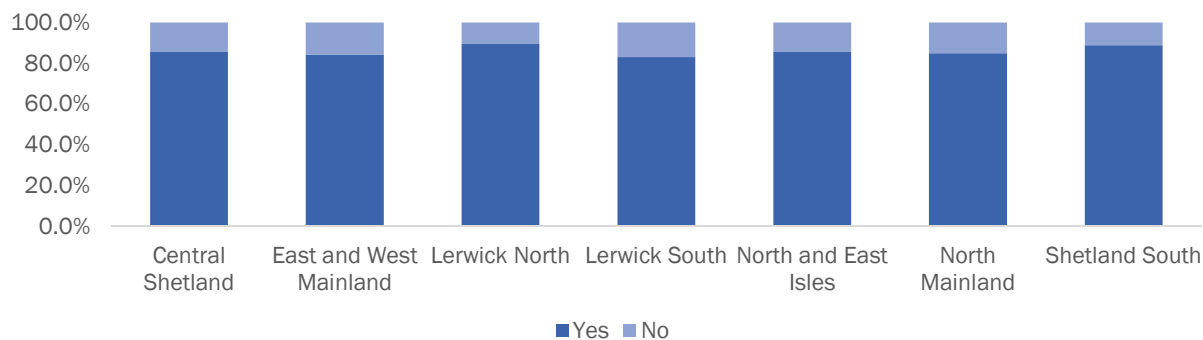
Support

Respondents were asked that if they felt they were alone and needed help could they rely on one of their friends/relatives in the community to help them. A large majority of respondents reported that they could rely on friends/relatives for help.



All localities had a large proportion of respondents reporting that they could rely on friends/relatives for help, ranging from 83.0% in Lerwick South to 89.5% in Lerwick North.

Figure 137: Support, by locality



Similarly the proportions reporting that they could rely on friends/relatives for help was high across all age bands. Ranging from 70.0% among those aged 18-24 years to 92.3% among those aged 30-34 years. Other than the 18-24 year age band, the proportions across all other age bands reporting that they could rely on friends/relatives for help was over 80.0%.

There was not much of a difference between the proportions of men/boys and women/girls reporting that they could rely on friends/relatives with 84.7% of men/boys reporting this compared to 87.2% of women/girls.

Figure 139: Support, by age band

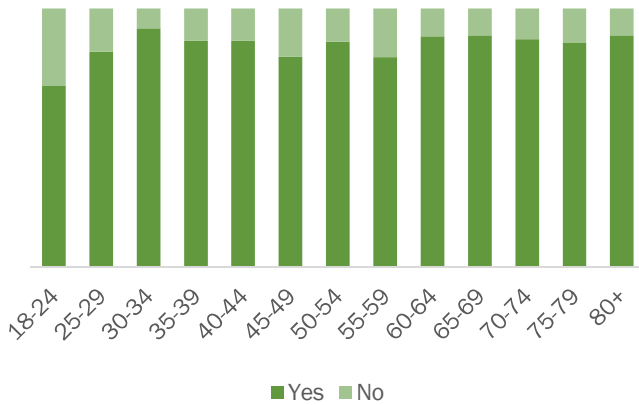
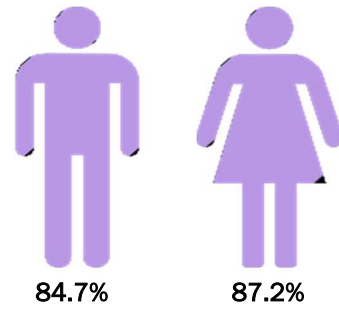


Figure 138: Support, by gender



Contact

Respondents were asked (not counting the people they live with), how often do they personally contact their relatives, friends or neighbours, either in person, by phone, letter, email or through the internet. The majority reported that they do this most days. Almost a third reported that they do once or twice a week, 7.7% once or twice a month and less than 3.0% less often than once a month or never.

57.5%

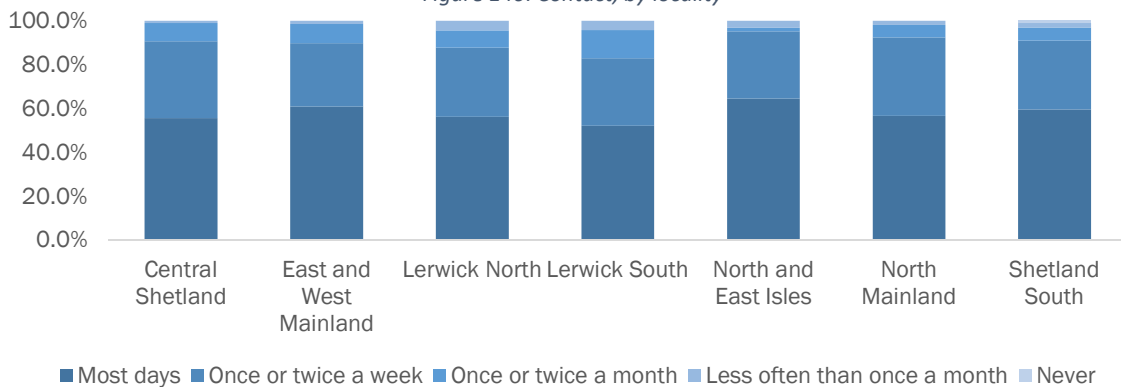


Contact friends/relatives most days

North and East Isles had the highest proportion of individuals reporting that they have contact with friends/relatives weekly (either most day or once/twice a week), 95.2% compared to 83.0% in Lerwick South. In comparison, Lerwick South had the largest proportion of respondents reporting that they have contact with friends/relatives once or twice a month, 12.8% compared to 1.6% in North and East Isles.

Only small proportions of respondents reported that they have contact with friends/relatives less often than once a month or never, ranging from 1% in Central Shetland to 4.4% in Lerwick North.

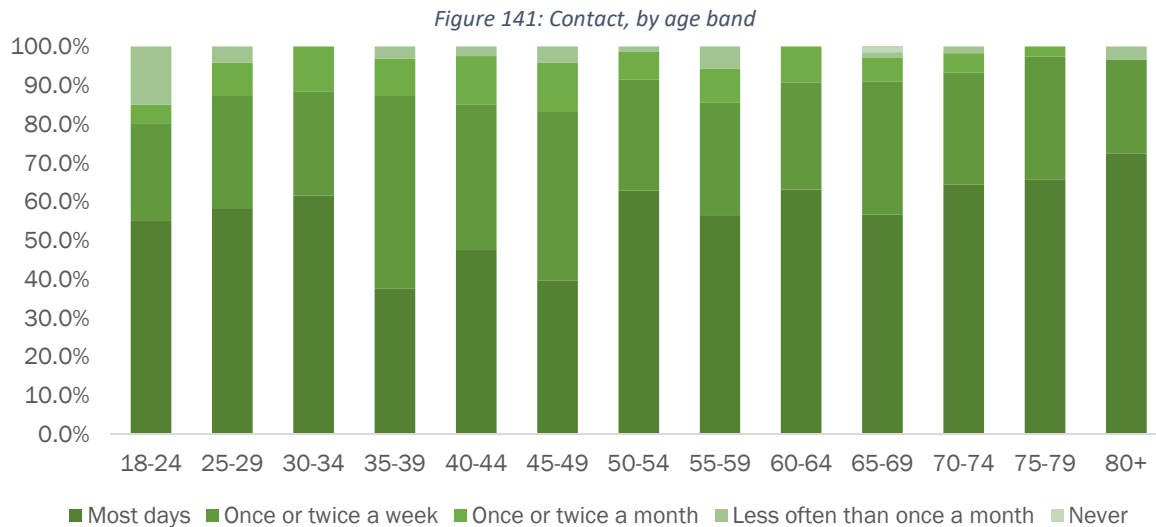
Figure 140: Contact, by locality



The 75-79 years age band had the highest proportion of individuals reporting that they have contact with friends/relatives weekly (either most day or once/twice a week), 97.4% compared to 80.0% in the 80+ year age

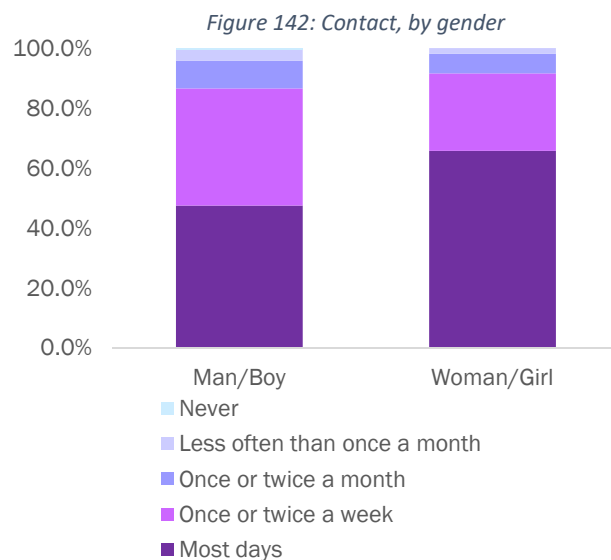
band. In comparison, the 40-49 year age band had the largest proportion of respondents reporting that they have contact with friends/relatives once or twice a month, 12.5% compared to 0.0% in 80+ year age band.

Only small proportions of respondents reported that they have contact with friends/relatives less often than once a month or never, ranging from 0% in the following age bands, 30-34 years, 60-64 years and 75-79 years to 15.0% in 18-24 year age band.



A higher proportion of women/girls reported that they have contact with friends/relatives weekly (either most days or once/twice a week), 91.6% compared to 86.6% of men/boys. In comparison, 9.2% of men/boys reporting that they have contact with friends/relatives once or twice a month compared to 6.5% of women/girls.

Only small proportions of respondents reported that they have contact with friends/relatives less often than once a month or never, ranging from 1.9% of women/girls to 4.2% of men/boys.

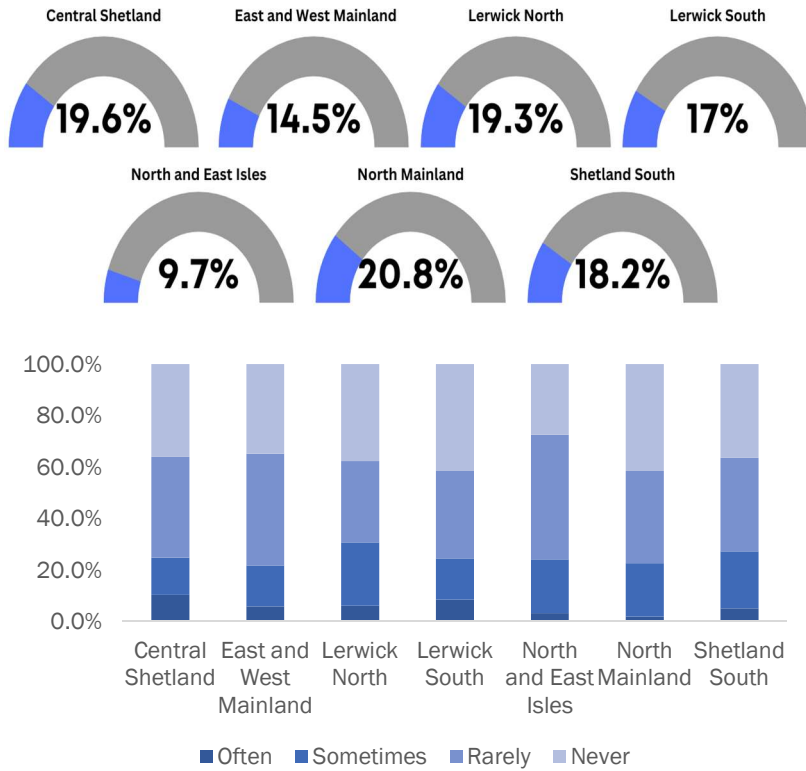


Loneliness

Respondents were asked if they had felt lonely in the 2 weeks prior to the survey. The majority reported that they had not. They were then asked how often they felt lonely and almost three quarters reported that they never or rarely feel lonely. Almost a fifth reported that they sometimes feel lonely and 6.3% often feel lonely.



Figure 143: Loneliness, by locality



Responses varied by locality ranging from 9.7% of those in the North and East Isles reporting that they had felt lonely in the last two weeks to 20.8% of respondents in North Mainland.

When asked how often they felt lonely, over three quarters of respondents (78.3%) from East and West Mainland reported that they never or rarely feel lonely, compared to 69.3% of respondents from Lerwick North.

The proportions reporting that they sometimes felt lonely ranged from 14.4% in Central Shetland to 24.6% in Lerwick North. While the proportions reporting that they often felt lonely ranged from 1.9% in North Mainland to 10.3% in Central Shetland.

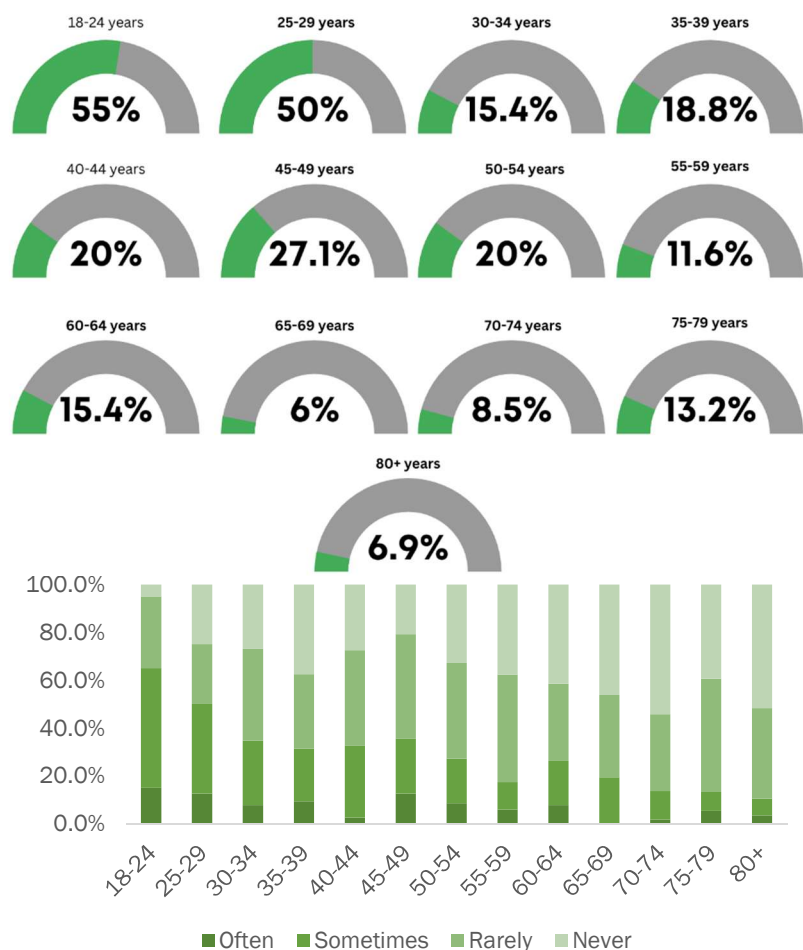
There was a clear difference in responses across age bands, with a much higher proportion of the younger age bands reporting that they had felt lonely in the last two weeks.

Over half of 18-24 year olds and half of 25-29 year olds reported having felt lonely in the previous two weeks, compared to only 6% of 65-69 year olds.

When asked how often they felt lonely, nearly 90% of respondents aged 80+ years reported that they never or rarely feel lonely, compared to 35.0% of respondents from 18-24 year olds.

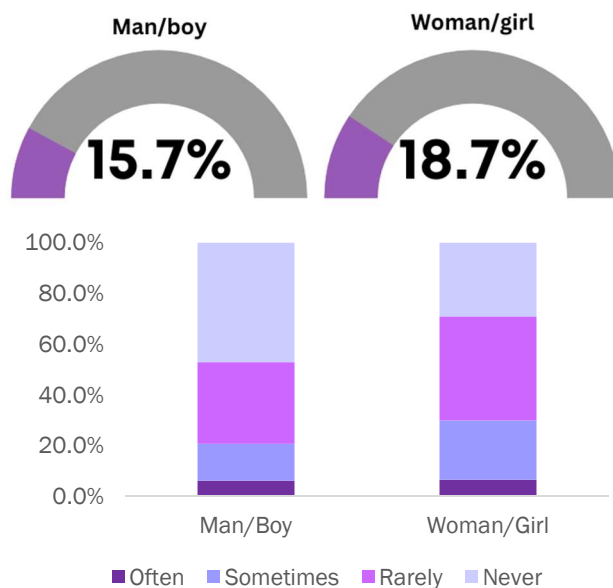
The proportions reporting that they sometimes felt lonely ranged from 6.9% of those aged 80+ years to 50% of those aged 18-24 years. While the proportions reporting that they often felt

Figure 144: Loneliness, by age band



lonely ranged from 1.7% of those aged 70-74 years to 15.0% of those aged 18-24 years

Figure 145: Loneliness, by gender



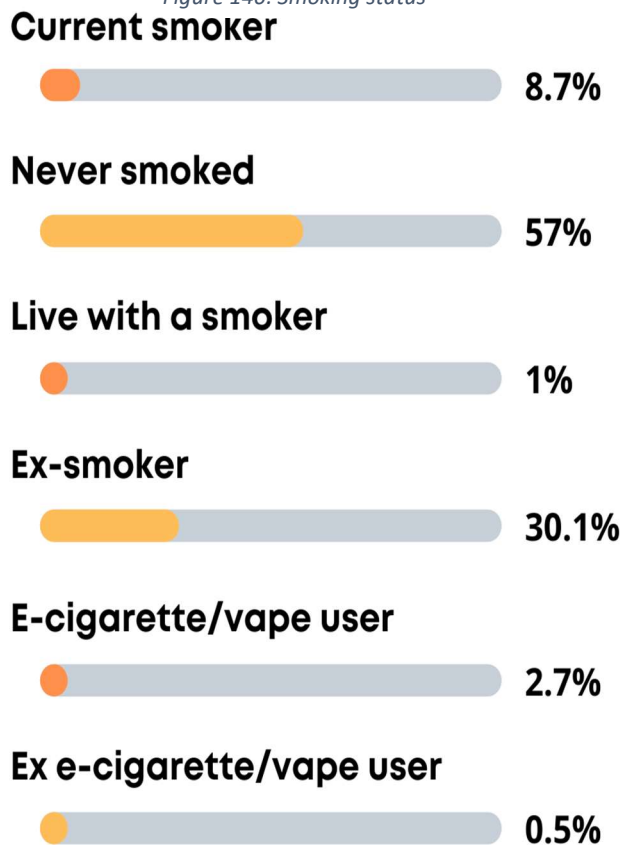
There was not much of a difference between the proportions of men/boys and women/girls reporting that they had felt lonely in the last two weeks with 15.7% of men/boys reporting this compared to 18.7% of women/girls.

When asked how often they felt lonely, nearly 80% of men/boys reported that they never or rarely feel lonely, compared to 70.1% of women/girls. The proportions reporting that they sometimes felt lonely ranged from 14.6% among men/boys to 23.4% among women/girls. While the proportions reporting that they often felt lonely were very similar among both groups – 6.1% of men/boys and 6.5% of women/girls.

Smoking

Smoking status

Figure 146: Smoking status



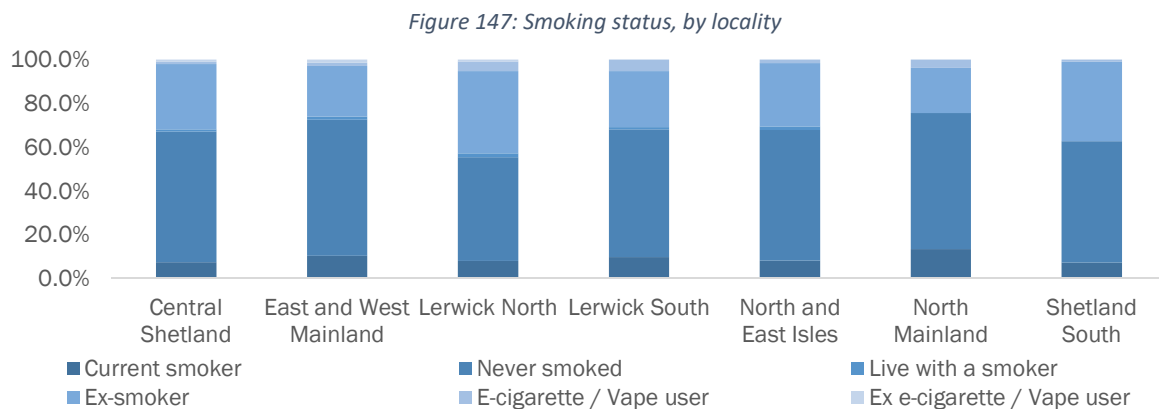
The majority of respondents reported that they have never smoked (57.0%), while over 30% reported that they are ex-smokers.

Less than 10% reported that they are a current smoker and under 3% are e-cigarette/vape users.

North Mainland had the highest proportion of respondents reporting that they are a current smoker, with 13.2% reporting this compared to 7.1% in Shetland South. E-cigarette/vape users were reporting in all localities, however the proportions were much smaller ranging from 1% in Central Shetland and Shetland South to 5.3% in Lerwick South.

Over a fifth of respondents from North Mainland reported that they were ex-smokers (20.8%) compared to over a third (37.7%) of respondents from Lerwick North. There were no ex e-cigarette/vape users reported in most localities (Lerwick South, North and East Isles, North Mainland and Shetland South). The proportions reported in the other localities ranged from 0.9% to 1.4%.

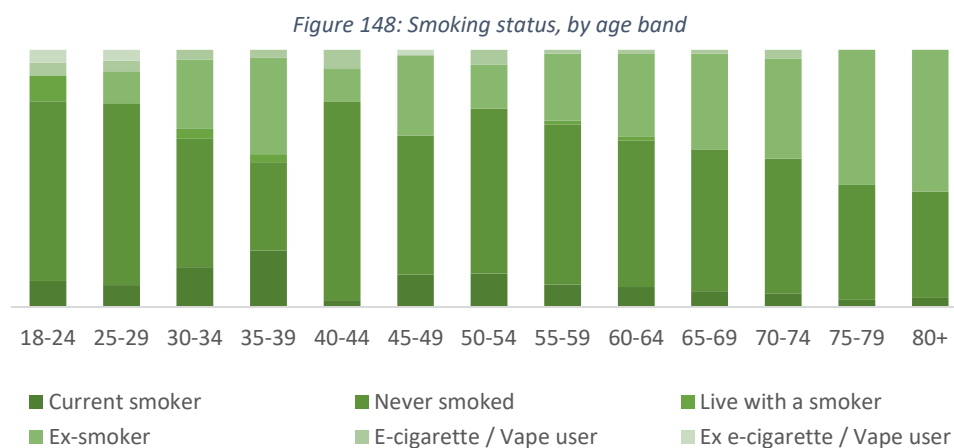
The proportion of respondents reporting that they had never smoked ranged from 47.4% in Lerwick North to over 60% in East and West Mainland.



The 35-39 year age band had the highest proportion of respondents reporting that they are current smoker, with 21.9% reporting this compared to 2.5% in the 40-44 year age band. There were no e-cigarette/vape users recorded in the 45-49 year age band or among those aged 75+ years. The proportions recorded in the other age bands ranged from 1.4% in 55-59 year age band to 7.5% in the 40-44 year age band.

Over 10% of respondents aged 25-29 years reported that they were ex-smokers (12.5%) compared to over half (55.2%) of respondents aged 80+ years. There were no ex e-cigarette/vape users reported in most age bands (30-44 years, 50+ years). The proportions reported in the other age bands ranged from 2.1% to 5.0%.

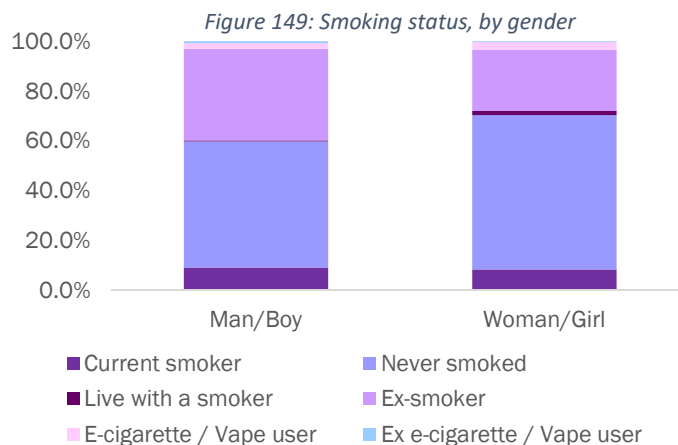
The proportion of respondents reporting that they had never smoked ranged from 34.4% among those aged 35-39 years to 77.5% among those aged 40-44 years. The younger age bands have a higher proportion of respondents reporting that they never smoked, whereas the older age bands have a higher proportion of ex-smokers.



A larger proportion of men/boys reported that they are current smoker, with 9.2% reporting this compared to 8.4% of women/girls. However there was a larger proportion of women/girls reporting that they were e-cigarette/vape users, 3.1% of women/girls compared to 2.3% of men/boys.

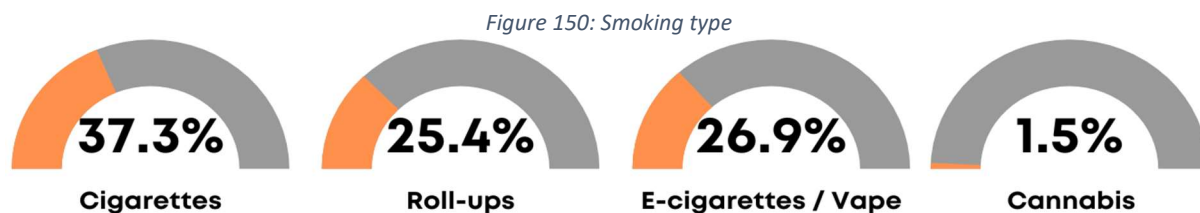
Over a third of men/boys reported that they were ex-smokers (36.8%) compared to just under a quarter of women/girls (24.6%). The proportion of ex e-cigarette/vape users was very small, however it was higher among men/boys than among women/girls.

The proportion of respondents reporting that they had never smoked ranged from 50.6% among men/boys to 62.0% among women/girls.



Smoking type

Of those who reported that they were current smokers, the majority (37.3%) reported that they smoke cigarettes, just over a quarter smoke e-cigarettes/vapes and roll-ups. A small proportion reported smoking cannabis. No one reported smoking cigars and 13.4% reported smoking something else.



The majority of smokers in Lerwick North, North and East Isles and North Mainland reported smoking cigarettes, whereas the majority of smokers in Central Shetland and Shetland South reported smoking roll-ups. In East and West Mainland equal proportions reported smoking cigarettes and roll-ups and in Lerwick South equal proportions smoked cigarettes and e-cigarettes/vapes.

North and East Isles had the highest proportion of respondents reporting that they smoke cigarettes, while Shetland South had the lowest. The highest proportion of respondents reporting that they smoke roll-ups was found in Central Shetland while the lowest was found in Lerwick North. However, Lerwick North did have the highest proportion reporting use of e-cigarettes/vapes.

Due to the small number of individuals reporting that they currently smoke, broader age bands have been used for this analysis.

The majority of smokers in the 18-39 year age band reported smoking cigarettes, whereas the majority of smokers in 40-64 year age band reported smoking roll-ups. In the 65+ year age band the majority of respondents reported that they smoke something else.

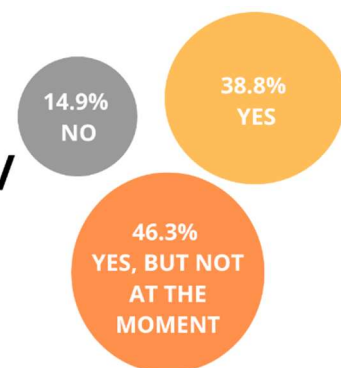
The 18-39 year age band had the highest proportion of respondents reporting that they smoke cigarettes, while the 65+ year age band had the lowest. The highest proportion of respondents reporting that they smoke roll-ups was found in 40-64 year age band while the lowest was found in 18-24 year age band. However, the 18-24 year age band did have the highest proportion reporting use of e-cigarettes/vapes, and also was the only age band which reported the smoking of cannabis.

There was not much of a difference between the proportions of men/boys and women/girls who reported that they smoke cigarettes or e-cigarettes/vapes, however almost 10% more men/boys reported smoking roll ups.

Desire to quit and/or reduce

When asked if they would like to reduce or stop smoking/vaping, the majority (46.3%) of respondents reported that they would, but not at the moment and a further 38.8% reported that they would like to reduce or stop smoking. Just under 15% reported that they were not interested in reducing or stopping smoking/vaping.

Wish to reduce or stop smoking/vaping



The majority of smokers in Central Shetland, North Mainland and Shetland South

reported that they would like to reduce or stop smoking/vaping. Whereas the majority of smokers in East and West Mainland, Lerwick North, Lerwick South and North and East Isles reported that they would like to reduce or stop smoking/vaping but not at the moment. North and East Isles had the highest proportion who reported they did not want to reduce or stop smoking/vaping, while North Mainland had the lowest.

Due to the small number of individuals reporting that they currently smoke, broader age bands have been used for this analysis.

The majority of smokers in the 40-64 year age band reported that they would like to reduce or stop smoking/vaping. Whereas the majority of smokers in the 18-39 year age band and 65+ year age band reported that they would like to reduce or stop smoking/vaping but not at the moment. The 18-39 year age band had the lowest proportion who reported they did not want to reduce or stop smoking/vaping.

A larger proportion of men/boys reported that they would like to reduce or stop smoking/vaping, whereas a larger proportion of women/girls reported that they would like to reduce or stop, but not at the moment. Women/girls also had a larger proportion reporting that they do not wish to reduce or stop smoking/vaping.

Attempts at quitting and/or reducing



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

Over 70% of smokers reported that they had tried to stop smoking/vaping in the past.

Of those who reported that they had tried to stop, over 60% had tried to stop more than 3 times in the past

The majority of respondents across all localities except North and East Isles reported that they had tried to stop smoking/vaping in the past. In North and East Isles half the smokers reported that they had tried to stop smoking/vaping in the past while the other half had not. East and West Mainland had the highest proportion reporting that they had tried to stop smoking/vaping in the past, while North and East Isles had the lowest.

The majority of respondents in Lerwick North, Lerwick South and North and East Isles reported that they had tried to stop smoking or vaping 1-2 times in the past, compared to 3-4 times in Central Shetland and East and West Mainland. In North Mainland and Shetland South the majority of respondents reported having tried to

stop smoking/vaping at least 3 times with some respondents in North Mainland reporting that they had tried to stop smoking/vaping more than 10 times in the past.

North Mainland had the highest proportion of respondents reporting that they had tried to stop smoking/vaping more than 3 times in the past, while North and East Isles had the lowest.

Due to the small number of individuals reporting that they currently smoke, broader age bands have been used for this analysis.

The majority of smokers across all three age bands reported that they had tried to stop smoking/vaping in the past. The 18-39 year age band had the lowest proportion who reported had tried to stop smoking/vaping in the past, whereas the 39-64 year age band had the highest.

The majority of respondents in 18-39 year and 40-64 year age bands reported that they had tried to stop smoking or vaping 1-2 times in the past, compared to 3-4 times in 65+ year age band. Some respondents in 18-39 year and 40-64 year age bands reporting that they had tried to stop smoking/vaping more than 10 times in the past. No respondents under the age of 25 years reported that they had ever tried to stop smoking/vaping.

The 65+ year age band had the highest proportion of respondents reporting that they had tried to stop smoking/vaping more than 3 times in the past, while 40-64 year age band had the lowest.

The majority of men/boys and women/girls reported that they had tried to stop smoking/vaping in the past, however the proportion of men/boys that reported this was slightly higher than the proportion of women/girls.

The majority of men/boys reported that they had tried to stop smoking or vaping 1-2 times in the past, in comparison an equal proportion of women/girls reported having tried to stop smoking/vaping 1-2 times and 3-4 times in the past. Some men/boys reporting that they had tried to stop smoking/vaping more than 10 times in the past.

Men/boys had a slightly higher proportion of respondents reporting that they had tried to stop smoking/vaping more than 3 times in the past.

Barriers to quitting and/or reducing

When asked what the main barriers were to quitting smoking/vaping, a range of different responses were given. Responses were then categorized into broad groupings. The most common responses given were lack of willpower/motivation, habit/addiction, helps to reduce stress/anxiety and that they enjoy it.



Lack of motivation/willpower was the most common barrier identified in North Mainland, South Shetland and Lerwick South (along with habit/addiction). Whereas in East and West Mainland and Lerwick North stress/anxiety was identified as the most common barrier. However in Central Shetland the most common barrier identified was that smokers enjoyed smoking and in North and East Isles it was habit/addiction. It was also noted by a large proportion of respondents in North and East Isles that socialising and alcohol were a barrier to quitting smoking/vaping.

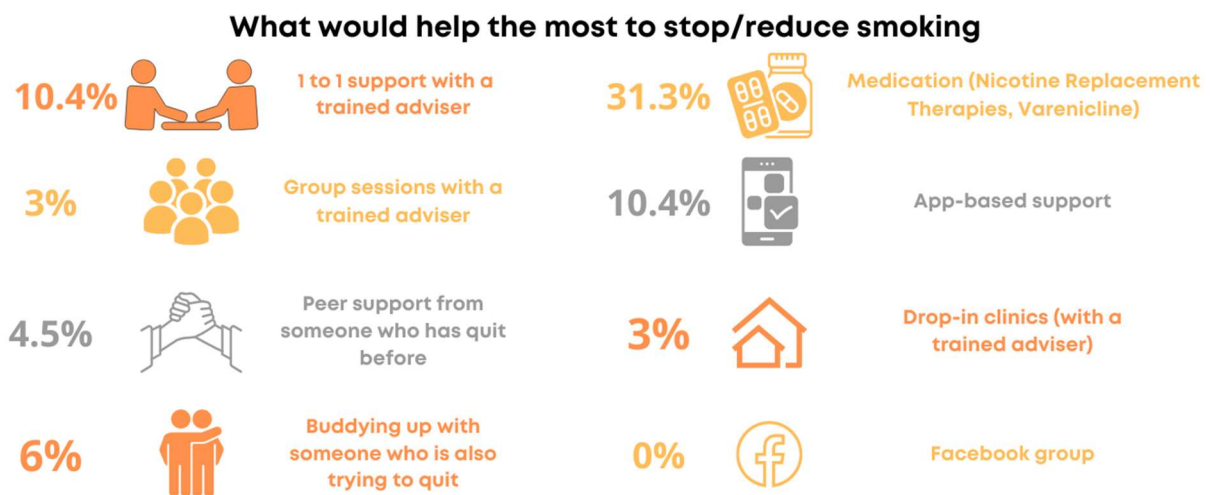
Due to the small number of individuals reporting that they currently smoke, broader age bands have been used for this analysis.

The majority of those aged 18-24 years reported that stress/anxiety as the most common barrier to quitting smoking/vaping. Socialising/alcohol was also reported as a common barrier among those aged 18-24 years. Lack of motivation/willpower was the most common barrier identified in the 30-64 year age band. Whereas there was not one barrier identified as the most common among those aged 65+ years – lack of motivation/willpower, habit/addition and enjoying it were all identified as barriers by equal proportions of the respondents.

The majority of men/boys reported that lack of motivation/will power was their biggest barrier to quitting smoking/vaping, whereas among woman/girls the most commonly identified barrier was stress/anxiety. Socialising/alcohol was identified as a barrier among a larger proportion of men/boys than women/girls.

Support

When asked which type of service would help respondents the most to stop/reduce smoking, the majority reported that medication would help them. Large proportions also reported that 1 to 1 support with a trained adviser and app-based support would help.



The majority of respondents in East and West Mainland, Lerwick North, Lerwick South and North Mainland reported that medication would help them the most to stop/reduce smoking (an equal proportion of respondents in Lerwick South also reported 'other' as what would help them the most). However, in Central Shetland the majority reported that 1 to 1 support with a trained adviser would help them the most. Respondents in North and East Isles and Shetland South reported that something else would help them the most – some of the 'other' options mentioned were willpower/motivation and a desire to stop.

North Mainland had the highest proportion of respondents reporting that medication would help them the most to stop/reduce smoking while Central Shetland had the lowest. Central Shetland had the highest proportion reporting that 1 to 1 support with a trained adviser would help them the most, no respondents from Lerwick South, North and East Isles or Shetland reported this. Similarly, Shetland South had the highest

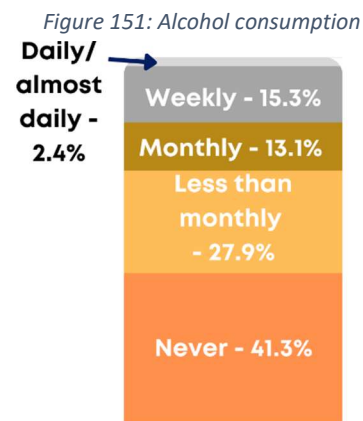
proportion of respondents reporting that app-based support would help them the most to stop/reduce smoking while no one in Central Shetland or North Mainland reported this.

The 65+ year age band had the highest proportion of respondents reporting that medication would help them the most to stop/reduce smoking while the 40-64 year age band had the lowest. The 18-24 year age band had the highest proportion reporting that 1 to 1 support with a trained advisor would help them the most, whereas no respondents from the 65+ year age band reported this. App-based support was most popular in the 40-64 year age band.

A larger proportion of men/boys reported that the use of medication and 1 to 1 support with a trained advisor would help them the most to reduce smoking. There was no difference in the proportions of men/boys and women/girls reporting that app based support would help them the most to reduce smoking.

Alcohol

Alcohol consumption



Respondents were asked how often they had had 6 or more units on a single occasion in the previous year.

The majority (41.3%) had reported that they had never had 6 or more units on a single occasion, over a quarter reported that it had occurred less than monthly, 13.1% monthly, 15.3% weekly and 2.4% daily.

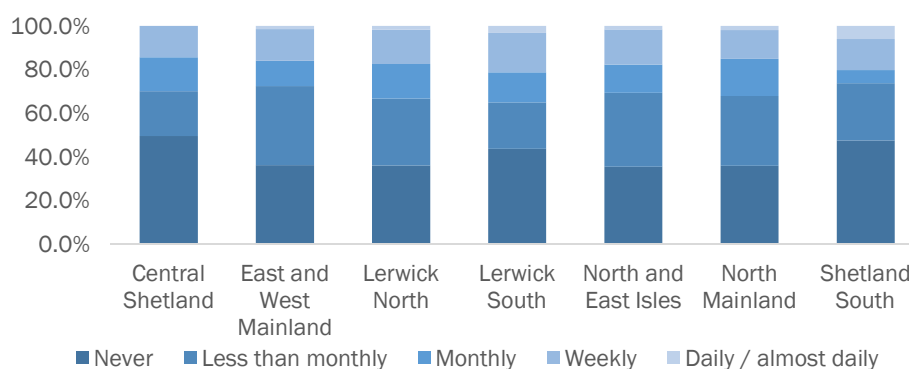
The majority of respondents across all localities reported that they never had 6 or more units of alcohol on a single occasion in the last year. An equal proportion in East and West Mainland also reported that it occurred less than monthly. The proportions ranged from 35.5% in North and East Isles to 49.5% in Central Shetland.

East and West Mainland had the highest proportion reporting that they drink 6 or more units on a single occasion less than monthly, 36.2% compared to 20.6% in Central Shetland. There was over 10% of a difference in the proportions reporting that they drink 6 or more units of alcohol on a single occasion on a monthly basis, ranging from 6.1% in Shetland South to 17% in North Mainland.

Across most localities (except Central Shetland and North Mainland) more respondents reported that that they drink 6 or more units on a single occasion on a weekly basis, than monthly, with Lerwick South having the highest proportion (18.1%) compared to 13.2% in North Mainland.

Only small proportions of respondents reported that they drink 6 or more units on a daily/almost daily basis. In Shetland South, 6.1% of respondents reported this while no one in Central Shetland reported it.

Figure 152: Alcohol consumption, by locality



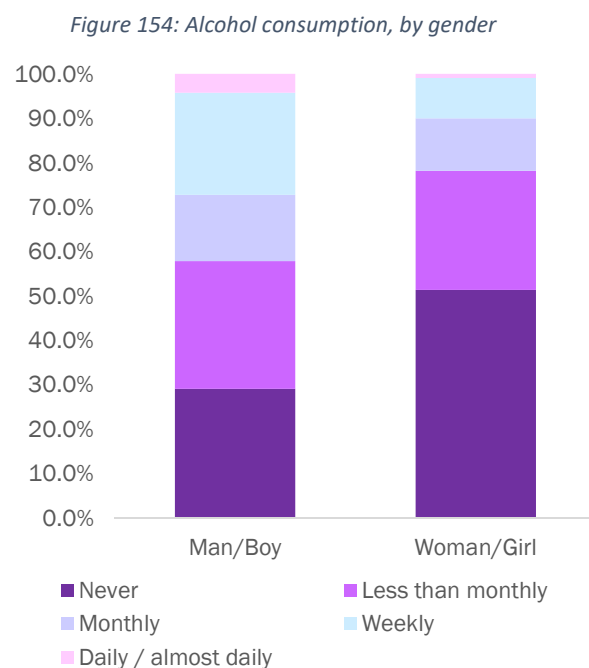
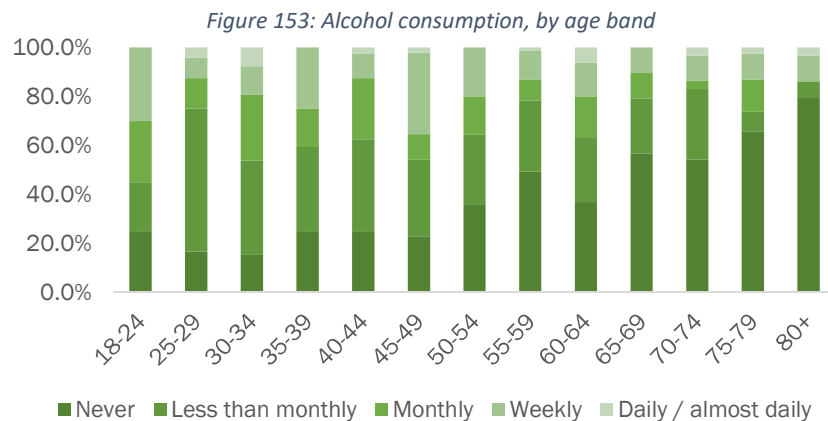
Responses varied across age bands, with the majority of those aged 50+ years reporting that they never had 6 or more units of alcohol on a single occasion in the last year. The majority of those aged between 25 years and 44 years reported that they drink 6 or more units on a single occasion less than monthly while the majority of those aged 18-24 years and 45-49 years reported that this occurred on a weekly basis.

The proportion reporting that they never had 6 or more units of alcohol on a single occasion ranged from 15.4% among those aged 30-34 years to 79.3% among those aged 80+ years

The 25-29 year age band had the highest proportion reporting that they drink 6 or more units on a single occasion less than monthly, 58.3% compared to 6.9% among those aged 80+ years. There was over 25% of a difference in the proportions reporting that they drink 6 or more units of alcohol on a single on a monthly basis, ranging from 0% among those aged 80+ years to 26.9% among those aged 30-34 years.

One in three respondents in the 45-49 year age band reported that they usually drink 6 or more units on a single occasion on a weekly basis, compared to less than 10% among those aged 25-29 years.

Only small proportions of respondents reported that they occurred on a daily/almost daily basis. In the 30-34 year age band, 7.7% of respondents reported this while no one in the following age bands reported it: 18-24 years; 35-39 years; 50-54 years and 65-69 years.



The majority of both men/boys and women/girls reported that they never had 6 or more units of alcohol on a single occasion in the last year, ranging from 29.1% of men/boys to 51.4% of women/girls.

Across all other categories – less than monthly, monthly, weekly and daily/almost daily - the proportions were higher among men/boys.

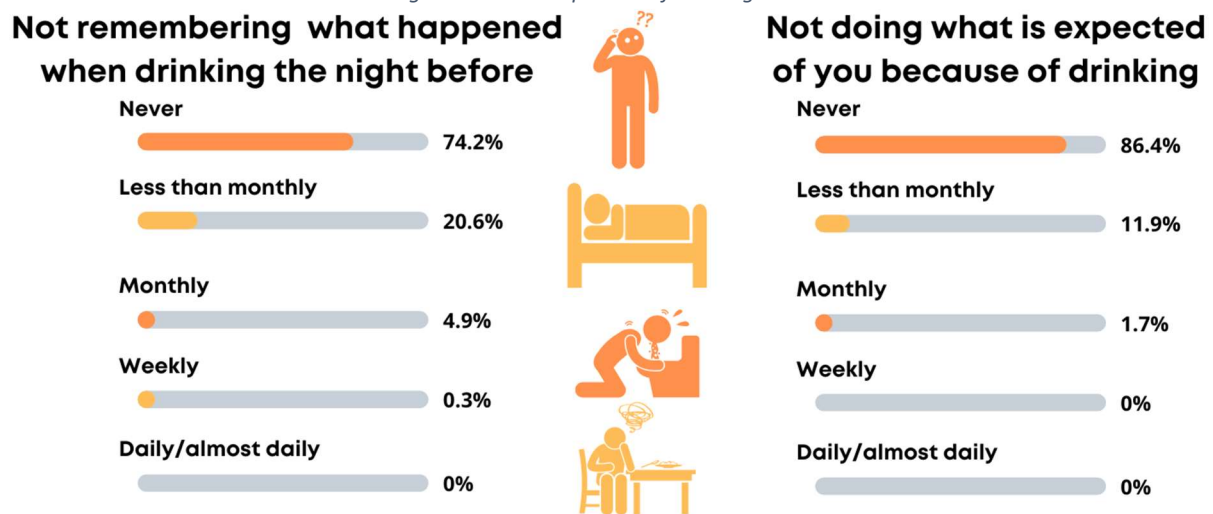
<u>Less than monthly:</u>	28.7% (men/boys) 26.8 (women/girls)
<u>Monthly:</u>	14.9% (men/boys) 11.8 (women/girls)
<u>Weekly:</u>	23.0% (men/boys) 9.0% (women/girls)
<u>Daily/almost daily:</u>	4.2% (men/boys) 0.9% (women/girls)

Consequences of drinking alcohol

Respondents were asked how often in the last year have they not been able to remember what happened when drinking the night before. Almost three quarters reported that this had never happened and a fifth reported that it happened less than monthly. When asked how often in the last year they had failed to do what was expected of them because of drinking, over 86% reported that this never happened while over 10% reported it happened less than monthly.

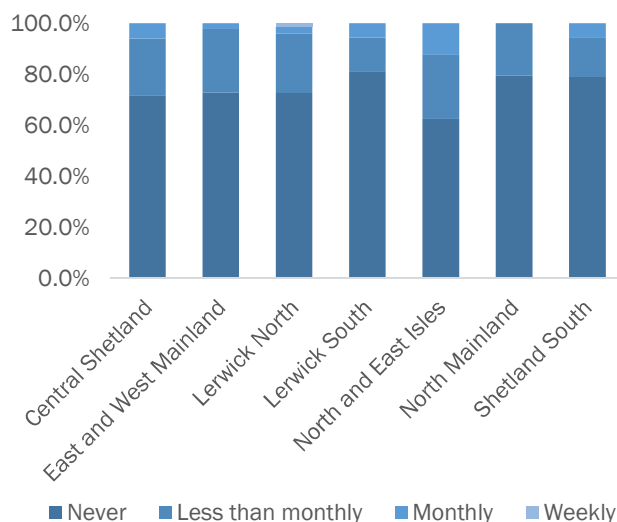
No respondents reported that they had not been able to remember what happened when drinking the night before on a daily/almost daily basis. Similarly none had reported that they had failed to do what was expected of them because of drinking on a weekly or daily/almost daily basis.

Figure 155: Consequences of drinking alcohol



The majority of respondents across all localities reported that there has never been a time when they have not been able to remember what happened when drinking the night before. Lerwick South had the largest proportion reporting this (81.1%), whereas North and East Isles had the lowest proportion reporting it (62.5%).

Figure 156: Failing to remember what happened, by locality

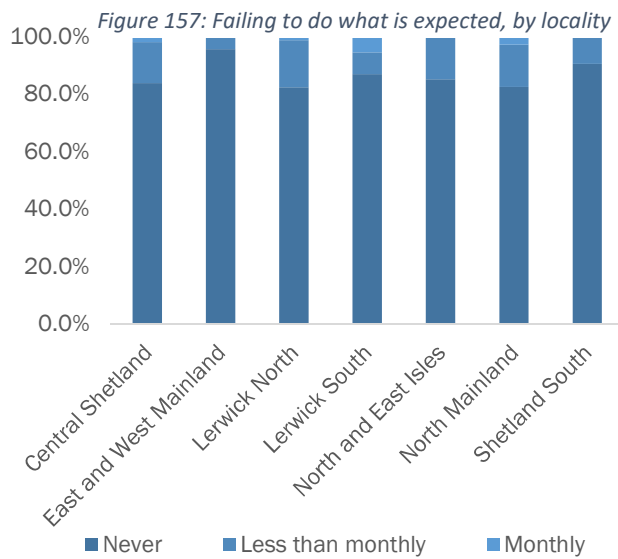


Those reporting that they have not been able to remember what happened when drinking the night before, on a less than monthly occasion ranged from 13.2% in Lerwick South to 25.0% in East and West Mainland and North and East Isles.

Not been able to remember what happened when drinking the night before was a monthly occurrence for 12.5% of respondents in North and East Isles, whereas it had not occurred to any respondents from North Mainland.

Lerwick North was the only locality which reported this this had happened on a weekly basis – however it was only reported by 1.4% of respondents.

The majority of respondents across all localities reported that there has never been a time in the last year that they had failed to do what was expected of them because of drinking.



East and West Mainland had the largest proportion reporting this (95.5), whereas Lerwick North had the lowest proportion reporting it (82.2%).

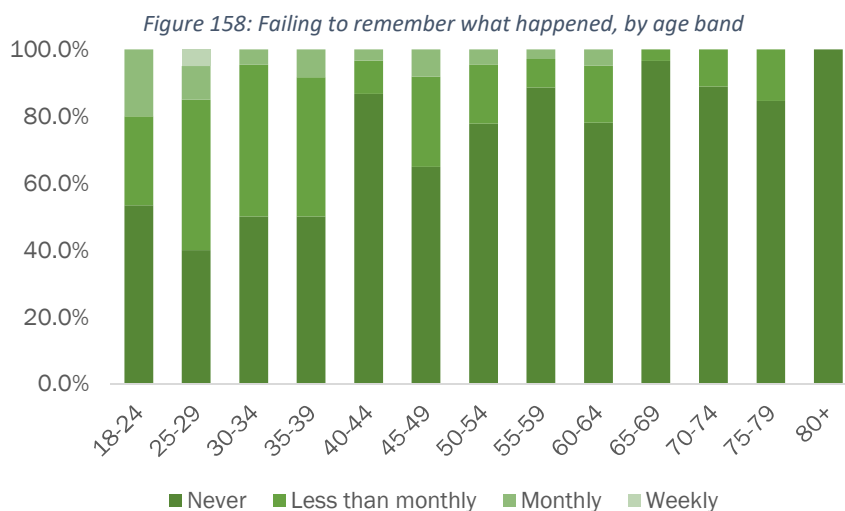
Those reporting that they had failed to do what was expected of them because of drinking, on a less than monthly occasion ranged from 4.5% in East and West Mainland to 16.4% in Lerwick North.

Not being able to do what was expected of them because of drinking was a monthly occurrence for 5.7% of respondents in Lerwick South, whereas it had not occurred to any respondents from East and West Mainland, North and East Isles and Shetland South.

The majority of respondents across all but one age band (25-29 years) reported that there has never been a time when they have not been able to remember what happened when drinking the night before. All those aged 80+ years reported this (100.0%), whereas 40.0% of those aged 25-29 years reported this.

Those reporting that they have not been able to remember what happened when drinking the night before, on a less than monthly occasion ranged from 0% of those aged 80+ years to 45.5% of those aged 30-34 years.

Not being able to remember what happened when drinking the night before was a monthly occurrence for



20.0% of respondents in the 18-24 year age band, whereas it had not occurred to any respondents in the 80+ year age band.

Those aged 25-29 years were the only ones which reported this had happened on a weekly basis – however it was only reported by 5.0% of respondents.

The majority of respondents across all age bands reported that there has never been a time in the last year that they had failed to do what was expected of them because of drinking. All those aged 80+ years reported this (100.0%), whereas 53.3% of those aged 18-24 years reported this.

Those reporting that they had failed to do what was expected of them because of drinking, on a less than monthly occasion ranged from 0% of those aged 55-59 year and 80+ years to 46.7% of those aged 18-24 years.

Figure 159: Failing to do what is expected, by age band



Not being able to do what was expected of them because of drinking was a monthly occurrence for 4.5% of respondents in the 30-34 year age band, whereas it had not occurred to any respondents in the following age bands: 18-29 years; 45-49 years and 60+ years.

The majority of both men/boys and women/girls reported that there has never been a time when they have not been able to remember what happened when drinking the night before, with over three quarters (76.9%) of women/girls reporting this and 71.9% of men/boys.

A larger proportion of men/boys reported that they have not been able to remember what happened when drinking the night before, on a less than monthly occasion – 22.7% of men/boys compared to 17.9% of women/girls. However a larger proportion of women/girls reported that this was a monthly occurrence, 5.1% compared to 4.9% of men/boys.

Figure 160: Failing to remember what happened, by gender

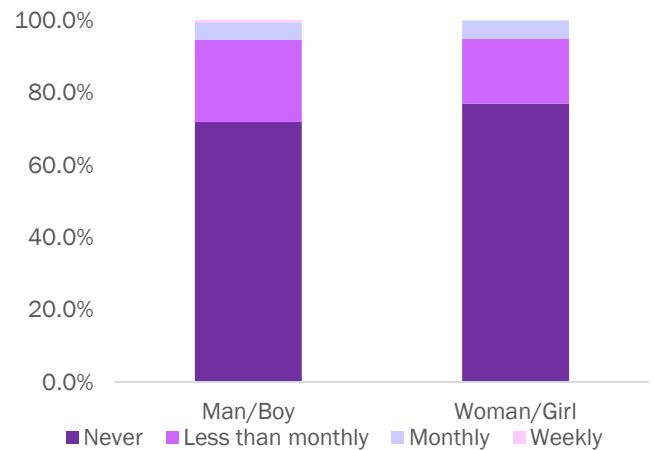
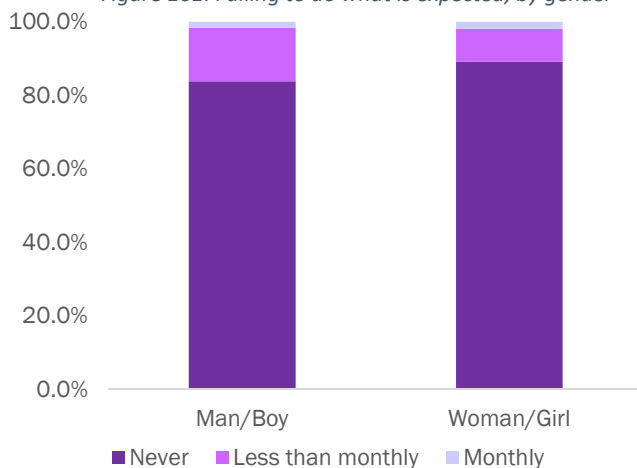


Figure 161: Failing to do what is expected, by gender



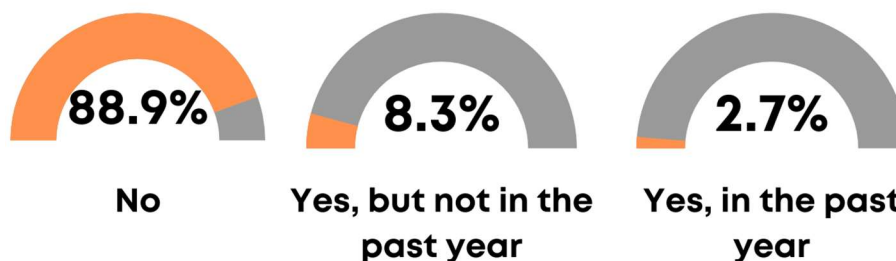
The majority of both men/boys and women/girls reported that there has never been a time in the last year that they had failed to do what was expected of them because of drinking, with 89.1% of women/girls reporting this compared to 83.8% of men/boys.

A larger proportion of men/boys reported that they had failed to do what was expected of them because of drinking, on a less than monthly occasion – 14.6% of men/boys compared to 9.0% of women/girls. However a larger proportion of women/girls reported that this was a monthly occurrence, 1.9% compared to 1.6% of men/boys.

Concerns about drinking

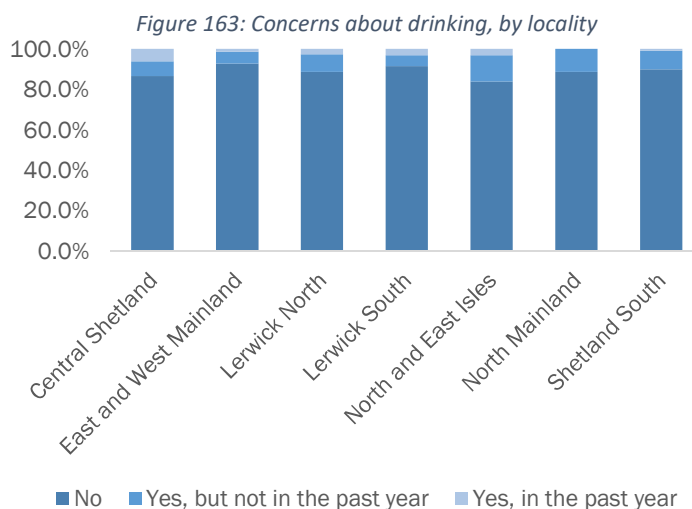
When asked if anyone has ever been concerned about their drinking or advised them to cut down, almost 90% reported that they had not, 8.3% had but not in the last year and 2.7% had in the last year.

Figure 162: Concerns about drinking

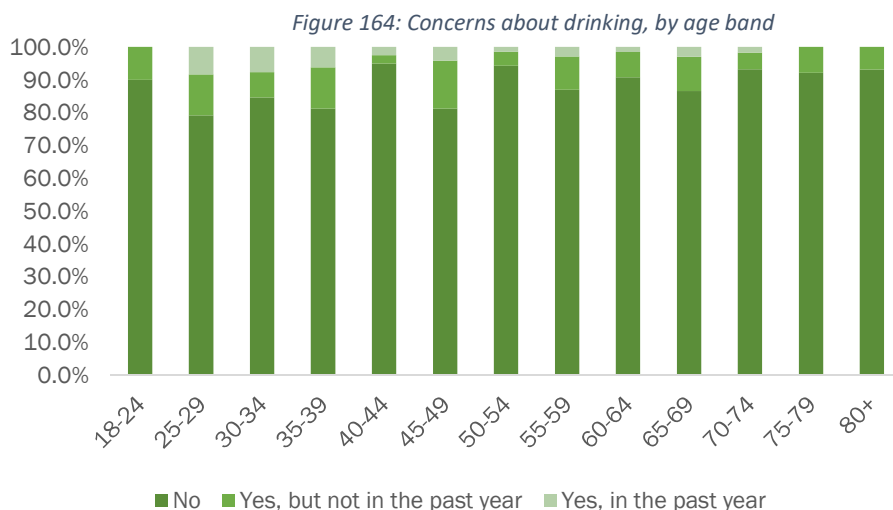


The majority of respondents across all localities reported that no one has ever been concerned about their drinking or advised them to cut down, ranging from 83.9% in North and East Isles to 92.8% in East and West Mainland.

Some respondents reported that someone has been concerned about their drinking or advised to cut down, but not in the last year. The highest proportion reporting this was in North and East Isles (12.9%) and the lowest in Lerwick South (5.3%). Few respondents reported that in the last year someone has been concerned about their drinking or advised to cut down, with 6.2% of respondents from Central Shetland reporting this compared to no respondents from North Mainland.



The majority of respondents across all age bands reported that no one has ever been concerned about their drinking or advised them to cut down, ranging from 79.2% among those aged 25-29 years to 95.0% among those aged 40-44 years.

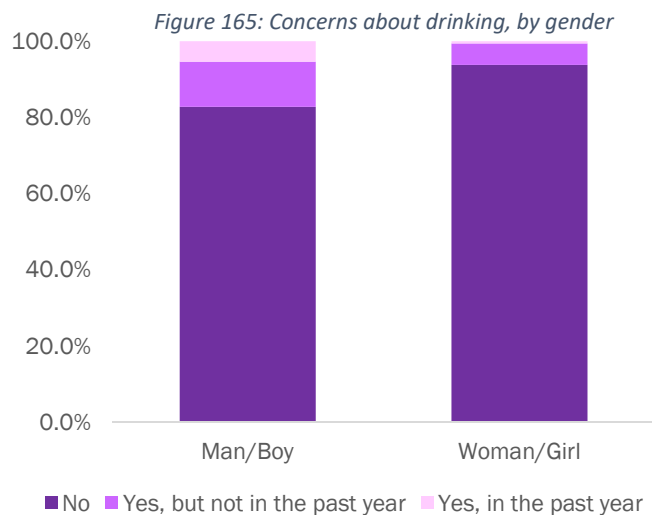


The 45-49 year age band had the highest proportion reporting that someone has been concerned about their drinking or advised to cut down (but not in the last year), 14.6%. In comparison the 40-44 year age band had the lowest proportion reporting this (2.5%). Few respondents reported that in the last year someone has been

concerned about their drinking or advised to cut down, with 8.3% of respondents from the 25-29 year age band reporting this compared to no respondents aged 18-24 years.

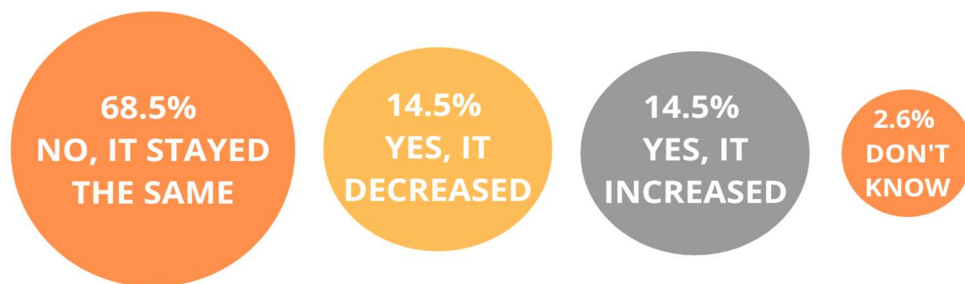
A larger proportion of women/girls reported that that no one has ever been concerned about their drinking or advised them to cut down – 93.8% compared to 82.8% of men/boys. Almost 12% of men/boys reported someone has been concerned about their drinking or advised to cut down, but not in the last year while 5.6% of women/girls reported this.

Few respondents reported that in the last year someone has been concerned about their drinking or advised to cut down, with 5.4% of men/boys compared to 0.6% of women/girls.



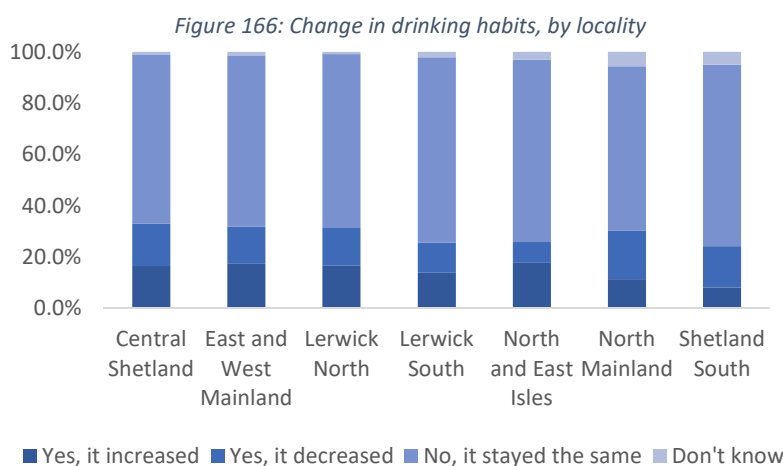
Change in drinking habits

Respondents were asked if their drinking habits changed during the period of lockdown or since March 2020. Over two thirds reported that their drinking habits had stayed the same, while equal proportions reported they it had decreased and increased (14.5%). A small proportion (2.6%) were unsure.



The majority of respondents across all localities reported that there had been no change in their drinking habits during the period of lockdown or since March 2020, ranging from 64.2% in North Mainland to 72.3% in Lerwick South.

Some respondents reported that their drinking had decreased in that time. The highest proportion reporting this was in North Mainland (18.9%) and the lowest in North and East Isles (8.1%). However, some respondents reported that their drinking had increased with 17.7% of respondents in North and East Isles reporting this compared to 8.1% in Shetland South.

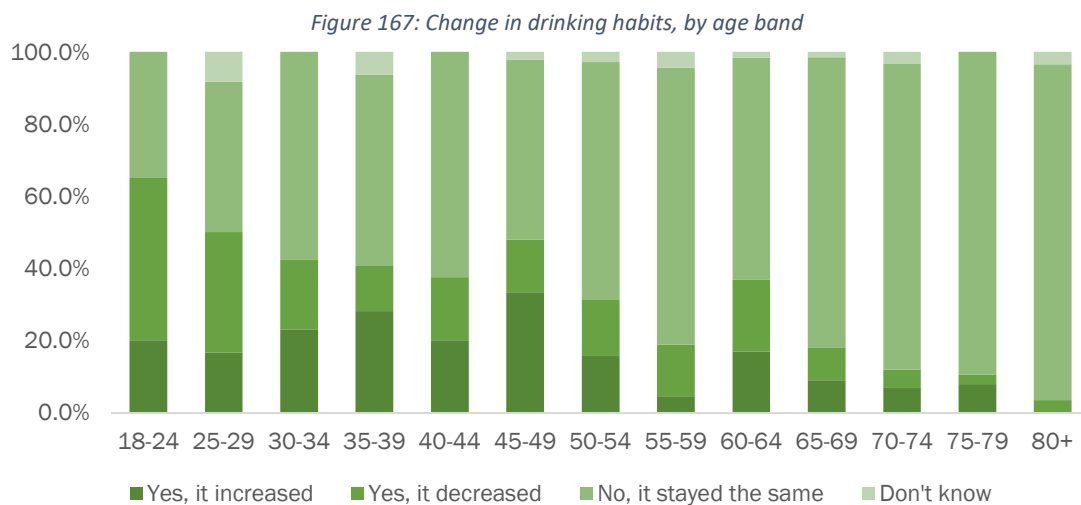


Few respondents reported that they did not know if their drinking habits had changed, with 5.7% of respondents from North Mainland reporting this compared to 0.9% respondents from Lerwick North.

The majority of respondents across all but one age band (18-24 years) reported that there had been no change in their drinking habits during the period of lockdown or since March 2020, ranging from 35.0% among those aged 18-24 years to 93.1% among those aged 80+ years.

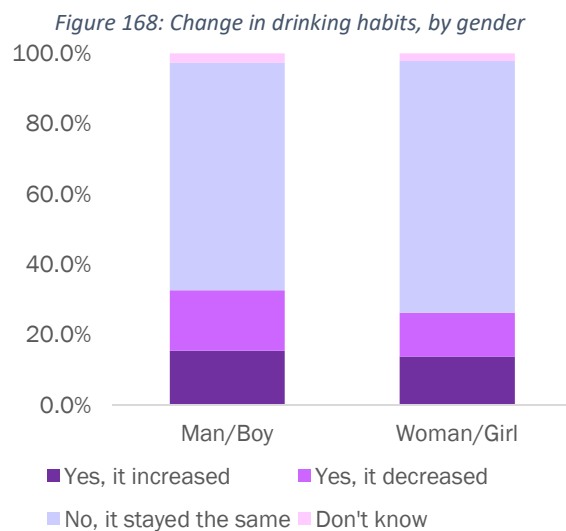
Some respondents reported that their drinking had decreased in that time. The highest proportion reporting this was among those aged 18-24 years (45.0%) and the lowest among those aged 75-79 years (2.6%). However, some respondents reported that their drinking had in fact increased with a third of 45-49 year olds reporting this compared to none of those aged 80+ years.

Few respondents reported that they did not know if their drinking habits had changed, with 8.3% of those aged 25-29 years reporting this compared to none of the respondents from the following age bands: 18-24 years; 30-34 years; 40-44 years and 75-79 years.



A larger proportion of women/girls reported that there had been no change in their drinking habits during the period of lockdown or since March 2020 – 71.7% compared to 64.8% of men/boys. However, a larger proportion of men/boys reported that their drinking had both decreased and increased in that time – 17.2% of men/boys reported that their drinking had decreased compared to 12.5% of women/girls. A further 15.3% of men/boys reported that their drinking had increased compared to 13.7% of women/girls

Few respondents reported that they did not know if their drinking habits had changed, with 2.7% of men/boys reporting this compared to 2.2% of women/girls.



Drugs

Drug use

Respondents were asked what, if any, drugs they had used in the past year from a given list. Less than 10% of respondents reported that they had used drugs in the past year.

North and East Isles and Lerwick South had the largest proportions of respondents reporting that they had used drugs in the past year, while East and West Mainland had a very small proportion reporting this.

Drug use in the past year was reported across all age bands except those aged 75+ years, with the highest proportion being seen among those aged 18-24 years, closely followed by those aged 30-34 years and 35-39 years.

Reported drug use was slightly higher among men/boys, with it being approximately 1.5% higher than what was reported among women/girls.



Drug type

Of those who reported that they had used drugs in the past year, the majority reported that they had used cannabis, cocaine or prescription only painkillers that were not prescribed for them.

The most commonly reported drug used across all localities was cannabis (an equal proportion in Shetland South also reported using cocaine). While cocaine use was only reported in Lerwick North, North and East Isles and Shetland South.

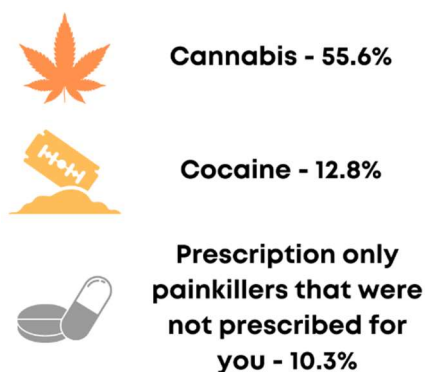
Respondents from Central Shetland, Lerwick South, North Mainland and Shetland South reported using prescription only painkillers that were not prescribed for them.

No respondents from East and West Mainland reported the use of cocaine or prescription only painkillers that were not prescribed for them.

Due to the small number of individuals reporting that they currently use drugs, broader age bands have been used for this analysis.

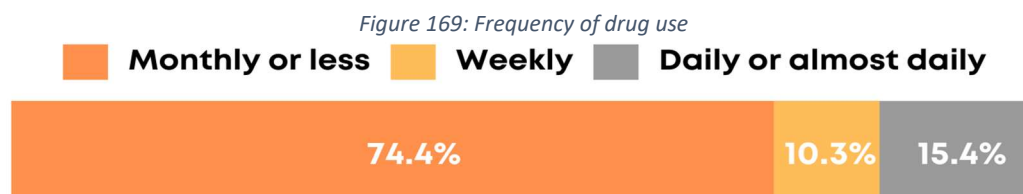
The mostly commonly reported drug used across all age bands was cannabis and while prescription only painkillers that were not prescribed for them was also reported across all age bands the proportions were lowest among those aged 18-39 year and highest among those aged 65+ years. Cocaine use was not reported in 65+ year age band, but was among those aged 18-39 years and 40-64 years.

There was not much between the proportions of men/boys and women/girls reporting cannabis use, however there was a difference in the patterns of other drug use. Cocaine use was only reported among men/boys and the use of prescription only painkillers that were not prescribed for them was higher among women/girls.



Frequency of drug use

Those who reported that they had used drugs in the past year were asked how often they had used these drugs. Almost three quarters reported that they used them monthly or less, 10.3% weekly and 15.4% daily/almost daily.



The majority of respondents across all localities reported that they used drugs monthly or less (an equal proportion in Central Shetland also reported using drug weekly). All respondents in East and West Mainland and Lerwick North reported that their drug use was monthly or less. Respondents in North and East Isles, North Mainland and Shetland South reported using drugs monthly or less and daily/almost daily. While respondents in Lerwick South reported drug use across all three time frames.

Due to the small number of individuals reporting that they currently use drugs, broader age bands have been used for this analysis.

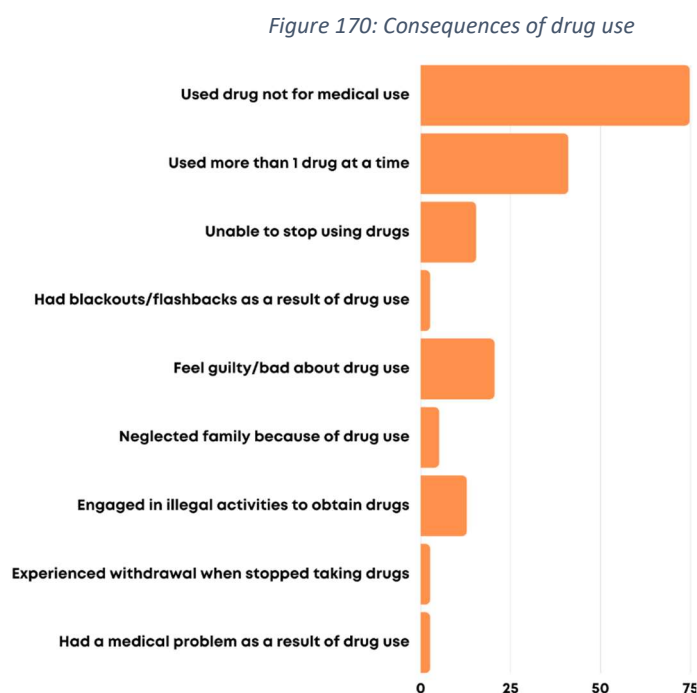
The majority of respondents across all age bands reported that they used drugs monthly or less (an equal proportion in the 65+ age band also reported using drug daily/almost daily). All three age bands had respondents reporting drug use across all three time frames. However those aged 18-39 year had the highest proportion reporting monthly or less use and those aged 65+ had the highest proportion reporting both weekly use and daily/almost daily use.

The majority of both men/boys and women/girls reported that they used drugs monthly or less, however the proportion of men/boys reporting this was higher. Similarly the proportion of men/boys reporting that they used drugs on a weekly basis is higher than the proportion of women/girls reporting this, however a larger proportion of women/girl reported daily/almost daily drug use.

Consequences of drug use

Respondents who reported that they had used drugs in the past year were asked to indicate whether they had experienced certain consequences due to their drug use. Almost three quarters reported that they had used drugs not for medical use, 41.0% had used more than 1 drug at a time and 20.5% felt guilty/bad about their drug use.

Only small proportions of respondents reported that they had blackouts/flashbacks as a result of drugs, experienced withdrawal when they stopped taking drugs or had a medical problem as a result of drug use.



While responses varied across localities, respondents from Central Shetland and North Mainland reported experiencing the most consequences as a result of their drug use. However respondents from East & West Mainland reported the least consequences.

Table 12: Consequences of drug use, by locality

	Central Shetland	East & West Mainland	Lerwick North	Lerwick South	North and East Isles	North Mainland	Shetland South
Have you used drugs other than those required for medical reasons?	✓	✓	✓	✓	✓	✓	✓
Have you used more than one drug at a time?	✓		✓	✓	✓	✓	✓
Are you unable to stop using drugs when you want to?	✓		✓			✓	✓
Have you ever had blackouts or flashbacks as a result of drug use?		✓	✓	✓	✓		✓
Do you ever feel bad or guilty about your drug use?	✓		✓	✓	✓	✓	✓
Have you neglected your family because of your use of drugs?	✓					✓	✓
Have you engaged in illegal activities in order to obtain drugs?	✓		✓	✓		✓	✓
Have you ever experienced withdrawal symptoms (felt sick) when you stopped taking drugs?	✓					✓	
Have you had medical problems as a result of your drug use for example memory loss, hepatitis, convulsions, bleeding?	✓					✓	

Due to the small number of individuals reporting that they currently smoke, broader age bands have been used for this analysis.

Many of these consequence of drug use were reported by the 18-39 year age band only. Only individuals from this age band reported having blackouts or flashbacks as a result of drug use, feeling bad or guilty about their drug use, that they neglected their family because of drug use, having experienced withdrawal symptoms when they stopped taking drugs and having had medical problems as a result of their drug use. Similarly that age band had the highest proportion reporting that they used more than one drug at a time and that they had engaged in illegal activities in order to obtain drugs.

The 40-64 year age band had the highest proportion reporting that they had used drugs other than those required for medical reasons, while the 65+ year age band had the highest proportion reporting that they had been unable to stop using drugs when they wanted to.

All consequences were reported by women/girls whereas only some of them were reported by men/boys. No man/boy reported having blackouts or flashbacks as a result of drug use, having experienced withdrawal symptoms when they stopped taking drugs or having had medical problems as a result of their drug use.

A larger proportion of men/boys reported that they had used drugs other than those required for medical reasons, that they have used more than one drug at a time, that they felt bad or guilty about their drug use and that they had engaged in illegal activities in order to obtain drugs.

However, a larger proportion of women/girls reported that they were unable to stop using drugs when they want to and that they have neglected their family because of their drug use.

Sleep

Average hours of sleep

Respondents were asked how many hours of sleep, on average, they get within a 24 hour period.

The majority of individuals (61.2%) reported that they get 5-7 hours of sleep, while over a third reported that they get, on average, 8-10 hours of sleep.



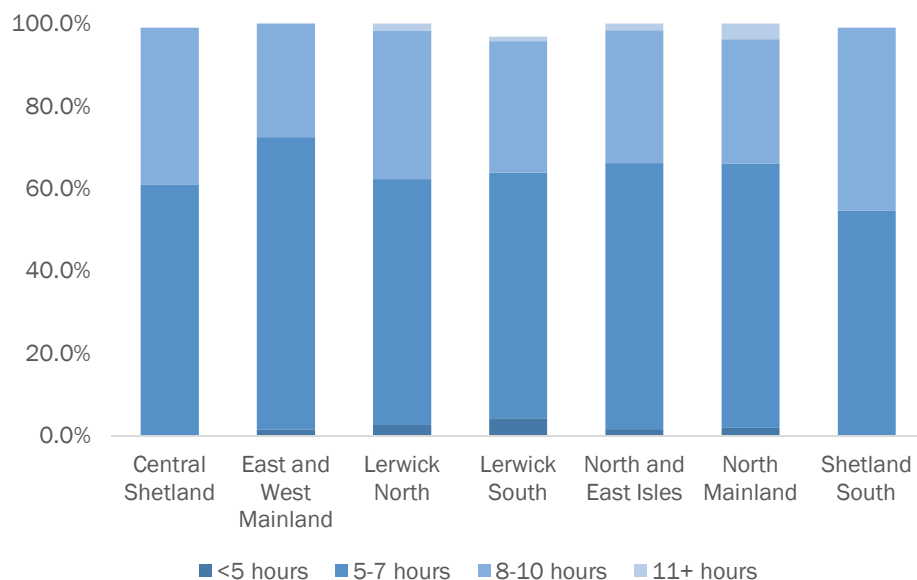
61.2%
get on average
5-7 hours sleep in
a 24 hour period

The majority of respondents across all localities reported that they get, on average, 5-7 hours of sleep in a 24 hour period, ranging from 54.5% in Shetland South to 71.0% in East and West Mainland.

The proportion reporting that they had on average <5 hours sleep ranged from 0% in Central Shetland and Shetland South to 4.3% in Lerwick South. Shetland South had the highest proportion reporting that they get on average 8-10 hours' sleep, 44.4% compared to 27.5% in East and West Mainland.

Only small proportions in Lerwick North, Lerwick South, North and East Isles and North Mainland reported getting 11 or more hours sleep, ranging from 1.1% in Lerwick South to 3.8% in North Mainland.

Figure 171: Average hours of sleep, by locality



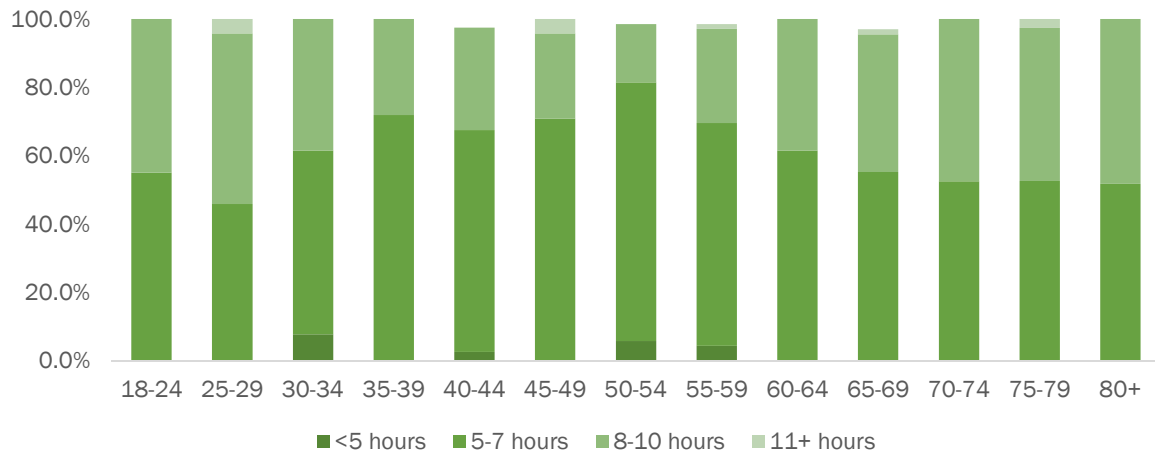
The majority of respondents across all but one age band (25-29 years) reported that they get, on average, 5-7 hours of sleep in a 24 hour period, ranging from 51.7% of those aged 80+ years to 75.7% of those aged 50-54 years.

Only respondents in the 30-34 years, 40-44 years and 50-59 years age bands reported that they had on average <5 hours sleep and this ranged from 2.5% of those aged 40-44 years to 7.7% of those aged 30-34

years. The 25-29 year age band had the highest proportion reporting that they get on average 8-10 hours' sleep, 50.0% compared to 17.1% of those aged 50-54 years.

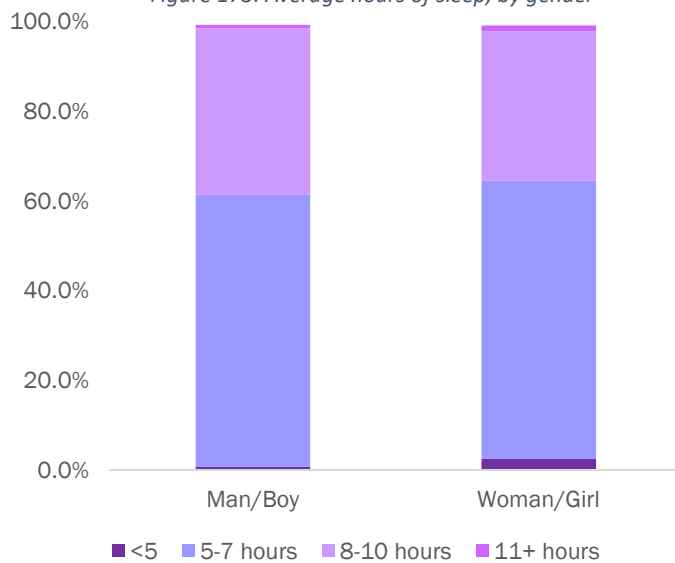
Only small proportions of those aged 25-29 years, 45-49 years, 55-59 years, 65-69 years and 75-79 years reported getting 11 or more hours sleep, ranging from 1.5% of those age 65-69 to 4.2% of those aged 25-29 years and 45-49 years.

Figure 172: Average hours of sleep, by age band



The majority of men/boys and women/girls reported that they get, on average, 5-7 hours of sleep in a 24 hour period, ranging from 60.5% men/boys to 62.0% of women/girls. Only a small proportion of men/boys reported that they had on average <5 hours sleep, 0.8% compared to 2.5% of women/girls. A similarly small proportion reported getting 11 or more hours sleep (0.8% of men/boys and 1.2% of women/girls).

Figure 173: Average hours of sleep, by gender



that they had on average <5 hours sleep, 0.8% compared to 2.5% of women/girls. A similarly small proportion reported getting 11 or more hours sleep (0.8% of men/boys and 1.2% of women/girls).

A third of women/girls reported getting on average 8-10 hours' sleep in a 24 hour period, while slightly more (37.2%) of men/boys reported the same things.

- The End -