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Prevalence of multiple risks to health among Scottish adults - results from the Scottish Health Survey

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Prevalence of multiple risks to health among Scottish adults – results from the Scottish Health Survey

Joanne McLean, Anna Terje, Shanna Christie, Alice Calder

Public Health in Scotland: Transcending Boundaries
Thursday 2nd November 2017



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What is the Scottish Health Survey (SHeS)?



What is the Scottish Health Survey (SHeS)?

- Survey of the health conditions and behaviours of the Scottish population using random sampling
- Began in 1995, carried out annually since 2008
- Around 4000 adults take part each year (5000+ in 2018)
- Survey aims to:
 - estimate prevalence of health conditions
 - analyse the prevalence of associated risk factors
 - compare regions and subgroups of the population
 - monitor trends in the population's health over time

Multiple Risks
2013-16 combined



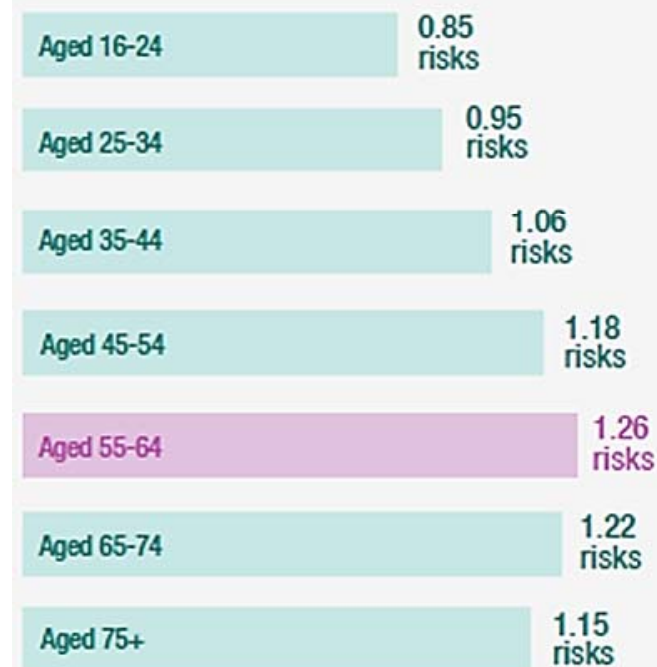
2.

Multiple Risks 2016



- Smoking
- Hazardous or harmful alcohol consumption
- Overweight and obesity
- Low physical activity levels.

The average number of risks peaked for adults aged 55-64



Age and Multiple Risks

2013-16 combined

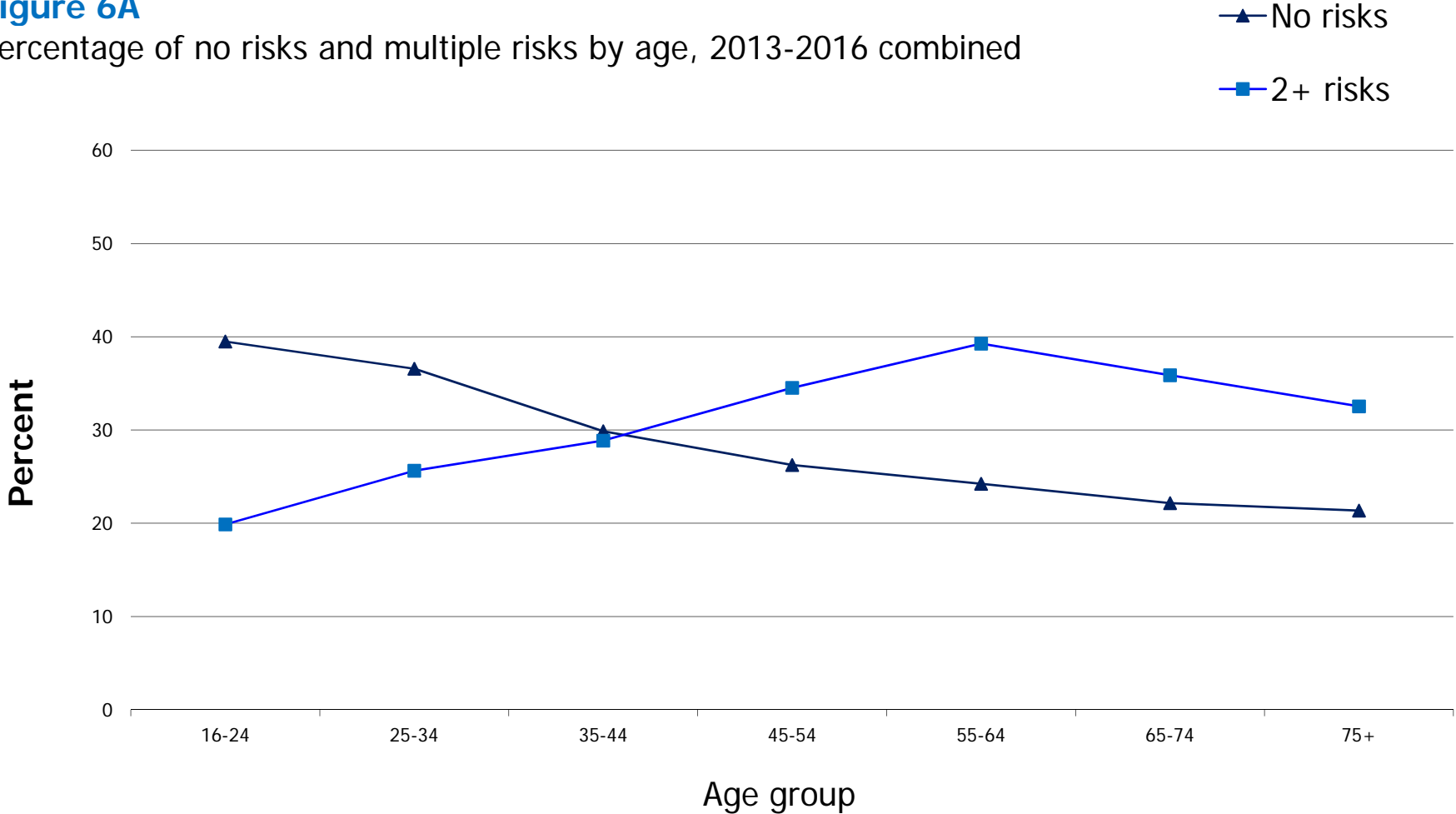


3.

Age and Number of Risks 2016

Figure 6A

Percentage of no risks and multiple risks by age, 2013-2016 combined



Gender and Multiple Risks 2016



4.

Gender and Multiple Risks

- Mean risk for men was **1.14** and the most common risk was *drinking*
- Mean risk for women is **1.05** and the most common risk for women was *physical activity*
- Men were significantly more likely to report the risk combination of *smoking* and *drinking*.
- Women were more likely to report the risk combination of *physical activity* and *obesity*



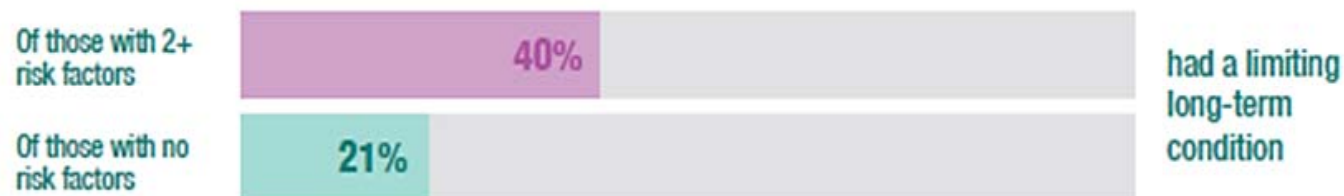
Long Term Conditions and Multiple Risks 2016

5.

Long Term Conditions and Multiple Risks

In 2016, the prevalence of limiting long-term conditions was almost **double** for individuals reporting two or more risk factors compared to individuals with no risks

The prevalence of long-term conditions was ***positively associated*** with multiple risks..



Area Deprivation and Multiple Risks 2016

6



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Implications



7

Implications



Given that:

- people in more deprived areas are *more likely* to have multiple health risk factors
- risk factor combinations differ by age and by sex
- risk factor prevalence is linked to long-term conditions

This data could be used to inform *more joined-up and targeted approaches* to public health interventions.

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