



GoWell Survey: Analysis of indicators over time Castlemilk study area

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Introduction

This report presents a summary of changes over time in a selection of indicators for one of the study areas included in the GoWell research and learning programme (www.gowellonline.com). GoWell has been studying the health and wellbeing impacts of housing-led regeneration in Glasgow since 2005, with household surveys carried out on four occasions across 15 study areas. This report examines changes recorded in the surveys for indicators in five domains: housing; neighbourhood; community; household finances; and health and wellbeing. It is intended that the results – indicating areas of progress, stability and, in some cases, deterioration – may be of use to the community and organisations working in the study area.

Surveys and samples

The GoWell household survey was conducted in 2006, 2008, 2011 and 2015, referred to here as waves 1 to 4. In this report, we compare values and changes on selected indicators for the Castlemilk area with the comparable values and changes recorded for the entire GoWell sample. The survey responses were weighted by age, gender, tenure, and study area using population estimates in order for the sample in each study area to represent the local population on key characteristics at each wave, and for each study area to make up an appropriate share of the total GoWell sample.

The study area of Castlemilk had between 404 and 606 respondents per wave, totalling 1,944 (see Appendix). Around 30% of respondents were aged 25-39 and another 30% aged 40-54. The gender distribution is nearly even with 51% females. The largest tenure type is social rent at 79%, and a further 19% of dwellings are owner-occupied. The sample further consists of 95% British citizens. 37% of households are families with dependent children, 30% multiple adult households, 21% single adult households, and 12% older person households.

Figure 1: Map of Castlemilk study area.

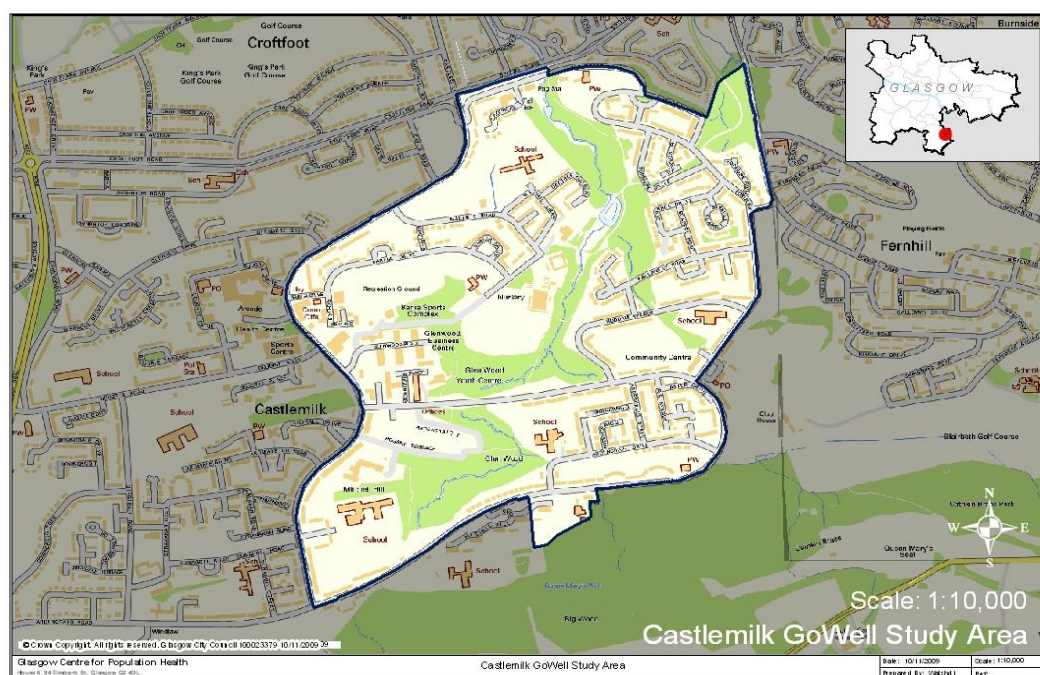


Table 1. Numbers of survey participants from wave 1 to wave 4.

Wave	Number
1	606
2	496
3	438
4	404
Total	1,944

Analysis and presentation of results

For each indicator we examine changes across the three survey intervals and test each of these wave-to-wave changes for statistical significance using Chi-square tests; a p-value of <0.05 is taken as indicating significant difference in the indicator values (i.e. the difference is likely to have been a random result less than 5 percent of the time). This is done separately for both the Castlemilk sample and for the whole GoWell sample. A line graph is presented for each indicator showing the changes over time for each – blue for the study area and orange for the entire sample. Where the wave-to-wave change is statistically significant the line is solid, otherwise the line is dashed.

Further, the study area results are compared with the total GoWell sample. A table is presented for each variable, giving the indicator values for both samples at each wave, and the p-value for the start-to-finish statistical test; again, a p-value of <0.05 is used to indicate a statistically significant difference between the two.

Box 1. Statistical terms used in the presentation of results.

Term	Meaning
Chi-square test	Used to test for a significant difference between two distributions. For example, 20% of people in the sample might have responded 'yes' to a question in wave 1 whereas in wave 4 the percentage was 80%. We want to test whether the difference between these percentages is due to chance or whether there was an actual change between the waves. Similarly, we test for a difference between the total GoWell sample and the study area.
p-value	The p-value provided here by the Chi-square test indicates the probability of the difference between two distributions being due to chance. For example, a p-value of <0.05 means that the probability of the difference being a random result is less than 5%.
Statistical significance	We can say that a result is statistically significant when the probability of it being due to chance is small. A commonly used threshold for significance is a p-value of <0.05, meaning the result was likely not due to chance 95% of the time.

Housing

The first group of five indicators we examined concerned housing and housing services.

Satisfaction with home

Respondents were asked: “Overall, how satisfied or dissatisfied are you with your current home?”. The response categories were: ‘very satisfied’; ‘fairly satisfied’; ‘neither’; ‘fairly dissatisfied’; and ‘very dissatisfied’. The graph shows the percentages of those who said they were ‘very’ or ‘fairly satisfied’.

- Satisfaction with home increased in Castlemilk over the study period. It was highest in wave 2 with 93% being satisfied, ending up at 90% in wave 4. The change from wave 1 to wave 4 in Castlemilk was significant.
- Castlemilk had slightly higher percentages of satisfaction than the total GoWell sample. The figure for the total sample also increased to 89% at wave 4. The total GoWell sample had a significant change from start to end.
- There was a significant difference between Castlemilk and the total sample both at wave 1 and at wave 4.

Figure 2: Resident satisfaction with the home.

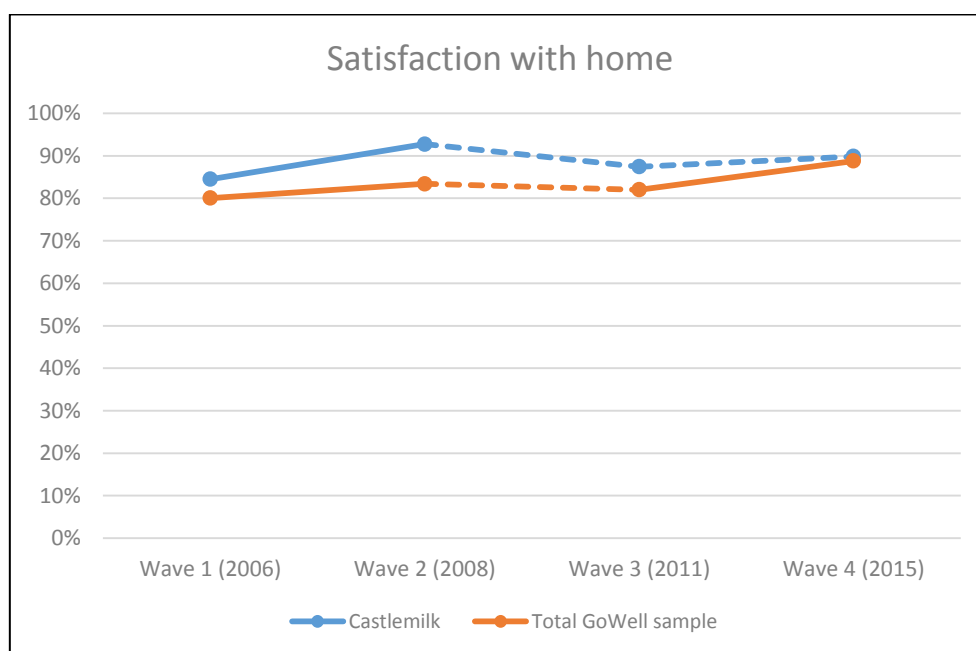


Table 2. Resident satisfaction with the home, by wave.

	Castlemilk	Total sample
Wave 1	84.5%	80.1%
Wave 2	92.7%	83.4%
Wave 3	87.4%	82.0%
Wave 4	89.9%	88.8%
<i>p-value (wave 1 - wave 4)</i>	<i>0.040</i>	<i>0.000</i>

External appearance of home

Respondents were asked: “How would you rate your current home in terms of the following... external appearance?”. The response categories were: ‘very poor’; ‘fairly poor’; ‘neutral’; ‘fairly good’; and ‘very good’. The graph shows the percentages of those who rated their home as ‘very good’ on this item.

- The percentage rating the external appearance of their home very good increased in Castlemilk from 8% in wave 1 to 27% by wave 4. This increase was statistically significant.
- The total GoWell sample figure started higher, at 15%, further increasing to 34% by wave 4. The total sample also had a significant increase.
- There was a significant difference between Castlemilk and the total sample both at wave 1 and at wave 4.

Figure 3: Residents rating the external appearance of the home as ‘very good’.

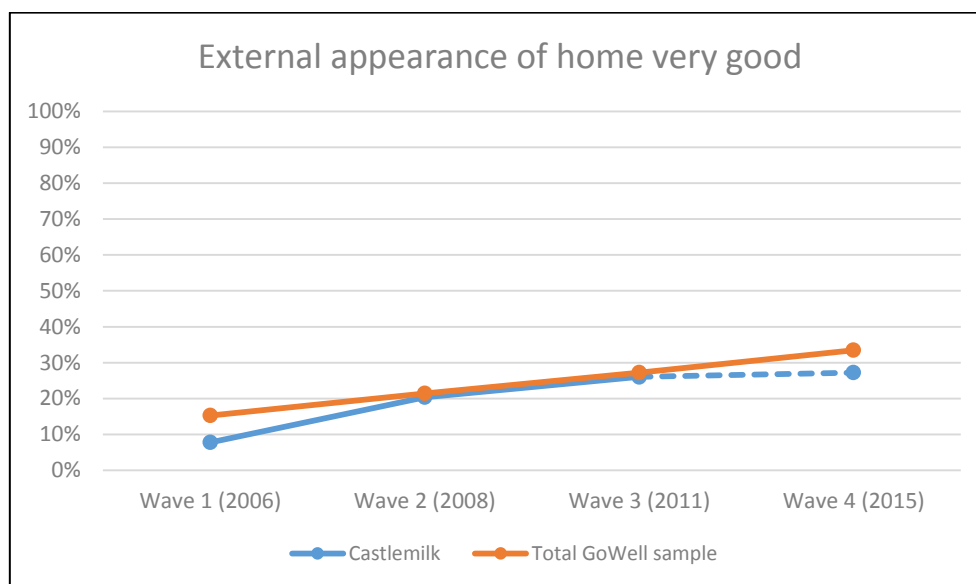


Table 3. Residents rating the external appearance of the home as ‘very good’, by wave.

	Castlemilk	Total sample
Wave 1	7.8%	15.3%
Wave 2	20.4%	21.4%
Wave 3	26.0%	27.2%
Wave 4	27.2%	33.5%
<i>p-value (wave 1 - wave 4)</i>	<i>0.000</i>	<i>0.000</i>

Feeling safe in own home

Respondents were asked: “How much do you agree or disagree with the following statement... I feel safe in my home?”. The responses were: ‘strongly disagree’; ‘disagree’; ‘neutral/don’t know’; ‘agree’; and ‘strongly agree’. The graph shows the percentages of those who ‘strongly agreed’ that they felt safe in their homes, i.e. those feeling ‘very safe’.

- The percentage of respondents reporting feeling safe in their home increased from 10% in wave 1 to 29% by wave 4 in Castlemilk. This was a statistically significant increase.
- In the total GoWell sample, the figure increased steadily to 36% by wave 4. This was also a statistically significant change.
- There was a significant difference between Castlemilk and the total sample both at wave 1 and at wave 4.

Figure 4: Residents strongly agreeing that they feel safe in the home.

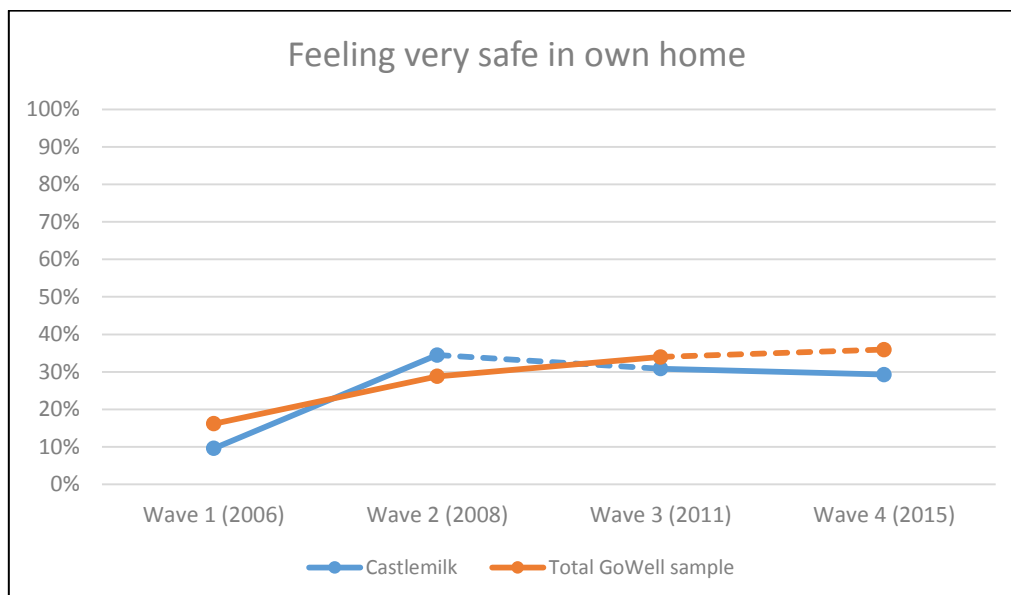


Table 4. Residents strongly agreeing that they feel safe in the home, by wave.

	Castlemilk	Total sample
Wave 1	9.6%	16.2%
Wave 2	34.5%	28.8%
Wave 3	30.8%	33.9%
Wave 4	29.3%	35.9%
<i>p-value (wave 1 - wave 4)</i>	<i>0.000</i>	<i>0.000</i>

Satisfaction with landlord/factor taking account of residents' views

Respondents were asked: "How satisfied or dissatisfied are you with each of the following with regards to your landlord or factor... Their willingness to take account of residents' views when making decisions?". The response categories were: 'very unsatisfied'; 'fairly satisfied'; 'neutral'; 'fairly satisfied'; and 'very satisfied'. The graph shows the percentage of those who were 'fairly' or 'very satisfied' on this issue.

- The rate of satisfaction with landlord/factor in Castlemilk increased from around half of the respondents being satisfied at wave 1 to 83% by wave 4. The difference from start to end was statistically significant.
- In the total GoWell sample, the trend was similar. By wave 4, it was just below the Castlemilk figure, at 78%. This was also a statistically significant increase.
- The difference between Castlemilk and the total sample was statistically significant both at wave 1 and wave 4.

Figure 5: Resident satisfaction with landlords/factors taking account of their views.

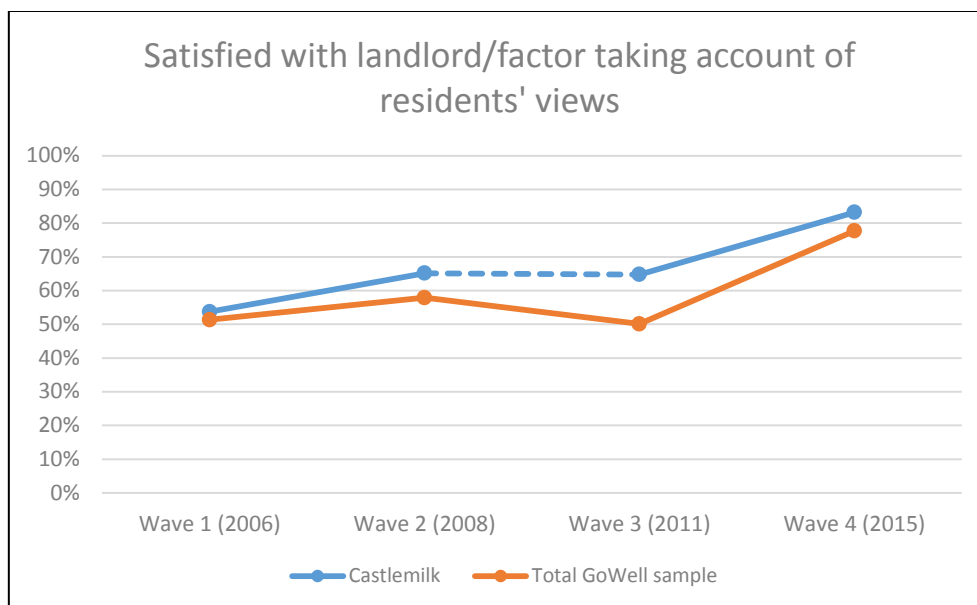


Table 5. Resident satisfaction with landlords/factors taking account of their views, by wave.

	Castlemilk	Total sample
Wave 1	53.7%	51.3%
Wave 2	65.1%	57.9%
Wave 3	64.8%	50.1%
Wave 4	83.2%	77.7%
<i>p-value (wave 1 - wave 4)</i>	<i>0.000</i>	<i>0.000</i>

Empowerment: being kept informed by landlord

Respondents were asked: “How satisfied or dissatisfied are you with each of the following with regards to your landlord or factor... The way you are kept informed about things that might affect you?”. The response categories were: ‘very unsatisfied’; ‘fairly satisfied’; ‘neither satisfied nor dissatisfied’; ‘fairly satisfied’; and ‘very satisfied’, as well as ‘don’t know’ and ‘not applicable’. The figures show the percentages reporting being ‘fairly’ or ‘very satisfied’.

- Over 70% of respondents in Castlemilk were satisfied with staying informed by the landlord/factor in wave 1. By wave 4, this increased to 90%. The increase was statistically significant.
- The total GoWell sample had lower figures, however increasing to 85% at wave 4. This was also a statistically significant increase.
- The difference between Castlemilk and the total sample was statistically significant at wave 4, but not at wave 1.

Figure 6: Residents satisfied with the way their landlord/factor kept them informed.

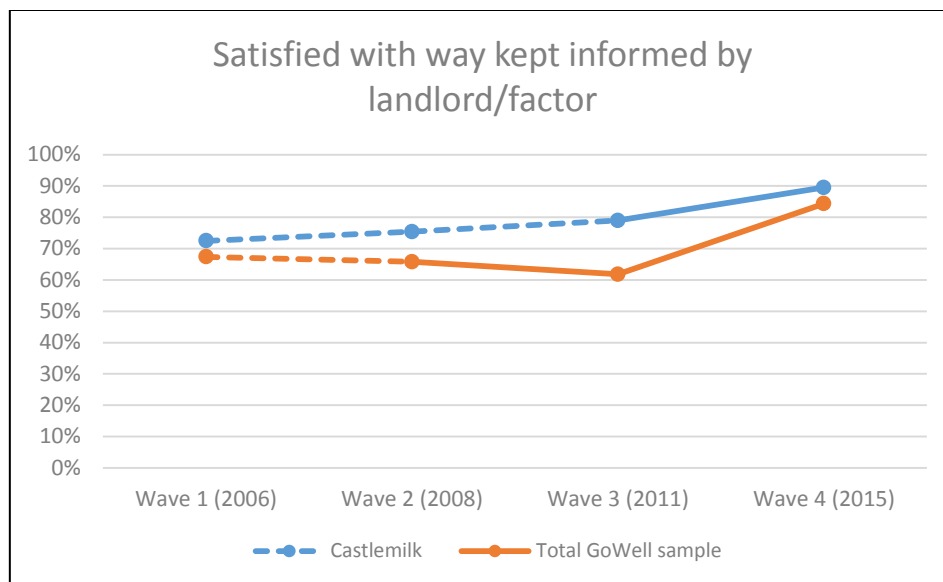


Table 6. Residents satisfied with the way their landlord/factor kept them informed, by wave.

	Castlemilk	Total sample
Wave 1	72.5%	67.4%
Wave 2	75.4%	65.8%
Wave 3	78.9%	61.8%
Wave 4	89.5%	84.3%
<i>p-value (wave 1 - wave 4)</i>	<i>0.000</i>	<i>0.000</i>

Neighbourhood

The second group of nine indicators we examined related to the residential neighbourhood.

Satisfaction with neighbourhood as a place to live

Respondents were asked: “How satisfied or dissatisfied are you with this neighbourhood as a place to live?”. The response categories were: ‘very unsatisfied’; ‘fairly satisfied’; ‘neutral’; ‘fairly satisfied’; and ‘very satisfied’. The graph shows the percentages of those who said they were fairly or very satisfied.

- The rate of satisfaction with neighbourhood in Castlemilk increased from 81% in wave 1 to 88% by wave 4. The change from wave 1 to 4 was significant.
- The figure in the total GoWell sample also increased from 79% to 88% by wave 4. This was a significant increase.
- Castlemilk and the total GoWell sample differed significantly at wave 4, but not at wave 1.

Figure 7: Resident satisfaction with the neighbourhood.

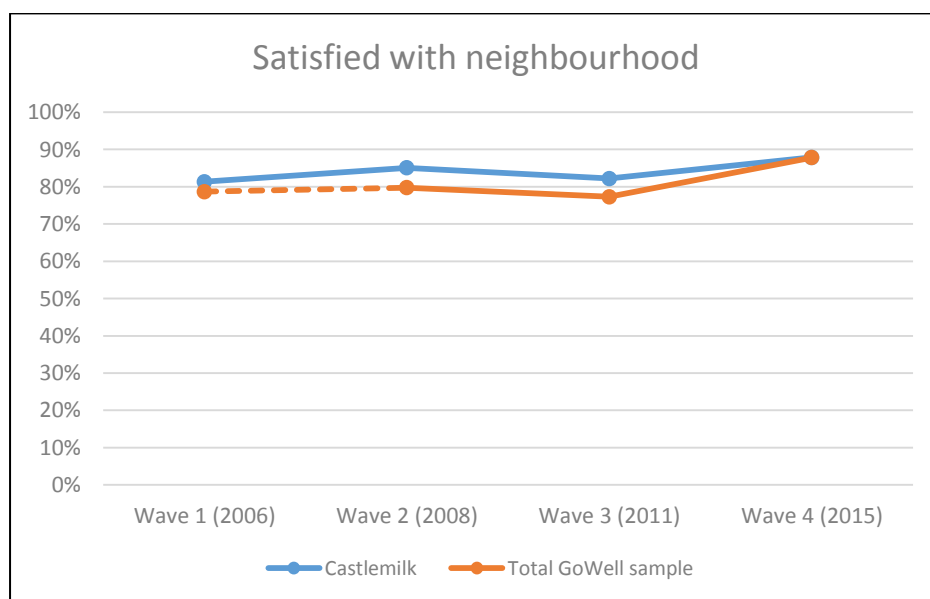


Table 7. Resident satisfaction with the neighbourhood, by wave.

	Castlemilk	Total sample
Wave 1	81.4%	78.7%
Wave 2	85.1%	79.7%
Wave 3	82.2%	77.3%
Wave 4	87.9%	87.8%
<i>p-value (wave 1 - wave 4)</i>	<i>0.030</i>	<i>0.000</i>

Area improvement

Respondents were asked: “Has this area got better or worse to live in over the last two/three/four years?”. Response categories were: ‘better’; ‘stayed the same’; ‘worse’; and ‘don’t know’. The graph shows the percentages that said ‘the area has got better’.

- The percentage saying the area got better in Castlemilk increased from wave 1 to wave 2, where it was at its highest (46%). It decreased slightly afterwards, ending up at 39%. The increase from wave 1 to wave 4 was statistically significant.
- The percentage also increased in the total GoWell sample, to 37% by wave 4. The change in the total sample was statistically significant.
- The difference between Castlemilk and the total sample was statistically significant both at wave 1 and wave 4.

Figure 8: Residents who report that the area has improved.

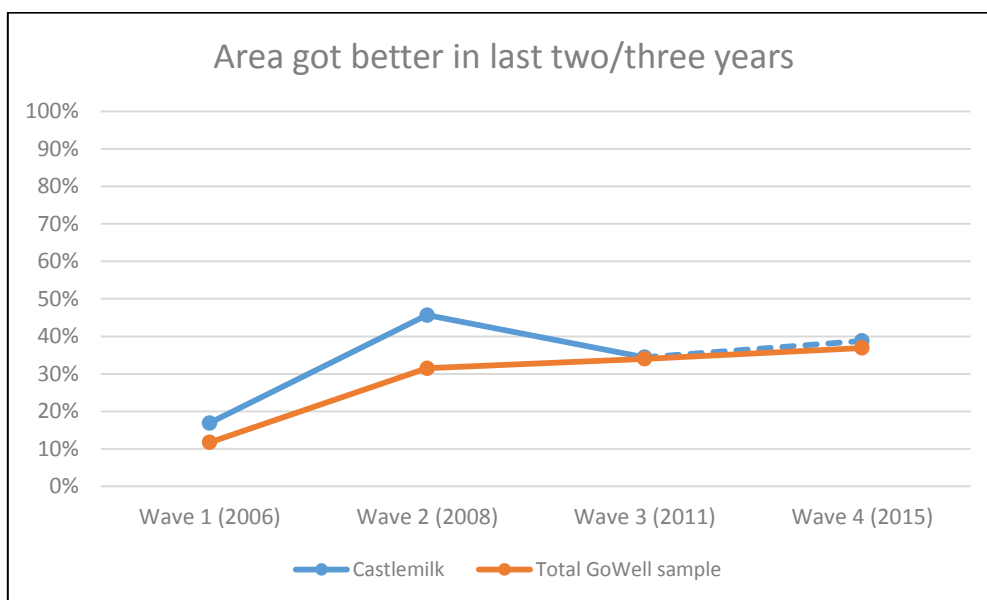


Table 8. Residents who report that the area has improved, by wave.

	Castlemilk	Total sample
Wave 1	16.9%	11.7%
Wave 2	45.7%	31.5%
Wave 3	34.4%	34.0%
Wave 4	38.8%	36.9%
<i>p-value (wave 1 - wave 4)</i>	<i>0.000</i>	<i>0.000</i>

Attractive environment

Respondents were asked: “How would you rate the quality of your neighbourhood in terms of... attractive environment?”. The responses were: ‘very poor’; ‘fairly poor’; ‘neither good nor poor’; ‘fairly good’; and ‘very good’, as well as ‘don’t know’. We focus on the percentage reporting ‘fairly’ or ‘very good’.

- In Castlemilk, the percentage that found the neighbourhood environment attractive increased steadily over the waves. By wave 4, it was at 79%. The increase was statistically significant.
- The total GoWell sample had very similar figures to the Castlemilk sample, with 76% at wave 4. The increase was also significant.
- There was a significant difference between Castlemilk and the total GoWell sample at wave 1 and again at wave 4.

Figure 9: Residents rating the neighbourhood environment as attractive.

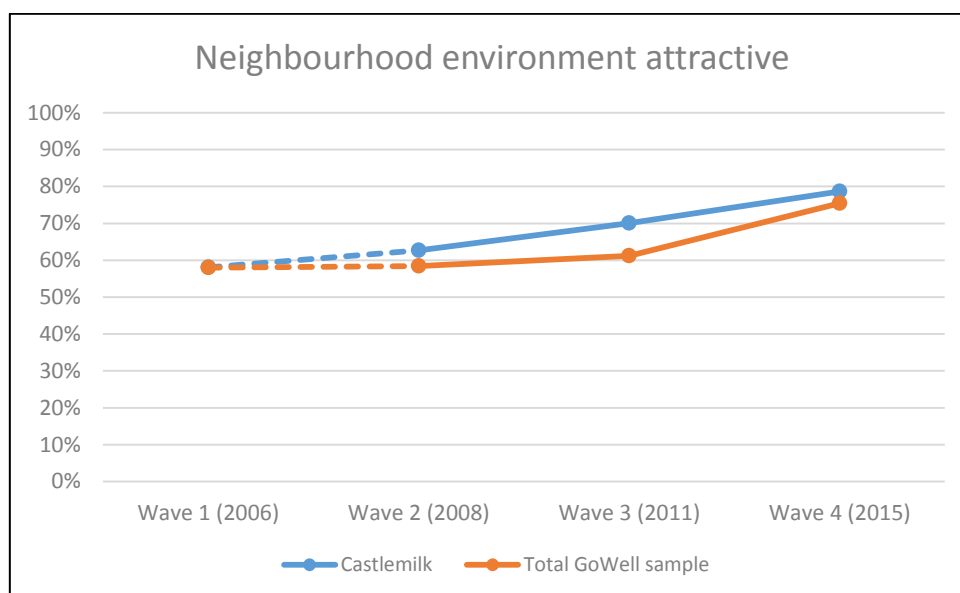


Table 9. Residents rating the neighbourhood environment as attractive, by wave.

	Castlemilk	Total sample
Wave 1	58.1%	58.0%
Wave 2	62.7%	58.5%
Wave 3	70.1%	61.2%
Wave 4	78.7%	75.5%
<i>p-value (wave 1 - wave 4)</i>	0.000	0.000

Local shops

Respondents were asked: “How would you rate the quality of the following services in and around your local area... shops?”. The response categories were ‘very poor’; ‘fairly poor’; ‘neither good nor poor’; ‘fairly good’; and ‘very good’, as well as ‘don’t know’. We focus on the percentage who responded ‘fairly good’ or ‘very good’.

- The percentage rating local shops good increased to 77% at wave 4 in Castlemilk. The difference to wave 1 (62%) was statistically significant.
- The percentage in the total GoWell sample started lower but ended up similarly at 77%. This change was also statistically significant.
- The difference between Castlemilk and the total sample was statistically significant both at wave 1 and wave 4.

Figure 10: Residents rating the local shops as good.



Table 10. Residents rating the local shops as good, by wave.

	Castlemilk	Total sample
Wave 1	62.4%	55.5%
Wave 2	71.6%	67.3%
Wave 3	67.4%	64.9%
Wave 4	77.2%	77.3%
<i>p-value</i> (wave 1 - wave 4)	0.000	0.000

Local parks

Similarly, the respondents were asked to rate the quality of local parks/open spaces as one of the following: 'very poor'; 'fairly poor'; 'neither good nor poor'; 'fairly good'; and 'very good'; as well as 'don't know'. Again, the percentages examined are for those who responded 'fairly good' or 'very good'.

- The percentage that rated parks and open spaces good in Castlemilk increased from 52% in wave 1 to 75% by wave 4. This increase was statistically significant.
- The share in the total GoWell sample increased from 44% in wave 1 to 76% by wave 4. This was a statistically significant increase.
- The difference between Castlemilk and the total sample was statistically significant both at wave 1 and wave 4.

Figure 11: Residents rating local parks/open spaces as good.

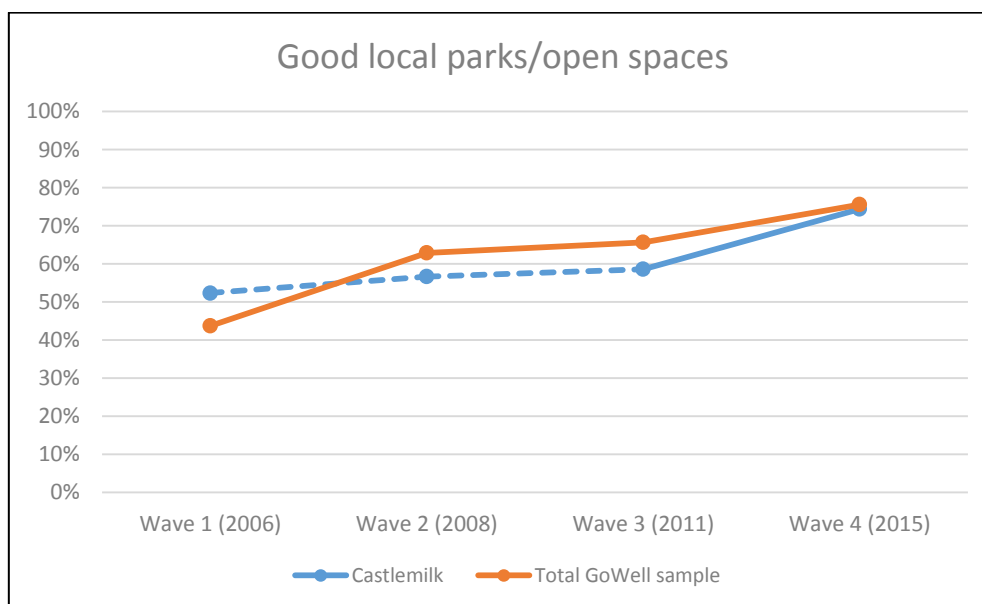


Table 11. Residents rating local parks/open spaces as good, by wave.

	Castlemilk	Total sample
Wave 1	52.3%	43.7%
Wave 2	56.7%	62.9%
Wave 3	58.6%	65.6%
Wave 4	74.4%	75.6%
<i>p-value (wave 1 - wave 4)</i>	<i>0.000</i>	<i>0.000</i>

Local youth and leisure services

A third local service respondents were asked to rate was youth and leisure services. The possible responses were: 'very poor'; 'fairly poor'; 'neither good nor poor'; 'fairly good'; 'very good'; or 'don't know'. The percentages examined are for the two positive responses, 'fairly good' or 'very good'.

- The percentage that rated local youth services good in Castlemilk remained around 50% before increasing to 63% in wave 4. The change was statistically significant.
- However, in the total GoWell sample, the percentage decreased at first and increased back to the level it started from, around 45%. The change was not statistically significant.
- The Castlemilk sample and the total GoWell sample differed statistically significantly at both wave 1 and wave 4.

Figure 12: Residents rating local youth and leisure services as good.

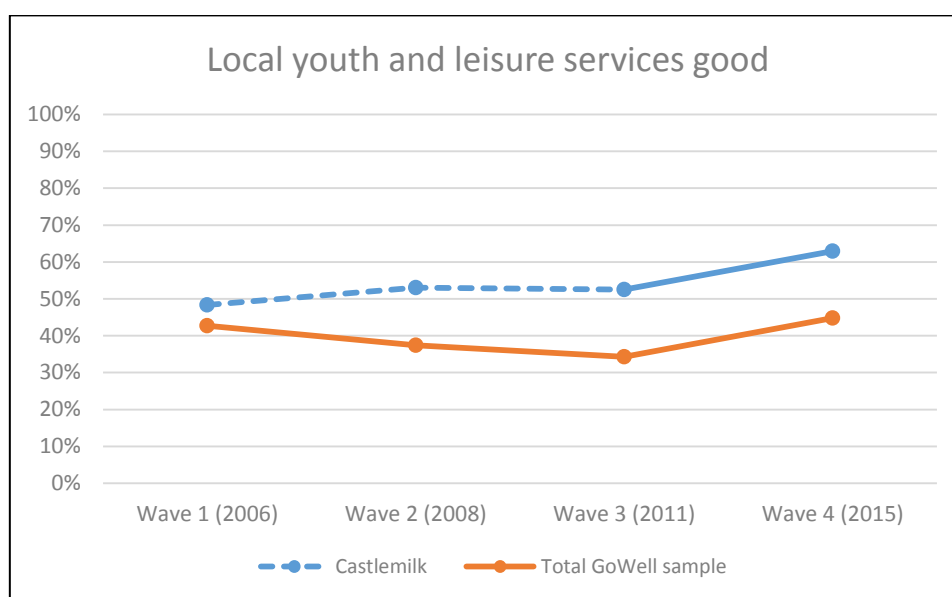


Table 12. Residents rating local youth and leisure services as good, by wave.

	Castlemilk	Total sample
Wave 1	48.3%	42.7%
Wave 2	53.0%	37.4%
Wave 3	52.5%	34.3%
Wave 4	62.9%	44.8%
<i>p-value</i> (wave 1 - wave 4)	0.000	0.202

Drunkenness as a problem

Next, we look at problems in the neighbourhood. Respondents were asked: 'Could you tell me whether you think that each of the following things is a serious problem, a slight problem, or not a problem in your local neighbourhood... People being drunk or rowdy in public places?'. We consider the percentages who responded that drunkenness was a 'slight' or 'serious problem'.

- The percentage that felt drunken or rowdy behaviour was a problem in Castlemilk increased at first to 61% in wave 2. After this, it decreased to 35%. However, the overall change was not statistically significant.
- The percentage remained slightly lower in the total GoWell sample, decreasing at the end to a similar level. The change was significant.
- Castlemilk and the total GoWell sample were significantly different at wave 1 and wave 4.

Figure 13: Residents identifying drunkenness as a local problem.

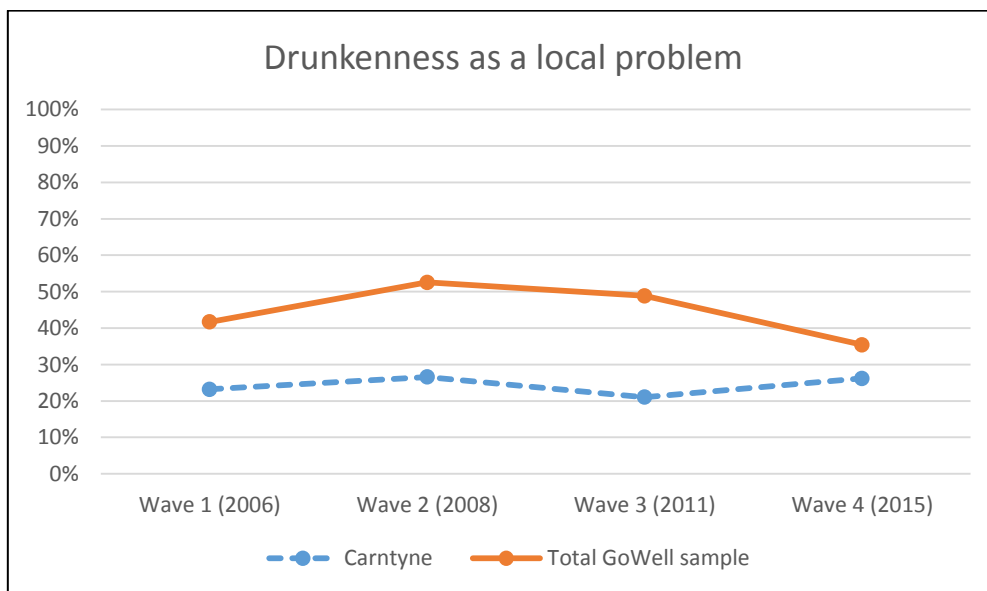


Table 13. Residents identifying drunkenness as a local problem, by wave.

	Castlemilk	Total sample
Wave 1	33.0%	41.7%
Wave 2	60.9%	52.5%
Wave 3	45.2%	48.9%
Wave 4	34.8%	35.4%
<i>p-value (wave 1 - wave 4)</i>	<i>0.936</i>	<i>0.000</i>

Drugs as a problem

Similar to the last item, respondents were also asked whether they thought that “People using or dealing drugs” was a local problem. The responses were either ‘not a problem’, ‘don’t know’, or a ‘slight’ or ‘serious’ problem. Here, we examine those who identified drugs as a ‘slight’ or ‘serious’ problem’.

- Drugs were seen as a problem at highest by 45% of respondents in Castlemilk in wave 2, after which it decreased to 31% by wave 4. The wave 1 – wave 4 change was not statistically significant.
- In the total GoWell sample, the figure was slightly higher but decreased similarly to 34% by wave 4. The decrease from wave 1 was not statistically significant.
- The difference between Castlemilk and the total sample was different both at wave 1 and wave 4.

Figure 14: Residents identifying people using/dealing drugs as a local problem.

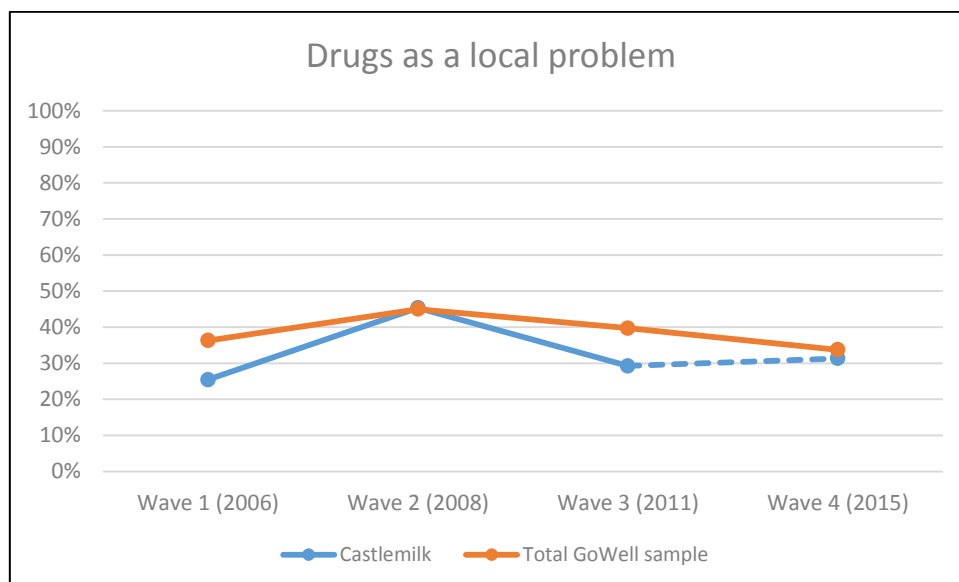


Table 14. Residents identifying people using/dealing drugs as a local problem, by wave.

	Castlemilk	Total sample
Wave 1	25.4%	36.3%
Wave 2	45.4%	45.0%
Wave 3	29.2%	39.7%
Wave 4	31.3%	33.7%
<i>p</i> -value (wave 1 - wave 4)	0.194	0.060

Safety after dark

Respondents were asked: “How safe would you feel walking alone in this neighbourhood after dark?”. The response categories were: ‘very unsafe’; ‘a bit unsafe’; ‘neither safe nor unsafe’; ‘fairly safe’; ‘very safe’; ‘never walk alone after dark’; or ‘don’t know’. We look at the percentages saying they would feel ‘fairly’ or ‘very safe’.

- The percentage that felt it was safe to walk after dark in Castlemilk fell after wave 1, however increasing to 70% at the end. There was overall a statistically significant change.
- The trend was similar in the total GoWell sample, where the percentage also ended up at 70%. The change was also statistically significant.
- The difference between Castlemilk and the total sample was statistically significant both at wave 1 and wave 4.

Figure 15: Residents who felt safe walking in the neighbourhood after dark.

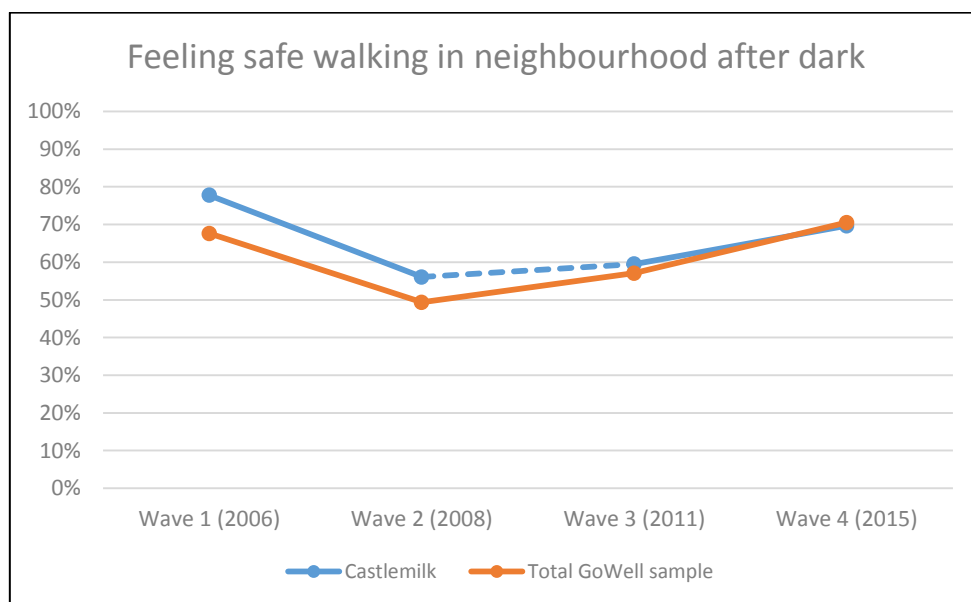


Table 15. Residents who felt safe walking in the neighbourhood after dark, by wave.

	Castlemilk	Total sample
Wave 1	77.8%	67.6%
Wave 2	56.0%	49.3%
Wave 3	59.5%	57.1%
Wave 4	69.7%	70.5%
<i>p-value</i> (wave 1 - wave 4)	0.033	0.025

Community

The third group of seven indicators we examined related to the community.

Feeling part of community

Respondents were asked: “To what extent do the following apply to you... I feel part of the community?”. This question was asked from wave 2 onwards. Response categories were: ‘not at all’; ‘not very much’; ‘a fair amount’; and ‘a great deal’. The percentages shown comprise the two positive response categories, i.e. those who said ‘a fair amount’ or ‘a great deal’.

- The share of respondents feeling part of community in Castlemilk remained very high throughout the waves, ending up at 86%. Therefore there was no statistically significant change.
- The percentage was lower in the total GoWell sample compared with Castlemilk, 79% at wave 4. The overall change was not statistically significant.
- There was not a significant difference between Castlemilk and the total sample at either wave 2 or wave 4.

Figure 16: Residents who felt part of the community.

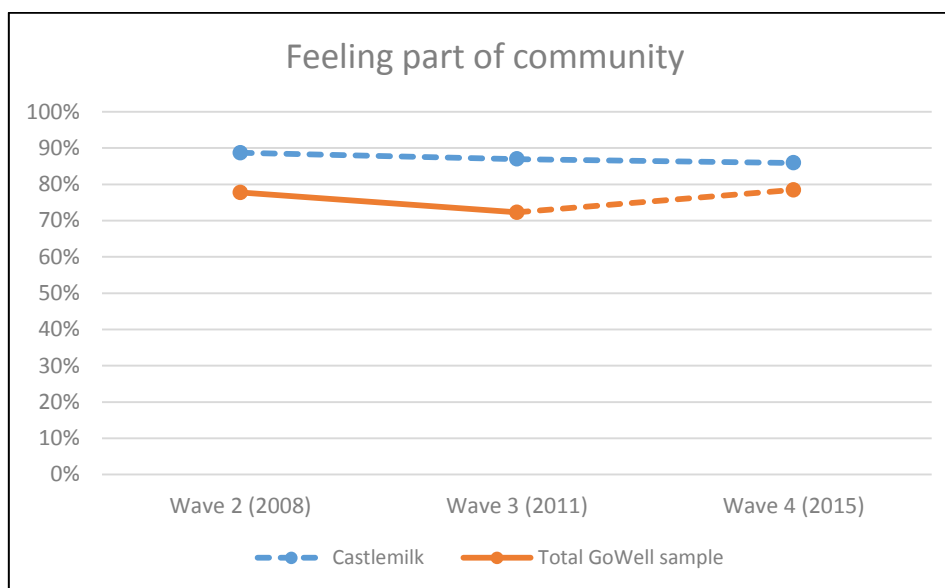


Table 16. Residents who felt part of the community, by wave.

	Castlemilk	Total sample
Wave 2	88.7%	77.8%
Wave 3	87.0%	72.3%
Wave 4	85.9%	78.5%
<i>p</i> -value (wave 2 - wave 4)	0.393	0.746

Likelihood of informal social control

Respondents were asked: “To what extent do you agree or disagree with the following statements: It is likely that someone would intervene if a group of youths were harassing someone in the local area?”. The response categories were: ‘strongly disagree’; ‘disagree’; ‘neither agree or disagree’; ‘agree’; ‘strongly agree’; and ‘don’t know’. We are interested in the percentage who ‘agree’ or ‘strongly agree’.

- The percentage that thought intervention was likely in Castlemilk increased from 57% in wave 2 to 61% by wave 4. The increase was however not statistically significant.
- The total GoWell sample had a similar trend, although slightly lower figures with 57% at wave 4. The difference from wave 1 to 4 was statistically significant.
- Castlemilk and the total GoWell sample differed statistically significantly at wave 1 and wave 4.

Figure 17: Residents who thought it was likely someone would intervene in cases of public harassment.

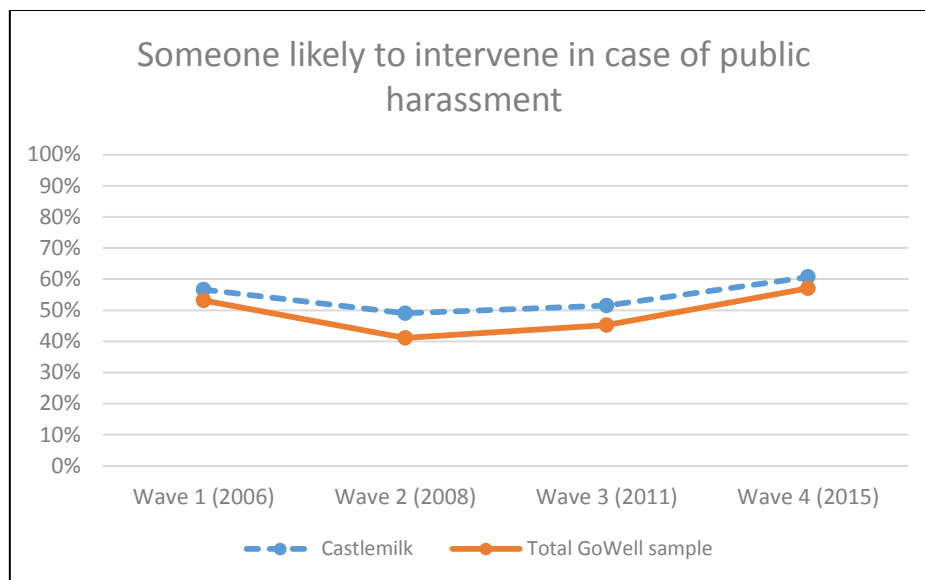


Table 17. Residents who thought it was likely someone would intervene in cases of public harassment, by wave.

	Castlemilk	Total sample
Wave 1	56.6%	53.1%
Wave 2	49.0%	41.1%
Wave 3	51.5%	45.2%
Wave 4	60.7%	57.0%
<i>p-value (wave 1 - wave 4)</i>	<i>0.558</i>	<i>0.001</i>

Speaking to neighbours

Respondents were asked: “How often do you do any of the following... Speak to neighbours?”. The response categories were: ‘never’; ‘less than once a month’; ‘once or twice a month’; ‘once a week or more’; and ‘most days’. Here, we look at the combined share of ‘once a week or more’ and ‘most days’, i.e. at least weekly.

- The percentage speaking to neighbours frequently decreased from 92% at wave 1 to 83% at wave 4 in Castlemilk. This was a statistically significant difference.
- The total GoWell sample had slightly lower percentages than Castlemilk, decreasing to 76% at the end. This was a statistically significant change.
- The difference between Castlemilk and the total sample was at the limit of statistical significance at wave 1, and significant at wave 4.

Figure 18: Residents who regularly speak to neighbours.

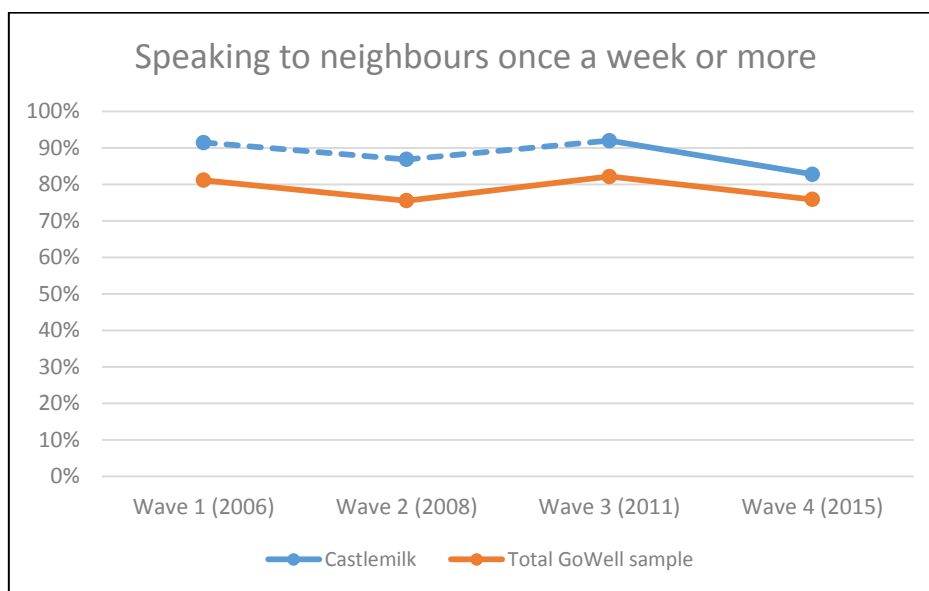


Table 18. Residents who regularly speak to neighbours, by wave.

	Castlemilk	Total sample
Wave 1	91.5%	81.2%
Wave 2	86.9%	75.5%
Wave 3	92.0%	82.2%
Wave 4	82.8%	75.9%
<i>p-value (wave 1 - wave 4)</i>	<i>0.000</i>	<i>0.000</i>

Meeting friends

Similarly, respondents were asked how often they ‘met up with friends’. The response categories were: ‘never’; ‘less than once a month’; ‘once or twice a month’; ‘once a week or more’; and ‘most days’. Here, we focus on the combined share of ‘once a week or more’ and ‘most days’.

- 86% reported meeting friends at least weekly in wave 1 in Castlemilk. This however decreased to 77% by wave 4. The decrease was statistically significant.
- The percentage decreased similarly in the total GoWell sample to 73%. This was also a statistically significant change.
- The difference between Castlemilk and the total sample was statistically significant at wave 1, but not at wave 4.

Figure 19: Residents who meet friends once a week or more.

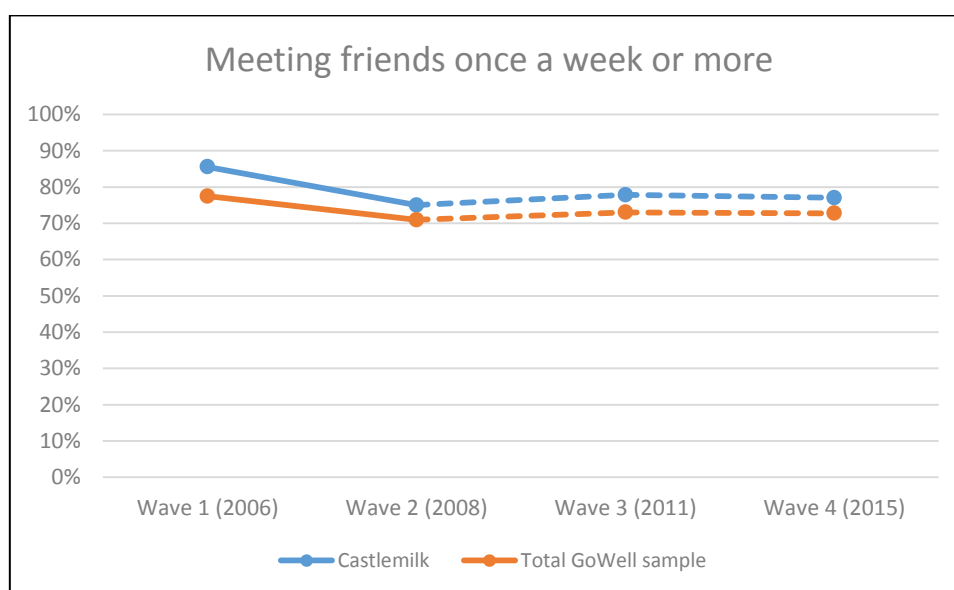


Table 19. Residents who meet friends once a week or more, by wave.

	Castlemilk	Total sample
Wave 1	85.5%	77.5%
Wave 2	75.0%	70.9%
Wave 3	77.9%	73.0%
Wave 4	77.1%	72.8%
<i>p-value</i> (wave 1 - wave 4)	0.006	0.000

Practical social support

Respondents were asked: “Thinking about your relatives, friends and neighbours, not counting those you live with, can you tell me around how many people could you ask for the following kinds of help... To go to the shops for you if you are unwell?”. The response categories were: ‘none’; ‘one or two’; ‘more than two’; ‘would not ask’. The percentage here is made up of respondents who said they could ask one or more people.

- The percentage that said they had practical support fell to 68% in wave 2 in Castlemilk. After this, it returned back to over 80%. The overall change was not statistically significant.
- The total GoWell sample had very similar figures, although not dropping as low in wave 2. The change was statistically significant in the total sample.
- The difference between Castlemilk and the total sample was statistically significant at wave 1 and at wave 4.

Figure 20: Residents who could rely on people for support.

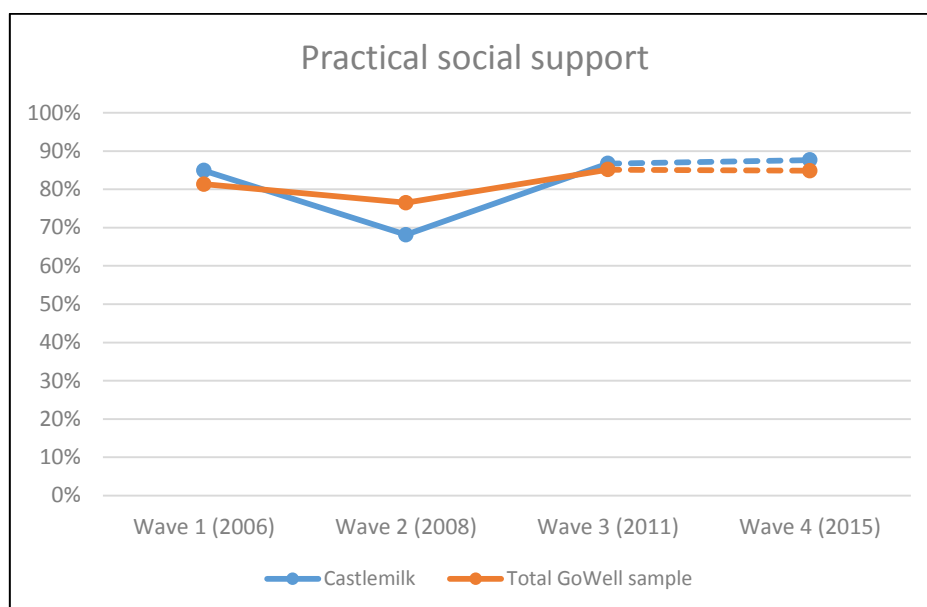


Table 20. Residents who could rely on people for support, by wave.

	Castlemilk	Total sample
Wave 1	84.9%	81.3%
Wave 2	68.1%	76.5%
Wave 3	86.7%	85.1%
Wave 4	87.7%	84.8%
<i>p-value (wave 1 - wave 4)</i>	<i>0.685</i>	<i>0.000</i>

Emotional social support

In a similar way to the previous question, respondents were asked “How many people could you ask... To give you advice and support in a crisis?”. The responses were ‘none’, ‘one or two’, ‘more than two’, ‘would not ask’. We look at the percentages that reported one or more people.

- The share of respondents having emotional support decreased at first in wave 2, after which it increased back to over 85% in Castlemilk. The increase from 80% in wave 1 was statistically significant.
- The total GoWell sample had nearly identical figures to Castlemilk, ending up slightly lower with 83% in wave 4. The change was also significant in the total sample.
- The difference between Castlemilk and the total sample was significant both at wave 1 and wave 4.

Figure 21: Residents reporting that they could rely on one or more people for advice and support in a crisis.

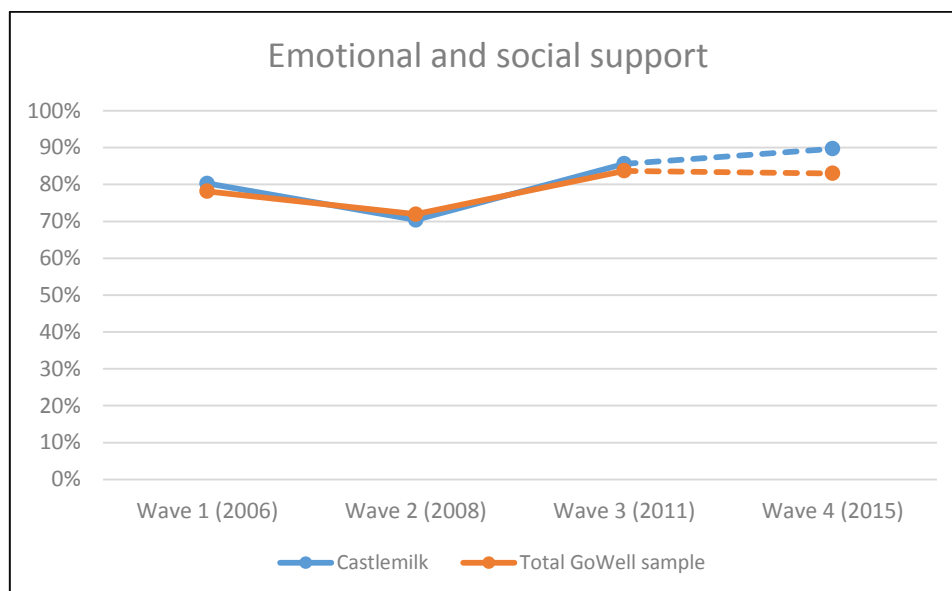


Table 21. Residents reporting that they could rely on one or more people for advice and support in a crisis, by wave.

	Castlemilk	Total sample
Wave 1	80.3%	78.1%
Wave 2	70.4%	71.9%
Wave 3	85.6%	83.7%
Wave 4	89.7%	83.0%
<i>p-value (wave 1 - wave 4)</i>	<i>0.001</i>	<i>0.000</i>

Empowerment: influencing decisions on the local area

Respondents were asked: “How much do you agree or disagree with the following statements... On your own, or with others, you can influence decisions affecting your local area?”. The response categories were: ‘strongly disagree’; ‘disagree’; ‘neither agree nor disagree’; ‘agree’; ‘strongly agree’; ‘don’t know’. We are interested in the percentage who ‘agree’ or ‘strongly agree’.

- The percentage that felt they were able to influence decisions in the area increased from 34% to 67% by wave 4 in Castlemilk. This increase was statistically significant.
- While the total GoWell sample had a similar increase, it finished at 52%. This was also a statistically significant increase.
- The difference between Castlemilk and the total sample was statistically significant both at wave 1 and wave 4.

Figure 22: Residents who felt able to influence decisions affecting the local area.

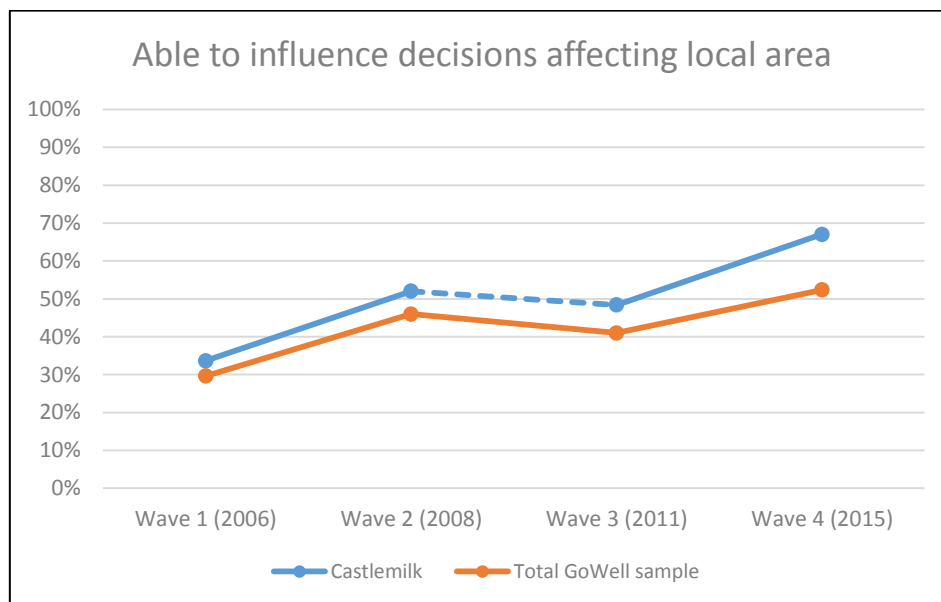


Table 22. Residents who felt able to influence decisions affecting the local area, by wave.

	Castlemilk	Total sample
Wave 1	33.7%	29.6%
Wave 2	52.0%	46.0%
Wave 3	48.4%	41.0%
Wave 4	67.0%	52.4%
<i>p-value</i> (wave 1 - wave 4)	0.000	0.000

Finances

The fourth group of three indicators we examined related to household finances.

Difficulty meeting cost of rent/mortgage

Respondents were asked: “Looking at the card, which option best describes how often you find it difficult to meet the cost of the following things... rent or mortgage?”. The response categories were: ‘never’ (including ‘not applicable’); ‘occasionally’; ‘quite often’; and ‘very often’. The percentages examined here comprise the last three categories, i.e. those having occasional or regular financial difficulty.

- The percentage having difficulty paying the rent/mortgage decreased through the waves in Castlemilk. By wave 4, it was at 9%. The decrease was statistically significant.
- The percentage was slightly higher in the total GoWell sample, but decreased similarly to 11% by wave 4. There was also a statistically significant change in the total sample.
- Castlemilk and the total GoWell sample differed statistically significantly at wave 1 and at wave 4.

Figure 23: Residents with difficulties meeting the cost of their rent or mortgage.

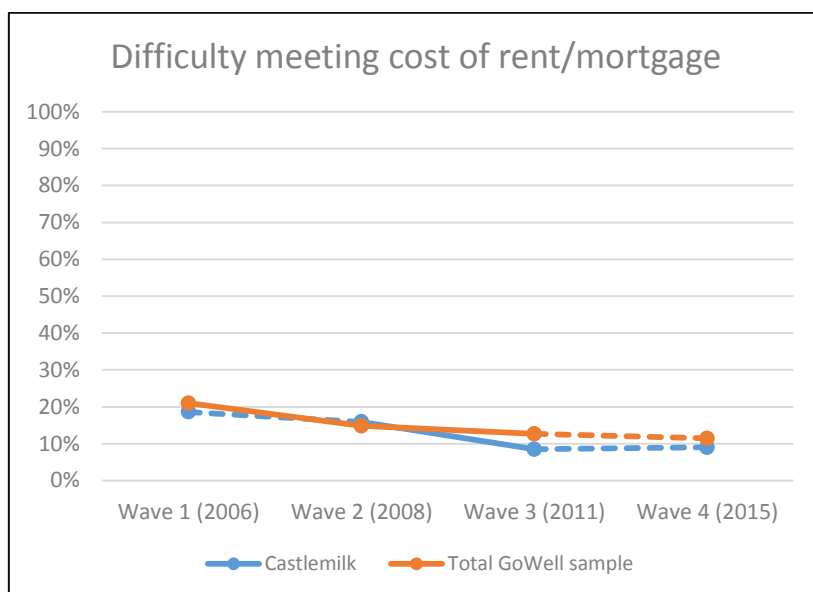


Table 23. Residents with difficulties meeting the cost of their rent or mortgage, by wave.

	Castlemilk	Total sample
Wave 1	18.6%	21.0%
Wave 2	15.9%	14.8%
Wave 3	8.5%	12.7%
Wave 4	9.0%	11.4%
<i>p-value (wave 1 - wave 4)</i>	<i>0.000</i>	<i>0.000</i>

Difficulty meeting cost of fuel bills

Respondents were asked a similar question regarding difficulty meeting the cost of “gas, electricity or other fuel bills”. Again, we are interested in the percentages of ‘occasionally’, ‘quite often and ‘very often’ combined.

- The percentage having difficulty meeting the cost of fuel increased in Castlemilk to 26% at wave 3, but decreased after this to 16%. The wave 1 – wave 4 difference was not statistically significant.
- The total GoWell sample figure was at 21% at both wave 1 and wave 4. The difference was not statistically significant.
- There was a significant difference between Castlemilk and the total sample both at wave 1 and wave 4.

Figure 24: Residents reporting difficulties meeting fuel bills.

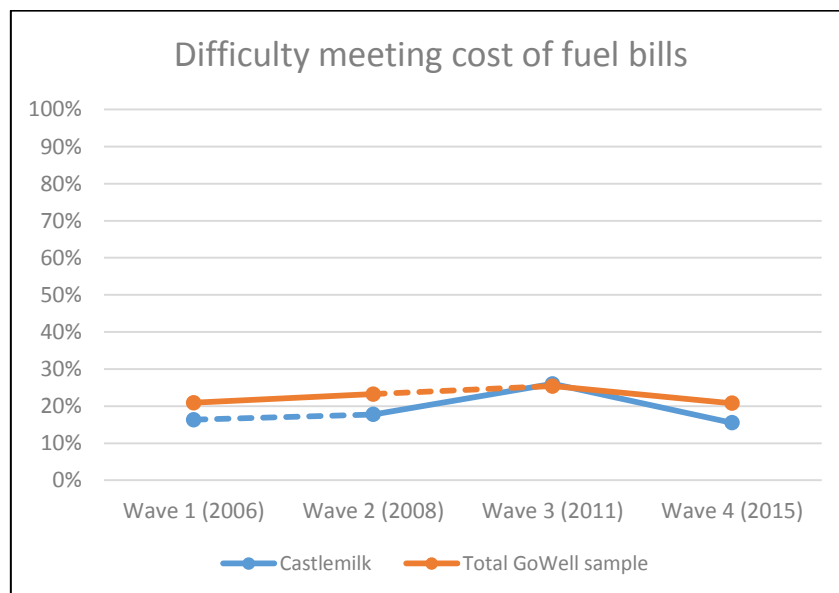


Table 24. Residents reporting difficulties meeting fuel bills, by wave.

	Castlemilk	Total sample
Wave 1	16.3%	20.9%
Wave 2	17.7%	23.2%
Wave 3	26.0%	25.4%
Wave 4	15.5%	20.8%
<i>p-value (wave 1 - wave 4)</i>	<i>0.987</i>	<i>0.999</i>

Difficulty meeting cost of food

Lastly, we look at reported difficulties meeting the cost of food. As before, we are interested in the percentages reporting ‘occasionally’, ‘quite often’ or ‘very often’.

- The share of respondents in Castlemilk who had difficulty meeting the cost of food was at 12% in the first and the last wave. There was therefore no statistically significant change.
- The percentage in the total GoWell sample was around 16% at both wave 1 and wave 4 with little change in-between. The difference was not statistically significant.
- The difference between Castlemilk and the total sample was not statistically significant at either end of the survey.

Figure 25: Residents experiencing difficulties meeting the cost of food.

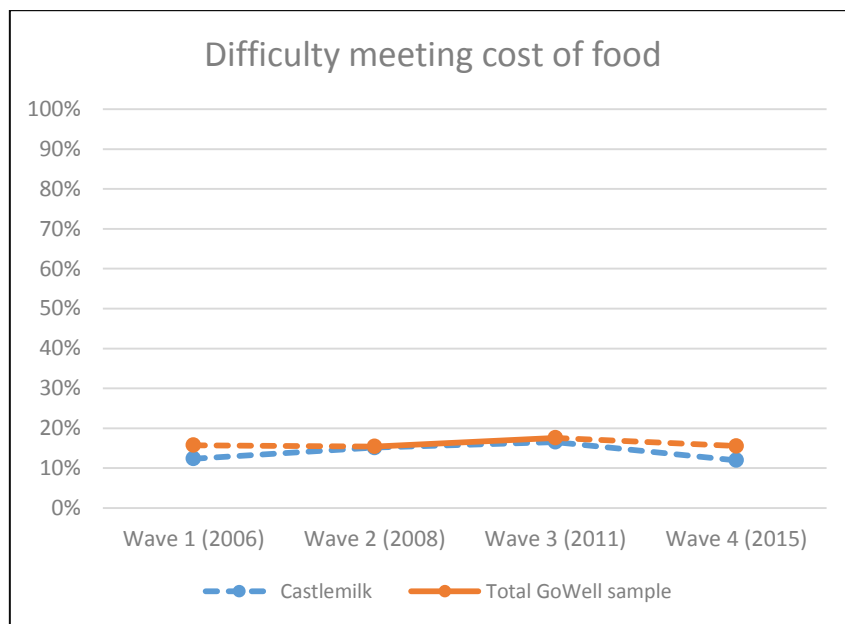


Table 25. Residents experiencing difficulties meeting the cost of food.

	Castlemilk	Total sample
Wave 1	12.4%	15.8%
Wave 2	15.1%	15.4%
Wave 3	16.6%	17.6%
Wave 4	12.0%	15.6%
<i>p-value (wave 1 - wave 4)</i>	<i>0.999</i>	<i>0.995</i>

Health

The final group of seven indicators we examined related to health and wellbeing.

General health

Respondents were asked: “In general would you say your health is..?”. The response categories were: ‘poor’; ‘fair’; ‘good’; ‘very good’; or ‘excellent’. The graph shows the percentages who reported their health to be at least ‘good’ or better.

- The percentage who reported good general health in Castlemilk declined from over 80% in wave 1 to 69% by wave 4. This change was statistically significant.
- The percentages were nearly identical to the total GoWell sample. This also had a statistically significant decrease.
- There was a statistically significant difference between Castlemilk and the total sample both at wave 1 and wave 4.

Figure 26: Residents reporting their general health to be good.

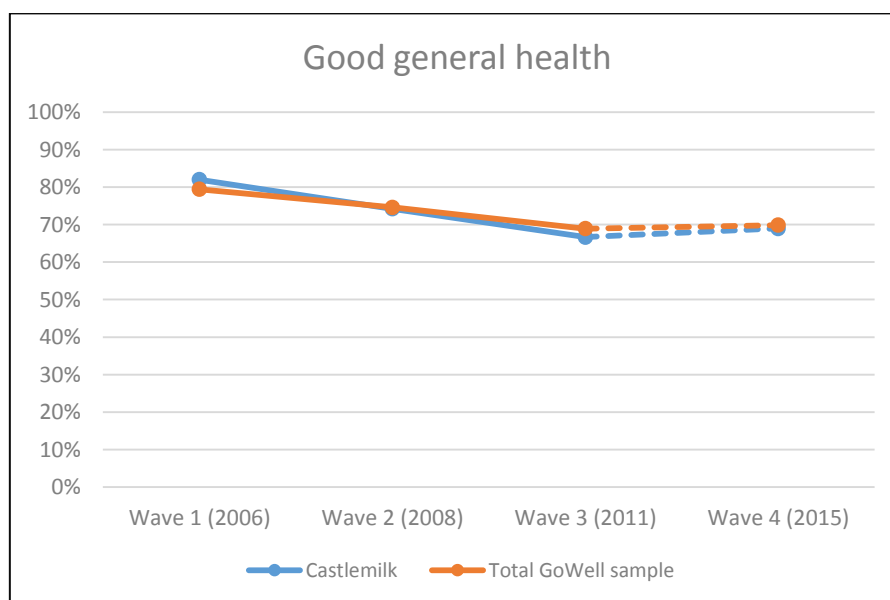


Table 26. Residents reporting their general health to be good, by wave.

	Castlemilk	Total sample
Wave 1	82.0%	79.5%
Wave 2	74.2%	74.6%
Wave 3	66.7%	68.9%
Wave 4	69.0%	69.9%
<i>p-value (wave 1 - wave 4)</i>	<i>0.000</i>	<i>0.000</i>

Long-term mental health problem

Respondents were asked: “Have you had any of the following health problems regularly over the past 12 months?”. At wave 1 the mental health item was described as “a psychological or emotional condition”, while from wave 2 onwards it was described as “stress, anxiety or depression”. This change in wording may account for the change in responses between wave 1 and wave 2. The question had a ‘yes/no’ response, and we examined the percentages saying ‘yes’ they had such a mental health problem.

- The share of respondents with a long-term mental health problem increased from 9% to 23% by wave 4 in Castlemilk. This was a statistically significant increase.
- The share also increased in the total GoWell sample, remaining just below the Castlemilk figure at 19% in wave 4. The increase was also statistically significant.
- There was a statistically significant difference between Castlemilk and the total sample both at wave 1 and wave 4.

Figure 27: Residents reporting a long-term mental health problem.

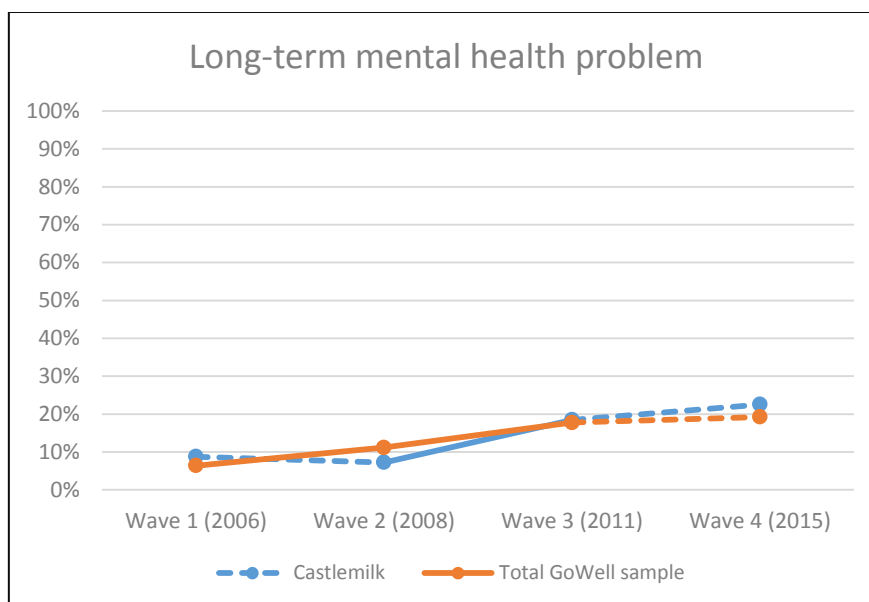


Table 27. Residents reporting a long-term mental health problem, by wave.

	Castlemilk	Total sample
Wave 1	8.7%	6.4%
Wave 2	7.2%	11.2%
Wave 3	18.5%	17.7%
Wave 4	22.5%	19.2%
<i>p-value</i> (wave 1 - wave 4)	0.000	0.000

Feeling optimistic

Respondents were asked: “Below are some statements about feelings and thoughts. Tell me the frequency with which each describes your experience over the last two weeks... I’ve been feeling optimistic about the future.” The response categories were: ‘never’; ‘rarely’; ‘some of the time’; ‘often’; and ‘all of the time’. We focus on the combined share of ‘some of the time’, ‘often’ and ‘all of the time’. The question was introduced to the survey at wave 2.

- The percentage of respondents who felt optimistic only decreased a little from wave 2 to wave 4 in Castlemilk, remaining over 80%. The change was statistically significant.
- The figure was very similar to the total GoWell sample, which ended up at 81%. This change was also statistically significant.
- The difference between Castlemilk and the total sample was not statistically significant at wave 2 nor at wave 4.

Figure 28: Residents feeling optimistic about the future.

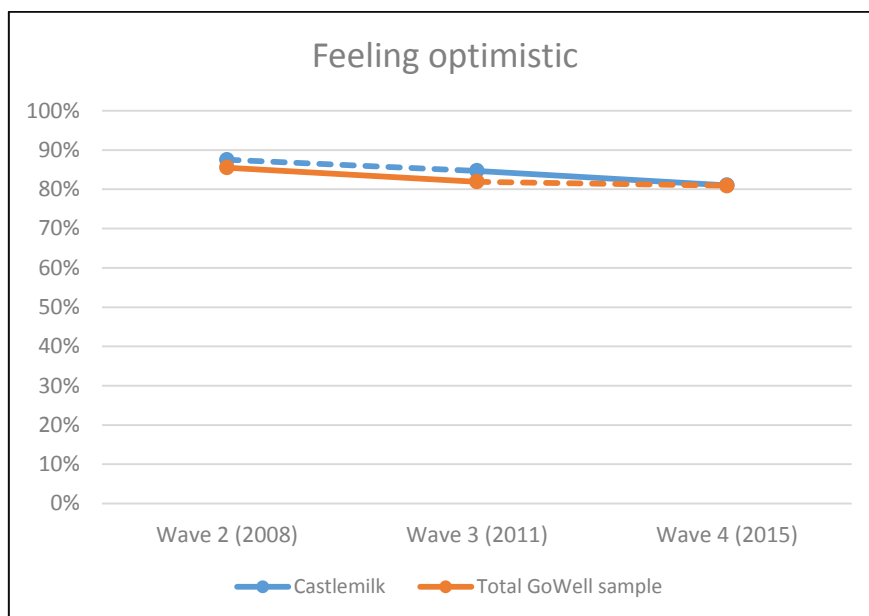


Table 28. Residents feeling optimistic about the future, by wave.

	Castlemilk	Total sample
Wave 2	87.5%	85.5%
Wave 3	84.7%	81.9%
Wave 4	81.0%	80.9%
<i>p-value (wave 1 - wave 4)</i>	<i>0.020</i>	<i>0.000</i>

Smoking

Respondents were asked: “Do you, or have you ever, smoked?”. The responses were recorded as: ‘never smoked’; ‘smoked in the past but not now’; ‘smoke occasionally now, but not every day’; and ‘smoke daily’. The last two categories were combined to form the percentages who currently smoke.

- The percentage of current smokers in Castlemilk decreased from 48% in wave 1 to 44% at wave 4. This change was not statistically significant.
- The percentage in the total GoWell sample decreased from 44% to 39% by wave 4. The decrease was statistically significant.
- There was a significant difference between Castlemilk and the total sample at wave 1 and at wave 4.

Figure 29: Residents who smoked occasionally or daily.

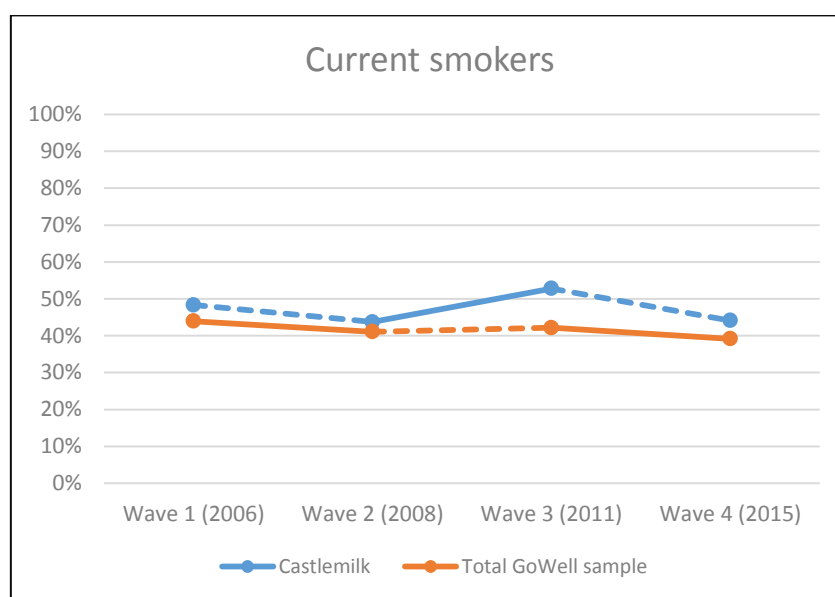


Table 29. Residents who smoked occasionally or daily, by wave.

	Castlemilk	Total sample
Wave 1	48.3%	43.9%
Wave 2	43.8%	41.1%
Wave 3	52.8%	42.2%
Wave 4	44.1%	39.2%
<i>p-value (wave 1 - wave 4)</i>	<i>0.544</i>	<i>0.000</i>

Drinking

Respondents were asked a variety of questions about drinking alcohol across the survey waves, including their current status of alcohol consumption, the amount of alcohol consumed and the frequency of drinking. From these responses, we were able to calculate the number of current drinkers at each survey wave.

- The percentage of current drinkers increased at wave 2 in Castlemilk and remained over 60% for the remaining waves. The increase from wave 1 to wave 4 was statistically significant.
- In the total GoWell sample, this percentage also increased at wave 2, finishing at 60%. The change was statistically significant.
- There was a statistically significant difference between Castlemilk and the total sample at wave 1 and at wave 4.

Figure 30: Residents who currently consume alcohol.

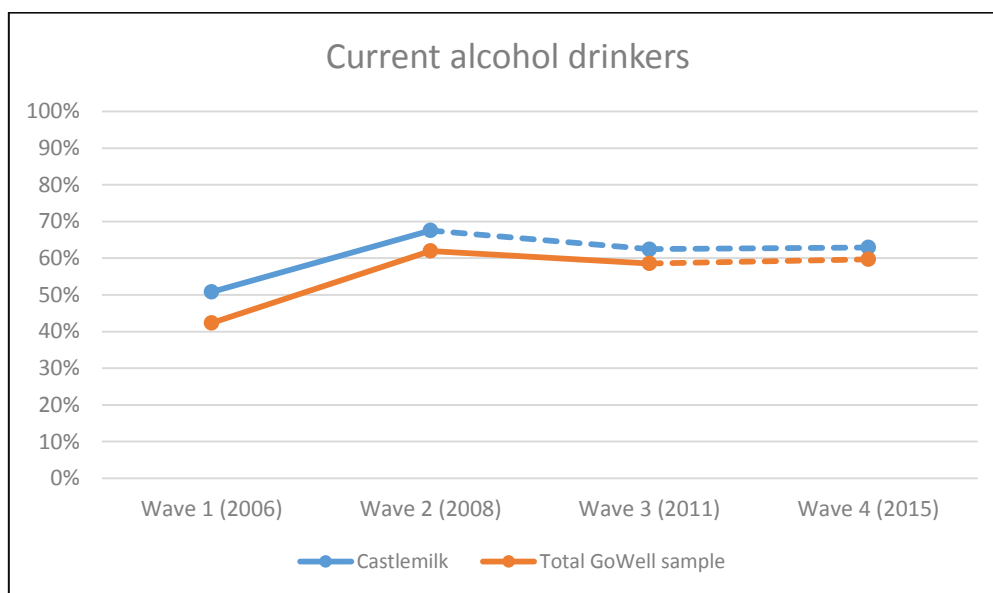


Table 30. Residents who currently consume alcohol, by wave.

	Castlemilk	Total sample
Wave 1	50.8%	42.3%
Wave 2	67.5%	62.0%
Wave 3	62.5%	58.6%
Wave 4	62.9%	59.7%
<i>p-value (wave 1 - wave 4)</i>	<i>0.001</i>	<i>0.000</i>

Fast food meals

Respondents were asked: “On how many of the last seven days did you get your main meal from a take-away or fast-food shop or seller?”. The original responses ranged from ‘none/no main meal’ to the number of days in a week fast food was had, i.e. 1 to 7. In order to have a larger sample, we look at the combined percentage of 1-7 days a week, i.e. those who had a fast food main meal at least once in the week.

- The percentage of Castlemilk respondents having fast food frequently decreased from 58% to 52% by wave 4, dropping to 34% in wave 3. The overall change was not statistically significant.
- The percentage in the total GoWell sample also increased to 50% in wave 4. The increase from wave 1 was statistically significant.
- The difference between Castlemilk and the total sample was statistically significant at wave 4 but not at wave 1.

Figure 31: Residents having at least one fast food main meal in the last week.

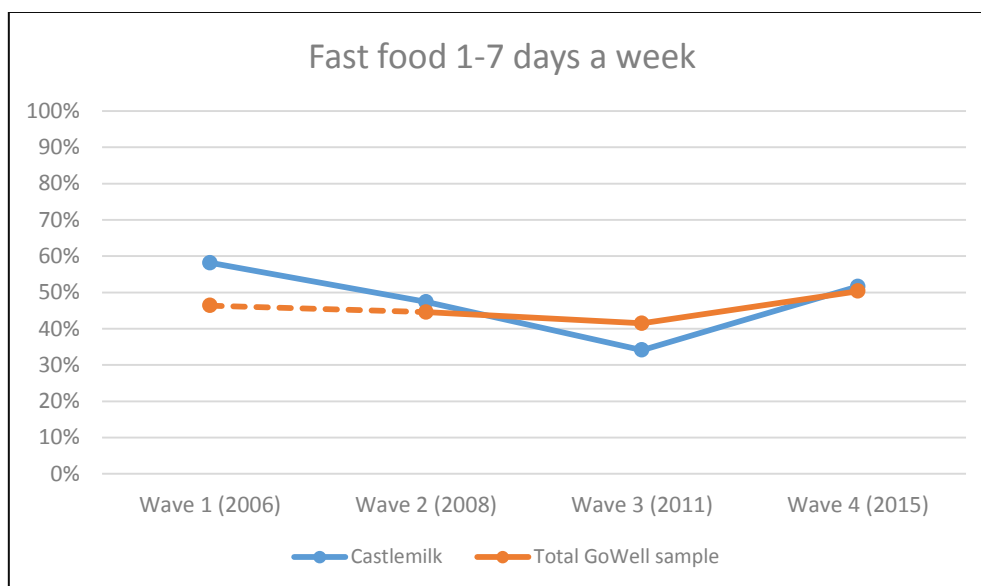


Table 31. Residents having at least one fast food main meal in the last week, by wave.

	Castlemilk	Total sample
Wave 1	58.2%	46.4%
Wave 2	47.4%	44.6%
Wave 3	34.1%	41.5%
Wave 4	51.6%	50.3%
<i>p-value</i> (wave 1 - wave 4)	0.175	0.001

Walking in neighbourhood

Respondents were asked about the frequency with which they walked locally. At wave 1, the question was posed as: “in a typical week, how many days do you go for walk around the neighbourhood”, and from wave 2 onwards as “In the last seven days, on how many days did you walk in your neighbourhood for at least 20 minutes?”. In all cases, we examine the percentage who reported walking 4-7 days a week, i.e. most days.

- In Castlemilk, the percentage walking frequently increased from 50% in wave 1 to 53% in wave 4, dropping slightly lower in-between. The change was however not statistically significant.
- In the total GoWell sample, the figure also increased slightly after wave 2 to 51% in wave 4. This was a statistically significant change.
- The difference between Castlemilk and the total sample was significant at wave 4 but not at wave 1.

Figure 32: Residents who walked in the neighbourhood most days.

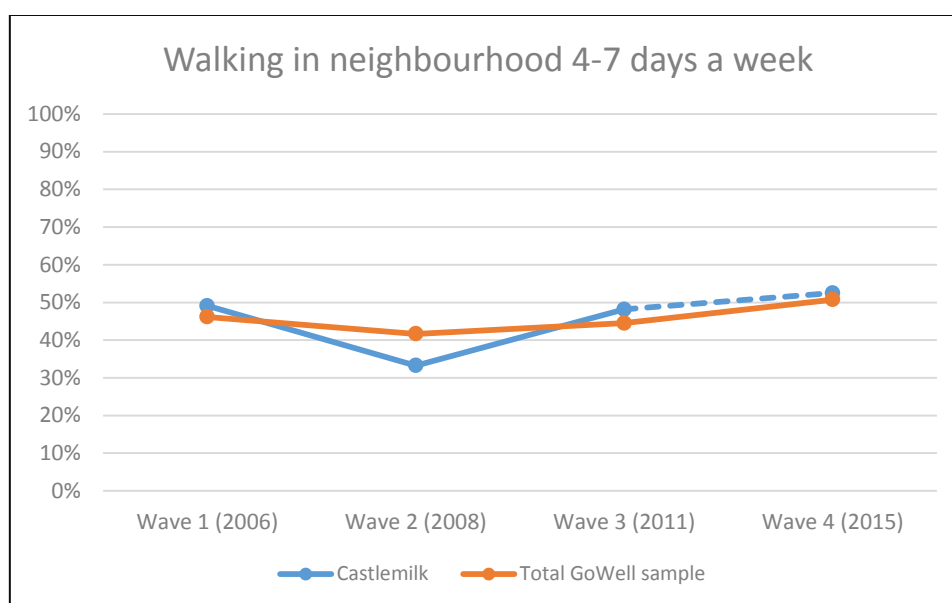


Table 32. Residents who walked in the neighbourhood most days, by wave.

	Castlemilk	Total sample
Wave 1	49.1%	46.1%
Wave 2	33.3%	41.7%
Wave 3	48.2%	44.5%
Wave 4	52.5%	50.7%
<i>p-value</i> (wave 1 - wave 4)	0.696	0.000

Appendix: Castlemilk sample characteristics

Gender	Male	Female	n
Wave 1	47.4%	52.6%	606
Wave 2	50.8%	49.2%	496
Wave 3	47.3%	52.7%	438
Wave 4	49.5%	50.5%	404
Total	48.7%	51.3%	1,944

Age group	16-24	25-39	40-54	55-64	65+
Wave 1	19.3%	29.8%	27.3%	11.5%	12.0%
Wave 2	20.0%	30.8%	27.8%	11.1%	10.3%
Wave 3	15.8%	27.6%	29.0%	13.5%	14.2%
Wave 4	14.4%	29.2%	30.0%	14.4%	12.1%
Total	17.6%	29.5%	28.4%	12.4%	12.1%

Tenure	Owned	Social rent	Private rent
Wave 1	21.9%	76.2%	1.8%
Wave 2	20.4%	79.2%	0.4%
Wave 3	14.9%	83.1%	2.1%
Wave 4	19.4%	76.9%	3.7%
Total	19.4%	78.7%	1.9%

Citizenship	British	Not British
Wave 1	98.3%	1.7%
Wave 2	94.2%	5.8%
Wave 3	94.7%	5.3%
Wave 4	90.3%	9.7%
Total	94.8%	5.2%

Household type	Single Adult Household	Multiple Adult Household	Family: Single parent	Family: 2+ adults	Older person(s)
Wave 1	20.6%	26.8%	21.1%	19.6%	12.0%
Wave 2	18.5%	34.4%	20.1%	16.7%	10.3%
Wave 3	22.4%	27.0%	17.6%	19.2%	13.7%
Wave 4	22.8%	33.0%	15.1%	16.1%	12.9%
Total	20.9%	30.1%	18.8%	18.0%	12.1%