



## West Dunbartonshire **Profile**

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# Section 7. West Dunbartonshire

## Introduction

This profile is part of a wider project describing the mental health and wellbeing of Greater Glasgow and Clyde (GG&C) and its sub-regions, compiled by the Glasgow Centre of Population Health (GCPH). The purpose is to support those working in GG&C to find solutions relevant to the region. As part of this we hope the information within will stimulate debate around our aspirations for mental wellbeing in GG&C and how best to achieve them.

Fifty-one separate adult indicators of mental health within 14 domains were used to describe the mental health and wellbeing in GG&C (Table WD.1). The indicators were based on the national mental health and wellbeing [indicators]<sup>1</sup>, which were commissioned by the Scottish Government's *National Programme for Improving Mental Health and Wellbeing*. For this report the set of national indicators were augmented with additionally relevant local and national data, allowing smaller geographies to be described. Of the 51 indicators, 26 were available for the local authorities and nine for the smaller localities (intermediate zones).

**Table WD.1: Domains used to describe the mental health and wellbeing of GG&C**

High level mental health outcomes	Contextual factors		
	Individual	Community	Structural
Positive mental health	Learning and development	Community participation	Social inclusion Discrimination
Mental health problems	Healthy living General health	Social networks and support Community safety and trust	Financial security Physical environment Working life Violence

This profile is one of six local authority profiles. They follow the same format as the widely used Community Health & Wellbeing Profiles<sup>2</sup>, with data presented in a spine chart format. All the profiles and the main report, which provides more detail on all the indicators, are available at [www.gcph.co.uk/mentalhealthprofiles](http://www.gcph.co.uk/mentalhealthprofiles).

<sup>1</sup> Parkinson J. *Establishing a core set of national, sustainable mental health indicators for adults in Scotland: Final report*. Glasgow: NHS Health Scotland, 2007.

<sup>2</sup> <http://www.scotpho.org.uk/profiles>

# Section 7. West Dunbartonshire

West Dunbartonshire is on average more deprived than Scotland with 22% of the population living in income deprivation compared to 16% for Scotland as a whole (see Table WD.2 legend for details of income deprivation). The local authority area contains a mixture of both affluent and deprived communities; of the 18 intermediate zones, five were less deprived than the Scottish average and 11 were notably more deprived.

## Geographical coverage

This profile contains information for West Dunbartonshire and the intermediate zones within the local authority. Intermediate zones are small geographical areas with approximately 2000-6000 residents (Table WD.2).

**Table WD.2:** Population and income deprivation<sup>i</sup> for West Dunbartonshire by intermediate zone

Intermediate Zone	Population <sup>ii</sup>	Income deprived (%) <sup>i</sup>
Alexandria	5,357	17
Balloch North East/Gartocharn/ Mill of Haldane	5,363	20
Bonhill	5,200	24
Bowling	5,529	11
Braidfield	3,569	15
Dalmuir	4,328	32
Dumbarton Central - Silvertown West/Townend	6,106	13
Dumbarton East/Bowling/Barnhill/Crosslet	4,322	11
Dumbarton North East - Bellsmyre/ Silvertown East	5,015	23
Dumbarton West - Brucehill/Dennytown/ Kirktonhill	5,638	26
Duntocher	4,455	15
Hardgate/Faifley	5,373	31
Jamestown/Rural Moorland	4,568	22
Kilbowie	5,917	30
Mountblow/Parkhall	5,684	28
Radnor Park	4,607	24
Renton	5,319	17
Whitecrook	4,590	29
<b>West Dunbartonshire</b>	<b>90,940</b>	<b>22</b>

**i:** Percentage of the population in receipt of (or dependant on someone in receipt of) the following benefits: Income Support, Job Seekers Allowance, Guaranteed Pension Credits and Child and Working Tax Credits. Defined using the income domain of the Scottish Index of Multiple Deprivation (2008-2009).

**ii:** Small area population estimates (2008).

## Understanding Spine Charts

The data are presented in spine charts with separate spine charts for West Dunbartonshire and the intermediate zones. The intermediate zone spine charts are available at [www.gcph.co.uk/mentalhealthprofiles](http://www.gcph.co.uk/mentalhealthprofiles).

The information for each indicator is presented in the columns entitled 'Number' and 'Measure'. For example, for Depression (QOF) (indicator 4.2) 8,850 individuals were on the primary care depression register, representing 9% of the population.

The estimate relative to the Scottish population is represented by the horizontal bars. Bars extending to the left represent indicators where the estimate for West Dunbartonshire is worse than the Scottish average and bars extending to the right represent indicators where it is better. For example, the percentage of the population on the depression register is 16% higher (worse) in West Dunbartonshire than the Scottish average. The bar charts show a maximum of +/-70% difference with the Scottish average, to maintain a reasonable scale on the chart. The actual difference is shown numerically to the right of the bar chart.

Scotland was used as a comparison population consistent with other profiles (e.g. Community Health and Wellbeing Profiles, ScotPHO). Comparison estimates for GG&C can be found in Section 8.

## Notes and caveats

When interpreting the profiles the following points should be considered:

- Some of the small area geographies (i.e. neighbourhoods and intermediate zones) have small populations which can produce unstable estimates especially for the indicators with rare outcomes, such as deaths. Estimates with unexpected large deviations from the Scottish average should be interpreted with caution.
- The magnitude by which an indicator deviates (i.e. better or worse) from the Scottish average reflects not only how the geographical area differs from Scotland as a whole, but also the variation within the indicator. For example, home safety varies very little, the lowest local authority estimates for the percentage 'who feel safe in their own home alone at night' is 96% and the highest is 98%.
- The relevance of the observed difference between populations can only be guided by statistical significance not defined by it. For very large samples, such as population-level data, very small differences will reach statistical significance but may have little relevance. Similarly, for the indicators based on small survey samples large differences can fail to reach statistical significance but can nonetheless be informative, especially if conforming to a trend. For this reason, statistical significance levels are not presented in the spine charts but are available for local authorities in Section 8.

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West Dunbartonshire										
	Indicator	Number	Measure	U	C	- (Worse)	Scottish Average (%)	(Better) +	Time Period	
<b>High level mental health outcomes</b>						-70 -60 -50 -40 -30 -20 -10 0 +10 +20 +30 +40 +50 +60 +70				
Mental health problems	4.2	Depression (QOF)	8,850	9	%			-16	2008/9	
	7	Mental health related drug deaths	44	15	r			-80	2006/9	
	8	Mental health related alcohol deaths	19	8	r			-12	2007/9	
	9	Suicide	87	29	r			-59	2006/9	
	10.1	Psychosis patients	349	0.6	%	P		+16	2005/10	
	11.1	All psychiatric discharges	940	13				+2	2007/9	
	11.3	Drug induced	18	0.2				+60		
	11.4	Alcohol induced	81	1.1	r2			+45		
	11.5	Mood related	345	4.6				-24		
	11.6	Schizophrenia & related	267	3.6				-29		
11.7	Neurotic & related	25	0.3				+67			
<b>Contextual factors: Individual</b>						-70 -60 -50 -40 -30 -20 -10 0 +10 +20 +30 +40 +50 +60 +70				
Indiv.	20	Adult learning		55	%			+11	2009	
	25	Drug use		17	%			-71	2008	
<b>Contextual factors: Community &amp; Structural</b>						-70 -60 -50 -40 -30 -20 -10 0 +10 +20 +30 +40 +50 +60 +70				
Community safety	CP 30	Volunteering		17	%			-14	2007/8	
	38	Neighbourhood safety		65	%			-14	2007/8	
	39	Home safety		97	%			+1	2007/8	
	40	Perception of local crime		69	%			-20	2008	
	41.2	Police-recorded acquisitive crime	1,576	173	r1	G		+27	2009	
Social inclusion	42.2	Worklessness (Job Seeker Allowance claimants)	3,253	5	%			-36	July-Sept 2010	
	42.3	Worklessness (all mental health IB claimants)	3,330	58				0	2008	
		Drug induced	170	3				-6		
		Alcohol induced	250	4	r2	G		+4		
		Mood related	1,120	20				-3		
		Schizophrenia & related	110	2				+2		
	Neurotic & related	1,400	25				+6			
D 43	Education		83	%			-6	2008		
FS	45	Perception of racial discrimination in Scotland		17	%			-9	2008	
	47	Financial management		50	%			-4	2007/8	
Physical environment	48	Financial inclusion		99	%			0		
	49	Neighbourhood satisfaction		91	%			-2	2007/8	
	50	Noise		20	%			-41	2005/8	
	51	Greenspace		78	%			+4	2007/8	
	52	House condition		76	%			-8	2005/8	
	53.1	Overcrowding (subjective)		17	%			-13	2005/8	
	53.2	Overcrowding (objective)		3	%			+1	2005/8	
Violence	60.2	Partner abuse (police recorded) [single year]	771	87				-36	2009	
		Partner abuse (police recorded) [5 yrs aggregated]	1,334	36				+8	2005/9	
	61.2	Violent crime - offenders (police recorded)	923	108		r1	G	-24	2009/10	
		Violent crime - victims (police recorded)	1,525	176				-16		

**FS:** Financial security; **CP:** Community participation; **IB:** Incapacity benefit; **D:** Discrimination

The column entitled **U** details the units of the measure.

r - crude rate per 100,000 population;

r1 - crude rate per 10,000 population;

r2 - crude rate per 1000 population.

The column entitled **C** details where the spine comparison is not the Scottish average but with a local alternative.

G - Greater Glasgow & Clyde

P - PsychICIS area which is GG&C excluding Inverclyde and Renfrewshire

The **Number** for indicators based on survey data have been left blank.

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## Interpretation

West Dunbartonshire presents a mixed mental health profile: some indicators performed better and others less well than the Scottish average. This was true of both the high level mental health outcomes and the contextual indicators.

### High level mental health outcomes

Mental health related drug deaths and suicides were markedly higher (80% and 59%, respectively) in West Dunbartonshire than in Scotland as a whole. Consistent with this, illicit drug use was 71% higher than the Scottish average.

Drug-related psychiatric discharges were considerably lower (60%) in West Dunbartonshire than the Scottish average, which is noteworthy given the high level of mental health related drug deaths. There was a similar contrast between low levels of psychiatric discharges for neurotic and related disorders (largely anxiety) and high levels of self reported anxiety symptoms in GG&C (see Section 8). These seemingly conflicting data might suggest different local cultures for treating certain mental health conditions in a hospital setting.

### Contextual indicators

Similarly, a mixed picture was seen for the contextual factors.

Indicators on which West Dunbartonshire performed less well included worklessness, problematic neighbourhood noise and violence.

In West Dunbartonshire the proportion of adults claiming Job Seekers Allowance was 36% higher (worse) than the Scottish average, although this was not reflected in the proportion of adults claiming incapacity benefits, which was similar to the Scottish average.

Police recorded domestic violence in West Dunbartonshire was 36% higher than the GG&C average (police recorded crime figures were not available for the whole of Scotland). Incidents recorded in West Dunbartonshire rose dramatically in 2008 (See Section 8, indicator 60.2). This rise is likely to be a reflection of changes in police practices in West Dunbartonshire over this time.

### Within West Dunbartonshire

(Available at [www.gcph.co.uk/mentalhealthprofiles](http://www.gcph.co.uk/mentalhealthprofiles))

Although the mental health profiles of the intermediate zones broadly reflect the income deprivation of the areas, the association between the mental health and deprivation profiles of the intermediate zones was not as strong as for some of the other local authorities in GG&C. For example, for many intermediate zones with a level of income deprivation considerably higher than the Scottish average several high level mental health indicators were better than the Scottish average (Hardgate/Faifley, Radnor Park, Bonhill, Jamestown/Rural Moorland).

It should be noted that only nine of the 51 indicators were available for intermediate zones.

## Section 7. Indicator definitions and sources

For more information see Methods (Section 9, [www.gcph.co.uk/mentalhealthprofiles](http://www.gcph.co.uk/mentalhealthprofiles))

### 4.2. Depression (QOF)

**Source:** Quality and Outcomes Framework depression diagnosis register from QMAS database.

**Definition:** number of adults (18yrs+) on the depression primary care register (DEP2) per 100 persons (0yrs+) registered with the GP.

### 7. Mental health related drug deaths

**Source:** General Register Office for Scotland [2000-2009, 16yrs+].

**Definition:** mental health related adult drug deaths (ICD-10=F11-F16 & F19) per 100,000 adult population.

### 8. Mental health related alcohol deaths

**Source:** General Register Office for Scotland [2000-2009, 16yrs+].

**Definition:** mental health related adult alcohol deaths (ICD-10=F10) per 100,000 adult population.

### 9. Suicide

**Source:** General Register Office for Scotland [2000-2009, 16yrs+].

**Definition:** adult suicides per 100,000 adult population (ICD-10=X60-X84, Y10-Y34, Y87.0, Y87.2).

### 10.1. Psychosis

**Source:** PsyCIS, a register of all adults [18-64yrs] with a diagnosis of psychosis in East Dunbartonshire, East Renfrewshire, West Dunbartonshire & Glasgow City [2005-2010].

**Definition:** the number of open psychosis patients on the PsyCIS register per 100 population (18-64 yrs).

### 11. Psychiatric discharges

**Source:** Scottish Morbidity Record 04 linked file, ISD Scotland [2001-2009].

**Definition:** number of adults [16yrs+] discharged from a psychiatric hospital per 1000 population [16yrs+]. For information on the diagnostic categories see Section 9, Table M.2.

### 20. Adult learning

**Source:** Annual Population Survey [Jan-Dec 2009, 16-59yrs for women, 16-64yrs for men].

**Definition:** percentage of adults (no longer in continuous full-time education) who had participated in adult learning (taught or non-taught) in the previous year.

### 25. Drug use

**Source:** Scottish Crime and Justice Survey [2008, main, 16-59yrs].

**Definition:** percentage of adults who reported taking illicit drugs in the previous 12 months.

### 30. Volunteering

**Source:** Scottish Household Survey [2007-2008, 16yrs+].

**Definition:** percentage of adults who participated in volunteering at least five or six times in the previous year.

### 38. Neighbourhood safety

**Source:** Scottish Household Survey [2007-2008, 16yrs+].

**Definition:** percentage of adults who feel very or fairly safe walking alone in their neighbourhood after dark.

### 39. Home safety

**Source:** Scottish Household Survey [2007-2008, 16yrs+].

**Definition:** percentage of adults who feel very or fairly safe when home alone at night.

### 40. Perception of local crime

**Source:** Scottish Crime and Justice Survey [2008, 16yrs+].

**Definition:** percentage of adults who perceive crime to be very or fairly common in their local area.

### 41.2. Police-recorded acquisitive crime

**Source:** Violence Reduction Unit of the Strathclyde Police [2005-2009, GG&C data only].

**Definition:** number of acquisitive crimes per 10,000 population.

### 42.2. Worklessness - Job Seekers Allowance (JSA) claimants

**Source:** Office for National Statistics [2002-2010].

**Definition:** percentage of the working age population (W&M: 16-64) claiming JSA.

### 42.3. Worklessness - mental health (MH) related incapacity benefits (IB) claimants

**Source:** Department of Work and Pensions [2000-2008].

**Definition:** number of IB claimants in the first quarter per 1000 working age population (M: 16-64; W:16-59), claiming for MH reasons.

### 43. Education

**Source:** Annual Population Survey [2008].

**Definition:** percentage of the working age population (W: 16-59; M: 16-64) with at least one educational qualification (academic or vocational).

### 45. Perception of racial discrimination in Scotland

**Source:** Scottish Crime and Justice Survey [2008, 16yrs+].

**Definition:** percentage of adults who think racial discrimination is a big problem in Scotland.

### 47. Financial management

**Source:** Scottish Household Survey [2007-2008, 16yrs+].

**Definition:** percentage of households managing very or quite well financially these days.

### 48. Financial inclusion

**Source:** Scottish Household Survey [2007-2008, 16yrs+].

**Definition:** percentage of households with access to a bank, building society, credit union or post office card account.

## Section 7. Indicator definitions and sources

### 49. Neighbourhood satisfaction

**Source:** Scottish Household Survey [2007-2008, 16yrs+].

**Definition:** percentage of adults who feel their neighbourhood is a very or fairly good place to live.

### 50. Noise

**Source:** Scottish Household Condition Survey [2003-2008, 16yrs+].

**Definition:** percentage of adults who are bothered often or fairly often by noise when home indoors.

### 51. Greenspace

**Source:** Scottish Household Survey [2007-2008, 16yrs+].

**Definition:** percentage of adults who feel that they have a safe and pleasant park, green or other areas of grass in their neighbourhood, excluding personal private garden space, which they and their family can use.

### 52. Household condition

**Source:** Scottish Household Condition Survey [2003-2008, 16yrs+].

**Definition:** percentage of adults who rated their house or flat as good or fairly good.

#### 53.1 Overcrowding (subjective)

**Source:** Scottish Household Condition Survey [2003-2008, 16yrs+].

**Definition:** percentage of adults who feel their home has too few rooms.

#### 53.2 Overcrowding (objective)

**Source:** Scottish Household Condition Survey [2005-2008, 16yrs+].

**Definition:** percentage of adults living in overcrowded accommodation, as defined using the 'bedroom standard', a recognised measure of overcrowding.

#### 60.2 Partner abuse - police recorded

**Source:** : Violence Reduction Unit of the Strathclyde Police [2005-2009, GG&C data only].

**Definition:** recorded domestic violence incidents per 10,000 population, defined as physical, sexual or emotional abuse which takes place within the context of a close relationship.

#### 61.2. Neighbourhood violence – police recorded victims/offenders of violent crime.

**Source:** Violence Reduction Unit of the Strathclyde Police [2006-2007 to 2009-2010, GG&C data only].

**Definition:** number of recorded victims/offenders of a violent crime per 10,000 population.



## **Mental Health in Focus:**

A profile of mental health and wellbeing in Greater Glasgow & Clyde

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