



## East Dunbartonshire Profile

## **Acknowledgements**

### **Thanks to those who kindly provided data and/or helped with the interpretation:**

Judith Brown (Scottish Observatory for Work and Health, University of Glasgow), Anna Cameron (Labour Market Statistics, Scottish Government), Jan Cassels (Scottish Health Survey, Scottish Government), Louise Flanagan (NHS Health Scotland), Julie Kidd (ISD Scotland), Stuart King (Scottish Crime & Justice Survey, Scottish Government), Nicolas Krzyzanowski (Scottish Household Survey, Scottish Government), Rebecca Landy (Scottish Health Survey, Scottish Government), Will Linden (Violence Reduction Unit, Strathclyde Police), Carole Morris (ISD Scotland), David McLaren (Scottish House Condition Survey, Scottish Government), Carol McLeod (formally Violence Reduction Unit, Strathclyde Police), Denise Patrick (Labour Market Statistics, Scottish Government), the PsyCIS Steering Group (Mental Health Services, NHS GG&C), Julie Ramsey (Scottish Health Survey, Scottish Government), David Scott (ISD Scotland), Martin Taulbut (NHS Health Scotland), Gordon Thomson (ISD Scotland), Elaine Tod (NHS Health Scotland), Susan Walker (Housing and Household Surveys, The Scottish Government), National Records for Scotland.

### **We would like to also thank the steering group for their invaluable input during the project:**

Doug Adams (Head of Planning and Performance, Mental Health, NHS GG&C), Trevor Lakey (Health Improvement & Inequalities Manager, NHS GG&C), Moira Connolly (Principal Medical Officer for Mental Health, Scottish Government, consultant psychiatrist NHS GG&C), John Parks (Lead Research Nurse PsyCIS Team, NHS GG&C Mental Health Services), Judith Brown (Research Associate (Public Health), University of Glasgow), Catherine Chiang (Consultant in Public Health Medicine, NHS GG&C), Jane Parkinson (Public Health Adviser, NHS Health Scotland), Ken O'Neil (Clinical Director, South Sector Glasgow City CHP, NHS GG&C), Neil Quinn (Senior Lecturer, School of Applied Social Sciences, University of Strathclyde), David McCrae (Head of Mental Health, North East Sector Glasgow City CHP, NHS GG&C), Fiona McNeill (Head of Mental Health, Renfrewshire CHP, NHS GG&C), Michael Sibley (ISD Scotland), Frances Paton (Renfrewshire & Inverclyde Primary Health Care NHS Trust), Simon Reilly (Social Work, East Dunbartonshire Council), Clive Travers (Head of Mental Health, North East Sector Glasgow City CHP, NHS GG&C).

### **Finally, thanks to the following people in GCPH for all their help with the report:**

Carol Frame, Rebecca Lenagh-Snow, Fiona McKie and Carol Tannahill.

# Section 7. East 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 ED.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 ED.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. East Dunbartonshire

East Dunbartonshire is largely an affluent area, with only 9% of the population living in income deprivation, contrasting with Scotland as a whole where 16% live in income deprivation (see Table ED.2 legend for details of income deprivation). Similarly, all but eight intermediate zones in East Dunbartonshire had significantly less income deprivation than the national average.

## Geographical coverage

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

**Table ED.2:** Population and Income Deprivation<sup>i</sup> for East Dunbartonshire by intermediate zone

Intermediate Zone	Population <sup>ii</sup>	Income deprived (%) <sup>i</sup>
Auchinairn	4,915	20
Barloch	3,147	4
Bishopbriggs North and Kenmure	5,530	5
Bishopbriggs West and Cadder	5,585	6
East Clober and Mains Estate	3,480	14
Harestanes	3,328	19
Hillhead	3,900	30
Kessington East	2,807	5
Kessington West	3,188	4
Keystone and Dougalston	3,866	8
Kilmardinny East	2,882	4
Kilmardinny West	3,415	4
Kirkintilloch South	3,071	13
Kirkintilloch West	3,957	14
Lennoxton	4,574	14
Lenzie North	5,474	8
Lenzie South	3,461	3
Milton of Campsie	3,975	8
North Castlehill and Thorn	4,533	4
Rosebank and Waterside	3,305	9
South Castlehill and Thorn	4,319	7
Torrance and Balmore	2,949	8
Twechar and Harestanes East	2,892	17
West Clober and Mains Estate	3,022	4
Westerton East	3,440	5
Westerton West	2,724	6
Woodhill East	2,572	6
Woodhill West	4,409	6
<b>East Dunbartonshire</b>	<b>104,720</b>	<b>9</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)

# Section 7. East Dunbartonshire

## Spine chart explained

The data are presented in spine charts with separate spine charts for East Dunbartonshire and its 28 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) 8,217 individuals were on the primary care depression register, representing 8% 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 East 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 4% higher (worse) in East 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.

# Section 7. East Dunbartonshire

East 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)	8,217	8	%															-4	2008/9	
	7	Mental health related drug deaths	12	4	r																+57	2006/9
	8	Mental health related alcohol deaths	10	4	r																+49	2007/9
	9	Suicide	41	12	r																+35	2006/9
	10.1	Psychosis patients	280	0.4	%	P															+39	2005/10
	11.1	All psychiatric discharges	739	9																	+33	2007/9
	11.3	Drug induced	15	0.2																	+60	
	11.4	Alcohol induced	61	0.7																	+65	
	11.5	Mood related	279	3.3																	+13	
	11.6	Schizophrenia & related	153	1.8																	+36	
11.7	Neurotic & related	28	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		63	%																+26	2009
	25	Drug use		12	%																-17	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		26	%															+29	2007/8
	38	Neighbourhood safety		79	%																+3	2007/8
	39	Home safety		98	%																+1	2007/8
	40	Perception of local crime		64	%																-12	2008
	41.2	Police-recorded acquisitive crime	1,319	126	r1	G															+47	2009
Social inclusion	42.2	Worklessness (Job Seeker Allowance claimants)	1,931	3	%																+27	July-Sept 2010
	42.3	Worklessness (all mental health IB claimants)	1,440	23																	+61	2008
		Drug induced	50	1																	+72	
		Alcohol induced	80	1																	+72	
		Mood related	600	10																	+50	
		Schizophrenia & related	70	1																	+44	
	Neurotic & related	490	8																	+70		
43	Education		93	%																+5	2008	
D	45	Perception of racial discrimination in Scotland		18	%																-15	2008
FS	47	Financial management		61	%																+17	2007/8
	48	Financial inclusion		100	%																+1	
Physical environment	49	Neighbourhood satisfaction		99	%																+7	2007/8
	50	Noise		12	%																+16	2005/8
	51	Greenspace		85	%																+14	2007/8
	52	House condition		86	%																+4	2005/8
	53.1	Overcrowding (subjective)		14	%																+7	2005/8
	53.2	Overcrowding (objective)		2	%																+20	2005/8
Violence	60.2	Partner abuse (police recorded) [single year]	310	34																	+46	2009
		Partner abuse (police recorded) [5 yrs aggregated]	1,000	23																	+40	2005/9
	61.2	Violent crime - offenders (police recorded)	422	46																	+47	2009/10
		Violent crime - victims (police recorded)	844	91																	+40	

**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 - PsyCIS area - which is GG&C excluding Inverclyde and Renfrewshire

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

# Section 7. East Dunbartonshire

## Interpretation

Across most of the indicators East Dunbartonshire performed either as well as or better than the Scottish average.

### High level mental health outcomes

In East Dunbartonshire high level mental health outcomes were consistently better than the Scottish average. Large differences between East Dunbartonshire and the Scottish average were seen for mental health related drug deaths (57% lower than the Scottish average), drug- and alcohol-related psychiatric discharges (60% and 65% lower than the Scottish average, respectively), suicides (35% lower) and psychosis (39% lower).

Eight per cent of the population in East Dunbartonshire were on the primary care depression register (indicator 4.2), marginally higher (worse) than for Scotland. This indicator is not a measure of the prevalence of depression in the population but describes the proportion of the population identified by primary care services as having depression. The level in East Dunbartonshire was higher than the other local authorities in GG&C with the exception of West Dunbartonshire and Renfrewshire (see Section 8 for more information).

### Contextual indicators

East Dunbartonshire generally performed better than Scotland across the contextual factors, with the exception of drug use (an estimated 12% of adults reported using illicit drugs in the previous year, compared to 10% in Scotland), perception of local crime (an estimated 64% of adults in East Dunbartonshire reported that crime in their local area was very or fairly common, compared to 57% in Scotland) and perception of racial discrimination (an estimated 18% of adults thought racial discrimination was a big problem compared to 16% in Scotland).

### Drug use

The higher level of illicit drug use in East Dunbartonshire relative to the Scottish average was consistent with that seen in the GG&C as a whole (where 14% reported illicit drug use compared with 10% in Scotland) and in all but one local authority in the region. However, the size of the sample for the drug use indicator was small and produced wide confidence intervals (wide margins of error) so this difference needs to be interpreted cautiously.

### Racial discrimination

As in East Dunbartonshire, a relatively high proportion of people in GG&C perceived racial discrimination to be a big problem (19% in GG&C versus 16% in Scotland). This was also true of most local authorities in the region, suggesting particular issues with perceptions of racial discrimination across the GG&C region.

# Section 7. East Dunbartonshire

## Perception of crime

The higher level of perceived crime in East Dunbartonshire contrasts with lower levels of police recorded acquisitive crime (47% lower than the GG&C average) and police-recorded violent crime (over 40% fewer domestic abuse incidents, 47% fewer offenders of violent crime, 40% fewer victims of violent crime compared to the GG&C average<sup>2</sup>). However, the confidence intervals for perceived crime in East Dunbartonshire were wide (wide margins of error), so the true estimate of perception of crime may actually be similar to that for Scotland.

## Worklessness and related indicators

East Dunbartonshire performed particularly well on the worklessness indicators compared to the Scottish average: perhaps not so surprising given the low deprivation profile of the area. Only 3% were claiming Job Seekers Allowance in 2010, substantially (27%) lower than in Scotland. Similarly, only 2.3% (23/1000) were claiming a mental health related incapacity benefit – 61% lower than the Scottish average.

## Within East Dunbartonshire

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

For all but six of the intermediate zones within East Dunbartonshire most of the indicator estimates were better than the Scottish average. For five intermediate zones (Auchinairn, Harestanes, Kirkintilloch South, Kirkintilloch West, Twechar & Harestanes East) there was a mixed picture with some indicators better and others worse than the Scottish average. For only one intermediate zone (Hillhead) are the indicators consistently worse than the Scottish average.

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

---

<sup>2</sup>Police-recorded crime is not available for Scotland as a whole, therefore for these police recorded crime figures the comparison population is GG&C and not Scotland.



## 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.

## Section 7. Indicator definitions and sources

### 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.

### 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

Glasgow Centre for Population Health  
1st Floor, House 6  
94 Elmbank Street  
Glasgow G2 4DL

Tel: 0141 287 6959

Email: [GCPHmail@glasgow.gov.uk](mailto:GCPHmail@glasgow.gov.uk)

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