

# Household type

## GoWell in the East End: key equalities issues in the baseline survey

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## Preface

In 2012, GoWell East conducted a community survey around the main Glasgow 2014 Commonwealth Games sites in the East End of the city. This survey was planned as part of a longer-term evaluation of the impacts of the Games for the host community in the East End of Glasgow. This 'Household type' report (incorporating the issue of age) is the second of four 'Equalities' reports, designed to provide a baseline of differences between various equalities groups prior to the Games, in relation to the Scottish Government's four legacy themes: Active; Flourishing; Connected; and Sustainable. Three other reports examine equality issues relating to gender, longstanding health problems and ethnic background.

## Acknowledgements

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Thanks also go to all of the community groups, housing associations and other stakeholders, whose interest and feedback have helped to motivate and guide the research.

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# 1 Introduction

## 1.1 GoWell in the East End

GoWell in the East End is a long-term study of the impacts of the Commonwealth Games (CWG) and associated regeneration activities upon the people and place of the East End of Glasgow. A baseline survey of the study area was carried out between May and August 2012, with key findings relating to Scottish Government Legacy themes presented in a Headline Indicators report available at: [www.gowellonline.com](http://www.gowellonline.com). Details of the study area and the survey are given in that report.

A total of 1,015 adult householders were interviewed across the study area, with a response rate of 9.8%. Table 1 shows the breakdown of the achieved sample by constituent community, and the close comparison with the distribution of residential properties across the study area<sup>1</sup>.

Table 1. Achieved sample by Sub-Area.

<b>Sub-area</b>	<b>Interviews achieved</b>	<b>% of Total</b>	<b>All dwellings in study area<sup>1</sup></b>
Bridgeton	355	35.0	36.4
Calton	207	20.4	21.8
Camlachie	58	5.7	4.1
Dalmarnock	98	9.7	9.1
Gallowgate	44	4.3	6.4
Parkhead	253	24.9	22.2
<b>Total</b>	<b>1,015</b>	<b>100.0</b>	<b>100.0</b>

1. Source: GCC Council Tax Register, 2011

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<sup>1</sup> Data presented in this report is weighted by age, gender, housing tenure and study sub-area. Comparisons made during the weighting process showed that the sample was very representative of the population in these regards, with the differences between sample and population proportions typically ranging from 3% to 6% per category.

## 1.2 The equalities baseline reports

In line with the Equality Act (2010), the Scottish Government is committed to the underlying principle that 'no one should be denied opportunities because of their race or ethnicity, their disability, their gender or sexual orientation, their age or religion.'<sup>2</sup> Using data collected during the GoWell East baseline survey, we can analyse key indicators from the Scottish Government CWG legacy themes in relation to some of these equality groups.

The reports open by presenting demographic data on the 2012 cohort, offering an overview of the participants by relating gender to age, health, ethnicity and household type. Thereafter, each equalities report analyses a selection of indicators drawn from within the four SG legacy themes according to several equalities dimensions in turn, as shown below (Table 2). Other relevant data from the GoWell East survey is also analysed.

Table 2. Equalities report framework.

Equalities dimensions	Scottish Government legacy domains
Gender Household type (incorporating age) Illness & disability Ethnicity	Active Flourishing Connected Sustainable

Where significant differences were found according to the equalities dimensions, the key variables and values are shown and discussed; otherwise, the absence of significant differences is briefly stated.

This examination of equalities differences at baseline (2012) serves a number of purposes:

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<sup>2</sup> Scottish Government. *Equality*. <http://www.scotland.gov.uk/topics/people/equality> (accessed July 2015)

- It identifies key equalities issues within the study communities of the East End of Glasgow. These can inform service providers of community needs.
- The findings serve as a benchmark against which to assess progress in tackling inequalities in the study area.
- The findings identify key participant characteristics that need to be taken into account in the investigation of the impacts that legacy programmes might have in relation to different legacy outcomes.

The list of legacy outcome indicators examined for equalities differences at baseline are given below.

**Table 3. Indicators examined within each legacy domain.**

<p><b>Active</b></p> <ul style="list-style-type: none"> <li>• Meeting recommended levels of physical activity</li> <li>• Current exercise behaviour</li> <li>• Daily walking</li> <li>• Perceived quality of local sports facilities</li> <li>• Rate of participation in sport</li> <li>• Perceived barriers to sports participation</li> </ul>
<p><b>Flourishing</b></p> <ul style="list-style-type: none"> <li>• Participation in employment or education</li> <li>• Satisfaction with employment situation</li> <li>• Affordability difficulties</li> <li>• Participation in voluntary work</li> </ul>
<p><b>Connected</b></p> <ul style="list-style-type: none"> <li>• Perceived quality of public transport</li> <li>• Expectations of the 2014 Games</li> <li>• Pride in the local area</li> <li>• Participation in group activities</li> </ul>
<p><b>Sustainable</b></p> <ul style="list-style-type: none"> <li>• Satisfaction with the local neighbourhood</li> <li>• Sense of life progress derived from living in the area</li> <li>• Perceived care for the area by local people</li> <li>• Perceived change in the local crime rate</li> <li>• Feelings of safety when walking after dark</li> <li>• Neighbourhood empowerment</li> <li>• Perceived neighbourhood change</li> </ul>

## 2 Household type and the GoWell East 2012 cohort

This section provides an overview of the demographic characteristics of the GoWell East cohort in relation to:

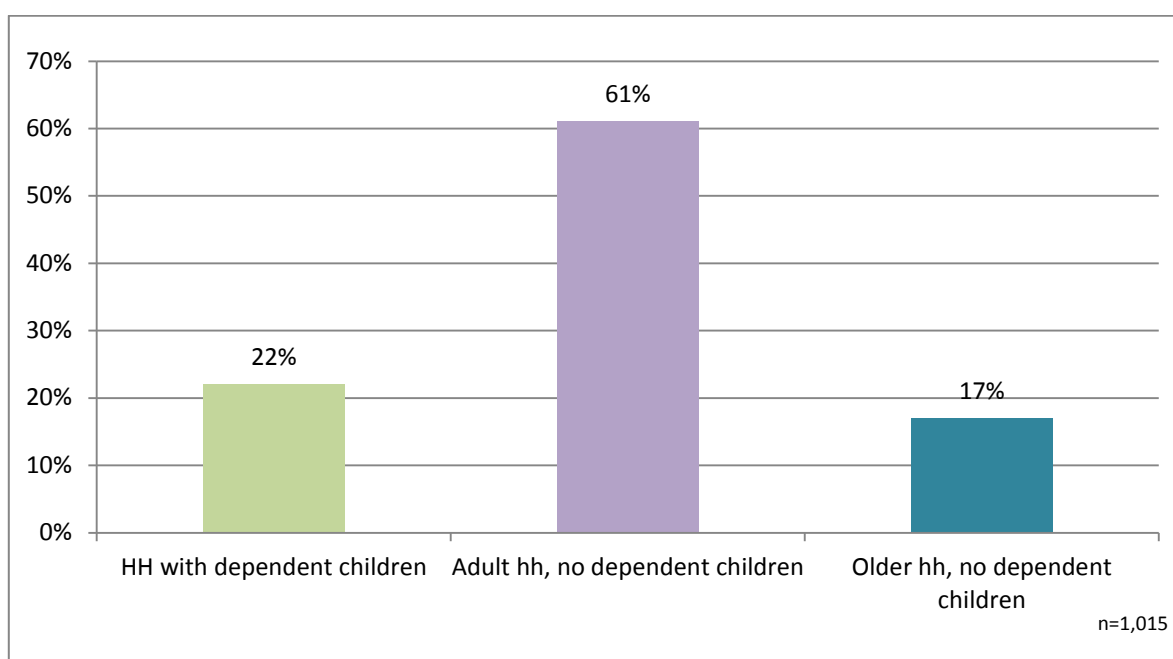
- household type and gender
- household type and age
- household type and long-standing illness or disability
- household type and ethnicity.

We classified the type of household from which each of our participants came. These were divided into three categories (Figure 1):

- Household with dependent children.
- Working-age household (no dependent children).
- Older household (no dependent children).

Overall, the largest grouping of interviewees was from working age households without dependent children (61%). Just over one-fifth of the survey cohort (22%) was from working-age households with dependent children. The remaining 17% of people were in older households, without dependent children.

Figure 1: Households in the 2012 cohort.

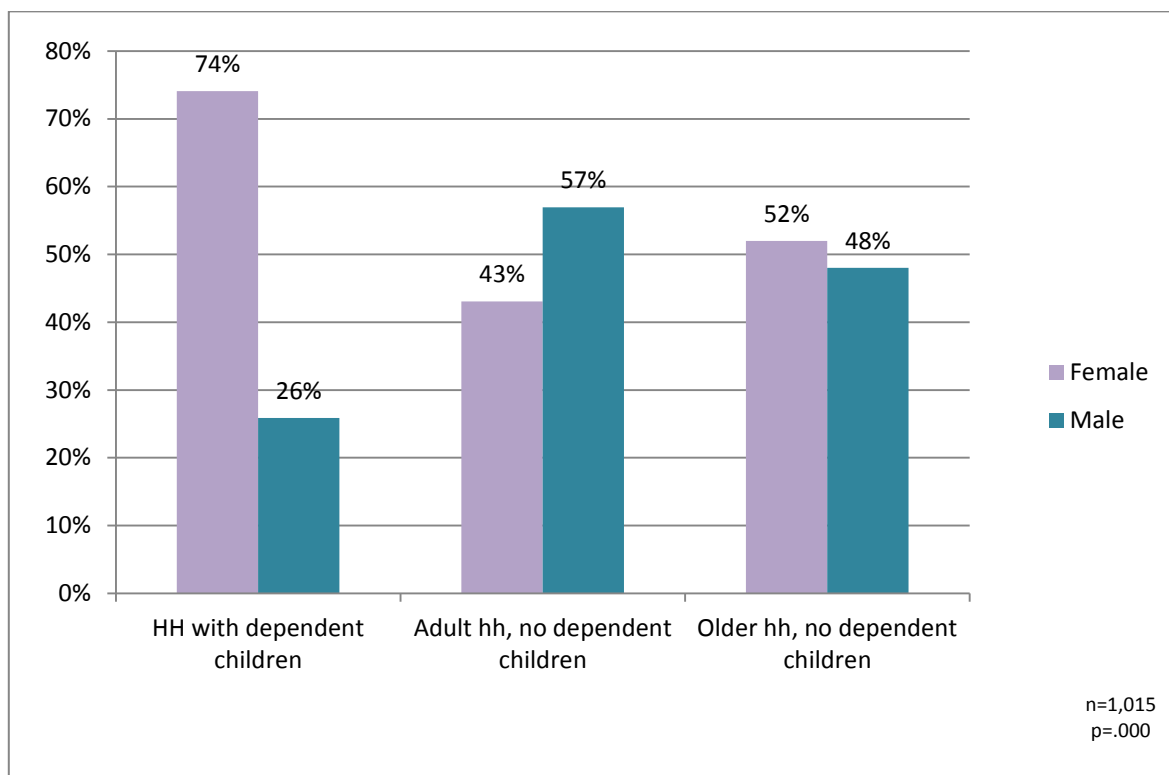




## 2.1 Household type and gender

Almost three quarters of interviewees (74%) from households with dependent children were women (Figure 2). From the adult households without children, 57% of interviewees were men and 43% were women. There was more of a gender balance in the older household category, with 52% women and 48% men interviewed in this grouping.

Figure 2: Household type and gender.

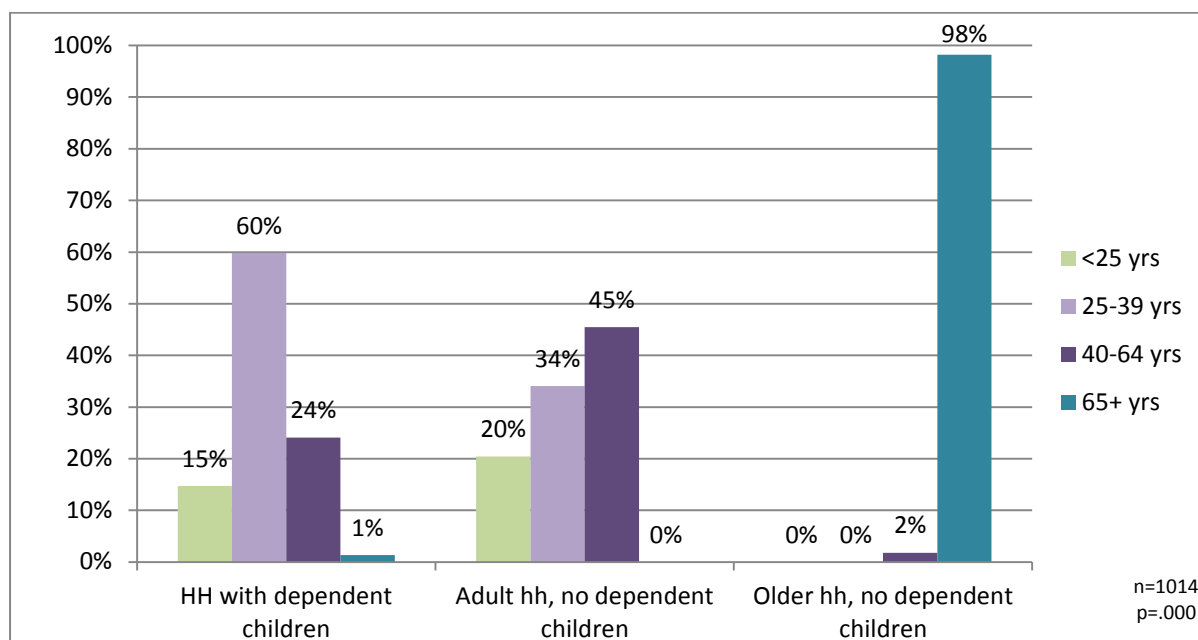


## 2.2 Household type and age

As might be expected, there was a strong correlation between household type and the age of the interviewee. Of the three household types, participants living in households with dependent children were the youngest category overall. Three quarters of people in this category were under 40 years of age (Figure 3).

While most households with a dependent child (60%) were in the 25-39 years of age category, nearly a quarter (24%) were between 40 and 64 years of age. In 1% of cases, an older household was responsible for dependent children.

**Figure 3: Household type and age.**



Most interviewees (45%) from adult households without dependent children were between 40 and 64 years old; around one-third (34%) were 25-39 years of age and one-fifth were under 25 years of age.

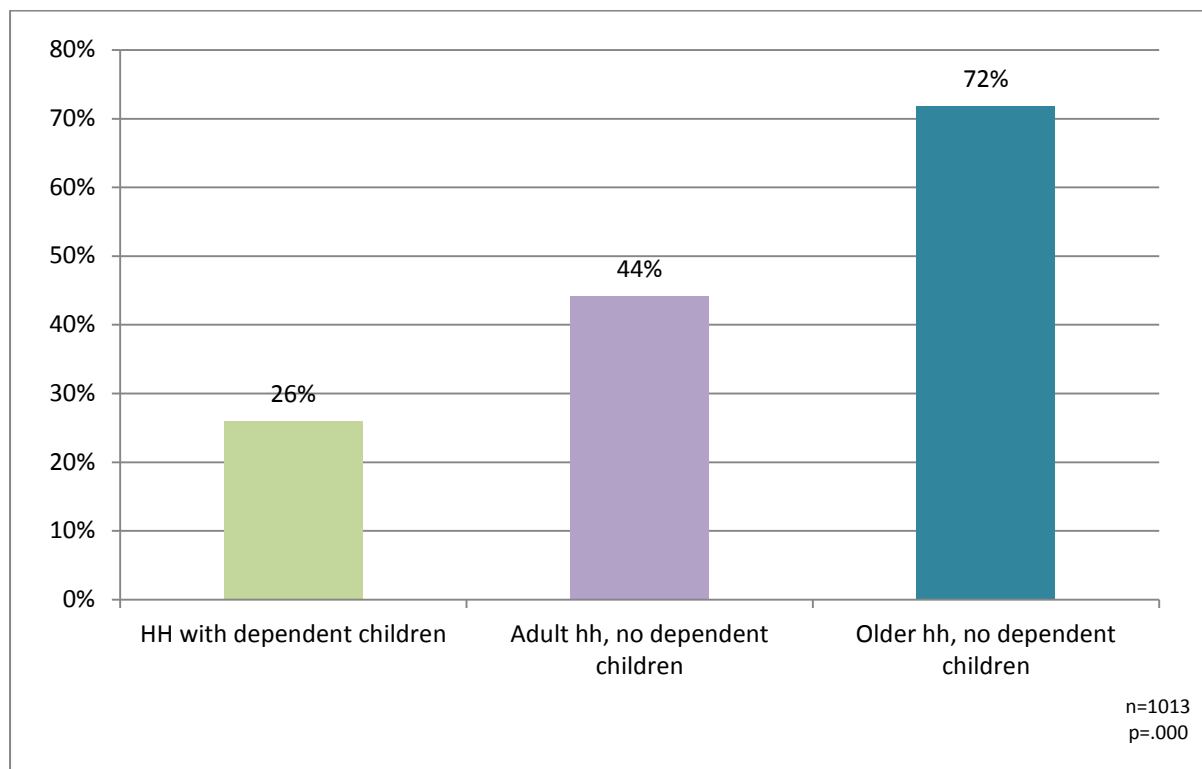
Almost all (98%) of interviewees from older households were 65 years or over. A further 2% were adults in the 40-64 years of age category, with a partner over 65 years old.

### **2.3 Household type and long-standing illness/disability**

We asked our participants if they had any long-standing illness, disability or infirmity (LSI) and overall, 45% replied 'yes'. There were significant differences between all three household types (Figure 4).

Interviewees from households with dependent children had the lowest rates of LSI (26%). Of interviewees from the working age households with no dependent children, 45% of people said they had LSI. The greatest prevalence of LSI was in older households, where nearly three quarters of interviewees (73%) had LSI.

**Figure 4: Household type and long-standing illness/disability (LSI).**



[Proportion within each household type where respondent has a longstanding illness]

## **2.4 Household type and ethnicity**

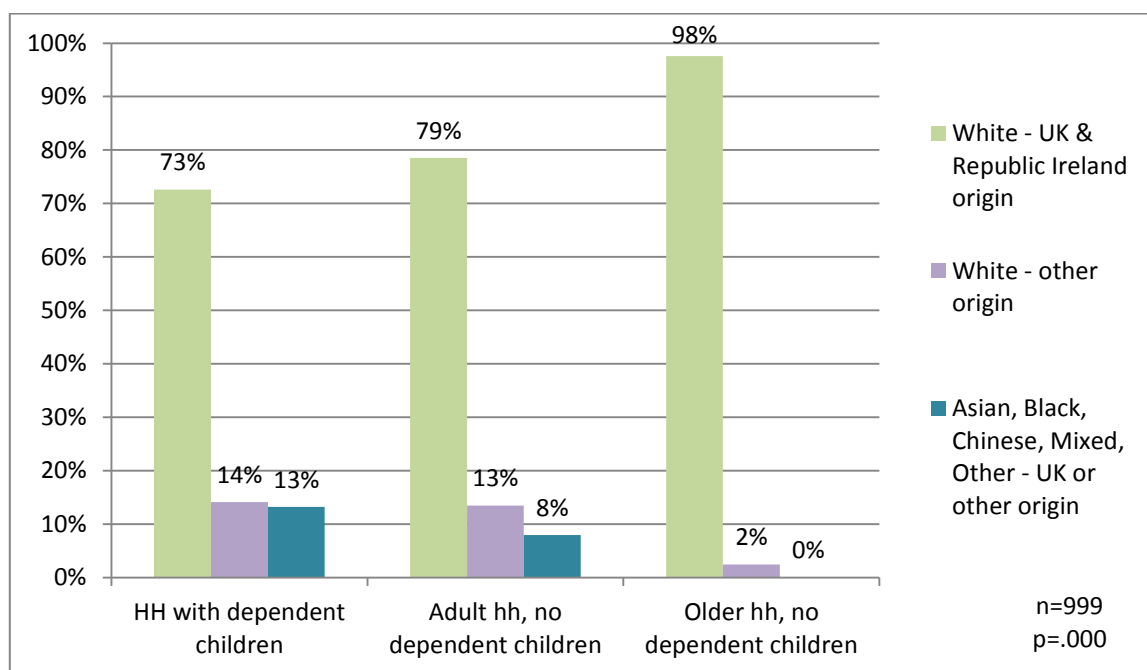
Participants were asked to define their ethnic group. As there were only very small numbers in some groupings, the answers people gave were grouped into three categories:

- White - UK and Republic of Ireland (ROI) origin.
- White - other background.
- Asian, Black, Chinese, Mixed or Other (from UK or other origin).

Overall, 80% of the cohort selected the first category, White, from UK or ROI origin. A further 12% chose White from another background. The remaining 8% of the cohort identified themselves as being of another ethnicity. The majority of respondents from this category described themselves as Black, Asian or Chinese (these categories refer to ethnic background rather than nationality, so for example, Asian-British or Asian-Scottish people would be included here).

As Figure 5 shows, interviewees from a White UK or ROI background form a large majority in each household category. There was no significant difference in ethnicity between working-age households either with or without children ( $p=.061$ ). Of those interviewees in households with dependent children, 73% said they came from a White UK/ROI background, 14% identified themselves as being from a White background of other origin, and 13% selected another ethnic background with either UK or other background. In the households with no dependent children, 79% of interviewees said they came from a White UK/ROI background, 13% identified themselves as being from a White background of other origin, and 8% selected another ethnic background with either UK or other background. In the households with no dependent children, 98% of interviewees said they came from a White UK/ROI background, 2% identified themselves as being from a White background of other origin, and 0% selected another ethnic background with either UK or other background.

**Figure 5: Household type and ethnicity.**



There was however a significant difference between the ethnicity of interviewees from older households and the other two groupings. Ninety-eight per cent of interviewees from the older household category identified themselves as from a White UK/ROI background and 2% said they came from a White background of other origin. None of the interviewees from older households identified themselves as being from another ethnic background.

## *2.5 Summary*

Working-age adults from households without children are the largest group in the GoWell East 2012 cohort. Analysis by household type allows us to investigate differences between this group and people from households with children or older households. An examination of demographic data shows significant differences between the different household groups.

Cohort members from households with dependent children tend to be younger and are far more likely to be women. The cohort is predominantly White and from either a UK or Republic of Ireland background. This is particularly the case with older cohort members. Long-standing health problems are an issue for nearly three quarters of older cohort members. However, over four in ten interviewees from working-age households without children and just over a quarter of those from households with children also have long-term health problems.

### 3 Active

The *Active* theme was planned to inspire people to be physically active and take part in sport.

Differences by household type were found in relation to all of the Active indicators:

- Meeting recommended levels of physical activity.
- Current exercise behaviour.
- Daily walking.
- Perceived quality of local sports facilities.
- Rate of participation in sport in the past four weeks.
- Perceived barriers to sports participation.

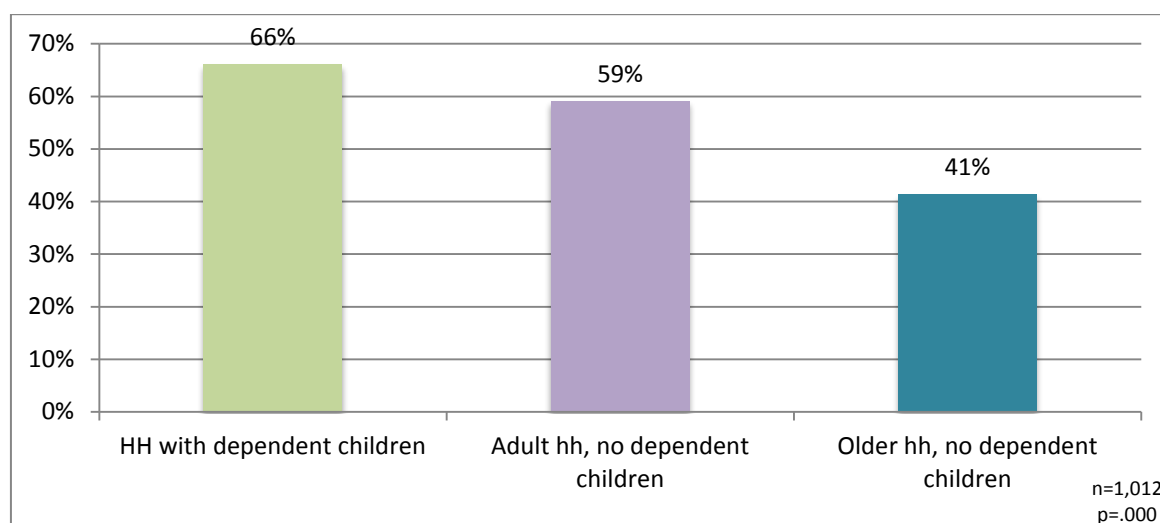
#### 3.1 *Meeting recommended levels of physical activity*

Interviewees were asked how much time during the past seven days they had spent doing:

- **moderate physical activities** (like carrying light loads, sweeping or bicycling or swimming at a regular pace)
- **vigorous physical activities** (like heavy lifting, digging, aerobics, fast cycling or fat swimming).

Based on these figures, we calculated which participants had undertaken aerobic exercise at the NHS recommended level of 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity activity per week (or an equivalent mix of moderate- and vigorous-intensity activity) (Figure 6).

Figure 6: Meeting recommended physical activity levels.



[Proportion of respondents within each household type who meet the recommended level]

We found:

- There were significant differences in reported levels of physical activity between older and working-age householders.
- Respondents from households with children were most active, with two-thirds meeting recommended levels of activity. Similarly, 59% of respondents from working-age households without children met recommended activity levels.
- Older households were least active, with 41% meeting recommended levels of physical activity.

### 3.2 Current exercise behaviour

For the purposes of the survey, we defined exercise as:

*'any activity you do to improve your health and fitness. This can include walking where you have decided to do it for health or fitness reasons'.*

We then asked survey participants which of the following statements best described their current behaviour (Figure 7):

- I currently do not exercise and I do not intend to start in the next six months.

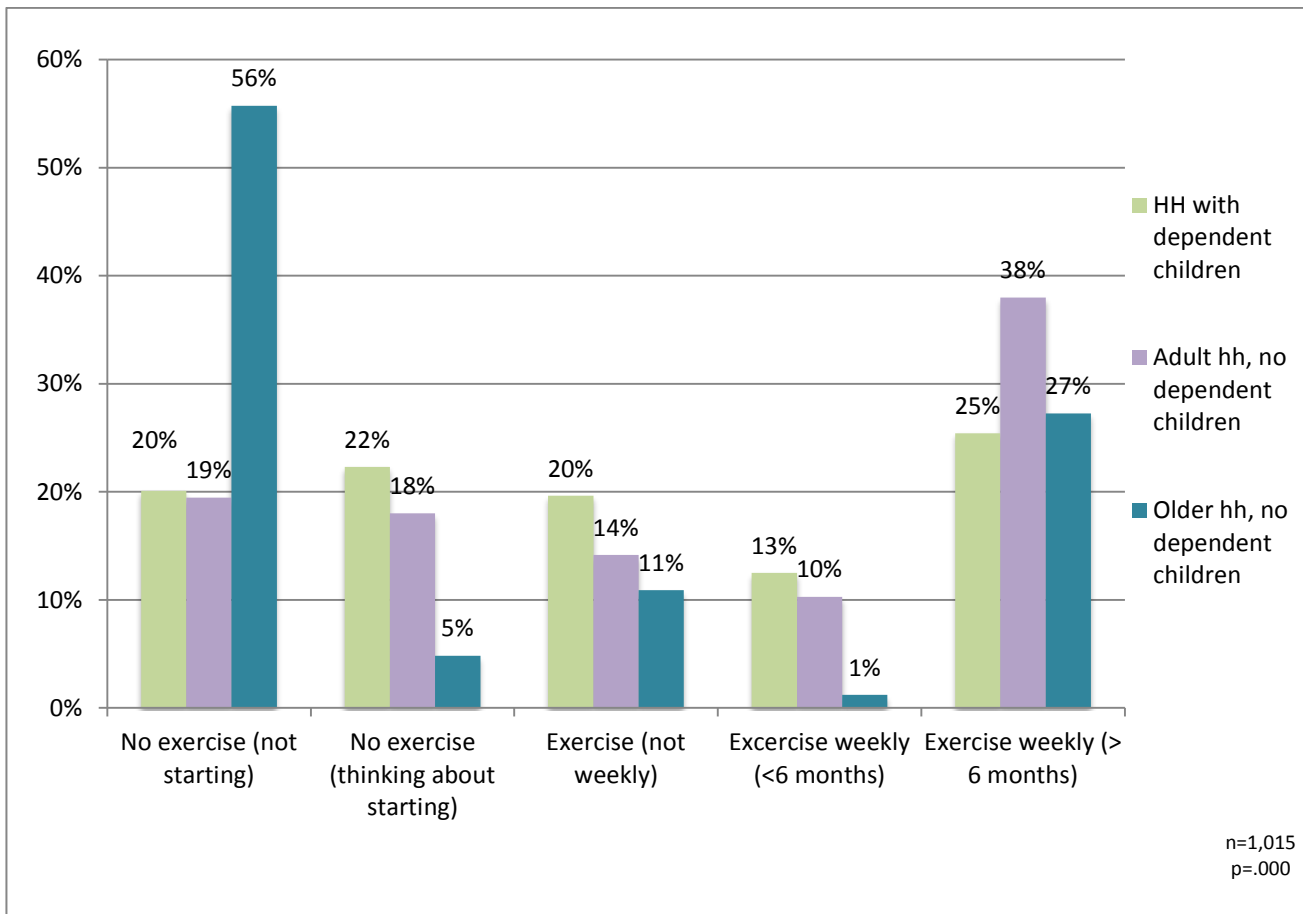
- I currently do not exercise but am thinking about starting to exercise in the next six months.
- I currently exercise a bit but not weekly.
- I currently exercise weekly but have only begun to do so in the last six months.
- I currently exercise weekly and have done so for longer than six months.

We found:

- There were significant differences between all three household types.
- Interviewees from working-age households without children were most likely to be established, regular exercisers (38%). Twenty-seven per cent of older householders and a quarter of people from households with children had also been exercising weekly for over six months.
- Twenty-two per cent of people from households with children were contemplators: they did not currently exercise but were thinking about starting. This group were also most likely to be intermittent exercisers, with 20% taking some exercise but not weekly.
- Of interviewees from working-age households without children, 18% said were considering starting to exercise. This figure was only 5% for interviewees from older households.
- A majority of older householders (56%) did not exercise at the time of interview and were not considering starting. Of householders from working-age families, 20% of those in families with children and 19% of those without children did not exercise at the time of interview and were not considering starting.



Figure 7: Current exercise behaviour.

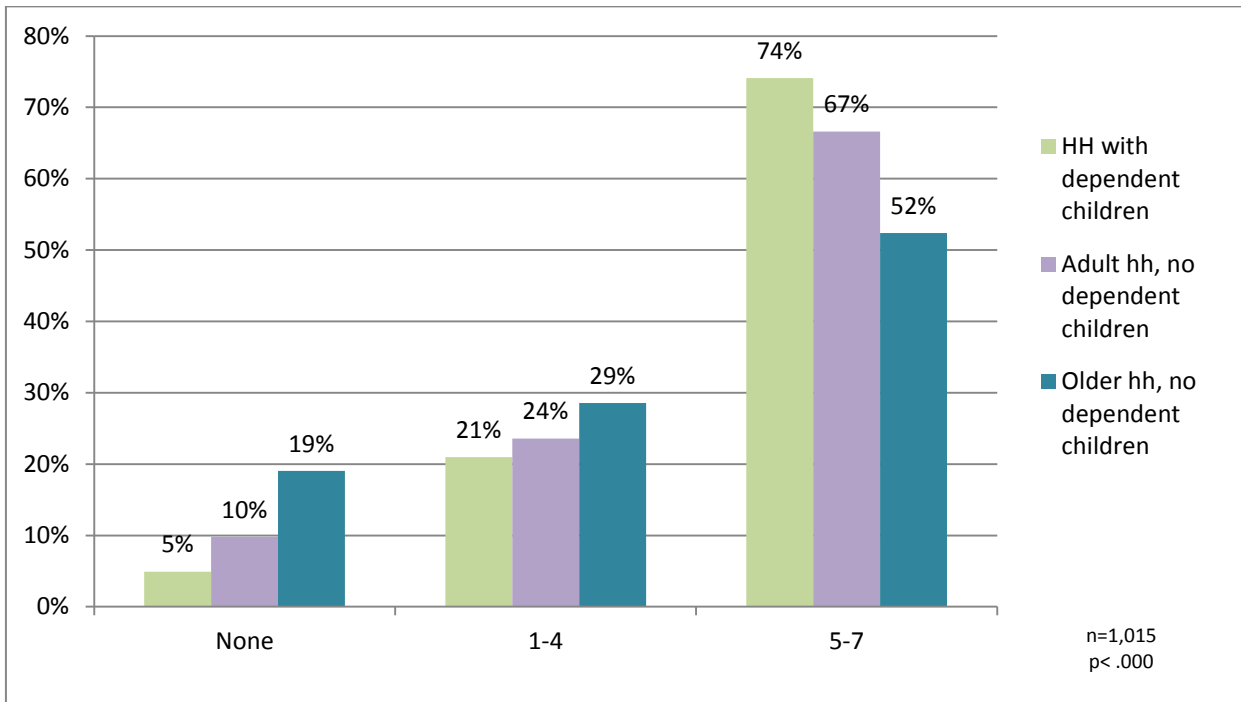


[Proportion of respondents within each household type who identify themselves at each level of exercise]

### 3.3 Daily walking

Interviewees were asked 'During the past seven days, on how many days did you walk for at least ten minutes at a time?' (Figure 8).

Figure 8: Number of days per week interviewee walked for at least ten minutes at a time.



[Proportion of respondents within each household type who reported each walking frequency]

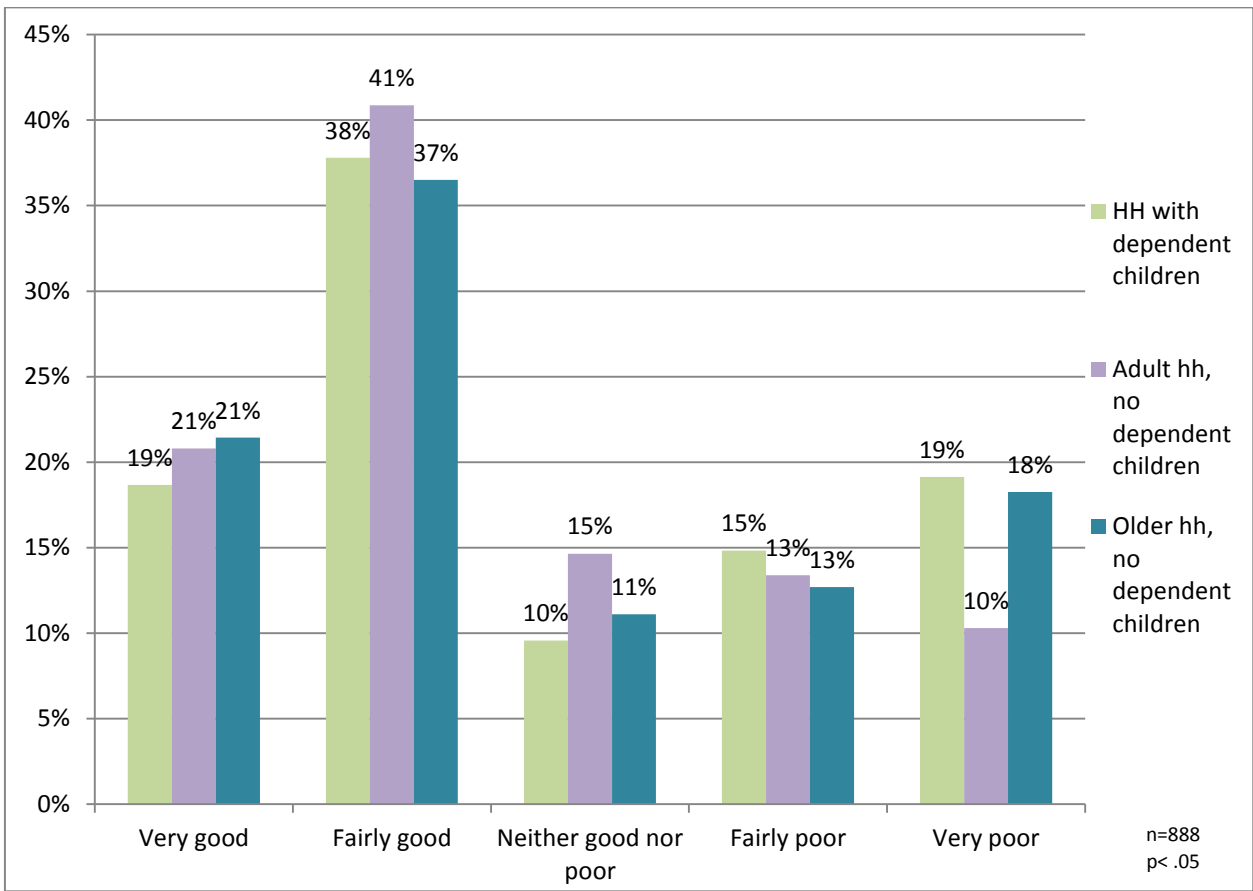
We found:

- There were significant differences in frequency of walking for more than ten minutes at a time by household type.
- Interviewees from households with children were most likely to report walking for more than ten minutes at a time, with nearly three quarters (74%) telling us they had walked on between five and seven days during the previous week. Only 5% of people from households with children had done no walking in the previous seven days.
- Participants from working-age households without children reported walking for ten minutes or more on fewer days. Sixty-seven per cent of people from this category walked on between five and seven days per week, and 10% reported no walking in the previous seven days.
- People from older households were least likely to report walking for more than ten minutes at a time, with just over half (52%) saying that they had walked on between five and seven days during the previous week. Nearly one in five older interviewees (19%) had done no walking in the previous seven days.

### 3.4 Perceived quality of local sports facilities

We asked participants how they rated the quality of local sports facilities in or near their local area. Response options were: *very good*; *fairly good*; *neither good nor poor*; *fairly poor*; *very poor* (Figure 9).

Figure 9: Perceived quality of local sports facilities.



[Proportion of respondents from each household type giving each rating to sports facilities]

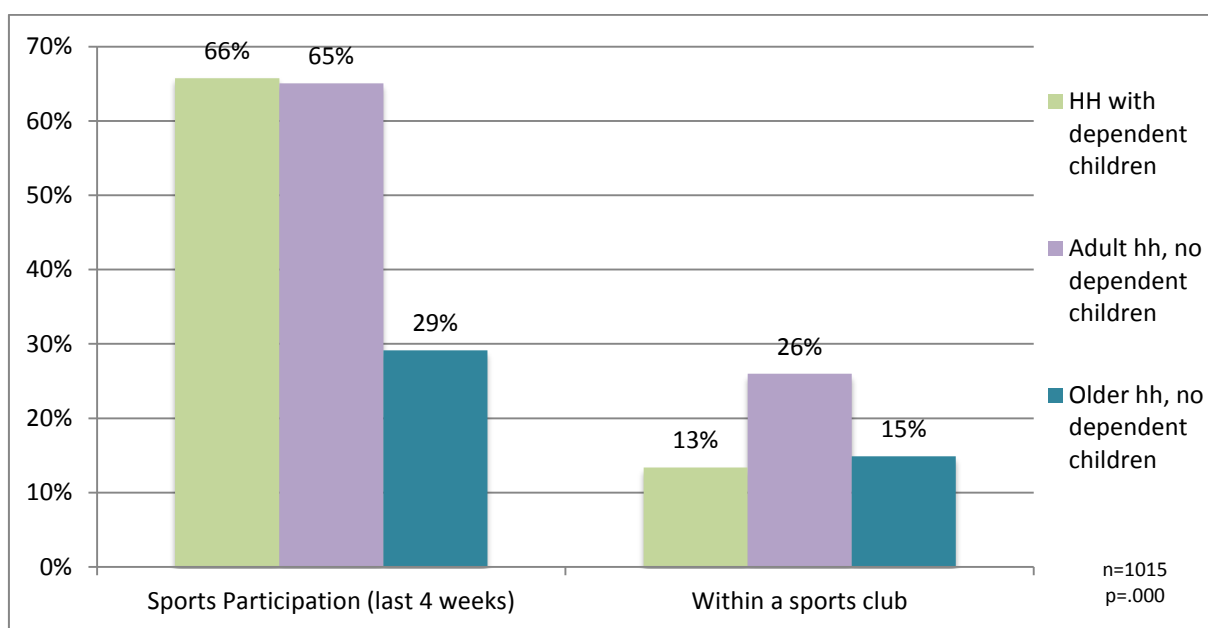
We found:

- There were significant differences in the perceived quality of local sports facilities by household type.
- Similar proportions of people from each household type (around 60%) rated facilities fairly or very good. However, interviewees from households with children were least positive about the quality of local sports facilities. Although nearly one-fifth of people from this category rated facilities very good and 38% rated them fairly good, over one-third of the group (34%) gave local facilities a poor rating: 19% rated local facilities very poor and 15% rated them fairly poor.
- Respondents from working-age households without children had the highest positive rating (62%) and were least likely to be dissatisfied with local sports facilities. However, even in this grouping, nearly a quarter of interviewees gave local facilities a poor rating: 13% of people in this household category considered facilities fairly poor and 10% considered them very poor.
- Twenty-one per cent of people from older households considered local sports facilities to be very good and 37% rated them as fairly good. Approaching one-third of the group (31%) gave local facilities a poor rating: 18% rated local facilities very poor and 13% rated them fairly poor.

### ***3.5 Rate of participation in sport***

Interviewees were offered a list of activities and asked which ones they had participated in over the past four weeks. The list included competitive sports but also other physical recreational activities, such as cycling or dancing. In order to get an accurate reflection of the range of activities which people might undertake and to be as inclusive as possible, we listed a total of 41 different activities, including an 'other' option. We also asked those people who had taken part in a sport of physical recreation, whether they had done so as part of a club (Figure 10).

Figure 10: Sports participation (last four weeks).



We found:

- There were significant differences in rates of sports participation between older and working-age householders.
- Less than one-third of older householders interviewed (29%) reported taking part in sports activity in the four weeks before the survey.
- There was no significant difference in participation rates between the two groups of working-age householders. Reported rates of participation in sport were more than double that of older interviewees for householders both with children (66%) and without children (65%).
- However, there were significant differences between all three household types relating to participation in sport as part of a club.
- Although older people were least likely to have participated in sport, *if* they had participated in a sport, they were most likely to have done so as part of a club, with over half of those participating in sports in the last four weeks doing so within a sports club (15% in total).
- Householders without children were most next likely to have participated in sports though a club. Two-in-five of those who participated in sports did so within a club (26% in total).

- Working-age householders with children were only half as likely to participate in sports as part of a club, compared with the group without children. Of householders from families with children who had played sports within the last four weeks, only one-fifth did so within a club (13% in total).

### 3.6 Barriers to sports participation

We asked participants if there were any particular reasons they had not done any/more sport in the last four weeks (Table 4). Participants could give multiple responses.

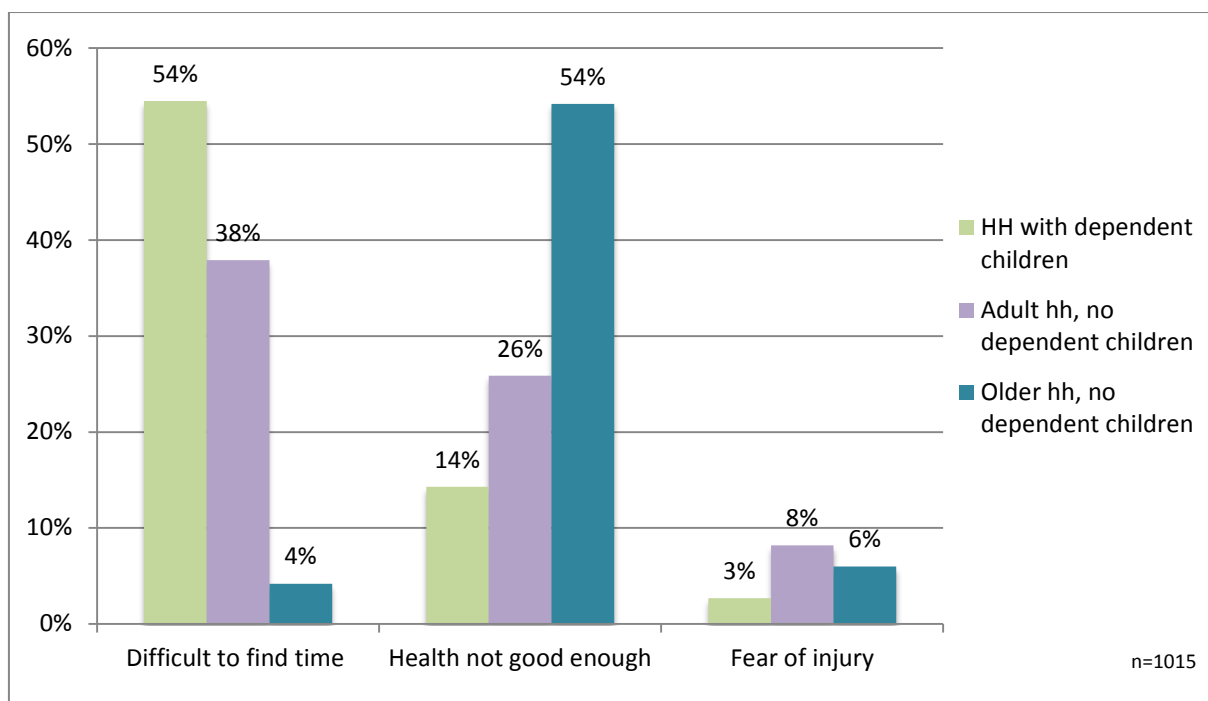
**Table 4. Barriers to sports participation.**

Costs too much	
No one to do it with	Not enough information on what is available
Never occurred to me	Work-related reason (shifts/workload)
Not really interested	Age-related reason
Fear of injury	Already active enough (includes through work/daily life)
I wouldn't enjoy it	Caring responsibilities (includes lack of childcare at facilities)
Health not good enough	No motivation (includes 'lazy')
I might feel out of place	No/not enough local facilities esp. in walking distance (includes facilities closed for upgrade)
Changing facilities not good enough	
Transport difficult	
Difficult to find time	Other reason
Safety-related reason (gangs, unsafe at night)	

We found:

- There were significant differences between all three household types in relation to three of the barriers: *difficult to find time* ( $p=.000$ ); *health not good enough* ( $p=.000$ ); and *fear of injury* ( $p=.017$ ) (Figure 11).
- Difficulty finding time was cited as a barrier by over half of householders with children (54%). This also was a problem for over one-third of working-age householders without children (38%). Only 4% of older householders mentioned time as an issue.
- Health was noted as a barrier by a relatively small proportion (14%) of householders with children. However, it was an issue for over a quarter of working-age householders without children (26%) and more than half of the older householders interviewed (54%).
- Fear of injury was a less prevalent concern overall, relating to 8% of working-age households, 6% of older householders and 3% of interviewees in households with children.

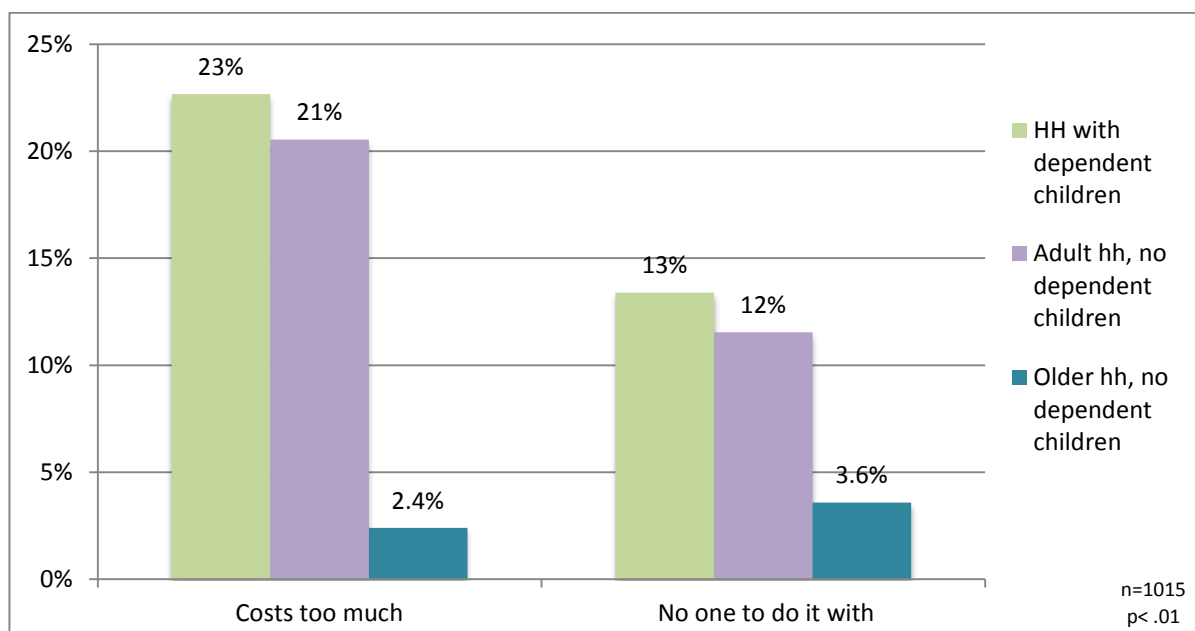
Figure 11: Barriers to sports participation (all household types).



[Proportion of respondents within each household type who cited each barrier]

For two barriers, we also found differences between older households and the two working age household groups (with and without dependent children) (Figure 12).

Figure 12: Barriers to sports participation (older and working-age households).



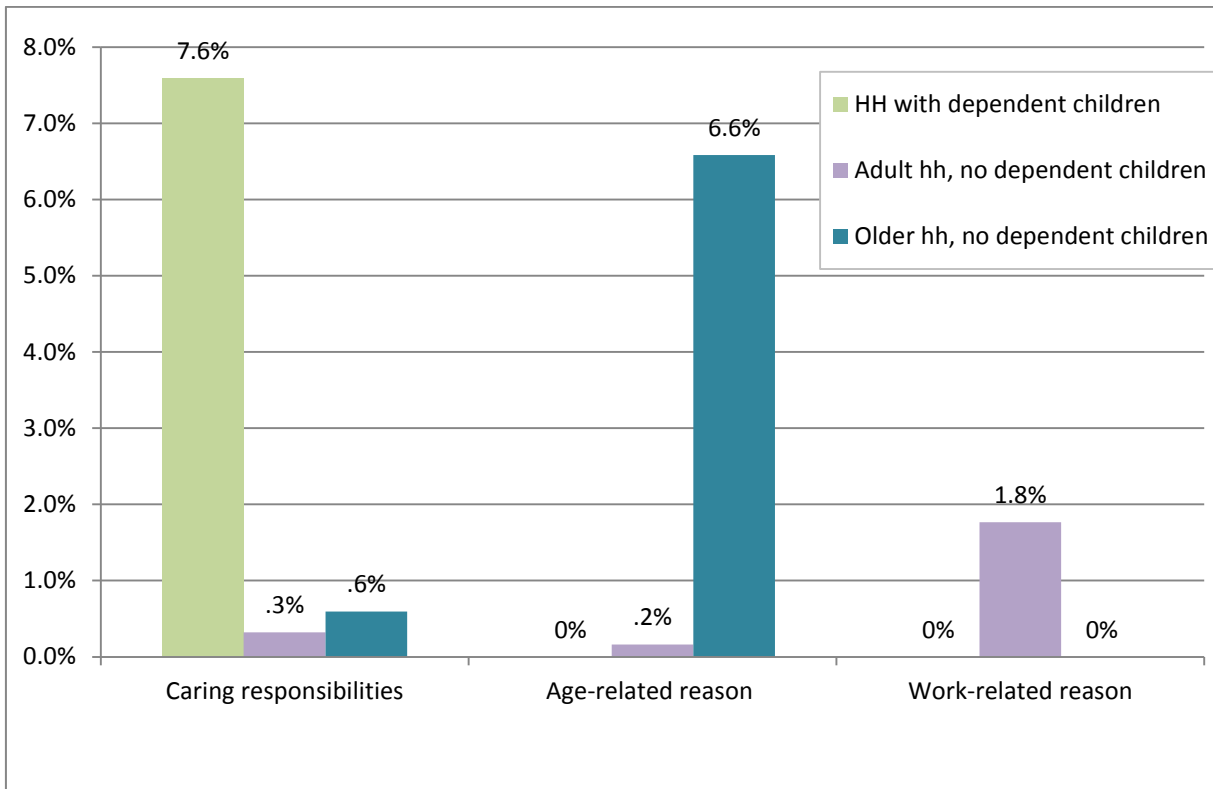
[Proportion of respondents within each household type who cited each barrier]

- *Costs too much* was listed as a barrier to sports participation for over one-fifth of interviewees from households with children (23%) and people from working-age households without children (21%), but was noted as a concern for only 2.4% of older householders.
- *No-one to do it with* was cited by 13% of interviewees from households with children and 12% of people from working-age households without children, but was an issue for only 3.6% of people from older households.

Some barriers were particularly relevant to one household type and not the other two (Figure 13).



Figure 13: Barriers to sports participation (predominantly one household type).

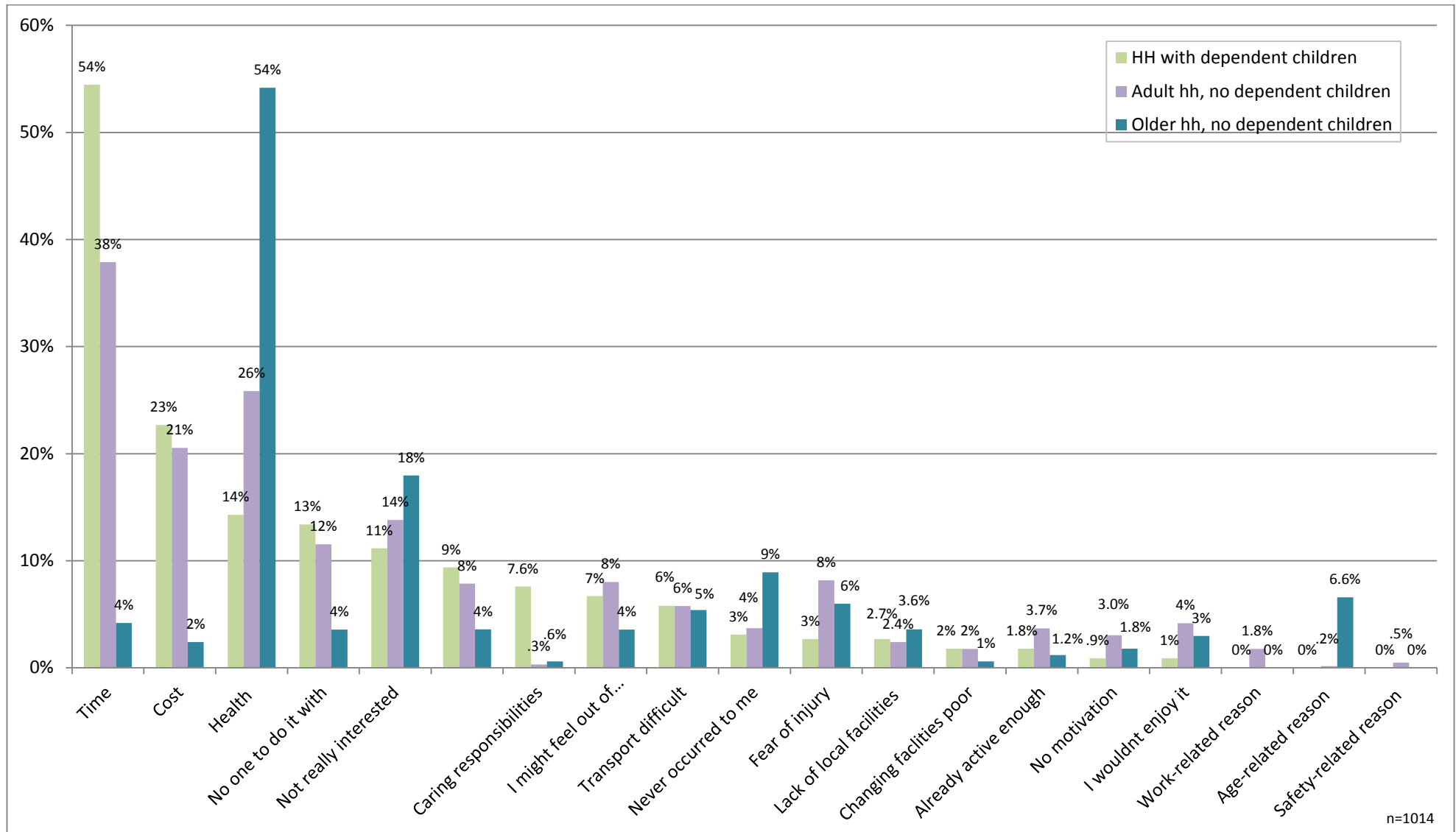


[Proportion of respondents within each household type who cited each barrier]

We found:

- *Caring responsibilities* were a barrier, primarily, for households with dependent children, of whom 8% cited this issue ( $p=.000$ ).
- *Age-related reasons* were cited as a concern by just over 6% of older householders interviewed ( $p=.000$ ).
- *Work-related reasons*, such as shift patterns or long hours, were an issue for just under 2% of interviewees from working-age households ( $p=.031$ ).

Figure 14: Reasons for not doing any/more sports.



[Proportion of respondents within each household type who cited each barrier]

The proportion of people who expressed concern with other barriers can be seen in Figure 14. Aside from the statistically significant results noted about, results between different household types differed most in the following areas:

- *Not enough information on what is available* was mostly an issue for households with children and least a concern for older households ( $p=.085$ )
- *I wouldn't enjoy it* was mostly noted by those in working-age households without children and least noted by households with children ( $p= .057$ )

### 3.7 Summary - Active

In relation to the **Active** theme, there were significant differences between older householders and interviewees from working age households. Only four in ten older interviewees met recommended levels of physical activity, compared with up to two-thirds of the working-age householders. Interviewees from working-age households were also more than twice as likely to have played a sport in the last four weeks. Interviewees from older households were least likely to walk daily: nearly one in five older respondents (19%) had not walked for more than ten minutes at a time in the previous week. Over half of older householders did not do any activity to improve their health and fitness at the time of the survey and were not considering starting. Concerns that their health was not good enough (54%) fear of injury (6%) and age (6%) were barriers to exercise particularly relevant to older people.

There were also significant differences between working-age households with and without children under this theme. Interviewees from working-age households *without* children were most likely to be regular exercisers. Achieving regular exercise is more of a challenge in households *with* children; interviewees from this household group were most likely to be intermittent exercisers (20%) and to be contemplating starting to exercise (22%). However, households with children were most likely to report walking for more than ten minutes at a time and almost three quarters of this group (74%) had walked on between five and seven days during the previous week.

Nevertheless, difficulty finding time was a barrier to sports participation for more than half of those with dependent children (54%) compared with just over one-third of

householders without children (38%). Caring responsibilities were also a significant barrier to exercise for those with dependent children, with a lack of childcare facilities at venues also mentioned during interviews. Interviewees from households with children were least likely to rate local sports facilities positively and most likely to rate them as very poor. Cost and having no one to go with were barriers to sports participation for both types of working-age household.

## 4 Flourishing

The *Flourishing* theme focused on economic opportunities offered by the Games.

Household-type differences were found in relation to all Flourishing indicators examined:

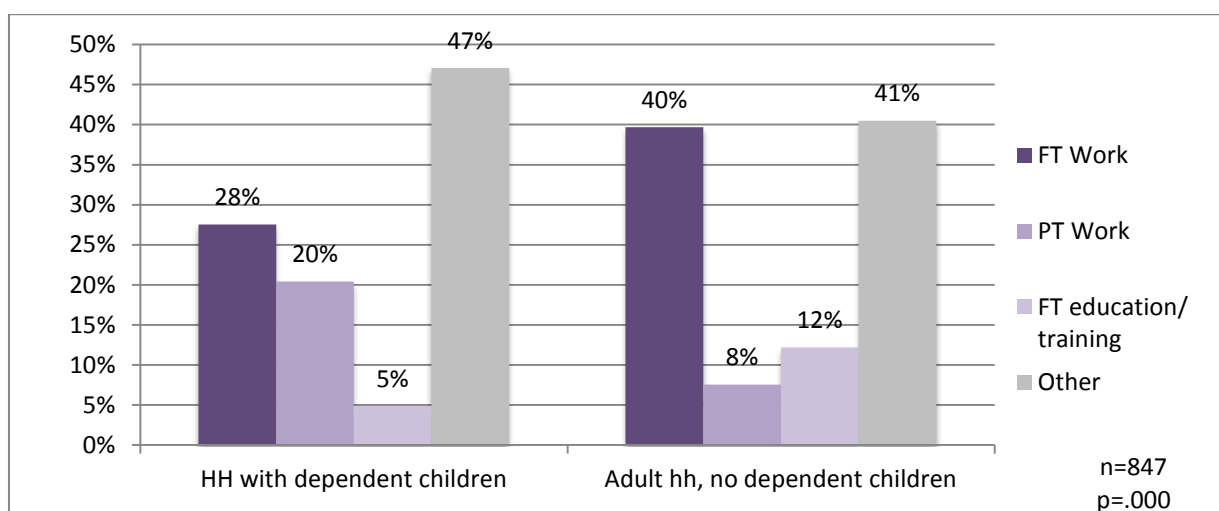
- Participation in education or employment.
- Satisfaction with employment situation.
- Affordability difficulties.
- Participation in voluntary work.

### 4.1 Participation in employment or education

We asked the working-age adults in the cohort about their employment status (Figure 15). Responses were categorised into:

- Full time paid employment (including self-employed);
- Part time paid employment (including self-employed);
- Full time education (including government or other training schemes);
- Other (including unemployed, long-term sick or disabled and not working, looking after home/family or other).

Figure 15: Participation in employment or education (working-age households).



[Proportion of respondents from within each household type who reported each employment status]

We found:

- A significantly higher proportion of interviewees from working-age households without children were in full time employment (40% as opposed to 28%).
- Interviewees from households with children were more likely to be in part time employment (20% as opposed to 8%).
- Those from households without children were more than twice as likely to be in full time education (12% as opposed to 5%).
- Households with dependent children were more likely to be in the 'other' category, which included looking after the home or family.
- Of the interviewees from older households (age 65 years and over), 3% were in part time work and 1% were in full time work.

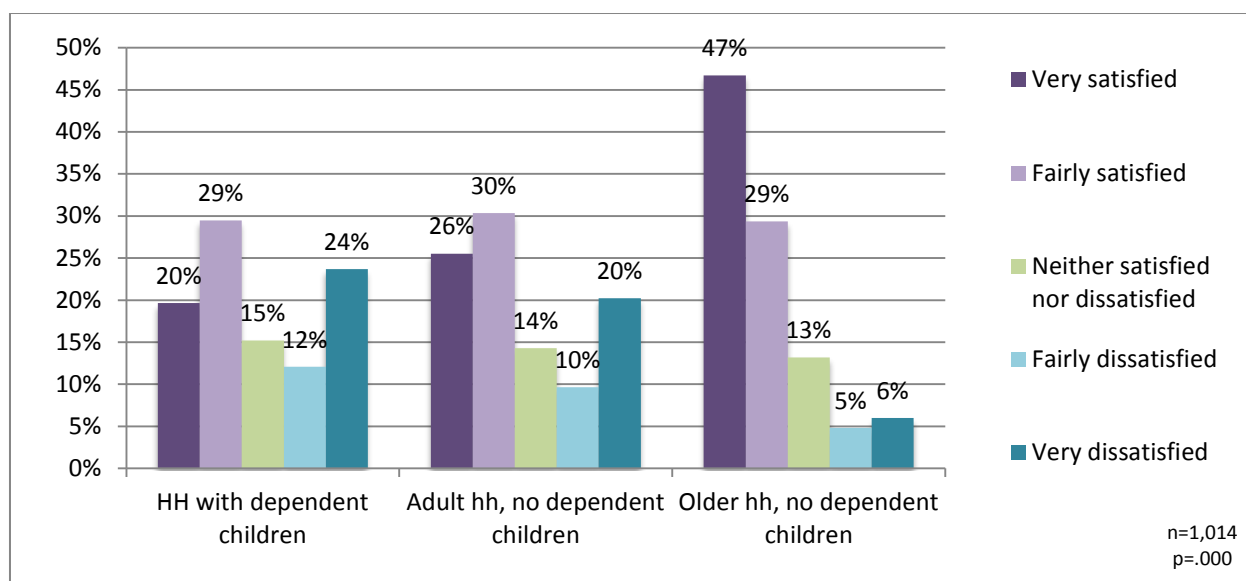
#### ***4.2 Satisfaction with employment situation***

Participants were asked:

*'Overall, how satisfied or dissatisfied are you with your employment situation at the moment, whether you are working or not working just now?'*

Response options ranged from very/fairly satisfied, neither satisfied nor dissatisfied, to very/fairly dissatisfied (Figure 16).

Figure 16: Satisfaction with current employment situation.



[Proportion of respondents from within each household type who gave each satisfaction rating]

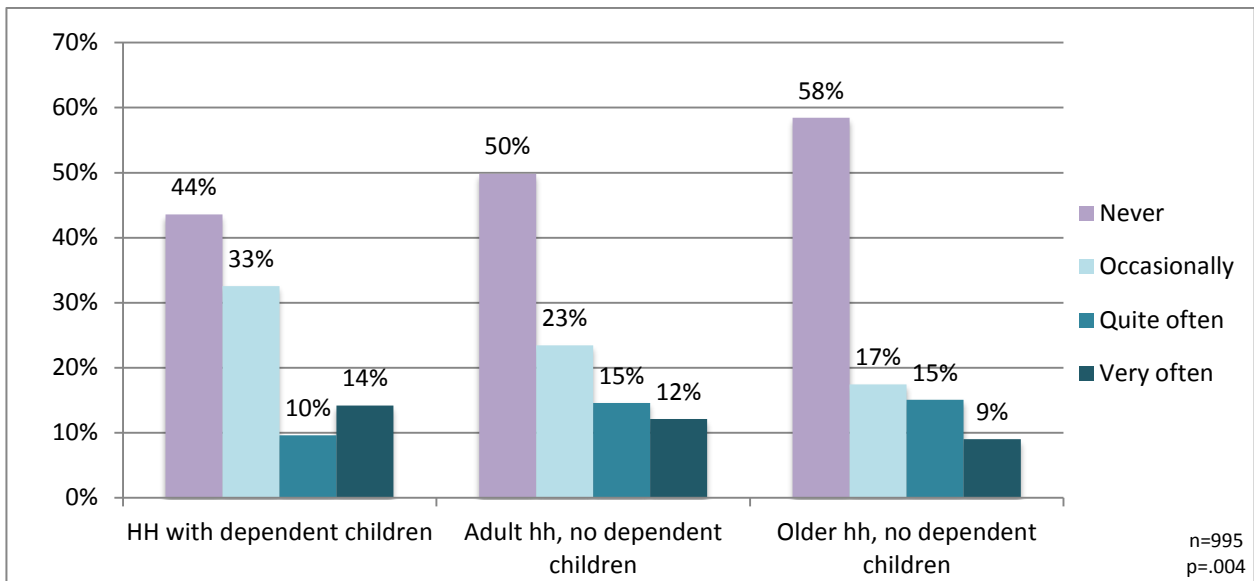
We found:

- There were significant differences between interviewees from older households and the two working-age households.
- The majority of interviewees from older households were very (47%) or fairly (29%) satisfied with their current employment situation. Only 5% were fairly dissatisfied and 6% were very dissatisfied.
- From the working-age household types, the most common response was fairly satisfied (29% of households with children; 30% without). A further 20% of households with children were very satisfied, as were 26% of those without children.
- The least common response for the working-age household types was fairly dissatisfied (12% of households with children; 10% without).
- However, over one-fifth of households in the working-age groups were very dissatisfied with their current employment situation (24% of households with children; 20% without).

### 4.3 Affordability difficulties

Participants were asked: 'How often do you find it difficult to meet the cost of gas, electricity or other fuel bills?' Response options ranged from never to occasionally, quite often and very often (Figure 17).

Figure 17: Difficulty meeting the cost of fuel bills.



[Proportion of respondents from within each household type reporting each frequency of difficulty]

We found:

- There were significant differences between all three household types, but those households with dependent children were overall the most likely to have difficulties.
- More than half of households with children (57%) had experienced difficulty meeting the cost of fuel bills. One-third of these households occasionally had difficulty, 10% quite often had difficulty and 14% very often had difficulty.
- Half of the working-age households without children (50%) had experienced difficulty meeting the cost of fuel bills. Twenty-three per cent of these households occasionally had difficulty, 15% quite often had difficulty and 12% very often had difficulty.
- Around four in ten older households (42%) had experienced difficulty meeting the cost of fuel bills. Seventeen per cent of these households occasionally had difficulty, 15% quite often had difficulty and 9% very often had difficulty.



#### 4.4 Participation in voluntary work

We asked participants: 'In the past 12 months, have you done any voluntary work - that is, have you helped an organisation, group or individual in an unpaid capacity?'

We found:

- There were no significant differences in rates of volunteering between interviewees from different household types.
- Twenty-four per cent of interviewees from working-age households (both with and without children) and 22% of interviewees from older households had done some voluntary work in the past twelve months.

We also asked people who said they had done voluntary work, what area their voluntary work was connected to (Table 5).

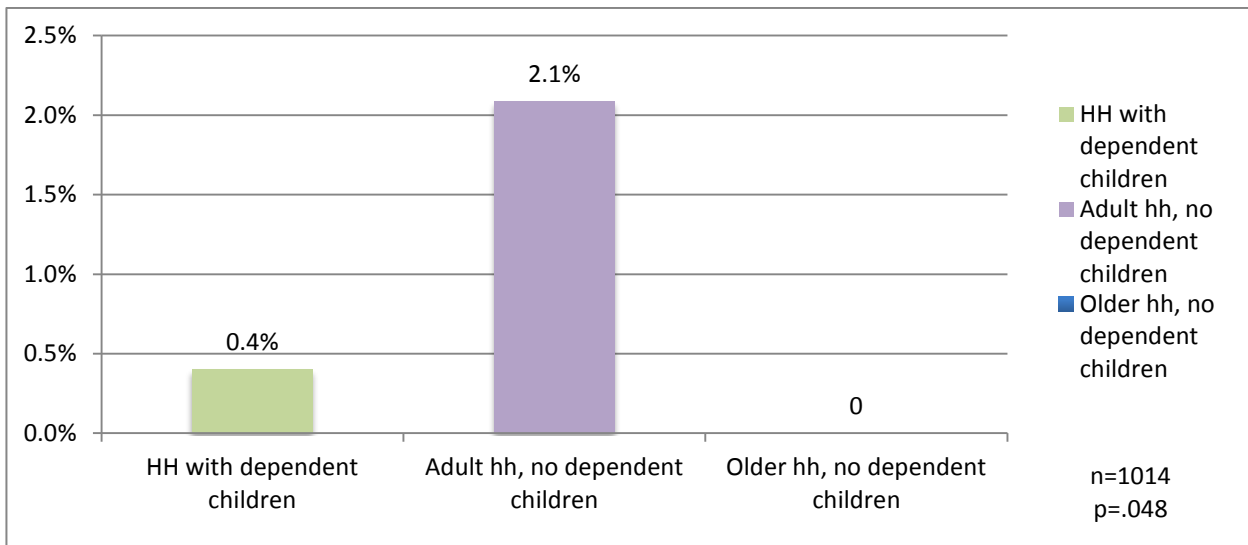
Table 5. Types of voluntary work.

The community	The environment
Young people	The arts
Older people	Museums or galleries
2014 Commonwealth Games	Heritage or conservation
Other sports activities	Libraries or archives
Animals or wildlife	Schools or education
Church or religious group	Health or mental health

There were significant differences in participation between household types in respect one of these categories (Figure 18):

- *Animals or wildlife* volunteering was done by more people from working-age households without children than from those with children or from older households ( $p = .048$ ).

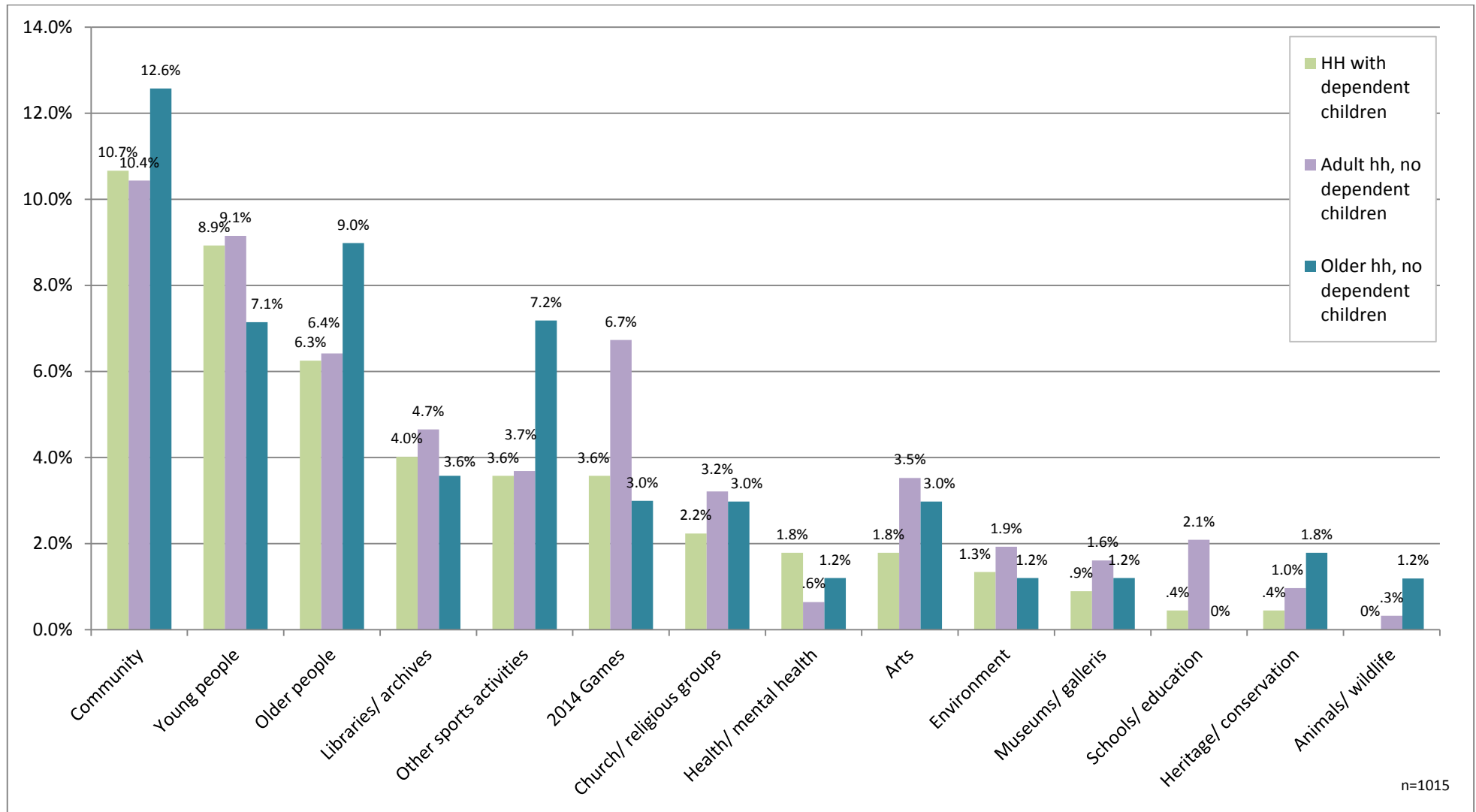
Figure 18: Participation in voluntary work - animals of wildlife.



The proportions of people volunteering in other areas can be seen in Figure 19. Aside from the statistically significant result noted about, results between different household types differed most in the following area:

- *Health/mental health* volunteering was reported by more working-age households with children (2%) than by those from households without children or older households (p= .064).

Figure 19: Participation in types of voluntary work.



[Proportion of respondents within each household type who reported participating in each type of voluntary work]

#### ***4.5 Summary - Flourishing***

The **Flourishing** indicators also suggest that life for working-age households with children can be relatively challenging. Compared with working-age householders without children, those with children are less than half as likely to be in full time education and a third less likely to be in full time employment. Around one-fifth of working-age households were very dissatisfied with their employment situation (24% of households with children; 20% without). Households with children were also more likely to have financial difficulties, compared with the other groups, with three-in-five having experienced difficulties meeting the cost of fuel bills.

## 5 Connected

The *Connected* legacy theme was intended to generate participation in the Games and in wider culture and learning, as well as local pride.

Differences between household types were found in relation to:

- Pride in the local area.
- Expectations of the 2014 Games.

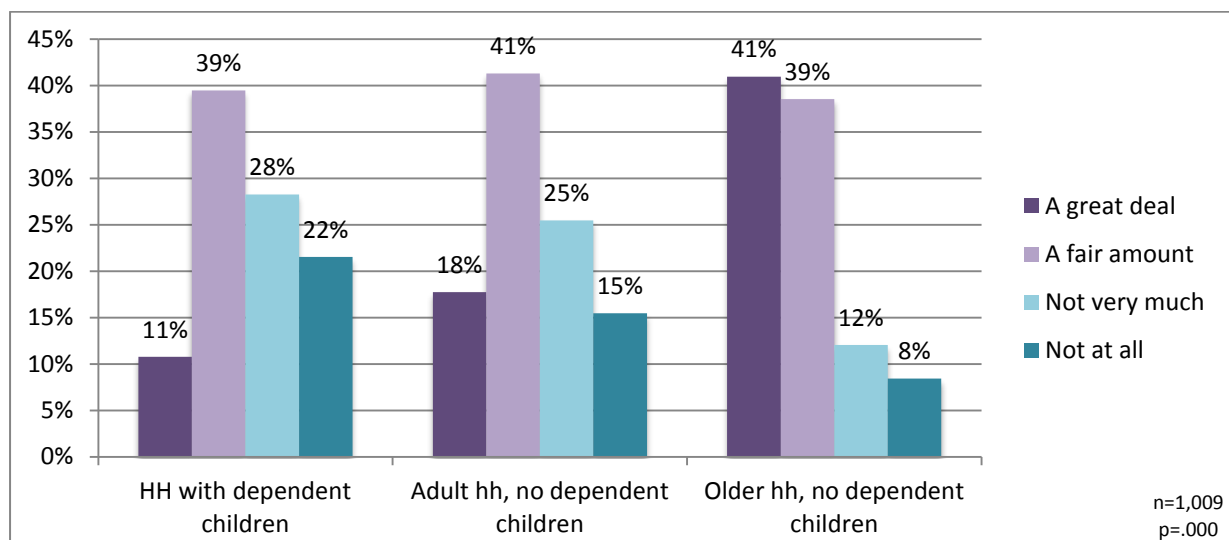
There were no differences between household types at baseline in respect of:

- Perceived quality of public transport.
- Participation in group activities.

### 5.1 *Pride in the local area*

We asked participants to what extent they felt proud of their local area. Response options were: *a great deal*; *a fair amount*; *not very much*; *not at all* (Figure 20).

Figure 20: Pride in the local area



[Proportion of respondents within each household type who reported each level of local pride]

We found:

- There were significant differences between all three household types, with those in older person households feeling the most local pride and those in households with children the least.
- In households with children, most interviewees felt *a fair amount* of pride in their local area (39%). However, over one-quarter (28%) selected *not very much* pride and more than one in five (22%) responded *not at all*. Only 11% said they felt *a great deal* of pride in their local area.
- Considering working-age households without children, the most common response was to feel *a fair amount* of pride in the local area (41%). A quarter of interviewees from this household type replied that they felt *not very much* pride, and 15% of interviewees in this group responded *not at all*. A slightly larger proportion (18%) replied *a great deal*.
- The most positive category, *a great deal*, was the most common response from older householders (41%) and a further 39% selected *a fair amount*. Only 12% of interviewees from this group replied *not very much* and 8% said *not at all*.

## 5.2 Expectations of the 2014 Commonwealth Games

When the baseline survey was conducted in 2012, we asked participants:

*'Do you think the Commonwealth Games will have a positive or negative effect upon you and your family?'*

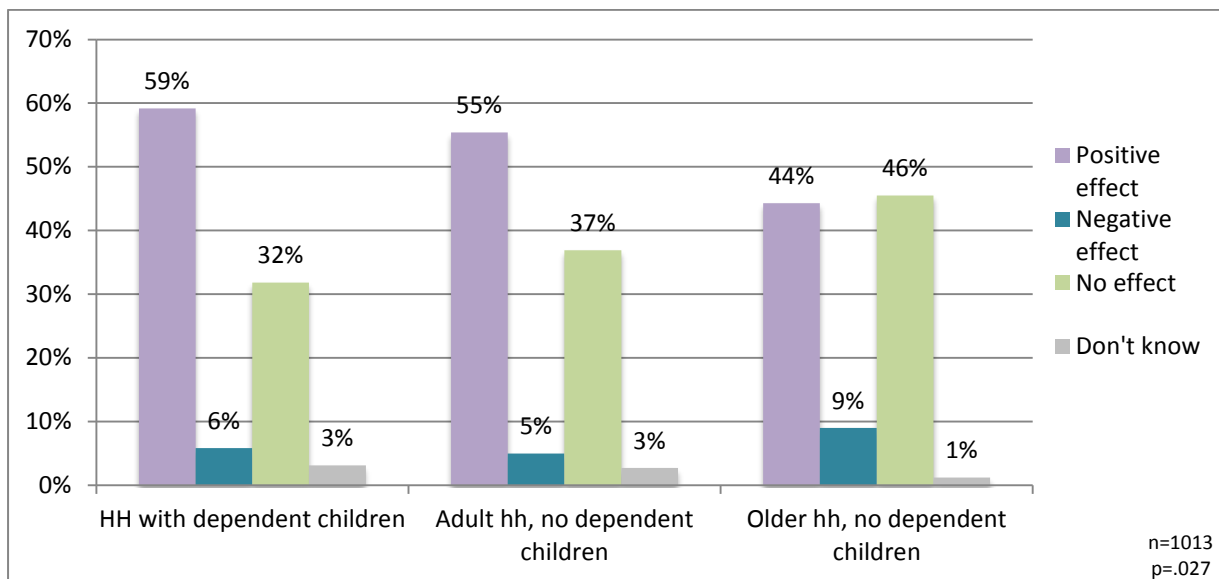
Response options were: *positive effect; negative effect; no effect; don't know* (Figure 21).

We found:

- There were significant differences between interviewees from older households and the two working-age households, with the former being the least positive in their expectations.

- Among the working-age household groupings, most interviewees expected a positive effect from the 2014 Games for themselves and their families, including 59% of households with children and 55% of those without. Thirty-two per cent of households with children and 37% of households without children thought that there would be no effect from the Games upon themselves and their families. A small proportion expected a negative effect (6% of households with children; 5% without) or said that they did not know (3%).
- Of the older households, most interviewees expected no effect from the 2014 Games for themselves and their families (46%). The second most common response was a positive effect (44%). As with working-age households, a small proportion expected a negative effect (9%) and 1% said that they did not know.

Figure 21: Expectations of the 2014 Commonwealth Games: impacts on family.



[Proportion of respondents within each household type who reported each type of effect]

### 5.3 Summary - Connected

In relation to the **Connected** legacy theme, expectations of a positive impact at the family level from the CWG was more common (by 10-15%) among respondents in working-age households than among those in older person households, nearly half of whom thought the Games would have no effect upon them.

Interviewees from older households were most likely to express pride in their local area, with 41% answering that they felt a great deal of pride; for households with children, this figure was only 11%. Working-age households with children was the only category where more people selected *not at all* (22%) than *a great deal* in respect of local pride.



## 6 Sustainable

The *Sustainable* theme centred on the achievement of regeneration and strong communities.

Household-type differences were found in relation to all sustainability indicators examined:

- Satisfaction with the local neighbourhood.
- Sense of progress derived from living in the area.
- Perceived care for the area by local people.
- Perceived change in the local crime rate.
- Neighbourhood empowerment.
- Feelings of safety walking after dark.
- Perceived neighbourhood change.

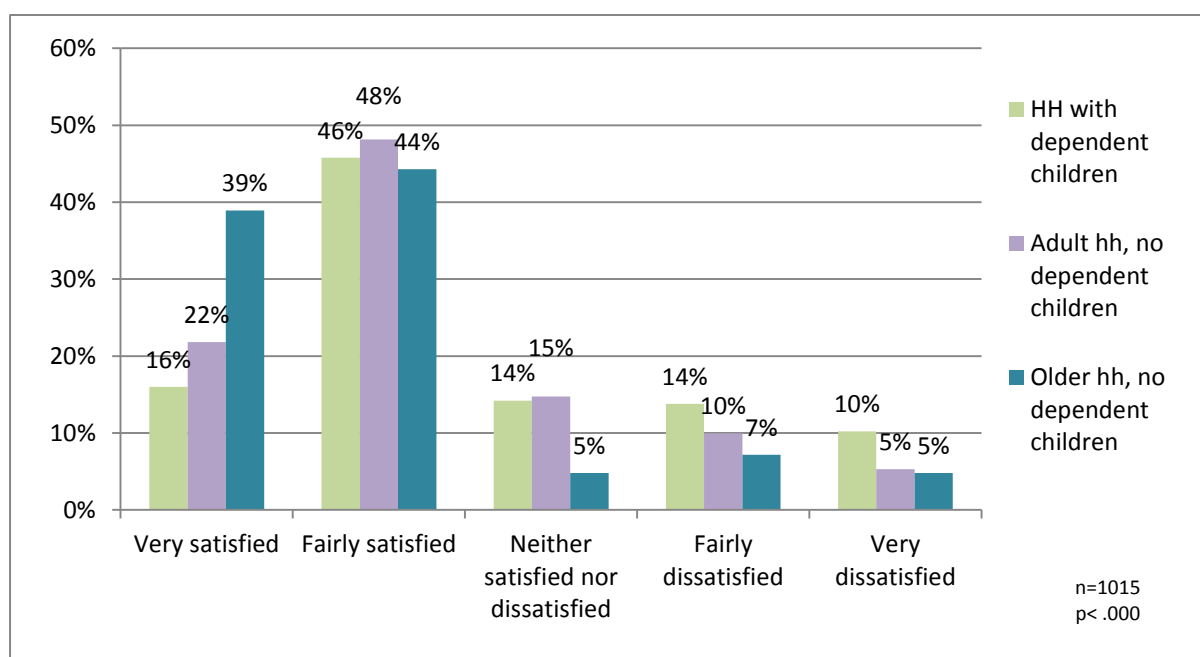
### *6.1 Satisfaction with the local neighbourhood*

We asked interviewees:

*'How satisfied or dissatisfied are you with this neighbourhood as a place to live?'*

Response options ranged from: *very satisfied; fairly satisfied; neither satisfied nor dissatisfied; fairly dissatisfied; very dissatisfied* (Figure 22).

Figure 22: Satisfaction with local neighbourhood.



[Proportion of respondents within each household type who gave each satisfaction response]

We found:

- There were significant differences between all three household types.
- *Fairly satisfied* was the most common response to questions about local neighbourhood and similar proportions of people from each household type offered this reply (46% of those from households with children; 48% of other working-age households; 44% from older households).
- More than six in ten people from households with children (62%) reported being satisfied with their local neighbourhood. However people from this group were least likely to describe themselves as *very satisfied* (16%). Nearly a quarter of this group reported dissatisfaction (24%) and were most likely to respond *fairly dissatisfied* (14%) and *very dissatisfied* (10%).
- Seventy per cent of interviewees from working-age households without children were satisfied with their neighbourhood overall and over one in five (22%) said they were *very satisfied*. Only 15% of this group were dissatisfied, with 10% responding *fairly dissatisfied* and 5% *very dissatisfied*.
- People from older households were most likely to give a positive response on the issue of neighbourhood satisfaction (83%). This group also had the

greatest proportion of people who reported being *very satisfied* (39%). Only 12% of older people interviewed reported dissatisfaction with their neighbourhood (7% *fairly* and 5% *very dissatisfied*).

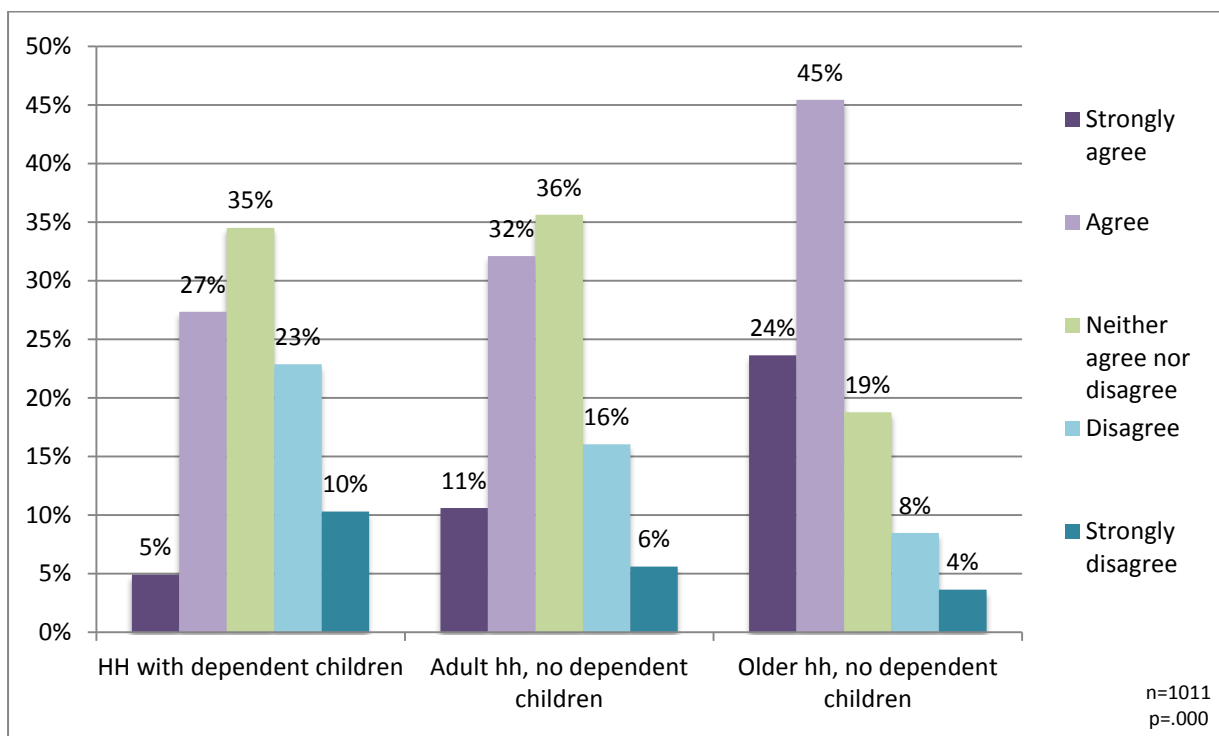
## 6.2 Sense of progress derived from living in the area

Participants were asked to what extent they agreed or disagreed with the statement:

*'Living in this neighbourhood helps me feel that I'm doing well in my life'*

Response options ranged from: *strongly agree*; *agree*; *neither agree nor disagree*; *disagree*; *strongly disagree* (Figure 23).

Figure 23: Neighbourhood and doing well in life.



[Proportion of respondents within each household type who gave each level of agreement]

We found:

- There were significant differences between all three household types, with those in older person households deriving the strongest feeling of doing well in life from where they live, and those in households with children the least.
- Households with children had the lowest rate of *strongly agree* responses (5%) to the question about their neighbourhood and doing well in life. Just over a quarter of interviewees from this group (27%) replied *agree*. One-third of respondents from households with children (33%) *disagreed* with the statement, far higher than for the other two groups.
- Eleven per cent of interviewees from working-age households without children said *strongly agree* when asked about their neighbourhood and doing well in life. Almost one-third of interviewees from this group (32%) also replied *agree*. Just under a quarter (22%) from this group disagreed with the statement.
- Nearly a quarter of people from older households (24%) replied *strongly agree* when asked about their neighbourhood and doing well in life, and the largest response category for this group was also *agree* (45%). Only 8% of this group said *disagree* and 4% responded *disagree strongly*.

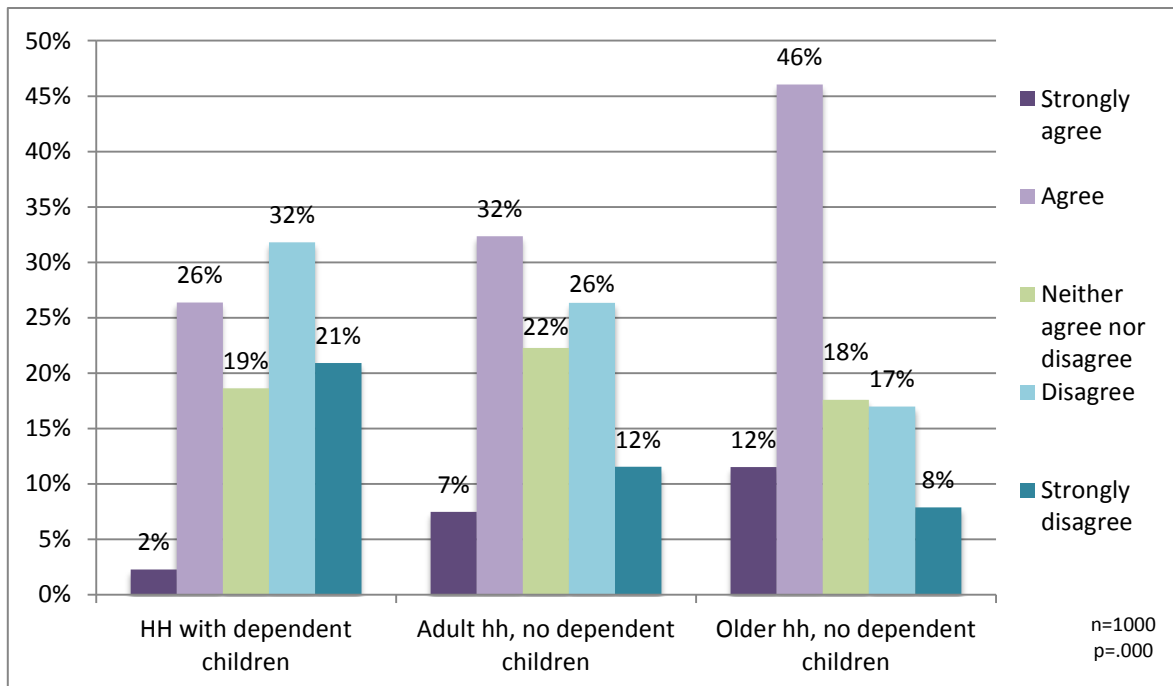
### 6.3 *Perceived care for the area by local people*

Participants were asked to what extent they agreed or disagreed with the statement:

*'People around here look after the local area'*

Response options ranged from: *strongly agree; agree; neither agree nor disagree; disagree; strongly disagree* (Figure 24).

Figure 24: Neighbourhood care.



[Proportion of respondents within each household type who gave each level of agreement]

We found:

- There were significant differences between all three household types, with those in older person households having the most positive view of local people's care for the area, and those in households with children having the least positive view.
- Households with children were by far the least likely to agree with the statement: 2% said *strongly agree* and 26% replied *agree*. Over half of this group (53%) disagreed that local people looked after the area.
- Seven per cent of those from working-age households without children said *strongly agree* when asked about neighbourhood care, and almost one-third of interviewees from this group (32%) replied *agree*. Nearly two-in-five (38%) of this group thought local people looked after the local area.
- Nearly three-in-five (58%) of people from older households agreed with the statement. Only a quarter of this group (25%) thought local people did not look after the local area, the lowest level of negative response across the household types.

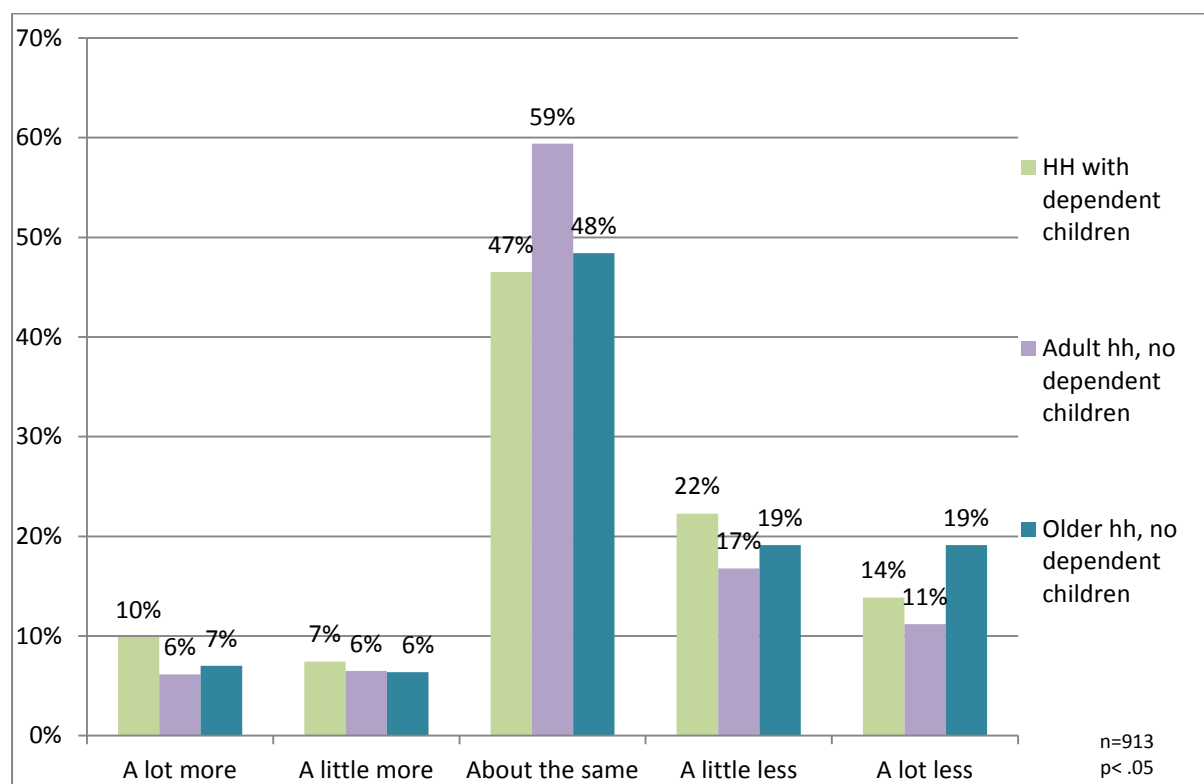
## 6.4 Perceived change in the local crime rate

Participants were asked:

*'How much would you say the crime rate in your local area has changed since two years ago? Would you say there is more, less or about the same amount of crime?'*

Response options ranged from: *a lot more; a little more; about the same; a little less; a lot less* (Figure 25).

Figure 25: Perceived change in crime rate (last two years).



[Proportion of respondents within each household type who reported each change in local crime]

- There were significant differences between people from all three household types in perceptions of change in the crime rate over the last two years.
- Nearly one in five people from households with children (17%) believed crime rates had increased in the last two years, making them the most likely household group to think this (10% responded *a lot more* crime and 7%

responded *a little more* crime). Overall, more than one-third of people from households with children (36%) believed the crime rate had fallen (22% responded *a little less* crime and 14% responded *a lot less* crime).

- Those in working-age households without children were the most likely to think that the local crime rate had remained unchanged over the past two years: three-in-five (59%) thought this. Twelve per cent of people from working-age households believed crime rates had increased in the last two years (evenly divided between 6% responding *a lot more* crime and 6% *a little more* crime). Overall, just over quarter of people from working-age households without children (28%) believed the crime rate had fallen (17% responded *a little less* crime and 11% responded *a lot less* crime).
- Similar to the working-age group above, 13% of people from older households believed crime rates had increased in the last two years (7% responded *a lot more* crime and 6% responded *a little more* crime). Households with older people were most likely to consider crime rates to have improved. Nearly four in ten people from this group (38%) believed the crime rate had fallen. Older people were also most likely to consider the crime rate to be *a lot less* (19% of this group responded *a little less* crime and a further 19% responded *a lot less* crime).

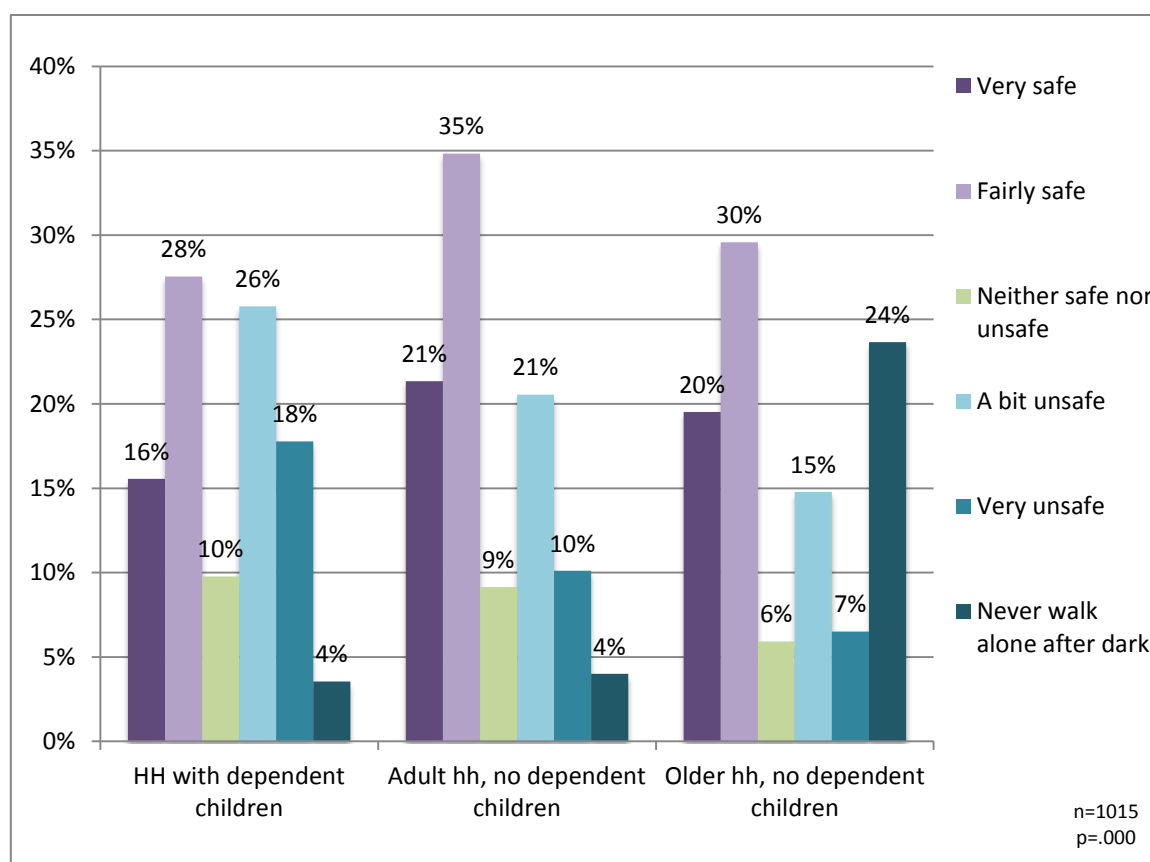
## 6.5 Safety walking after dark

We asked interviewees:

*'How safe would or do you feel walking alone in this neighbourhood after dark?'*

Response options ranged from: *very safe; fairly safe; neither safe nor unsafe; a bit unsafe; very unsafe* (Figure 26).

Figure 26: Safety walking after dark



[Proportion of respondents within each household type who reported each degree of safety]

We found:

- There were significant differences between all three household types, with respondents of working age without children feeling the safest, and those in households with children feeling the most unsafe.
- Just over two-in-five (44%) of interviewees from households with children said they felt either *fairly safe* or *very safe* walking alone after dark. Twenty-six per cent of this group felt *a bit unsafe*, 18% replied *very unsafe* and 4% said *never walk alone after dark*.
- Over half (56%) of working-age households without children felt either *fairly safe* or *very safe* walking alone after dark, the highest level for any household group. A fifth (21%) of this group felt *a bit unsafe*, 10% replied *very unsafe* and 4% said they *never walk alone after dark*.
- Half (50%) of interviewees from older households said they felt either *fairly safe* or *very safe* walking alone after dark. Only 7% of this group selected a



bit unsafe and 7% replied very unsafe but 24% responded that they never walk alone after dark.

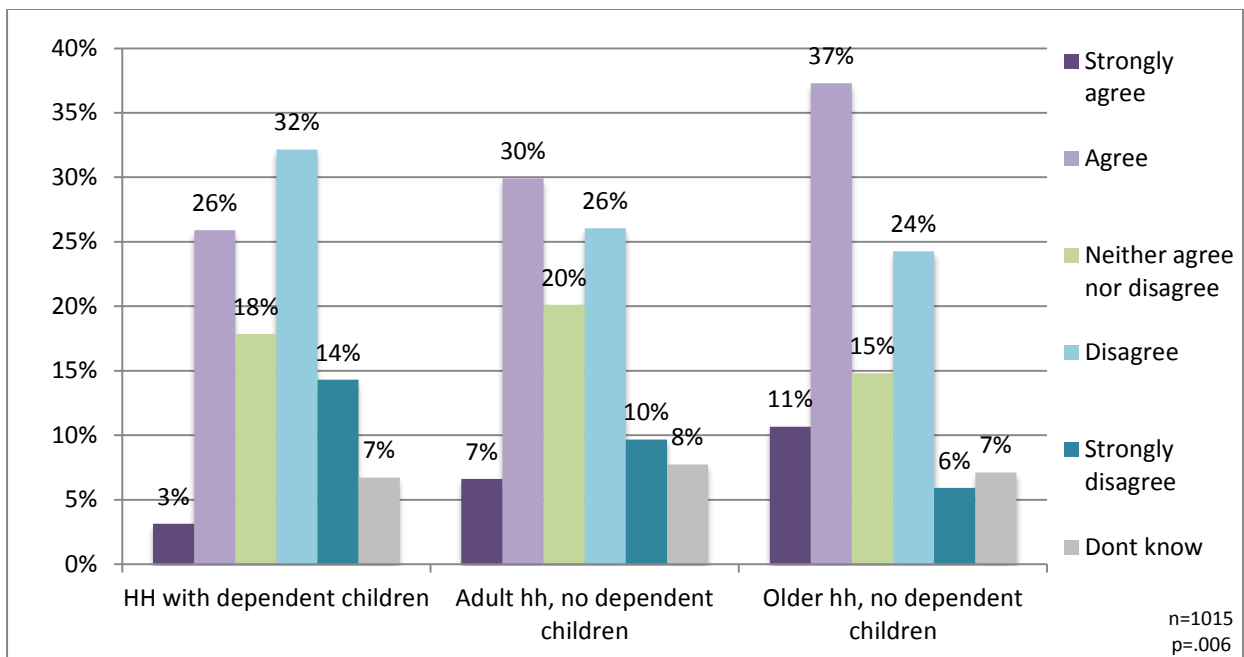
## 6.6 Neighbourhood empowerment

Participants were asked how much did they agree or disagree that:

*'On your own, or with others, you can influence decisions affecting your local area'*

Response options ranged from: *strongly agree; agree; neither agree nor disagree; disagree; strongly disagree; don't know* (Figure 27).

Figure 277: Influence over local decisions.



[Proportion of respondents within each household type who reported each level of agreement]

- There were significant differences between interviewees from older households and the two working-age households.
- Around one-third or more of working-age households felt influence over local decisions (29% of interviewees from households with children and 37%

from working-age households without children); however, not many felt very influential. More of those from households with children than without (46% versus 36%) replied *disagree* or *strongly disagree* to the statement about local influence.

- The older householders were more positive about their ability to influence decisions in the local area, with nearly half feeling influence: 11% responding *strongly agree* and 37% replying *agree*. Around a quarter of older interviewees (24%) selected *disagree* when asked about neighbourhood influence and only 6% replied *strongly disagree*.
- A similar proportion of people from each household type replied *don't know* (8% of interviewees from households without children and 7% of the other two groups).

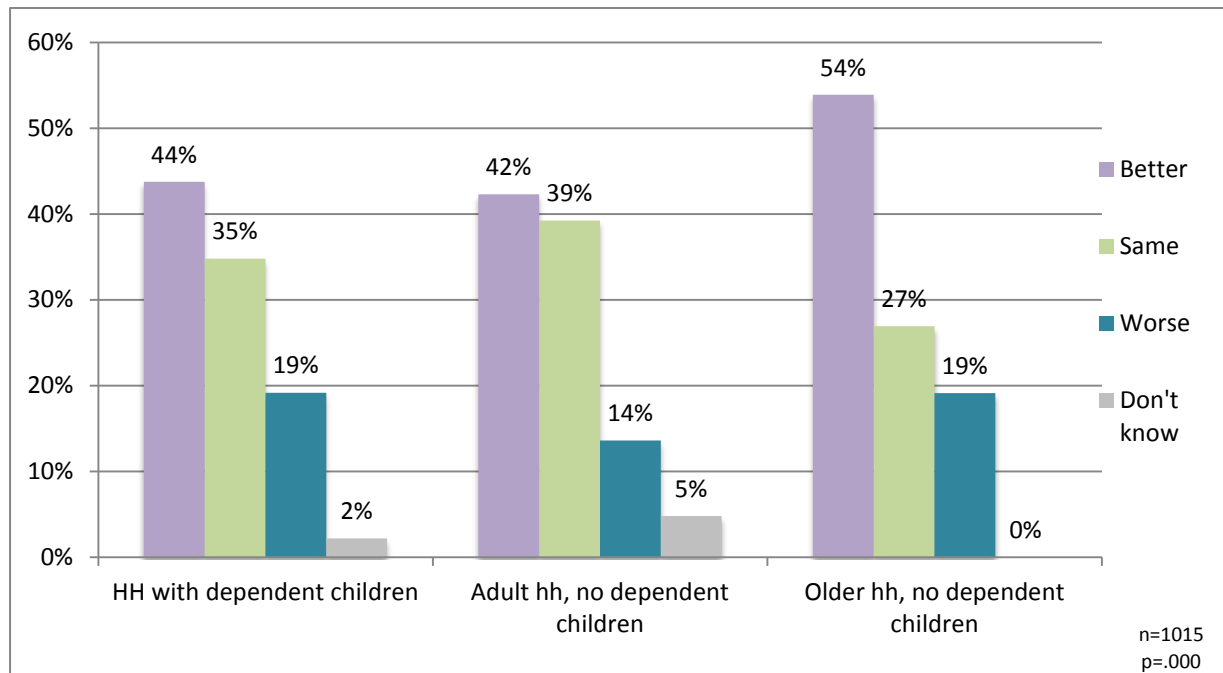
## 6.7 Perceived neighbourhood change

Interviewees were asked:

*'Has this area got better or worse to live in over the last three years?'*

Response options were: *the area has got better; things have stayed the same; the area has got worse; don't know* (Figure 28).

Figure 28: Neighbourhood change.



[Proportion of respondents within each household type who reported each type of area change]

We found:

- In the case of all three household types, far more people perceived positive local change than negative change. However, there were significant differences between interviewees from older households and the two working-age households.
- From the working-age household groupings, around four in ten interviewees thought the area had got better to live in over the last three years (44% from households with children; 42% without). Thirty-five per cent from households with children and 39% from households without children thought things had stayed the same. Less than a fifth of people asked thought things had got worse (19% from households with children; 14% without).
- A majority of interviewees from older households (54%) believed their area had got better to live in over the last three years. Over a quarter of older householders (27%) thought the area had stayed the same and just under a fifth (19%) replied that it had got worse.

## 6.8 Summary - Sustainable

Analysis of the **Sustainability** indicators suggests that householders with children felt a lot less positive about their local neighbourhood than others. They were the least likely to describe themselves as very satisfied with their neighbourhood, to feel pride in their local area, to say that people in the neighbourhood look after the local area, or that their neighbourhood helps them feel they are doing well in life. On the other hand, those with dependent children were the most likely to say they felt unsafe walking in the area at night-time and to believe that crime rates had increased over the last two years.

In contrast, people from older-person households were often the most positive about their local neighbourhood, particularly in psychosocial terms of local pride and sense of progress. Contrasting older interviewees with people from the two working-age groups, older householders were more positive about their ability to influence decisions in the local area and about changes in the local area. Over four in five older people were satisfied with their neighbourhood (83%), with over a third (39%) reporting being very satisfied. Nearly one in five believed that crime rates had fallen in that last two years (19%). Around half believed that their neighbourhood was improving (54%) and that they could influence change in the local area (48%).

## 7 Summary of household-type differences at baseline

The household baseline equalities analysis shows differences between household categories within all Scottish Government legacy domains.

In respect of the **Active** legacy theme, the main concern lies with those in older-person households, the majority of whom did little or no exercise and also failed to meet recommended levels of physical activity; a significant minority of this group rarely walked either. There were significant issues also for those in working-age households with children, who were the least likely to be regular, established exercisers. However, it would seem that targeting efforts at those with children may be worthwhile: two-in-five of this group were either intermittent exercisers, or contemplating taking up exercise. The main barriers to doing more sport/exercise for those from family households were issues of time and cost, although this group were also the most likely to say that not having anyone to do sport and exercise with, and having caring responsibilities were also barriers. Although respondents of working age without children were the most likely to be regular exercisers, and to play sport as part of a club, nonetheless they did less walking than adults with children, and two-in-five of this group failed to meet recommended levels of physical activity.

With regard to the **Flourishing** legacy theme, nearly half those with children, and two-in-five of the working-age respondents without children were not in work or education, and around a third of these two groups were dissatisfied with their current employment situation. Financial stress, as indicated by reporting difficulties paying for fuel bills, affected a lot of households across the spectrum: the majority (three-in-five) of those with children; half of those without children; and two-in-five older person households.

In respect of the **Connected** legacy theme, it is interesting that those who were proudest of their local area - older persons - also had the lowest expectations of impacts upon their family from the Commonwealth Games. In contrast, those who had the least pride in their local area - respondents with children - had the highest

expectations of impacts from the Games. This may reflect the vesting of hope in the Games as a route to personal and local improvements by those who feel they need it the most.

Lastly, our examination of indicators in the **Sustainable** legacy theme revealed a significant contrast between older persons and working-age respondents. The former group were far more likely to feel satisfied and influential in relation to their neighbourhood, and to perceive positive change in their area. Working-age respondents, either with or without children, were far less likely to feel satisfied, positive or influential. In addition, respondents with children were the least likely of all three household types to feel safe or influential locally.