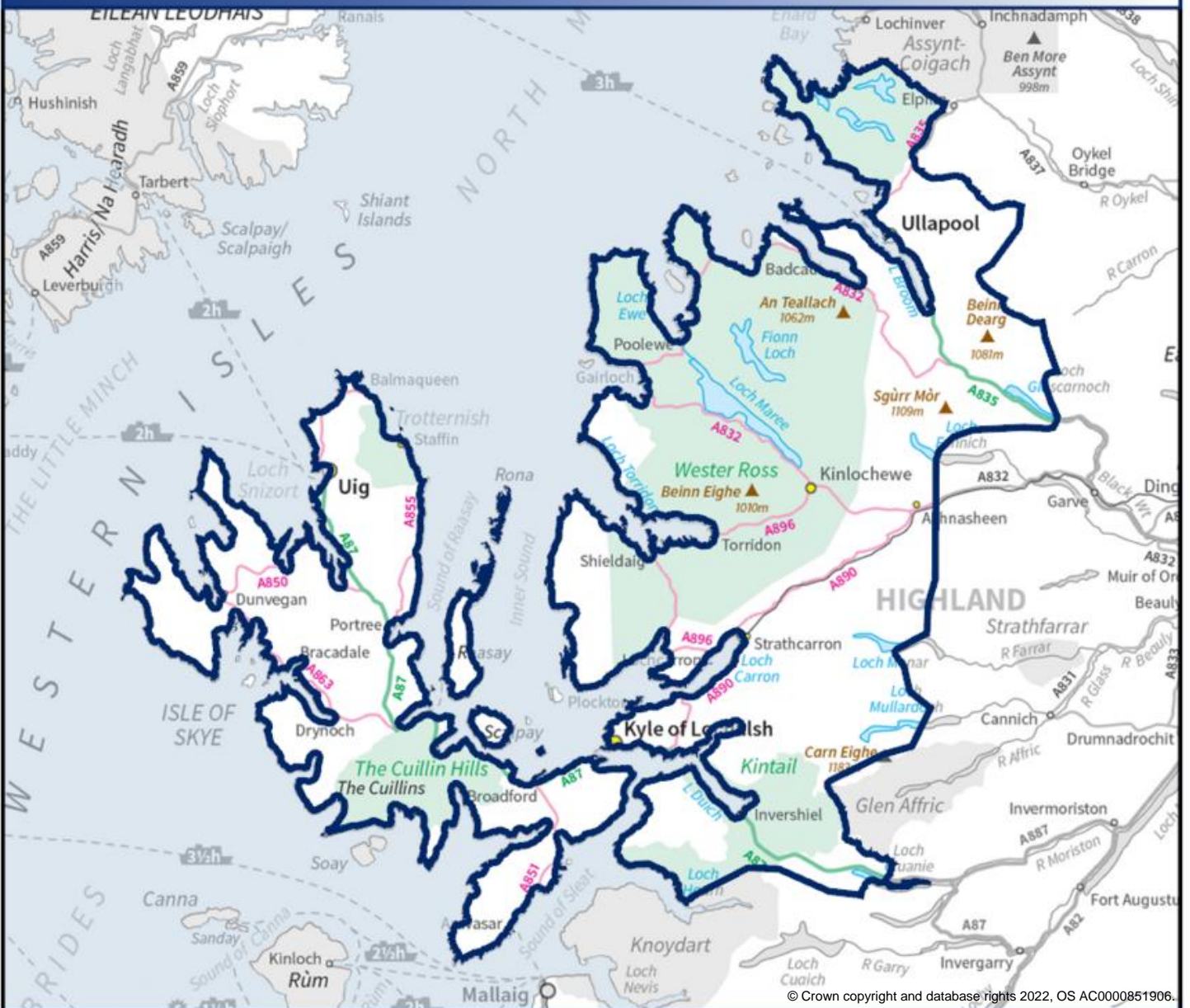


# SKYE, LOCHALSH AND WEST ROSS

## Partnership Profile Demography and Deprivation



Public Health Intelligence  
November 2022



The Public Health Intelligence team are part of the Directorate of Public Health of NHS Highland and provide an expert resource on epidemiology, demography and population health evidence.



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## **Introduction**

This report provides an overview of Skye, Lochalsh and West Ross's current and future population structure. It also provides information about the population dynamics of Skye, Lochalsh and West Ross and areas within Skye, Lochalsh and West Ross, the geography, and the life circumstances of people living in the area.

All data are presented for Skye, Lochalsh and West Ross and, where available, intermediate zones or neighbourhoods within Skye, Lochalsh and West Ross. Comparisons are made to the Highland local authority and Scotland.

Further profile reports will present information covering a range of topics relating to health status (morbidity and mortality) across the life course, health behaviours and health harms from alcohol, tobacco and other substances. The reports do not cover information on the use or provision of health or social care services which other colleagues in NHS Highland may provide.

## **Geographies and populations**

Profile reports are available for nine community partnerships in Highland local authority and four community planning groups in Argyll and Bute local authority. These partnership areas are the focus of action to improve the health of the people and communities in the area covered by NHS Highland Health Board.

This report uses four levels of geography: local authority, partnership area, intermediate zone and data zone. Local authorities, intermediate zones and data zones are nationally agreed geographical areas with defined boundaries. Partnership areas are locally defined geographies created without reference to national geographies. Therefore, partnership areas and national geographies may not neatly align.

The intermediate zone is the smallest spatial unit most commonly used for releasing and presenting potentially sensitive statistical data and reporting measures of population health. Most measures, and figures presented in this report are aggregations from data zones to higher geographical levels. The number of events in the intermediate geographies that best align with a partnership area may not sum to the exact total.

The population estimates for the intermediate zones and partnership areas presented in the profiles are aggregations of data zone-level populations provided by National Records of Scotland (NRS)<sup>1</sup>. These are called small area population estimates (SAPE). The latest estimates are based upon the

2011 census, with an adjustment made annually for the number of births, deaths and an estimate of migration. Future estimates will be rebased on the 2022 census when the results become available.

The population projections used in this report were produced by the Improvement Service (IS)<sup>2</sup>.

They are based on Housing Market Areas (HMAs) defined by the Argyll and Bute Council and the Highland Council.

## **Deprivation and Inequalities**

This report presents some information on deprivation using the Scottish Index of Multiple Deprivation (SIMD)<sup>3</sup>. The SIMD is an area-based measure of relative deprivation rather than household or individual deprivation. The SIMD can help to understand the life circumstances and health outcomes of people living in areas identified as experiencing high levels of deprivation.

Health inequalities have been defined as the “unjust and avoidable differences in people’s health across the population and between specific population groups”<sup>4</sup>. Inequalities are not caused by a single issue, and can occur by gender, income, deprivation, ethnicity, disability, geography and other factors.

The SIMD is used to monitor health inequalities by dividing the population into five groups (quintiles) or ten groups (deciles) based on their area deprivation level.

The SIMD represents deprivation less accurately in rural areas<sup>5</sup>. The statistical indicators used in the index do not capture the nature of rural disadvantage, and poor households in rural areas are unlikely to be spatially concentrated. Rural areas tend to be less socially homogeneous than urban ones in terms of deprivation, and deprived households in rural areas are unlikely to make much statistical impact on a small area (data zone) basis. A consequence is that rural disadvantage is less visible and ‘less easily tractable’ than in urban areas.

Further information on the geographies, populations and other terms used within the report are available in the [Glossary](#).

## Skype, Lochalsh and West Ross Summary

- The partnership area of Skype, Lochalsh and West Ross includes the settlements of Broadford, Gairloch, Kyle of Lochalsh, Portree and Ullapool. The area covers the island populations of Isle of Ewe, Isle of Raasay, Rona / Ronaigh (Skype), Scalpay (Skype), Isle of Skype and Soay.
- Just under a third of the population (32%) live within the partnerships settlement areas of Portree, Ullapool, Broadford, Gairloch and Kyle of Lochalsh. All of the population (100%) live in areas classified as very remote rural.
- As of 2021, Skype, Lochalsh and West Ross has a population of 19,944 people. 12.8% of the population are children aged 0-15 years, 59.7% are aged 16-64 years old and 27.5% are people aged 65 years and over.
- The age profile of the Skype, Lochalsh and West Ross population is older than Highland.
- The population of Skype, Lochalsh and West Ross increased by 9.6% in the period from 2002 to 2021.
- Over this period, there was a 67% increase in the 65+ age group. The population aged 16-64 increased by 4% and the population under 16 years decreased by 27%.
- The ratio of 2.2 people of working age (16-64 years) to older people (age 65 years and over) is lower than Highland and Scotland.
- There were 111 live births to Skype, Lochalsh and West Ross residents in 2020.
- The birth rate has decreased over the last decade in both Skype, Lochalsh and West Ross and Highland.
- The mortality rate in Skype, Lochalsh and West Ross has consistently been lower than that of Highland. Variations in the mortality rates in the area are not significant.
- Following the pattern seen in Highland and Scotland, improvement in the mortality rate in Skype, Lochalsh and West Ross has stalled<sup>6</sup>. It is a significant concern that a sentinel measure of population health and social progress is not improving.
- Population projections are informed by past trends in births, deaths and migration.

- The annual number of deaths in the area exceeds the number of births, and population growth depends on net migration gain.
- The latest available population projections estimate that the overall population of Skye, Lochalsh and West Ross will decrease between 2018 and 2030.
- The number and proportion of people in the 65-74, 75-84 and 85+ age groups are projected to increase, whereas the population aged 0-15 years, 16-44 years and 45-64 years are projected to decrease.
- Projected demographic changes indicate that the ratio of people of working age to people aged 65 years and older will further decrease.
- SIMD 2020 identifies no data zones in Skye, Lochalsh and West Ross that are in the 20% most deprived small areas in Scotland. The majority of the population (82.3%) live in areas ranked in quintiles 3 and 4 of national deprivation.
- In SIMD 2020, 7.6% of the Skye, Lochalsh and West Ross population were identified as being income deprived and 6.0% of the working-age population were employment deprived.
- Rural deprivation is an important concern. Those identified as income or employment deprived are found in all intermediate geography areas.

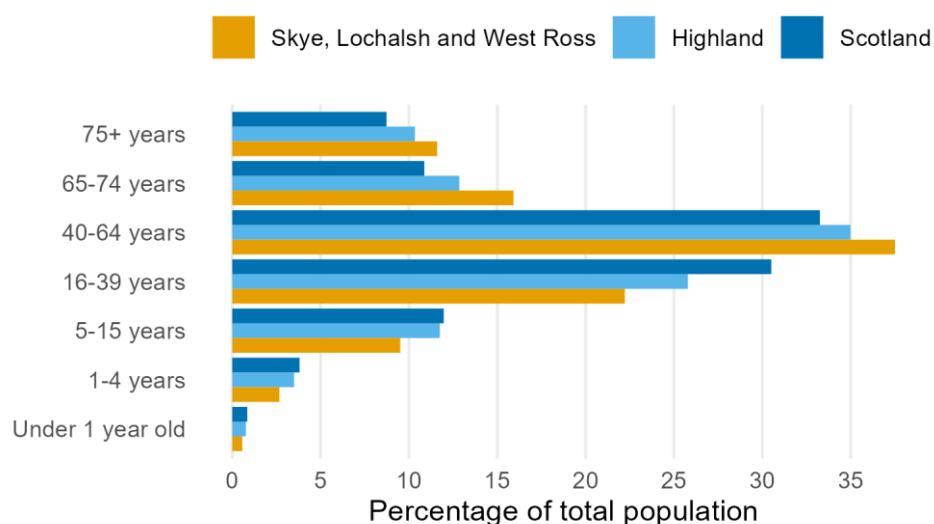
## Current Population

**Table 1:** Current estimated population by age group

Age Band	Skye, Lochalsh and West Ross	Highland	Scotland
All ages	19,944	238,060	5,479,900
Under 1 year old	114	1,842	46,782
1-4 years	533	8,321	208,655
5-15 years	1,896	27,967	656,085
16-39 years	4,432	61,405	1,671,841
40-64 years	7,481	83,301	1,822,676
65-74 years	3,175	30,598	595,578
75+ years	2,313	24,626	478,283
85+ years	621	6,691	131,309
0-15 years	2,543	38,130	911,522
16-64 years	11,913	144,706	3,494,517
65+ years	5,488	55,224	1,073,861

Source: National Records of Scotland, Small Area Population Estimates 2021

**Figure 1:** Percentage of the population by age group



Source: National Records of Scotland, Small Area Population Estimates 2021

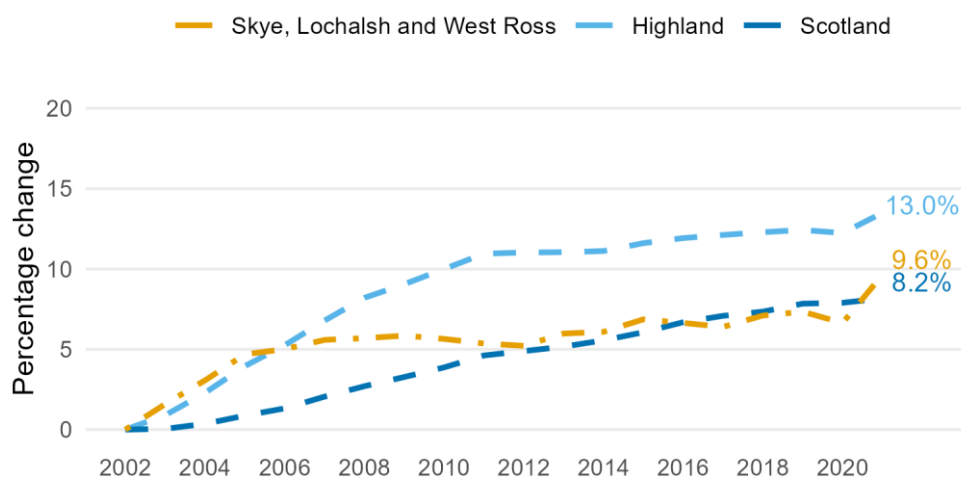


**Table 2:** Percentage of the population by age group

Age Band	Skye, Lochalsh and West Ross	Highland	Scotland
All ages	19,944	238,060	5,479,900
Under 1 year old	0.6	0.8	0.8
1-4 years	2.7	3.5	3.8
5-15 years	9.5	11.8	12.0
16-39 years	22.2	25.8	30.5
40-64 years	37.5	35.0	33.3
65-74 years	15.9	12.8	10.9
75+ years	11.6	10.3	8.7
85+ years	3.1	2.8	2.4
0-15 years	12.8	16.0	16.6
16-64 years	59.7	60.8	63.8
65+ years	27.5	23.2	19.6

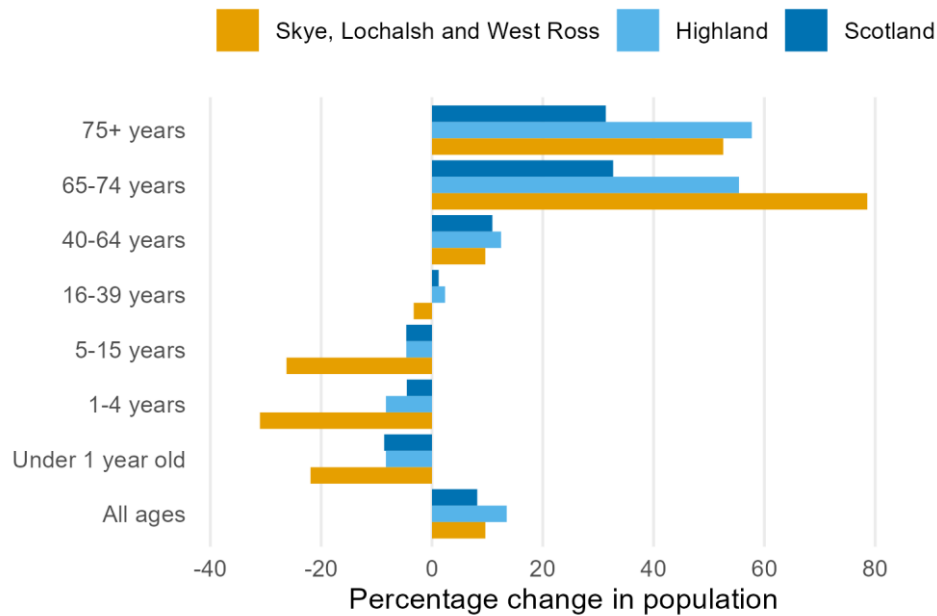
Source: National Records of Scotland, Small Area Population Estimates 2021

**Figure 2:** Percentage change in total population, 2002 to 2021



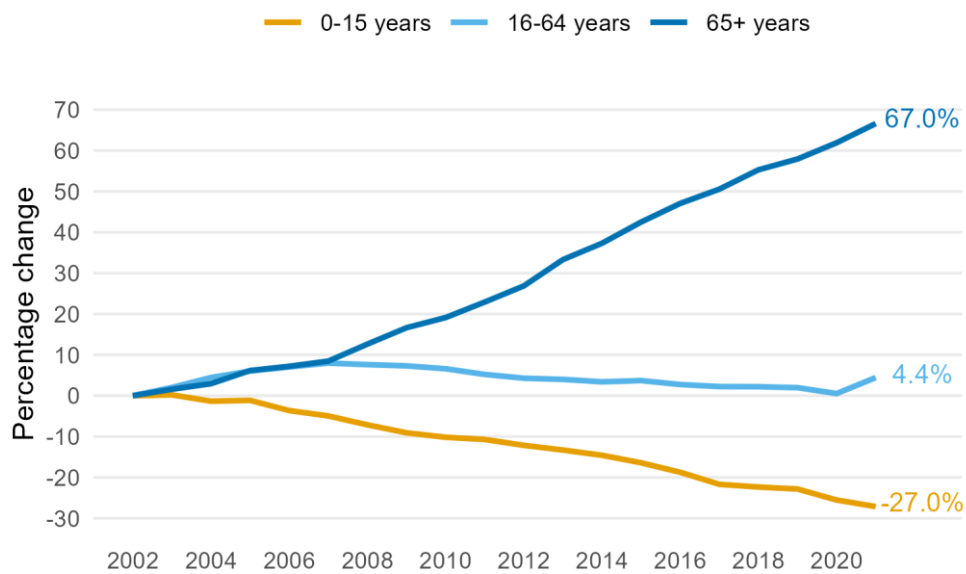
Source: National Records of Scotland, Small Area Population Estimates 2021

**Figure 3: Percentage change in the population by age group, 2002 to 2021**



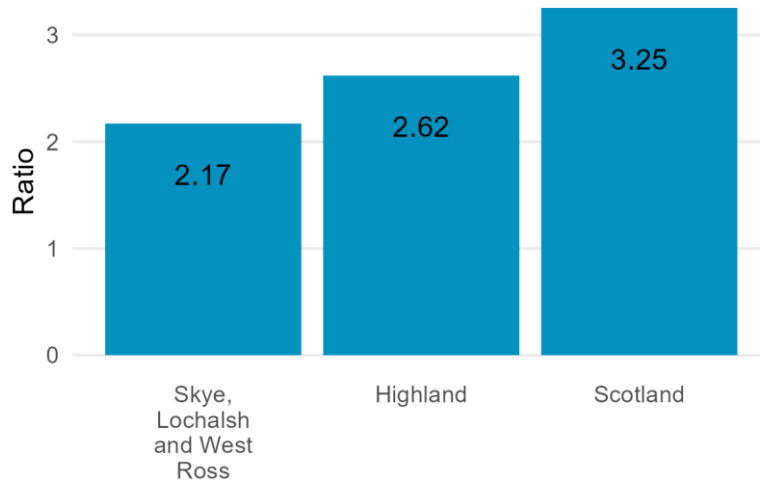
Source: National Records of Scotland, Small Area Population Estimates 2021

**Figure 4: Skye, Lochalsh and West Ross: Percentage change in the population by broad age group**



Source: National Records of Scotland, Small Area Population Estimates 2021

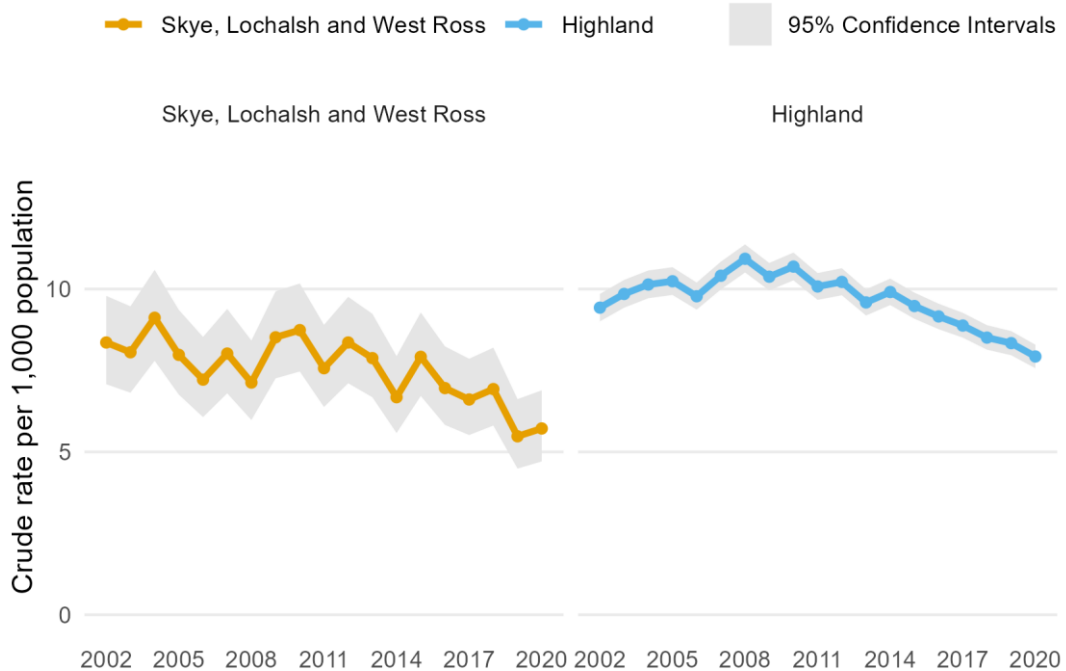
**Figure 5:** People of working age (16-64 years) for every person 65 years and older in 2021



Source: National Records of Scotland, Small Area Population Estimates 2021

## Live Births

**Figure 6:** Annual births per 1,000 women aged 15-44<sup>1</sup>, 2002 - 2020



Source: National Records Scotland

<sup>1</sup> Represents the degree of variability in the measures given by the 95% confidence intervals

**Table 3:** Number of live births and births per 1,000 women aged 15-44, 2020

	Number	Rate	Lower bound	Upper bound	Significance	
					Scotland	Council
Highland	1,866	7.9	7.6	8.3	*	
NHS Highland	2,458	7.7	7.4	8.0	*	
Scotland	46,809	8.6	8.5	8.6		*
Inverness	743	9.1	8.4	9.8		*
East Ross	200	9.0	7.8	10.3		
Mid Ross	226	8.4	7.3	9.5		
Caithness	197	7.8	6.8	9.0		
Lochaber	151	7.7	6.5	9.0		
Nairn and Nairnshire	93	6.9	5.6	8.5	*	
Badenoch and Strathspey	85	6.1	4.9	7.5	*	*
Skye, Lochalsh and West Ross	111	5.7	4.7	6.9	*	*
Sutherland	60	4.7	3.6	6.0	*	*

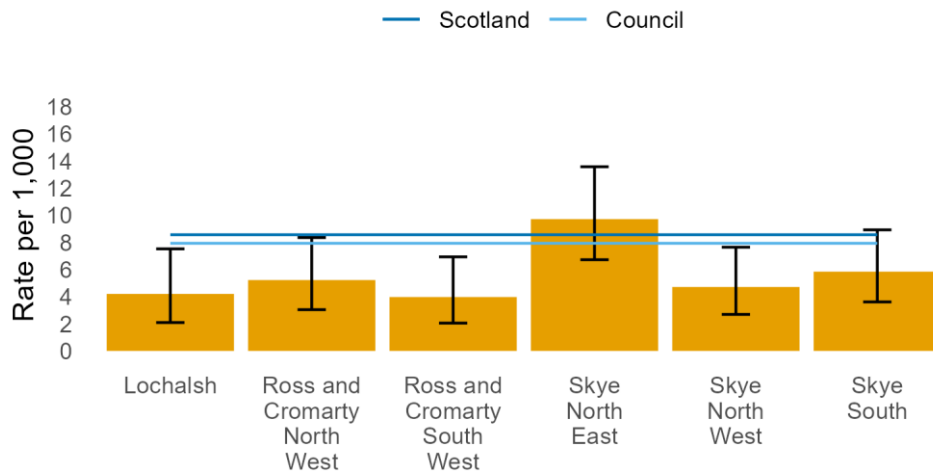
Source: National Records Scotland

**Table 4:** Number of live births and births per 1,000 women aged 15-44 by intermediate geographies in the area, 2020

	Number	Rate	Lower bound	Upper bound	Significance	
					Scotland	Council
Skye North East	34	9.7	6.7	13.6		
Skye South	21	5.8	3.6	8.9		
Ross and Cromarty North West	17	5.2	3.0	8.3	*	
Skye North West	16	4.7	2.7	7.6	*	
Lochalsh	11	4.2	2.1	7.5	*	*
Ross and Cromarty South West	12	4.0	2.0	6.9	*	*

Source: National Records Scotland

**Figure 7:** Live births per 1,000 women aged 15-44 by intermediate geographies<sup>1</sup>, 2020

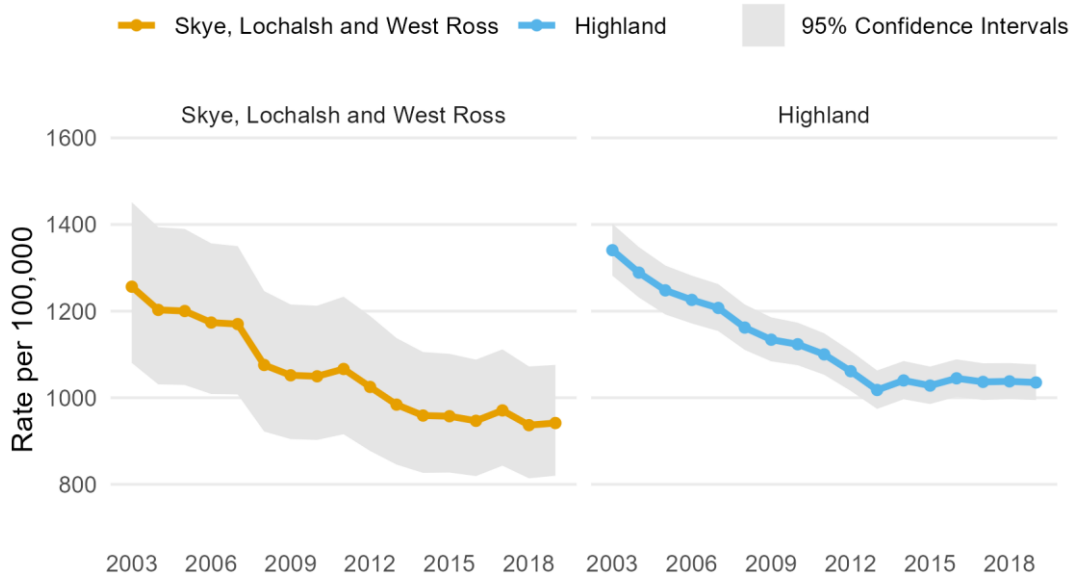


Source: National Records Scotland

1 Error bars (vertical lines at column series ends) show a 95% confidence interval range

## Deaths - all ages

**Figure 8:** Age-sex standardised mortality rate (all ages) per 100,000 population<sup>1</sup>, 2002 - 2020<sup>2,3</sup>



Source: National Records Scotland

1 Represents the degree of variability in the measures given by the 95% confidence intervals. 2 The x-axis labels show the middle year of the aggregated time period. 3 Note: the y-axis scale does not start at zero

**Table 5:** Number of deaths and age-sex standardised mortality rates, 2018 - 2020

	Avg Annual Number	Rate	Lower bound	Upper bound	Significance	
					Scotland	Council
Highland	2,626	1,035.2	994.8	1,076.7	*	
NHS Highland	3,751	1,050.7	1,016.2	1,086.0	*	
Scotland	59,983	1,166.3	1,156.7	1,176.0		*
East Ross	264	1,103.5	970.0	1,249.7		
Lochaber	222	1,102.6	955.6	1,265.1		
Inverness	833	1,066.3	992.9	1,143.5	*	
Caithness	301	1,066.0	945.5	1,197.2		
Nairn and Nairnshire	177	1,058.7	904.5	1,231.2		
Sutherland	178	994.2	846.7	1,159.1		
Mid Ross	288	964.0	852.3	1,086.0	*	
Skye, Lochalsh and West Ross	228	941.6	820.0	1,075.7	*	
Badenoch and Strathspey	137	899.0	747.6	1,070.8	*	

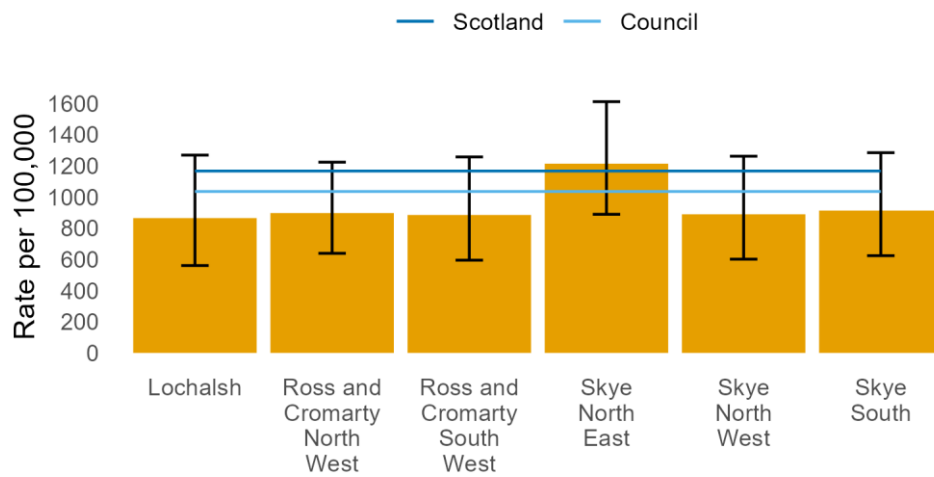
Source: National Records Scotland

**Table 6:** Age-sex standardised mortality rates by intermediate geography, 2018 - 2020

	Avg annual number	Rate	Lower bound	Upper bound	Significance	
					Scotland	Council
Skye North East	54.00	1,213.5	888.9	1,611.2		
Skye South	35.67	912.7	623.6	1,284.0		
Ross and Cromarty North West	41.00	896.9	638.5	1,223.1		
Skye North West	33.67	889.0	601.2	1,261.4		
Ross and Cromarty South West	35.67	884.6	594.7	1,256.8		
Lochalsh	28.00	864.6	560.2	1,268.5		

Source: National Records Scotland

**Figure 9:** Age-sex standardised mortality rates by intermediate geography<sup>1</sup>, 2018 - 2020



Source: National Records Scotland

<sup>1</sup> Error bars (vertical lines at column series ends) show a 95% confidence interval range

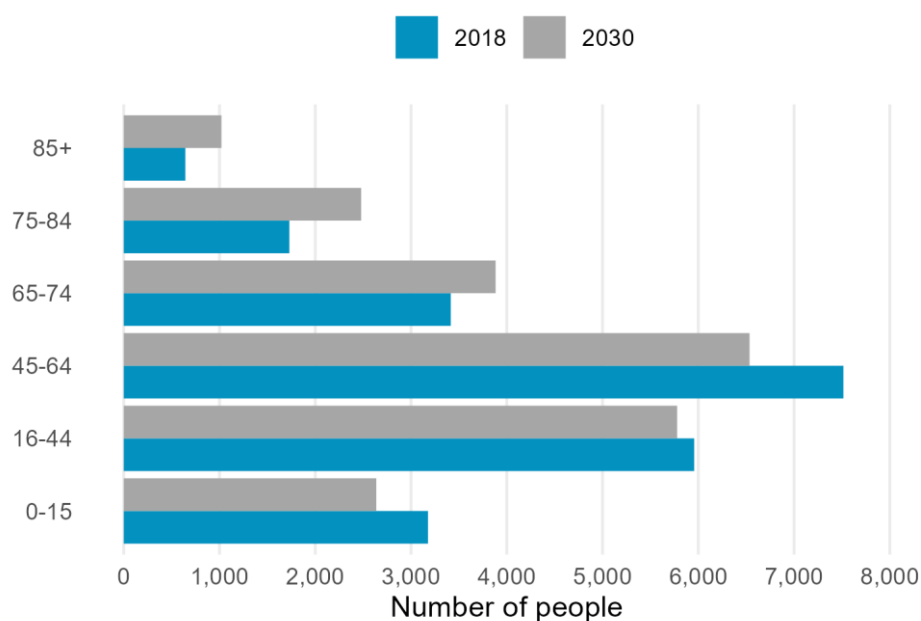
## Population Projections

**Table 7:** Projected population by age group, 2018 - 2030

Year	0-15	16-44	45-64	65-74	75-84	85+	Totals
2018	3,177	5,957	7,515	3,415	1,729	643	22,436
2019	3,115	5,964	7,482	3,411	1,802	674	22,448
2020	3,072	5,940	7,441	3,465	1,843	704	22,465
2021	2,999	5,966	7,374	3,493	1,907	738	22,477
2022	2,956	5,957	7,297	3,485	2,030	754	22,479
2023	2,924	5,962	7,183	3,496	2,129	787	22,481
2024	2,872	5,979	7,095	3,530	2,196	802	22,474
2025	2,814	5,972	7,035	3,545	2,262	836	22,464
2026	2,768	5,938	6,956	3,591	2,330	864	22,447
2027	2,731	5,912	6,853	3,656	2,378	898	22,428
2028	2,701	5,867	6,753	3,702	2,434	944	22,401
2029	2,659	5,841	6,621	3,819	2,438	992	22,370
2030	2,637	5,779	6,535	3,883	2,479	1,020	22,333

Source: Improvement Service Population Projections for Sub Council Areas 2018 based

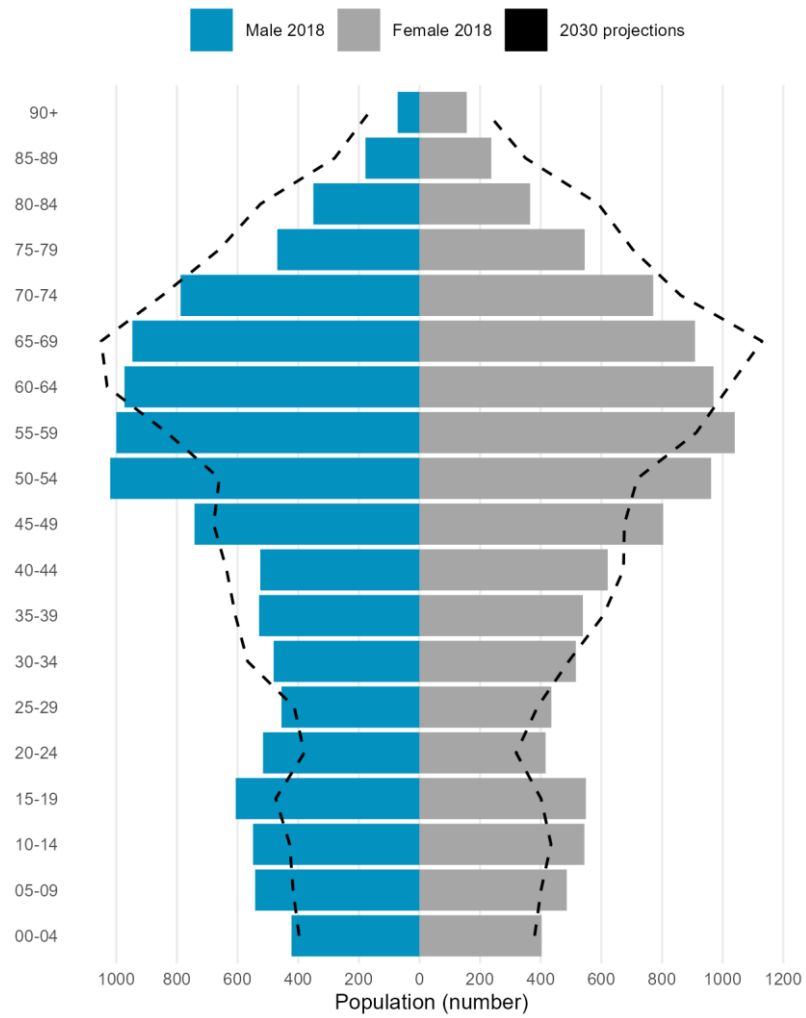
**Figure 10:** Projected population by age group, 2018 – 2030



Source: Improvement Service Population Projections for Sub Council Areas 2018 based

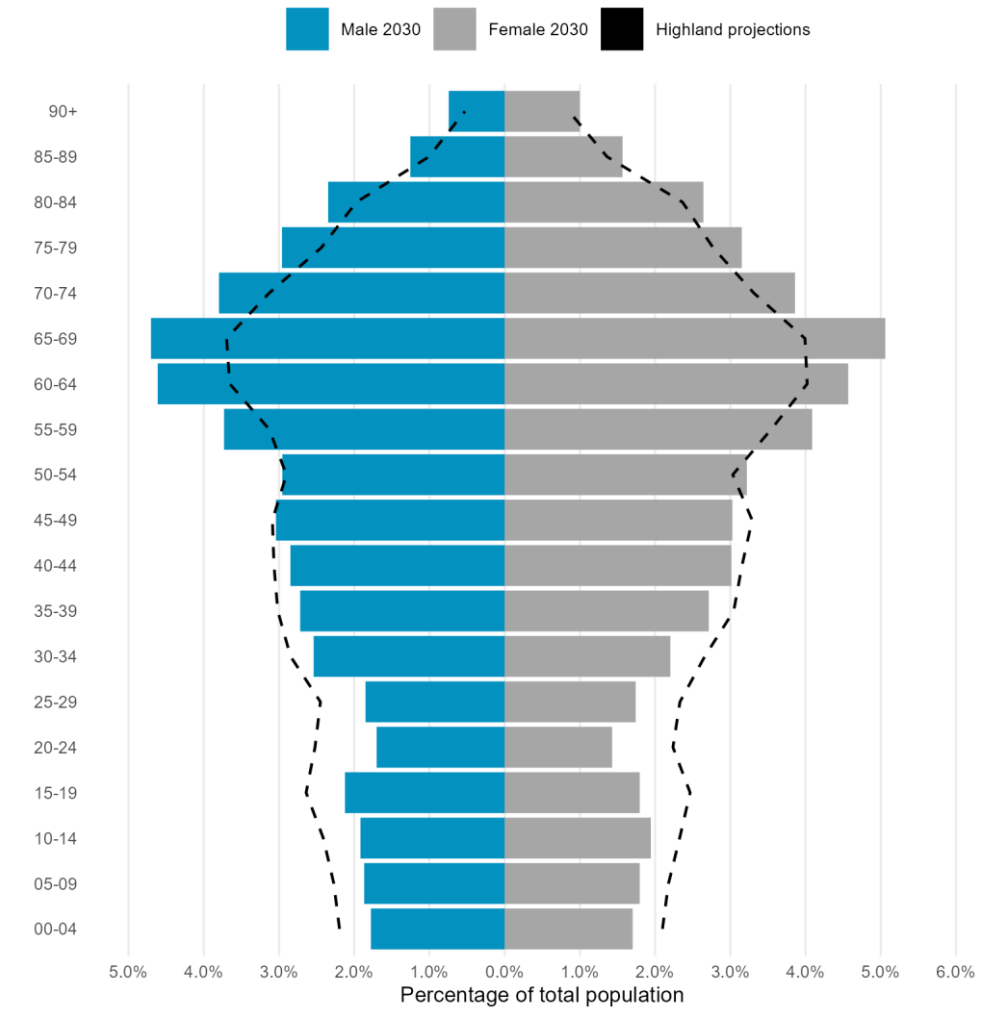


**Figure 11:** Estimated population in 2018 and projected population in 2030



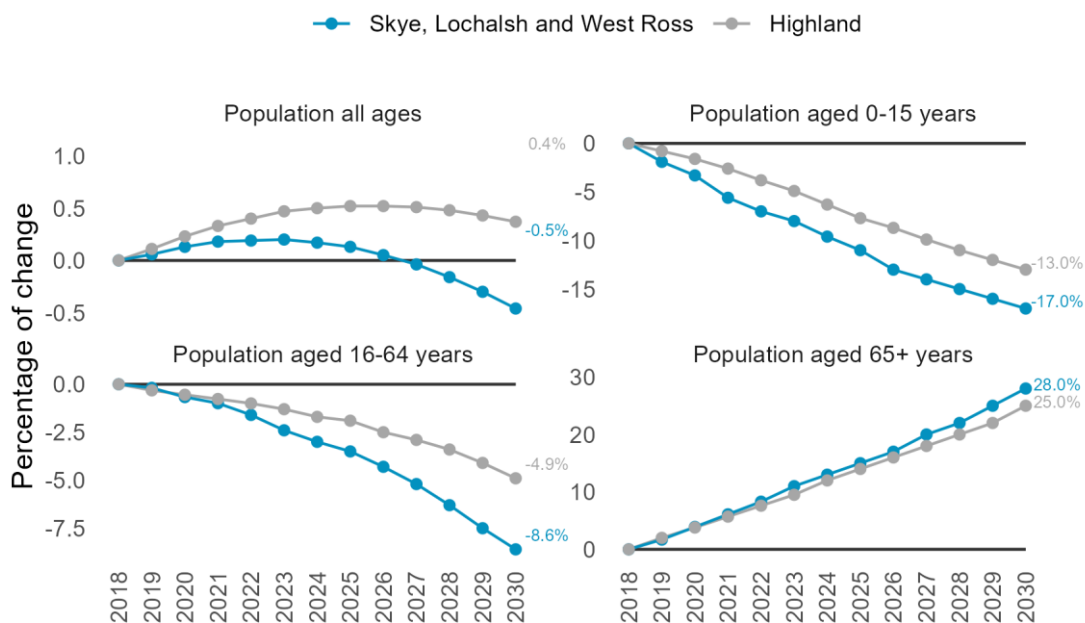
Source: Improvement Service Population Projections for Sub Council Areas 2018 based

**Figure 12: Projected population compared to the HSCP area by 2030**



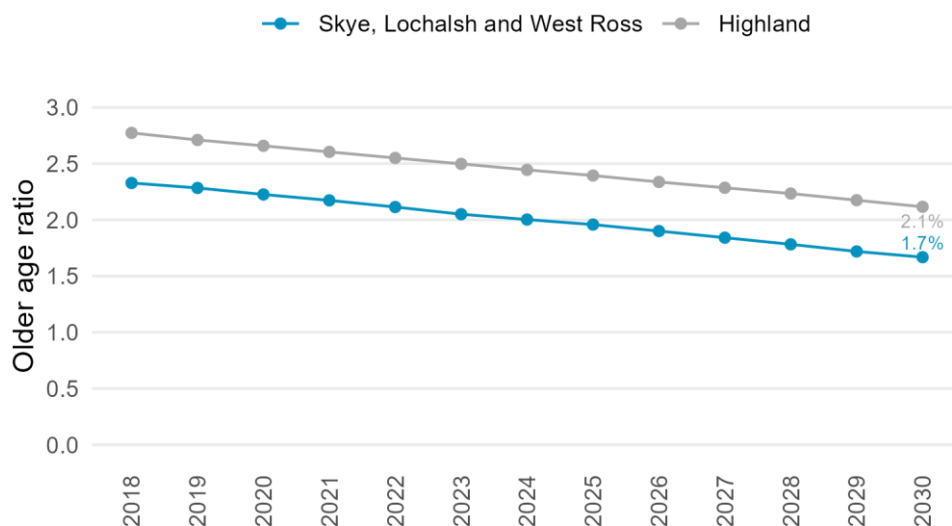
Source: Improvement Service Population Projections for Sub Council Areas 2018 based

**Figure 13:** Projected percentage change in the population by broad age group, 2018 - 2030



Source: Improvement Service Population Projections for Sub Council Areas 2018 based

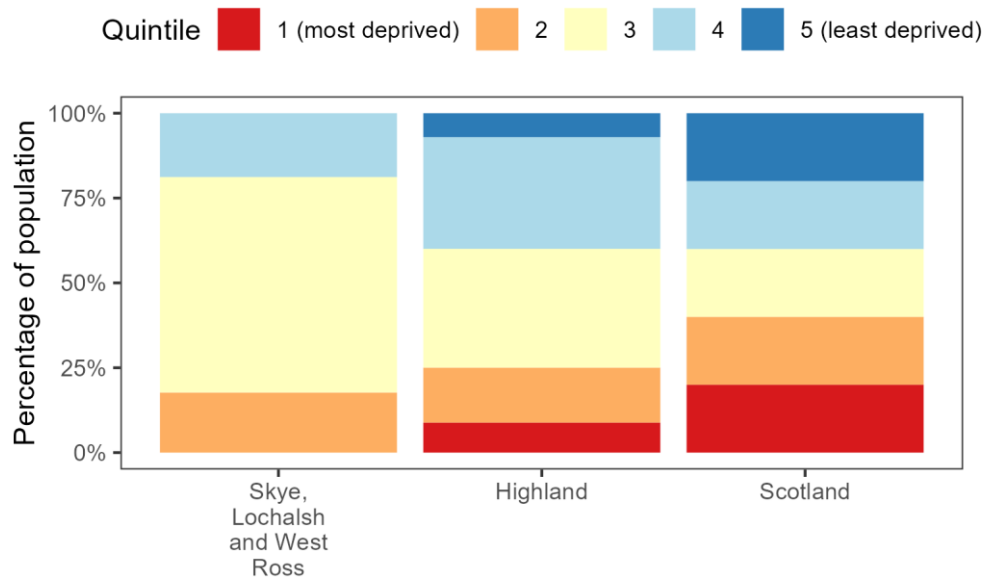
**Figure 14:** Projected ratio of people of working age (16-64 years) for every person aged 65 and over



Source: Improvement Service Population Projections for Sub Council Areas 2018 based

## Scottish Index of Multiple Deprivation 2020

**Figure 15:** Percentage of the population living in small areas which are in the most to least deprived in Scotland



Source: Scottish Index of Multiple Deprivation 2020 and NRS Small Area Population Estimates (2021)

**Table 8:** Percentage of the population living in small areas that are in the most to least deprived in Scotland

	1 (most deprived)	2	3	4	5 (least deprived)
Skye, Lochalsh and West Ross		17.7	63.5	18.8	
Highland	8.8	16.2	35.0	32.9	7.0
Scotland	20.0	20.0	20.0	20.0	20.0

Source: Scottish Index of Multiple Deprivation 2020 and NRS Small Area Population Estimates (2021)

**Table 9:** Data zones in the most deprived 20 percent of areas in Scotland in the HSCP

	Total number of data zones in the area	Areas in the 20% most deprived in Scotland	Local share of the 20% most deprived areas in Scotland
Badenoch and Strathspey	17	0	0.0
Caithness	38	4	10.5
East Ross	30	8	26.7
Inverness	103	14	13.6
Lochaber	27	2	7.4
Mid Ross	33	1	3.0
Nairn and Nairnshire	18	1	5.6
Skype, Lochalsh and West Ross	26	0	0.0
Sutherland	20	0	0.0
Highland	312	30	9.6

Source: Scottish Index of Multiple Deprivation 2020

**Table 10:** Skye, Lochalsh and West Ross data zones in the most deprived 20 percent of areas in Scotland

Data Zone	Name	Rank in Scotland (1 = most deprived area 6976 = least deprived)	National decile of deprivation
<i>Not applicable, as there are no data zones in Skye, Lochalsh and West Ross in the 20% most deprived areas in Scotland'</i>			

Source: Scottish Index of Multiple Deprivation 2020

## Population Income Deprived

**Table 11:** Number and percentage of the population who are income deprived

	Population income deprived	Population income deprived (%)	Lower bound	Upper bound	Significance	
					Scotland	Council
Highland	22,916	9.7	9.6	9.9	*	
NHS Highland	31,366	9.7	9.6	9.8	*	
Scotland	654,561	12.1	12.0	12.1		*
East Ross	3,154	14.2	13.8	14.7	*	*
Caithness	2,913	11.4	11.0	11.8	*	*
Inverness	8,287	10.2	10.0	10.4	*	*
Sutherland	1,260	9.8	9.3	10.3	*	
Nairn and Nairnshire	1,167	8.8	8.3	9.2	*	*
Lochaber	1,662	8.3	8.0	8.8	*	*
Mid Ross	2,070	7.7	7.4	8.1	*	*
Skye, Lochalsh and West Ross	1,467	7.6	7.2	8.0	*	*
Badenoch and Strathspey	936	6.8	6.4	7.2	*	*

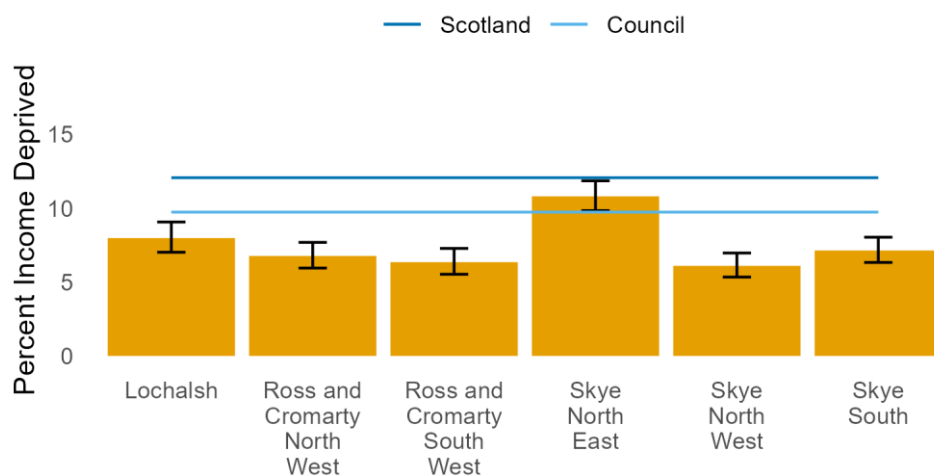
Source: Scottish Index of Multiple Deprivation 2020

**Table 12:** Number and percentage of the population who are income deprived by intermediate geography

	Population income deprived	Population income deprived (%)	Lower bound	Upper bound	Significance	
					Scotland	Council
Skye North East	391	10.8	9.8	11.9	*	
Lochalsh	214	8.0	7.0	9.1	*	*
Skye South	249	7.1	6.3	8.0	*	*
Ross and Cromarty North West	218	6.8	6.0	7.7	*	*
Ross and Cromarty South West	190	6.3	5.5	7.3	*	*
Skye North West	205	6.1	5.3	7.0	*	*

Source: Scottish Index of Multiple Deprivation 2020

**Figure 16:** Percentage of the population who are income deprived by intermediate geographies<sup>1</sup>



Source: Scottish Index of Multiple Deprivation 2020

<sup>1</sup> Error bars (vertical lines at column series ends) show a 95% confidence interval range

## Working Age Population Employment Deprived

**Table 13:** Number and percentage of the working-age population who are employment deprived

	Working-age population employment deprived	Working-age population employment deprived (%)	Lower bound	Upper bound	Significance	
					Scotland	Council
Highland	11,061	7.6	7.5	7.8	*	
NHS Highland	15,126	7.7	7.6	7.8	*	
Scotland	324,791	9.3	9.3	9.3		*
East Ross	1,392	10.5	10.0	11.1	*	*
Caithness	1,484	9.6	9.1	10.1		*
Inverness	4,200	8.1	7.8	8.3	*	*
Sutherland	561	7.6	7.0	8.3	*	
Nairn and Nairnshire	581	7.3	6.8	7.9	*	
Mid Ross	997	6.2	5.8	6.5	*	*
Lochaber	749	6.1	5.7	6.6	*	*
Skye, Lochalsh and West Ross	706	6.0	5.6	6.5	*	*
Badenoch and Strathspey	391	4.6	4.2	5.1	*	*

Source: Scottish Index of Multiple Deprivation 2020

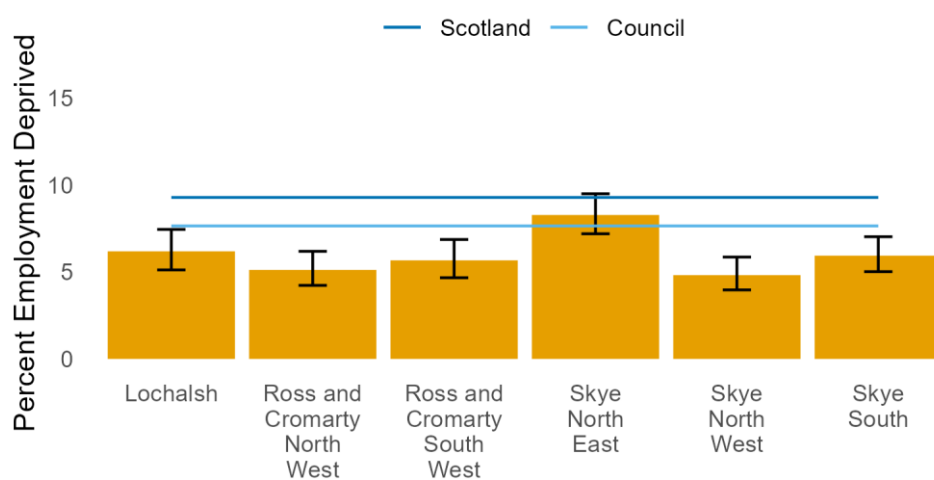


**Table 14:** Number and percentage of the working-age population who are employment deprived by intermediate geographies in the area

	Working-age population employment deprived	Working-age population employment deprived (%)	Lower bound	Upper bound	Significance	
					Scotland	Council
Skye North East	184	8.3	7.2	9.5		
Lochalsh	102	6.2	5.1	7.4	*	*
Skye South	127	5.9	5.0	7.0	*	*
Ross and Cromarty South West	97	5.7	4.7	6.9	*	*
Ross and Cromarty North West	100	5.1	4.2	6.2	*	*
Skye North West	96	4.8	4.0	5.9	*	*

Source: Scottish Index of Multiple Deprivation 2020

**Figure 17:** Percentage of the working-age population who are employment deprived by intermediate geographies<sup>1</sup>



Source: National Records Scotland

<sup>1</sup> Error bars (vertical lines at column series ends) show a 95% confidence interval range

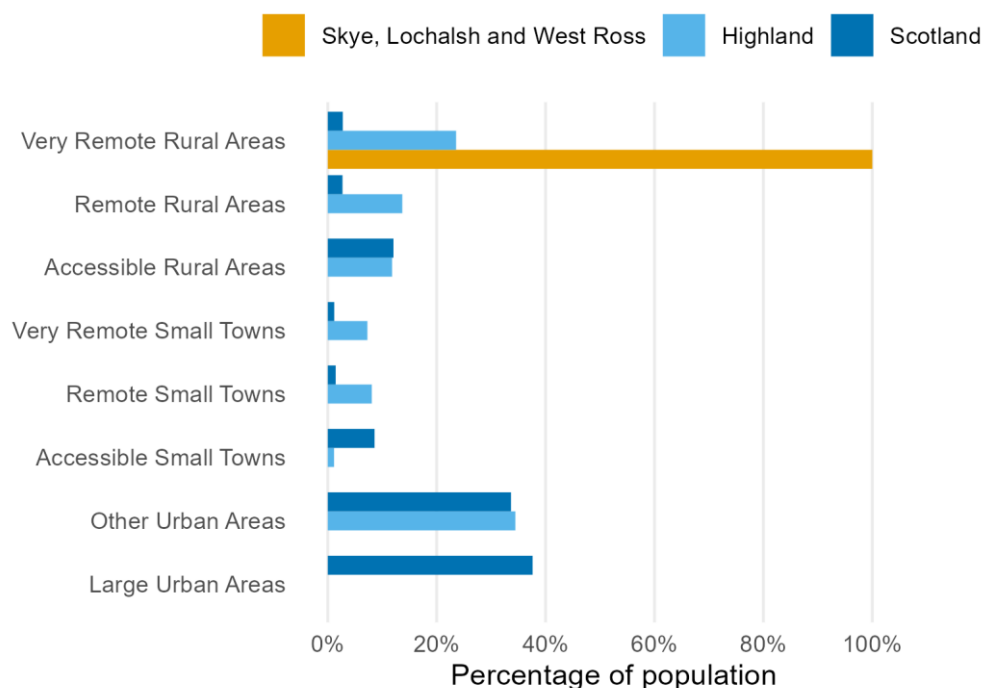
## Overview of Community Partnership Area

**Table 15:** Population by the Scottish Government Urban Rural 8-fold classification (2020)

	Skye, Lochalsh and West Ross population	Skye, Lochalsh and West Ross %	Highland %	Scotland %
Large Urban Areas	0	0.0	0.0	37.6
Other Urban Areas	0	0.0	34.4	33.6
Accessible Small Towns	0	0.0	1.2	8.6
Remote Small Towns	0	0.0	8.1	1.4
Very Remote Small Towns	0	0.0	7.3	1.2
Accessible Rural Areas	0	0.0	11.8	12.1
Remote Rural Areas	0	0.0	13.7	2.7
Very Remote Rural Areas	19,944	100.0	23.6	2.8

Data source: Scottish Government Urban Rural Classification (2020) and National Records of Scotland Small Area Population Estimates (2021)

**Figure 18:** Population by the Scottish Government Urban Rural 8-fold classification (2020)



Data source: Scottish Government Urban Rural Classification (2020) and National Records of Scotland Small Area Population Estimates (2021)

**Table 16:** Mid-2020 population estimates for settlements and localities

	All ages	0-15	16-64	65+
Broadford	1,170	153	722	295
Gairloch	610	73	331	206
Kyle of Lochalsh	590	94	378	118
Portree	2,310	362	1,403	545
Ullapool	1,500	223	960	317

Source: National Records Scotland

**Table 17:** NHS Highland Island populations

	Population 2022	Population 2012	Census 2011
Isle of Ewe	7	8	7
Isle of Raasay	177	156	164
Rona / Ronaigh (Skye)	2	2	3
Scalpay (Skye)	4	4	4
Isle of Skye	10,761	10,123	10,013
Soay	2	2	1

Estimated using Community Health Index general practice registered populations at April 2012 and April 2022  
 These were cross referenced with the National Records of Scotland Islands boundaries shapefile for 2022  
 The island populations reported at Census 2011 are provided for comparison (Census 2011 Table KS101SC)

## Glossary

Term	Description
Age-sex standardised mortality rate	An age-sex standardised mortality rate is a summary measure of the mortality rate that a population would have if it had a standard age structure. Standardised rates are used to allow comparisons across geographical areas by controlling for differences in the age and sex structure of local populations. It is also used when comparing rates for one geography over time. All rates shown are standardised to the European standard population 2013. Unless otherwise stated, refers to deaths from all causes and all ages.
Birth rate	The birth rate is a standard measure of fertility. It is the number of live births per 1,000 women of child-bearing age (15-44 years).
Confidence Interval (CI)	A confidence interval (CI) is a range of values that describes the uncertainty around a point estimate of a quantity, for example a mortality rate, arising from either random or 'natural' variation. Confidence intervals quantify the uncertainty in point estimates: the wider the confidence interval the greater the uncertainty. The width of the confidence interval depends upon the size of the population from which an estimate is derived, the degree of variability in the indicator being measured, and the required level of confidence. In public health the conventional practice is to use 95% confidence intervals.
Deprivation deciles or quintiles	The SIMD deprivation analyses in this report rank data zones from 1 (most deprived) to 6,976 (least deprived). These are then split into five deprivation quintiles with 20% of the data zones in each quintile. Deprivation deciles have 10% of the data zones in each decile.
Data zone	The data zone is the standard national small area geography used in the production of statistics. There are 6,976 data zones in the 2011 release (125 in Argyll and Bute and 312 in Highland local authorities). Nationally data zones are used as the 'building bricks' for higher level geography such as intermediate zones and are the smallest spatial area that population estimates are published for in the inter-census period. Data zones are used routinely to provide 'best fit' populations for local geographies such as Community Partnerships. Details of the mapping are available in the Scottish Health and Social Care Open Data platform <sup>7</sup> .
European Standard population (ESP)	The European Standard Population (ESP) is an artificial population structure which is used in the weighting of mortality or incidence data to produce age standardised rates. The current version is the ESP2013, which is based on an average of states' population projections for 2011 - 2030.
Intermediate zone	Intermediate zones (sometimes referred to as intermediate geographies or neighbourhoods) are constructed from aggregations of data zones and provide a small area geography

	that is more suitable for the release of potentially sensitive data and for reporting routine measures of population health. The intermediate zone is the standard spatial unit of analysis used in the Scottish Public Health Observatory online profiles tool <sup>8</sup> .
Island populations	The size of inhabited island populations, estimated using Community Health Index (CHI) general practice registered populations at April 2012 and April 2022. A spatial join was created in ArcGIS Pro between unit postcodes of registered patients and the National Records of Scotland Islands boundary file for 2022. The method provides a best estimate for inhabited island populations in the intra Census period. A limitation is that smaller islands, with very few households, may have the same postcodes as mainland households with the population being ascribed to the mainland. Larger islands, with larger practice populations, will have postcodes that cover only the island.
Lower and Upper bounds	The lower and upper bounds are the lower and upper limits of a 95% confidence interval. They represent the range of values between which the true value of a point estimate is expected to fall within.
Population estimates	The size of the population estimated on an annual basis, using 30 <sup>th</sup> June (mid-year) as a reference point. Scotland's Census is used as a base for the population estimates, with annual adjustments made for the number of births, deaths and estimates of migration. National Records of Scotland (NRS) are responsible for producing official population figures for Scotland <sup>9</sup> .
Population projections	Population projections provide an indication of the potential future size and age structure of the population, based on past trends and assumptions of future levels of fertility, mortality and migration. The projections in this report were produced by the Improvement Service (IS) based on trends observed to 2018 <sup>2</sup> . They do not account for recent or future changes occurring as a result of the COVID-19 pandemic or Brexit. All projections have limitations and should be interpreted with caution <sup>10</sup> .
Scottish Government Urban Rural classification	The Scottish Government Urban Rural (SGUR) classification provides a consistent way of defining urban and rural areas across Scotland <sup>11</sup> . The classification is based upon two main criteria: (i) population, as defined by the National Records of Scotland (NRS), and (ii) accessibility, based on drive time analysis to an urban area. The classification is available in multiple forms, including a 6-fold classification which distinguishes between urban, rural, and remote areas through six categories, and an 8-fold classification which further distinguishes between remote and very remote regions. The latest version is the SGUR 2020.
Scottish Index of Multiple Deprivation (SIMD)	The Scottish Index of Multiple Deprivation (SIMD) identifies small area concentrations of deprivation <sup>3</sup> . The latest version is the SIMD 2020 and is based on small areas called data zones. The SIMD is a measure of relative deprivation and takes account of indicators across seven domains: income, employment, education, health, access to services, crime and housing. The seven domains are combined into a single index score and ranked.

Settlements and Localities	Settlements and localities are defined by the National Records of Scotland (NRS). The NRS maintain data on unit postcodes, including a boundary enclosing all of the addresses assigned to the postcode. These postcode areas are used as 'building bricks' in the definition.
Statistical significance of differences	Confidence intervals are used to interpret whether a measure is statistically higher or lower than another. If the confidence intervals of one particular area have no overlap with a comparison area confidence interval then it is statistically significantly higher/lower than the comparison. If there is overlap then there is no statistically significant difference between them. Statistical significance of differences are indicated by a * in the tables in this report.

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- <sup>11</sup> Scottish Government. Scottish Government Urban Rural classification 2020. <https://www.gov.scot/publications/scottish-government-urban-rural-classification-2020/>