

Profile of the Substance Misusing Population Perth & Kinross

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(Update of previous report dated September 2014)

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Executive Summary

Background

This substance misuse profile is an update to the previous report circulated in April 2013. The aim of the profile is to pool existing data sources to give a better understanding of the issues that substance misuse has on the individuals, their family/friends and the communities in which they live.

The data are presented in eight sections: Alcohol Consumption and Drug Use Prevalence; Availability; Health Harm; Social Harm; Recovery; Families; and Service Contact. Each section of the main report gives an introduction, a summary of progress toward the relevant national outcome, benchmarking against another ADP areas and an analysis of the available data. The main findings of the report are summarised here.

Main Findings

Alcohol Consumption

NOTE THAT THERE HAS BEEN NO UPDATE TO THIS SECTION FROM THE PREVIOUS REPORT AS NO UP-TO-DATE INFORMATION IS AVAILABLE

Key points

A considerable proportion of adults and children are drinking outwith safe government guidelines and the extent of alcohol consumption differs by various factors including age and deprivation. Older age groups tend to spread their drinking out throughout the week, drinking less on more days while younger people drink more on fewer days. A larger proportion of those living in the most deprived areas of Scotland reported being non-drinkers compared to those living in the least deprived areas and adults in the least deprived areas of Scotland were more likely to exceed weekly benchmarks for sensible drinking than those in more deprived areas.

- In Tayside during the period 2008-2011, 25% of men and 15% of women reported drinking more than twice the recommended daily alcohol limits on their heaviest drinking day.
- Fifteen percent of men and 11% of Tayside women reported drinking on more than five days per week.
- The mean number of units consumed weekly by men in Tayside was 14.9 units and 7.7 units by women.
- Sixteen percent of men and 24% of women living in the most deprived quintile of deprivation reported being non-drinkers compared to 7% of men and 10% of women residing in the least deprived quintile.
- The proportions of men and women living in the most affluent areas in Scotland reporting hazardous drinking were 29% and 24% respectively. These were higher than the proportions reporting the same in the most deprived quintiles (26% for men and 15% for women).
- Two percent of 13 year olds and 29% of 15 year olds in Perth & Kinross reported drinking alcohol in the week prior to survey.
- Thirty Five percent of 13 year olds and 65% of 15 year olds surveyed in Perth & Kinross had ever been drunk and 5% of 13 year olds and 12% of 15 year olds reported having been drunk more than 10 times.

Drug Use Prevalence

Key points

The prevalence of problem drug use in Tayside is higher than the national average but varies widely across the three council areas with Perth & Kinross estimated to have the lowest prevalence rate.

- The prevalence rate in Scotland was estimated to be 1.68%, lower than the Tayside rate of 1.73%.
- The estimated number of problem drug users (aged 15-64 years) in Perth & Kinross in 2012/13 was 1,100, a rate of 1.2%.
- Five percent of 13 years olds and 17% of 15 year olds in 2013 had ever used drugs with 3% of 13 year olds and 10% of 15 year olds, doing so in the month prior to survey.

Availability

Key points

There has been an increase in the number of litres of alcohol sold per adult but data over the last 15 years show there has been a shift from on-trade sales to more off-trade sales.

- In 2010, 11.8 litres of pure alcohol were sold per adult in Scotland compared with 10.7 litres in 1994. This equates to 22.8 units drunk per adult per week.
- On-trade sales decreased by 28% to 3.9 litres between 1994 and 2010 whereas off-trade sales increased by 52% over the same time period to 7.9 litres.
- As at 31st March 2015, there were 594 premises licences in force in Perth & Kinross City, a rate of 37.3 per 100,000 population aged 18+. Of these, 450 were on-sale and 144 were off-sale licences.
- Just under half (47%) of pupils Perth & Kinross pupils who had had an alcoholic drink reported that they got it from a friend, a further 37% said they got it from home either with or without permission and 35% said they got it from a relative.

Health Harm

Key points

Substance misuse can have an effect on the health of an individual resulting in a demand for health services and although the number of hospital admissions has decreased recently, the rate of substance related mortality has increased over time. There is a large variation in the health harm caused by alcohol and drugs in different areas of Perth & Kinross and a steep inequality gradient exists when looking at the relationship between substance health harm and deprivation. In addition, although those living in the most deprived areas have been found to consume less alcohol, the health harm resulting from their drinking is far greater.

Alcohol

- There were 1,010 alcohol related attendances at A&E in Perth & Kinross during 2014, an age standardised rate of 705 per 100,000 population. This was a 10% increase from 2013.
- The A&E attendance rate across Perth & Kinross varied from 2,280 per 100,000 in the intermediate zone of Central, North Inch & South Inch to 55 in Powmill, Cleish & Scotlandwell.
- There were 91 alcohol related attendances at Minor Injury Illness Units (MIUUs) in Perth & Kinross in 2014.
- Acute hospital discharge rates have increase in 2014/15 having previously been reducing for a number of years. There were 582 alcohol related episodes, an age standardised rate of 389 per 100,000 population. This was a 12% increase on the 2013/14 discharges.
- Within Perth & Kinross, the discharge rate varied from 252 per 100,000 population in North Perthshire HSCI area to 649 in Perth City South HSCI area
- Alcohol related mortality has generally increased over time but when comparing the 3 year period 2009-2011 with 2012-2014, the number of deaths in Perth & Kinross had decreased by 13% from 152 to 134 deaths.
- The 3 year alcohol related mortality rate was highest in Central North Inch and South Inch at 235 per 100,000 population in 2011-2013 while Comrie, Gilmerton and St Fillans had no deaths.
- Individuals living in the most deprived areas were around 4 times more likely to attend A&E or die of an alcohol related diagnosis and just under 5 times more likely to have an acute hospital stay than those from the least deprived areas.

Drugs

- There were 222 drug related attendances at A&E in Perth & Kinross during 2013, an age standardised rate of 164 per 100,000 population. The rate varied from 1,058 per 100,000 for residents of Central, North Inch & South Inch to 21 per 100,000 for residents of Powmill, Cleish & Scotlandwell.
- There were 88 acute hospital drug related episodes in Perth & Kinross in 2014/15. This was an age standardised rate of 59 per 100,000 population and was a 16% decrease from 2013/14. The highest rates were due to discharges who were Central, North Inch & South Inch residents whilst the lowest rate was due to residents of Auchterarder.
- Two thirds of drug related hospital episodes were due to the use of opioids.
- The drug related A&E attendance rate was 8 times higher in the most deprived quintile than the least deprived.
- As with alcohol, those living in the most deprived areas accounted for a high proportion (24%) of drug related acute hospital episodes.

- As at 31st December 2013, there were a total of 2,898 people reported to be Hepatitis C antibody positive in Tayside.
- The number of drug related deaths in Perth & Kinross has fluctuated over the last decade. In 2012 there were 8 deaths, 3 in 2013 and 9 deaths recorded in 2014. The average annual rate of death for the period 2010-2014 was 6 per 100,000 population.
- The number of Naloxone kits given to people at risk of opioid overdose in Perth & Kinross was 144 in 2014/15.
- As at March 2015, there were 471 individuals on a methadone prescription.

Social Harm

Key points

Substance misuse not only affects the individuals using substances, but also those around them including the neighbourhoods in which they live and can be a contributory factor in a number of crimes.

- Of the serious assaults committed in 2013/14 in Perth & Kinross, 68% (n=32) were thought to be alcohol related.
- 44% (n=219) of Breach of the Peace incidents were alcohol related.
- 50% (n=634) of petty assaults involved alcohol.
- Ten percent of Perth & Kinross 13 year olds and 14% of 15 year olds who reported drinking, got into trouble with the police as a result of drinking alcohol.
- Eight percent of people surveyed in Perth & Kinross in 2014 reported that drug misuse and dealing was 'very or fairly common' in their neighbourhood.
- Drug related offences data recorded by Police forces show that in 2012/13, there were 2,154 drug related offences in Tayside. This equated to a rate of 53 per 10,000 population and was a drop of 13% from 2011/12.
- Figures for Perth & Kinross from Police Scotland suggest that there were 292 drug related crimes in 2012, committed by 167 offenders.

Recovery

Key points

This section is under development. Outcome data for all services are not available at this time. However, information from Tayside Council on Alcohol (Perth) gives an example of the type of data that may be available in the future.

- 88% of clients reported that their physical health had improved.
- 86% of clients reported an improvement in their confidence/self-esteem.
- All 65 clients reviewed reported an increase in their motivation.

Families

Key points

Substance misuse can have harmful and wide-reaching consequences for not only the individuals using the substances but also their families.

- The rate of maternities recording drug use (three year rolling average) has increased over time but has been consistently lower than the national average. In the most recent three year period, the Perth & Kinross rate was 10.8 per 1,000 maternities
- The rate (per 10,000 population aged under 18 years) of Child Protection Case Conferences where parental drug and alcohol abuse has been identified as a concern/risk had reduced from 8 to 11 per 10,000.

Service Contact

Key points

NHS Tayside is performing well towards national targets relating to substance misuse set by Scottish Government and this has resulted in an increase in the number of individuals engaging with local substance misuse services. These clients often live chaotic lives with multiple and complex issues as a result of their drug and alcohol use.

- NHS Tayside comfortably met the target set by the Scottish Government of 5,137 alcohol brief interventions to be conducted during 2014/15, with an actual performance of 5,542 interventions. Of these, 496 were carried out in Perth & Kinross.
- Perth & Kinross continues to meet the HEAT standard with 97.7% of alcohol and drug clients commencing treatment within 3 weeks as at the end of March 2015.

1. Background

This profile compiles easily accessible and available information, from a range of national (and local) sources, relating to drugs and alcohol. These include routine data sources and surveys. The aim of this profile is to provide an overall picture of substance misuse within Perth & Kinross (where possible) compared to Tayside and Scotland, to support local policy, planning and service delivery and to identify and monitor trends.

In addition, local progress toward each of the national outcomes listed below is highlighted. This includes the Perth & Kinross progress toward key performance indicators and list activities that have occurred over the last year in relation to improving the outcomes of the population of Perth & Kinross.

The national outcomes are:

PREVALENCE - Fewer adults and children are drinking or using drugs at levels or patterns that are damaging to themselves or others

HEALTH - People are healthier and experience fewer risks as a result of alcohol and drug use

COMMUNITY SAFETY - Communities and individuals are safe from alcohol and drug related offending and anti-social behaviour

LOCAL ENVIRONMENT - People live in positive, health-promoting local environments where alcohol and drugs are less readily available

RECOVERY - Individuals are improving their health, well-being and life chances by recovering from problematic drug and alcohol use

FAMILIES - Children and family members of people misusing alcohol and drugs are safe, well-supported and have improved life-chances

SERVICES - Alcohol and drugs prevention, treatment and support services are high quality, continually improving, efficient, evidence-based and responsive, ensuring people move through treatment into sustained recovery

The data are presented in five sections: Alcohol Consumption and Drug Use Prevalence; Availability; Health Harm; Social Harm; Recovery; Families; and Service Contact. Each section gives an introduction, a summary of progress toward the relevant national outcome, benchmarking against another ADP areas (namely Aberdeenshire and Ayrshire (East, North & South) which have a similar population profile to Perth & Kinross) and Scotland as a whole, followed by an analysis of the available data.

2. Alcohol Consumption and Drug Use Prevalence

2.1 Alcohol Consumption

Introduction

UK Government sensible drinking guidelines highlight that sustained heavy drinking or drinking excessively on one or more occasions can contribute to a range of health and social problems. This section describes the level and pattern of alcohol consumption in the population of Scotland, including comparisons between men and women and among different age and socioeconomic groups. Children's drinking behaviour is also described.

National Outcome: PREVALENCE - Fewer adults and children are drinking or using drugs at levels or patterns that are damaging to themselves or others

The table below highlights the performance toward key indicators in relation to this outcome.

Key indicators
Alcohol consumption - Adults <ul style="list-style-type: none"> 25% of men and 15% of women in Tayside reported exceeding daily drinking limits which is lower than the national average (see Figure 2). No Perth & Kinross data available.
Alcohol consumption – Children & young people <ul style="list-style-type: none"> 35% of 13 year olds and 65% of 15 year olds in Perth & Kinross reported ever being drunk in 2013. This is lower than the national average (see Figure 6).

National Benchmarking

Figure 1: Comparison of alcohol consumption in adults and young people

ADP Area	Percentage of adults with potential problem drinking (using CAGE)	Percentage of 15 year olds reporting drinking on a weekly basis
Perth & Kinross	11% (Tayside)	11%
Falkirk	12.7% (Forth Valley)	14%
Highland	8.4% (Highland)	11%
West Lothian	12.4% (Lothian)	9%
Scotland	11.7%	12%

Source: Scottish Health Survey 2008-2011 & SALSUS 2013

Local Indicators

PLEASE NOTE THAT THIS SECTION HAS NOT BEEN UPDATED AS NO RECENT DATA ARE AVAILABLE.

Alcohol Consumption – Adults

Adult alcohol consumption is primarily measured by usual weekly consumption and daily consumption on the heaviest drinking day. Government guidelines recommend daily limits as well as weekly drinking guidelines to ensure that weekly recommended levels are not consumed in a few concentrated days. Daily recommended guidelines are that men should not consistently drink more than 3-4 units of alcohol per day and women, no more than 2-3 units. Weekly guidelines are that men drink no more than 21 units and women no more than 14 units. It is also advised that people should have at least two alcohol free days during a week. Previous consumption data at Health Board level was available from the 2003 Scottish Health Survey however, following a review by the then Scottish Executive in 2005/06, it was recommended that the survey should be carried out on a more frequent basis and as a result the survey began running continuously from 2008. The most recent Scottish Health Survey was published in 2012 and to enable information to be published at Health Board area (i.e. to ensure that the sample size was large enough for meaningful data), results were amalgamated for the four years 2008, 2009, 2010 and 2011.

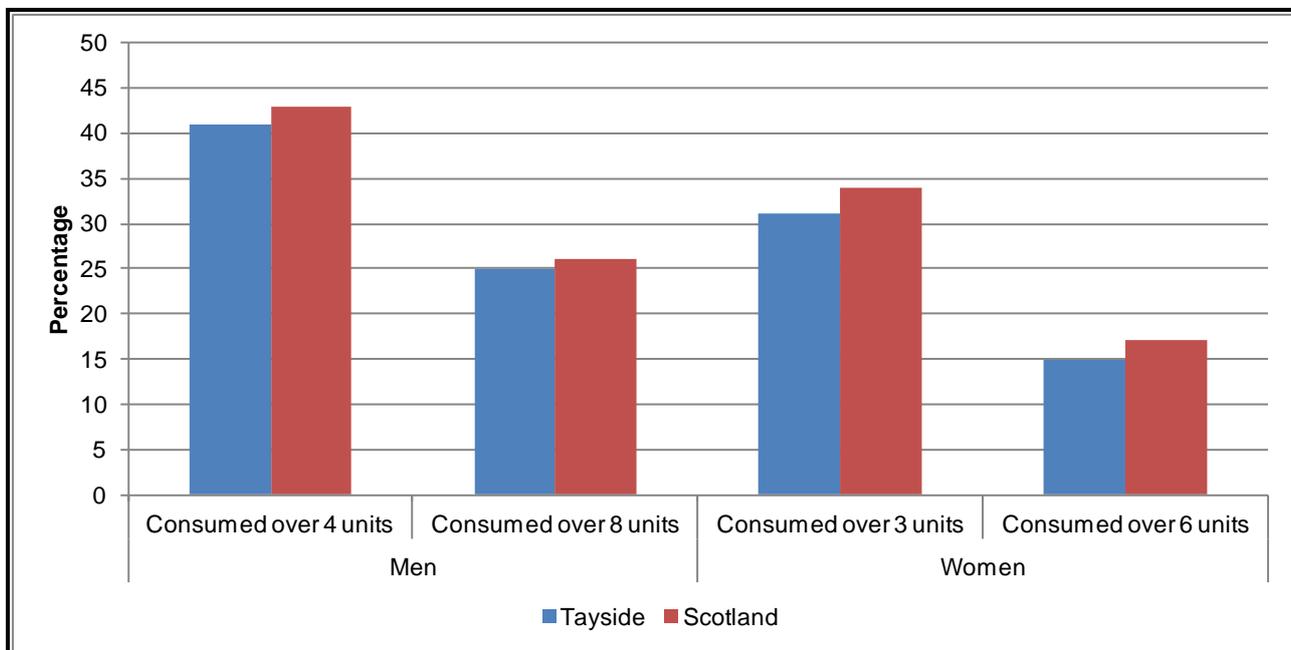
During the four year period 2008-2011, ten percent of men and 14% of women aged over 16 years in Tayside reported to be non-drinkers. This was lower than the national average (in the same period) of 11% and 16% respectively. For those who did report drinking, 48% of men and 36% of women in Tayside were drinking outwith government guidelines.

Figure 2 shows the percentage of adults in Tayside and Scotland who drank over (and more than twice) the recommended daily limits (4 units for men and 3 units for women) on their heaviest drinking day in the week prior to the survey (2008-2011 results). Tayside alcohol consumption is slightly lower than the reported

average national consumption for both men and women. The mean number of units consumed by men in Tayside on their heaviest drinking day was 5.5 units and for women was 3.0 units.

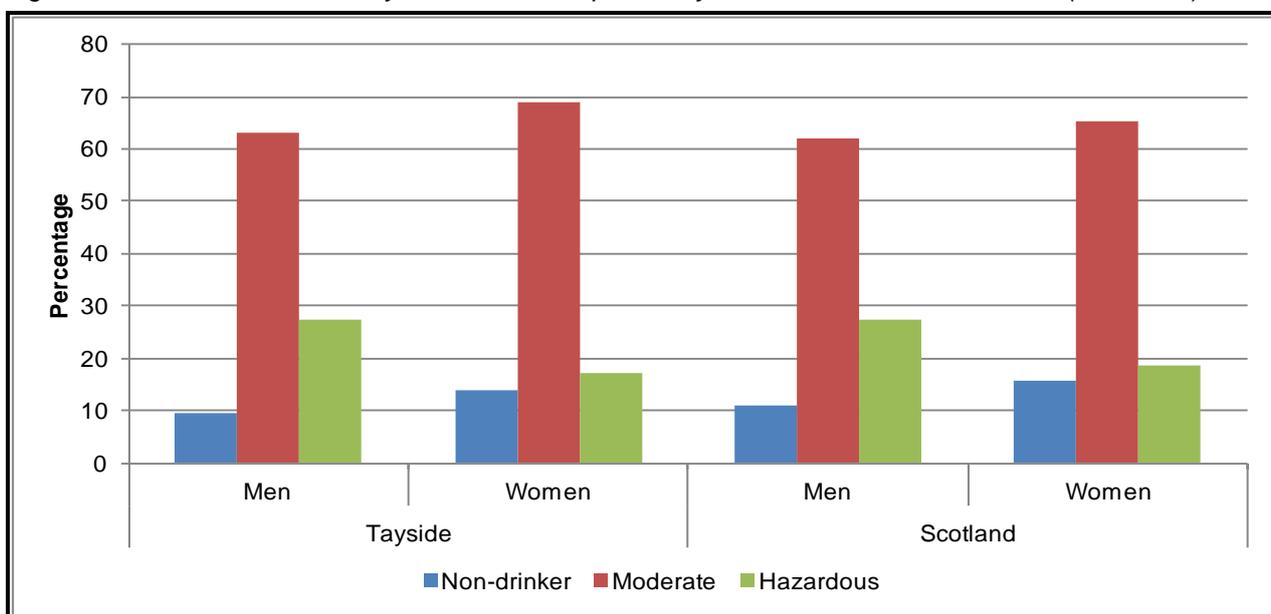
The estimated usual weekly consumption of adults in Tayside and Scotland is shown in Figure 3. Hazardous drinking was reported by 22% of adults in Tayside and 23% across Scotland. The mean number of units drunk weekly by men and women in Tayside was 14.9 and 7.7 respectively. In addition, 15% of men and 11% of women were drinking on more than 5 days of the week in Tayside. Results from previous surveys do suggest that the proportion of adults 'binge' drinking has decreased over time.

Figure 2: Percentage of adults (aged 16+) who drank over the recommended daily limits; Tayside and Scotland 2008-2011 (combined)



Source: Scottish Health Survey 2012

Figure 3: Estimated usual weekly alcohol consumption; Tayside and Scotland 2008-2011 (combined)

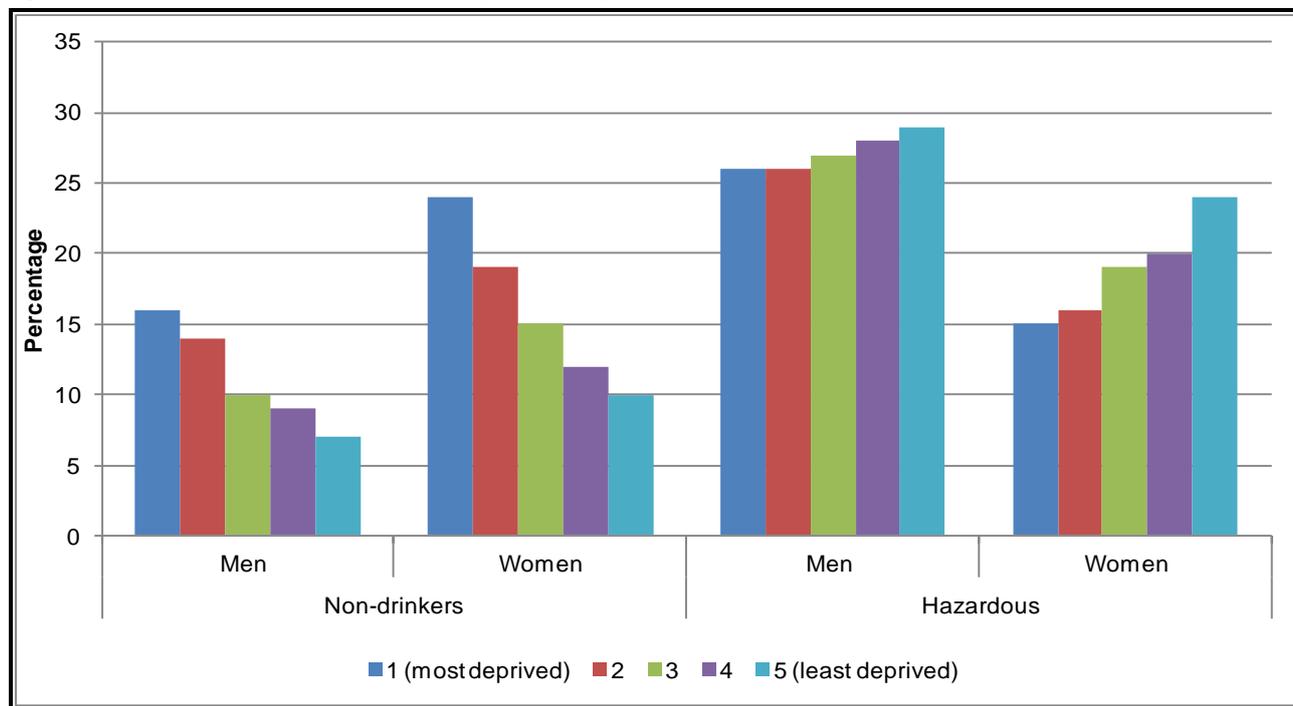


Source: Scottish Health Survey 2012

Scotland-wide alcohol consumption by age and deprivation (using the Scottish Index of Multiple Deprivation or SIMD) was analysed in the 2012 survey. Mean weekly consumption by age group shows a slightly different pattern compared to 'binge' drinking by age group. The results suggest that older age groups tend to spread their drinking out more throughout the week, drinking less on more days while younger people drink on fewer days, but drink at high levels on these days.

A larger proportion of those living in the most deprived areas of Scotland in the period 2008-2011 reported being non-drinkers compared to those living in the least deprived areas. In addition, adults in the least deprived areas were more likely to exceed weekly benchmarks for sensible drinking than those in more deprived areas. Figure 4 depicts weekly alcohol consumption across Scotland by deprivation category (SIMD quintile).

Figure 4: Estimated weekly consumption level by drinking category¹, gender and SIMD deprivation quintile, age standardised, Scotland 2008-2011 (combined)



1 – 'Hazardous' drinking is defined as over 21 units a week for men and 14 units for women

Source: Scottish Health Survey 2012

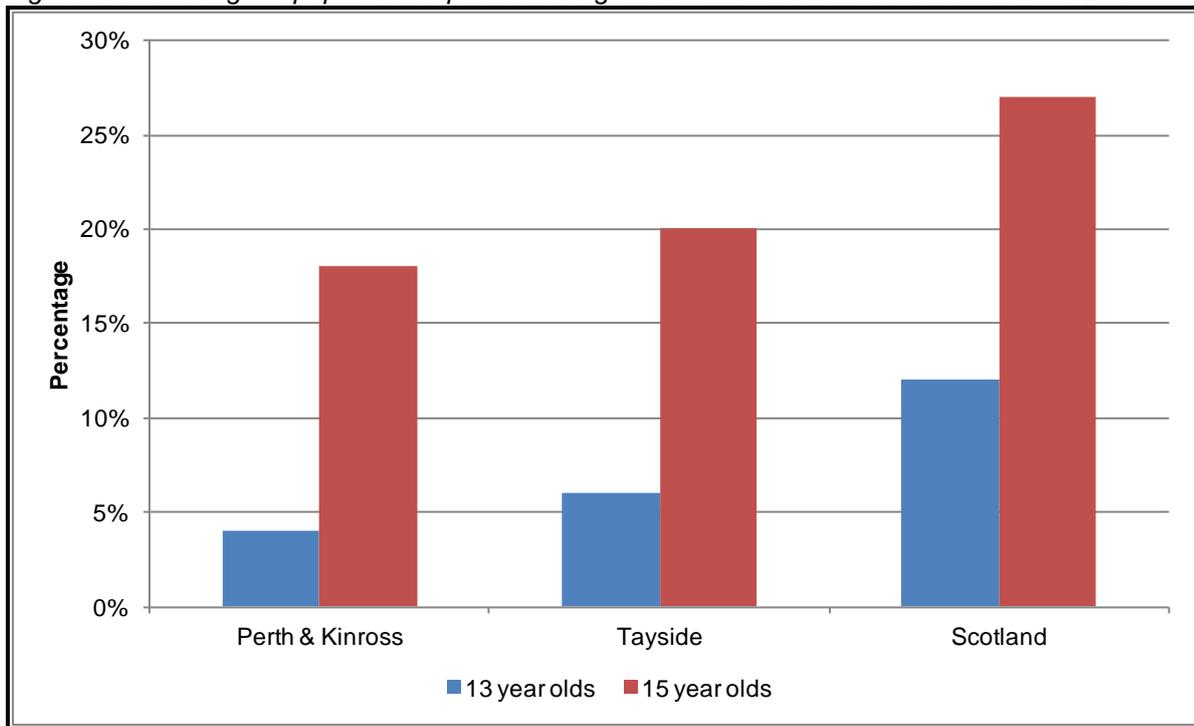
Alcohol Consumption – Children and Young People

Alcohol consumption and experiences are drawn from The Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS). The most recent survey to contain data for Perth & Kinross as well as Tayside and Scotland, was conducted in 2013.

All pupils were asked whether or not they had ever had a 'proper alcoholic drink, a whole drink, not just a sip'. In Perth & Kinross, 29% of 13 year olds and 74% of 15 year olds reported that they had had an alcoholic drink. This was lower than the proportion of 13 year olds across Tayside and Scotland as a whole but higher for the proportion of 15 year olds. However compared with 2010, was a decrease. Under a third (27%) of 15 year olds reported having a drink in the last week.

Figure 5 shows the frequency of drinking reported by 13 and 15 year olds in the SALSUS 2013 report and compares Perth & Kinross to Tayside and Scotland. The proportion of 13 year olds in Perth & Kinross who drank alcohol at least once a week is lower than the Scottish average but the proportion of 15 years olds was 8% higher than the Scottish average.

Figure 5: Percentage of pupils that reported having an alcoholic drink at least once a week 2013

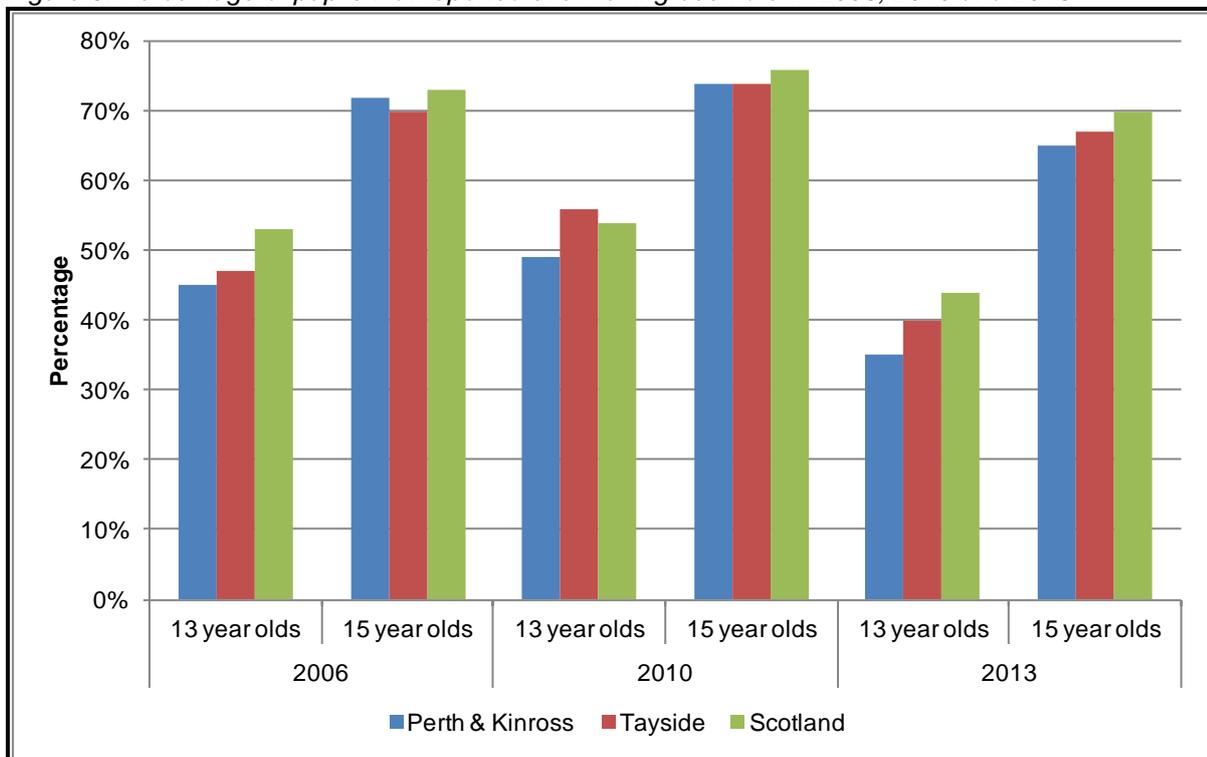


Source: SALSUS 2013

Among those pupils in Perth & Kinross who had drunk alcohol, the average age when they had first drunk more than a small amount of alcohol was 12 years old.

All pupils who had ever had an alcoholic drink were asked whether they had ever been drunk. Figure 6 compares the percentage of pupils in Perth & Kinross, Tayside and Scotland who had been drunk at least once. Thirty-five percent of Perth & Kinross pupils aged 13 and 65% aged 15, had ever been drunk. This was a decrease on the proportions found in 2010.

Figure 6: Percentage of pupils that reported ever having been drunk 2006, 2010 and 2013



Source: SALSUS 2006, 2010 and 2013

2.2 Drug Use Prevalence

Introduction

This section explores the prevalence of drug misuse in both adults and children at both a local and national level. The results are gathered from two surveys - "Estimating the National and Local Prevalence of Problem Drug Use in Scotland" and the SALSUS survey discussed earlier. Information on drug use can also be accessed from the Scottish Crime and Victimisation Survey although no data from that study has been included here.

National Outcome: PREVALENCE - Fewer adults and children are drinking or using drugs at levels or patterns that are damaging to themselves or others

The table below highlights the performance toward key indicators in relation to this outcome.

Key indicators
Prevalence of Problem Drug Use – Adults <ul style="list-style-type: none"> The drug prevalence rate in Perth & Kinross was 1.20% in 2012/13 which is below the national average (see Figure 8).
Prevalence of Problem Drug Use – Children & Young People <ul style="list-style-type: none"> 5% of 13 year olds and 17% of 15 year olds in Perth & Kinross reported ever using drugs in 2013. This is lower than the national average for 15 year olds but not 13 year olds (see Figure 10).

National Benchmarking

Figure 7: Comparison of drug prevalence in adults and young people

ADP Area	Problem drug use prevalence rate 2012/13	Illicit drug use in the last month in 15 year olds (2013)
Perth & Kinross	1.20%	10%
Falkirk	1.63%	13%
Highland	0.88%	8%
West Lothian	1.22%	9%
Scotland	1.68%	10%

Source: ISD Prevalence Study 2012/13 & SALSUS 2013

Local Indicators

PLEASE NOTE THAT THIS SECTION HAS NOT BEEN UPDATED AS NO RECENT DATA ARE AVAILABLE.

Drug Use Prevalence – Adults

The most recent estimates of the national and local prevalence of drug misuse were published in 2011. "Estimating the National and Local Prevalence of Problem Drug Use in Scotland" is an update to previous studies funded by the Scottish Government and the University of Glasgow and is this year produced by Information Services Division, Scotland. The estimates of the prevalence of opiate and/or benzodiazepine misuse refer to the financial year 2009/10 and focuses on those aged 15-64 years old. The results can be compared with the previous study relating to 2009/10.

Figure 8 summarises the estimates of the prevalence of problem drug misuse in Perth & Kinross compared to Tayside and Scotland. It is estimated that there are 59,500 problem drug users in Scotland as a whole, with 7.7% of these being in Tayside. The prevalence rate in Scotland is 1.681%, lower than the Tayside rate of 1.73%. Within Tayside, Perth & Kinross (1.20%) had a lower prevalence than the overall Scotland rate.

Figure 8: Estimates of the number of problem drug users (aged 15-64 years) in Tayside and Scotland

	Number	Prevalence rate (%)
Perth & Kinross	1,100	1.20
Tayside	4,600	1.73
Scotland	59,500	1.68

Source: National and Local Prevalence of Problem Drug Use in Scotland 2012/13

Changes in prevalence over time can be examined between 2006 and 2012/13. The Perth & Kinross prevalence rate in those aged 15-64 years had increased from 0.97% in 2006 to 1.18% in 2009/10 and to 1.20% in 2012/13. By contrast, the Scotland rate had increased from 1.62% to 1.71% to 1.68%. Although the estimate of problem drug use prevalence was higher in the current study compared to 2006 and 2009/10, it cannot be said conclusively that actual prevalence has increased. This is due to the fact that the confidence limits of the estimates are very close and do not take into account potential data and methodological differences between the years compared. However, it can be reasonably said that actual problem drug use prevalence has not declined since 2006.

Up-to-date information on drug injecting is not yet available and so the following data are from the previous study published in 2009. Drug injecting was defined as the injecting of any drugs, not necessarily opiates or benzodiazepines (but not including the injecting of steroids). Figure 9 shows the results of the findings of the study. The prevalence rate of drug injectors in Tayside is considerably lower than that of Scotland at 0.49% compared to 0.71%. Within Tayside however, only a small proportion (15.4%) of the estimated injectors were in Perth & Kinross with a prevalence rate of 0.21%.

Figure 9: Estimates of the number of drug injectors (aged 15-64 years) in Tayside and Scotland

	Number	Prevalence rate (%)
Perth & Kinross	193	0.21
Tayside	1,254	0.49
Scotland	23,933	0.71

Source: National and Local Prevalence of Problem Drug Misuse in Scotland 2009

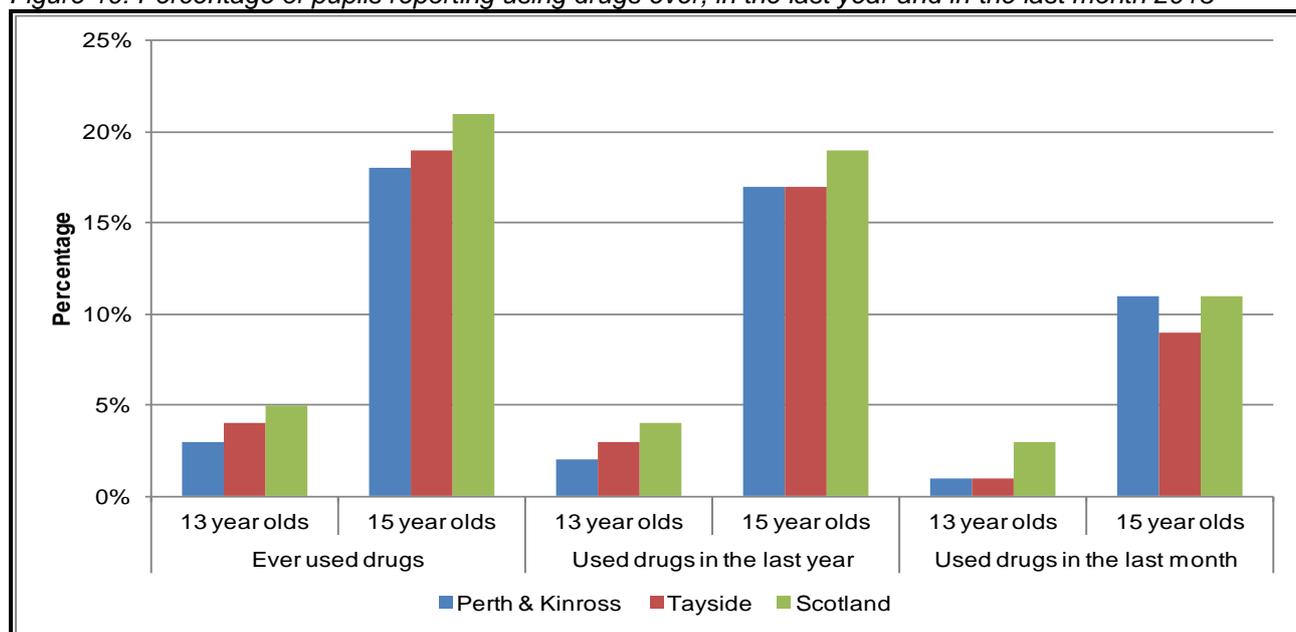
The Scottish Crime and Justice Survey (SCJS) 2012/13 reported that 6.2% of adults in Scotland had used one or more illicit drugs *in the last year*, in comparison to 7.6% of adults in the SCJS 2008/09.

Drug Use Prevalence – Children and Young People

The percentage of pupils who reported having taken drugs in the month prior to the SALSUS survey can be used to monitor trends in the prevalence of drug use. It should be noted that the results used in the report are self-reported and therefore should be interpreted with caution. Nationally, information on drug use has been collected since 1998 and until 2002 there had been no noticeable change in the prevalence. Between 2002 and 2006, there was a significant decrease in prevalence of drug use in the last month among both age groups and both sexes. The 2008 figures remained relatively stable on the 2006 figures with prevalence decreasing only among 13 year old boys. Since 2010, prevalence has increased in 13 year olds and decreased in 15 year olds.

Figure 10 compares the percentage of pupils in Perth & Kinross, Tayside and Scotland who had ever used drugs, used drugs in the last year and used drugs in the last month. Three percent of Perth & Kinross 13 year olds and 18% of 15 year olds had ever used drugs. Of these, 1% of 13 year olds and 11% of 15 year olds had done so in the month prior to survey. This was lower than the proportion shown across Scotland.

Figure 10: Percentage of pupils reporting using drugs ever, in the last year and in the last month 2013



Source: SALSUS 2013

3. Availability

3.1 Alcohol Availability

Introduction

Price, product, place and promotion are all factors believed or known to influence the purchase of alcohol. The alcohol market is subject to certain regulatory restrictions, such as the requirement for a licence to sell it or the hours during which it can be bought. Changes in the elements of the alcohol market can therefore influence the amount of product being sold and therefore, the amount consumed. However, it is important to note that the exact effect of availability on consumption is complex.

National Outcome: LOCAL ENVIRONMENT - People live in positive, health-promoting local environments where alcohol and drugs are less readily available

The table below highlights the performance toward key indicators in relation to this outcome.

Key indicators
<ul style="list-style-type: none">Percentage of people perceiving rowdy behavior (drunkenness, hooliganism and loutish behaviour) to be fairly or very common in their neighbourhood in Perth & Kinross was 9% which was lower than the national average.
<ul style="list-style-type: none">The number of premise licences in force decreased by 1% between 2013/14 and 2014/15 (see Figure 12).
<ul style="list-style-type: none">In 2014/15 – 9 new licensing applications were received, none were refused. At the end of 2014/15, there were 594 licensed premises in Perth & Kinross.

National Benchmarking

Figure 11: Comparison of alcohol availability and accessibility

ADP Area	On-sales premises licence rate per 10,000 population (aged 18+) 2014/15	Off-sales premises licence rate per 10,000 population (aged 18+) 2014/15	Proportion of 15 year olds who reported buying alcohol from a shop, off-licence or supermarket
Perth & Kinross	37.3	11.9	4%
Falkirk	17.8	11.5	8%
Highland	48.3	16.7	3%
West Lothian	17.4	11.5	9%
Scotland	26.7	11.8	7%

Source: Scottish Government and SALSUS 2013

Local Indicators

Alcohol Availability – Adults

The data reported in this section are drawn from a variety of sources including industry sales (The Nielson Company), official government statistics and population surveys.

Retail sales data indicate that in 2010, 11.8 litres of pure alcohol were sold per adult in Scotland compared with 10.7 litres in 1994. This equates to 22.8 units drunk in 2010 per adult per week. Examining this in more detail, on-trade sales decreased by 28% to 3.9 litres between 1994 and 2010 whereas off-trade sales increased by 52% over the same time period to 7.9 litres.

The decline in on-trade sales of pure alcohol per adult in Scotland between 1994 and 2010 was driven by a 35% decline in on-trade beer sale and the upward trend in off-trade sales per adult was driven by a more than twofold increase in off-trade wine sales.

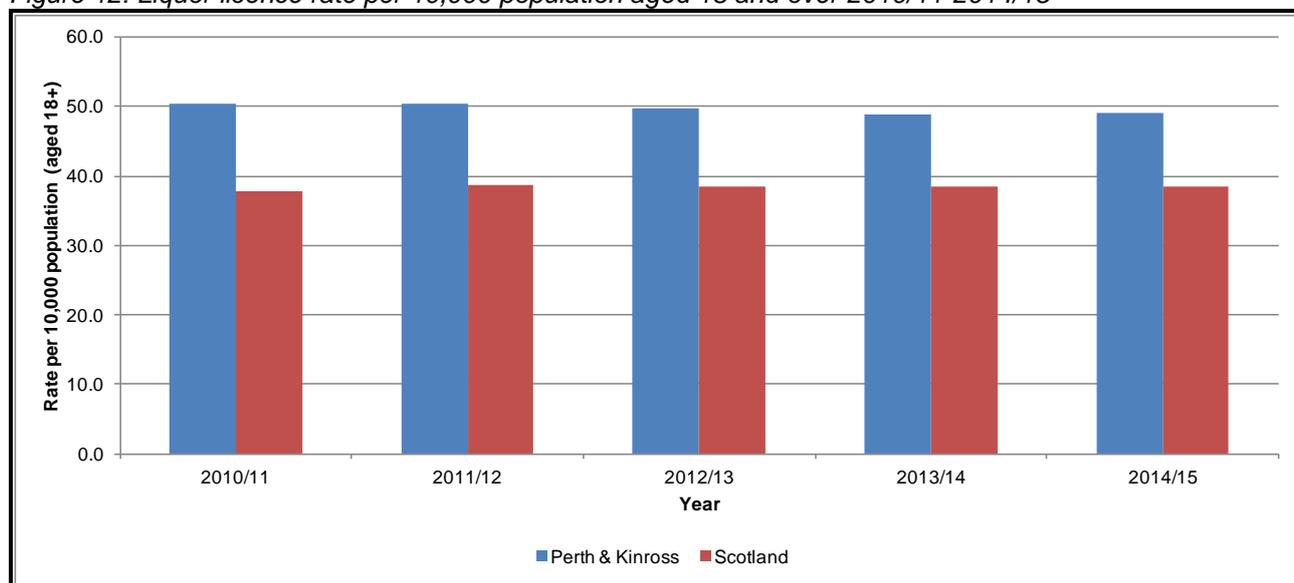
The average price of a unit of alcohol sold through the off-trade in Scotland was 45 pence per unit and 134 pence per unit through the on-trade.

In 2014/15, there were 594 premises licences in force with 450 (76%) being on-sales and 144 (24%) being off-sales. The proportion of on-sales licences in Perth & Kinross was higher than the national average of 69%.

Figure 12 shows the rate of liquor licences in Perth & Kinross compared to Scotland over the last three years. The Perth & Kinross rate has consistently been higher than the Scottish average and in 2014/15, although the Perth & Kinross rate had dropped to 49.2 per 10,000 population aged 18+ years, it remained higher than the Scottish rate of 38.6 per 10,000.

In 2014/15, of the 5 on-sale and the 4 off-sale liquor licence applications in Perth & Kinross, were granted.

Figure 12: Liquor licence rate per 10,000 population aged 18 and over 2010/11-2014/15



Source: Scottish Government

Alcohol Availability – Children and Young People

Pupils who had ever had an alcoholic drink were asked by the SALSUS survey, where they sourced their alcohol. Just under half (47%) of those Perth & Kinross pupils who had had an alcoholic drink reported that they got it from a friend, a further 37% said they got it from home either with or without permission and 35% said they got it from a relative.

Pupils were also asked whether they had bought or tried to buy alcohol from various sources in the 4 weeks prior to survey. Figure 13 shows the results for Perth & Kinross pupils.

Figure 13: Percentage of pupils buying or attempting to buy alcohol from various sources in 4 weeks prior to survey

		13 year olds	15 year olds
Alcohol from a shop, supermarket of off-licence	Yes, bought alcohol	2%	4%
	Yes, tried to buy but refused	1%	4%
Alcohol in a pub, bar or club	Yes, bought alcohol	0%	7%
	Yes, tried to buy but refused	0%	2%

Source: SALSUS 2013

Twenty eight percent of 13 year olds and 43% of fifteen year olds had asked someone else to buy alcohol for them in the four weeks prior to survey. These were considerably higher proportions than reported in the previous survey but lower than the Scottish average.

3.2 Drug Availability

Introduction

As with alcohol, drugs can have a huge impact not only on the individuals using the drugs but also their family and neighbourhoods.

National Outcome: LOCAL ENVIRONMENT - People live in positive, health-promoting local environments where alcohol and drugs are less readily available

The table below highlights the performance toward key indicators in relation to this outcome.

Key indicators
<p>Drug misuse or dealing Percentage of people perceiving drug misuse or dealing to be fairly or very common in their neighbourhood in Perth & Kinross is 8% which is lower than the national average (see Figure 15).</p>
<p>Young people offered drugs Proportion of 15 year olds who had been offered drugs in the last year in Perth & Kinross was 32% which was lower than the national average.</p>

National Benchmarking

Figure 14: Comparison of drug availability

ADP Area	Percentage of residents perceiving drug misuse or dealing as a very or fairly common problem in their neighbourhoods 2014	Percentage of 15 year olds ever offered drugs 2015
Perth & Kinross	8%	32%
Falkirk	6%	41%
Highland	6%	35%
West Lothian	12%	39%
Scotland	11%	37%

Source: Scottish Household Survey 2014 and SALSUS 2013

Local indicators

Drug Availability – Adults

There is very little information available regarding drug availability but this section contains information on the seizures of drugs controlled under the Misuse of Drugs Act 1971 by both Police and Customs & Excise. Data is only available for the last 3 years due to a break in the recording of seizures and a change in the classification of certain drugs.

In 2012/13, the number of drug seizures in Tayside was 2,129, a decrease of 13% from the 2,343 seizures in 2011/12. By comparison, the national seizures had increased by 3%. Twenty four percent of the 2012/13 seizures in Tayside were Class A drugs, 64% were Class B and 12% were Class C. With the change to Police Scotland no update for individual divisions is available for this data.

Figures from Police Scotland show that in Perth & Kinross in 2013, there were 82 crimes (committed by 59 offenders) relating to the 'supply of controlled substances'. Of these 82 crimes, 57% were committed by individuals aged 18-24 years and 85% were male. This was an increase from the 50 recorded in 2012.

The Scottish Household Survey 2012 reported that 8% of Perth & Kinross residents perceived drug misuse or dealing to be fairly or very common while 1% had actual experience of drug misuse or dealing. Figure 15 shows how the perception of drug misuse being common has increased over time.

Figure 15: Percentage of Perth & Kinross residents reporting drug misuse or dealing as a fairly or very common problem in their neighbourhood

	2005-2006	2007-2008	2009-2010	2011	2012	2013	2014
Perth & Kinross	5%	7%	10%	-	14%	12%	8%
Scotland	12%	13%	12%	12%	13%	12%	11%

Source: Scottish Household Survey 2014

Drug Availability – Children and Young People

Twenty-eight percent of all pupils surveyed by the SALSUS in Perth & Kinross reported that it would be easy or fairly easy to get drugs. In order to estimate the number of pupils who had been offered drugs, the SALSUS survey gave pupils a list of drugs, and their street names, and asked whether they had been offered each drug on the list. Figure 16 compares the proportions of pupils offered drugs within Perth & Kinross, Tayside and Scotland. The proportion of Perth & Kinross pupils offered drugs was slightly higher than that shown across the rest of Tayside but lower than Scotland as a whole. In addition, girls were slightly more likely to have been offered drugs compared to boy in Perth & Kinross and there was a small increase between 2010 and 2013. The drug most commonly offered was cannabis.

Figure 16: Percentage of pupils ever offered drugs 2013

	13 year olds	15 year olds	Boys	Girls
Perth & Kinross	14%	32%	23%	24%
Tayside	13%	30%	24%	20%
Scotland	14%	37%	28%	24%

Source: SALSUS 2013

Pupils who had used drugs in Perth & Kinross, were asked where they had obtained drugs from on the last occasion they had used them. The most frequently reported sources were a friend of the same age (58%), an older friend (23%) and from someone or somewhere else (10%).

4. Health Harm

4.1 Health Harm – Alcohol

Introduction

Excessive alcohol consumption can result in a wide range of health problems. It can cause short-term problems such as acute intoxication and poisoning. Over the longer term, excessive consumption can cause serious damage to parts of the body such as the liver and brain. Alcohol misuse can lead to mental health problems such as alcohol dependency. There are many conditions where alcohol is known to be a contributory factor such as cancer of the mouth, pancreatitis and stroke. There is currently no agreed standard approach to quantifying this burden. Consequently, these local profiles will only describe the health problems that are directly caused by alcohol.

National Outcome: HEALTH - People are healthier and experience fewer risks as a result of alcohol and drug use

The table below highlights the performance toward key indicators in relation to this outcome.

Key indicators
Alcohol related A&E attendances <ul style="list-style-type: none"> Attendances increased by 10% between 2013 and 2014 from 914 to 1,010.
Alcohol related Minor Injury Illness Unit (MIIU) attendances <ul style="list-style-type: none"> Data analysed for the first time in 2013 shows there were 91 attendances to Perth & Kinross MIUUs with 30% being people under 24 (see Figure 24).
Alcohol related acute hospital discharges <ul style="list-style-type: none"> Discharges increased by 12% between 2013/14 and 2014/15 from 520 to 582 discharges (see Figure 26).
Alcohol related mortality <ul style="list-style-type: none"> Deaths increased by 13% from 152 Perth & Kinross resident deaths recorded in the three year period 2009-2011 to 132 in 2012-2014 (see Figure 31).

National Benchmarking

Figure 17: Comparison of alcohol related acute hospital discharges and mortality (age/sex standardised rate per 100,000 population)

ADP Area	Alcohol related acute hospital discharge rates (2014/15)	Alcohol related mortality rates (2014)
Perth & Kinross	401.5	19.0
Falkirk	517.6	
Highland	614.9	
West Lothian	642.8	
Scotland	671.7	

Source: SMR01 and NRS

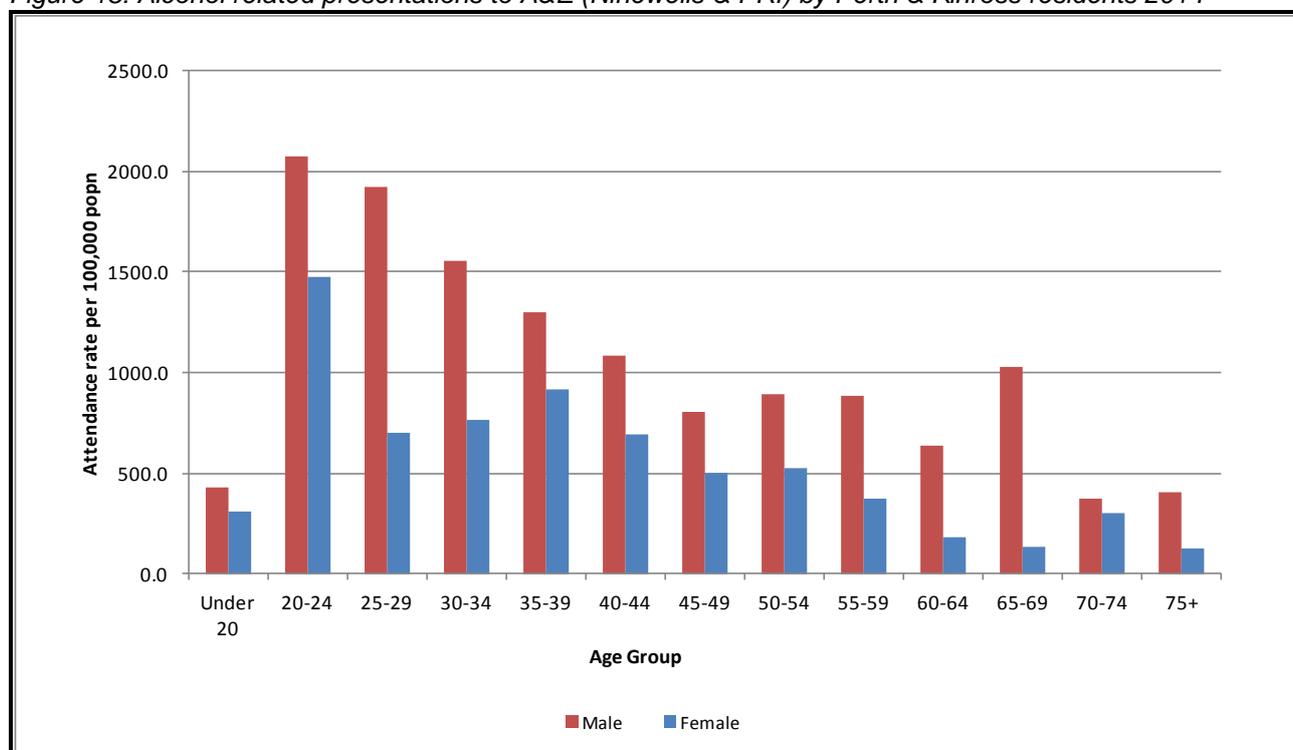
Local Indicators

Alcohol related A&E Presentations

A NHS Quality Improvement Scotland audit report published in November 2006 found that alcohol was a contributory factor in 11% of attendances to A&E departments across Scotland. This section shows attendances to the A&E department at Ninewells Hospital or Perth Royal Infirmary (PRI) by Perth & Kinross residents, where either an 'alcohol intoxication' diagnosis was recorded or where the 'misuse of alcohol' was recorded.

In 2014, there were 1010 alcohol related attendances to A&E by Perth & Kinross residents, an age standardised rate of 705 per 100,000 of the general population. This is an increase of 10% from the attendances recorded in 2013. The majority (90%) of these were to Perth Royal Infirmary. The majority of attendances 36% were people aged under 30 years old. Almost two thirds (65%) of the total presentations were male.

Figure 18: Alcohol related presentations to A&E (Ninewells & PRI) by Perth & Kinross residents 2014

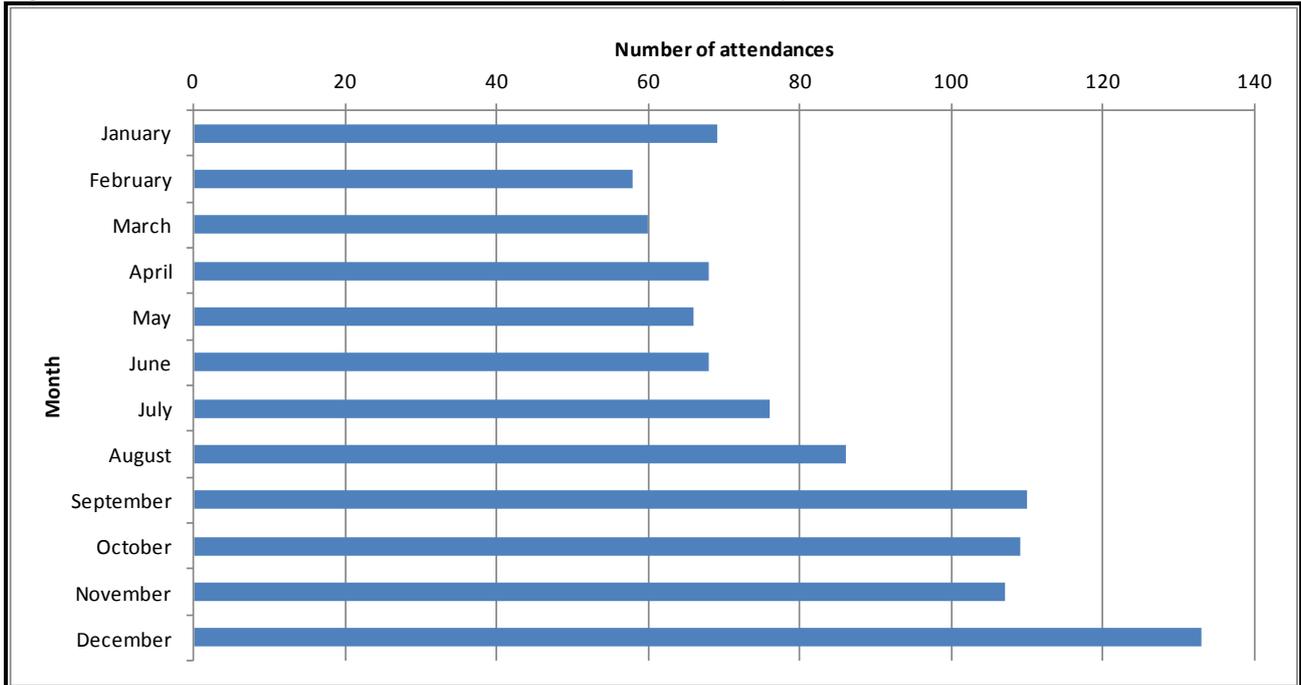


Source: A&E systems accessed by NHS Tayside Business Unit

Figures 19 and 20 examine the patterns of presentations at A&E with an alcohol related diagnosis by day of the week and month. Unsurprisingly, there are a higher number of attendances at the weekends with almost

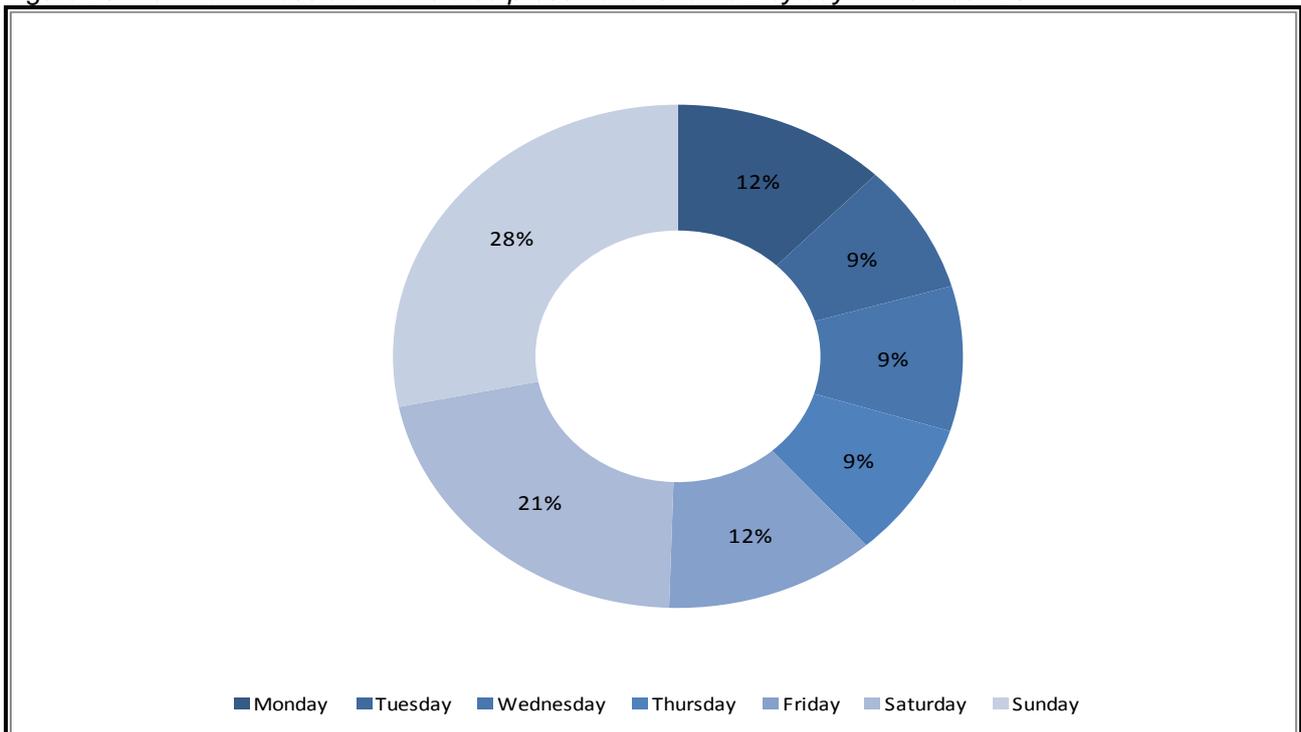
half being on a Saturday or Sunday. There seems to be a spike in the attendances in latter months of the year September to December.

Figure 19: Perth & Kinross alcohol related presentations to A&E by month 2014



Source: A&E systems accessed by NHS Tayside Business Unit

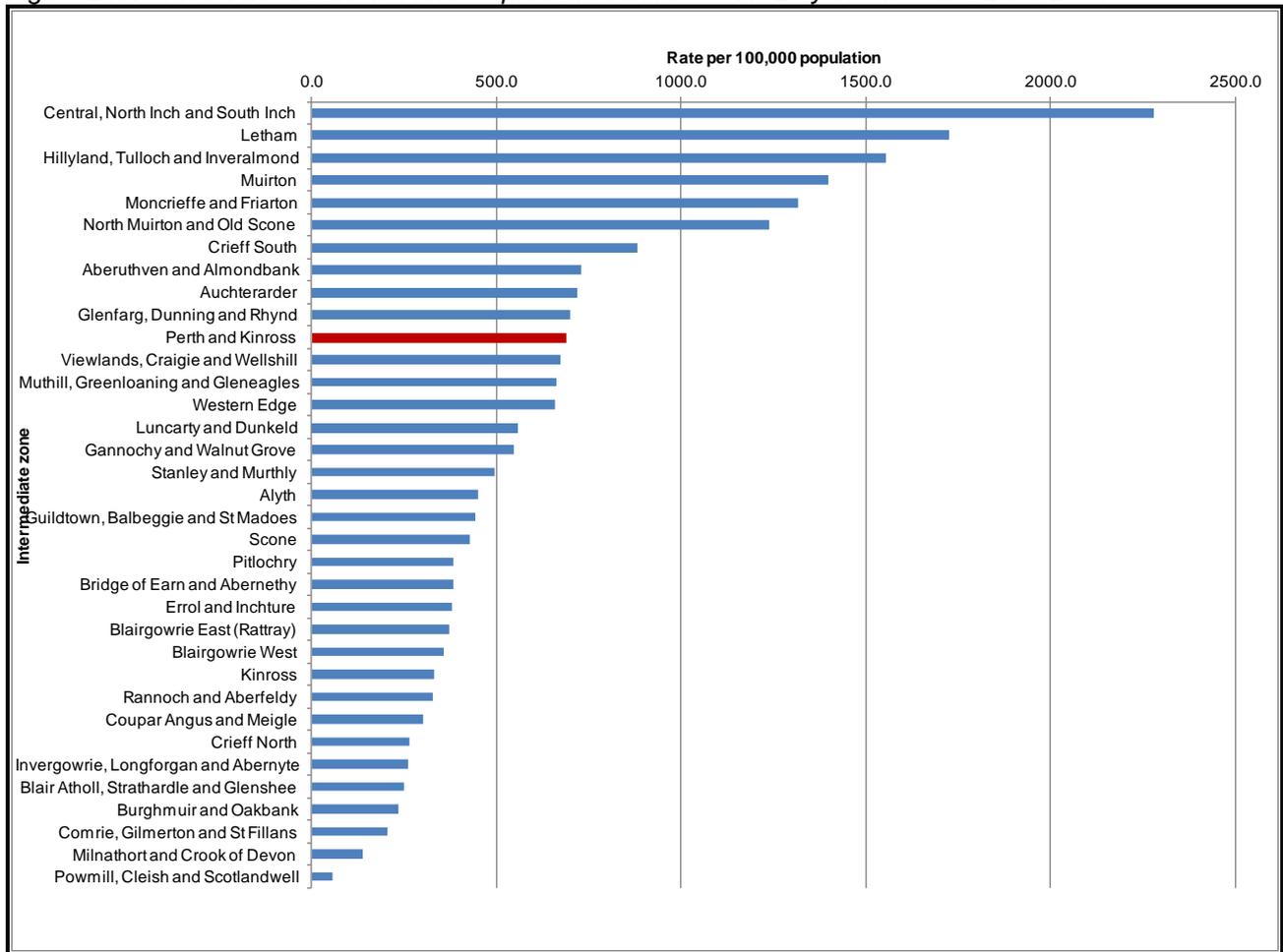
Figure 20: Perth & Kinross alcohol related presentations to A&E by day of the week 2014



Source: A&E systems accessed by NHS Tayside Business Unit

Figure 21 examines the A&E attendances by intermediate zone of residence of the individual attending. The presentation rate varies greatly across Perth & Kinross with the highest rate being in Central, North Inch & South Inch at 2,280 per 100,000 population compared to the lowest in Powmill, Cleish & Scotlandwell of 55.

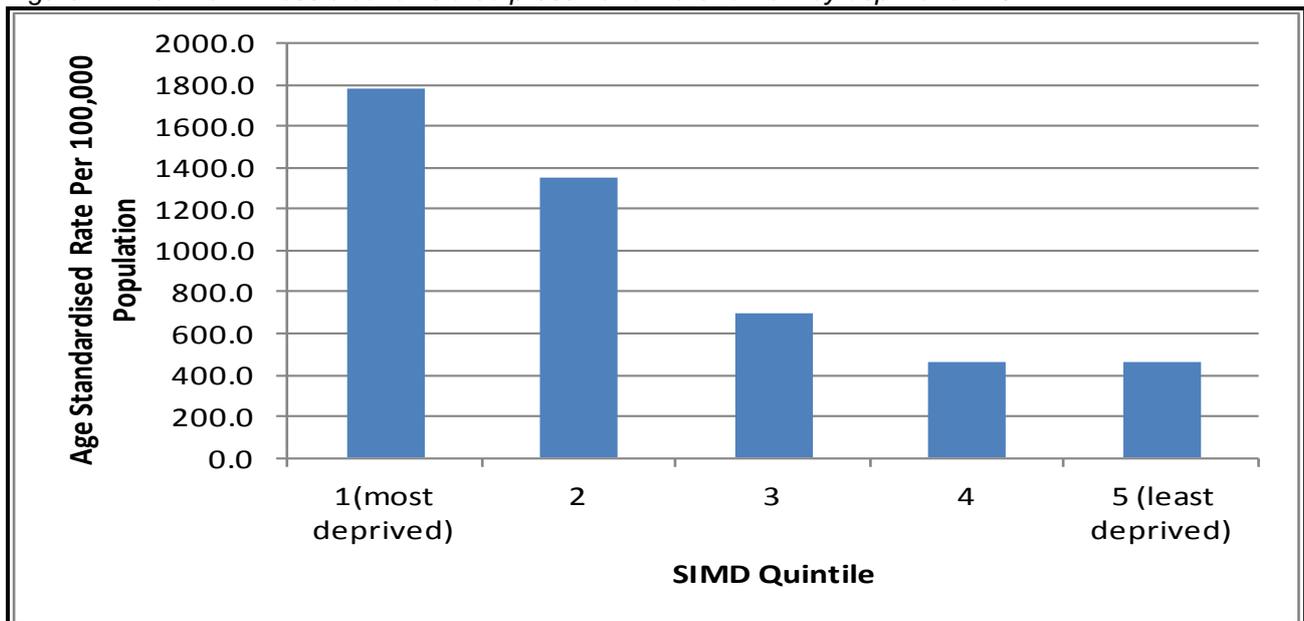
Figure 21: Perth & Kinross alcohol related presentation rate to A&E by intermediate zone 2014



Source: A&E systems accessed by NHS Tayside Business Unit

There is a clear deprivation gradient shown by alcohol related attendances to A&E as shown by Figure 22 with individuals from the most deprived areas accounting for 4 times the number of presentations by those from the most affluent areas.

Figure 22: Perth & Kinross alcohol related presentation rate to A&E by deprivation 2014

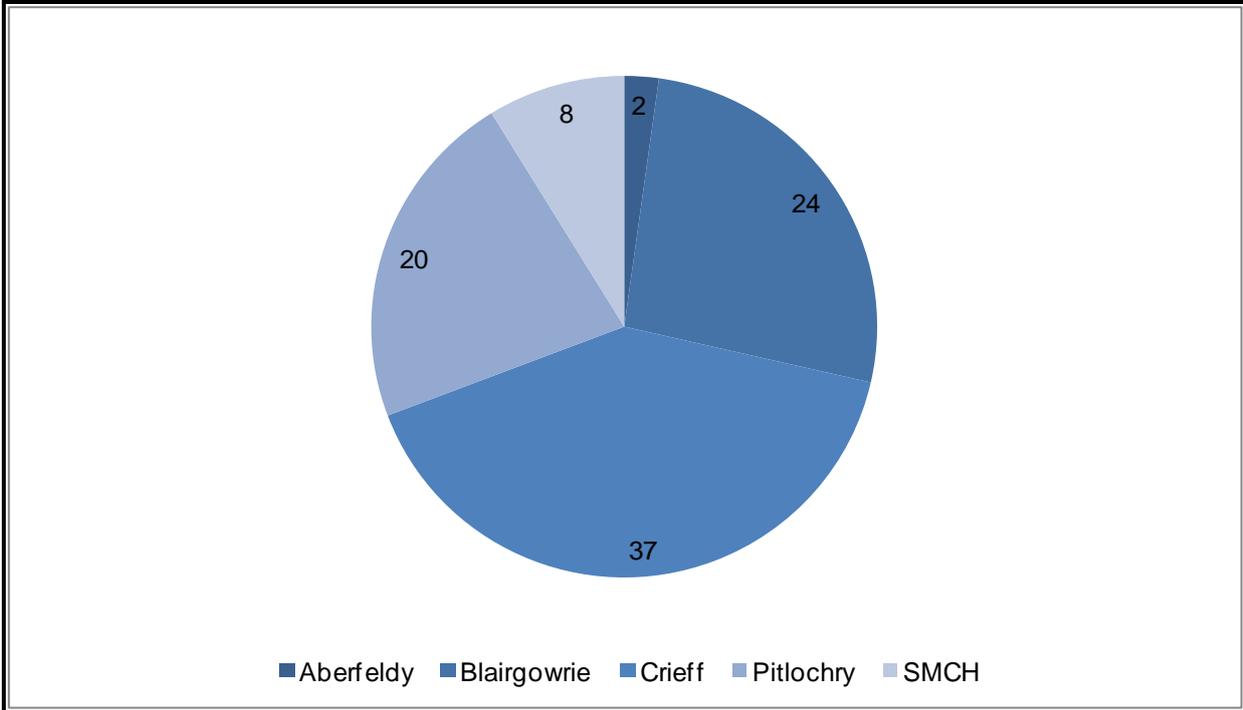


Source: A&E systems accessed by NHS Tayside Business Unit

Alcohol related MIU Attendances

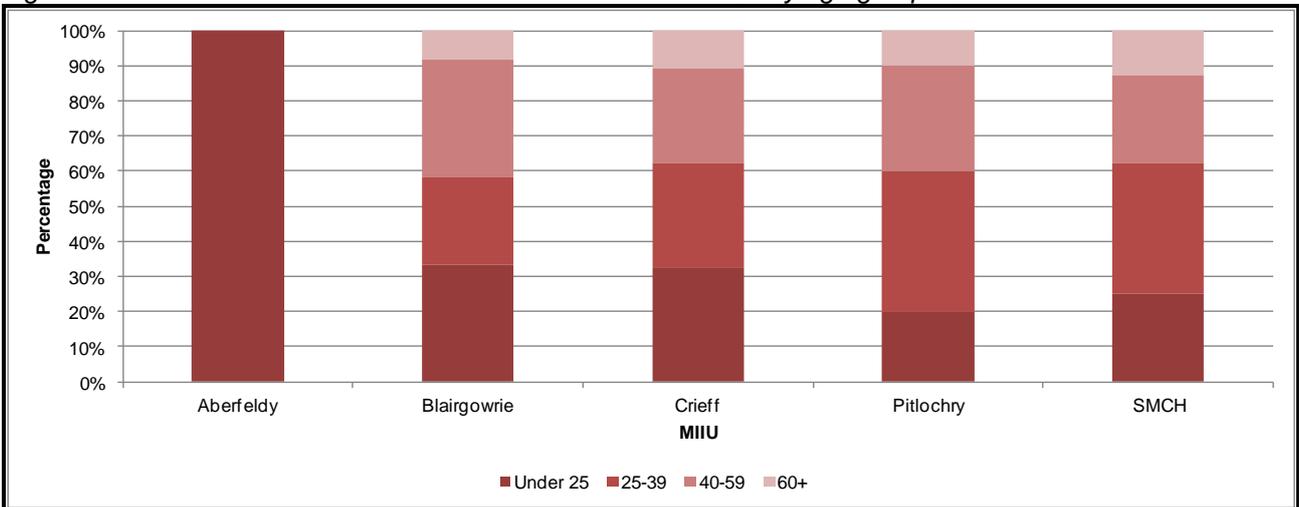
There are 5 Minor Injury and Illness Units (MIUs) in Perth & Kinross namely Aberfeldy, Blairgowrie, Crieff, Pitlochry and St Margaret’s Community Hospital (SMCH). In 2014, there were a total of 91 alcohol related attendances to the Perth & Kinross MIUs (see Figure 23). Figure 24 shows the age distribution of those attending the Blairgowrie, Crieff and Pitlochry MIUs. In Crieff, the largest proportion of attendances were those aged under 25 years while in Pitlochry, the largest proportion was in the 25-39 age group.

Figure 23: Alcohol related attendances to Perth & Kinross MIUs 2013



Source: NHS Tayside Business Unit

Figure 24: Alcohol related attendances to Perth & Kinross MIUs by age group 2014



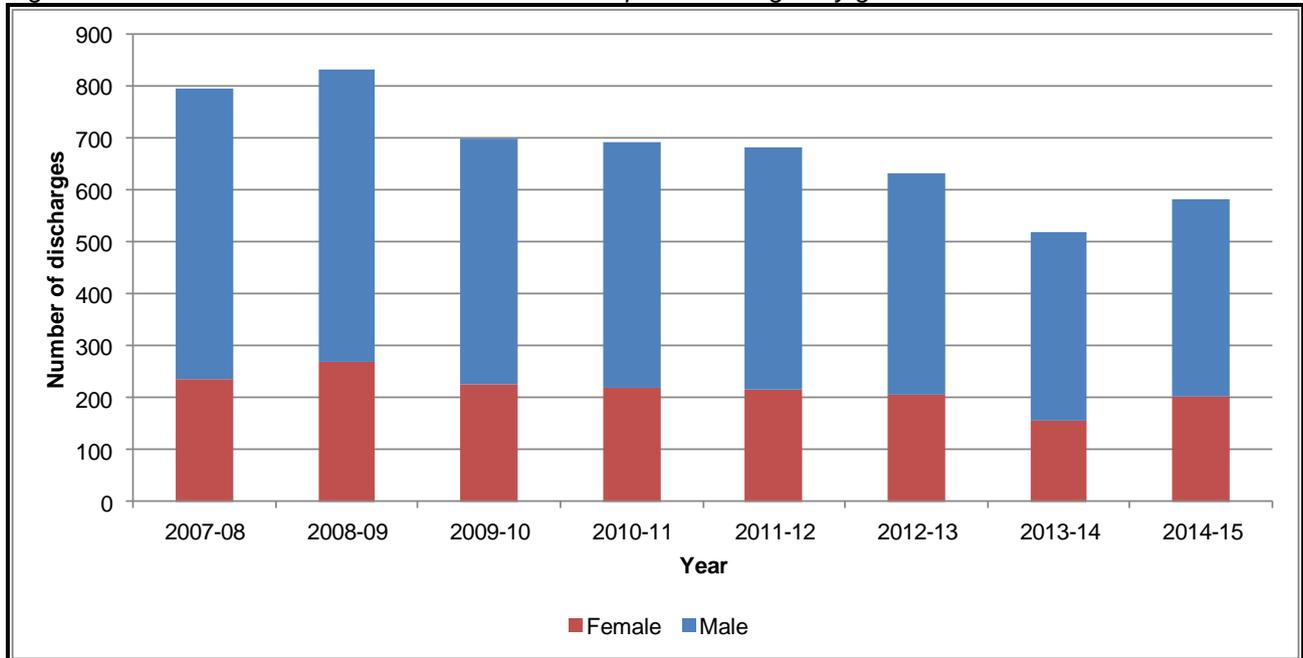
Source: NHS Tayside Business Unit

Alcohol related Hospital Discharges

Tackling alcohol related harm is one of the Scottish Government's key public health priorities. Alcohol related hospital discharges give a measure of the amount of harm to physical and mental health that alcohol misuse is causing.

In 2014/15, there were 582 alcohol related acute hospital discharges by Perth & Kinross residents with 68% being males. This equated to an age standardised rate of 389 per 100,000 population. The number of discharges had increased by 12% over the last year and Figure 26 shows that this is the first increase in what was a downward trend since 2008/09.

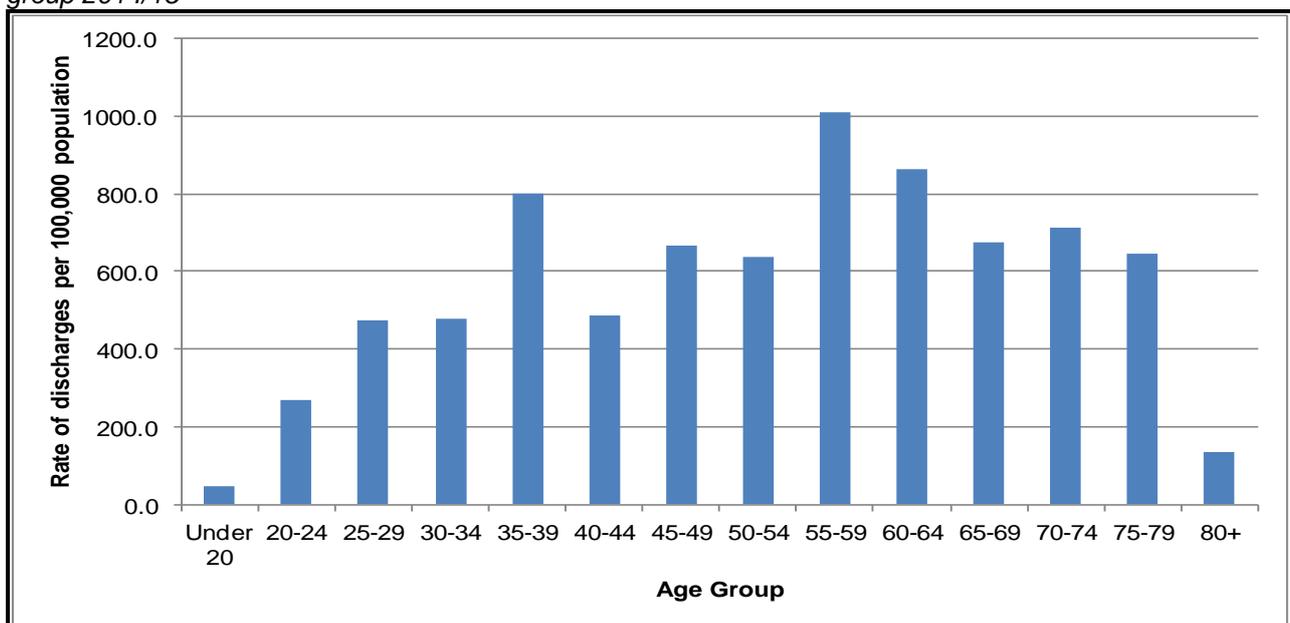
Figure 26: Perth & Kinross alcohol related acute hospital discharges by gender 2007/08-2014/15



Source: SMR01

Figure 27 shows 2014/15 alcohol related hospital discharge rates by age group. The rates vary slightly in the younger age groups but steadily increase to a peak in the 55-59 age band before falling again. Forty-five percent of the discharges in 2014/15 were people aged 50-70 years. This ageing population has been a consistent theme over the last few years and is a contrast to the demographics of alcohol related A&E attendances, who are more likely to be younger people. This could be a reflection of the multiple and complex needs that older people may have alongside or because of, their alcohol use.

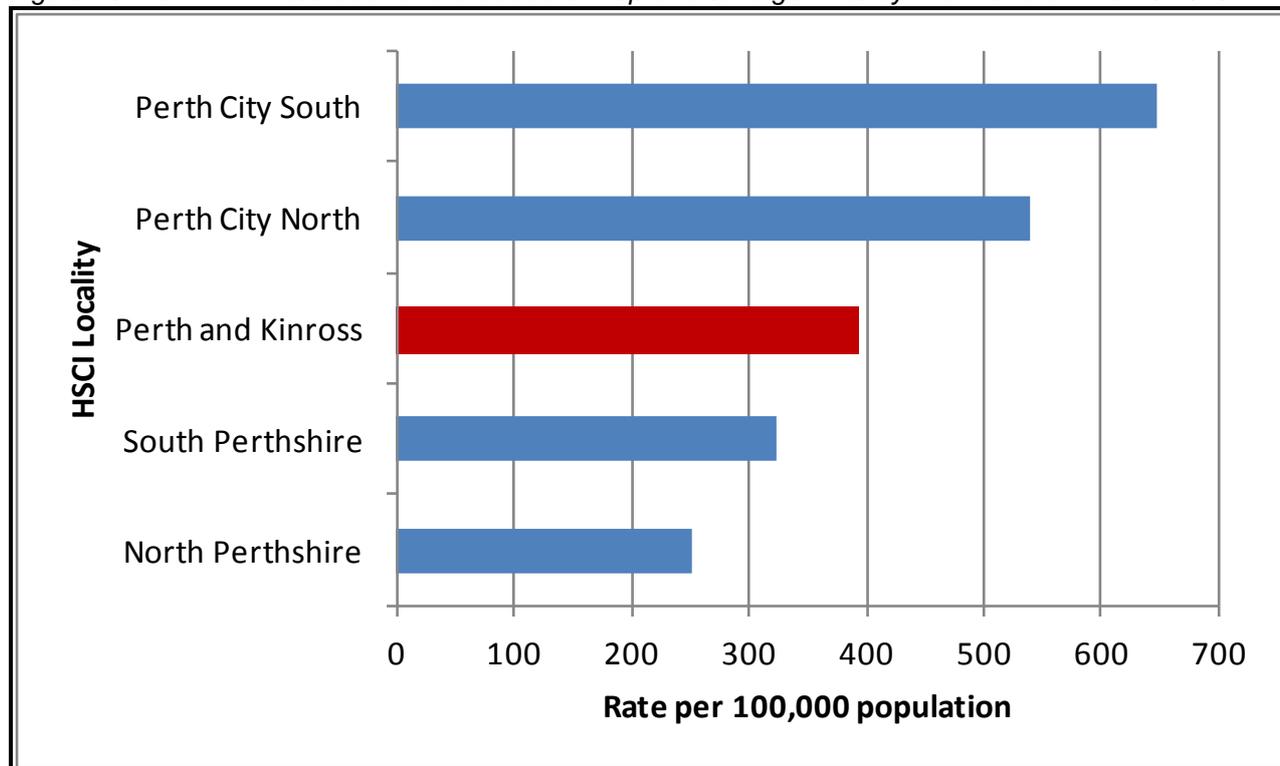
Figure 27: Perth & Kinross alcohol related acute hospital discharge rate per 100,000 population by age group 2014/15



Source: SMR01

Comparisons of alcohol discharge rates across Perth & Kinross can be made by examining Health and Social Care integration zones in 2014/15 as shown by Figure 28. The overall Perth & Kinross alcohol related discharge rate was 391 per 100,000 population. Within Perth & Kinross, the discharge rate varied from 252 per 100,000 population in North Perthshire to 649 in Perth City South.

Figure 28: Perth & Kinross alcohol related acute hospital discharge rates by intermediate zone 2014/15



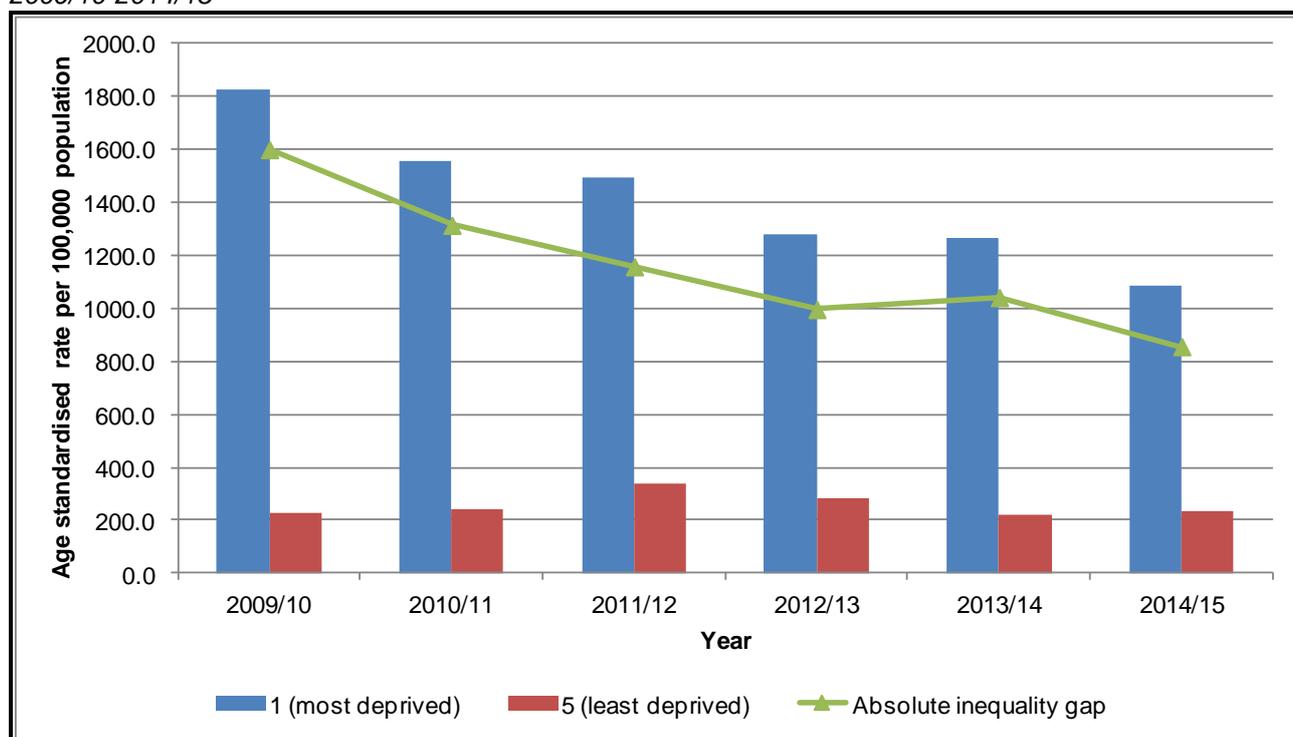
Source: SMR01 & NRS Midyear population estimates

Of the 582 alcohol related discharges in 2014/15, almost a third (32%) were due to the harmful use of alcohol while 30% had a diagnosis of acute intoxication recorded in one of six diagnosis positions. Alcoholic liver disease attributed to a further 15% of the discharges.

Figure 29 shows the relationship between alcohol related hospital discharges and deprivation. A clear inequality gradient exists, with individuals from the least affluent areas showing a higher discharge rate per 100,000 population. The green line on the chart shows the absolute inequality gap and shows that despite a fall in the overall number of discharges in Perth & Kinross in 2014/15, the inequality gap had widened. Previously, the inequality gap had been closing.

The overall inequality shown in alcohol related hospital discharges is similar to the pattern shown by presentations to A&E. Comparing the deprivation and hospital A&E attendances/acute discharges shown in Figures 22 and 29 with the alcohol consumption patterns by deprivation category in Figure 4, it is clear that although people from the least deprived areas consume just as much or more alcohol than those living in the most deprived areas, individuals from deprived areas are more likely to develop health problems due to their alcohol consumption.

Figure 29: Perth & Kinross alcohol related acute hospital standardised discharge rates by SIMD quintile 2009/10-2014/15



Source: SMR01 & NRS Midyear population estimates

Twenty nine percent of alcohol related acute hospital stays in 2014/15 were less than 24 hours with a further 63% being less than a week. Only 0.3% of alcohol related discharges spent more than 28 days in an acute hospital. The average length of stay in hospital for an alcohol related episode was 2.0 days in 2014/15 compared to 4.2 days in 2013/14.

Alcohol General Practice Consultations

PLEASE NOTE THAT THIS SECTION HAS NOT BEEN UPDATED AS NO RECENT DATA ARE AVAILABLE.

Data about GP consultations is taken from the Practice Team Information system which collects data from a sample of practices across Scotland covering 6% of the Scottish population. The alcohol related consultation estimates are based on the recording of codes directly attributable to alcohol and therefore are likely to be an underestimate of the total burden of morbidity due to alcohol in primary care.

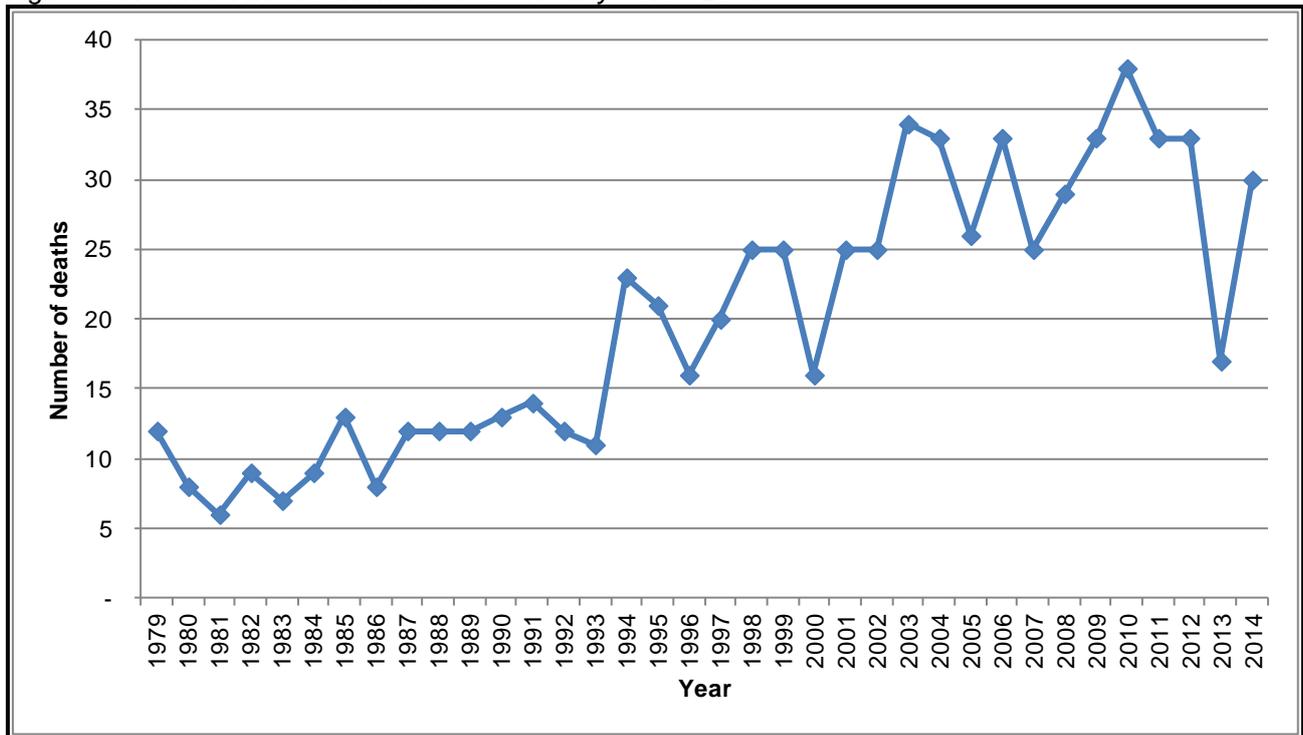
In 2012/13 across Scotland, the estimated patient contact rate for alcohol related conditions was 11.6 per 1,000 population. This was a decrease on the previous year despite the overall number of patients consulting a GP had increased. Two thirds of the contacts were male patients. The consultation rate for alcohol related conditions was higher in the most deprived areas than the least deprived areas.

Alcohol related Deaths

Alcohol related deaths may be counted in two different ways. The current UK definition reports on the underlying cause of death, in other words, the disease or injury which initiated the chain of morbid events leading directly to death. This definition is generally used for reporting high level trends in mortality data for national and international statistics. However, it does not include deaths where an alcohol related condition was recorded as a contributory factor but was not selected as the underlying cause. A broader definition of an alcohol related death includes all deaths for which there is 'any mention' on the death certificate of an alcohol related condition.

Figure 30 shows the pattern of Perth & Kinross alcohol deaths over the last 35 years where alcohol was the underlying cause of death and shows, despite some fluctuations and a large drop between 2012 and 2013, there has been an increase over time.

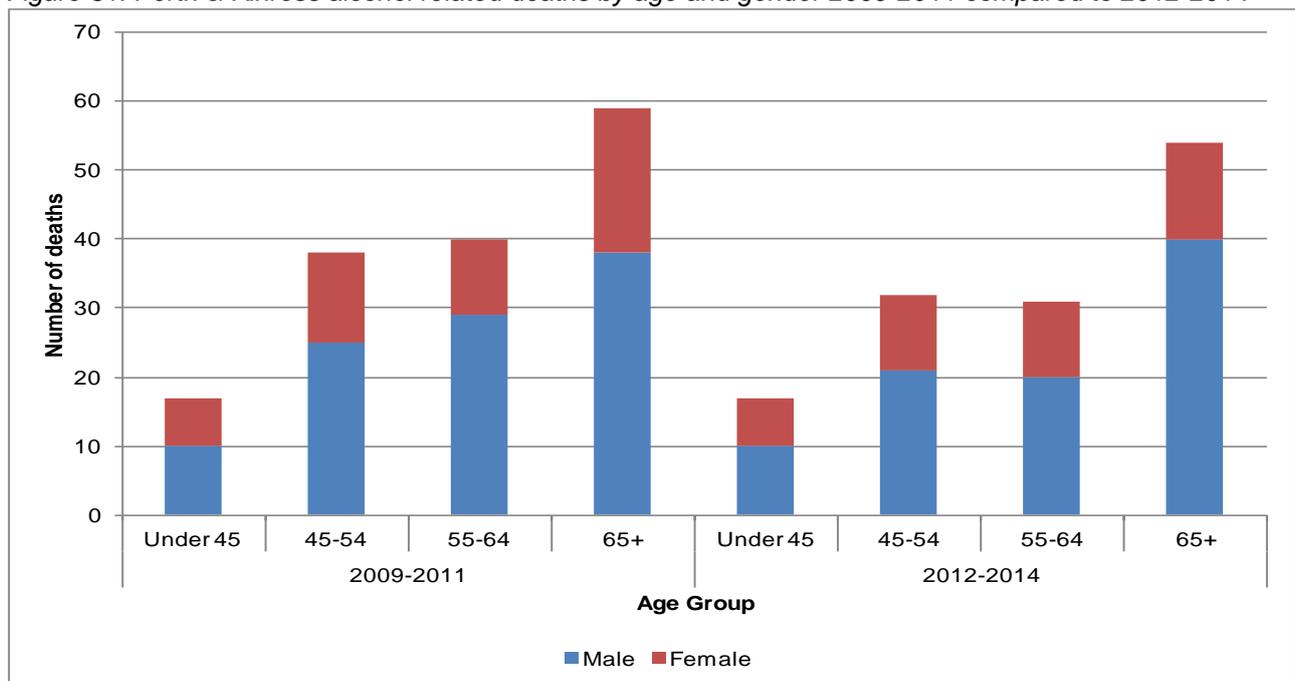
Figure 30: Perth & Kinross alcohol related mortality 1979 - 2014



Source: NRS

The rest of the analysis in this section uses the broader definition of an alcohol related death where alcohol can be mentioned in any of ten diagnosis positions. Between 2012 and 2014, there were 134 Perth & Kinross resident alcohol related deaths. This was a 13% decrease from the 152 deaths recorded in the three year period 2009-2011. The number of deaths in the three year period has been added together due to the small numbers involved. Figure 31 compares the demographics of those who died. In both time periods, the number of individuals dying was highest in the older age groups and approximately two thirds of the deaths were males. The chart shows that the number of deaths in the younger age groups dropped slightly in the most recent period whilst the number in the older age bands increased.

Figure 31: Perth & Kinross alcohol related deaths by age and gender 2009-2011 compared to 2012-2014

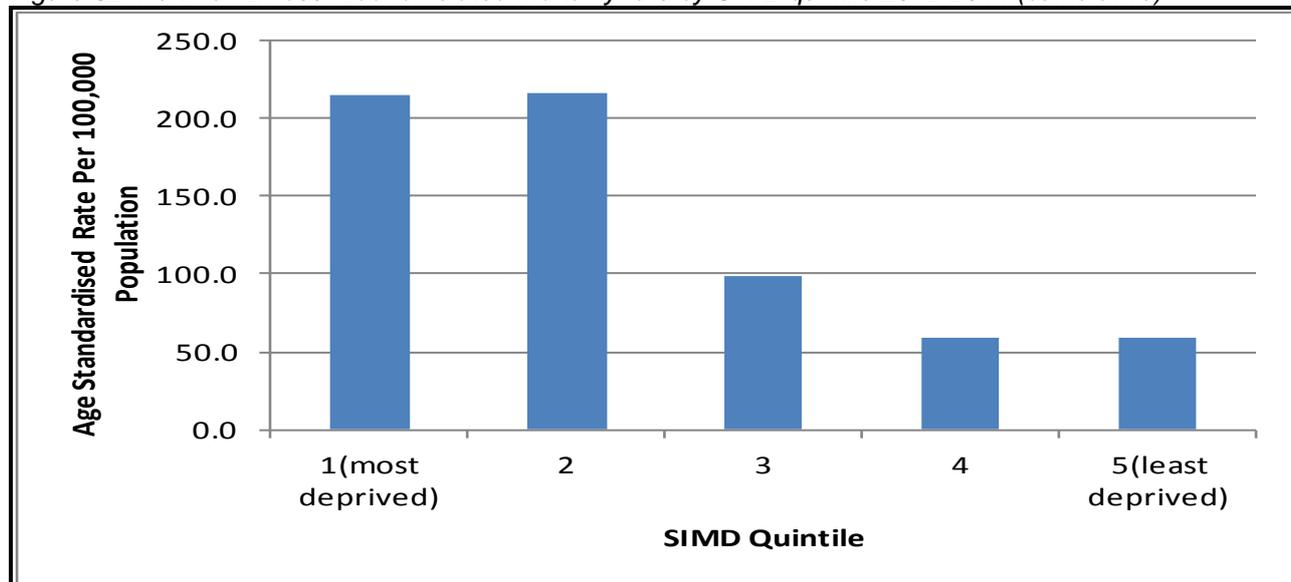


Source: NRS

The overall Perth & Kinross 3 year mortality rate for the three year period 2012-2014 was 89 deaths per 100,000 population. Examining deaths by intermediate zone in 2012-2014, the rate of death varied from 235 deaths per 100,000 population in Central North Inch and South Inch to 0 per 100,000 in Comrie, Gilmerton & St Fillans.

Examining alcohol related deaths by SIMD quintile previously showed a clear deprivation gradient however, due to the slightly and their geographical distribution this gradient is not as clear. In order to give an indication of scale it is more appropriate to add quintiles 1 and two and compare with the total for quintiles 4 and 5 combined. This shows that the rate of deaths from those in the more deprived areas is 3.5 times higher than those from the most affluent areas, thus confirming that although the least deprived have greatest consumption, the more deprived suffer the greatest health harm.

Figure 32: Perth & Kinross Alcohol related mortality rate by SIMD quintile 2012-2014 (cumulative)



Source: NRS

4.2 Health Harm – Drugs

Introduction

The majority of the data presented in this section are derived from the SMR01, and contain information about patients admitted to general hospitals (mainly for emergency treatment), where drugs misuse is diagnosed as a factor in the patient's treatment. Up to six diagnoses are recorded per admission, and episodes with either a main or a supplementary diagnosis of drugs misuse are included. Poisonings and overdoses are not included unless a diagnosis of drug misuse is also recorded. There is an element of double counting as episodes may be associated with, for example, diagnoses of both opiate and cocaine misuse.

National Outcome: HEALTH - People are healthier and experience fewer risks as a result of alcohol and drug use

The table below highlights the performance toward key indicators in relation to this outcome.

Key indicators
Drug related A&E attendances <ul style="list-style-type: none"> Data were analysed for the first time in 2013 with a Perth & Kinross age standardised rate of 164 per 100,000 population (see Figure 34).
Drug related acute hospital discharges <ul style="list-style-type: none"> The number of drug related hospital discharges decreased in Perth & Kinross by 11% between 2012/13 and 2013/14 giving an age standardised rate of 72 per 100,000 in 2013/14 (see Figure 36).
Blood Borne Viruses (BBV) <ul style="list-style-type: none"> The rate of infection of Hepatitis C in Tayside dropped between 2011 and 2012 from 69 to 54 per 100,000 population (see Figure 40).

Drug related deaths

- The number of drug related deaths in Perth & Kinross dropped from 8 to 3 between 2012 and 2013 and the rate of 3 per 100,000 population remains well below the national average of 10 per 100,000 (see Figure 42).

Harm reduction

- The number of attendances at Injecting Equipment Provision (IEP) outlets in Tayside increased from 24,602 in 2011/12 to 28,259 in 2012/13.
- The number of needles/syringes distributed in 2012/13 was 505,045.
- The number of naloxone kits given to people at risk of opioid overdose was 111 in 2013/14.
- As at July 2014, there were 343 individuals on a methadone prescription with 137 of these being supervised prescriptions.

National Benchmarking

Figure 33: Comparison of drug related acute hospital discharges (age/sex standardised rate per 100,000 population) and mortality (crude rate per 100,000 population)

ADP Area	Drug related acute hospital discharge rates (2012/13)	Drug related death rates per 100,000 (2013)
Perth & Kinross	93.8	6.1
Falkirk	40.6	3.7
Highland	239.9	12.3
West Lothian	217.8	15.5
Scotland	113.2	9.2

Source: SMR01 and NRS

Local Indicators

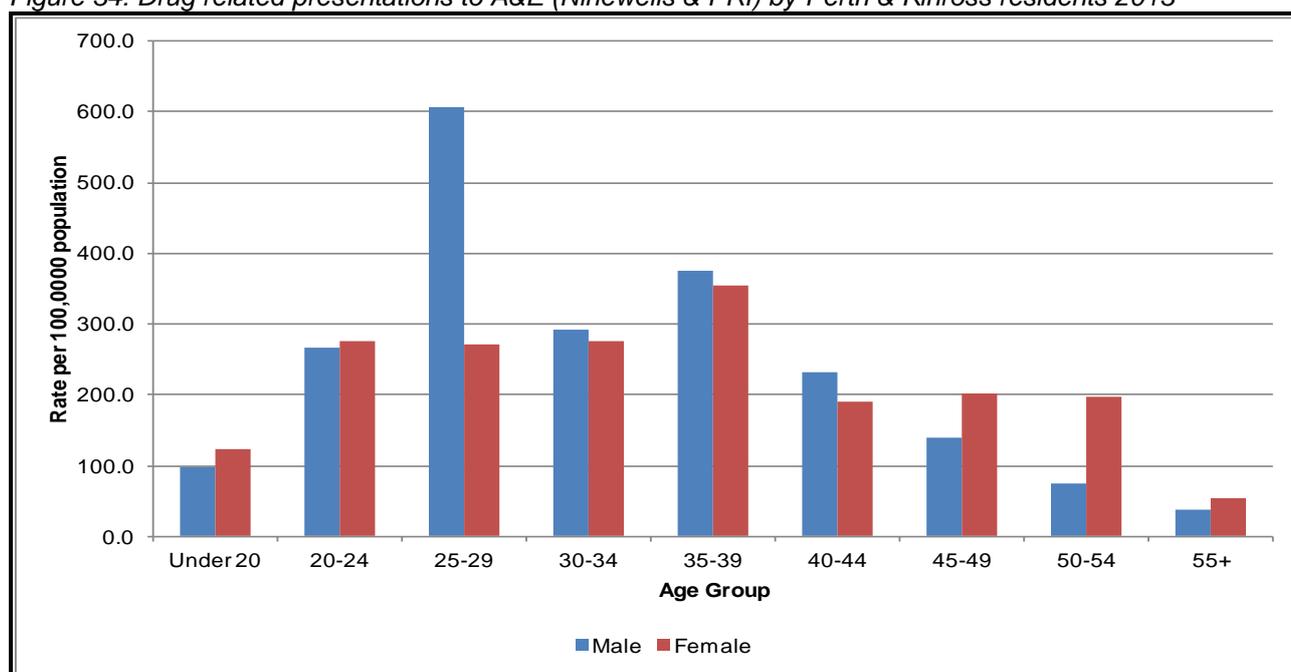
Drug related A&E Presentations

PLEASE NOTE THAT THIS SECTION HAS NOT BEEN UPDATED AS NO RECENT DATA ARE AVAILABLE.

This section shows attendances to the A&E department at Ninewells Hospital or Perth Royal Infirmary (PRI) by Perth & Kinross residents, where a drug related diagnosis was recorded. Note that these attendances could be due to prescribed or illicit drug use and the numbers are only an estimate as it is not always known if drugs have been involved. No data from MIUs are available.

In 2013, there were 222 drug related attendances to A&E by Perth & Kinross residents, an age standardised rate of 164 per 100,000 of the general population. No data are available for previous years. The highest rate of drug related attendances were males in the 25-29 years age category (see Figure 34).

Figure 34: Drug related presentations to A&E (Ninewells & PRI) by Perth & Kinross residents 2013



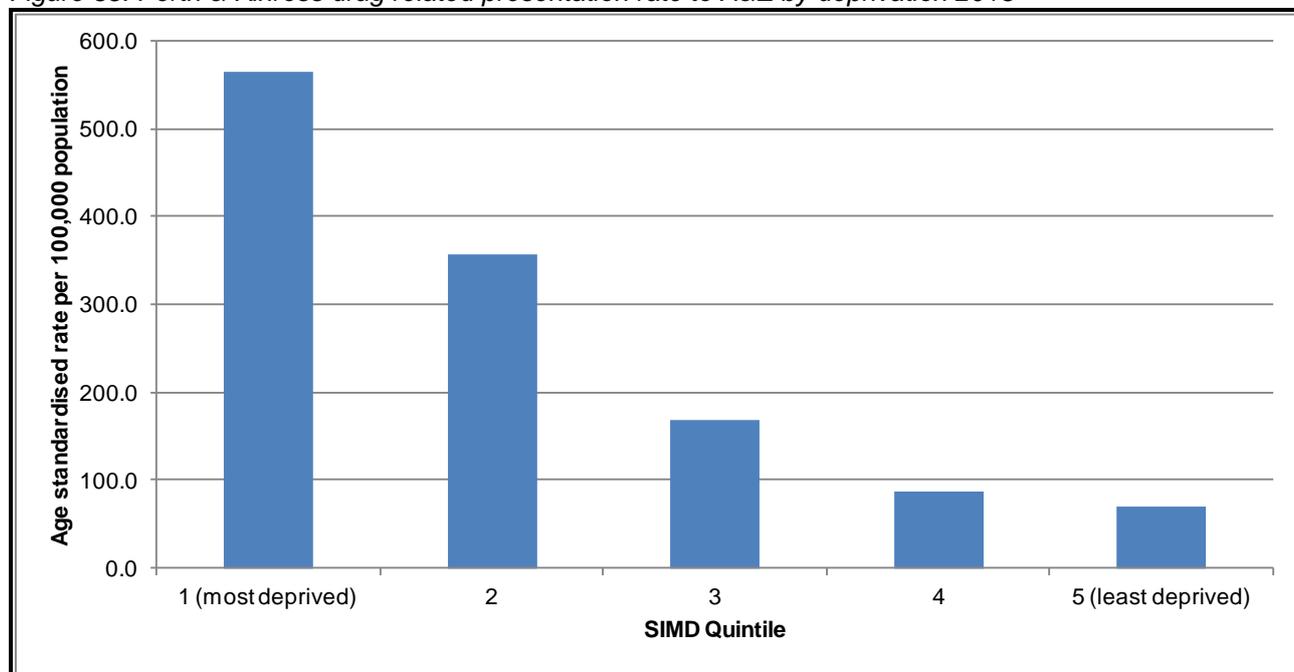
Source: Business Unit, NHS Tayside

The overall rate per 100,000 of Perth & Kinross residents to A&E with a drug related diagnosis was 150 but this rate varied from 1,058 in Central, North Inch & South Inch to 21 per 100,000 in Powmill, Cleish & Scotlandwell.

Of the 222 attendances, two fifths (88) were recorded with a 'multiple drugs overdose' diagnosis.

Similar to other health indicators that have been considered, an inequality gradient exists in the drug related presentation rate to A&E with rates in the most deprived areas 8 times higher.

Figure 35: Perth & Kinross drug related presentation rate to A&E by deprivation 2013

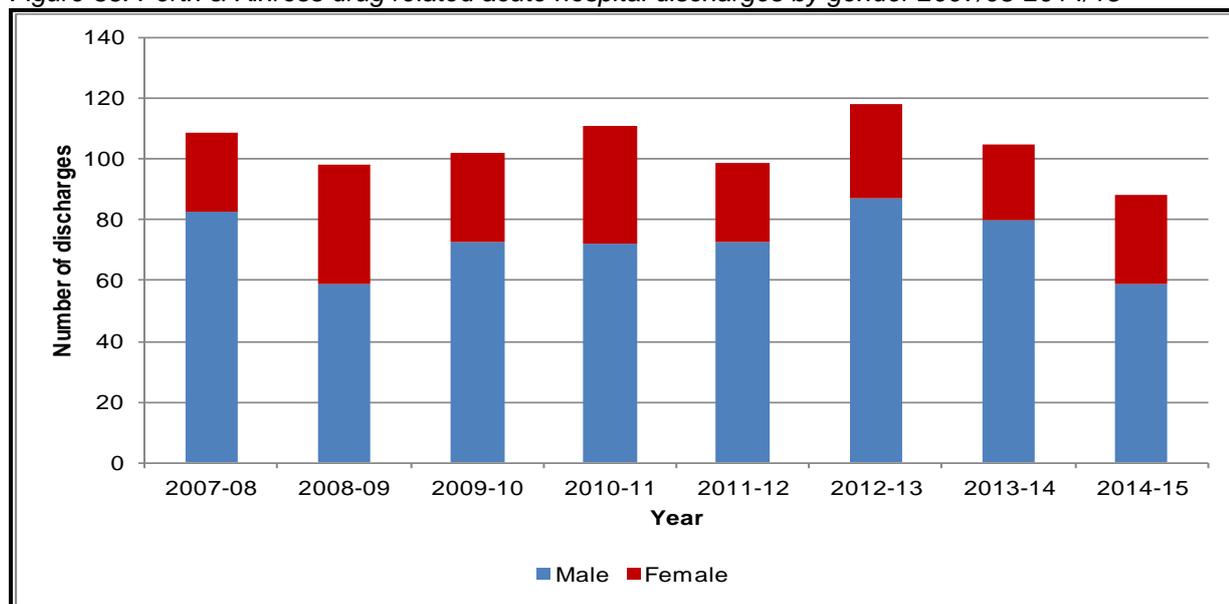


Source: Business Unit, NHS Tayside

Drug related Hospital Discharges

There were 88 drug related episodes in the acute hospital setting in 2014/15 for Perth & Kinross residents. This equated to a rate of 59 per 100,000 population. Figure 36 shows that the number of drug discharges has fluctuated over the period 2007/08 to 2014/15 and that male discharges have accounted for approximately 70% of the discharges.

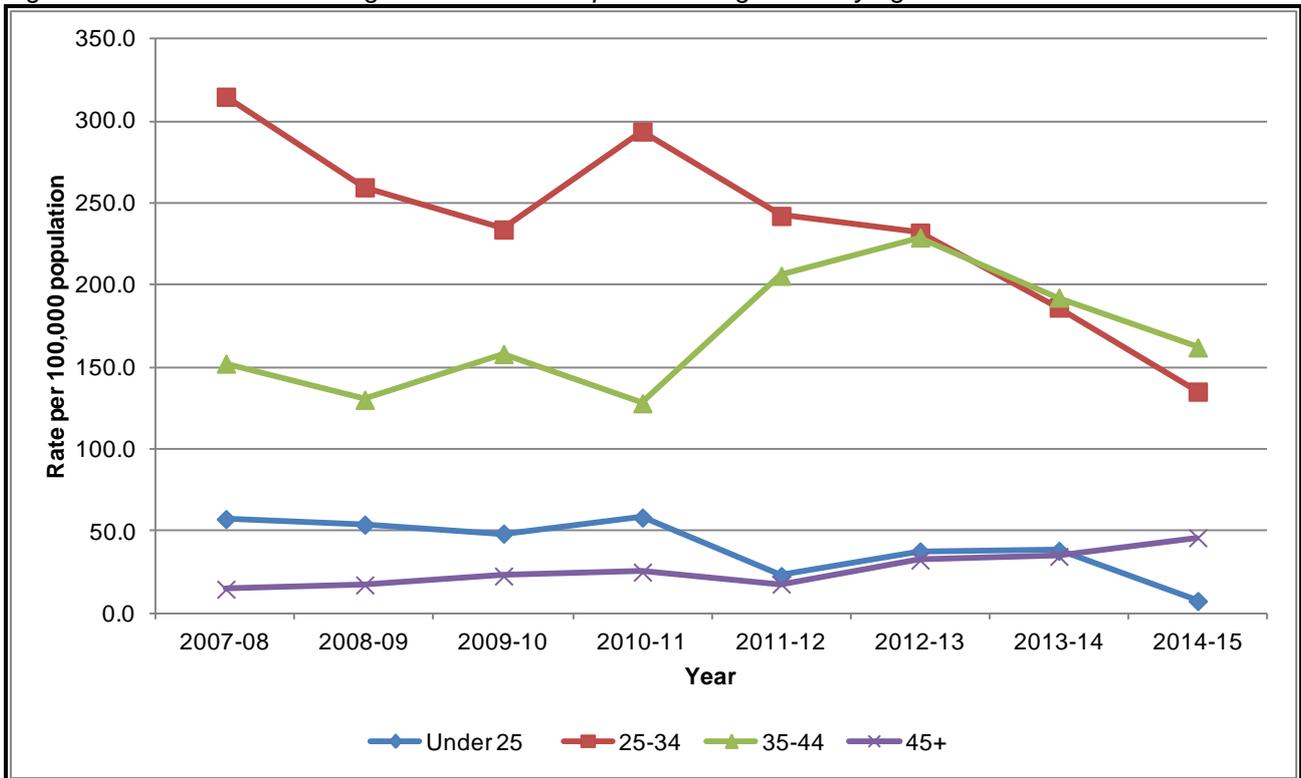
Figure 36: Perth & Kinross drug related acute hospital discharges by gender 2007/08-2014/15



Source: SMR01

Figure 37 shows the drug related discharge rates by age group and shows that, despite some fluctuations, the rates have decreased over time in the younger age groups (under 25 years and 25-34 years) while the older age groups have shown an increase in the discharge rate. In 2012/13 and 2013/14, the rates in the 25-34 and the 35-44 age group were broadly similar and both have reduced in 2013/14.

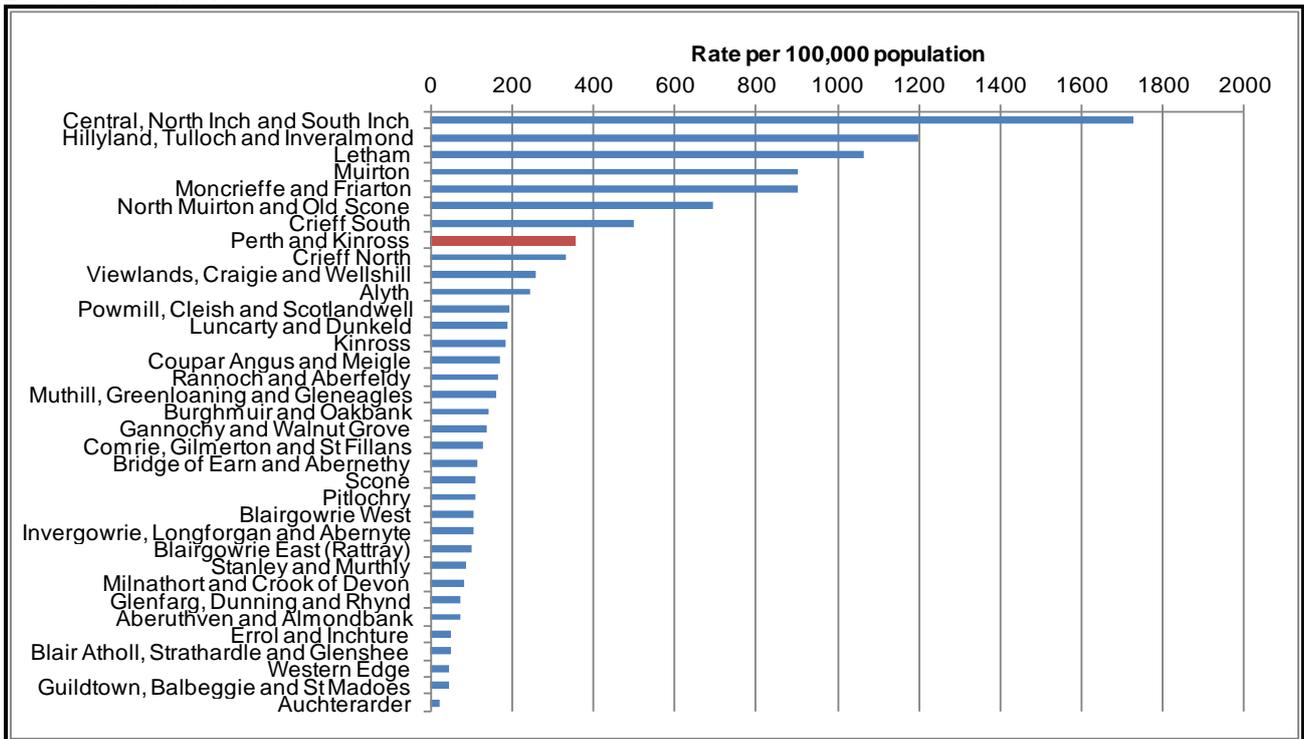
Figure 37: Perth & Kinross drug related acute hospital discharge rates by age 2007/08-2014/15



Source: SMR01

Figure 38 shows the 5 year discharge rate for drug related hospital episodes. The number of episodes over 5 years have been added together due to the small numbers involved. Central, North Inch & South Inch had the highest rate while Auchterarder had the lowest rate.

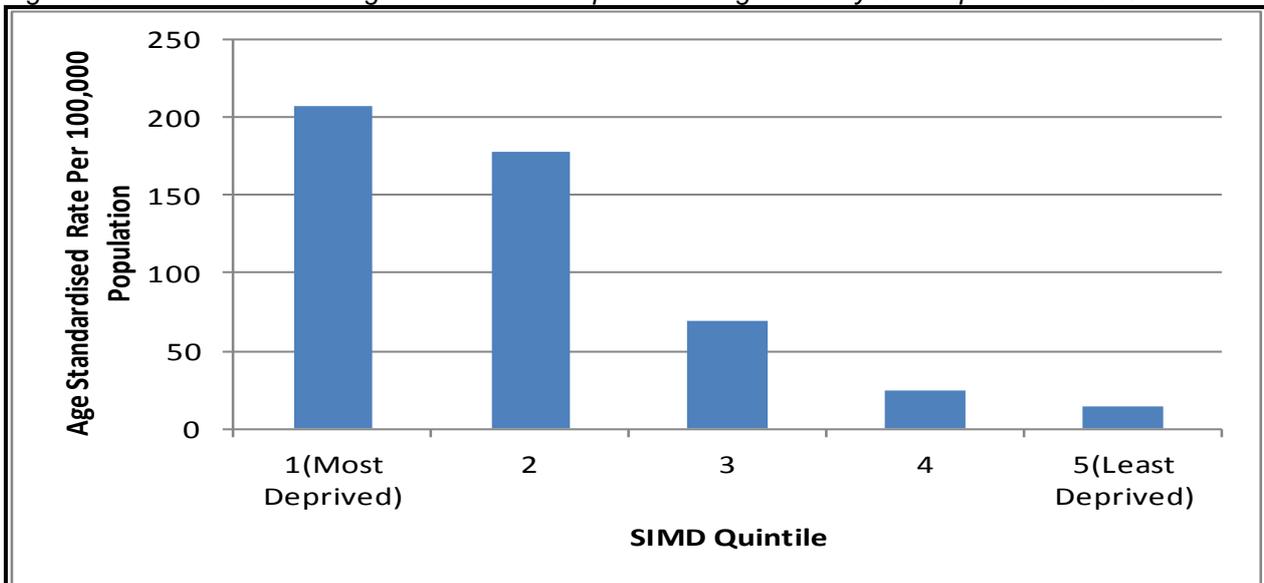
Figure 38: Perth & Kinross drug related 5 year acute hospital discharge rate by intermediate zone 2009/10-2014/15 cumulative



Source: SMR01 & NRS Midyear population estimates

In a similar manner to alcohol related hospital discharges, there is a higher rate of drug related discharges from those in the more deprived areas than those who live in the least deprived (Figure 39).

Figure 39: Perth & Kinross drug related acute hospital discharge rates by SIMD quintile 2014/15



Source: SMR01 & NRS Midyear population estimates

Examination of the diagnoses recorded for the 88 drug related episodes in 2014/15 shows that two thirds were opioid related with a further 20% being due to multiple drug use/psychoactive substances.

Drug General Practice Consultations

PLEASE NOTE THAT THIS SECTION HAS NOT BEEN UPDATED AS NO RECENT DATA ARE AVAILABLE.

Practice Team Information shows that there were an estimated 24,810 patients consulting their GP about drug misuse in 2012/13. The numbers appear to have decreased over the last ten years; in 2003/04 the estimated number of patients with drug-related consultations was 32,640. These patients had an average of 8.3 consultations in 2012/13, compared with 3.9 consultations for all patients seeing their GP.

The largest number of patients with a drug-related consultation was in the 25-44 year age group (an estimated 18,170 out of an estimated 24,400 patients), and around twice as many males were seen compared to females.

Males aged 18-44 with drug-misuse consultations were more likely to consult their GP regarding psychological signs and symptoms (20%) and anxiety disorders (15%) than all males within this age group (11% and 7% respectively). Females with drug-misuse consultations (aged 18-44) were also more likely to consult their GP regarding psychological signs and symptoms (26.9%), diseases of the upper respiratory tract (23%) and anxiety disorders (21%) compared to all females within the same age group (14%, 8% and 9% respectively).

An estimated 49% of the patients with a drug-misuse consultation lived in an area classed as in the most deprived SIMD quintile versus 4% living in the least deprived areas.

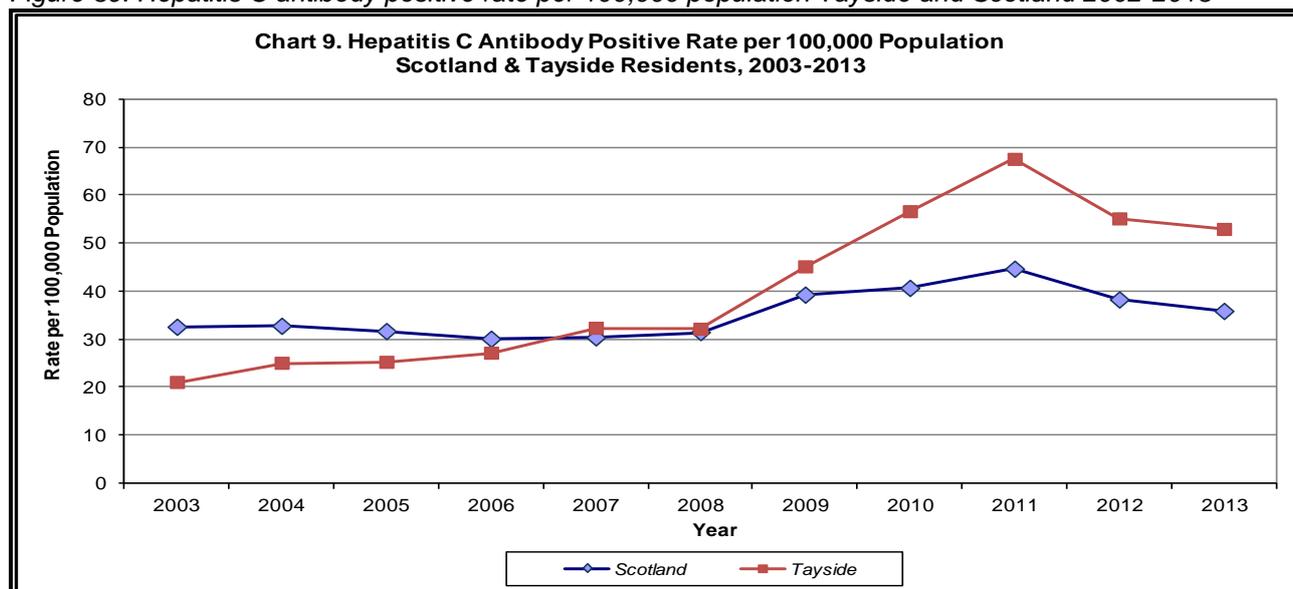
Blood Borne Viruses

People who inject drugs are vulnerable to a wide range of viral and bacterial infections. These infections can result in high levels of illness and in death. Data on Hepatitis B, C and HIV are collected by Health Protection Scotland. The data on cases of Hepatitis B are minimal and so no statistics are available here.

During 2013 in Tayside, there were 218 persons reported to be Hepatitis C positive, a rate of 52.9 per 100,000 population. This is a 4% decrease from 2012. Figure 39 shows the change in the rate over time.

As at 31st December 2013, there were a total of 2,898 people had been diagnosed Hepatitis C antibody positive in Tayside. Of these, 499 (17%) were known to have died. Of those infected in Tayside, 14% were aged 20-29 years, 28% were aged 30-39 years and 31% were aged 40-49 years.

Figure 39: Hepatitis C antibody positive rate per 100,000 population Tayside and Scotland 2002-2013



Source: Health Protection Scotland

In 2014, there were 22 new diagnoses of HIV in Tayside. Figure 40 displays the total burden of the disease as at 31st December 2014 by the method of transmission.

Figure 40: HIV-Infected persons in Tayside as at 31st December 2014

		Number of infected persons
New diagnoses in 2014		22
Estimated diagnosed cases alive as at 31st December 2013	Total	366
	Attending for specialist care	286
	Recently reported (but not yet attended for specialist care)	13
	% of diagnosed cases attending or recently reported	82%
	% attending cases on ART at any level	93%

Source: Health Protection Scotland

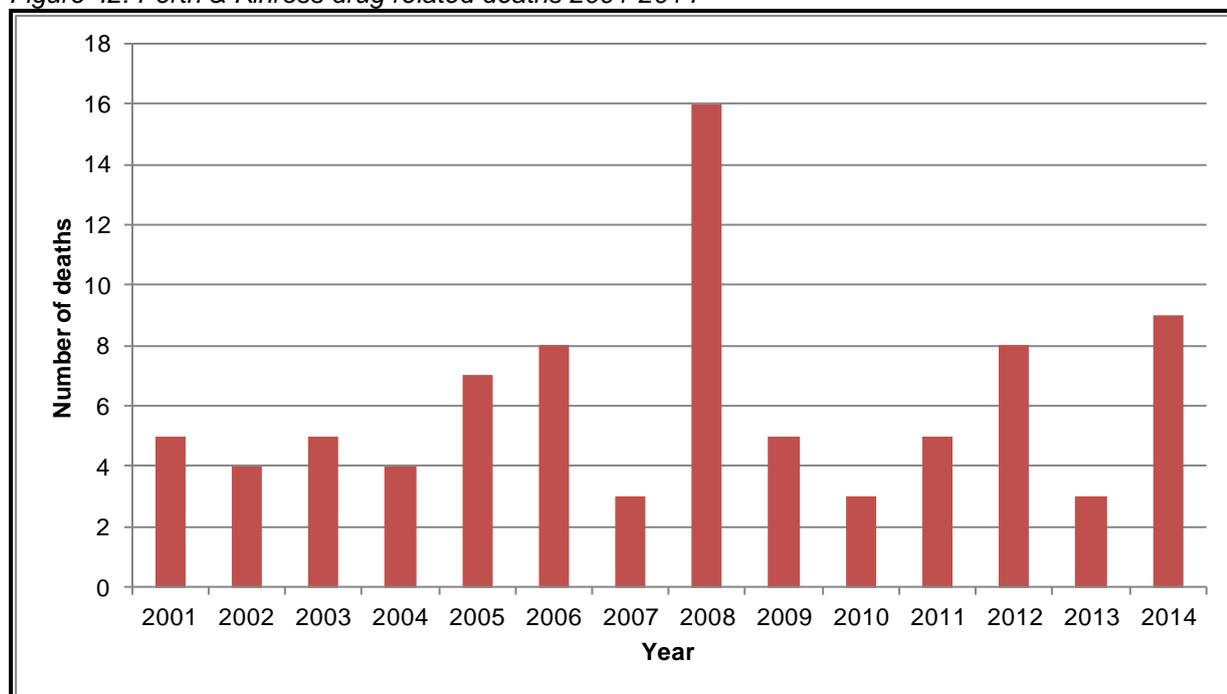
Drug related Deaths

The Tayside Drug Death Review and Working groups were set up in 2008 with the aim of understanding and preventing drug deaths. The National Drug Deaths Database was also launched in January 2009, acting on a recommendation that had come from the National Forum for Drug Related Deaths. Data collected for local analysis is also reported to the national database.

The definition of a drug death is complex, with individual studies adopting specific definitions, which vary depending upon the focus of the study. The results presented here are taken from the figures released by National Records of Scotland. More specific information can be found in the local report "Drug Deaths in Tayside, Scotland 2014".

In 2014, there were 9 drug related deaths in Perth & Kinross. Figure 42 shows the trends in drug deaths for the last 13 years. Although each death is unfortunate, numbers are small and so caution should be taken when considering fluctuations in the data. An analysis of changes over time can also be done grouping 5 years of data and then calculating the average annual number. Between 2000-2004 and 2010-2014, the average number of annual deaths in Perth & Kinross had risen from 4 to 6. The annual average rate for 2010-2014 was 4 per 100,000 population. The highest rate of drug deaths in Perth & Kinross was in the 35-44 age group with a rate of 12 deaths per 100,000 population.

Figure 42: Perth & Kinross drug related deaths 2001-2014



Source: NRS

In 2014, 5 of the 9 drug related deaths had a diagnosis of 'Accidental Poisoning' recorded. Heroin / morphine, methadone or bupren-orphine was listed as contributing to the cause of death in all 9 of the deaths.

Harm Reduction

In Tayside in 2015, there were 230 calls to the SAS where naloxone was administered to the patient with approximately 20% of these being to addresses in Perth & Kinross. This is an increase on the number of calls received in 2013 but a reduction in the number in Perth and Kinross of around 2%.

The number of naloxone kits given to people at risk of opioid overdose in Tayside increased from 319 in 2012/13 to 606 in 2014/15. In 2014/15, this equated to a rate of 131.7 per 1,000 problem drug users. Figures for Perth and Kinross show 144 Naloxone kits were issued in Perth and Kinross and 16 were used.

The number of attendances at Injecting Equipment Provision (IEP) outlets in Tayside decreased from 28,259 in 2012/13 to 24,592 in 2013/14. The number of needles/syringes distributed to Perth and Kinross clients in 2014/15 was 104,170.

As at March 2015, there were 471 individuals on a methadone prescription in Perth & Kinross.

New Psychoactive Substances (NPS)

There has been increasing concern about new psychoactive substances in recent years. The number of substances that are available and circulating on the European market are increasing year on year and NPS have been implicated in the deaths of several people in Scotland in recent years. Such is the concern that the Scottish Government have made tackling NPS a priority for local Alcohol and Drugs Partnerships. A needs assessment on the impact of these substances on the population of Tayside is currently underway and a report will be available by the end of September.

5. Social Harm

5.1 Social Harm – Alcohol

Introduction

PLEASE NOTE THAT THIS SECTION HAS NOT BEEN UPDATED AS DATA IS NOT YET AVAILABLE.

Excess consumption of alcohol either in a single session or over a period of time can result in a variety of social problems not only for those that drink, but also for others, such as their family. These problems include anti-social behaviour due to drinking and drinking which results in a specific alcohol criminal offence, such as drunkenness or drunk driving. Crimes such as assault and burglary, which may be committed in the context of alcohol use and form some part of the social harm arising from its use cannot be included in the profile at present because data is not routinely recorded or collected to identify the involvement of alcohol.

National Outcome: COMMUNITY SAFETY - Communities and individuals are safe from alcohol and drug related offending and anti-social behaviour

The table below highlights the performance toward key indicators in relation to this outcome.

Key indicators
Alcohol related crimes <ul style="list-style-type: none">• Of the serious assaults committed in 2013/14 in Perth & Kinross, 68% (n=32) were thought to be alcohol related.• 44% (n=219) of Breach of the Peace incidents were alcohol related.• 50% (n=634) of petty assaults involved alcohol.

Local indicators

Social Harm – Alcohol – Adults

In common with every community in Scotland, those in Perth & Kinross experience unacceptable levels of violence and disorder. Alcohol is the single biggest aggravating factor and was thought to be an aggravator in a high proportion of crimes in 2013. Of the serious assaults committed in 2013/14 in Perth & Kinross, 68% (n=32) were thought to be alcohol related, 44% (n=219) of Breach of the Peace incidents were alcohol related and 50% (n=634) of petty assaults involved alcohol.

The victim of alcohol related violence is more likely than not to know their attacker. This is true particularly for domestic and other offences occurring in private homes. Violent crime in licensed premises and on the streets of the town centres are more likely to involve a complainer and offender who have not any history with each other that explains the violent encounter. The issues surrounding alcohol related violence – particularly in the town centres – are complex, involving our cultural relationship with alcohol, attitudes to drunkenness and a wide range of other social and socio-economic factors.

There were 460 offences for ‘driving under the influence’ reported in Tayside in 2012/13 in the Recorded Crime in Scotland 2013 statistics published by the Scottish Government. This equated to a rate of 11 per 10,000 population. In addition, 248 drunkenness offences were recorded equating to a rate of 6 per 10,000 population. Both these rates were lower than those recorded in 2011/12.

Social Harm - Alcohol - Children and Young People

Information from the Scottish Children’s Reporter Administration (SCRA) shows that in Perth & Kinross in 2014/15, less than 5 children were referred for alleged misuse of alcohol and none for Drugs.

The 2013 SALSUS found that 13% of Perth & Kinross 13 year olds and 9% of 15 year olds who reported drinking, got into trouble with the police as a result of drinking alcohol.

Alcohol related violent offences committed by those aged under 18 years old may only account for a small proportion of the total crimes however these young people are particularly vulnerable and this is evidence that young people in Perth & Kinross are putting themselves in danger on a regular basis by their alcohol misuse.

5.2 Social Harm – Drugs

Introduction

As with alcohol, drugs can have a huge impact not only on the individuals using the drugs but also their family and neighbourhoods.

National Outcome: COMMUNITY SAFETY - Communities and individuals are safe from alcohol and drug related offending and anti-social behaviour

The table below highlights the performance toward key indicators in relation to this outcome.

Key indicators
Drug use funded by crime The percentage of new clients at specialist drug treatment services who report funding their drug use through crime had reduced from 39% to 23%.
Community Payback Orders The number of Community Payback Orders issued where alcohol and drug treatment was required had remained the same at 42 in 2012/13 & 2013/14 but the completion rate of the requirements had increased from 48% in 2012/13 to 52% in 2013/14.

Local indicators

Social Harm – Drugs – Adults

As mentioned previously, 8% of people surveyed in Perth & Kinross reported that drug misuse and dealing was 'very or fairly common' in their neighbourhood in 2014.

Drug related offences data recorded by Police Scotland show that in 2014/15, there were 2,226 drug related offences in Tayside. This equated to a rate of 54.1 per 10,000 population and was a drop of 5.4% from 2013/14.

Figures for Perth & Kinross from Police Scotland suggest that there were 292 drug related crimes in 2012, committed by 167 offenders. The largest majority (36%) of these were committed by individuals aged 25-30 years and 77% were males.

6. Recovery

Introduction

NOTE THAT THIS SECTION IS UNDER DEVELOPMENT.

National outcome: RECOVERY - Individuals are improving their health, well-being and life chances by recovering from problematic drug and alcohol use

The table below highlights the performance toward key indicators in relation to this outcome.

Key Indicators
Proportion experiencing physical health improvements (Tayside Council on Alcohol (Perth) clients see Figure 43) <ul style="list-style-type: none"> 88% of clients reported that their physical health had improved.
Proportion reporting increased confidence/self-esteem (Tayside Council on Alcohol (Perth) clients see Figure 43) <ul style="list-style-type: none"> 86% of clients reported an improvement in their confidence/self-esteem
Proportion reporting increased motivation (Tayside Council on Alcohol (Perth) clients see Figure 43) <ul style="list-style-type: none"> All 65 clients reviewed reported an increase in their motivation.

Local Indicators

The Perth & Kinross ADP have commenced collection of routine performance and outcomes information. This work is in the early stages however Tayside Council on Alcohol have provided some outcomes information on 65 of their alcohol clients and this is shown here as an example of the data that will be available.

Figure 43 shows the progress made by 65 clients for specific outcomes for alcohol clients in the Tayside Council on Alcohol (Perth & Kinross) service. All adult clients are reviewed every 4th appointment. However, sometimes clients leave the service prior to a final review. This has been identified for further exploration to ensure that the review completion rate is improved.

Figure 43: Outcomes for clients in Tayside Council on Alcohol (Perth & Kinross)

ADULT OUTCOMES	Percentage (n=65)	
	Fully achieved or made progress	No change/maintained previous progress
Not consuming alcohol	92%	8%
Reduction in consumption of alcohol	85%	15%
Improved physical health	88%	12%
Improvement in psychological health	80%	20%
Improved relationships	88%	12%
Increased motivation	100%	-
Increased confidence and self-esteem	86%	14%

7. Families

Introduction

Substance misuse can have harmful and wide-reaching consequences for not only the individuals using the substances but also their families.

National Outcome: FAMILIES - Children and family members of people misusing alcohol and drugs are safe, well-supported and have improved life-chances

The table below highlights the performance toward key indicators in relation to this outcome.

Key Indicators
Proportion improving relationships (Tayside Council on Alcohol (Perth) clients see Figure 43). <ul style="list-style-type: none"> 88% of clients reviewed reported an improvement in their relationships.
The rate of maternities recording drug use (three year rolling average) has increased over time but has been consistently lower than the national average. In the most recent three year period, the Perth & Kinross rate was 10.8 per 1,000 maternities (see Figure 45).
The rate of Child Protection Case Conferences where parental drug and alcohol abuse has been identified as a concern/risk had increased from 8.0 per 10,000 population aged under 18 years to 11 per 10,000 (see Figure 44).

National Benchmarking

Figure 44: Child case conferences where parental alcohol and/or drugs are identified as an issue as at 31st July 2014 (rate per 10,000 population aged under 18 years)

ADP Area	Parental drug misuse	Parental alcohol or drug misuse	Parental alcohol misuse
Perth & Kinross	7.5	11.0	5.3
Falkirk	10.7	19.1	15.0
Highland	4.4	7.9	4.4
West Lothian	6.1	9.4	5.8
Scotland	6.7	10.9	6.2

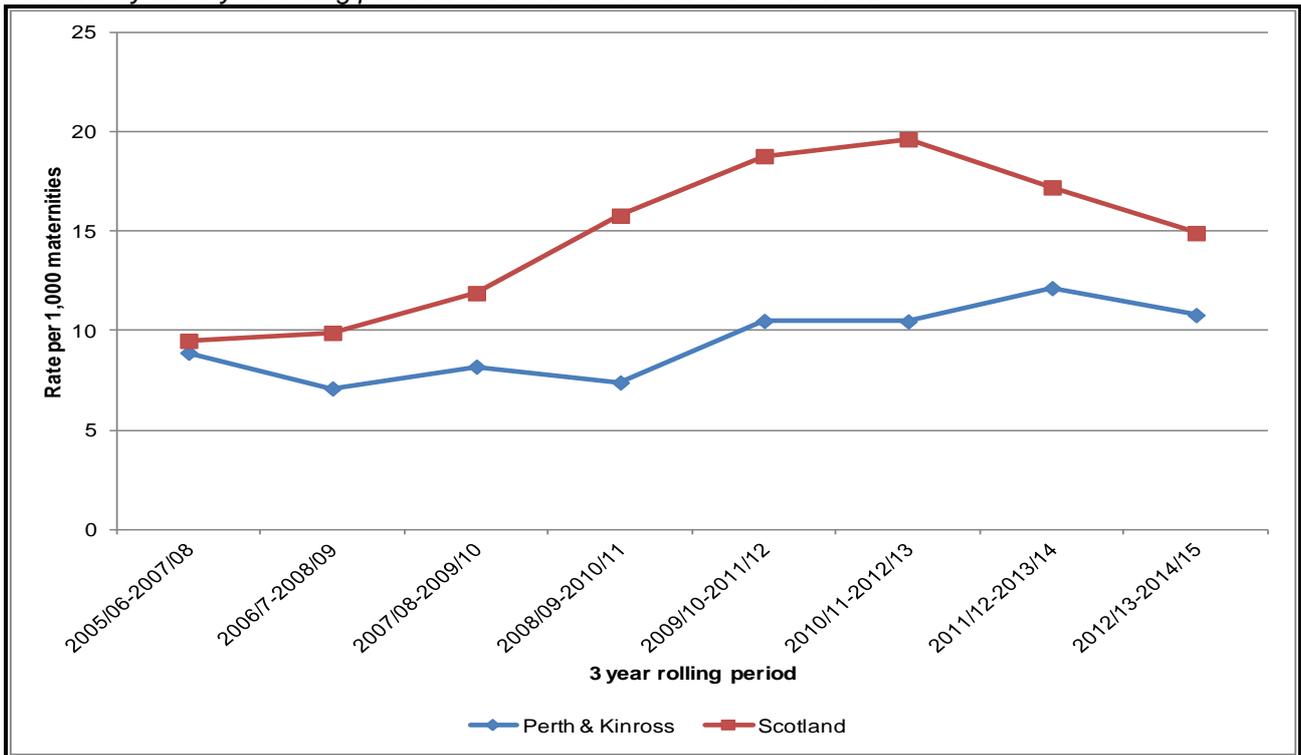
Source: ScotPHO Alcohol & Drug Profiles

Local Indicators

Maternities recording drug misuse

The number and rate of maternities recording drug misuse in Perth & Kinross has increased over time. However, the national rate has also increased and has been consistently higher since 2005/06. It should be noted however that the recording of this information is being monitored and improved and so could be a contributory factor to the increase.

Figure 45: Rate of maternities per 1,000 with a diagnosis of drug misuse recorded in Perth & Kinross and Scotland by three year rolling period 2005/06-2007/08 to 2009/10-2011/12



Source: SMR02, ISD Scotland

8. Service Contact

8.1 Service Contact – Alcohol

Introduction

Very little routine information is collected locally or nationally on individuals accessing alcohol services. However, information is collected for the two Scottish Government HEAT Standards which relate to substance misuse – A11 Access to Substance Misuse Treatment and H4 Alcohol Brief Interventions.

National Outcome: SERVICES - Alcohol and drugs prevention, treatment and support services are high quality, continually improving, efficient, evidence-based and responsive, ensuring people move through treatment into sustained recovery

The table below highlights the performance toward key indicators in relation to this outcome.

Key Indicators
Alcohol brief interventions (ABIs) delivered in accordance with the HEAT Standard guidance
<ul style="list-style-type: none">Tayside surpassed the target number of interventions in 2014/15 by 8%.In 2014/15, there were ABIs carried out in Perth & Kinross.

National Benchmarking

Figure 46: Percentage of HEAT standard achieved – Alcohol Brief Interventions 2013/14

ADP Area	Percentage achieved compared to target number of ABIs
Perth & Kinross (NHS Tayside)	108%
Falkirk (NHS Forth Valley)	288%
Highland (NHS Highland)	218%
West Lothian (NHS Lothian)	245%
Scotland	162%

Source: ISD Scotland

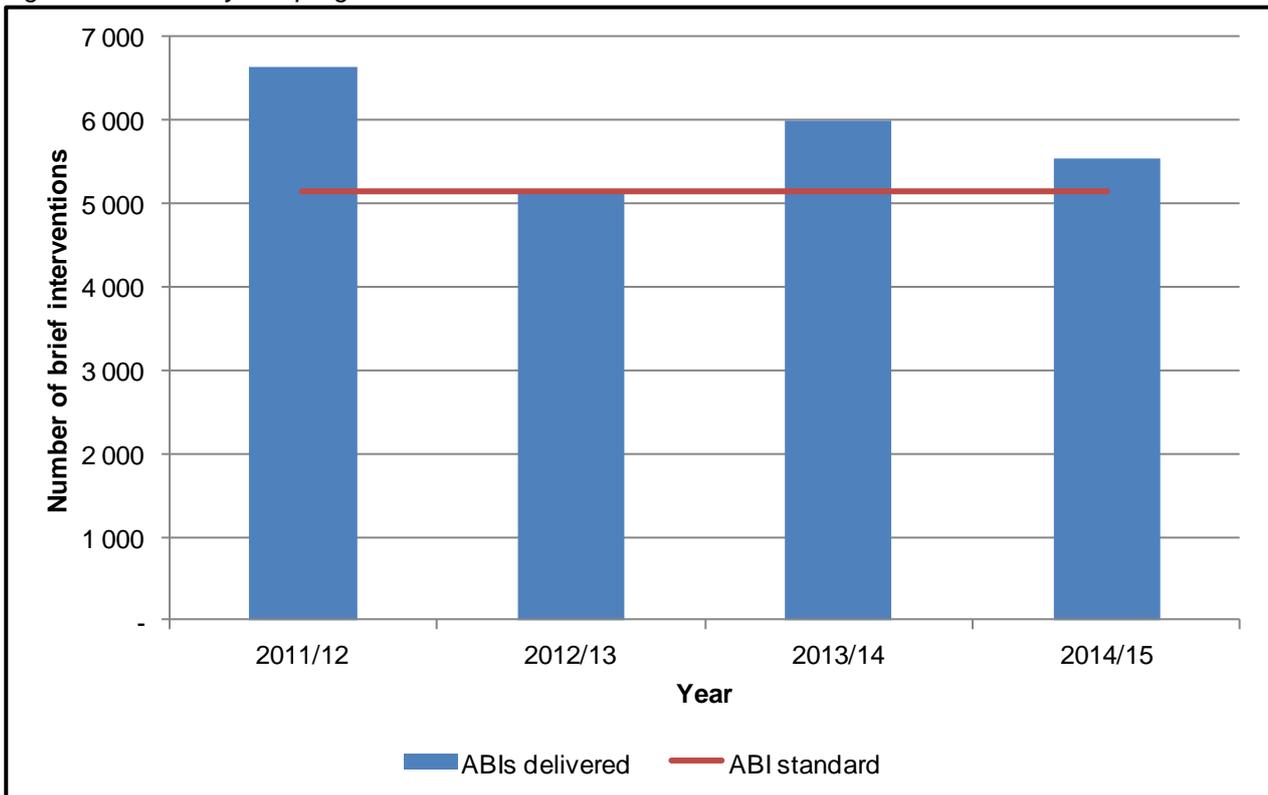
Local Indicators

Alcohol Brief Interventions

A high incidence of individuals who come through primary and secondary care settings are known to present with alcohol related problems but are not dealt with in a preventative way. As a result, the Scottish Government included brief interventions as a HEAT target in 2008/09 to provide an opportunity for the NHS to intervene and deal with the associated alcohol problem in an opportunistic manner. From 1st April 2011, the HEAT target became a HEAT standard.

For NHS Tayside, the standard set by the Scottish Government is 5,137 brief interventions to be delivered annually. In 2014/15, NHS Tayside surpassed this with an actual performance of 5,542 interventions (Figure 47).

Figure 47: NHS Tayside progress towards HEAT: H4 Alcohol Brief Interventions Standard 2011/12-2014/15



Source: NHS Tayside

Of the 5,542 interventions delivered, 9% (4,96) were delivered in Perth and Kinross with 97% of these being carried out in the primary care setting.

8.2 Service Contact – Drugs

PLEASE NOTE THAT MOST THIS SECTION HAS NOT BEEN UPDATED DUE TO ONGOING DATA QUALITY ISSUES.

Introduction

The Scottish Drugs Misuse Database (SDMD) offers a profile of drug misusers based on reports submitted on individuals when they first attend a service for assessment of their drug misuse problems. The information presented relates to new patients/clients. In 2008, the method of submission of SMR25 forms moved from paper-based to electronic and was also changed to allow for follow-up data to be recorded on clients after 3 months and then on an annual basis. This is the first step nationally, to gather information on clients through their recovery pathway and to examine treatment outcomes.

This section firstly shows the demographics, drug use and social circumstances of ‘new’ clients attending services from the two most recent Drug Misuse Statistics Scotland publications relating to 2011/12 and 2012/13 and secondly, summarises some of the findings from the first report from the Follow-Up Reporting System – ‘SDMD Report on People in Treatment 2011/12’ which was published in December 2012.

National Outcome: SERVICES - Alcohol and drugs prevention, treatment and support services are high quality, continually improving, efficient, evidence-based and responsive, ensuring people move through treatment into sustained recovery

The table below highlights the performance toward key indicators in relation to this outcome.

Key Indicators
<p>Number of new individuals reported to SDMD</p> <ul style="list-style-type: none"> Increase in Perth & Kinross between 2010/11 and 2011/12 from 133 to 144 clients. Data for 2012/13 for Perth & Kinross is not available but the overall Tayside figure between 2011/12 and 2012/13 has increased by 17%.
<p>Decrease the use of illegal drugs in prison</p> <ul style="list-style-type: none"> This has decreased across Scottish prison from 58% in 2001 to 38% in 2013. <p>Injecting in prisons</p> <ul style="list-style-type: none"> The percentage of prisoners reporting injecting in prison had decreased from 7% in 2011 to 6% in 2013. The percentage of prisoners reporting sharing needles etc had increased from 69% in 2011 to 86% in 2013. <p>Prescribed methadone in prisons</p> <ul style="list-style-type: none"> The percentage of prisoners being prescribed methadone in prison had decreased from 23% in 2011 to 21% in 2013.

National Benchmarking

Figure 48: Age standardised rate of 'new' clients reported to the SDMD in 2011/12

ADP Area	Age standardised rate of 'new' clients reported to the SDMD in 2011/12
Perth & Kinross	114
Aberdeenshire	198
Ayrshire - East	412
Ayrshire - North	377
Ayrshire - South	294
Scotland	230

Source: ISD Scotland

Local Indicators

Findings from the Scottish Drugs Misuse Database

Due to the recording issues experienced in 2013/14 services have greatly improved recording processes for 2014/15. The data for 2014/15 however, will not be published by ISD until March 2016. This section of the profile will be revised once this becomes available.

Findings from the Scottish Drugs Misuse Database Follow-Up Reporting System

In December 2012, ISD released their first report from the SDMD Follow-up Reporting System and present data on individuals entering drug treatment services in Scotland in 2011/12 and, using person level follow-up data, explores their treatment outcomes three months after initial assessment. For comparison and to look at longer term (twelve month) outcomes, data is also shown on individuals entering services during 2010/11. At this time, the analysis is only at a Scotland-wide level but the intention would be to publish information at a lower geographical area in the future. A summary of the key findings of this report are below:

- In 2011/12, 25% of individuals with an initial assessment had a three month follow-up record. From the 2010/11 data, 14% had had a 12 month follow-up record and 5% had both a three month and a twelve month follow-up record.
- For those who reported having used illicit drugs in the past month at their initial assessment, 33% reported not having used drugs in the past month at their three month follow-up (2011/12 data) while the equivalent figure at the twelve month follow-up (2010/11 data) was 46%.
- At three month follow-up, 38% of individuals who had not previously reported prescribed drug use were now on prescribed drugs (2011/12) and by 12 month follow-up this figure had increased to 59% (2010/11).
- At least 36% of individuals who self-reported as having 'injected in the past month' at their initial assessment, had ceased injecting by their three month follow-up (2011/12) and this proportion had increased to 55% at the 12 month follow-up (2010/11).

- In 2011/12, at least 28% of individuals who had reported being homeless at their assessment, had moved into some sort of accommodation by three month follow-up with 45% in accommodation after 12 months (2010/11).
- In 2010/11, at least 6% of clients had moved into employment by their 12 month follow-up.
- Forty two percent of individuals in 2011/12 reported having dependent children at their initial assessment. Of the 1,739 children reported, 41% were living with the individual. It is currently difficult to measure any changes in the living arrangements of these children due to the large proportion of unknown/missing data.

Drug Misuse and Treatment in Scottish Prisons

The fourteenth Scottish Prison Survey took place in May – June 2013. The survey is undertaken in all 16 Scottish prisons and involves all Scottish prisoners. It focuses on the core elements of prison life but also seeks views on issues such as substance use, mental health and perceived safety. The response rate for the 2013 survey was 60%.

Successive surveys have shown a decline in self-reported drug use since the early 2000s. The number of prisoners reporting that ‘they have ever used illegal drugs in prison’ decreased from 58% in 2001 to 38% in 2013.

Some of the key results relating to the questions on substance use are summarised below and show that it has been found that the more times an offender has been in prison, the more likely he or she is likely to have drug problems, engage in harmful drinking and smoke.

Figure 49 compares the number of sentences the individuals had served with their drug use at the time of the offence. It is clear that there is a correlation between the number of sentences that the individuals had served and problematic drug use. Individuals who had served more than 10 sentences were 3 times more likely to have been under the influence of drugs at the time of the offence than those who had never served a sentence. In addition, 35% of those who had served more than 10 sentences committed their offence to get drugs compared to only 6% who had never served a sentence previously.

Figure 49: Drug use at the time of the offence

Drug use	Have you been in prison on a sentence before?			
	Never	1-5 times	6-10 times	Over 10 times
My drug taking was a problem for me on the outside	18%	33%	51%	58%
I was under the influence of drugs at the time of my offence	20%	38%	54%	60%
I committed my offence to get money for drugs	6%	12%	26%	35%
I was receiving treatment for my drug use before my imprisonment	8%	16%	38%	40%

Source: 14th Scottish Prison Survey

For those who had served over 10 sentences, 73% reported using illegal drugs in prison, 17% had ever injected drugs in prison and 47% were prescribed methadone.

A similar relationship seems to exist between problematic alcohol use and number of sentences served. Almost three times as many prisoners who had served ‘over 10 sentences’ said that they were worried that alcohol would be a problem for them when they got out (31%) compared to those who had not served a sentence before (12%).

8.3 Service Contact – Alcohol & Drugs

National Outcome: SERVICES: Alcohol and drugs prevention, treatment and support services are high quality, continually improving, efficient, evidence-based and responsive, ensuring people move through treatment into sustained recovery

The table below highlights the performance toward key indicators in relation to this outcome.

Key Indicators
Access to substance misuse treatment Perth & Kinross continues to meet the HEAT standard with 97.8% of alcohol and drug clients commencing treatment within 3 weeks as at the end of March 2015.

National Benchmarking

Figure 50: Percentage of clients commencing treatment within 3 weeks of referral as at 31st March 2015

ADP Area	Percentage of clients
Perth & Kinross	96.3%
Falkirk	99.0%
Highland	92.4%
West Lothian	95.4%
Scotland	95.7%

Source: ISD Scotland

Local Indicators

Access to Substance Misuse Services

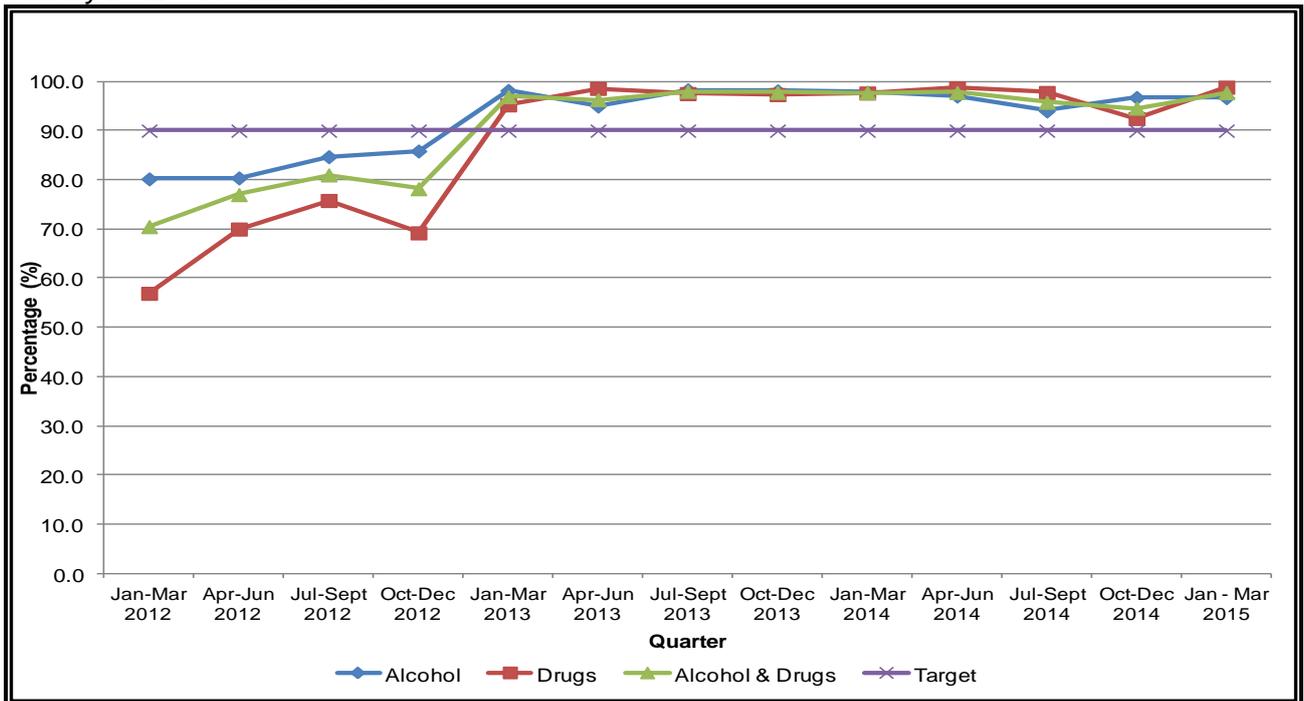
In April 2010, the Scottish Government introduced a HEAT target for drug treatment waiting times and this was expanded to include alcohol waiting times from April 2011. The HEAT target measures the waiting time from the time a referral is received by a service until the client starts treatment.

The HEAT target for March 2013 required that 90% of people who needed help with their drug or alcohol problem would wait no longer than three weeks for treatment and no client would wait more than 6 weeks.

Figures for the January to March 2015 quarter showed that NHS Tayside successfully reached the target with 97.7% of drug and alcohol clients commencing treatment within 3 weeks of referral. The HEAT target has now evolved to become a HEAT Standard and it is expected that services will continue to provide data to support this Standard.

Figure 51 shows the progress that Perth & Kinross drug and alcohol services have made towards the A11 Standard. At the end of financial year 2014/15 (31 March 2015), 97.7% (n=172) of drug and alcohol clients were treated within 3 weeks of referral. The proportions split into alcohol and drugs clients were 96.7% (n=88) and 98.8% (n=84) respectively.

Figure 51: Percentage of Perth & Kinross substance misuse clients treated within 3 weeks of referral, 1st January 2012 – 31st March 2015



Source: DATWT