

# Updates: Cross-sectional health surveys and the English Longitudinal Study of Ageing

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## Health Survey updates :

- **Cross-sectional health surveys**
  - Health Survey for England (HSE)
  - Scottish Health Survey (SHeS)
  - Adult Psychiatric Morbidity Survey (APMS)
  - The Gambling Survey for Great Britain (GSGB)
- **English Longitudinal Study of Ageing (ELSA)**

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# Health Survey for England (HSE)

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## What is HSE?

- Nationally representative
  - Sample size of 8,000 adults and 2,000 children\*
  - Provides an annual snapshot of the nation's health
  - Provides estimates of health condition prevalence
  - Monitors trends over time
- Face-to-face interview and nurse visit
    - Collects both subjective and objective measures
  - Covers topics such as:
    - Smoking
    - Drinking
    - General health
    - Mental health
    - Social care
    - Longstanding health conditions
    - BMI
- Commissioned by NHS England
  - Carried out by NatCen and University College London

# HSE 2025 update

- HSE 2025
  - Fieldwork period: April 2025 to June 2026
  - Face-to-face interviews with adults (16+)
  - Core content included:
    - **Interview**: General health, longstanding illness, hypertension, diabetes, smoking, drinking, social care, social provision, fruit and vegetable consumption, height and weight measurements
    - **Biomedical visit**: prescribed medicines, blood pressure, waist and hip measurement, blood and saliva samples
  - 8,647 adult interviews
  - 5,017 adult health visits
  - HSE 2025 publication due in Spring 2027
- HSE 2027 to launch next year

## Snapshot of HSE 2024 report findings

- Report published January 2026
- Key findings include:



10% of adults reported currently using e-cigarettes in 2024. 11% of adults currently smoked cigarettes.

9% of children aged 8 to 15 had ever tried an electronic cigarette. 2% of children this age had ever tried a cigarette, down from 19% in 1997.



46% of adults aged 16 and over had at least one longstanding illness or condition.



30% of adults were living with obesity, while 66% were either overweight or living with obesity.

# Scottish Health Survey (SHeS)

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# What is SHeS?

- A national survey about the **health** and **lifestyles** of people in Scotland
- Commissioned by the **Scottish Government**
- In order to:

## Estimate

health condition prevalence

## Analyse

prevalence of certain risk factors

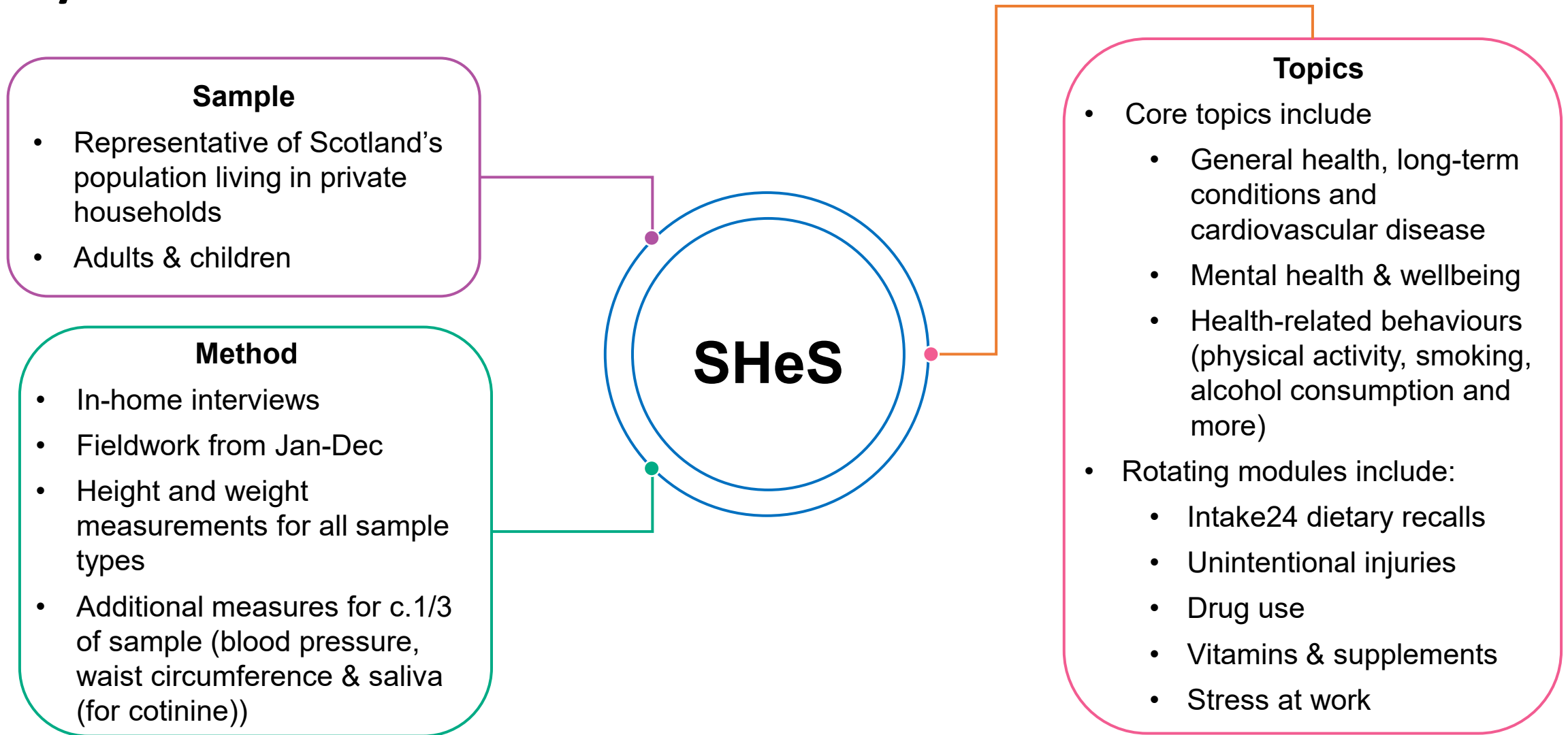
## Compare

regions and subgroups

## Monitor

trends in the population's health

# Key features of SHeS



# Snapshot of SHeS 2024 report findings




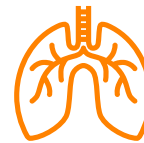
Just over **1 in 10** adults ate 5 or more portions of fruit and vegetables per day (11%)



**Around two-fifths** of those experiencing **menopause/perimenopause** had **not** been in contact with a healthcare professional in the previous 12 months about their symptoms (41%)



**14%** 2023  **8%** 2024  
of adults worried about running out of food due to a lack of money/ other resources in last 12 months



**18%** of 16-24 year olds reported current use of an e-cigarette/vape

# What was new/adapted for 2026?



## Adult physical activity

New module adapted from Global Physical Activity Questionnaire (GPAQ) added in 2025

Refined in 2026 following feedback on 2025 survey



## Adverse childhood experiences

Answer options amended in some cases for comparability within UK

Additional questions on neglect and resilience



## Drug code list

Updated list of answer options



## Vitamins

New vitamin D and folic acid questions

For more information:

**Visit:**

<https://www.gov.scot/collections/scottish-health-survey/>

<https://www.gov.scot/publications/scottish-health-survey-and-health-record-data/>

<https://natcen.ac.uk/scottish-health-survey>

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# Adult Psychiatric Morbidity Survey (APMS)

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# What is APMS?

- Nationwide survey conducted roughly every 7 years since 1993
- Provides data on mental health prevalence and trends in England
- Sample around 8,000 adults

## Two-stage design:

- Phase 1 - Survey questionnaire
- Phase 2 - Clinical follow-up assessment for a subsample

- Commissioned by NHS England
- Carried out by NatCen and University of Leicester

## Topics include:

- Physical health conditions
- Mental illness diagnoses and treatment
- Specific mental health conditions such as:
  - Depression
  - Anxiety
  - ADHD
  - Autism
- Health related behaviours such as:
  - Smoking
  - Drinking
  - Drug use

## Snapshot of APMS 2023/4 report findings

**22.6%** of adults aged 16 to 64 had a common mental health condition in 2023/4.

Increasing from **17.6%** in 2007 and **22.6%** in 2014.

**15.7%** of adults reported being in receipt of mental health treatment in 2023/4.

**39.0%** of adults with problem debt had a common mental health condition compared to **18.4%** without problem debt.

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# Gambling Survey for Great Britain (GSGB)

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## What is GSGB?

- Collects data on gambling behaviours among adults in Great Britain
- Push-to-web methodology
- Annual sample of around 20,000 adults
- Currently in fourth year of fieldwork
- A Scottish boost included
- Commissioned by the Gambling Commission
- Carried out by NatCen and University of Glasgow

### Topics include:

- Gambling participation in past 12 months
- Gambling participation in past 4 weeks
- Problem gambling Severity Index (PGSI)
- Consequences from gambling
  - own and others
- Gambling related attitudes
- Health and wellbeing

## Snapshot of GSGB 2024 report findings

**60%** of adults participated in any form of gambling in past **12 months**

**2.7%** of adults had a PGSI score of 8 or more

**48%** of adults participated in any form of gambling in past **4 weeks**

**Relationship breakdown** was the highest report severe consequence experienced from those who had gambled in the past 12 months

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# English Longitudinal Study of Ageing (ELSA)

## What is ELSA?

- Population cohort study of adults 50+ living in England and their partners
- Began in 2002 and interviews the same group of people every 2 years
  - The sample is refreshed every couple of years
  - The last three waves (10 – 12) included an ethnic minority boost
- Aims to provide an understanding of the dynamics of ageing as people move into retirement and on into old age
- Multidisciplinary – health, economic, and social circumstances + health visit (bio measures)
- Carried out by NatCen in collaboration with University College London, Institute for Fiscal Studies, The University of Manchester, and the University of East Anglia.
- Commissioned by National Institute of Aging and funded by various government departments inc. the Department of Work and Pensions, the Department for Transport and the Department for Health and Social Care and the Economic and Social Research Council.

## Where we are at present

Currently in field with Wave 12

- For Wave 12 ELSA has transitioned to a web-CAPI survey design for the first time
- Participants will be invited to complete their interview via a web survey in the first instance and will then be followed up by an interviewer if they do not complete

**Wave 12**  
2025/2026

Currently in field until September 2026 (Nutritional Assessment FW will begin in 2027)	May-June 2027	May-June 2027
Health visits will return in W13		

**Wave 13**  
2027/2028

## Snapshot of Social Care and Hospitalisations in Later Life report findings

- ELSA data alongside linked NHS health care data has been used to understand the relationship between social care needs and hospitalisations.
- ELSA members aged 65+ who needed help with basic Activities of Daily Living (ADLs) were more likely to be admitted to hospital, and to be admitted more often, than those who did not need help with ADLs.
- Having ADL needs met by receipt of care did not appear to reduce hospitalisation risk - potentially because it is too late, when the person already has advanced needs and a greater number of needs.
- The research highlights the need for earlier, proactive social care to reduce avoidable hospital use and improve outcomes.

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New and upcoming to UKDS

### Added to the archive:

- Health Survey for England (HSE) 2022
- Scottish Health Survey (SHeS) 2024
- GSGB 2023 and 2024
- English Longitudinal Study of Ageing (ELSA) - Wave 11
- Adult Oral Health Survey 2023

### Will be available on the archive and when:

- Health Survey for England 2024 : Autumn 2026
- Scottish Health Survey (SHeS) - 2025 : First quarter 2027
- Adult Psychiatric Morbidity Survey (APMS) 2023/24
- GSGB 2025: End of 2026 - beginning of 2027
- English Longitudinal Study of Ageing (ELSA) - Wave 12 : May – June 2007