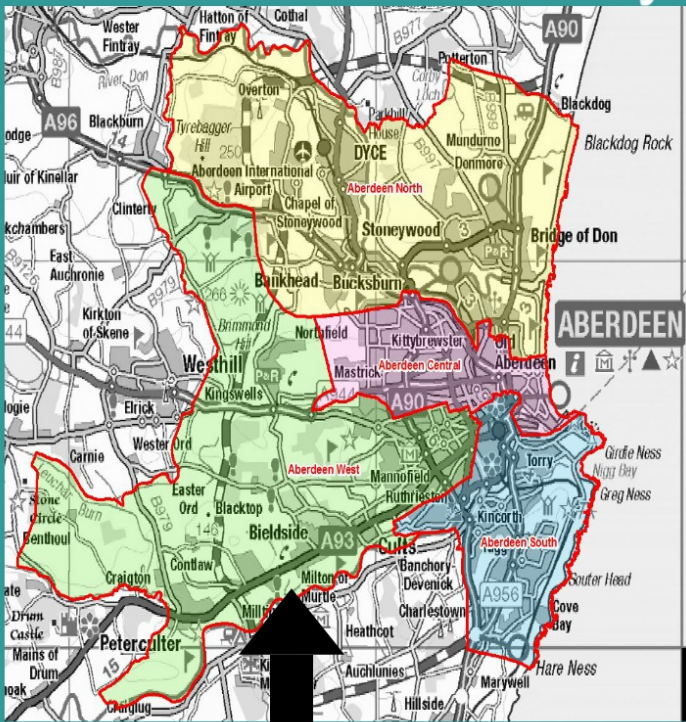


# West Locality

## Where is West locality?



The West locality is the green area

## Who lives here?



48,000 people

52% male and 48% female

85% are White Scottish / British

21,000 households

62% of households are one family unit (although not all have dependent children)

21% of households are occupied by a single person of working age



11% of households are occupied by a single person over the age of retirement



## Most people speak English



11% of people speak another language at home

Less than 0.1% of people do not speak English at all



There are four adults of working age for every person over the age of 65

18% of the population are children under 16



7% of the population are aged 75 and over



# Living conditions that contribute to health and wellbeing



Individuals and families have the resources for wellbeing



Education in West locality is amongst the best in Scotland for:



Pupil attendance

Educational achievement



Young adults leaving school to jobs or further education



Adults with qualifications

The West locality is an area of high employment and high incomes but there are areas where unemployment persist.

Particular challenges include;



Wider economic climate and downturn in oil and gas sector



Levels of personal debt



Levels of child poverty, although low, unchanged since 2009

Certain people in West locality may not meet the eligibility criteria for out of work benefit thresholds. Looking at these statistics may not give a good indication of whether individuals and families in this locality are able to afford everyday goods and services

## Natural and built environment that supports wellbeing

Most householders in the West locality live in their own home



■ Own home (79%) ■ Rented or other (21%)

About 1000 people in West locality live in areas where it takes much longer than average to get to essential local amenities



15% of households did not have access to a car or van

# Assets that keep people well located in the West locality



10 community pharmacists in chemist shops



7 GP practices  
1 health centre



7 community centres and village halls  
11 schools



3 libraries



7 leisure facilities



14 places of worship



11 Dental practices



13 care homes for older people  
3 homes for people with learning disabilities  
1 sheltered housing complex  
1 very sheltered housing complex  
1 amenity housing complex for older people



3 opticians



green spaces

## Ways of living that improve health Lifestyle Behaviours

### Participation in Regular Sport and Physical Activity \*



50% men



40% women



\* Defined as 75 minutes of vigorous or 150 minutes of moderate intensity in a week (or a combination of both)



1 in 3 men

### Alcohol



1 in 5 women

Drink alcohol in a way that puts their health at risk!

### The next generation

Smoking during pregnancy has decreased



Breastfeeding at 6 - 8 weeks has increased

# Indicators of Health and Wellbeing throughout the life course



## Children

Lowest percentage of children classed as obese on entry to primary school



Good oral health at age 5 

50% of primary 7 children have healthy teeth



## Adult

### Self-Assessed Health



61.5 %  
Very Good  
Health



28.3%  
Good  
Health



7.9 % Fair  
Health



1.8 % Bad  
Health



0.4 % Very  
Bad Health

86.5 % felt their day-to-day activities were not limited by disability

8.2 % felt their day-to-day activities were limited a little by disability

5.3 % felt their day-to-day activities were limited a lot by disability

## Unpaid Care and Support

Weekly



■ 1- 19 hours (5.50%) ■ 0 hours (92.20%)  
■ 20 + hours (2.30%)

