

# Children and young people in Fife

Information Supplement  
2023



## **Introduction**

This document has been produced to accompany the Director of Public Health Annual Report 2023 and contains information relating to topics in the chapters of the report. Information has been presented for Fife where possible and in instances where Fife level data is not available Scotland figures have been used.

The data used in this supplement was the most up to date available at the time of writing (between February and May 2023). More recent data may have become available, and this can be found through the links to the sources of data referenced at the end of each section. Technical information relating to the definitions, sources and presentation of the data used in this document is available at the end of each section.

Information relating to the content of the chapters was not sufficient in quantity or available for all the chapters in the report and as such this information supplement only covers certain topics. For ease of reference the sections in this document are titled and ordered to match the chapters in the main report.

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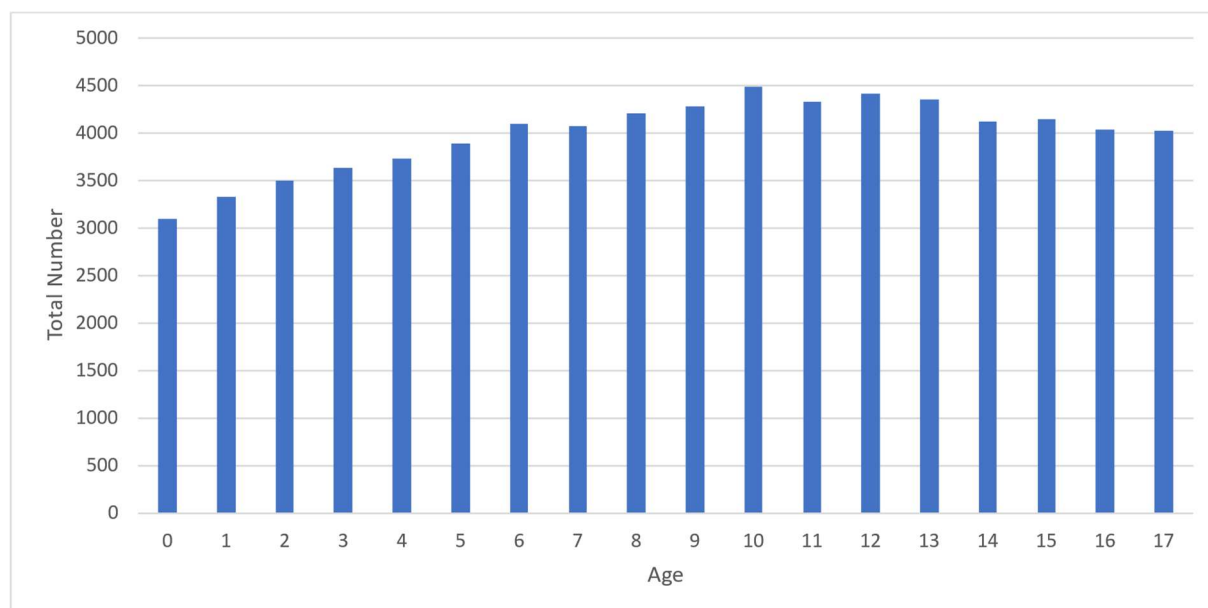
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## Population

### Fife under 18 total population

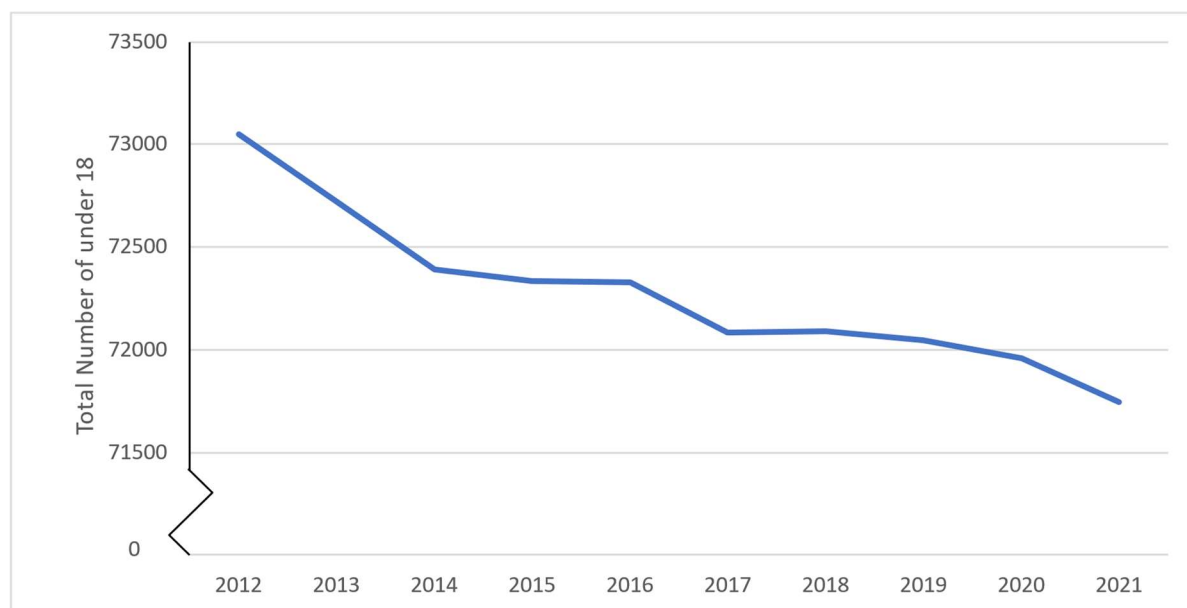
The total number of children aged under 18 in Fife was estimated to be 71,746 in 2021<sup>1</sup>. Figure 1 shows that there are smaller numbers of children in the ages up to and including 5 years in Fife than in older age groups. The lowest number is in the under 1's at 3,102 and greatest in age 10 at 4,486.

Figure 1: Under 18 population by single year of age; Fife 2021 (Source: NRS)



The number of children living in Fife has steadily declined since 2012 when the total was 73,047 (Figure 2). This represents a 1.8% decrease in the child population in 10 years<sup>2</sup>.

Figure 2: Under 18 population; Fife 2012 to 2021 (Source NRS)



### Fife under 18 population by key age groups and sex

In 2021 there were estimated to be a total of 17,300 children aged 0 to 4 years (pre-school) in Fife, 29,350 children aged 5 to 11 years (primary-school aged) and 25,096 12- to 17-year-olds (secondary-school aged). Primary school aged children were the largest group of children in Fife, accounting for 41% of all children aged under 18 years (Table 1).

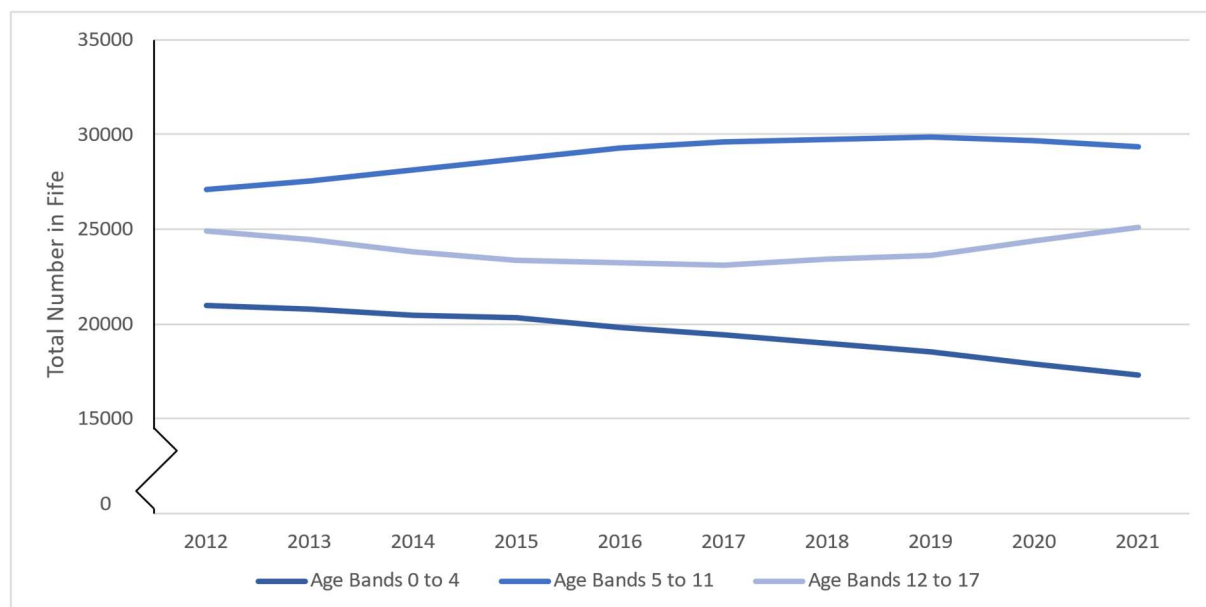
Across all the key age groups there were a slightly lower number and proportion of females compared to males in 2021 (Table 1). This is consistent sex ratio at birth for the United Kingdom of 105.4 males to 100 females<sup>3</sup>.

Table 1: Under 18 population by key age group and sex; Fife 2021 (Source: NRS)

Age Groups	0 to 4		5 to 11		12 to 17		Under 18	
Male	8949	51.7%	15,108	51.5%	12,799	51.0%	36,856	51.4%
Female	8351	48.3%	14,242	48.5%	12,297	49.0%	34,890	48.6%
Total	17,300		29,350		25,096		71,746	
% Of under 18 Total	24%		41%		35%			

Since 2012 there has been a steady decline in the number of children in Fife who are pre-school aged, from 21,002 to 17,300 in 2021 (Figure 3). The number of school-aged children has been more variable. Primary school aged children showing an increased in number from 2012 to 2019, before falling by 2021. The number of high school aged children fell from 2012 to 2017 but increased after this time.

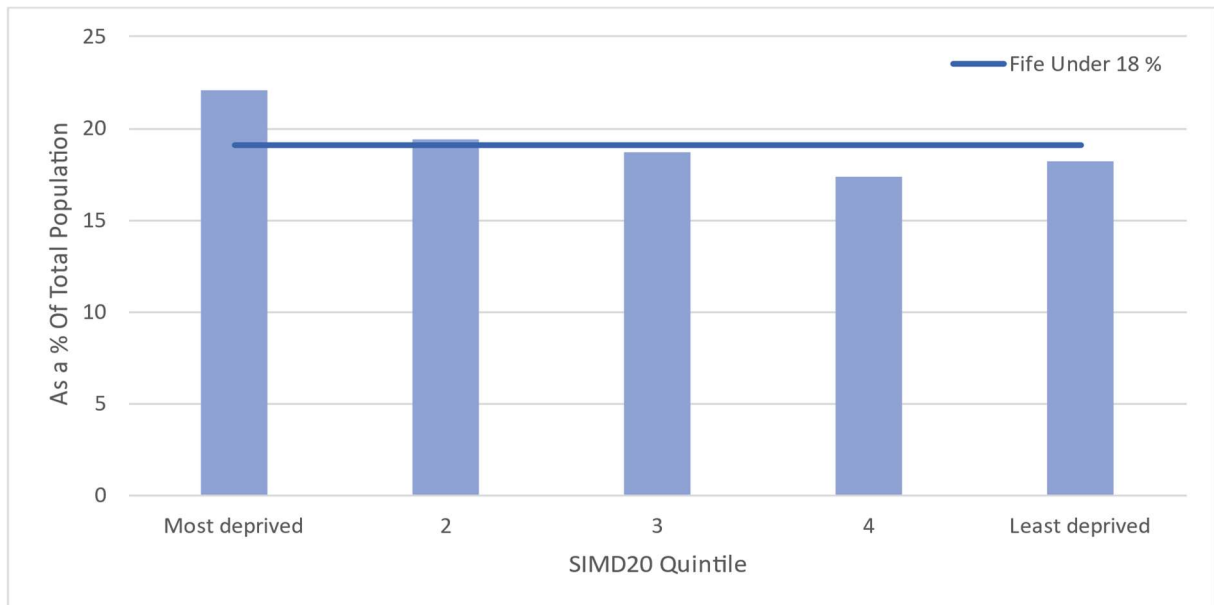
Figure 3: Key age groups in under 18 population; Fife 2012 to 2021 (Source NRS)



### Fife under 18 population by SIMD quintile

The most deprived areas in Fife had the largest proportion of their total population aged under 18 (Figure 4). 22.1% of the population living in the most deprived quintile were aged under 18 compared to the Fife average of 19.1%. The least deprived areas of Fife have a lower under 18 population, 17.4% in quintile 4 and 18.3% in the least deprived.

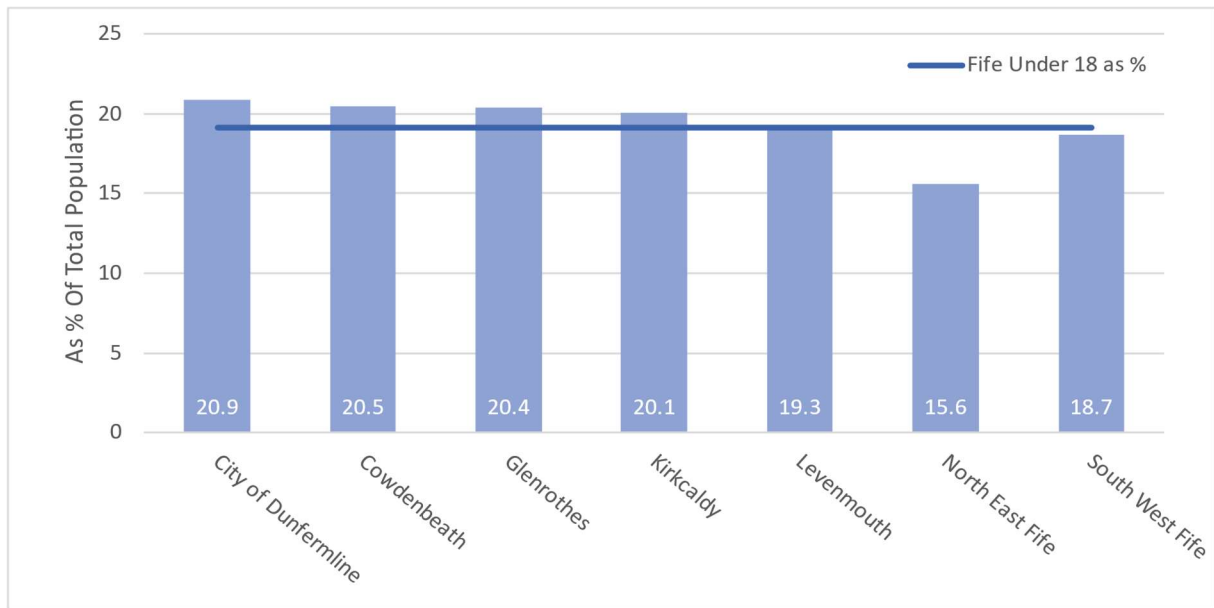
Figure 4: Under 18 population as a % of total population by SIMD20 Quintile; Fife 2021 (Source NRS/Public Health)



### Fife under 18 population by localities

Five of the seven localities in Fife have a greater proportion of their population aged under 18 than the Fife average (Figure 5). City of Dunfermline locality has the largest proportion of children at 20.9% but North East Fife is significantly lower at 15.6%.

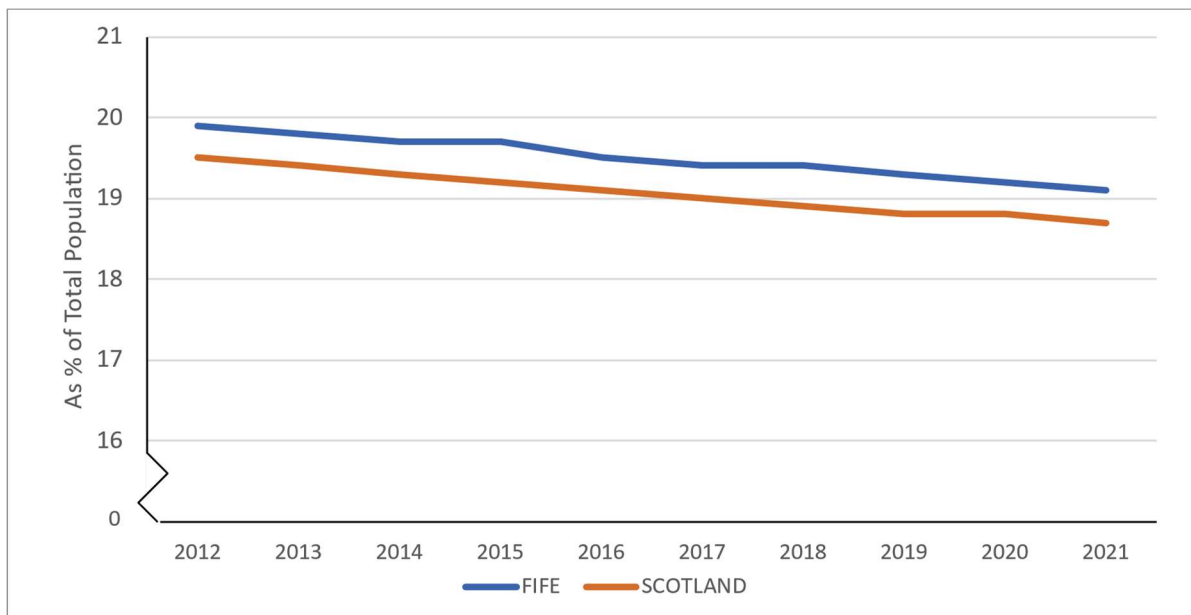
Figure 5: Under 18 population as a % of total population by locality (Source: NRS)



### Fife under 18 population compared to Scotland

The under 18 population as percentage of total population for both Fife and Scotland has gradually fallen from 19.9% for Fife and 19.5% for Scotland in 2012 to 19.1% for Fife and 18.7% for Scotland in 2021, with Fife showing a consistent trend of having a slightly larger proportion of its population under 18 than the national average (Figure 6).

Figure 6: Under 18 population as % of total population Fife vs Scotland (Source: NRS)



## Technical Information

Data relating to the size and age structure of the population in Fife are produced annually by National Records of Scotland (NRS). The annual mid-year population estimates are based on the 2011 Census and are updated each year with elements of population change to produce an estimated figure of the population of Fife<sup>1</sup>.

Breakdowns of the population projections have not been included as they have not been updated since 2018 and are not estimated to be updated until 2024 following publication of the 2022 Census. Similarly, detailed data on ethnic group has not been included as the new Census data is not yet available.

SIMD quintiles are Scotland level weighted quintiles, with the appropriate SIMD release used for each year. SIMD quintile is derived from the child's home postcode.

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<sup>1</sup> <https://www.nrscotland.gov.uk/statistics-and-data/statistics/statistics-by-theme/population/population-estimates/mid-year-population-estimates>

<sup>2</sup> [Fife Council Area Profile \(nrscotland.gov.uk\)](https://www.nrscotland.gov.uk/statistics-and-data/statistics/statistics-by-theme/population/population-estimates/mid-year-population-estimates)

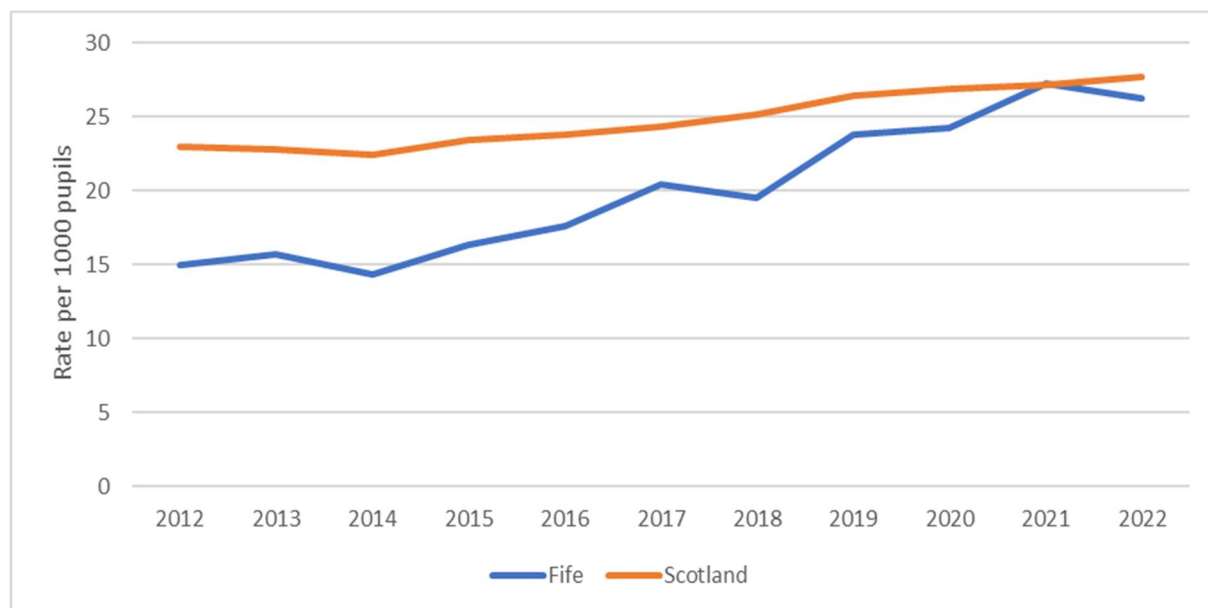
<sup>3</sup> [Sex ratios at birth in the United Kingdom, 2016 to 2020 - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/statistics/sex-ratios-at-birth-in-the-united-kingdom-2016-to-2020)



## Disability and Neurodiversity

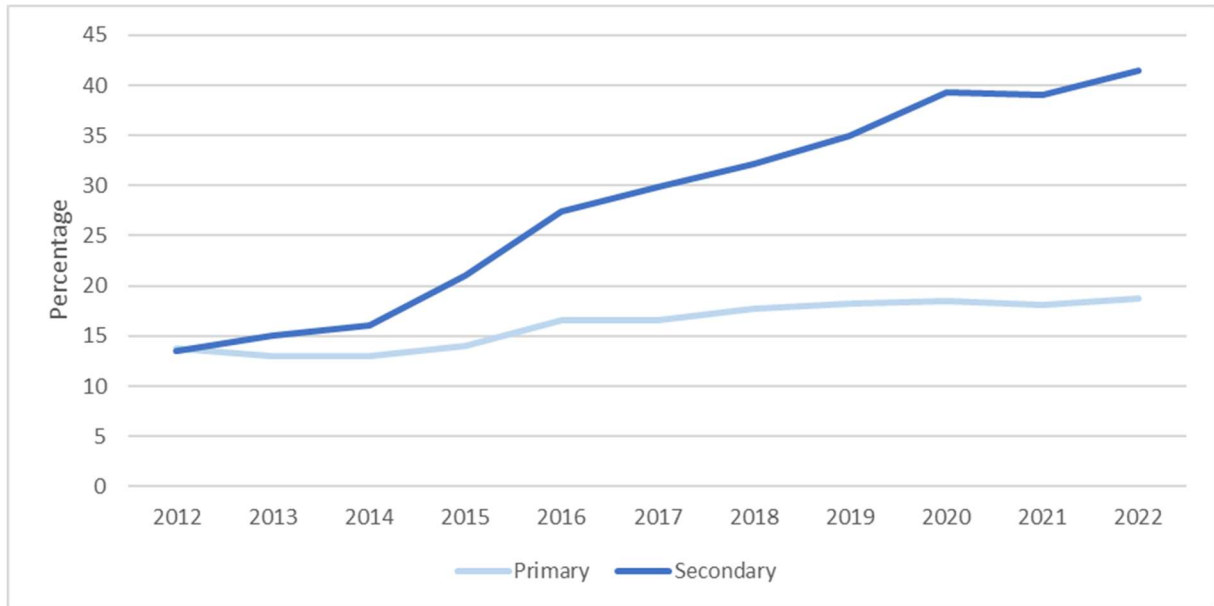
The number of pupils assessed or declared as having a disability in Fife is currently 26.2 per 1000 pupils, this is a slight drop compared to 2021 where it was 27.3 per 1000. The current rate in Fife is below that of Scotland, which is currently 27.7 per 1000 pupils<sup>1</sup>. The rate in both Fife and Scotland has increased since 2012.

Figure 1: Rate of assessed and/or declared as having a disability per 1000 pupils in Fife and Scotland (Source: Pupil Census).



The percentage of children with an additional support need (ASN) in Fife has increased significantly and is currently 18.7% of primary school pupils and 41.5% of secondary school pupils. This increase is more prominent in secondary school pupils where the percentage of children with an ASN has more than doubled since 2015.

Figure 2: Percentage of pupils in primary and secondary school with an additional support need in Fife (Source: Pupil Census)



The Pupil Census asks pupils with an ASN for the reason for support, 1.7% of all pupils in Scotland reported that their ASN was due to a learning disability. In Fife 170 pupils in primary school (0.6%) and 364 pupils in secondary school (1.6%) reported that their ASN was due to a learning disability. In special schools 83% (132 pupils) had ASN due to a learning disability<sup>1</sup>.

### Technical Information

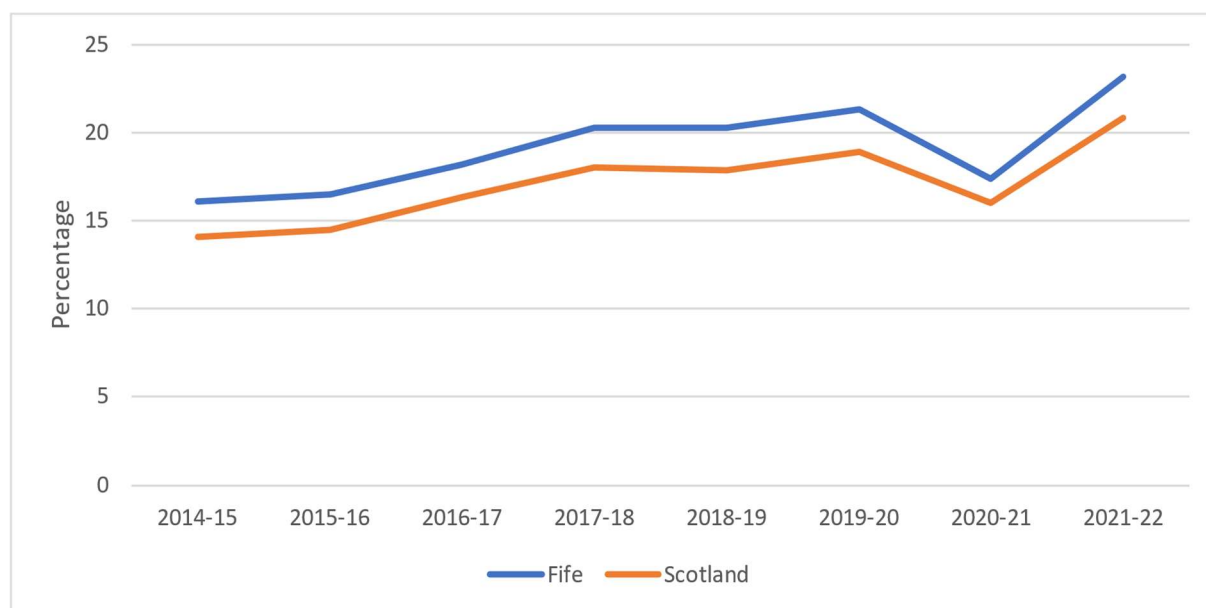
The Pupil Census gathers information on pupils who require additional support to access education, and the reason for that support. Additional support need was defined as per the Education (Additional Support for Learning) Scotland Act 2004 (as amended).

<sup>1</sup> [Pupil census supplementary statistics - gov.scot \(www.gov.scot\)](http://www.gov.scot)

## Child poverty

At the end of the financial year 2021/22 the reported proportion of children aged under 16 who were living in relative poverty before housing costs in Fife was 23.2%, this was an increase from 17.4% in the financial year ending 2020<sup>1</sup>. The proportion in Fife in 2021/22 was higher than the 20.8% across Scotland. Data after housing costs is not available at Fife level.

*Figure 1: Percentage of children (aged under 16) in relative poverty before housing costs in Fife and Scotland financial years to 2021/22 (Source: DWP)*



### Child poverty across Fife

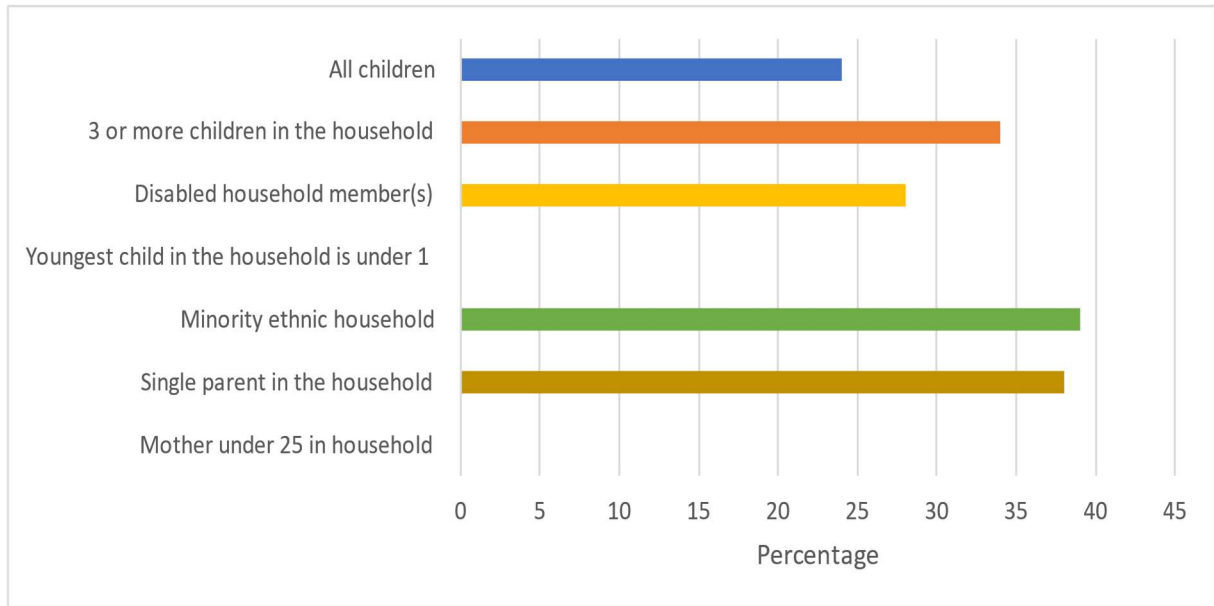
Different areas in Fife have varying levels of child poverty. In 2021/22 at electoral ward level relative child poverty, before housing costs, was highest in Kirkcaldy Central (35.9%) and lowest in St Andrews (11%), further details are available from the KnowFife website<sup>2</sup>.

### Priority groups

Almost 90% of all children in poverty in Scotland live within six family types, with many families falling into more than one group (Figure 2)<sup>3</sup>. In 2019 to 2022 each group was more likely to experience poverty than all children in Scotland (24%) and households which do not have any of the six family type characteristics (10%). Data at Fife level is not available. Two groups are not shown in Figure 2 as there was insufficient survey data for the period measured<sup>4</sup>.

Earlier survey data from 2017 to 2020 suggested that 34% Families with children under 1 were in relative poverty after housing costs and 55% of Families with younger mothers. The numbers are small, however, so the data needs to be treated with caution<sup>5</sup>.

Figure 2: Proportion of children in relative poverty after housing costs in Scotland 2019 to 2022 average (Source Family Resources Survey)



### Technical Information

Please see the guidance notes in the *Children in low income families* report for details as to how the statistics have been collated<sup>1</sup>. Relative low income is defined as a family in low income Before Housing Costs (BHC) in the reference year. A family must have claimed Child Benefit and at least one other household benefit (Universal Credit, tax credits, or Housing Benefit) at any point in the year to be classed as low income in these statistics. Income is Before Housing Costs (BHC) and is equalised to adjust for family size and composition.

Comparison of relative poverty in children before and after housing costs at Scotland level can be found in the Scottish Government report<sup>4</sup>.

<sup>1</sup> [Children in low income families: local area statistics 2014 to 2022 - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/statistics/children-in-low-income-families-local-area-statistics-2014-to-2022)

<sup>2</sup> [Fife-Findings-Children-in-low-income-families-2022.pdf](#)

<sup>3</sup> [Best Start, Bright Futures: Tackling Child Poverty Delivery Plan 2022-2026 \(www.gov.scot\)](https://www.gov.scot/publications/best-start-bright-futures-tackling-child-poverty-delivery-plan-2022-2026/pages/19/) (page 19)

<sup>4</sup> [Poverty and Income Inequality in Scotland 2019-22 \(data.gov.scot\)](https://data.gov.scot/publications/poverty-and-income-inequality-in-scotland-2019-22/)

<sup>5</sup> [Tackling child poverty priority families overview](#)

## Births and maternal health

### Births

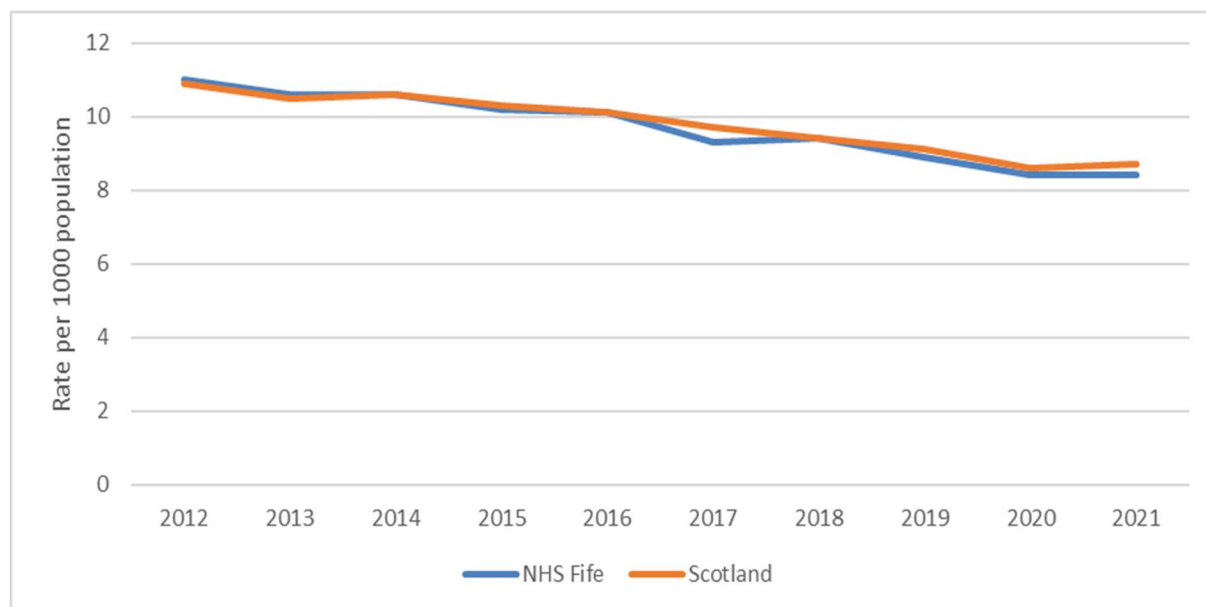
#### **Births: Fife and Scotland**

In 2021 there were 3,157 live births in Fife, a small increase on the number in 2020 but the second lowest number in the last 10 years (Table1). Overall birth rates are declining in Fife 8.4 births per 1000 population in 2021 compared to 11.0 in 2012<sup>1</sup>. Scotland shows a similar pattern, 8.7 births per 1000 population in 2021 compared to 10.9 in 2012 (Figure 1)<sup>1</sup>.

Table 1: Live births NHS Fife (Source: NRS)

Year	Live births
2012	4,019
2013	3,872
2014	3,889
2015	3,755
2016	3,739
2017	3,465
2018	3,479
2019	3,325
2020	3,144
2021	3,157

Figure 1: Fife and Scotland birth rates, overall rate per 1000 population (Source: NRS)



### **Maternal age at first birth**

Age at first birth has been gradually increasing over time with the 2021/22 figures for Fife showing the lowest number of first births of women aged under 25 (27%) and the highest over 35 (14%) (Table 2) in the 10 years reported. This is a similar pattern to Scotland where in 2021/22 22% of women giving birth for the first time were under 25 and 16% over 35.

*Table 2: Fife Maternal age at first birth (Source: PHS opendata)*

<b>Financial Year</b>	<b>%Under 25</b>	<b>%25-34</b>	<b>%35 and over</b>
<b>2012/13</b>	39.8%	49.8%	10.3%
<b>2013/14</b>	37.0%	52.5%	10.5%
<b>2014/15</b>	37.3%	52.2%	10.5%
<b>2015/16</b>	35.8%	51.9%	12.3%
<b>2016/17</b>	33.5%	52.8%	13.8%
<b>2017/18</b>	34.6%	53.6%	11.8%
<b>2018/19</b>	30.2%	56.5%	13.3%
<b>2019/20</b>	30.6%	57.1%	12.3%
<b>2020/21</b>	31.8%	56.3%	11.9%
<b>2021/22</b>	26.7%	59.3%	14.0%

### **Low birthweight (<2500g) babies**

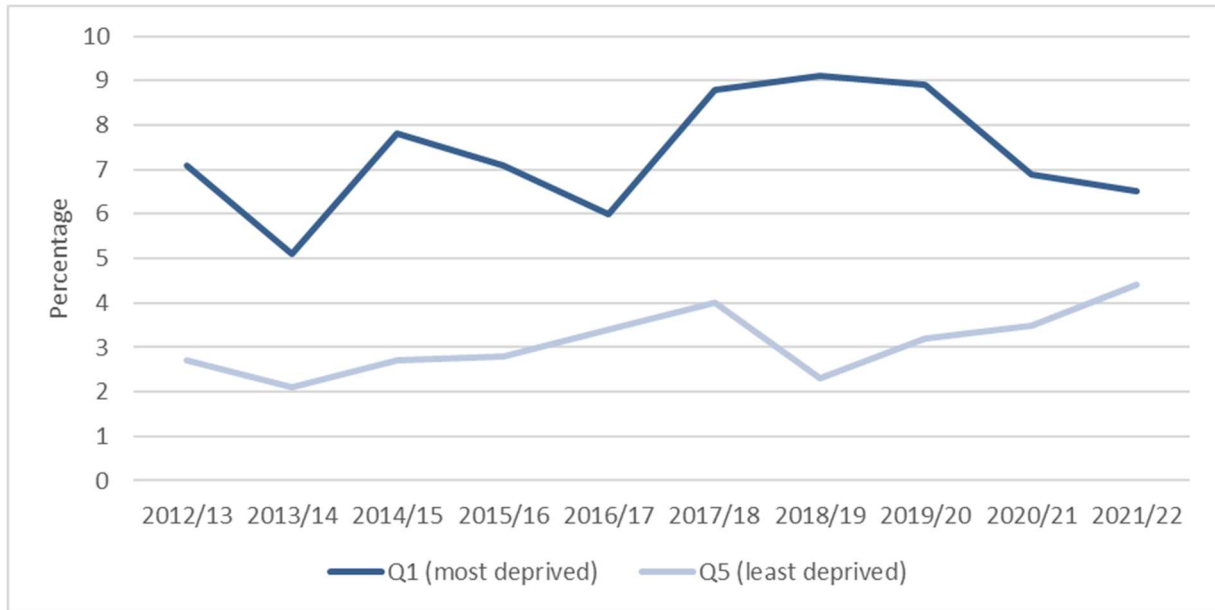
In 2021/22 4.9% of live singleton babies in Fife had a low birthweight (Table 3). This is comparable with Scotland at 5.2% for the same year. The approximately 5% proportion has persisted for many years in both Fife and Scotland.

*Table 3: NHS Fife % Low birthweight singleton babies (Source PHS opendata)*

<b>Financial Year</b>	<b>LBW</b>	<b>NonLBW</b>
<b>2012/13</b>	5.3%	94.6%
<b>2013/14</b>	4.4%	95.5%
<b>2014/15</b>	5.6%	94.4%
<b>2015/16</b>	5.5%	94.4%
<b>2016/17</b>	5.2%	94.8%
<b>2017/18</b>	6.2%	93.8%
<b>2018/19</b>	5.1%	94.9%
<b>2019/20</b>	5.8%	94.2%
<b>2020/21</b>	5.7%	94.3%
<b>2021/22</b>	4.9%	95.0%

Low birthweight in babies is associated with deprivation with a higher proportion of low birthweight babies in the most deprived areas (6.5% in 2021/22) compared to the least deprived areas (4.4% in 2021/22). This has not changed significantly over time (Figure 2).

Figure 2: Fife percentage low birthweight singleton babies by most and least deprived SIMD quintiles (Source: PHS opendata)



### Stillbirths

There were 11 stillbirths registered in Fife 2021<sup>2</sup>. This number can vary significantly between years, Table 4 shows five-year averages and rates compared to Scotland<sup>3</sup> for the last 10 years. In general Fife has a very similar stillbirth rate to Scotland.

Table 4: Stillbirth five-year average rates NHS Fife and Scotland

Five-year average	Stillbirths Rate*		
	Fife	Scotland	Difference
2012-16	4.4	4.2	0.2
2013-17	3.9	4.1	-0.2
2014-18	4.0	4.0	0.0
2015-19	4.1	3.9	0.2
2016-20	4.5	4.0	0.5
2017-21	4.2	3.9	0.3

\*Stillbirths, rate per 1,000 live and still births. Source: NRS

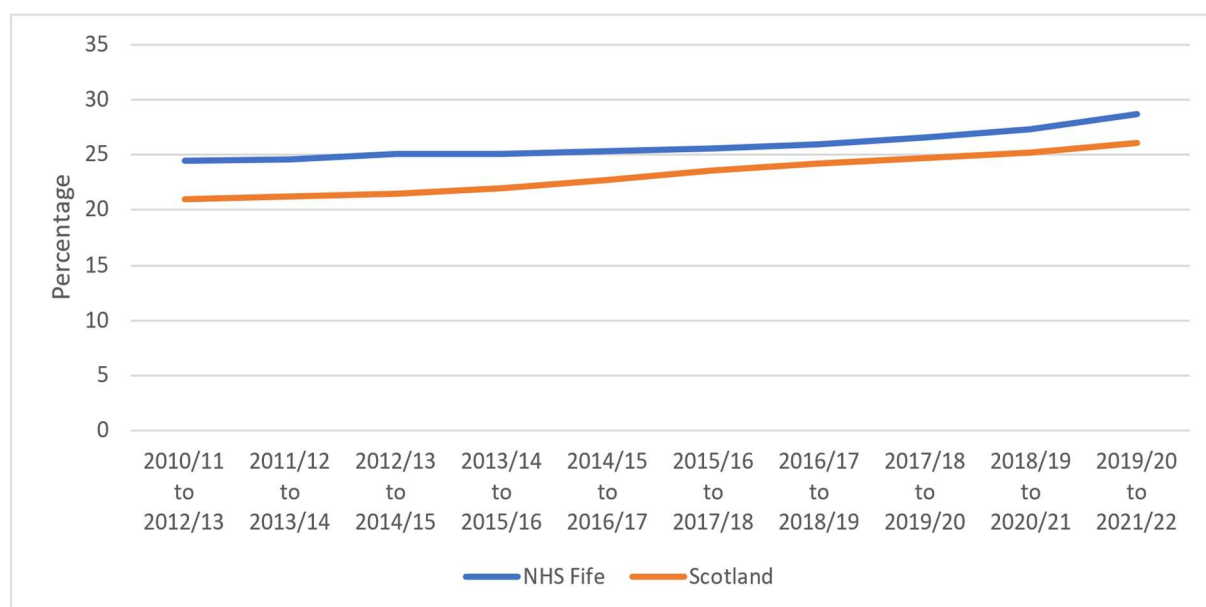
## Maternal Health

### **Body Mass Index (BMI) at antenatal booking**

Maternal BMIs have been rising in Fife and Scotland for some years (Figure 3). In Fife during 2021/22 2.2% of women were underweight, 37.5% a healthy weight, 29.8% overweight and 30.6% obese. Fife has a lower proportion of healthy weight bookings compared to Scotland (40.9%) and a higher proportion of obese mothers (Scotland 27.3%). These figures exclude bookings where the BMI was not recorded.

In 2021/22 Fife had the fourth highest level of overweight and obese BMI at booking compared to other Health Boards in Scotland at 60.4%. Fife does have a high proportion of unrecorded BMIs at booking in the SMR02 data (over 10% Not Known in 2018/19 to 2020/21 and 8.5% in 2021/22) this makes direct comparison to Scotland-level and other Health Board figures more difficult (Scotland, Not Known 1.7% for 2021/22).

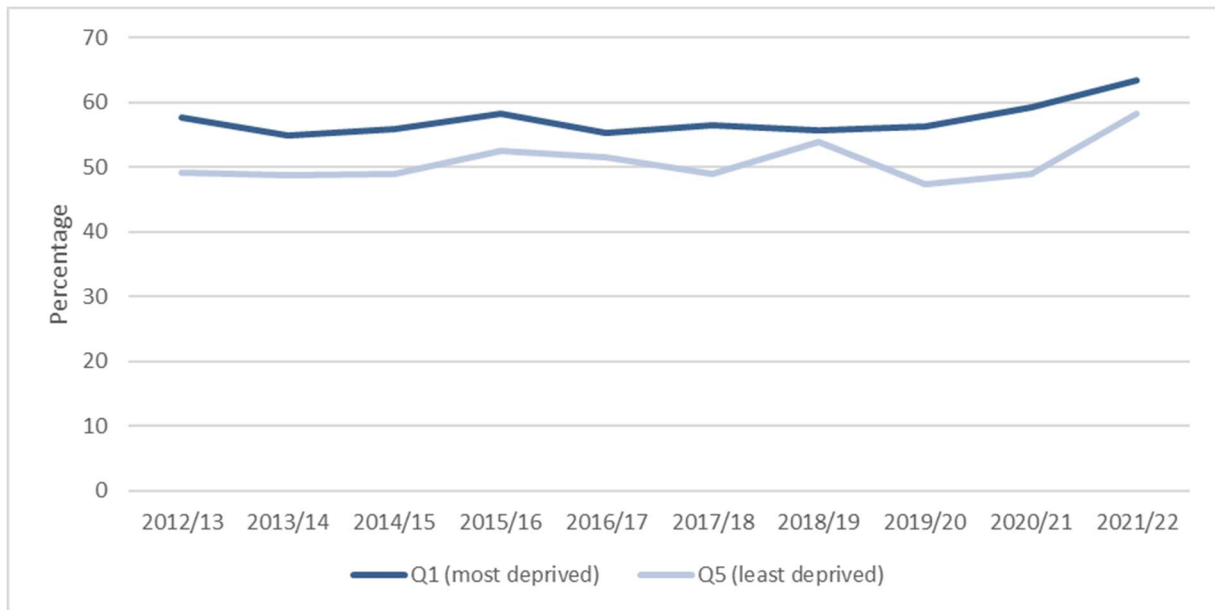
*Figure 3: Percentage maternities with BMI recorded as obese at booking, financial years, three-year rolling averages (Source: ScotPHO)*



Deprivation increases the likelihood of obese and overweight BMI's at booking (Figure 4). In 2021/22 64.3% of bookings from the most deprived areas (SIMD quintile 1) in Fife were classed as overweight or obese compared to 61.1% in the least deprived areas. In both areas proportions of obese and overweight bookings appear to be increasing over time with the values in 2021/22 the highest in both areas in the last 10 years.



Figure 4: NHS Fife Maternities BMI group at booking by most and least deprived SIMD quintiles  
(Source: PHS opendata)

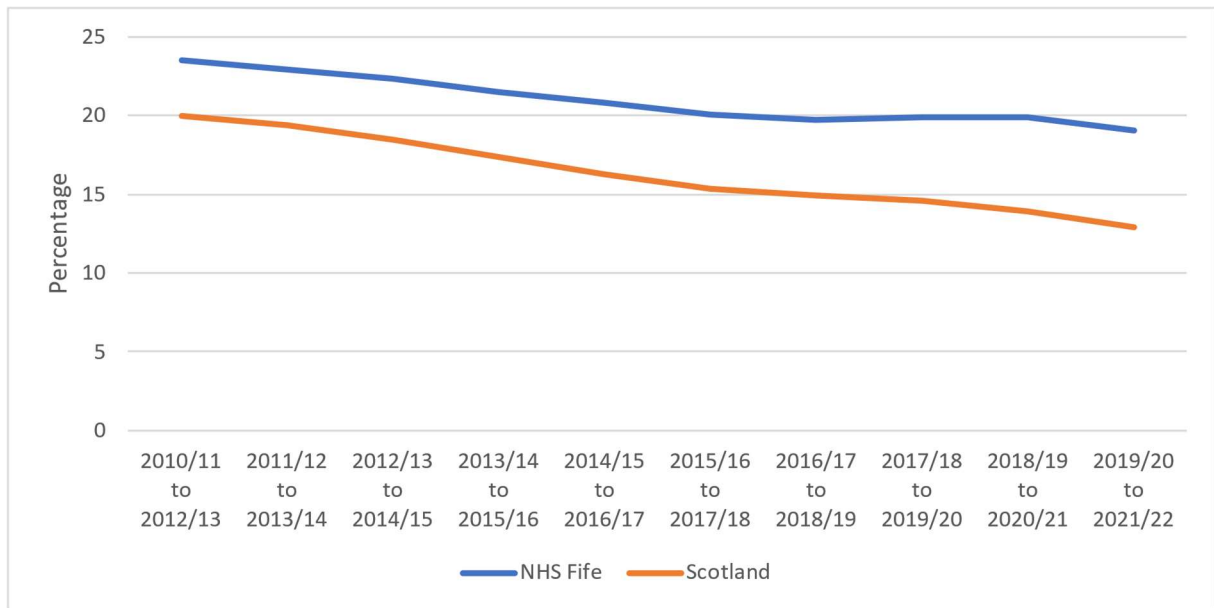


Maternal age also affects the likelihood of obese and overweight BMIs at booking. In 2021/22 around 64% of bookings with a maternal age of over 35 were overweight or obese in Fife, somewhat higher than Scotland (58.3%).

### **Smoking at booking**

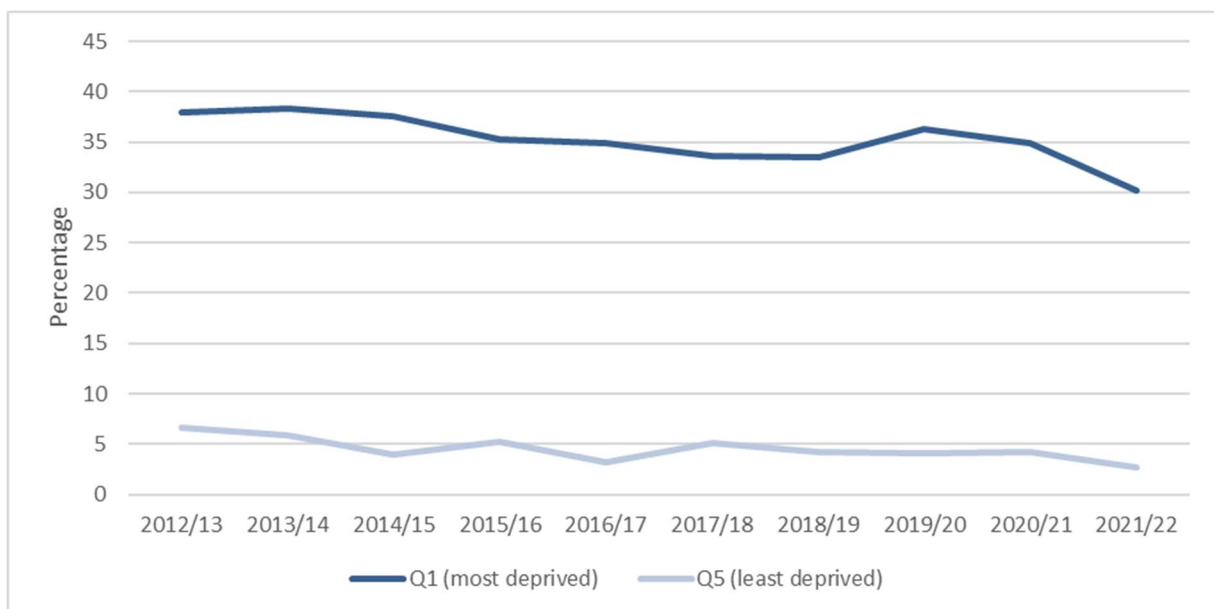
Fife has one of the highest rates of current smokers at booking in Scotland. In 2021/22 this was 16.7%. This is higher than Scotland (11.8% for 2021/22) and the second highest of health boards in Scotland. This pattern has not markedly changed over time (Figure 5). The proportion of women smoking at booking has decreased over time in all areas of Scotland, including Fife, and is currently at its lowest since data has been available (1997/98). Most years the proportion of unrecorded smoking statuses in Fife has been around 1% (0.7% in 2021/22) but were higher between 2017/18 and 2020/21 (3-6% unrecorded).

Figure 5: Percentage maternities recorded as current smoker at booking, financial years, three-year rolling averages (Source: ScotPHO)



Rates of smoking during pregnancy in the most deprived areas in Fife are also slowly decreasing over time but were still significantly higher than rates in the least deprived areas (Figure 6) at 31% in 2021/22 compared to 3%.

Figure 6: NHS Fife Current smokers at booking by most and least deprived SIMD quintiles (Source: PHS opendata)



### Maternal deaths

Data at Scotland or Fife level is not available, but a recent study<sup>4</sup> indicated that 229 women in the UK died during or up to six weeks after the end of pregnancy in the years 2018-20, or 10.9 per 100,000

women, 24% higher than 2017-19. The study removed deaths from Covid from the 2018-20 figure the rate was still 10.5 per 100k or 19% higher than 2017-19.

### Technical Information

The stillbirths data used is based on year of registration and is taken from the Vital Events Reference tables and time series data from NRS. The NRS data for 2022 death registrations is not finalised at the date of writing so complete data is only available up to 2021. Annual files were aggregated manually.

NRS defines<sup>5</sup> a stillbirth as: *“Stillbirths - Section 56(1) of the Registration of Births, Deaths and Marriages (Scotland) Act 1965 defined a stillbirth as a child which had issued forth from its mother after the 28th week of pregnancy and which did not breathe or show any other sign of life. The Still-Birth (Definition) Act 1992, which came into effect on 1 October 1992, amended Section 56(1) of the 1965 Act (and other relevant UK legislation), replacing the reference to the 28th week with a reference to the 24th week.”*

Most of the maternities data in this report comes from PHS's “Births in Scotland<sup>6</sup>” open datasets and covers the most recent 10 complete financial years. All percentages reported exclude unknown values unless explicitly stated. The measures of deprivation used are taken from the open datasets and are the appropriate SIMD quintiles for the years analysed. Trend comparisons with Scotland are taken from ScotPHO.

The open datasets are based on the SMR02 record of maternity contacts with acute services. NHS Fife presently has less completeness in the SMR02 record, compared to NRS birth registrations, in comparison to the rest of Scotland<sup>7</sup>. Smoking at booking data is currently transitioning from the SMR02 record to the ABC dataset. PHS publish the ABC data in their report on antenatal booking<sup>8</sup> as well as the SMR02 data in the open data used in this report. We do not have access to the ABC dataset at present and the figures do appear slightly different (also different time period is being used).

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<sup>1</sup> <https://www.nrscotland.gov.uk/files//statistics/time-series/birth-21/births-time-series-21-bt.9.xlsx>

<sup>2</sup> <https://www.nrscotland.gov.uk/files//statistics/vital-events-ref-tables/2021/vital-events-21-ref-tabs-3.14.xlsx>

<sup>3</sup> <https://www.nrscotland.gov.uk/files//statistics/vital-events-ref-tables/2021/vital-events-21-ref-tabs-4.xlsx>

<sup>4</sup> [MBRRACE-UK Maternal Report 2022 - Lay Summary v10.pdf \(ox.ac.uk\)](https://www.mhri.org.uk/publications/mbrrace-uk-maternal-report-2022-lay-summary-v10.pdf)

<sup>5</sup> [Stillbirths and Infant Deaths | National Records of Scotland \(nrscotland.gov.uk\)](https://www.nrscotland.gov.uk/publications/stillbirths-and-infant-deaths)

<sup>6</sup> [Births in Scotland - Datasets - Scottish Health and Social Care Open Data \(nhs.scot\)](https://www.nhs.uk/open-data/datasets/births-in-scotland)

<sup>7</sup> [Births in Scotland \(publichealthscotland.scot\)](https://www.publichealthscotland.scot/publications/births-in-scotland) page 11

<sup>8</sup> [Antenatal booking in Scotland - Calendar year ending 31 December 2021 - Antenatal booking in Scotland - Publications - Public Health Scotland](https://www.nhs.uk/publications/antenatal-booking-in-scotland)

## Infant feeding

### Breastfeeding at First Review

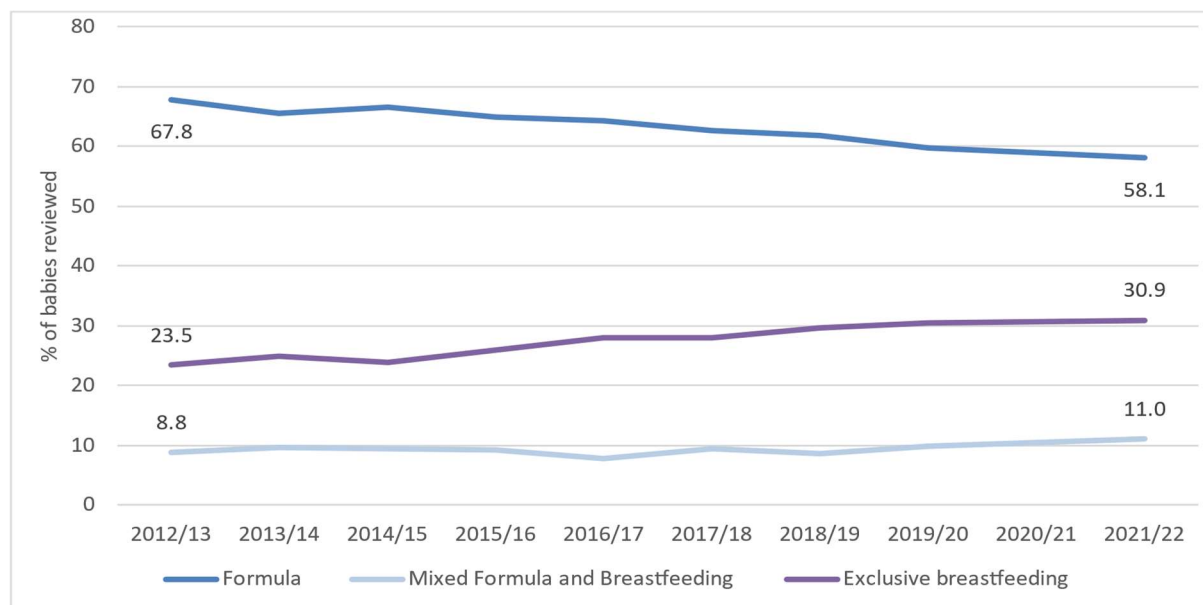
At 10-14 days of age the majority (53%) of babies reviewed in Fife in 2021/22 were being breastfed, with 38% were being exclusively breastfed and 15% were receiving mixed feeding (receiving both breast and formula milk). At a national level these figures were 38% and 17% respectively giving a slightly higher breastfed figure (55%) than that reported for Fife. The proportion of babies receiving any breastfeeding at 10-14 days has increased from 45% in Fife and from 47% in Scotland since 2012/13.

### Breastfeeding at 6-8 weeks

In 2021/22, 41.9% of babies reviewed in Fife were currently being breastfed at the 6-8 week child health review. 30.9% were being exclusively breastfed and a further 11% were receiving mixed feeding. 58% of babies were being formula fed (Figure 1).

There has been an increase in both the proportion being exclusively breastfed and in babies receiving mixed feeding since 2012/13 and a corresponding fall in formula feeding (Figure 1). Exclusive breastfeeding showed that largest increase in the time period from 23.5% to 30.9%.

Figure 1: Infant feeding at 6-8 week review; Fife 2012/13 to 2021/22 (Source: PHS)



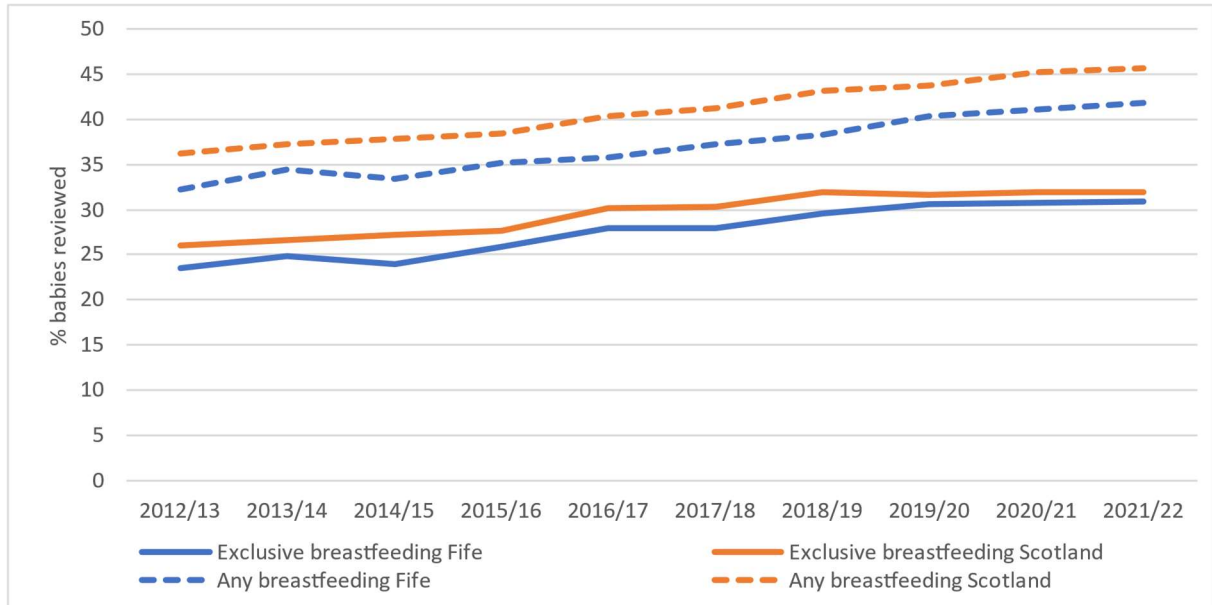
### Breastfeeding at 6-8 weeks - Fife compared to Scotland and other Health Boards

In 2021/22, 41.9% of babies reviewed in Fife compared to 45.7% across Scotland were currently being breastfed at the 6-8 week child health review. The difference in rates of exclusive breastfeeding were smaller, 30.9% and 32% respectively.

The proportion of babies receiving any breastfeeding and being exclusively breastfed at 6-8 weeks in Fife has remained below the national average in the last 10 years (Figure 2). However, Fife has seen

a greater increase (23% to 31%) in exclusive breastfeeding than Scotland (26% to 32%) so the gap between Fife and Scotland has narrowed.

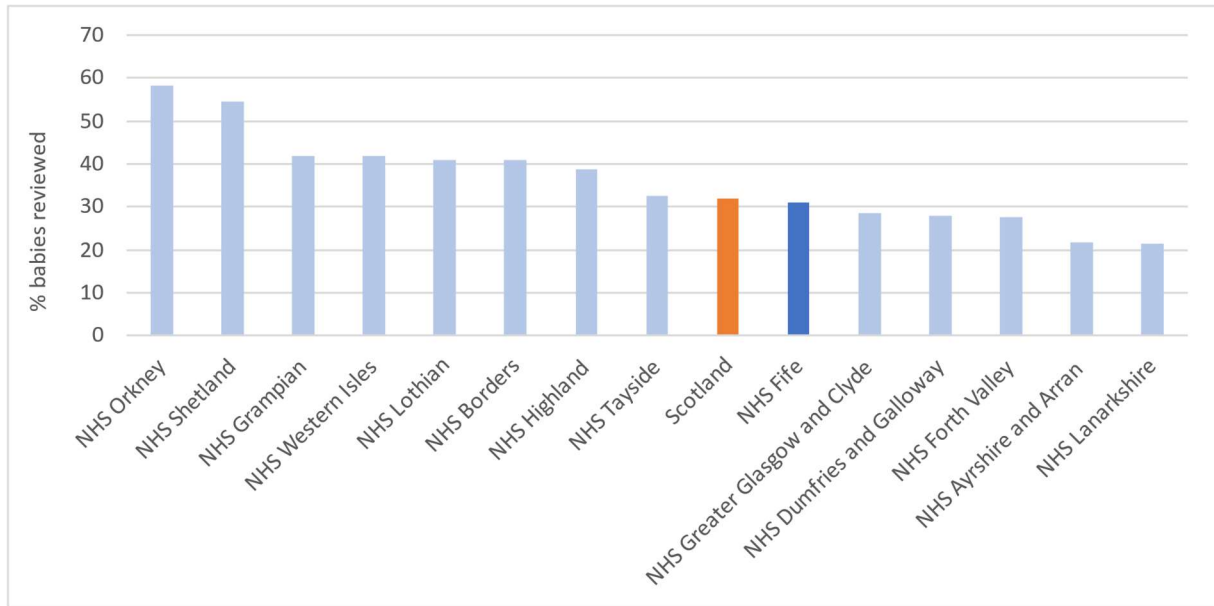
Figure 2: Percentage of babies breastfed at 6-8 weeks; Fife and Scotland 2012/13 – 2021/22 (Source: PHS)



In 2021/22 Fife was ranked 9th of 14 health boards (6th out of 11 mainland boards) in terms of the proportion of babies being exclusively breastfed at the 6-8 weeks review (Figure 3). Our position relative to other health boards has remained fairly consistent over time with Fife ranked 9th in seven of the last 10 years.

NHS Lothian, Borders and Grampian have higher percentages than the other mainland Board areas. All Health Boards have seen increases in proportions and the position of the Boards relative to each other has changed little in the last 10 years.

Figure 3: Percentage of babies exclusively breastfed at 6-8 weeks; Health Boards 2021/22 (Source: PHS)



### Breastfeeding at 6-8 weeks – Inequalities

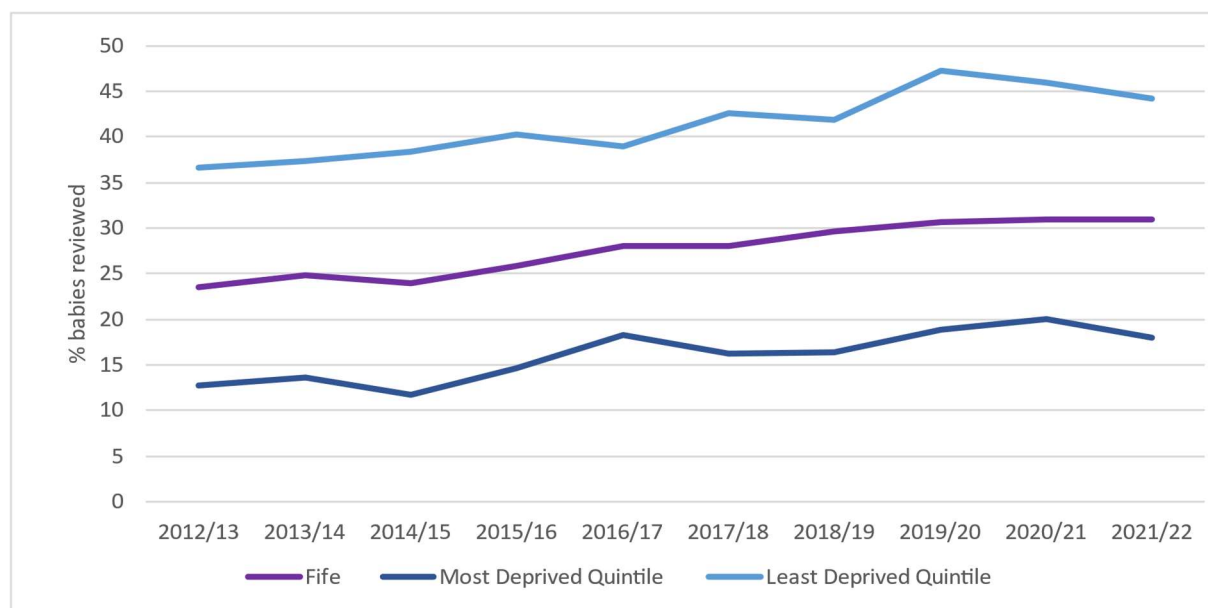
There continue to be marked inequalities in breastfeeding. Babies born to mothers in more deprived areas (SIMD20 quintile 1) in Fife are least likely to be currently exclusively breastfed at 6-8 weeks (19%) compared to those born in the least deprived areas (44%) and the Fife average (Figure 4).

Between 2012/13 and 2021/22 there was an overall increase in the proportion of babies being exclusively breastfed at 6-8 weeks among those living in the most deprived areas from 13% to 19%. Proportions also increased in the least deprived areas in the same time period, from 37% to 44%.

The gap between rates in the most and least deprived areas has fluctuated annually ranging from 3.1 times greater to 2.1 times greater in the least deprived areas across the 10 year period. The size of the gap in the average of the last three years (2.4) was lower than seen at the start of the 10-year period (2.7) and this is consistent with reports of a narrowing in the inequality in breastfeeding across Scotland<sup>2</sup>.

The proportion of babies being exclusively breastfed at 6-8 weeks fell in the most deprived areas between 2020/21 and 2021/22 which was the first fall since 2017/18. Proportions have also fallen in the least deprived areas in the last two years (Figure 4)<sup>1</sup>.

Figure 4: Percentage of babies exclusively breastfed at 6-8 weeks; Fife and Most and Least Deprived SIMD20 Quintiles 2012/13 to 2021/22 (Source: PHS)



### Infant Feeding at 13-15 Month Review

At the time of the 13-15 month review, 7.5% of babies reviewed in Fife in 2021/22 were being exclusively breastfed for their milk feeds and a further 8.4% received mixed breast and formula feeding. This is lower than the national averages of 9.5% and 12.2% respectively.

### Breastfeeding - changes in babies breastfed across reviews Fife and Scotland

63% of babies eligible for review in Fife in 2021/22 were “ever breastfed” defined as being breastfed for at least some period of time after their birth<sup>2</sup>. However, reductions in the proportion of babies being breastfed, both by mixed feeding and exclusively, are seen across review periods as babies age.

The change in the number of babies being currently breastfed (any) at each review compared to those who were ‘ever’ breastfed are shown in Table 1. At first visit 15% fewer babies were being breastfed compared to those who had ‘ever’ been breastfed and by 6-8 weeks this was a third fewer. Fife had larger ‘drop off’ rates than Scotland at 6-8 weeks and 13-15 months in 2021/22.

Table 1: Drop off in breastfeeding by review; Fife and Scotland 2021/22 (Source: PHS)

Review	Fife	Scotland
At first visit	-16%	-15%
At 6-8 weeks	-33%	-29%
At 13-15 months	-75%	-67%

## Technical Information

WHO and UNICEF recommend that children initiate breastfeeding within the first hour of birth and be exclusively breastfed for the first 6 months of life<sup>2</sup>. Data is collected on infant feeding by Health Visitors at reviews of children at 10-14 days (first review), 6-8 weeks and 13-15 months of age. Data on rates of exclusive breastfeeding at 6-8 weeks is used as a high-level indicator of infant feeding and child health in a range of plans, tools and reports including ScotPHO profiles and the State of Child Health report. As such for this key measure more detailed analyses have been shown including comparisons are shown with Scotland over time, how these rates differ by deprivation and across Health Board areas.

Public Health Scotland publish this data annually for all Health Boards and produce a dashboard which allows analysis of Health Board data by key variables including deprivation<sup>2</sup>. Data on exclusive breastfeeding at 6-8 weeks by Health Board, HSCP locality and intermediate zone is available on ScotPHO<sup>3</sup>.

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<sup>1</sup> [Infant Feeding - Datasets - Scottish Health and Social Care Open Data \(nhs.scot\)](https://nhs.uk/data-and-analytics/scottish-health-and-social-care-open-data/)

<sup>2</sup> [https://www.who.int/health-topics/breastfeeding#tab=tab\\_2](https://www.who.int/health-topics/breastfeeding#tab=tab_2)

<sup>3</sup> [https://scotland.shinyapps.io/ScotPHO\\_profiles\\_tool/](https://scotland.shinyapps.io/ScotPHO_profiles_tool/) (indicator: babies exclusively breastfed at 6-8 weeks)



## Health Visiting Pathway

### 13-15 month review

In Fife the proportion of eligible children reviewed by a health visitor at 13-15 months decreased from 93.8% in 2020/21 to 83.3% in 2021/22, which was lower than Scotland overall at 89.4%<sup>1</sup>. Currently there are only five-year's worth of data, so a trend has not been shown for this measure. In 2021/22 the proportion of children with incomplete reviews or those with missing data was significantly lower than the previous year 6.4% compared to 13.1%.

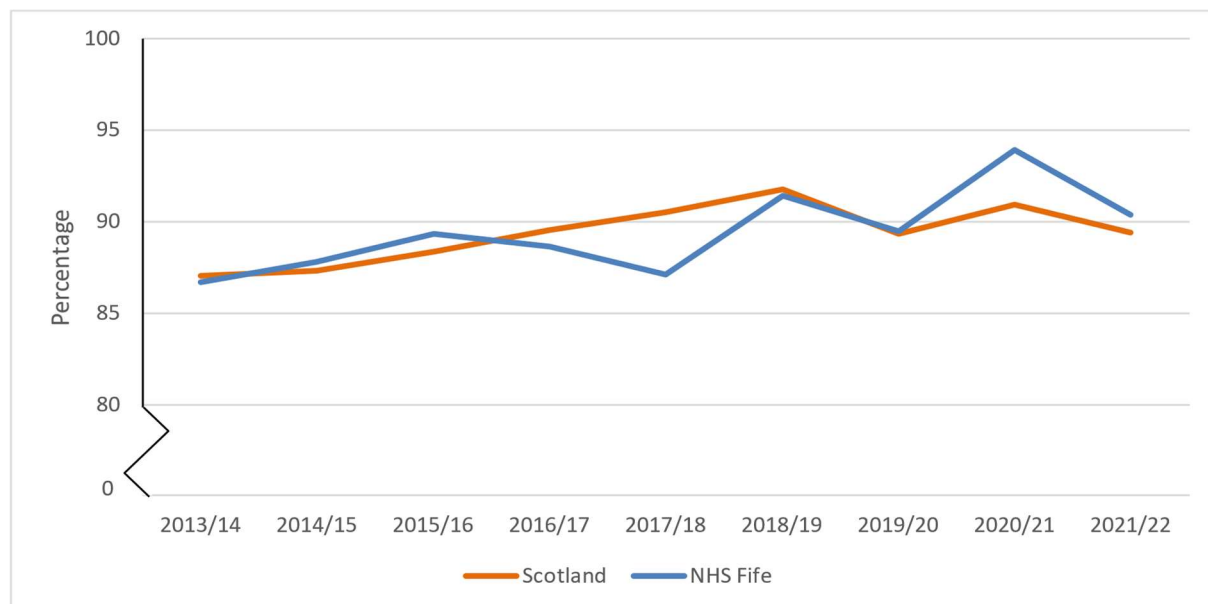
Some slight differences were noted due to inequalities (Scotland-level SIMD 2020) with the most deprived quintiles having a lower proportion of eligible children reviewed (92.6%) compared to the least deprived (95.1%)<sup>2</sup>; more years of data would be required to see if this trend continues, particularly as the review process was affected by COVID-19 in 2020/21.

The proportion of children recorded as having a developmental concern in any domain in Fife was 18.3% in 2021/22 an increase from 14.3% in the previous year.

### 27-30 month review

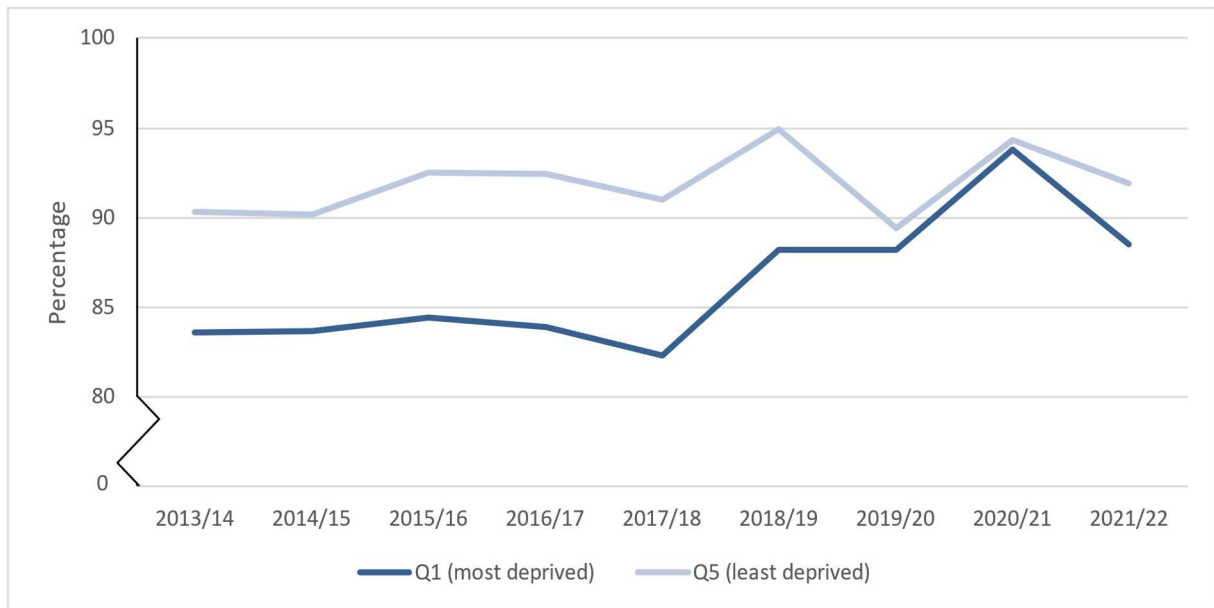
In 2021/22 the proportion of eligible children reviewed at 27-30 months decreased from 93.9% in the previous year to 90.4% (Figure 1) which was slightly higher than the Scottish average for 2021/22 of 89.4%. Differences have been seen between Fife and Scotland in several years in the available trend but the proportion of children reviewed has fluctuated over time<sup>2</sup>.

Figure 1: Percentage of eligible children reviewed at 27-30 months, NHS Fife and Scotland (Source: PHS)



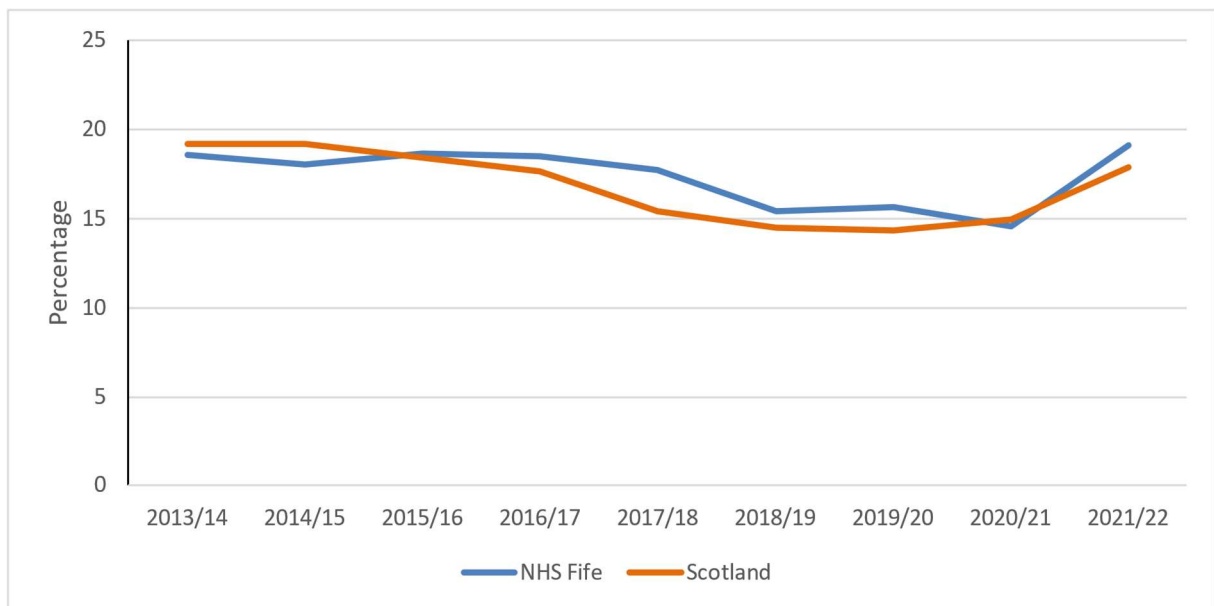
From 2018/19 to 2020/21 the gap between most and least deprived quintiles in Fife of the proportion of children reviewed at 27-30 months narrowed (Figure 2) however the gap has started to increase again in 2021/22. Further years of data will be required to see if this trend continues.

Figure 2: Percentage of eligible children reviewed at 27-30 months by most and least deprived Scotland-level SIMD quintiles, NHS Fife (Source: PHS)



The percentage of children reviewed where a developmental concern was noted increased in Fife in 2021/22 compared to the previous year, from 14.6% to 19.1%. This is higher than the Scottish average for 2021/22 (17.9%), Figure 3. This is consistent with national trends reported in the *Early Child Development* report from PHS<sup>1</sup> which reported increases of developmental concerns across all domains and at all review points in 2021/22 compared to the previous year.

Figure 3: Percentage of eligible children reviewed at 27-30 months with a developmental concern, NHS Fife and Scotland (Source: PHS)



#### **4-5 year review**

No data is presented for this measure as NHS Fife implement this review for children with an additional Health Plan Indicator (HPI) at present but full implementation is planned<sup>3</sup>. This means that the data cannot be compared with Scotland or other boards at present.

#### **Technical Information**

The data in this summary is taken from PHS publications listed in the sources below and is based on Health visitor assessments input into the Child Health Surveillance Programme-Pre-School national information system (CHSP-PS)<sup>4</sup>. Data on the 27-30 month review is available from 2013 and from 2017 for the 13-15 month reviews. All data is by financial year.

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<sup>1</sup> <https://www.publichealthscotland.scot/media/19173/early-child-development-13-15m-tables-2023.xlsx>

<sup>2</sup> <https://www.publichealthscotland.scot/media/19174/early-child-development-27-30m-tables-2023.xlsx>

<sup>3</sup> [Technical Report \(publichealthscotland.scot\)](#) page 6

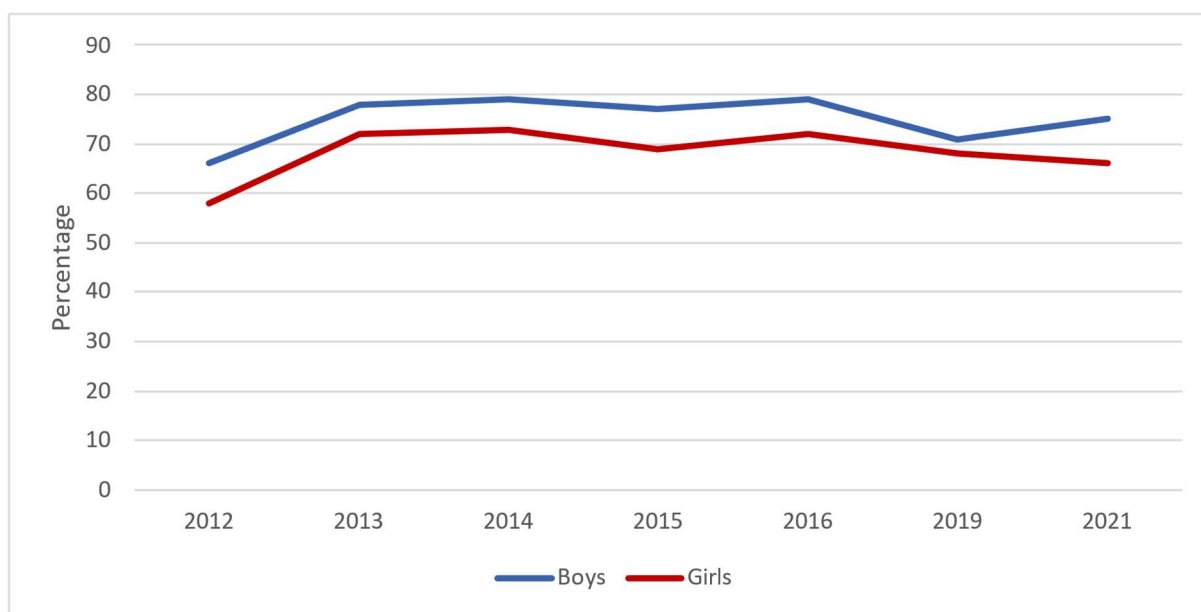
<sup>4</sup> [Early Child Development Statistics 2021/22 - Technical Report \(publichealthscotland.scot\)](#)

## Play and physical activity

At present we do not have data on physical activity in children at a Fife level but this will be available in late summer from the Fife Children & Young People's Health & Wellbeing Survey.

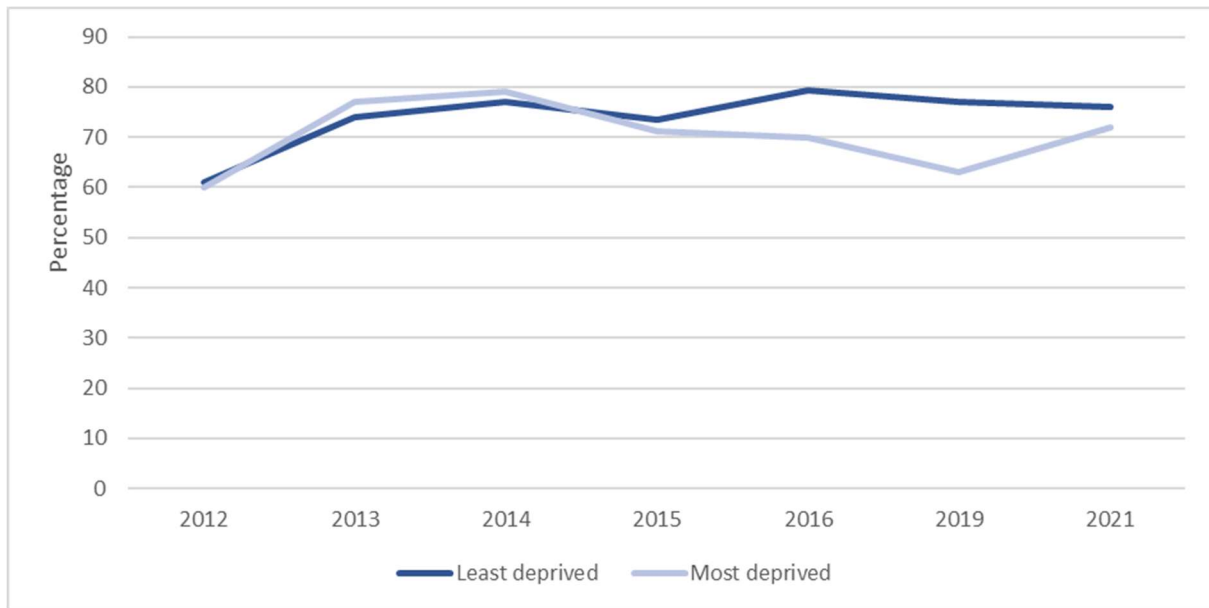
At a national level in 2021 the Scottish Health Survey reported an upwards trend in the percentage of children (aged 2-15 years) achieving the recommendation of at least 60 minutes of moderate to vigorous activity a day. A higher percentage of boys achieve the recommendation over girls, in 2021 75% of boys and 66% of girls met the recommendations<sup>1</sup>.

*Figure 1: Percentage of boys and girls meeting the recommendation of 60 minutes of activity a day (Source: Scottish Health Survey)*



Since 2015 differences can be seen in activity levels of children living in areas of differing levels of deprivation. Those who live in the most deprived are less likely to achieve 60 minutes of physical activity a day compared to those living in the least deprived areas.

Figure 2: Percentage of children meeting the target by SIMD Quintile 1 (most deprived) and 5 (least deprived) (Source: Scottish Health Survey)



### Technical Information

Children and young people are recommended to participate in moderate to vigorous physical activity for an average of at least 60 minutes a day<sup>2</sup>. This can include school physical education activity, after school activities, active travel along with play and sporting activities. Guidelines on physical activity were revised by the four UK countries in 2011, therefore data is available from 2012 onwards. Physical activity questions were asked differently in 2017 and 2018. Questions used prior to 2017 were reinstated in 2019, data from 2017 and 2018 are therefore not included in trend analysis.

SIMD quintiles are Scotland level weighted quintiles, with the appropriate SIMD release used for each year. SIMD and Health Board are derived from the child's home postcode.

<sup>1</sup> [Scottish Health Survey \(shinyapps.io\)](https://shinyapps.io) (Indicator: Physical activity)

<sup>2</sup> [Physical activity guidelines: children and young people \(5 to 18 years\) - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

## Housing

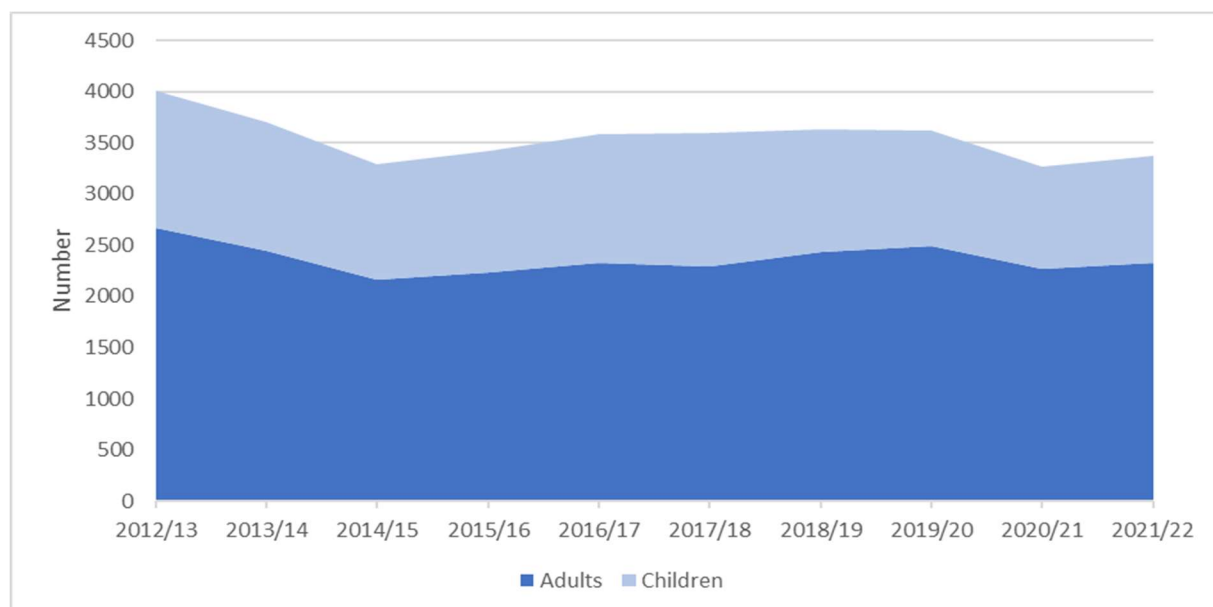
### Households

The number of households in Fife in 2021 was 171,086. The number of households in Fife has grown each year since 2001 and is projected to continue to grow to reach an estimated 173,621 in 2028. Average household size in Fife has decreased from 2.28 people per household in 2001 to 2.14 in 2021, slightly above the national average of 2.12. Across Scotland in 2021 it was estimated that 23% of all households were one family with dependent children which would equate to about 39,350 households in Fife<sup>1</sup>.

### Homeless Households

There were 2,036 homeless households in Fife in 2021/22. These households contained a total of 3,373 people, of whom 2,323 were adults and 1,050 were children<sup>3</sup>. The number of adults and children in homeless households increased in 2021/22 from 2020/21 but the numbers are lower than reported between 2015/16 and 2019/20 (Figure 1).

*Figure 1: Number of Adults and Children in Homeless Households; Fife 2012/13 to 2021/22 (Source: Scottish Government)*



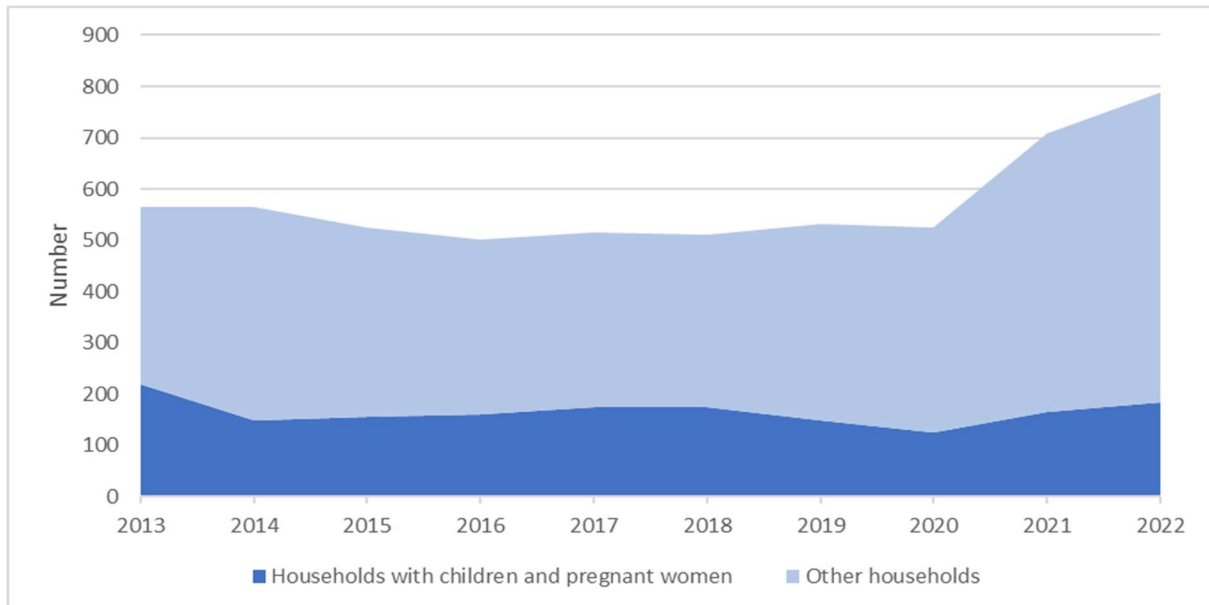
In 2021/22 Fife had the third highest number of homeless households of all local authorities in Scotland but as a rate per 100,000 population Fife was ranked 8<sup>th</sup> highest of the 32 areas. Fife had a higher rate of households assessed as homeless per 100,000 population than the Scottish average in 2021/22, 655 per 100,000 population compared to 634 in 2021/22.

### Children in Temporary Accommodation

There were 787 households in temporary accommodation in Fife as at 31<sup>st</sup> March 2022. Of these households 185 were households with children or pregnant women. In 2022 the number of temporary households including those with children or pregnant women was the largest since 2013

(Figure 2). Fife reported the 5<sup>th</sup> largest number of households with children or pregnant women in temporary accommodation in comparison to other local authorities at 31<sup>st</sup> March 2022.

Figure 2: Households in temporary accommodation; Fife at 31<sup>st</sup> March 2013-2022 (Source: Scottish Government)



There were 390 children living in households in temporary accommodation in Fife at 31<sup>st</sup> March 2022. This was a 24% increase on the number reported at the same time in 2021 which was also an annual increase following three years when the numbers had decreased annually (Figure 3).

97% of children living in temporary accommodation as at 31<sup>st</sup> March 2022 in Fife were living in 'Local Authority Furnished' accommodation. In Fife 'other households with children' spent on average the longest time in temporary accommodation, 425 days. This was higher than the Scottish figure for the same type of household. Fife had lower lengths of stay than Scotland for 'single parent households' and 'couples with children' (Table 1).

Figure 3: Number of children in temporary accommodation; Fife at 31<sup>st</sup> March 2013-2022 (Source: Scottish Government)

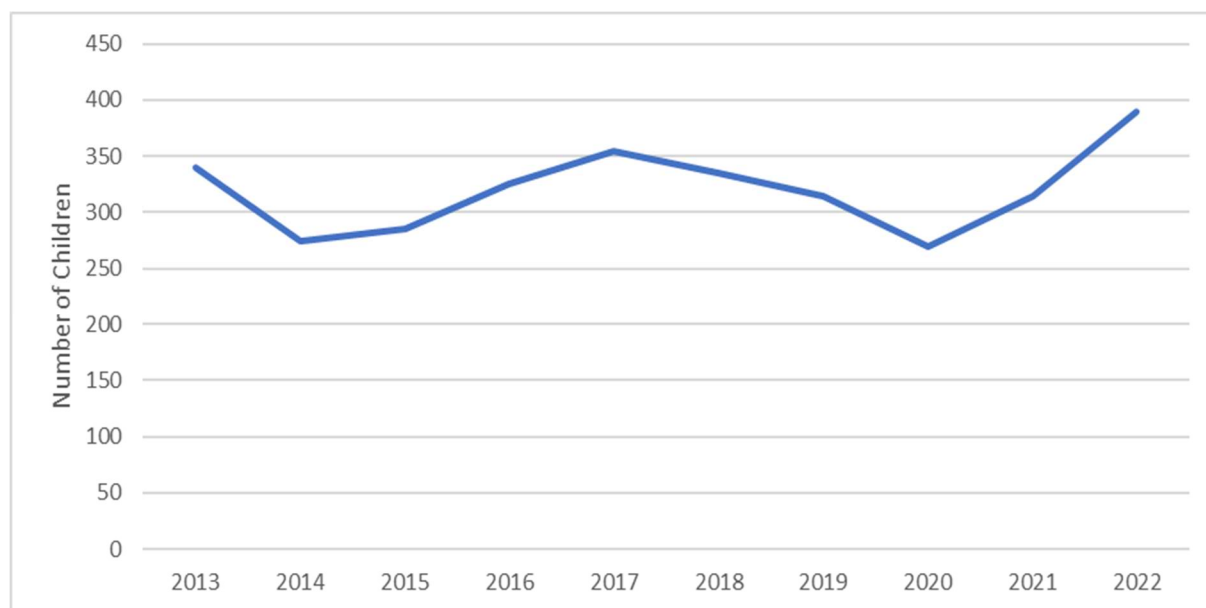


Table 1: Average total time (days) spent in temporary accommodation by household type; Fife and Scotland 2021-22 (Source: Scottish Government)

	Single Person	Single Parent	Couple	Couple with Children	Other	Other with Children
<b>Fife</b>	225	175	129	174	174	425
<b>Scotland</b>	193	234	204	343	212	291

### Technical Information

The number and size of households across Scotland is published annually by National Records of Scotland<sup>2</sup>. A range of administrative data is collected by local authorities during the course of their housing and homelessness activities and submitted to Scottish Government including the number of homeless households and households in temporary accommodation<sup>3</sup>.

In the ONS household data the following definitions are used<sup>3</sup>:

A family is a married, civil partnered or cohabiting couple with or without children, or a lone parent with at least one child. Children may be dependent or non-dependent.

Dependent children are those living with their parent(s) and either (a) aged under 16, or (b) aged 16 to 18 in full-time education, excluding children aged 16 to 18 who have a spouse, partner or child living in the household.

In the homelessness data the following definitions and caveats need to be considered:

Children are under 16 years of age. Households with children are based on the presence of children on the homeless (HL1) application and they may or may not be present in the associated



accommodation placements. Data is presented on homelessness in 16-17 year olds at a national level only<sup>4</sup>.

These figures are based on administrative data collected by local authorities and will not include households that are homeless who have not presented to local authorities, so the numbers do not necessarily cover the entire homeless population in Scotland.

Temporary accommodation data are presented as snapshots on a specific date so will not represent the total number who may have lived in temporary accommodation in any given time period.

The number of recorded homeless households and temporary accommodation over time can be affected changes to legislation, policy and practice and in 2020/21 the impact of the COVID-19 pandemic. Further details can be found in the report below<sup>2</sup>.

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<sup>1</sup> [Households by type of household and family, regions of England GB constituent countries](#)

<sup>2</sup> [Estimates of Households in Scotland](#)

<sup>3</sup> [Homelessness in Scotland: 2021/22 report](#)

<sup>4</sup> <https://www.gov.scot/publications/homelessness-scotland-2021-22/documents/>

## Domestic abuse

### Domestic abuse incidents reported to Police Scotland

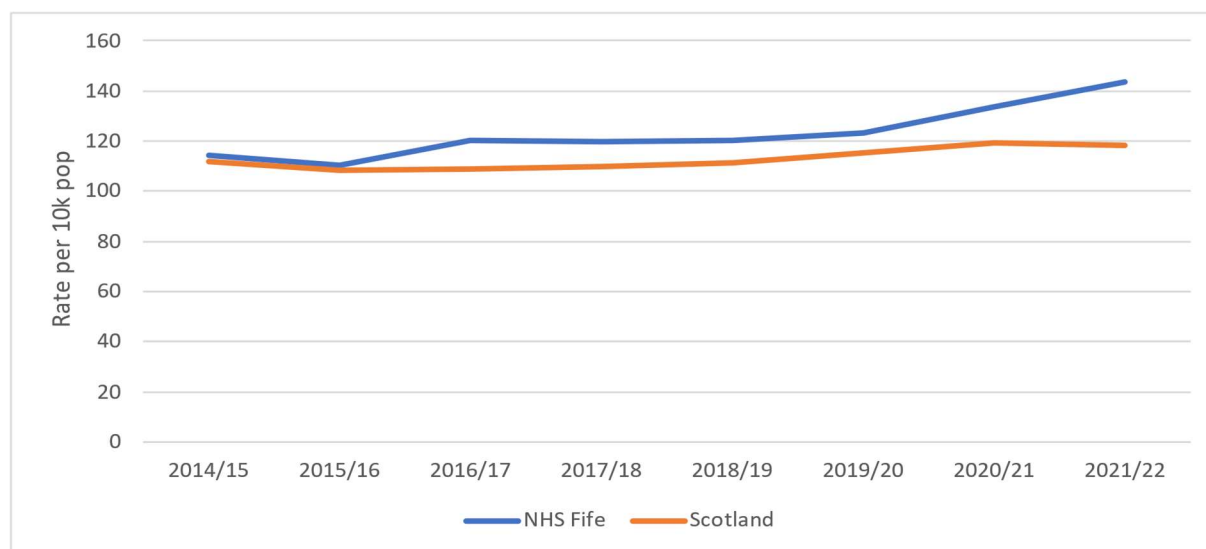
The data in this summary is taken from incidents recorded by Police Scotland. A new method of recording was introduced in 2014/15 so trend data will be shown for the 8 years of data available from this point<sup>1</sup>. Data is not available for the number of children affected by domestic abuse incidents recorded by the Police.

Police Scotland reported that 64,807 incidents of domestic abuse were recorded in Scotland and 5,377 in Fife during 2021/22. 37% of domestic abuse incidents in Fife included the recording of at least one crime or offence, similar to the 39% reported nationally. The most frequently recorded crimes were common assault and threatening and abusive behaviour<sup>2</sup>.

At Scotland level, Police Scotland report that 2,494 persons under 18 were victims of domestic abuse in 2021/22 (749 under 16). Of the under 18s reported as victims of domestic abuse 84% were female (74% of the under 16s), all ages 83% female<sup>3</sup>.

Fife has a slightly higher rate of (all ages) reported domestic abuse incidents per 10,000 population than Scotland, 143 per 10k population compared to 118 per 10,000 population in 2021/22; this gap has increased slightly in the most recent years (Figure 1)<sup>4</sup>.

Figure 1: Domestic abuse incidents reported to Police Scotland as crude rate per 10,000 population NHS Fife vs Scotland (Source: ScotPHO)



<sup>1</sup> [Domestic abuse: statistics recorded by the police in Scotland - 2021/22 - gov.scot \(www.gov.scot\)](https://www.gov.scot/publications/domestic-abuse-recorded-police-scotland-2021-22/documents/) (Annex 2)

<sup>2</sup> [Domestic abuse: statistics recorded by the police in Scotland - 2021/22 - gov.scot \(www.gov.scot\)](https://www.gov.scot/publications/domestic-abuse-recorded-police-scotland-2021-22/documents/)

<sup>3</sup> <https://www.gov.scot/publications/domestic-abuse-recorded-police-scotland-2021-22/documents/> (Table 8)

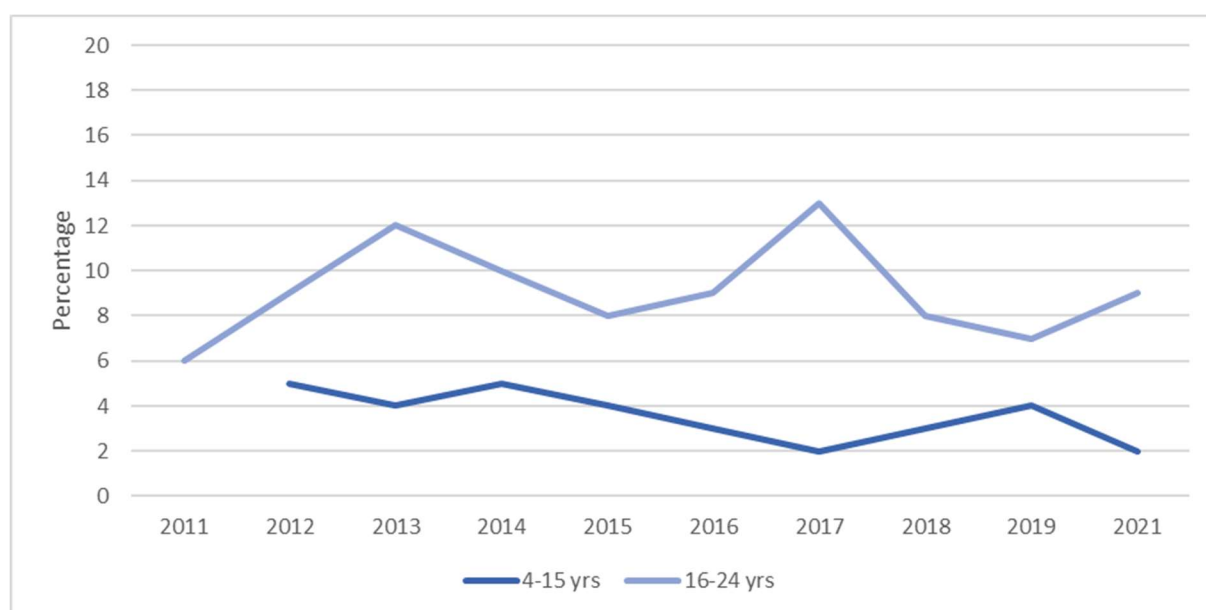
<sup>4</sup> [ScotPHO profiles \(shinyapps.io\)](https://shinyapps.io/scotpho/) (indicator: domestic abuse)

## Young carers

Across Scotland 28,000 children and young people aged 4-17 were estimated to be young carers at April 2022<sup>1</sup>. The true number of young carers is not known and most data on or about young carers is currently available at a national level only.

Data from the Scottish Health Survey 2021, which asked children (4-15 years old) and young people (16-24 years old) if they provided any regular help or care for any sick, disabled, or frail person, showed a decrease in the percentage of children providing care at 2%, but an increase in young people (7%) providing care compared to 2019<sup>2</sup>.

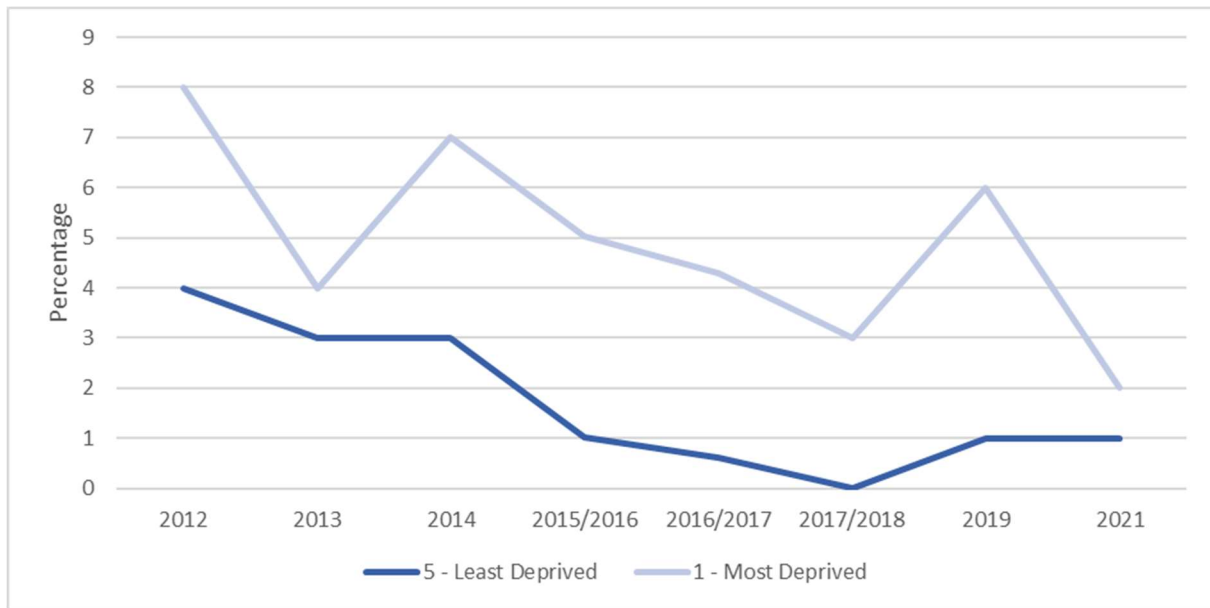
*Figure 1: Percentage of children and young people providing any regular help or care for any sick, disabled, or frail person (Source: Scottish Health Survey)*



*(4-15yrs data for 2016 is combined 2015/2016, data for 2017 is combined 2016/2017 and data for 2018 is combined 2017/2018)*

The percentage of children surveyed who were unpaid carers (aged 4 – 15 years) in the most and least deprived has fluctuated over time but has been consistently higher among those living in the most deprived areas (SIMD quintiles) than the least deprived areas<sup>1</sup>.

Figure 2: Percentage of child unpaid carers (4-15yrs) by SIMD Quintile (Source: Scottish Health Survey)



The Carers Census, Scotland collects information from carers annually. In 2021-22 it collected data from 42,050 unpaid carers across Scotland, 13% (5,490) of whom were aged under 18 years old<sup>3</sup>. The Carers Census reported that 16% of young carers lived in areas within the most deprived SIMD decile compared to 4% who lived in areas within the least deprived SIMD decile compared to 11% and 7% of adult carers. It also reported that young carers were more likely to be female (52%) which has been the case since the Carers Census started in 2018. 69% of young carers reported that they provided between 0-19 hours of unpaid care each week. The most reported impact of caring by young carer's was on their emotional well-being (85% reported this).

### Technical Information

In the Scottish Health Survey participants are asked if they provide any help or care on a regular basis to family members, friends, neighbours or others because of a long-term physical condition, mental ill-health or disability, problems with ageing. Since 2014 this explicitly excludes any paid caring work. This question has been asked to children aged 4 to 15 years old since 2012.

In the Carers Census a young carer (under 18 years) was included if they met the following criteria:

- had a Young Carer Statement (YCS) or review of their needs as a carer during the reporting period; or
- were offered or requested a YCS during the reporting period; and/or
- received a specified support service (including short breaks or respite) during the reporting period<sup>2</sup>.

During the collection period for the Carers Census systems to record the above information were being set up, and as such some providers were unable to provide the required information. Therefore, it is suggested that the figures presented in the Carers Census may be an underestimate of the number of carers being supported by local services.

SIMD quintiles are Scotland level weighted quintiles, with the appropriate SIMD release used for each year. SIMD quintile is derived from the child's home postcode.

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<sup>1</sup> <https://www.gov.scot/publications/scotlands-carers-update-release-december-2022/>

<sup>2</sup> [Scottish Health Survey \(shinyapps.io\)](https://shinyapps.io/scottish-health-survey/) (Indicator: Provide any regular help or care for any sick, disabled or frail person)

<sup>3</sup> [Supporting documents - Carers Census, Scotland, 2019-20 and 2020-21 - gov.scot \(www.gov.scot\)](https://www.gov.scot/publications/supporting-documents-carers-census-scotland-2019-20-and-2020-21/)

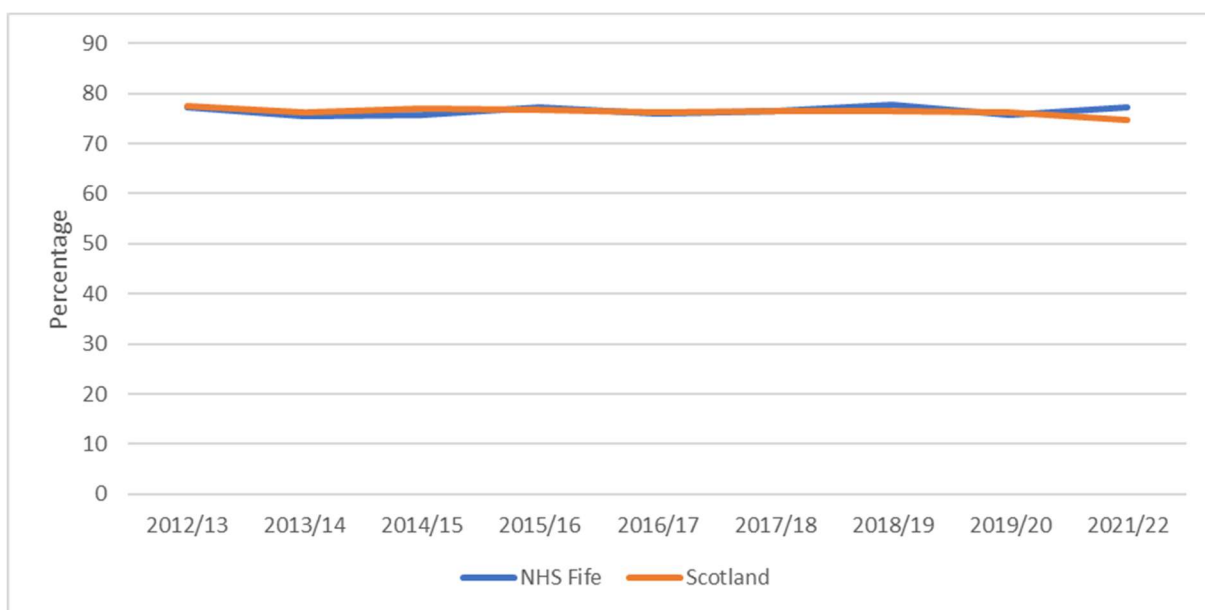
## Food/Diet

### Healthy weight

In Scotland a school-based review programme monitors the weight and height of children in primary 1(P1). This programme was impacted by the COVID-19 pandemic with fewer children being reviewed and as such 2020/21 figures are not available at a Fife level.

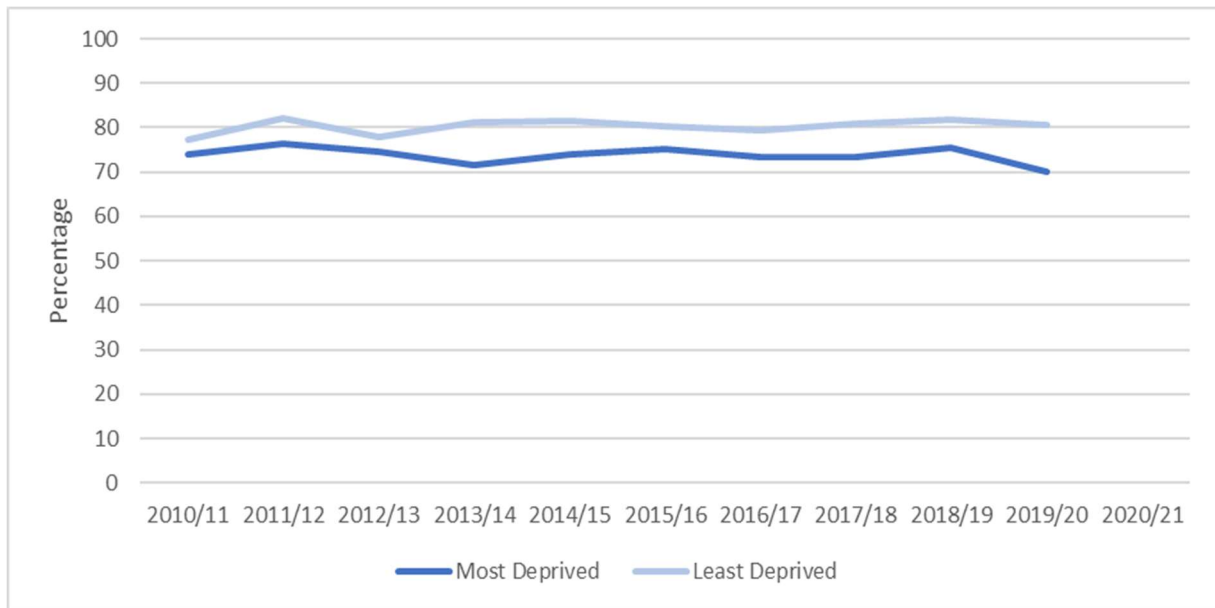
In 2021/22 77.3% of P1 children reviewed in Fife were a healthy weight (see technical information), this was slightly higher than Scotland (74.7%) and higher than the percentage from the last recorded year (2019/20 75.67%)<sup>1</sup>.

Figure 1: Percentage of healthy weight children in P1 in Fife and Scotland (School year) (Source: ScotPHO)



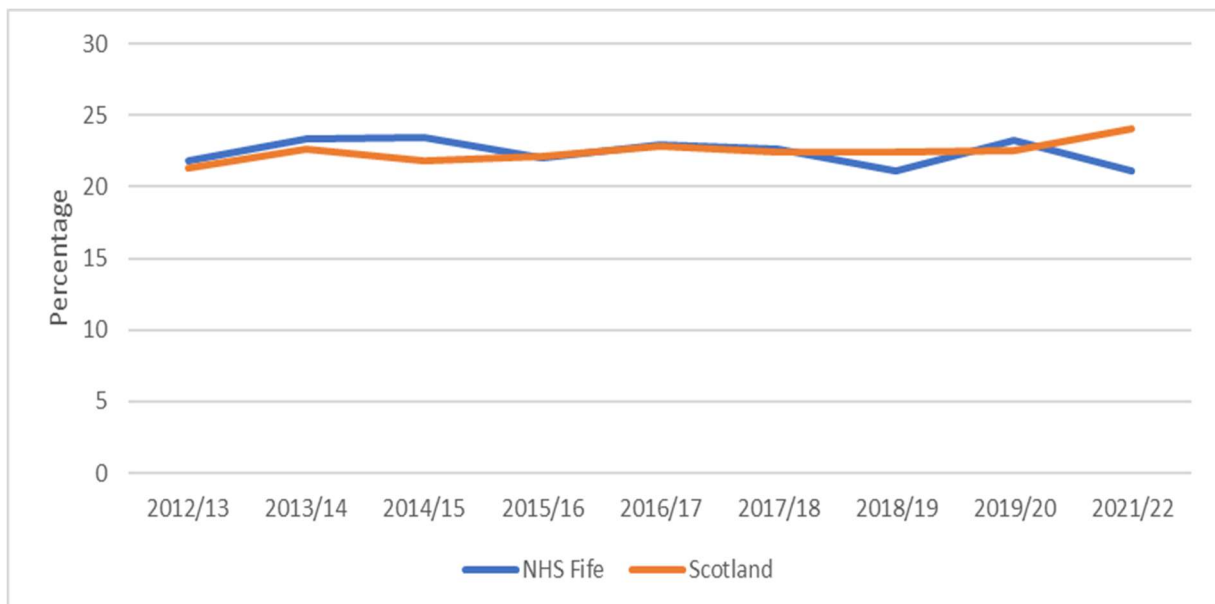
Healthy weight children are more likely to live in the least deprived areas (81.4%) of Fife than in the more deprived areas (74.7%), a consistent trend in the last 10 years<sup>2</sup>.

Figure 2: Percentage of healthy weight children in Fife by SIMD quintile (Source: PHS Primary 1 BMI Statistics)



The percentage of children considered to be obese in Fife in 2021/22 is currently 21.1%, this is lower than the figure for Scotland (24.1%) and is also lower than the last recorded figure of 23.3% in 2020/21<sup>3</sup>.

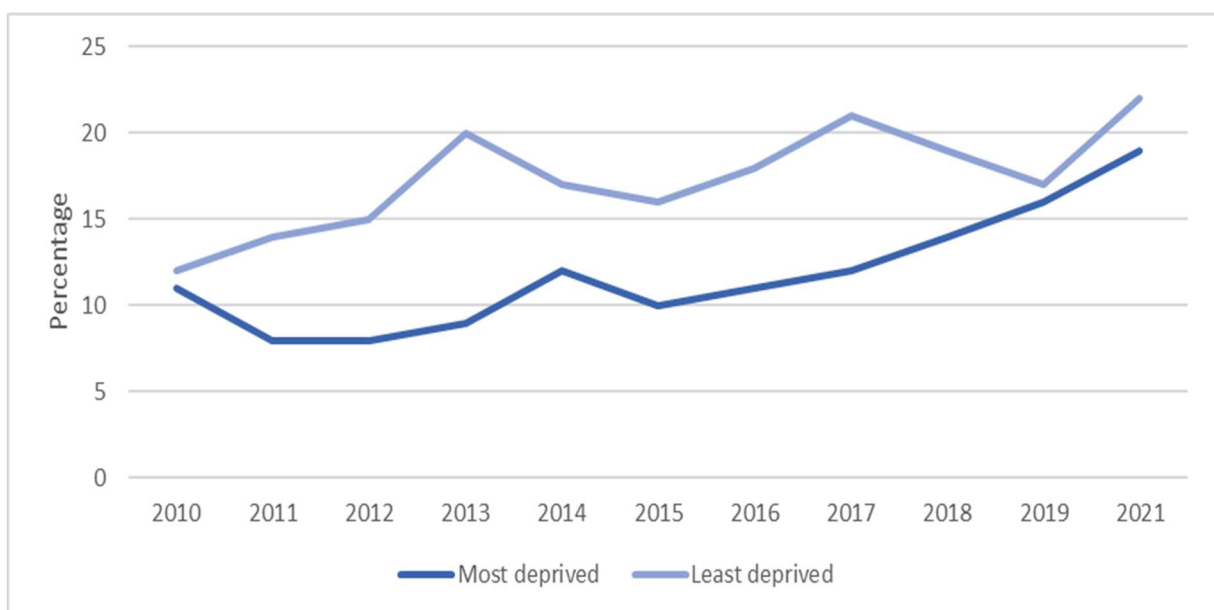
Figure 3: Percentage of obese children in Fife and Scotland (Source: PHS Primary 1 BMI Statistics)



## Diet

Scotland's children are recommended to eat 5 portions of fruit or vegetables a day<sup>4</sup>. The average number of fruit and vegetable portions eaten by children in Scotland (Fife data not available) has increased to 3.4, from 2.8 in 2019 (no data is available for 2020 due to disruptions in data collection during the COVID-19 pandemic). Children living in more deprived areas are less likely to eat 5 or more portions of fruit or vegetables a day<sup>5</sup>. In the most deprived areas 19% of children meet the 5 a day recommendation compared to 22% in least deprived areas, however since 2015 there has been a consistent increase in the percentage of children meeting the recommendation in the least deprived areas and compared to 2015 (10%) the number has now nearly doubled.

Figure 4: Percentage of children consuming 5 or more portions of fruit and vegetables eaten a day by SIMD quintile for Scotland (Scottish Health Survey)



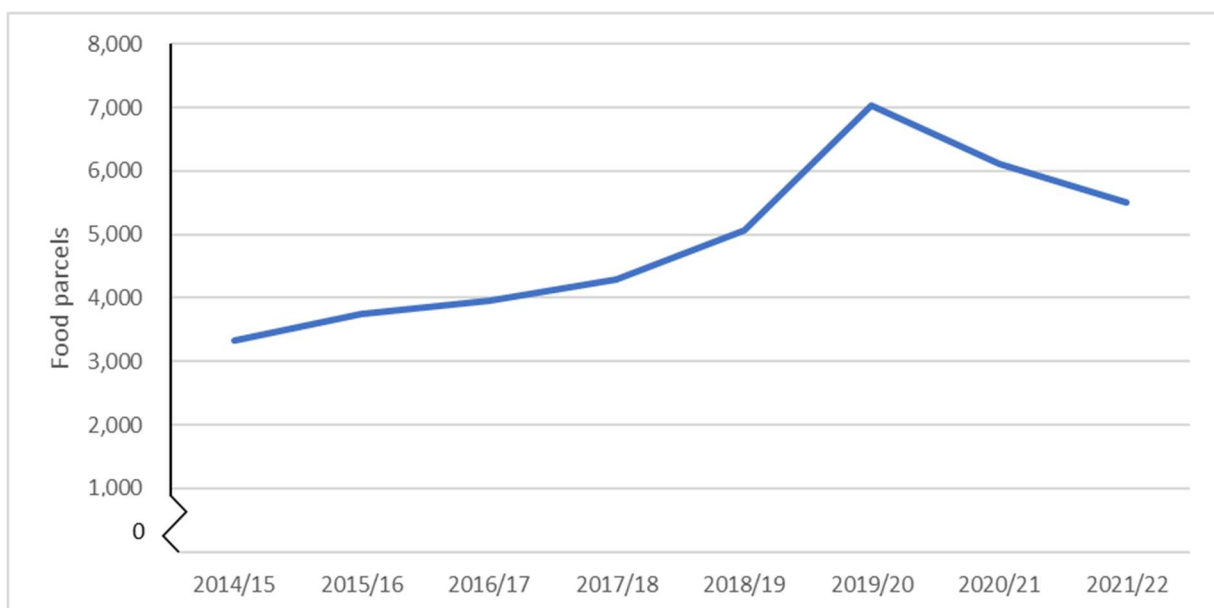


## Food insecurity

In Scotland 7% of households have low food security, with 4% having very low security (2020/21). Across the UK 9% of households with children are food insecure compared to 6% of households without children<sup>6</sup>.

The Trussell trust published end of year statistics for foodbank use throughout the UK. The number of food parcels given out to children had been increasing year on year up to the financial year 2019/20 with 7,028 parcels given out to children in Fife (see technical information below). After this time the numbers have decreased, and in Fife for the financial year 2021/22 5,506 parcels were given out<sup>7</sup>. This trend is also seen across Scotland.

Figure 5: Number of food parcels given to children in Fife by financial year (Source: The Trussell Trust)



## Technical Information

Data relating to healthy weight and obesity are reported using epidemiological thresholds which are used to monitor changes in the whole child population of the proportion of children who are at risk of an unhealthy weight. Figures for primary 1 are based on children with a valid height and weight record, and who's BMI is between 5% and 95% of the 1990 UK reference range for their sex and age.

SIMD quintiles are Scotland level weighted quintiles, with the appropriate SIMD release used for each year. SIMD is derived from the child's home postcode.

Food security is a measure of whether households can have an active and healthy lifestyle based on the food they have. Questions are asked based on the 30 days prior to the interview.

The Trussell Trust records the number of food parcels given out. If a family of 2 adults and 2 children attend a food bank this would be recorded as 4 parcels: 2 for adults and 2 for children.

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<sup>1</sup> [ScotPHO profiles \(shinyapps.io\)](https://shinyapps.io/ScotPHO_profiles/) (Indicator: Child healthy weight in primary 1)

<sup>2</sup> [Primary 1 Body Mass Index \(BMI\) Statistics - Datasets - Scottish Health and Social Care Open Data \(nhs.scot\)](https://nhs.uk/data-and-statistics/datasets/primary-1-body-mass-index-bmi-statistics-datasets-scottish-health-and-social-care-open-data) (Table: Epidemiological BMI at deprivation at health board level)

<sup>3</sup> [Primary 1 Body Mass Index \(BMI\) Statistics - Datasets - Scottish Health and Social Care Open Data \(nhs.scot\)](https://nhs.uk/data-and-statistics/datasets/primary-1-body-mass-index-bmi-statistics-datasets-scottish-health-and-social-care-open-data) (Table: Epidemiological BMI at health board level)

<sup>4</sup> [Situation Report - The Scottish Diet It Needs to Change \(2020 update\).pdf \(foodstandards.gov.scot\)](https://www.foodstandards.gov.scot/publications/situation-report-the-scottish-diet-it-needs-to-change-2020-update.pdf)

<sup>5</sup> [Scottish Health Survey \(shinyapps.io\)](https://shinyapps.io/ScottishHealthSurvey/) (Indicator: Fruit and vegetable consumption (mean daily portions) children)

<sup>6</sup> [Family Resources Survey - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/collections/family-resources-survey)

<sup>7</sup> [End of Year Stats - The Trussell Trust](https://www.trusselltrust.org/2020-end-of-year-stats/)

## Smoking and Children and Young People

This local summary presents key findings from the 2018 Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS) survey for S2 & S4 pupils attending schools in Fife Council area<sup>1</sup>. The next update will be from the 2023 Fife Young People's Health & Wellbeing Survey.

Findings from the Health & Wellbeing (HWB) Census Scotland<sup>2</sup> (16 local authorities excluding Fife) on cigarette and e-cigarette use in S2 and S4 school pupils are included to give an indication of a more recent national picture.

### Smoking prevalence in Fife

From the 2018 Scottish Schools Adolescent and Lifestyle Survey; 12 % of S2 pupils had tried smoking, 1% were occasional smokers (sometimes smoke cigarettes but less than one per week) and 2 % were regular smokers (usually smoking one or more cigarettes per week).

33% of S4 pupils had tried smoking which is 2% more than reported for Scotland, 6% were occasional smokers (sometimes smoke cigarettes but less than one per week) and 8 % were regular smokers (usually smoking one or more cigarettes per week) which is 1% more than reported for Scotland in 2018, Figure 1.

Findings from the Health & Wellbeing Census Scotland 2021/22 show smoking prevalence for both age groups dropped for occasional and regular smokers. 0.8% of S2 pupils and 2.4% of S4 pupils reported occasional use and 1.6% of S2 and 4.3% of S4 pupils reported regularly smoking, Table 1.

Figure 1: Smoking prevalence as % of pupils surveyed, Fife (Source: SALSUS 2018)

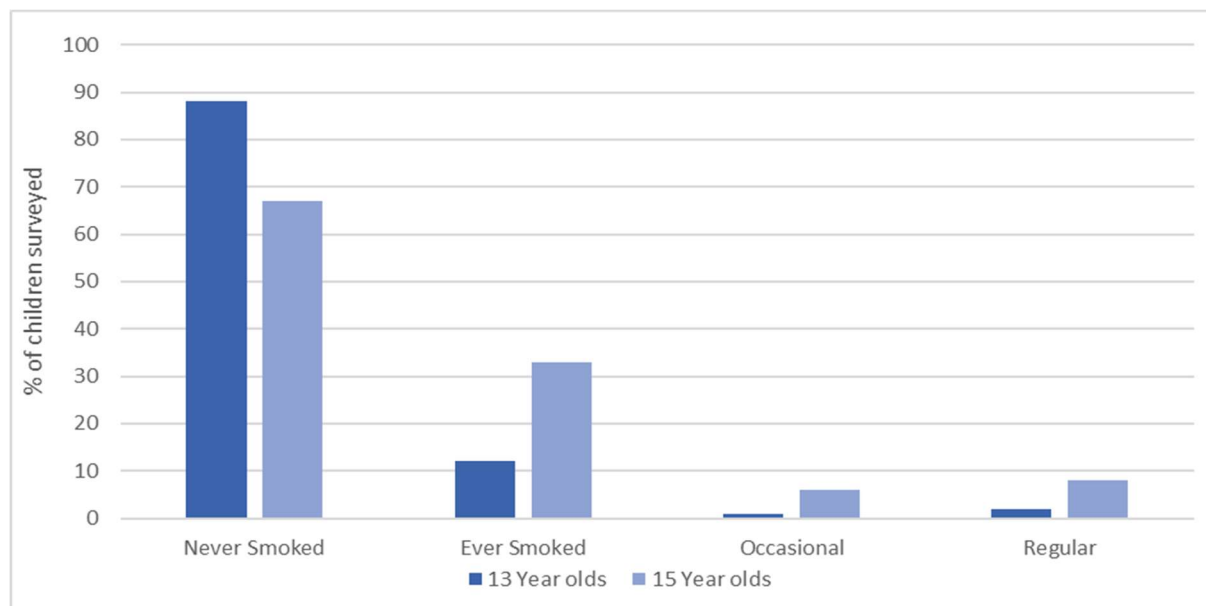


Table 1: Smoking prevalence, % in each pupil stage, Scotland (Source: HWB Census)

	S2	S4
<b>Non-smokers</b>	94.5%	89.4%
<b>Occasional smokers</b>	0.8%	2.4%
<b>Regular smokers</b>	1.6%	4.3%
<b>Prefer not to say</b>	3.1%	3.9%

### Smoking prevalence by sex

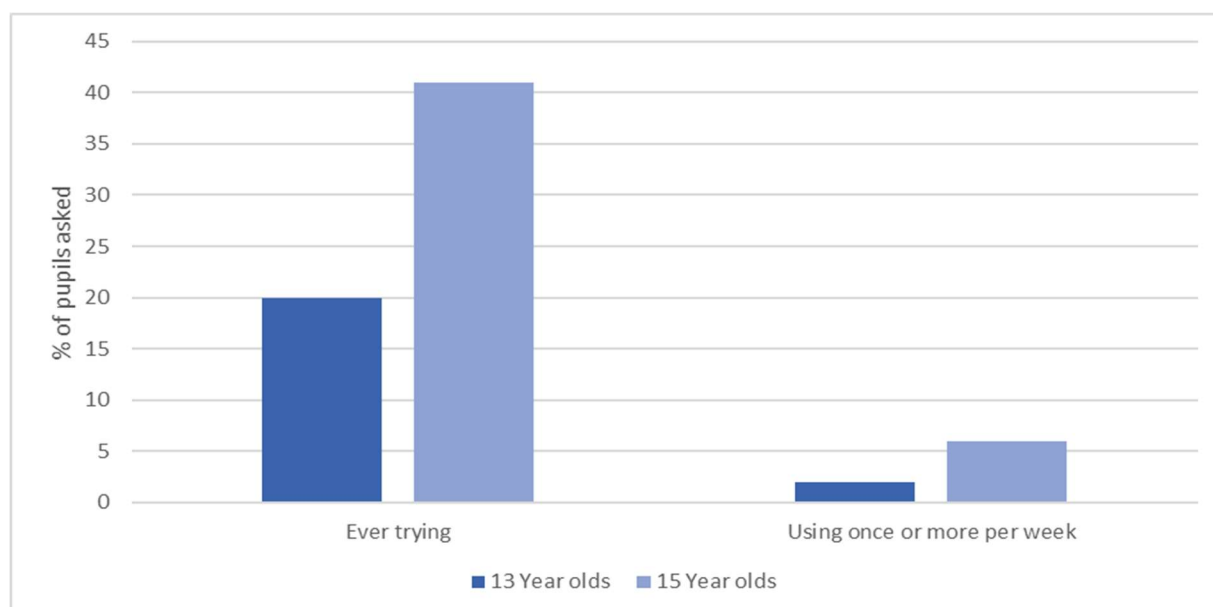
The HWB Census reported for Scotland the split by sex for S2 and S4 pupils who regularly smoked was 2.9% male, 2.5% female and 4.8% unknown. Occasional smokers across both age groups were 1.3% male and 1.7% female.

### E-cigarette use

All pupils were asked about e-Cigarette use, in Fife 20% of S2 pupils (3% more than reported for Scotland) and 41% of S4 pupils (6% more than reported for Scotland) had reported trying e-cigarettes. 2% of S2 and 6 % of S4 pupils (2% more than Scotland) reported using e-cigarettes once or more per week<sup>1</sup>.

The HWB Census reported for Scotland 6.8% of S2 pupils using e-cigarettes at present and 4.3% were regular vapers. This increased for S4 age group with 14.8% of pupils using e-cigarettes at present and 10.1% were regular vapers.

Figure 2: E-cigarette use in S2 and S4 pupils in Fife (Source: SALSUS 2018)



## Cigarette and e-cigarette use by SIMD20, Scotland

Findings from the HWB Census for Scotland indicate a higher prevalence of use for both smoking and vaping in the most deprived areas, Table 2.

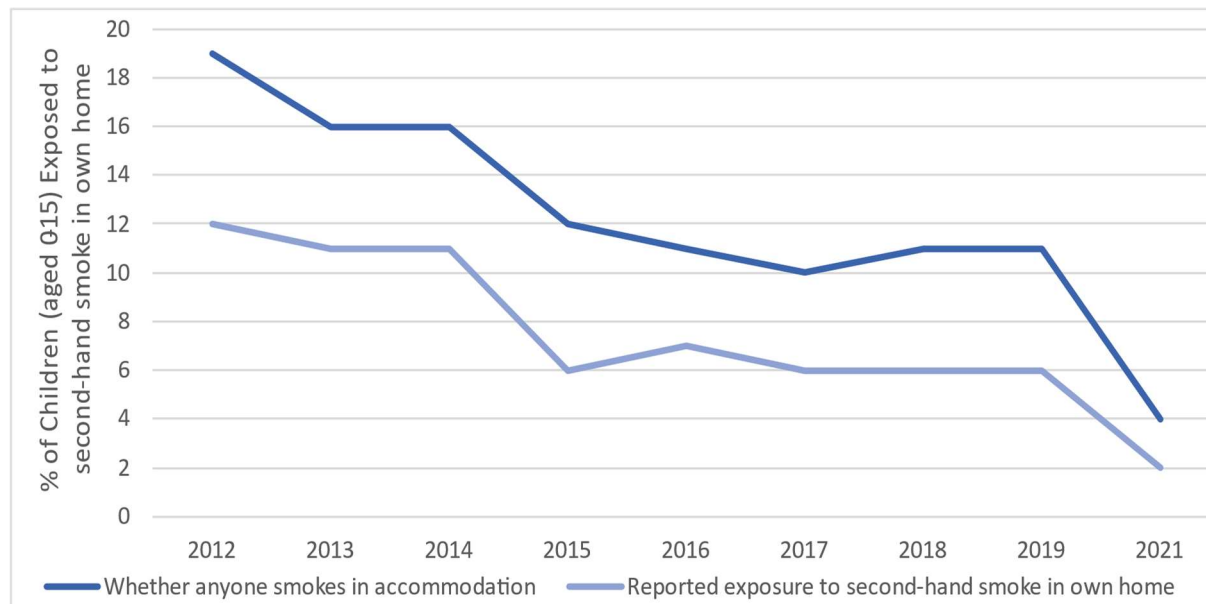
Table 2: Percentage Cigarette and e-cigarette use in S2 and S4 pupils Scotland (Source: HWB Census)

Response	SIMD 1 (most deprived)	SIMD 2	SIMD 3	SIMD 4	SIMD 5 (least deprived)	Unknown
Regular smokers	3.2%	3.4%	3.1%	2.5%	1.5%	4.2%
Occasional smokers	1.3%	1.7%	1.6%	1.6%	1.3%	[c]
Use of e cigarettes at present	11.3%	11.0%	11.1%	10.2%	7.7%	8.4%
Regular vaper	7.8%	7.8%	7.3%	6.6%	4.6%	4.7%

## Exposure to second-hand smoke in own home, Scotland 2021

The number of children aged 0-15 years who are exposed to second-hand smoke at home in Scotland has reduced significantly since 2012 (Figure 3). For those reporting anyone smokes at home figures decreased from 19% in 2012 to 4% in 2021 and for those reporting children had exposure to second-hand smoke at home this reduced from 12% in 2012 to 2% in 2021.

Figure 3: Exposure to second-hand smoke in own home, Scotland 2012-2021 (Source: The Scottish Health Survey 2021)



<sup>1</sup> SALSUS 2018 [Summary findings for Fife Council \(www.gov.scot\)](http://www.gov.scot)

<sup>2</sup> [Health & Wellbeing \(HWB\) Census Scotland](#)

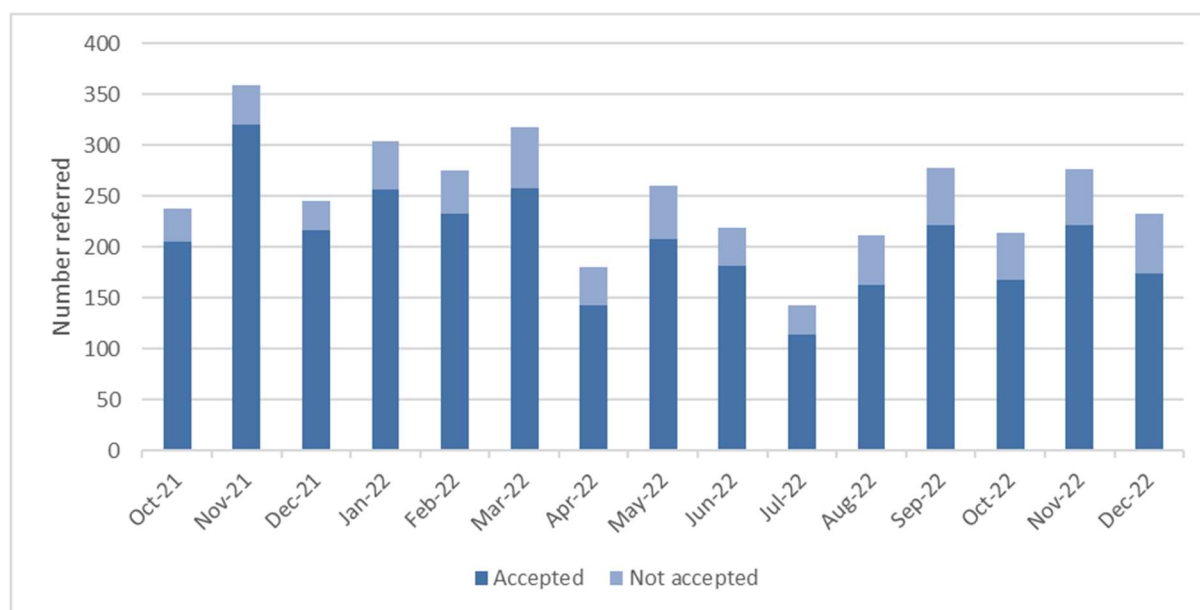
## Mental Health and Wellbeing

Up to date data is limited on the wellbeing of children and young people in Fife until the results are available from the 2023 Fife Children & Young People’s Health & Wellbeing Survey. It is anticipated that these results will be available from late summer.

### Referrals

During 2022 2,910 children were referred to Child and Adolescent Mental Health Services (CAMHS) in NHS Fife, with 80.3% of these accepted for treatment<sup>1</sup>.

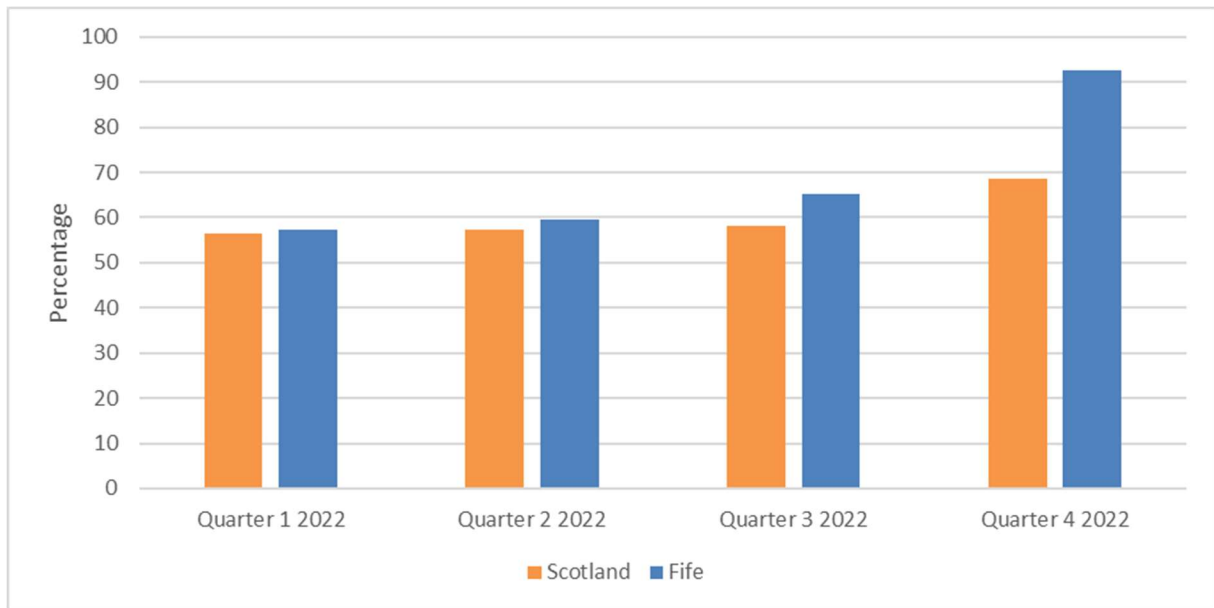
Figure 1: Number of children referred to NHS Fife CAMHS split by those accepted and not accepted for treatment (Source: PHS Child and adolescent mental health services (CAMHS) waiting times)



### Waiting times

Throughout 2022 there has been an increase in the percentage of children meeting the Scottish Governments CAMHS 18-week referral to Treatment Target (RTT), in the last quarter of 2022 there was an increase from 68.6% in the previous quarter to 92.6%<sup>1</sup>.

Figure 2: Percentage of children in 2022 meeting the 18-week Referral to Treatment Target in NHS Fife and Scotland (Source: PHS)



<sup>1</sup> [Dashboard - Child and Adolescent Mental Health Services \(CAMHS\) waiting times](#)

## Impact of Alcohol and Drugs

Up to date data is limited on the use of alcohol and drugs in children aged under 18 in Fife until results are available from the 2023 Fife Children & Young People’s Health & Wellbeing Survey (please see technical information section below). As such this section uses Fife data from the 2018 Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS) and headline findings from the Health & Wellbeing Census Scotland (16 local authorities excluding Fife) to give an indication of a more recent national picture

### Alcohol

#### *Alcohol Use*

Findings from the SALSUS 2018 survey reported 6% of S2 and 24% of S4 pupils in Fife had drunk alcohol in the last week compared to 6% and 20% across Scotland.

More than two thirds of pupils in S2 and 41% of pupils in S4 in the national Health & Wellbeing Census from other areas in Scotland reported that they did not currently drink alcohol (Table 1). In both age groups the most commonly reported frequency of drinking alcohol was ‘a few times a year’. 10% of S4 pupils reported that they drank alcohol about once a week and also once a fortnight.

*Table 1: Frequency of drinking alcohol; % in each pupil stage (Source: HWB Census)*

	S2	S4
<b>More than once a week</b>	1.2	3.2
<b>About once a week</b>	2.3	9.6
<b>About once a fortnight</b>	2.6	9.7
<b>About once a month</b>	4.3	10.8
<b>Only a few times a year</b>	22.3	25.9
<b>I never drink alcohol now</b>	67.2	40.7

#### *Alcohol-related hospital admissions*

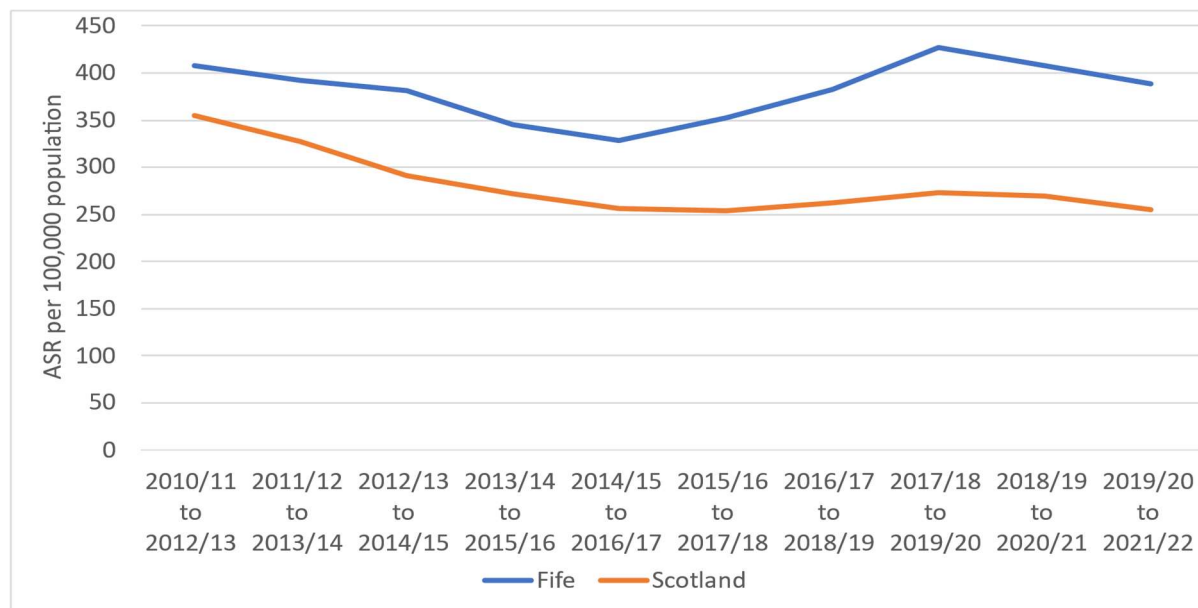
In the last three years there have been an annual average of 252 alcohol-related hospital admissions involving 11-25 years olds in Fife. This corresponds to a rate (age-sex standardised) of 389 per 100,000 population.

Figure 1 shows an increasing trend in rates of alcohol-related hospital admissions from 2014/15-2016/17 to 2017/18-2019/20 following a period of declining rates. Rates have fallen in the two most recent time periods but it is unclear what impact COVID-19 will have had on these figures but they are likely to be lower than would have been observed.

Fife has had consistently higher admission rates than Scotland in all time periods shown. The pattern of admissions has been similar, but Scotland did not see the large increase in admission rates so the gap between Fife and Scotland has widened.



Figure 3: Alcohol-related hospital admissions, aged 11-25 years Fife and Scotland; three-year average age-sex standardised rate per 100,000 population 2010/11 to 2012/13 to 2019/20-2021/22 (Source PHS)



## Drugs

### Drug Use

In the SALSUS 2018 survey 19% of S4 pupils in Fife reported they had 'ever' used drugs compared to 21% across Scotland.

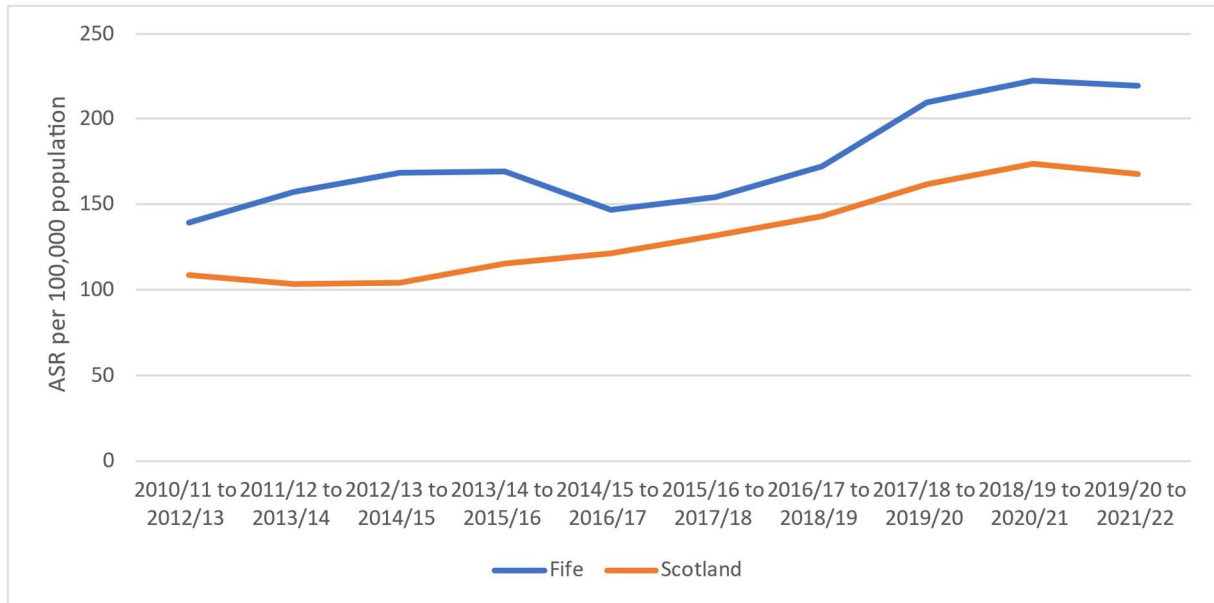
10% of pupils in S4 reported in the Health & Wellbeing Census that they had 'ever taken illegal drugs, drugs formerly known as legal highs, solvents or prescription drugs that were not prescribed to you'. Of those pupils who reported 'ever' drug use, 17% reported that they took drugs 'once or twice a month' and 19% reported taking drugs 'at least once a week or more'. The most reported type of drug used was cannabis which had been taken by 95% of the pupils who reported 'ever' drug use.

### Drug-Related Hospital Admissions

In the last three years there have been an annual average of 144 drug-related hospital admissions involving 11-25 years olds in Fife. This corresponds to a rate (standardised) of 219 per 100,000 population which was higher than the Scottish rate of 168. Fife has had consistently higher admission rates than Scotland in all time periods shown.

Both Fife and Scotland show a trend of year on year increasing average rates of drug-related hospital admissions, from 2012/13-2015/16 in Scotland and two years later in Fife (Figure 2). Rates fell between 2018/19-2020/21 and 2019/20-2021/22 but it is unclear what impact COVID-19 will have had on these figures but they are likely to be lower than would have been observed.

Figure 2: Drug-related hospital admissions, aged 11-25 years Fife and Scotland; Three-year average age-sex standardised rate per 100,000 population 2010/11 to 2012/13 to 2019/20-2021/22 (Source: PHS)



### Technical Information

Between 2002 and 2018 the SALSUS survey was the main source of substance use data in young people in S2 and S4 in Scotland<sup>1</sup>. Questions on alcohol and drug use are now included in the new Health and Wellbeing Census which was given to S2 and S4 pupils in 16 local authorities (not Fife) across Scotland in 2020-2021<sup>2</sup>. Data on these topics for Fife will be available from the Fife Children & Young People’s Health and Wellbeing Survey by late summer 2023.

Hospital admissions that are alcohol- or drug-related, defined as admissions with an alcohol- or drug-related code in any diagnostic position, are published annually on ScotPHO at health board level for 11-25 year olds but not for other age groups<sup>3</sup>. Public Health Scotland publish Scotland level admission rates for under 15s and 15-24 age group<sup>4</sup>.

<sup>1</sup> <https://www.gov.scot/collections/scottish-schools-adolescent-lifestyle-and-substance-use-survey-salsus/>

<sup>2</sup> <https://www.gov.scot/publications/health-and-wellbeing-census-scotland-2021-22/>

<sup>3</sup> <https://www.scotpho.org.uk/comparative-health/profiles/online-profiles-tool/>

<sup>4</sup> <https://publichealthscotland.scot/publications/alcohol-related-hospital-statistics/alcohol-related-hospital-statistics-scotland-financial-year-2021-to-2022/>

<https://www.publichealthscotland.scot/publications/drug-related-hospital-statistics/drug-related-hospital-statistics-scotland-2021-to-2022/summary/>

## Sexual Health

Data is limited on the of sexual health and wellbeing in children aged under 18 in Fife and across Scotland (see technical information below). This section will provide an overview of teenage pregnancy in under 18s and under 16s in Fife and a national overview of rates of sexually transmitted infections.

### Teenage Pregnancies - Fife

In 2020 there were 95 teenage pregnancies in under 18s and 12 in under 16s in Fife. There has been a significant fall in the number of teenage pregnancies in both age groups in the last 10 years (Table 1).

*Table 1: Teenage pregnancies by age group; Fife 2011 to 2020 (Source: PHS)*

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020
Under 16s	41	41	26	26	24	27	22	19	23	12
Under 18s	236	216	201	147	149	127	145	129	118	95

### Teenage Pregnancies - Fife compared to Scotland and other Health Boards

Teenage pregnancy rates in both age groups in Fife and Scotland are currently at their lowest levels since reporting began in 1994. In the last 10 years rates in Fife have fallen by 55% in the under 18s and by 70% in under 16s. Reductions of 58% and 65% were seen nationally.

Among under 18s rates in Fife remain significantly higher than Scottish average, 16.6 per 1000 population compared to 12.8. Among under 16s rates in Fife were the same as those in Scotland in 2020 at 2 per 1000 population (Figure 1).

Figure 2 shows that in 2020 under 18 teenage pregnancy rates in Fife were the second highest of mainland health boards. Data is not available for all Health Boards for rates of pregnancy in the under 16s so figures are not presented.

Figure 1: Teenage pregnancy rates by age group; Fife and Scotland 2011-2020 (Source PHS)

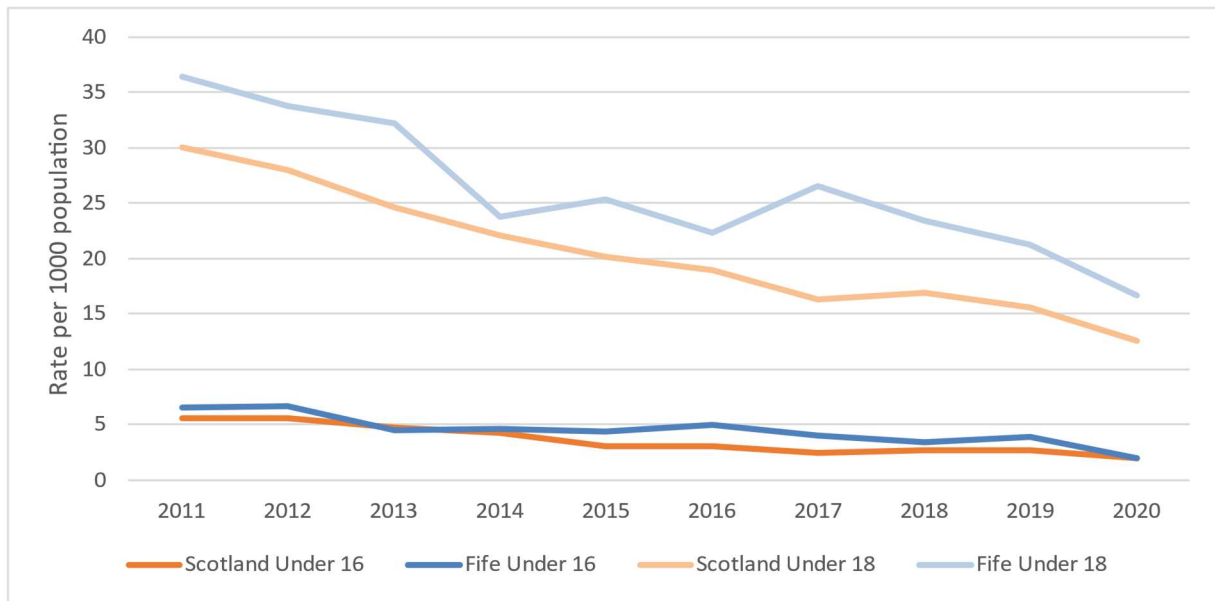
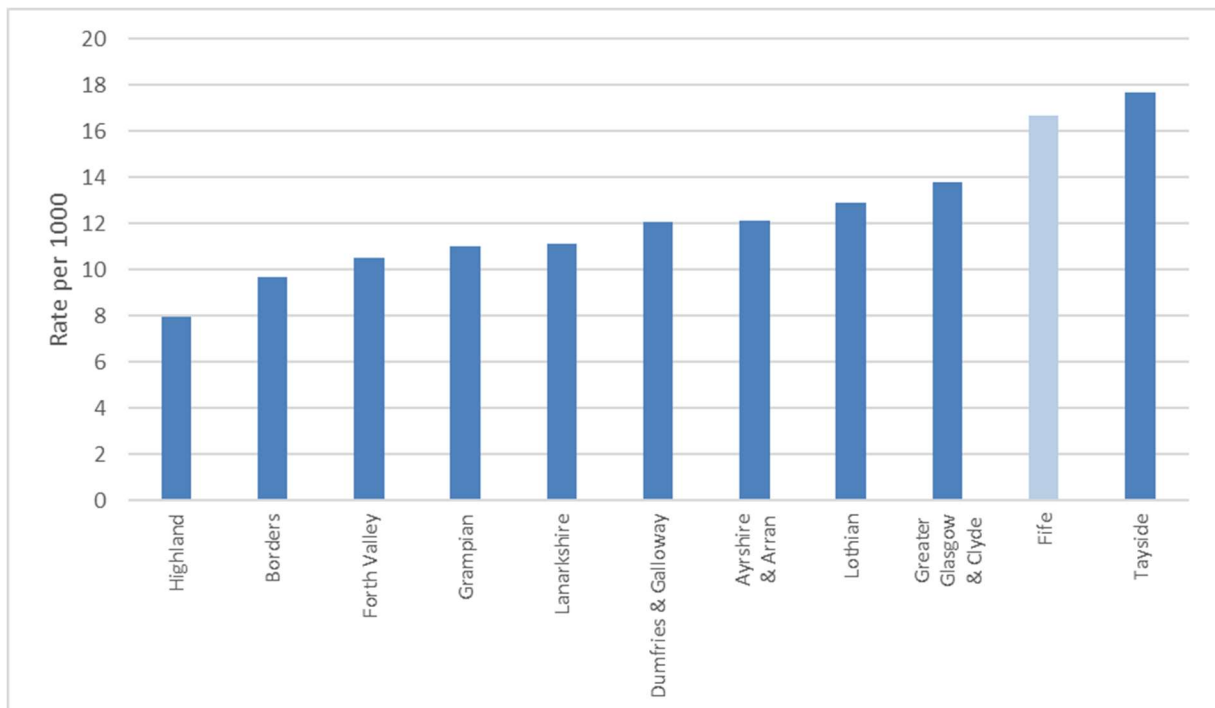


Figure 2: Teenage pregnancy rates in under 18s by Health Board (Source: PHS)

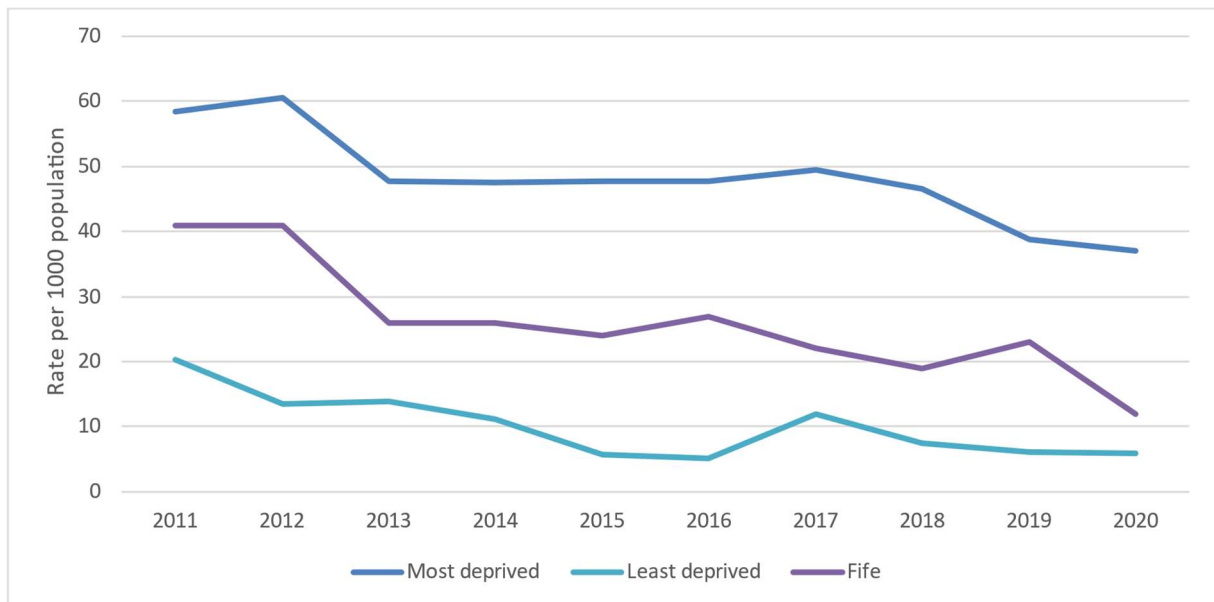


### Teenage Pregnancies – Inequalities

Areas of highest deprivation (most deprived SIMD20 quintile) had under 18 pregnancy rates more than six times higher than those in the least deprived areas in 2020, 37 per 1000 population compared to 6 per 1000 (Figure 3). Across Scotland rates in the most deprived areas were five times greater than in the least deprived areas. Fife had higher rates than Scotland in both most and least deprived areas but the largest difference was in the most deprived areas 37 per 1000 population in Fife compared to 24 per 1000 population.

In Fife rates have reduced across all areas with differing levels of deprivation in the last 10 years (Figure 3). Rates have not reduced as much in the most deprived areas (-58%) compared to all other areas especially the least deprived areas where rates reduced by more than 200%. As such the gap between rates in the most and least deprived areas has widened (Figure 3).

Figure 3: Teenage pregnancy rates in under 18s by SIMD20 Quintiles; 2011 to 2020 (Source: PHS)



### Sexually Transmitted Infections in Under 20s in Scotland

Data has recently been published on the number of laboratory confirmed diagnoses of gonorrhoea by age group and gender across Scotland and by Health Board for all ages. This data showed that there has been an annual increase in gonorrhoea diagnoses since 2013 (with exception of 2019 and 2020 where case detection fell due to COVID-19) with the numbers recorded in 2022 the highest ever recorded, 5,641 cases across Scotland and 334 cases in Fife<sup>3</sup>.

This increase has been observed across all age groups including among the under 20s (Table 2). In 2022, 37% and 12% of diagnoses in women and men in Scotland were in individuals aged less than 20 years respectively. Among women diagnosed with gonorrhoea since 2013, on average 72% of cases each year were in women aged less than 25 years. This is substantially higher than the annual average among men of 39%.

Table 2: Laboratory confirmed diagnoses of gonorrhoea in persons aged under 20: Scotland 2013-2022

	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022
<b>Men</b>	141	134	174	163	190	279	264	166	112	468
<b>Women</b>	202	173	140	184	244	355	488	278	169	671

### Technical Information

Public Health Scotland publish data annually on teenage pregnancies in the under 18s and under 16s and provide additional data tables which allow analysis of Health Board data by age and deprivation<sup>1</sup>. Teenage pregnancy data counts the number of conceptions in individuals aged under 20 years of age and includes live births, still births and notifications legal abortions.<sup>1</sup>

The new Health and Wellbeing Census Scotland collected information on sexual health perceptions and behaviours from pupils in S4 to S6 in 16 local authorities<sup>2</sup>. Data on similar topics will be available from the Fife Children & Young People’s Health and Wellbeing Survey by late summer 2023. Data on selected sexually transmitted infections is published for the under 20s in Scotland and is not currently available for the under 18s<sup>3</sup>.

<sup>1</sup> <https://publichealthscotland.scot/publications/teenage-pregnancies/teenage-pregnancies-year-of-conception-ending-31-december-2020/>

<sup>2</sup> <https://www.gov.scot/publications/health-and-wellbeing-census-scotland-2021-22/pages/relationships-and-sexual-health/>

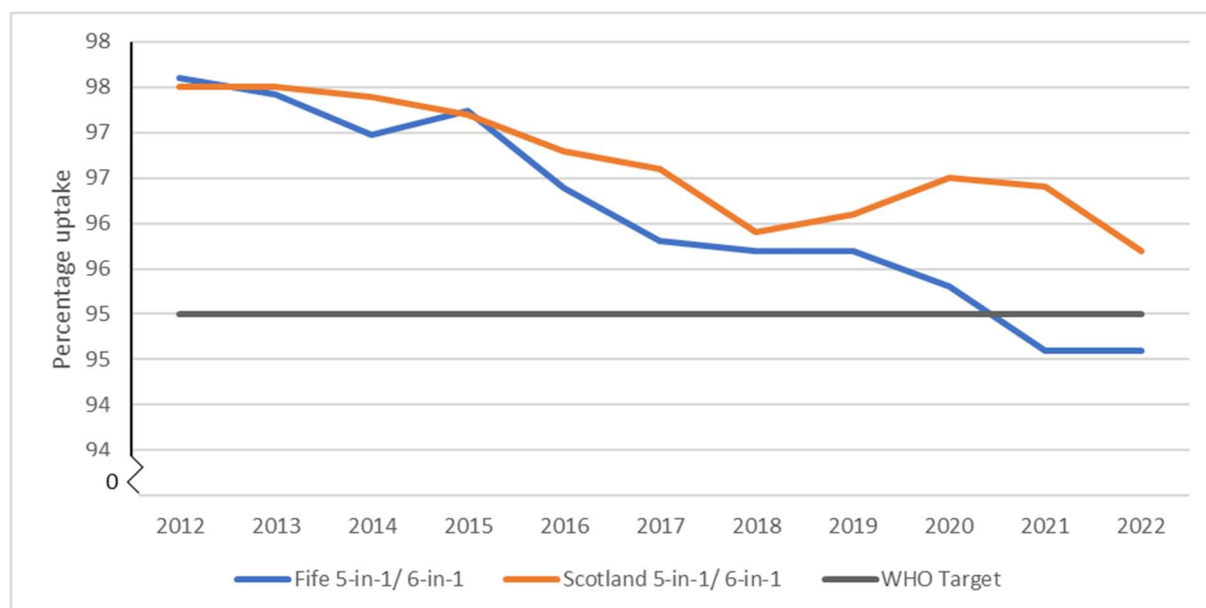
<sup>3</sup> <https://publichealthscotland.scot/news/2023/march/gonorrhoea-infection-in-scotland-2013-2022-report/>

## Immunisation

### Childhood Immunisation

Uptake of the 5-in-1/6-in-1 (which protects against diphtheria, tetanus, pertussis, polio, Haemophilus influenzae type b/hepatitis B) vaccine has been in decline and in 2022 was at the lowest uptake for 10 years at 94.2%. This is lower than the uptake seen across Scotland of 95.7%<sup>1</sup>.

Figure 1: Uptake of the 5-in-1/6-in-1 vaccine at 12 months in Fife and Scotland (Source: PHS Childhood Immunisation Statistics Scotland)



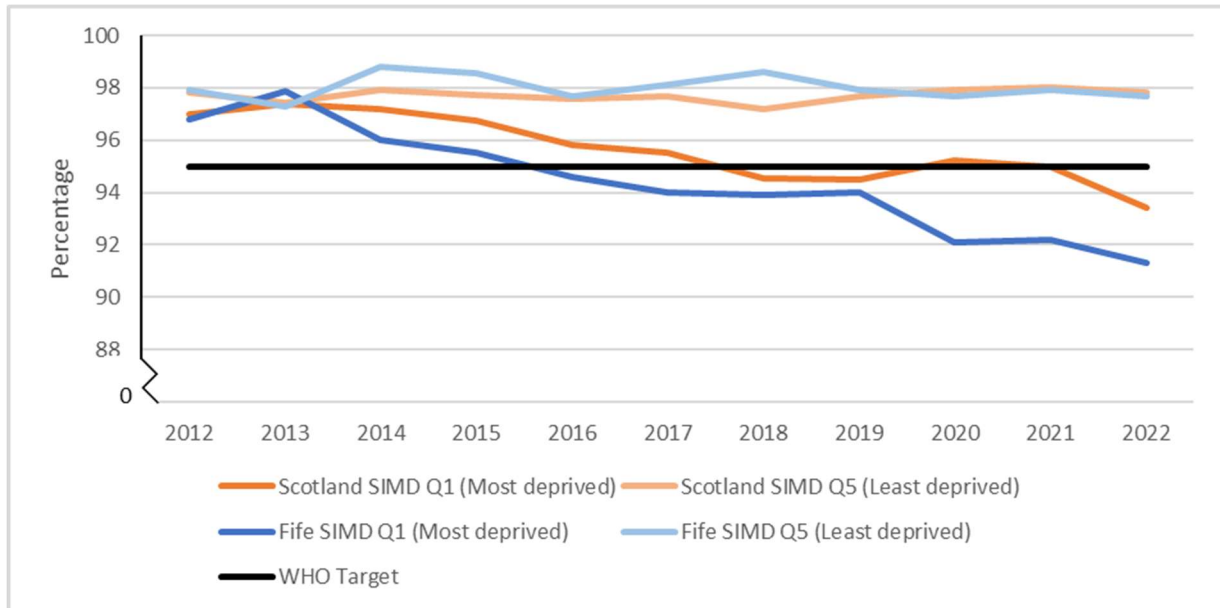
In 2022 uptake of both doses of MMR at 5 years old in Fife was 88%, this does not meet the 95% target and is lower than uptake for Scotland (90.5%). By 6 years old uptake of both doses is higher and is similar to uptake for Scotland (Table 1)<sup>1</sup>.

Table 1: Summary of MMR uptake in Fife and Scotland 2022 (Source: PHS Childhood Immunisation Statistics Scotland)

Evaluation period 01/01/2022 – 31/12/2022	Fife	Scotland
Dose 1 MMR uptake at 24 months of age	92.9%	93.9%
Dose 1 MMR uptake at 5 years of age	95.4%	95.2%
Dose 1 MMR uptake at 6 years of age	95.6%	94.8%
Dose 2 MMR uptake at 5 years of age	88.0%	90.5%
Dose 2 MMR uptake at 6 years of age	91.3%	91.9%

Inequalities are evident in vaccine uptake at 12 months, with the lowest uptake in the most deprived population (SIMD quintile 1). In 2022 the WHO target was met for SIMD quintiles 3 to 5 but not quintile 1 or 2 for the 5-in-1/6-in-1 vaccine<sup>1</sup>.

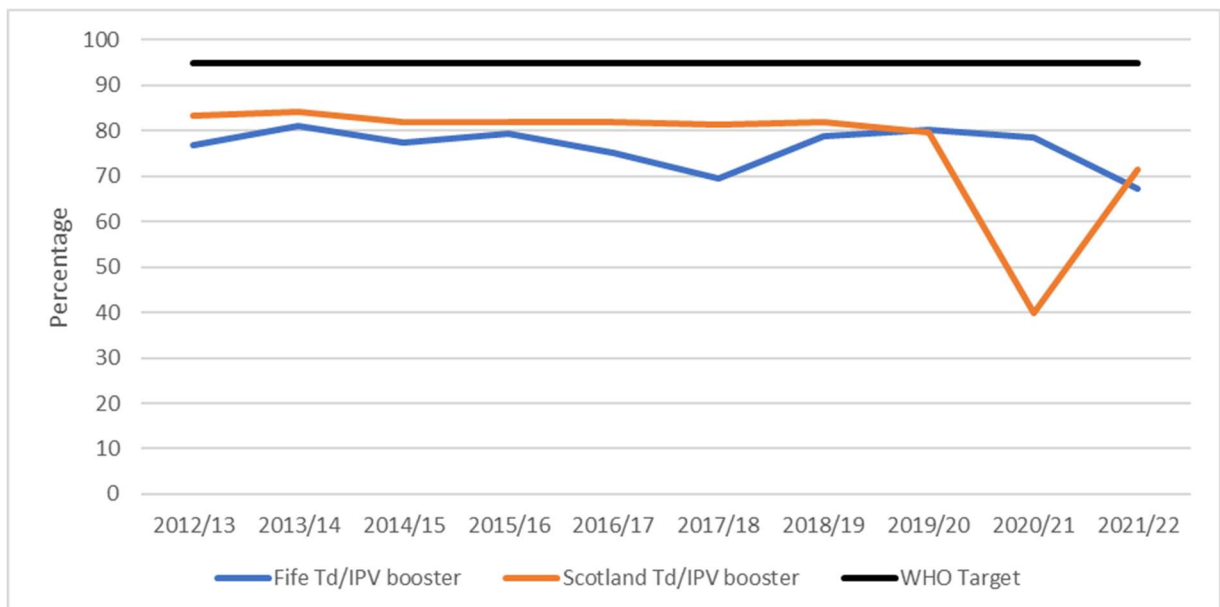
Figure 2: Percentage uptake of the 6-in-1 vaccine at 12 months by SIMD in Fife and Scotland (Source: PHS Childhood Immunisation Statistics Scotland)



### Teenage Immunisations

The Td/IPV (tetanus, diphtheria and polio) booster are first offered to all children in school at S3 (around 14 years old). Uptake in 2021/22 in Fife decreased to 67.3% from 78.6% in 2020/21 and was also lower than uptake for Scotland (71.6%)<sup>2</sup>.

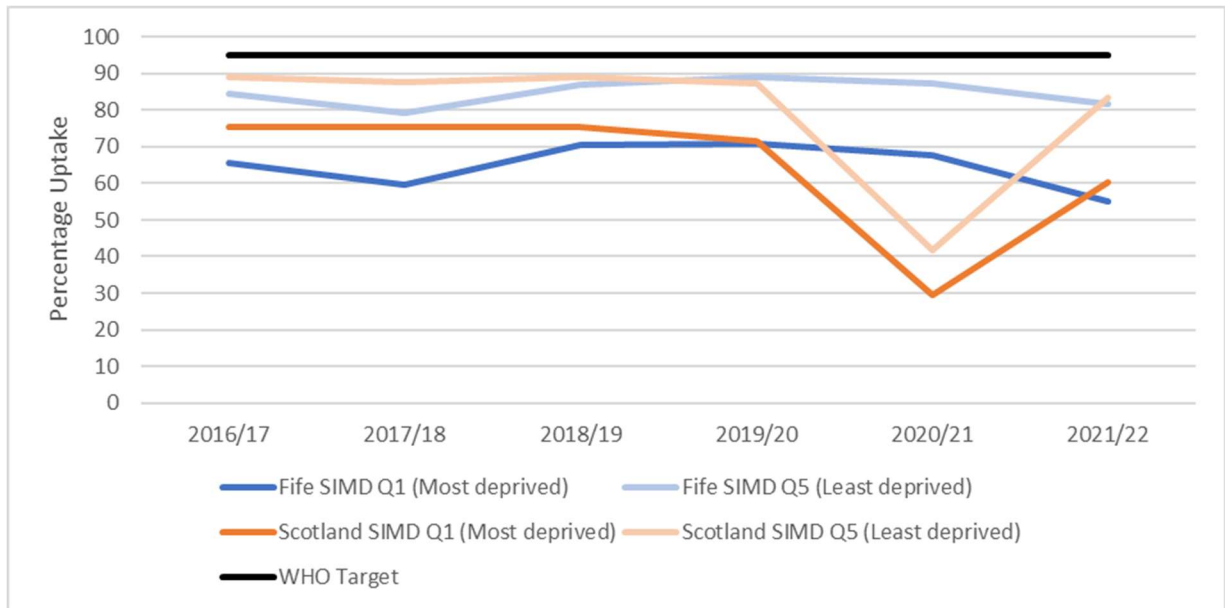
Figure 3: Percentage uptake of the Td/IPV booster at S3 in Fife and Scotland (Source: PHS Teenage booster immunisation statistics Scotland)



Lower uptake is seen in the most deprived populations with a 55.1% uptake in the most deprived populations (SIMD quintile 1) compared to 81.8% uptake in the least deprived (SIMD quintile 5) in 2021/22. This is a trend seen across Scotland.



Figure 4: Td/IPV percentage uptake by SIMD in Fife and Scotland (Source: PHS Teenage booster immunisation statistics Scotland)



### Technical Information

SIMD quintiles are Scotland level weighted quintiles, with the appropriate SIMD release used for each year. SIMD and Health Board are derived from the child's home postcode.

<sup>1</sup> [Childhood immunisation statistics - Public Health Scotland](#)

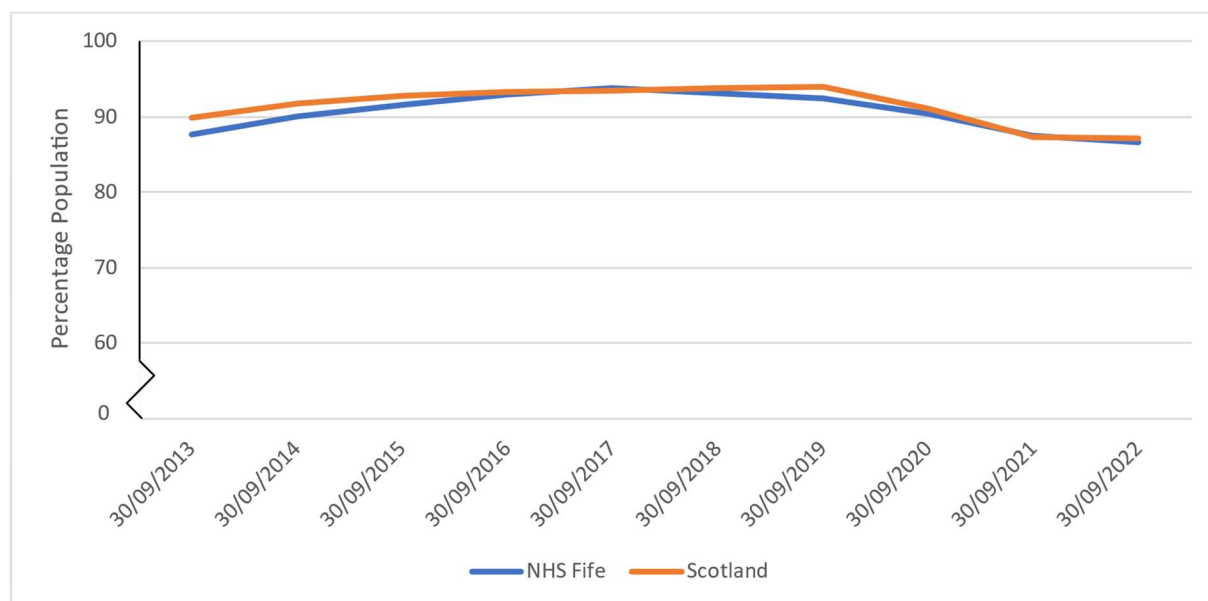
<sup>2</sup> [Teenage booster immunisation statistics - Public Health Scotland](#)

## Dental

### General Dental Services (GDS) registrations and participation

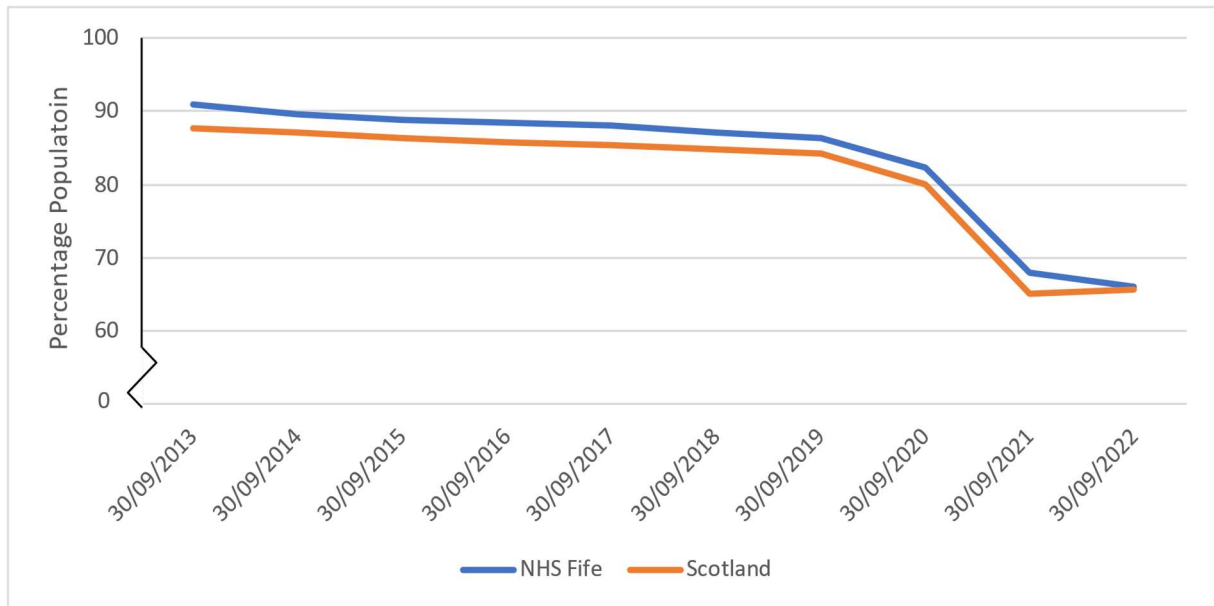
Registrations are the percentage of people registered with an NHS dentist at the date of snapshot. Participation is defined as contact with the General Dental Service (GDS) for examination or treatment in the previous two years. This is restricted to patients who are registered with an NHS dentist and therefore does not include patients who only attend for occasional or emergency treatment. NHS Fife tracks closely to Scotland in terms of registrations with both seeing a decrease over the last few years (Figure 1)<sup>1</sup>.

Figure 1: GDS % Population Registrations Children NHS Fife vs Scotland Annual Snapshots



In terms of participation, NHS Fife has generally been slightly higher than Scotland but both have decreased since 2019 (Figure 2)<sup>2</sup>.

Figure 2: GDS % Population Participation Children NHS Fife vs Scotland Annual Snapshots



Differences are seen within Fife with the most deprived areas (SIMD quintile 1) being lower for both registrations<sup>3</sup> and participation<sup>4</sup> over the past 10 years (Figures 3 and 4). The gap between most and least deprived has widened in both over the last few years.

Figure 3: GDS % Fife Population Registrations Children Annual Snapshots SIMD quintiles

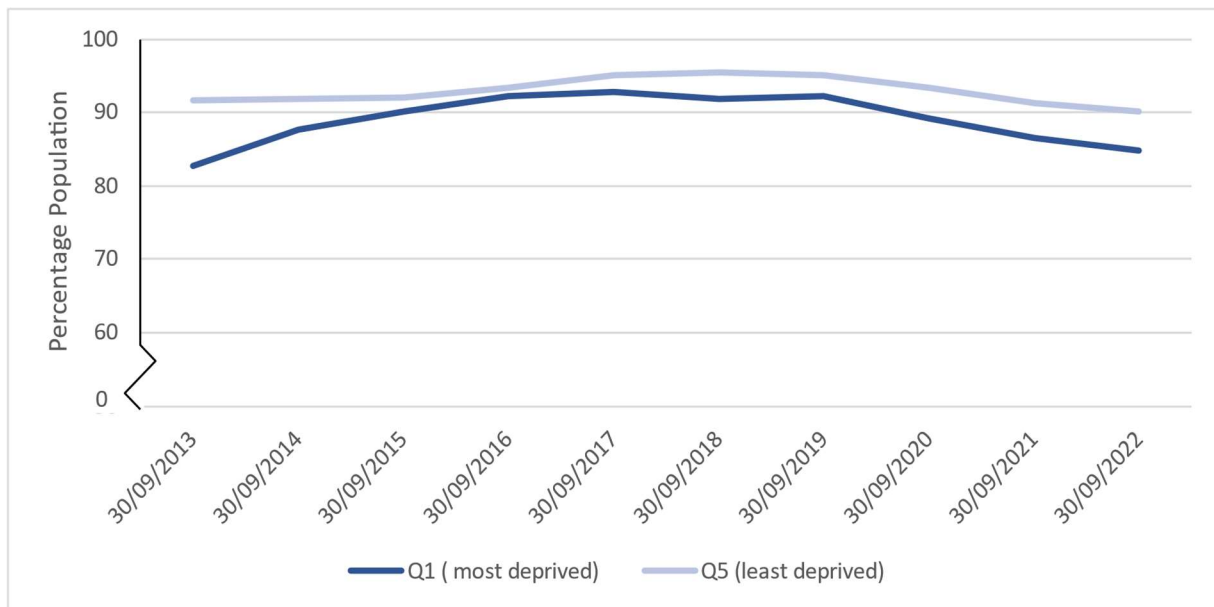
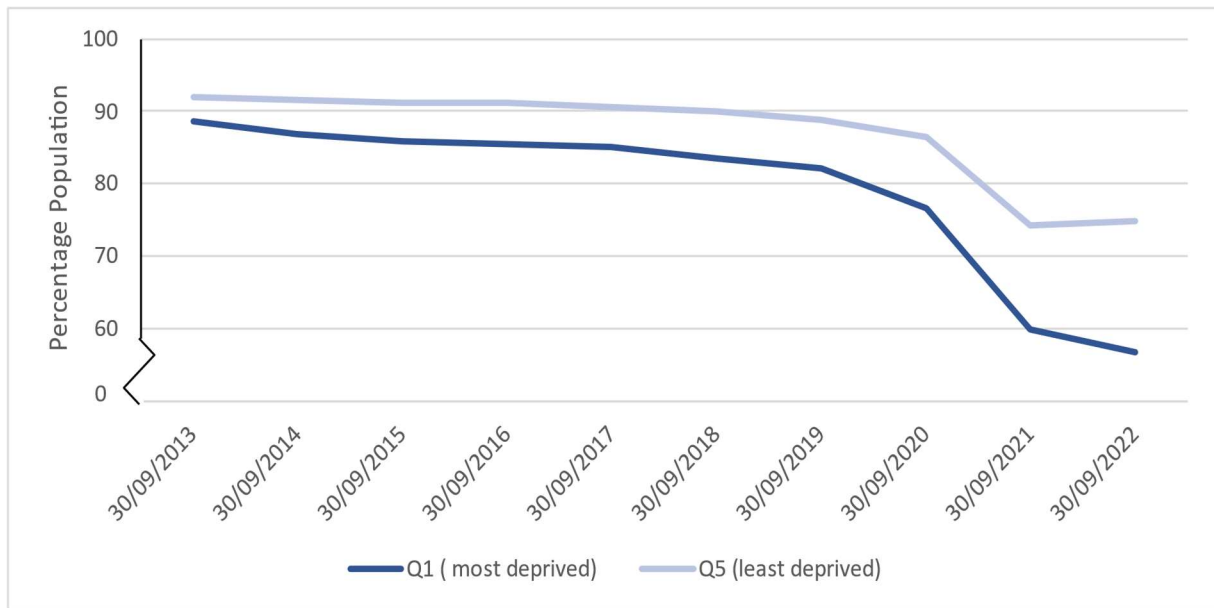


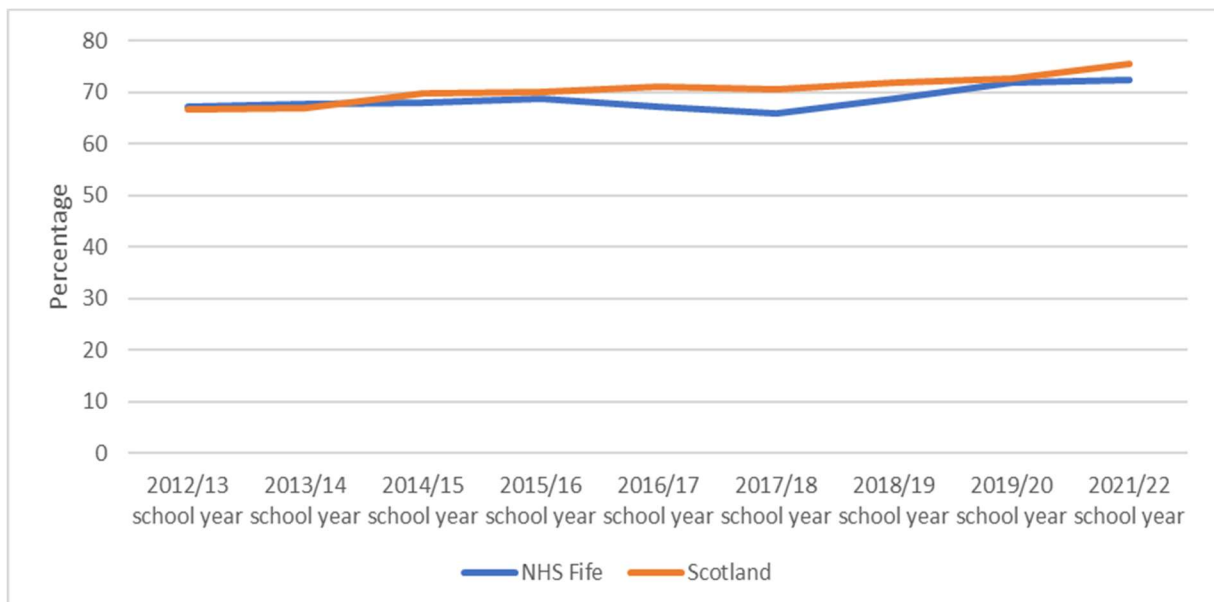
Figure 4: GDS % Fife Population Participation Children Annual Snapshots SIMD quintiles



### National Dental Inspection Programme (NDIP<sup>5</sup>)

The percentage of P1 children with no obvious decay experience has increased over time (Figure 5) for both NHS Fife and Scotland <sup>6</sup>. Note that there is a gap in the trend due to data collection of this indicator being affected by the COVID-19 pandemic.

Figure 5: Percentage of P1 children with no obvious decay experience at basic inspection (Source ScotPHO).



## Technical Information

The data on registration and participation is extracted annually by PHS from the Management Information and Dental Accounting System (MIDAS) with two snapshots per year – end March and end September. This summary uses the annual snapshot from the end of September each year shown. Data for September 2022 is provisional. The number of people registered with an NHS dentist will change daily. SIMD quintiles used are Scotland-level population weighted quintiles. Children are defined as individuals aged <18 at the date of snapshot. Boards are defined by postcode. Population figures use the NRS estimated populations based on the 2011 census. See the Definitions tabs of tables 1-4 in the references for more details.

In April 2010, non-time-limited registration for patients was introduced. This “life-long” registration is designed to allow children and adults to stay registered with a dentist for life. The continuous, practitioner-patient relationship this change introduces is consistent with arrangements elsewhere in primary care, such as general medical services; it aims to promote a more stable relationship between dentist and patient to improve attendance and enable long-term monitoring and management of oral health.

Please note that registration itself does not tell the whole story; it is one of a number of markers that indicate accessibility of general dental services to the population. Participation, as used by the NHS Information Services Division, is a measure of patient attendance at an NHS general dental practice for registration or treatment or other form of contact within the last 2 years. Participation rates are a further indicator of the care that patients are accessing.

Children categorised as having on obvious dental decay are those children receiving a letter ‘C’ (no obvious decay experience) but should continue to see the family dentist on a regular basis following a basic inspection carried out as part of the National Dental Inspection Programme<sup>7</sup>.

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<sup>1</sup> [https://publichealthscotland.scot/media/11624/table\\_1\\_registrations\\_trend.xlsx](https://publichealthscotland.scot/media/11624/table_1_registrations_trend.xlsx)

<sup>2</sup> [https://publichealthscotland.scot/media/11625/table\\_2\\_simd\\_reg\\_trend.xlsx](https://publichealthscotland.scot/media/11625/table_2_simd_reg_trend.xlsx)

<sup>3</sup> [https://publichealthscotland.scot/media/11273/table\\_3\\_part\\_trend.xlsx](https://publichealthscotland.scot/media/11273/table_3_part_trend.xlsx)

<sup>4</sup> [https://publichealthscotland.scot/media/11626/table\\_4\\_simd\\_part\\_trend.xlsx](https://publichealthscotland.scot/media/11626/table_4_simd_part_trend.xlsx)

<sup>5</sup> <https://www.publichealthscotland.scot/media/15799/ndip-2022-tables-and-charts.xlsx>

<sup>6</sup> [ScotPHO profiles \(shinyapps.io\)](https://scotpho.profiles(shinyapps.io)) Indicator: child dental health in primary 1 (extracted 10/05/2023)

<sup>7</sup> <https://ndip.scottishdental.org/>

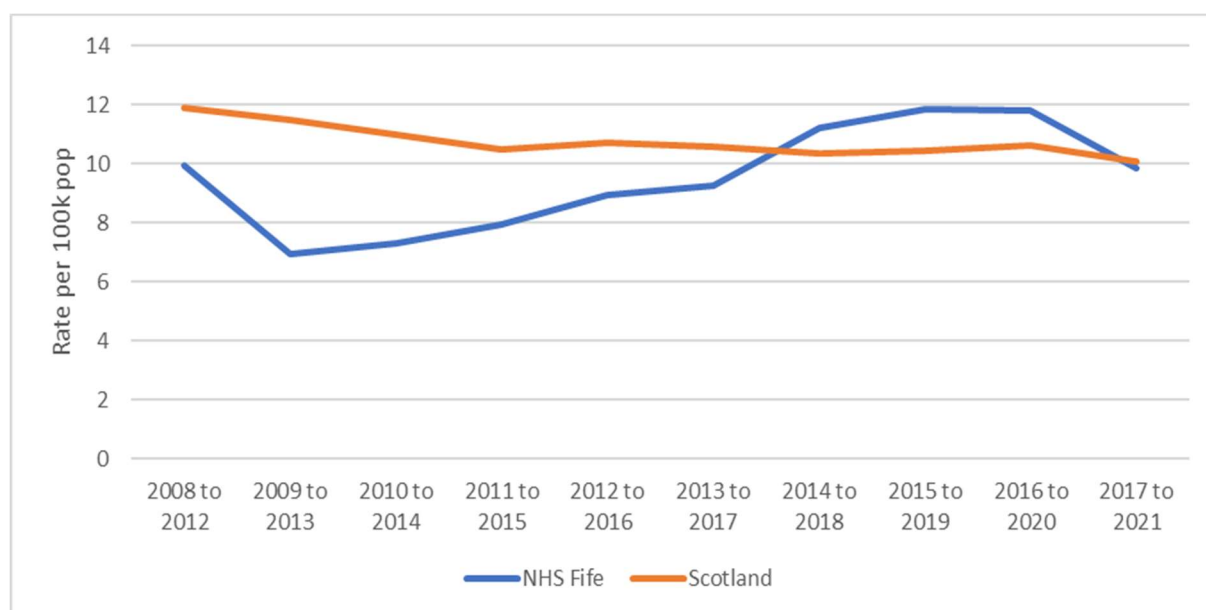
## Child deaths reviews

At present data specifically on deaths of children aged 0-17 is not available at Fife or national level. National Records Scotland (NRS) deaths registration data indicates that between 2012 and 2021 an average of 29 persons aged 0-19 years died each year in Fife<sup>1</sup>.

### Deaths of children aged 1-15 years

Figure 1 shows the trend of deaths in children aged 1-15 years as rate per population with Fife compared to Scotland<sup>2</sup>.

Figure 1: Deaths aged of children aged 1-15 years, crude rate per 100,000 population five year rolling average, NHS Fife and Scotland (Source; ScotPHO)



### Leading causes of death in under 19s

National Records Scotland (NRS) publish leading causes of death in persons aged 0-4 years and 5-19 years for Scotland. Table 1 shows the top five of these for each age group in 2021<sup>3</sup>. NRS also publish information on how causes of death are coded on death certificates and the deaths data in general<sup>4</sup>.

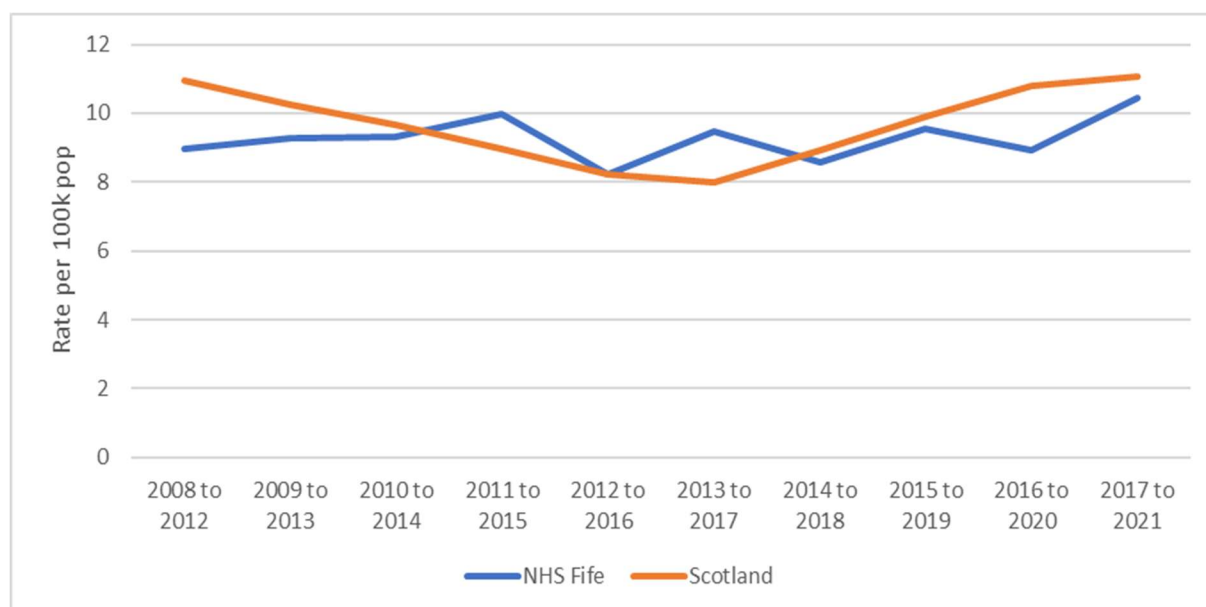
Table 1: Leading causes of death Scotland 2021 age groups 0-4 and 5-19 years

Age group	ICD-10 codes	Leading Causes	Percentage of deaths
0-4 years	P00-P96	Certain conditions originating in the perinatal period	53.7%
	Q00-Q99	Congenital malformations, deformations and chromosomal abnormalities	23.8%
	R00-R99	Symptoms, signs and ill-defined conditions	8.4%
	W75-W84	Accidental threats to breathing	2.3%
	A39, A87, G00-G03	Meningitis and meningococcal infection	1.4%
5-19 years	X60-X84, Y10-Y34	Suicide and injury/poisoning of undetermined intent	19.1%
	X40-X49	Accidental poisoning	11.0%
	V01-V89	Land transport accidents	9.6%
	W65-W74	Accidental drowning and submersion	5.9%
	C71	Malignant neoplasm of brain	5.1%

#### Deaths from suicide in young people, aged 11-25

Figure 2 shows the trend in deaths from suicide in people aged 11-25 with a slight increase seen in the most recent years for both Fife and Scotland<sup>5</sup>.

Figure 2: Deaths from suicide in young people, aged 11-25, crude rate per 100,000 population five-year rolling average, Fife and Scotland (Source: ScotPHO)



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<sup>1</sup> <https://www.nrscotland.gov.uk/files//statistics/time-series/death-21/deaths-time-series-21-dt.8.xlsx> (Table - Fife)

<sup>2</sup> [https://scotland.shinyapps.io/ScotPHO\\_profiles\\_tool/](https://scotland.shinyapps.io/ScotPHO_profiles_tool/) (indicator: deaths in children aged 1-15 years)

<sup>3</sup> <https://www.nrscotland.gov.uk/files//statistics/vital-events-ref-tables/2021/vital-events-21-ref-tabs-6.xlsx> (Table 6.15)

<sup>4</sup> [Vital Events - General Background Information | National Records of Scotland \(nrscotland.gov.uk\)](#)

<sup>5</sup> [https://scotland.shinyapps.io/ScotPHO\\_profiles\\_tool/](https://scotland.shinyapps.io/ScotPHO_profiles_tool/) (indicator: deaths from suicide in young people, aged 11-25 years)