

# Lothian Public Health Survey 2023

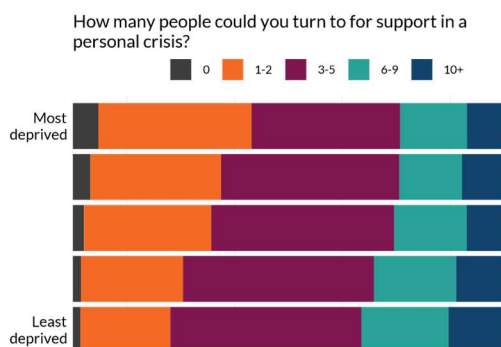
## What we learned about how deprivation affects people

**What is deprivation?** People living around Scotland experience different levels of 'deprivation'. This means that they have different experiences of the building blocks of health: stable jobs, good pay, quality housing, good education, and good access to services like healthcare and public transport. We carried out a survey of adults in Lothian, to explore the link between deprivation and their health and wellbeing.

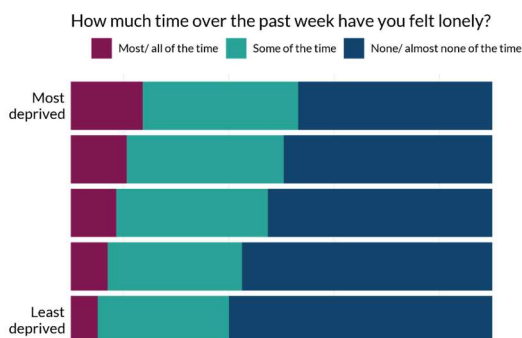
**Social connection** is an important building block of health; loneliness has been shown to negatively impact physical health as well as mental wellbeing.

In Lothian, people living in the most deprived areas are:

**over 3 times** more likely to say they have no one that they can rely on in a crisis.



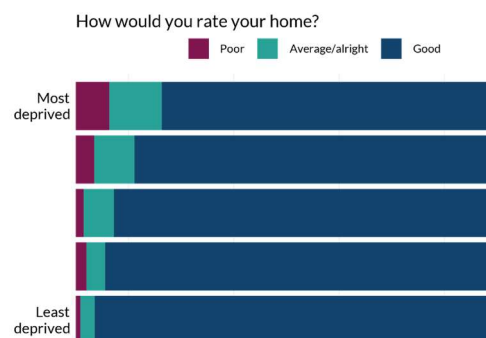
**more than twice** as likely to say that they feel lonely most or all of the time.



The quality of your **housing** and how you feel about your neighbourhood can have a major impact on your health. For example, a damp home can lead to illness, and feeling unsafe in your neighbourhood could result in anxiety and isolation.

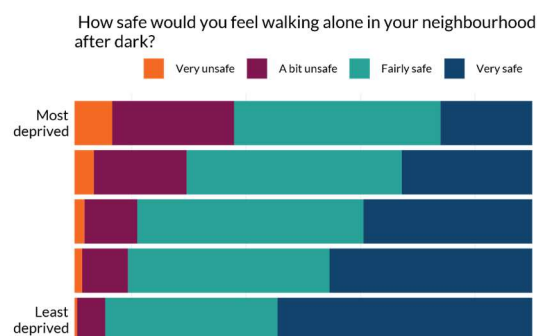
In Lothian, people living in the most deprived areas are:

**7 times** more likely to rate their accommodation as being in poor condition.



**38 times** more likely to rate their neighbourhood as poor place to live.

**5 times** more likely to feel unsafe in their neighbourhood.



How much **money** you have can have a big impact on your health, as it can affect your ability to heat your home and buy healthy food.

In Lothian, people living in the most deprived areas are:

**3 times** more likely to have not had enough money to heat their homes in the last year.

**4 times** more likely to have been worried about running out of food during the last year.

**half** as likely to eat the recommended 5 pieces of fruit or veg every day.

Your **qualifications** can affect your employment opportunities.

In Lothian, people living in the most deprived areas are:

**nearly 5 times** more likely to have no qualifications.

**half** as likely to have a degree or professional qualification.

In terms of **Health**, in Lothian, people living in the most deprived areas are:

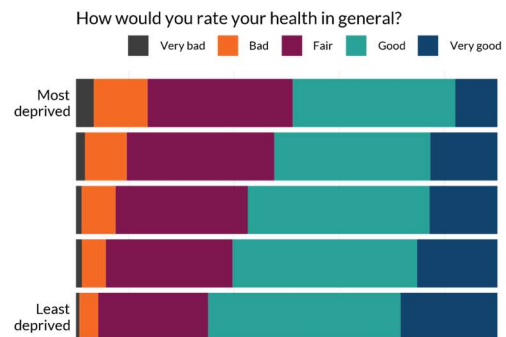
**more** likely to have a long-term condition.

**more** likely to have more than one type of long-term condition.

**more than twice** as likely to have a physical disability.

**1.7 times** more likely to have a mental health condition.

**more** likely to rate their health as bad and **less** likely to rate their health as good.



Despite being more likely to rate their health as poor, people who live in the most deprived areas are **more** likely to have not accessed any health services in the last year.

In terms of **wellbeing**, in Lothian, people living in the most deprived areas are **twice** as likely to report low mental wellbeing and low satisfaction with their lives.

