

East Lothian **Health & Social Care Partnership**



East Lothian

Joint Strategic Needs Assessment

2022

East Lothian JSNA 2022

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Introduction

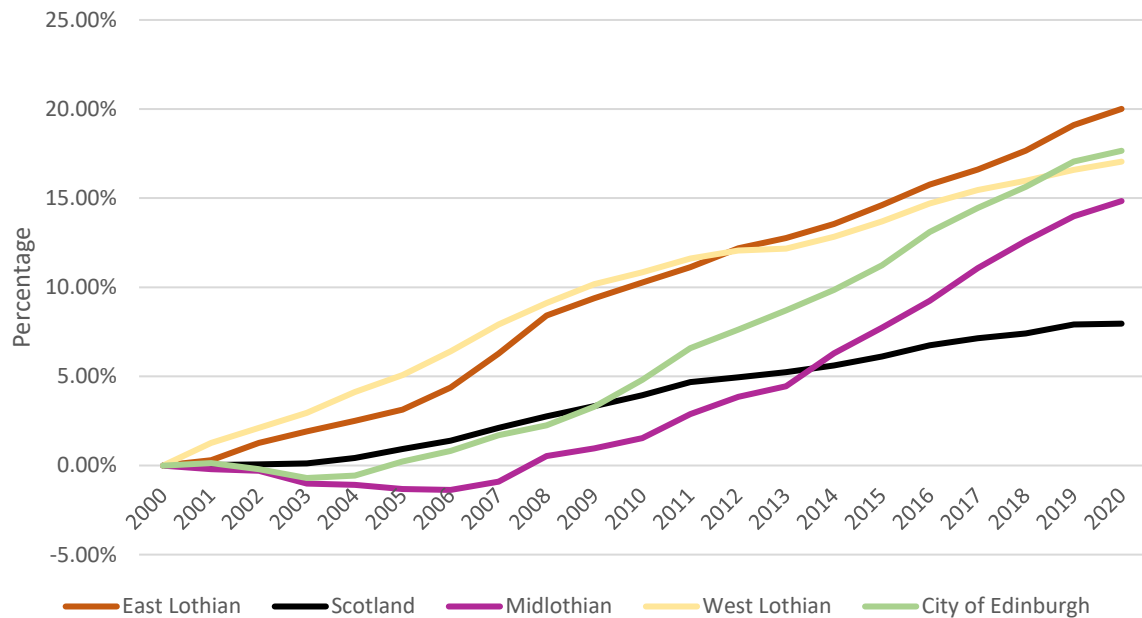
A Joint Strategic Needs Assessment (JSNA) aims to collate publicly available health and socioeconomic information regarding a geographical area. JSNAs can be used as a planning reference or to highlight areas in which populations can be better supported.

This document has been produced in partnership between Public Health Scotland and East Lothian Health and Social Care Partnership. It will be updated as new data becomes available.

Demographics

Current Population Estimates

Figure 1. Percentage Change of Lothian Partnerships and the Scotland Populations



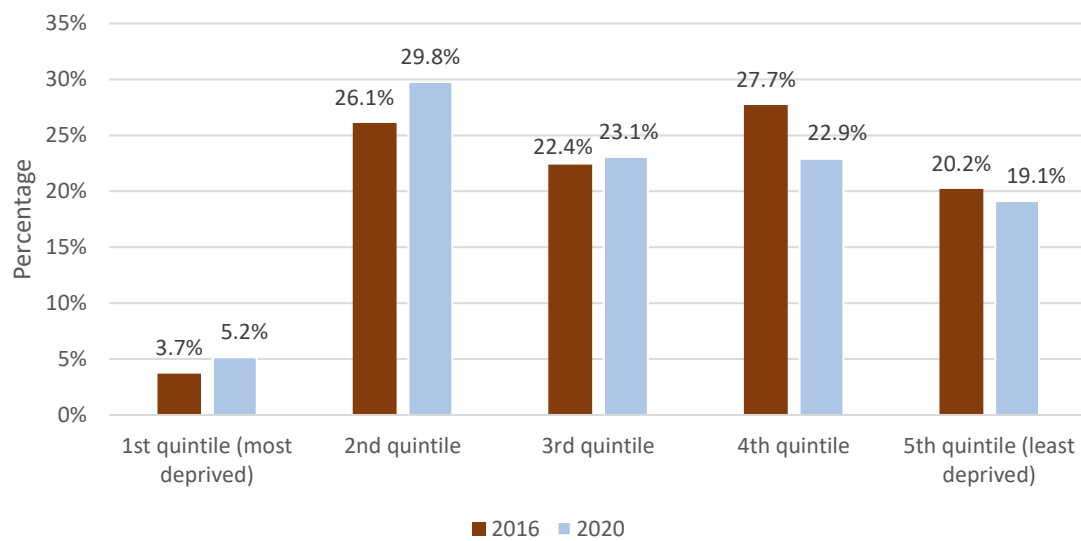
Source: National Records of Scotland, [Yearly Percentage Change in Population](#) [Accessed: Jan. 2022]

Figure 1 shows the percentage change in population of East Lothian and Scotland from 2000 up to the most recent mid-year estimate (2020).

East Lothian has maintained a higher population increase than Scotland since 2000 and experienced the largest percentage change of Lothian partnerships, with an overall increase of 20% in 20 years.

Population Projections

Figure 2. East Lothian Population by SIMD Quintile, 2016 & 2020 Comparison



Source: East Lothian by Numbers [Accessed Jan 2022]

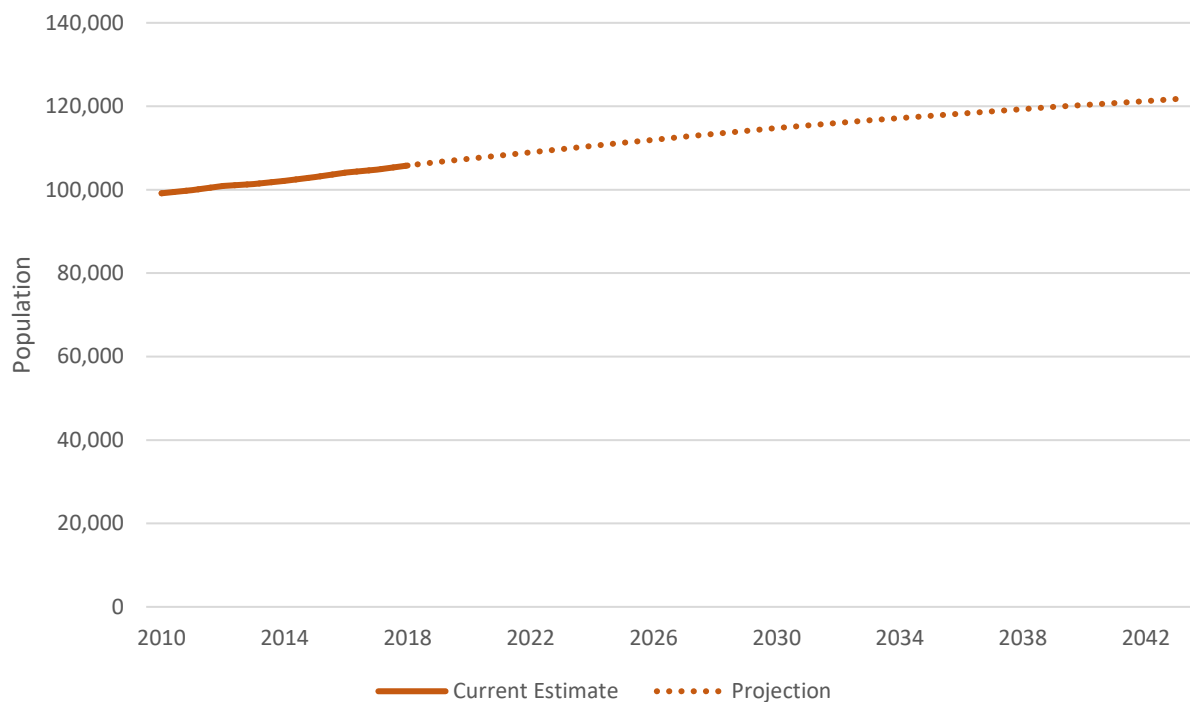
The Scottish Index of Multiple Deprivation is a measure of deprivation within Scotland across a range of factors. For further information regarding SIMD please see Appendix A or the Scottish Government website.¹

Population Projections

Figure 2 compares the SIMD quintiles (Scottish Index of Multiple Deprivation) breakdown of East Lothian in 2016 and 2020. Quintiles one (most deprived) to three show an increase in percentage since 2016 but the fourth and fifth quintiles have decreased.

The largest percentage change in population is seen in the fourth quintile (-4.8 percentage points), while the smallest is in the fifth (-1.1 percentage points).

Figure 3. Projected total population for East Lothian (2018-based) 2018 to 2043

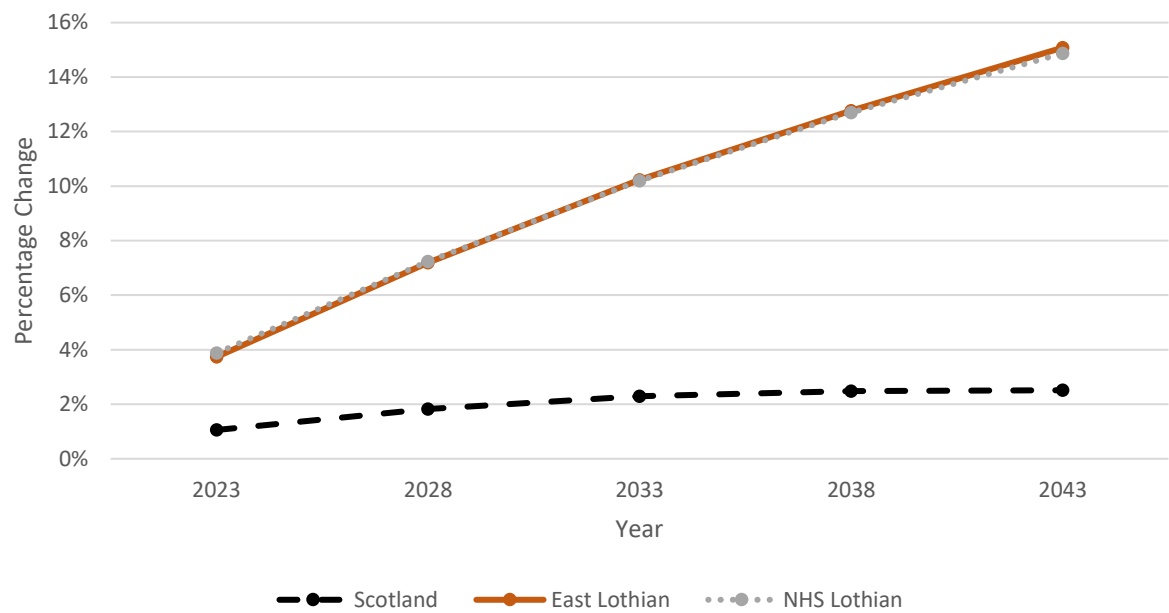


Source: [National Records of Scotland, Population Projections](#) [Accessed: Jan. 2022]

Figure 3 shows the population projections for East Lothian up to 2043, based on 2018 population estimates. Population projections utilise current population estimates to predict the future population sizes and demographics. Analysis of a population's fertility, death rate, and migratory patterns are accounted for when calculating projections. For further information regarding NRS estimates see the NRS website.²

Between 2018 and 2043 the population of East Lothian is predicted to increase by 12.8%, reaching a peak of 121,743 by 2043.

Figure 4. Projected percentage change in population from 2018 within East Lothian, Lothian, and Scotland



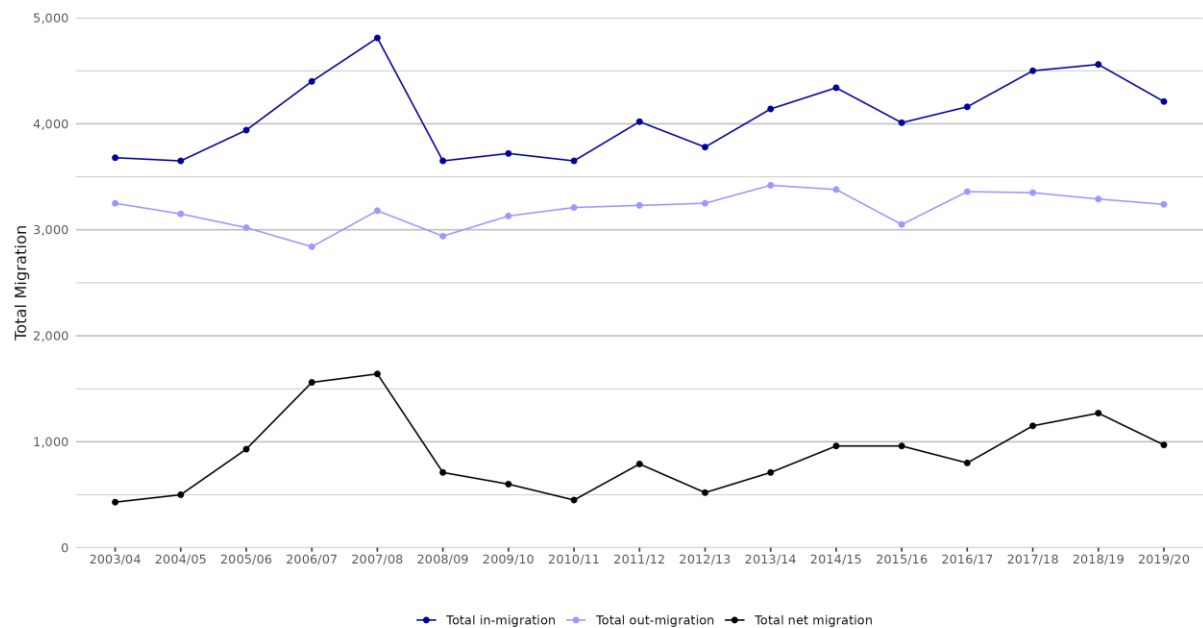
Source: National Records of Scotland, [Population Projections](#), [Accessed: Jan. 2022]

Figure 4 displays the projected percentage change between 2018 and future date within East Lothian, Lothian (comprising the areas covered by Edinburgh HSCP, West Lothian HSCP, Midlothian HSCP and East Lothian HSCP) and Scotland populations.

Based on these projections, Lothian and East Lothian will see a faster population growth than Scotland. The cumulative changes for East Lothian and Lothian are predicted to differ by 0.2 percentage points by 2043.

Migration

Figure 5. In, Out, and Net Migration of the East Lothian Population



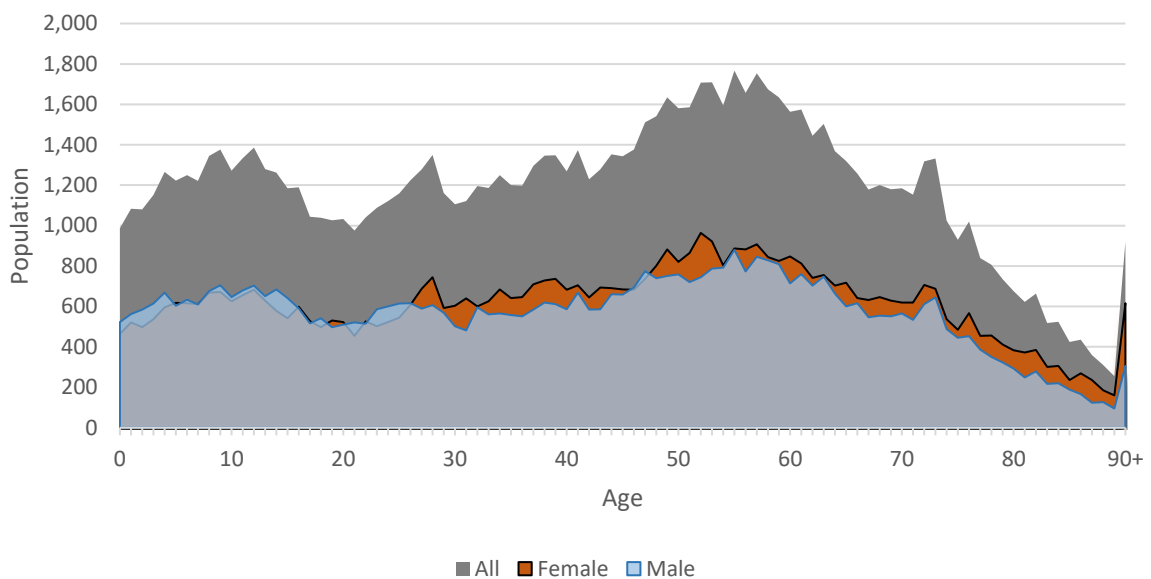
Source: [National Records of Scotland, Local Area Migration](#), [Accessed: Mar. 2022]

Since 2003/04, the total in-migration for East Lothian has remained higher than the out-migration, resulting in positive net migration for all years recorded (Figure 5). Migration has therefore contributed to an increase in the total East Lothian population.

Between 2004/04 and 2007/08 the in-migration increased, resulting in a spike in total net-migration. After a sharp decrease in 2007/08 the total net-migration steadily increased up to the most recent year, reaching a total of 970 individuals. Between 2003/04 and 2019/20 the total-out migration has remained stable.

Population by Age and Sex

Figure 6. Estimated population of East Lothian by Sex and Age as at 2020

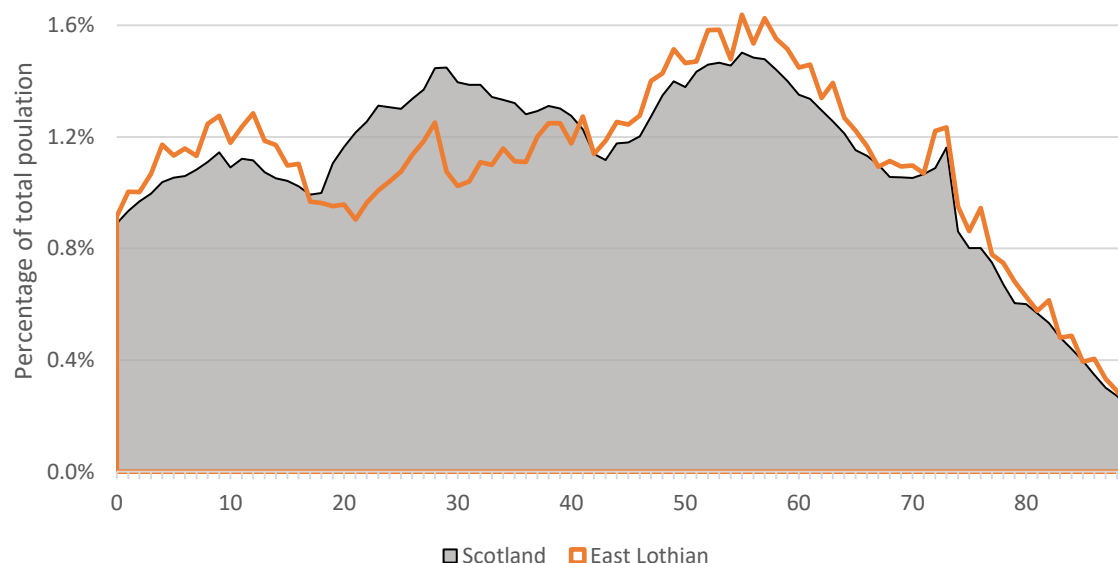


Source: [National Records of Scotland, Population Estimates](#), [Accessed: Mar. 2022]

Figure 6 shows the population breakdown of the East Lothian population by age and sex as at the most recent mid-year estimate (2020) for which this breakdown is available.

Overall, there is a spread of population across age. The younger population peaks at 9-12 and decreases to the age of 20, followed by a gradual incline up to the 50-60 age range. For ages above 60 there is a gradual decline until 90+. The spike at 90+ is due to multiple ages being aggregated together. The age group with the largest number of people is 50-59, totaling 16,664 individuals. Above the age of 30 the female population is often larger than the male population, this results in the total female population (56,040) being larger than the total male population (51,860) by 4,180, a 7.7% difference. It is common for Scottish Health and Social Care Partnerships to have larger female than male populations.³

Figure 7. 2020 Estimated Percentage of Population Within East Lothian and Scotland by Age

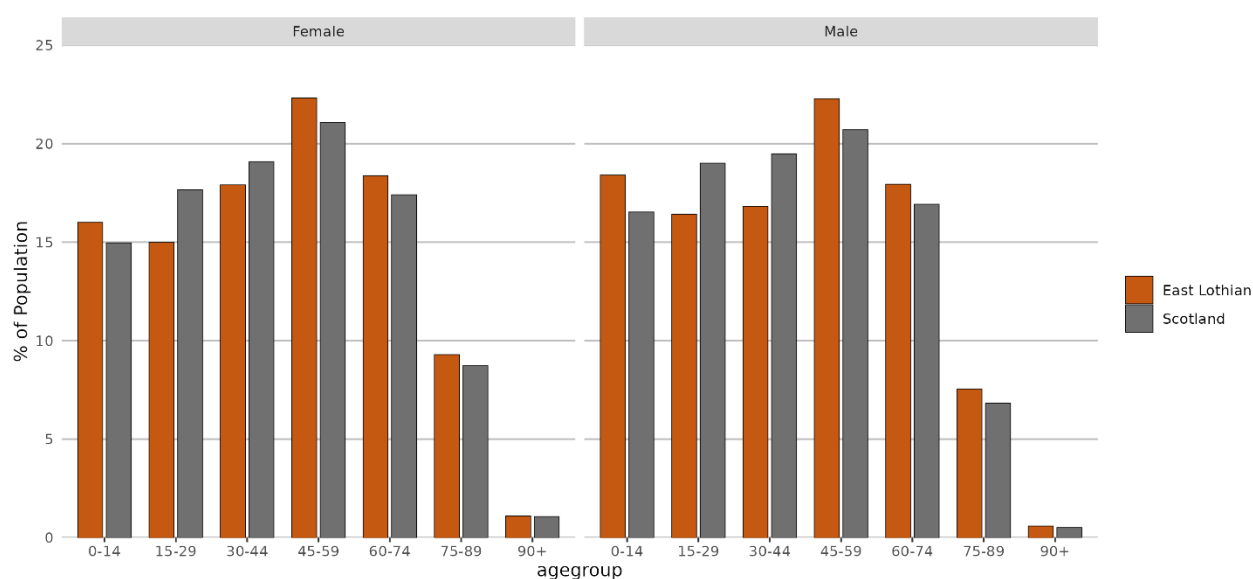


Source: [National Records of Scotland, Population Estimates](#), [Accessed: Mar. 2022]

Figure 7 highlights the differences in population percentage by age between Scotland and East Lothian. Scotland has a larger percentage of the population within the teenage and early adult years (ages 16 to 40) while East Lothian has a larger percentage within the youth (ages 0 to 15) and older adult to elderly years (ages 41 to 90+).

East Lothian and Scotland differ in their overall profile, Scotland is higher between the ages of 17 and 40, in which there is a peak around the age of 28. East Lothian has a more gradual increase from 17 the next peak year (60).

Figure 8. Estimated Percentage of Population Within East Lothian and Scotland by Sex and Age Group in 2020



Source: [National Records of Scotland, Population Estimates](#), [Accessed: Mar. 2022]

The age profiles separated in Figure 8 show variance in population percentages between geographical and sex.

The female population in both East Lothian and Scotland has a higher percentage within the middle-aged population, whereas, the male populations has a higher percentage of younger age groups resulting in a more evenly distributed population from ages 0 to 74.

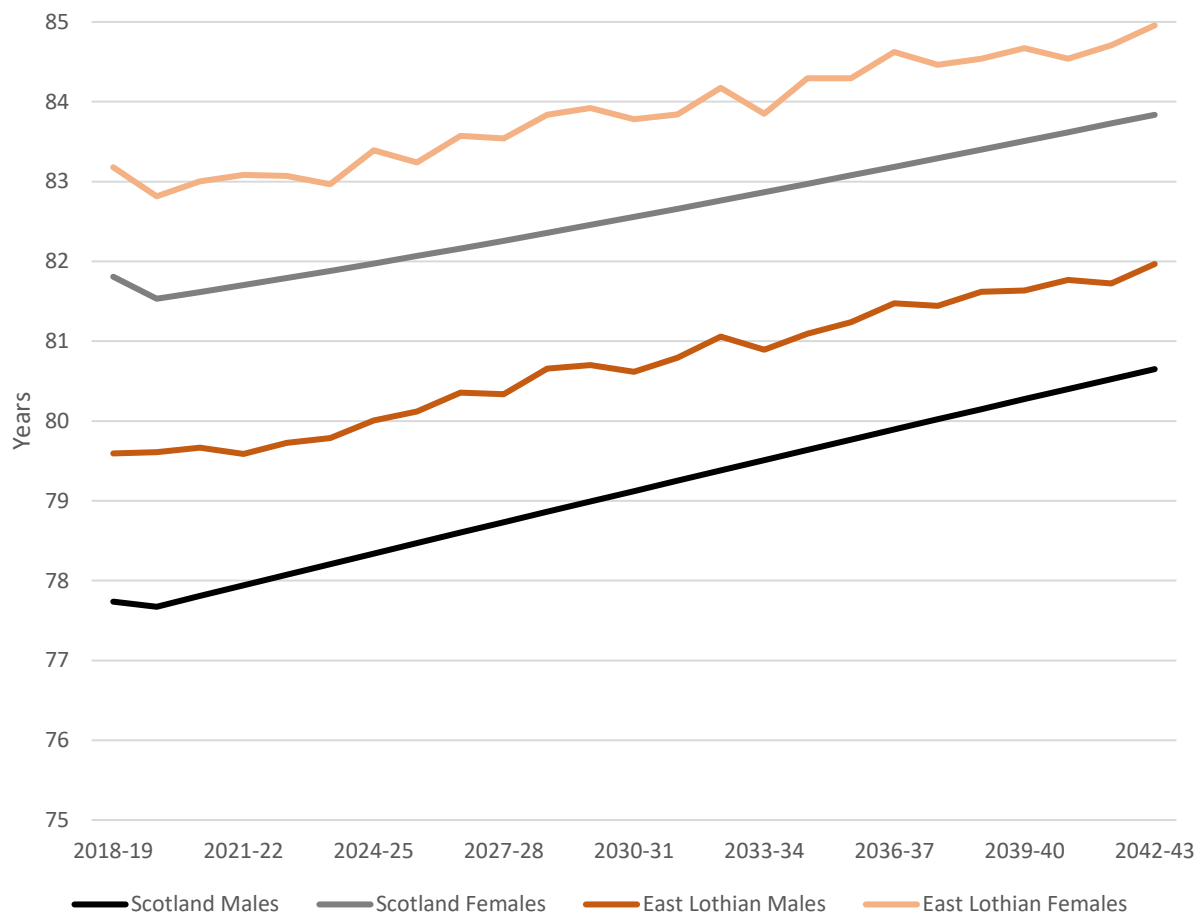
The female population percentage is higher than males for both geographies. This partially results from the life expectancy of females being higher than males (see section: Life Expectancy (Figure 10)).

The age group 45 to 59 is the largest for both sexes and consists of more than 20% of the population for East Lothian and Scotland.

Life Expectancy

Life Expectancy Projections

Figure 9. Projected life expectancy at birth, principal projection, 2018/19 to 2042/43



Source: *National Records of Scotland*, [LE](#), [Accessed: Jan. 2022]

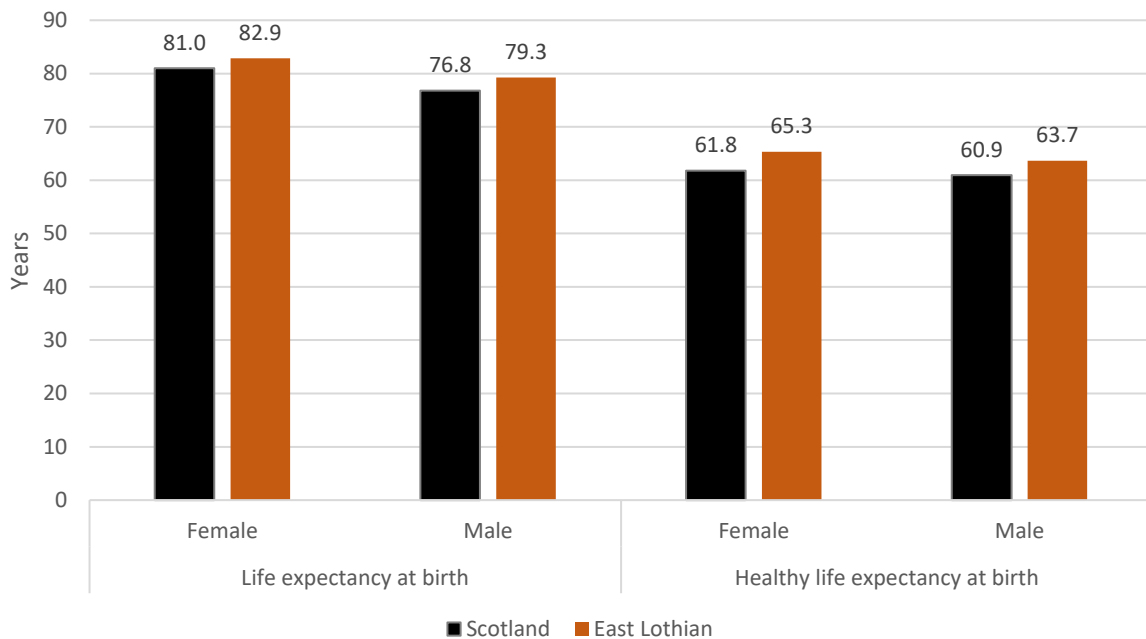
The life expectancy of individuals in the East Lothian and Scottish population is predicted to increase for both sexes up to the latest projected year (2042-43). East Lothian shows more yearly variation than Scotland, likely due to smaller population sizes.

Within East Lothian, the life expectancy of males and females is predicted to increase by 2.4 and 1.8 years, respectively by 2042/43 (Figure 9). A trend shared by Scotland.

Comparing geographies, it is predicted there will be less difference between Scotland and East Lothian life expectancies by 2042-43. There is a predicted decrease of 0.2 (1.4 to 1.2) for females and 0.5 (1.9 to 1.4) for males.

Life Expectancy by Sex

Figure 10 Life Expectancy and Healthy Life Expectancy at Birth based on 2018-20 estimates



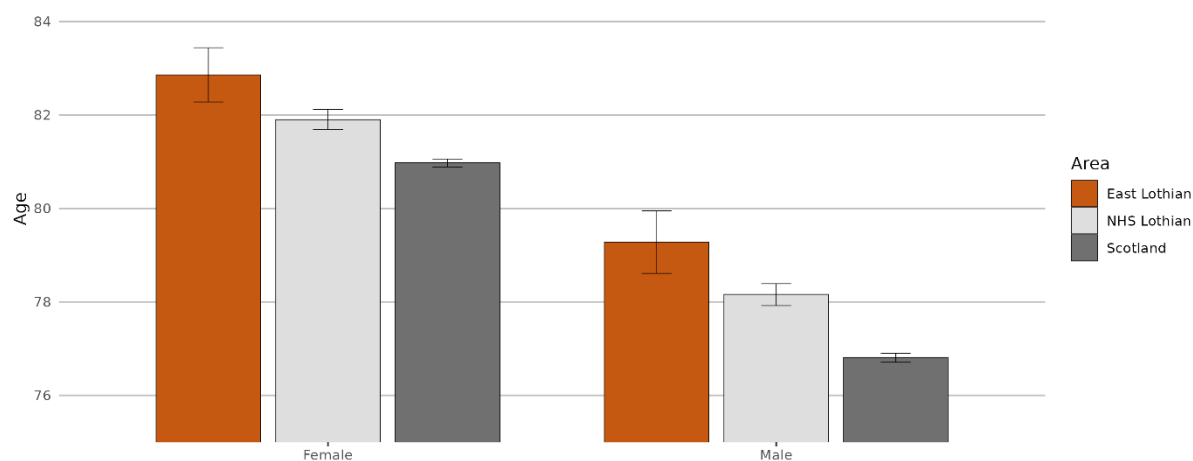
Source: *National Records of Scotland*, [HLE](#) / [LE](#), [Accessed: Jan. 2022]

Life expectancy estimates the age to which an individual will live based on factors associated with their economic, geographical, and social circumstances at birth. Healthy life expectancy (HLE) predicts the number of years a person could expect to live in good health.

Figure 10 highlights that the life expectancy and healthy life expectancy at birth in East Lothian is higher than Scotland for both sexes. The largest difference between East Lothian and Scotland is present in the female HLE, which has 3.5 more years than the Scottish population.

Similar to the outcomes seen in Scotland, East Lothian has a higher life expectancy among females than males.

Figure 11. Life Expectancy at Birth by Sex within East Lothian and Scotland Based on 2018-20 (Aggregate) Estimates

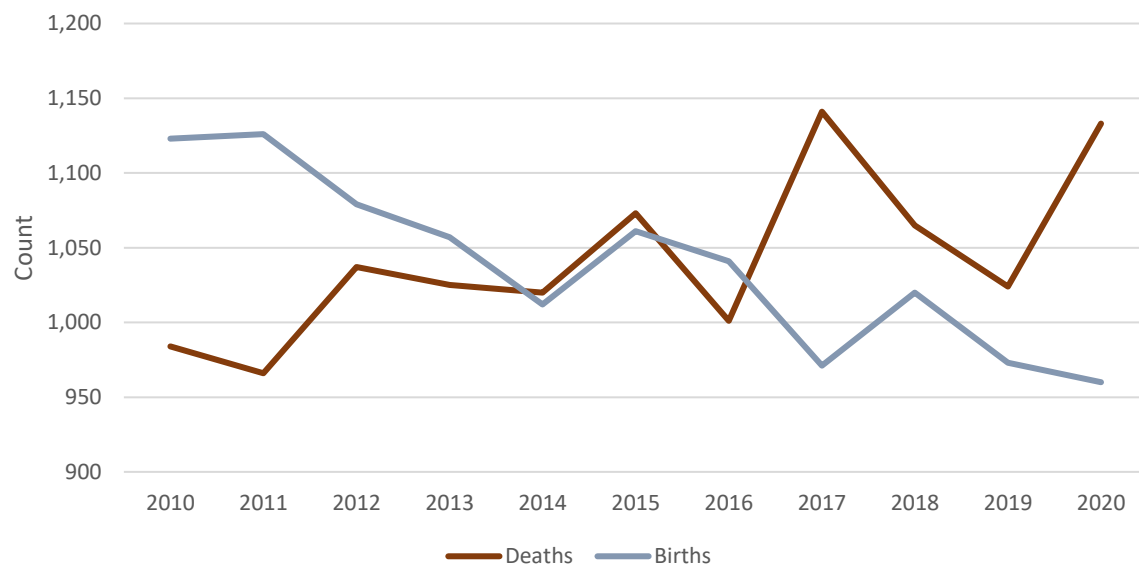


Source: *National Records of Scotland*, [HLE](#) / [LE](#), [Accessed: Jan. 2022]

Figure 11 shows that among females there is a statistically significant difference in average life expectancy between residents of East Lothian (82.9 years) and both Lothian (81.9 years) and Scotland (81.0 years). This is also true when looking at the male population, with East Lothian (79.3 years) having a higher average life expectancy than both Lothian (78.2 years) and Scotland (76.8 years) again.

Mortality

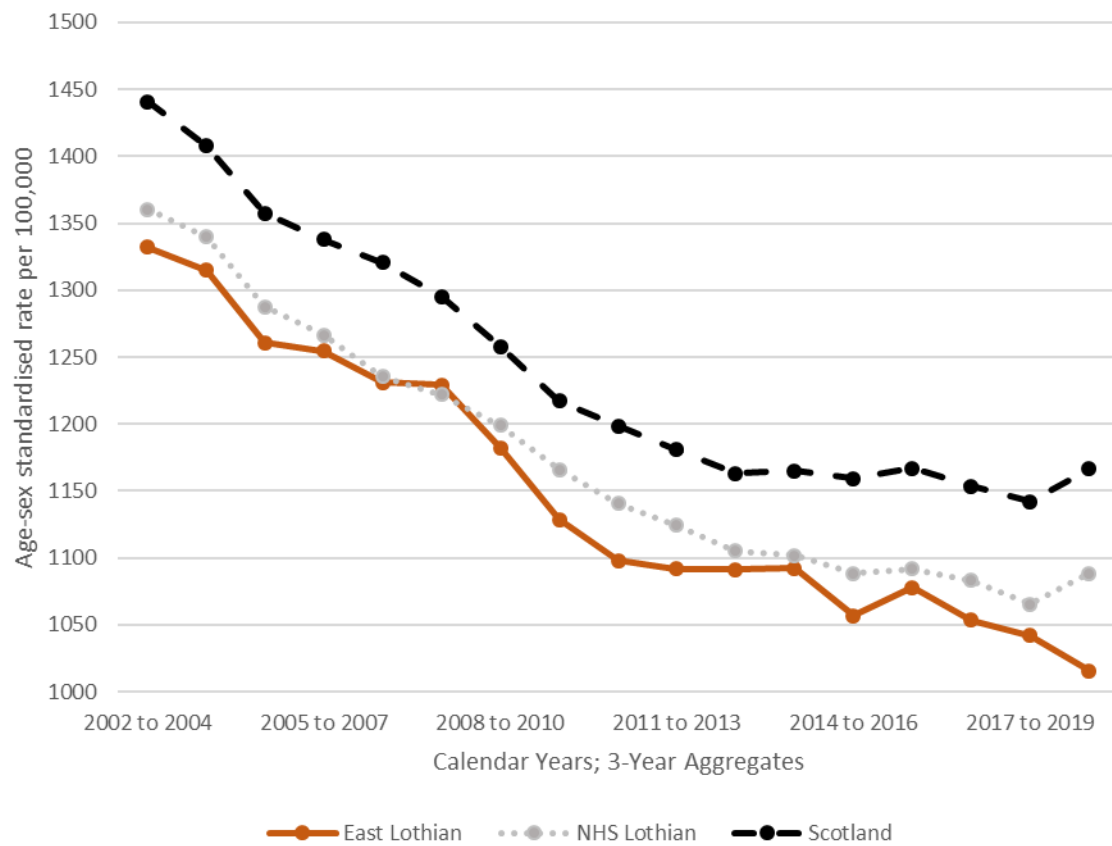
Figure 12. Total Number of Births and Deaths in East Lothian



Source: *National Records of Scotland, Mortality*, [Accessed: Jan. 2022]

Within East Lothian the number of births decreased between 2010 and 2020 (Figure 12) while the number of deaths has increased. The most recent time point has the lowest number of births (960) and the second highest number of deaths (1,133) recorded since 2010. The trend suggests that the continued increase in population size in East Lothian can be accounted for by factors other than birth and death rates, such as migration.

Figure 13. Mortality rates by geography and aggregated year



Source: [ScotPHO Profiles](#), [Accessed: Jan. 2022]

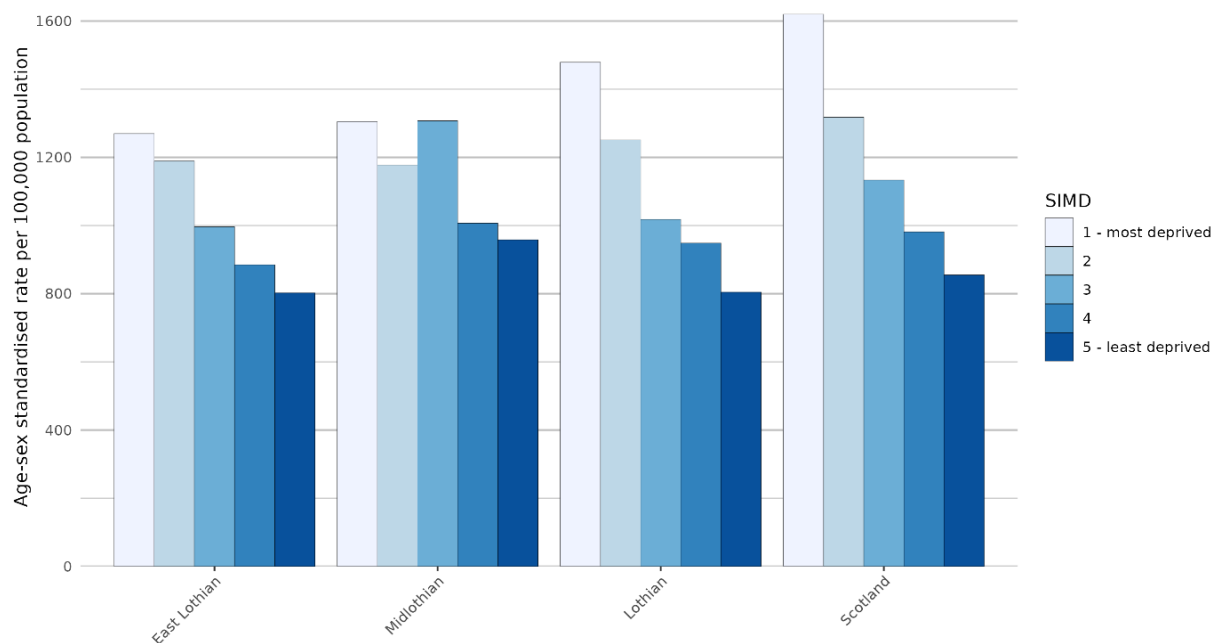
Determining the age-sex standardised ratios of mortality in populations allows for comparison between geographical areas. In this case, the comparison of East Lothian, Lothian and Scotland (

Figure 13) shows that the ratio of mortality seen in East Lothian (with the exception of 2007 to 2009) is lower than Scotland and Lothian.

All geographies analysed show a decrease in mortality ratio from 2002 onwards. The latest time period (2017 to 2019) shows a slight increase of mortality ratio in Lothian (1088.4) and in Scotland (1166.3) but a decrease in East Lothian (1015.8).

Overall, the mortality rates of East Lothian have decreased from 1332.1 to 1015.8 between 2002-2004 and 2017-2019

Figure 14. Mortality Rates by geography and SIMD



Source: [ScotPHO Profiles](#), [Accessed: Jan. 2022]

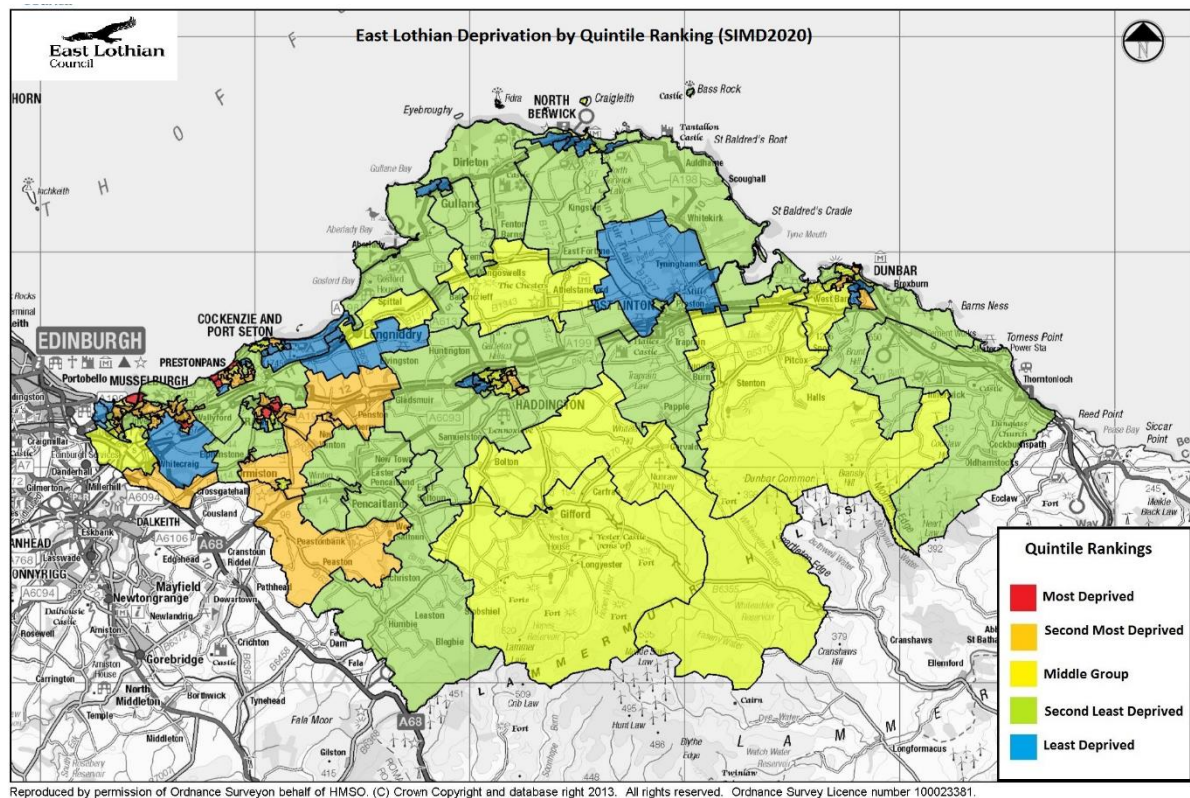
Figure 14 separates the displays geographic mortality rates by SIMD. It suggests that mortality in East Lothian, Lothian and Scotland is directly related to deprivation. There is a higher rate of mortality within more deprived datazones for each area.

Figure 14 highlights that the mortality rates between the most (SIMD 1) and least (SIMD 5) deprived categories in East Lothian have less difference than Lothian and Scotland categories. A smaller difference in deprivation categories suggests that East Lothian has a more equitable distribution of mortality than other geographies shown in Figure 14.

Deprivation

SIMD 2020 Quintile Ranking

Figure 15. East Lothian Deprivation by SIMD Quintile



Source: East Lothian by Numbers [Accessed: Feb. 2022]

The following graph (Figure 15) highlights the SIMD2020 Scottish quintile for East Lothian.

One of the key measurements for deprivation in Scotland is SIMD (Scottish Index of Multiple Deprivation). The index distinguishes the level of deprivation using indicators of income, employment, education, health, access to services, crime, and housing.

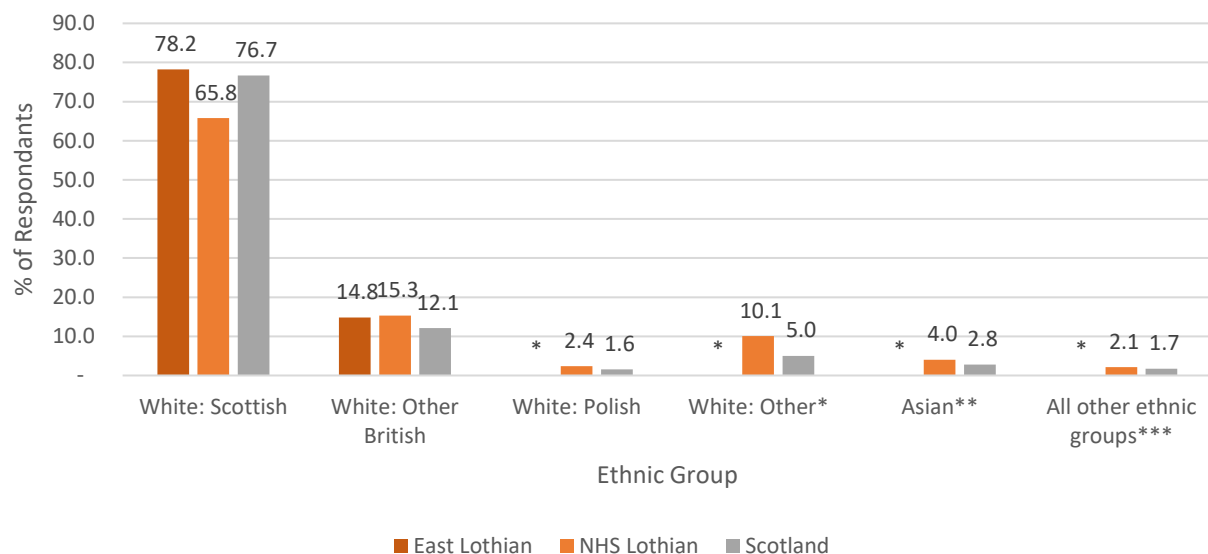
East Lothian consists of 6 wards and 132 data zones, of which 8 are in the 20% most deprived of Scotland.

Equality

The Scottish Survey Core Questions (SSCQ) is a Scottish Government publication which collates responses to the Scottish Crime and Justice Survey, the Scottish Health Survey and the Scottish Household Survey into a single source. The samples collected in this report provide an annually updated depiction of population indicators by theme and geographical area. The results from this survey are utilised for the ethnic group and sexual orientation sections.

Ethnicity

Figure 16. Percentage of Population by Response when questioned on their Ethnic Group



Source: *Scottish Survey Core Questions*, 2018 [Accessed: Jan. 2022]

'White: Other' includes 'White: Irish', 'White: Gypsy/Traveller' and 'White: Other White Ethnic Group'

** 'Asian' includes the categories Asian, Asian Scottish or Asian British

*** 'All other ethnic groups' includes categories within the 'Mixed or Multiple Ethnic Group', 'African', 'Caribbean or Black', and 'Other Ethnic Group' sections.

Definition of Sexual Orientation

The SSCQ survey use of the term Ethnic Group is primarily sourced from the Equality Act (2010). Within this act Ethnic Group is the self or community defined presentation of race. The survey questions focus on the sub-categories of colour, ethnicity, nationality and citizenship which, taken together, delineate Ethnic Group.⁵

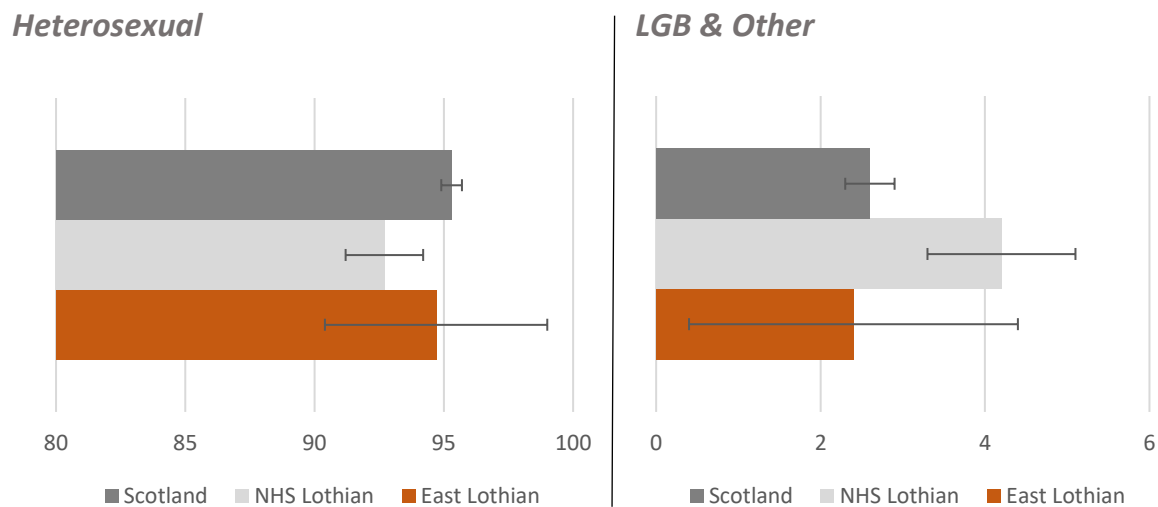
Within Figure 16 the largest categories for all geographical areas (East Lothian, Lothian, and Scotland) are White: Scottish and White: Other British. For White: Scottish and White: Other British, East Lothian has a profile similar to Scotland.

Lothian has a notably smaller percentage population within the White: Scottish population. All other ethnic groups are higher in Lothian with White: Other being particularly high when compared with Scotland.

Please note, due to the lower number of responses within East Lothian, the percentage of respondents defining their ethnic group can only be published in the "White: Scottish" and "White: Other British" categories. An asterisk (*) represents a population who were too small to be published publically.⁶

Sexual Orientation

Figure 17. Percentage of Census Feedback Responses when asked about Sexual Orientation for East Lothian, Lothian, Scotland



Source: *Scottish Survey Core Questions, 2018* [Accessed: Jan. 2022]

For the purposes of data utilised the definition of sexual orientation used by the Scottish Government is “...a combination of emotional, romantic, sexual or affectionate attraction or feelings towards another person. It is not just related to sex, but is also about a person's identity. How a person determines their sexual orientation can be based on any combination of the above attractions, feelings or behaviours. It can change over time and a person may not know what their sexual orientation is.”⁶

Survey responses in Figure 17 suggest that the majority of individuals defined themselves as Heterosexual (94.7%) and a minority define as LGB and Other (2.4%). Due to expected errors in collection, both groups can range in accuracy, with Heterosexual being between 90.4% and 99% and LGB and Other between 0.4% to 4.4%.

There is no distinct difference in “Heterosexual” or “LGB or Other” when comparing East Lothian to Lothian and Scottish population.

Notably, Lothian appears to have a significantly larger population of “LGB or Other” individuals than Scotland.

Long-Term Conditions

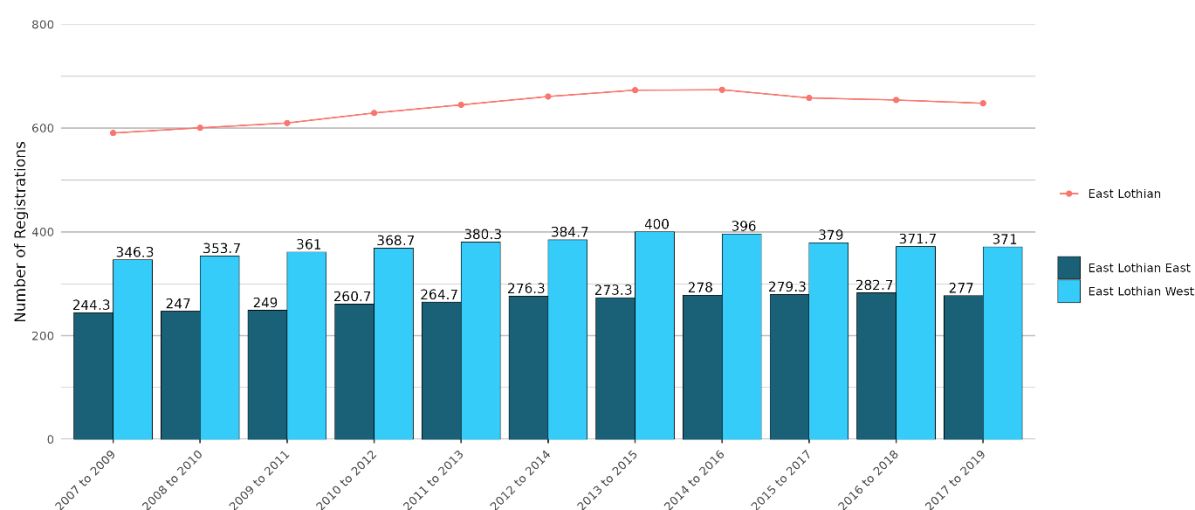
Cancer

Cancer is the uncontrolled growth and proliferation of cells around the body. Cancer can be stratified into different groups of which lung, prostate, colorectal, stomach and liver are the most common.⁸

Cancer Registrations

Cancer Registration is the collection, maintenance and management of data on every new diagnosis of cancer occurring in a population. In Scotland, approximately 55,000 cancer registrations are made annually. The Scottish Cancer Registry database holds over 1,800,000 records dating back to 1958, when the registry began.⁹

Figure 18. Number of Cancer Registrations within East Lothian

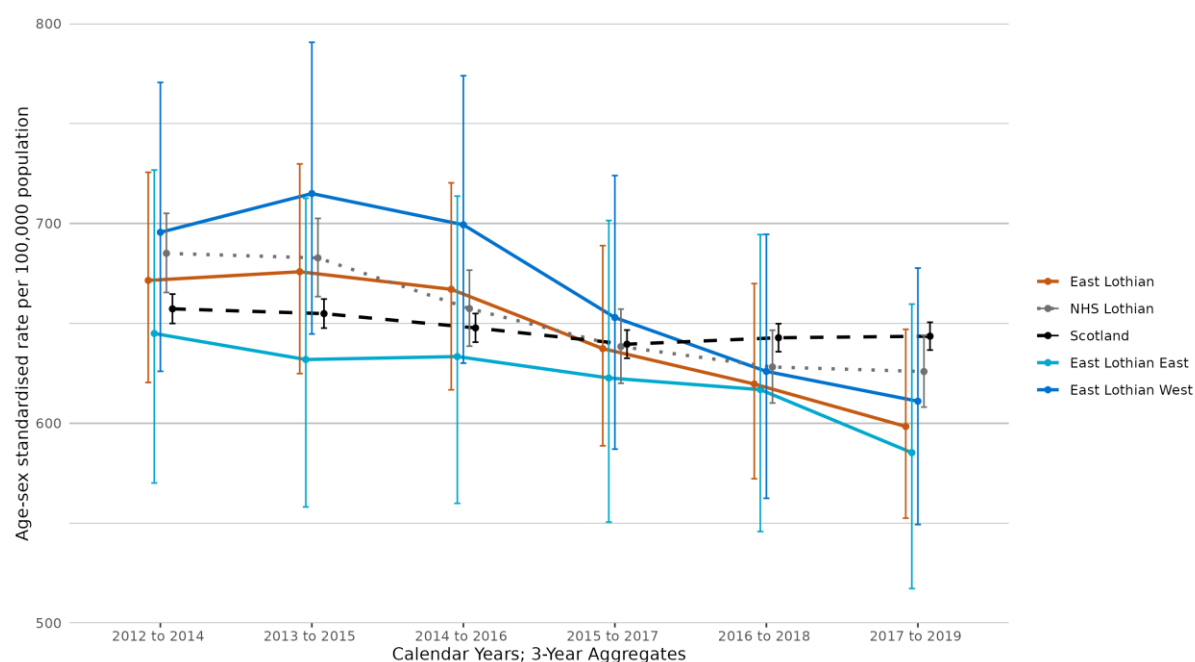


Source: [ScotPHO Profiles](#), [Accessed: Jan. 2022]

At the most recent point of recording (2017 to 2019) there were 648.0 cancer registrations within East Lothian, 277.0 in East Lothian East, 371.0 in East Lothian West.

The annual number of East Lothian cancer registrations steadily up to 2013-2015 and decreased until the most recent year (2017-2019).

Figure 19. Rate of Cancer Registrations within East Lothian



Source: [ScotPHO Profiles](#), [Accessed: Jan. 2022]

The rate per 100,000 population of cancer registrations within East Lothian and its localities, Lothian and Scotland is displayed in Figure 19.

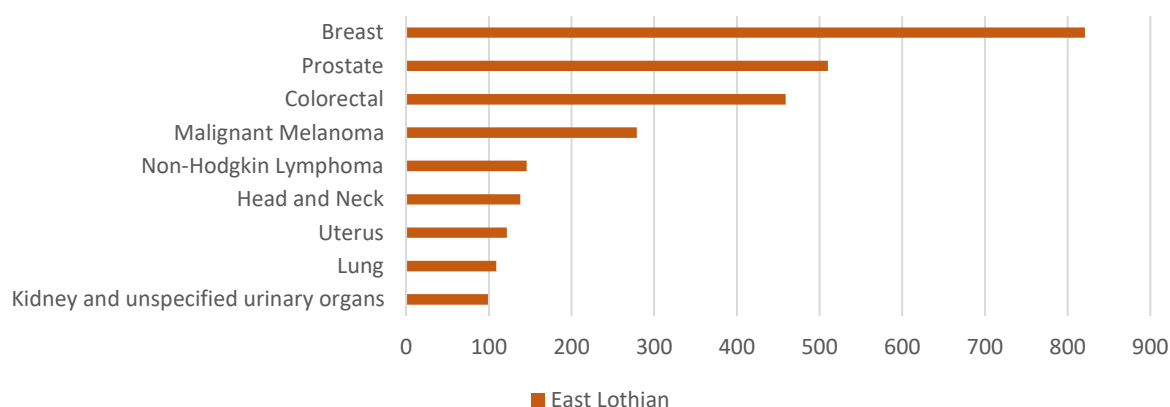
East Lothian and East Lothian West rates have followed a similar trend. East Lothian increased between 2007-2009 (659.8, 675.4) to 2013-2015 (675.8, 715.0), followed by a decrease to the most recent year of measurement (2017-2019 = 598.4, 611.1).

There are no statistically significant differences to report between all geographies as all confidence intervals overlap.

Cancer Prevalence

Figure 20. 20-year Cancer Prevalence by Cancer Type in East Lothian

20-year cancer prevalence by cancer type in East Lothian, 1991-2000

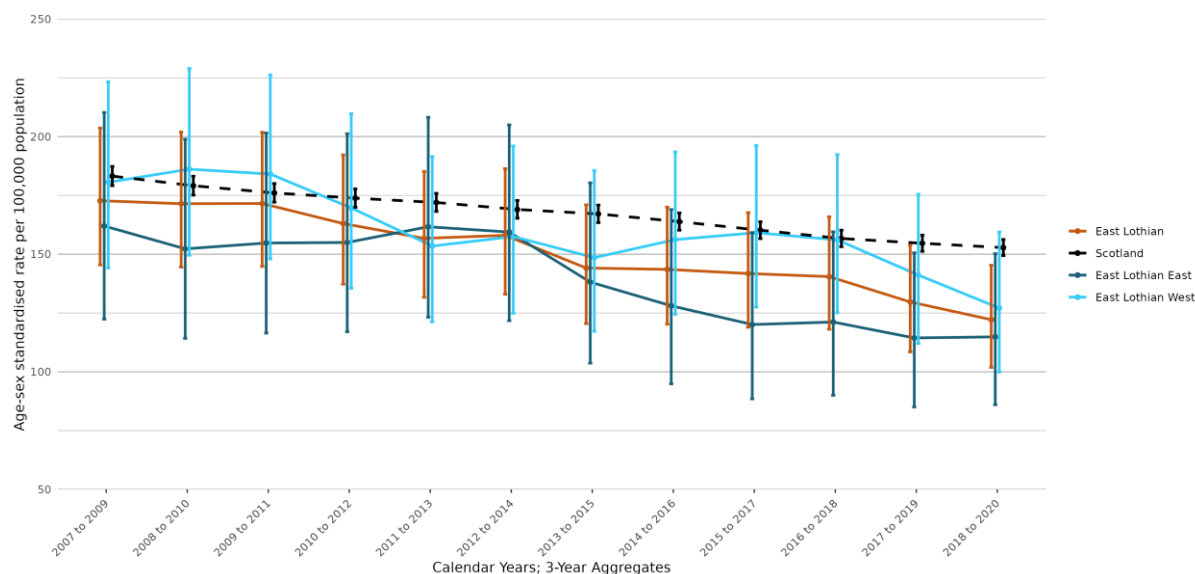


Source: [Macmillan-NCIN Cancer Prevalence Project](#), 2010 [Accessed: Jan. 2022]

Macmillan and NCIN (The National Cancer Registration and Analysis Service) collect information regarding cancer prevalence. Data was collected between 1991 and 2000, focusing on the type of cancer and how long the individual has lived since diagnosis. Figure 20 shows that within East Lothian the three most common types of cancer are "Breast" (821 cases), "Prostate" (510 cases), and "Colorectal" (459 cases) cancers which is different to the Scottish highest three of "Trachea, Bronchus and Lung" (5331 cases), "Breast" (4737 cases), and "Colorectal cancers" (3776 cases).

Mortality

Figure 21. Early Deaths from Cancer in Individuals Aged Under 75



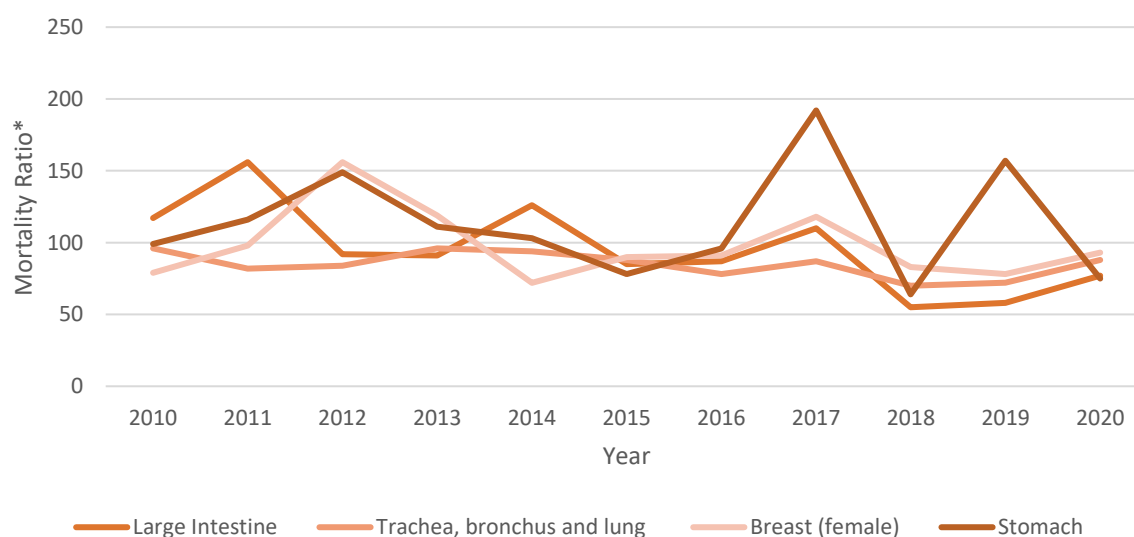
Source: [ScotPHO Profiles](#), [Accessed: Jan. 2022]

Figure 21 shows the rate of early cancer deaths in individuals aged under 75 in East Lothian and relevant geographies (East Lothian East, East Lothian West, Lothian, Scotland). From the period of 2007-2009 to 2018-2020, the rate of early cancer deaths has decreased in all included geographies.

East Lothian East and East Lothian West have had an inconsistent decrease over this period (East Lothian East = 162.0 to 114.9, East Lothian West = 180.6 to 127.1). East Lothian East has maintained a higher rate than East Lothian West in all but two years (2011-2013 and 2012-2014).

There has been no significant difference between East Lothian and its localities, however, the East Lothian rate is significantly lower than the Scottish population as at the latest year (2018-2020).

Figure 22. East Lothian Standardised Mortality Ratios for Malignant Neoplasms



Source: National Records of Scotland, [Deaths Time Series Data](#) [Accessed: Jan. 2022]

**Mortality Ratio = Age-sex Standardised Rate per 100,000 population*

Malignant neoplasms is an alternative name for uncontrolled cellular replication (cancer) which is likely to move beyond its site of origin (metastasise).¹⁰

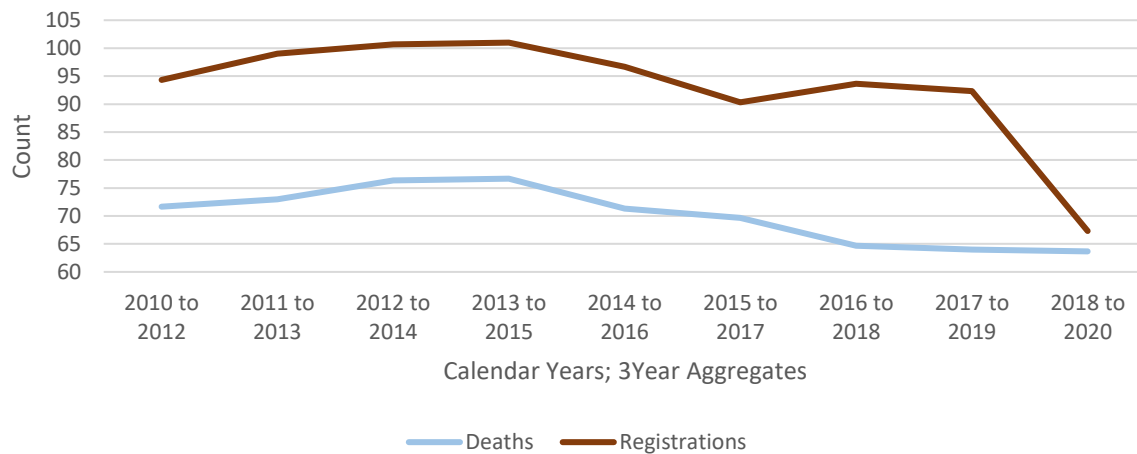
The mortality ratios for malignant neoplasms within East Lothian show yearly variation (between 50 and 200 per 100,000 population) and no consistent pattern (Figure 22).

Two of the highest ratios are seen in stomach cancer in 2017 (192 per 100,000 population) and 2019 (157 per 100,000 population).

Lung Cancer

The number of annual lung cancer registrations has risen between 2007-2009 (78) and 2017-2019 (92.3). Annual deaths have decreased over the same period of time from 68 to 63.7.

Figure 23. East Lothian Lung Cancer Registrations and Deaths



Source: [ScotPHO Profiles](#), [Accessed: Jan. 2022]

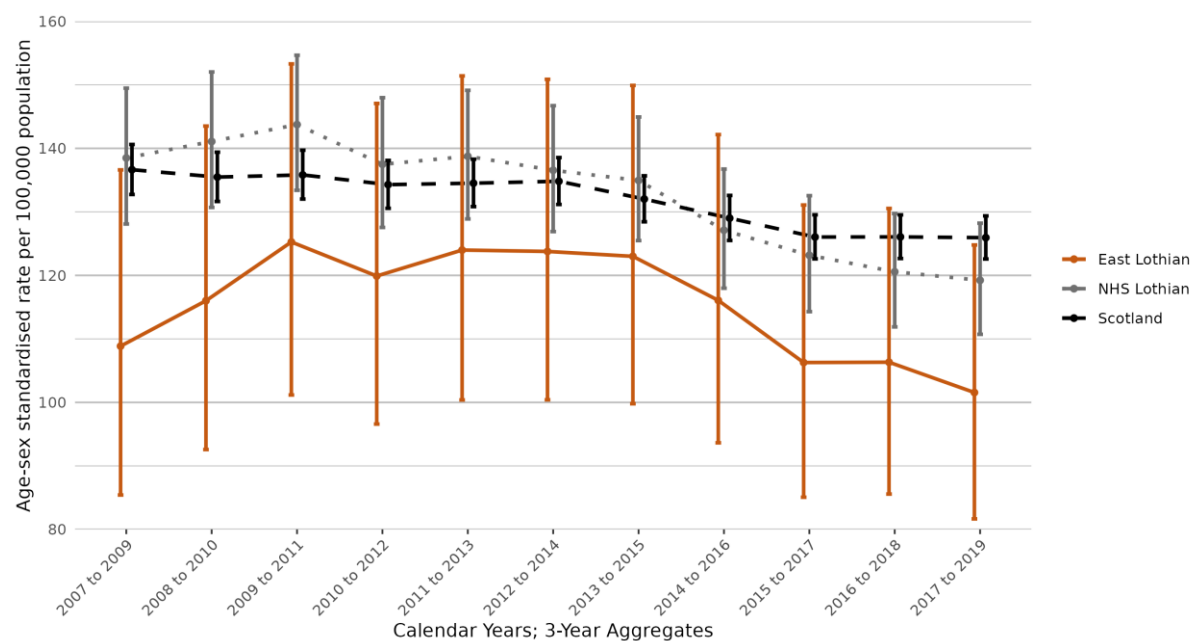
In Figure 23 the number of lung cancer registrations and deaths has decreased from 2010-2012 to 2018-2020 (Registrations = 94.3 to 67.3, Deaths = 71.7 to 63.3).

The number of deaths has decreased year-on-year from 2013-2015 (76.7) to the current year (2018-2020 = 63.3).

The largest decline in registrations occurred from 2017-2019 (92.3) to 2018-2020 (67.3). The latest year (2018-2020) has the smallest difference between registrations (67.3) and deaths (63.3).

Lung Cancer Registrations

Figure 24. Rate of Lung Cancer Registrations within East Lothian, Lothian and Scotland



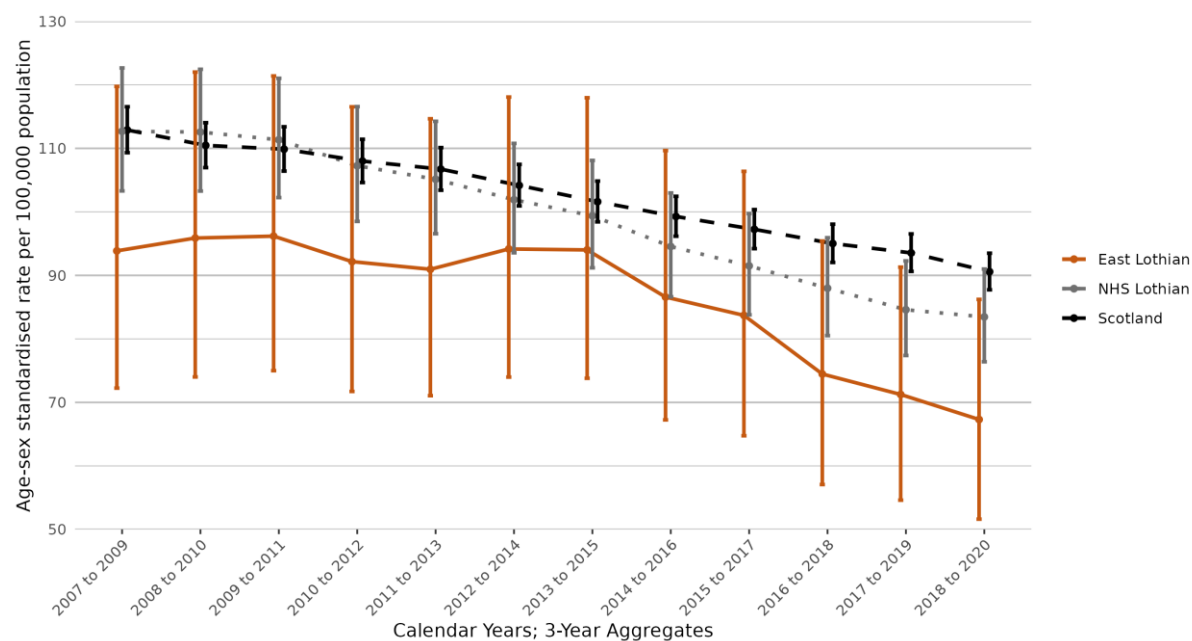
Source: [ScotPHO Profiles](#), [Accessed: Jan. 2022]

In Figure 24 the rate of lung cancer registrations in East Lothian has shown an overall decrease from 2007-2009 (93.9 per 100,000 population) to 2018-2020 (67.3 per 100,000 population). The peak rate of registrations was present in 2009-2011 (96.2 per 100,000 population).

There is no distinction between East Lothian and Lothian or Scotland lung cancer registrations for all periods of measure.

Lung Cancer Deaths

Figure 25. Rate of Lung Cancer Deaths within East Lothian, Lothian and Scotland



Source: [ScotPHO Profiles](#), [Accessed: Jan. 2022]

The rate of lung cancer deaths has decreased in all geographies in Figure 25. East Lothian has decreased from 93.7 per 100,000 population (2007 to 2009) to 67.31 per 100,000 population (2018 to 2020).

The most recent time point is the only year in which East Lothian is distinct from another geography as it is significantly lower than the Scotland rate.

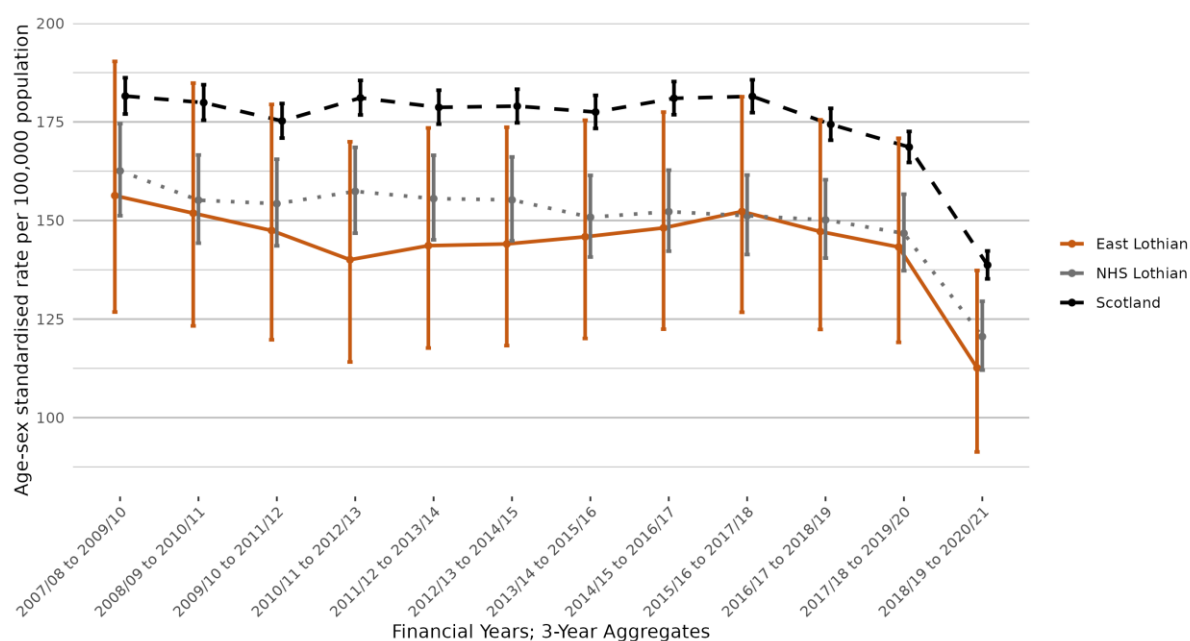
Respiratory Conditions

*'Chronic Obstructive Pulmonary Disease (COPD) is a collective name for lung diseases that involve chronic airflow obstruction, like chronic bronchitis, emphysema and chronic obstructive airways disease.'*¹¹

COPD Incidence

The East Lothian total incidence of COPD has decreased from initial measurements (2007/08-2009/10, 109.3) to the current year (2018/19-2020/21, 100.7) by 8.6. The peak incidence was recorded in 2017/18-2019/20 (130).

Figure 26. Rate of Chronic Obstructive Pulmonary Disease (COPD) Incidence by Scotland, Lothian, and East Lothian



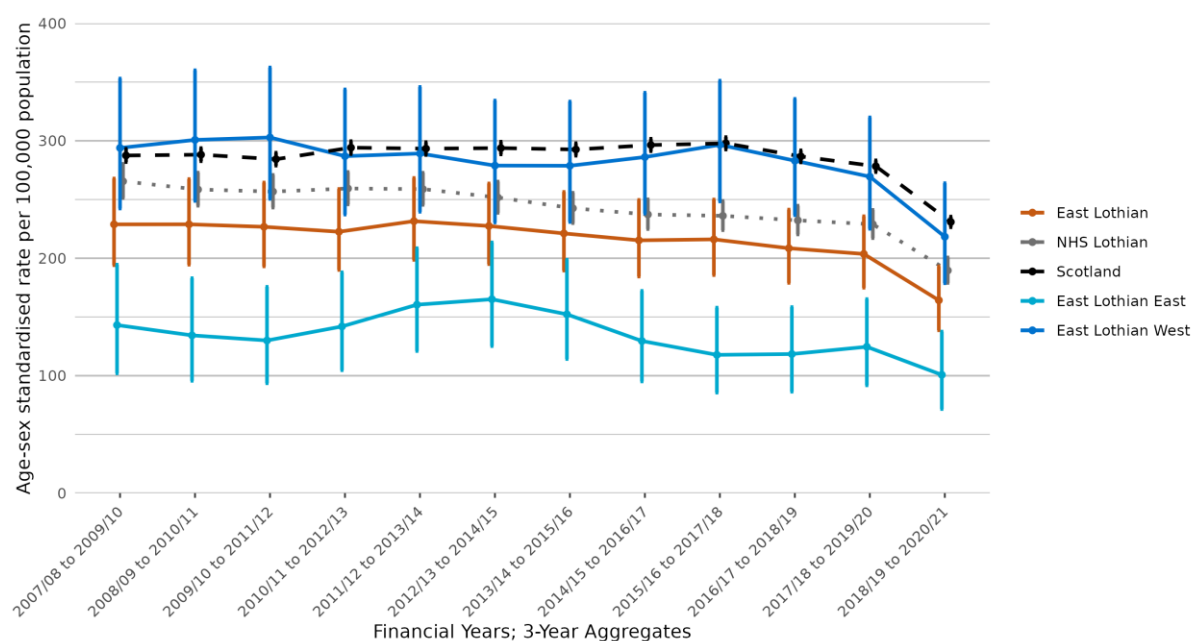
Source: [ScotPHO Profiles](#), [Accessed: Jan. 2022]

Similar to the total, the rate of COPD incidence present in Figure 26 has decreased within East Lothian when comparing 2007/08-2009/10 (156.3 per 100,000 population) and 2018/19-2020/21 (112.6 per 100,000 population).

Lothian is significantly lower than the Scottish population for all years included in Figure 26. East Lothian is consistently lower than Scotland for all years but only shows significant difference from Scotland between 2009/10-2011/12.

COPD Hospitalisations

Figure 27. Rate of Chronic Obstructive Pulmonary Disease (COPD) Patient Hospitalisations by Scotland, East Lothian, and East Lothian Partnerships



Source: [ScotPHO Profiles](#), [Accessed: Jan. 2022]

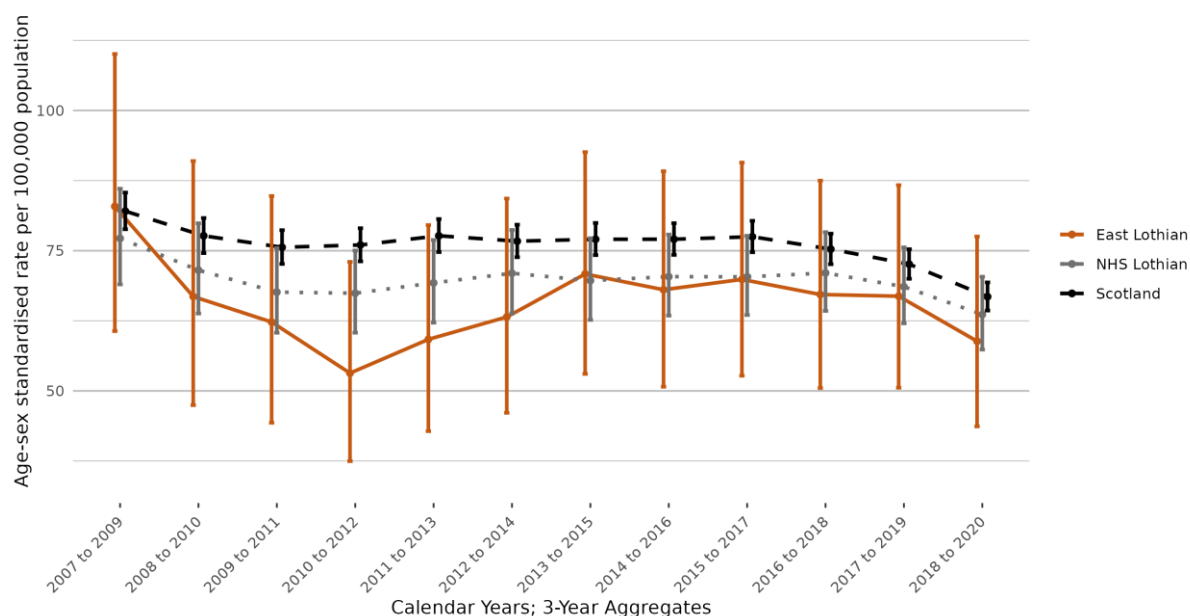
Figure 29 shows the rates of COPD hospitalisations within East Lothian and its Localities.

The most recent year is 164.2 per 100,000 population, the lowest rate of hospitalisations recorded for East Lothian (2018/19-2020/21). Figure 27 shows that East Lothian East is significantly lower in COPD hospitalisation rate than all geographies for the recorded period, other than East Lothian. East Lothian shows distinction from the East Lothian East rate in 5 years.

COPD Mortality

The total number of deaths from COPD in East Lothian has marginally decreased between 2007-2009 (55) and 2018-2020 (52.3). During this period the highest and lowest number of deaths were recorded in 2017-2019 (59.3) and 2010-2012 (40.7), respectively.

Figure 28. Rate of Chronic Obstructive Pulmonary Disease (COPD) Deaths by Scotland, Lothian, and East Lothian



Source: [ScotPHO Profiles](#), [Accessed: Jan. 2022]

In Figure 28, there is no significant difference in the COPD death rate between East Lothian, Lothian, and Scotland. The number of deaths in East Lothian decreased yearly until 2010-2012 at which point it reached the lowest death rate recorded (53.2 per 100,000 population), followed by an increase until 2013-2015 where the mortality rate matches Lothian and Scotland.

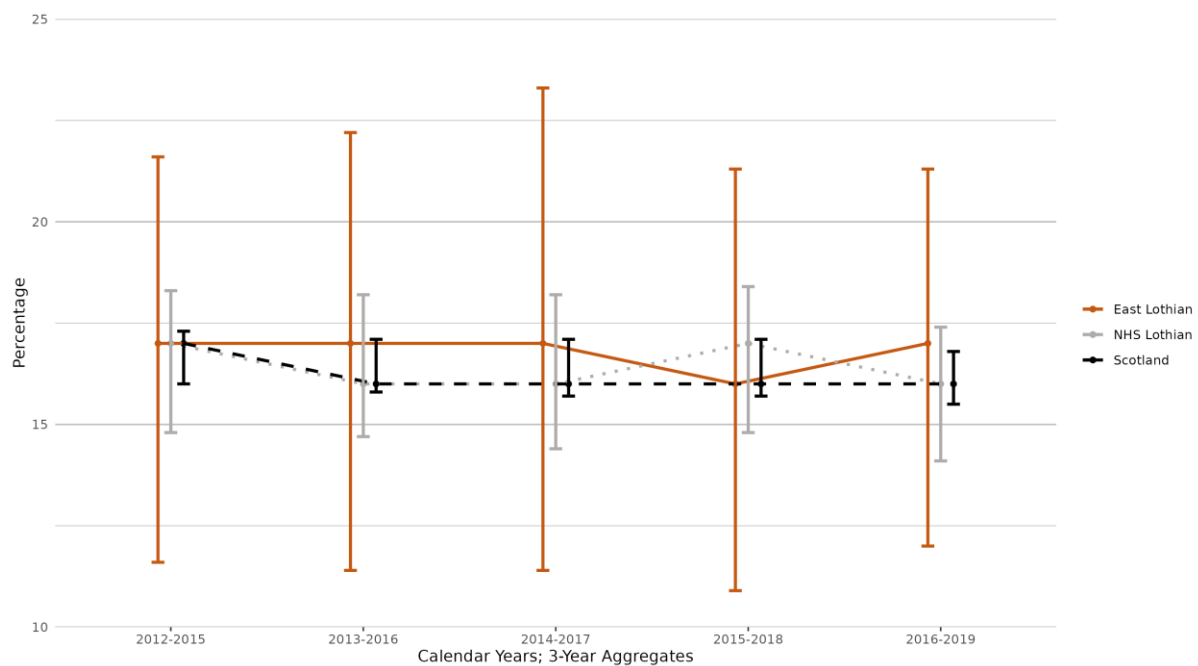
Asthma

*'Asthma is a long-term condition that affects the lungs. Often starting in childhood, asthma causes swelling and narrowing of small tubes that carry air in and out of the lungs, causing coughing and shortness of breath. Asthma is very common, affecting 2 out of every 10 people in Scotland. Over 5 million people in the UK require treatment for asthma.'*¹²

Doctor-diagnosed Asthma

At the latest year (2016-2019), there were 362 doctor diagnosed cases of asthma within East Lothian, an increase from the first point of measure (248 cases) in 2012-2015.

Figure 29. Percentage of Doctor Diagnosed Asthma within East Lothian, Lothian, and Scotland



Source: [Scottish Health Survey](#) [Accessed: May 2022]

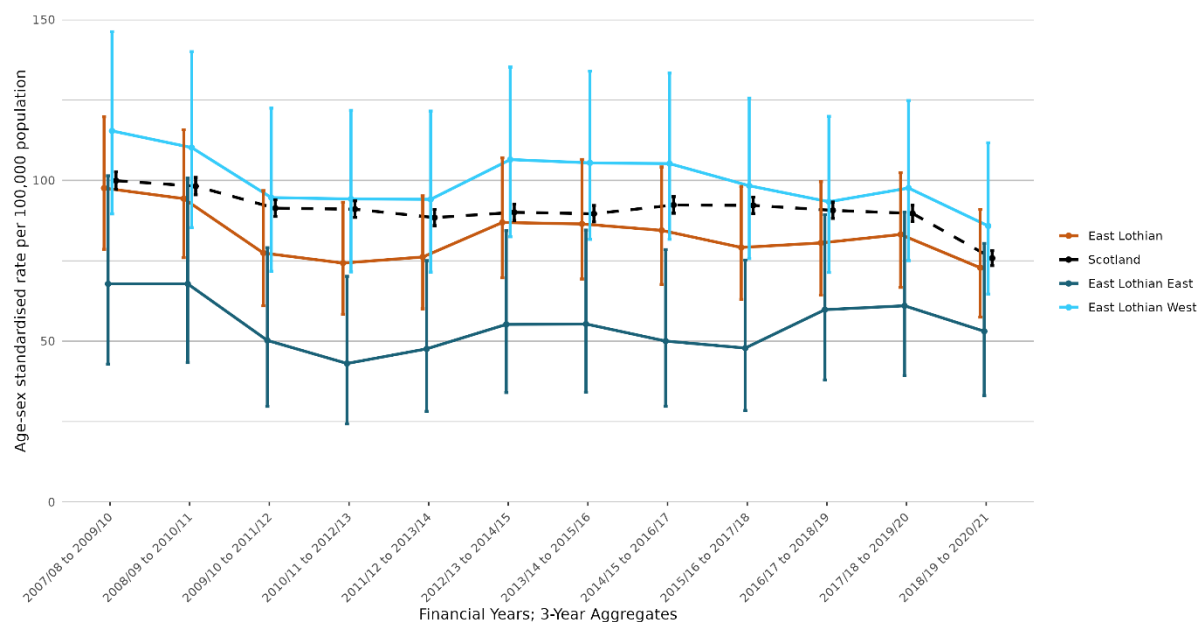
As seen in Figure 29, there is no statistical difference between the percentage of doctor-diagnosed Asthma in East Lothian and other geographies of interest (Lothian and Scotland).

East Lothian has undergone little variation in percentage of population with doctor diagnosed asthma. 2015-2018 is the only year in which the percentage of population diagnosed dropped below the regular 17% to 16%.

Hospitalisations

At the latest point of recording (2018/19 to 2020/21) East Lothian recorded 78.7 asthma hospitalisations.

Figure 30. East Lothian Asthma Patient Hospitalisations



Source: [ScotPHO Profiles](#), [Accessed: Jan. 2022]

Figure 30 shows East Lothian East is the only geography to increase in the rate of asthma hospitalisations. Other geographies (East Lothian and East Lothian West) have decreased over this time, shortly after a peak from 2012/13 to 2016/17.

Over the past 10 years there has been no statistical difference between the rates of East Lothian or its Locality populations for asthma hospitalisations. Notably, East Lothian East had a statistically lower number of asthma hospitalisations than Scotland from 2009/10 – 2011/12 to 2015/16 – 2017/18

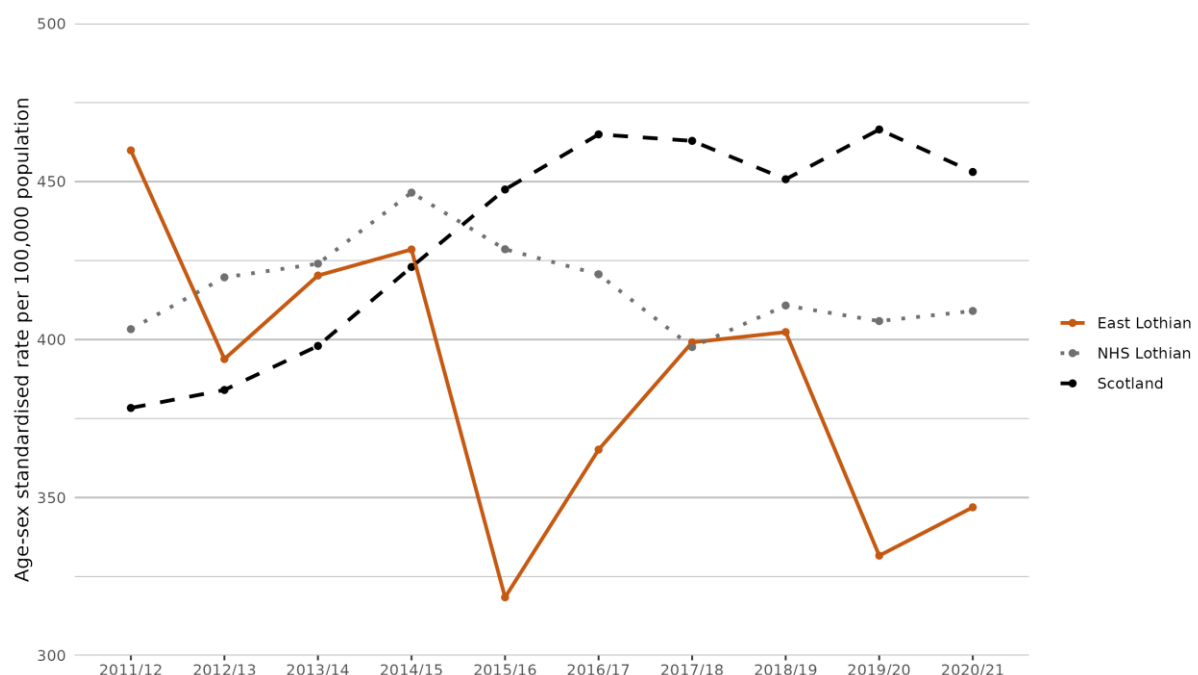
Stroke

*'A stroke is a serious, life-threatening medical condition that occurs when the blood supply to part of the brain is cut off. Stroke remains the third biggest killer in Scotland and the leading cause of disability. There were 15,000 strokes in Scotland in 2016 and 4,400 deaths.'*¹³Stroke Activity

The activity figures of the cited Stroke statistics are based on discharge date so all discharges, including deaths, within the specific time period will be included.

At the most recent financial year (2020/21), there have been 393 stroke discharges within East Lothian. The number of discharges has ranged widely in East Lothian, from 316 (2015/16) to 436 (2018/19) over 10 years. During this period there has been a total of 3,923 stroke discharges within East Lothian.

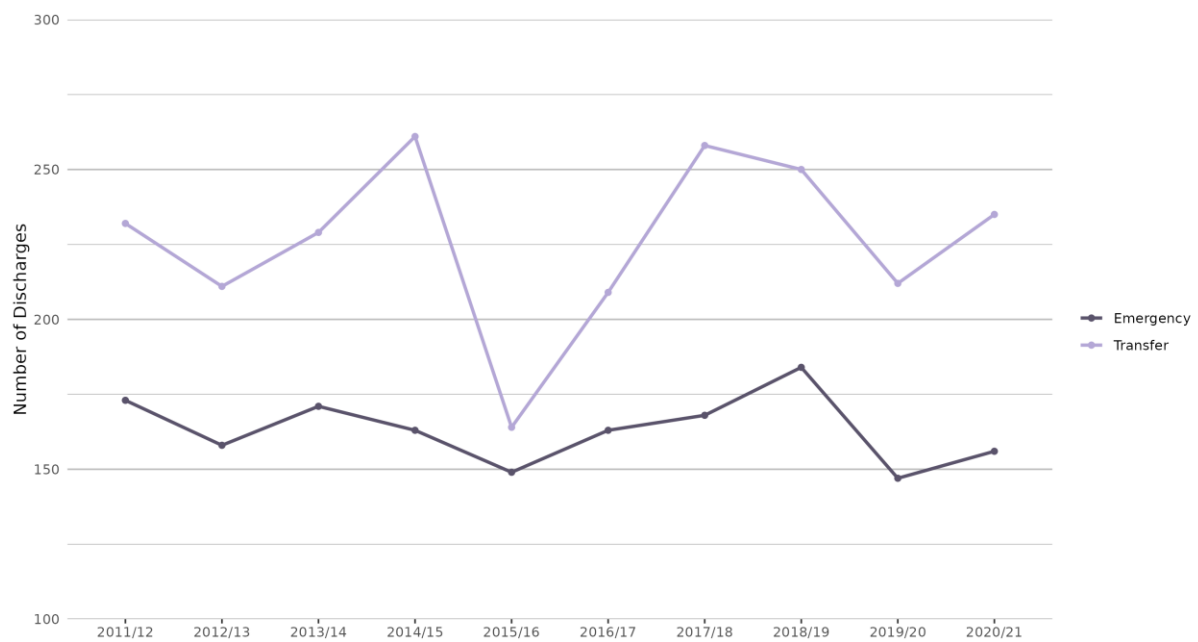
Figure 31. Annual Rate of Stroke Discharges within East Lothian, Lothian, and Scotland



Source: NHS Open Data, [Stroke Statistics](#), [Accessed: Jan. 2022]

Annually, stroke discharges have had variable trends in rates between East Lothian, Lothian and Scotland (Figure 31). From the period from 2011/12 to 2020/21 the rate of stroke discharges in East Lothian has decreased from 459.9 per 100,000 population to 346.9 per population. In this same period Lothian has shown a minor increase (403.3 to 409.0) while Scotland has shown a larger increase (378.4 to 453.0). East Lothian has experienced the lowest rate of all geographies, 318.4 per 100,000 population in 2015/16.

Figure 32. Yearly Rate of East Lothian Stroke Activity (Discharges) by Admission Type



Source: NHS Open Data, [Stroke Statistics](#), [Accessed: Jan. 2022]

For all financial years, the highest number of discharges within East Lothian has been Transfer, followed by Emergency. At 2020/21 the number of discharges for Transfer is 235, for Emergency is 156 and a minor number were Elective (2).

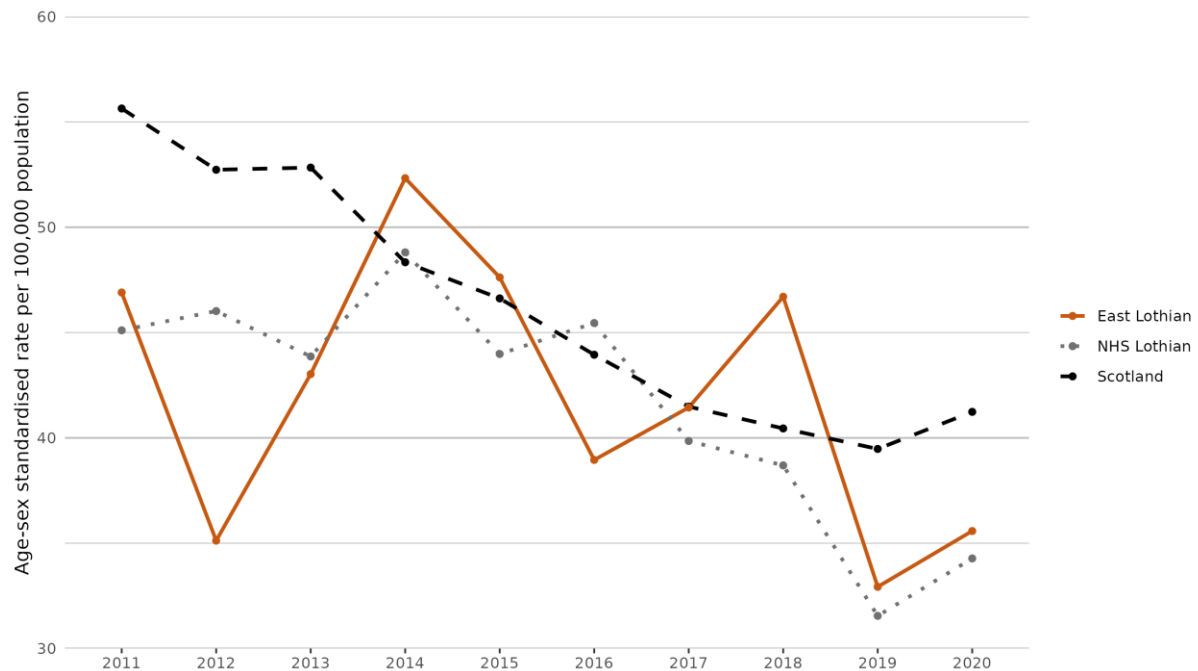
In Figure 32, Emergency rates show little variation, whereas, the Transfer group shows a dip in 2015/16 which then increases up to 2017/18 to match the previous trend.

Stroke Mortality

Stroke deaths are recorded as all deaths in which the cause of death was stroke and is not linked to any previous admissions.

Since 2011 there have been 417 stroke deaths within East Lothian. In this time the number of deaths have ranged between 37 (2012) and 51 (2014) deaths per year.

Figure 33. Yearly Rate of Stroke Deaths in East Lothian, Lothian and Scotland



Source: NHS Open Data, [Stroke Statistics](#), [Accessed: Jan. 2022]

In Figure 33 the Annual stroke death rates within East Lothian have been highly variable but have shown an overall decrease from 2011 (46.9 per 100,000 population) to 2020 (35.6 per 100,000 population). The highest recorded death rate was in 2014 (52.3 per 100,000 population) and the lowest was in 2019 (32.9 per 100,000 population).

A more consistent downward trend in rate from 2011 to 2020 has been present in Scotland and Lothian.

Coronary Heart Disease

*'Coronary heart disease (CHD) is caused when the heart's blood vessels, the coronary arteries, become narrowed or blocked and cannot supply enough blood to the heart.'*¹⁴

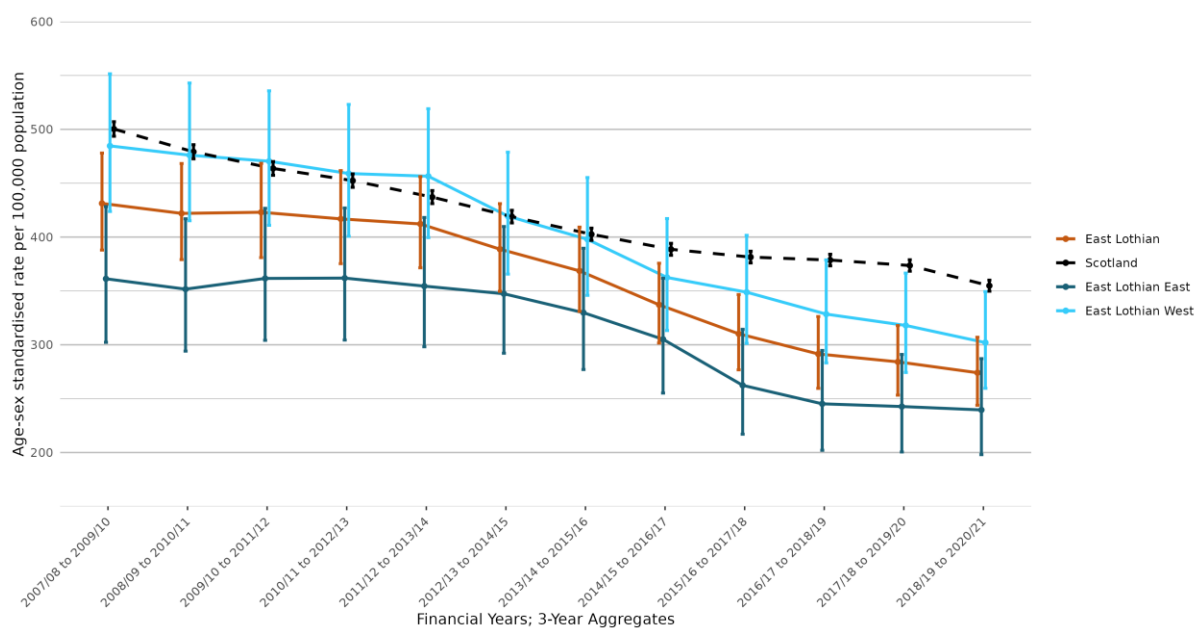
*'Despite a substantial reduction in the rate of death from coronary heart disease over the last decade, it remains one of the leading causes of death in Scotland (ref. Health of Scotland's population - Mortality Rates).'*¹⁵

*'In 2016, there were 6,697 deaths in Scotland where CHD was the underlying cause.'*¹⁶ Scotland has a high prevalence of the risk factors associated with heart disease, such as smoking, poor diet and physical inactivity. Overall, it is estimated that in Scotland around 6.7% of men and 4.2% of women are living with CHD. Treating and preventing heart disease is a national clinical priority for Scotland.¹⁷

Coronary Heart Disease Hospitalisations

CHD hospitalisations within East Lothian have decreased from 2007/08-2009/20 (382.3) to 2018/19-2020/21 (305.0). At the most recent yearly aggregate, East Lothian West had 186 hospitalisations and East Lothian East had 119 hospitalisations.

Figure 34. Coronary Heart Disease (CHD) Patient Hospitalisations



Source: [ScotPHO Profiles](#), [Accessed: Jan. 2022]

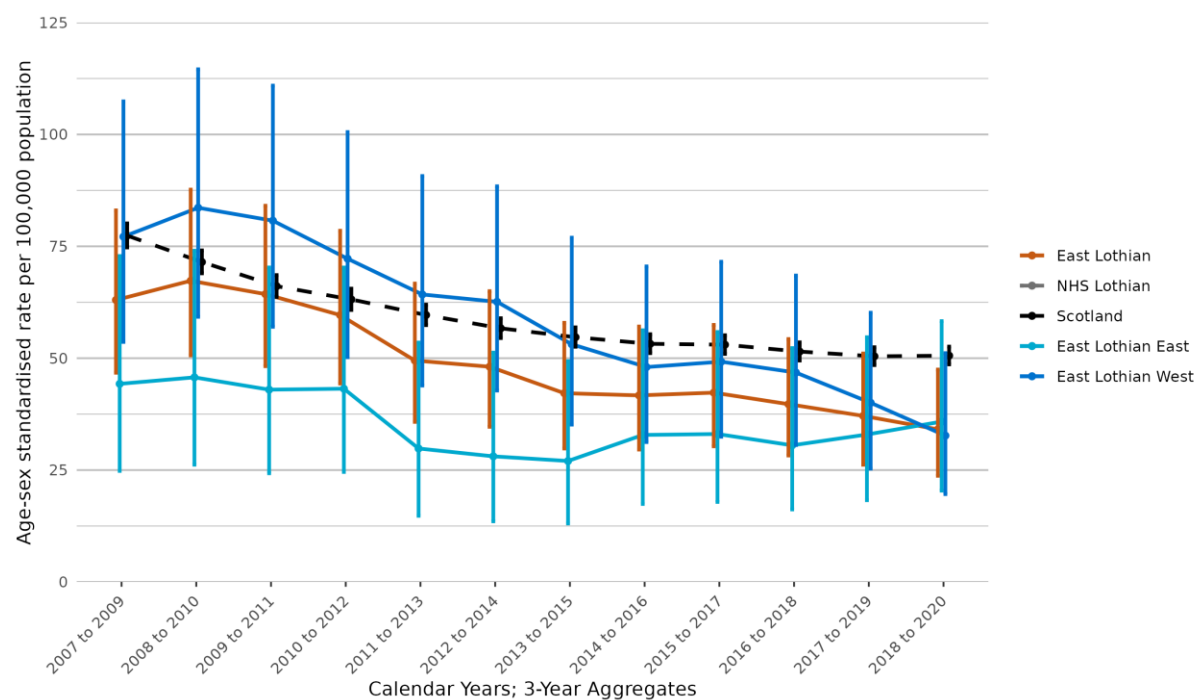
Figure 34 shows that the rate of coronary heart disease hospitalisations has decreased in all geographical areas of interest from 2007/08 – 2009/10 to the most recent 3-year aggregates (2018/19 – 2020/21).

East Lothian has a significantly lower rate compared to Scotland during two periods, from 2007/08-2009/10 to 2008/09-2010/11 and 2014/15-2016/17 to 2018/19-2020/21. There is no statistical difference between East Lothian and its localities.

Coronary Heart Disease Deaths

The average number of CHD deaths has decreased from 2007-2009 (50.7) to 2018-2020 (35). At the most recent point of measure (2018-2020) there were 19 and 16 deaths in East Lothian West and East Lothian East, respectively.

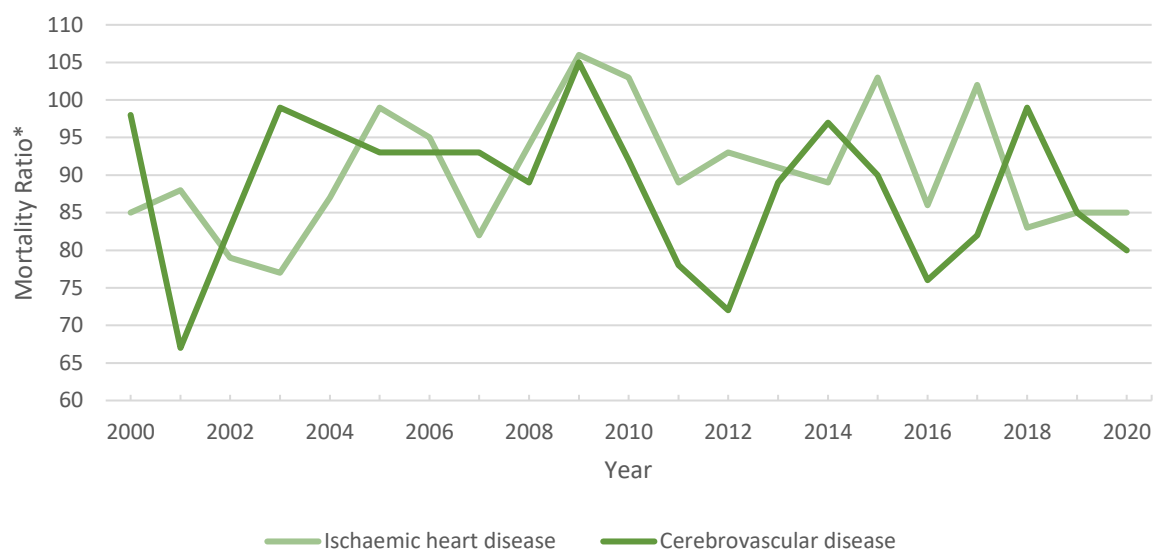
Figure 35. Early Deaths from Coronary Heart Disease (aged >75)



Source: [ScotPHO Profiles](#), [Accessed: Jan. 2022]

Figure 35 shows the rate of CHD deaths by geographical area. The most recent year (2018 to 2020) is the first year in which the rate of East Lothian deaths have been statistically lower than the Scotland rate (East Lothian = 34.1 per 100,000 population, Scotland = 50.6 per 100,000 population). There is no statistical difference between East Lothian's localities.

Figure 36. East Lothian Standardised Mortality Ratios for Heart Disease



Source: National Records of Scotland, [Deaths Time Series Data](#) [Accessed: Jan. 2022]

*Mortality Ratio = Age-sex Standardised Rate per 100,000 population

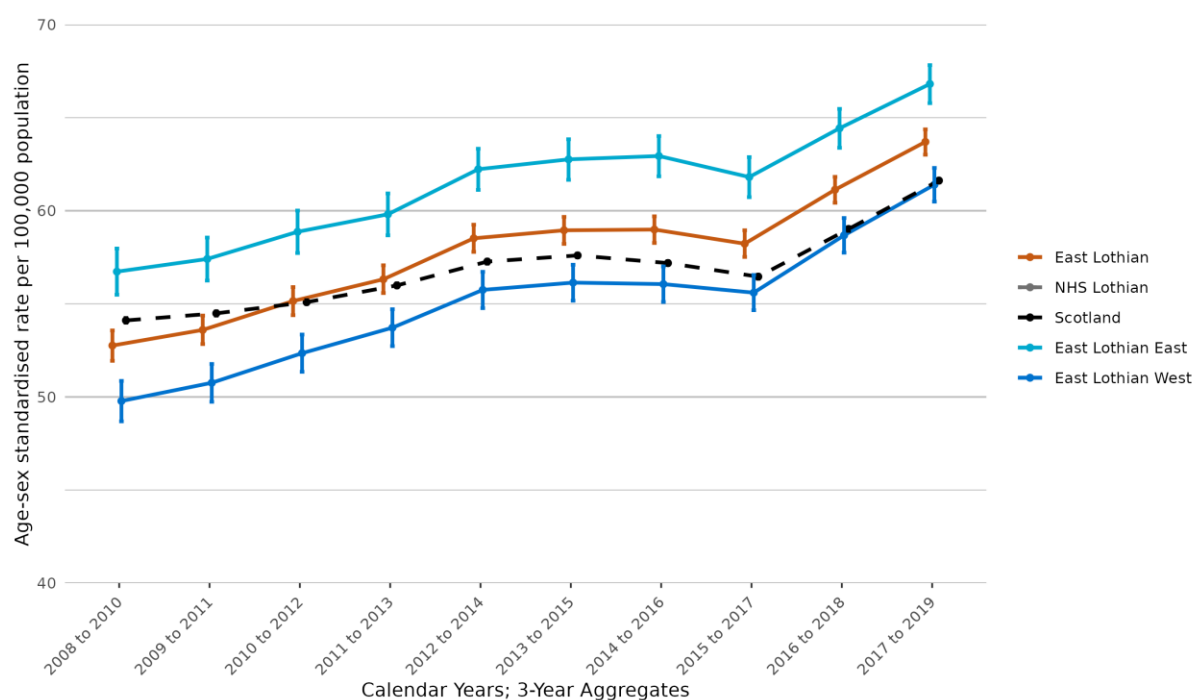
In Figure 36 the ratios within East Lothian for ischaemic heart disease and cerebrovascular disease have shown high variability between 2000 and 2020. Ischaemic heart disease has ranged from 67 (2001) to 92 (2010) and cerebrovascular disease has ranged from 77 (2003) to 105 (2009). At the most recent year (2020) the mortality ratio is 85 for ischaemic heart disease and 80 for cerebrovascular disease.

Bowel Screening Uptake

Bowel screening is a method of early detection for bowel cancers. The Faecal Immunochemical Test (FIT) (which all adults in Scotland over 50 are invited to take each year) detects the presence of blood within a patient's stool sample. This method of early detection of abnormalities can improve outcomes for those at risk of bowel cancer. The cohort tested includes people aged 50 and above who are invited for testing.

As at 2017-2019, there were on average 12,213 bowel screenings within East Lothian, 5,443 within East Lothian East and 6,770, within East Lothian West. East Lothian uptake has increased by 4,681 since 2008-2010, a 38.3% increase.

Figure 37. Rate of Bowel Screening Uptake



Source: [ScotPHO Profiles](#), [Accessed: Jan. 2022]

In Figure 37 the difference between East Lothian partnership and its localities are statistically significant for all years, with the order from high to low being East Lothian East, East Lothian, and East Lothian West. East Lothian was statistically lower than Scotland's uptake in 2008-2010 but has overtaken Scotland from 2012-2014 onwards.

East Lothian and its localities and Scotland follow a similar annual trend resulting in an overall increase in bowel screening uptake.

Diabetes

Diabetes is a metabolic disease characterized by elevated levels of blood glucose (or blood sugar), which leads over time to serious damage to the heart, blood vessels, eyes, kidneys, and nerves.

*'The Scottish Diabetes Survey 2017, reported 298,504 people diagnosed with diabetes in Scotland at the end of 2017.'*¹⁹

Type 1 Diabetes

*'Type 1 diabetes, once known as juvenile diabetes or insulin-dependent diabetes, is a chronic condition in which the pancreas produces little or no insulin by itself.'*¹⁸

*'In the Scottish Diabetes Survey 2017, Type 1 diabetes accounted for 11% of cases where the type was recorded.'*¹⁹

Type 2 Diabetes

*'The most common is type 2 diabetes, usually in adults, which occurs when the body becomes resistant to insulin or does not make enough insulin.'*¹⁸

'In the Scottish Diabetes Survey 2017, 88.2% (263,271) were recorded as having type 2 diabetes and 10.5% (31,447) type 1 diabetes.'^{18**}

**** Figure with East Lothian data to follow.**

Physical Impairment

Hearing Loss

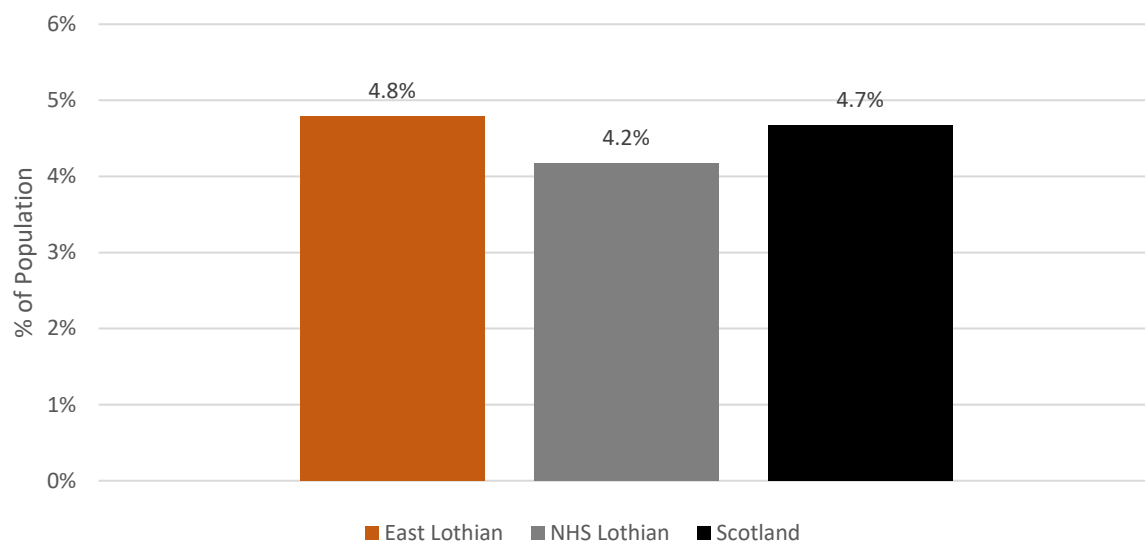
Hearing loss is a common problem that often develops with age or is caused by repeated exposure to loud noises. Action on Hearing Loss estimates that there are more than 10 million (about 1 in 6) people in the UK with some degree of hearing impairment or deafness. Hearing loss can occur suddenly, but usually develops gradually.²⁰

Blindness

'The statutory definition for the purposes of registration as a "blind" person under the National Assistance Act (1948) is that the person is "so blind as to be unable to perform any work for which eyesight is essential."²¹

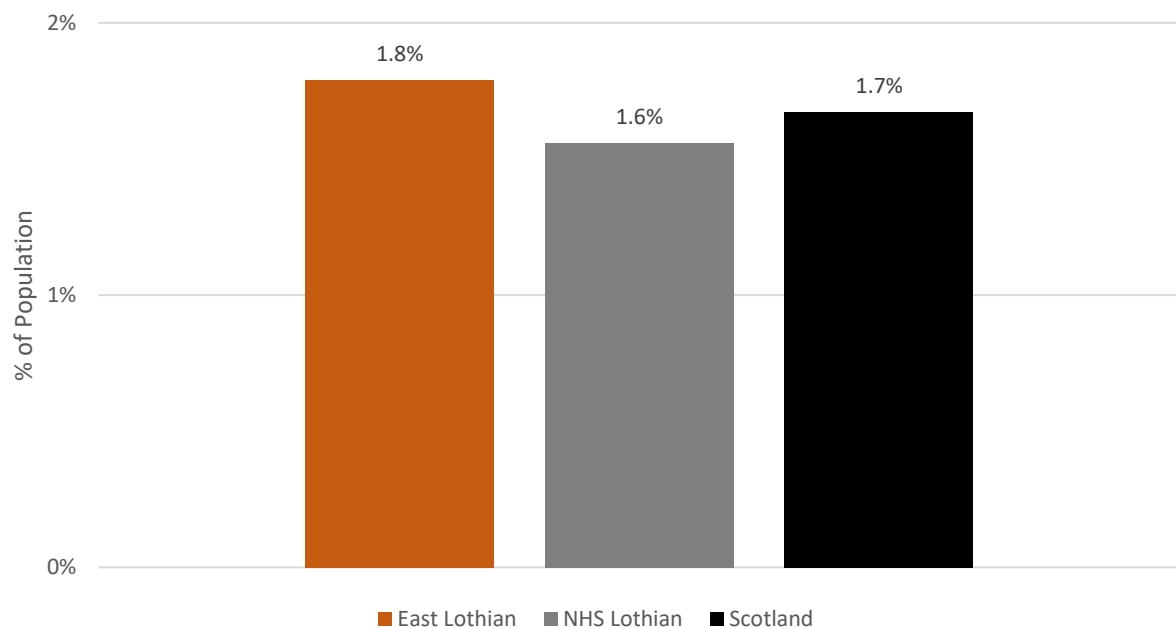
'To date, there is no data which accurately identifies the number of people in Scotland who have low vision. The best estimate is provided by Scottish Government registration data statistics. These were last published in 2010 and show 34,492 people are registered blind or partially sighted. However, as registration is optional, this number underestimates the true picture. Indeed, it has been suggested that registration data may only reflect 23-38% of eligible people.'²¹

Figure 38. Percentage of Population with Deafness or Partial Hearing Loss by Geography



Source: [Scottish Survey Core Questions](#), [Accessed: Jan. 2022]

Figure 39. Percentage of Population with Blindness or Partial Sight Loss by Geography



Source: [Scottish Survey Core Questions](#), [Accessed: Jan. 2022]

In Figure 38 and Figure 39 the East Lothian population has the highest percentage of individuals living with Deafness or Partial Hearing Loss (DPHL) (4.8%) and Blindness or Partial Sight Loss (BPSL) (1.8%) when compared to Lothian and Scotland.

Importantly, the lack of confidence intervals means we are unable to determine whether there is a significant difference between the geographical populations (East Lothian, Lothian, and Scotland).

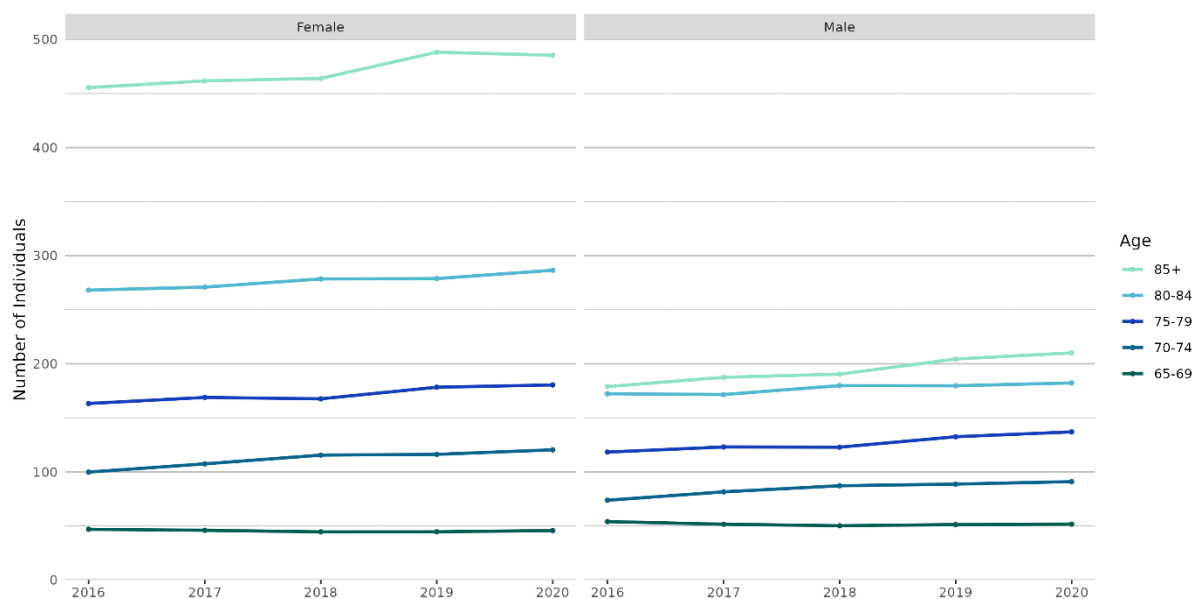
Alzheimer's and Dementia

*'Dementia is the name for a group of symptoms associated with an ongoing decline of brain functioning. It can affect memory, thinking skills and other mental abilities. Alzheimer's is a specific diagnosis which is included under the general term Dementia.'*²²

Prevalence

The most recent estimates included in the Scottish Government's publication "National Dementia Strategy: 2017 – 2020" cite the number of individuals living with Dementia in Scotland as 90,000.²³

Figure 40. Estimated Prevalence of Dementia in East Lothian by age, based on 2017 EuroCoDe and Harvey Study Figures



Source: [Alzheimer's Scotland](#) [Accessed: Mar. 2022]

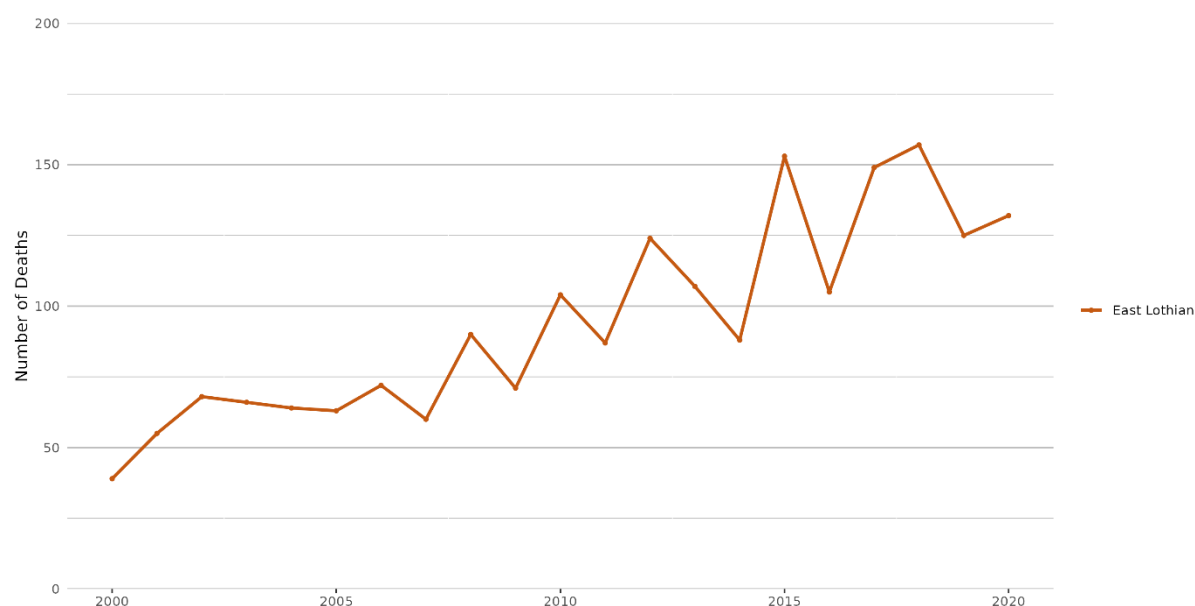
The prevalence of Dementia within the East Lothian population in Figure 40 was determined by applying 2017 EuroCoDe and Harvey Study figures to East Lothian populations (See Appendix D for further details and figures).²⁴ The figures are crude estimations and do not account for local variance.

From this study 8,554 East Lothian residents are estimated to have been affected by Dementia between 2016 and 2020.²⁵ Across this period, the yearly average of individuals in East Lothian suffering from these conditions is 1,077 females and 634 males. This disparity by sex in Dementia prevalence is seen internationally.²⁵

Figure 40 shows that as an individual's age increases their likelihood of contracting Dementia increases. Age appears to have a more pronounced impact on females than males. In males, there is a consistent and small difference between age groups, whereas the female population shows larger susceptibility to Dementia above the age group 75-79.

The same EuroCoDe and Harvey Study estimates were used across all years, therefore, the yearly increase seen in figure 44 for both male and female populations is due to population increases.

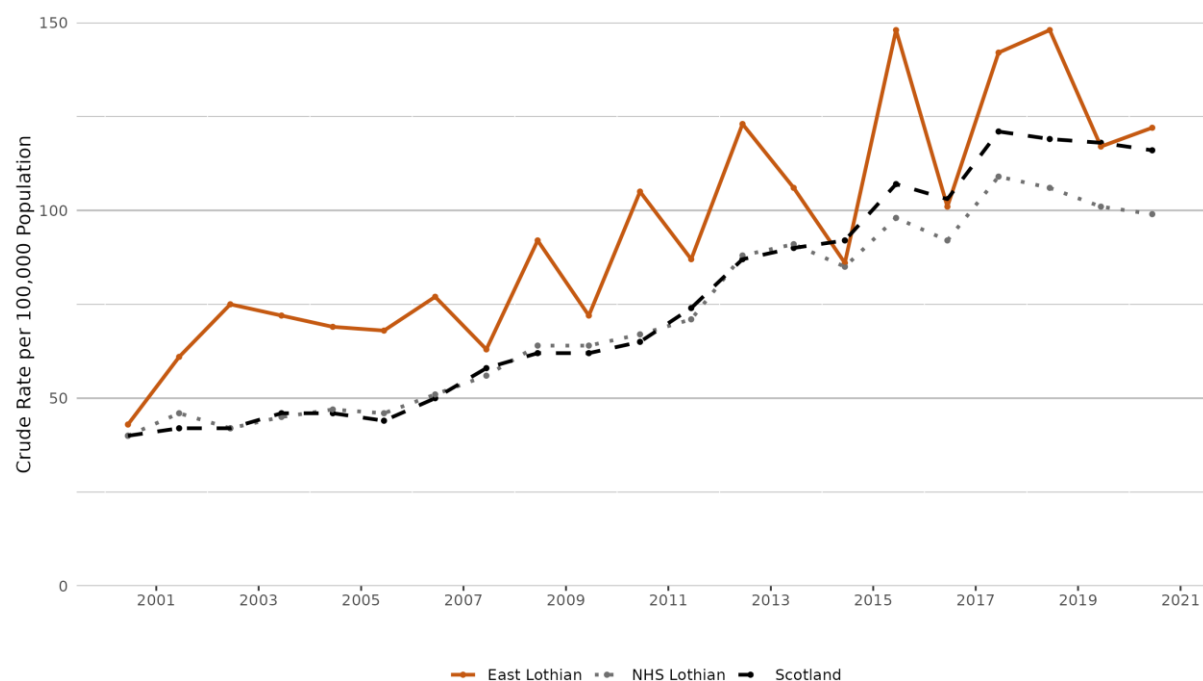
Figure 41. Deaths from Alzheimer's Disease and Other Dementia in East Lothian



Source: [National Records of Scotland](#) [Accessed: Mar. 2022]

As seen in Figure 41 from 2000 to 2020 the number of annual deaths in East Lothian from Alzheimer's Disease and Other Dementia has risen from 39 to 132. The reason for the increasing number of deaths is unknown, however, a recent Scottish Government report investigated the drivers of Scottish excess deaths involving Dementia (including Alzheimer's).²⁶

Figure 42. Crude Rates of Alzheimer's Disease and Other Dementia Deaths



Source: [National Records of Scotland](#) [Accessed: Mar. 2022]

The number of Alzheimer's and other dementia deaths has increased within East Lothian (183.7% since 2000) Lothian (147.5% since 2000) and Scotland (190% since 2000). Figure 42 shows that the

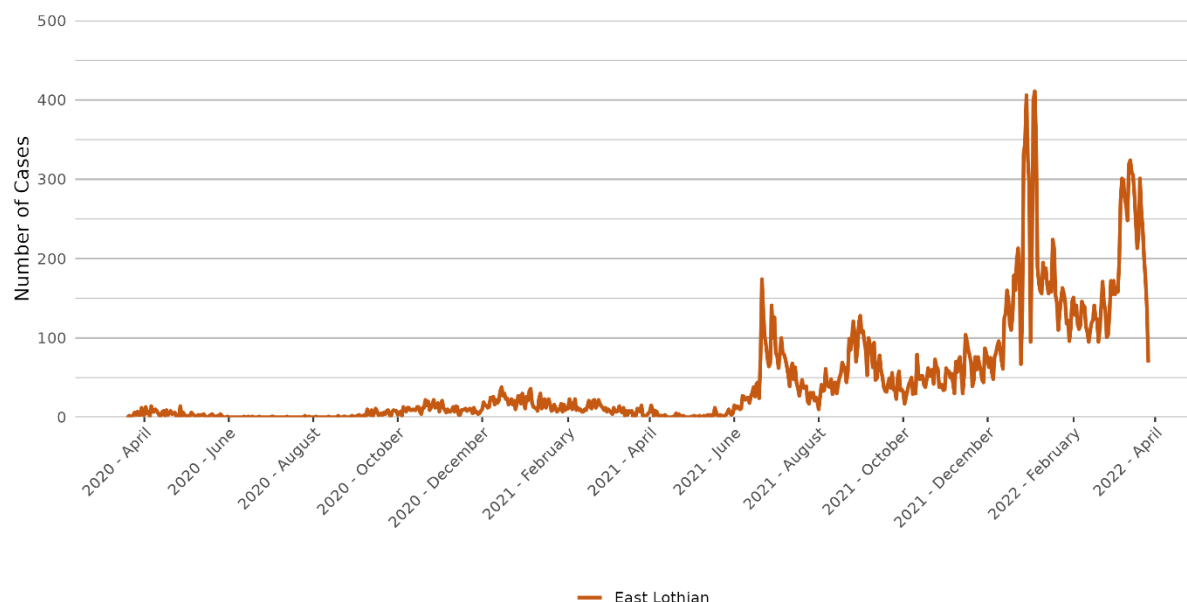
geographies of interest follow a similar upward trend with East Lothian showing more variance between years, likely due to a smaller population size.

East Lothian has a consistently higher rate of death due to Alzheimer's and other Dementias than Lothian and Scotland.

Impact of COVID-19

Cases

Figure 43. Daily Positive Cases of COVID-19 in East Lothian



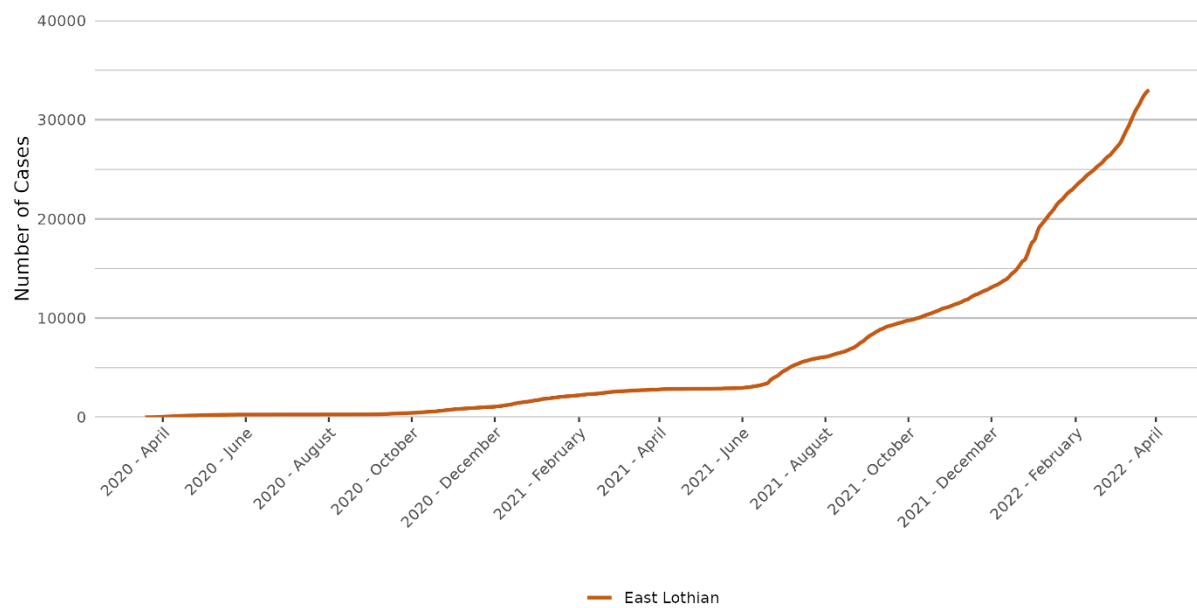
Source: [Scottish Health and Social Care Open Data](#) [Accessed Mar. 2022]

The number of daily cases of COVID-19 within East Lothian was consistently below 50 until 21st June 2021, when the number of daily cases spiked to 174 (Figure 43). The number of cases steadily increased from August to March, with occasional spikes in the months of September, January, and March.

The seven days with the highest daily cases in East Lothian all occurred within a 12 day span (27th December 2021 to 5th January 2022). The highest daily cases in East Lothian occurred on January 4th 2022 with 411 cases in a single day.

Up to the current month (March 2022), the total number of monthly cases has remained above 1400 since October 2021. The highest number of cases occurred in the most recent month, March 2022 (6263 cases).

Figure 44. Cumulative Positive Cases of COVID-19 in East Lothian



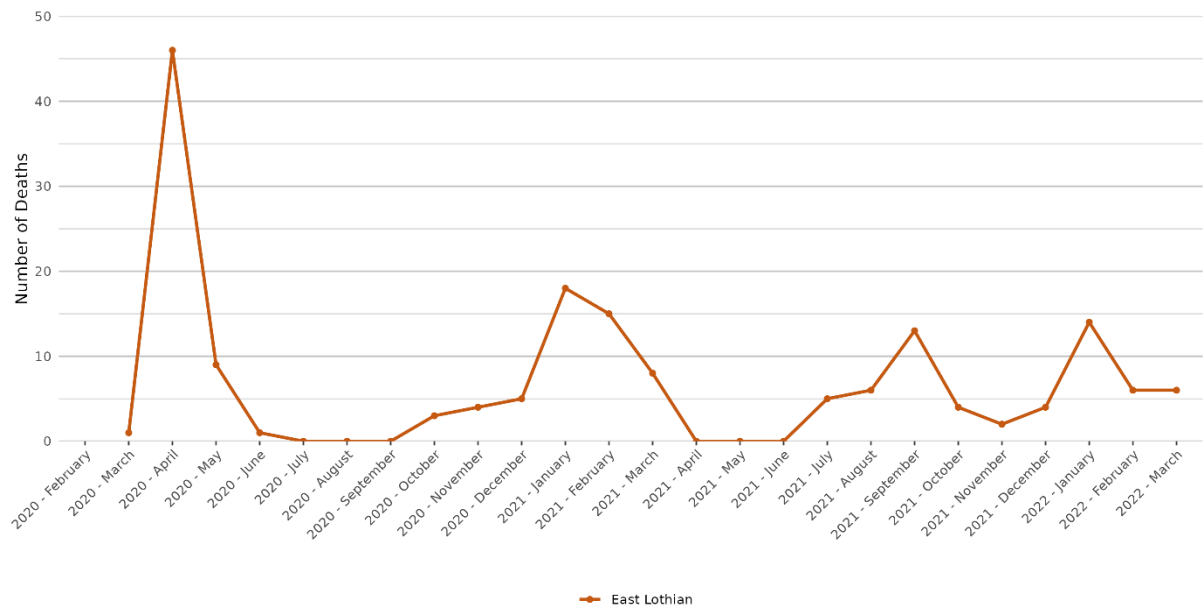
Source: [Scottish Health and Social Care Open Data](#) [Accessed Mar. 2022]

From the initial point of recording (March 2020) to October 2020 the cumulative number of COVID-19 cases gradually increased to from zero to 440 (Figure 44). Over a similar timeframe from October 2020, the number of cases increased resulting in 2,970 cases by June 2021.

The number of COVID-19 cases increased sharply at two later points, from June 2021 (2,970 cases) to January 2022 (17,745 cases), followed by January 2022 (17,745 cases) to beginning of March 2022 (26,881 cases).

Covid Deaths

Figure 45. Monthly Deaths from COVID-19 in East Lothian



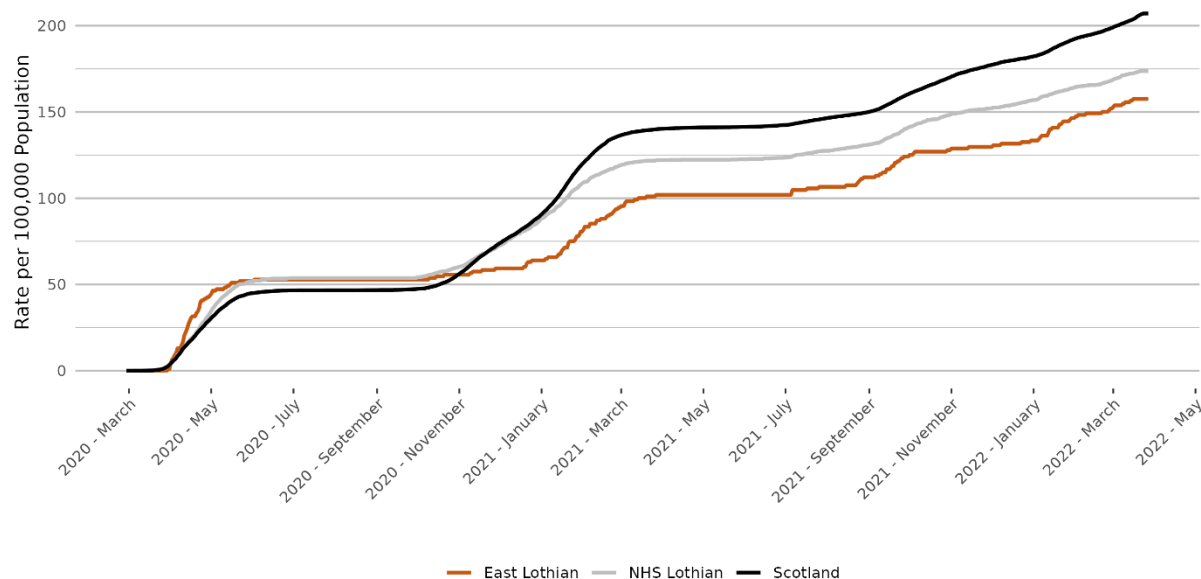
Source: [Scottish Health and Social Care Open Data](#) [Accessed Mar. 2022]

The number of East Lothian residents dying from COVID-19 has been irregular throughout the pandemic (Figure 45). The highest number of monthly deaths was recorded in the second month for which data is available, April 2020 (46 deaths). No month beyond this point has recorded more than 20 deaths.

There have been six months in which no COVID-19 deaths were recorded in East Lothian, July 2020 to September 2020 and April 2021 to June 2021.

The total number of COVID-19 deaths within East Lothian from March 2020 to March 2022 was 170.

Figure 46. Rate of Cumulative Deaths from COVID-19 in East Lothian, Scotland, and Lothian



Source: [Scottish Health and Social Care Open Data](#) [Accessed Mar. 2022]

In Figure 46 all geographies (East Lothian, Lothian and Scotland) show a sharp increase in death rate from April 2020 to May 2020 followed by a plateau up to November 2020. At this point Scotland and Lothian increase in rate while East Lothian's increase is delayed by approximately 2 months (January 2021). Similarly, Lothian's rate is delayed from January 2021 onwards. From this point each geography shows a pattern of plateau followed by a gradual increase from July 2021 onwards.

At the most recent point of recording (March 2022), Scotland had the highest rate (207.1 per 100,000 population), followed by Lothian (173.7 per 100,000 population), and finally East Lothian (157.6 per 100,000 population).

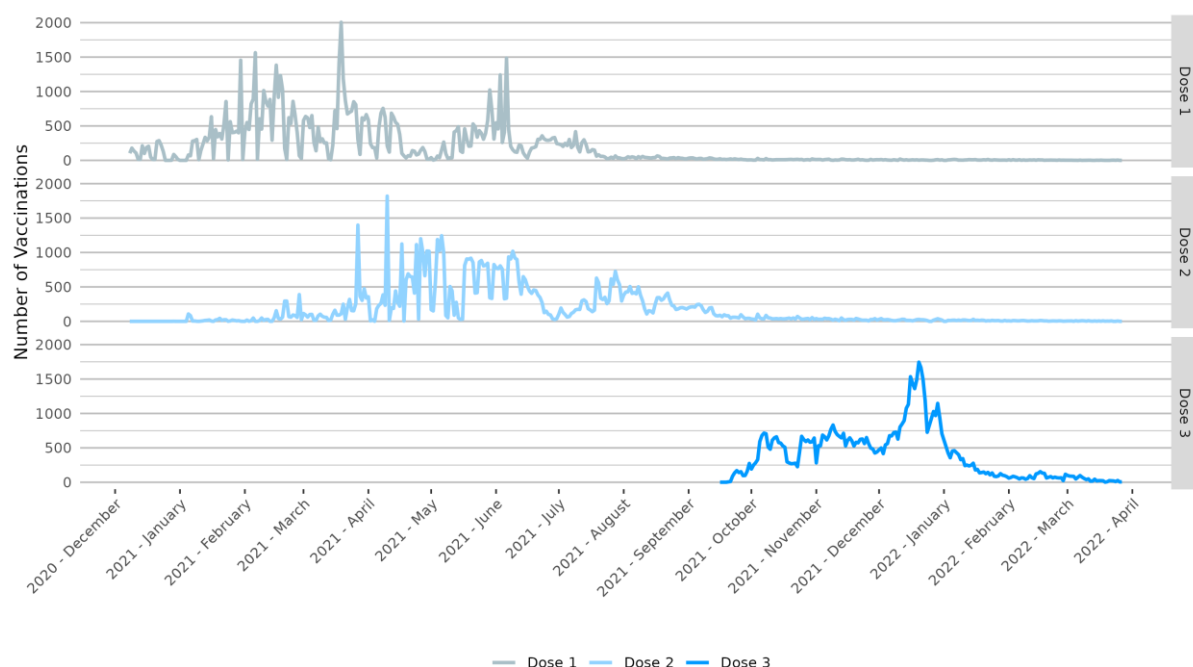
Vaccinations

The Scottish vaccination programme began in December 2020.²⁷ Scotland has used multiple brands of vaccination including Pfizer/BioNTech (8 December 2020), Oxford/AstraZeneca (4 January 2021), and Moderna (7 April 2021) which were made available to the public at different times.²⁸

Scotland implemented a double-vaccine programme followed by a third booster dose. The specific timings of when the second and third vaccine dose could be administered varied between the brands of vaccine. As of 7th March 2022 a fourth dose termed the “Spring Booster” has become available for high risk groups and people aged 75 and over.²⁹

As at April 2022, East Lothian administration of dose one was 82,707, dose two was 80,555, and dose three was 72,364 (NHS Open Data). For the fourth dose, 76.8% of the eligible East Lothian population have received a booster vaccination.³⁰

Figure 47. Doses of COVID-19 Vaccinations by Type of Dose for East Lothian Patients Aged 18 and Over

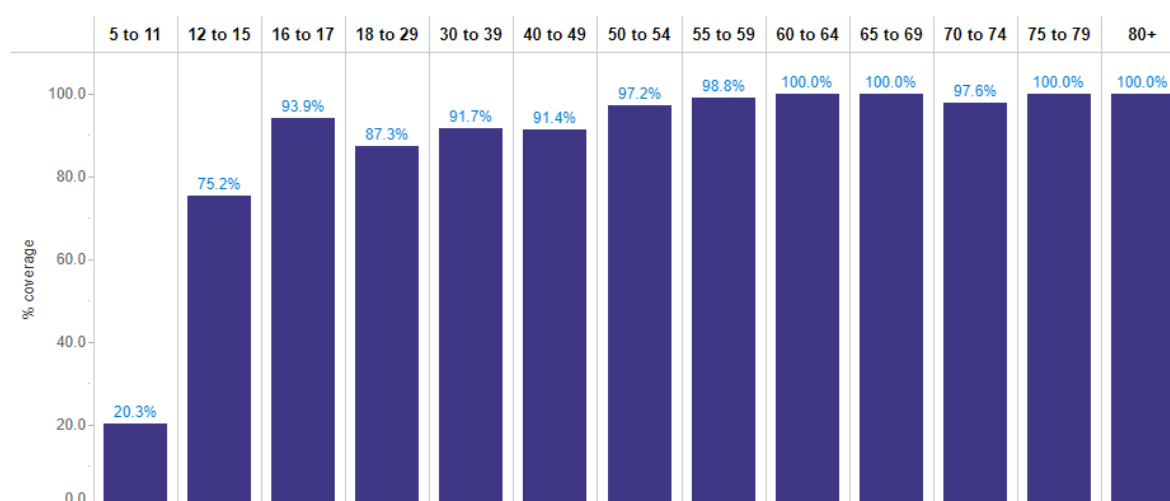


Source: [Scottish Health and Social Care Open Data](#) [Accessed Mar. 2022]

Figure 47 shows the number of vaccinations administered within East Lothian for individuals aged 18 and over. The daily administration of the first and second doses are highly erratic and spread over 8 months. While the third dose has a clearer trend and shorter overall period of activity (~4 months).

The most active period for distribution of the first dose was between December 2020 and July 2021, the second dose was between February 2021 to September 2021, and the third dose was between October 2021 to February 2022. This highlights that there was a greater overlap between the first and second doses than with the third dose. This is due to the primary doses being introduced in conjunction, while dose 3 was applied as a booster dose in later months. For more information see the HSCP [website](#).

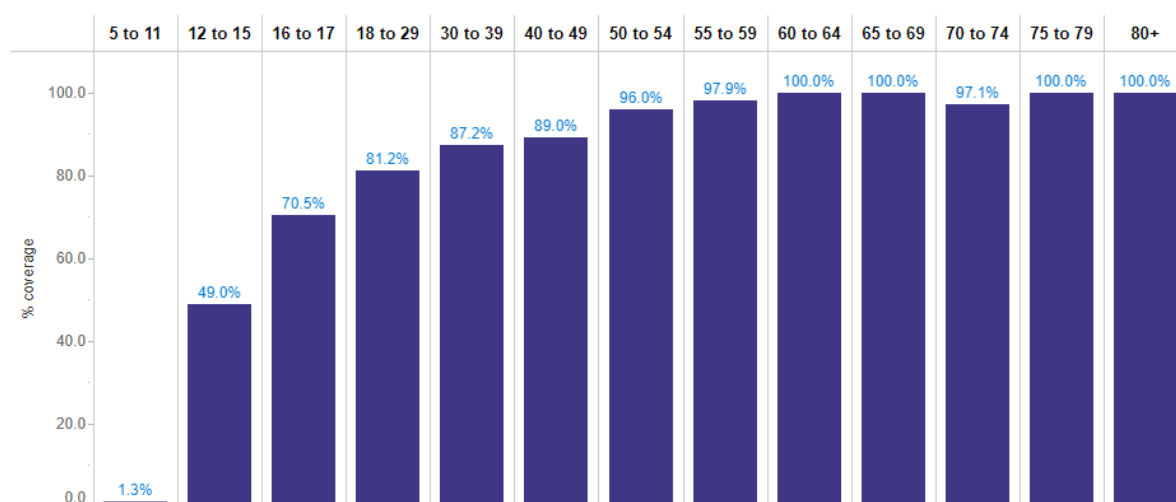
Figure 48. Coverage of Vaccination Dose 1 in East Lothian by Age Group, as at April 2022



Age group breakdowns use the age of the individual as at the current date. Denominator populations for age/sex groups and area breakdowns are sourced from National Records of Scotland mid-2020 estimates (the latest available).

Source: [COVID-19 Daily Dashboard](#) [Accessed Apr. 2022]

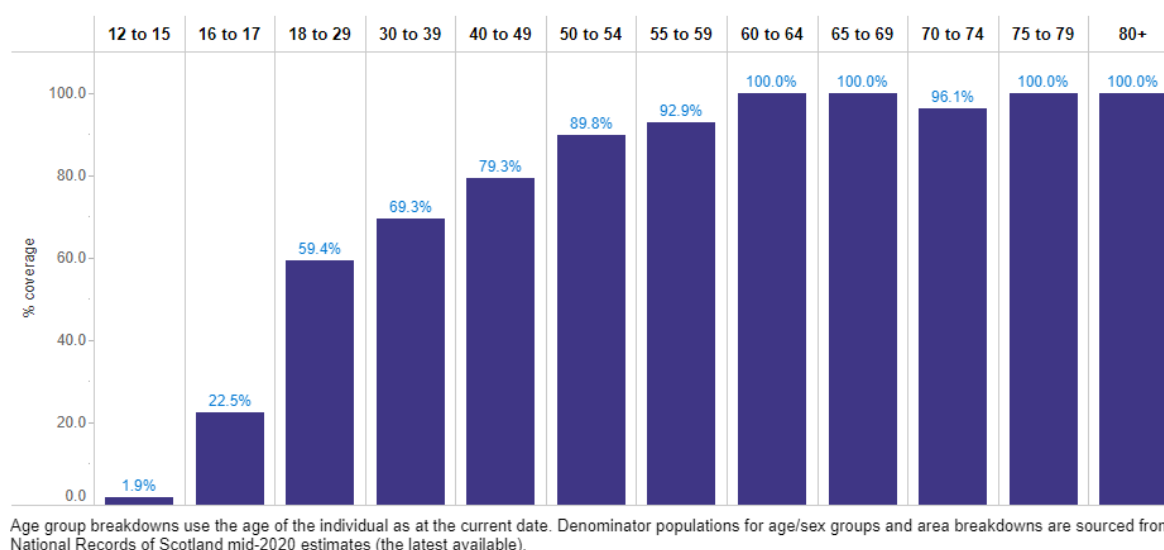
Figure 49. Coverage of Vaccination Dose 2 in East Lothian by Age Group, as at April 2022



Age group breakdowns use the age of the individual as at the current date. Denominator populations for age/sex groups and area breakdowns are sourced from National Records of Scotland mid-2020 estimates (the latest available).

Source: [COVID-19 Daily Dashboard](#) [Accessed Apr. 2022]

Figure 50. Coverage of Vaccination Dose 3 in East Lothian by Age Group, as at April 2022



Source: [COVID-19 Daily Dashboard](#) [Accessed Apr. 2022]

Figure 48, Figure 49, Figure 50 show the coverage of vaccinations within East Lothian for the first, second, and third dose as at April 2022.

Coverage for dose one is nearing 100% for individuals aged 55 and over, notably the 55 to 54 and 70 to 74 age groups are both <4% below 100%.

Other than the 16 to 17 group in dose one and 70 to 74 group in all doses, the percentage of dosage coverage increases as the population age increases. The vaccine rollout took an age and susceptibility-based approach in which the older population was vaccinated first.

Due to initial uncertainty of the COVID-19 vaccine efficacy and safety in children aged 5 to 15, the vaccine rollout was delayed for younger age groups. After confirmation in December from the Joint Committee on Vaccination and Immunisation (JCVI) that the health benefits of vaccinating children outweighed any health concerns the Scottish Government extended the rollout to children.^{31, 32} The delay in vaccination rollout for children aged 5 to 11 (19th March 2022) has resulted in a notably lower vaccination coverage percentage for all doses. This is also the case for older children and teenagers, however, the coverage percentage is higher as they were offered the vaccine at an earlier date (September 20th 2021).

A third dose will be offered to the 5 to 11 age group if they are at high risk due to a weakened immune system.³³

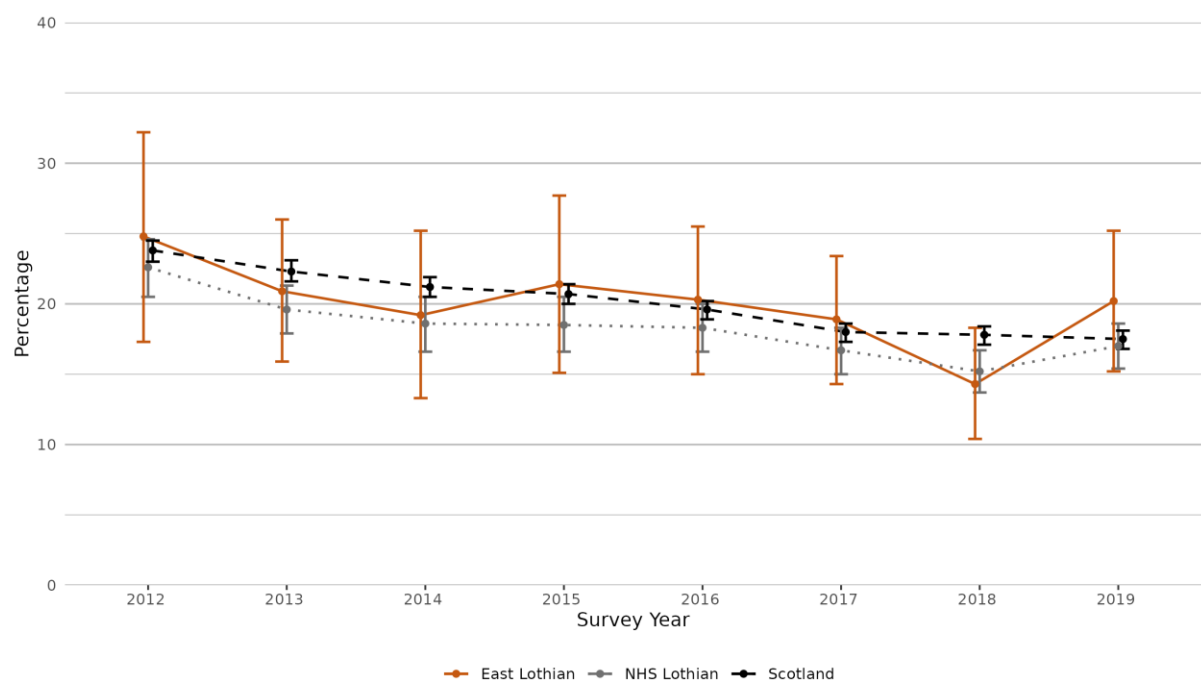
Lifestyle

Smoking

Smoking is a significant public health issue in Scotland and a leading cause of preventable ill health, premature death and disability.³⁴ Annually, smoking is a direct result of 33,500 admissions and 10,000 deaths in Scotland. Approximately 21% of the adult Scottish population are smokers.³⁵

Prevalence

Figure 51. Smoking prevalence for individuals aged >16 years within East Lothian, Lothian, Scotland



Source: [ScotPHO Profiles](#) [Accessed: May. 2022]

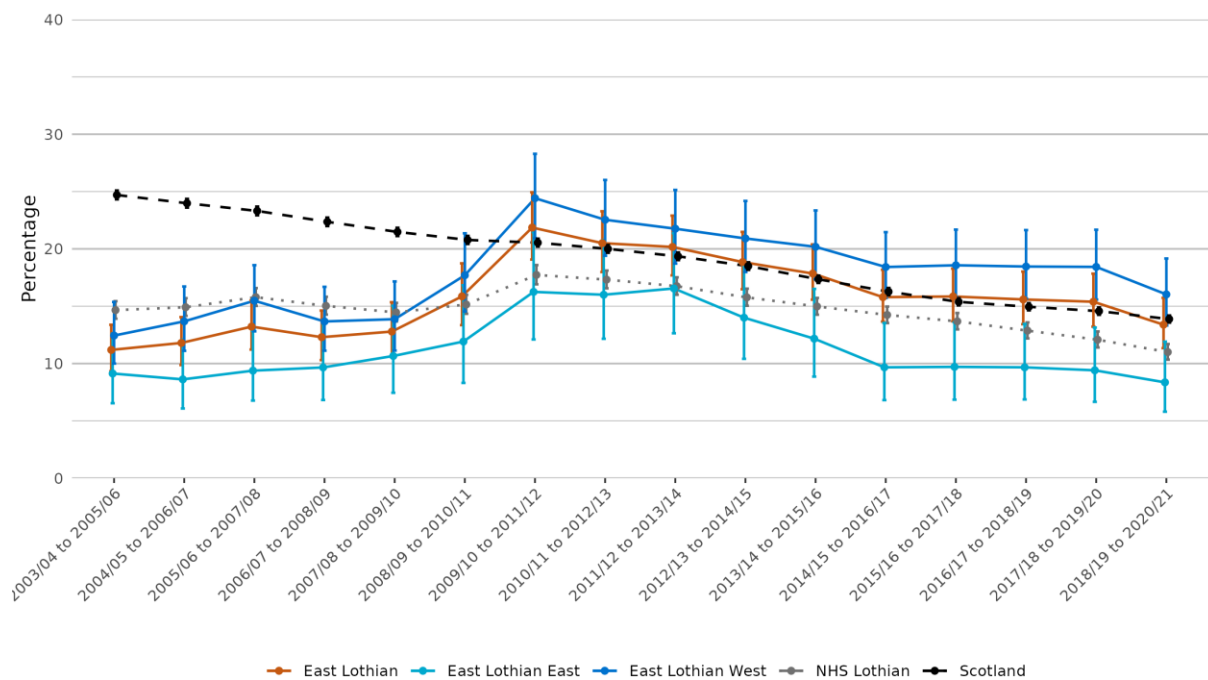
Overall, the percentage of surveyed individuals considered a smoker within East Lothian has decreased by 4.6 percentage points from the first survey year 2012 (24.8%) to the latest, 2019 (20.2%) (Figure 51).

The increase from 2018 to 2019 is the largest increase in smoking prevalence in seven years, from 14.3% to 20.2%.

There is no statistical difference between East Lothian and other geographies of interest (Scotland, Lothian) for each survey year.

Smoking During Pregnancy

Figure 52. Percentage of Population Smoking during pregnancy within Lothian, Scotland, East Lothian Partnership and Localities



Source: [ScotPHO Profiles](#) [Accessed: May. 2022]

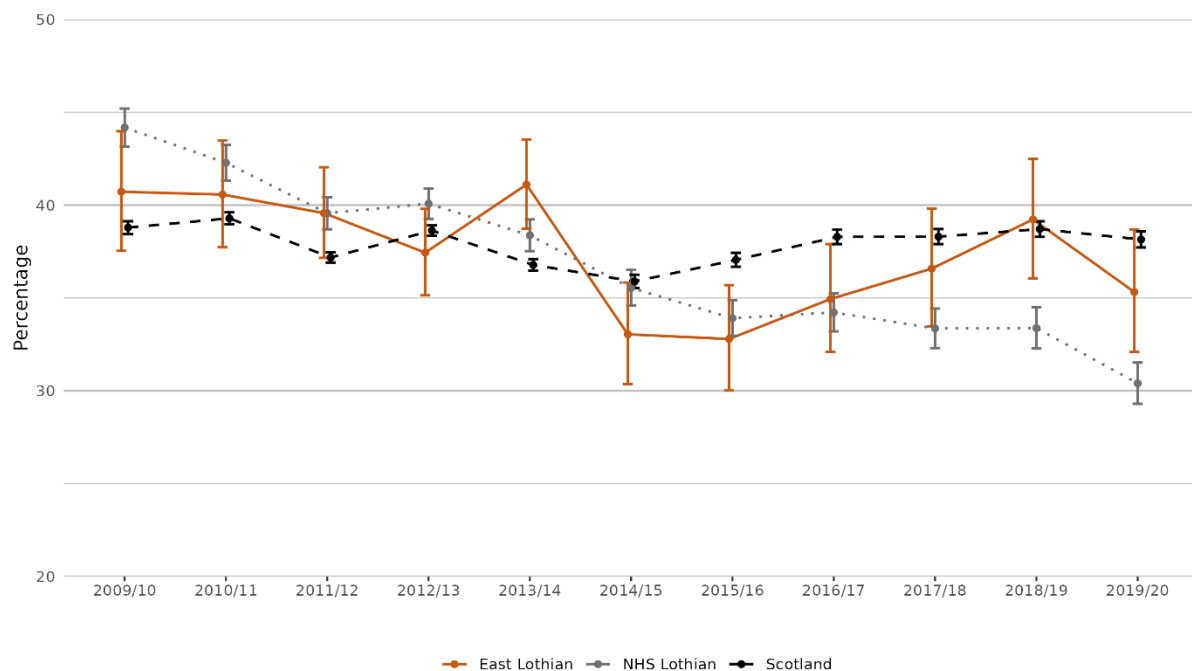
Figure 52 displays the percentage of individuals smoking during pregnancy within East Lothian.

Scotland shows a gradual decline in percentage since the initial point of measure, whereas, Lothian geographies have followed a similar trend of increase until 2009/10-2011/12 (2012/13-2014/15 in that case of East Lothian East) followed by a gradual decrease until the most recent point of measure (2018/19-2020/21). As at 2018/19-2020/21 the number of individuals smoking during pregnancy is 124.

East Lothian was significantly lower than Scotland's percentage from 2003/04-2005/06 to 2008/09-2010/11. 2009/10-2011/12 is the only point at which East Lothian is significantly higher than the Lothian measure. There is no statistical difference between East Lothian or its localities during the period of measurement.

Smoking Quit Rate

Figure 53. Percentage of Smoking quit rate at 4 weeks follow-up within East Lothian, Lothian, and Scotland



Source: [ScotPHO Profiles](#) [Accessed: May. 2022]

Figure 53 shows the percentage and number of individuals following up with 4-week quit rate within East Lothian has been variable but shown an overall decrease from 2009/10 (40.7%, 362 individuals) to 2019/20 (35.3%, 284 individuals) by 5.4 percentage (78 individuals).

All geographies within Figure 53 follow different trends. East Lothian is distinct from the Scottish population in 2012/13 and 2015/16. Whereas East Lothian has attained a significantly higher 4-week quit rate than the Lothian population from 2018/19 onwards.

Figure 54. Percentage of Smoking quit rate at 12 weeks follow-up within East Lothian, Lothian, and Scotland



Source: [ScotPHO Profiles](#) [Accessed: May, 2022]

Figure 54 highlights that the percentage and number of individuals following up with 12-week quit rate within East Lothian has increased from 2009/10 (10.4%, 92) to 2019/20 (22.4%, 180) by 12 percentage points, a total of 88 individuals.

East Lothian maintained a significantly lower 12-week quit rate until 2012/13 after which there is no difference. The East Lothian 12-week quit rate is significantly lower than the Lothian percentage at two points (2010/11 to 2011/12) but maintains a similar trend for the period recorded.

Drugs

The misuse of drugs can have a wide range of effects on the people's health and their place in a communities. In Scotland the drug-related admission rate has shown a general upward trend from 3,366 in 1996/97 to 10,323 in 2020/21.³⁶

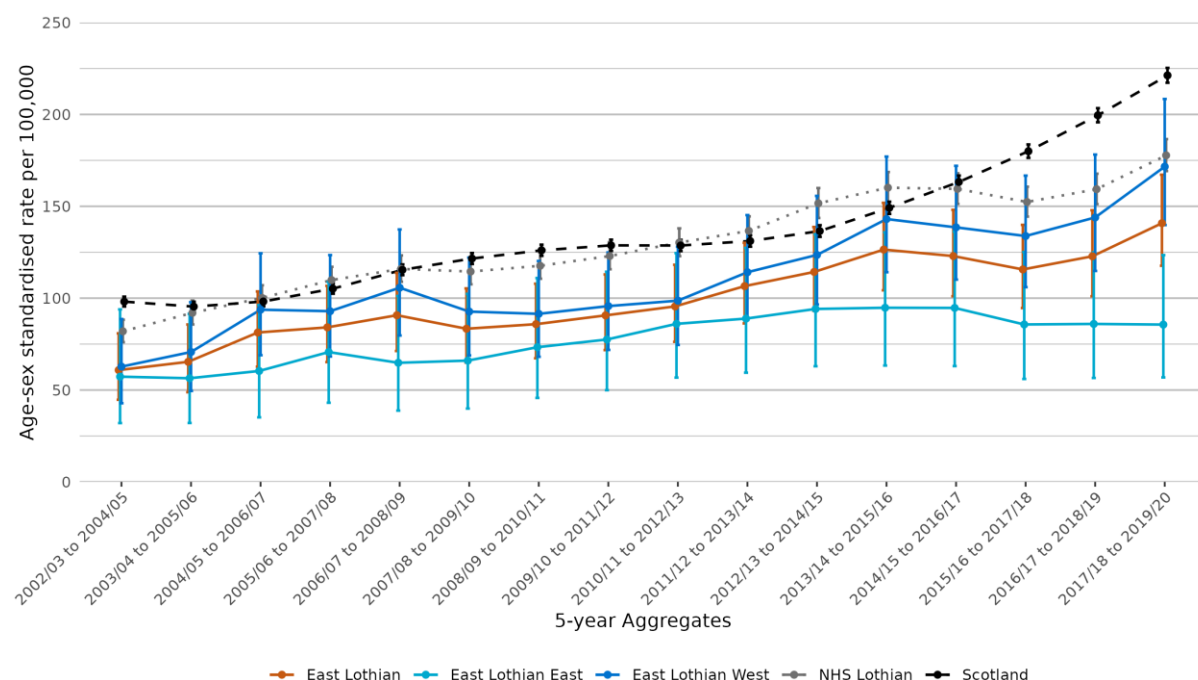
A higher rate of problematic drug use in Scotland is more prevalent in deprived populations. Following a similar trend, the 5-year average of drug-related deaths has increased from 260 in 1998 to the highest point recorded of 1,214 in 2019.³⁷

A portion of drug use goes unreported resulting in the expectation that suspected drug use and deaths are higher than total estimates. In September 2021, Police Scotland reported that in 2020 suspected drug deaths within Scotland were 5% higher than reported figures. For more information see Suspected Drug Deaths in Scotland publication.³⁸

Hospital Admissions

The number of annual drug deaths within East Lothian has doubled from 2008 (7) to 2020 (14). 2018 and 2019 share the highest number of deaths of all recorded years (18). The lowest number of deaths was in 2012 (6).

Figure 55. Rate of Drug-Related Hospital Admissions within East Lothian



Source: [ScotPHO Profiles](#) [Accessed: May. 2022]

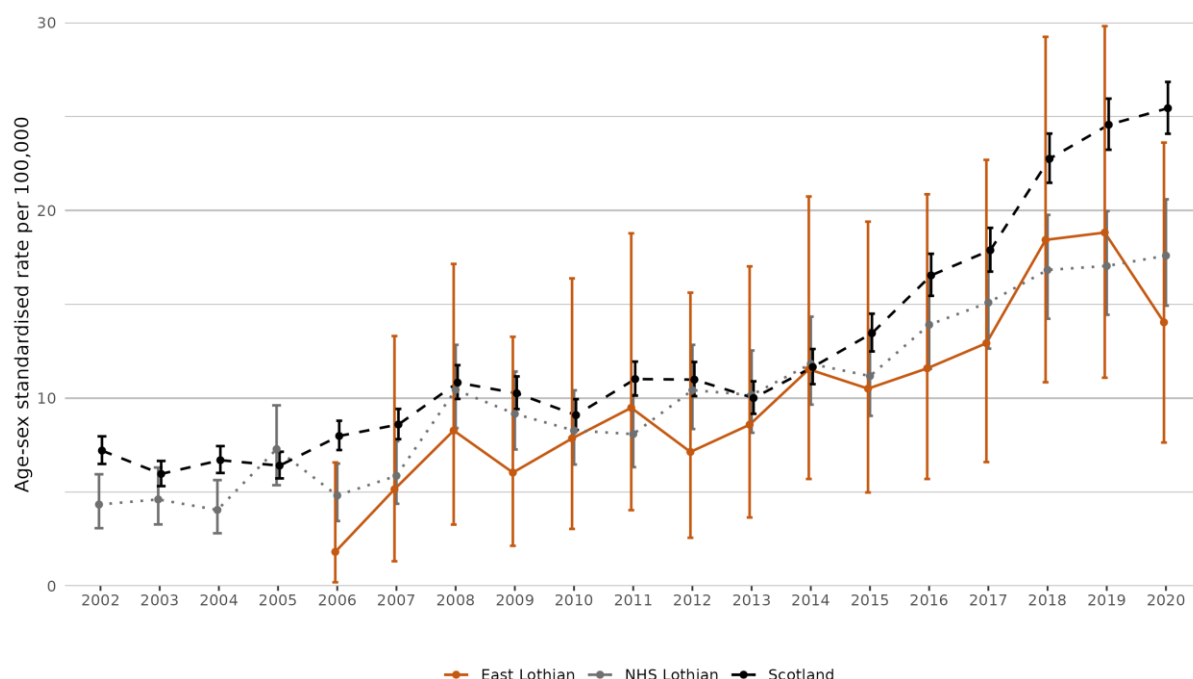
Figure 55 highlights that the rate per 100,000 population of drug-related hospital admissions has been increasing since the initial point of measure (2002/03-2004/05) to the most recent (2017/18-2019/20). Over this time the number of admissions within East Lothian has increased from 48 to 132 (60.9 per 100,000 population, 140.8 per 100,000 population).

There is no significant difference between East Lothian or its localities over all years of measurement. The East Lothian rate is significantly lower than the Scotland and Lothian rate between the years 2007/08-2010/11 to 2010/11-2012/13 and 2014/15-2016/17 onwards.

Deaths

The number of annual drug deaths within East Lothian has doubled from 2008 (7) to 2020 (14). 2018 and 2019 share the highest number of deaths of all recorded years (18). The lowest number of deaths was in 2012 (6).

Figure 56. Rate of Drug-related deaths Within East Lothian, Lothian, Scotland



Source: [ScotPHO Profiles](#) [Accessed: May. 2022]

East Lothian, Lothian and Scotland have all increased in the rate of drug-related deaths from initial recording. From 2006 to 2020, the East Lothian rate has increased from 1.8 to 14.0 per 100,000 population.

Since 2006 (Figure 56) there are two years in which the East Lothian rate was significantly lower drug death rate than Scotland, one of which being the most recent year (2020). The Lothian rate has been significantly lower than the Scotland rate for three years.

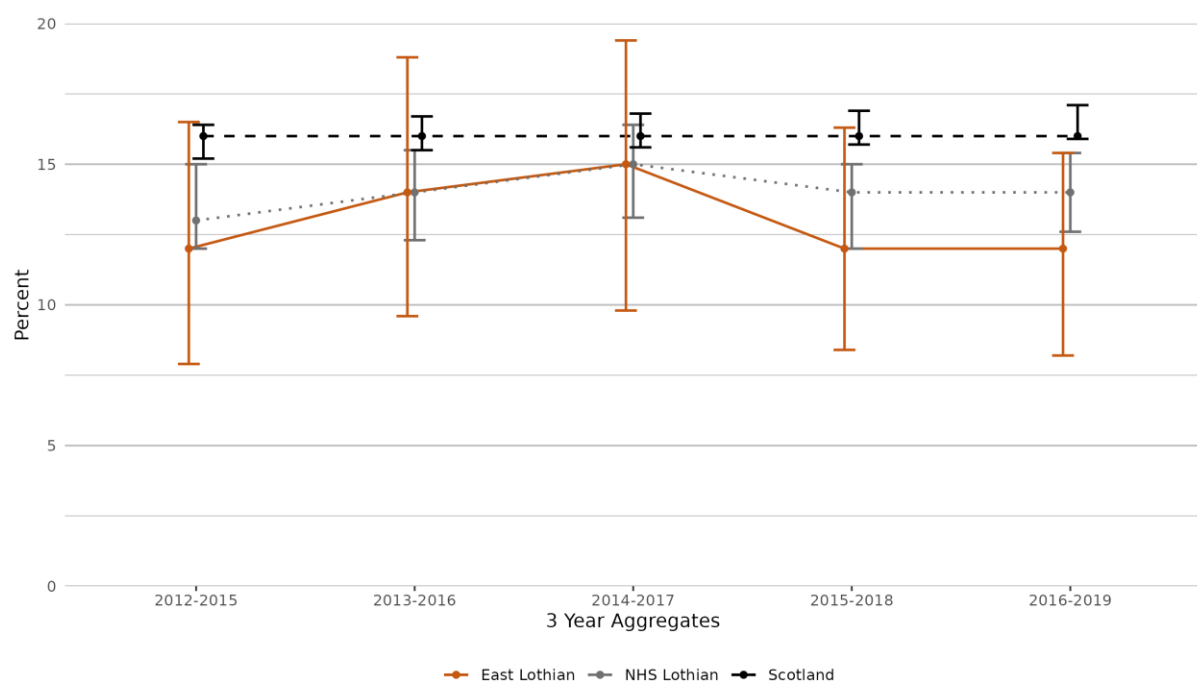
Alcohol

The Scottish Health Survey 2018 reported that 24% of Scottish adults consumed alcohol to hazardous or harmful levels.³⁹ In Scotland 1,020 deaths were attributed entirely to alcohol, an average of 20 people per week.⁴⁰

Alcohol consumption – geography

'Alcohol retail sales data are endorsed by the World Health Organization as the most accurate when estimating alcohol consumption at a population level. Retail sales data have been used routinely for monitoring alcohol consumption in Scotland as part of the Monitoring and Evaluating Scotland's Alcohol Strategy (MESAS) programme for many years.'^{41, 42, 43}

Figure 57. Percentage of Alcohol Consumption (Hazardous/Harmful Drinker) within East Lothian, Lothian, and Scotland



Source: [Scottish Health Survey](#) [Accessed: May. 2022]

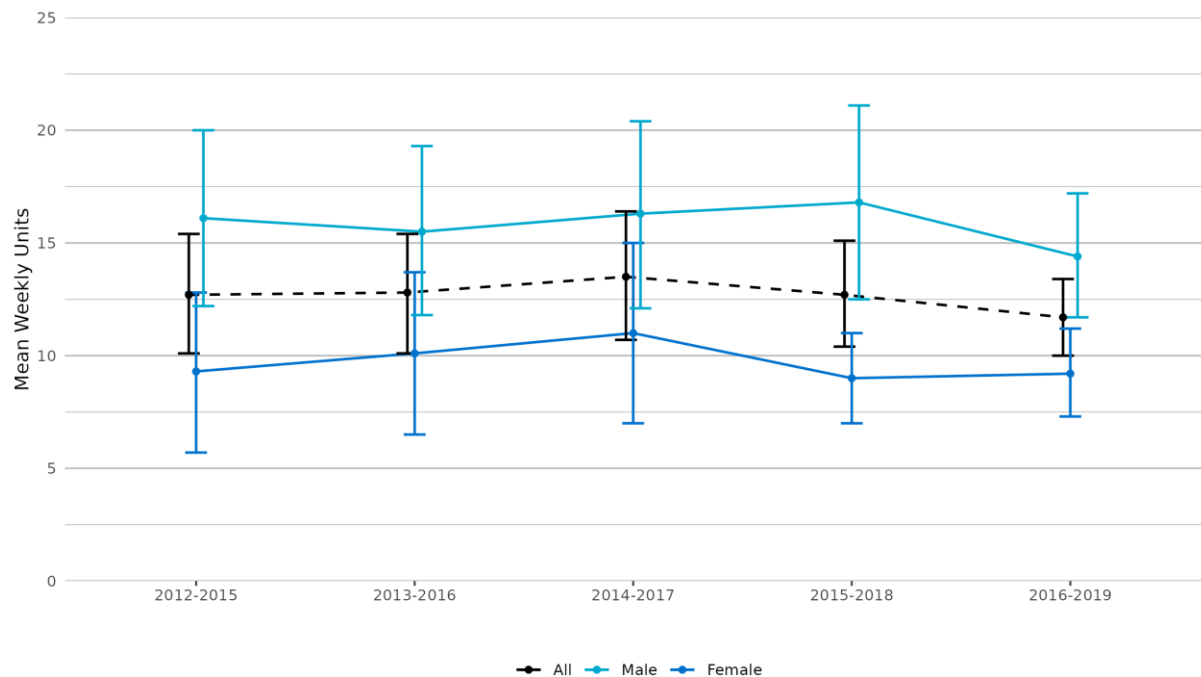
The number of Hazardous / Harmful Drinkers in East Lothian has increased from 242 to 365 individuals while the mean weekly units consumed have slightly decreased from 12.7 to 11.7.

Comparing the 2012-2015 to the latest record, the percentage of Non-Drinkers has remained consistent at 12%. In this period the highest percentage was 15% in 2014-2017.

Lothian has been statistically lower than Scotland from 2015-2018, while East Lothian has become statistically lower in the latest year.

Alcohol Consumption - Sex

Figure 58. Rate (Mean) of Alcohol Consumption within East Lothian by Sex

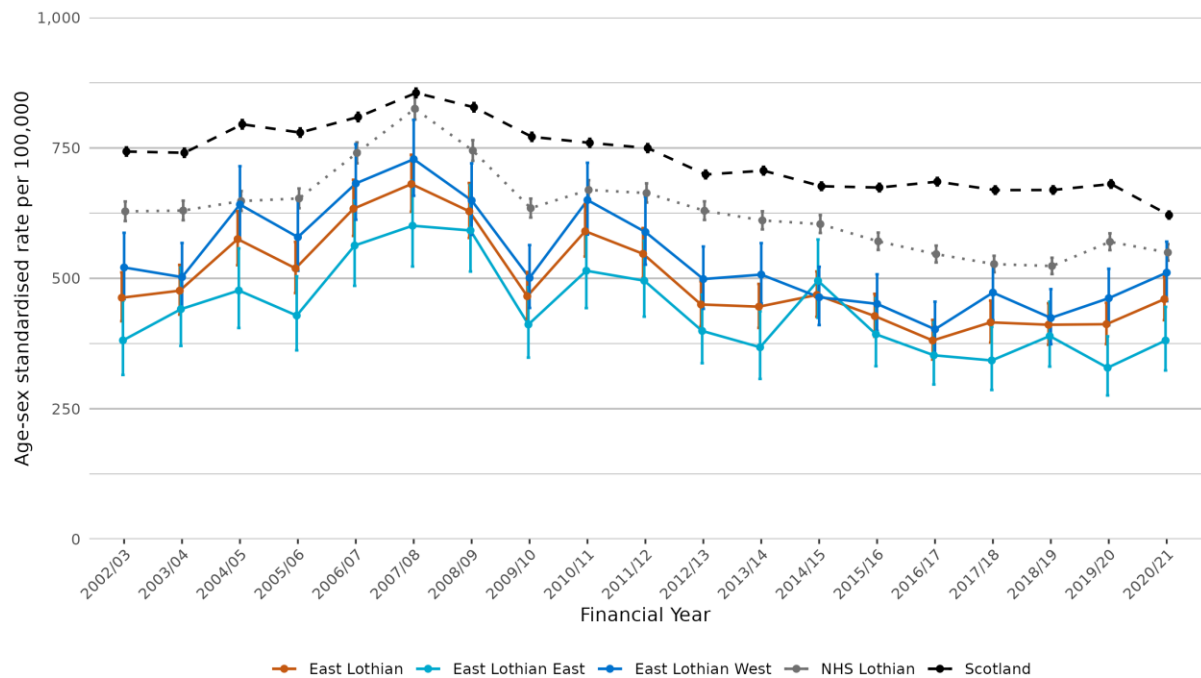


Source: [Scottish Health Survey](#) [Accessed: May. 2022]

Comparing the initial and latest points of measure in Figure 58 both sexes have experienced a decrease in mean consumption, however, males have decreased more than females (males from 16.1 to 14.1, females from 9.3 to 9.2). Due to this difference from 2015-2018 onwards the mean weekly units of alcohol consumed within East Lothian has been statistically higher in the male than the female population.

Alcohol-related hospital admissions

Figure 59. Rate of Alcohol-related Hospital Admissions within Lothian, Scotland, East Lothian Partnerships and Localities



Source: [ScotPHO Profiles](#), [Accessed: May, 2022]

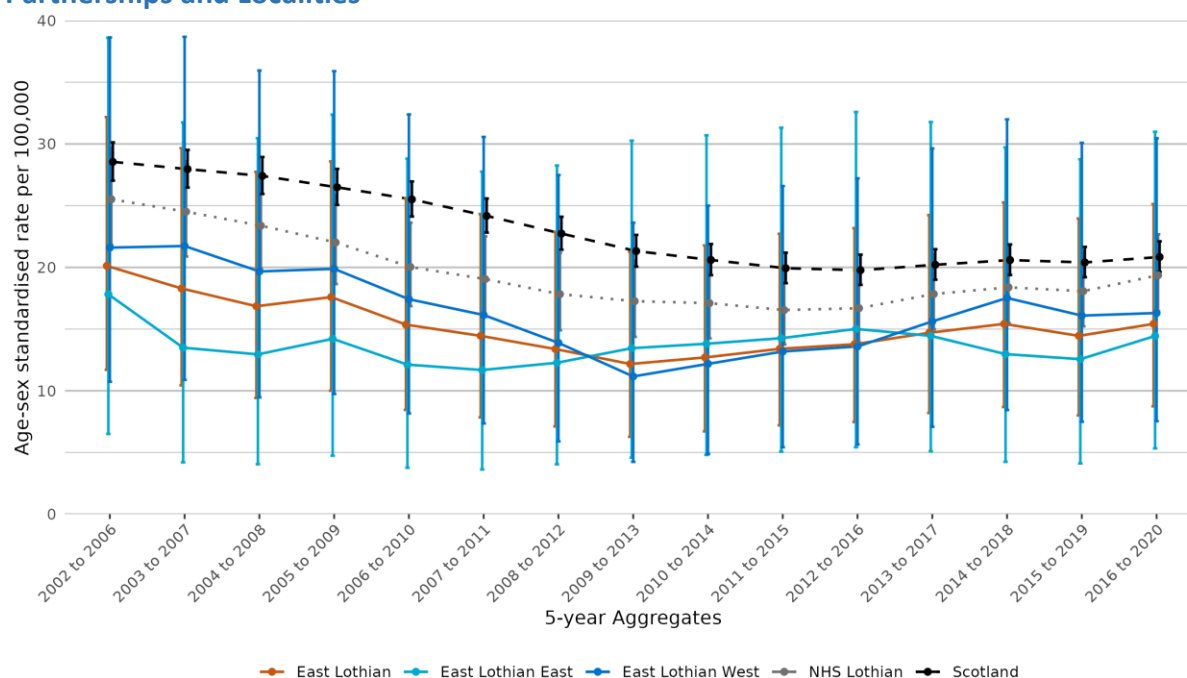
In Figure 59 East Lothian and East Lothian localities have maintained a lower alcohol admission rate than Scotland since 2002/03. There is minor overlap between Lothian and East Lothian West rates, whereas East Lothian and East Lothian East have significantly lower admission rates for all years since 2002/03.

The peak rate of alcohol admissions was the same for all geographies of interest (2007/08). At this point the rate of admissions within East Lothian was 680.8 per 100,000 population.

Deaths due to alcohol

The five-year average of deaths due to alcohol have risen in East Lothian and its localities between 2002-2006 and 2016-2020 (East Lothian = 398 to 487, ELE = 122 to 166, ELW = 276 to 321). These areas shared 2007/08 as the highest number of deaths due to alcohol in one year (East Lothian = 627, East Lothian East = 221, East Lothian West = 406).

Figure 60. Rate of Alcohol-related Hospital Deaths within Lothian, Scotland, East Lothian Partnerships and Localities



Source: [ScotPHO Profiles](#), [Accessed: May, 2022]

Unlike the whole numbers, the rates of deaths due to alcohol have decreased since 2002-2006 in all geographies in Figure 60.

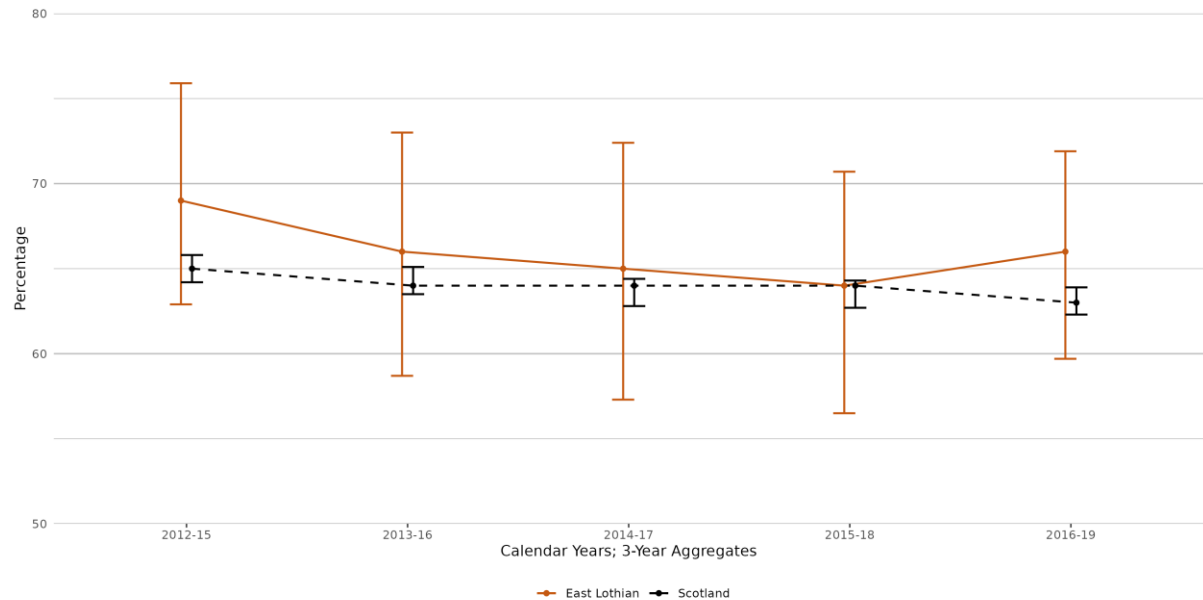
For the majority of the years in Figure 60 East Lothian West has a higher rate of alcohol deaths than East Lothian East, however, in the four years between 2009-2013 and 2012-2016 the rate of East Lothian East was higher.

Neither East Lothian or its localities show any significant difference in the rate of alcohol deaths from the Lothian or Scottish populations.

Physical Activity

When surveyed on summary activity levels the number of East Lothian residents who meet the recommendations for physical activity has experienced an overall decrease from 373 in 2012-2015 to 248 2016-2019 (Figure 61).

Figure 61. Percentage of Population Meeting Physical Activity Summary Activity Levels Within East Lothian and Scotland



Source: Scottish Health Survey, [Physical Activity](#) [Accessed: May 2022]

Figure 61 shows the percentage of physical activity summary activity levels within East Lothian and Scotland. East Lothian initially falls in 2013-2016 and later recovers in 2016-2019, however, Scotland shows a gradual downward trend between 2012-2015 to 2016-2019.

At no point has the East Lothian population shown significant difference to the Scottish population.

Mental Health and Wellbeing

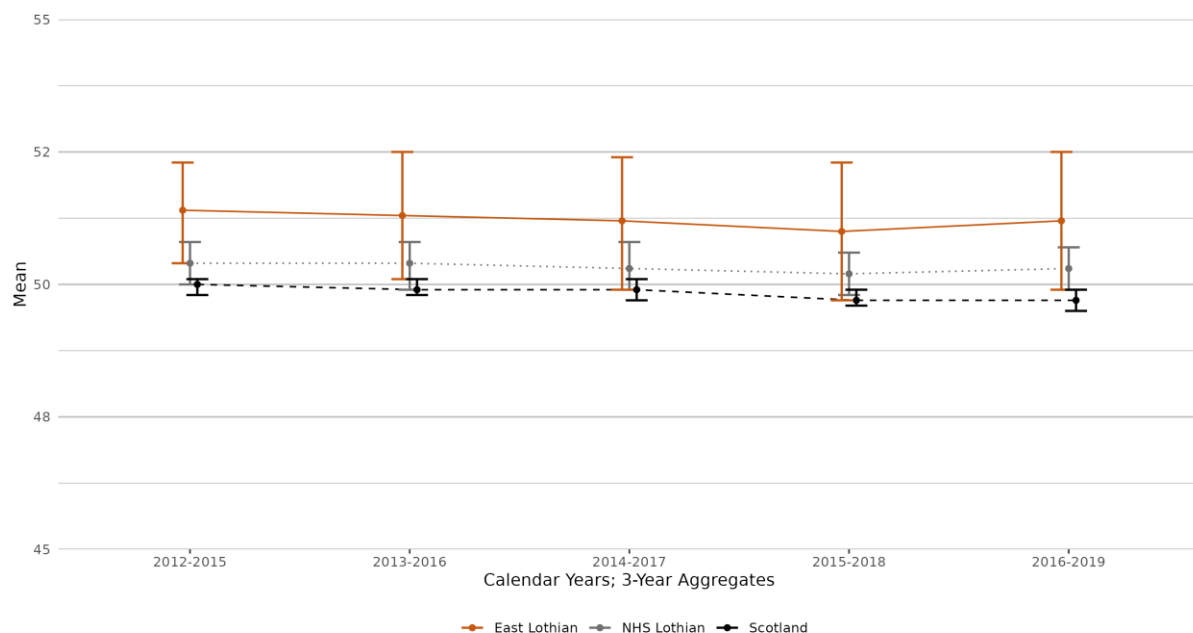
'Poor mental health is an important public health challenge and significant mental health inequalities exist in Scotland. Improving the mental health and wellbeing of the population is a national priority because this is recognised as having a positive effect on many different aspects of society.'⁴⁴

The distribution of mental ill health is unevenly distributed and more prevalent in deprived areas.

Mental Wellbeing

*'The Warwick-Edinburgh Mental Well-being Scale (WEMWBS) is a scale of 14 positively worded items for assessing a population's mental wellbeing. WEMWBS is suitable for adults aged 16 and above and also for use at a population level in teenagers aged 13 years and over in samples of over 100.'*⁴⁵

Figure 62. Mean of Mental Wellbeing (WEMWBS) Survey Results within East Lothian, Lothian, and Scotland

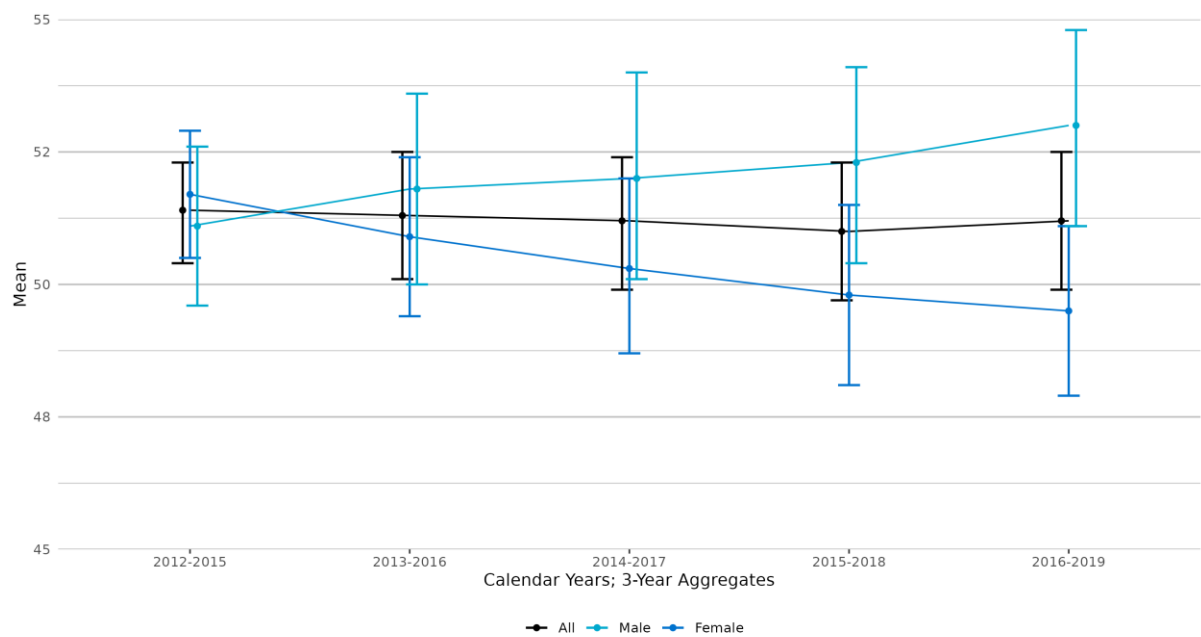


Source: Scottish Health Survey Dashboard [Accessed May 2022]

In Figure 62 the mean of the WEMWBS survey results has remained annually consistent between East Lothian, Lothian and the Scotland populations since initial recording (2012-2015). At the most recent measure East Lothian's mean is 51.2 (2016-2019).

The East Lothian mental wellbeing score was statistically higher than the Scottish population at 2012-2015, no other statistical significance is present.

Figure 63. Mental wellbeing (WEMWBS) Survey Results by Sex within East Lothian



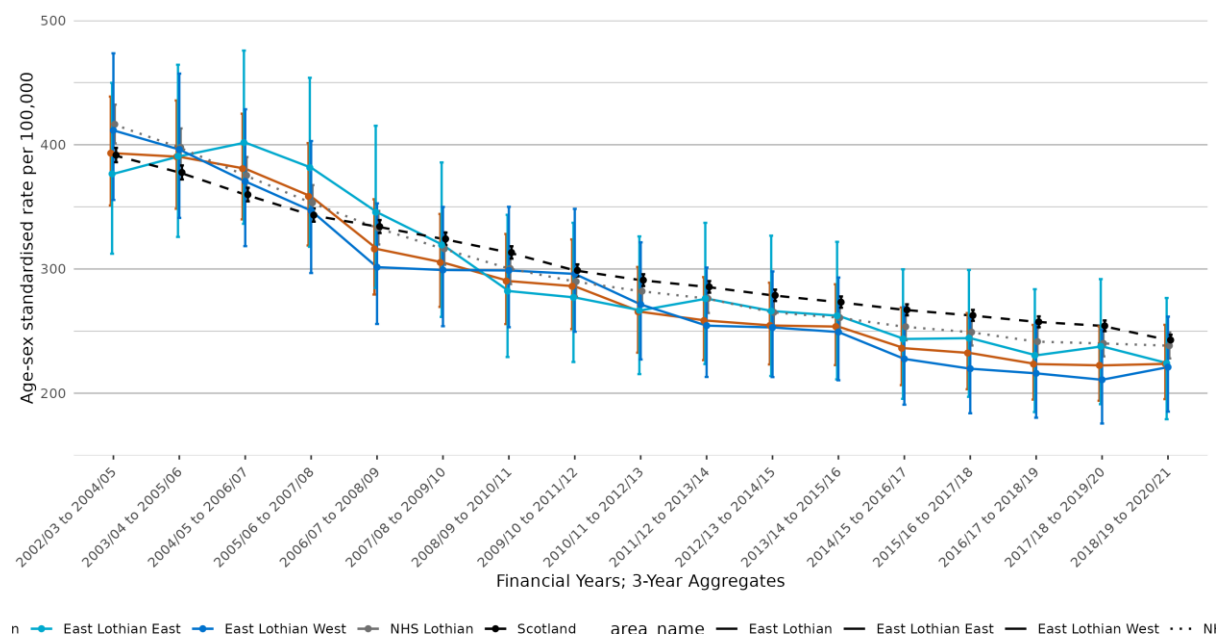
Source: Scottish Health Survey Dashboard [Accessed May 2022]

The mean of the male population in Figure 63 has increased annually (2012-15 = 51.1, 2016-2019 = 53.0) whereas, the female population has trended downwards (2012-2015 = 51.7, 2016-2019 = 49.5). The two populations show no statistical significance, therefore, the mental wellbeing score for men and women populations are indistinguishable.

Psychiatric Patient Hospitalisations

At the most recent point of measure (2018/19-2020/21), there was 229 psychiatric patient hospitalisations within East Lothian, a decrease of 111.67 since 2002/03-2004/05. This decline in patient hospitalisation between 2002/03-2004/05 and 2018/19-2020/21 is present in East Lothian East (129.7 to 91.7) and East Lothian West (211 to 137.3).

Figure 64. Rate of Psychiatric Patient Hospitalisations per 100,000 Population within East Lothian Partnership, Localities and Scotland



Source: [ScotPHO Profiles](#), [Accessed: May, 2022]

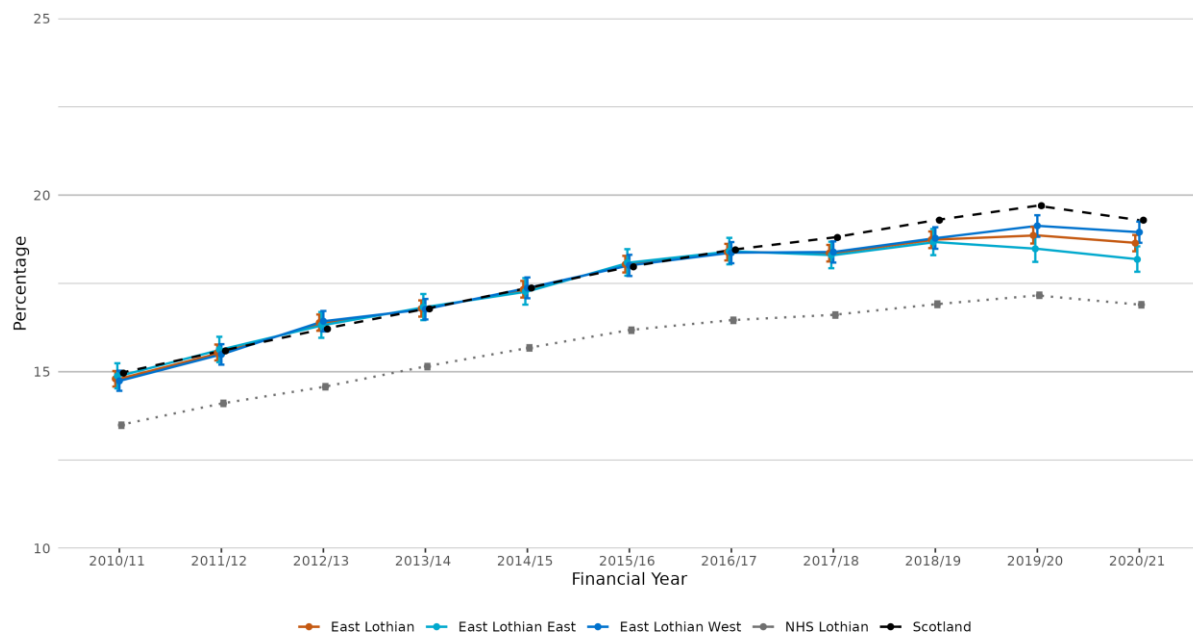
Since 2002/03-2004/05 the rate of psychiatric hospitalisations within Scotland, Lothian, East Lothian, and East Lothian localities has decreased. The rate in East Lothian has decreased from 393.2 per 100,000 population (2002/03-2004-05) to 223.7 per 100,000 population (2018/19-2020/21) (Figure 65).

Over the recording period, East Lothian and its localities have shown no significant difference to its localities or other populations of interest (Lothian and Scotland).

Prescriptions

The number of drugs prescribed for anxiety, depression, or psychosis provided to the East Lothian population has increased each year between 2010/11 (14,671) and 2020/21 (20,109). A similar increase has occurred in East Lothian East (5,763 to 8,002) and East Lothian West (8,908 to 12,107) in this time.

Figure 65. Percentage of Population Prescribed Drugs for Anxiety/Depression/Psychosis within East Lothian and Scotland



Source: [ScotPHO Profiles](#), [Accessed: May. 2022]

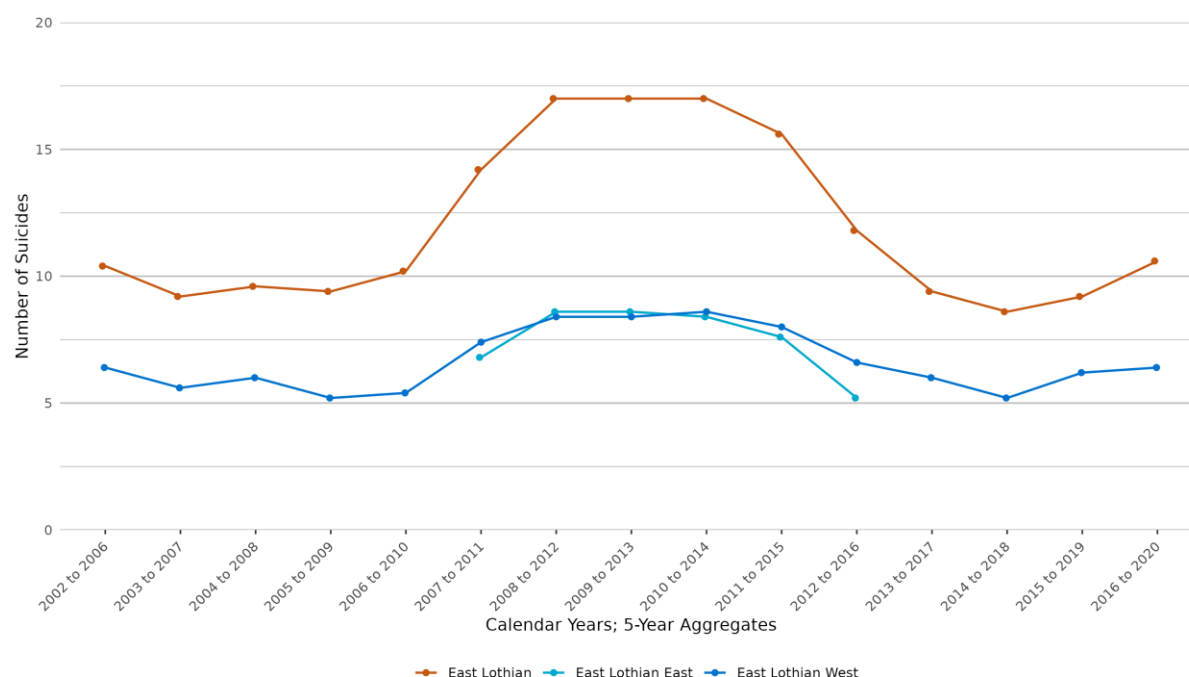
Overall, the percentage of mental wellbeing drugs prescribed in East Lothian has increase by 3.8 percentage points from 2010/11 (14.8%) to 2020/21 (18.6%) (Figure 65).

Scotland, East Lothian and the East Lothian localities have had a significantly higher Prescription rate for drugs for anxiety/depression/psychosis than Lothian for all financial years recorded (2010/11 to 2020/21).

East Lothian was similar to the Scottish population in rate until 2017/18 after which the Scottish population has had a significantly higher percentage than East Lothian. East Lothian East is significantly lower than East Lothian West at the most recent measure (2020/21).

Deaths from Suicide

Figure 66. Deaths from Suicide within East Lothian*

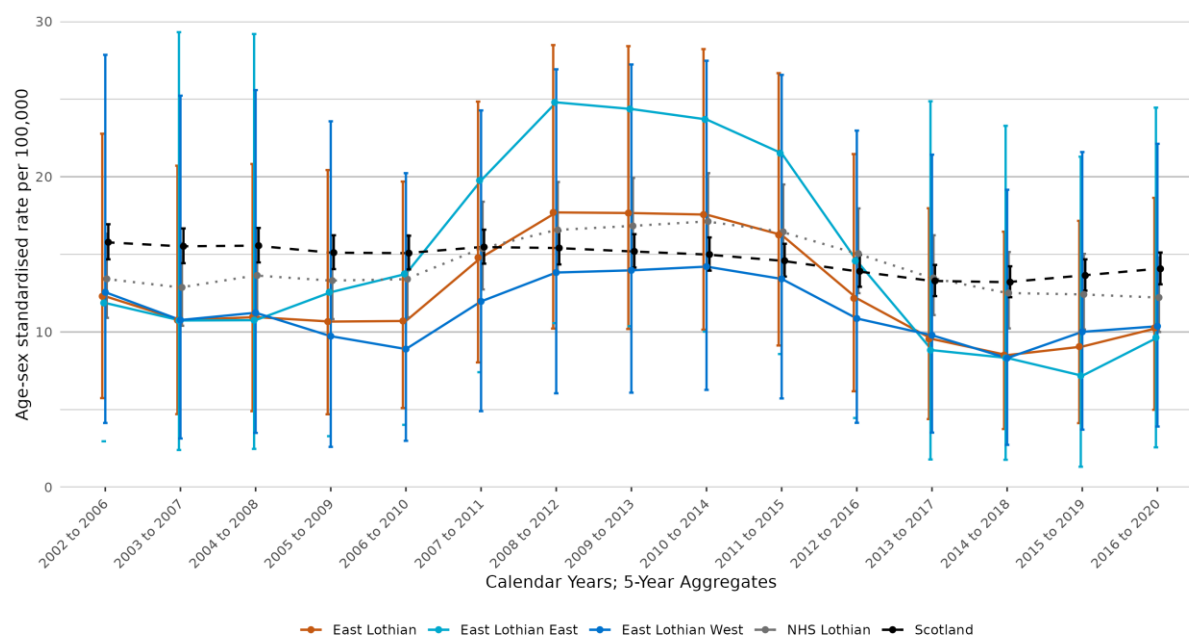


Source: [ScotPHO Profiles](#), [Accessed: May. 2022]

*Please note that due to low counts (figures below five) the data for East Lothian East is unavailable for publications between 2002-2006 to 2006-2010 and 2013-2017 to 2016-2020.

In Figure 66, the number of suicides in East Lothian is consistent from 2002-2006, to 2006-2010, followed by an increase and peak of 17 deaths for three years from 2008-2012 to 2010-2014. The peak declines to the lowest point recorded of 8.6 deaths in 2014-2018 and has increased for years to 2016-2020. Similar patterns are seen in East Lothian East and East Lothian West, however, they are less pronounced.

Figure 67. Rate of Deaths from Suicide within East Lothian and Scotland



Source: [ScotPHO Profiles](#), [Accessed: May, 2022]

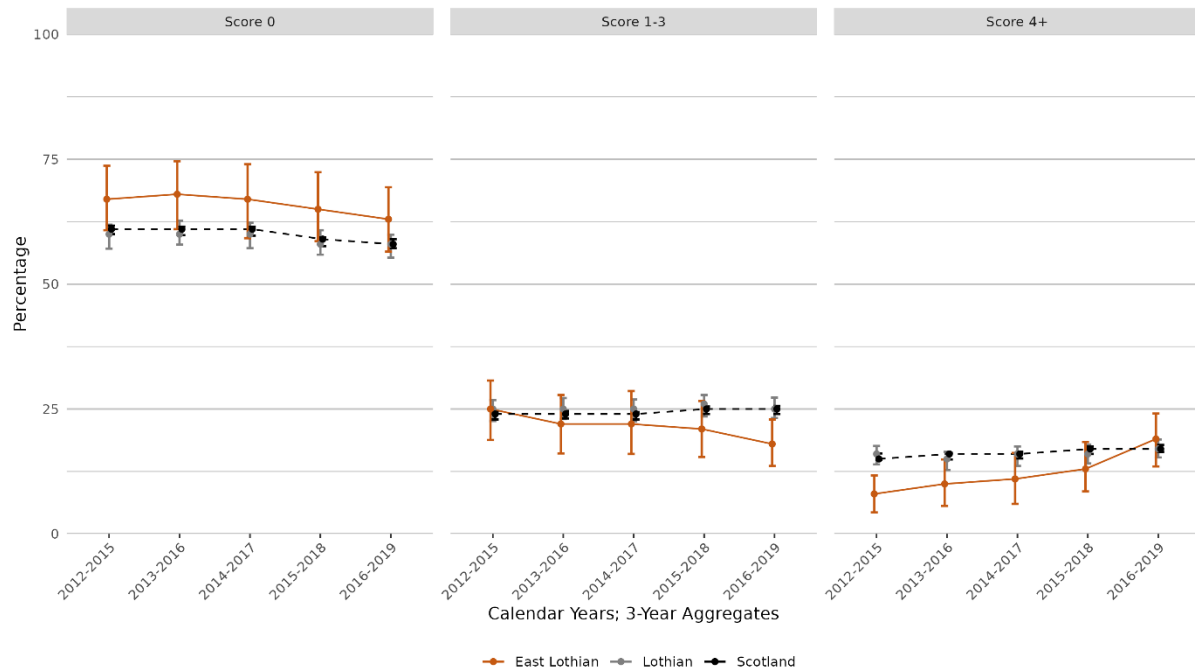
In Figure 67 the rate of suicide deaths per 1000,000 population in East Lothian follows a similar trend to the total number of suicides. The rate in East Lothian shows a peak of 17.7 in the three year period of 2008-2012, 2009-2013, and 2010-2014.

The lowest rate recorded in East Lothian is 8.5 in 2015-2018. At their peak the rate of East Lothian East appears to be higher than East Lothian West, however, the rates in the populations are not statistically significant at any period of measurement. This is also true for East Lothian when compared with the Scotland and Lothian rates.

General Health Questionnaire (GHQ-12)

*'The General Health Questionnaire (GHQ-12) consists of 12 items, each assessing the severity of a mental health problem over the past few weeks using a 4-point scale (from 0 to 3). The score was used to generate a total score ranging from 0 to 36, with higher scores indicating worse conditions.'*⁴⁹

Figure 68. Responses by Percentage to General Health Questionnaire (GHQ-12)



Source: [Scottish Health Survey](#) [Accessed: May. 2022]

The questionnaire was part of the Scottish Health Survey (2019) and questioned 4,321 patients.

Figure 68 shows the GHQ-12 score breakdown for East Lothian, Lothian, and Scotland.

Other than 2016-2019 the order of scores for all geographies are ordered Score 0, Score 1-3, and Score 4+ (high to low). As at 2016-2019 Score 4+ (19%) for East Lothian has reached a higher percentage than Score 1-3 (22%).

Score 0 shows no significant difference between East Lothian and Lothian and Scotland.

In East Lothian the percentage for Score 1-3 is significantly lower than Lothian and Scotland for one year (2016-2019).

In East Lothian the percentage for Score 4+ is significantly lower than Lothian and Scotland for one year (2012-2015).

Service Utilisation

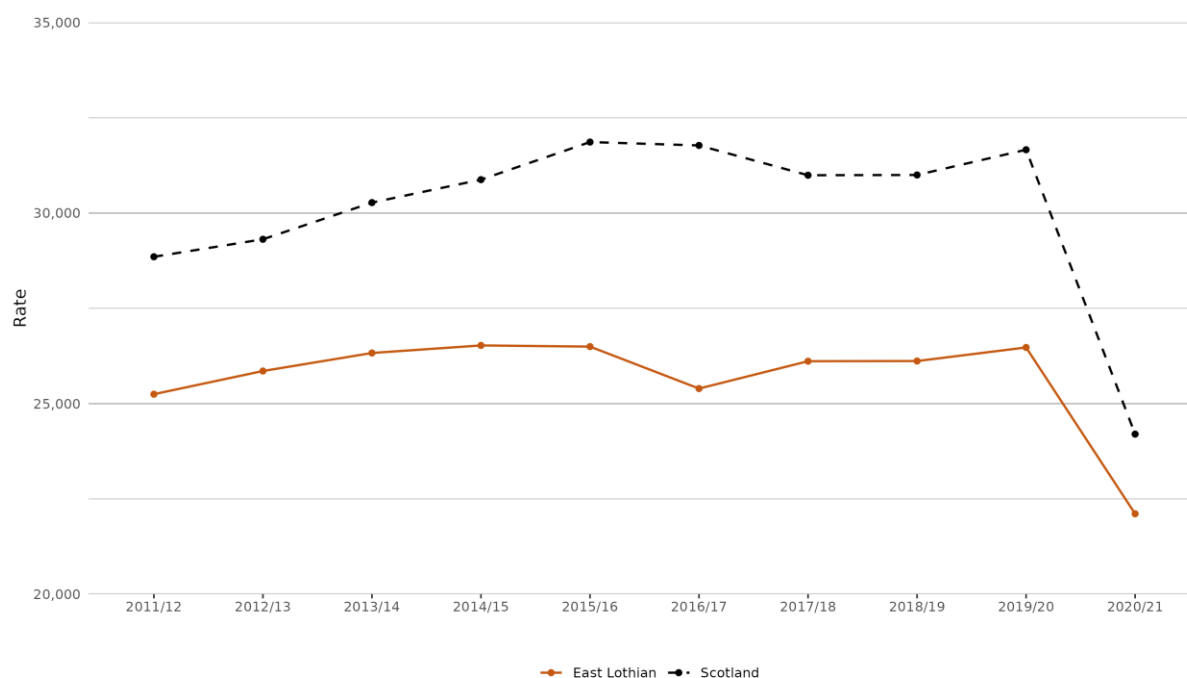
The following Section highlights the services provided by East Lothian and utilised by East Lothian residents.

Inpatients and Day Cases

In 2018/19 Scotland had 1,640,733 inpatient discharge episodes and 1,203,810 inpatient discharge continuous inpatient stays (CIS).⁴⁶

There was an overall increase in the total number of East Lothian inpatient and day case episodes from 2011/12 (24,485) to 2019/20 (29,029) which was followed by a sharp decrease in 2020/21 to 24,167.

Figure 69. Inpatient and Day Cases Episode Rate within East Lothian and Scotland

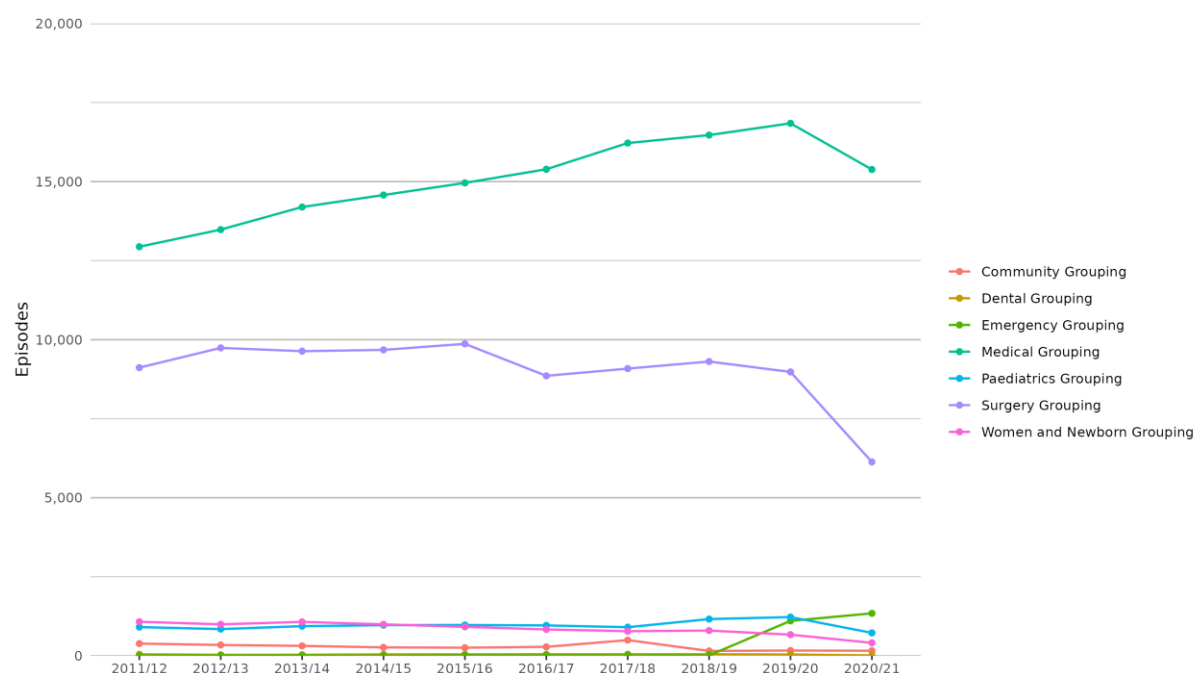


PHS Open Data, [Activity by Council Area and Deprivation](#) [Accessed: May 2022]

In

Figure 69, the episode rate for all inpatients and day cases within East Lothian has been lower than the episode rate of Scotland for all points of measure. The inpatient episode rate per 100,000 of East Lothian showed an overall increase from 25,247.6 in 2011/12 to 26,473.3 in 2019/20, however, the rate has sharply declined in the most recent year (2020/21) to 22,109.6. The recent decline of episodes is likely due to the impact of COVID-19 which greatly reduced in-person contact episodes and admissions for non-COVID diseases.⁴⁷

Figure 70. Inpatient and Day Cases Episode Rate by Specialty within East Lothian and Scotland



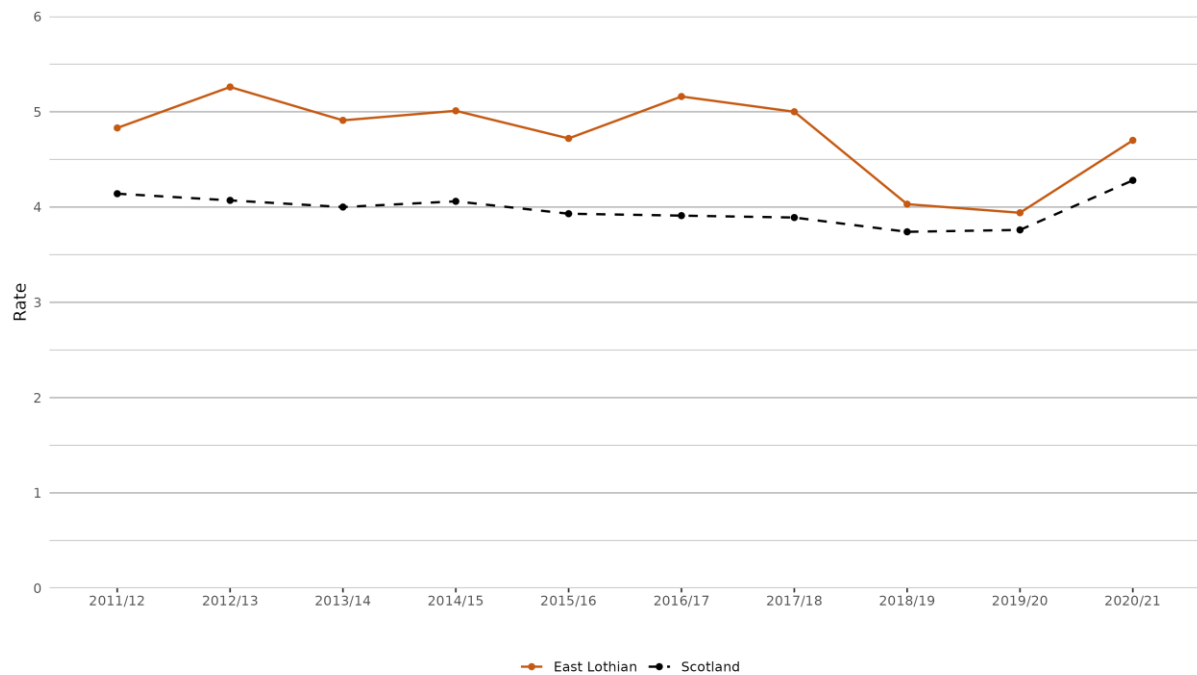
PHS Open Data, [Activity by Council Area and Deprivation](#) [Accessed: May 2022]

When separating episode rate based on specialty in Figure 70, the Medical and Surgery groupings account for the majority of episodes. From 2011/12 to 2020/21 the number of Medical episodes has increased (12,939 to 12,382) while the number of Surgery episodes has decreased (9,115 to 6,132).

Investigating groups other than Medical and Surgery, from 2011/12 to 2020/21 the episodes which have remained consistent and shown an overall decrease over this time include Women and Newborn (667), Dental (35), and Paediatrics (183). The Emergency Grouping showed a different trend of increasing sharply in the past 2 years from 15 in 2018/19 to 1,343 in 2020/21.

Length of Hospital Stay

Figure 71. Average Length of Stay of Inpatient and Day Cases within East Lothian and Scotland



PHS Open Data, [Activity by Council Area and Deprivation](#) [Accessed: May 2022]

In Figure 71 the rate of average length of stay for all inpatients and day cases in East Lothian has remained higher than Scotland for all 10 years measured. The rate of average length of stay for East Lothian is more annually variable than Scotland, ranging between a low of 3.9 and peak of 5.3 (Scotland ranging between 3.8 and 4.3). The higher variability of East Lothian is likely due to its smaller population size highlighting yearly fluctuation.

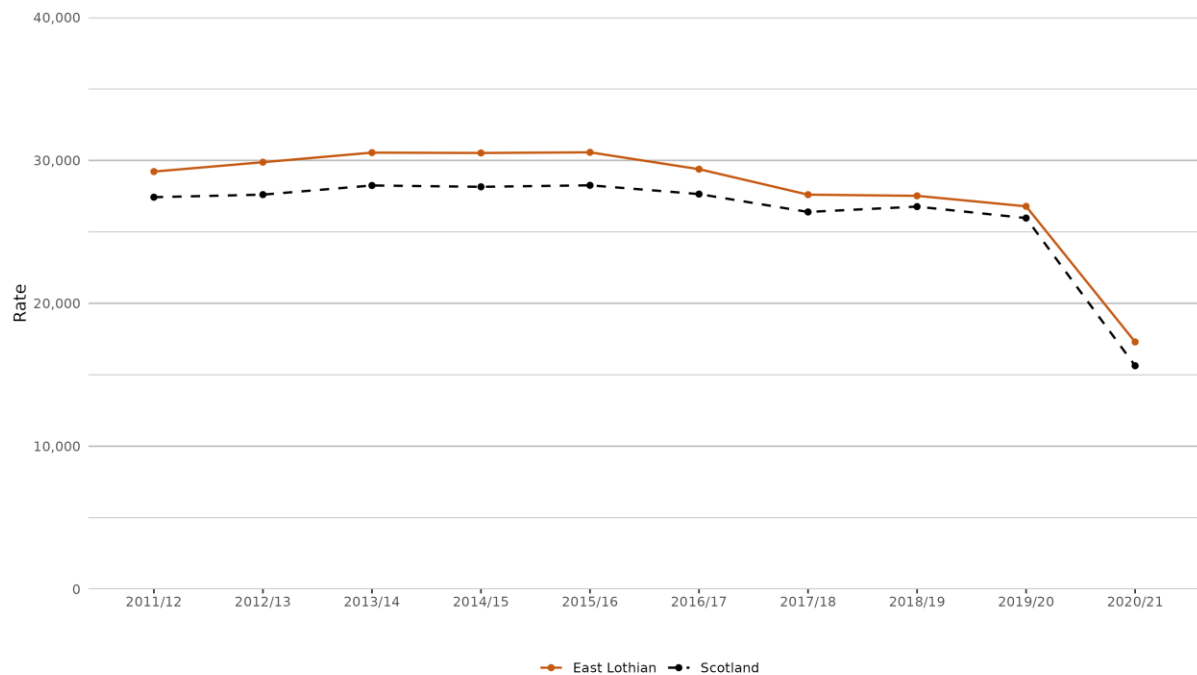
In 2020/21 both East Lothian (3.9 to 4.7) and Scotland (3.8 to 4.3) have experienced a sharp increase in average length of stay rate per 100,000 population, likely due to COVID-19.

Outpatients

New Attendances

The number of new Outpatient attendances in 2020/21 within East Lothian is 18,823, a 10,016 decrease since 2011/12 (28,839). The current year is the lowest number of new Outpatient attendances recorded in 10 years. The peak occurred in 2015/16 with 31,568 attendances.

Figure 72. New Attendances Rate for Outpatients within East Lothian and Scotland

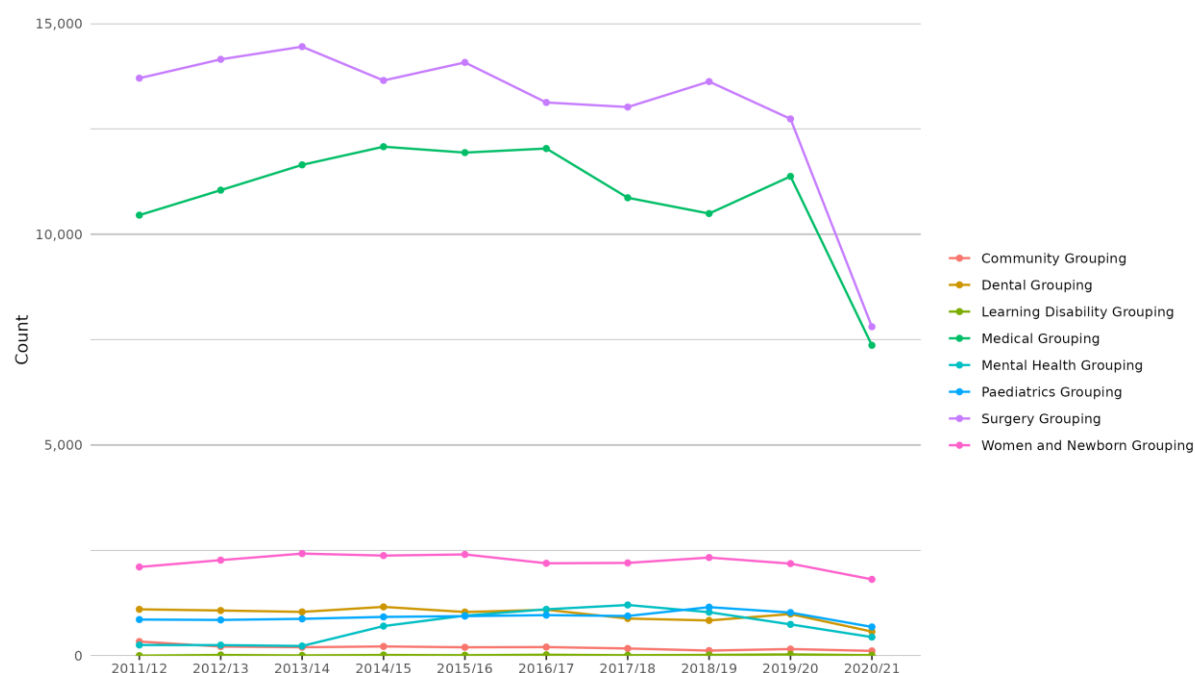


PHS Open Data, [Activity by Council Area and Deprivation](#) [Accessed: May 2022]

The rate of new Outpatient attendances has remained higher in East Lothian than Scotland the past 10 years included in Figure 72.

In Figure 72 the rate per 100,000 population of new Outpatient attendances has followed a similar trend in East Lothian and Scotland, maintaining a steady rate from 2011/12 up to 2019/20, at which point there was a sharp decrease. East Lothian has experienced a decrease in rate from 26,785.8 in 2019/20 to 17,298.4 in 2020/21, the lowest rate measured over the time measured.

Figure 73. Count of New Attendances by Specialty within East Lothian



PHS Open Data, [Activity by Council Area and Specialty](#) [Accessed: May 2022]

Figure 73 shows the number of new attendances has declined in all specialties within the last year (2019/20 to 2020/21). The Medical and Surgery groupings consist of the majority of new attendances and experienced the largest decreases of all groups (Medical: 11,373 to 7,366, Surgery: 12,736 to 7,806). Similar to episodes and admissions, the number of attendances fell due to COVID-19 measures.⁴⁷

All groupings other than Mental Health have remained consistent from 2011/12 to 2020/21.

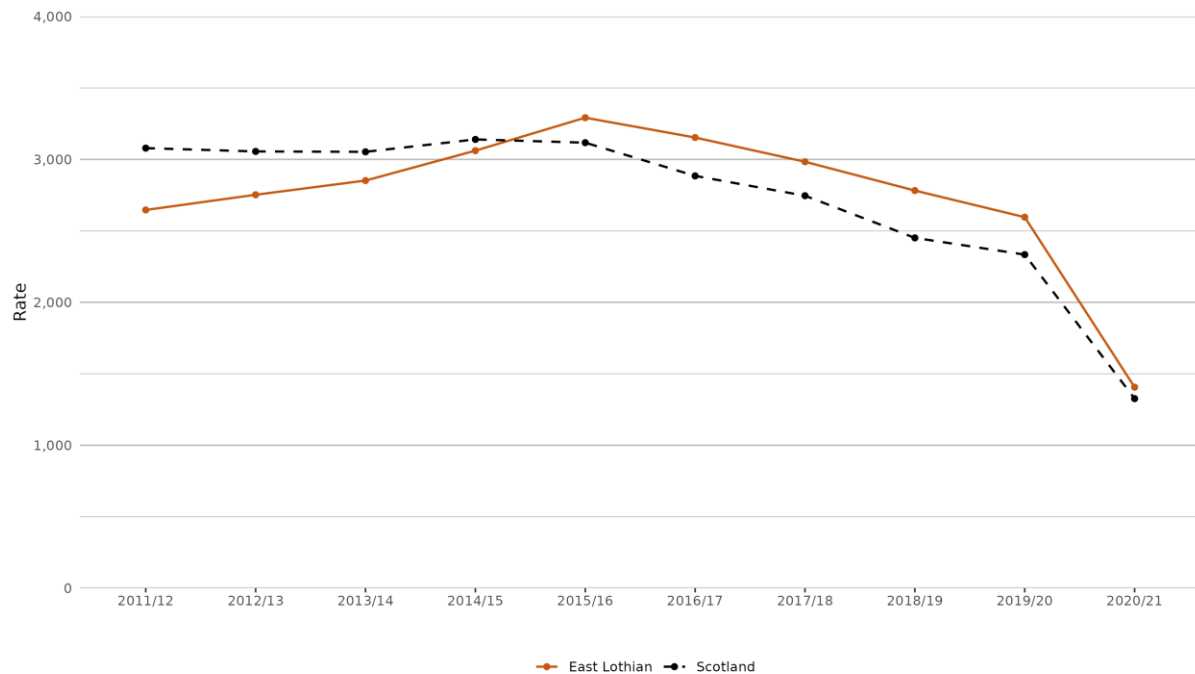
The number of new Mental Health attendances increased from 233 to 1,206 between 2013/14 and 2017/18 and have decreased to 445 in the last year.

Among the groupings with a smaller number of attendances, as at the most recent year (2020/21) there have been 1,814 new attendances in Women and Newborn, 685 in Paediatrics, 575 in Dental, 445 in Mental Health, 117 in Community, and 15 in Learning Disability.

Did Not Attend

Appointments marked as Did Not Attend (DNAs) in East Lothian increased year-on-year from 2,576 in 2011/12 to 3,319 in 2015/16 after which the number fell to 2,719 in 2020/21, followed by the largest decrease in DNAs in ten years (2019/20 to 2020/21) to 1,488.

Figure 74. Rate of Outpatient DNAs within East Lothian and Scotland



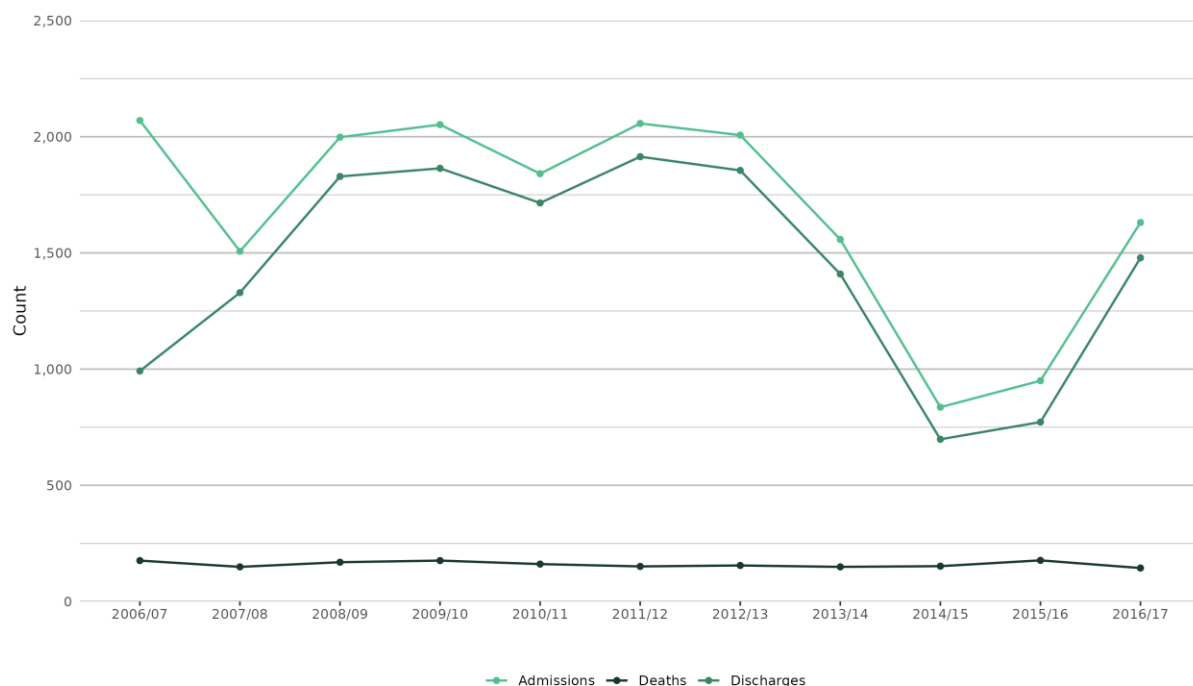
PHS Open Data, [Activity by Council Area and Deprivation](#) [Accessed: May 2022]

In Figure 75 the rate per 100,000 population of DNAs follows a similar trend to the whole numbers. An increase from 2,646.3 to a peak of 3,291.8 was followed by a steady decrease to 2,595.8 in 2019/20, ending with a sharp decline to 1,406.1 in 2020/21.

East Lothian has a higher rate of DNAs than the Scottish population from the 2015/16 peak onwards.

Care Homes

Figure 75. Care Home Admissions, Discharges, and Deaths within East Lothian

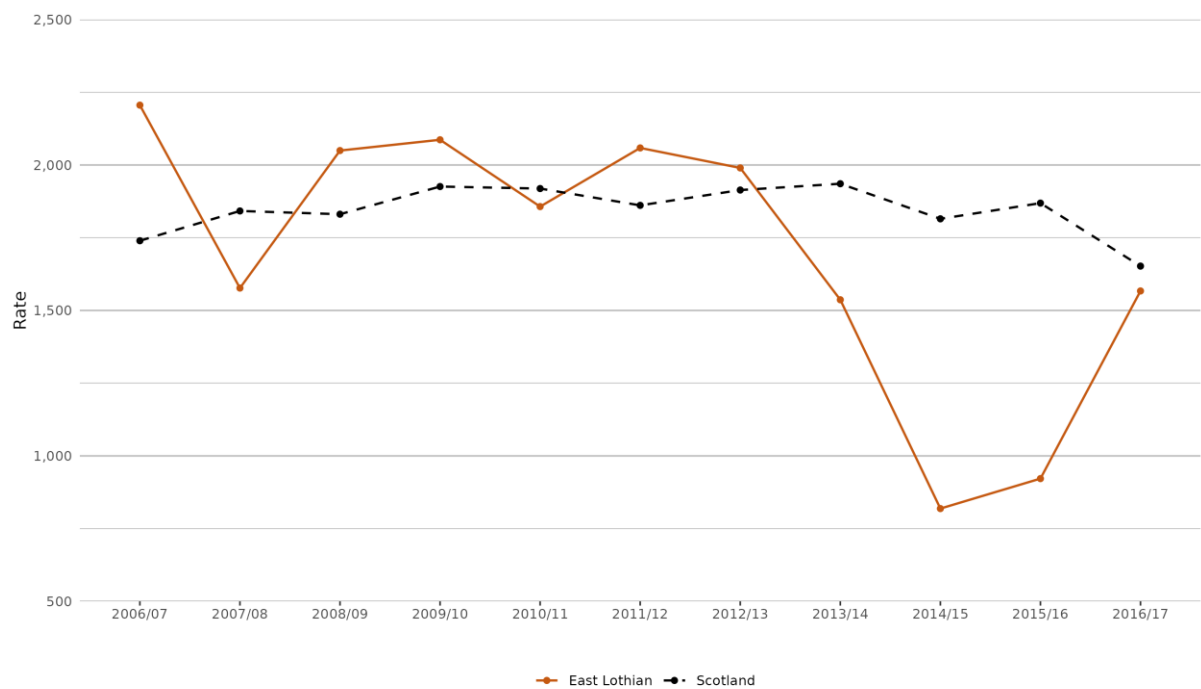


Scottish Government, [Open Data, Care Homes: Admission, Discharges, and Deaths](#) [Accessed: May 2022]

In Figure 75, within East Lothian the number of admissions and discharges to care homes has followed a similar trend since 2007/08. The largest increase occurred between 2015/16 and 2016/17 for both admissions (950, to 1631) and discharges (772 to 1,479).

Mortality within East Lothian care homes has remained consistent from 2006/07 to 2016/17, ranging between a maximum of 176 (2006/07) and minimum of 144 (2016/17).

Figure 76. Crude Rate of Care Home Admissions within East Lothian



Scottish Government, [Open Data, Care Homes: Admission, Discharges, and Deaths](#) [Accessed: May 2022]

In Figure 76 Scotland maintains a consistent rate of care home admissions for all years measured. East Lothian experienced higher variability in the rate of care home admissions than Scotland between 2006/07 and 2012/13. After 2012/13 there is a steep fall in East Lothian admissions to 818.9 in 2014/15 followed by a recovery resulting in the East Lothian admission rate close to Scotland.

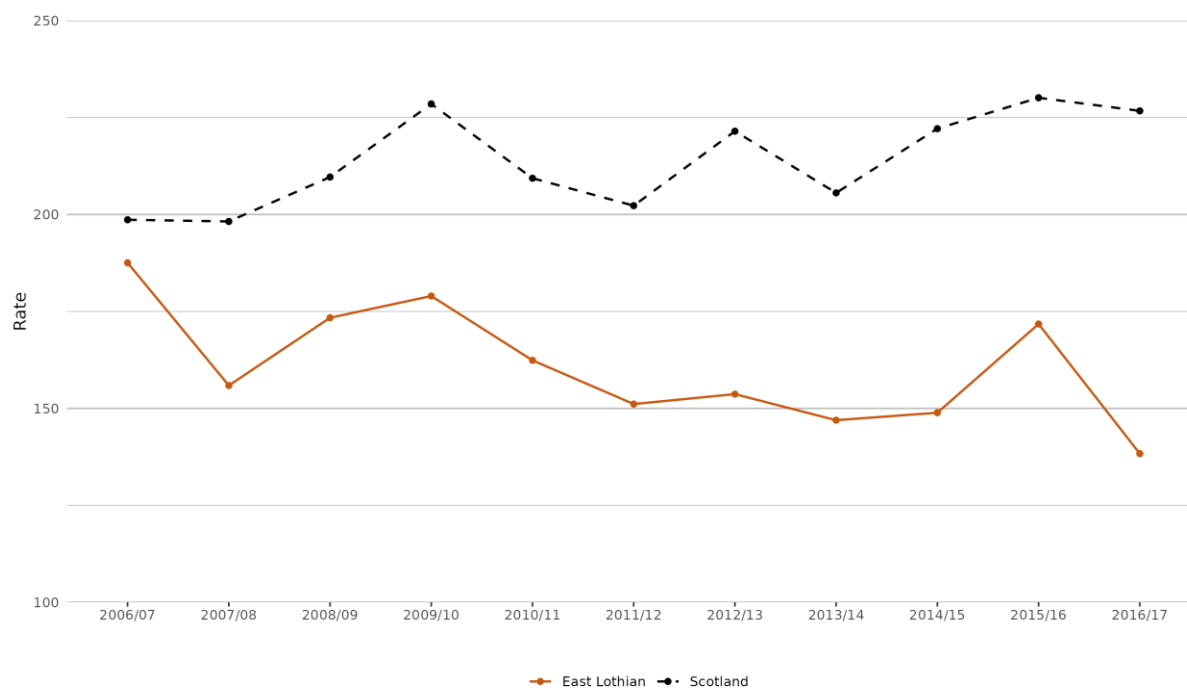
Figure 77. Crude Rate of Care Home Discharges within East Lothian



Scottish Government, [Open Data, Care Homes: Admission, Discharges, and Deaths](#) [Accessed: May 2022]

For 3 years, from 2013/14 to 2015/16, the rate per 100,000 population of East Lothian care home discharges in Figure 77 has been less than the Scottish rate. At the most recent measure (2016/17) East Lothian is above, but near equal to the Scottish rate (East Lothian = 1420.9, Scotland = 1417.9, a difference of 3).

Figure 78. Crude Rate of Care Home Deaths within East Lothian

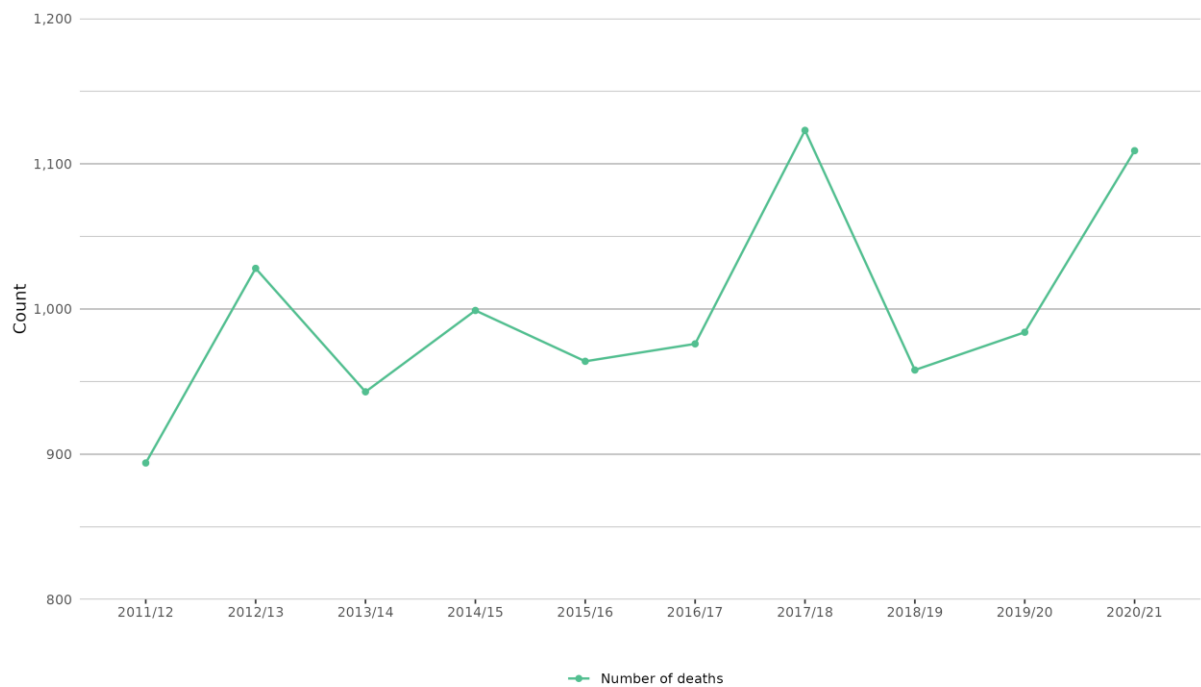


Scottish Government, [Open Data, Care Homes: Admission, Discharges, and Deaths](#) [Accessed: May 2022]

In Figure 78 the rate of care home deaths within East Lothian has remained lower than Scotland for all years recorded. From 2006/07 to 2016/17 the East Lothian crude death rate has decreased from the peak of 187.5 to lowest recorded point of 138.4 while the Scottish death rate has increased from 198.6 to 226.7.

Palliative and End-Of-Life Care

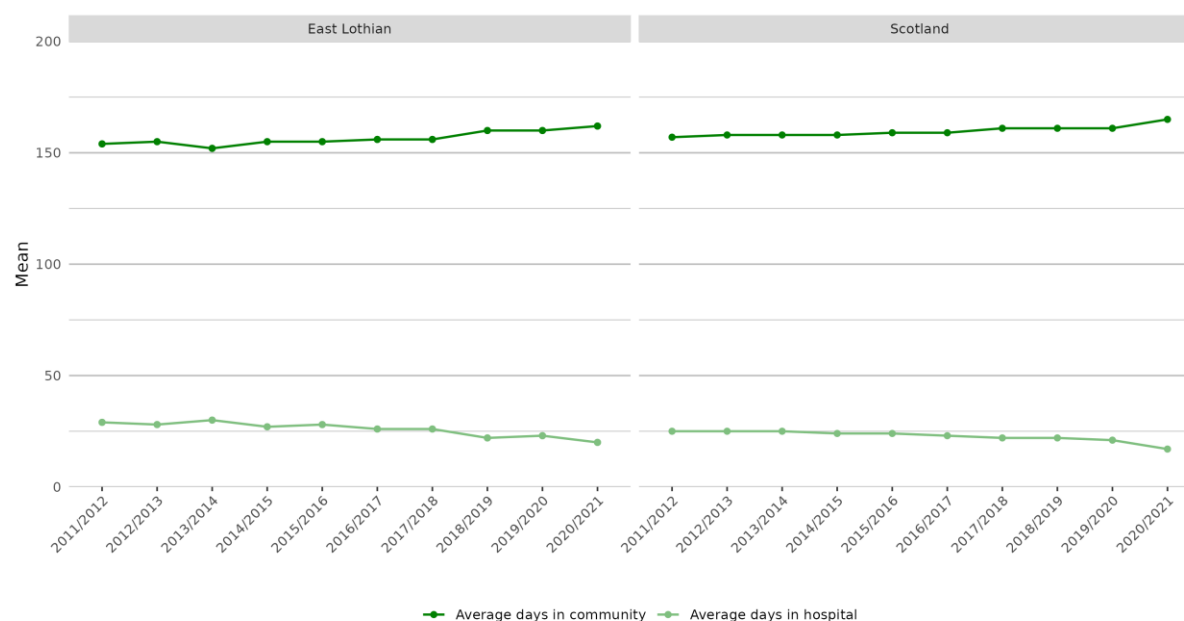
Figure 79. Count of Palliative Care Patient Deaths within East Lothian



Scottish Government Statistics, Palliative and End of Life Care [Accessed May 2022]

The number of deaths within palliative and end-of-life care in East Lothian has risen from the lowest point recorded of 894 in 2011/12 to the second highest of 1,109 in 2020/21 (Figure 79). The peak number of deaths occurred in 2017/18 (1,123).

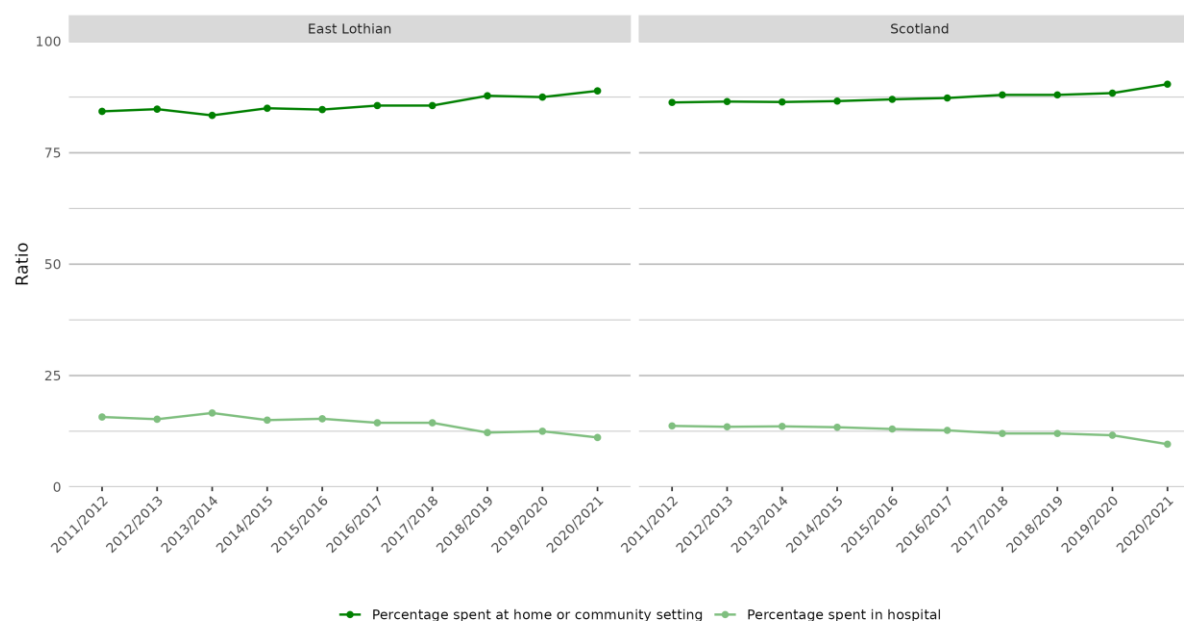
Figure 80. The Average Number of Days Palliative Care Patients Spent within Community and Hospital Settings within East Lothian and Scotland



Scottish Government Statistics, Palliative and End of Life Care [Accessed May 2022]

In Figure 80 East Lothian and Scotland follow a similar trend, with the average number of days spent by palliative care patients in the Community setting increasing (East Lothian = 154 to 162, Scotland = 157 to 165) and patients in the Hospital setting decreased (East Lothian = 29 to 20, Scotland = 25 to 17).

Figure 81. The Ratio of Days Palliative Care Patients Spent within Community and Hospital Settings within East Lothian and Scotland



Scottish Government Statistics, Palliative and End of Life Care [Accessed May 2022]

In Figure 81 East Lothian and Scotland follow a similar trend, with the ratio of number of days spent by palliative care patients in the Community setting increased (East Lothian = 84.3 to 88.9, Scotland

= 86.3 to 90.4) and patients in the Hospital setting has decreased (East Lothian = 15.7 to 11.1, Scotland = 13.7 to 9.6).

Housing

The link between housing and health was highlighted in the June 2021 Scottish Government's publication "Housing and Health Inequalities":

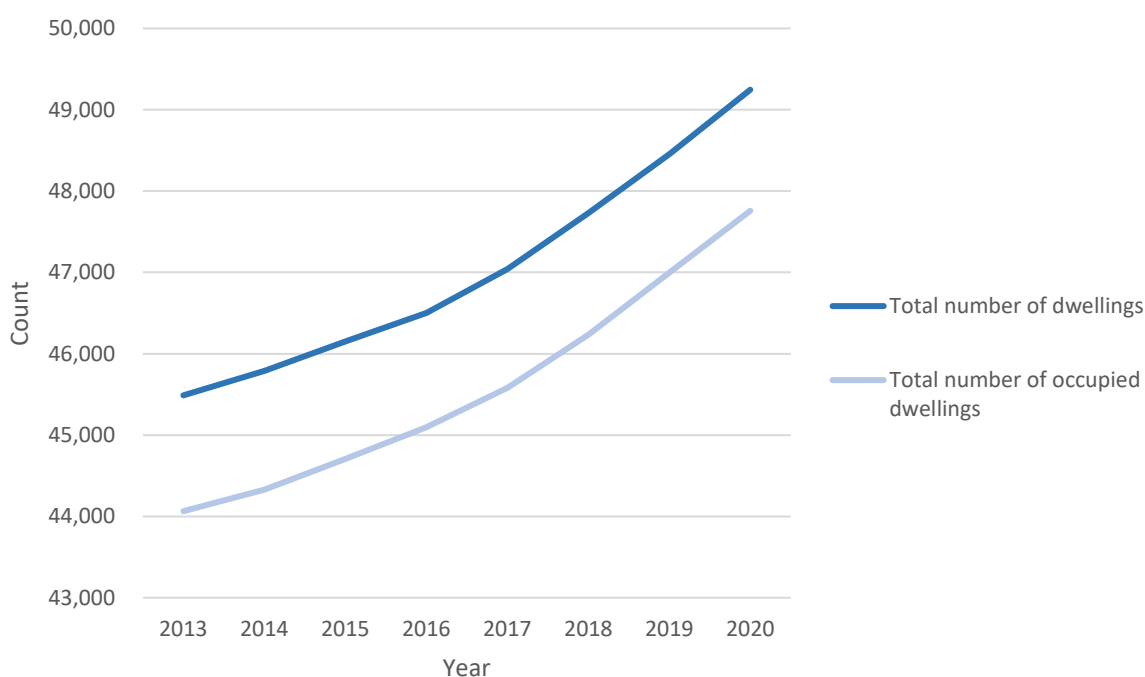
*'Housing has the potential to reduce or reinforce health inequalities. It exerts a substantial influence on health and wellbeing through several linked routes, including: the affordability of homes; the quality of homes; and the role of the home as a platform for inclusion in community life. In Scotland, many people do not live in a house that is warm, dry and affordable, with people on low incomes being disproportionately affected.'*⁵⁰

Tenure

*'These figures provide the estimated number of dwellings in Scotland by tenure. They are updated each year using information from Housing Statistics Annual Returns, stock figures from the Scottish Housing Regulator, and Scottish Household Survey data.'*⁵¹

*'Dwelling stock estimates at March each year are based on the NRS dwelling counts'*⁵¹

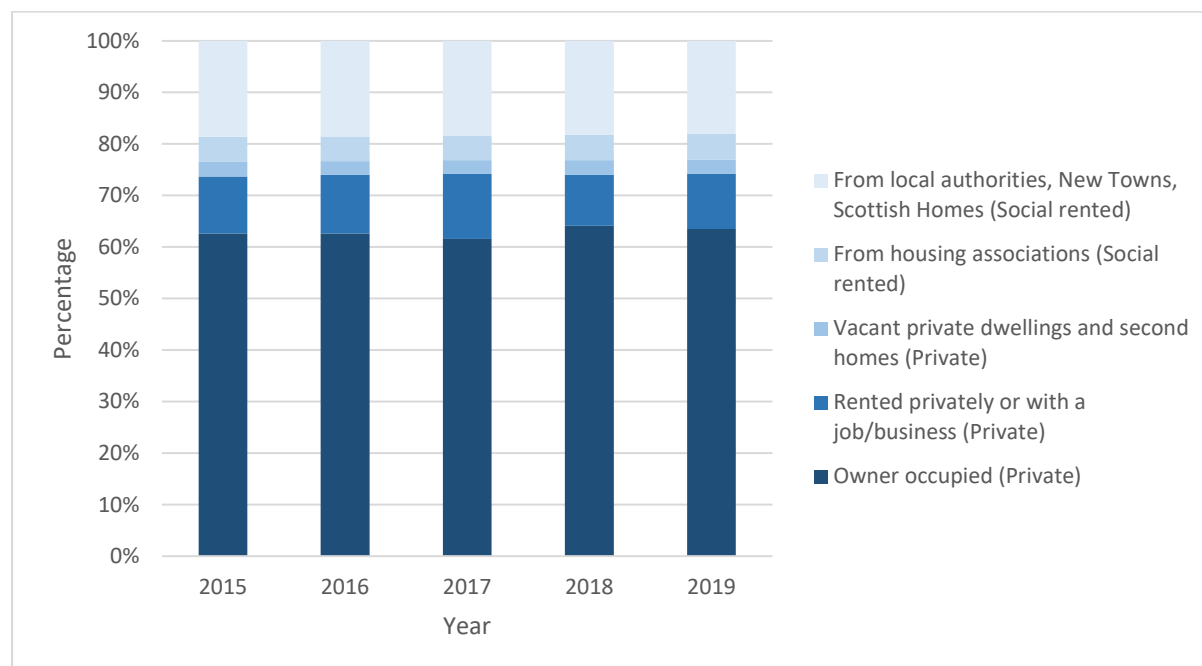
Figure 82. Estimated Stock of Dwellings by Tenure and Local Authority in East Lothian from 2013 to 2020



Scottish Government Statistics, [Housing Statistics: Stock by Tenure](#) [Accessed August 2022]

Figure 82 highlights the increase in the estimated number of dwellings within East Lothian from 45,489 in 2013 to 49,246 in 2020. The total number of occupied dwellings is estimated to increase with a similar but delayed trend. The total number of vacant dwellings is also estimated to increase over the same period from 1,425 to 1,489. This increase has occurred alongside an increase in the East Lothian population, which is projected to continue (See Figure 3).

Figure 83. Estimated Percentage of Dwellings by Dwelling Type and Local Authority in East Lothian from 2015 to 2020



Scottish Government Statistics, [Housing Statistics: Stock by Tenure](#) [Accessed August 2022]

Figure 83 shows the percentage of dwellings in East Lothian by type. The profile of the type of dwelling has seen little change in five years. The owner occupied and social housing are the only types to show a growth between 2015 and 2019, increasing by 2.1 and 0.2 percentage points respectively.

In 2019 privately owned dwellings account for 77% of the housing tenure in East Lothian, with the majority being owner occupied (63.5%).

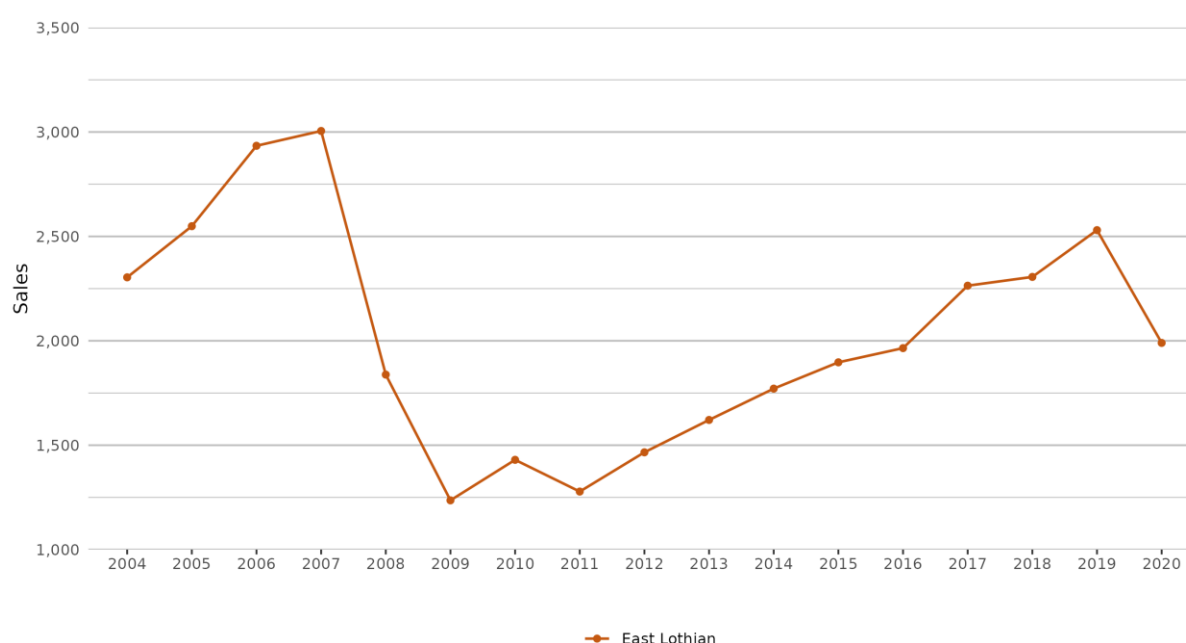
House Sales

*'Residential property transactions are recorded by Registers of Scotland. Historical analysis for the years prior to 2003 includes additional coding by the Land Valuation Information Unit at the University of Paisley and Scottish Government. Figures for the years following 2003 are based on Scottish Government analysis of sales data supplied by Registers of Scotland.'*⁵²

*'The number of sales, median price and lower quartile price are based on second hand and new build sales that are recorded/registered in the given time period whether they are cash purchases or funded by mortgages. It can take a period of time for sales to be submitted and recorded after the transaction is completed.'*⁵²

*'Areas with less than 5 sales have the number and value of sales suppressed to help minimise the risk of data disclosure and to ensure that any averages presented are based on at least 5 records.'*⁵²

Figure 84. Total Housing Sales within East Lothian*



Scottish Government Statistics, [Residential Properties Sales and Price](#) [Accessed: Jun. 2022]

**Note: In 2014 the term "sales" was changed to "dwelling".*

Figure 84 shows that annual housing sales within East Lothian from 2004 (2,304) to 2020 (1,990) have seen an overall decrease of 13.6% (Figure 89). During this period a steep decline in sales occurs between 2007 (3,005) to 2009 (1,236), followed by a gradual increase to 2019 (2,530). A second less steep decline has occurred between 2019 (2,530) and 2020 (1,990).

Figure 85. Total Housing Sales within East Lothian by Residential and Council Housing*

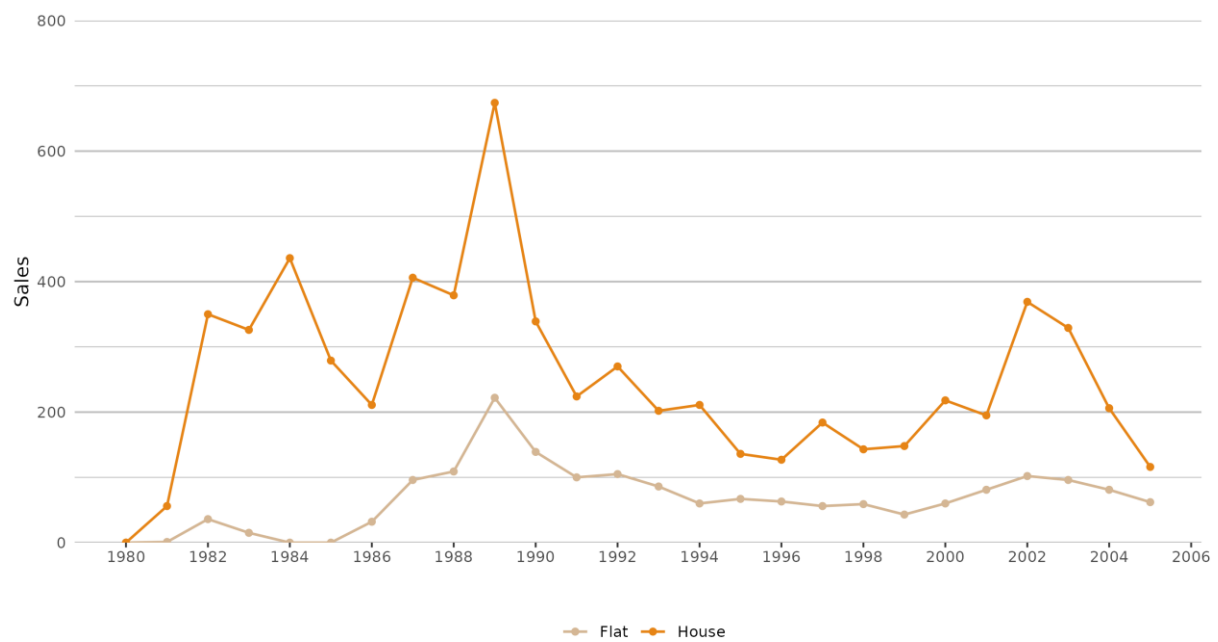


Scottish Government Statistics, [Council House Sales](#) [Accessed: Jun. 2022]

Figure 85 displays the total sales of council and residential housing in East Lothian. The records of housing for council housing are only available from 1981 to 2005.

Residential housing has maintained a higher running total of sales than council housing. The peak of all residential sales in 2007 (2,703) is higher than the peak of council housing sales (896). In the final year available for council housing (2005) the total sales were 178, at which point All Residential sales equalled 2,082. As of the most current data (2017) there was a total of 2,146 residential housing sales.

Figure 86. Total Housing Sales within East Lothian by Type of Dwelling



Scottish Government Statistics, [Residential Properties Sales](#) [Accessed: Jun. 2022]

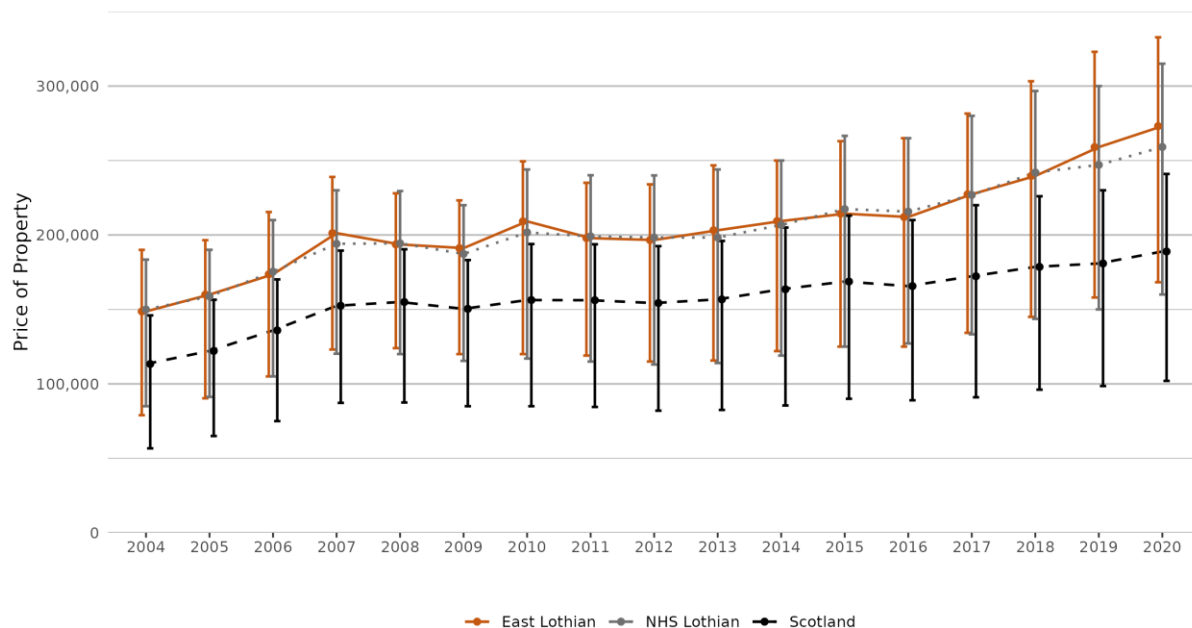
Since 1980 to the latest year of recording (2005), a greater number of houses were sold annually than flats (Figure 86). Over this time the housing sales show more fluctuation (0 in 1980 to 647 in 1989) than flats (0 in 1980 to 222 in 1989). Both flats and houses share the same peak year in sales (1989).

Price

'Our house price statistics include all residential sales in Scotland between £20,000 and £1,000,000, and are based on date of registration.'

Areas with less than 5 sales have the number and value of sales suppressed to help minimise the risk of data disclosure and to ensure that any averages presented are based on at least 5 records.⁵³

Figure 87. Mean Price of Residential Property Sales within East Lothian and Scotland



Scottish Government Statistics, [Residential Properties Sales and Price](#) [Accessed Jun. 2022]

In Figure 87, between the years 2004 to 2020 the mean price for property has increased in East Lothian, Lothian, and Scotland. Within East Lothian, the price has increased from £148,660 to £273,081, a difference of £124,421 (+54.4%).

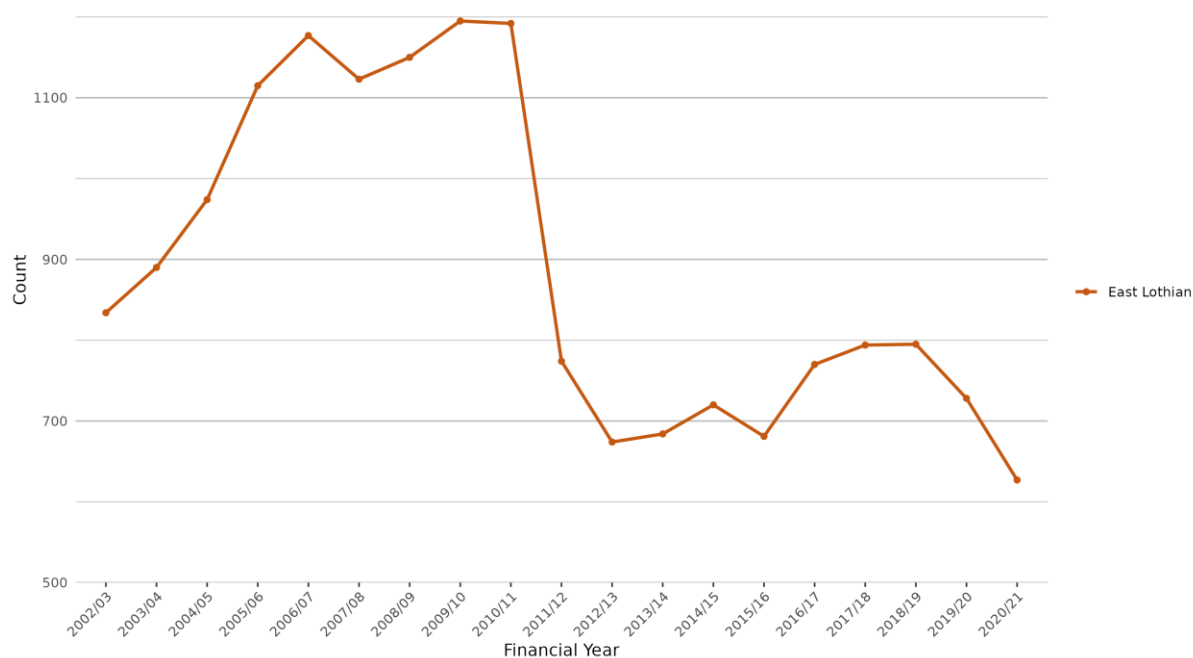
There is no statistical difference of East Lothian and Scotland or Lothian for any year recorded.

Homelessness

Homelessness has a detrimental impact on people's health and wellbeing. Homelessness is driven by a number of societal factors and is more distributed unequally in Scottish communities.⁵⁴

As at 2019/20 there were 33,792 homelessness applications in Scotland and 27,571 households assessed as homeless or threatened with homelessness.⁵⁵ In the same year, 58% of applicants were male, 87% were ethnically white, and 62% were between the ages of 25 to 49.⁵⁵

Figure 88. Number of Homelessness Applications within East Lothian



Scottish Government, [Homelessness in Scotland](#) [Accessed: May 2022]

The number of homelessness applications in East Lothian have been variable between 2002/03 and 2020/21 (Figure 88). An overall increase occurred from 2002/03 (834) to 2010/11 (1,192), followed by a sharp decrease to 2012/13 (674). A second rise occurs to 2018/19 (795), followed by another fall to the latest date (2020/21, 627).

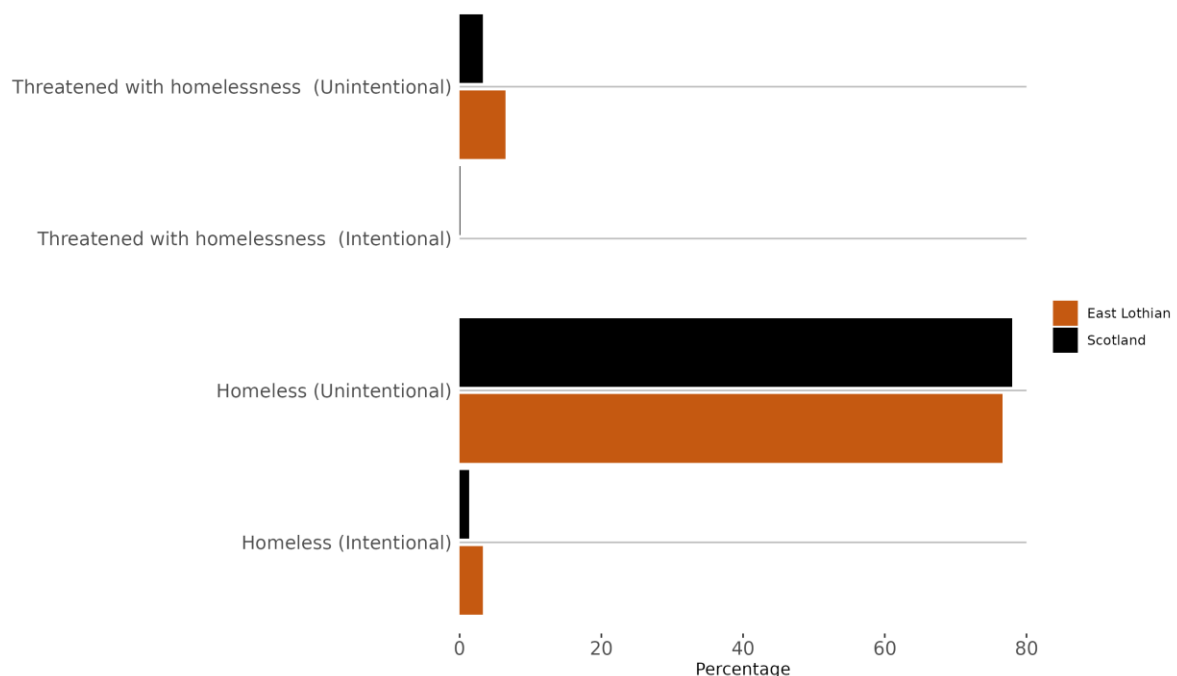
Figure 89. Number of Homelessness Cases within East Lothian



Scottish Government, [Homelessness in Scotland](#) [Accessed: May 2022]

In Figure 89 the overall number of homelessness cases has increased by 32.4% between 2003 (242) and 2021 (747). 2003 and 2021 are also the lowest and highest case totals recorded, respectively.

Figure 90. Percentage of Homelessness assessment decisions within East Lothian and Scotland*

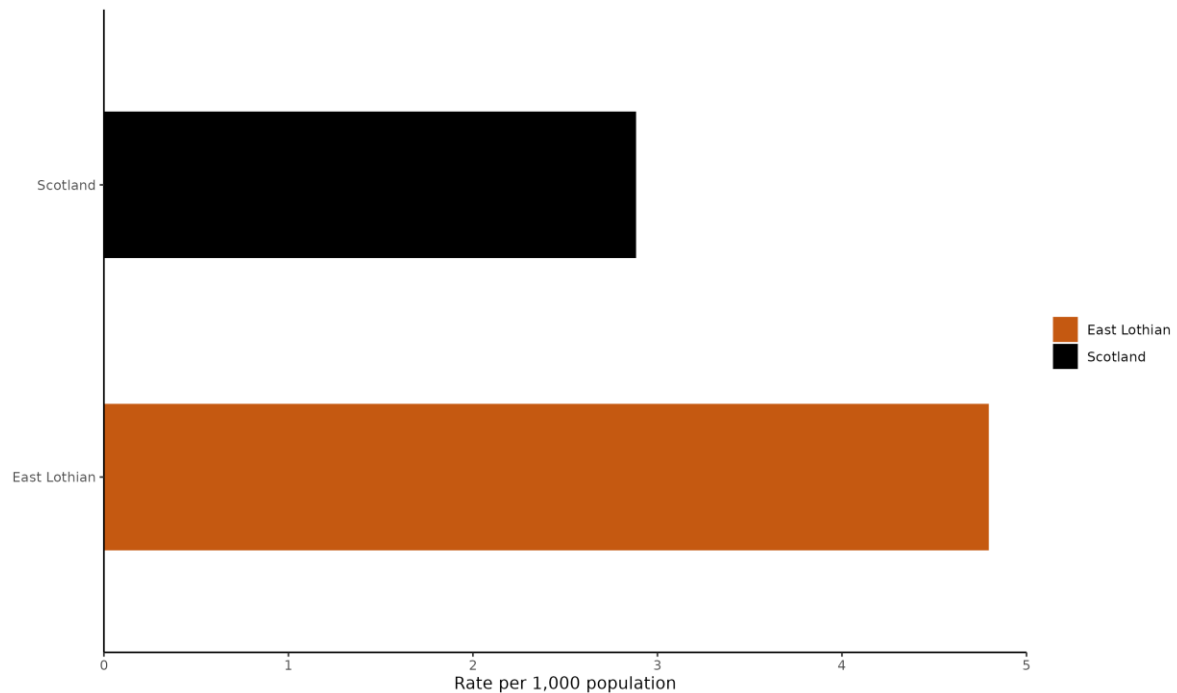


Scottish Government, [Homelessness in Scotland](#) [Accessed: May 2022]

*For clarity not all survey categories have been included, therefore, the total percentage will not equal 100%.

Figure 90 displays the percentage breakdown of assessment decisions of homeless applications within East Lothian and Scotland. The majority of homeless assessments are categorised as “Homeless (Unintentional)” within Scotland (77.9%) and East Lothian (76.6%). East Lothian has a larger percentage than Scotland for the groups “Threatened with homelessness (Unintentional)” (East Lothian = 6.5%, Scotland = 3.2%) and “Homeless (Intentional)” (East Lothian = 3.2%, Scotland = 1.3%).

Figure 91. Rate of Homelessness within East Lothian and Scotland

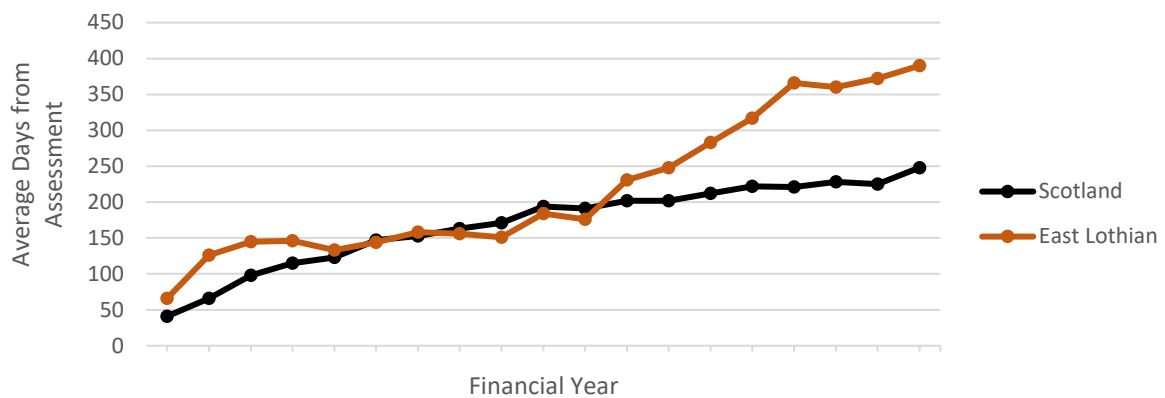


Scottish Government, [Homelessness in Scotland](#) [Accessed: May 2022]

In Figure 91 the rate per 100,000 population of homelessness within the East Lothian (4.8 per 1,000 population) population is higher than Scotland (2.9 per 1,000 population).

Application Closure

Figure 92. Average Time (Days) from Assessment to Closure for Applications Assessed as Homeless or Threatened with Homelessness



Scottish Government, [Homelessness in Scotland](#) [Accessed: May 2022]

Figure 92 shows the average number of days between assessment to the closure of applications for applications assessed as homeless or threatened with homelessness in East Lothian and Scotland.

The average time has increased for East Lothian and Scotland between 2002/03 and 2020/21, a 490.9% increase in East Lothian and a 504.9% increase in Scotland.

The average number of days from assessment to closure has been higher in East Lothian than Scotland since 2014/15.

Poverty

*'Poverty is usually defined as having less than 60% of median household income. The median is the income level where half of the households in the population have more income, and half have less.'*⁵⁷

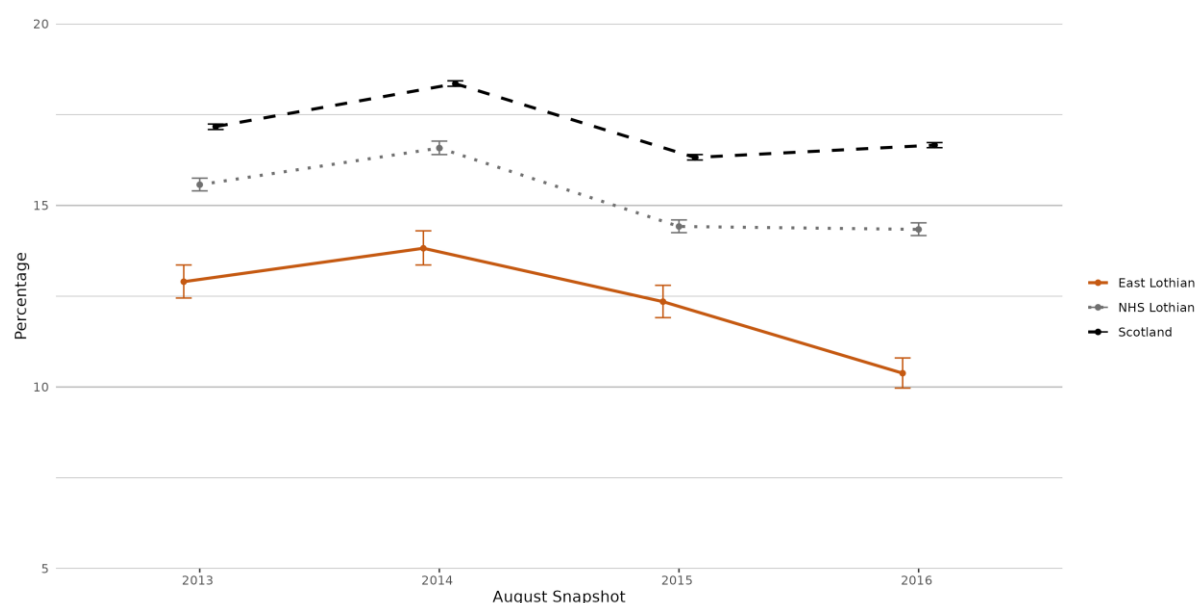
Poverty has a direct and detrimental impact on people's health. In Scotland (as at 2017/18) there are 1.03 million people living in relative poverty, accounting for 12% of the population.⁵⁷

Low-Income Families

Low-income families are defined as *'families in receipt of Child Tax Credit (CTC) whose reported income is less than 60 per cent of the median income or in receipt of Income Support (IS) or Income-Based Jobseekers Allowance (JSA).'*

In 2016 there were 2,130 children in low-income families, 10.6% of the East Lothian child population (ages 16 and below) (Figure 93).

Figure 93. Percentage of Children in Low Income Families within East Lothian, Lothian, and Scotland



Source: [ScotPHO](#) [Accessed: May 2022]

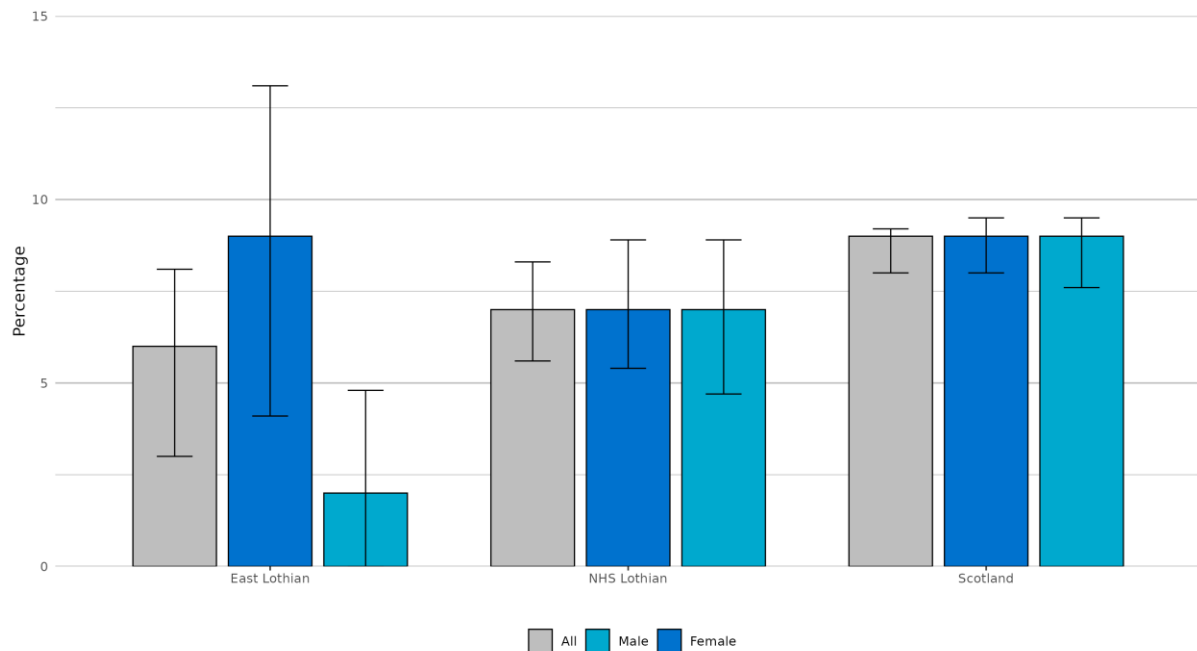
The percentage of children living in low-income families is significantly lower than the populations of both Lothian and Scotland for all years recorded. At the most recent point of recording (2016), East Lothian (10.4%) was lower than Lothian (14.3%), and Scotland (16.7) by 3.9, and 6.3 percentage points, respectively.

The population of children living in low-income families has decreased within East Lothian since the initial point of recording (2013 – 12.9%) to the most recent record (2016 – 10.4%).

Food Insecurity

Food poverty is described as 'the inability to acquire or consume an adequate quality or sufficient quantity of food in socially acceptable ways, or the uncertainty that one will be able to do so'.⁵⁸

Figure 94. Percentage of Population living in Food insecurity (worried would run out of food) within East Lothian, Lothian, and Scotland



Scottish Government Open Data, [Food Insecurity](#) [Accessed: May 2022]

Figure 94 shows the percentage of populations living with food insecurity in 2016-2019.

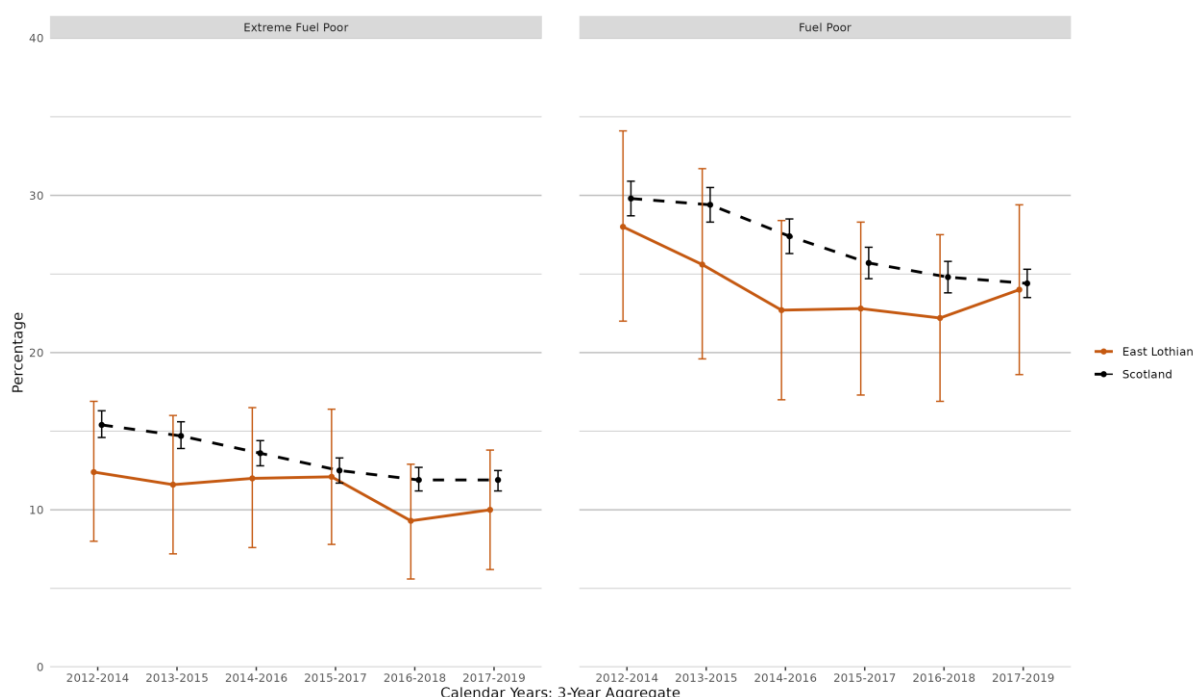
The male percentage of East Lothian is significantly smaller than all of the Scotland sex categories and the Female and All categories for Lothian. All other categories show no statistical significance.

Fuel Poverty

According to The Fuel Poverty (Targets, Definition and Strategy) (Scotland) Act passed in 2019 a household is considered fuel poor if it meets two main criteria:⁵⁹

1. 'After housing costs have been deducted, more than 10% (20% for extreme fuel poverty) of their net income is required to pay for their reasonable fuel needs'
2. 'After further adjustments are made to deduct childcare costs and any benefits received for a disability or care need, their remaining income is insufficient to maintain an acceptable standard of living, defined as being at least 90% of the UK Minimum Income Standard (MIS)'

Figure 95. Percentage of Households in Extreme Fuel Poor and Fuel Poor Conditions



Scottish Government Open Data, [Fuel Poverty](#) [Accessed: May 2022]

*Confidence intervals only available for 2017-2019

Figure 95 show the percentage of households in 'fuel poor condition' and extreme fuel poverty, respectively.

The percentage of households in fuel poor condition and extreme fuel poverty has decreased when comparing 2012-2014 (fuel poor = 28%, extreme fuel poverty = 12.4%) and 2017-2019 (fuel poor = 24%, extreme fuel poverty = 10%).

The most recent year experienced an increase from 22.2% to 24% in fuel poor households and 9.3% to 10% in extreme fuel poverty.

The percentage of population in East Lothian living in fuel poverty and extreme fuel poverty shows no significant difference from the Scottish population.

Wellbeing

Dental

'It is now widely recognised that a healthy mouth has a significant impact on physical health as well as on other aspects of day-to-day life including engaging with others socially and as a result, may have wider socio-economic consequences'^{61, 62}

The Scottish Health Survey reported that in 2019 the population of Scottish adults who had at least some natural teeth was 93% including 78% who had 20 or more natural teeth.⁶¹

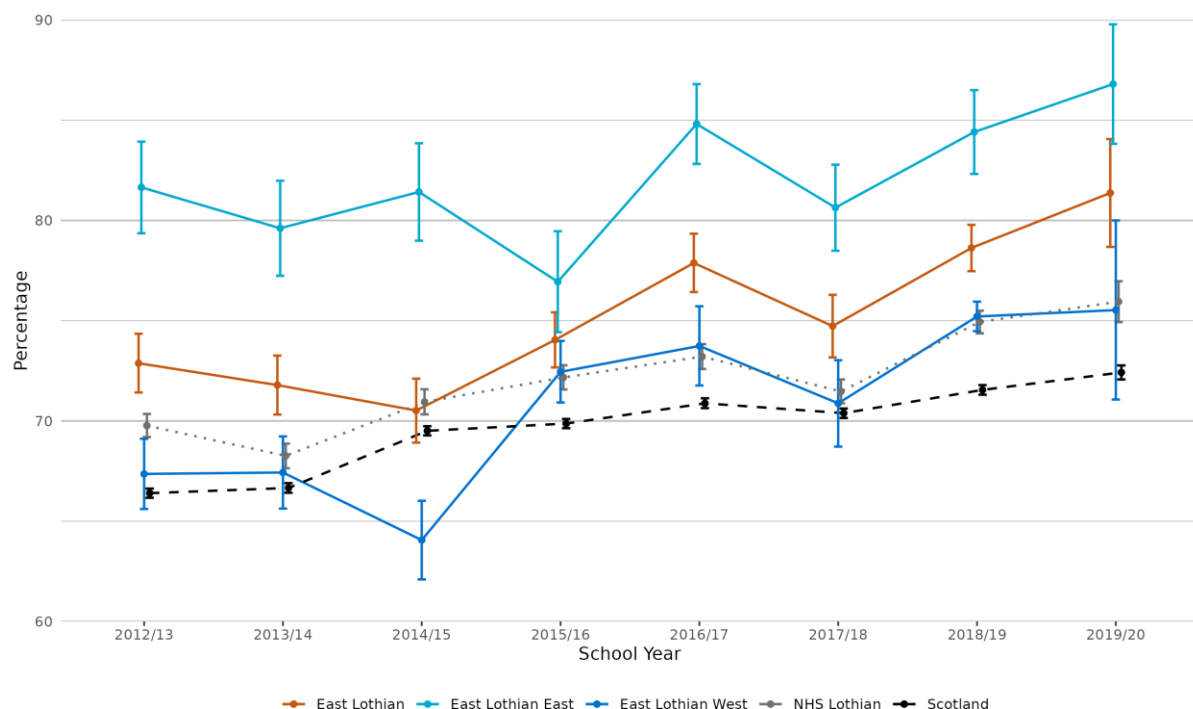
As of September 2021, the number of adults and children registered with an NHS Dentist in Scotland was 4,319,817 and 901,000, respectively.⁶³ As of March 2022, there were 90,961 people registered with East Lothian Dental practices.⁶⁴

Child Dental Health

*'The National Dental Inspection Programme (NDIP) is carried out annually under the auspices of the Scottish Dental Epidemiology Co-ordinating Committee on behalf of NHS Boards. Its principal aim is to inform parents/carers of the oral health status of their children. Additionally, appropriately anonymised, aggregated data, are used to advise the Scottish Government, NHS Boards and other organisations concerned with the prevalence of oral disease in children at national and local levels.'*⁶⁵

As of 2019, the number of Primary 1 Children Receiving a Letter 'C' is 472, a decrease from 2012/13 (801)

Figure 96. Percentage of Primary 1 Children Receiving a Letter 'C' (No Obvious Decay Experience but Should Continue to See the Family Dentist on a Regular Basis) at Basic Inspection



Source: [ScotPHO Profiles](#), [Accessed: Jan. 2022]

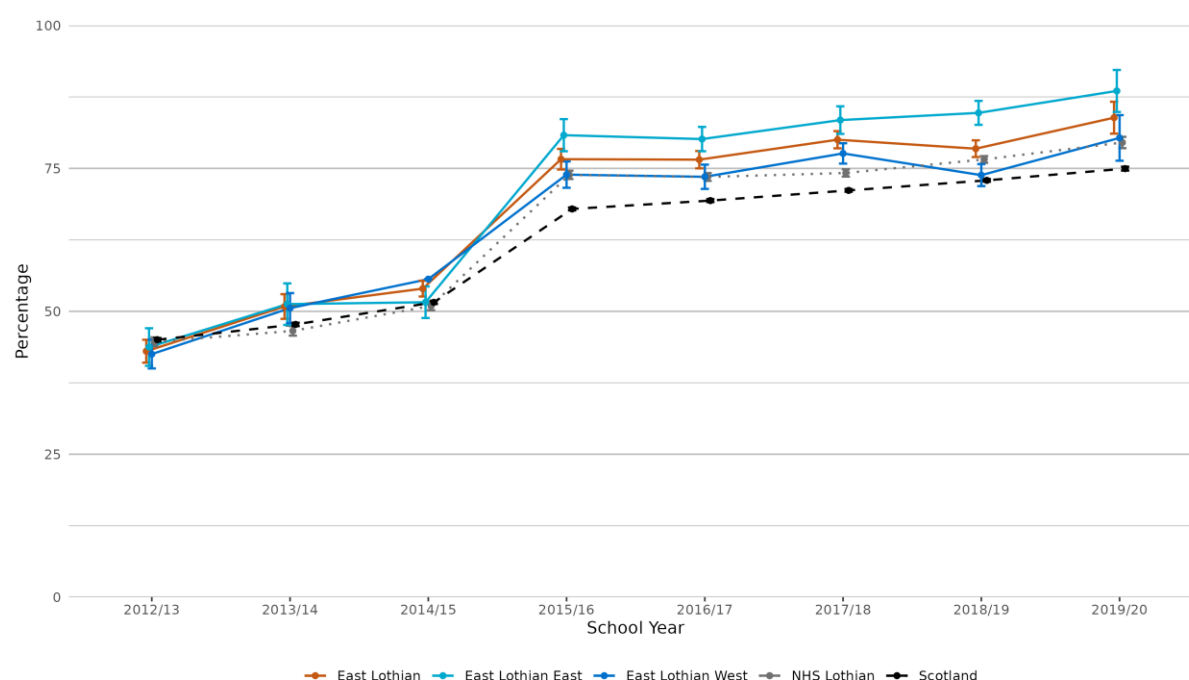
Figure 96 shows the percentage of children Receiving a Letter 'C' (No Obvious Decay Experience but Should Continue to See the Family Dentist on a Regular Basis). For further information see the National Dental Inspection Programme (2019) publication.⁶⁷

The percentage of primary 1 children with no obvious decay experience has risen in all geographies included in Figure 96. In East Lothian there has been an increase of 8.5 percentage points between 2012/13 (72.9%, 801) and 2019/20 (81.4%, 476).

East Lothian percentage has been statistically higher than Lothian since 2015/16 and Scotland since 2014/15.

East Lothian East has maintained a significantly higher percentage than East Lothian West in all years. At the latest year (2019/20) East Lothian East (86.8%, 263) and East Lothian West (75.5%, 213) show a difference of 11.3 percentage points. The East Lothian percentage is significantly similar to both East Lothian locality percentages for only two years 2015/16 and 2019/20.

Figure 97. Percentage of Primary 7 Children Receiving a Letter 'C' (No Obvious Decay Experience but Should Continue to See the Family Dentist on a Regular Basis) at Basic Inspection



Source: [ScotPHO Profiles](#), [Accessed: Jan. 2022]

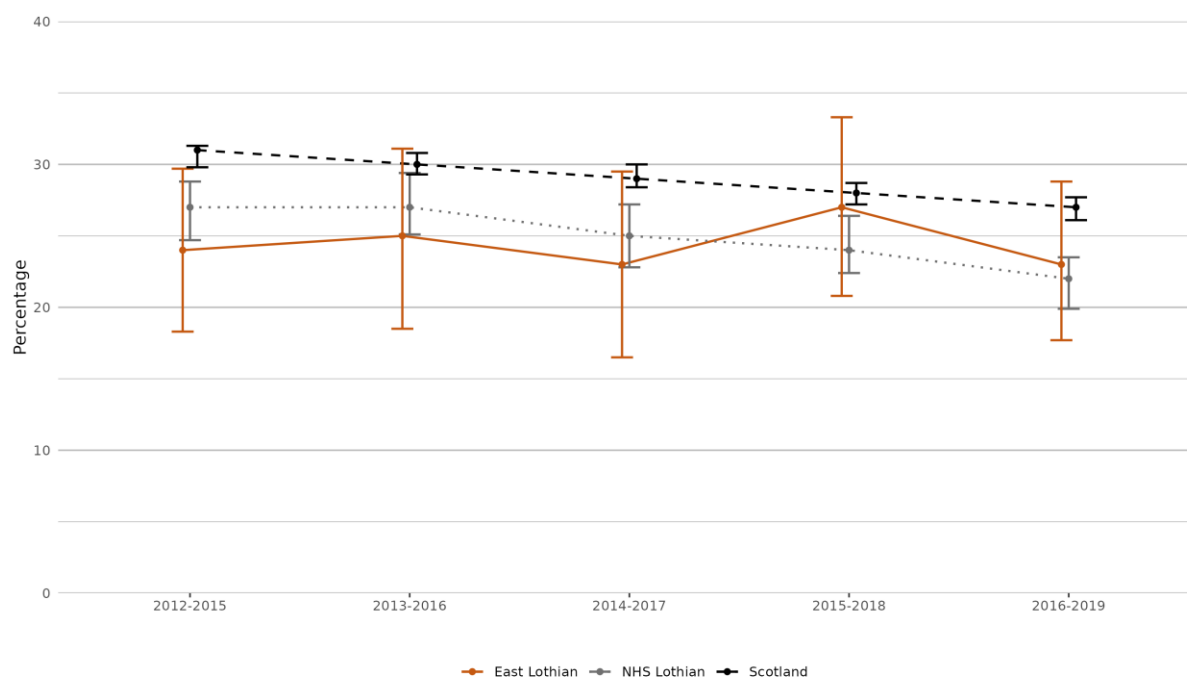
As of 2019, the number of Children Receiving a Letter 'C' is 442, an increase from 2012/13 (404)

In Figure 97, the percentage of Primary 7 children with no obvious decay experience has seen an overall increase since 2012/13 and has peaked for all geographies at the most recent point of measure (2019/20). Notably, a sharp increase of 187 children occurred from 2014/15 (53.97%) to 2015/15 (76.61%). In East Lothian there has been an increase of 40.9% between 2012/13 (43.0%) and 2019/20 (83.9%).

Since 2013/14, East Lothian has maintained a significantly higher percentage than the Scottish population. From 2015/16 onwards, East Lothian East has maintained a significantly higher

percentage than East Lothian West. There is no statistical significance between East Lothian and its localities for all years other than 2018/19, in which East Lothian East is higher.

Figure 98. Percentage of Survey Population Who Assessor Thinks Would Need Dental Treatment



Source: [Scottish Health Survey](#) [Accessed: May 2022]

In Figure 98, the population of assessed children who are predicated to require future dental treatment has increased from 2012-2015 (247) to 2016-2019 (373), whereas, the percentage has shown a slight decrease of 1 percentage point (24% to 23%).

Scotland and Lothian are significantly similar to East Lothian in all years other than 2012-2015 in which Scotland's percentage is significantly higher.

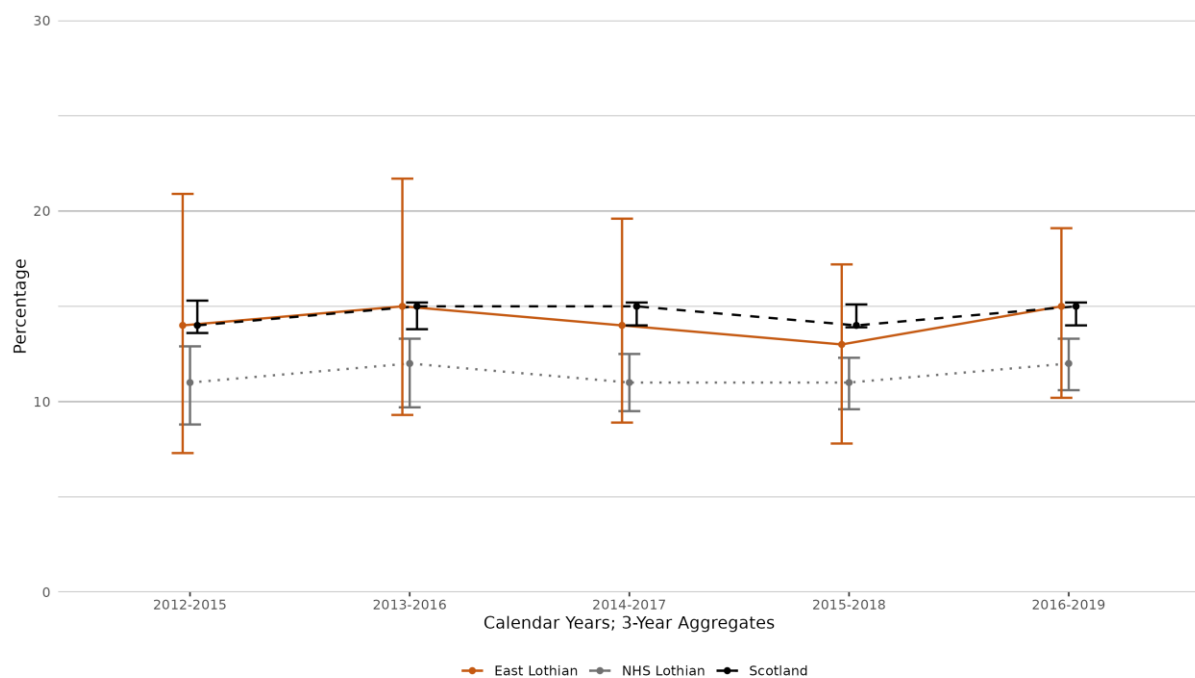
Frailty

Care Providers

*'Although there is no universally agreed definition of frailty, most definitions consider frailty a form of complexity, associated with developing multiple long-term conditions over time leading to low resilience to physical and emotional crisis and functional loss leading to gradual dependence on care. In many ways it is progressive like a long-term condition.'*⁶⁸

The total number of people within East Lothian who provide any regular help of care for any sick, disabled or frail person has increased year-on-year since from 114 (2012-2015) to 375 (2016-2019).

Figure 99. Percentage of Population who Provide any Regular Help or Care for any Sick, Disabled or Frail Person



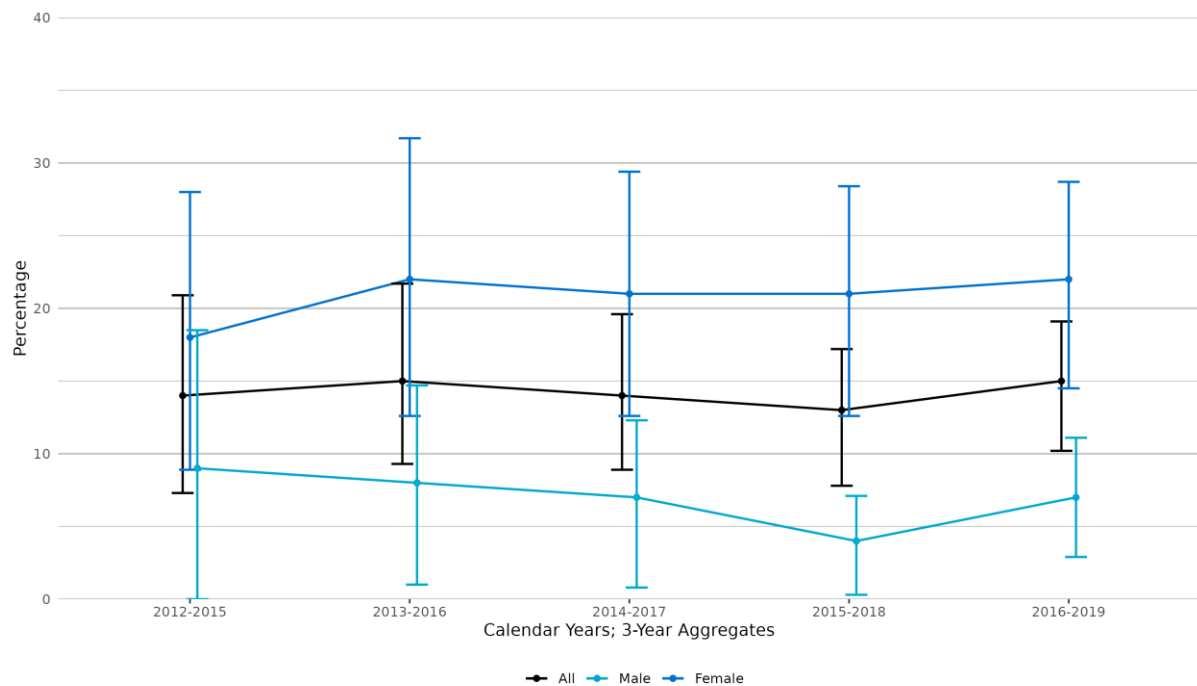
Source: [Scottish Health Survey](#) [Accessed: May 2022]

East Lothian, Lothian and Scotland have maintained a consistent percentage of population who provide any regular help or care for any sick, disabled or frail person between 2012-2015 and 2016-2019. There is no significant difference between any geography displayed in Figure 99.

Frailty - Sex

When comparing sex, the number of people within East Lothian who provide any regular help of care for any sick, disabled or frail person has increased for both males (48 to 165) and females (66 to 210) between 2012-2015 and 2016-2019.

Figure 100. Percentage of Population who Provide any Regular Help or Care for any Sick, Disabled or Frail Person by Sex



Source: [Scottish Health Survey](#) [Accessed: May 2022]

Figure 100 shows that while the whole number increased, the male population decreased in total percentage of care providers (9% to 7%) while the female population increased (18% to 22%) over 2012-2015 to 2016-2019.

Since 2014-2017 the female population percentage has been significantly higher than the male population, suggesting that the female population has responsibility for more of the burden of care within East Lothian.

Weight

*'What causes someone to have a higher weight is complex and often not well understood. Weight is influenced by a person's experience throughout their life-course, including economic, social and environmental factors. This includes whether our environment supports or constrains physical activity; accessibility of affordable healthy food; the influence of social circles, and industry marketing, alongside genetic and physiological factors.'*⁶⁹

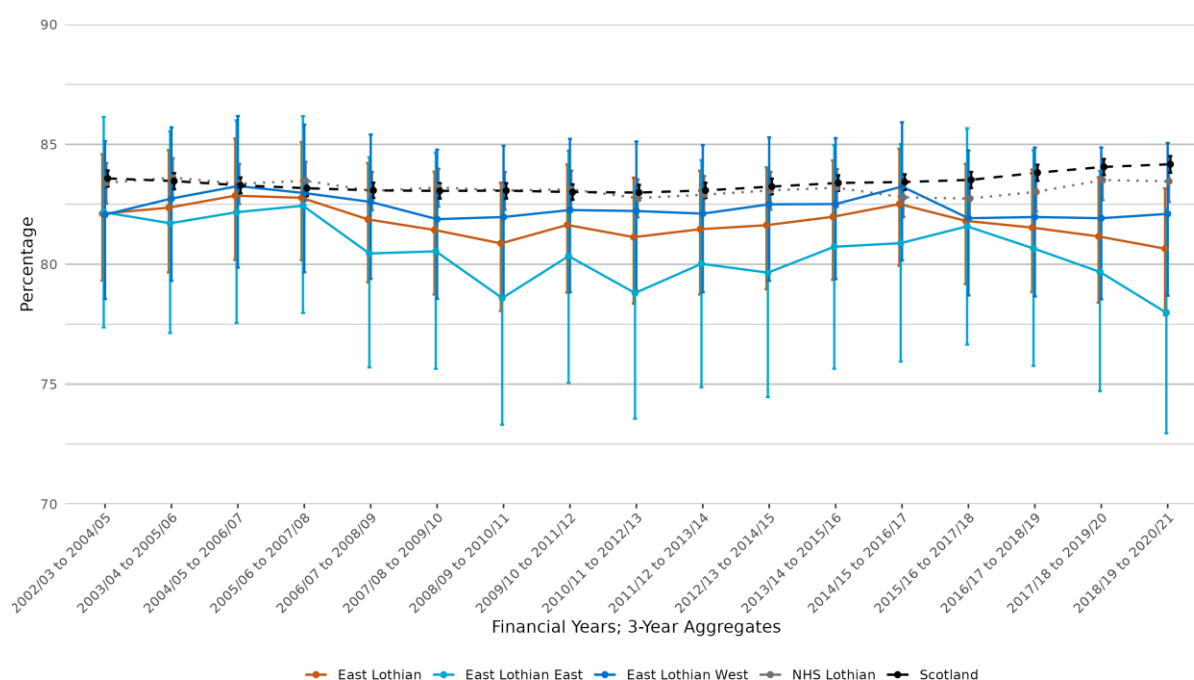
As of 2019 66% of adults (over 16) in Scotland were considered within the unhealthy weight ranges of overweight and obese. In the Scottish child population (ages 2 to 15) 30% are at risk of being overweight, of which 16% are at risk of obesity.⁶⁹

Healthy Birth Weight

*'Generally speaking, infants weighing 2.5 kg or more, but less than 4 kg, at birth are considered to have a "normal" birth weight. A birth weight of less than 2.5 kg is considered to be low, whereas 4 kg or more is considered high.'*⁷⁰

Over the period of 2002/03-2004/05 to 2018/19-2020/21 the three-year average of healthy weight live full-term (at least 37 week) singleton births has increased in East Lothian (667 to 690.7) and East Lothian West (240.0 to 233.7) but decreased in East Lothian East (427.3 to 457).

Figure 101. Percentage of Population Born at a Healthy Birth Weight



Source: [ScotPHO Profiles](#), [Accessed: Jan. 2022]

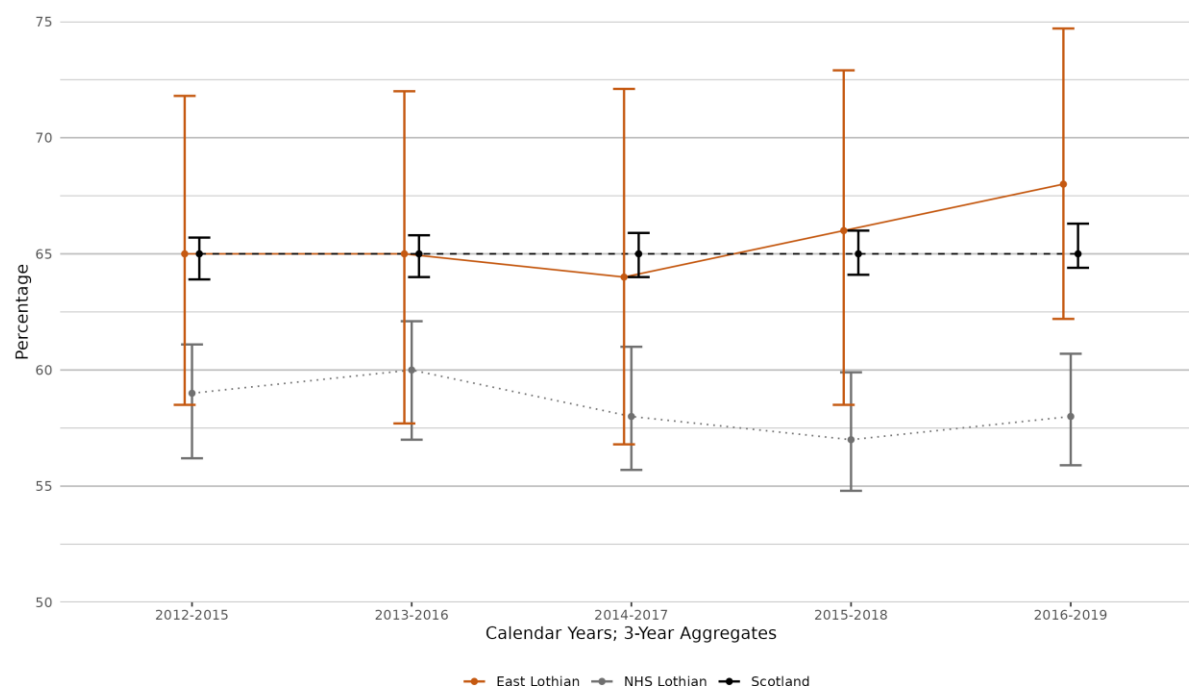
*'Generally speaking, infants weighing 2.5 kg or more, but less than 4 kg, at birth are considered to have a "normal" birth weight. A birth weight of less than 2.5 kg is considered to be low, whereas 4 kg or more is considered high.'*⁷⁰

Over the period of 2002/03-2004/05 to 2018/19-2020/21 the three-year average of healthy weight live full-term (at least 37 week) singleton births has increased in East Lothian (667 to 690.7) and East Lothian West (240.0 to 233.7) but decreased in East Lothian East (427.3 to 457).

Figure 101 shows that the East Lothian health birth weight is significantly lower than Scotland percentage at one point in all years measures (2018/19-2020/21). There is no significant difference between East Lothian and its localities for all time measured.

Overweight (Including Obese)

Figure 102. Scottish Health Survey Estimated Obesity

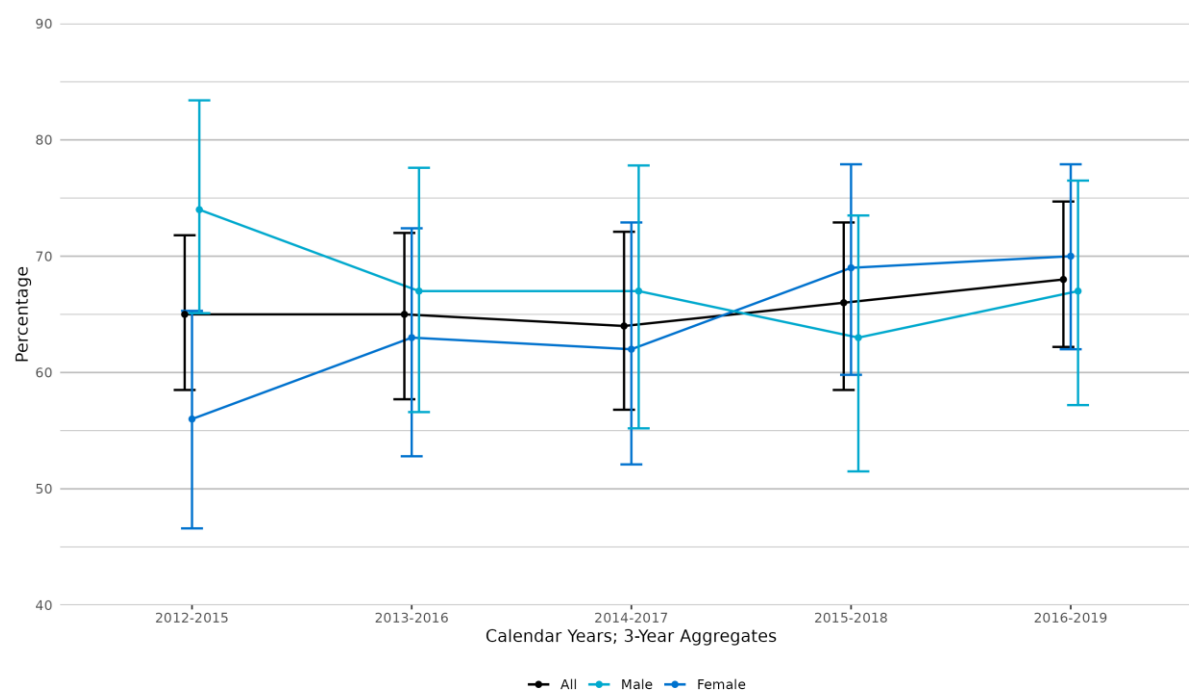


Source: [Scottish Health Survey](#) [Accessed: May 2022]

In Figure 102, the percentage of people estimated to be overweight in East Lothian has been increased from 2014-17 (65%) to 2016-2019 (68%).

Due to this increase, the population of East Lothian now has a significantly larger overweight percentage than Lothian. Scotland has maintained the same percentage (65%) of estimated obesity for all years and shows no significant difference from East Lothian.

Figure 103. Scottish Health Survey Estimated Obesity by Sex within East Lothian

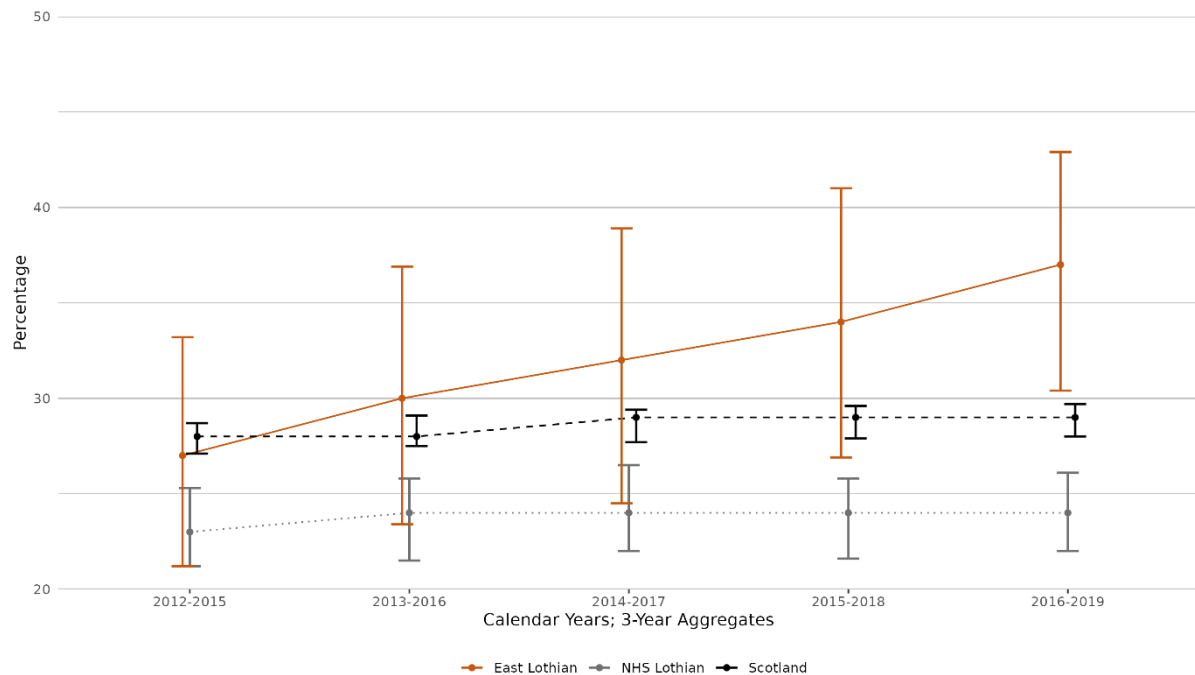


Source: [Scottish Health Survey](#) [Accessed: May 2022]

The male and female populations within Figure 103 show no significant difference in the overweight population within East Lothian. Since 2015-2018 the female population has been higher than the male population. The female overweight population has increased from 56% to 70% while the male overweight population has decreased from 74% to 67% between 2012-2015 to 2016-2019.

Obesity

Figure 104. Scottish Health Survey Estimated Obesity

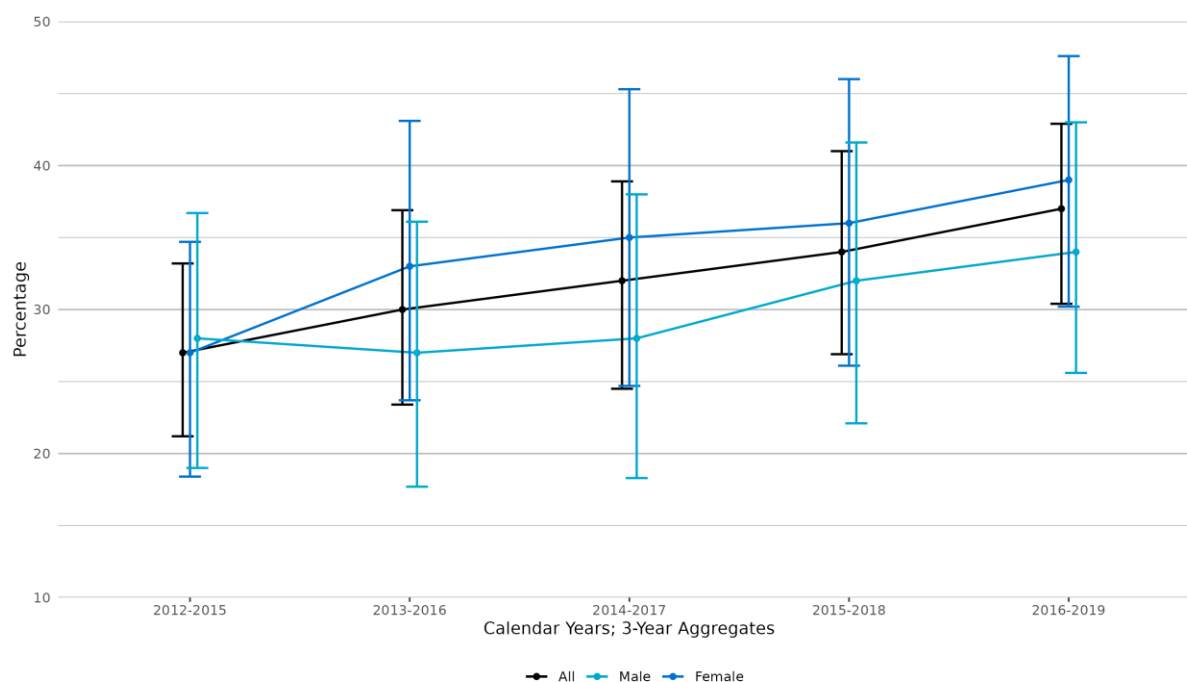


Source: [Scottish Health Survey](#) [Accessed: May 2022]

Figure 104 highlights that the number and percentage of estimated obesity in East Lothian has increased from 2012-2015 (222, 27%) to 2016-2019 (314, 37%).

Due to the annual increase in obesity percentage in East Lothian, the percentage of Obesity in East Lothian has been significantly higher than the Lothian population since 2015-2018 and higher than Scotland since 2016-2019.

Figure 105. Scottish Health Survey Estimated Obesity by Sex within East Lothian



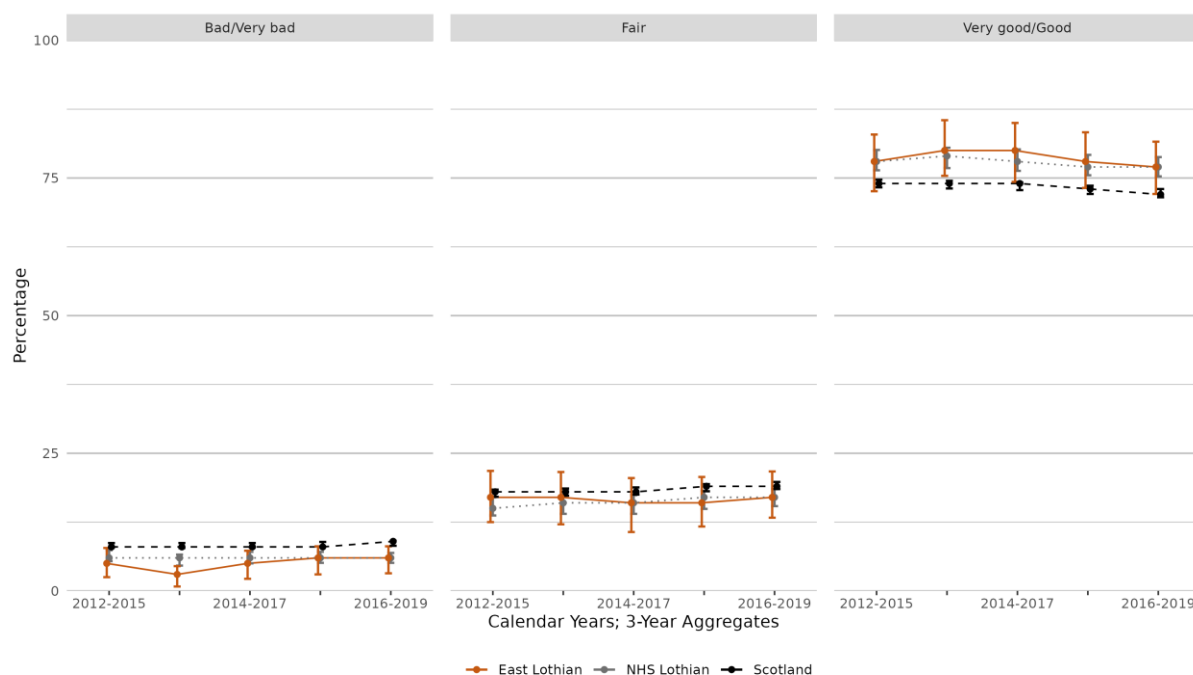
Source: [Scottish Health Survey](#) [Accessed: May 2022]

The total number of individuals estimated to be obese has risen for males (102 to 142) and females (120 to 172) between 2012-2015 and 2016-2019.

Figure 105 shows the male (28% to 34%) and female (27% to 39%) obese populations within East Lothian have both increased since over the period of 2012-2015 to 2016-2019.

Self-Assessed General Health

Figure 106. Self-assessed General Health within East Lothian



Source: [Scottish Health Survey](#) [Accessed: May 2022]

Comparing 2013-2016 and 2016-2019 the self-assessed general health of East Lothian residents has increased in the “Very bad/Bad” category (5% to 6%), remained the same in the “Fair” category (17%), and decreased in the “Very good/Good” category (78% to 77%) (Figure 106).

Within the “Bad/Very bad” category East Lothian is significantly lower than Scotland at three time points (2013-2016, 2014-2017, and 2016-2019).

Within the “Fair” category there is no significant difference between East Lothian and Scotland or Lothian.

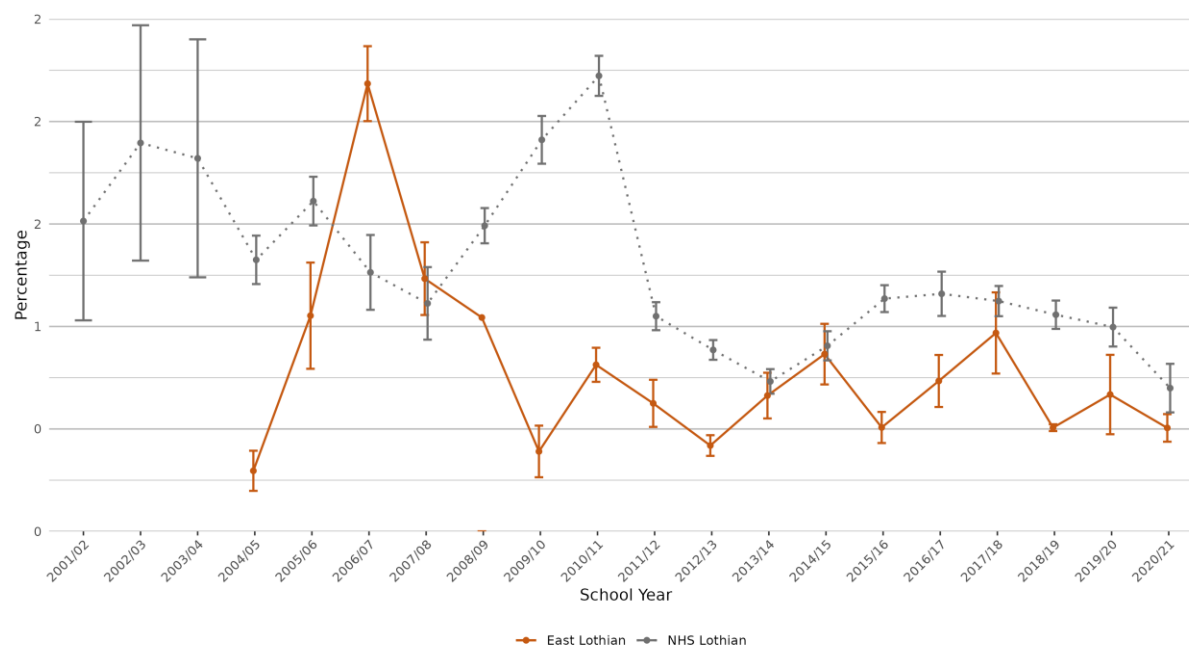
Within the “Very good/Good” category East Lothian is significantly higher than the Scottish population at two periods (2013-2016 and 2014-2017).

East Lothian being lower in the “Bad/Very bad” category and higher in the “Very good/Good” category suggests that East Lothian residents consider themselves as healthier than the general Scottish population.

Childhood Obesity

Epidemiological thresholds are used to define children at risk of under- or overweight and are used primarily to assess the health of the whole child population and monitor the changes in the proportion of children at risk of unhealthy weight that have been seen in Scotland over recent years.⁷¹

Figure 107. Percentage of Primary 1 Children who meet the Epidemiological Threshold of Underweight

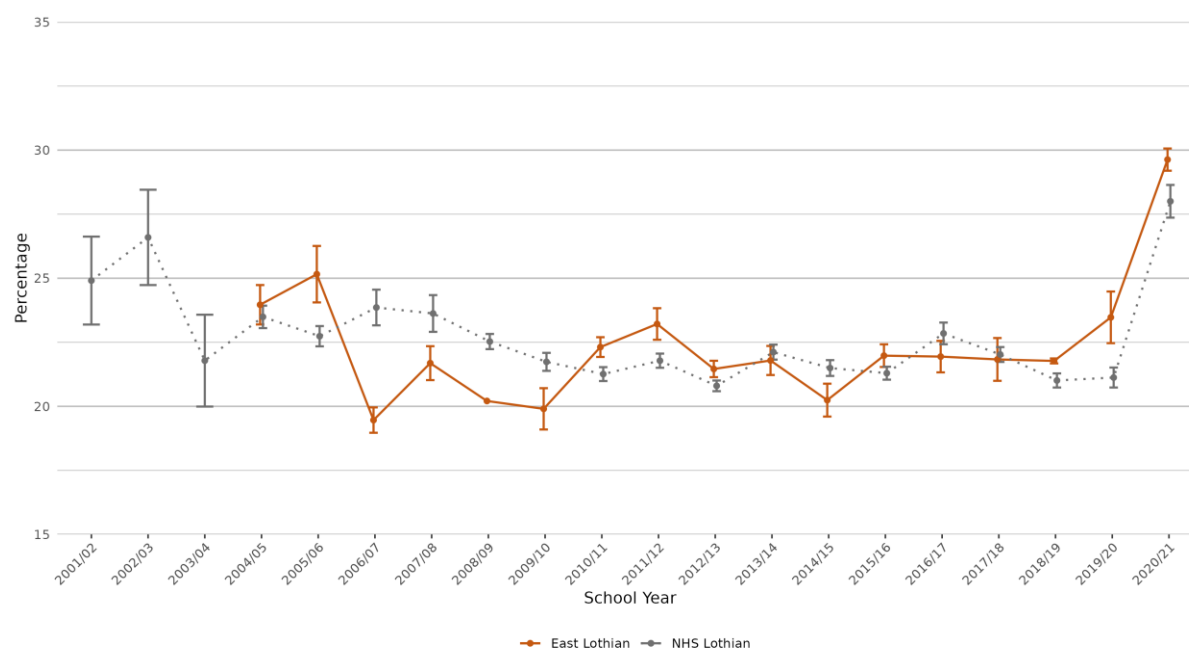


Source: PHS Open Data, [Epidemiological BMI at Health Board Level](#) [Accessed Jun. 2022]

Figure 107, Figure 108, Figure 109 displays the percentage of children who meet the threshold of being considered Underweight, Overweight/Obese, and Health Weight, respectively.

After initial peak in 2006/07 (2.2%) the percentage of children meeting the threshold of underweight has decreased and remained between 0.4% to 1% from 2009/10 to the current year (2020/21). With the past three years (2018/19) the East Lothian percentage has been significantly smaller than the Lothian population.

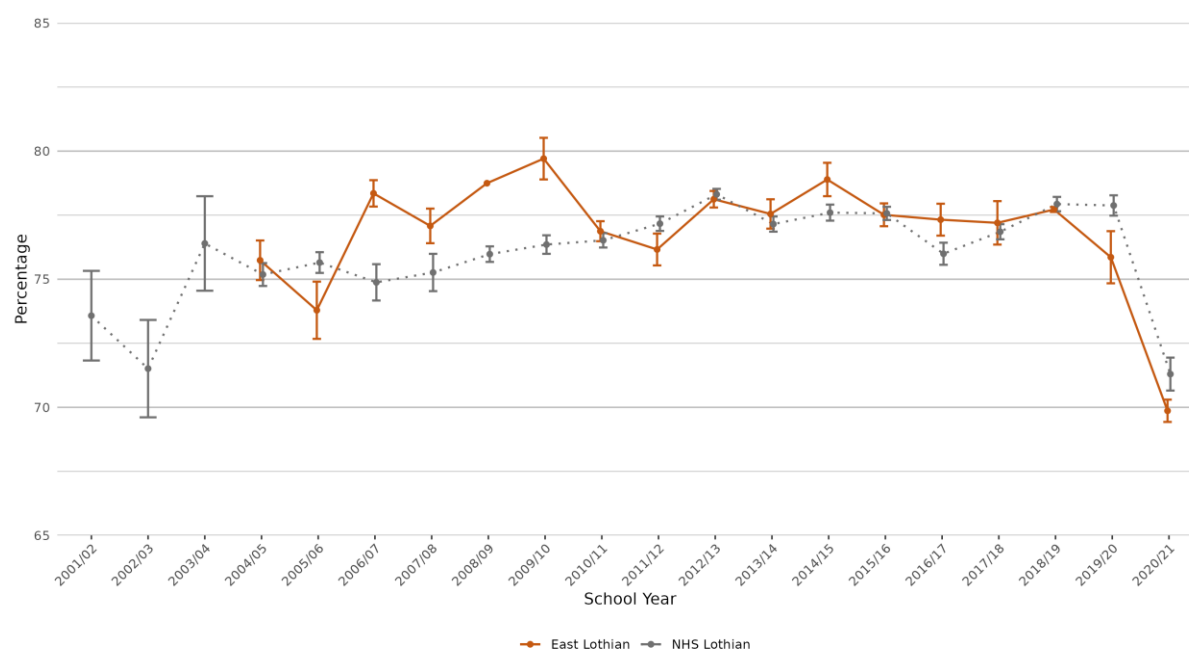
Figure 108. Percentage of Primary 1 Children who meet the Epidemiological Threshold of Overweight or Obese



Source: PHS Open Data, [Epidemiological BMI at Health Board Level](#) [Accessed Jun. 2022]

Within the past three years (2018/19 to 2020/21), the population of Primary 1 children who meet the epidemiological threshold of overweight or obese has increased (21.8% to 29.6%) by 7.8 percentage points. During this period East Lothian was statistically higher than the Lothian population.

Figure 109. Percentage of Primary 1 Children who meet the Epidemiological Threshold of Healthy Weight



Source: PHS Open Data, [Epidemiological BMI at Health Board Level](#) [Accessed Jun. 2022]

Within the past three years (2018/19 to 2020/21), the population of Primary 1 children who meet the epidemiological threshold of healthy weight has decreased (77.7% to 69.9%) by 7.8 percentage points. From 2019/20 onwards East Lothian was statistically lower than the Lothian population.

Appendix A

SIMD explanation: <https://www.gov.scot/collections/scottish-index-of-multiple-deprivation-2020/>

The Scottish Index of Multiple Deprivation is a relative measure of deprivation across 6,976 small areas (called data zones). If an area is identified as 'deprived', this can relate to people having a low income but it can also mean fewer resources or opportunities. SIMD looks at the extent to which an area is deprived across seven domains: income, employment, education, health, access to services, crime and housing

Appendix B

Scottish Public Health Observatory (ScotPHO) Aggregates

Data sourced from the ScotPHO profiles are displayed as single years, 3-year aggregates, and 5-year aggregates (calendar and financial). For aggregated years a rolling average is calculated to determine the numerator (e.g. Number of Cancer Registrations for Figure 20). Therefore, it is possible for the numeric to contain a decimal. For further information see the ScotPHO Profiles page (for definitions select the “Info” tab, followed by the “Indicator definitions”):

https://scotland.shinyapps.io/ScotPHO_profiles_tool/

Appendix C

Confidence Intervals

Taken from APR:

Alongside the results for the Health & Care Experience Survey from the Core Suite of Integration Indicators, 95% confidence intervals (CI) have been produced to allow further interpretation of the East Lothian results when compared to Scotland.

95% CI indicates the 95% probability that the survey result lies within the range between the upper and lower confidence limits. If these ranges do not overlap (e.g. the Upper confidence limit for East Lothian is lower than the Lower confidence limit for Scotland) we have labelled the results as "Statistically significant".

Confidence intervals tend to be smaller for results where the sample size was larger (e.g. Scotland) and larger for smaller sample sizes (e.g. East Lothian).

Appendix D

Alzheimer's and Dementia Prevalence

Further information can be found via the following link:

https://www.alzscot.org/sites/default/files/images/0002/5517/2017_Webpage_Update_Headline.pdf

Table 1. Prevalence Rates of Dementia (%) given by the EuroCoDe and Harvey studies

Age group	EuroCoDe Males (Under 60 Harvey)	EuroCoDe Females (Under 60 Harvey)
30-34	0.0672	0.0672
35-39	0.0672	0.0672
40-44	0.0672	0.0672
45-49	0.0672	0.0672
50-54	0.0672	0.0672
55-59	0.0672	0.0672
60-64	0.2	0.9
65-69	1.8	1.4
70-74	3.2	3.8
75-79	7	7.6
80-84	14.5	16.4
85-89	20.9	28.5
90-94	29.2	44.4
95-99	32.4	48.8
100+	32.4	48.8

Text taken from source:

The introduction of new software for coding the cause of death in January 2017 has led to an increase in the number of deaths coded to dementia and Alzheimer's disease. More information can be found in the paper: ['The Impact of the Implementation of IRIS Software for ICD-10 Cause of Death Coding on Mortality Statistics in Scotland'](#)

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