

POPULATION HEALTH IMPROVEMENT AND THE NATIONAL CONVERSATION - 10 FACTS



Premature mortality rates (deaths under the age of 75) have reduced by 23% in the last ten years in Scotland.

STILL

As we live longer lives, our health needs become more complex. By 65, about half the population have 2 or more long term conditions.



Obesity and overweight levels in Scotland have stabilised since 2008.

BUT

They have stabilised at a high level - in 2014, almost two-thirds of adults (65%) in Scotland were overweight or obese.



Healthy life expectancy in Scotland is getting better. Twenty years ago, people in Scotland could expect to live to 57 in broadly good health. Today, it is 61.

BUT

There is a 20 year difference in healthy life expectancy between our richest and poorest areas.



The proportion of children meeting physical activity guidelines has increased from 71% in 2008 to 76% in 2014.

YET

Only 53% of 13-15 year old girls met the physical activity guidelines in 2014.



In 2014, three quarters of adults assessed their health in general as either 'good' or 'very good'.

YET

46% of adults had a long-term health condition in 2014 and these conditions account for 80% of all GP consultations in Scotland.



More people are surviving cancer - 5-year cancer survival rates for men in Scotland have increased from 29% in 1987-1991 to 48% in 2007-11.

STILL

More people are being diagnosed with cancer and the number of new cases of cancer is projected to rise by 33% in the next 15 years.



The proportion of adults in Scotland who smoke cigarettes has declined from 31% in 1999 to 20% in 2014.

STILL

A quarter of all deaths in Scotland are attributable to smoking.



Suicide rates in Scotland reduced by 18% between 2000-04 and 2010-14.

BUT

Suicide remains a leading cause of death among people aged 15-34 and is strongly linked to deprivation.



The proportion of young people in Scotland (aged 13-15) drinking alcohol is now at a record low.

BUT

In 2014, there were 1,152 alcohol-related deaths among adults in Scotland.



One in six adults in Scotland in 2014 provided unpaid care for a family member or friend.

YET

Caring for 35 hours or more a week is significantly associated with poor mental health.