

Theme 3 – Enjoy Good Health and Wellbeing

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Summary – Enjoy Good Health and Wellbeing

Overall, people in the Scottish Borders enjoy good health and wellbeing, similar to that experienced by the rest of Scotland. Some of the key findings for ‘Enjoy Good Health and Wellbeing’ are:

- Both men and women have a good life expectancy and good healthy life expectancy in the Scottish Borders.
- Compared to Scotland, there are fewer early deaths (aged <75) from coronary heart disease or cancer in the Scottish Borders.





- The proportion of mothers who smoke during pregnancy in the Scottish Borders has reduced.
- The percentage of maternal obesity in the Scottish Borders is similar to Scotland.
- There are fewer premature births in the Scottish Borders compared to Scotland.
- The proportion of babies with a healthy birth weight in the Scottish Borders is similar to Scotland.
- More babies in the Scottish Borders are exclusively breastfed at 6 to 8 weeks compared to Scotland.
- Fewer children aged 27-30 months old have developmental concerns in the Scottish Borders compared to Scotland.
- Scottish Borders has consistently had a higher rate of unintentional injuries in under 5s compared to Scotland.
- The proportion of children in Primary 1 with a healthy weight in the Scottish Borders has consistently been similar to the level for Scotland.
- Scottish Borders has consistently had better child dental health in primary 1 compared to Scotland. However, within the Scottish Borders good dental health by Intermediate Zone ranges from 93% to 50% for 2021/22.
- The Scottish Borders has consistently had a similar proportion of children actively travelling to school.
- Fewer children have been hospitalised due to asthma in the Scottish Borders compared to Scotland.
- Areas of concern for children’s health and wellbeing relate to: bullying, caring responsibilities, body image, and loneliness, stress and worry.

- There are fewer alcohol and drug related hospital admissions and deaths in the Scottish Borders compared to Scotland.
- The proportion of adults that actively travel to work (cycling or walking) in the Scottish Borders is similar to the proportion for Scotland.
- The rate of asthma patient hospitalisation in the Scottish Borders is lower compared to Scotland.
- Scottish Borders has a similar rate of cancer registrations compared to Scotland.
- The rate of coronary heart disease hospitalisations in the Scottish Borders has declined and similar to the Scottish trend.
- The Scottish Borders has consistently had a lower rate of chronic obstructive pulmonary disease (COPD) patient hospitalisations compared to Scotland.
- The Scottish Borders has fewer emergency patient hospitalisations compared to Scotland.
- The Scottish Borders has fewer multiple emergency hospital admissions related to patients aged 65+ years compared to Scotland.

- Patients discharged from hospital after an emergency admission or died as a result of a road traffic accident in the Scottish Borders is similar to Scotland.
- Both men and women in the Scottish Borders have a similar Warwick-Edinburgh Mental Wellbeing score compared to Scotland.
- In the Scottish Borders the rate of patients discharged from psychiatric hospitals has reduced, but is still above Scotland.
- Like Scotland the estimated percentage of population being prescribed drugs for anxiety, depression or psychosis in the Scottish Borders has increased.
- Deaths from suicide for both young people (aged 11-25 years) and all people in the Scottish Borders is similar to Scotland.
- According to the [Personal well-being in the UK - Office for National Statistics \(ons.gov.uk\)](https://ons.gov.uk) report, which provides estimates of life satisfaction, feeling that the things done in life are worthwhile, happiness and anxiety the Scottish Borders is similar to Scotland.

The Scottish Borders Health and Social Care Integration Board published in September 2022 '[Needs of our communities: Joint Strategic Needs Assessment](#)'. The publication provides a detailed assessment health, social care and wellbeing for the Scottish Borders covering: prevention and early interventions, long-term conditions, service users, and support and resources. This report works as a companion to the Joint Strategic Needs Assessment.

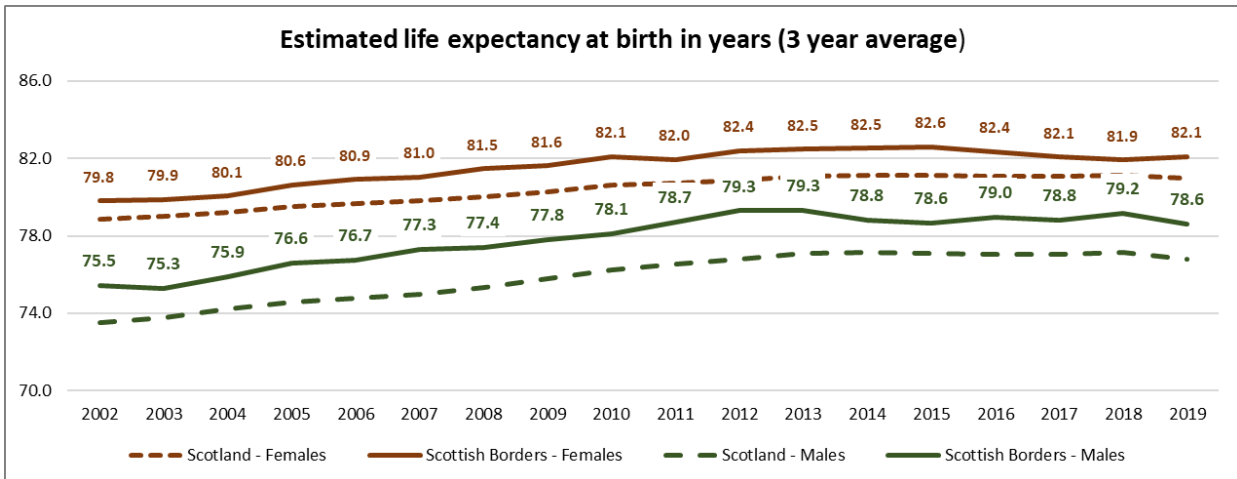
This report looks at evidence to assess if the people of the Scottish Borders have “Enjoy Good Health and Wellbeing”, using publicly available data and information. The table below is a guide to what the evidence presents regarding “Enjoy Good Health and Wellbeing” for the Scottish Borders.

Red – Circle – Challenging / not in good state	
Amber (Yellow) - Triangle – Needs monitoring / near danger	
Green – Diamond – Doing well – keep it up	
Blue – Square – Informative only	

ALL

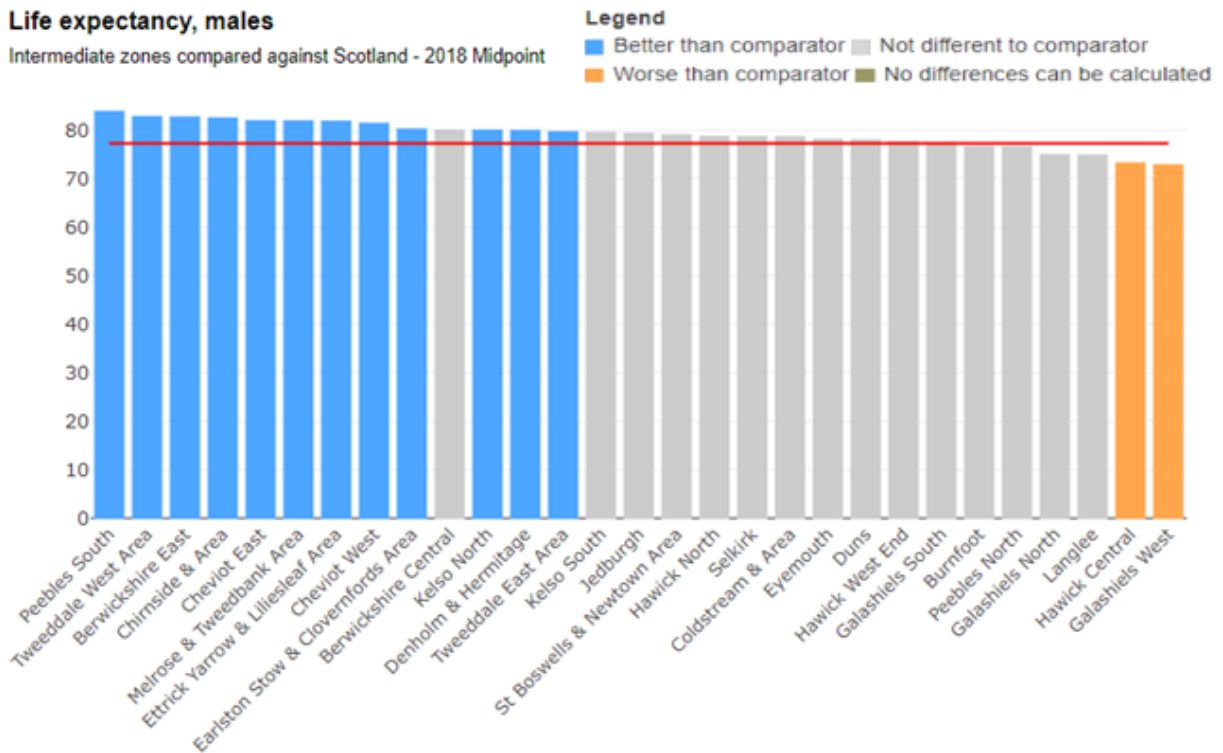
◆ Life expectancy

Life expectancy is an important indicator of health. Life expectancy at birth has consistently been higher in the Scottish Borders compared to Scotland for both men and women. Although between 2002 and 2019 there has been an increase in life expectancy but since 2012 the life expectancy has remained stable or decreased slightly for both Scottish Borders and Scotland.



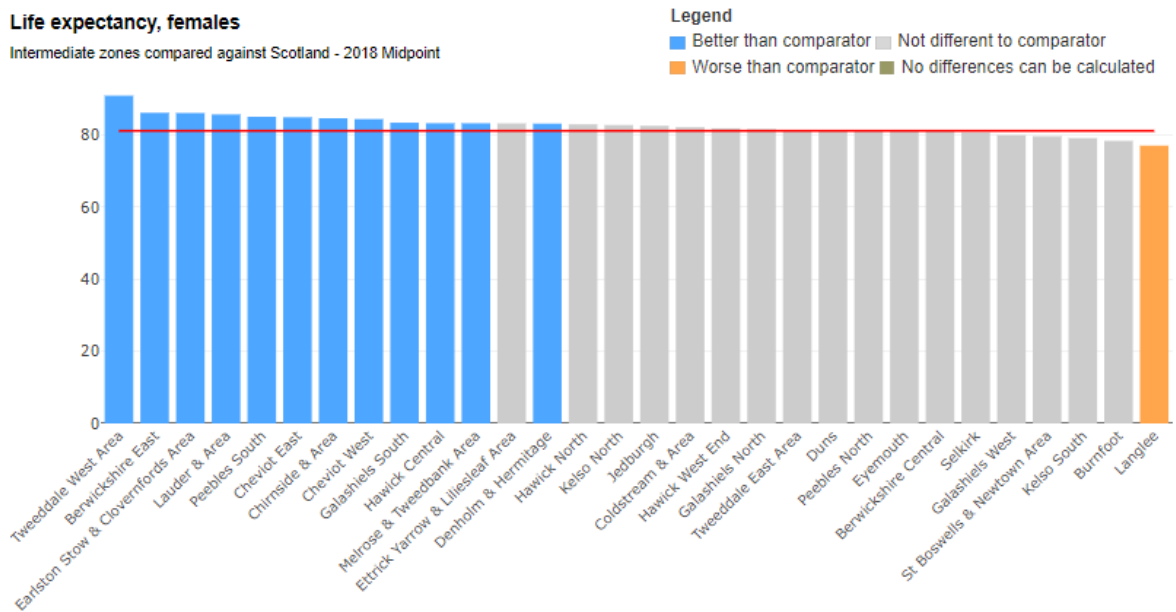
Source: NRS, https://scotland.shinyapps.io/ScotPHO_profiles_tool/

Within the Scottish Borders the life expectancy for males ranges by 10.99 years, from 72.88 years in Galashiels West to 83.87 years in Peebles South.



Source: https://scotland.shinyapps.io/ScotPHO_profiles_tool/

Within the Scottish Borders the life expectancy for females ranges by 13.86 years, from 77.04 years in Langlee to 90.90 years in Tweeddale West Area.

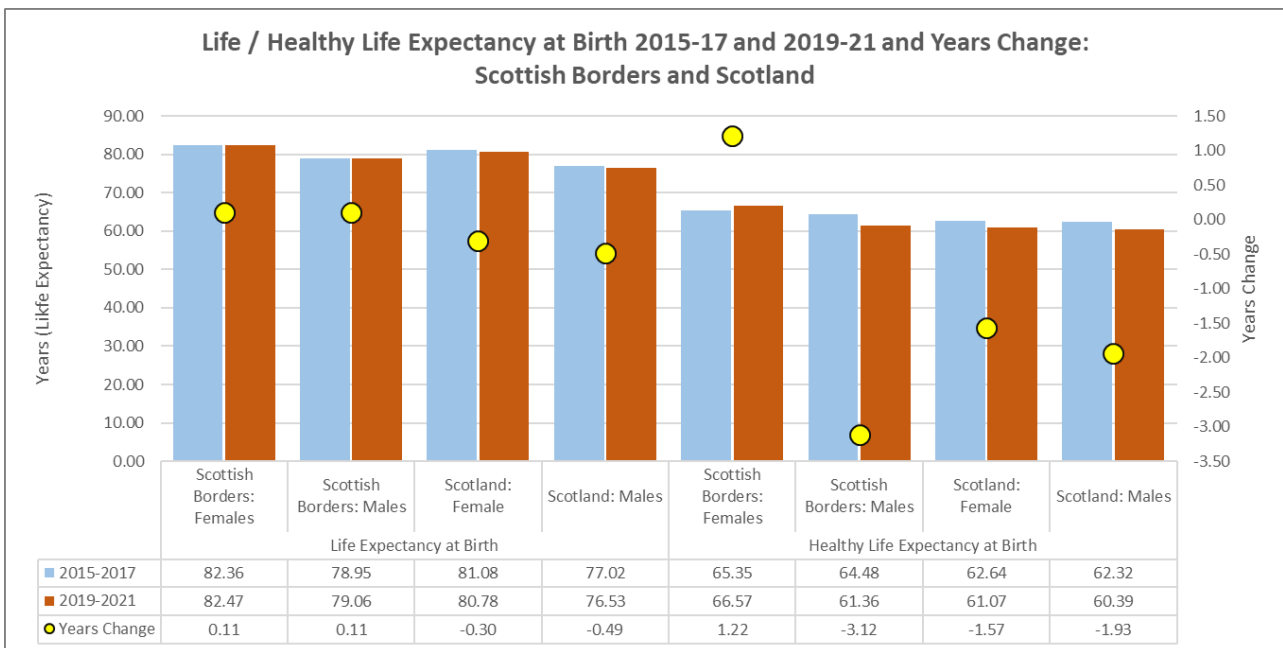


Source: https://scotland.shinyapps.io/ScotPHO_profiles_tool/

◆▲ Healthy Life Expectancy

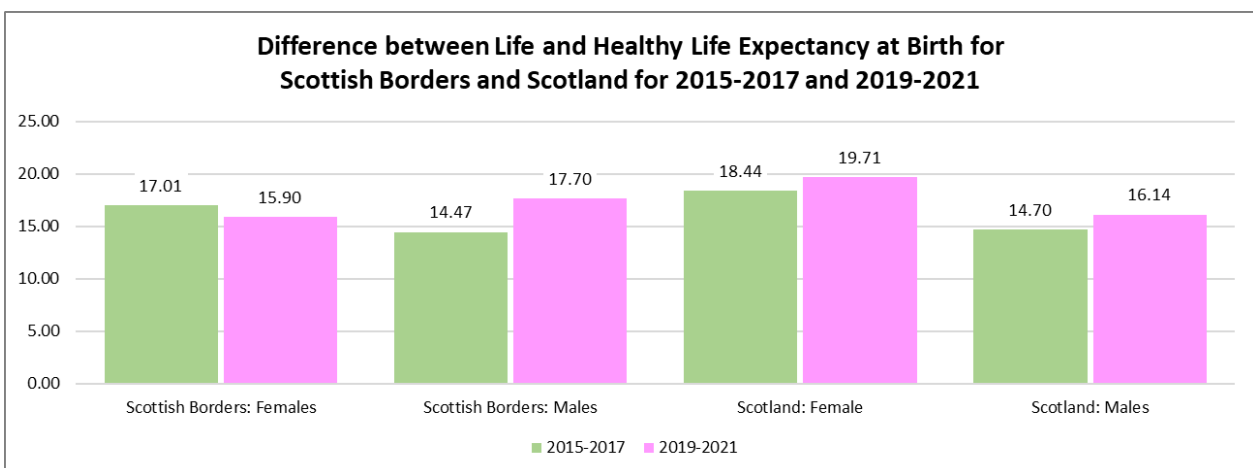
Healthy life expectancy (HLE) is an estimate of how many years they might live in a 'healthy' stat; a sub-set of life expectancy.

The graph with table below shows the life and healthy life expectancy at birth for 2015-2017 and 2019-2021 for both Scottish Borders and Scotland for females and males. It also show the change in years between 2015-2017 and 2019-2021. Compared to Scotland both men and women in the Scottish Borders have a longer life / healthy life expectancy compared to Scotland. Between 2015-2017 and 2019-2021 the life and healthy life expectancy for females in the Scottish Borders increased in contrast to the change for Scotland for both females and males. However, the healthy life expectancy for males in the Scottish Borders decreased by 3.12 years between 2015-17 and 2019-21, worse than the change for Scotland males.



Source: <https://statistics.gov.scot/home>

The graph below shows that the difference in years of life at birth for life vs. health life expectancy for females and males for both Scottish Borders and Scotland for 2015-2017 and 2019-2021. Between the two time periods females in the Scottish Borders had an improvement in healthy life expectancy however for males in the Scottish Borders there was a worsening healthy life expectancy.



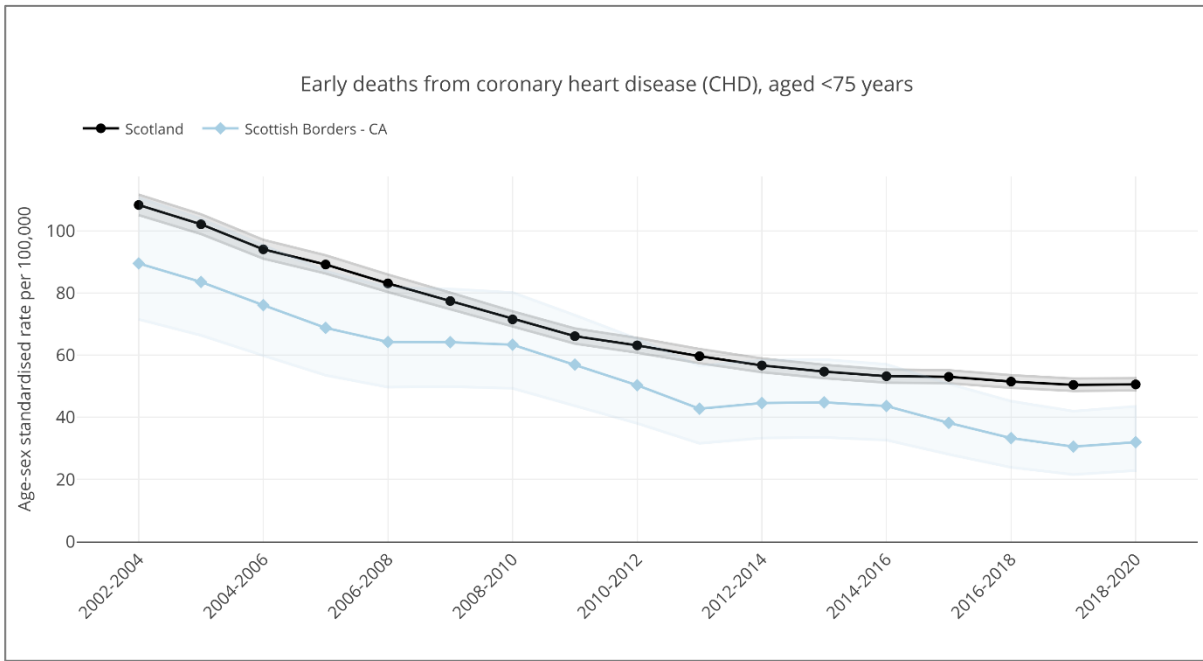
Source: <https://statistics.gov.scot/home>

Early Deaths

Early Deaths (aged under 75 years) from coronary heart disease (CHD) and cancer provide an insight on the health of the population.

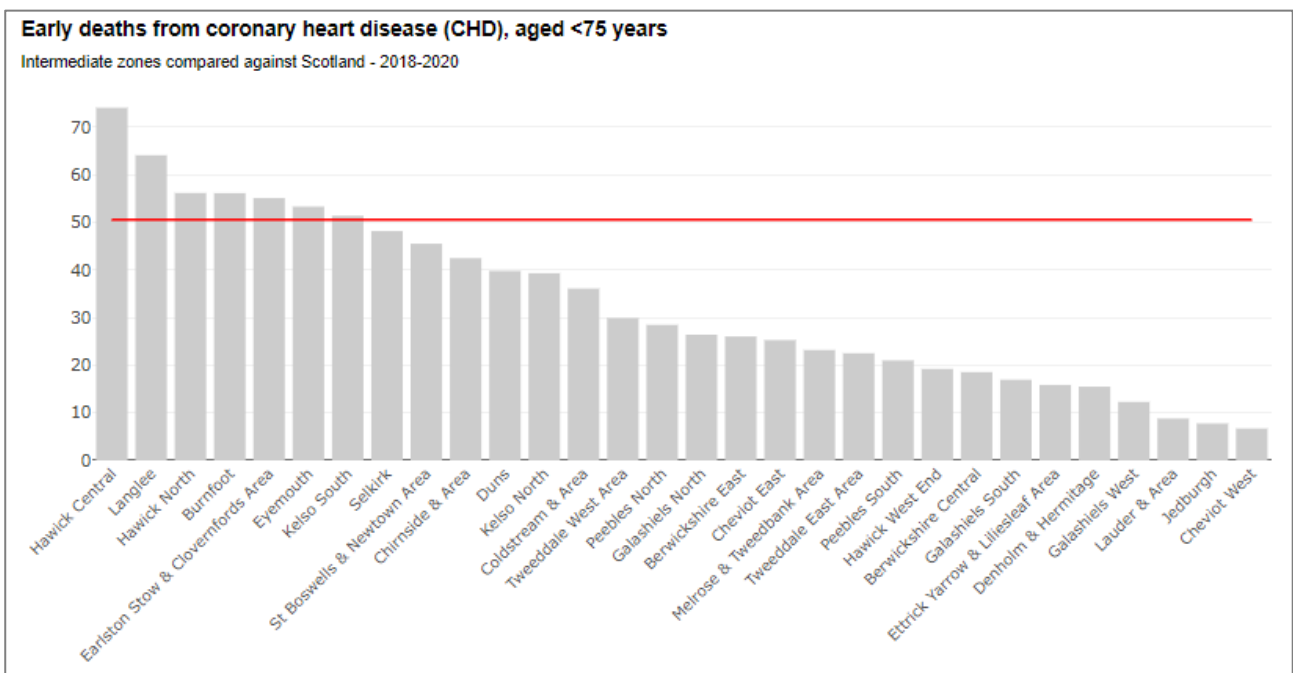
◆ Early deaths from coronary heart disease (CHD), aged <75 years

Compared to Scotland the Scottish Borders has consistently had a lower rate of early deaths from coronary heart disease compared to Scotland.



Source: https://scotland.shinyapps.io/ScotPHO_profiles_tool/

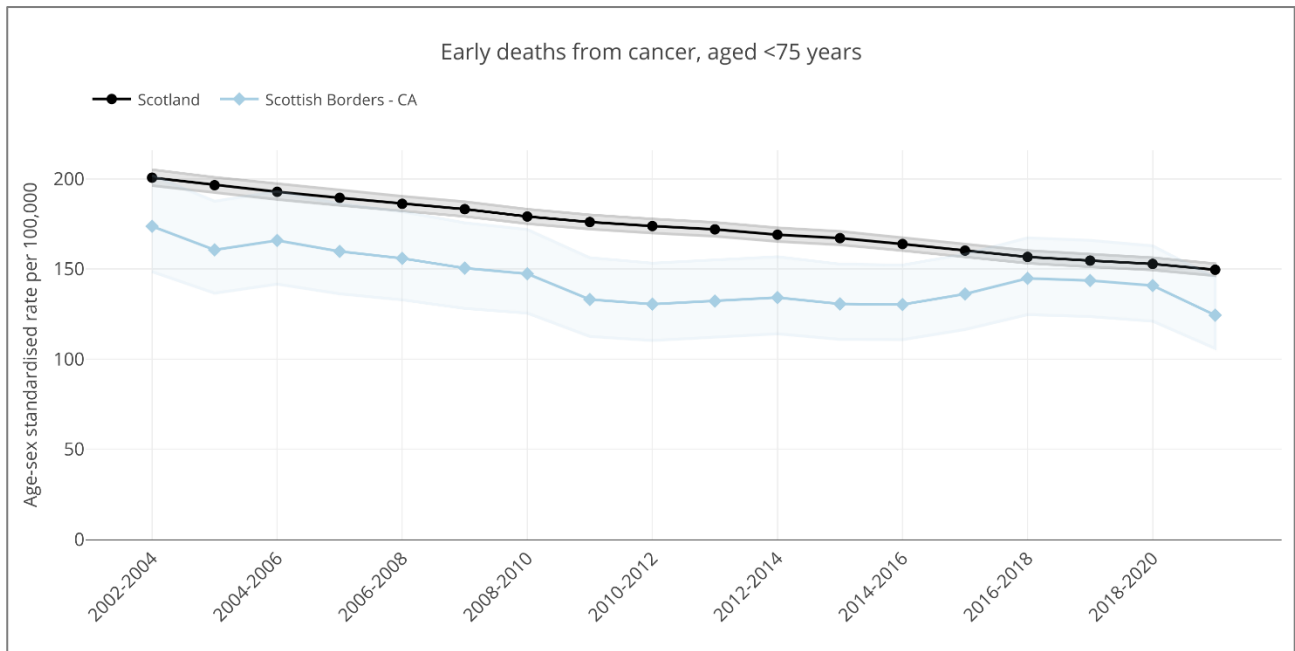
Most of Scottish Borders intermediate zones have a lower rate of early deaths from CHD compared to Scotland although not at a significant level. Within the Scottish Borders the rate of early deaths (aged under 75 years) from CHD per 100,000 ranges from 74 in Hawick Central to 6.7 in Cheviot West.



Source: https://scotland.shinyapps.io/ScotPHO_profiles_tool/

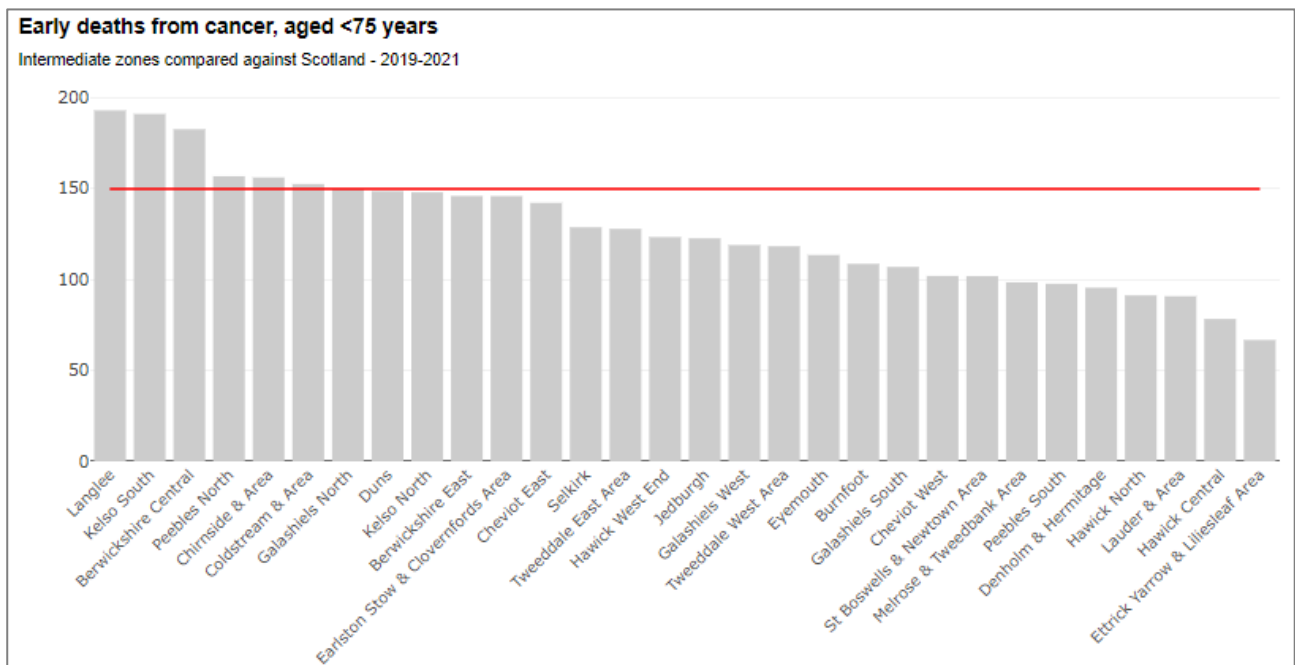
◆ Early deaths from cancer, aged <75 years

Compared to Scotland the Scottish Borders has consistently had a lower rate of early deaths from cancer compared to Scotland.



Source https://scotland.shinyapps.io/ScotPHO_profiles_tool/

Many of Scottish Borders intermediate zones have a lower rate of early deaths from cancer compared to Scotland although not at a significant level. Within the Scottish Borders the rate of early deaths (aged under 75 years) from cancer per 100,000 ranges from 192.69 in Langlee to 66.64 in Ettrick Yarrow & Lilliesleaf Area.



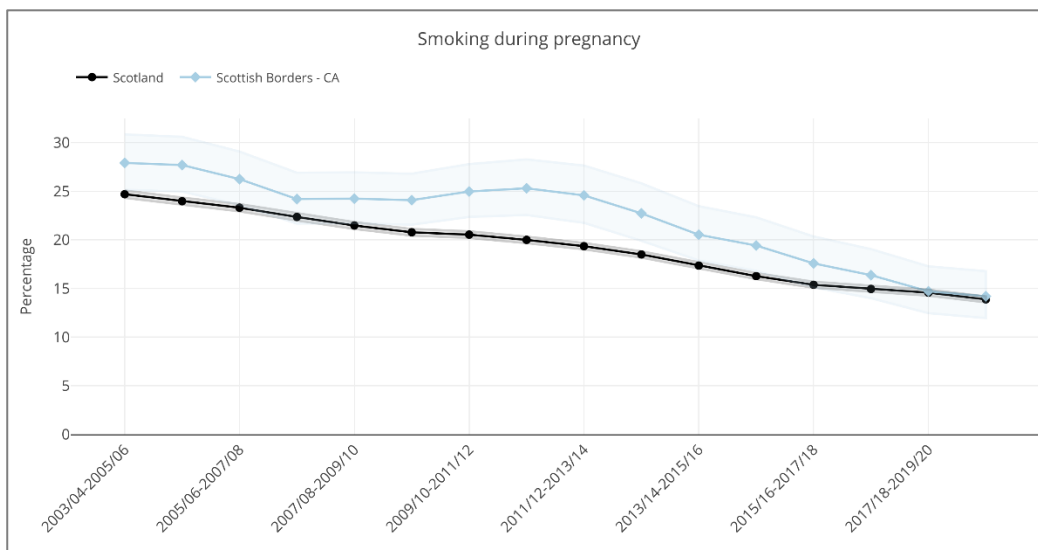
Source: https://scotland.shinyapps.io/ScotPHO_profiles_tool/

Children

This section covers the heathy and wellbeing of children in the Scottish Borders. The primary source of information for this section is the [ScotPHO profiles](#).

▲ Smoking During Pregnancy

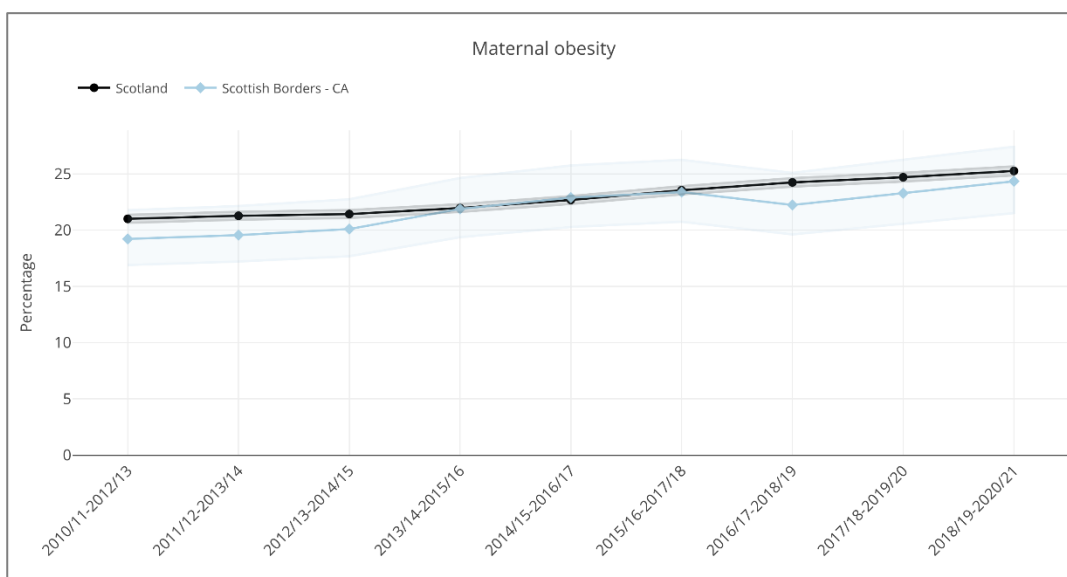
In the Scottish Borders the proportion of mothers who were smoking during pregnancy has reduced and is now similar to the level for Scotland.



Source: https://scotland.shinyapps.io/ScotPHO_profiles_tool/

▲ Maternal Obesity

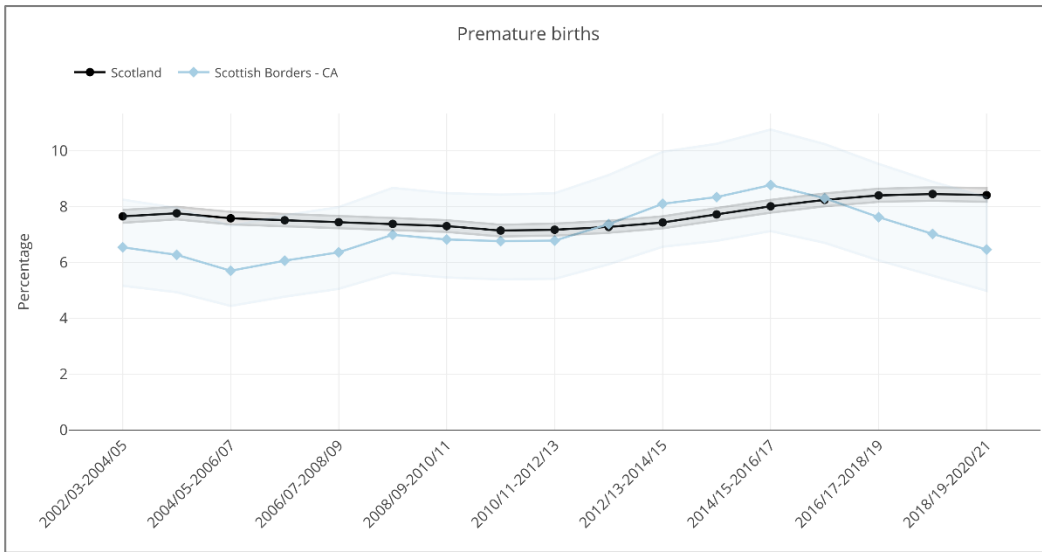
The Scottish Borders has consistently had a similar level of maternal obesity to Scotland.



Source: https://scotland.shinyapps.io/ScotPHO_profiles_tool/

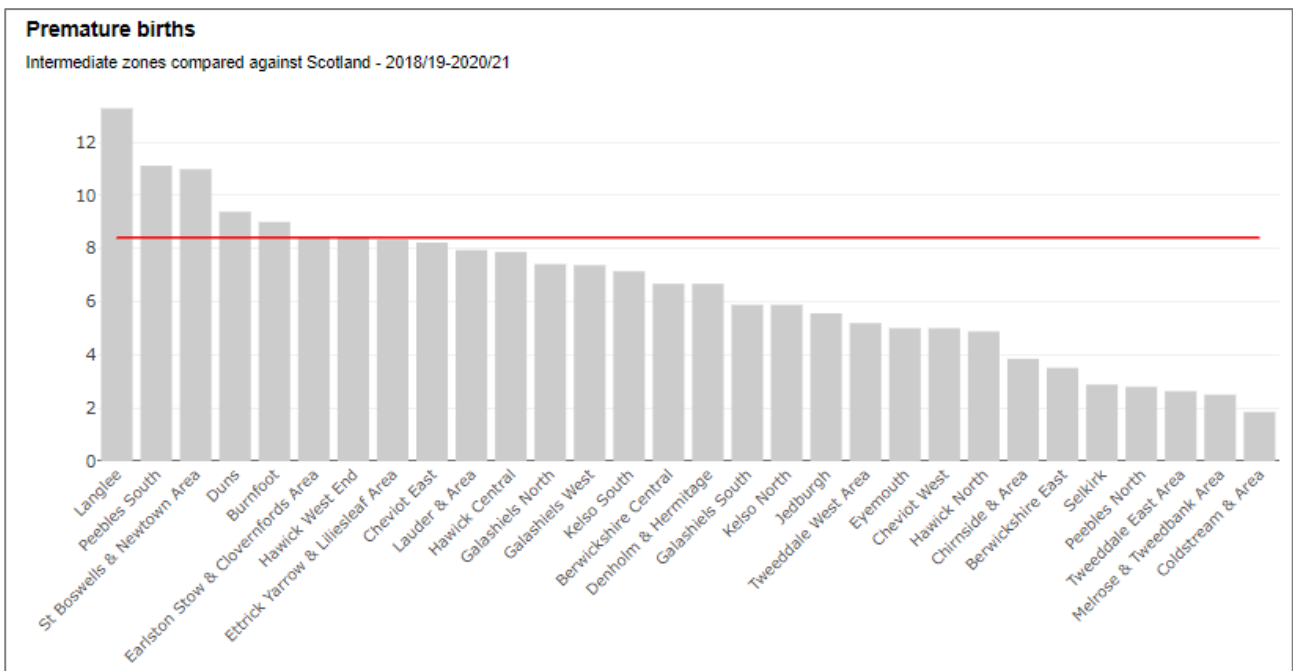
◆ Premature Births

In the most recent years the proportion of premature births in the Scottish Borders has been lower than the rate for Scotland.



Source: https://scotland.shinyapps.io/ScotPHO_profiles_tool/

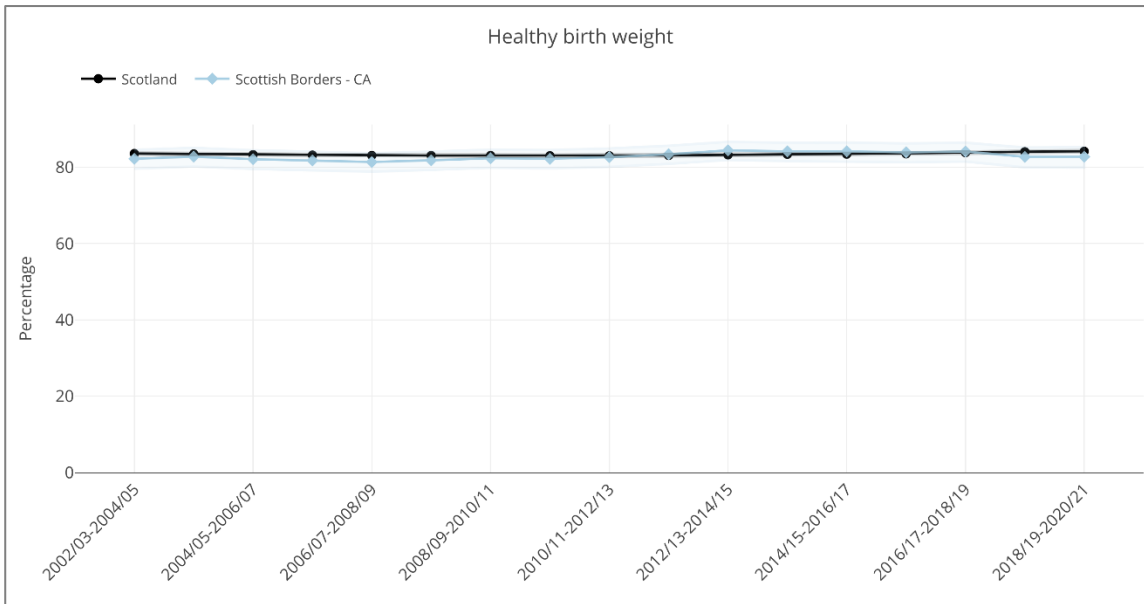
Within the Scottish Borders the proportion of premature births between 2018-2019 and 2020-2021 ranges from 13.37% in Langlee to 1.85% in Coldstream and Area.



Source: https://scotland.shinyapps.io/ScotPHO_profiles_tool/

◆ Birth Healthy Weight

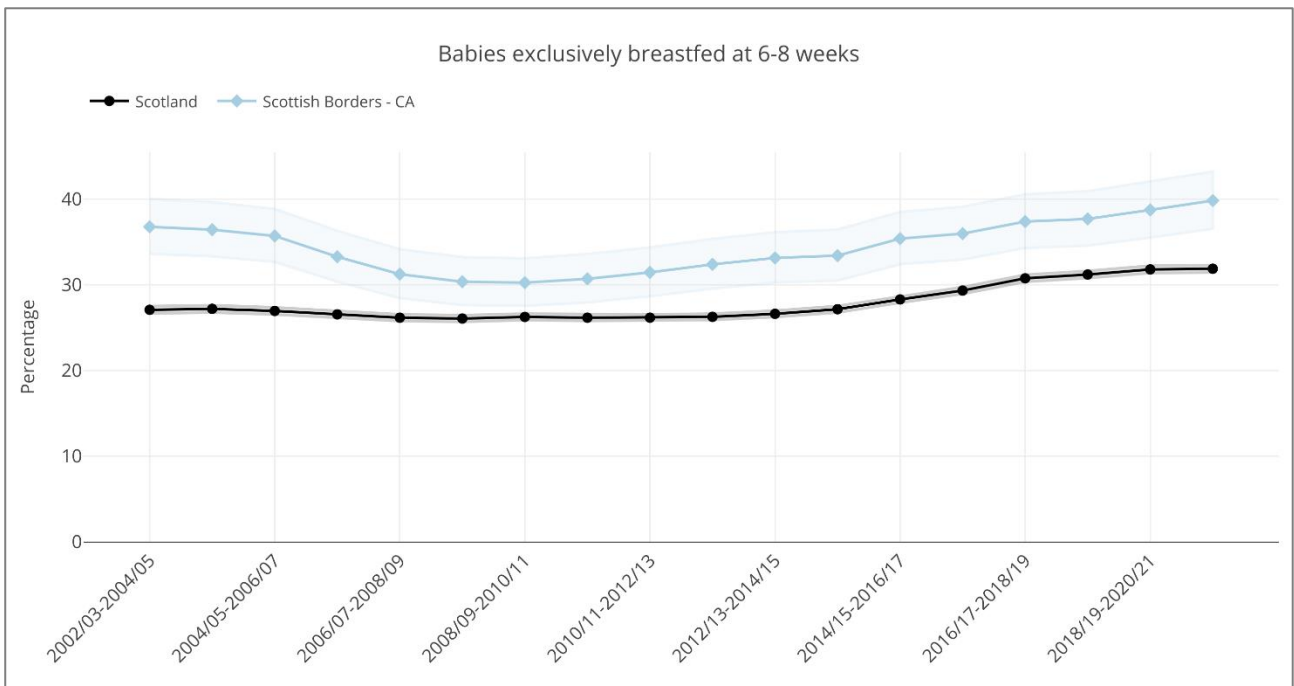
In the Scottish Borders the proportion of babies with healthy birth weight has consistently been similar to Scotland.



Source: https://scotland.shinyapps.io/ScotPHO_profiles_tool/

◆ Babies Exclusively Breastfed at 6-8 weeks

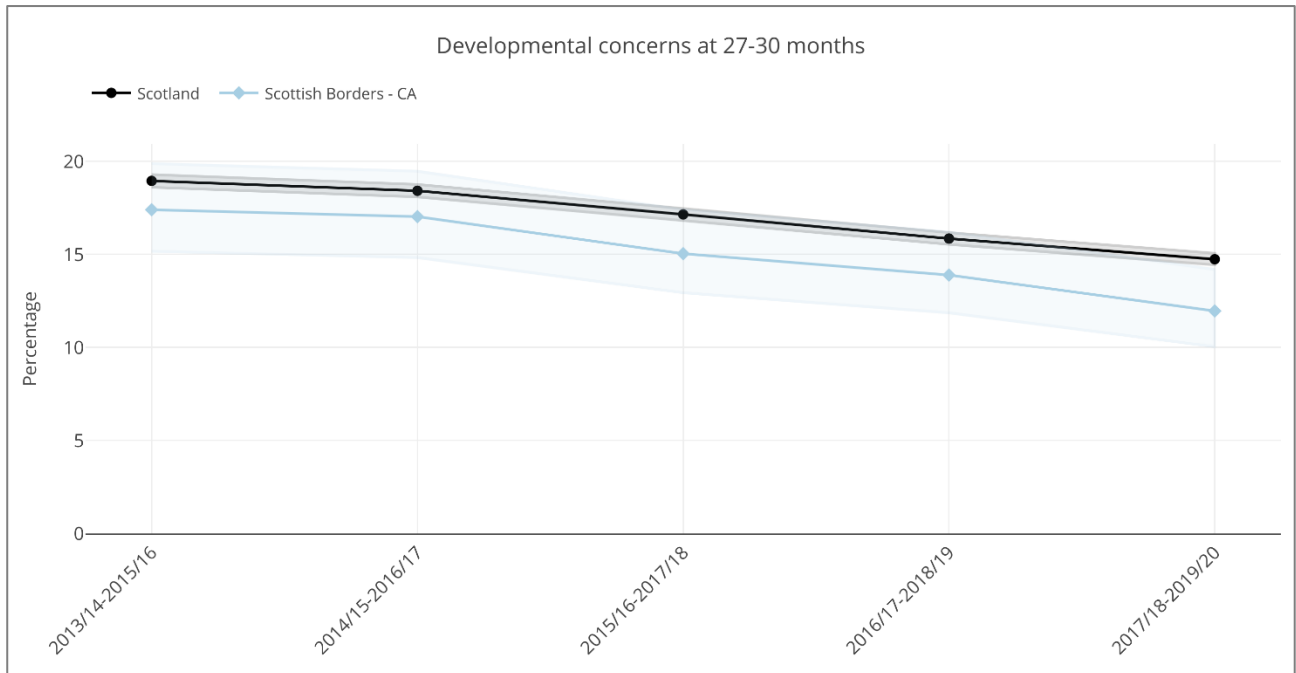
The Scottish Borders has consistently had a higher proportion of babies being exclusively breastfed at 6 to 8 weeks compared to Scotland.



Source: https://scotland.shinyapps.io/ScotPHO_profiles_tool/

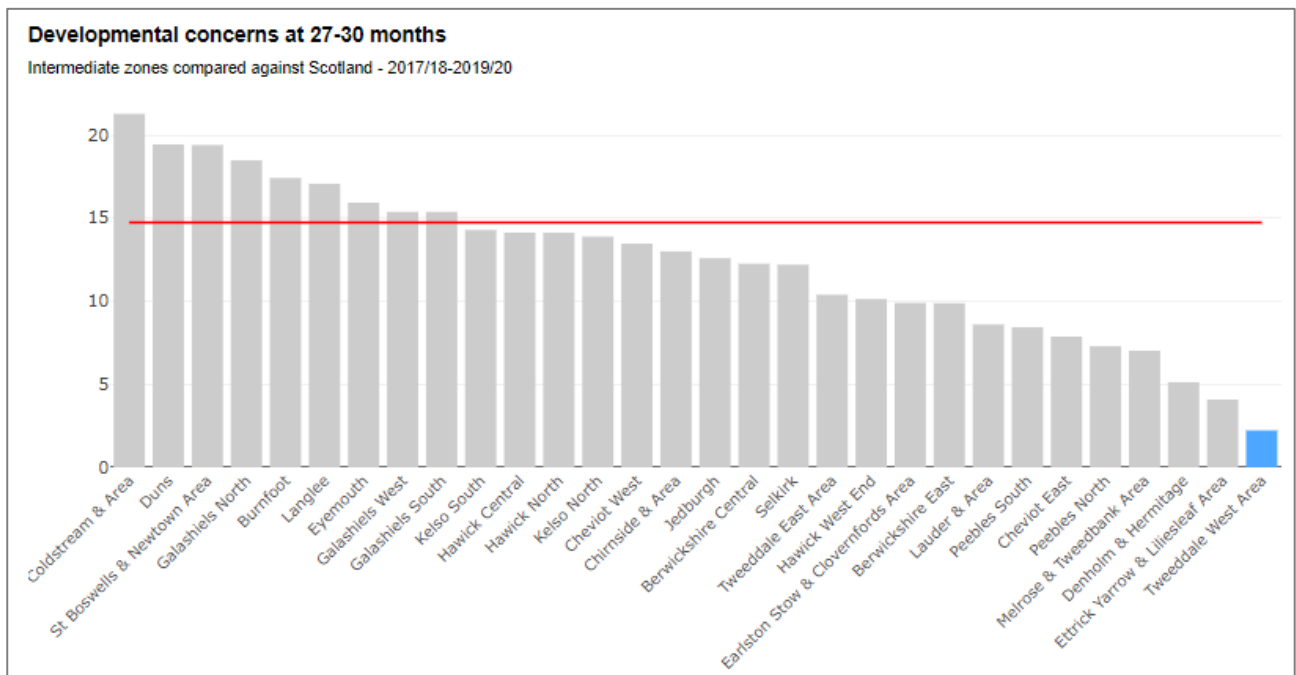
◆ Development Concerns at 27-30 Months

The proportion of children aged 27-30 months with developmental concerns has continued to reduce and is lower than the level for Scotland.



Source: https://scotland.shinyapps.io/ScotPHO_profiles_tool/

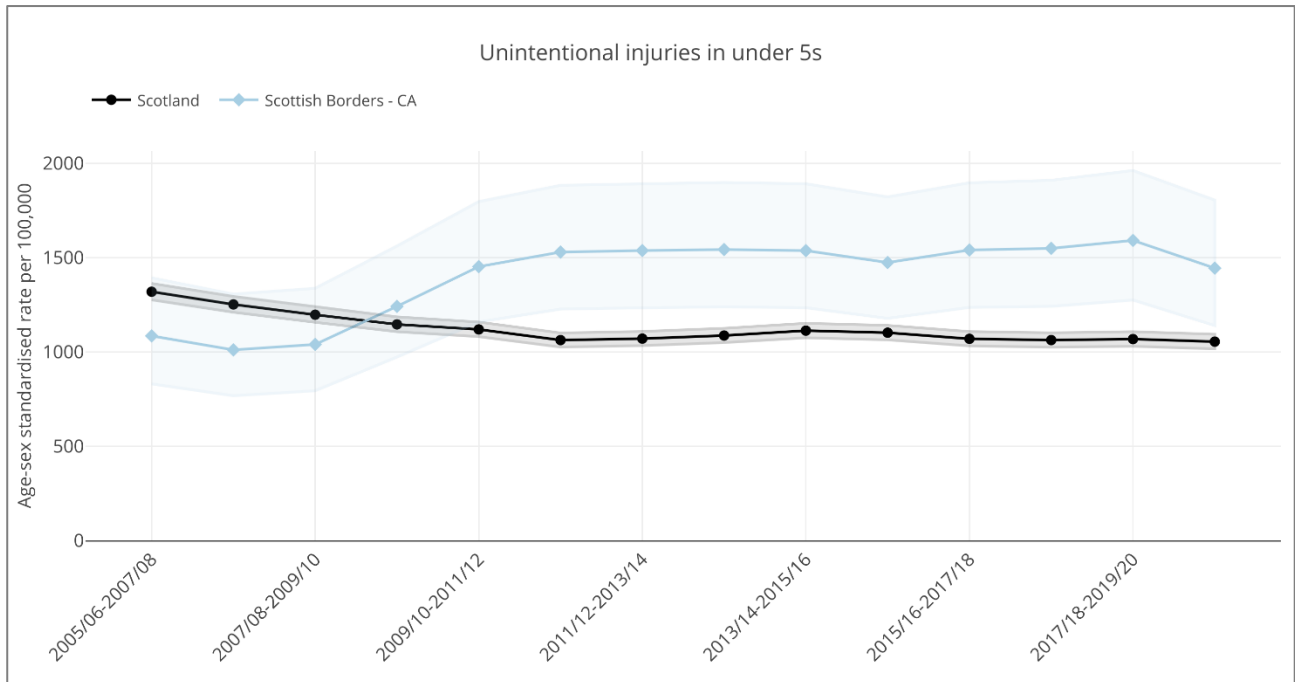
Within the Scottish Borders the proportion of children aged 27 to 30 months with developmental concerns ranges. Only one area, Tweeddale West Area, has a statistically lower proportion of children aged 27 to 30 months with developmental concerns compared to Scotland.



Source: https://scotland.shinyapps.io/ScotPHO_profiles_tool/

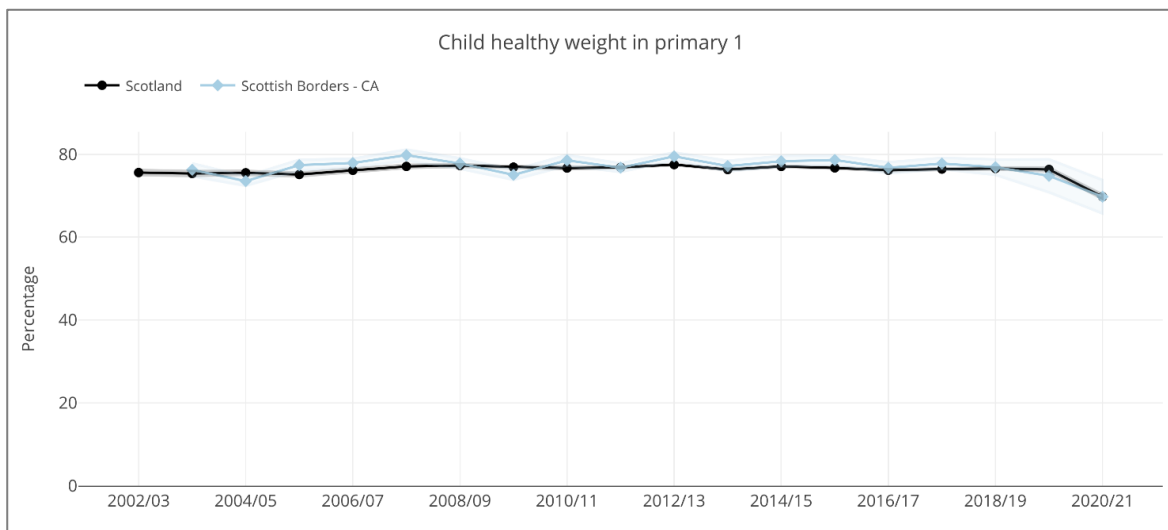
● Unintentional Injuries in Under 5s

From 2009/10 the Scottish Borders has consistently had a higher rate of unintentional injuries in under 5s compared to Scotland.



▲ Child Healthy Weight in Primary 1

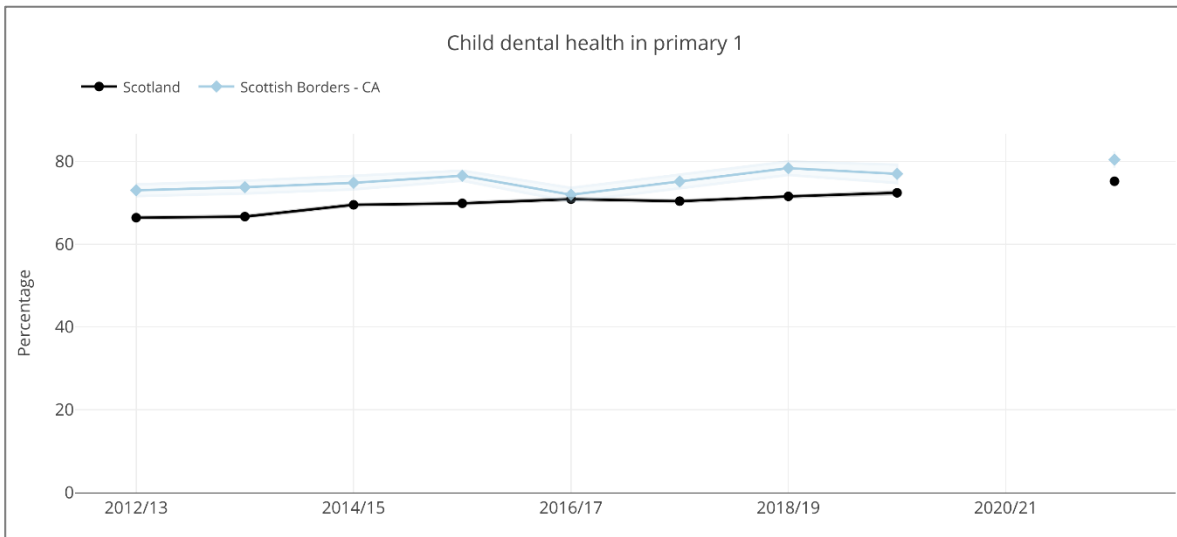
The proportion of children in Primary 1 with a healthy weight in the Scottish Borders has consistently been similar to the level for Scotland. Unfortunately, in 2020/21 the proportion of children in Primary 1 with a healthy weight decreased for both Scottish Borders and Scotland. This may be one of the impacts of the Covid lockdown because children were less active during lockdown.



Source: https://scotland.shinyapps.io/ScotPHO_profiles_tool/

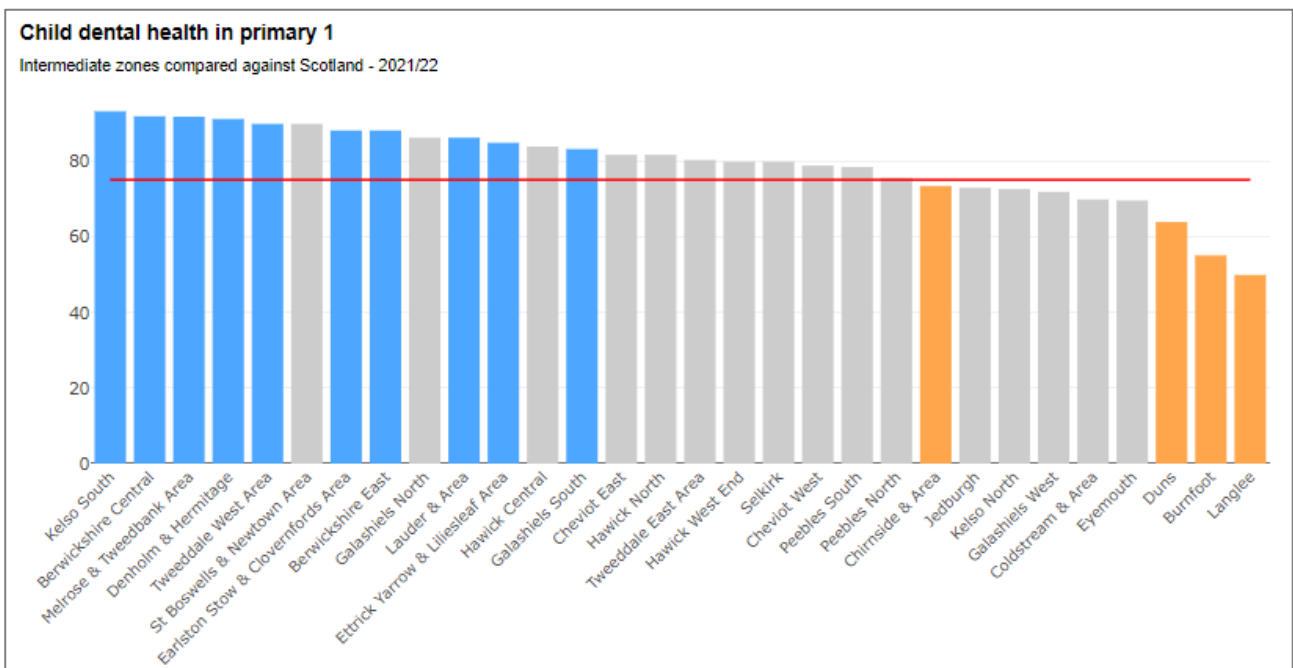
◆ Child Dental Health in Primary 1

Scottish Borders has consistently had better child dental health in primary 1 compared to Scotland. Please note that due to the impact of the COVID-19 pandemic on data collections required to produce this indicator, there is a gap in the trend for affected years.



Source: https://scotland.shinyapps.io/ScotPHO_profiles_tool/

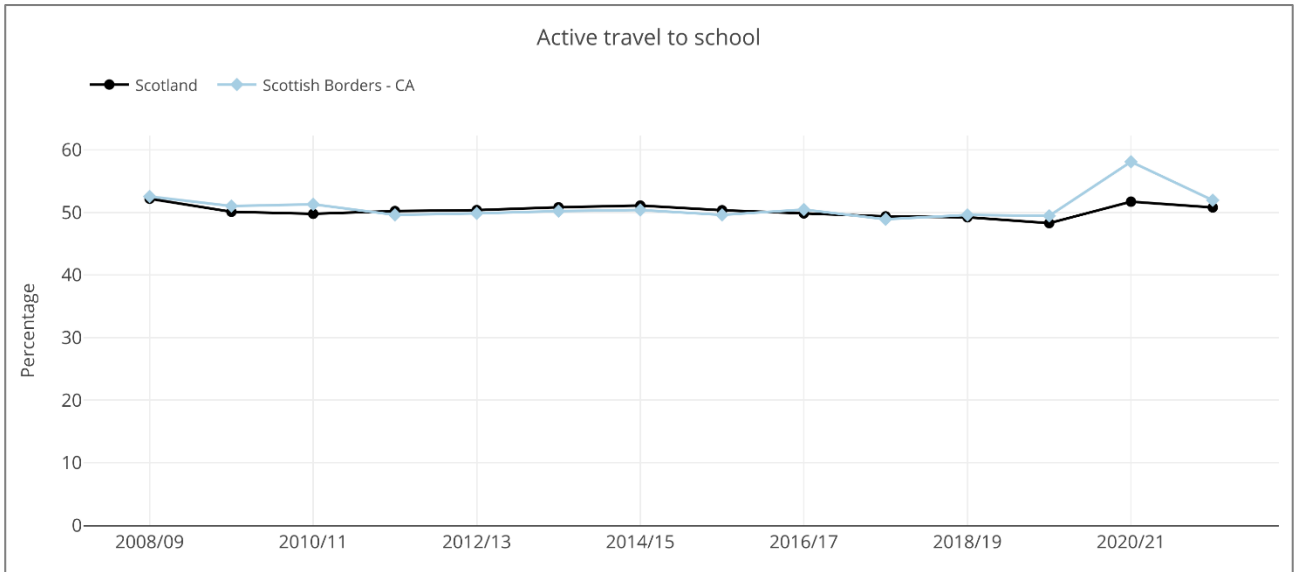
In 2021/22 the proportion of children in primary 1 with good dental health ranged from 93.33% in Kelso South to 50% for Langlee. In the graph below those areas shaded in blue have a statically higher proportion of children in primary 1 with good dental health compared to Scotland, conversely those areas shaded in orange have a statically lower proportion of children in primary 1 with good dental health compared to Scotland.



Source: https://scotland.shinyapps.io/ScotPHO_profiles_tool/

▲ Active Travel to School

The Scottish Borders has consistently had a similar proportion of children actively travelling to school compared to Scotland. Active travel is defined as normally travelling to school in an active way (walking, cycling, and using a scooter, skateboard or inline/roller skates).



Source: https://scotland.shinyapps.io/ScotPHO_profiles_tool/

◆ Children Hospitalised due to Asthma (Aged 0-15 years)

From 2012/13 the rate of children (aged 0-15) that have been hospitalised due to asthma has been lower in the Scottish Borders compared to Scotland.

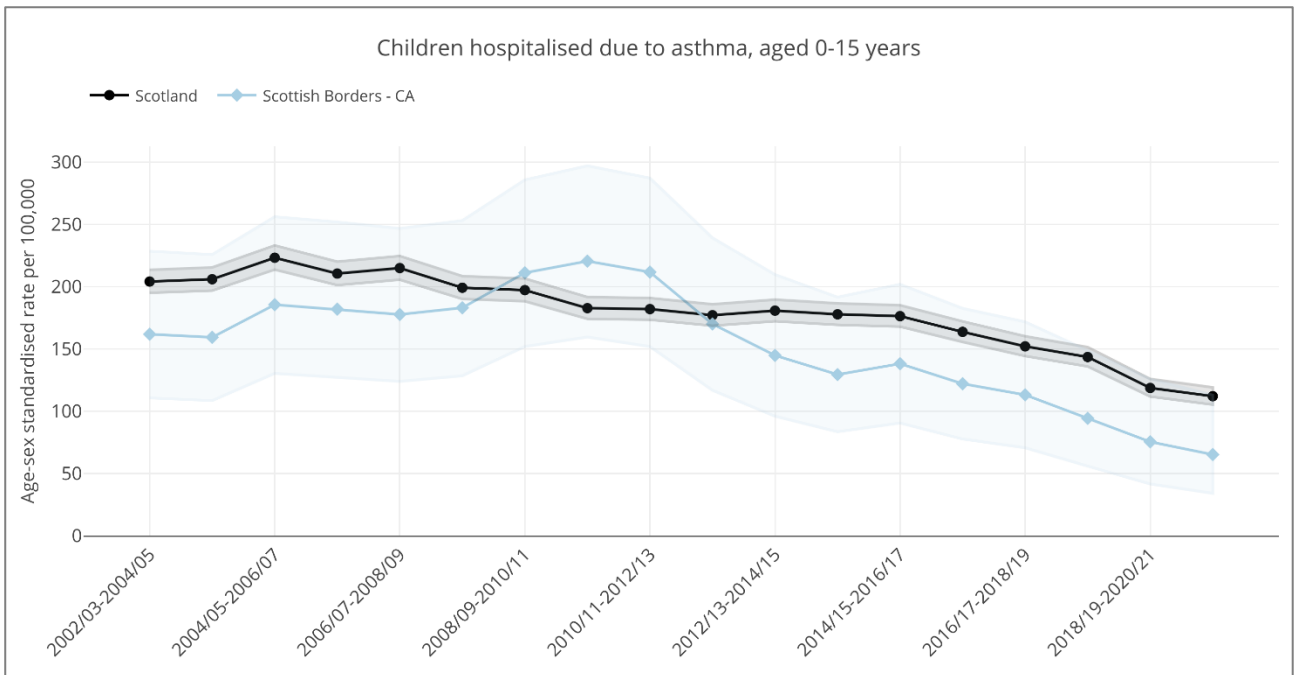


Figure: https://scotland.shinyapps.io/ScotPHO_profiles_tool/

● Health and Wellbeing 2022 Survey

In March 2022, Scottish Borders schools took part in a Health and Wellbeing Census for P5-7 children in primary schools and S1-S6 young people in secondary schools. The Scottish Government developed the surveys for use by Local Authorities, 16 out of 32 Local Authorities took part. The national level data are expected to release in spring of 2023. The information presented in this section is only available for the Scottish Borders, the survey reports are part of the [Education Sub-Committee meeting on Thursday 10 November 2022](#).

Four key areas have been identified which will be actioned by Education and Lifelong Learning and have been included in the Education Improvement Plan 2022/23. These key areas were:

1. Bullying
2. Caring Responsibilities
3. Body Image
4. Loneliness, stress and worry

Bullying

Pupils in P5, P6, P7, S1, S2 and S3 were asked if they had been bullied in the last year.

% of Pupils who have been bullied in the last year

- 42% of P5, P6 and P7 pupils report that they had been bullied in the last year.
- 29% of S1, S2 and S3 pupils report that they had been bullied in the last year.

School Cluster	P5, P6 and P7	S1, S2 and S3
Berwickshire	39%	26%
Earlston	38%	29%
Eyemouth	38%	24%
Galashiels	38%	34%
Hawick	51%	43%
Jedburgh	52%	25%
Kelso	44%	21%
Peebles	38%	25%
Selkirk	45%	35%
Scottish Borders	42%	29%

Caring Responsibilities

Pupils in P7 and all Secondary Stages were asked “do you care for, or look after, someone?”

- 31% of P7 pupils said they do care, or look after, someone,
- 16% of secondary school pupils say they do care, look after, someone. (the table to the right shows % by Secondary School)

School Cluster	% Yes All Secondary Stages
Berwickshire	13%
Earlston	17%
Eyemouth	21%
Galashiels	20%
Hawick	18%
Jedburgh	23%
Kelso	15%
Peebles	13%
Selkirk	15%
Scottish Borders	16%

Body Image

Pupils in P7 and all Secondary Stages were asked “I am happy with my body and the way I look?”

- 20% of P7 pupils disagree or strongly disagree with “I am happy with my body and the way I look”.
- 29% of Secondary school pupils disagree or strongly disagree with “I am happy with my body and the way I look”. The table to the right shows the % by secondary school.

School Cluster	% Disagree / Strongly Disagree
Berwickshire	32%
Earlston	31%
Eyemouth	29%
Galashiels	29%
Hawick	26%
Jedburgh	27%
Kelso	31%
Peebles	27%
Selkirk	28%
Scottish Borders	29%

Loneliness, Stress and Worry

All pupils surveyed were asked “how often do you feel lonely”

<ul style="list-style-type: none"> 11% of P5, P6 and P7 pupils felt lonely ‘often or always’ 16% of secondary school pupils felt lonely ‘often or always’. 	% Often or Always feel lonely		
	School Cluster	P5, P6 and P7	All Secondary
	Berwickshire	9%	17%
	Earlston	9%	18%
	Eyemouth	12%	22%
	Galashiels	12%	15%
	Hawick	11%	12%
	Jedburgh	7%	15%
	Kelso	10%	20%
	Peebles	11%	13%
	Selkirk	16%	18%
	Scottish Borders	11%	16%

Pupils in P7 and all Secondary Stages were asked “How pressured (stressed) do you feel by the schoolwork you have to do?”

<ul style="list-style-type: none"> 10% of P7 pupils say they feel ‘a lot’ of pressure (stress) by their school work. 27% of Secondary school pupils say they feel ‘a lot’ of pressure (stress) by their school work. The table to the right shows the results by secondary school. 53% of S5 pupils felt ‘a lot’ of pressure (stress) compared to 44% for S6 pupils, 40% for S4 pupils, 22% for S3 pupils, 17% for S2 pupils and 14% in S1. 	School Cluster	Feel 'A lot' of Pressure (stress)
	Berwickshire	32%
	Earlston	30%
	Eyemouth	24%
	Galashiels	15%
	Hawick	26%
	Jedburgh	22%
	Kelso	32%
	Peebles	20%
	Selkirk	25%
	Scottish Borders	27%

Only P5, P5, P7 and S1 pupils were asked “there are lots of things that I worry about in my life”.

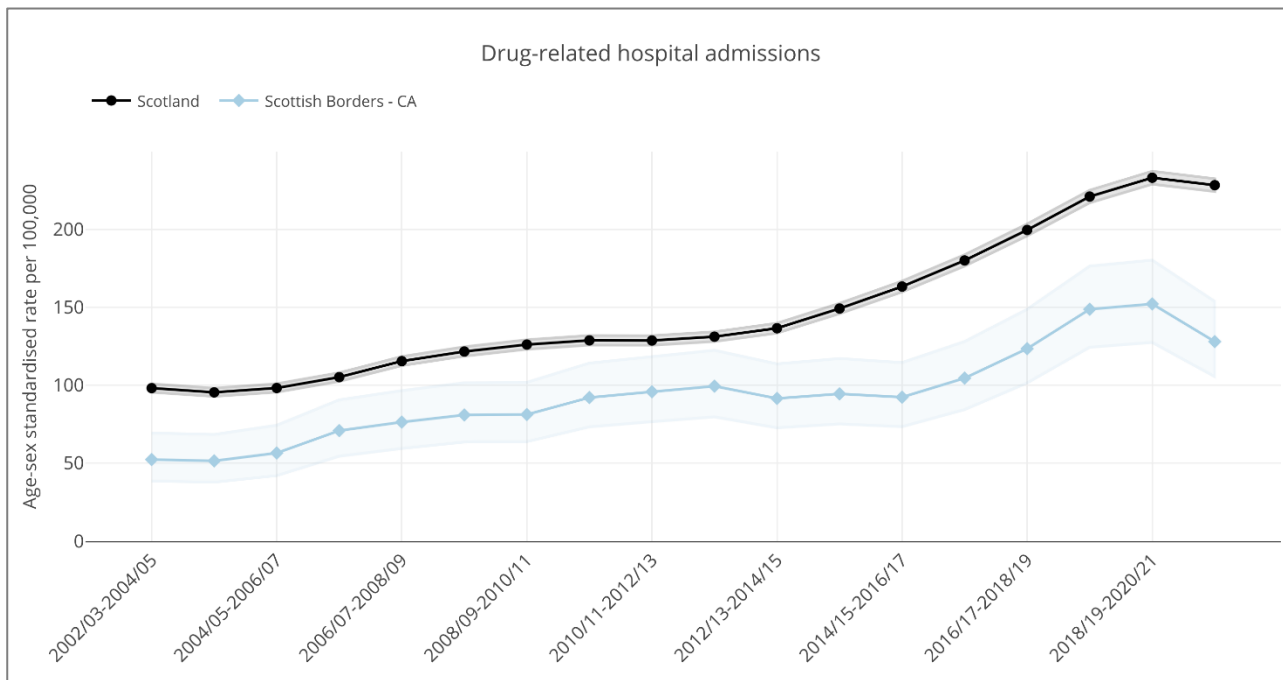
- 42% of pupils asked strongly agreed or agreed that “there are lots of things that I worry about in my life”.

Adults

Behaviours

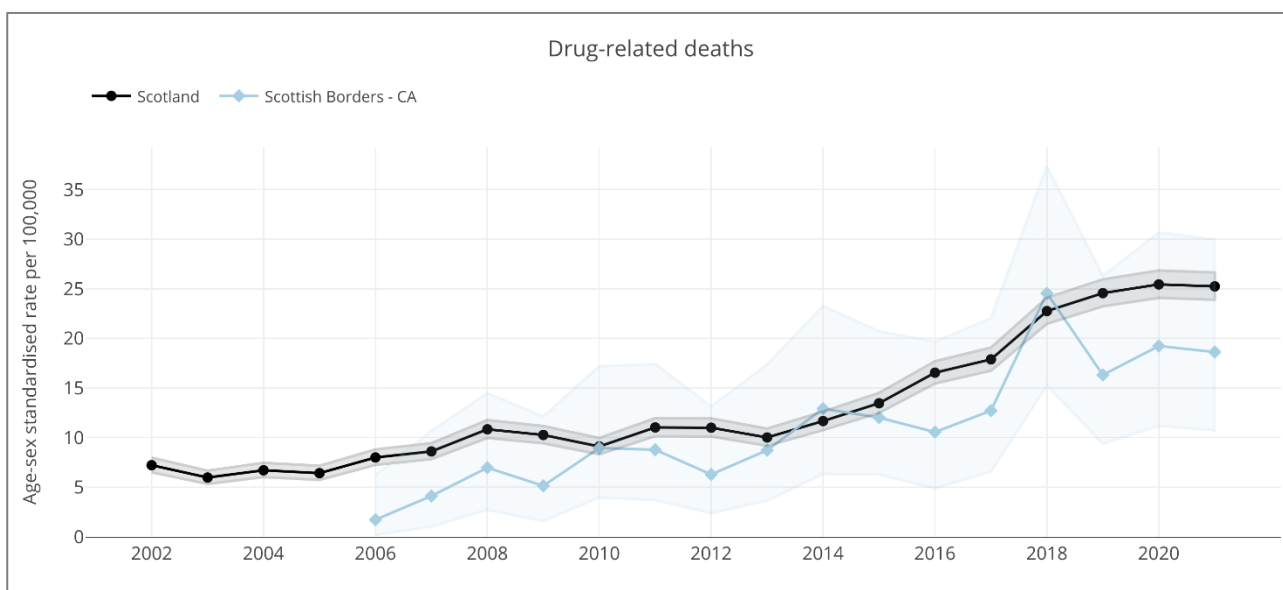
◆ Drug-Related Hospital Admissions and Deaths

The Scottish Borders has consistently had a lower rate of drug-related hospital admissions compared to Scotland.



Source https://scotland.shinyapps.io/ScotPHO_profiles_tool/

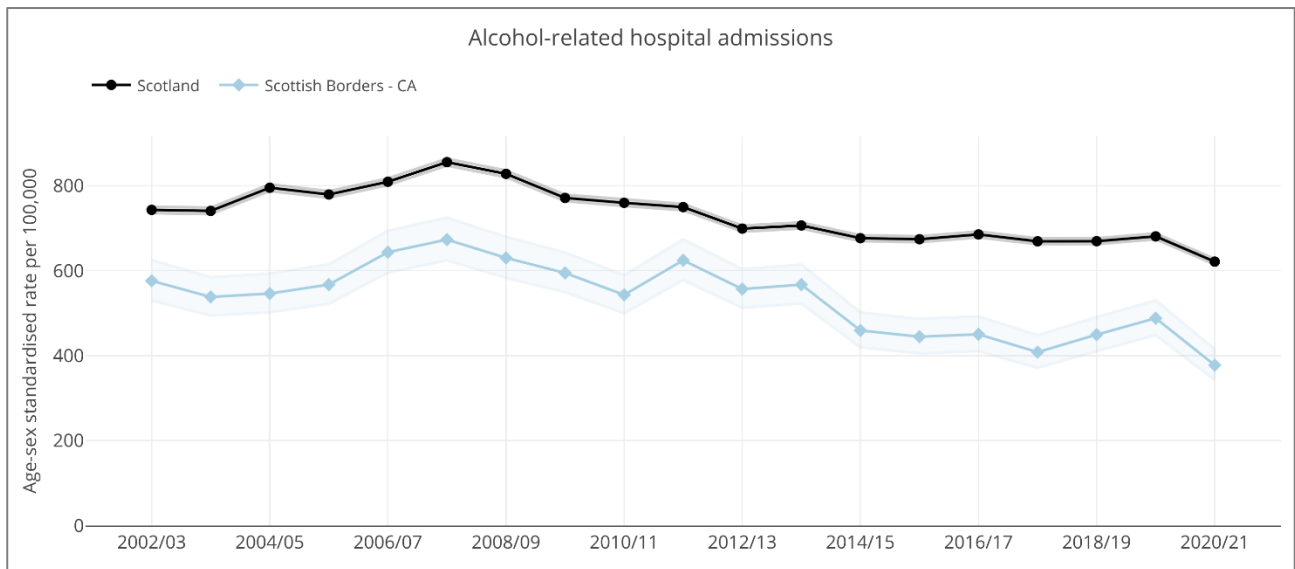
The Scottish Borders has generally had a lower rate of drug-related deaths compared to Scotland.



Source: https://scotland.shinyapps.io/ScotPHO_profiles_tool/

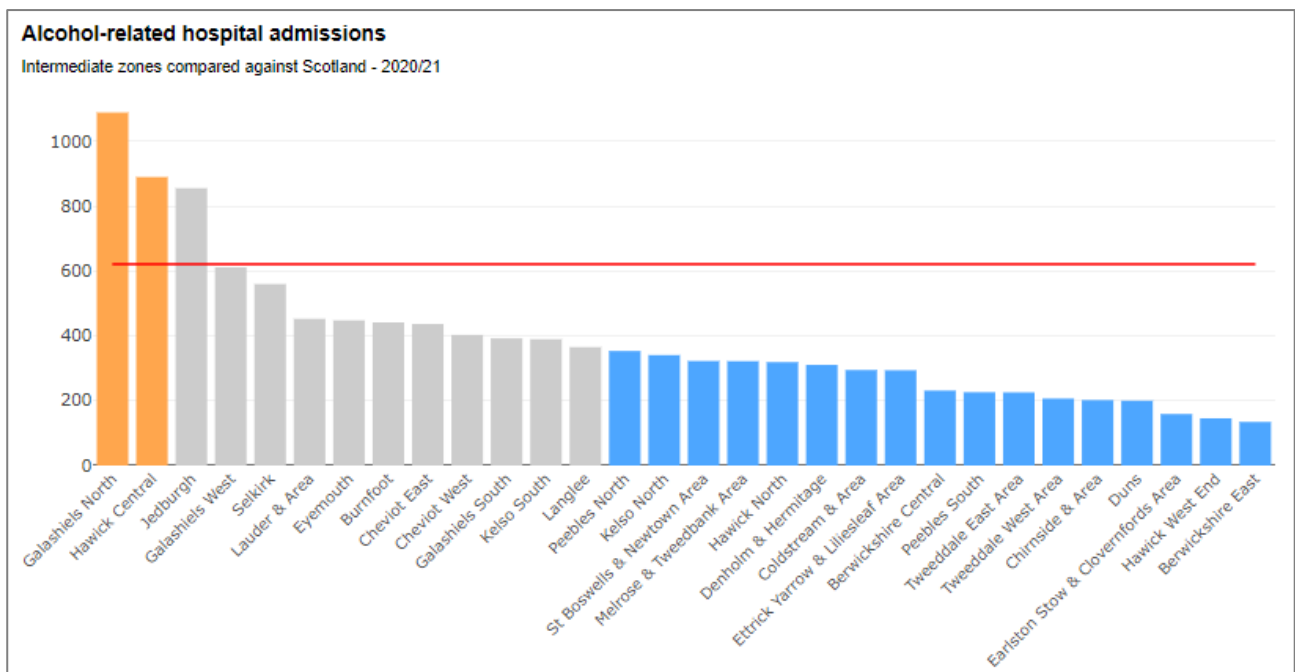
◆ Alcohol-Related Hospital Admissions and Deaths

The Scottish Borders has consistently had a lower rate of alcohol-related hospital admissions compared to Scotland.



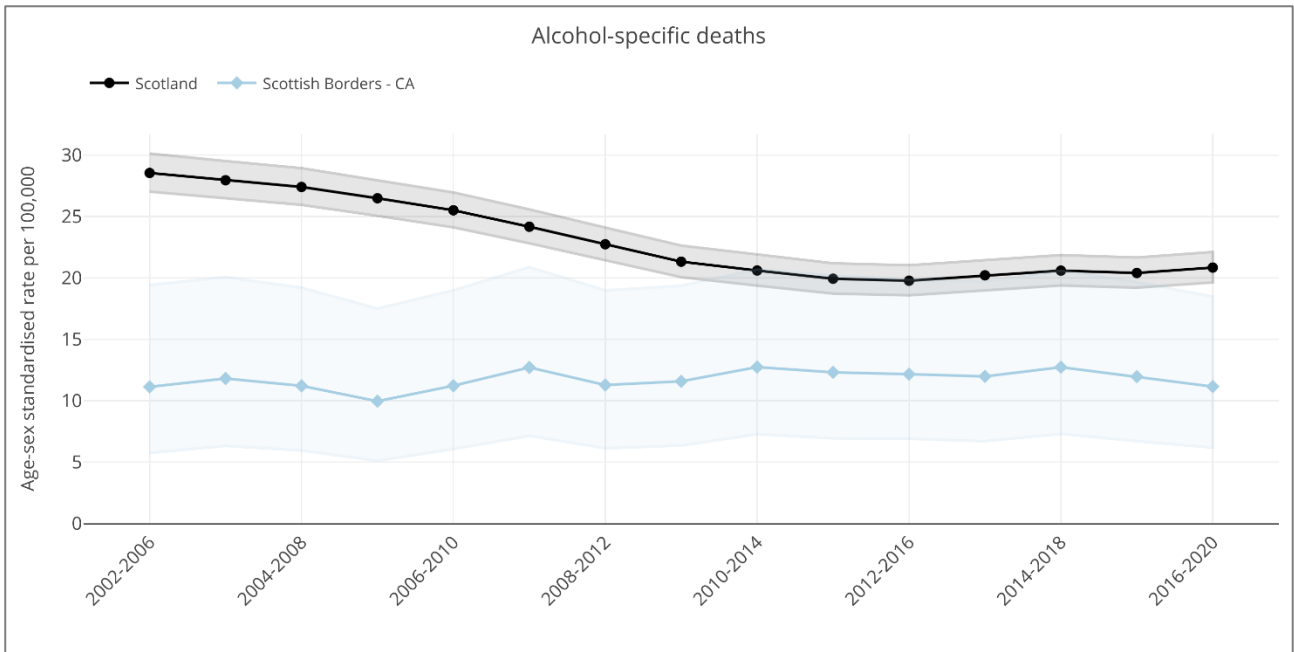
Source: https://scotland.shinyapps.io/ScotPHO_profiles_tool/

Within the Scottish Borders two areas, Galashiels North and Hawick Central, had statistically more alcohol-related hospital admissions compared to Scotland for 2020/21.



Source: https://scotland.shinyapps.io/ScotPHO_profiles_tool/

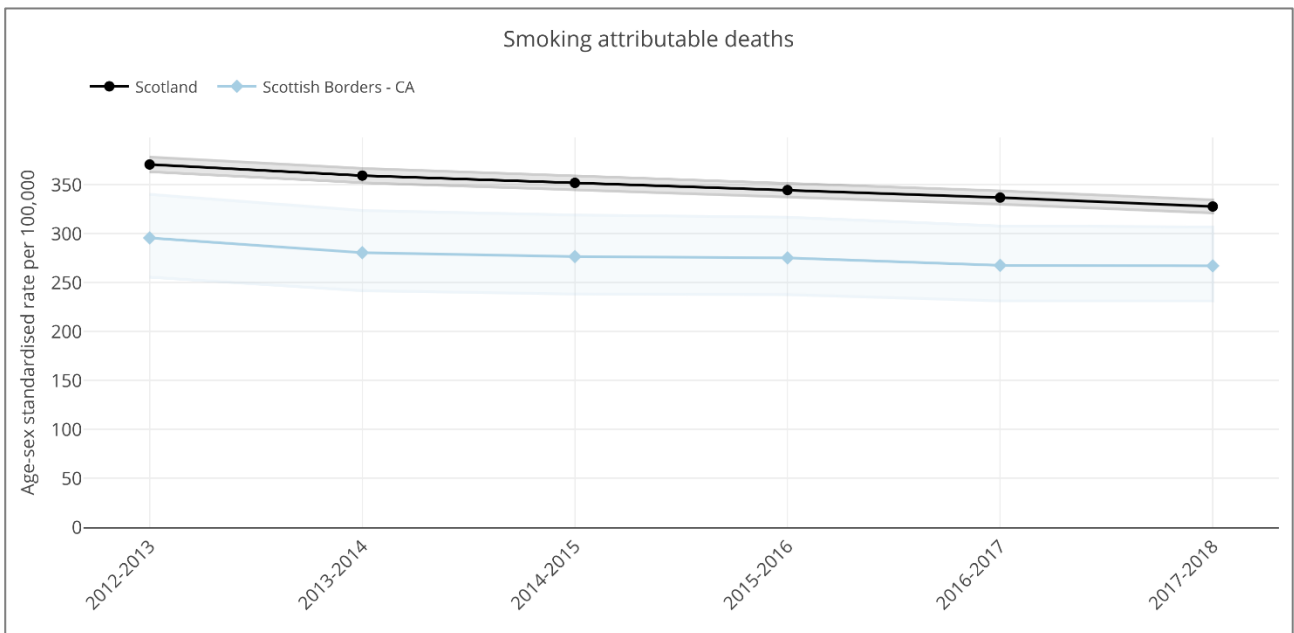
The Scottish Borders has consistently had a lower rate of alcohol specific deaths compared to Scotland.



Source: https://scotland.shinyapps.io/ScotPHO_profiles_tool/

◆ Smoking attributable deaths

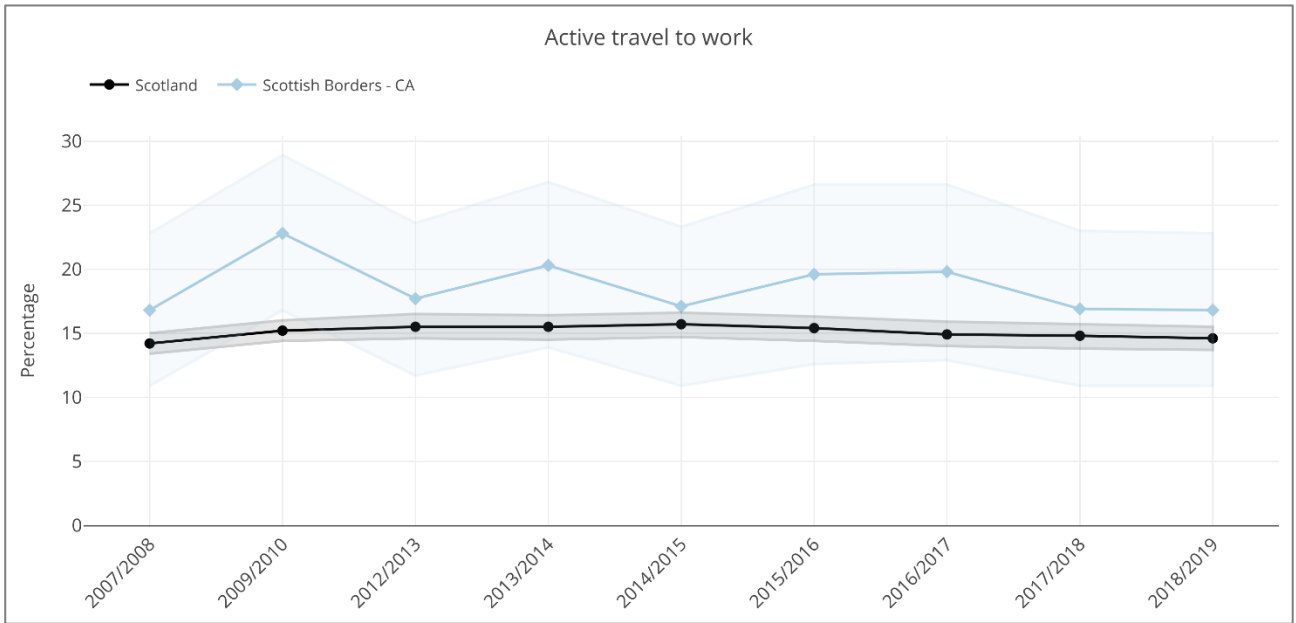
The Scottish Borders has consistently had a lower rate of smoking attributable deaths compared to Scotland.



Source https://scotland.shinyapps.io/ScotPHO_profiles_tool/

◆ Active travel to work

The proportion of adults that actively travel to work (cycling or walking) in the Scottish Borders is similar to the proportion for Scotland.

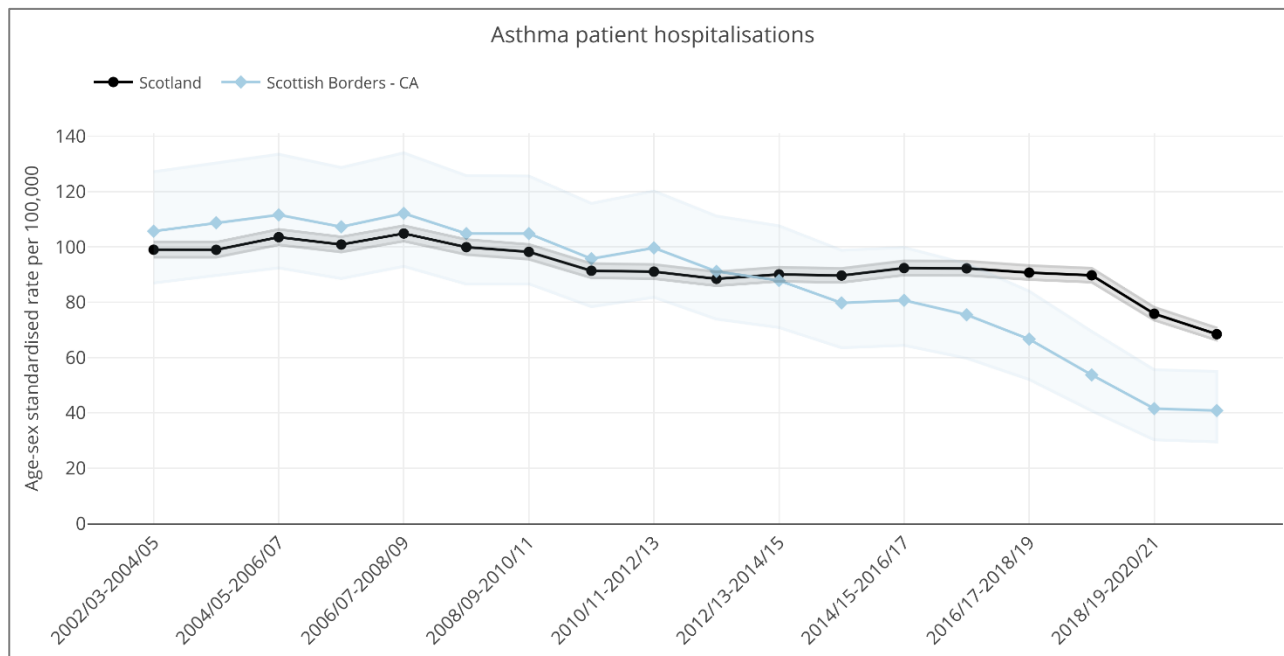


Source: https://scotland.shinyapps.io/ScotPHO_profiles_tool/

Ill Health and Injury

◆ Asthma Patient Hospitalisations

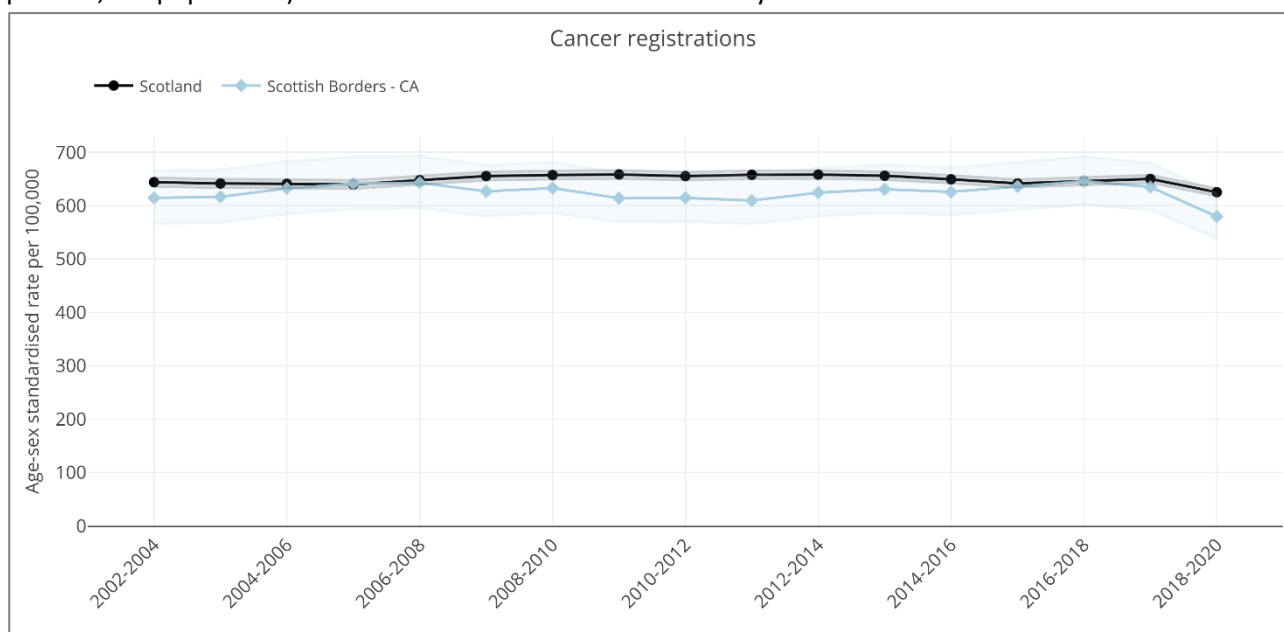
In recent years the rate of asthma patient hospitalisation in the Scottish Borders have been statistically below the rate for Scotland.



Source: https://scotland.shinyapps.io/ScotPHO_profiles_tool/

▲ Cancer registrations

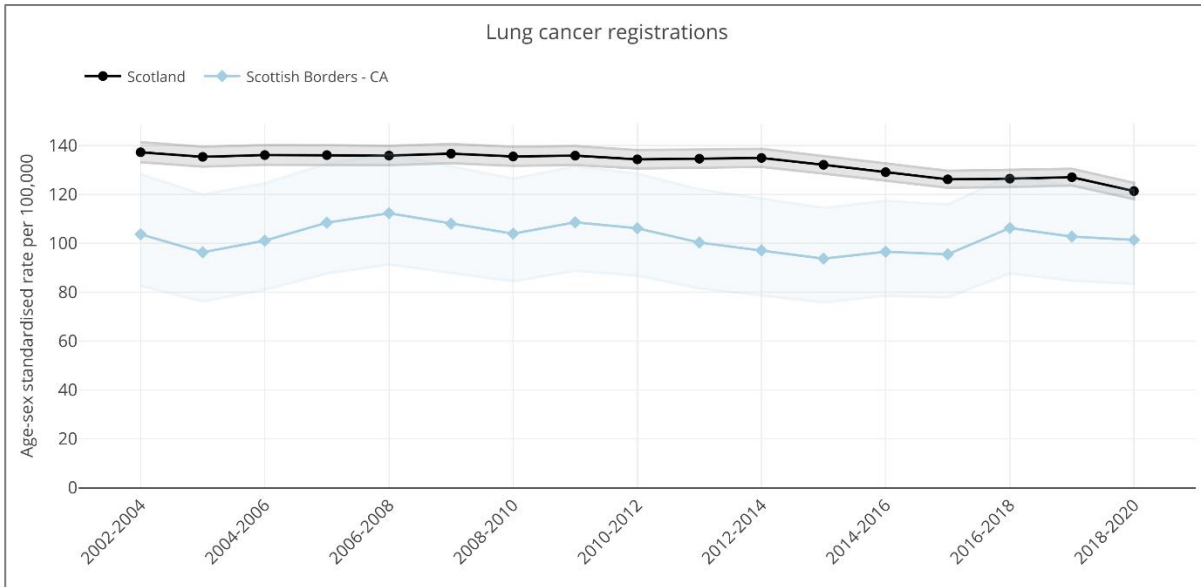
The rate of new cancer registrations (3 year rolling average number and directly age-sex standardised rate per 100,000 population) in the Scottish Borders has consistently been similar to the rate for Scotland.



Source https://scotland.shinyapps.io/ScotPHO_profiles_tool/

▲ Lung cancer registrations

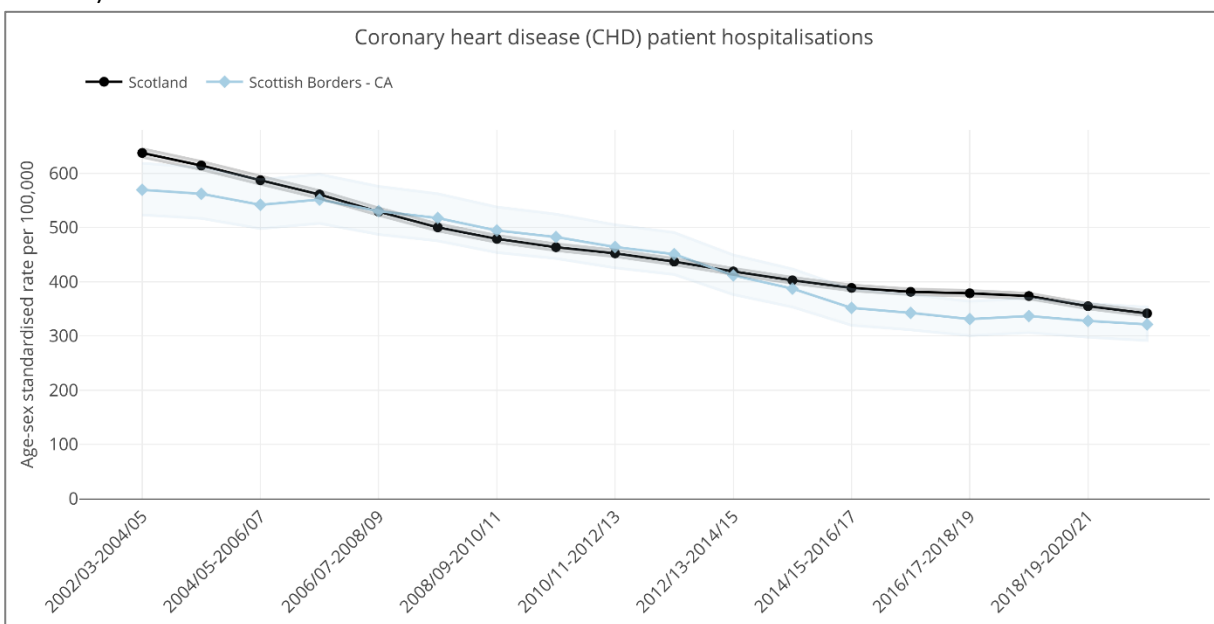
Total number of cancer registrations for lung cancer aged 16+, expressed as 3-year average directly age-sex standardised rate per 100,000 population aged 16 and over in the Scottish Borders has generally been below the level for Scotland.



Source: https://scotland.shinyapps.io/ScotPHO_profiles_tool/

▲ Coronary heart disease (CHD) patient hospitalisations

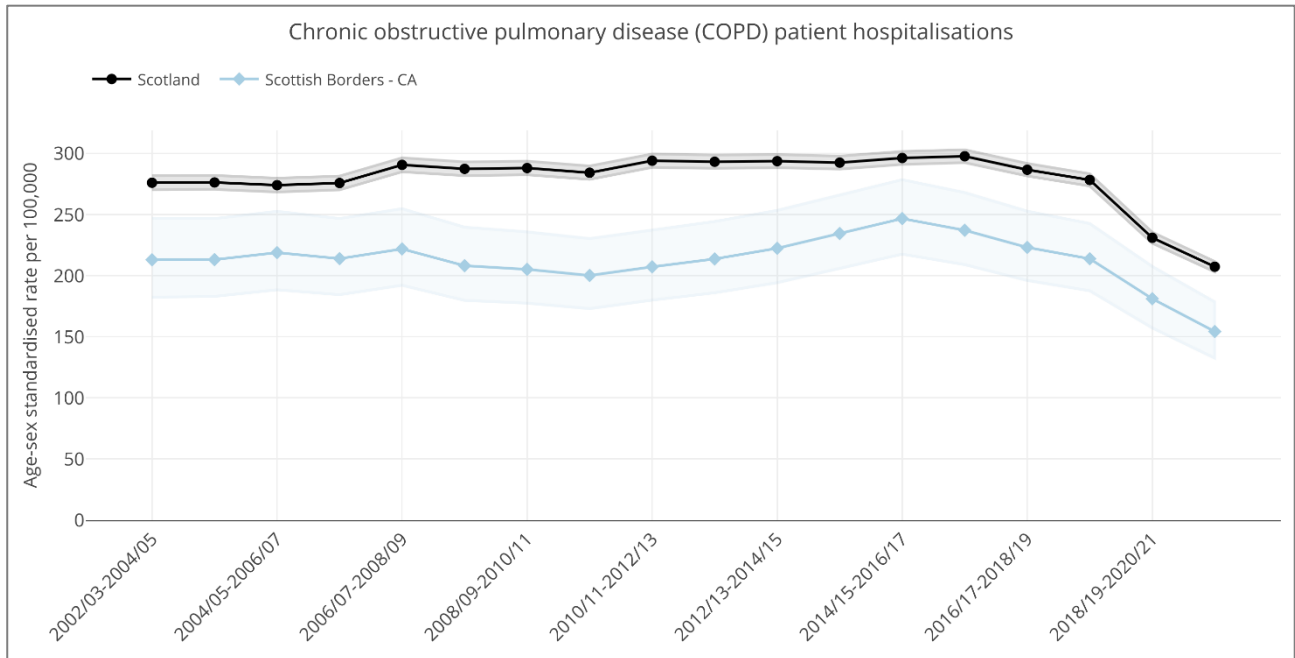
Similar to Scotland the rate of patients discharged from hospital with coronary heart disease (3-year rolling average number and directly age-sex standardised rate per 100,000 population) has reduced in the Scottish Borders).



Source: https://scotland.shinyapps.io/ScotPHO_profiles_tool/

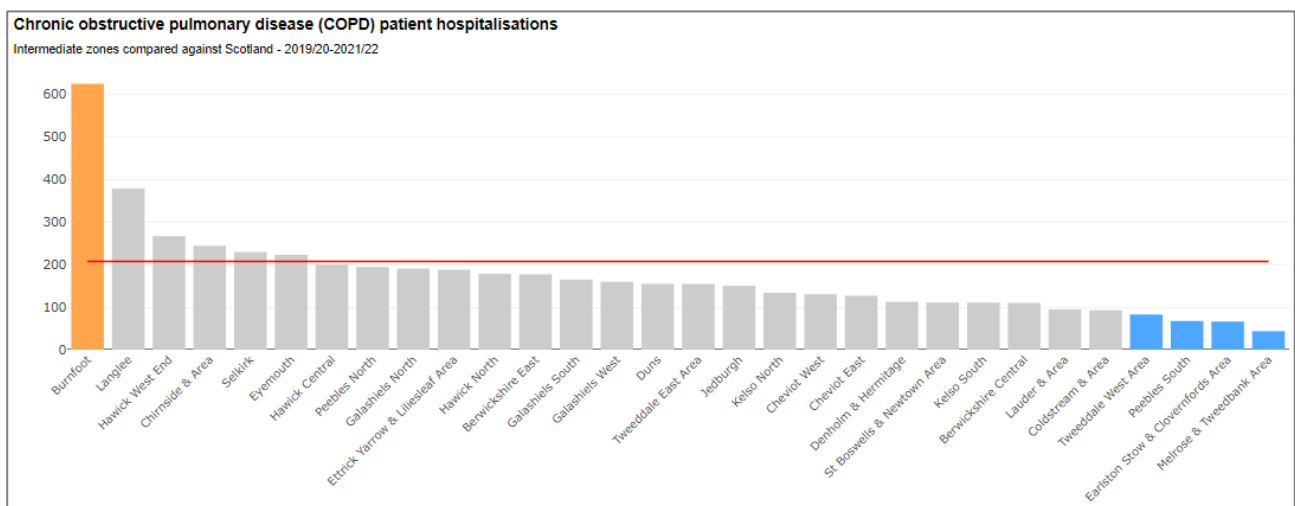
◆ Chronic obstructive pulmonary disease (COPD) patient hospitalisations

The Scottish Borders has consistently had a lower rate of chronic obstructive pulmonary disease (COPD) patient hospitalisations (3-year rolling average number and directly age-sex standardised rate per 100,000 population) compared to Scotland.



Source: https://scotland.shinyapps.io/ScotPHO_profiles_tool/

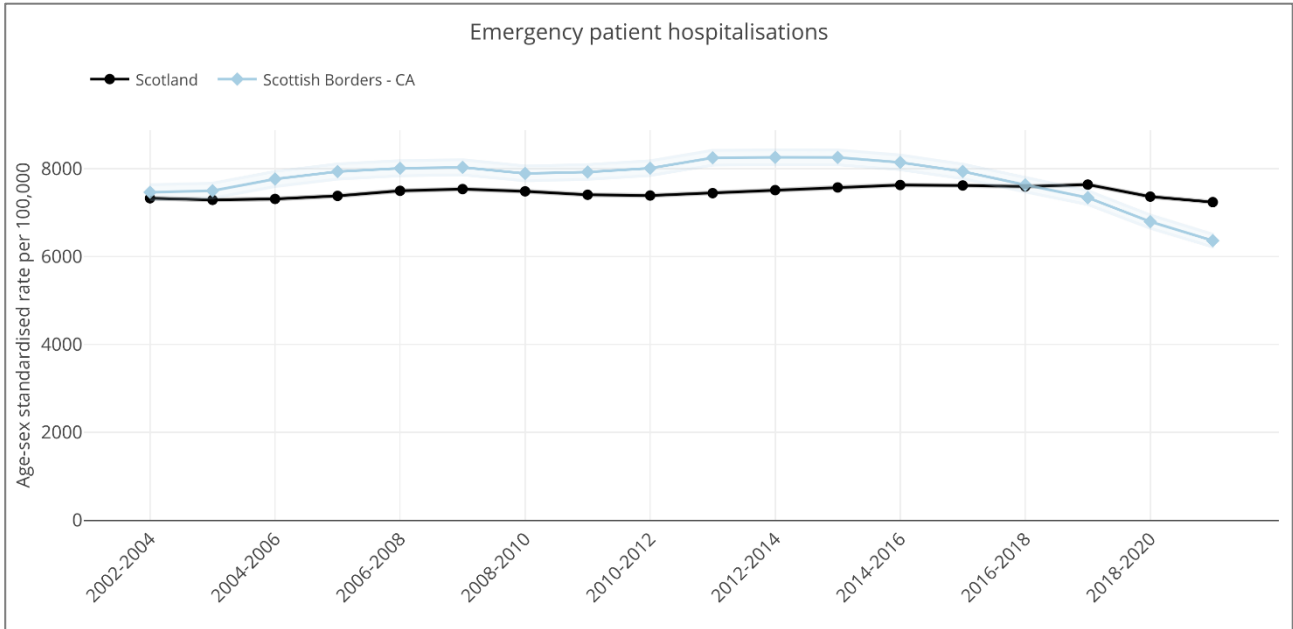
Within the Scottish Borders, Burnfoot had statistically more COPD hospitalisations compared to Scotland and 4 areas had statistically less, these were: Tweeddale West Area, Peebles South, Earliston Stow & Clovenfords Area and Melrose & Tweedbank Area for the 2019-20 to 2021-22 period.



Source: https://scotland.shinyapps.io/ScotPHO_profiles_tool/

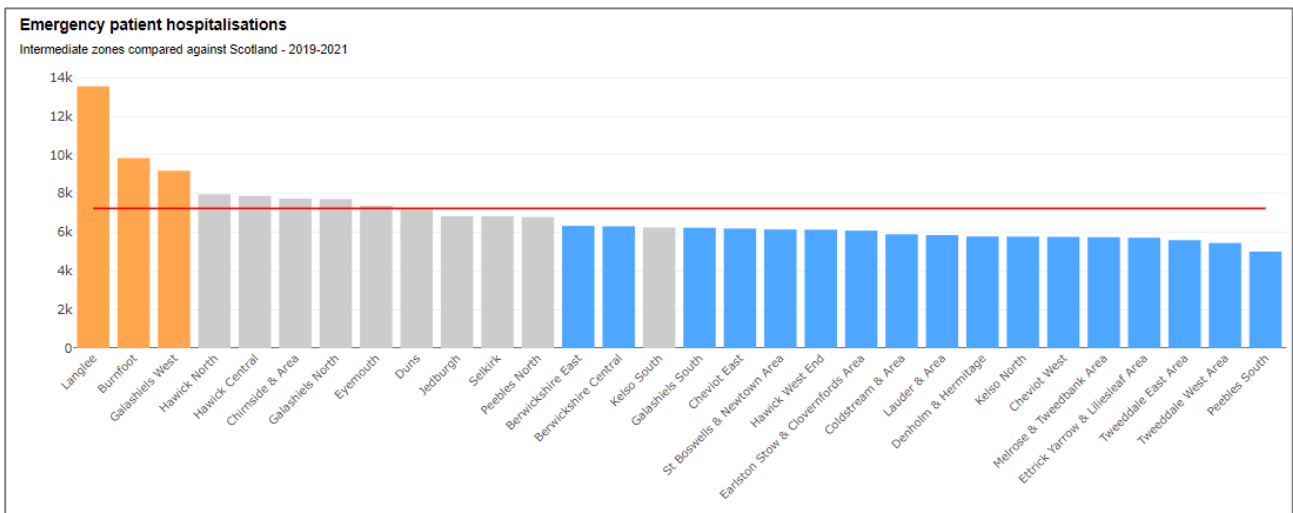
◆ Emergency patient hospitalisations

In recent years the emergency patient hospitalisations (3 year rolling average number and directly age-sex standardised rate per 100,000 population) in the Scottish Borders has reduced and is now below the level for Scotland.



Source https://scotland.shinyapps.io/ScotPHO_profiles_tool/

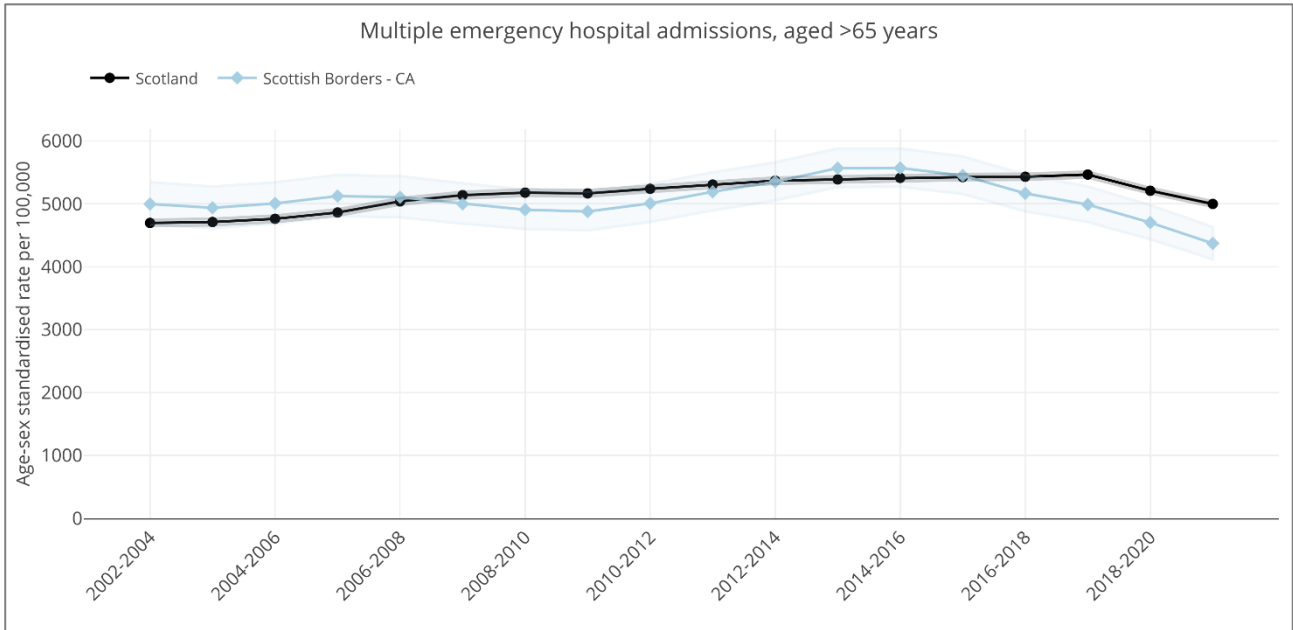
Within the Scottish Borders, between 2019 and 2021, three areas had a statistically higher rate of emergency patient hospitalisations compared to Scotland, these were: Langlee, Burnfoot and Galashiels West.



Source https://scotland.shinyapps.io/ScotPHO_profiles_tool/

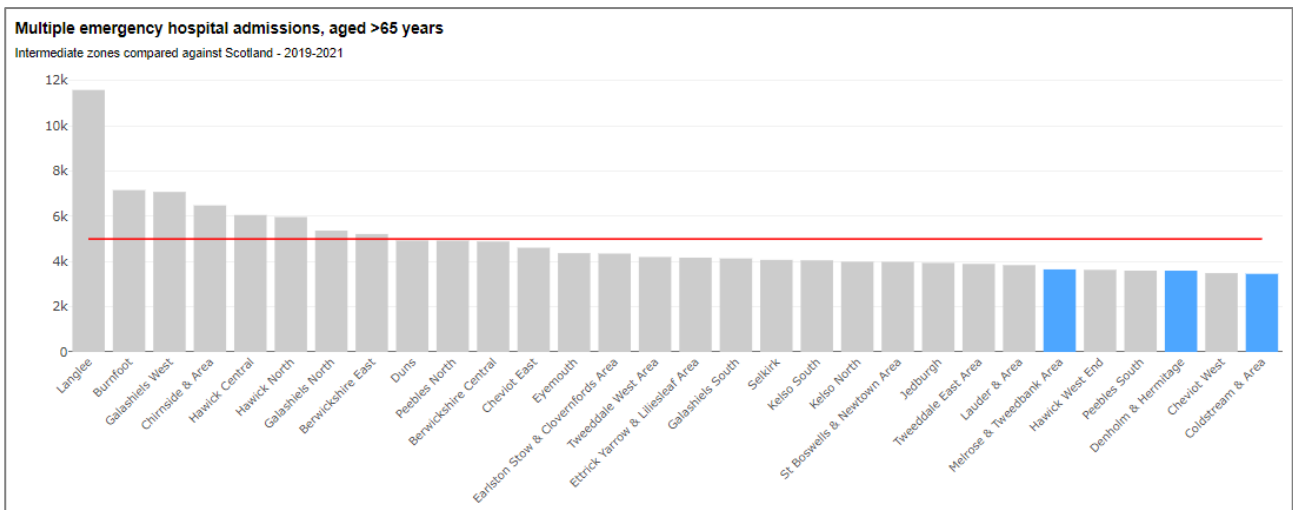
◆ Multiple emergency hospital admissions, aged >65 years

In recent years the multiple emergency hospital admissions, aged >65 years in the Scottish Borders has decreased and is statistically below the level for Scotland. Multiple emergency hospital admissions related to patients aged 65+ years with 2 or more emergency hospital admissions, discharged from hospital: 3 year rolling average number and directly age-sex standardised rate per 100,000 population.



Source: https://scotland.shinyapps.io/ScotPHO_profiles_tool/

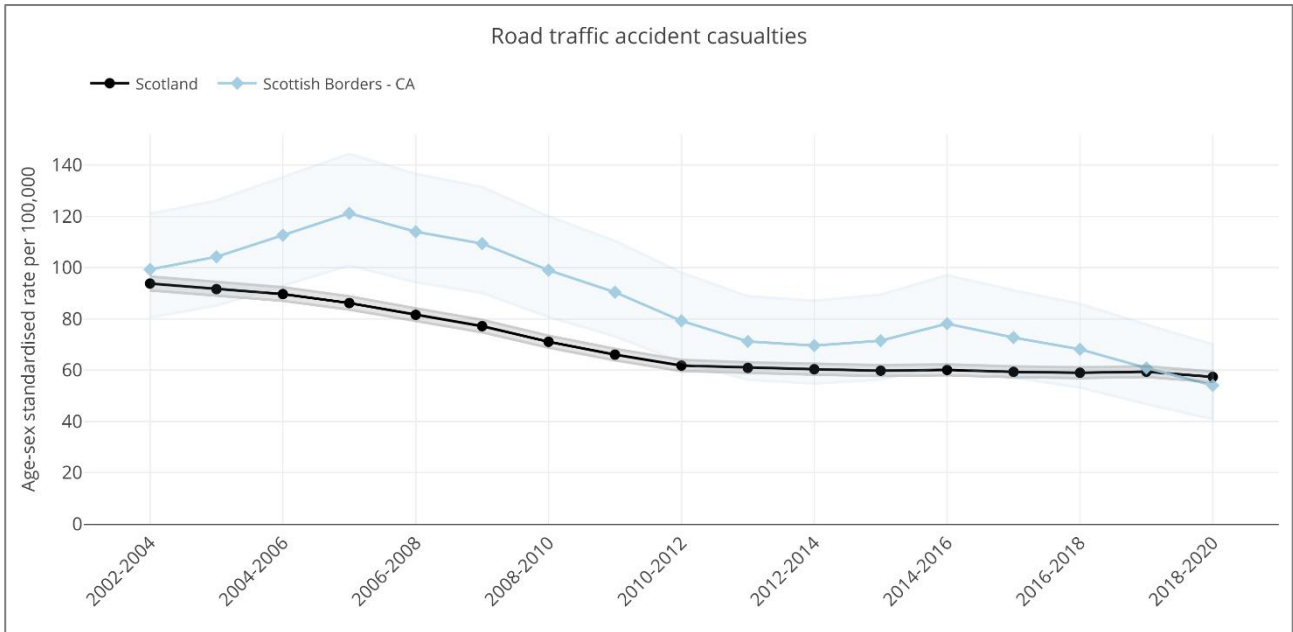
For the period 2019-2021 there were three areas in the Scottish Borders where there was statistically few multiple emergency hospital admission for people age 65 or older, these were: Melrose & Tweedbank Area, Denholm & Hermitage and Coldstream & Area.



Source: https://scotland.shinyapps.io/ScotPHO_profiles_tool/

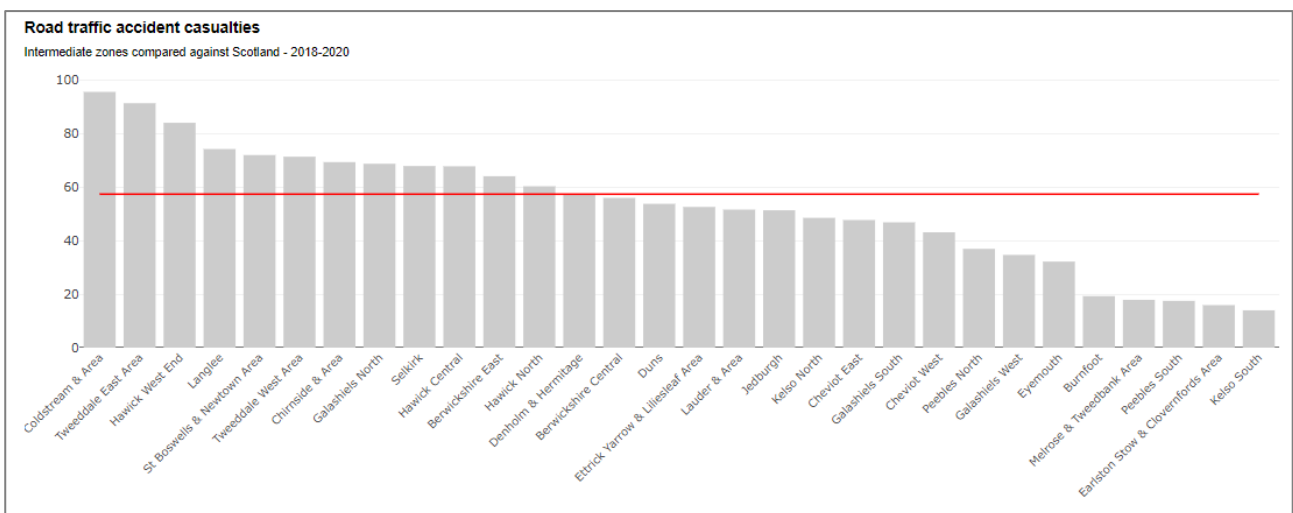
▲ Road traffic accident casualties

In recent years in the Scottish Borders the patients discharged from hospital after an emergency admission or died as a result of a road traffic accident (3-year rolling average number and 3 directly age-sex standardised rate per 100,000 population) has reduced to a similar level as Scotland.



Source: https://scotland.shinyapps.io/ScotPHO_profiles_tool/

For the time period 2019-2021 the rate of road traffic accident casualties per 100,000 ranged from 95.53 for Coldstream & Area to 13.95 for Kelso South compared to 57.33 for Scotland.

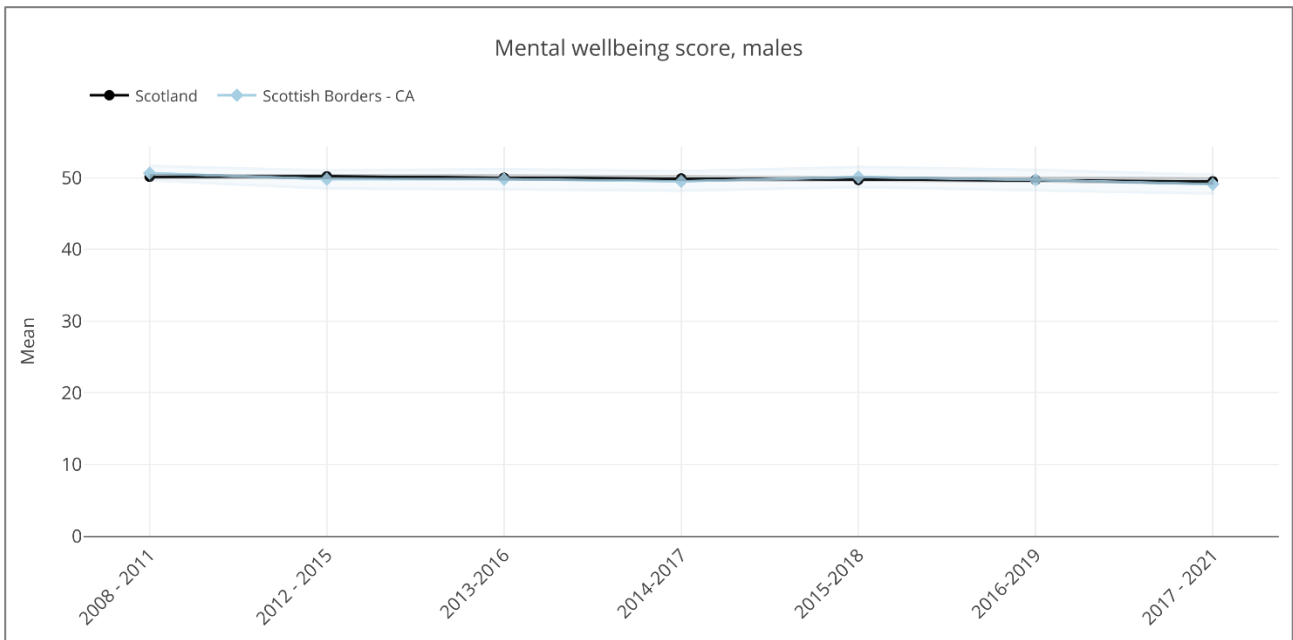


Mental Health

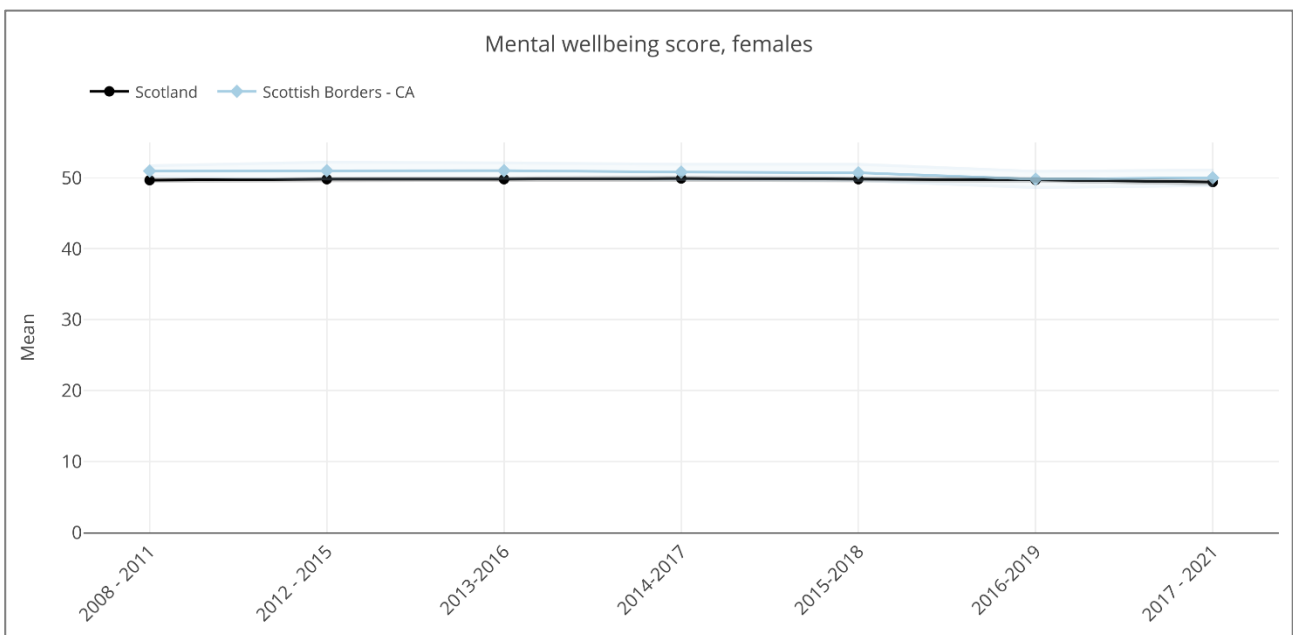
▲ Mental Wellbeing Score

The [Warwick-Edinburgh Mental Wellbeing](#) (WEMWBS) scale was developed to enable the monitoring of mental wellbeing in the general population and the evaluation of projects, programmes and policies which aim to improve mental wellbeing. The 14-item scale of the WEMWBS covers key aspects of psychological functioning: optimism, autonomy, agency, curiosity, clarity of thought and positive relationships; and positive affect (feelings): confidence, feeling relaxed, cheerful, having the energy to spare.

For both men and women in the Scottish Borders the mental wellbeing score has been similar to the score for Scotland.



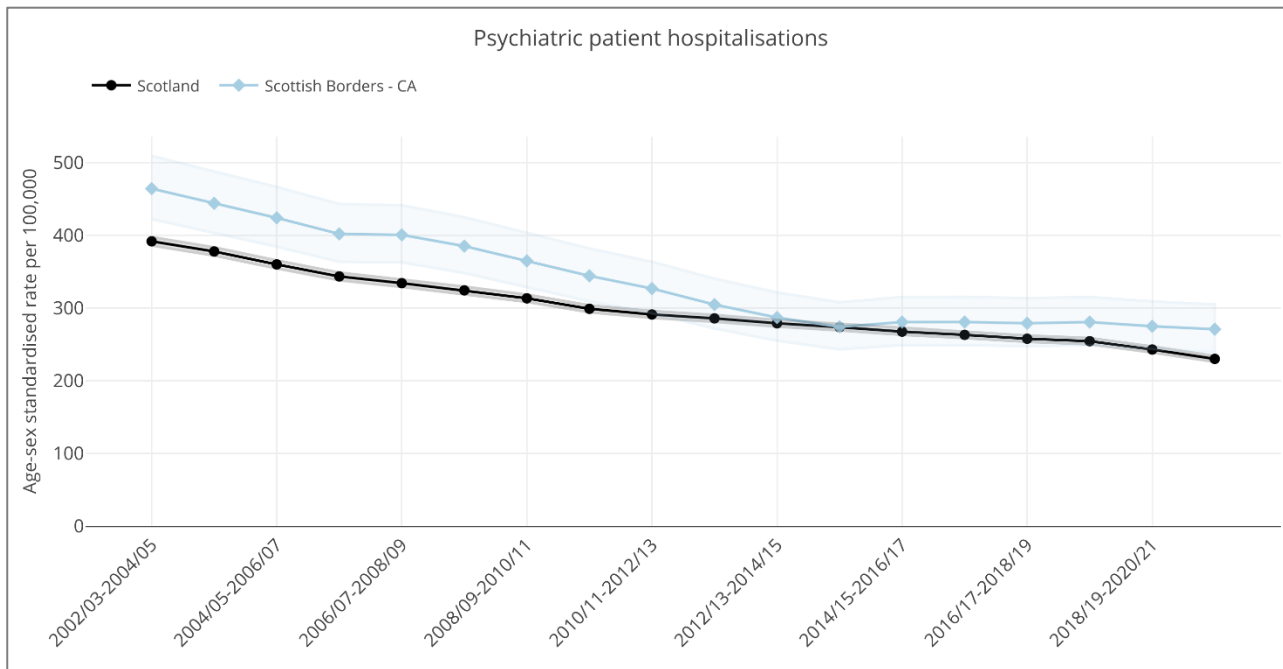
Source: https://scotland.shinyapps.io/ScotPHO_profiles_tool/



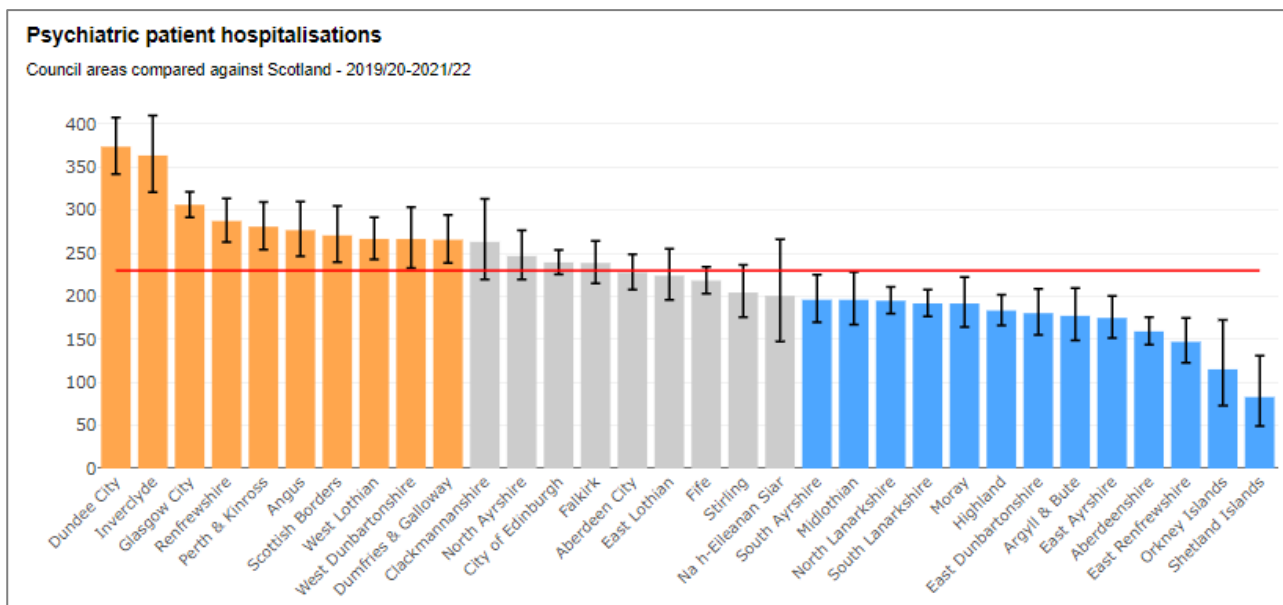
Source: https://scotland.shinyapps.io/ScotPHO_profiles_tool/

● Psychiatric patient hospitalisations

Like Scotland, in the Scottish Borders the rate of patients discharged from psychiatric hospitals (3-year rolling average number and directly age-sex standardised rate per 100,000 population) has reduced from the rate that was experienced in 2002/03-2004/05.



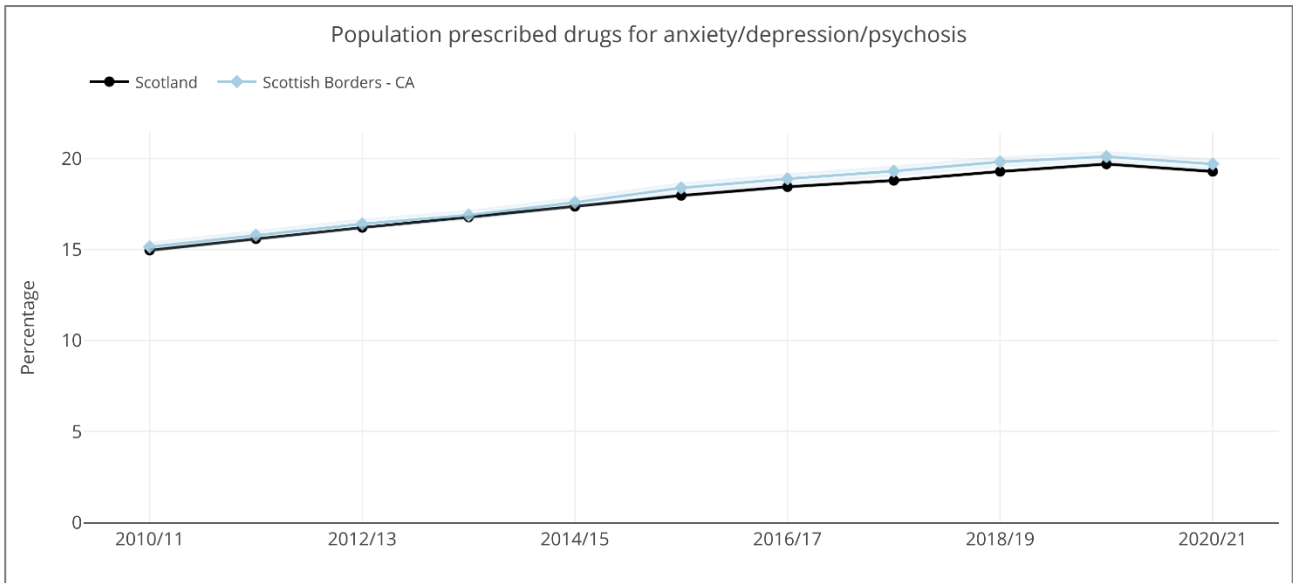
Source: https://scotland.shinyapps.io/ScotPHO_profiles_tool/



Source https://scotland.shinyapps.io/ScotPHO_profiles_tool/

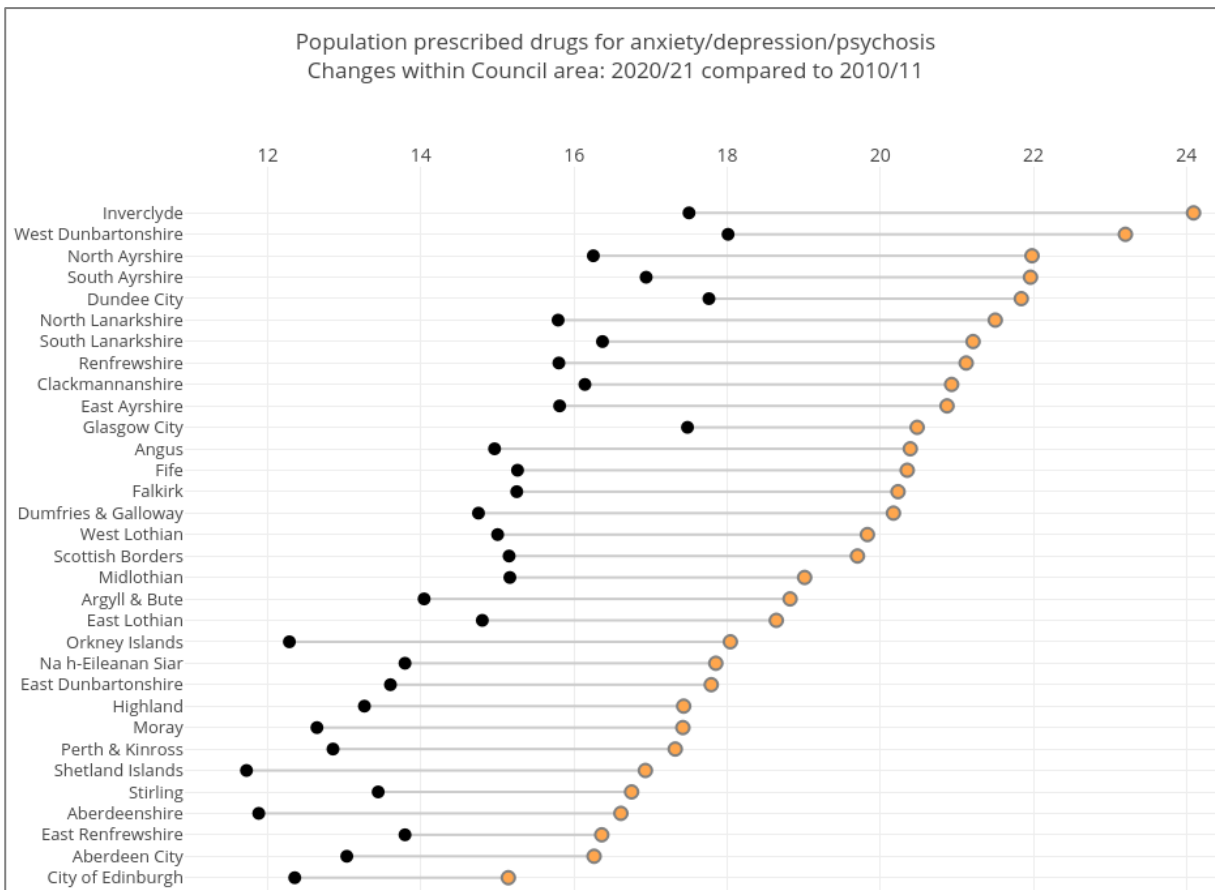
● Population prescribed drugs for anxiety/depression/psychosis

The estimated percentage of population being prescribed drugs for anxiety, depression or psychosis in the Scottish Borders has increased from 15% in 2010/11 to 20% in 2020/21, similar to Scotland.



Source: https://scotland.shinyapps.io/ScotPHO_profiles_tool/

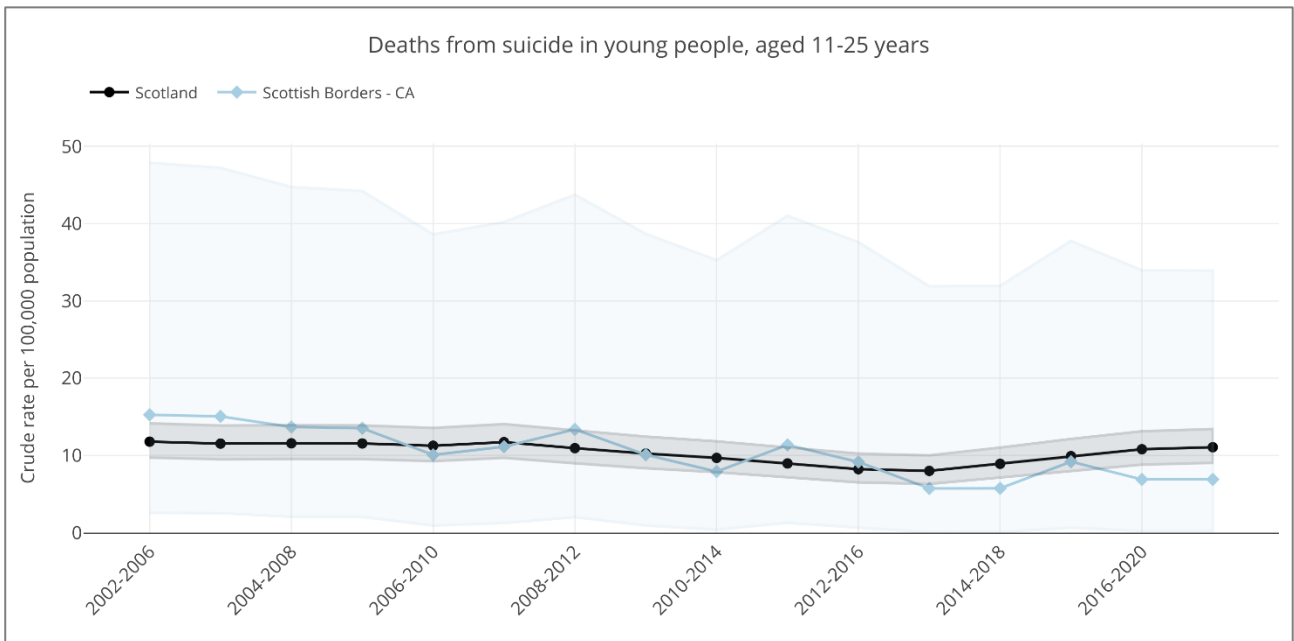
For all areas of Scotland the proportion of population prescribed drugs for anxiety/depression/psychosis has significantly gotten worse between 2010/11 and 2020/21.



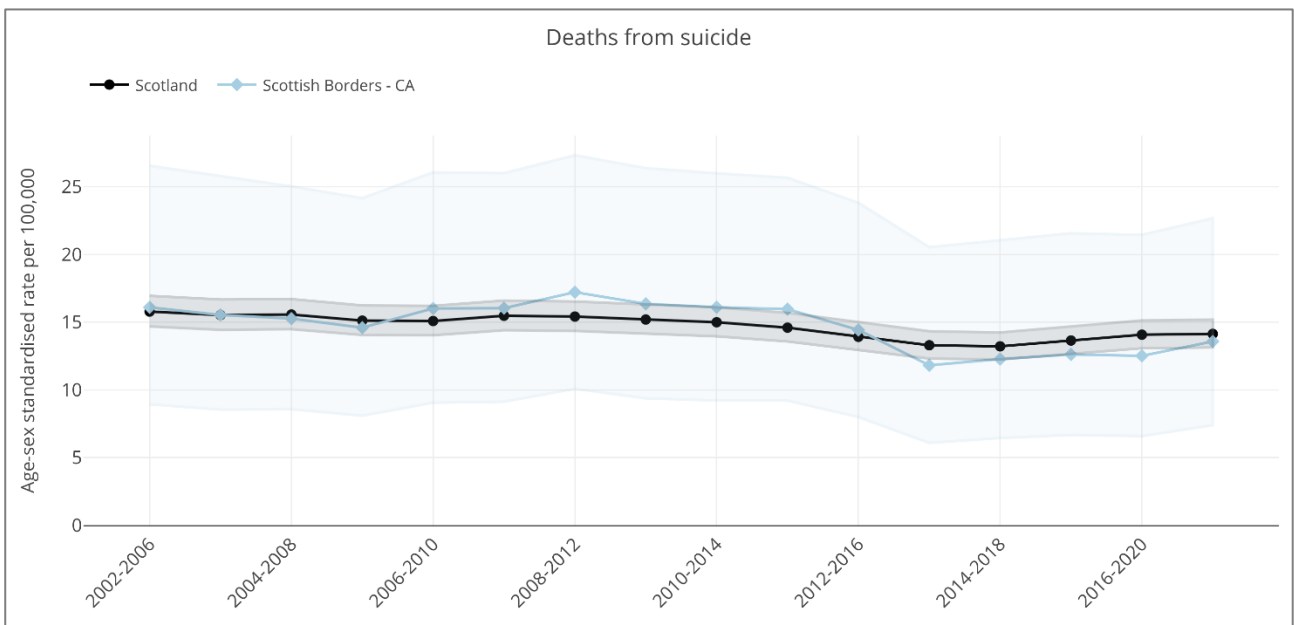
Source: https://scotland.shinyapps.io/ScotPHO_profiles_tool/

▲ Deaths from suicide

Deaths from suicide in young people (aged 11-25 years) in the Scottish Borders has been similar to the level for Scotland (5-year rolling average number and crude rate per 100,000 people aged 11-25 years).



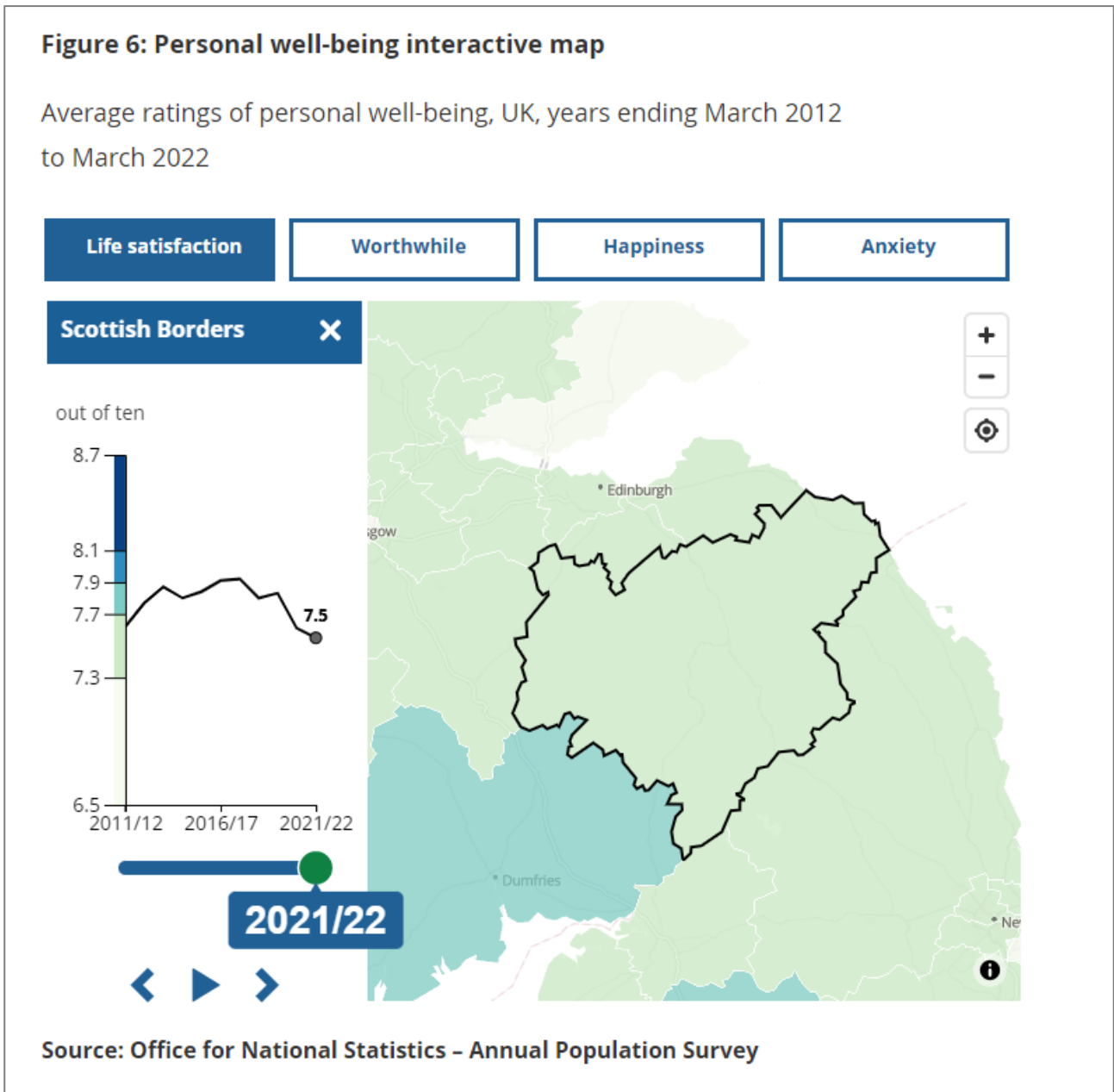
Deaths from suicide in the Scottish Borders (5-year rolling average number and directly age-sex standardised rate per 100,000 population) has been similar to the level for Scotland.



Personal Well-Being

The [Personal well-being in the UK - Office for National Statistics \(ons.gov.uk\)](https://ons.gov.uk) report provides estimates of life satisfaction, feeling that the things done in life are worthwhile, happiness and anxiety. Personal well-being improved in the year ending March 2022, but remained below pre-coronavirus (COVID-19) pandemic levels.

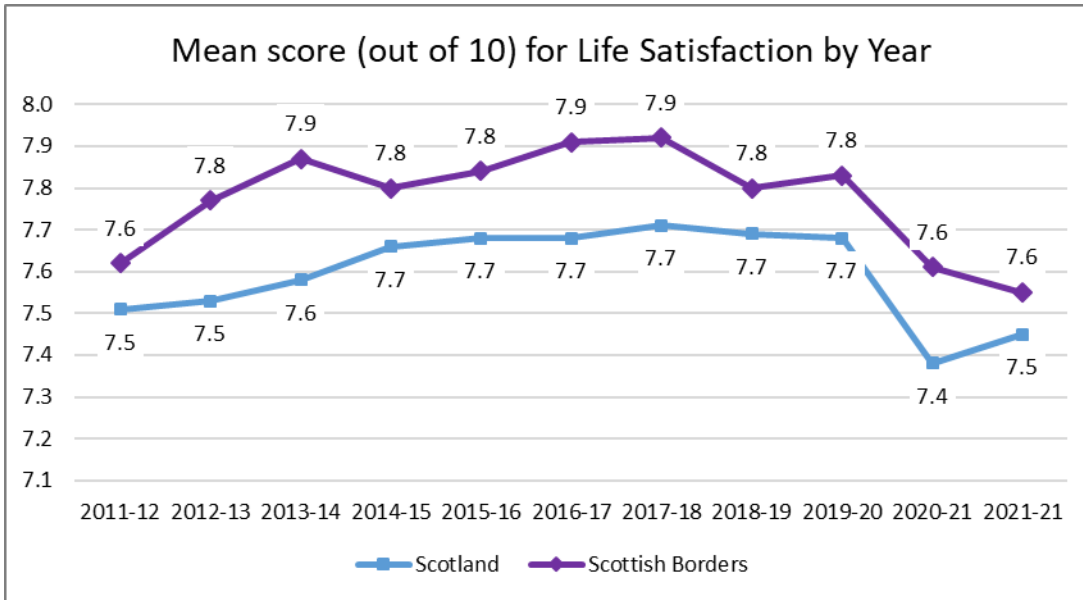
Section 4 of the report shows well-being by local area, below is a screenshot of the interactive map (Figure 6).



The following pages show the changes over time in the mean score for each of the 4 well-being items for Scottish Borders and Scotland and a threshold breakdown for 2021/22.

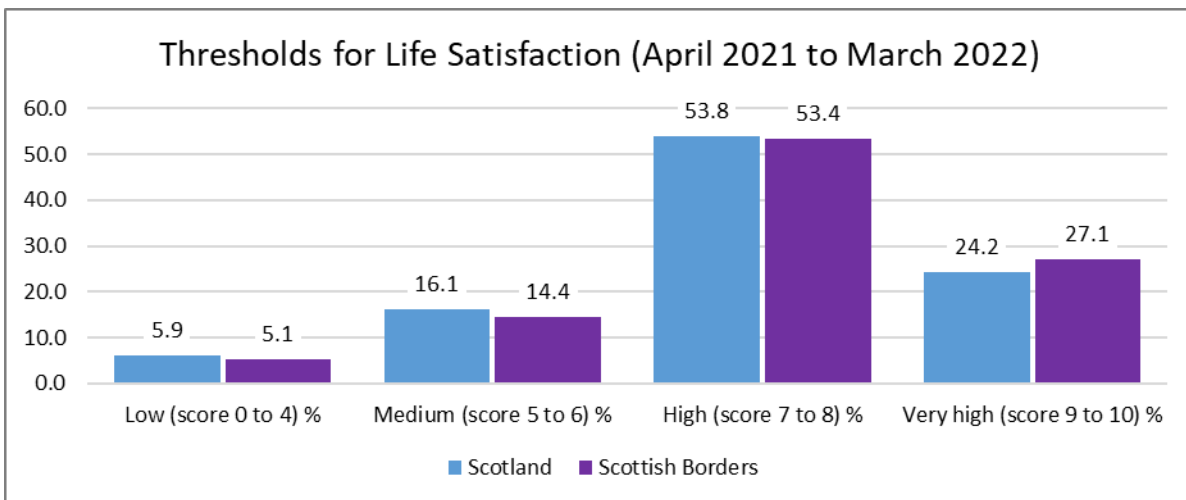
▲ Life Satisfaction

In the Annual Population Survey respondents are asked out of 10 “Overall, how satisfied are you with your life nowadays?” Life Satisfaction has consistently been a little higher in the Scottish Borders compared to Scotland.



Source: <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/datasets/headlineestimatesofpersonalwellbeing>

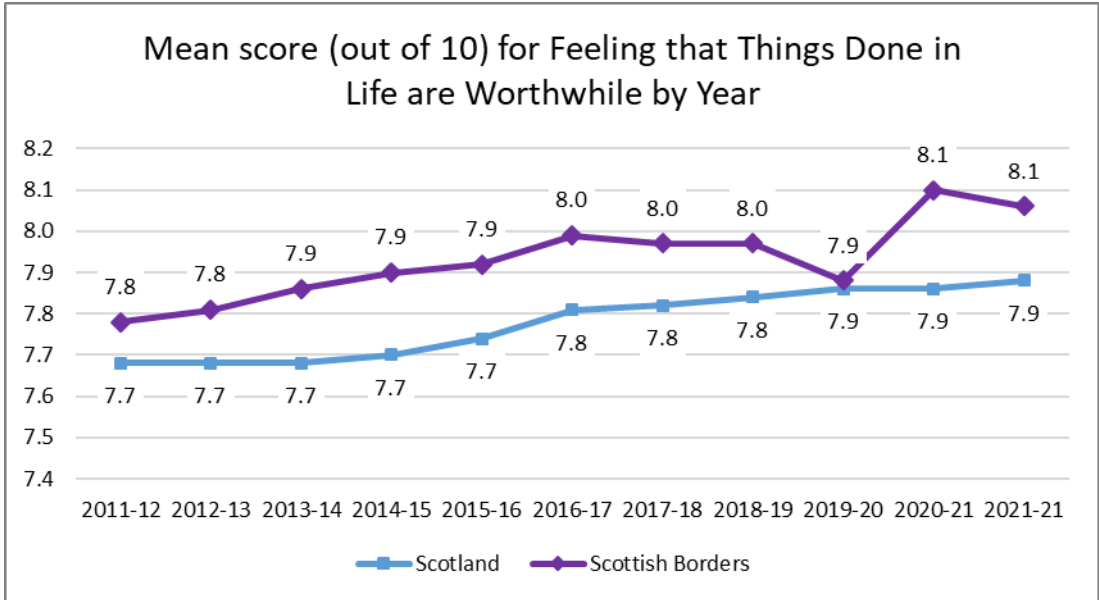
For the April 2021 to March 2022 year the proportion of responses by threshold for Life Satisfaction in the Scottish Borders is similar to Scotland.



Source: <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/datasets/headlineestimatesofpersonalwellbeing>

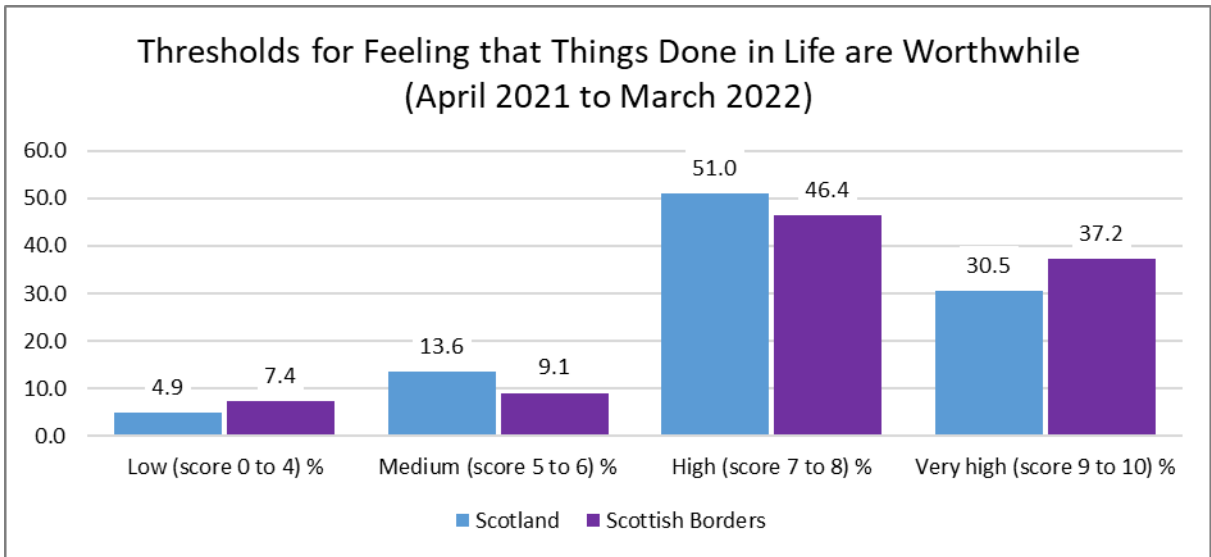
▲ Feeling That Things Done in Life are Worthwhile

In the Annual Population Survey respondents are asked out of 10 “Overall, to what extent do you feel that the things you do in your life are worthwhile?” Feeling Worthwhile has consistently been a little higher in the Scottish Borders compared to Scotland.



Source: <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/datasets/headlineestimatesofpersonalwellbeing>

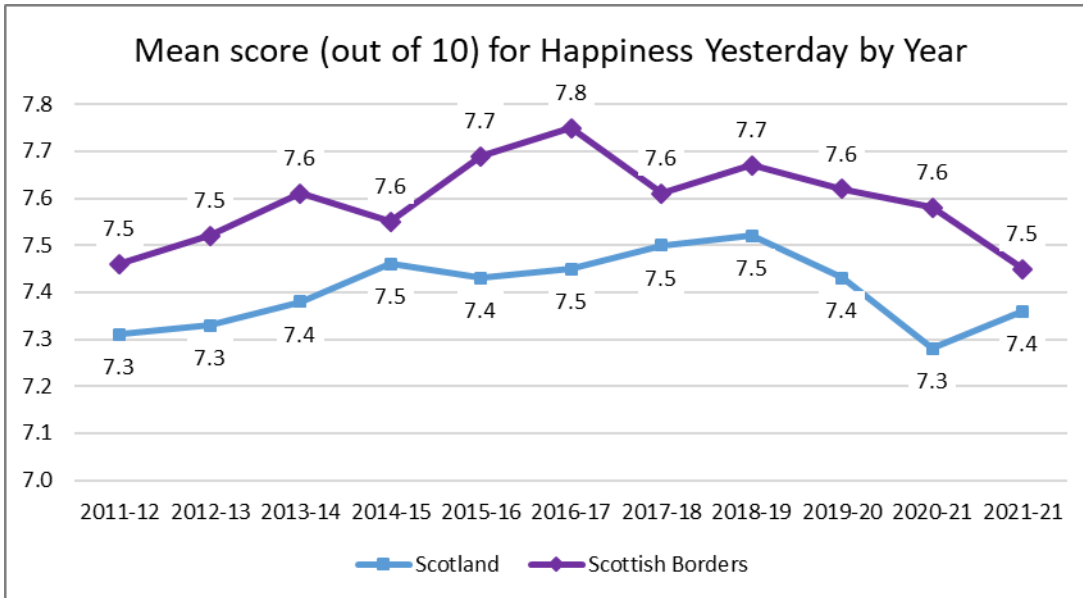
For the April 2021 to March 2022 year the proportion of responses by threshold for Feeling Worthwhile in the Scottish Borders is similar to Scotland.



Source: <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/datasets/headlineestimatesofpersonalwellbeing>

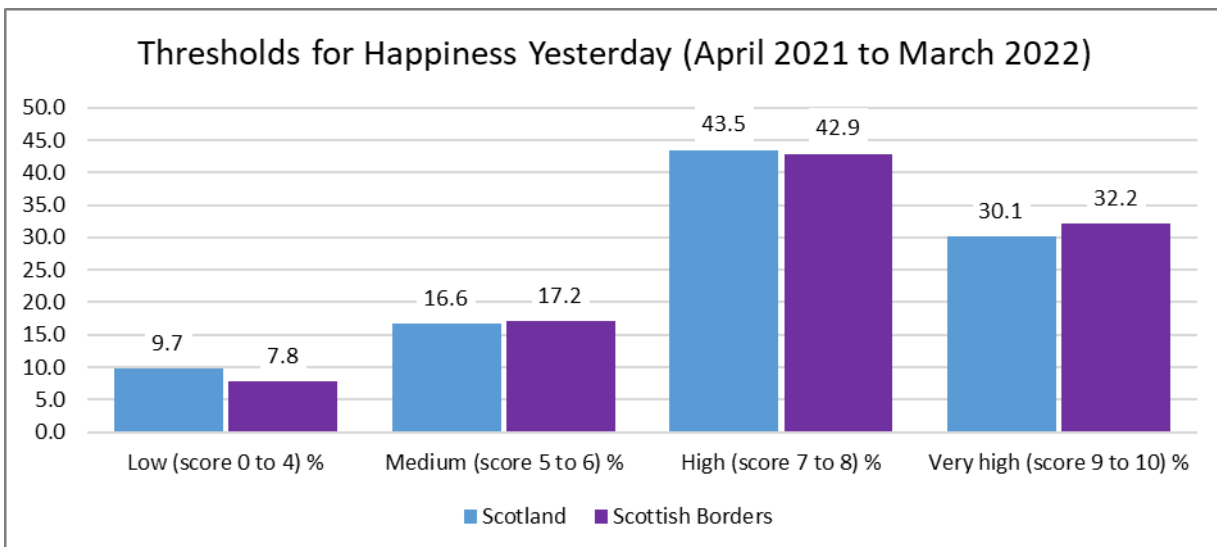
▲ Happiness Yesterday

In the Annual Population Survey respondents are asked out of 10 “Overall, how happy did you feel yesterday?” Happy Yesterday has consistently been a little higher in the Scottish Borders compared to Scotland.



Source: <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/datasets/headlineestimatesofpersonalwellbeing>

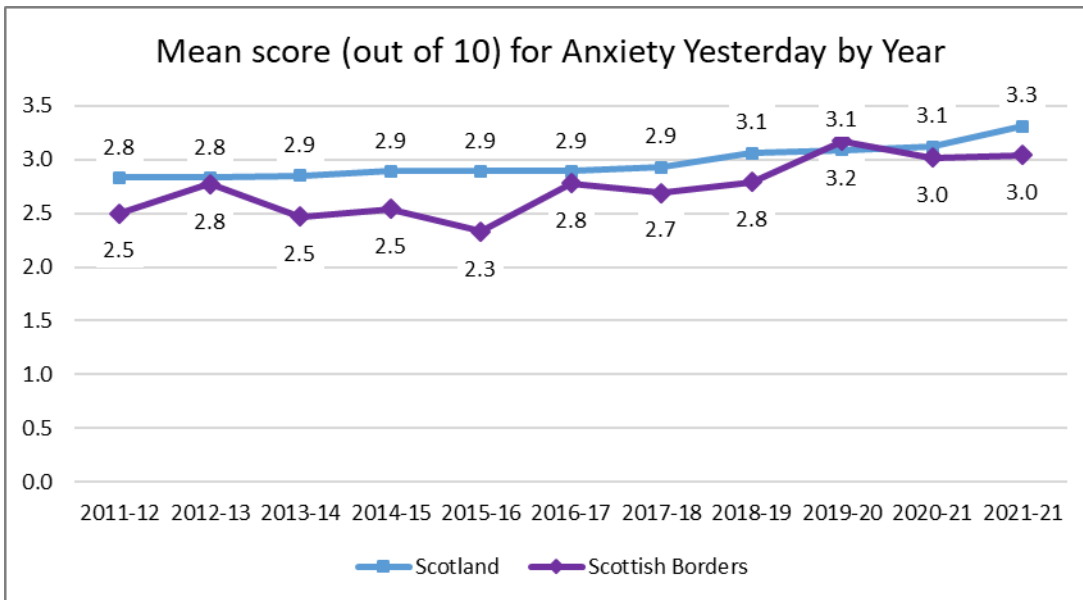
For the April 2021 to March 2022 year the proportion of responses by threshold for Happy Yesterday in the Scottish Borders is similar to Scotland.



Source: <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/datasets/headlineestimatesofpersonalwellbeing>

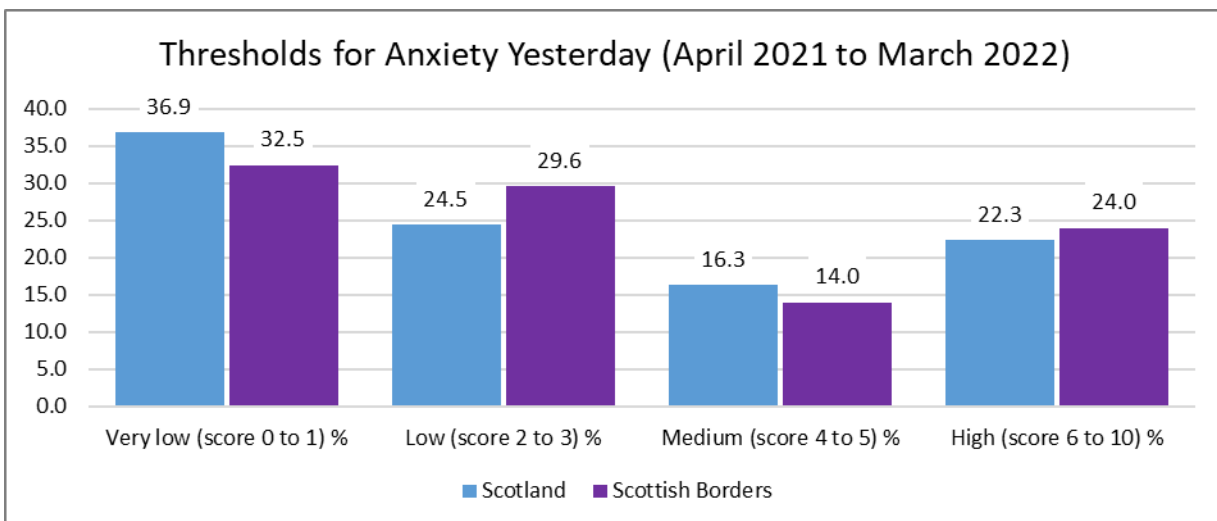
▲ Anxiety Yesterday

In the Annual Population Survey respondents are asked out of 10 “Overall, how anxious did you feel yesterday?” Anxious Yesterday has consistently been a little lower in the Scottish Borders compared to Scotland.



Source: <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/datasets/headlineestimatesofpersonalwellbeing>

For the April 2021 to March 2022 year the proportion of responses by threshold for Anxious Yesterday in the Scottish Borders is similar to Scotland.



Source: <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/datasets/headlineestimatesofpersonalwellbeing>