

Scotland's Census 2022 – Health, disability and unpaid care in Aberdeenshire

Data from the 2022 Census on [health, disability and unpaid care](#) has been published. The statistics cover general health conditions, physical and learning disabilities, unpaid care, and mental health across Scotland. This report highlights some of the main results for Aberdeenshire. All data is available to download from [Scotland's Census website](#).

Health Conditions

General health

In 2022, 83.3% of Aberdeenshire residents rated their general health as either good or very good, which is higher than the Scottish average of 78.8%. However, this figure has decreased from 86.9% in 2011. The decline is attributed to the increase in older people since 2011¹ and fewer people reporting very good physical health.

Figures 1a and 1b illustrate the general health levels reported by residents of Aberdeenshire and Scotland for both 2011 and 2022. Both graphs show a similar trend, with an overall decrease in very good health and an increase in the other categories.

Figure 1a – General health in Aberdeenshire, 2011 and 2022

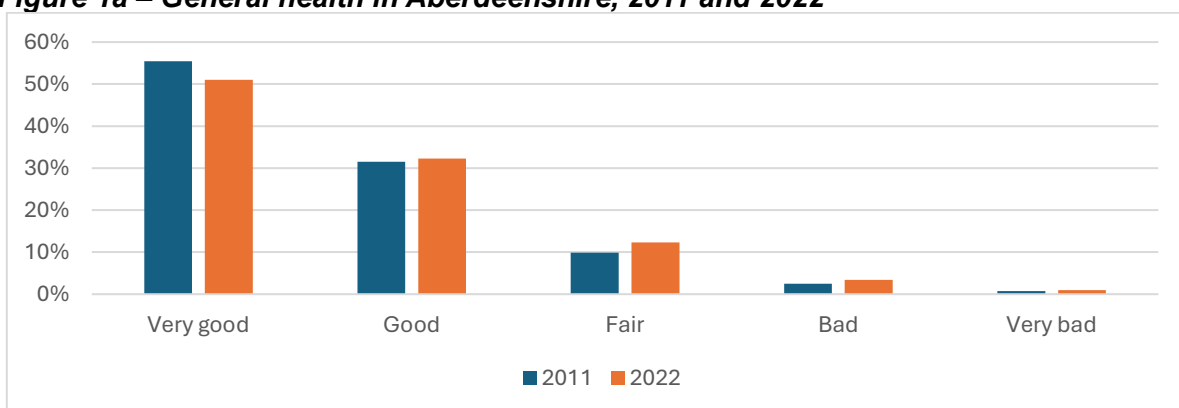


Figure 1b – General health in Scotland, 2011 and 2022



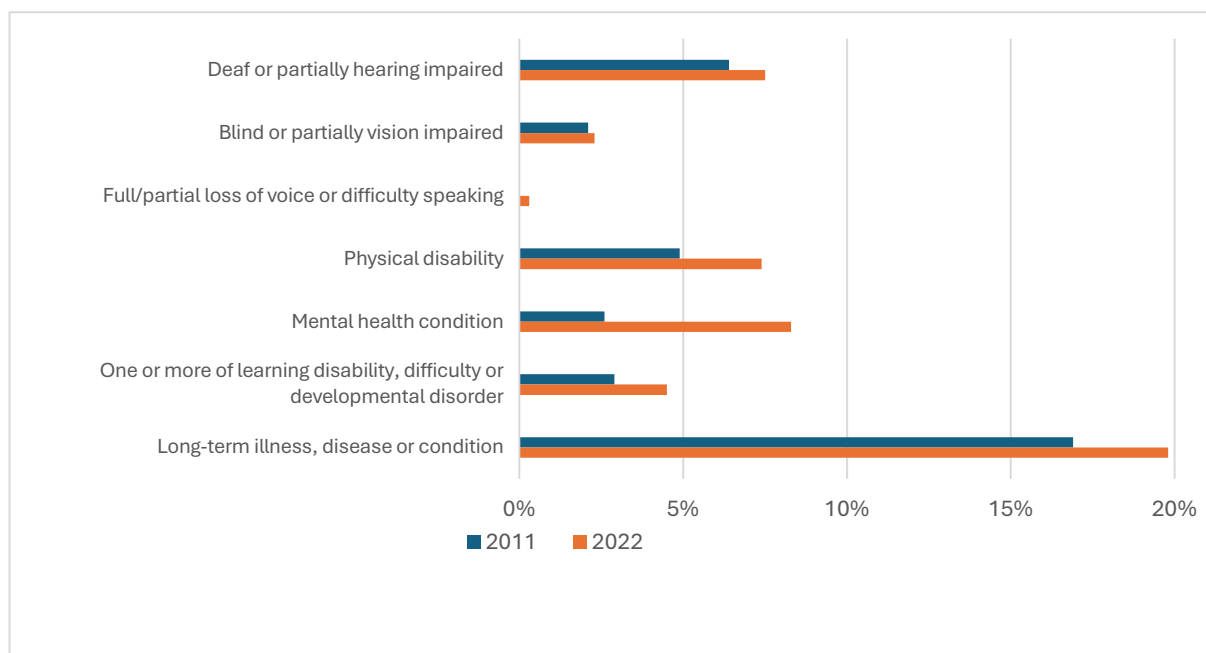
¹ <https://www.scotlandscensus.gov.uk/2022-results/scotland-s-census-2022-health-disability-and-unpaid-care/>

In addition to having high rates of good and very good health, Aberdeenshire also has the lowest proportion of people reporting bad or very bad health for all of Scotland. This was 4.2% compared to the Scottish average 6.8%².

Health conditions

Figure 2 shows that the most common health condition reported by Aberdeenshire residents in 2022 was ‘Long-term illness, disease, or condition’ at 19.8%. This was followed by ‘Mental health condition’ (8.3%), ‘Deaf or partially hearing impaired’ (7.5%), and ‘Physical disability’ (7.4%)³.

Figure 2 – Health conditions in Aberdeenshire, 2011 and 2022



The 19.8% of Aberdeenshire residents reporting a long-term illness, disease, or condition was below the Scottish rate of 21.4%. Both Aberdeenshire and Scotland saw an overall increase in the percentage of people reporting a long-term illness, disease, or condition since 2011. This is due to the population ageing significantly over this period⁴.

Mental health

Aberdeenshire saw the most significant increase in the numbers of people reporting mental health conditions between 2011 and 2022, with a 226% rise, which was well above the Scottish increase of 165%.

Figure 3 shows that in Aberdeenshire those aged 25 to 34 had the highest proportion of reported mental health conditions at 14.5%, followed by those aged 16 to 24

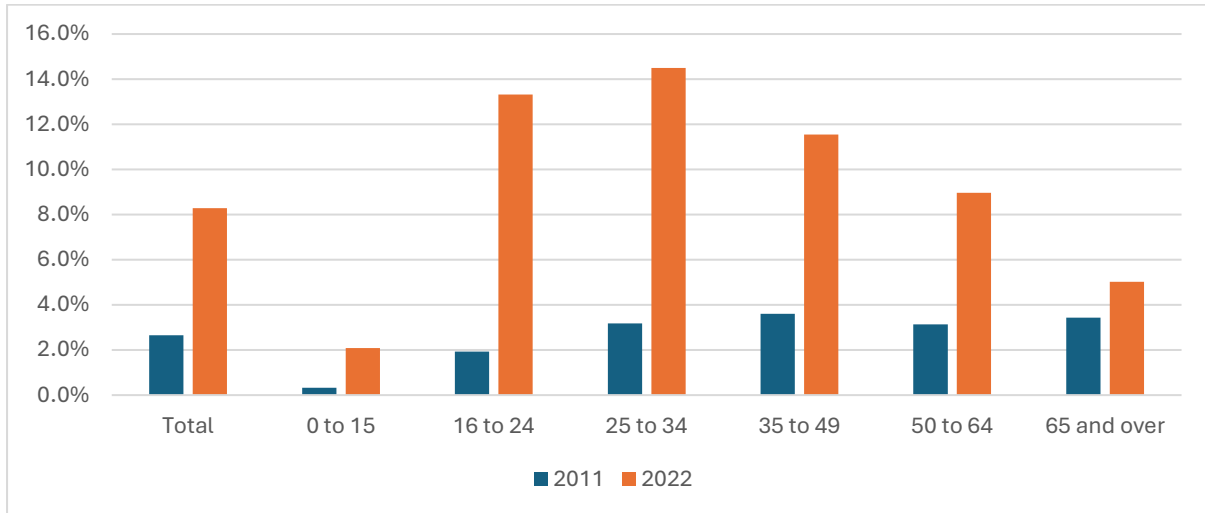
² <https://www.scotlandscensus.gov.uk/2022-results/scotland-s-census-2022-health-disability-and-unpaid-care/>

³ Definitions of health conditions – Available from [Scotland Census – Long-term health problem or condition](#) [Accessed 8 January 2025]

⁴ Age-standardisation – Available from [Scotland Census – Age standardised data](#) [Accessed 8 January 2025]

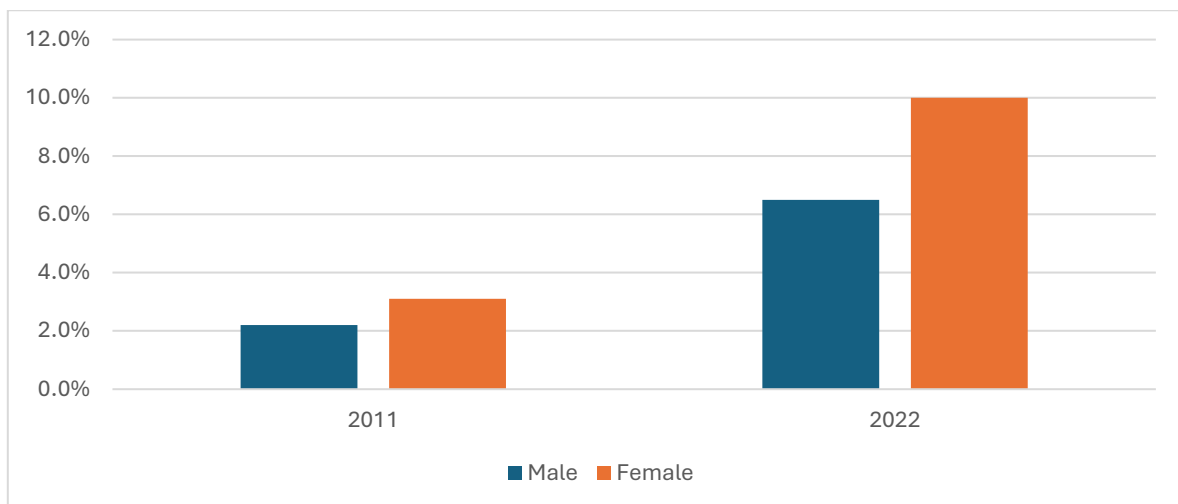
(13.3%). The rate of people reporting a mental health condition aged 16 to 34 increased by 394% between 2011 and 2022. Despite this, all rates recorded in Aberdeenshire were below the national figure for young people, which were 15.4% for those aged 16 to 24, and 17.5% for those aged 25 to 34.

Figure 3 – ‘Mental health conditions’ in Aberdeenshire by age, 2011 and 2022



Additionally, like Scotland, females (10.0%) in Aberdeenshire were more likely to report a mental health condition than males (6.5%), as outlined in Figure 4. In Aberdeenshire, females aged 35 to 49 were more likely to report a mental health condition than any other age bracket, this is consistent with Scotland.

Figure 4 – ‘Mental health conditions’ in Aberdeenshire by sex, 2011 and 2022.

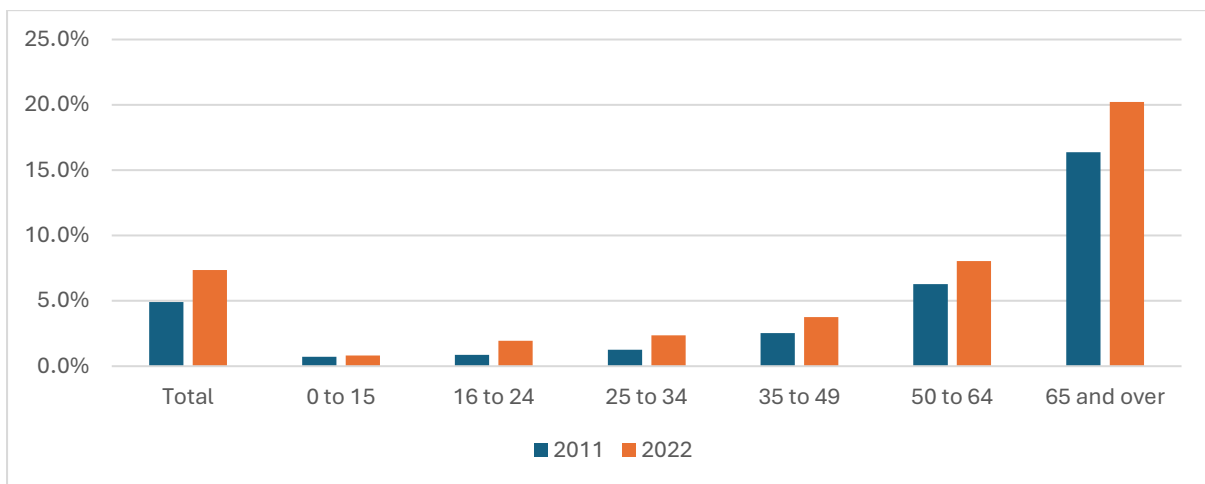


Physical health

In Aberdeenshire, the number of people reporting a physical health condition increased from 12,415 in 2011 to 19,388 in 2022 (56% increase). The proportion increase in Aberdeenshire was above the Scottish rate of 48%.

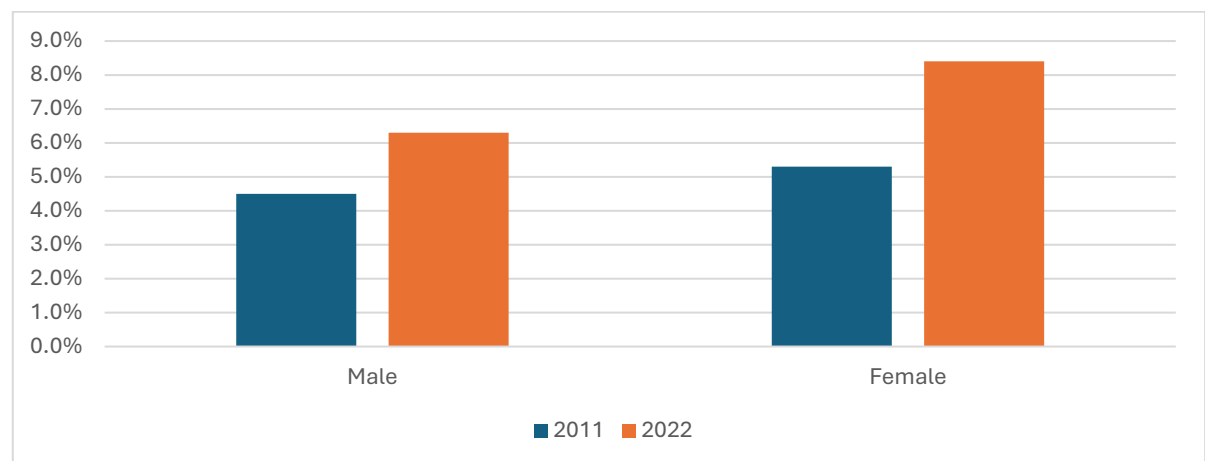
Figure 5 shows that those aged 65 and over had the highest proportion of reported physical health conditions at 20.2%, followed by those aged 50 to 64 (8.1%) and those aged 35 to 49 (3.8%). As with mental health conditions, the proportion of people in Aberdeenshire reporting physical health conditions was below the national average for these age brackets, which were 25.8% for those aged 65 and above, 12.5% for those aged 50 to 64, and 5.6% for those aged 35 to 49.

Figure 5 – ‘Physical health conditions in Aberdeenshire by age, 2011 and 2022



As with mental health conditions, females (8.4%) in Aberdeenshire were more likely to report a physical health condition than males (6.3%), as shown in Figure 6. This trend is consistent with Scottish data, although the values were higher across Scotland, with females at 10.9% and males at 8.4%.

Figure 6 – ‘Physical health conditions’ in Aberdeenshire by sex, 2011 and 2022

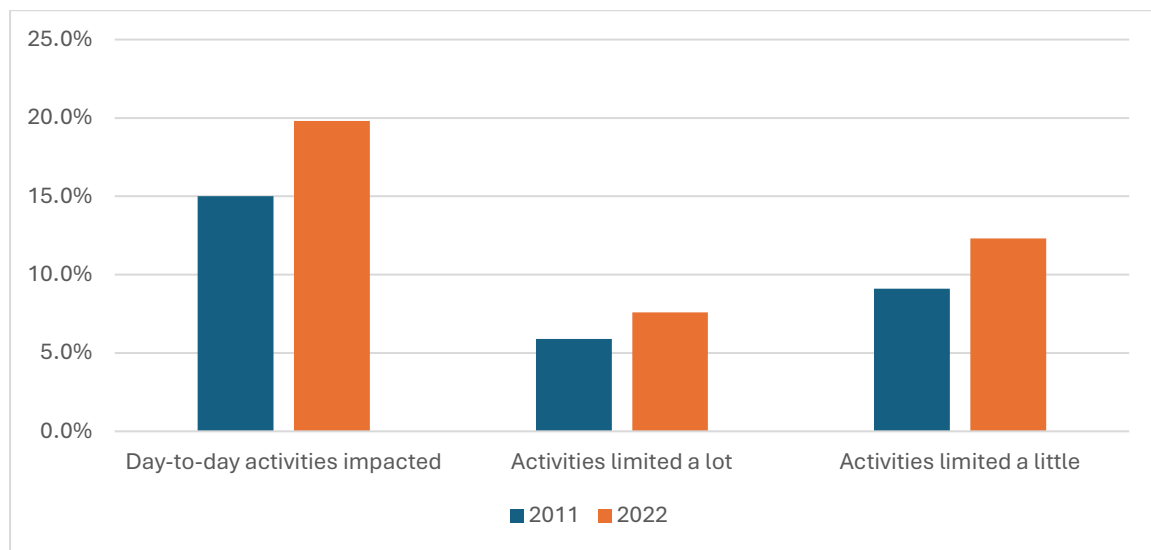


Unpaid carers and people with a health problem or disability that limited their activities

Impact of health problem or disability

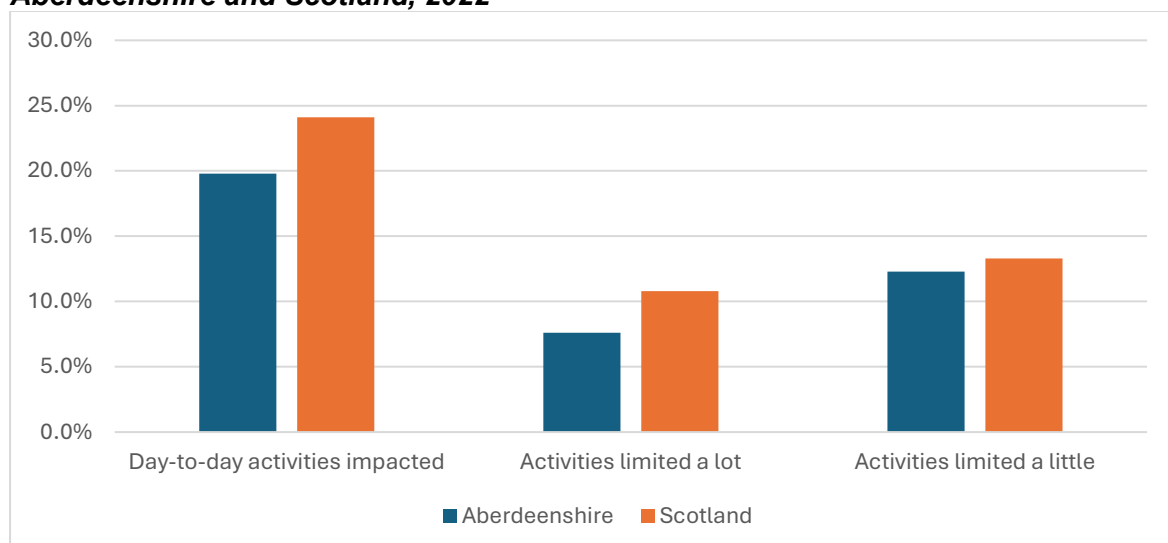
In 2022, 19.8% of people in Aberdeenshire reported that their health condition or disability impacted their day-to-day activities. As Figure 7 shows, this has increased from 15.0% in 2011. Additionally, 7.6% of people reported that their health condition or disability had a significant impact on their day-to-day activities, up from 5.9% in 2011.

Figure 7 – Impact on day-to-day activities by health condition or disability in Aberdeenshire, 2011 and 2022



As Figure 8 shows, the rates of impact in Aberdeenshire are lower than the Scottish proportions, where 24.1% of people reported an impact on their day-to-day activities due to their disability, and 10.8% reported the impact was significant.

Figure 8 – Impact on day-to-day activities by health condition or disability in Aberdeenshire and Scotland, 2022



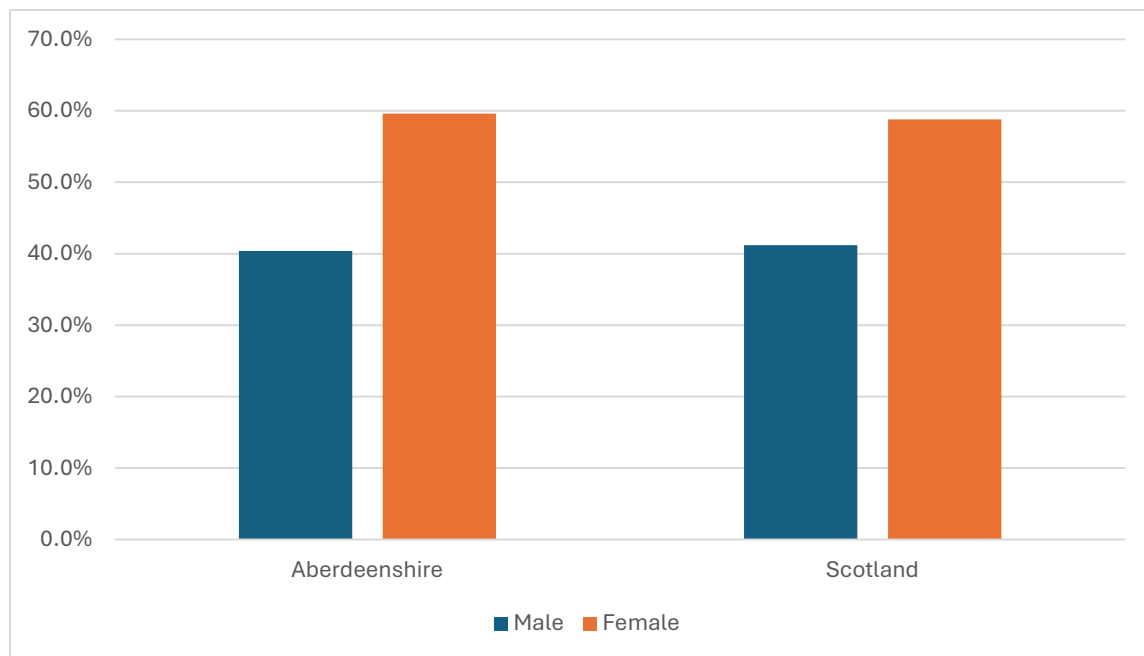
Unpaid care

The increase in the number of health conditions, together with an [ageing population](#), is resulting in more people needing to provide care.

In 2011, 7.7% of the population in Aberdeenshire provided unpaid care; this increased to 9.9% in 2022. The rate of care in Aberdeenshire in 2022 was below the Scottish average of 11.9%.

However, like in Scotland, females in Aberdeenshire tended to take on most of the unpaid care at 59.6%, compared to males at 40.4%. The rates for Scotland were slightly closer, with 58.8% of females providing unpaid care compared to 41.2% of males.

Figure 9 – unpaid care by sex in Aberdeenshire and Scotland, 2022



Report produced by the Planning Information & Delivery Team, Aberdeenshire Council.

For more information, please contact statistics@aberdeenshire.gov.uk or visit [Scotland's Census 2022](#) website.