

The SLS has a number of variables available from the Census which reflect the health of the SLS population. In 2001 a question on self-reported general health (1) was introduced, this question was repeated with an expanded set of responses in 2011. A long term illness/health condition question (2) has been asked in 1991, 2001 and 2011, although both the wording of the question and the available responses have changed over time. Additionally in 2011 a more detailed question on long-term health condition (3) was introduced. This range of questions provide great analytical potential, this factsheet gives a brief overview of these three variables and the representativeness of the SLS sample in relation to the Scottish population as a whole.

## 1. General Health

2001

**7** Over the last twelve months would you say your health has on the whole been:

Good?     Fairly good?

Not good?

2011

**19** How is your health in general?

Very good    Good    Fair    Bad    Very bad

Type: Primary variable

Applicability: Person

Availability: 2001 & 2011

Definition: General health is a self-assessment of a person's general state of health. In 2001 the question in Scotland had only 3 tick boxes compared to 5 in 2011. The question also referred to the 'last 12 months' unlike the 2011 question that did not refer to time.

### SLS Representativeness

#### 2001

	Census 2001		SLS Members			Representativeness Ratio	
	Count	%	Count	% incl missing	% excl missing	incl missing	excl missing
Total population	5,062,011	100.0	255,652	100.0	100.0	1.00	1.00
Good health	3,437,612	67.9	172,234	67.4	67.9	0.99	1.00
Fairly good health	1,110,605	21.9	55,692	21.8	22.0	0.99	1.00
Not good health	513,794	10.2	25,556	10.0	10.1	0.98	0.99
Missing*	-	-	2,170	0.8	-	-	-

Source: Scottish Longitudinal Study & 2001 Census Scotland

\* in 2001 the SLS received data at the pre-imputation stage, therefore we do not have data for all cases

#### 2011

	Census 2011		SLS Members		Representativeness Ratio
	Count	%	Count	%	
Total population	5,295,403	100.0	268,717	100.0	1.00
Very good health	2,778,481	52.5	140,182	52.2	0.99
Good health	1,575,000	29.7	79,939	29.7	1.00
Fair health	644,881	12.2	33,262	12.4	1.02
Bad health	226,154	4.3	11,671	4.3	1.02
Very bad health	70,887	1.3	3,663	1.4	1.02

Source: Scottish Longitudinal Study & 2011 Census Scotland

The following table shows the transition of the General Health of SLS members living at both 2001 and aged 10 or over in 2011.

General health in transition

General health at 2011

General health at 2001	Very good health	Good health	Fair health	Bad health	Very bad health	Total SLS population
Total SLS population	93,493	62,197	27,528	9,571	3,000	195,789
Good health	83,800	43,773	10,318	2,181	523	140,595
Fairly good health	8,222	15,445	11,980	3,235	774	39,656
Not good health	1,095	2,596	4,929	4,001	1,636	14,257
Missing*	376	383	301	154	67	1,281

Source: Scottish Longitudinal Study

\* in 2001 the SLS received data at the pre-imputation stage, therefore we do not have data for all cases

Discussion

The 2001 and 2011 distributions of Self-Reported General Health within the SLS are representative of the overall population as published by Scotland’s Census.

Of those in 2001 who reported they were in ‘good health’, 91% described themselves as being in ‘good health’ or ‘very good health’ a decade later.

Of those in 2001 who reported they were in ‘fairly good health’, 30% described themselves as being in ‘fair health’ a decade later.

Of those in 2001 who reported they were in ‘not good health’, 40% described themselves as being in ‘bad health’ or ‘very bad health’ a decade later.

Approximately 60% of those reporting ‘not good health’ in 2001 have reported an improvement in health in 2011 (ie, reporting ‘fair health’ or better in 2011). In the same period approximately 2% of those reporting ‘good health’ in 2001 have reported having ‘bad’ or ‘very bad health’ in 2011.

2. Limiting Long-term Illness / Disability

The screenshot shows three survey questions:

- 1991:** Question 12: "Do you have any long-term illness, health problem or handicap which limits your daily activities or the work you can do? Include problems which are due to old age." Response options: 1 (Yes, I have a health problem which limits activities), 2 (I have no such health problem).
- 2001:** Question 8: "Do you have any long-term illness, health problem or disability which limits your daily activities or the work you can do? Include problems which are due to old age." Response options: Yes, No.
- 2011:** Question 21: "Are your day-to-day activities limited because of a health problem or disability which has lasted, or is expected to last, at least 12 months? Include problems related to old age." Response options: Yes, limited a lot; Yes, limited a little; No.

Type: Primary variable  
 Applicability: Person  
 Availability: 1991, 2001 & 2011  
 Definition: A long-term health problem or disability that limits a person's day-to-day activity, including problems that are related to old age.

In 2011 the question changed to specify that the condition should have lasted, or be expected to last, at least 12 months. People were also asked to assess whether their daily activities were limited a lot or a little by such a health problem. In 1991 and 2001 there were only 2 tick boxes and therefore no measure of how a person's day to day activities were limited because of a health problem.

## SLS Representativeness

1991

	Census 1991		SLS Members		Representativeness Ratio
	Count	%	Count	%	
Total population	4,962,152	100.0	262,948	100.0	1.00
Has a health problem which limits activities	705,644	14.2	35,597	13.5	0.95
Does not have a health problem which limits activities	4,256,508	85.8	227,351	86.5	1.01

Source: Scottish Longitudinal Study & [1991 Census Scotland](#)

2001

	Census 2001		SLS Members			Representativeness Ratio	
	Count	%	Count	% incl missing	% excl missing	incl missing	excl missing
Total population	5,062,011	100.0	255,652	100.0	100.0	1.00	1.00
Has a limiting long-term illness	1,028,094	20.3	48,966	19.2	20.0	0.94	0.98
Does not have a limiting long-term illness	4,033,917	79.7	196,226	76.8	80.0	0.96	1.00
Missing*	-	-	10,460	4.1	-	-	-

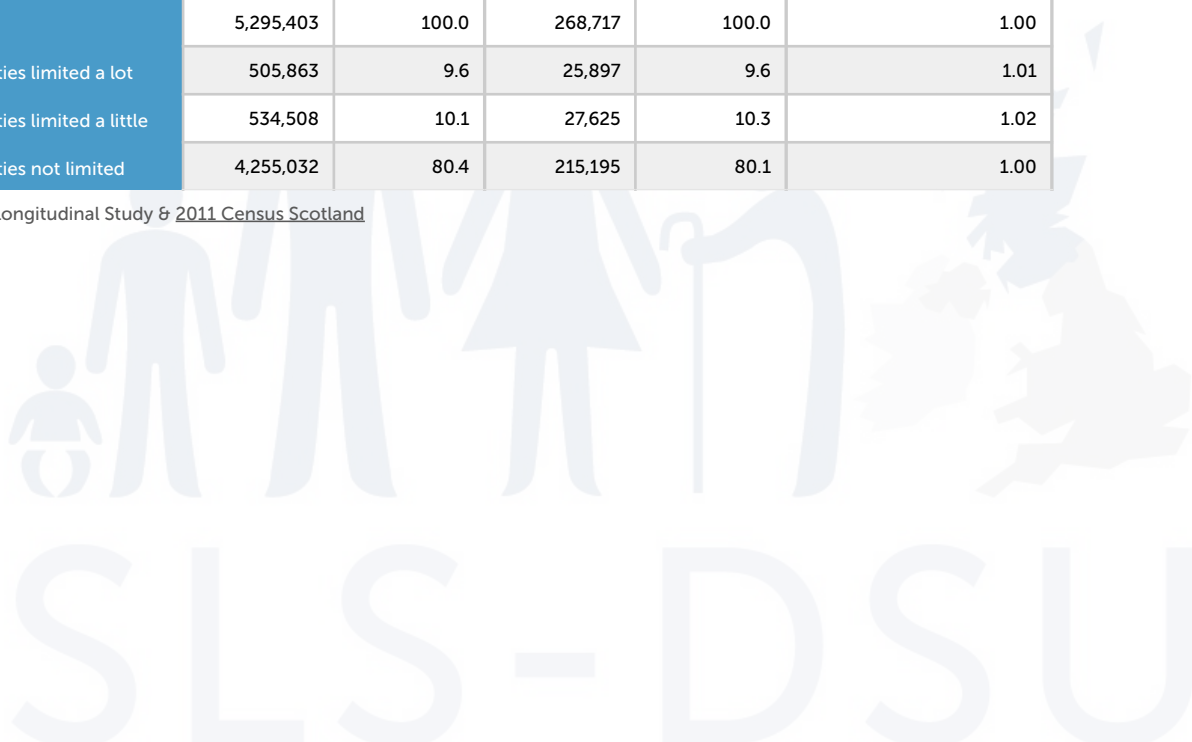
Source: Scottish Longitudinal Study & [2001 Census Scotland](#)

\* in 2001 the SLS received data at the pre-imputation stage, therefore we do not have data for all cases

2011

	Census 2011		SLS Members		Representativeness Ratio
	Count	%	Count	%	
Total population	5,295,403	100.0	268,717	100.0	1.00
Day-to-day activities limited a lot	505,863	9.6	25,897	9.6	1.01
Day-to-day activities limited a little	534,508	10.1	27,625	10.3	1.02
Day-to-day activities not limited	4,255,032	80.4	215,195	80.1	1.00

Source: Scottish Longitudinal Study & [2011 Census Scotland](#)



## Effect on day-to-day activity due to limiting long-term illness in transition

The following tables show the transitions of Activity Limitation of SLS members living at both 2001 and aged 10 or over in 2011, followed by those living at both 1991 and aged 20 and over at 2011.

2001 Limiting Long-term Illness/Disability	2011 Limiting Long-term Illness/Disability			Total SLS population aged 10+
	Day-to-day activities limited a lot	Day-to-day activities limited a little	Day-to-day activities not limited	
Total SLS population	21,480	22,878	151,431	195,789
Has a limiting long-term illness	12,951	7,962	7,966	28,879
Does not have a limiting long-term illness	7,433	13,965	139,089	160,487
Missing*	1,096	951	4,376	6,423

Source: Scottish Longitudinal Study & [2001 Census Scotland](#)

\* in 2001 the SLS received data at the pre-imputation stage, therefore we do not have data for all cases

1991 Limiting Long-term Illness/Disability	2011 Limiting Long-term Illness/Disability			Total SLS population aged 20+
	Day-to-day activities limited a lot	Day-to-day activities limited a little	Day-to-day activities not limited	
Total SLS population	20,447	21,301	124,961	166,709
Has a health problem which limits activities	5,308	2,621	2,848	10,777
Does not have health problem which limits activities	15,139	18,680	122,113	155,932

Source: Scottish Longitudinal Study

## Discussion

The distributions of the 1991, 2001 and 2011 Limiting Long-term Illness variables within the SLS are representative of the overall population as published by Scotland's Census.

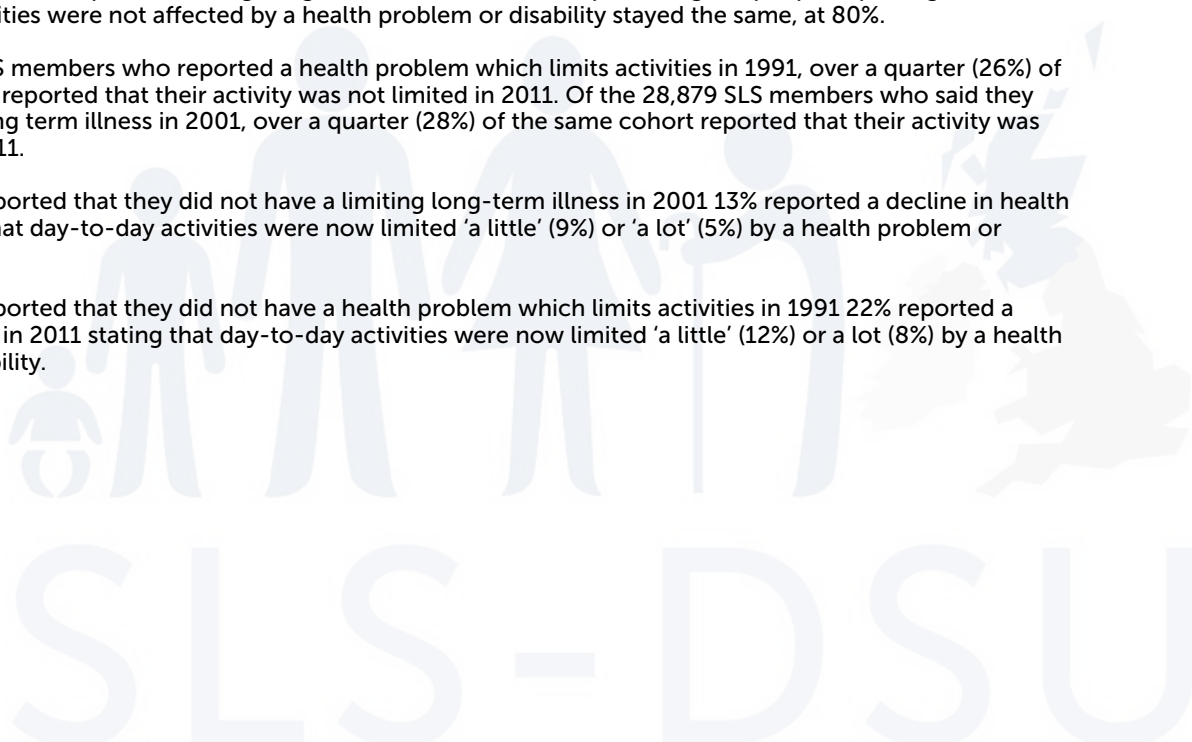
Between 1991 and 2001 there was a 6.5% decrease in those who reported that they did not have a health problem which limits activities. It should be noted that there was a change in the wording of the LLTI question and the wording of the 2001 question could be perceived to indicate a more severe LLTI.

The wording of the LLTI question changed again in 2011, however the percentage of people reporting that their day-to-day activities were not affected by a health problem or disability stayed the same, at 80%.

Of the 10,777 SLS members who reported a health problem which limits activities in 1991, over a quarter (26%) of the same cohort reported that their activity was not limited in 2011. Of the 28,879 SLS members who said they had a limiting long term illness in 2001, over a quarter (28%) of the same cohort reported that their activity was not limited in 2011.

Of those who reported that they did not have a limiting long-term illness in 2001 13% reported a decline in health in 2011 stating that day-to-day activities were now limited 'a little' (9%) or 'a lot' (5%) by a health problem or disability.

Of those who reported that they did not have a health problem which limits activities in 1991 22% reported a decline in health in 2011 stating that day-to-day activities were now limited 'a little' (12%) or a lot (8%) by a health problem or disability.



### 3. Long-term Health Condition

**20** Do you have any of the following conditions which have lasted, or are expected to last, at least 12 months?

◆ Tick all that apply.

- Deafness or partial hearing loss
- Blindness or partial sight loss
- Learning disability (for example, Down's Syndrome)
- Learning difficulty (for example, dyslexia)
- Developmental disorder (for example, Autistic Spectrum Disorder or Asperger's Syndrome)
- Physical disability
- Mental health condition
- Long-term illness, disease or condition
- Other condition, please write in

or

No condition

2011

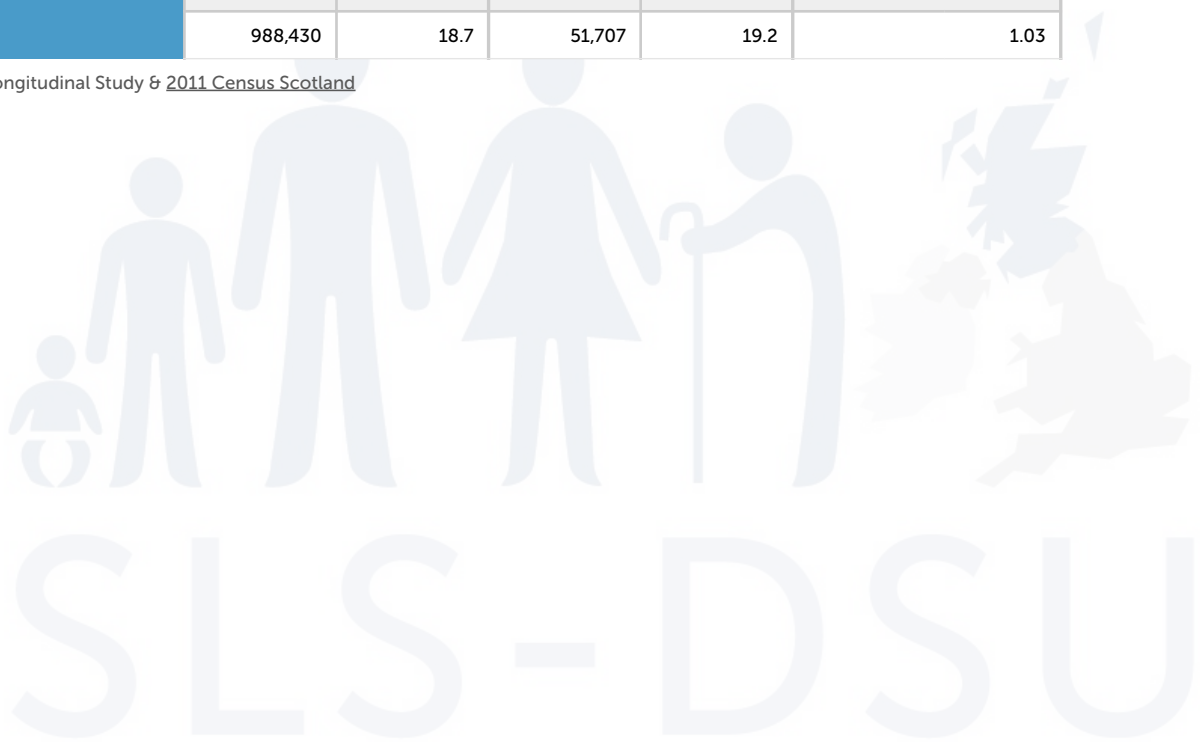
Type: Primary variable  
 Applicability: Person  
 Availability: 2011  
 Definition: A long-term condition is any condition(s) which has lasted, or is expected to last at least 12 months. People were asked to tick all conditions that applied to them, of which there were 10.

### SLS Representativeness

2011

	Census 2011		SLS Members		Representativeness Ratio
	Count	%	Count	%	
Total population	5,295,403	100.0	268,717	100.0	1.00
No condition	3,710,676	70.1	186,795	69.5	0.99
One or more conditions	1,584,727	29.9	81,922	30.5	1.02
Deafness or partial hearing loss	350,954	6.6	18,433	6.9	1.04
Blindness or partial sight loss	125,660	2.4	6,577	2.4	1.03
Learning disability	26,349	0.5	1,247	0.5	0.93
Learning difficulty	106,154	2.0	5,257	2.0	0.98
Developmental disorder	31,712	0.6	1,593	0.6	0.99
Physical disability	355,182	6.7	18,298	6.8	1.02
Mental health condition	232,943	4.4	11,632	4.3	0.98
Other condition	988,430	18.7	51,707	19.2	1.03

Source: Scottish Longitudinal Study & 2011 Census Scotland



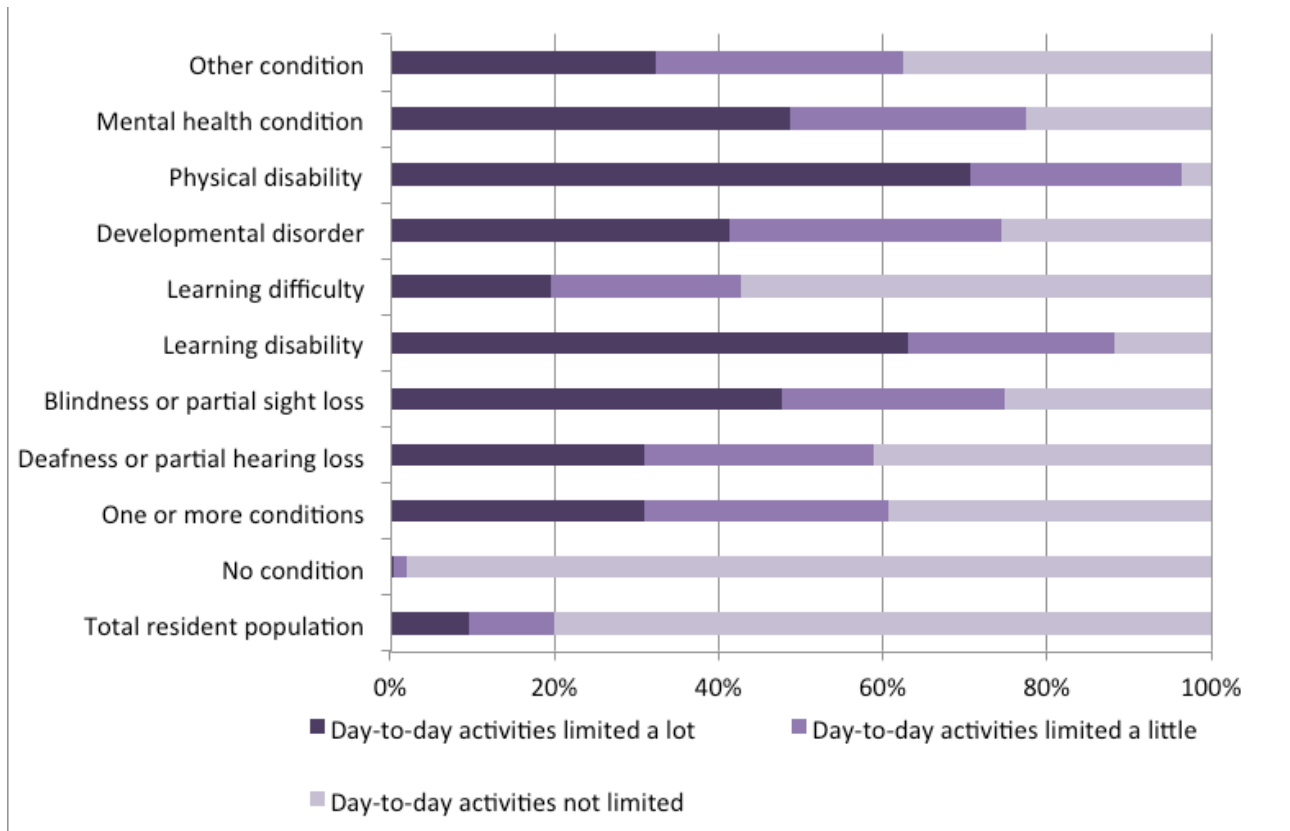
## SLS Frequencies

2011 Limiting Long-term Illness/Disability

2011 Long-term health condition	Day-to-day activities limited a lot	Day-to-day activities limited a little	Day-to-day activities not limited	Total SLS population
Total SLS population	25,897	27,625	215,195	268,717
No condition	580	3,187	183,028	186,795
One or more conditions	25,317	24,438	32,167	81,922
Deafness or partial hearing loss	5,695	5,140	7,598	18,433
Blindness or partial sight loss	3,143	1,779	1,655	6,577
Learning disability	786	315	146	1,247
Learning difficulty	1,024	1,218	3,015	5,257
Developmental disorder	658	529	406	1,593
Physical disability	12,910	4,716	672	18,298
Mental health condition	5,653	3,349	2,630	11,632
Other condition	16,680	15,594	19,433	51,707

Source: Scottish Longitudinal Study

### Long-term health conditions by level of day-to-day limitation

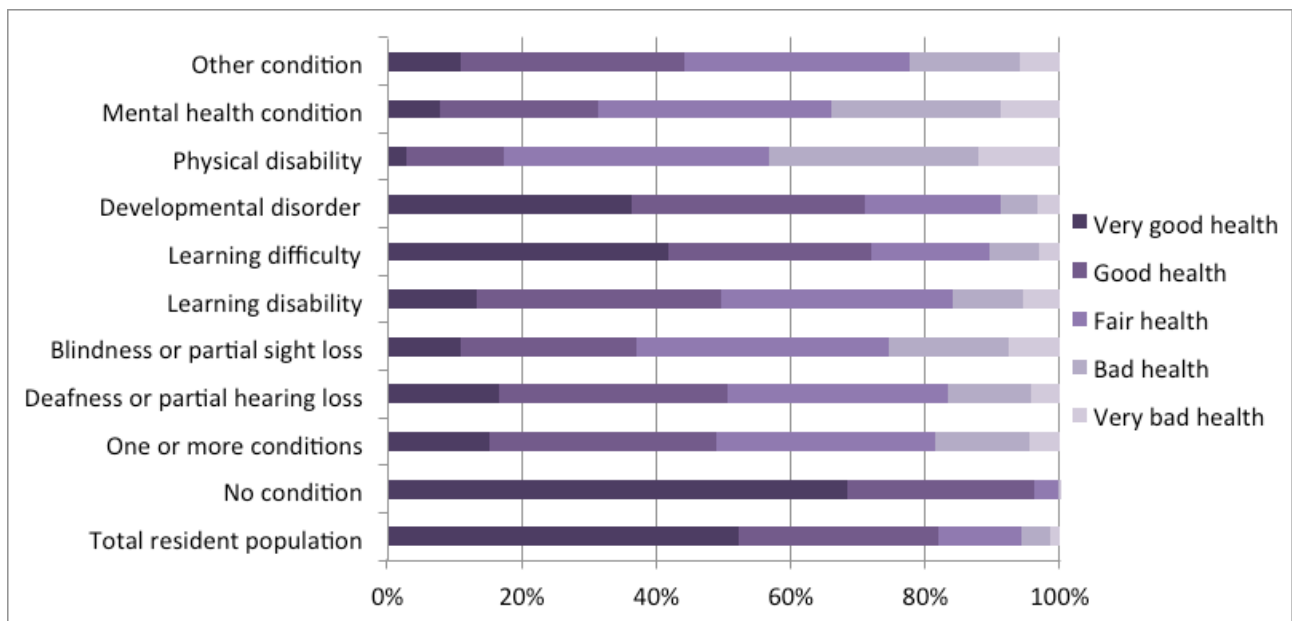


## 2011 General Health

Long-term health condition	Very good health	Good health	Fair health	Bad health	Very bad health	Total SLS population
Total SLS population	140,182	79,939	33,262	11,671	3,663	268,717
No condition	127,670	52,304	6,560	217	44	186,795
One or more conditions	12,512	27,635	26,702	11,454	3,619	81,922
Deafness or partial hearing loss	3,074	6,241	6,065	2,272	781	18,433
Blindness or partial sight loss	716	1,726	2,463	1,177	495	6,577
Learning disability	166	453	430	131	67	1,247
Learning difficulty	2,194	1,591	926	388	158	5,257
Developmental disorder	580	551	324	87	51	1,593
Physical disability	528	2,636	7,243	5,661	2,230	18,298
Mental health condition	914	2,743	4,038	2,908	1,029	11,632
Other condition	5,657	17,150	17,410	8,480	3,010	51,707

Source: Scottish Longitudinal Study

### Long-term health conditions by level of general health



### Discussion

The distributions of the 2011 Long-term health condition variable within the SLS are representative of the overall population as published by Scotland's Census.

61% of those with one or more long-term health condition stated that their day-to-day activities were limited a little (30%) or a lot (31%) by a health problem or disability.

18% of those with one or more long-term health condition stated that they had bad or very bad health.

Further information about the Scottish Longitudinal Study can be found at [sls.lscs.ac.uk](http://sls.lscs.ac.uk)

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