

Locality Profile

Helensburgh and Lomond Locality

October 2021

Table of Contents

Table of Contents.....	2
Notes for this profile:	3
Demographics.....	4
Summary:	4
Population.....	4
Deprivation.....	5
Households.....	7
Summary:	7
General Health.....	9
Summary:	9
Life Expectancy	9
Deaths, aged 15-44	11
Long-Term Physical Health Conditions and Multimorbidity.....	12
Cancer Registrations	14
Anxiety, Depression, and Psychosis Prescriptions	15
Behavioural Factors	16
Summary:	16
Drug-related Hospital Admissions.....	17
Alcohol-related Hospital Admissions.....	19
Alcohol-Specific Deaths	21
Bowel Screening Uptake.....	22
Hospital and Community Care	25
Emergency Admissions	26
Unscheduled Acute Bed Days	27
A&E Attendances.....	28
Delayed Discharge Bed Days	29
Emergency Admissions from a Fall.....	30
Emergency Readmissions (28 days)	31
Potentially Preventable Admissions (PPAs).....	32
% Last 6 months in a Community Setting	33
Footnotes	34

Notes for this profile:

- All years shown are calendar years unless otherwise specified.
- Upper and lower 95% confidence intervals are shown throughout this document where available. In charts, these are displayed as shaded areas either side of trend lines, or as black error bars in bar charts. Confidence intervals show the range of possible values and a certainty that the true value falls within them.
- Definitions for the indicators shown are available in Appendix 1 in the accompanying summary document.
- Any zero figures for some indicators will indicate either suppression of small data or a complete lack of data available for this locality
- Data should be interpreted with caution, particularly for areas with relatively small population sizes where indicator data is expected, by chance alone, to have higher variation than in areas of larger population size. Note that differences between areas can relate to multiple factors including, for example, underlying rates of illness, rates of diagnosis and local differences in practice e.g. in data recording.

Demographics

Summary:

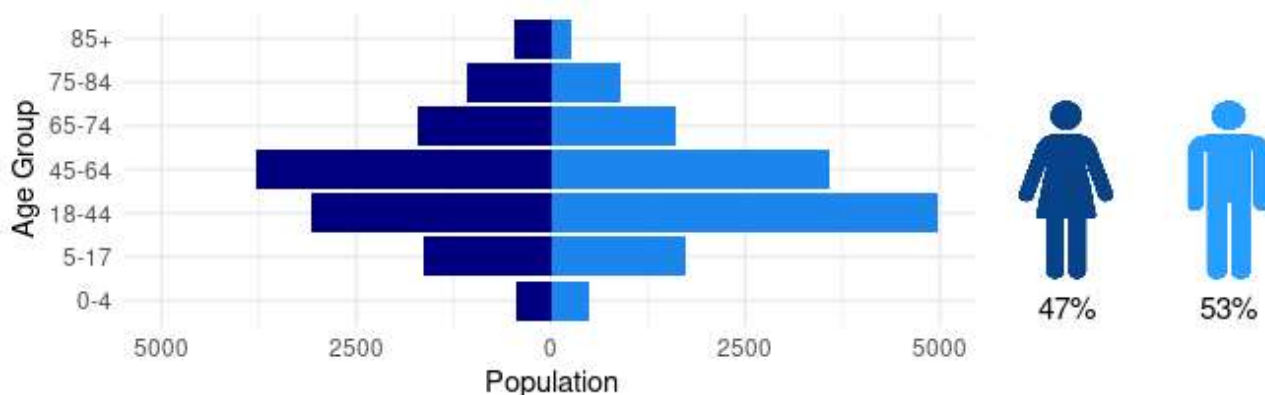
For the most recent time periods available, Helensburgh and Lomond Locality had:

- A total population of **25,715** people, where **53%** were male, and **23%** were aged over 65.
- **33%** of people lived in the least deprived SIMD quintile, and **7.3%** lived in the most deprived quintile.

Population

In 2020, the total population of Helensburgh and Lomond locality was 25,715. The graph below shows the population distribution of the locality.

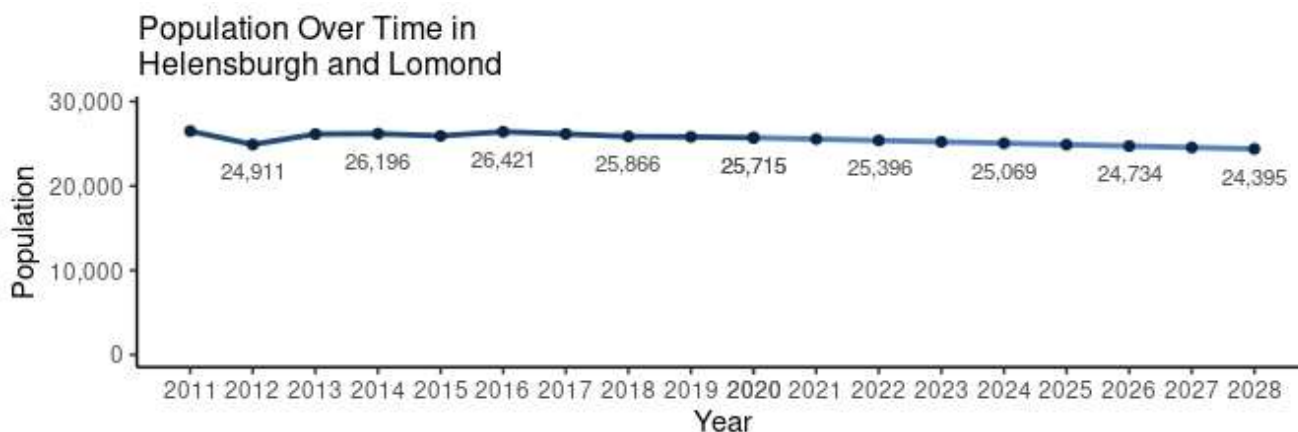
Figure 1: Population breakdown in Helensburgh and Lomond.



Source: National Records Scotland

Figure 2 shows the historical population of Helensburgh and Lomond, along with the NRS population projections. There is no significant linear trend in population. However, it has been falling since 2016. The population in Helensburgh and Lomond is estimated to decrease by 3.2% from 2020 to 2025. Please see the footnotes for more information on how the population projections were calculated¹.

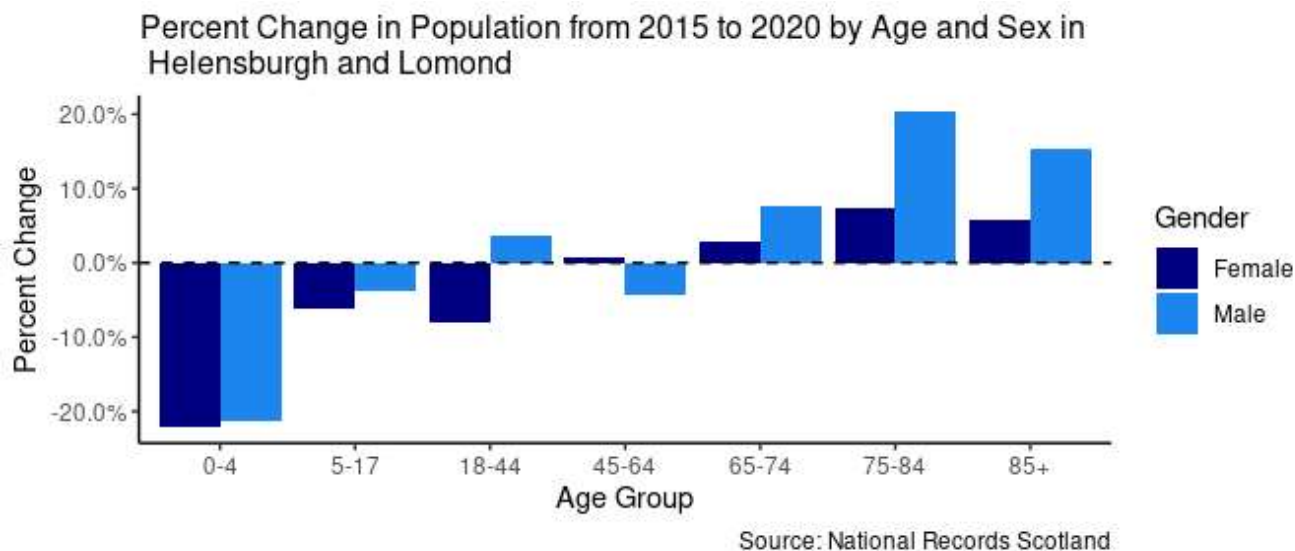
Figure 2: Population time trend and projection.



Source: National Records Scotland

Figure 3 shows how population structure has changed between 2015 and 2020.

Figure 3: Change in population structure over the last five years.



Deprivation

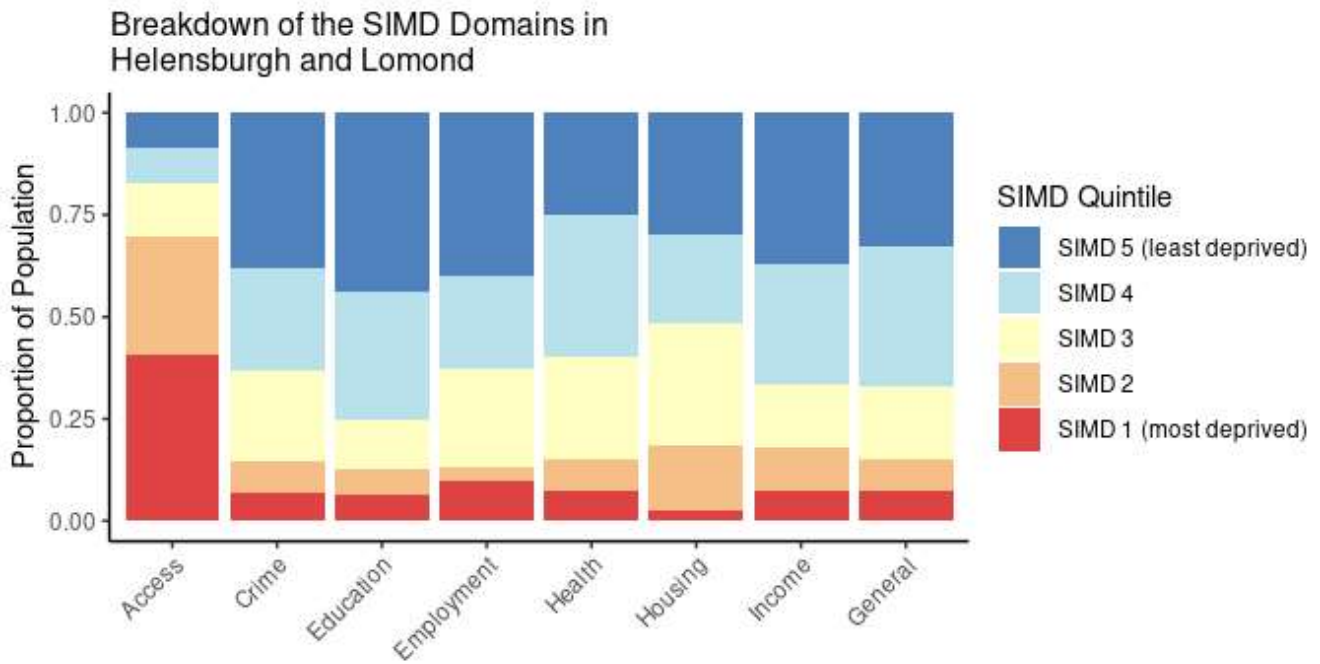
The following section explores the deprivation structure of Helensburgh and Lomond through the Scottish Index of Multiple Deprivation (SIMD). The SIMD ranks all datazones in Scotland by a number of factors; Access, Crime, Education, Employment, Health, Housing and Income. Based on these ranks, each datazone is then given an overall deprivation rank, which is used to split datazones into Deprivation Quintiles (Quintile 1 being the most deprived, and Quintile 5 the least). The most recent SIMD ranking was carried out in 2020. This section mainly focuses on the SIMD 2020 classifications, however the 2016 classifications are used to assess how deprivation has changed in Helensburgh and Lomond when compared to the rest of Scotland.

Of the 2020 population in Helensburgh and Lomond, **7.3%** live in the most deprived SIMD Quintile, and **33%** live in the least deprived SIMD Quintile. The following table details the percent of the population living in the 2016 SIMD Quintiles, the percent living in the 2020 SIMD Quintiles, and their difference for comparison.

Table 1: Percentage population living in the 2016 and 2020 SIMD Datazone Quintiles

Quintile	Percent of Pop (2016)	Percent of Pop (2020)	Difference
SIMD 1	7.6%	7.3%	-0.3%
SIMD 2	5.9%	7.8%	1.9%
SIMD 3	15.5%	17.7%	2.2%
SIMD 4	38.3%	34.3%	-4.0%
SIMD 5	32.6%	32.8%	0.2%

Figure 4: Proportion of the population that reside in each 2020 SIMD quintile by domain.



Source: Scottish Government, Public Health Scotland, National Records Scotland

Households

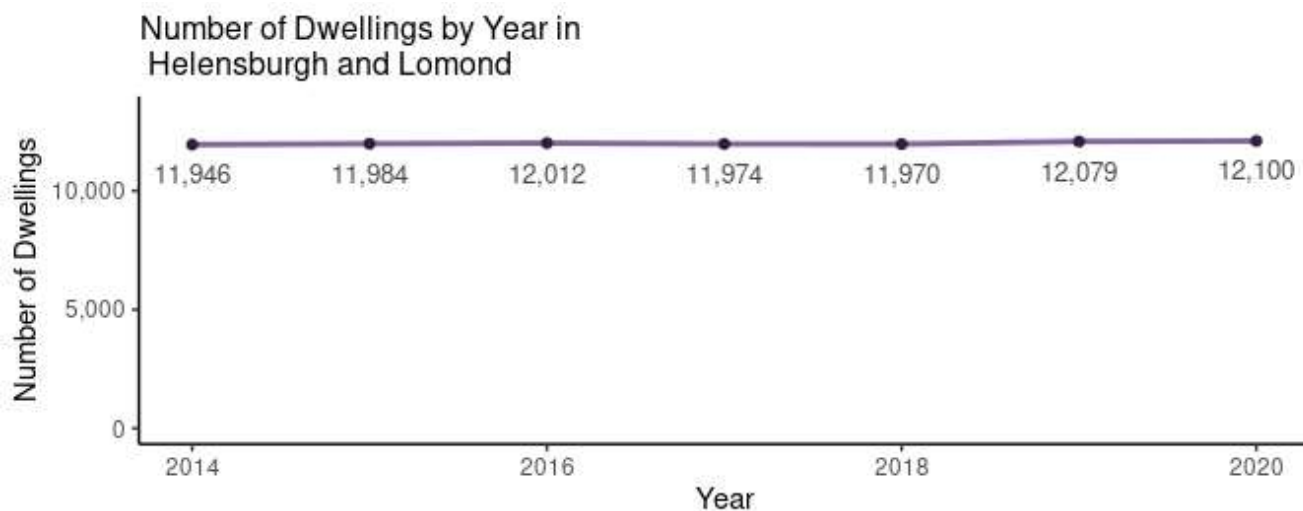
Summary:

For the most recent time periods available, Helensburgh and Lomond Locality had:

- **12,100** dwellings, of which: **95%** were occupied and **1.5%** were second homes.
- **32%** of dwellers received a single occupant council tax discount, and **5.7%** were exempt from council tax entirely.
- **41%** of houses were within council tax bands A to C, and **29%** were in bands F to H.

The graph below shows the number of dwellings in Helensburgh and Lomond from 2014 to 2020.

Figure 5: Number of dwellings time trend.



Source: Council Tax billing system (via NRS)

Of the total number of dwellings in 2020, 32% (3,812 households) were occupied by an individual receiving a single occupant council tax discount. Furthermore, 5.7% (692 households) were occupied and exempt from council tax.

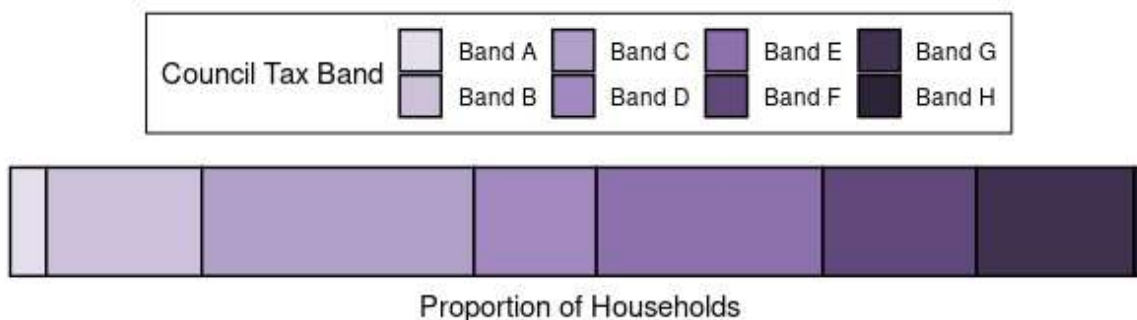
There were 176 dwellings classed as a second home in 2020, these dwellings made up 1.5% of the households in Helensburgh and Lomond.

Table 2: Breakdown of dwelling types by year for Helensburgh and Lomond locality.

Year	Total Dwellings	Occupied Dwellings	Vacant Dwellings	Single Occupant Tax Discount	Council Tax Exempt Dwellings	Second Homes
2014	11,946	11,264	465	3,715	738	217
2015	11,984	11,323	446	3,722	758	215
2016	12,012	11,386	422	3,762	759	204
2017	11,974	11,422	355	3,714	751	197
2018	11,970	11,425	361	3,630	773	184
2019	12,079	11,549	360	3,722	773	170
2020	12,100	11,532	392	3,812	692	176

The proportion of households within each council tax band are displayed in the chart below, figures are shown in Table 3.

Figure 6: Breakdown of households by council tax band for Helensburgh and Lomond in 2020.



Source: Scottish Assessors' Association (via NRS)

Table 3: Percentage of households by council tax band for Helensburgh and Lomond in 2020.

Tax Band	A	B	C	D	E	F	G	H
Percent of households	3.2%	14%	24%	11%	20%	14%	14%	1.2%

General Health

Summary:

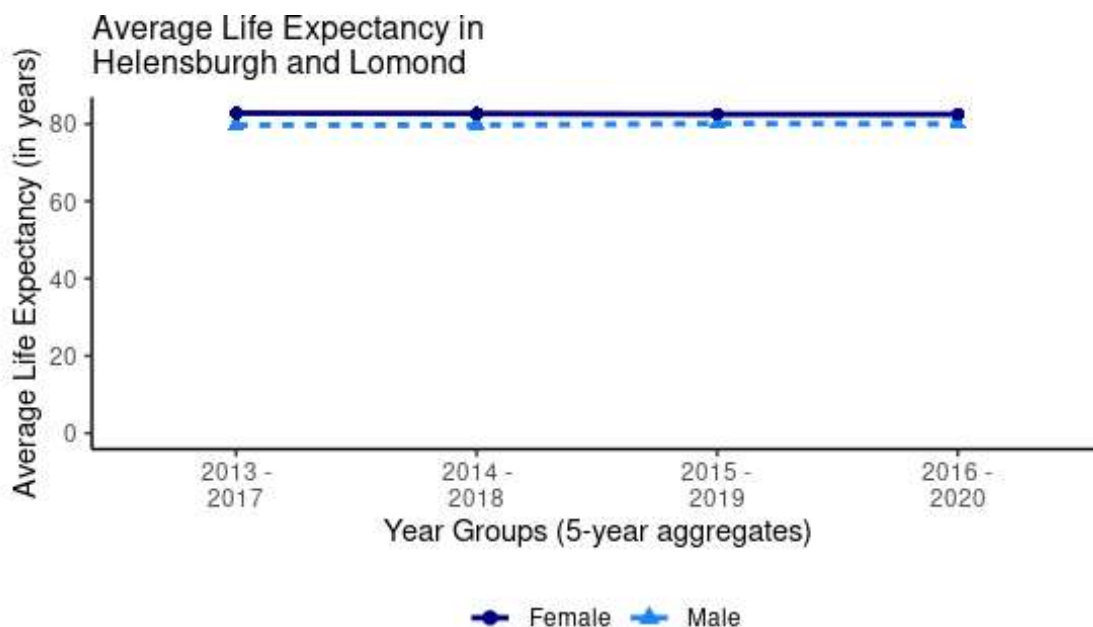
For the most recent time periods available³, Helensburgh and Lomond Locality had:

- An average life expectancy of 80 years for males and 82.5 years for females.
- A death rate for ages 15 to 44 of 77 deaths per 100,000 age-sex standardised population⁴
- 21% of the locality's population with at least one long-term physical health condition.
- A cancer registration rate of 627 registrations per 100,000 age-sex standardised population⁴
- 16.29% of the population being prescribed medication for anxiety, depression, or psychosis.

Life Expectancy

In the latest time period available from 2016-2020 (5 year aggregate), the average life expectancy in Helensburgh and Lomond locality was 80 years old for men, and 82.5 years old for women. A time trend since 2013-2017 can be seen in figure 8.



Figure 8: Average life expectancy in men and women over time.



Source: ScotPHO

Table 5 provides the average life expectancy for men and women in different areas for the latest time period available. Please note that these are 5 year aggregates for the locality from 2016-2020, but 3 year aggregates from 2018-2020 at partnership, Health Board, and Scotland level.

Table 5: Average life expectancy in years for the latest time periods (2016-2020 aggregated years for the locality; 2018-2020 aggregated years for other areas).

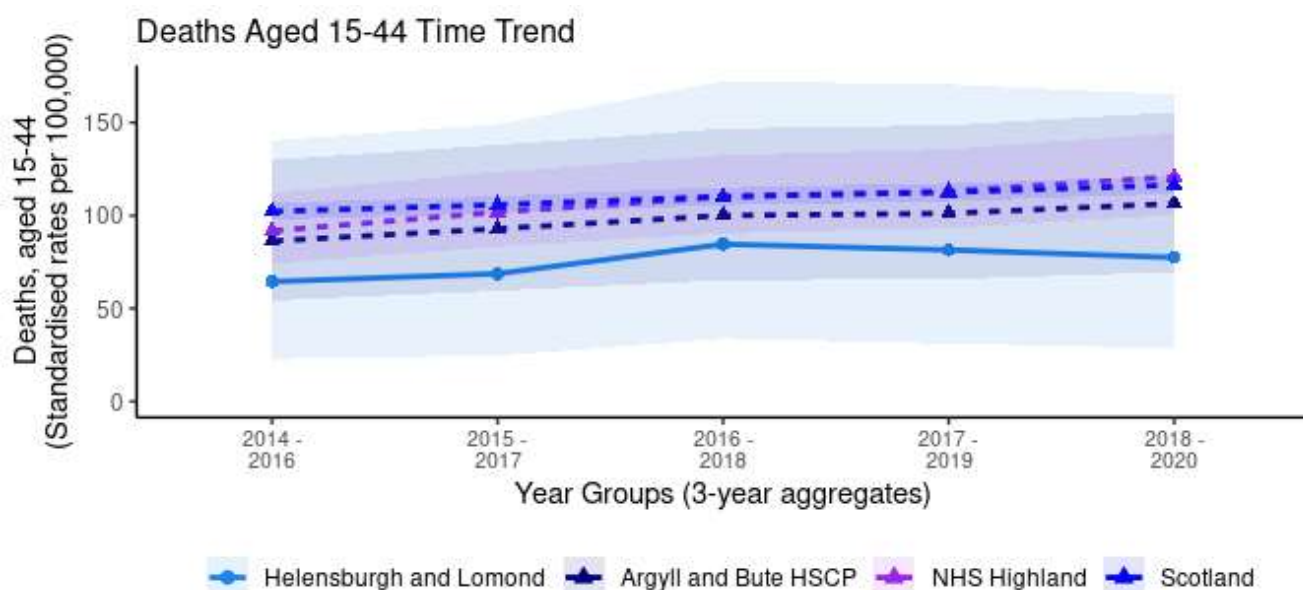
	Locality	Partnership	Health Board	Scotland
	82.5	81.6	81.8	81
	80	78	77.6	76.8

Where Locality = Helensburgh and Lomond, Partnership = Argyll and Bute HSCP, Health Board = NHS Highland.

Deaths, aged 15-44

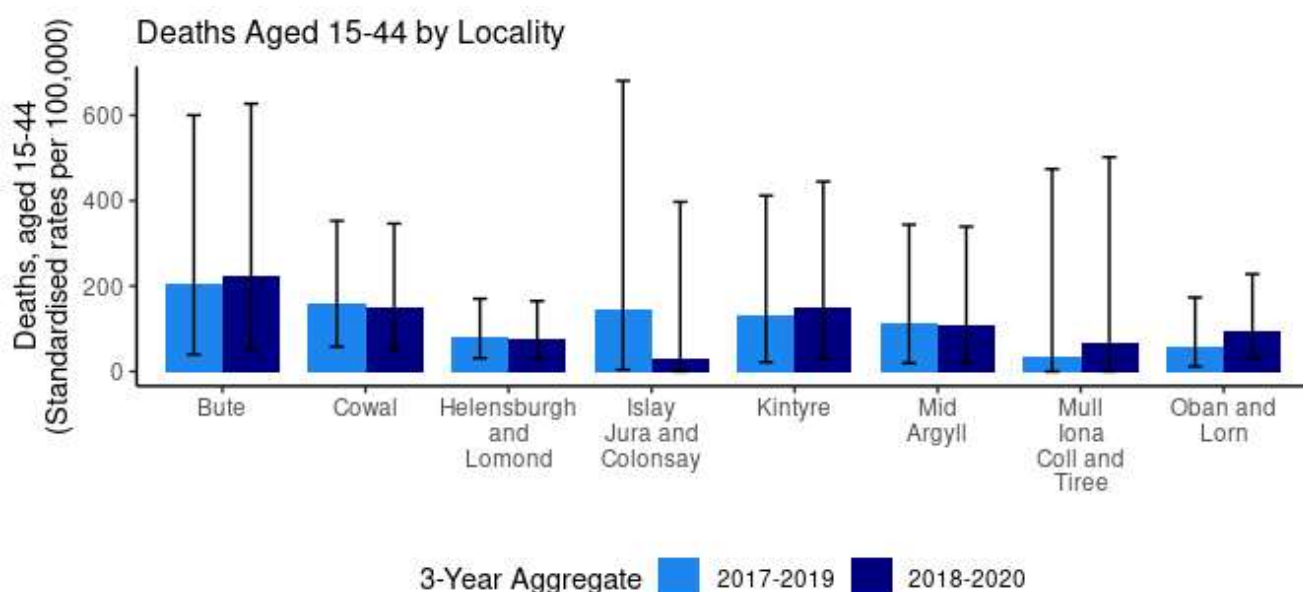
The following chart shows a trend of death rates among 15-44 year olds per 100,000 age-sex standardised population⁴ by area (i.e. Early mortality rate per 100,000). In the most recent aggregate time period available (from 2018-2020), the mortality rate in Helensburgh and Lomond locality was **77** deaths per 100,000 population. Figure 10 then provides comparisons of deaths for all localities in Argyll and Bute HSCP, for the two latest time aggregates available.

Figure 9: Deaths aged 15-44 years by geographical area and over time.



Source: ScotPHO

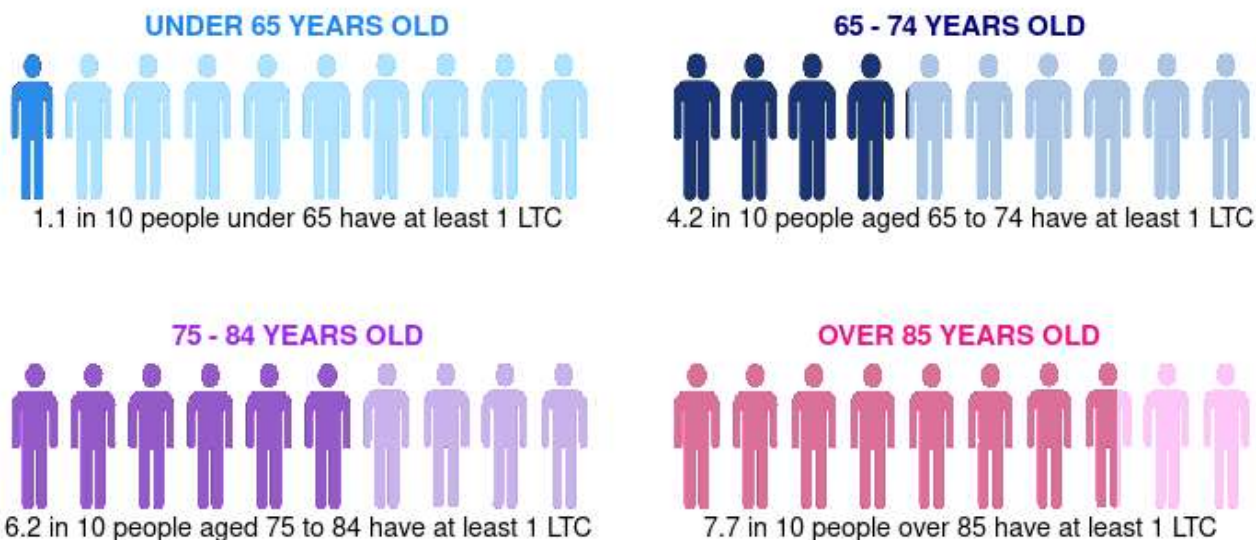
Figure 10: Deaths at ages 15-44 in Argyll and Bute HSCP localities.



Source: ScotPHO

Long-Term Physical Health Conditions and Multimorbidity

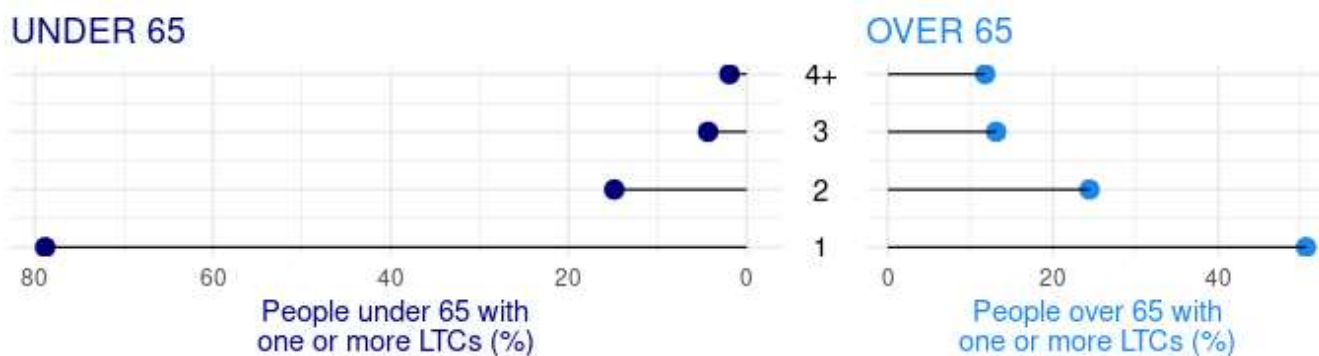
In the financial year 2020/21, in Helensburgh and Lomond Locality, **21%** of the total population had at least one physical long-term condition (LTC). These include: cardiovascular, neurodegenerative, and respiratory conditions, as well as other organ conditions (namely liver disease and renal failure), arthritis, cancer, diabetes, and epilepsy. *Please see footnotes for information and caveats on identifying LTCs.*⁵



The co-occurrence of two or more conditions, known as multimorbidity, is broken down in figure 11, distinguishing between age groups. Note that this chart *excludes* the population in the locality who do not have any physical long-term conditions. Figure 13 therefore shows that among the people who have a LTC, **21%** of those under the age of 65 have more than one, compared to **49%** of those aged over 65.

Figure 11: Multimorbidity of physical long-term conditions by age group in 2020/21.

Multimorbidity – Percentage people with 1, 2, 3 or 4+ LTCs among those with a LTC in Helensburgh and Lomond Locality

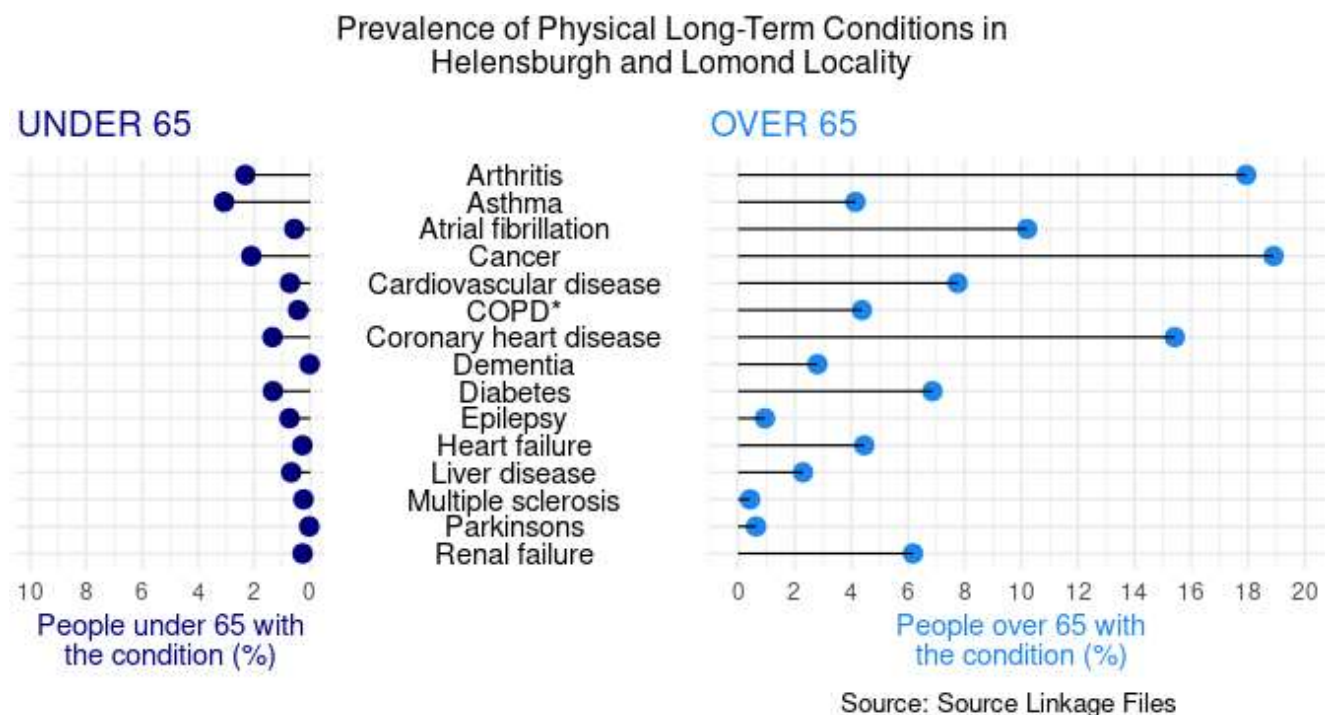


Source: Source Linkage Files

Most common physical Long-Term Conditions (LTCs)

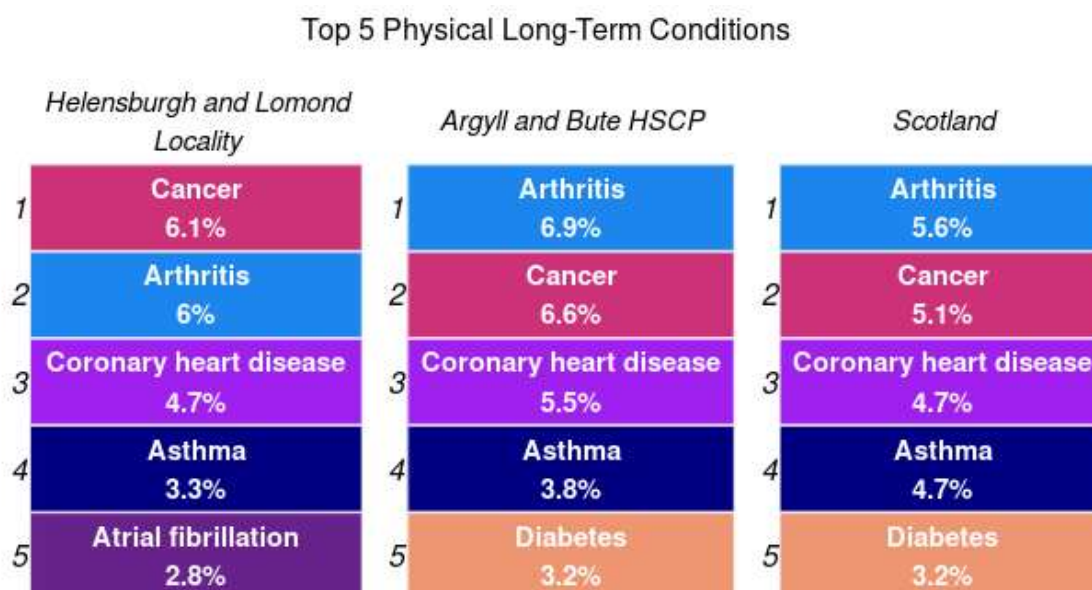
Below is a breakdown of the physical LTCs, for the financial year 2020/21. Figure 12 shows the prevalence of different LTCs in each age group in Helensburgh and Lomond locality, and Table 6 illustrates the top 5 physical LTCs across all ages at locality, partnership, and Scotland level.

Figure 12: Percentage people with each physical LTC, split by age group.



*COPD: Chronic Obstructive Pulmonary Disease

Table 6: Prevalence of the five most common physical LTCs as a percentage of the population across geographical areas (where 1 = most prevalent).



Cancer Registrations

For the period 2017-2019, there were 177 new cancer registrations per year on average (627 registrations per 100,000 age-sex standardised population) in Helensburgh and Lomond locality. This is a 1.9% decrease in cancer registrations rate from the previous aggregate period 2016-2018. Figure 13 shows changes over time since 2014-2016, and Figure 14 compares the rates of localities in Argyll and Bute HSCP for the two latest available time periods.

Figure 13: Cancer registration rate over time and by geographical area.

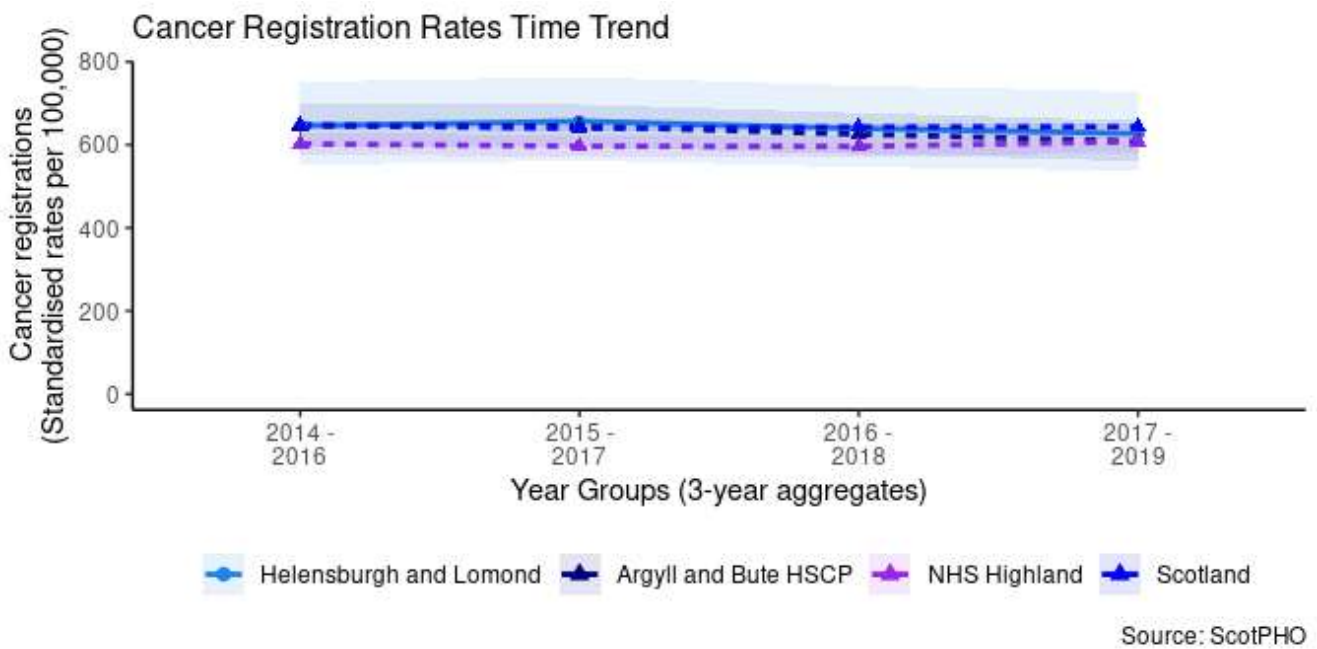
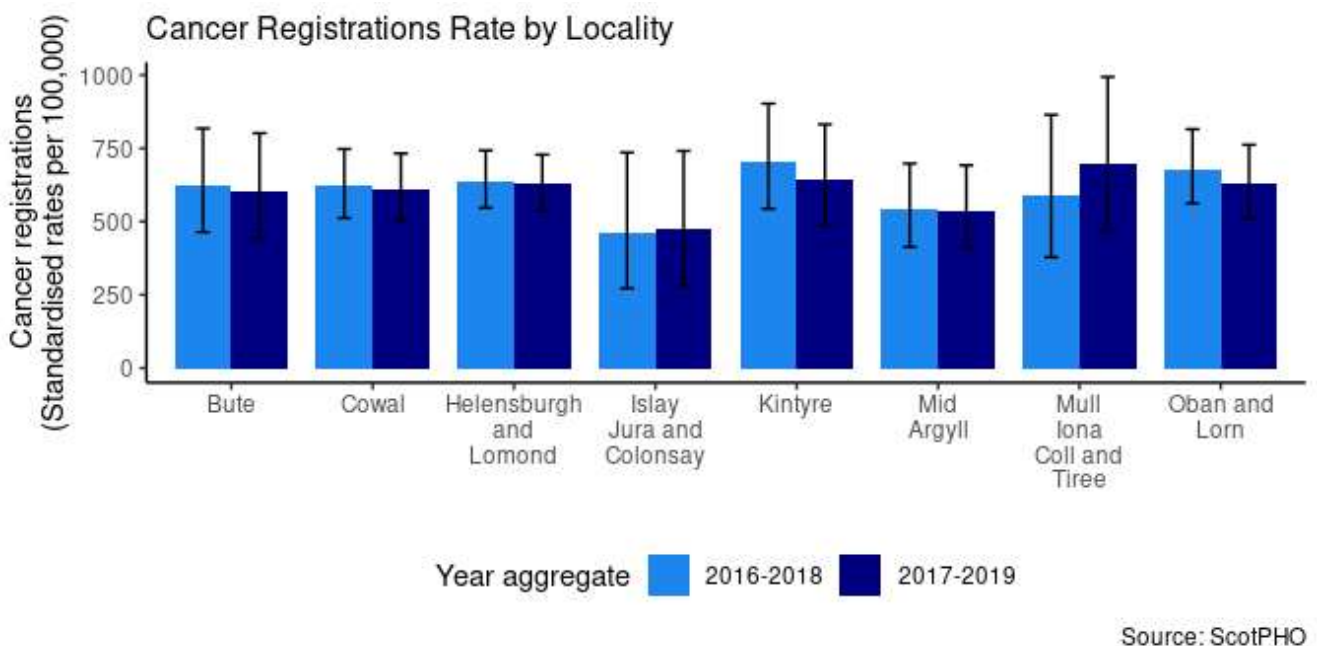


Figure 14: Cancer registration rates in Argyll and Bute HSCP localities.



Anxiety, Depression, and Psychosis Prescriptions



In the 2019/20 financial year, 16.29% of people were prescribed medication for anxiety, depression, or psychosis (ADP) in Helensburgh and Lomond Locality. This is a 0.31% decrease from the previous financial year. Differences over time and between areas may relate to multiple factors, only one of which is underlying disease. Note that data are based on main original licensed use for the prescriptions and some drugs included may be prescribed for other purposes.

Figure 15: Percentage population prescribed ADP medication in Argyll and Bute HSCP localities.

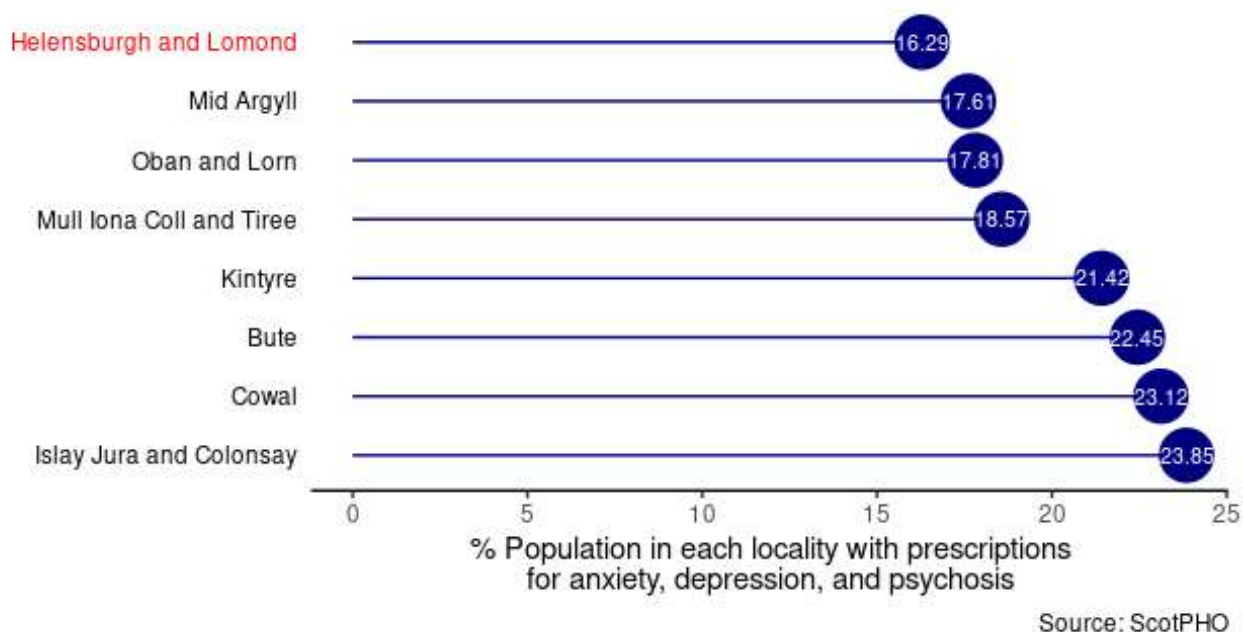
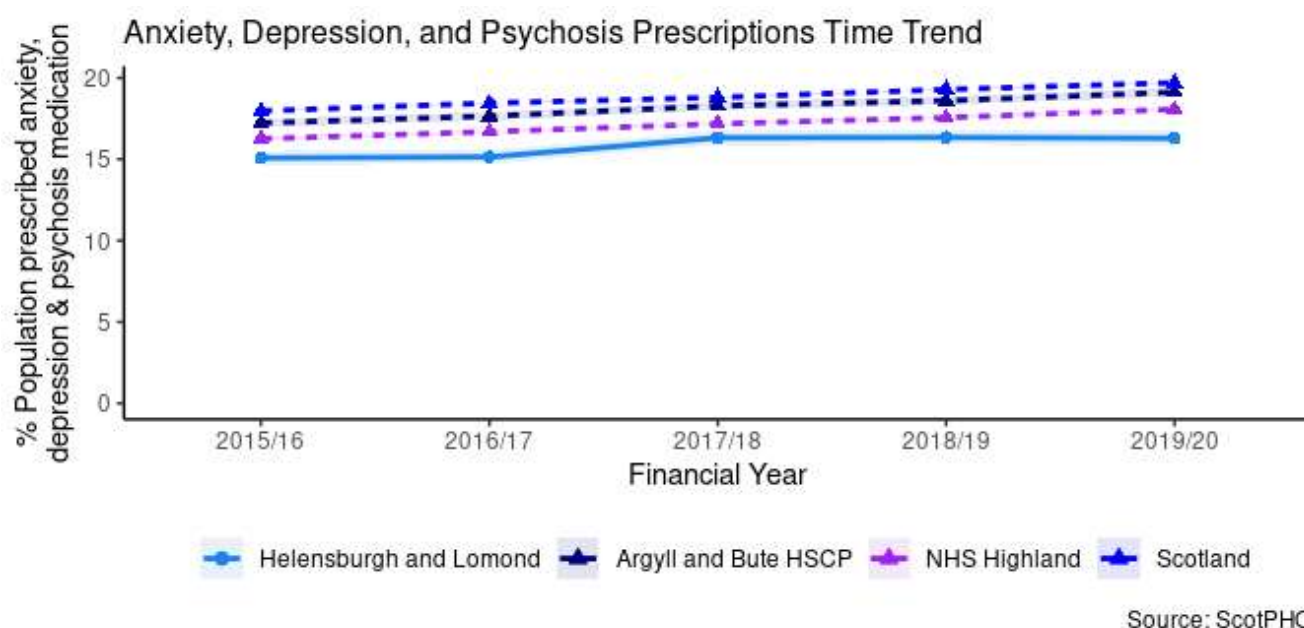


Figure 16: ADP prescriptions over time and by geographical area.



Behavioural Factors

Summary:

Mental and physical wellbeing has close ties with people's behaviours. Life circumstances including financial security, employment and location are interlinked with behavioural factors. This section provides data on drug-related hospital admissions, alcohol-related hospital admissions, alcohol-specific mortalities and bowel screening uptake, to give an overview of some behaviours known to be associated with health and wellbeing outcomes.

For the most recent time periods available³, Helensburgh and Lomond had:

- **130** drug-related hospital admissions per 100,000 age-sex standardised population⁴. This is a lower rate of admissions than for Scotland (221).
- **536** alcohol-related hospital admissions per 100,000 age-sex standardised population⁴.
- **18** alcohol-specific mortalities per 100,000 age-sex standardised population⁴.
- a **65%** uptake of bowel cancer screening for the eligible population.

Drug-related Hospital Admissions

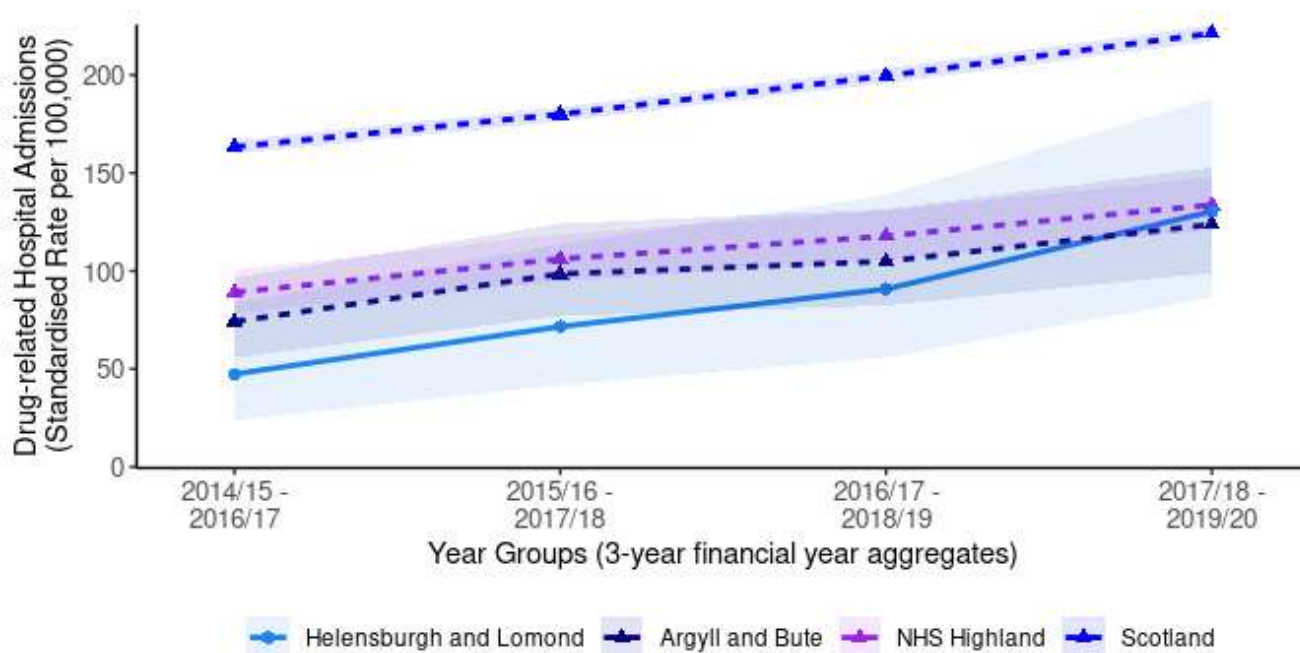


There were 130 drug-related hospital admissions per 100,000 age-sex standardised population⁴ in Helensburgh and Lomond locality for the most recent time period available (3 year financial year aggregate for 2017/18 - 2019/20).

This is a 177% increase since 2014/15 - 2016/17 (3 financial year aggregates).

A trend of the change in drug-related hospital admissions for Helensburgh and Lomond locality compared with Scotland, Argyll and Bute HSCP and NHS Highland is shown in the chart below from 2014/15 - 2016/17 onwards.

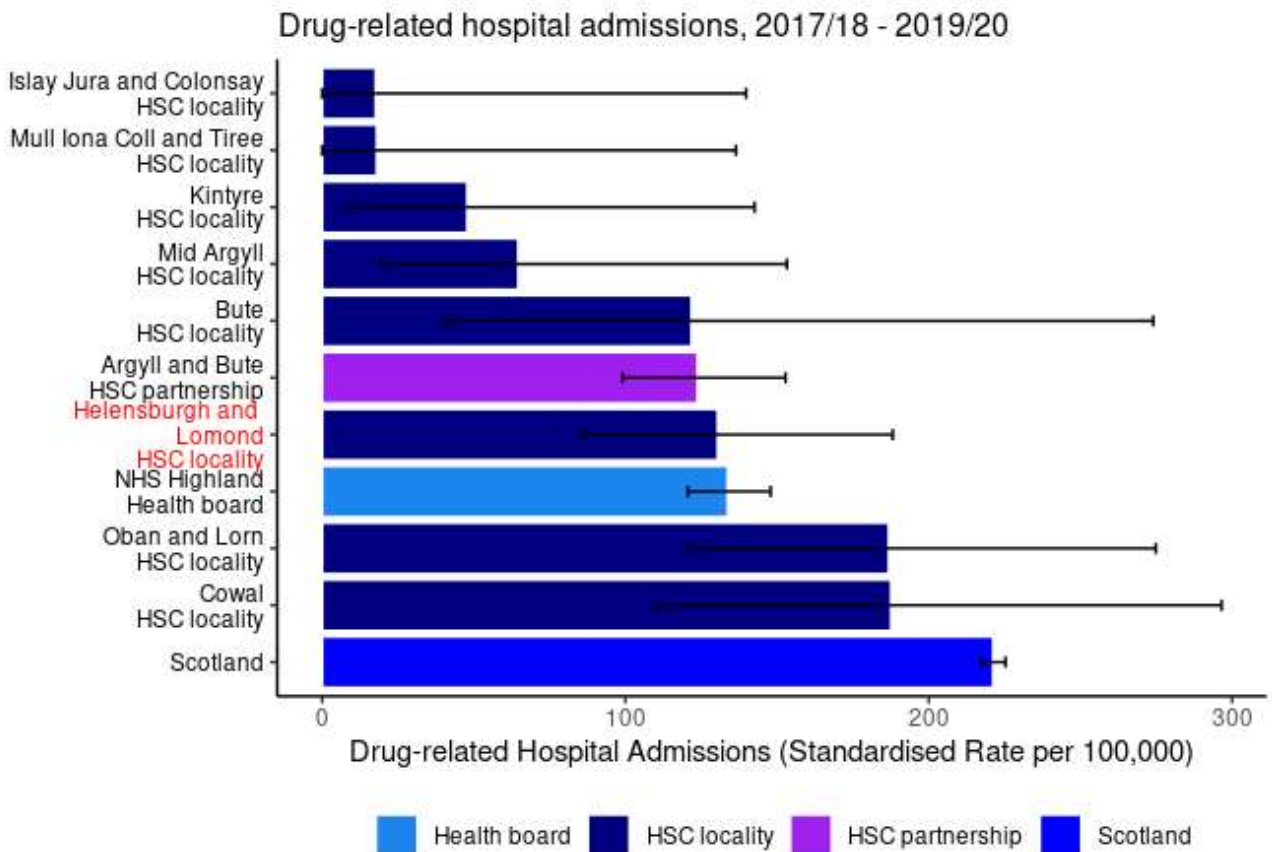
Figure 17: Trend of Drug-related Hospital Admission Rates by geographical area.



Source: ScotPHO

A comparison of areas at the most recent time period (2017/18 - 2019/20 aggregated financial years) is available below. This shows Helensburgh and Lomond locality has a higher rate of admissions (130) than Argyll and Bute Partnership (124), and a lower rate of admissions than Scotland (221) overall.

Figure 18: Comparison of Drug-related Hospital Admission Rates for the period 2017/18 - 2019/20.



Source: ScotPHO

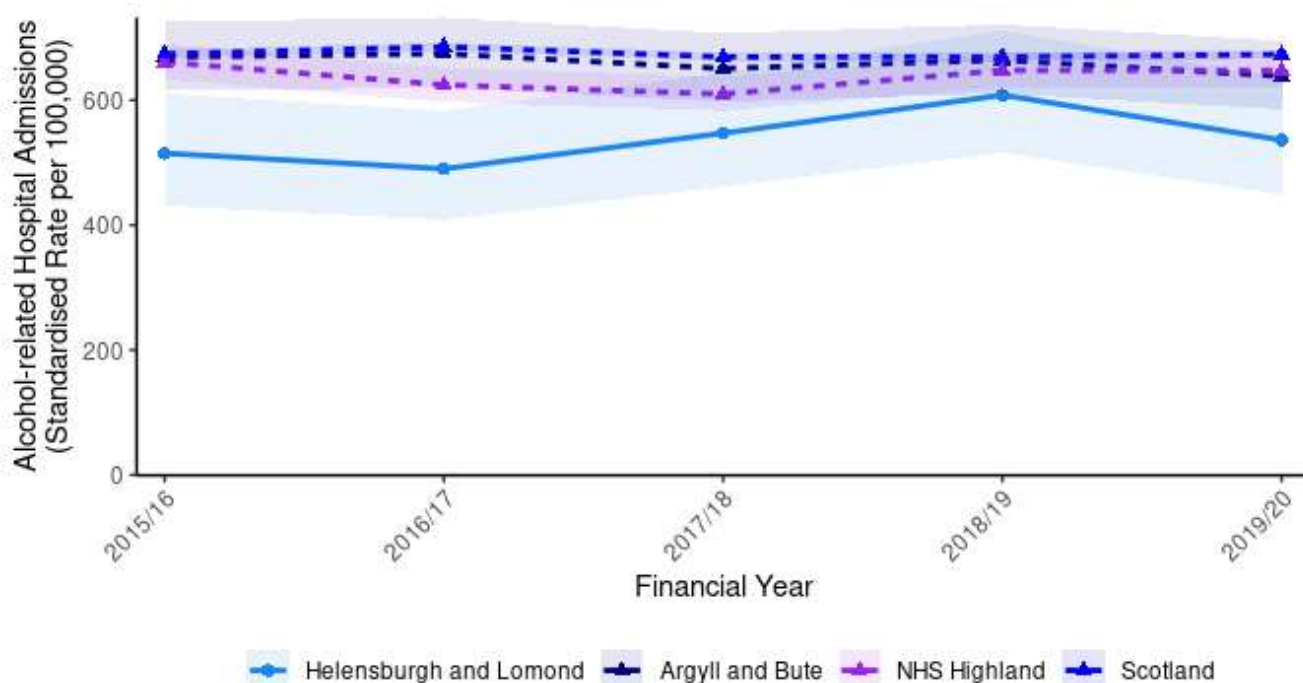
Alcohol-related Hospital Admissions



The 2019/20 alcohol-related admissions rate is 536 per 100,000 age-sex standardised population⁴, which is a 4.1% increase overall since 2015/16.

The chart below shows a trend of alcohol-related hospital admissions for Helensburgh and Lomond locality compared with Scotland, Argyll and Bute Partnership and NHS Highland from financial year 2015/16 to 2019/20.

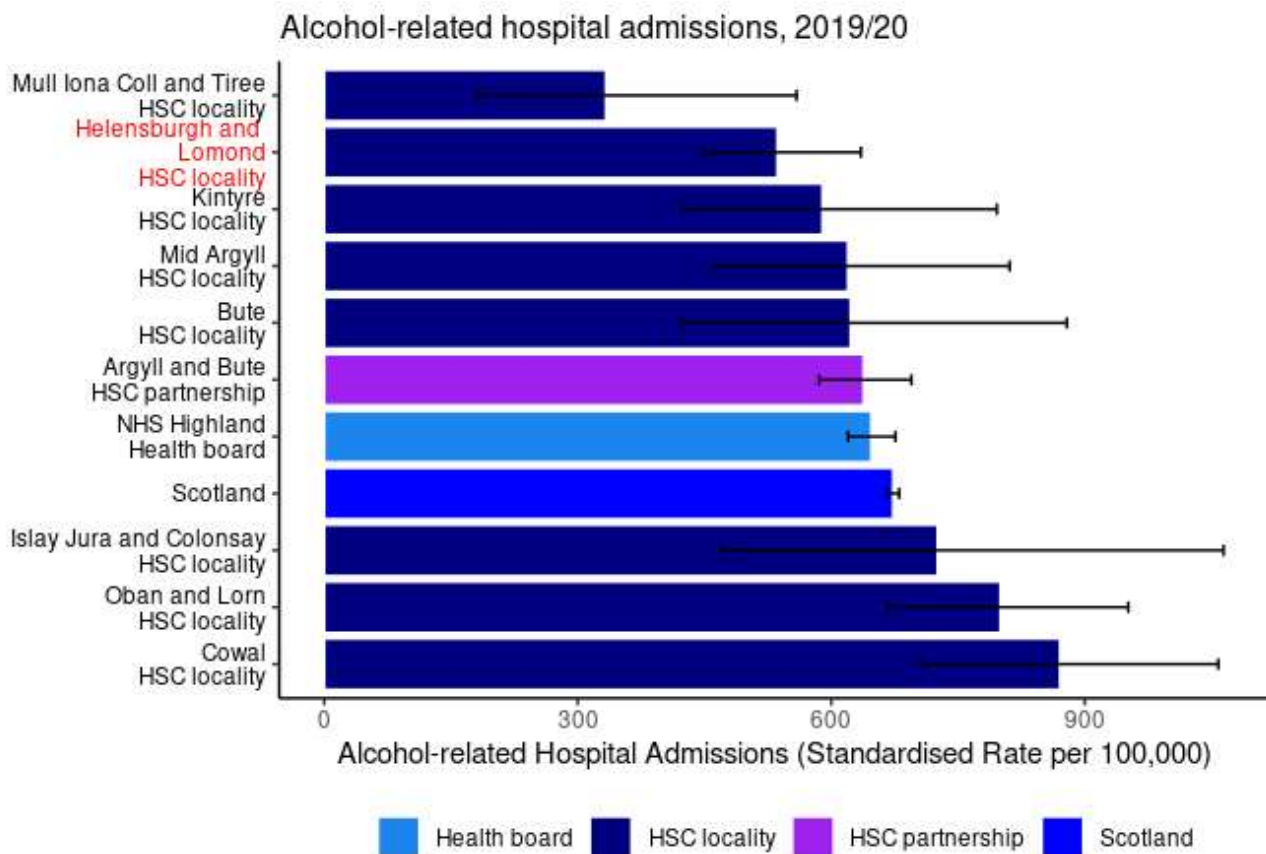
Figure 19: Trend of Alcohol-related Hospital Admission Rates by geographical area.



Source: ScotPHO

Comparison across different areas for 2019/20 is shown in Figure 20. This shows that Helensburgh and Lomond locality had a lower alcohol-related hospital admissions rate (536) compared to Scotland (673).

Figure 20: Comparison of Alcohol-related Hospital Admission Rates for 2019/20.

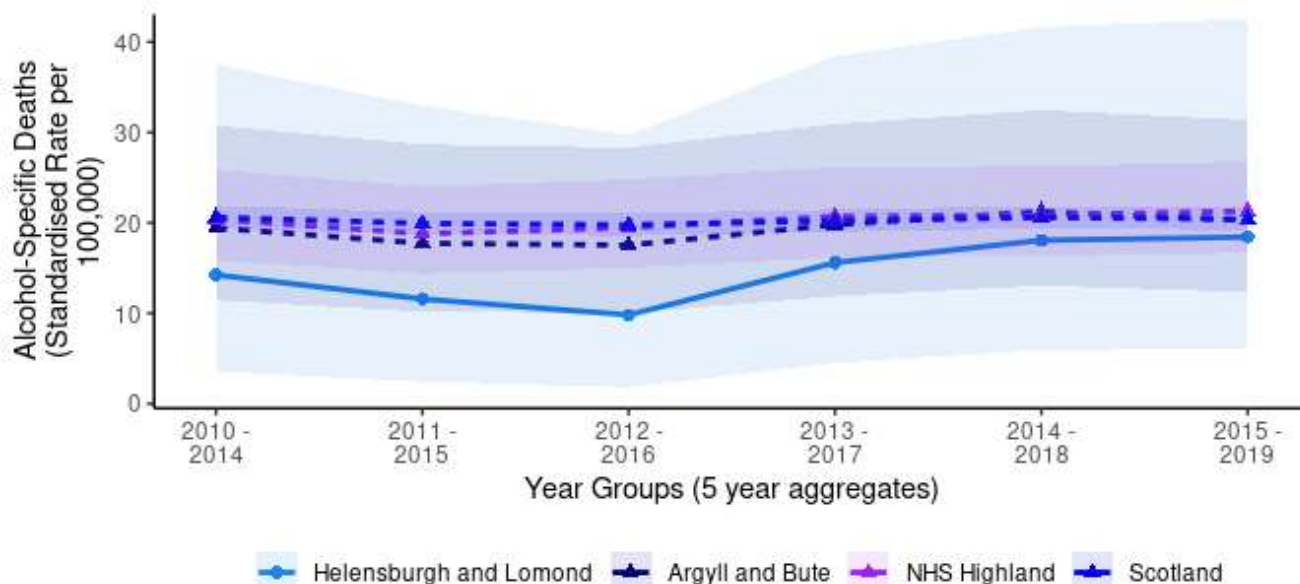


Source: ScotPHO

Alcohol-Specific Deaths

Data on alcohol-specific deaths is available as 5 year aggregates. The rate of alcohol-specific deaths is currently higher in Helensburgh and Lomond than the rate in 2010 - 2014 (30% change).

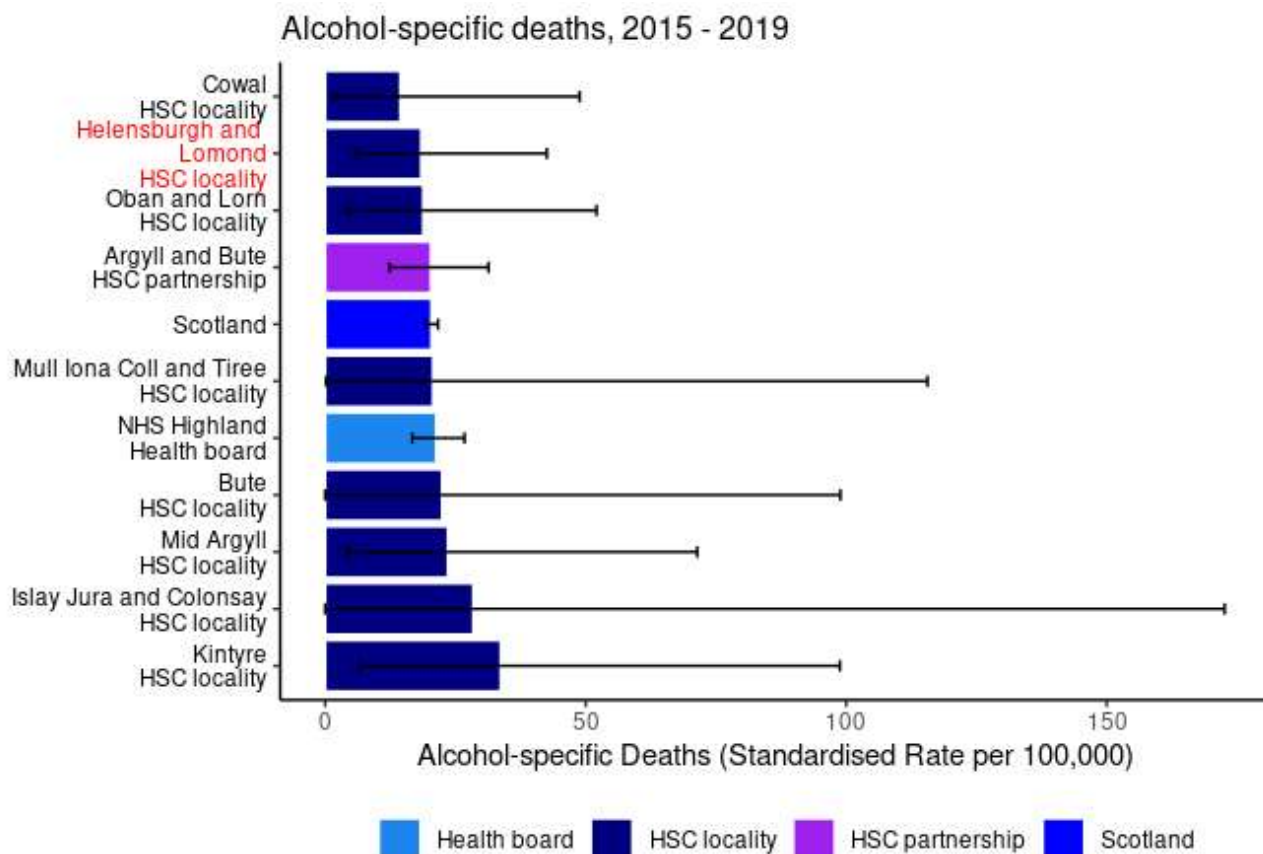
Figure 21: Trend of Alcohol-Specific Death Rates by geographical area.



Source: ScotPHO

A comparison across different areas illustrates that Helensburgh and Lomond locality has a lower alcohol-specific death rate compared to Scotland as a whole.

Figure 22: Comparison of Alcohol-related Death Rates for the period 2015 - 2019 (5 year aggregate).



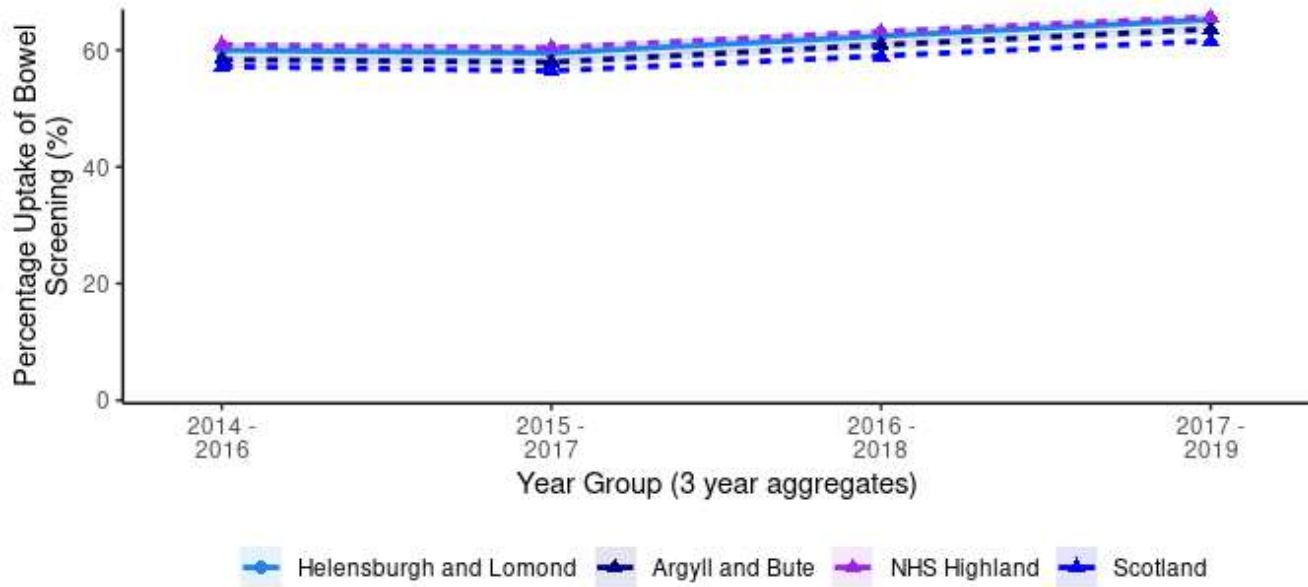
Source: ScotPHO

Bowel Screening Uptake

Bowel screening is offered every two years to eligible men and women aged between 50-74 years old. Eligible people are posted a test kit which is completed at home. Since 1st April 2013, those aged 75 and over can also self-refer and opt into screening.

A trend of the percentage uptake of bowel screening among the eligible population is shown below for Helensburgh and Lomond locality compared with Scotland, Argyll and Bute HSCP and NHS Highland. Data is suppressed into 3 year aggregates. The 2017 - 2019 uptake rate for Helensburgh and Lomond is **65%**.

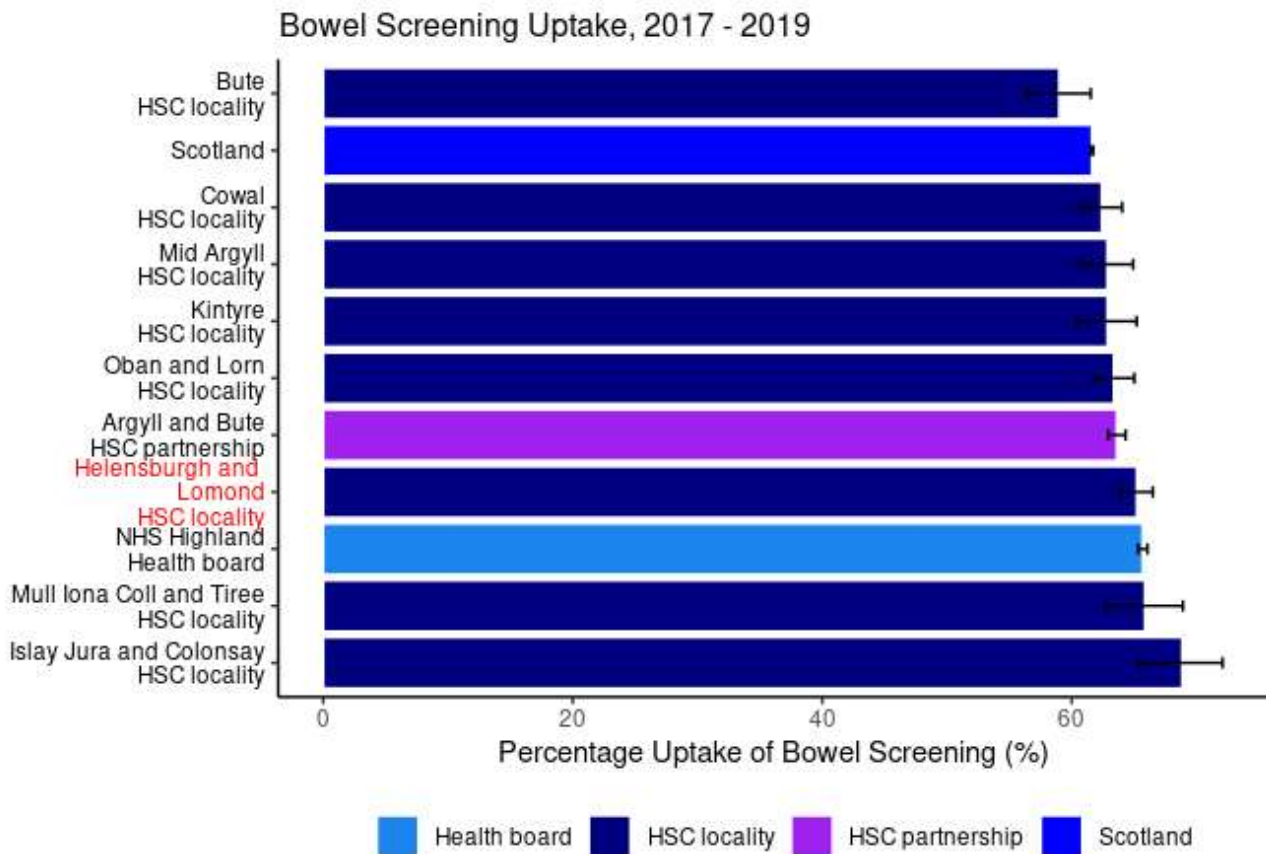
Figure 23: Trend of Bowel Screening Uptake for eligible men and women, by geographical area.



Source: ScotPHO

Compared with Scotland, Helensburgh and Lomond locality has a higher percentage uptake of bowel cancer screening for the period 2017 - 2019.

Figure 24: Comparison of Bowel Screening Uptake for 2017 - 2019.



Source: ScotPHO

Hospital and Community Care

This section includes acute hospital data, delayed discharge bed days and A&E attendances. Please note that for 2020 onwards, hospital activity would have been severely affected by the COVID-19 pandemic. Information on how this has had a wider impact is provided in Footnote 6 at the end of the document.

For the most recent time periods available, Helensburgh and Lomond had:

- **7,482** emergency hospital admissions per 100,000 population.
- **52,487** unscheduled acute specialty bed days per 100,000 population.
- **19,541** A&E attendances per 100,000 population.
- **5,159** delayed discharge bed days per 100,000 population.
- **568** emergency hospital admissions from falls per 100,000 population.
- **82** emergency readmissions (28 day) per 1,000 discharges.
- **863** potentially preventable hospital admissions per 100,000 population.
- People on average spent **93%** of their last 6 months of life in a community setting.

Emergency Admissions

Figure 25: Emergency admissions by age group

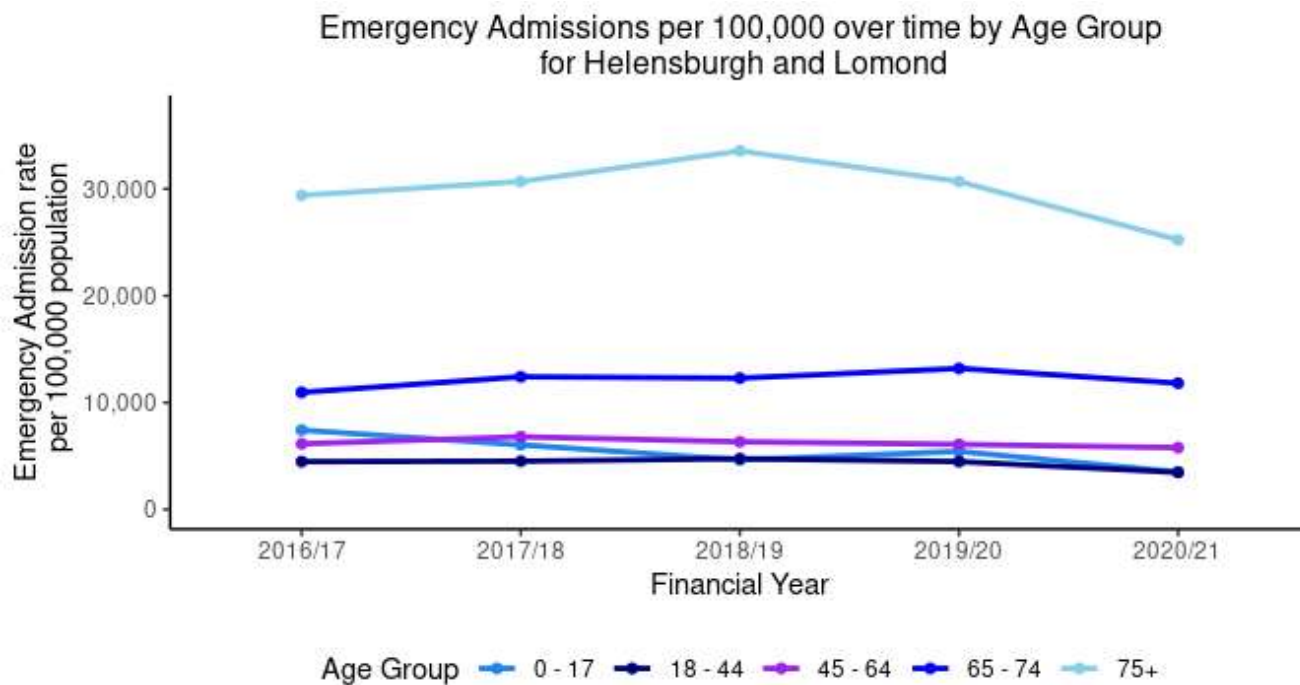
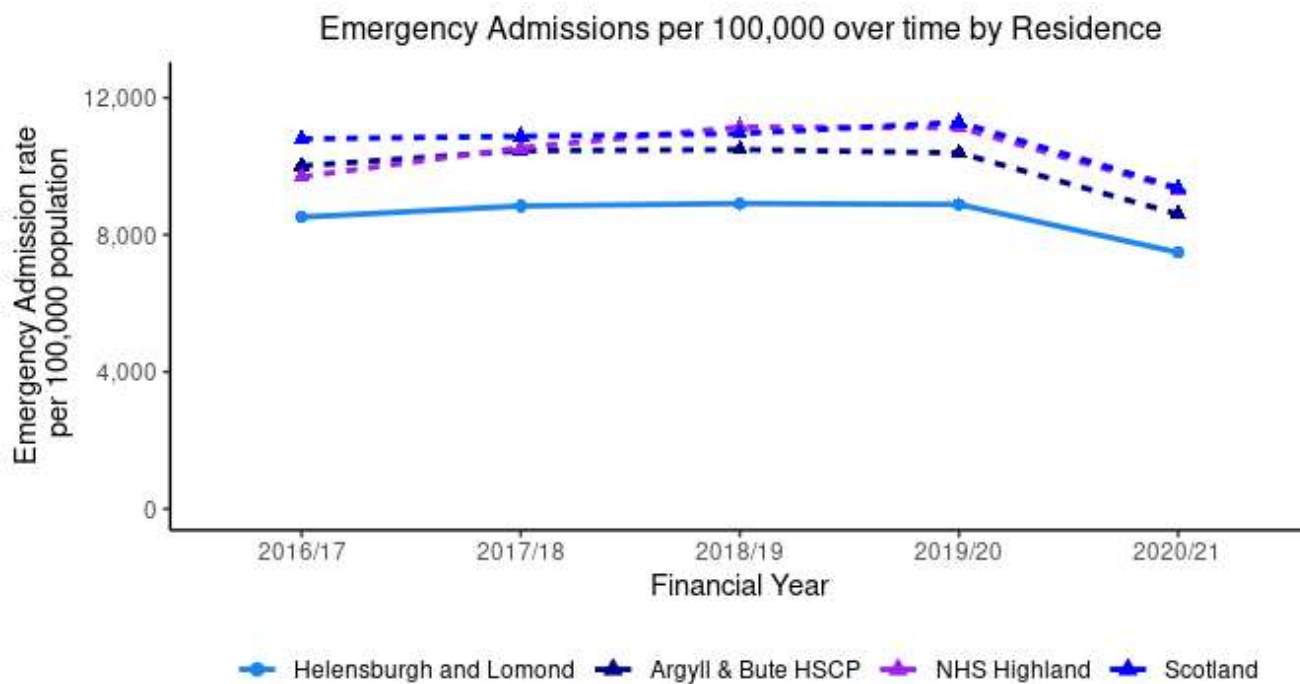


Figure 26: Emergency admissions by geographical area



Unscheduled Acute Bed Days

Figure 27: Unscheduled bed days by age group

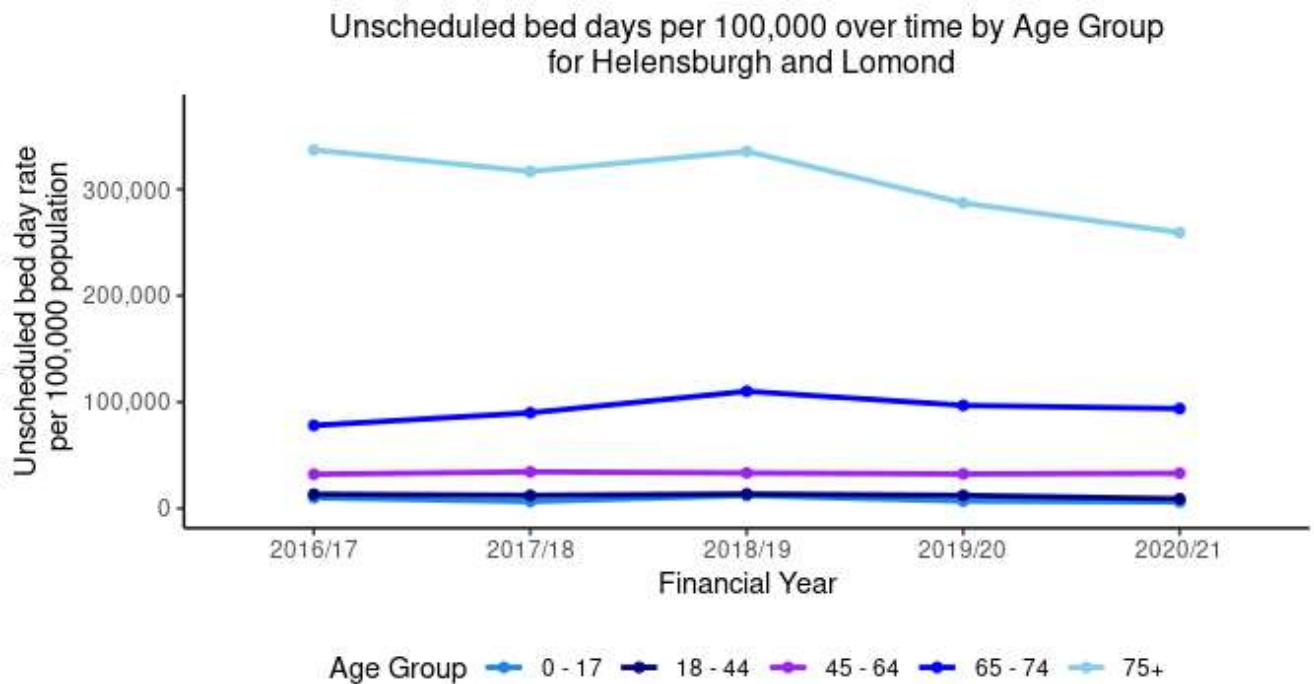
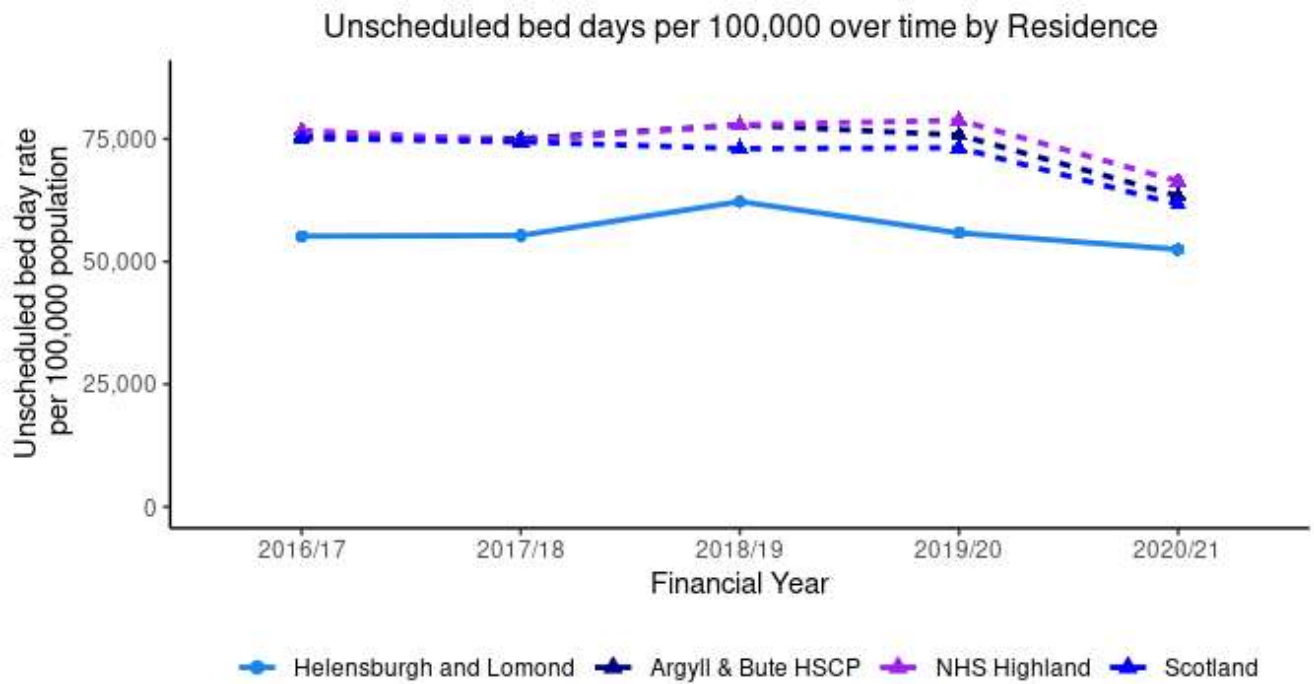
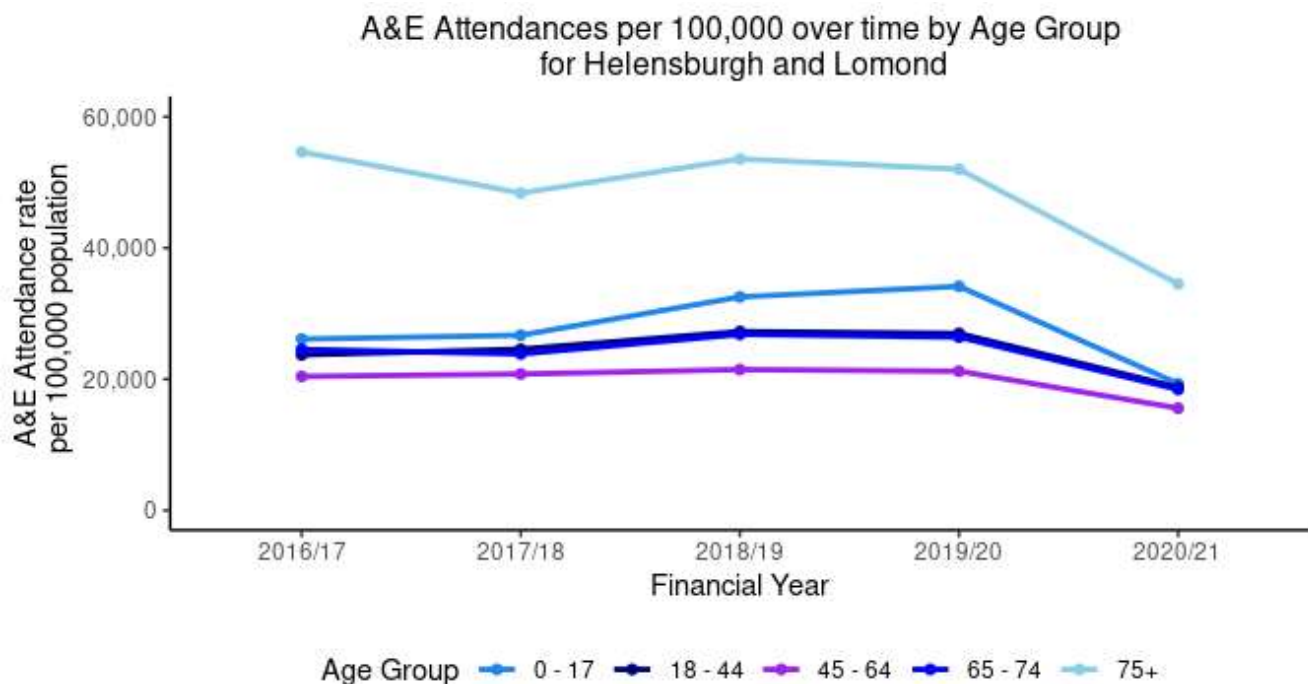


Figure 28: Unscheduled bed days by geographical area



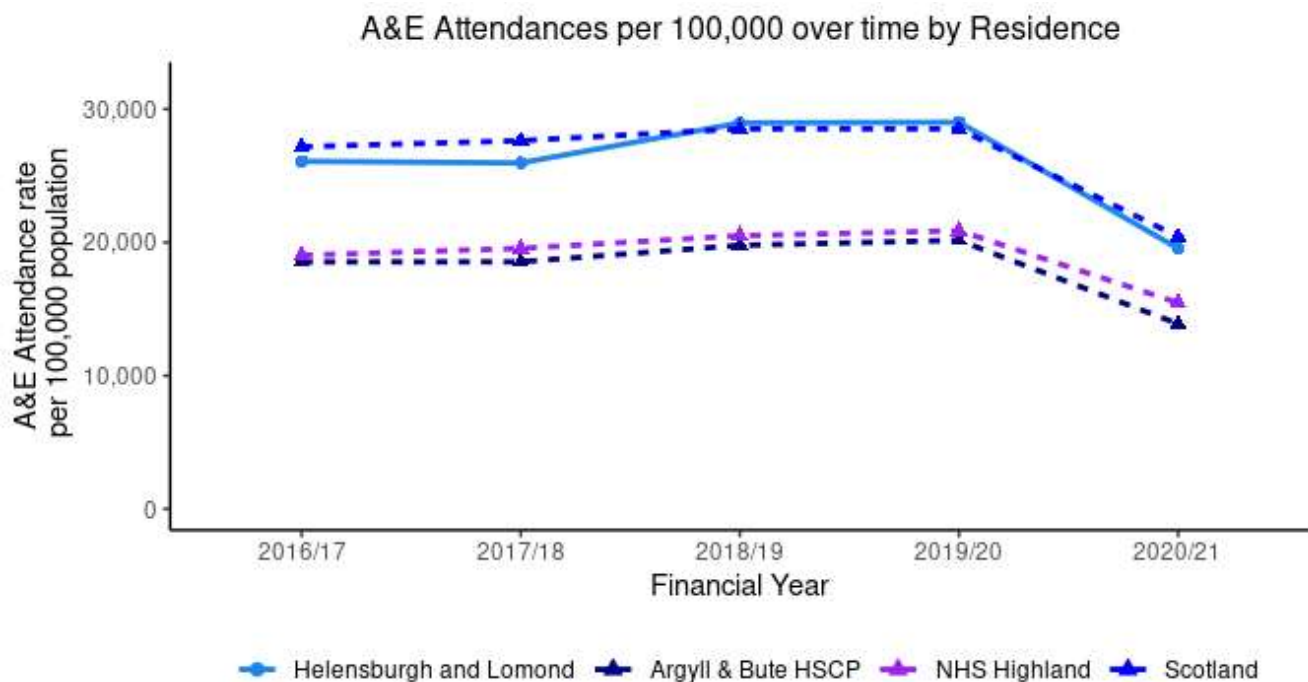
A&E Attendances

Figure 29: A&E attendances by age group



Source: PHS A&E Datamart

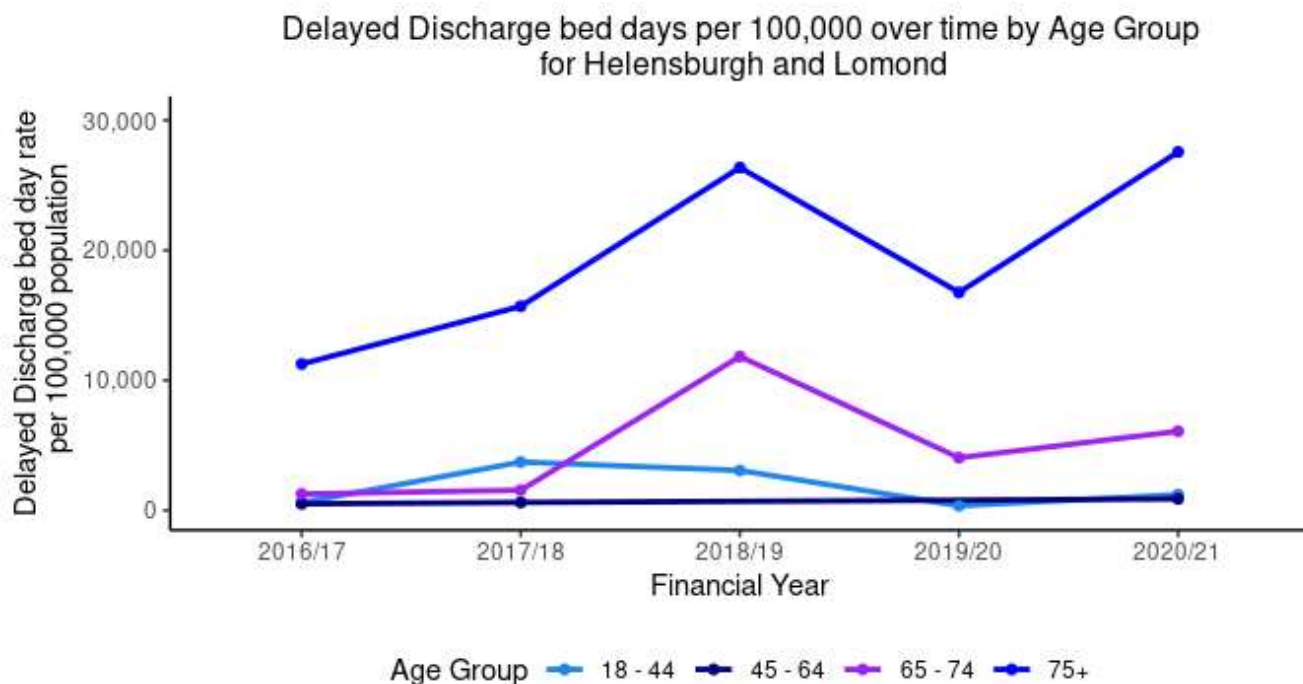
Figure 30: A&E attendances by geographical area



Source: PHS A&E Datamart

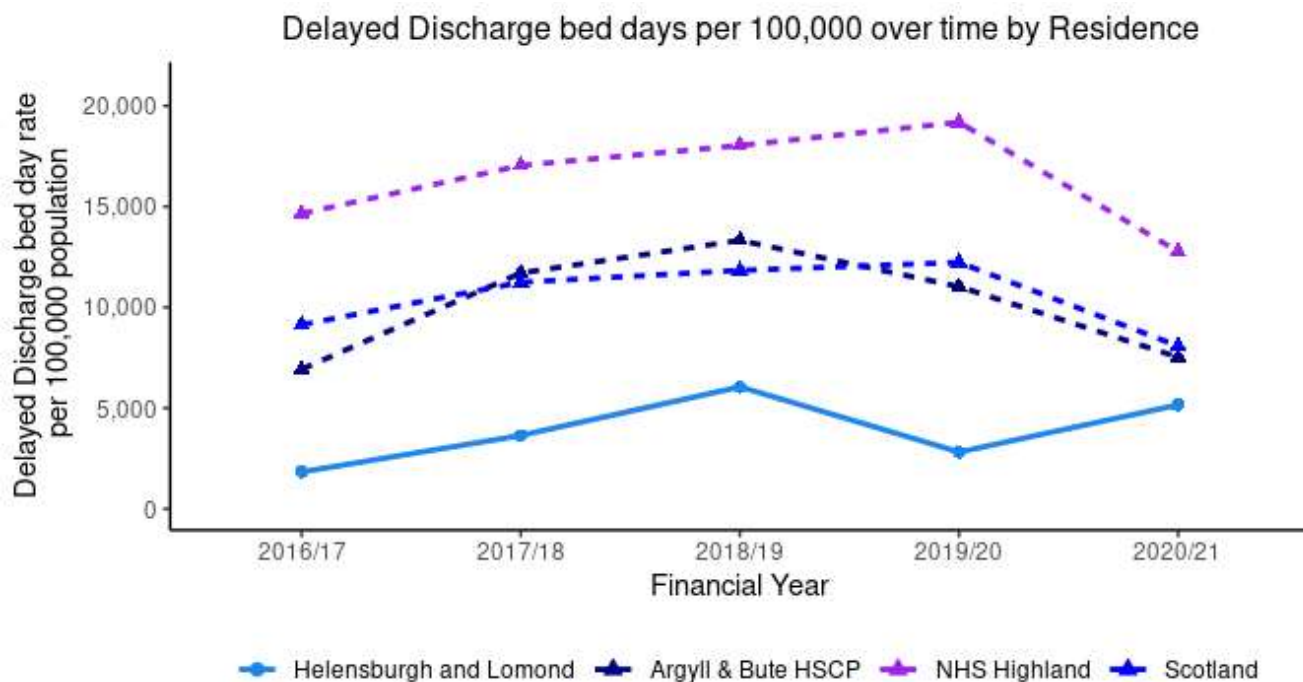
Delayed Discharge Bed Days

Figure 31: Delayed discharge bed days by age group



Source: PHS Delayed Discharges

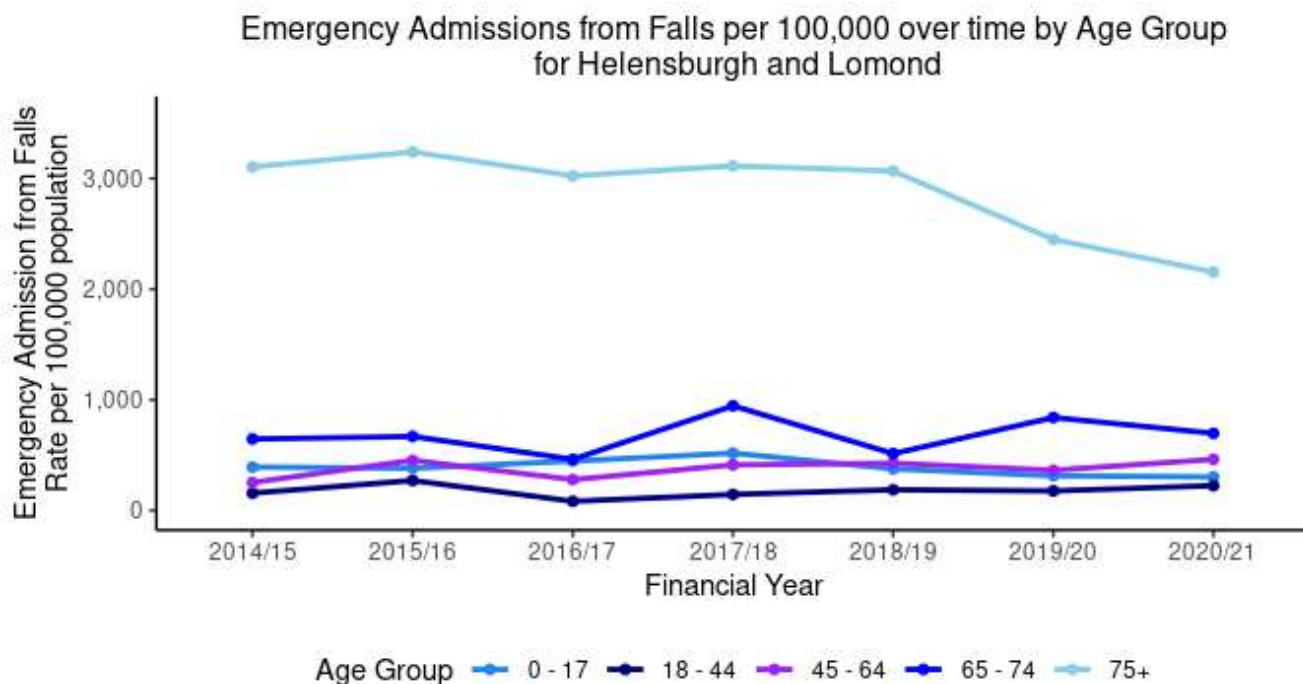
Figure 32: Delayed discharge bed days by geographical area



Source: PHS Delayed Discharges

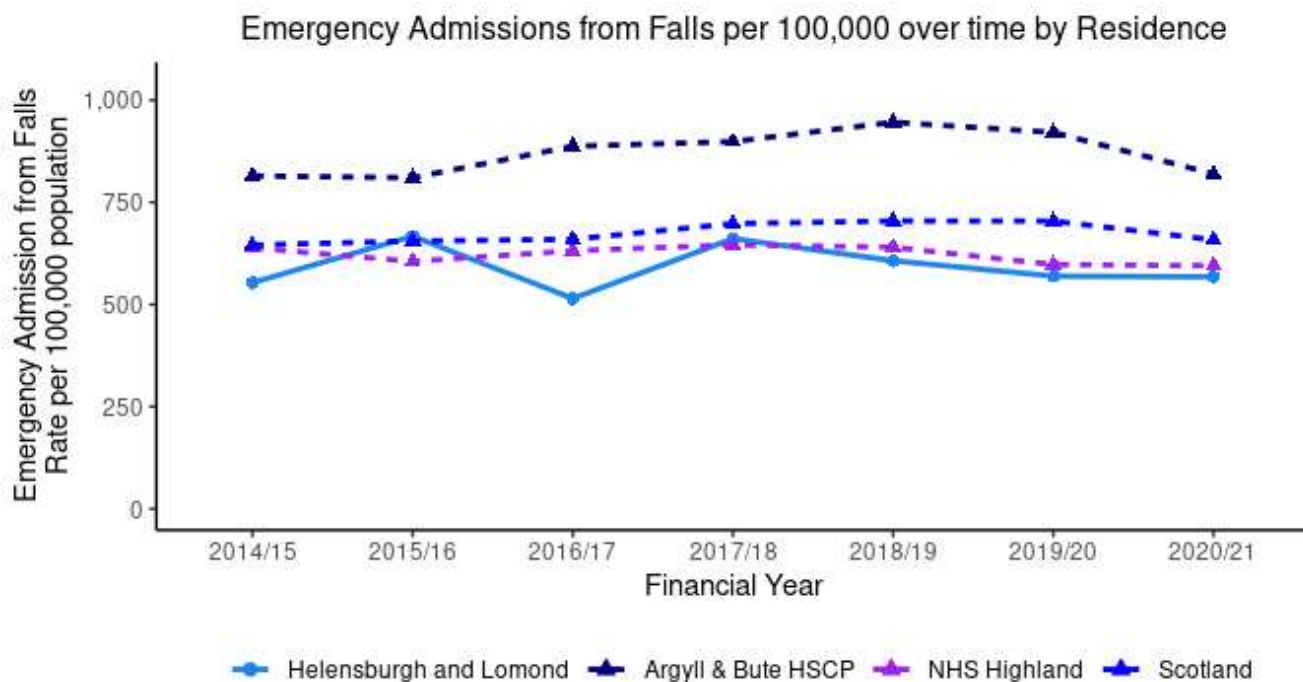
Emergency Admissions from a Fall

Figure 33: Falls by age group



Source: PHS SMR01

Figure 34: Falls by geographical area



Source: PHS SMR01

Emergency Readmissions (28 days)

Figure 35: Emergency readmissions by age group

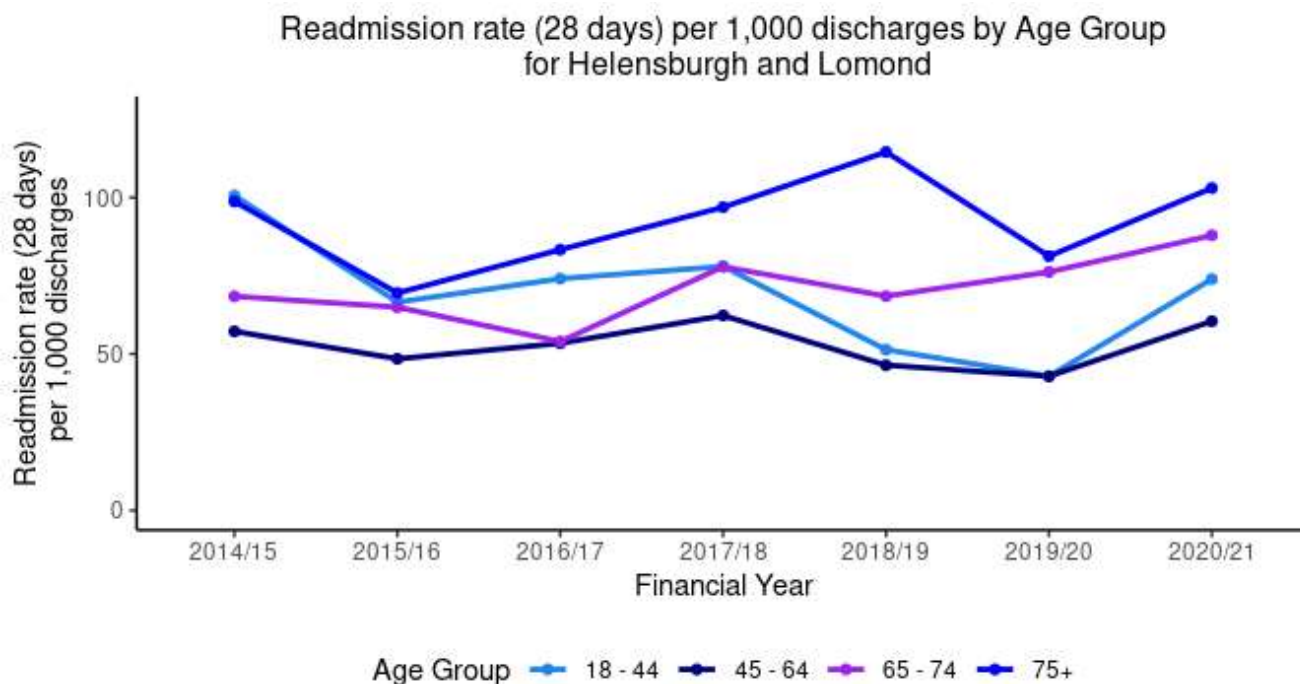
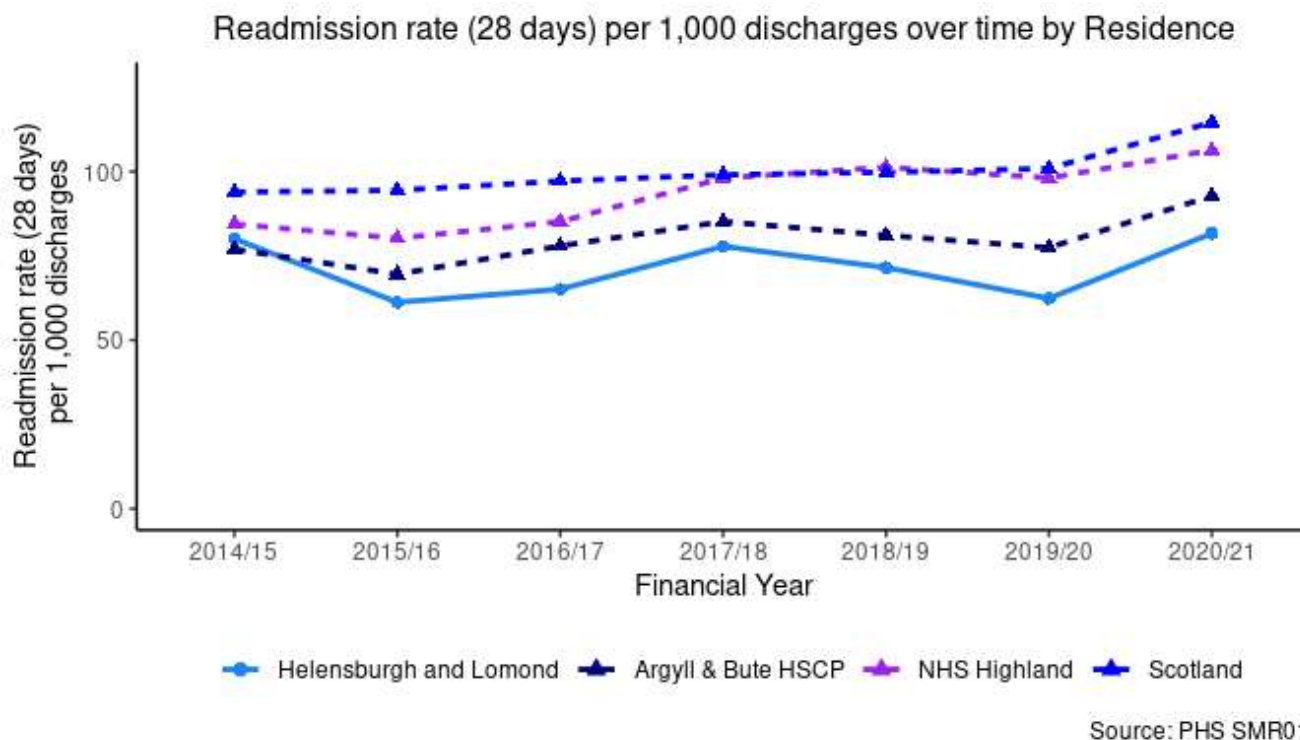


Figure 36: Emergency readmissions by geographical area



Potentially Preventable Admissions (PPAs)

Information on which conditions are counted as PPAs is available in Appendix 3 in the accompanying summary document.

Figure 37: PPAs by age group

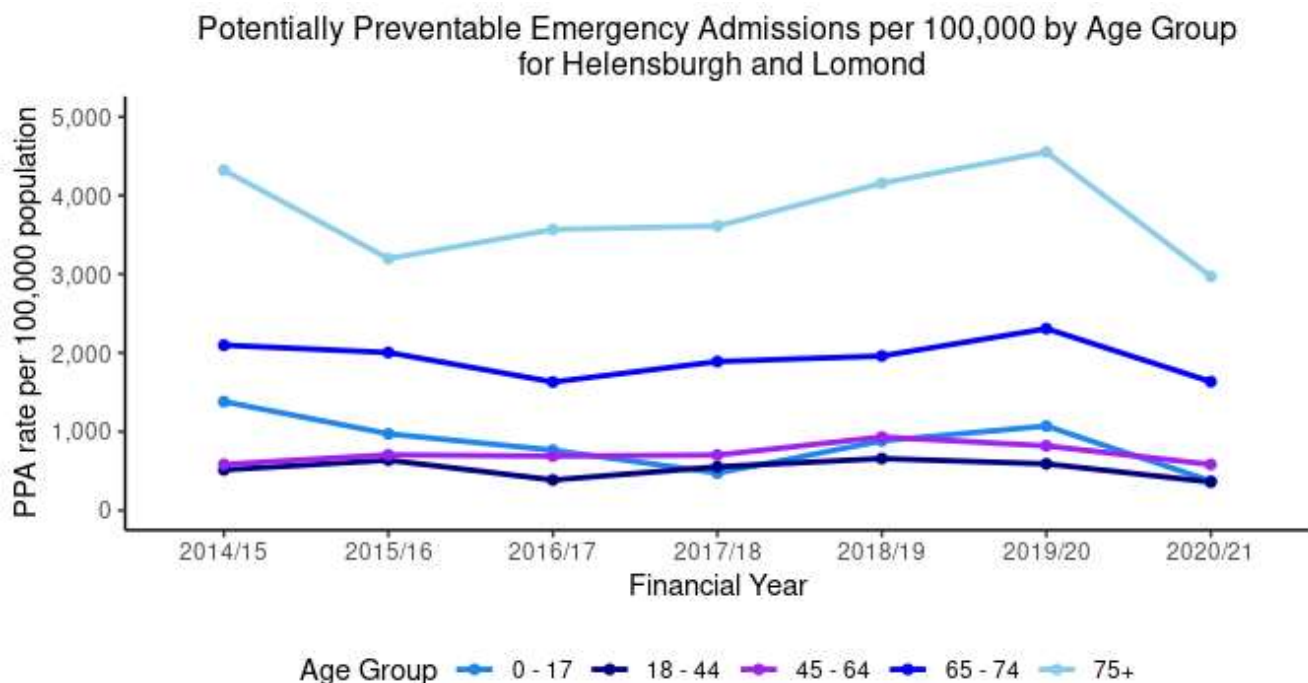
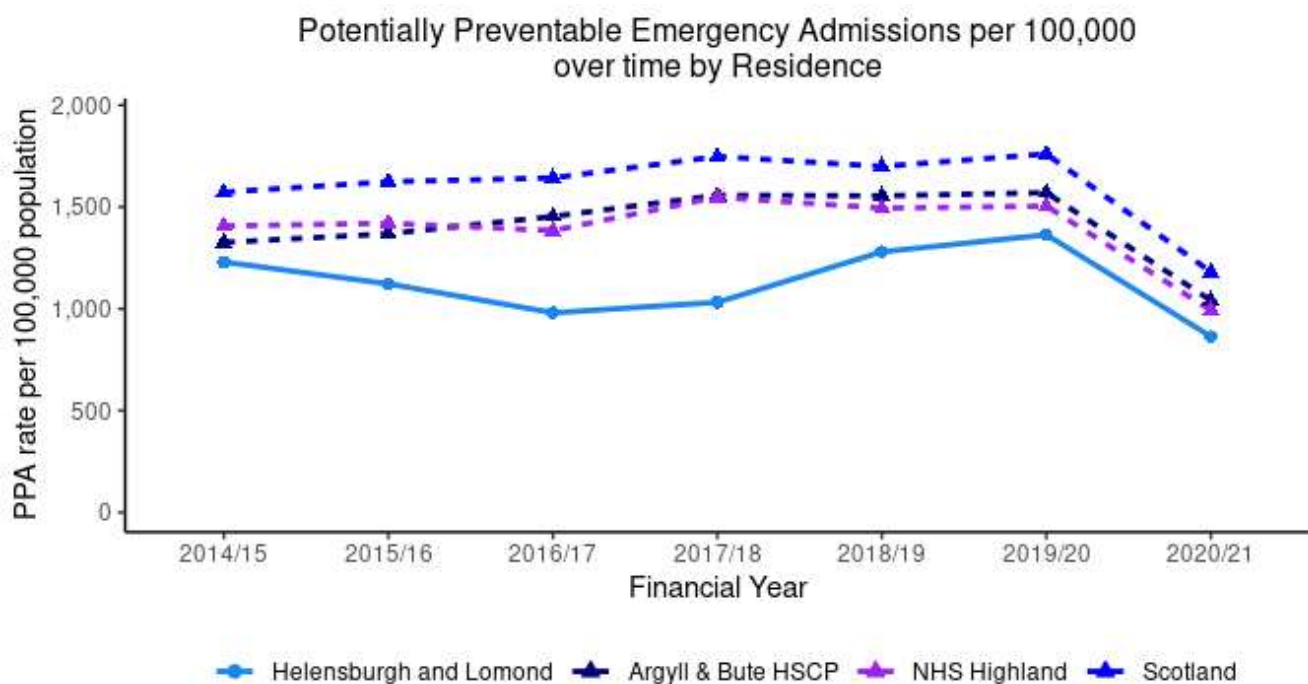
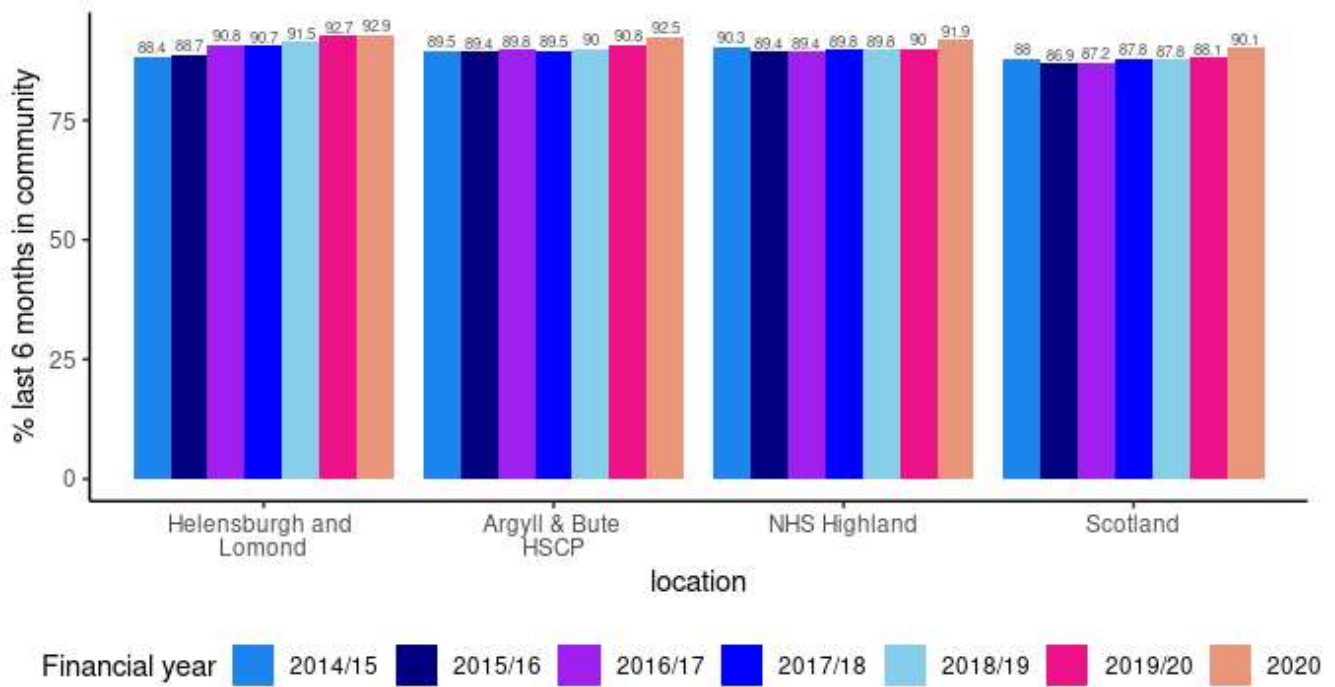


Figure 38: PPAs by geographical area



% Last 6 months in a Community Setting

Figure 39: Last 6 months in a community setting by geographical area



Source: NRS Death Records, PHS SMR01, SMR01E, SMR04

Footnotes

1. Population projections are not currently provided by NRS at the locality level. To explore how the population in Helensburgh and Lomond is expected to change in the future, the percent changes in population projection to 2025 for Argyll and Bute by age group and gender were calculated from the NRS Local Authority Population Projections. These percent changes were then applied to the Helensburgh and Lomond 2018 mid-year population estimates (also split by age group and gender) to obtain population projection estimates for Helensburgh and Lomond, based on the projections for the HSCP and the current population structure of the locality.
2. Care Home Data included in the Services Map and Table was sourced from the [Care Inspectorate](#). [GP Practice](#) data from October 2021, and [Hospital](#) and [A&E](#) data was sourced from Public Health Scotland Open Data. Only services that are within the physical boundary of the HSCP or Locality are included in the map and table, so there may be services outside Argyll and Bute which people may use but are not shown.
3. The data used in General Health and Behavioural Factors sections (except for long-term conditions) of this locality profile are taken from [ScotPHO](#). There may be more recent data available for the indicators elsewhere.
4. Data taken from ScotPHO is often reported using the European Age-Sex Standardised Rate per 100,000. This allows for comparisons across different areas to be made. For more information on how these rates are calculated, please refer to www.isdscotland.org/Products-and-Services/GPD-Support/Population/Standard-Populations/
5. Physical long-term conditions data comes from the Source Linkage Files, and the conditions are identified using ICD-9 and ICD-10 codes in the diagnosis fields. Please note that the Source Linkage Files data only contains information on people who have had contact with the NHS through either inpatient admissions, outpatient attendances, daycase attendances, A&E attendances or through prescribed items, the data does not show all service users in Scotland who have been diagnosed with an LTC as not all of these individuals will have used these services. Also note that LTC rates are based on an adjusted population indicator in the Source Linkage Files so that population sizes are closer to the official estimates.
6. The 2020 COVID-19 pandemic will have had an effect on the most recent data available. A dashboard has been created by PHS which show the wider impacts of COVID-19 over many areas. You can access this here: <https://scotland.shinyapps.io/phs-covid-wider-impact/>