

East Lothian Partnership

East Lothian by Numbers

A Statistical Profile of East Lothian

5. Health and Social Care

2022

Health and Social Care

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Health & Social Care

Across East Lothian male and female life expectancy is higher than the Scottish average, and has been rising steadily over time, leading to a growing older population in the area. However life expectancy varies by eight years between communities across the county for males, and twelve years for females: an indicator of the significant health inequalities that persist across East Lothian.

This section focuses on a range of indicators which can be used to measure the health of a community including: illness and early deaths, child and maternal health; access to health services; and the supports needed to enable people to maintain independent lives. Cognitive health is a growing issue in East Lothian and Scotland, particularly as the population ages, presenting an expanding health and social care concern.



Summary:

- 84.9% of people in East Lothian report having very good/good health – higher than in Scotland.
- Life expectancy is relatively high in East Lothian but there is an 8 year difference between males and 12 years between females across the council area.
- 6.7% of Primary 1 children are considered to be obese. Which is higher than the national figure.
- 20% of 15 year olds think it is ok for someone their age to try legal highs, rising to 22% for cannabis.
- Coronary Heart Disease and Cancer still persist as two significant causes of death in East Lothian although the rates of mortality are falling.
- Falls constitute the most common reason for emergency admissions to hospitals for all ages.
- East Lothian has a lower rate of Looked After Children than Scotland, as well as a lower rate of children on the Child Protection Register.
- Dementia is on the rise and projected to increase substantially in the next twenty years.
- 718 adults with learning disabilities are known to East Lothian Council.
- Nearly 7% of all unpaid carers were young people aged 24 and under. This was over 10% in Musselburgh East.

General Health and Wellbeing

Table 5.1 shows how residents in East Lothian rate their personal well-being (from 0 to 10) compared to Scotland. The table shows similar results between East Lothian and Scotland.

Figure 5.1 shows that 45% of residents felt that their mental health had worsened since the pandemic, and 38% felt that their physical health had worsened.

Table 5.1 Personal Wellbeing in the UK survey results for 2020/21 (ONS).

	How Satisfied are you with your life?	How worthwhile are the things you do?	How happy were you yesterday?	How anxious did you feel yesterday?
East Lothian	7.6	7.8	7.4	3.3
Scotland	7.4	7.7	7.3	3.3

Figure 5.1: Change in Physical and Mental Health since the pandemic (East Lothian Residents Survey 2021).

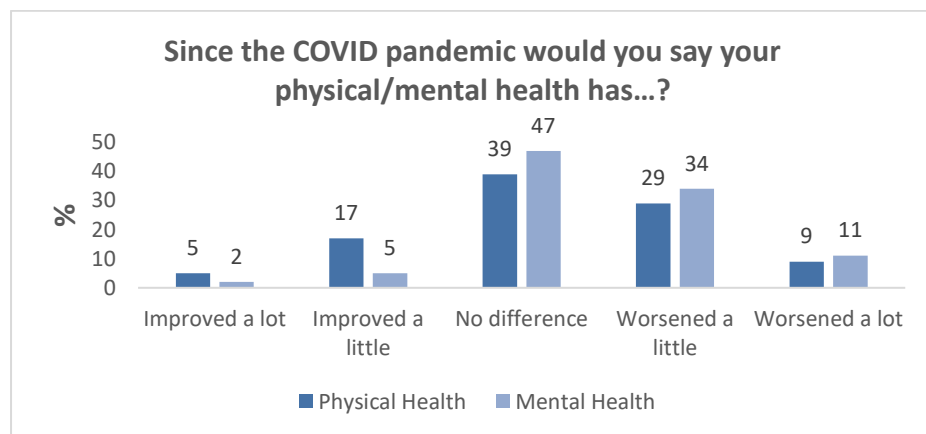


Table 5.2 shows that those who stay in the most deprived areas were less likely to say that their health had improved compared to those in all other areas.

Table 5.2: Change in physical mental health since the pandemic by SIMD 2020 (East Lothian Residents Survey 2021/22).

Change in physical/ mental health since the pandemic by SIMD 2020		Most deprived 20%	Other areas
Physical health	Improved a lot/ a little	15%	23%
	No difference	48%	38%
	Worsened a lot/ a little	37%	38%
Mental health	Improved a lot/ a little	9%	8%
	No difference	43%	48%
	Worsened a lot/ a little	48%	45%

Table 5.3 shows that physical health did not differ significantly by gender. However females were more likely to say that their mental health had worsened.

Table 5.3: Change in physical/mental health since the pandemic by gender (East Lothian Residents Survey 2021).

Change in physical/ mental health since the pandemic by gender		Male	Female
Physical health	Improved a lot/ a little	22%	24%
	No difference	41%	38%
	Worsened a lot/ a little	37%	38%
Mental health	Improved a lot/ a little	11%	6%
	No difference	52%	45%
	Worsened a lot/ a little	38%	49%

Table 5.4 shows that the 65+age group were less likely to say their physical health had improved since the pandemic. However the 16 to 34 age group were more likely to say that their mental health had worsened since the pandemic.

Table 5.4: Change in physical/mental health since the pandemic by age (East Lothian Residents Survey 2021).

Change in physical/ mental health since the pandemic by age		16-34	35-64	65+
Physical health	Improved a lot/ a little	31%	23%	14%
	No difference	31%	39%	47%
	Worsened a lot/ a little	38%	38%	39%
Mental health	Improved a lot/ a little	12%	8%	4%
	No difference	33%	46%	64%
	Worsened a lot/ a little	54%	46%	32%

Table 5.2 details how people in East Lothian perceive their health by age and income categories. Fewer older people, and those on lower incomes, perceive themselves to have very good or good health.

In the 2011 census 29,310 (29.4%) people indicated that they had one or more long term health conditions or disabilities, leaving 70,407 people (70.6%) with no long term health conditions or disabilities. Each category is broken down in table 5.3.

‘Deafness or partial hearing loss’ and ‘physical disability’ were the two most common categories identified in both Scotland and East Lothian. However, a much higher proportion (18.3%) identified ‘other conditions’. Figure 5.3 shows the proportion of people identifying with long term health conditions or disabilities - percentages add up to more than 29.4% of the population due to respondents being able to choose more than one condition.

There is a higher prevalence (7.1%) of deafness and partial hearing loss in the eastern wards of East Lothian owing to an older population here. This is 6.5% in the western wards. However, there is also a higher prevalence of physical disabilities in the western wards of East Lothian – 6.7% of the total population compared with 5.7% in the eastern wards.

Figure 5.3: Percentage of people in East Lothian and Scotland with long term health conditions or disabilities in East Lothian and Scotland (Census 2011).

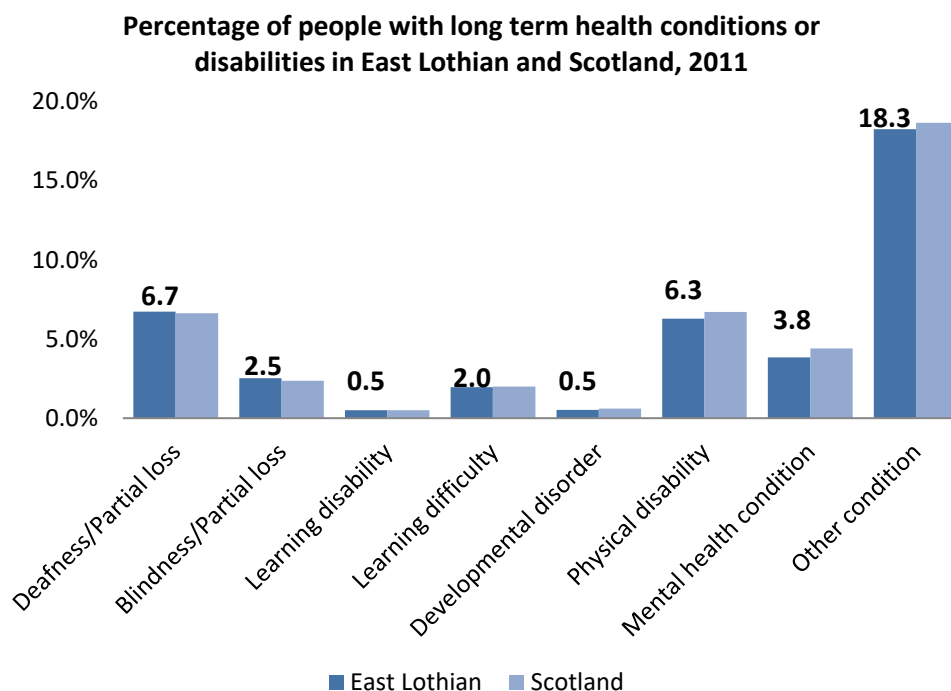


Table 5.3: Number of people with long term health conditions of disabilities in East Lothian (Census 2011).

Long Term Condition	No. of People	Long Term Condition	No. of People
Deafness or Partial Hearing Loss	6,718	Developmental Disorder	518
Blindness or Partial Sight Loss	2,512	Physical Disability	6,272
Learning Disability	499	Mental Health Condition	3,826
Learning Difficulty	1,957	Other Condition	18,218

Life Expectancy

Fig 5.4 shows that East Lothian has a higher life expectancy for males and females than its local authority comparators and Scotland. Female life expectancy was greater than male life expectancy by 3.6 years in East Lothian, lower than the 4.2 across Scotland.

Figure 5.4: Life expectancy at birth by sex (Scotpho).

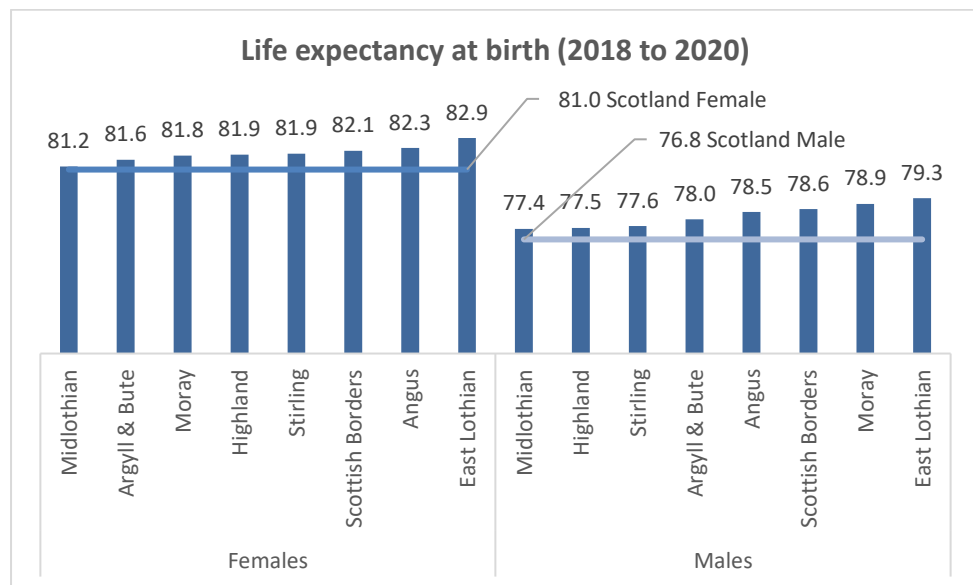


Table 5.4 breaks down life expectancy into the intermediate zones of East Lothian. There are 22 intermediate zones in East Lothian, representing communities of around 5,000 people. North Berwick South has the highest female life expectancy. Musselburgh West has the highest male life expectancy. Wallyford/Whitecraig and Ormiston have the lowest life expectancies for females and males respectively.

There is an 8.8 year range between the lowest and highest life expectancies across the intermediate zones for males and females, Musselburgh South has the highest difference in life expectancy (7.7)

between males and females. Musselburgh West and Wallyford/Whitecraig have the lowest difference (1.1)

Table 5.4 Average life Expectancy at birth by Intermediate zone 2018 to 2020 (Scotpho).

IZ Desc	Ward	Female	Male	Difference
North Berwick South	North Berwick	87.6	80.5	7.0
East Linton & Rural	Dunbar	85.9	79.5	6.4
Musselburgh South	Musselburgh	85.6	77.9	7.7
Haddington Rural	Haddington	84.7	82.3	2.4
Musselburgh West	Musselburgh	84.2	83.1	1.1
Musselburgh North	Musselburgh	84.2	77.7	6.4
Longniddry & Aberlady	PSG	84.1	82.6	1.5
Tranent South	TWM	84.1	79.5	4.5
North Berwick North	North Berwick	84.0	82.7	1.4
Gullane & Drem	North Berwick	84.0	82.4	1.5
Cockenzie	PSG	83.9	81.6	2.3
Dunbar East	Dunbar	83.8	78.3	5.4
Haddington North	Haddington	83.2	79.3	3.9
Prestonpans East	PSG	82.2	76.4	5.8
Musselburgh East	Musselburgh	82.2	77.5	4.7
Prestonpans West	PSG	82.0	78.4	3.7
Pinkie Braes	Musselburgh	81.9	74.8	7.1
Haddington South	Haddington	81.7	76.0	5.6
Dunbar West	Dunbar	81.5	77.8	3.8
Ormiston	Haddington	80.6	74.3	6.2
Tranent North	TWM	80.3	76.3	4.0
Wallyford/Whitecraig	TWM	78.8	77.7	1.1

GP Practice & Out of Hours Care

The Scottish Health and Care Experience Survey (SHCES) 2022 measures people’s experiences of their GP practice and out-of-hours services. East Lothian has fifteen NHS GP practices.

Figure 5.5 shows the percentage of people who had a positive response for the overall care provided care by their GP Practice. Practice location is used instead of practice name. The West Cluster scored 51%, significantly lower than the 80% for the East Cluster. Within the clusters, scores in the West Cluster varied from 21% in Musselburgh to 87% in Ormiston, and in the East Cluster from 69% in North Berwick to 90% in Dunbar.

Figure 5.5: Percentage of people with positive experiences of care provided at their local GP Practice (SHCES 2022).

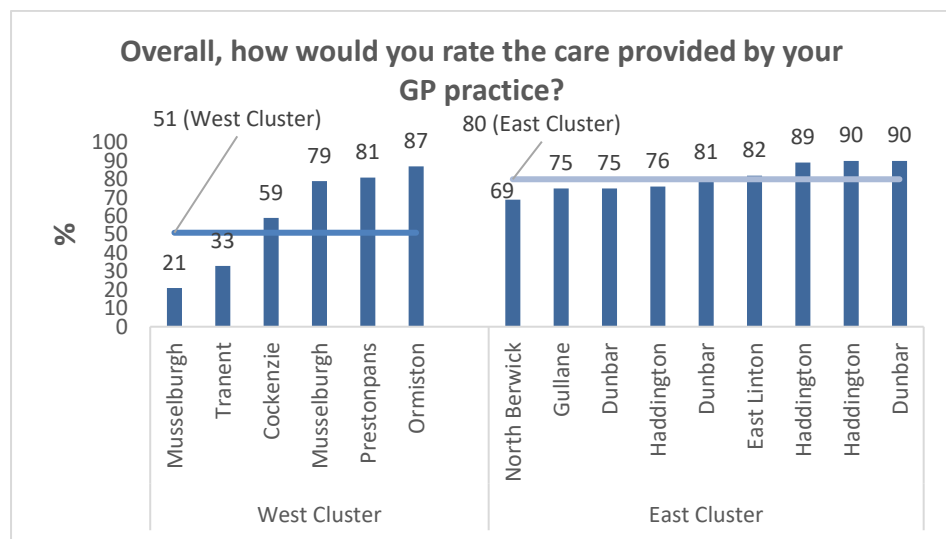


Table 5.5 shows the positive responses to all questions, with the GP practices grouped together by East and West Clusters. In general the West Cluster scored significantly lower for “positive” responses than the East

Cluster. The East cluster scored higher, and the West Cluster lower than the Scottish average for all questions.

Table 5.5: Percentage of patients giving positive, or negative, responses about their GP practice experiences (SHCES 2022).

Question	Positive Responses %		
	East Cluster	West Cluster	Scotland
Overall, how would you rate the arrangements for getting to speak to a Pharmacist/Chemist at your GP practice?	90	74	79
The last time you needed to see or speak to a doctor or nurse from your GP surgery quite urgently how long did you wait?	89	84	85
How easy is it for you to contact your GP practice in the way that you want?	88	49	75
Overall, how would you rate the care provided by your GP practice?	80	51	67
Overall, how would you rate the arrangements for getting to speak to a Nurse at your GP practice?	79	58	71
Overall, how would you rate the quality of information provided by the receptionist at your GP practice?	78	54	67
Overall, how would you rate the arrangements for getting to speak to a Doctor at your GP practice?	73	45	61
Overall, how would you rate the arrangements for getting to speak to another Health Care Professional at your GP practice?	71	41	55
Overall, how would you rate the arrangements for getting to speak to a Physiotherapist at your GP practice?	66	47	53
If you ask to make an appointment with a doctor 3 or more working days in advance, does your GP practice allow you to?	64	23	48
Overall, how would you rate the arrangements for getting to speak to a Mental Health Professional at your GP practice?	46	34	44

Physical Activity & Obesity

Figure 5.6 shows the types of exercise people in East Lothian take part in. Overall the percentage of residents participating in exercise has increased from 41% in 2019 to 75% in 2021, with notable increases in running, walking and swimming.

Figure 5.6: Percentage of residents taking part in exercise type (East Lothian Residents Survey 2021).

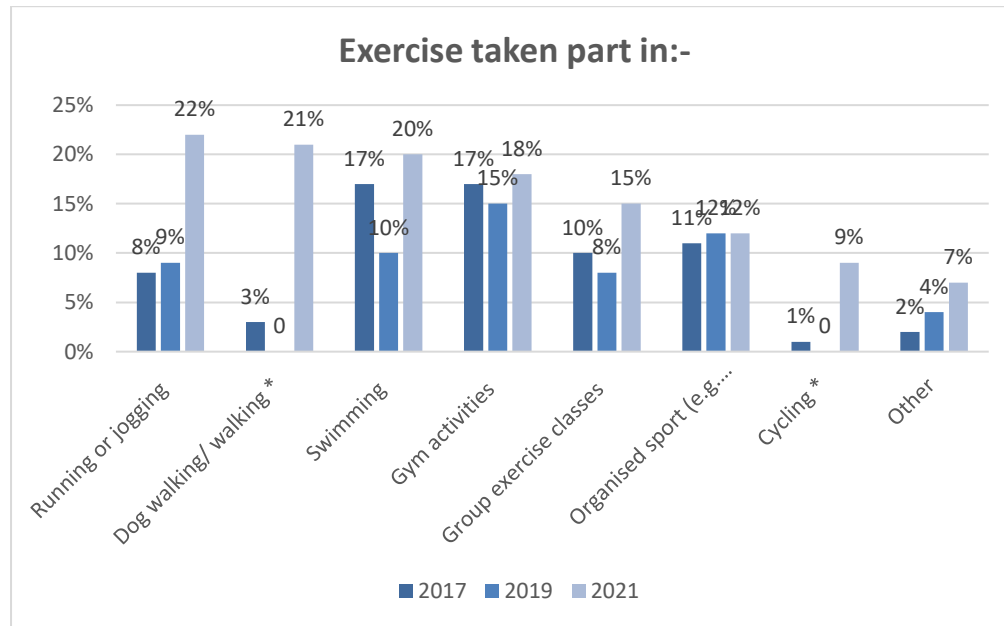


Table 5.7 shows that males were more likely to take part in organised sports (19%) than females (8%) and were also more likely to cycle (13%) than females (6%). On the other hand, females were more likely to attend group exercise classes (20%) than males (6%).

Table 5.7: Exercise type undertaken by gender (East Lothian Residents Survey 2021).

Exercise Type	Male	Female
Running or jogging	23%	21%
Organised sport (e.g. football, badminton)	19%	8%
Swimming	19%	22%
Gym activities	19%	17%
Dog walking/ walking	19%	21%
Cycling	13%	6%
Other	7%	7%
Group exercise classes	6%	20%
None	25%	24%

Figure 5.7 shows that the percentage of children in primary 1 considered to be clinically obese/severely obese in East Lothian and Scotland. The figure has risen significantly in recent years in both East Lothian and Scotland, with the East Lothian figure now higher than the Scottish average.

Figure 5.7: % of children in P1 that are obese/severely obese (Public Health Scotland).

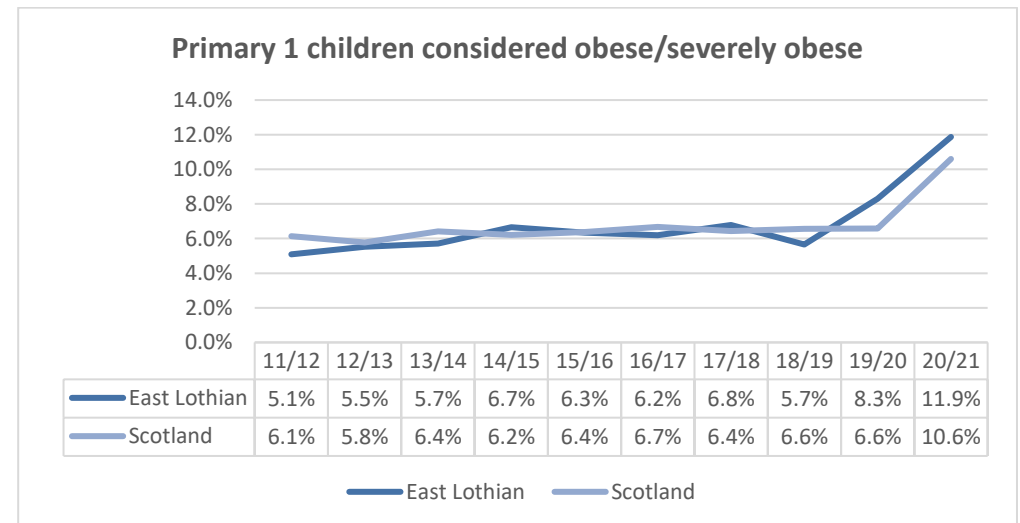


Table 5.8 demonstrates the proportion of children that are considered to be overweight and underweight in East Lothian and Scotland. Overweight includes obese and severely obese. Obese includes severely obese. Low BMI includes very low BMI.

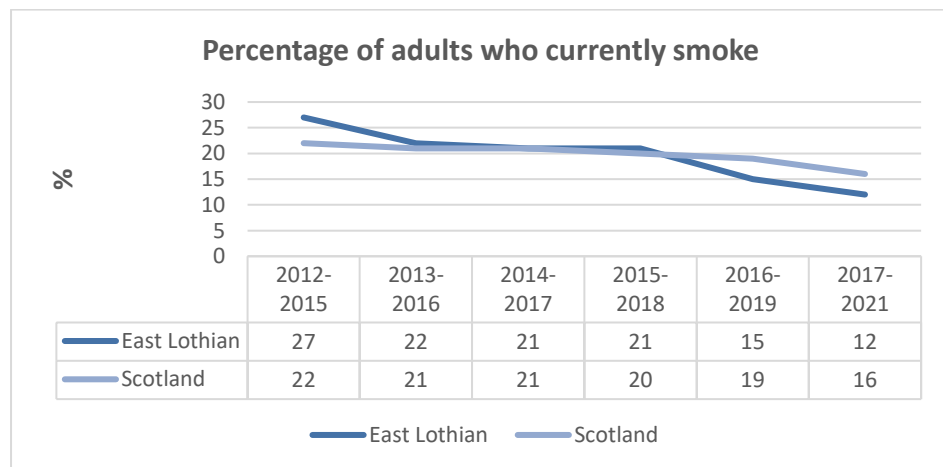
Table 5.8: Percentage of children who are overweight and underweight in East Lothian and Scotland in 2020/21 (Public Health Scotland).

	Overweight (clinical)	Obese (clinical)	Severely obese (clinical)	Underweight (clinical)	Healthy Weight
East Lothian	10.2%	6.8%	5.1%	0.1%	77.9%
Scotland	11.3%	5.5%	5.1%	0.3%	77.8%

Smoking

The Scottish Health Survey report that 12% of East Lothian’s adult population smoked (2017-2021) lower than the 16% for Scotland as a whole. The figure has been reducing in East Lothian and nationally since 2012.

Figure 5.8: Percentage of adults age 16 and over who smoke (Scottish Health Survey)



The number of age standardised deaths related to smoking (2 year aggregate 2017 to 2018) per 100,000 in East Lothian was 285.5 lower than the 327.8 across Scotland as a whole.

Alcohol and Drug Related Deaths

Figure 5.9 shows the overall figures for alcohol specific deaths in East Lothian has been lower than the national rate over the last 10 years.

Figure 5.9: Alcohol related deaths in East Lothian and Scotland (Scotpho)

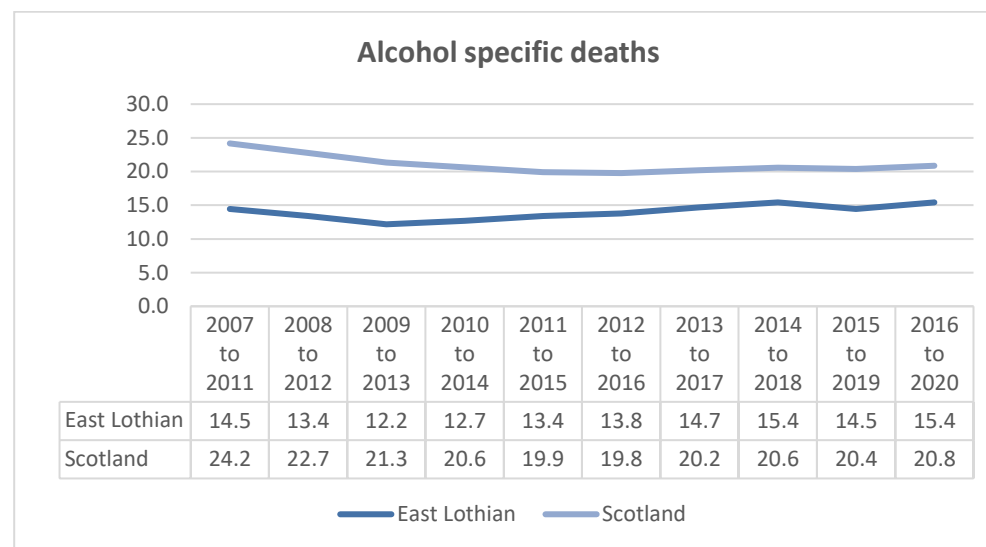


Figure 5.10 shows drug related deaths in East Lothian and Scotland have been increasing over the last 10 years. In East Lothian males were 2.5 times more likely to have a drug related death than females (Figure 5.11).

Figure 5.10: Drug related deaths in East Lothian and Scotland (Scotpho)

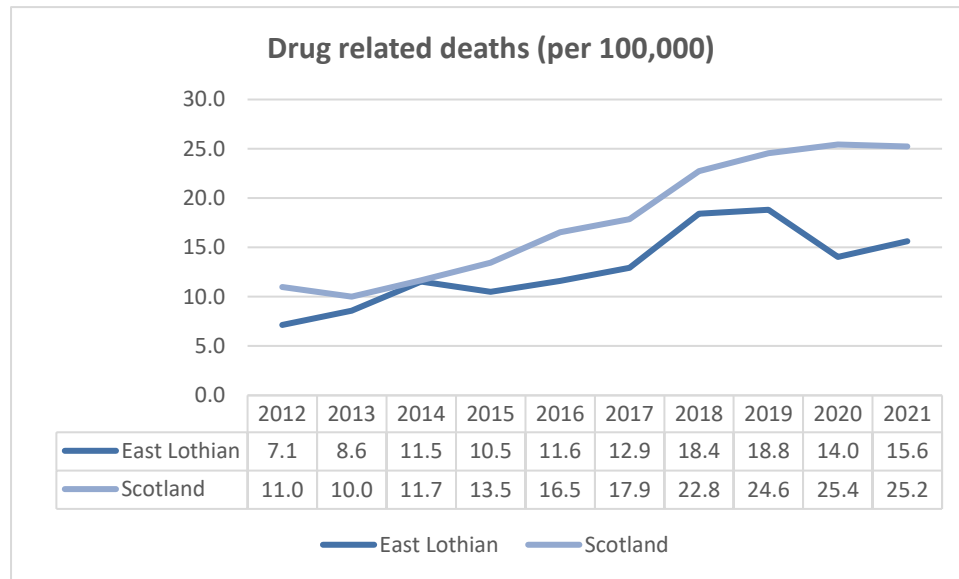
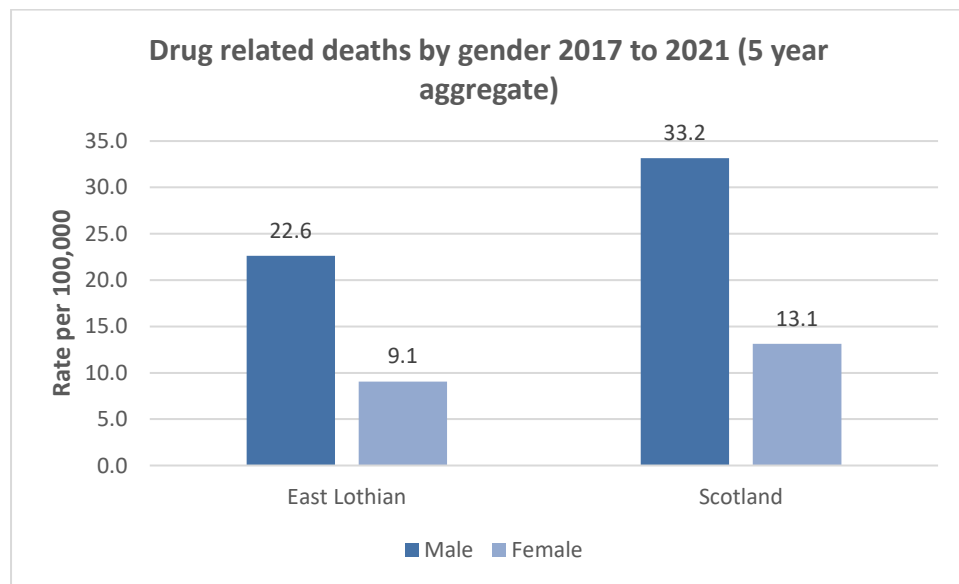


Figure 5.11: Drug related deaths by gender (Scotpho)



Mortality

Early mortality is a measure of mortality rates among the adult population that are aged under the age of 75. Early mortality rates in East Lothian are lower than the average for Scotland as a whole for coronary heart disease, including angina, hearts attacks and heart failure. Figure 5.12 shows a gradual decline in early mortality from coronary heart disease.

Figure 5.12: Early mortality from CHD (aged 75 and under), age-sex standardised rate for all ages (Scotpho).

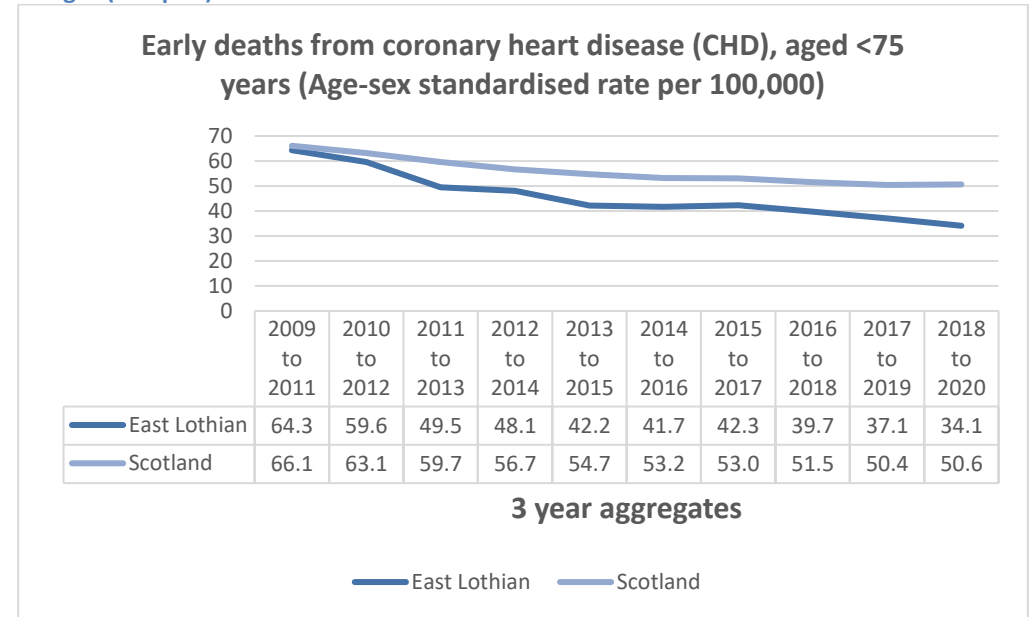
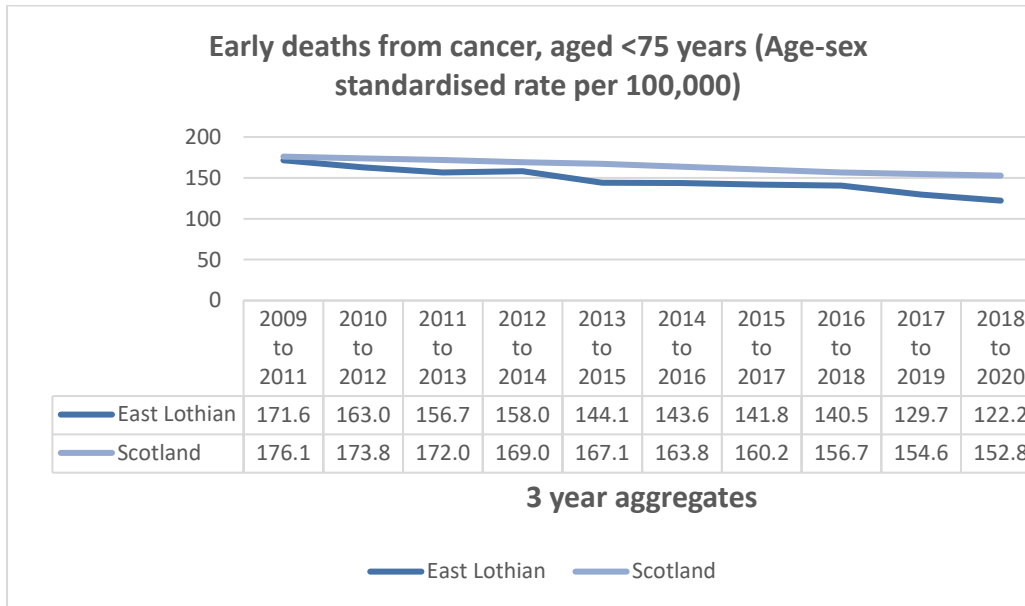


Figure 5.14 displays the rate of early mortality from cancer. Cancer mortality rates in East Lothian are lower than the Scottish figure, with both showing a declining trend.

Figure 5.14: Early mortality from cancer (people aged under 75), age-sex standardised rate, aggregated years, in East Lothian and Scotland (Scotpho).

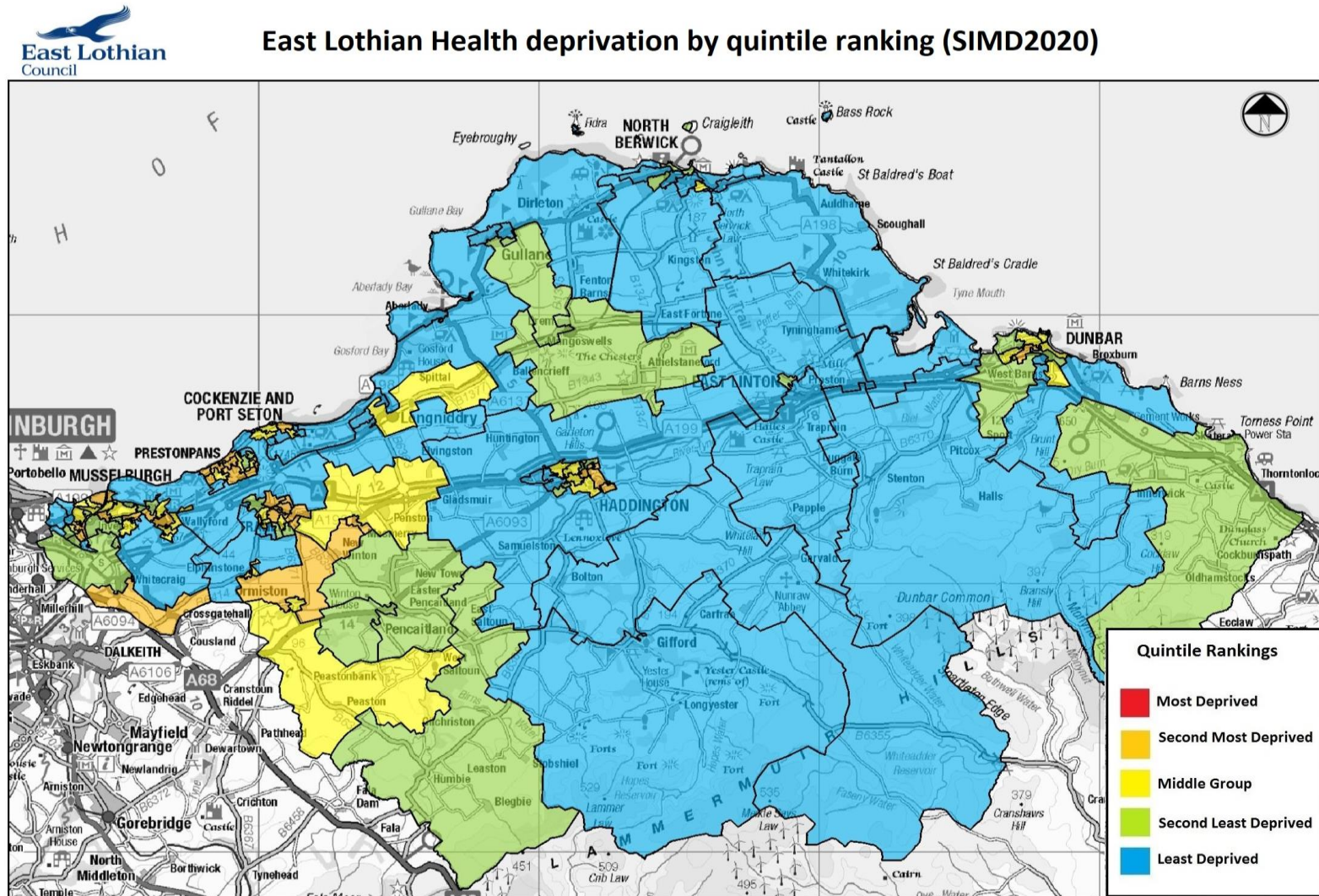


Health and Deprivation

The SIMD 2020 Health domain is based on the following factors: standardised mortality ratio; hospital stays related to alcohol use, hospital stays related to drug use; comparative illness factor, emergency stays in hospital; proportion of population prescribed drugs for anxiety; proportion of live singleton births of low weight.

Figure 5.15 shows the Health Deprivation by the SIMD2020 Scottish quintile ranking. East Lothian has no data zones in the 20% most health deprived in Scotland.

Figure 5.15 East Lothian Health Deprivation by Scottish Quintile Ranking



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The SIMD 2020 Health domain is based on the following factors: standardised mortality ratio; hospital stays related to alcohol use, hospital stays related to drug use; comparative illness factor, emergency stays in hospital; proportion of population prescribed drugs for anxiety; proportion of live singleton births of low weight.

Table 5: shows that no East Lothian data zones are in the 20% most health deprived in Scotland. The Preston Seton Gosford and Tranent wards in the west of the county have the greatest proportion of data zones within the 2nd most health deprived quintile in Scotland, the North Berwick ward has the greatest proportion in the least health deprived quintile in Scotland.

Table 5: East Lothian Health Most Deprived Data zones (SIMD 2020)

Ward	Quintile					Total
	1 (most deprived)	2	3	4	5 (least deprived)	
Dunbar & East Linton	0	1	5	5	6	17
Haddington & Lammermuir	0	4	6	6	5	21
Musselburgh	0	6	9	7	5	27
North Berwick Coastal	0	0	1	4	12	17
Preston Seton Gosford	0	9	6	1	8	24
Tranent, Wallyford & Macmerry	0	9	8	4	5	26
East Lothian	0	29	35	27	41	132

Hospital Admissions

Figure 5.18 shows the rate per 100,000 population of emergency hospital admissions in East Lothian and Scotland. East Lothian has a consistently lower rate than that of Scotland.

Figure 5.18: Emergency hospital admission rates per 100,000 population in East Lothian and Scotland (Scotpho).

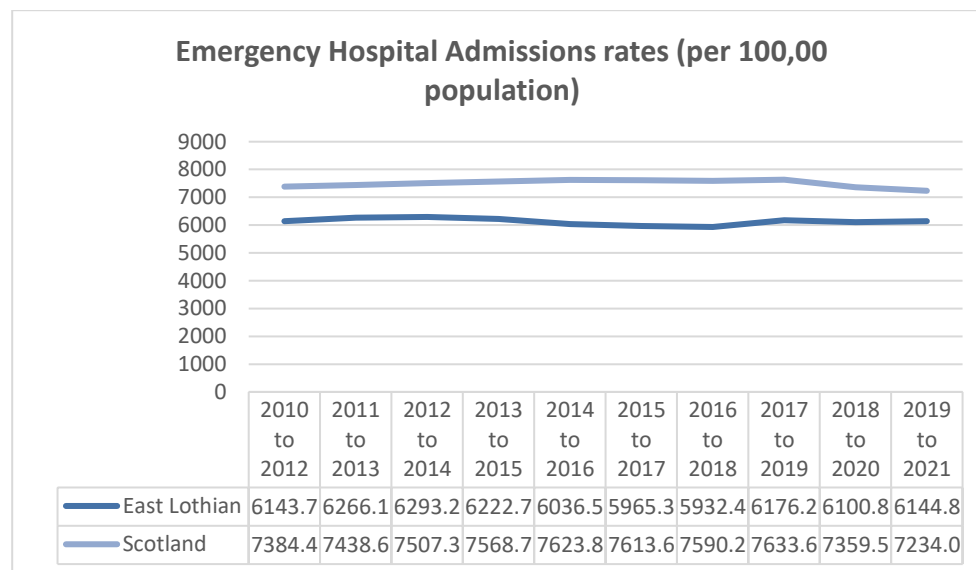


Figure 5.19 shows that the rate of emergency hospital admissions in East Lothian has remained below the Scottish average over the last 10 years. The East Lothian rate had shown a gradual decrease towards 2016-2018, but has increased again to a similar rate to that of 10 years ago.

Figure 5.19: Emergency hospital admissions for East Lothian and Scotland (Scotpho).

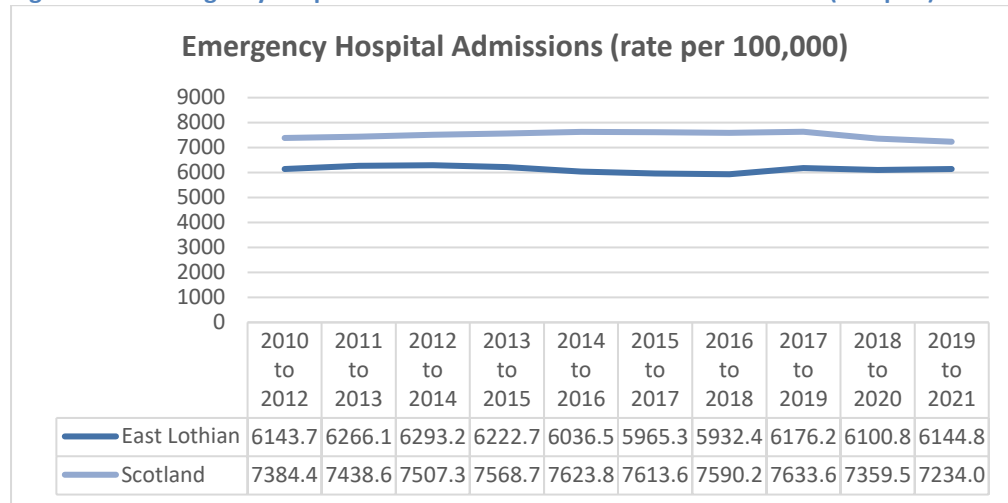


Figure 5.20 shows the rate of elective short stays to hospitals for people in East Lothian and Scotland, broken down by age, per 10,000 population. Those ages 75-84 have much higher rates than for other age groups. East Lothian has significantly lower rates in most age brackets except for those aged 0-17. Non elective short stays have much higher rates than elective short stays. Those age 85 and over have the highest rates of all age groups, but overall the rates are much lower in East Lothian than Scotland – as shown by figure 5.21. Not the difference in scale between the two charts.

Adults in Hospital Stays

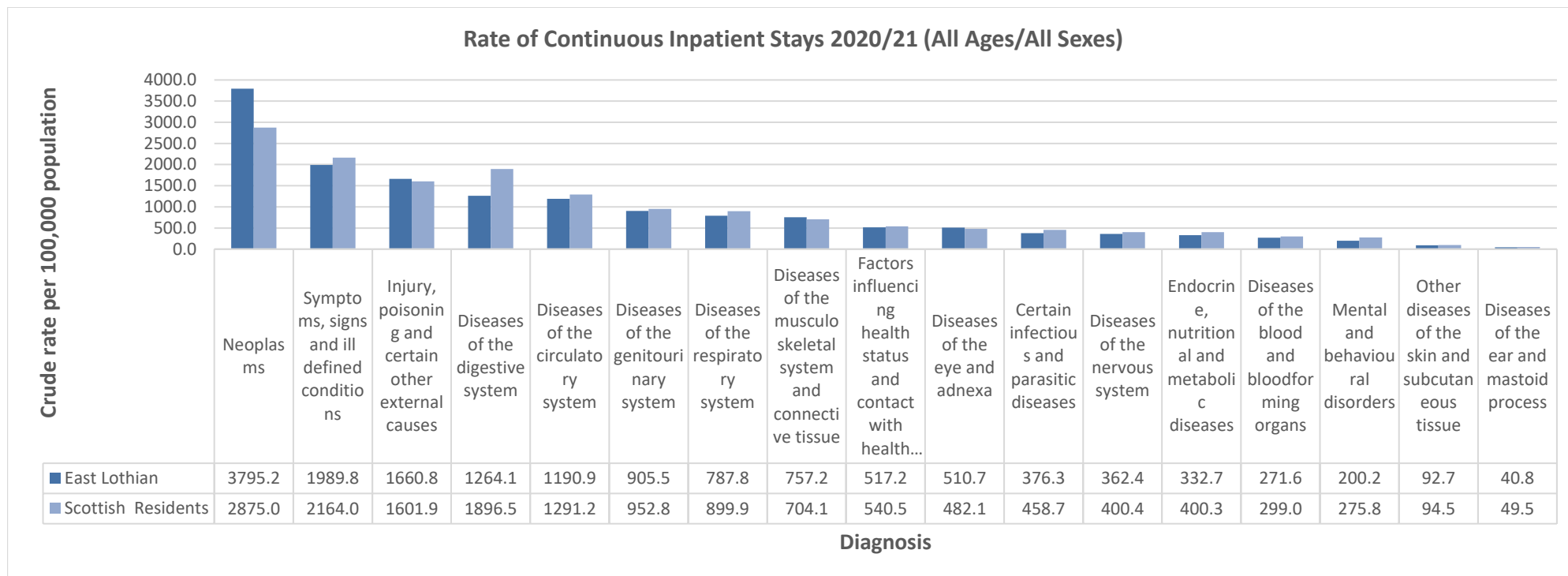
Figure 5.22 shows the rate of continuous inpatients stays for all ages and sexes by the main diagnosis for 2020/21 per 100,000 population. For the most part, East Lothian has similar rates to Scotland for each category. However, neoplasms are much higher and diseases of the digestive system are lower. East Lothian’s total rate for continuous inpatient stays was 15,403 per 100,000, similar to the Scottish rate of 15,825 per 100,000.

Adults in Hospital Stays

Figure 5.22 shows the rate of continuous inpatients stays for all ages and sexes by the main diagnosis for 2020/21 per 100,000 population. For the most part, East Lothian has similar rates to Scotland for each category.

However, neoplasms are much higher and diseases of the digestive system are lower. East Lothian’s total rate for continuous inpatient stays was 15,403 per 100,000, similar to the Scottish rate of 15,825 per 100,000.

Figure 5.22: Rate of Continuous Inpatient Stays (Public Health Scotland)

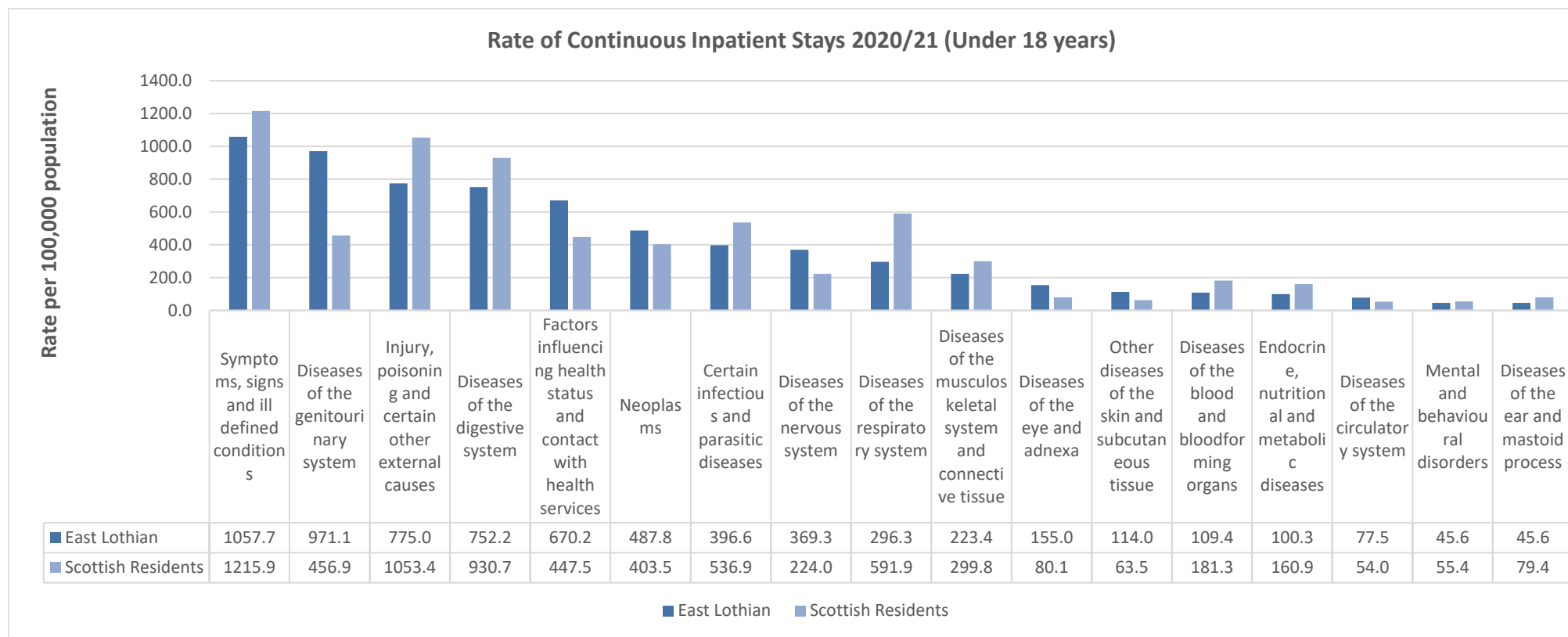


Children in Hospital

Figure 5.23 shows the rate of continuous hospital stays for under 18’s. In East Lothian the main diagnoses were Symptoms signs and ill-defined conditions not elsewhere classified, Diseases of the genitourinary system, Injury/poisoning/certain other consequences of external causes and Diseases of the digestive system. These four categories account for 50% of all diagnoses.

In terms of actual numbers, the 1,548 episodes in 2020/21 was the lowest in 5 years and 30.6% lower than the 2,2030 the previous year. Across Scotland as a whole the figure fell by 39.5% in 2020/21.

Figure 5.23: Rate of Continuous Inpatient Stays per 100,000 population in 2020/21 (Under 18’s)



Maternity & Breastfeeding

Figure 5.24 shows the live birth rate in East Lothian and Scotland has decreased at a similar rate over the last 10 years, in 2020 the East Lothian rate was 8.9 per 1,000 population similar to the 8.6 across Scotland as a whole.

Figure 5.24: Live birth rate per 1000 women in East Lothian and Scotland (Scotpho)

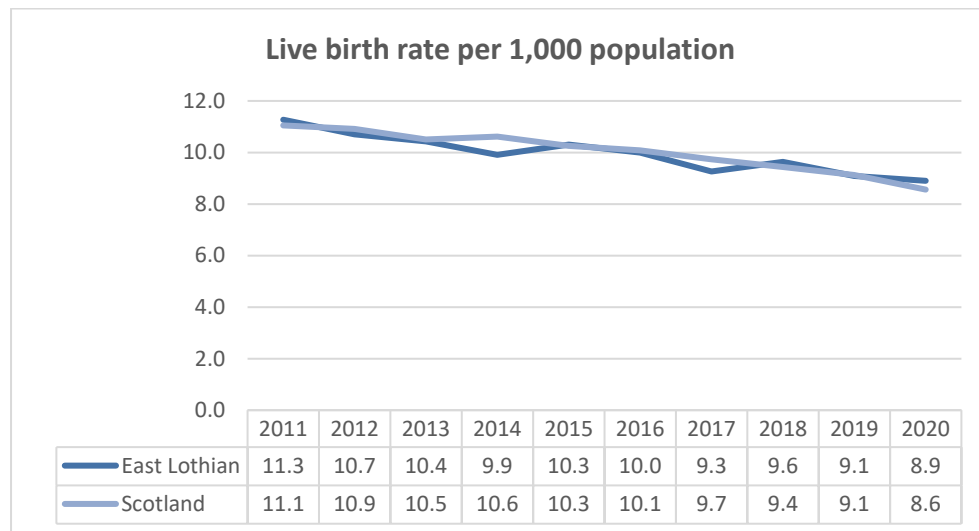


Figure 5.25 shows that East Lothian has had a lower percentage of healthy birth weight babies when compared to Scotland over the last 10 years.

Figure 5.25: Healthy birthweight in East Lothian and Scotland (Scotpho)

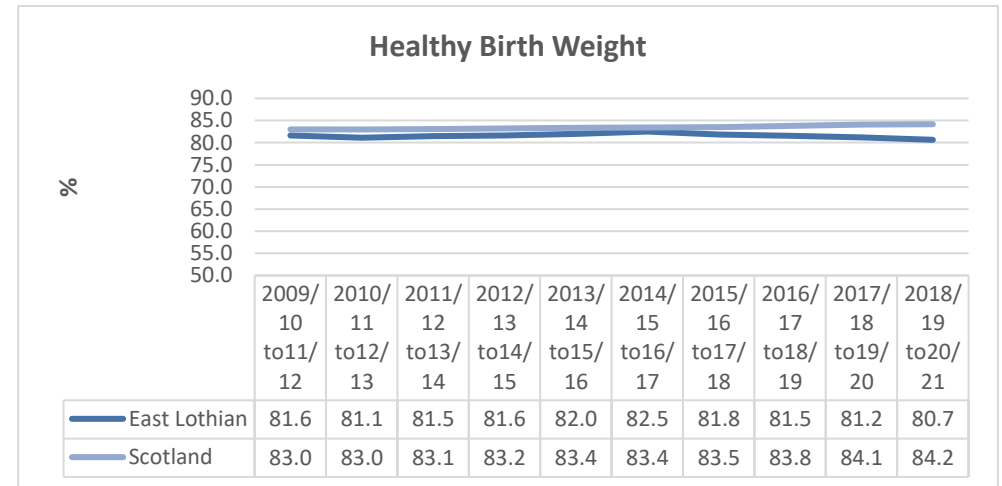


Figure 5.26 shows that the proportion of babies exclusively breastfed in East Lothian and Scotland has been increasing over the last 10 years, with the East Lothian rate higher than the national average.

Figure 5.26: Percentage of babies exclusively breastfed at 6 to 8 weeks (Scotpho)

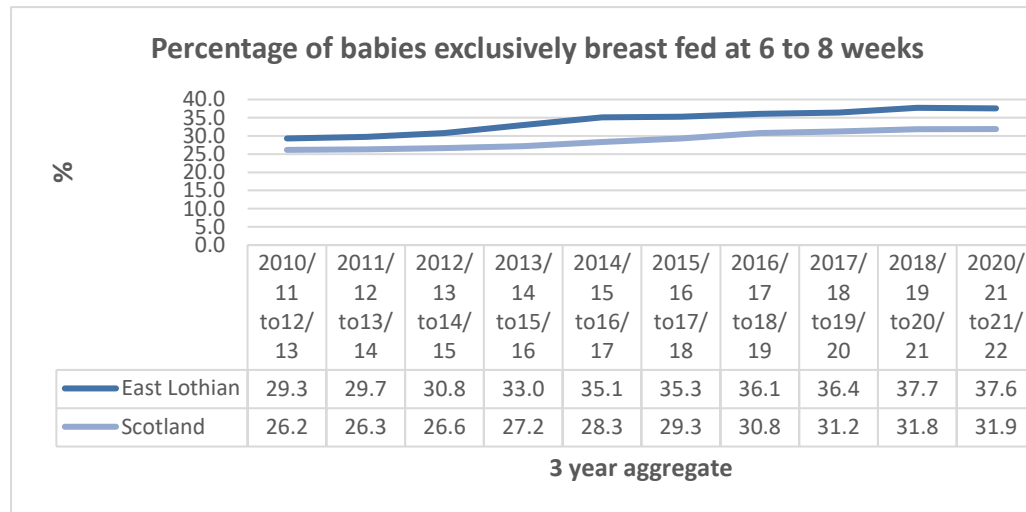


Figure 5.27 shows the proportion of children that are exclusively breastfed in East Loth has been above the national rate for the last 10 years.

Figure 5.27: Percentage of children exclusively breastfed (Scotpho).

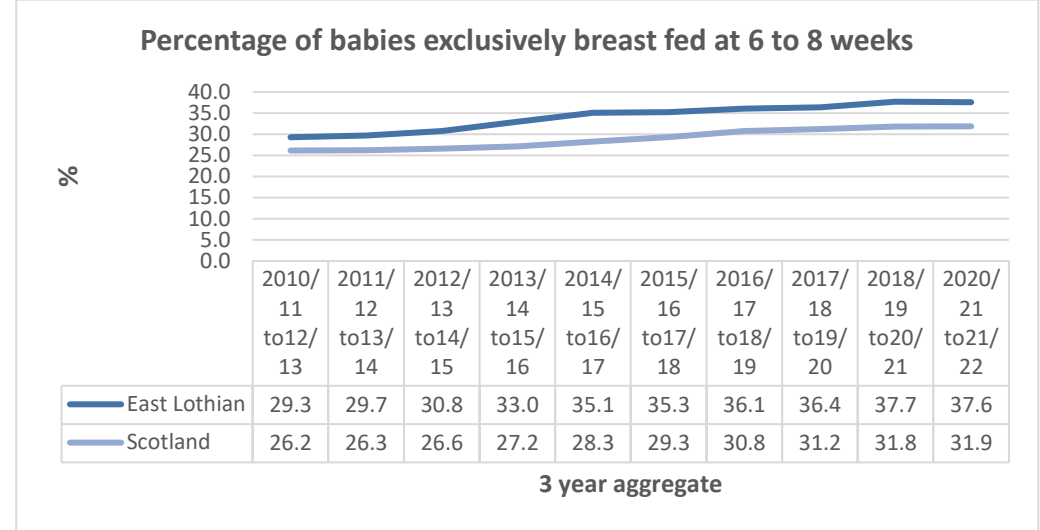


Figure 5.28 shows that that the percentage of women smoking during pregnancy in East Lothian is similar to the national level, and has steadily decreased over the last 10 years.

Figure 5.? shows that 30.3% of women smoked during pregnancy in East Lothian’s most deprived quintile, compared to only 4.2% in the least deprived.

Figure 5.28: Smoking during pregnancy (Scotpho)

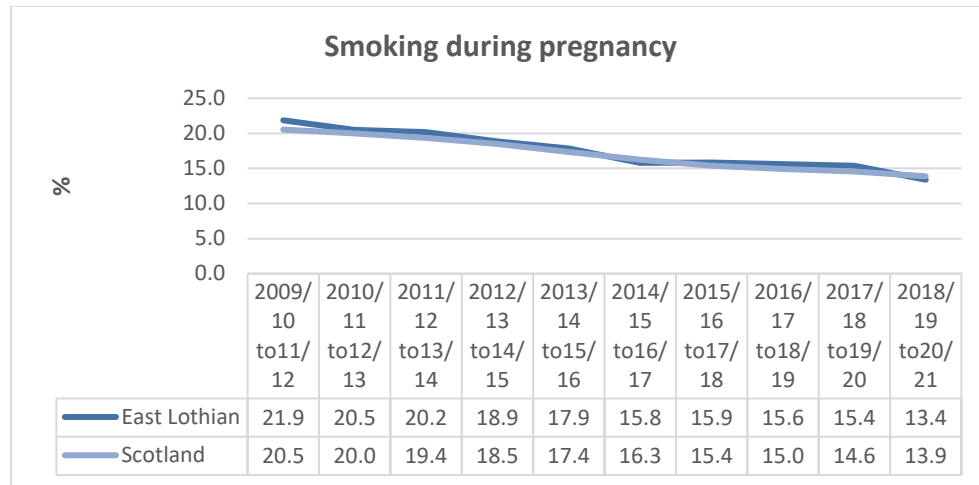
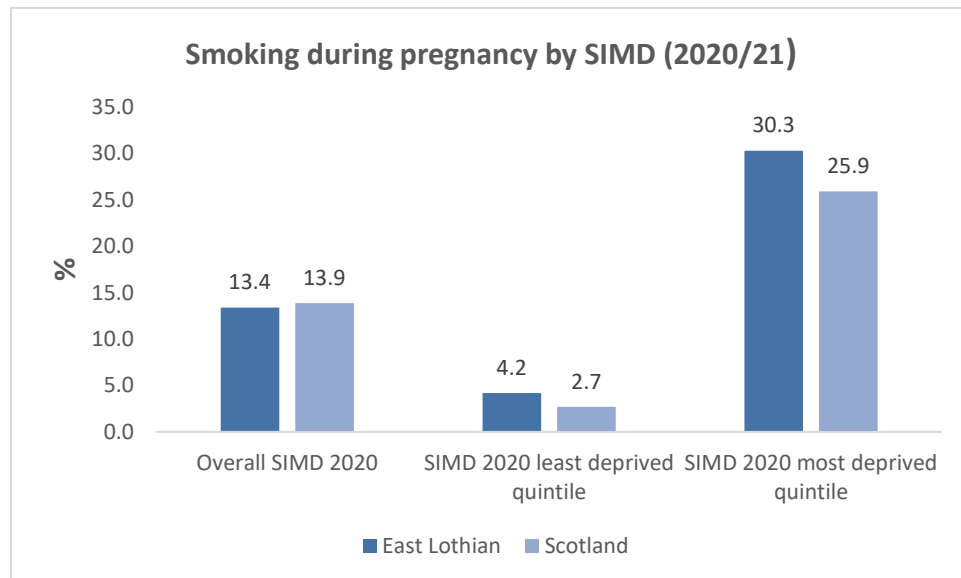


Figure 5.?



Child Protection Register (CPR)

The Child Protection Register is a confidential list of children who are at continuing risk of physical, emotional, or sexual abuse or neglect.

Looked After Children (LAC)

Children in care or looked after children are children who have become the responsibility of the local authority. This can happen voluntarily by parents struggling to cope or through an intervention by children's services because a child is at risk of significant harm.

Children's Wellbeing

There were 231 looked after children as of 31st March 2021. 39 children were placed on the Child Protection Register. The majority of looked after children are in foster care or looked after at home under supervision. Figure 5.29 shows the proportion and number of looked after children and children on the child protection register as of 31st March 2021. Table 5.16 that East Lothian has a lower rate the rate of looked of looked after children when compared to Scotland.

Figure 5.29: Number of looked after children in East Lothian (CSP East Lothian Council).

Number of Looked After Children in East Lothian (March 2021)

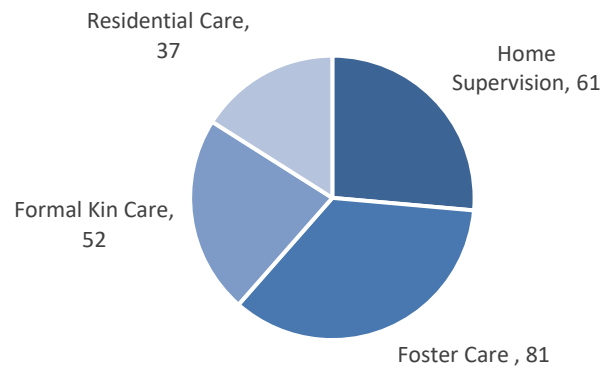


Figure 5.30 shows the rate of looked after children in East Lothian decreased in 2021 after a steady rise over the previous 9 years. The Scottish rate although higher than East Lothian has been reducing over the last 10 years.

Figure 5.30: Total number of looked after children in East Lothian from 2007 to 2015 (East Lothian Council 2016).

Looked after children (per 1,000 children)

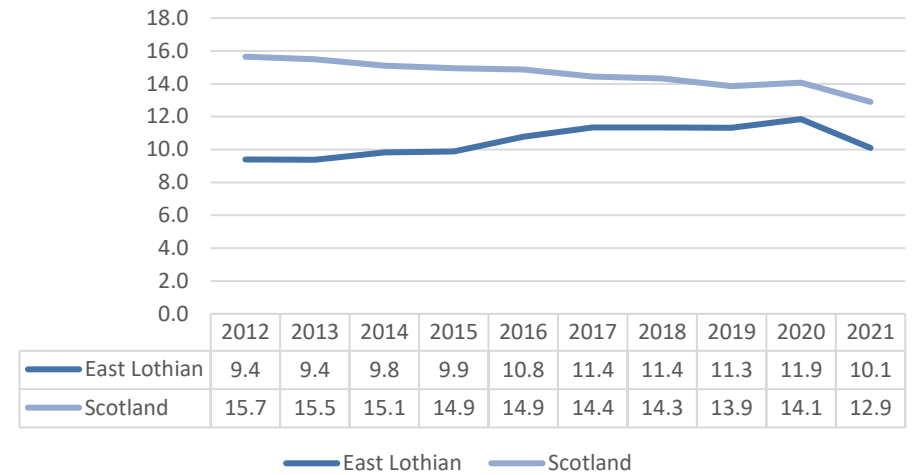


Figure 5.32 shows the rate of children on the Child Protection Register has declined over the last 10 years in both East Lothian and Scotland. The East Lothian figure has been below the national level since 2015.

Figure 5.32: Rate of children (0-15 years) on the CPR (Scottish Government).

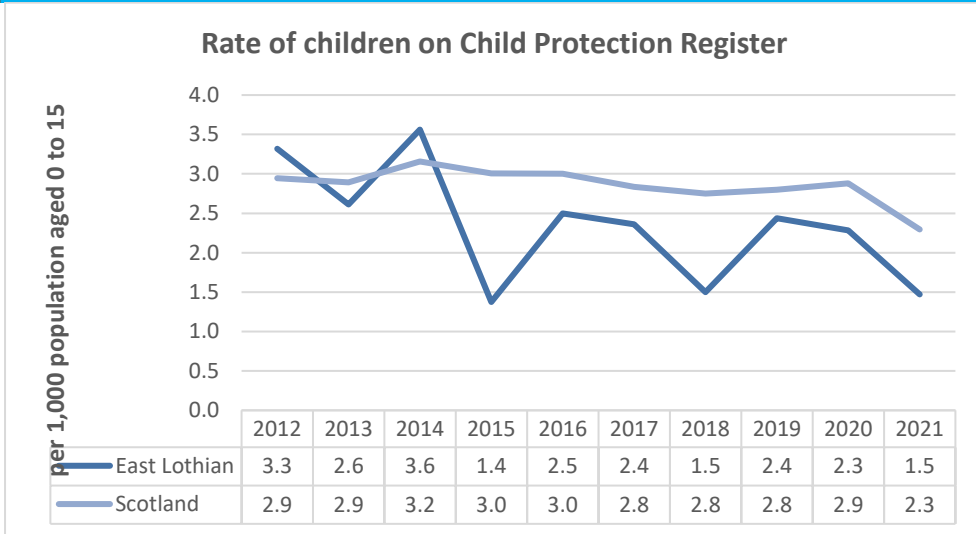


Table 5.18 shows the number of children on the CPR in East Lothian has fluctuated over the last 5 years, and the low figure in 2021 may rise again. The 2021 Scottish figure is the lowest in the last 5 years.

Table 5.18: Number of children on the CPR (Scottish Government)

	2017	2018	2019	2020	2021
East Lothian	45	29	48	45	29
Scotland	2,600	2,530	2,580	2,641	2,104

Cognitive & Mental Health

The Quality Outcomes Framework (QOF) register measures mental health conditions in a non comparable way with other indicators. It includes patients who have diagnoses of bipolar disorder, schizophrenia, and other psychoses. It does not include depression and anxiety. In 2014/15, 812 people in East Lothian were recorded as having a mental health condition

as defined by the QOF register. Table 5.21 shows this number of people alongside the prevalence rate in East Lothian and Scotland.

Depression is measured on the QOF register separately from mental health and is primarily a more indicative reflection of new presentations of depressive disorder. The prevalence of depression diagnoses is shown alongside that of mental health below. 5,969 patients were recorded as having depressive conditions in 2014/15. In both cases, the crude rate per 100 patients is lower in East Lothian than in Scotland.

Table 5.21: Prevalence, of mental health conditions and depression diagnoses in East Lothian and Scotland, crude rate per 100 patients (ISD 2016).

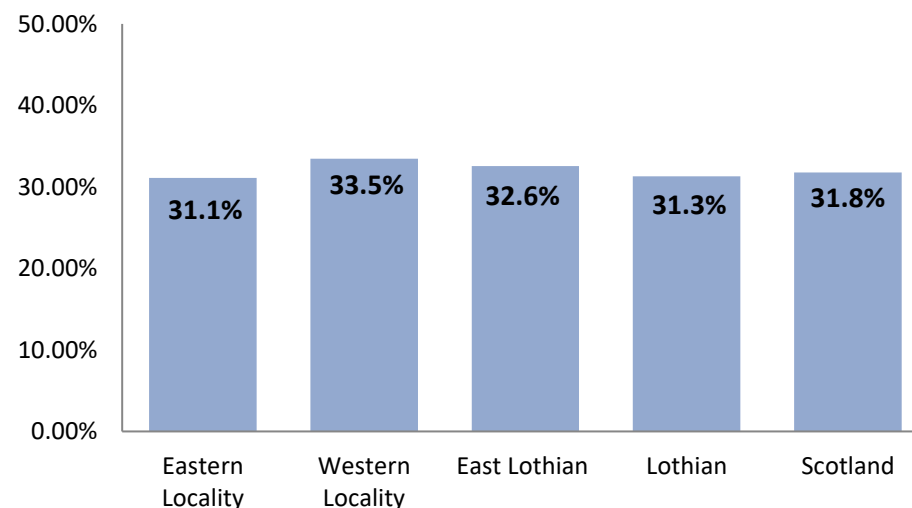
Condition	East Lothian Number	East Lothian Rate per 100 Patients	Scotland Rate per 100 Patients
Mental Health	812	0.77	0.88
Depression	5,969	5.68	6.28

13,243 (20.8%) of all patients at risk of readmission in East Lothian have two or more morbidities - slightly lower than 22.0% for Scotland. A fairly high proportion of these people are prescribed anti depressants. Figure 5.36 shows the number of people with two or more morbidities that are prescribed anti depressants.

Just under one third (32.6%) of patients at risk of readmission with two or more morbidities were prescribed anti-depressants in East Lothian in 2013/14. This figure is higher than the Lothian area and for Scotland as a whole. An even higher proportion (33.5%) of people is prescribed anti-depressants in the western areas of East Lothian than in the eastern areas.

Figure 5.36: Percentage of patients at risk of readmission with two or more morbidities what were prescribed anti-depressants in 2013/14 (ISD 2014).

Percentage of patients at risk of readmission with two or more morbidities, prescribed anti depressants in 2013/14



In total 15,501 – or 15.3% of all people in East Lothian age 15 and over - were prescribed anti-depressants in 2013/14; a 29.4% increase since 2009/10. The same increase has been somewhat lesser in Scotland with 22.8% more anti-depressant prescriptions in 2013/14.

Figure 5.37 shows that the estimated percentage of patients who have been prescribed drugs for anxiety/depression/psychosis has increased over the last 5 consecutive years at a similar rate for both East Lothian and Scotland.

Fig 5.37: Estimated percentage of patients prescribed drugs for anxiety/depression/psychosis. (Scotpho 2016)

Percentage of population prescribed drugs for anxiety/depression/psychosis

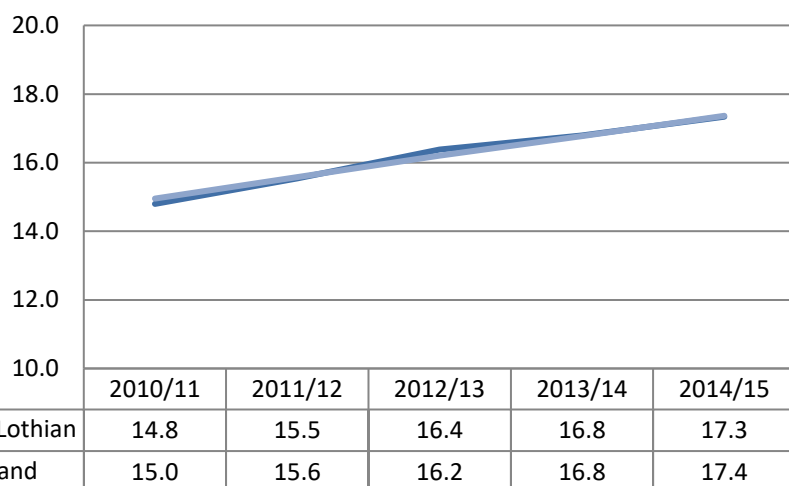


Table 5.22 shows how the rate for those aged 85 and over is much higher in East Lothian than Scotland, reflecting an older population and greater demands on health services. In most age groups, East Lothian has a higher rate per 100,000 population than in Scotland. This is particularly true of those aged 85 and over.

Table 5.22: Rate of people age 15 and over prescribed anti-depressants in East Lothian and Scotland per 100,000 population, age-sex standardised rates, by age group in 2013/14 (East Lothian Council 2015; ISD 2014).

Age Group	East Lothian Rate per 100,000 population	Scotland Rate per 100,000 population
15-24	926.2	808.7

25-34	15,257.40	13,606.60
35-44	19,168.30	18,856.60
45-54	20,515.50	21,180.90
55-64	20,796.90	20,909.30
65-74	20,542.30	19,664.30
75-84	24,058.40	21,459.10
85 and over	31,427.30	24,208.20
Total 15 and over	15,495.20	14,793.30

Not all patients are prescribed anti-depressant drugs for mental health or depression reasons; a range of other alternatives for mental health are also available within the area. However, it is significant that the number of patients prescribed anti-depressants has increased for every age group across the five year period. There is a range of reasons behind the increase in anti-depressant usage, particularly amongst the older and ageing population, and it is not simply a case that the population is become more depressed: a range of factors contribute.

The number of people being dispensed prescriptions for dementia has increased in East Lothian by 82.0% over the period 2009/10 to 2013/14. Most of these people were of age 75 and over. The number of dementia items being dispensed has more than doubled over the period 2009/10 to 2013/14: increasing by 119.4% and also reflecting the changing nature of East Lothian’s population.

Figure 5.38 shows that since 2008 to 2012 East Lothian has over the years had a higher rate of Alzheimer’s disease and other dementia deaths when compared to Scotland. The Scottish rate increased by 43.3% since 2008 higher than the 18.9% in East Lothian. However the rates have levelled out since 2014 in East Lothian and 2015 in Scotland.

Figure 5.38: Alzheimer’s Disease and Other Dementia Deaths (NRS 2022)

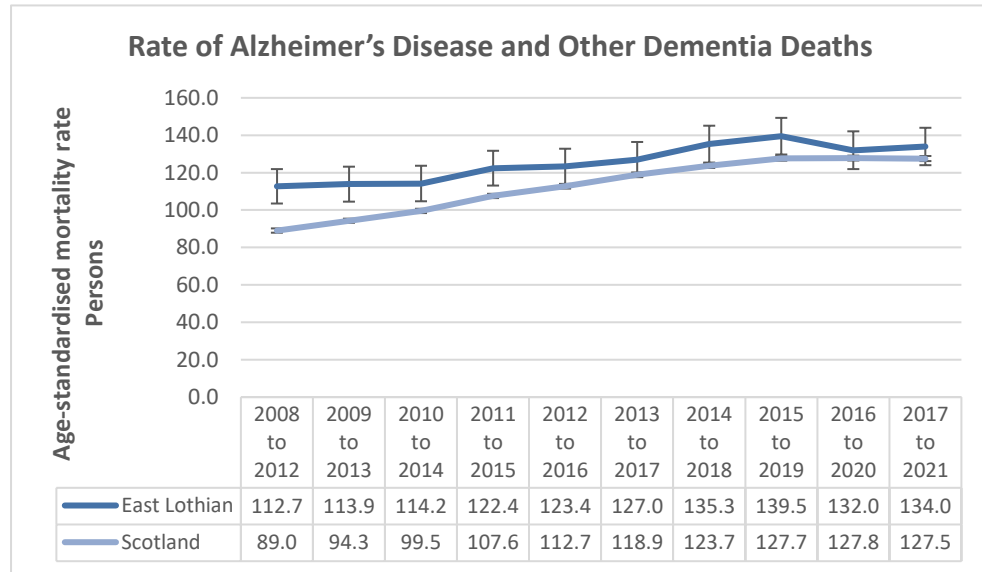
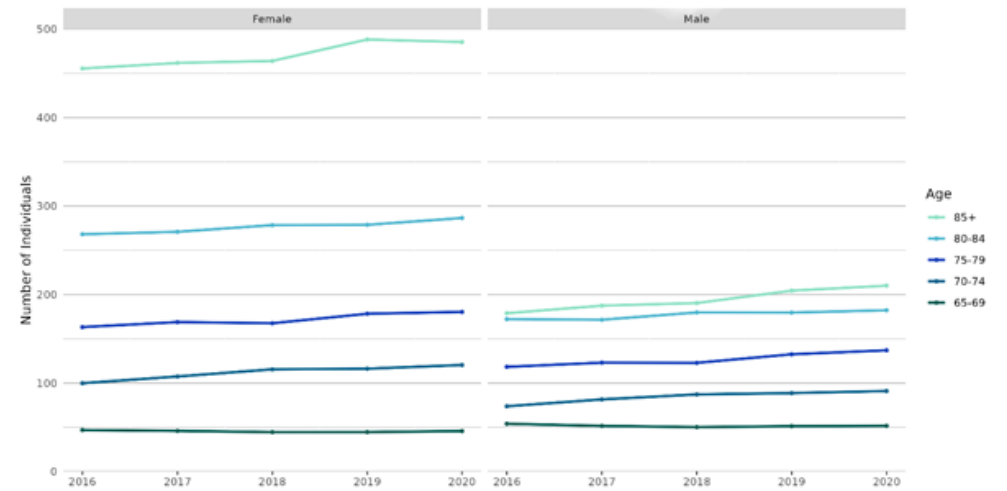


Figure 5.xx was derived by applying 2017 EuroCode and Harvey Study figures to East Lothian populations. Approximately 63% of cases are female. Age has a greater impact on females than males, with males having a smaller difference between the ages.

Figure 5.xx: Prevalence, of dementia diagnoses in East Lothian and Scotland, crude rate per 100 patients (ISD 2016).

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

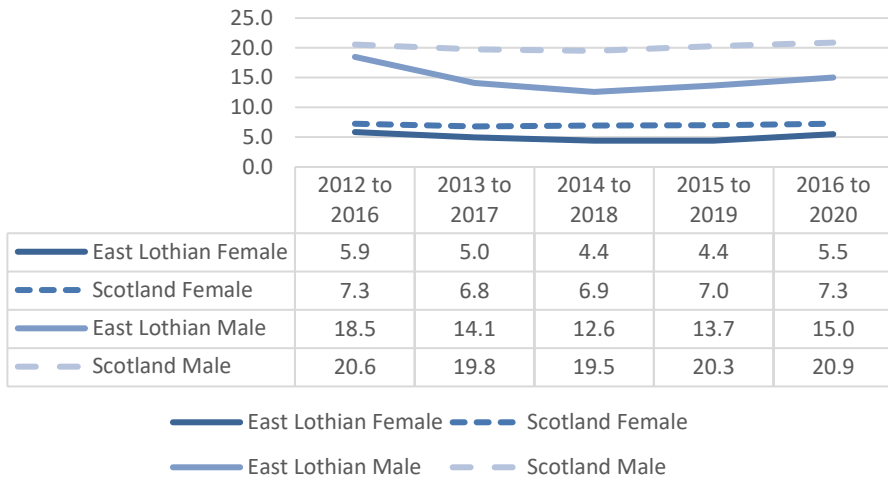


Suicides

Figure 5.39 shows a moving five year average rate of deaths for suicides. Suicides rates in East Lothian are below the Scottish average for males and females. Suicide rates for males are higher than females in both East Lothian and Scotland.

Figure 5.39: Five year Average rate of deaths caused by Suicide(Scotpho).

5 year rolling average for Suicides per 100,000



Adults with Learning Disabilities

Table 5.24 Shows that East Lothian has a higher rate per 1,000 people of adults with learning disabilities than Scotland.

Table 5.24: Adults with Learning Disabilities per 1,000 people (Scottish Commission for People with Learning Disabilities (SCLD))

	Adults with Learning Disabilities per 1,000 people (2019)
East Lothian	7.3
Scotland	5.2

Fig 5.40 provides a comparison between East and Lothian and Scotland for adults with learning disabilities. Proportionately more adults in East Lothian attend day centres, have employment opportunities and are in education than the Scottish average. The proportion of adults with autism in East Lothian is fewer than the Scottish average. Only four of the 32 local authorities have better employment opportunities for adults with learning disabilities than East Lothian, only four have more adults in education.

Figure 5.40: Adult Learning Disabilities comparisons between East Lothian and Scotland (SCLD)

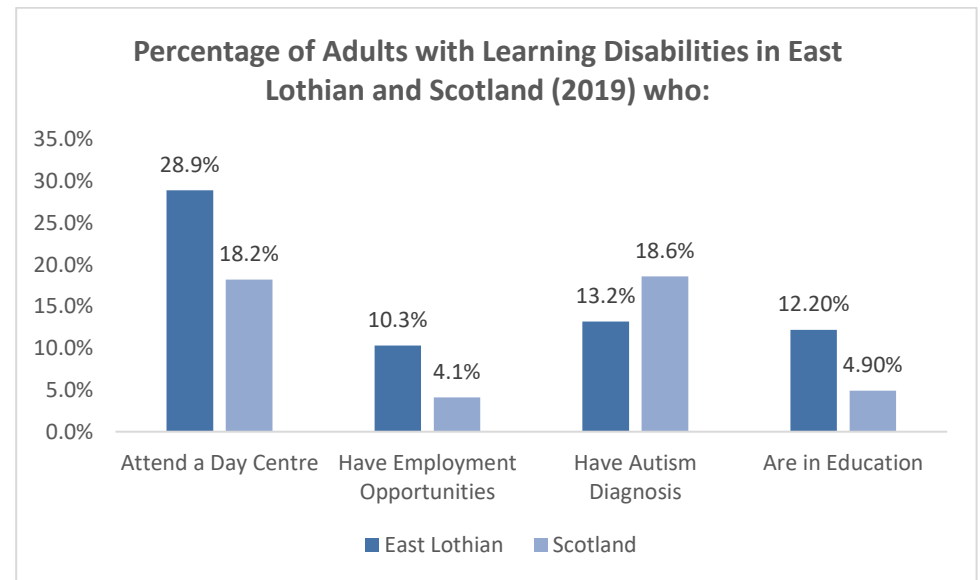


Table 5.25 includes adults with learning disabilities who are known to the Council from contact in the last 3 years. The figures include 16 and 17 year olds who are not in full-time education. 56.6% of the Of the 629 adults with learning disabilities are male. Adults known to the Council are not necessarily receiving a service. Table 5.26 shows the number of adults with learning disabilities and/or on the autism spectrum known to the Council. There are some adults on the autism spectrum who do not have learning disabilities.

Table 5.25: Number of adults with learning disabilities known to East Lothian Council by age group and gender in 2013 (SCLD 2019).

East Lothian	16-17	18-20	21-34	35-44	45-54	55-64	65+	Not known	Total
Males	8	21	138	64	52	45	28	0	356
Females	5	11	85	44	45	45	38	0	273

Table 5.26: Number of people diagnosed as being on the autistic spectrum in East Lothian (SCLD 2019).

	Classical Autism	Asperger's Syndrome	Other AS diagnosis	Total with AS diagnosis	No AS Diagnosis	Not known
East Lothian	21	19	43	83	167	379

Scotland’s Census recorded people who have long term: learning disabilities; learning difficulties; or developmental disorders. Respondents could answer more than one of these options so whilst 2,974 responses were recorded, this does not does not represent 2,974 separate people.

Table 5.27 shows the breakdown and population proportions in East Lothian compared with Scotland.

Table 5.27: Number and proportion of respondents who have long term health conditions, by selected category, in East Lothian and Scotland (Census 2011).

Long-Term Condition	East Lothian Number	East Lothian % of Population	Scotland % of Population
Learning Disability	499	0.5	0.5
Learning Difficulty	1,957	2.0	2.0
Developmental Disorder	518	0.5	0.6

Table 5.28 shows the number of adults in East Lothian with a learning disability by the type of accommodation that they live in. 30.2% of adults with a learning disability in East Lothian live with a family carer. Most people with a learning disability live in mainstream accommodation – either with support or with no support – or in supported accommodation.

Table 5.28: Accommodation type for adults with a learning disability in East Lothian (SCLD 2019).

Accommodation Type	Number
Mainstream accommodation with support	312
Mainstream accommodation with no support	94
Support status not recorded	16
Supported Accommodation	125
Registered Adult Care Homes	21
Other	13
Not known	48
All Adults	629

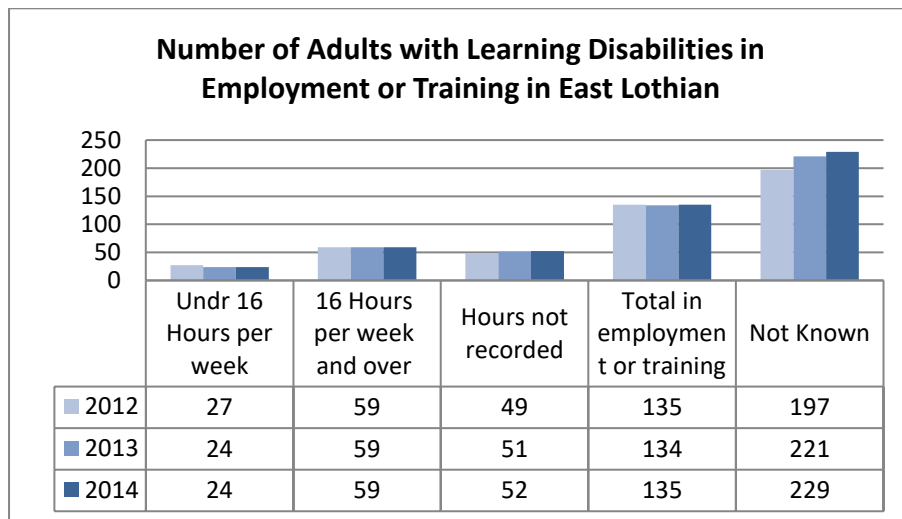
Table 5.29 displays the number of adults with learning disabilities that attend day centres in East Lothian. 29% of people with learning disabilities in East Lothian attend a day centre, much higher than the figure of 20.2% for Scotland.

Table 5.29: Day centre attendance for adults with learning disabilities in East Lothian in 2013 (eSay Database 2014).

	Less than 30 hours per week	30 hours or more per week	Amount of time not known	Does not attend
East Lothian	158	36	15	510

Figure 5.41 shows the number of adults with learning disabilities in East Lothian that are enrolled in employment or training. 18% of East Lothian adults with learning disabilities are in employment or training compared with 13.9% in Scotland.

Figure 5.41: Number of adults with learning disabilities in further education or training in East Lothian (SCLD Database 2014).



Carers & Care

Table 5.30 shows the proportion of people in East Lothian with limiting long term illness is similar to the Scottish rate for the 2017 – 2021 period.

Table 5.30: Proportion of population limited by long term illness 2017-2021 (Scottish Health Survey 2021).

	% with Limiting long-term illness	% No long term illness	% Non-limiting long-term illness
East Lothian	32	54	14
Scotland	34	53	13

Figure 5.31 shows that a lower percentage of male residents provide care in East Lothian when compared to Scotland. Females provide more care than males in both East Lothian and Scotland.

Table 5.31: Percentage of population providing unpaid care (Scottish Household Survey 2021).

	All	Male	Female
East Lothian	12%	8%	17%
Scotland	15%	12%	17%

Figure 5.42: Percentage of unpaid carers age 24 and under and 16 and under in East Lothian wards (Census 2011).

Fig 5.43 Shows the breakdown of client groups receiving homecare in East Lothian. Older people (72%) were the highest category, followed by people

with learning difficulties (15%), physical disabilities (7%), mental health (4%) and dementia (1%).

Figure 5.43: Number of people aged over 65 who are receiving home care in East Lothian (Scottish Government 2016).

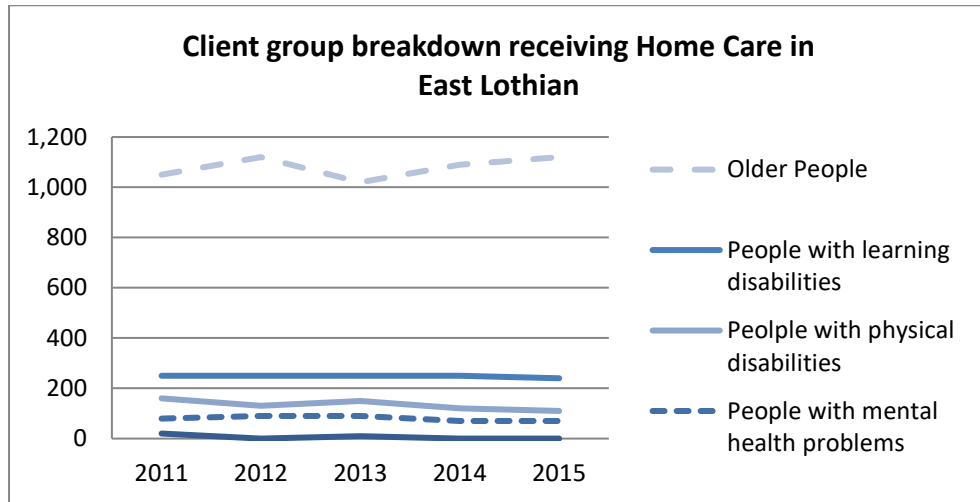


Figure 5.44 shows the population projection by age in East Lothian, the 2018 based population based projection shows an increase to 2028 of 10.9%, the highest increase in Scotland for pension age and over. The number of homecare clients will therefore likely increase accordingly.

Figure 5.44 Projected population in East Lothian (National Records of Scotland)

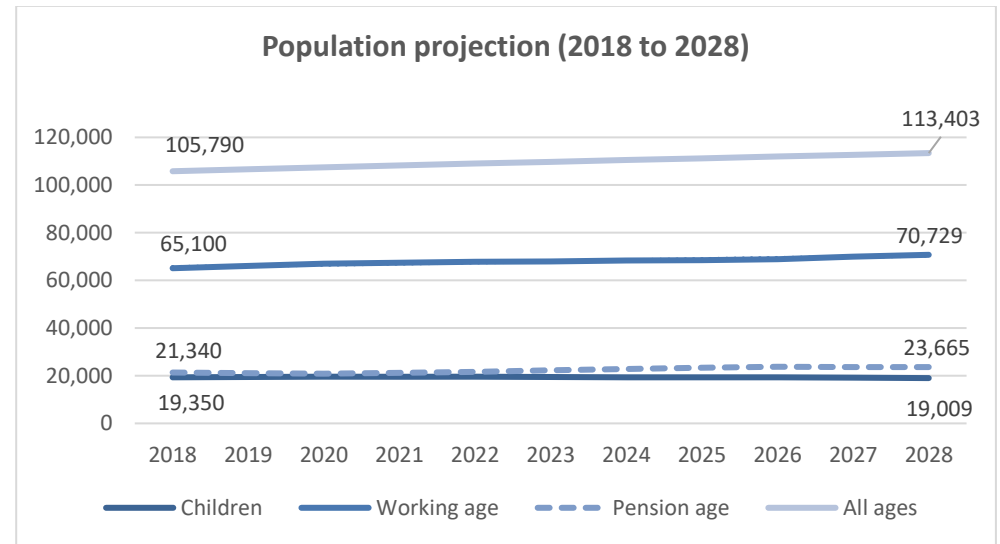


Figure 5.45 Shows the percentage of clients aged 65 and over with high care needs who receive home care in East Lothian. The East Lothian figure has reduced over the last 10 years and is now below the national average, which has been increasing over the 10 year period.

Figure 5.45 Percentage of long term clients aged 65 and over who receive 10+ hours homecare in East Lothian. (Scotpho).

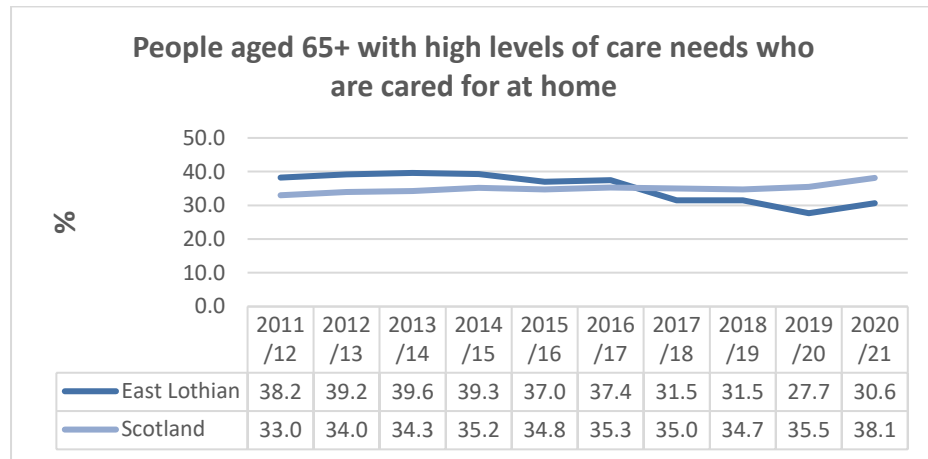


Figure 5.46 displays the number of home care clients and care at home clients in East Lothian. Home Care Services which give people the support, practical help and personal care that they need to live as independently as possible in the community rather than being supported in care homes.

Free personal care is available for everyone aged 65 who are assessed by the Council as requiring care on the basis of their personal hygiene, continence management, food and diet, degree of mobility, need for counselling and support, need for simple treatments (e.g. assistance with medication) and need for personal assistance. Fig 5.47 shows the number of hours per home care client per week in East Lothian, approximately 65% of clients receive under 10 hours home care per week, and 35% of those clients receive under 5 hours per week

Figure 5.46: Number of home care clients, East Lothian, quarterly, 2004-2012 (Scottish Government 2014).

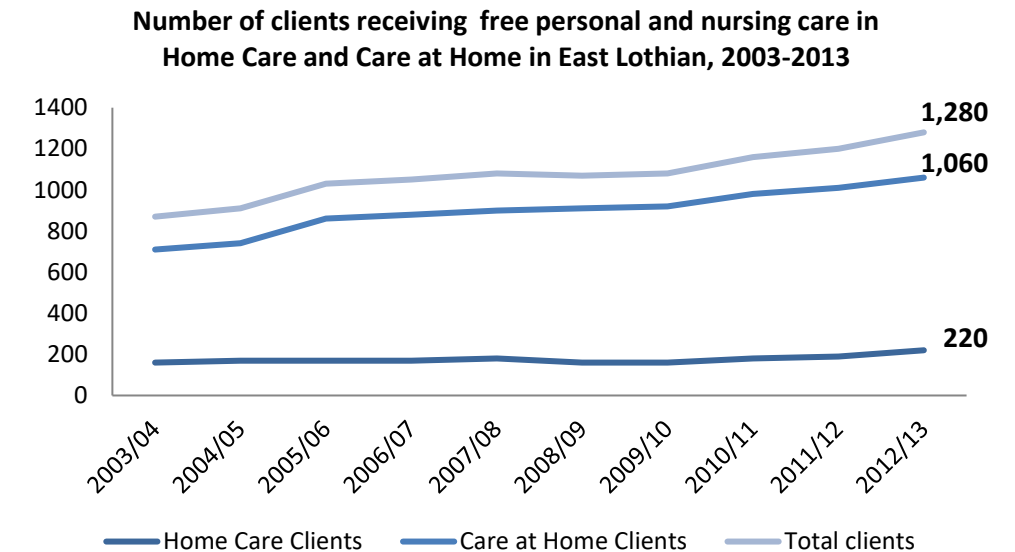


Figure 5.47: Number of hours of care given to clients per week, for people age 65 in East Lothian in 2015 (Scottish Government 2016).

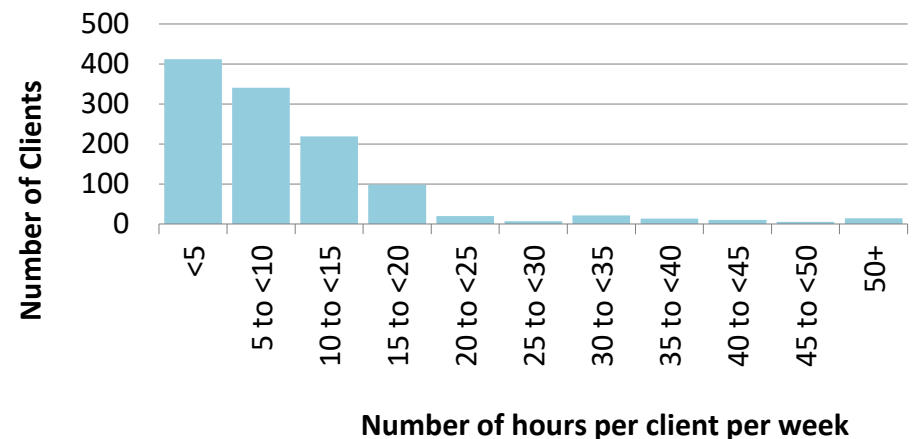


Fig 5.48 shows the number of respite care weeks provided in East Lothian in 2014/15 broken down by age. Figures are rounded to the nearest ten. Overnight respite care is more common amongst those aged 18-64. Daytime respite care is more common amongst those aged 17 and under.

Fig. 5.48 Number of respite weeks provided in East Lothian in 2013/14 (Scottish Government 2016).

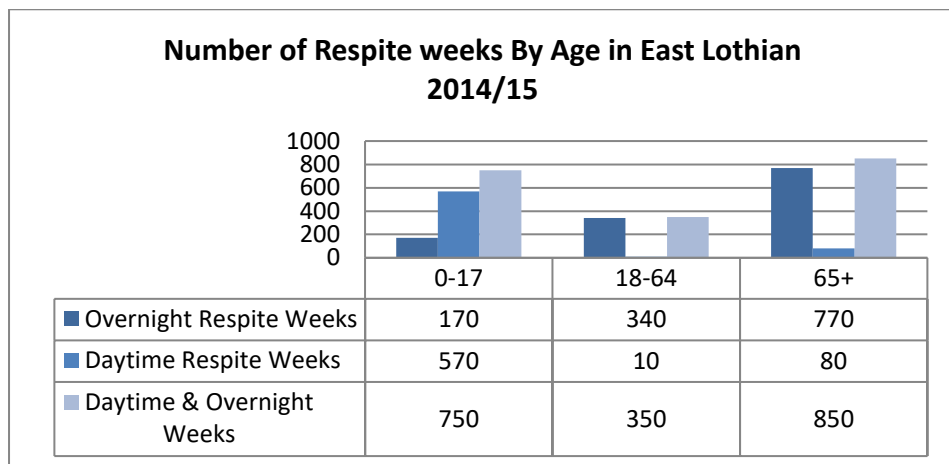


Table 5.32 shows the number of new referrals to East Lothian Council’s Adult Wellbeing service and the number of new Care Home services, by multimember ward. New Care at Home services refers to the number people that have started care at home provided by the local authority.

Table 5.32: Number of referrals to adult wellbeing, and number of new care at home services, in East Lothian for Q1 and Q2 2014/15 (East Lothian Council 2014).

Multimember Ward	No. Referrals to Adult Wellbeing		Care at Home – New Services	
	2014/15 Q1	2014/15 Q2	Q1	Q2
Musselburgh West	120	122	15	22
Musselburgh East	180	167	21	28

Fa’side	221	217	30	26
Preston Seton Gosford	260	202	28	28
North Berwick Coastal	213	190	26	16
Haddington & Lammermuir	195	165	34	21
Dunbar & East Linton	148	147	13	14
Out of Area	15	16	-	-
East Lothian Total	1,352	1,226	167	155

North Berwick has a particularly high proportion of referrals compared with the size of its population. This ward also has a higher proportion of older people than the East Lothian figure. Musselburgh, on the other hand, has a fairly young population, explaining why referrals are not much higher in this area of East Lothian despite having a significant proportion of the population.

East Lothian has a higher proportion of people spending their last six months of life at home or in a community setting when compared with Lothian NHS area and Scotland as a whole. 8.0% of patients in 2013/14 spent their last six months of life in an NHS acute hospital. However, there is a significant difference between the east of the area and the west of the area, indicating different demographics across East Lothian. Table 5.33 shows the percentage of patients that spent their last six months of life in an NHS acute hospital for the period 2009/10 to 2013/14.

Table 5.33: Percentage of patients that spent their last six months of life in an NHS acute hospital, 2009/10 to 2013/14 (ISD 2014).

Locality	2009/10	2010/11	2011/12	2012/13	2013/14
East Lothian	6.9	7.4	7.7	7.1	8.0

Lothian Health Board	8.4	8.6	8.1	8.5	8.8
Scotland	9.4	9.3	8.9	8.8	9.0
Eastern wards	6.8	7.0	6.2	5.9	7.2
Western wards	7.0	7.7	8.7	8.1	8.6

Health and Social Care Localities:

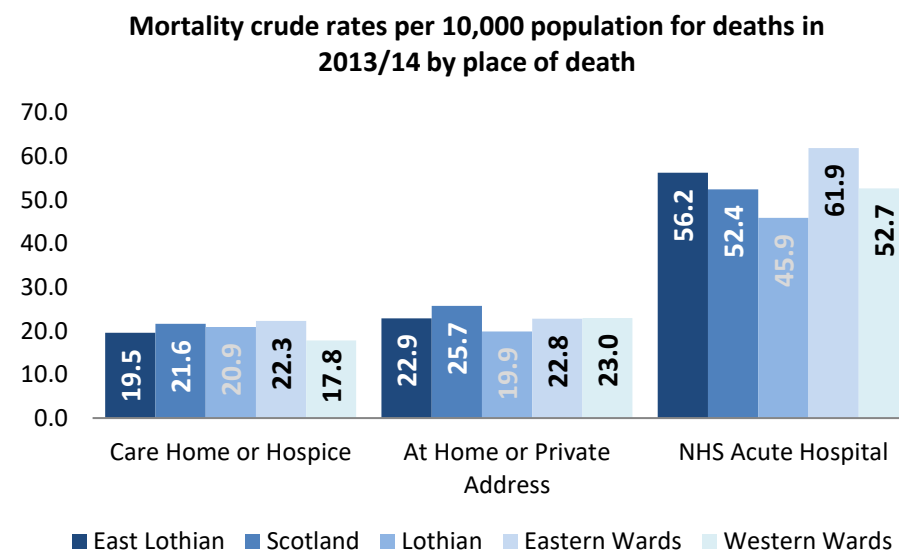
East Lothian will have two health localities, delivering on social and health care for the area following the integration of these services in 2015. These are:

- **Eastern, covering the wards: Dunbar and East Linton; Haddington and Lammermuir; and North Berwick Coastal.**
- **Western, covering the wards: Fa'Side; Musselburgh East and Carberry; Musselburgh West; and Preston Seton Gosford.**

For those patients in an NHS acute hospital in East Lothian, mortality rates are much higher than in Scotland and significantly higher than the Lothian region. However, community setting mortality rates are lower in East Lothian than in Scotland. Figure 5.49 shows the mortality rates by place of death in East Lothian, Lothian and Scotland per 10,000 population – as well as a division between the eastern and western wards of East Lothian.

Mortality rates in NHS acute hospitals are much higher in the eastern wards than in the western wards of East Lothian because the population tends to be much older in makeup. However, both localities are higher than the rate for Scotland, indicating more people die in hospitals in both parts of East Lothian than in Scotland when compared with home or hospice environments.

Figure 5.49: Morality rates by place of death in East Lothian, Lothian, Scotland and ward health localities in 2013/14 (ISD 2014).



Association of Scottish Visitor Attractions www.asva.org.uk

Belhaven Hill School www.belhavenhill.com

Census 2001 www.gro-scotland.gov.uk

Census 2011 www.scotlandscensus.gov.uk

Citizens Advice Scotland www.cas.org.uk

Citizens Panel www.eastlothian.gov.uk

City of Edinburgh Council www.edinburgh.gov.uk

Community Health and Well-Being Profiles www.scotpho.org.uk

Department of Work and Pensions

www.gov.uk/government/organisations/department-for-work-pensions

Early Development Instrument www.eastlothian.gov.uk

East Lothian Council www.eastlothian.gov.uk

Edinburgh College www.edinburghcollege.ac.uk

Electoral Commission www.electoralcommission.org.uk

Sources

In preparing this profile every attempt has been made to use the most recent information publically available for each theme. The information has come from a variety of external sources as well as internal council services. Sources include:

Alzheimer Europe www.alzheimer-europe.org

Association of Leading Visitor Attractions www.alva.org.uk

End Child Poverty www.endchildpoverty.org.uk

Enjoy Leisure www.enjoyleisure.com

eSAY Survey: Learning Disability Statistics Scotland www.sclid.org.uk

General Register Office for Scotland www.gro-scotland.gov.uk

Green Tourism www.green-tourism.com

Hands Up! Survey www.sustrans.org.uk

HM Revenue and Customs

www.gov.uk/organisations/hm-revenue-customs

Higher Education Statistics Agency www.hesa.ac.uk

Improvement Service www.improvementservice.org.uk

Information Services Division Scotland www.isdscotland.org

James Hutton Institute www.hutton.ac.uk

Keep Scotland Beautiful www.keepsotlandbeautiful.org.uk

Loretto School www.lorettoschool.co.uk

Midlothian Council www.midlothian.gov.uk

National Records of Scotland www.nrscotland.gov.uk

NHS Lothian www.nhslothian.scot.nhs.uk

NOMIS Official Labour Market Statistics www.nomisweb.co.uk

Office for National Statistics www.statistics.gov.uk

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Police Scotland www.scotland.police.uk

Public Protection East and Midlothian www.emppc.org.uk

Queen Margaret University www.qmu.ac.uk

Registers of Scotland www.ros.gov.uk

Residents Survey www.eastlothian.gov.uk

Royal Commission on the Ancient and Historical Monuments of Scotland
www.rcahms.gov.uk

Scotland's Census Results Online www.scrol.gov.uk

Scottish Annual Business Statistics www.gov.scot

Scottish Children's Reporter Administration www.scra.gov.uk

Scottish Environmental Protection Agency www.sepa.org.uk

Scottish Fire and Rescue Service www.firescotland.gov.uk

Scottish Funding Council www.sfc.ac.uk

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Scottish Health and Care Experience Survey www.gov.scot

Scottish Health Survey www.gov.scot

Scottish Household Conditions Survey www.gov.scot

Scottish Household Survey www.gov.scot

Scottish Household Survey: Travel Diary www.transportscotland.gov.uk

Scottish Index of Multiple Deprivation www.sns.gov.uk

Scottish Neighbourhood Statistics www.sns.gov.uk

Scottish Parliament Information Centre www.scottish.parliament.uk

Scottish Schools Adolescent Lifestyle and Substance Survey
www.isdscotland.org

SESPlan www.sesplan.gov.uk

Skills Development Scotland www.skillsdevelopmentscotland.co.uk

Spark of Genius www.sparkofgenius.com

SQW: Research in Economic and Social Development www.sqw.co.uk

STRiVE www.strive.me.uk

Student Evaluation of Experience Survey www.eastlothian.gov.uk

The Compass School www.thecompassschool.org.uk

Transport Scotland www.transportscotland.gov.uk

Viewstat www.improvementservice.org.uk

Visit Scotland www.visitscotland.com

Women's Aid East and Midlothian www.womensaideml.org

East Lothian by Numbers

A Statistical Profile of East Lothian

5. Health and Social Care

Draft March 2023

Find this document at: www.eastlothian.gov.uk/StatisticsAndData



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