

---

PLANNING

Cairngorms National Park Local  
Development Plan 2020

**Strategic Environmental Assessment  
Environmental Report January 2019**

**Appendix 2: Environmental Baseline  
Topic 8: Population and Human Health**

## Topic 8: Population and Human Health Population

Population statistics within the Cairngorms National Park are calculated using an aggregate of data zones that roughly correspond with its boundary. For full details on how these data zones are collected, see **Appendix 3** (p. 335).

### Mid-year Estimates

In 2017<sup>13</sup> the estimated population of the National Park was 18,605, with 9,214 males and 9,391 females.

The National Park has a distinctly different population profile to the national (Figure 139 and Figure 140), with a higher proportion of people falling within the 55 to 74 age cohorts. When compared to other rural parts of Scotland, the Cairngorms National Park also has a relatively high proportion of residents

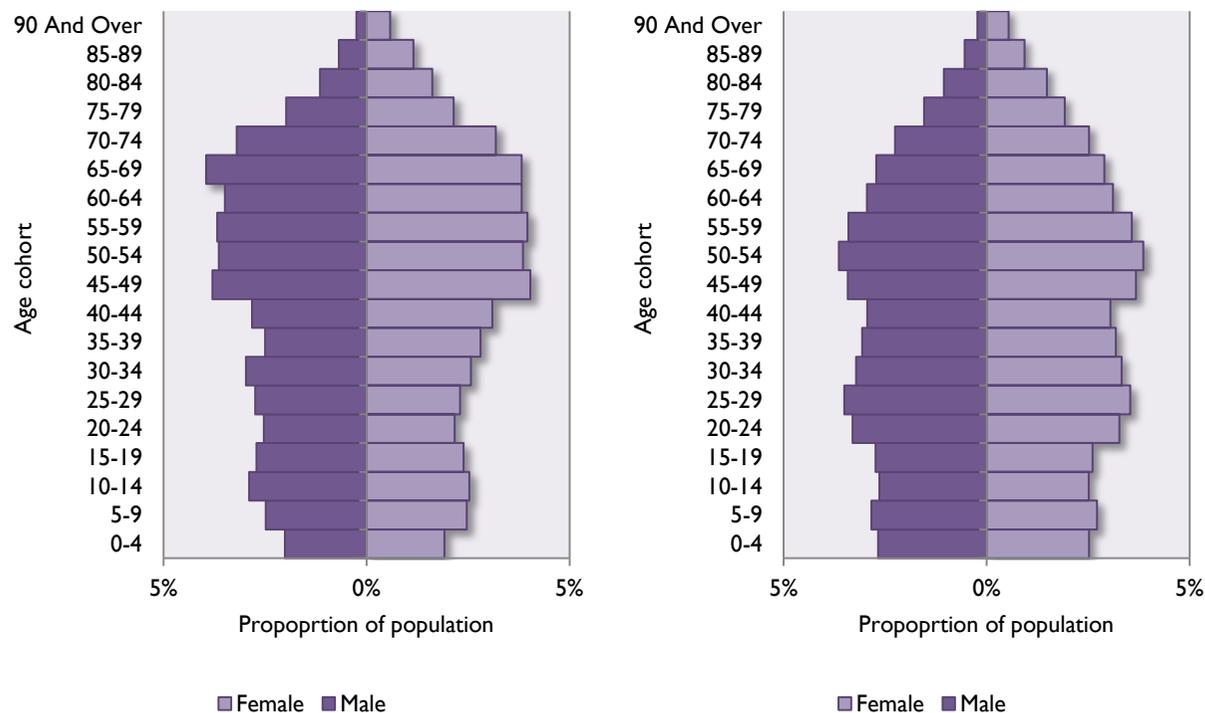


Figure 139 Estimated population profile by age and sex in the Cairngorms National Park in 2017. Figure 140 Estimated population profile by age and sex in Scotland in 2017.

Source: [www.sns.gov.uk](http://www.sns.gov.uk)

<sup>13</sup> 2017 Mid-year estimates represent the most recent set of population statistics at a data zone level at time of writing.

within the 10 to 29 age cohorts (see NRS (2018). This is thought to be due to the relatively high number of opportunities for employment in the outdoor and tourism sectors. There is also a spike in the 10 to 15 year cohort, which is replicated across Scotland as a whole.

Although mid-year estimates suggest a slowdown in the rate of growth between 2011 and 2017, during the 21<sup>st</sup> century<sup>14</sup>, the National Park has experienced a significant net increase in its resident population, rising by approximately 2,272 persons (a growth of 13.9%) (Figure 141). This growth is well above the overall Scottish rate, which saw a net increase of around 7.1% over the same period.

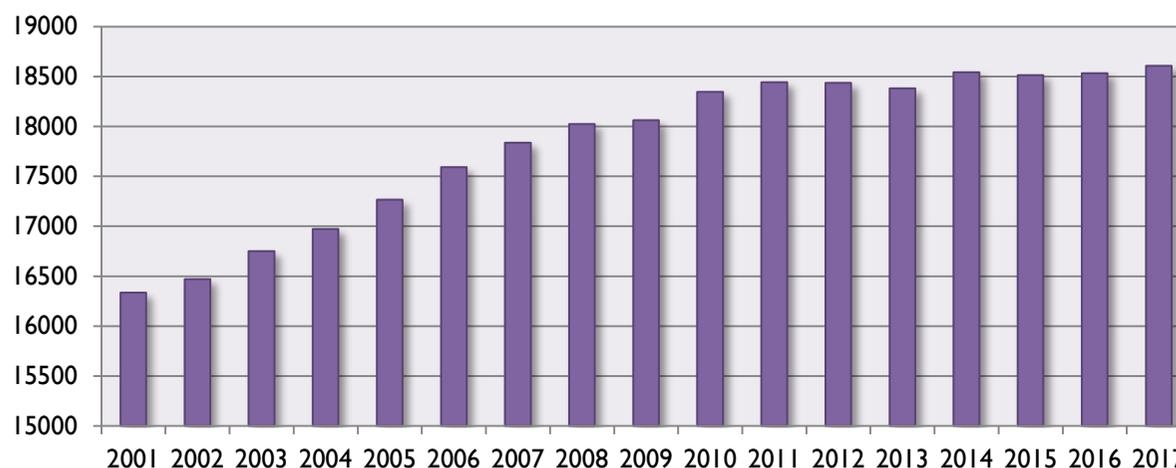


Figure 141 Mid-year estimates of total population for the Cairngorms National Park. Source: [www.sns.gov.uk](http://www.sns.gov.uk)

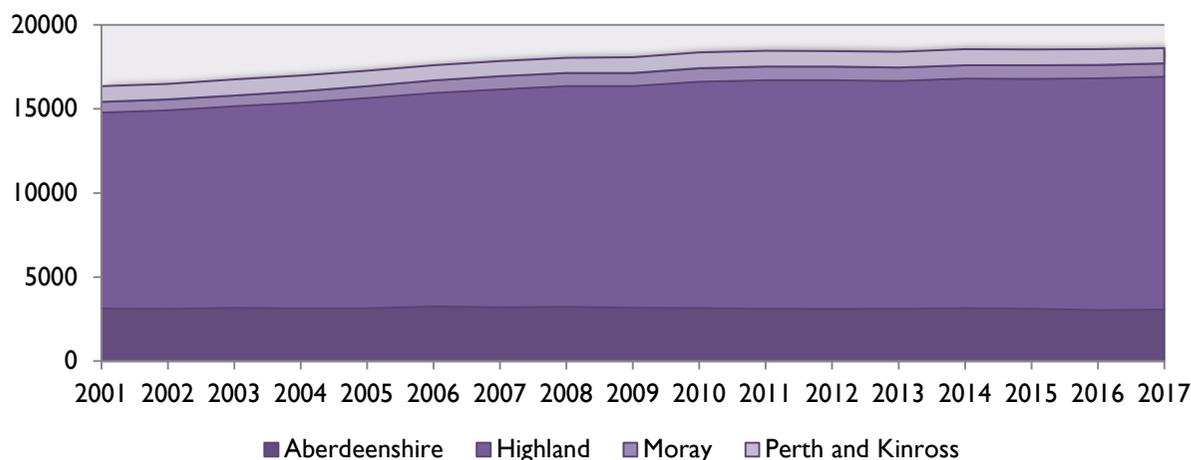


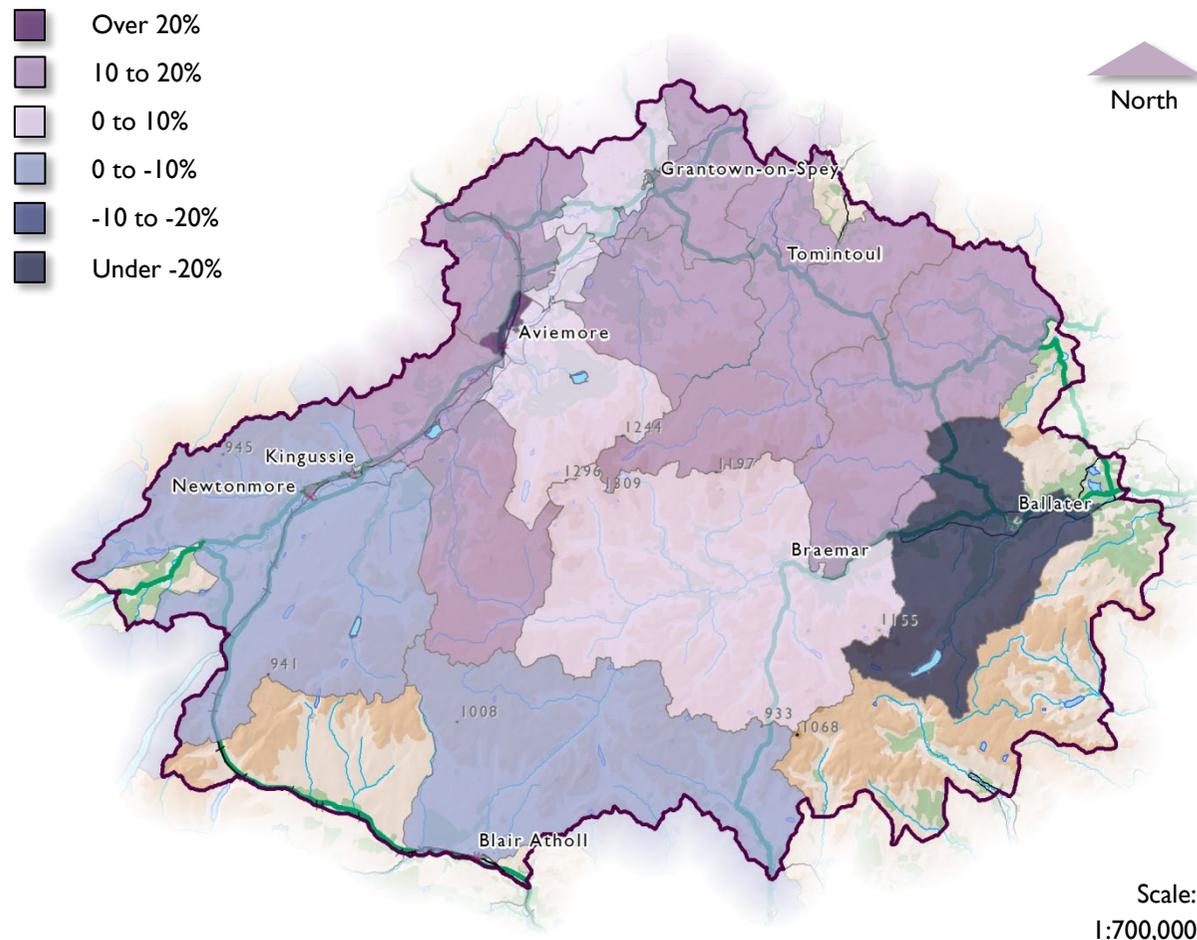
Figure 142 Mid-year estimates of total population for the Cairngorms National Park distributed by Local Authority Area. Source: [www.sns.gov.uk](http://www.sns.gov.uk)

<sup>14</sup> Figures between 2001 and 2009 include people living in the area of Perth and Kinross which did not become part of the National Park until 2010.

This growth has not been evenly distributed throughout the National Park (**Figure I 42** and **Figure I 43**). Indeed, the overall population in data zones within Aberdeenshire and Perth and Kinross has remained relatively stable.

The greatest increase occurred within Aviemore, which is estimated to have grown by around 1,200 people. Proportionally this represents a growth of around 150%. Most of Badenoch and Strathspey also experienced growth, gaining an estimated 967 people. Taken together, this addition of 2,200 persons resulted in the Highland area of the National Park growing by 19%<sup>15</sup>.

Although net population change within the National Park has been positive, certain areas experienced a reduction in the



<sup>15</sup> Estimates of population change between 2001 and 2017 are complicated by the fact that boundary changes have occurred during the transition from 2001 and 2011 data zones, including the splitting of a single data zone in Aviemore to form two data zones. While efforts have been made to match these geographies as much as possible, the degree to which actual population change has occurred is likely to be exaggerated in certain instances.

Figure I 43 Population change within the Cairngorms National Park between 2001 and 2017 (based on mid-year estimates).

Reproduced by permission of Ordnance Survey on behalf of HMSO. © Crown copyright and database right 2019. All rights reserved. Ordnance Survey Licence number 100040965 Cairngorms National Park Authority. © Scottish Government.

population. For example, the population of the Aberdeenshire area of the National Park lost around 60 persons (around 3%). It is unclear if this represents a genuine trend or is a result of methodical or sampling changes to the mid-year estimate methodology.

The components of this population change can be calculated for the years 2002-2013<sup>16</sup> (Figure 144 and Table 32). This shows that deaths have exceeded births every year of this period and that the National Parks' population growth is driven by migration. Over this period, the population grew by around 11.8%, but would have fallen by around 3.4% had no migration taken place. The nature of change has not of course been even throughout the National Park, with areas such as Aviemore seeing births exceeding deaths and a far higher level of migration, while in other areas, such as Aberdeenshire and Perth and Kinross the net change has been insignificant.

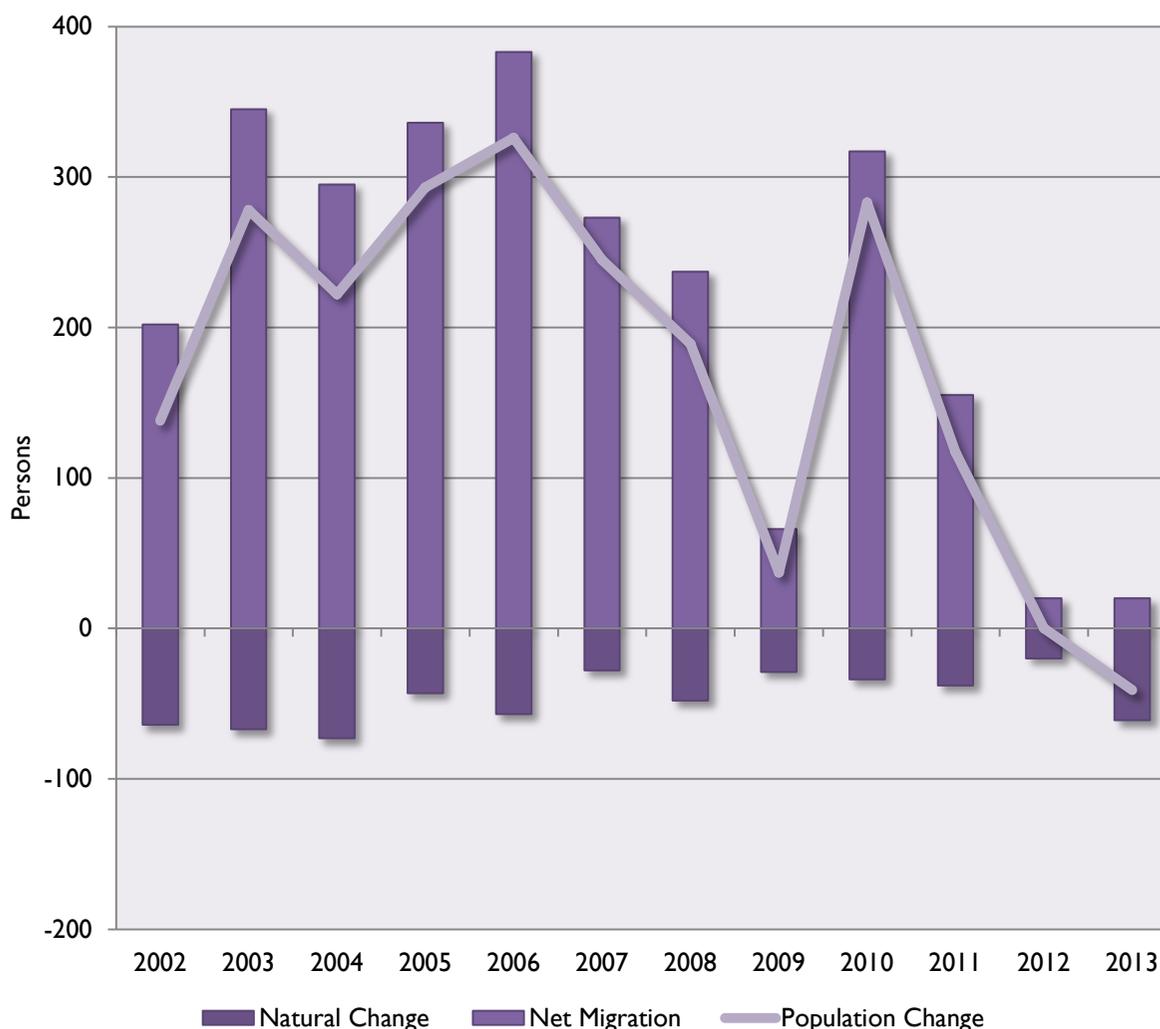


Figure 144 Components of population change 2002-2013 (Source: www.statistics.gov.scot).

<sup>16</sup> Data on deaths is not currently available for small area geographies beyond 2013

Table 32 Components of population change 2002-2013 (Source: www.statistics.gov.scot).

Reference Area		2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	Change 2002-2013
Aberdeenshire	Births	21	26	25	26	25	21	21	30	24	18	24	17	278
	Deaths	36	57	56	46	56	42	47	40	41	45	39	49	554
	Natural Change	-15	-31	-31	-20	-31	-21	-26	-10	-17	-27	-15	-32	-276
	Net Migration	-2	92	-1	26	137	-26	54	-47	1	0	14	38	303
	Population Change	-17	61	-32	6	106	-47	28	-57	-16	-27	-1	6	27
	Total Population	3113	3174	3142	3148	3254	3207	3235	3178	3162	3135	3134	3140	
Highland	Births	89	89	94	112	103	121	142	114	112	120	116	122	1334
	Deaths	149	138	139	138	128	129	158	131	132	139	120	145	1646
	Natural Change	-60	-49	-45	-26	-25	-8	-16	-17	-20	-19	-4	-23	-312
	Net Migration	211	232	287	295	220	269	185	74	294	151	19	-13	2073
	Population Change	151	183	242	269	195	261	169	57	274	132	15	-36	1761
	Total Population	11800	11983	12225	12494	12689	12950	13119	13176	13450	13582	13597	13561	
Moray	Births	9	4	7	1	9	3	5	4	2	9	2	5	60
	Deaths	5	4	11	2	9	5	7	5	8	5	5	10	76
	Natural Change	4	0	-4	-1	0	-2	-2	-1	-6	4	-3	-5	-16
	Net Migration	2	-6	43	36	44	38	-8	-7	33	18	-7	-3	177
	Population Change	6	-6	39	35	44	36	-10	-8	27	22	-10	-8	161
	Total Population	635	629	668	703	747	783	773	765	792	814	804	796	
Perth and	Births	13	17	16	13	9	12	10	5	16	7	10	7	135

Reference Area		2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	Change 2002- 2013
Kinross	Deaths	6	4	9	9	10	9	14	6	7	3	8	8	93
	Natural Change	7	13	7	4	-1	3	-4	-1	9	4	2	-1	42
	Net Migration	-9	27	-34	-21	-18	-8	6	46	-11	-14	-6	-2	-42
	Population Change	-2	40	-27	-17	-19	-5	2	45	-2	-10	-4	-3	0
	Total Population	923	963	936	919	900	895	897	942	940	930	926	923	
Cairngorms National Park	Births	132	136	142	152	146	157	178	153	154	154	152	151	1807
	Deaths	196	203	215	195	203	185	226	182	188	192	172	212	2369
	Natural Change	-64	-67	-73	-43	-57	-28	-48	-29	-34	-38	-20	-61	-562
	Net Migration	202	345	295	336	383	273	237	66	317	155	20	20	2511
	Population Change	138	278	222	293	326	245	189	37	283	117	0	-41	1949
	Total Population	16471	16749	16971	17264	17590	17835	18024	18061	18344	18461	18461	18420	

Despite migration exceeding natural change, which has brought younger people into the National Park, particularly in Aviemore area, the population has aged over the 2011-2017 period (Figure I45 and Figure I46). The number of children within the National Park has fallen by around 4% while the pensionable age population has grown by around 39%.

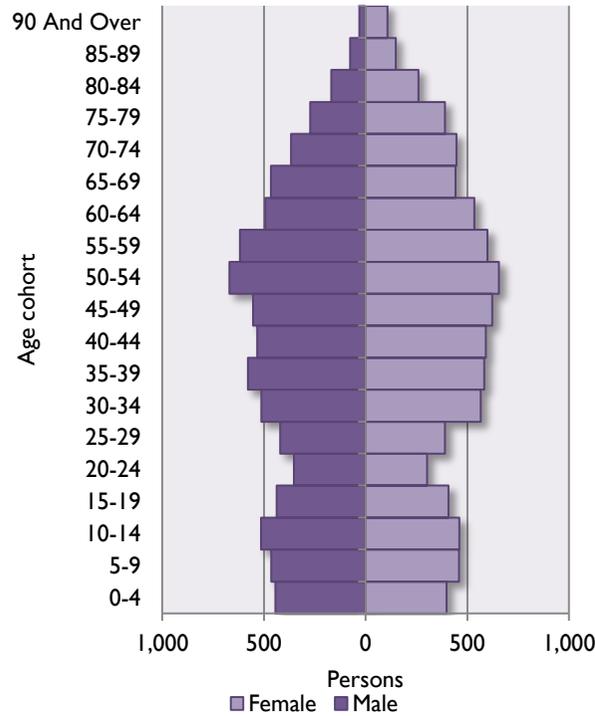


Figure I45 Estimated population profile by age and sex in the Cairngorms National Park in 2001.

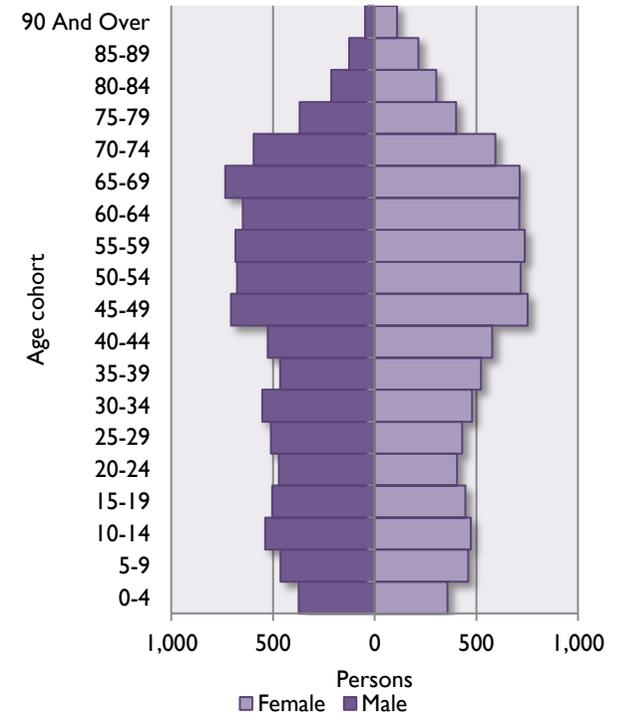


Figure I46 Estimated population profile by age and sex in the Cairngorms National Park in 2017.

Source: [www.statistics.gov.scot](http://www.statistics.gov.scot)

### Population Projections

Population projections for the National Park are produced by National Records of Scotland (NRS), with the most recent being 2016 based projections, published in March 2018. NRS's (2018) principal projection is that between 2016 and 2041, the population of Cairngorms National Park will drop from 19,006 to 18,332 (a decrease of around 4%) (Figure 147).

This projection is in contrast to the level of growth experienced previously and indeed NRS' 2012 based principle projection, which projected a growth in the population of around 1%.

Population projections are calculations showing what happens under certain assumptions about future fertility, mortality and migration. Household projections also incorporate information on trends of household formation.

The assumptions in NRS' projections continue these past trends in local fertility, mortality, migration and household formation. They do not take account of any

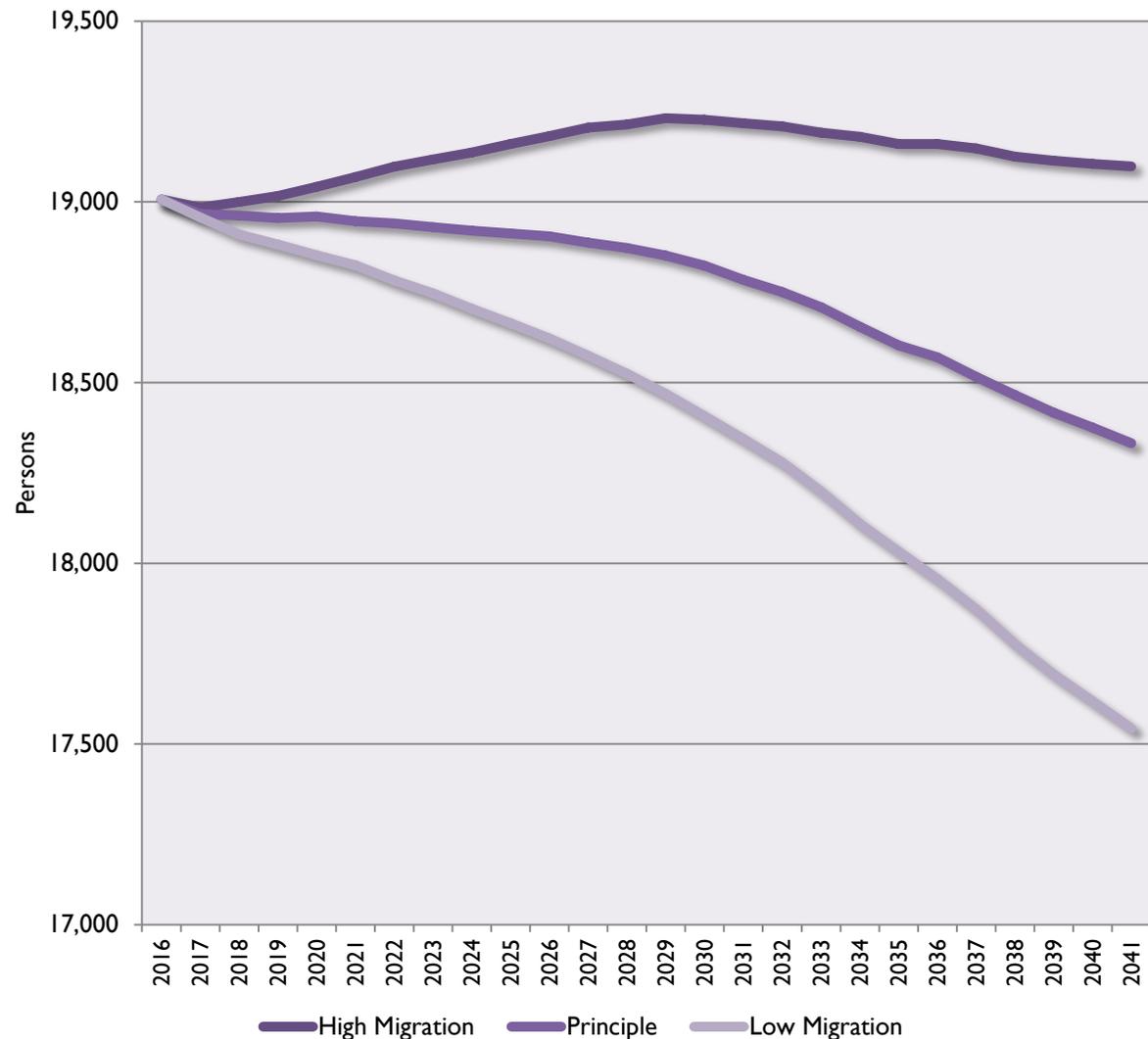


Figure 147 Estimated and projected total population of the National Park, 2016-2041 (NRS, 2018).

future changes that may occur as a result of policy initiatives, social or economic change. They will reflect past policy changes and trends in house building, but they do not incorporate information on planned future policy changes or house building. For example, an area may have had a high level of house building over the last few years, which is now coming to an end, but the projections would show a continuation of the past trends. These projections are not, therefore, forecasts of what the government expects to happen.

**Table 33** shows the principle projected percentage population change for the National Park and compares the projected rates of natural change and migration across areas between 2016 and 2041.

The population of the National Park is projected to decrease despite positive projected net migration to the area over the projection period. This is because the number of deaths is projected to exceed the number of births. This is largely due to the age structure of the population in these areas.

Table 33 Components of projected population change for the Cairngorms National Park, Principle projection 2016 to 2041 (NRS, 2018).

Natural Change	Net migration	Population change (percentage)
-1,914	1,505	-3.5

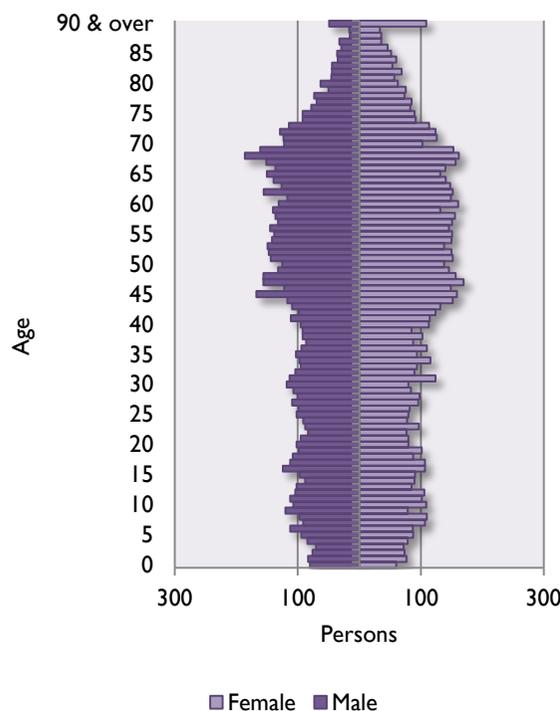


Figure 148 Estimated population profile by age and sex in the Cairngorms National Park in 2016 (NRS, 2018).

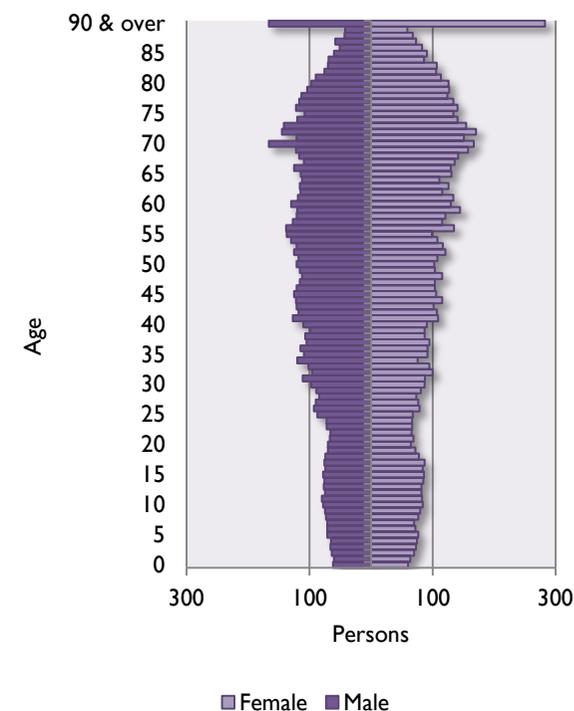


Figure 149 Projected population profile by age and sex in the Cairngorms National Park in 2041 (NRS, 2018).

NRS (2018) also give an indication of how the age structure of the population might change (**Figure I48** and **Figure I49**). According to the principal migration scenario, the number of children aged under 16 is projected to decrease by 20% over the projection period from 2,933 in 2016 to 2,362 in 2041. The number of people of working age is projected to decrease from 11,612 in 2016 to 10,710 in 2041, a decrease of 8%. The population of pensionable age is projected to rise by 18% from 4,461 in 2016 to 5,260 in 2041. However, the number of people aged 75 and over is projected to rise from 1,794 in 2016 to 3,242 in 2041, an increase of 81%. By 2041 the population is projected to be more heavily distributed at older ages.

**Household Estimates**

Since 2008, the number of dwellings in the National Park grew from 9,722 to 10,196 (an increase of around 5%), with occupation levels varying from a nadir of 82.95% in 2012 to a maximum of 83.46% in 2008 (**Figure I50**).

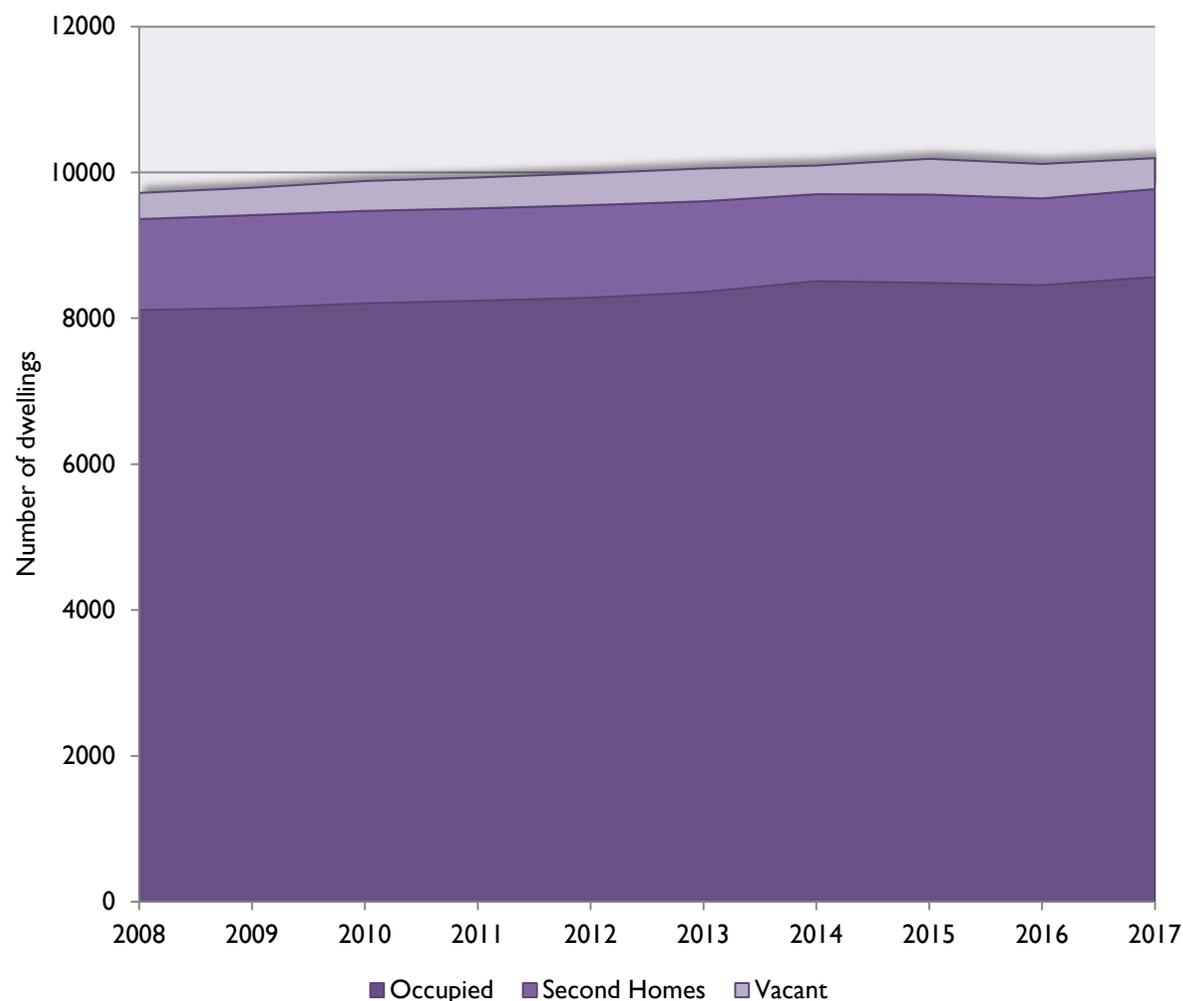


Figure I50 Changes in household occupation in the Cairngorms National Park 2008-2017 (Source: [www.statistics.gov.scot](http://www.statistics.gov.scot)).

Over this period the number of households claiming Single Adult Discount also increased from 2,866 to 2,968 (an increase of around 4%), with levels varying from a nadir of 28.15% in 2015 to a maximum of 29.48 in 2008 (Figure 151). This discount signifies whether a property is occupied by a single adult household and that household has declared it as such. These levels are significantly lower than the Scottish, which have been around 38% for the same period.

This rate of change has however varied significantly between the different Local Authority areas of the National Park, with the areas that have seen the least growth in households seeing the most significant increases in single occupancy households. For example, over the period of 2008 to 2017 the Perth and Kinross area saw a net increase of 20.6%.

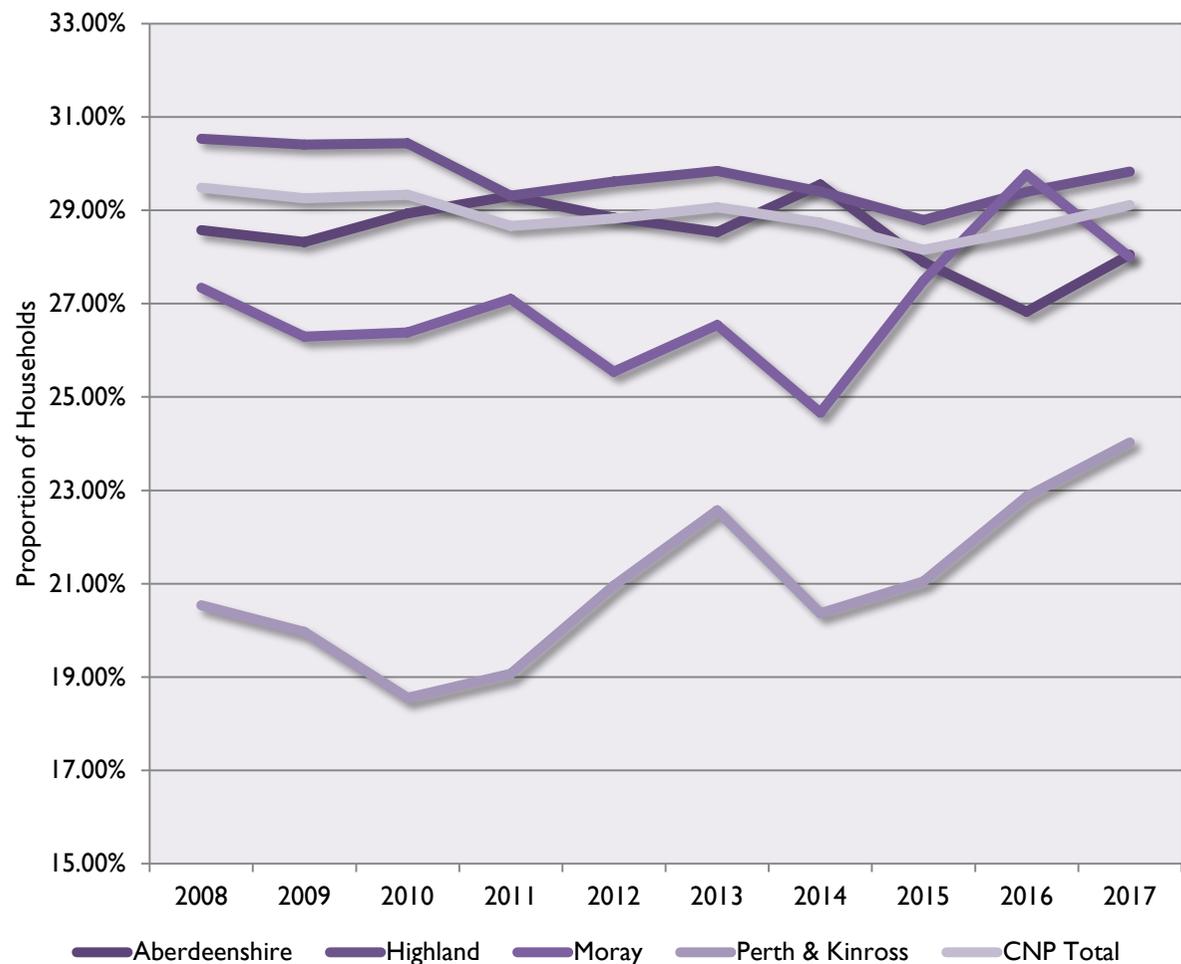


Figure 151 Change in the proportion of households claiming Single Adult Discount in the Cairngorms National Park 2008-2017 (Source: www.statistics.gov.scot).

## Household Projections

It's clear that this projected change in population and demographic character will result in an increase in the number of households within the National Park. NRS' (National Records Scotland, 2018) principle projection suggests that households are set to increase from 8,615 in 2016 to 9,178 in 2041, an increase of 7% (**Table 34** and **Figure 152**).

Given the limited nature of the projected population growth associated with these, it is clear that it does not entirely explain the projected change in the number of households. Indeed, the difference between the household and population projections is due to the trend in more people living alone or in smaller households. In the Cairngorms National Park, the average household size is projected to drop from 2.14 people in 2016 to 1.93 people in 2041 (**Figure 153**).

Table 34 Household projections for the Cairngorms National, by type of household, 2016 to 2041 (NRS, 2018).

Household Type	2016	2041	Change 2016-2041	
1 adult	2,879	3,393	+514	18%
2 adults	3,189	3,360	+171	5%
1 adult with children	460	593	+133	29%
2+ adults with children	1,521	1,409	-112	-7%
3+ adults	566	423	-143	-25%
All households	8,615	9,178	+563	7%

An important driver of decreasing household size is the ageing population, as children tend to live in larger households and older people in smaller ones. The National Park has a projected increase of 35% in the number of people in older age groups (65+), while children (aged zero to fifteen) and the 16 to 64 population are projected to decrease by 19% and 14%, respectively.

### Sub-council Area Projections

In 2016 the National Records of Scotland published the results of a one-off research project to produce population and household projections for sub-council areas (Figure 154).

Additional caution should be taken for sub-council area projections because small areas show more short-term change than larger areas and in the projections, these trends are continued for the length of the projection. As the process of change is cumulative, the reliability of projections decreases over time and for this reason

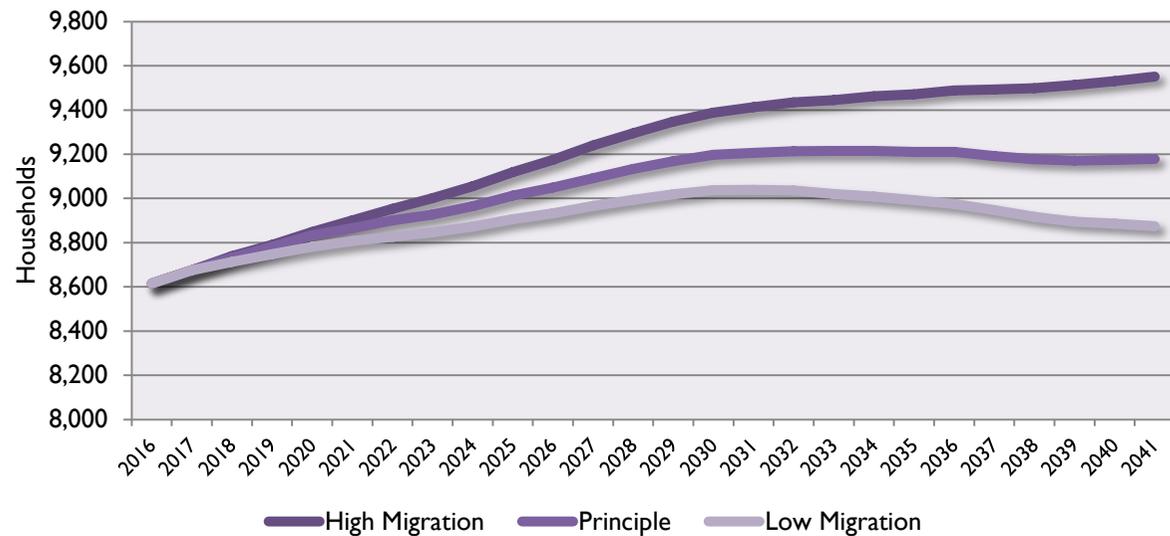


Figure 152 Overall household projections for the Cairngorms National Parks, 2016 to 2041 (NRS, 2018).

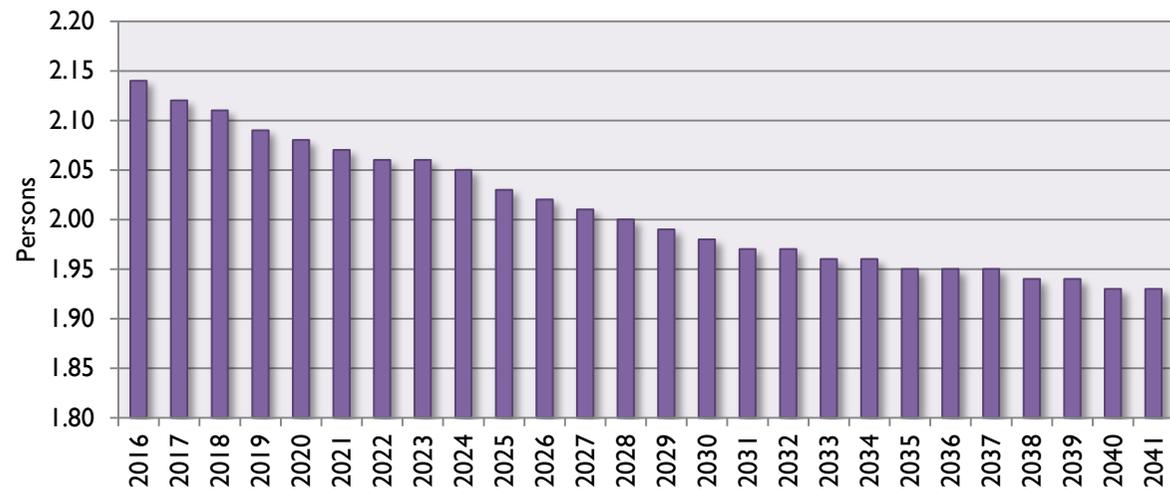


Figure 153 Projected household size for the Cairngorms National Park, 2016 to 2041 (NRS, 2018).

caution should be used when considering these projections in the longer-term.

Therefore, although projections have been prepared to 2037 (25 years ahead), in line with the sub-national projections at council area and National Park level, the main results are reported to 2026. Projections become more uncertain the further ahead they project, especially for smaller areas, as these populations are affected more by the migration assumptions, therefore the results to 2026 are considered more reliable than the longer-term projections and are presented in this report (**Table 35**).

The sub-council areas are not consistent in size, varying from base populations of 2,100 to 79,000; with the average area having a population at mid-2012 of 17,700. The larger areas tend to be in urban areas and the smallest in rural areas.

The only sub-council area that is contiguous with the National Park boundary is Badenoch and Strathspey. Due to the very small populations within them, the other

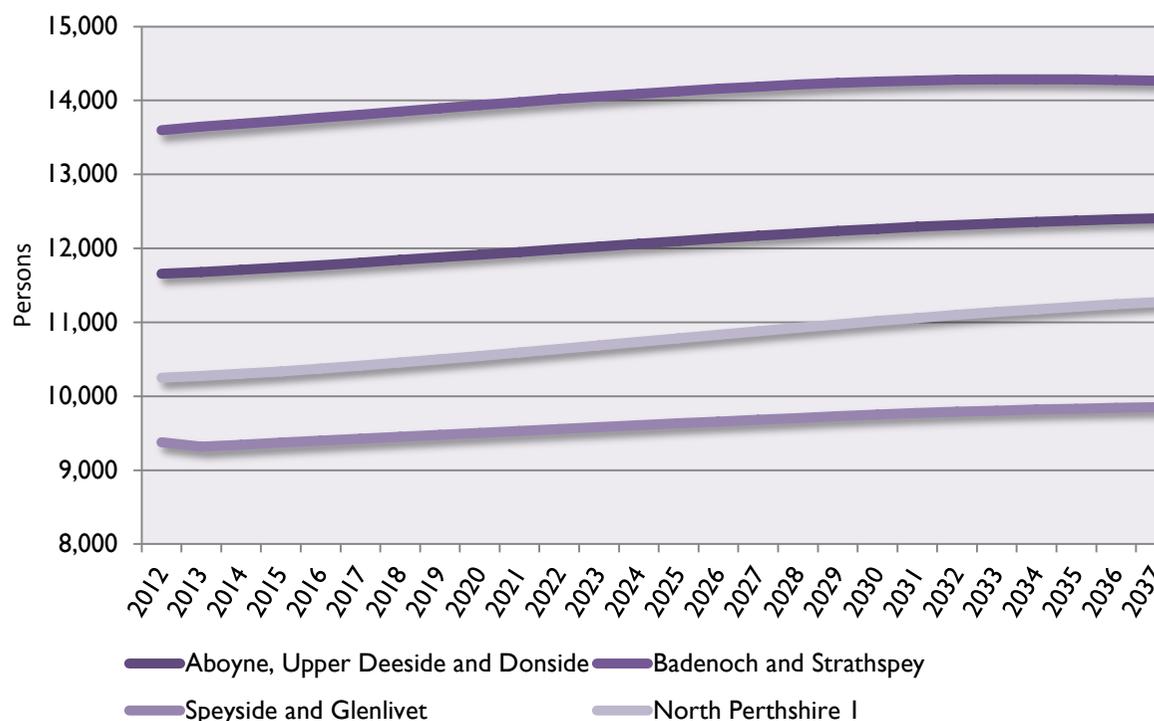


Figure 154 Population projections for sub-council areas within and overlapping the National Park (NRS, 2016).

Table 35 Projected population change for sub-council areas within and overlapping the National Park (NRS, 2016)

Local Authority	Sub-council Area	2012	2026	Change
Aberdeenshire	Aboyne, Upper Deeside and Donside	11,656	12,134	4.1%
Highland	Badenoch and Strathspey	13,597	14,158	4.1%
Moray	Speyside and Glenlivet	9,377	9,657	3.0%
PKC	North Perthshire I	10,249	10,831	5.7%

local Authority areas of the National Park form part of larger statistical areas:

- The Aberdeenshire part of the National Park forms part of a larger area that includes Aboyne;
- The Moray part of the National Park forms part of a larger area that includes most of Speyside, including Aberlour and Dufftown;
- The Perth & Kinross area of the National Park forms part of a large rural area that includes towns such as Pitlochry and Aberfeldy;
- The Angus part of the National Park forms part of a large rural area that includes Kirriemuir and Dean.

Because the Angus part of the National Park only contains 20 occupied dwellings, the sub-council projections for the area will not be considered within this report.

**Figure 154** and **Table 35** indicate that the level of population change will differ between the different sub-council areas. Caution should however be exercised when drawing conclusions about the National Park, particularly when the majority of area's population is located outside the

National Park. For example, according to 2012 mid-year estimates only around 27% of Aboyne, Upper Deeside and Donside's, 9% of Speyside and Glenlivet's and 9% of North Perthshire 1's population live within the National Park. It is likely therefore that the projections for these areas are not representative of the National Park's population.

The projections for Badenoch and Strathspey are however useful, since according to the Highland Council (2015), only 97.6% of the area's housing stock is located within the National Park. We may therefore take a closer look at the projections for this area.

NRS (2016) project that between 2012 and 2026 the population of Badenoch will rise from 13,597 to 14,158. The projections also give an indication of how the area's age structure might change (**Figure 155**, **Figure 156** and **Figure 157**). The number of children aged under 16 is projected to decrease by 12% over the projection period from 2,270 in 2012 to 2,001 in 2026. The number of people of working age is

projected to decrease from 8,583 in 2012 to 8,538 in 2026, a decrease of 1%. The population of pensionable age is projected to rise by 32% from 2,744 in 2012 to 3,618 in 2026.

Household projections for the sub-council areas are available on the basis of seven household types, based on the number of adults and children living in the household, and sixteen age groups. This is equivalent to the main household projections.

This combination of household types, age groups and areas means that the figures for some individual groups are extremely small. For example, there are very few households in the whole of Scotland which contain one adult aged 75-79 and one child. Therefore, in every sub-council area some combinations of household type and age group have extremely small figures, or zeros.

This information is not considered 'disclosive' as the projections do not refer to individual households. However, recognising that projections for small

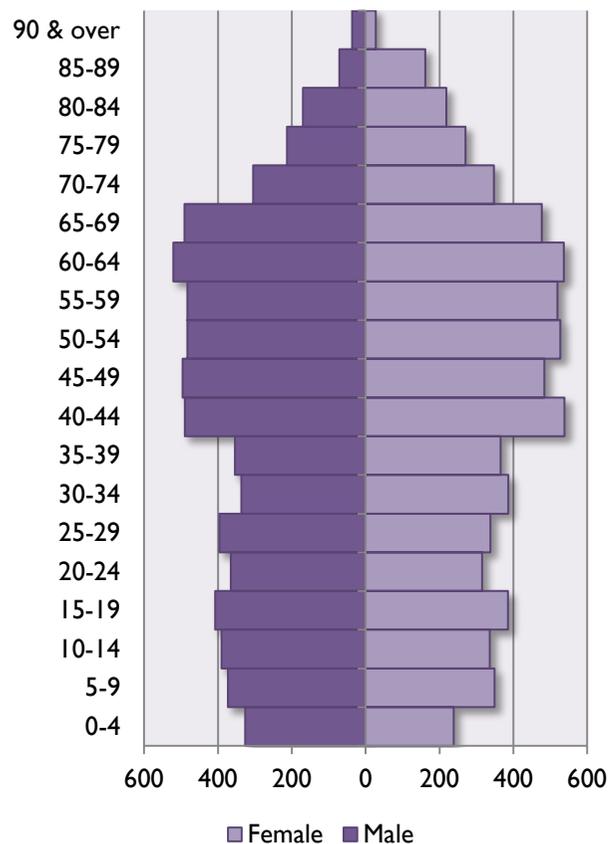


Figure 155 Estimated population profile by age and sex in Badenoch and Strathspey in 2012 (NRS, 2016).

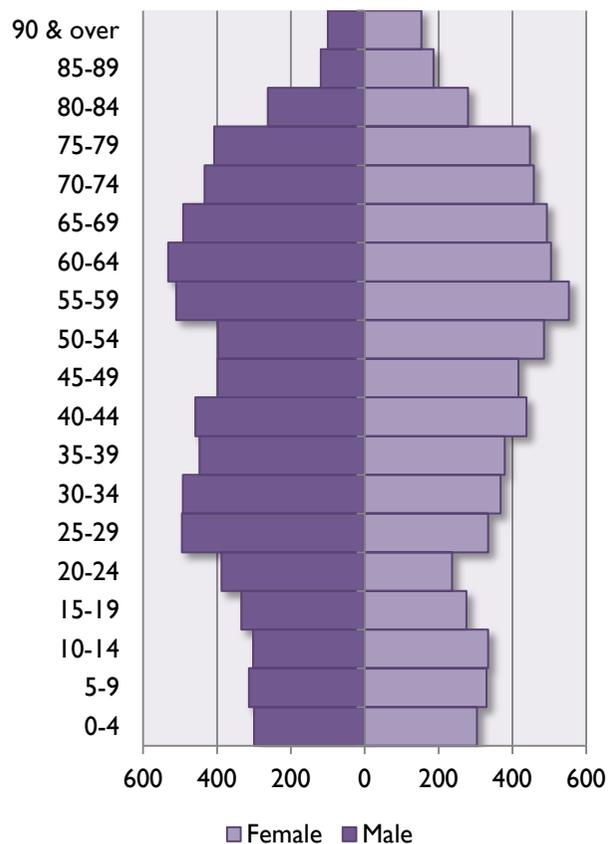


Figure 156 Projected population profile by age and sex in Badenoch and Strathspey in 2026 (NRS, 2016).

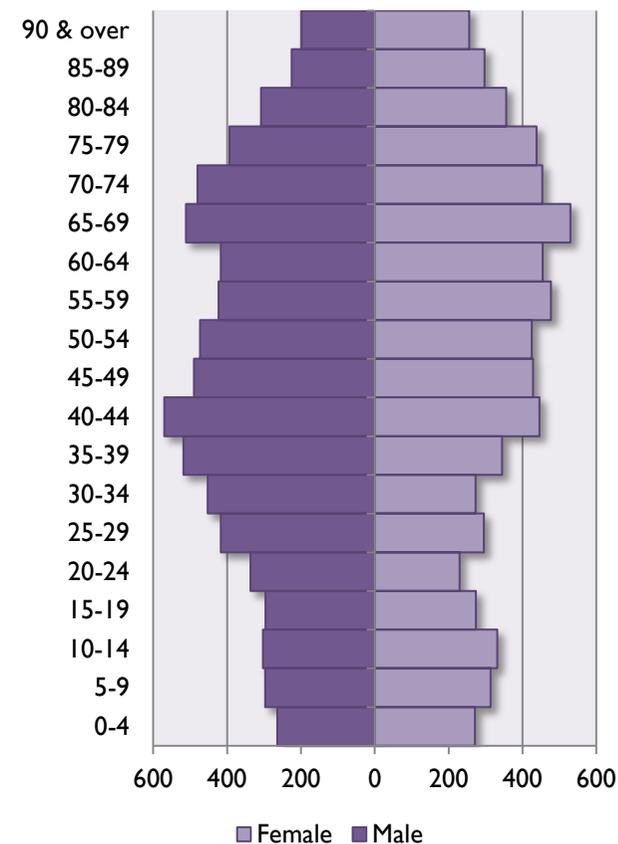


Figure 157 Projected population profile by age and sex in Badenoch and Strathspey in 2037 (NRS, 2016).

groups are likely to be less reliable than those for larger groups, the projections within this report have been grouped into broader household types.

In geographical terms, the same caveats apply to the household projections as the population projections. That is, since most households within the Aberdeenshire, Moray and Perth and Kinross areas are located outwith the National Park, caution should be taken when considering their projections within the National Park context. Therefore, while **Figure 158** and **Table 36** provide useful information about broader demographic changes, only the Badenoch and Strathspey area deserves greater analysis.

The projections suggest that households in Badenoch and Strathspey are set to increase from 5,82 in 2012 to 6,688 in 2026, an increase of around 12% (**Figure 158**). During this period households with 2 adults with children are set to fall from around 1,117 to 1,094, a drop of around 2%. Households with three adults or more are also projected to fall, from 429 to 378,

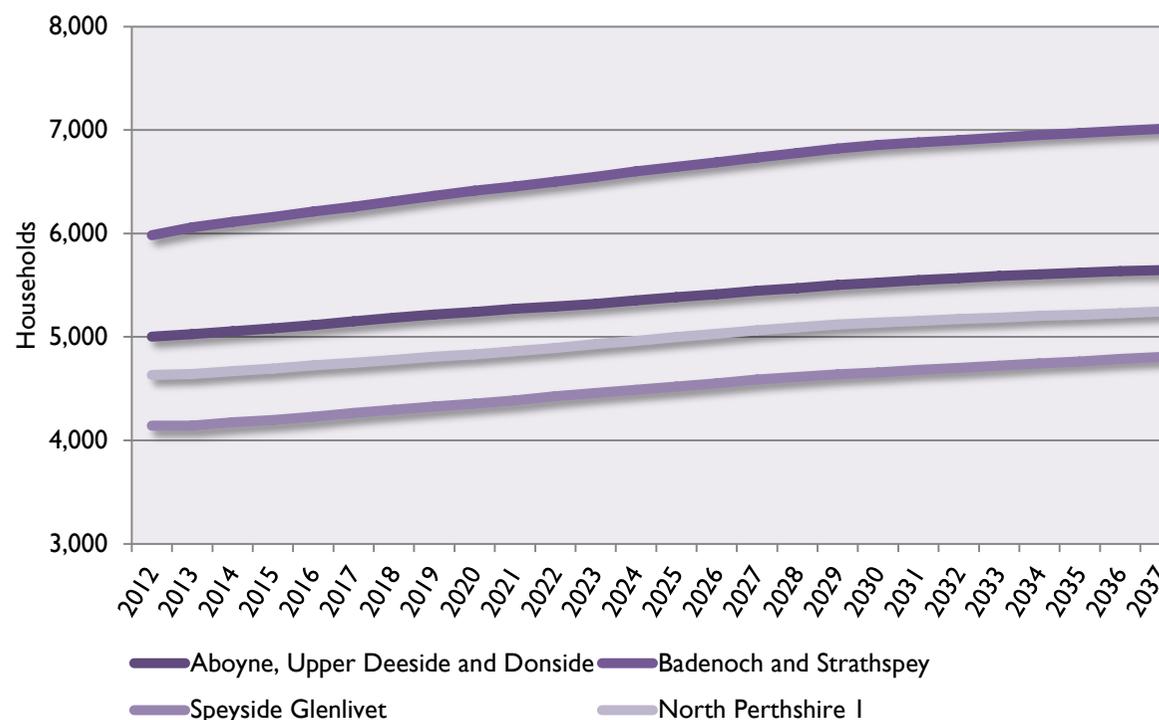


Figure 158 Overall household projections for sub-council areas within and overlapping the National Park (NRS, 2016).

Table 36 Projected household change for sub-council areas within and overlapping the National Park (NRS, 2016)

Local Authority	Sub-council Area	2012	2026	Change
Aberdeenshire	Aboyne, Upper Deeside and Donside	5,002	5,413	8.2%
Highland	Badenoch and Strathspey	5,982	6,688	11.8%
Moray	Speyside and Glenlivet	4,142	4,550	9.9%
PKC	North Perthshire I	4,631	5,030	8.6%

representing a more significant proportional decrease of 12% (Figure 159). All other household types are projected to grow, with 1 adult households (1,965 to 2,351; 20%) and single parent households (320 to 378; 18%) seeing the greatest proportional increases.

### Housing Deprivation

The relationship between the availability of good quality housing and the health and well-being of people is now well recognised (National Housing Federation, 2014; Parliamentary Office of Science and Technology, 2011).

For example, children who are brought up in disadvantaged neighbourhoods, in poor quality housing or insecure accommodation are more likely to be exposed to avoidable health risks such as damp, cold, accidents, community safety concerns, inadequate pre-school and early-years provision, poor schools, and a lack of safe play areas

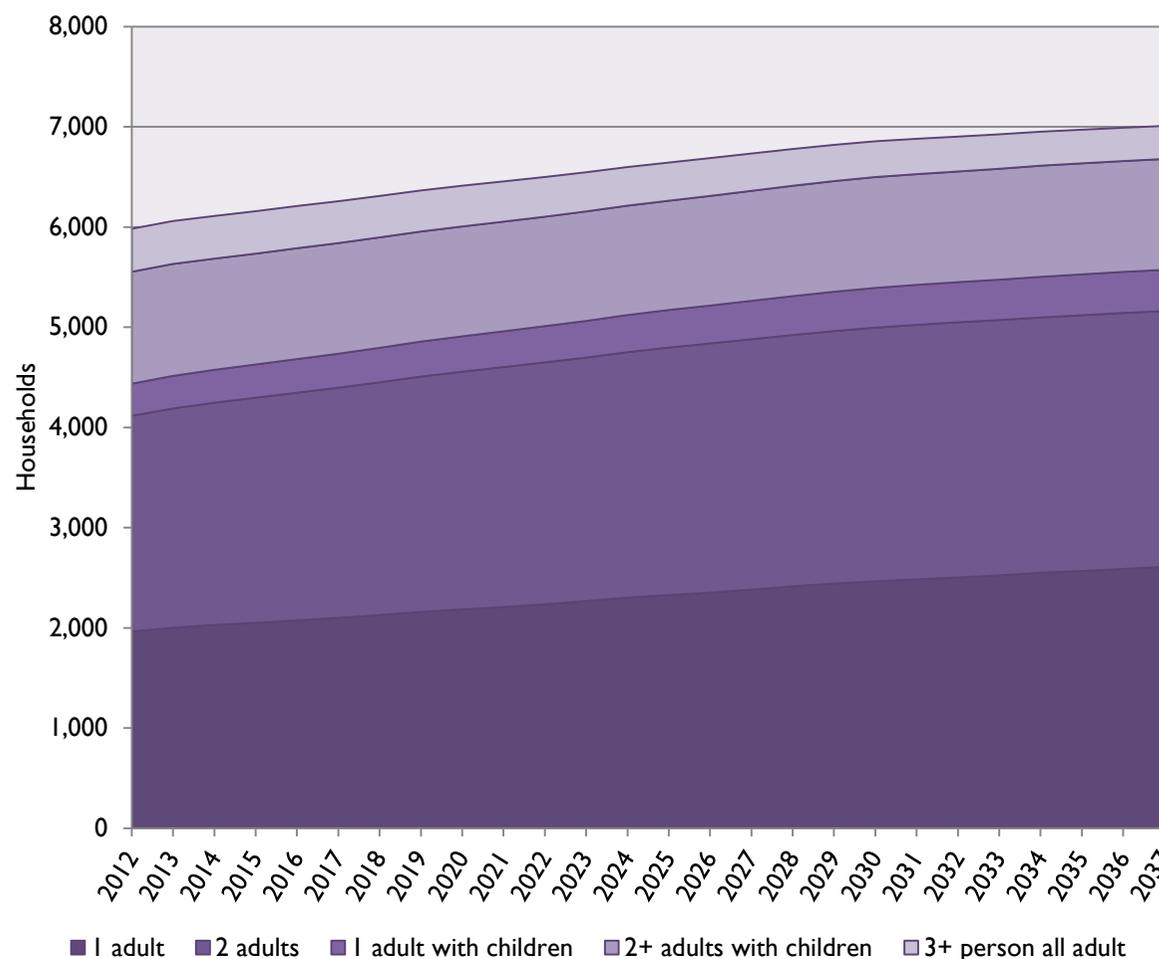


Figure 159 Household projections for Badenoch and Strathspey, by type of household, 2012 to 2037 (NRS, 2016).

(Shelter, 2006). Similarly, growing older in poor quality, unaffordable or inappropriate housing has a negative impact on quality of life the maintenance of independence in retirement (The Housing and Ageing Alliance, 2013). Research carried out in England, showed an average life expectancy gap of seven years between the richest and poorest areas of the country. People living in poorer areas and households with the lowest incomes spend a greater proportion of their lives (an additional 17 years on average) coping with the impact of long-term illness and associated disability (Marmot, 2010).

Fortunately, there is not a high level of housing related deprivation within the National Park, with no data zones falling within the 20% most deprived (see **Figure 160**). There are however areas of the National Park where certain indicators of housing deprivation exceed the national average.

In particular, many areas of the National Park have relatively high proportions of the

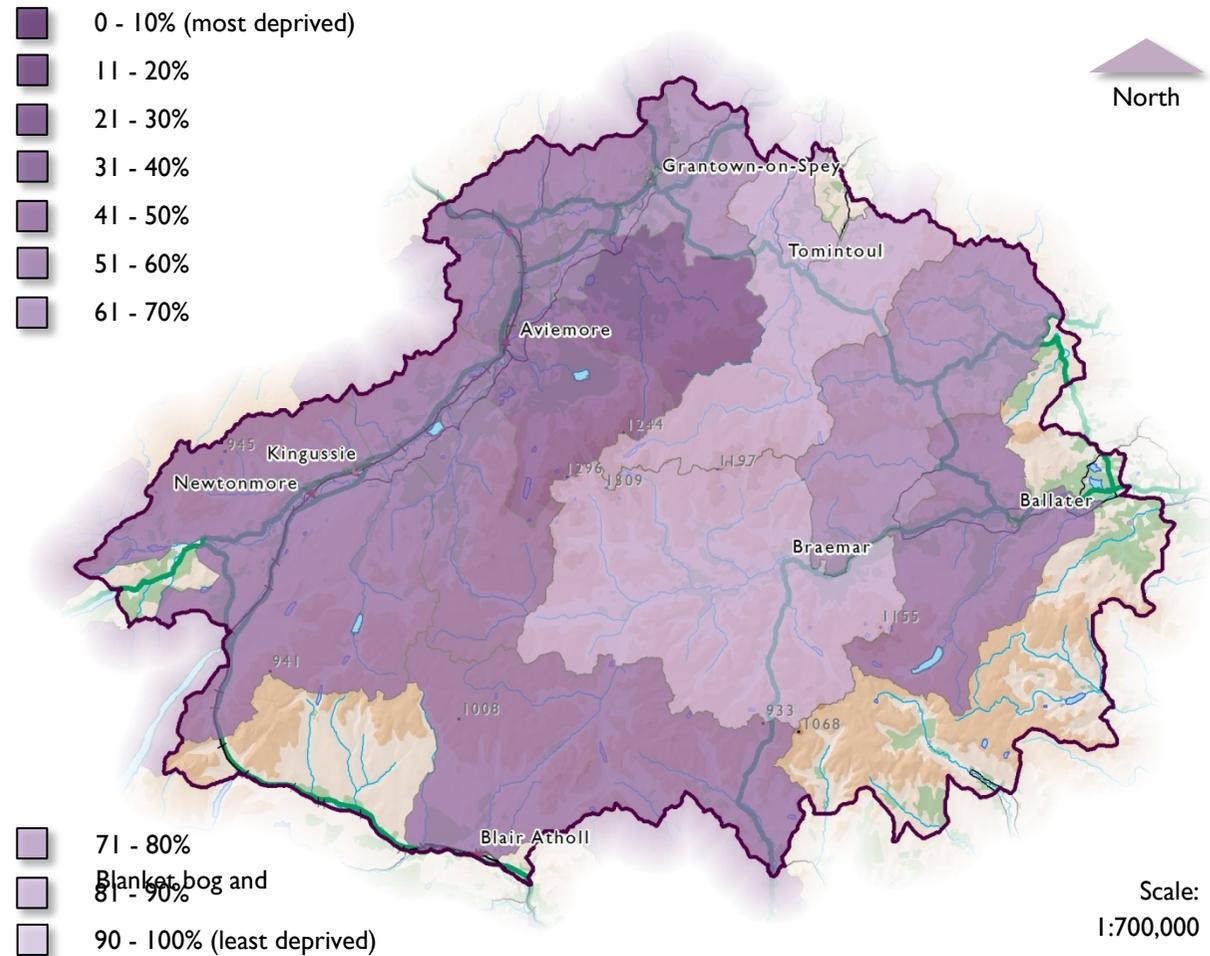


Figure 160 Housing deprivation by decile according to the SIMD (2016).

Reproduced by permission of Ordnance Survey on behalf of HMSO. © Crown copyright and database right 2019. All rights reserved. Ordnance Survey Licence number 100040965 Cairngorms National Park Authority. © Scottish Government.

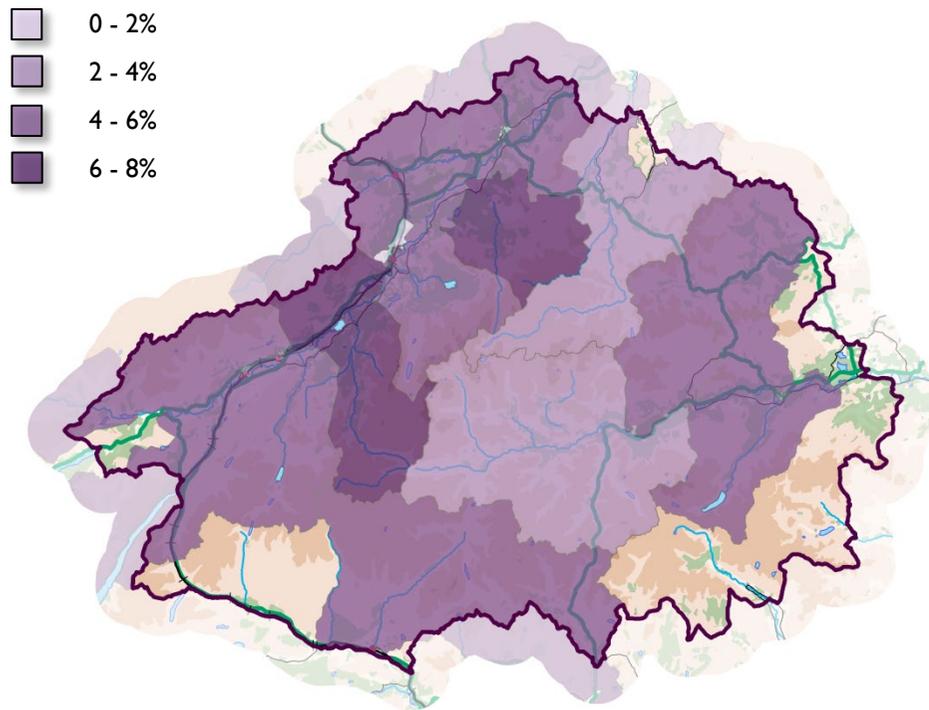


Figure 161 Proportion of household population without central heating (SIMD, 2016).

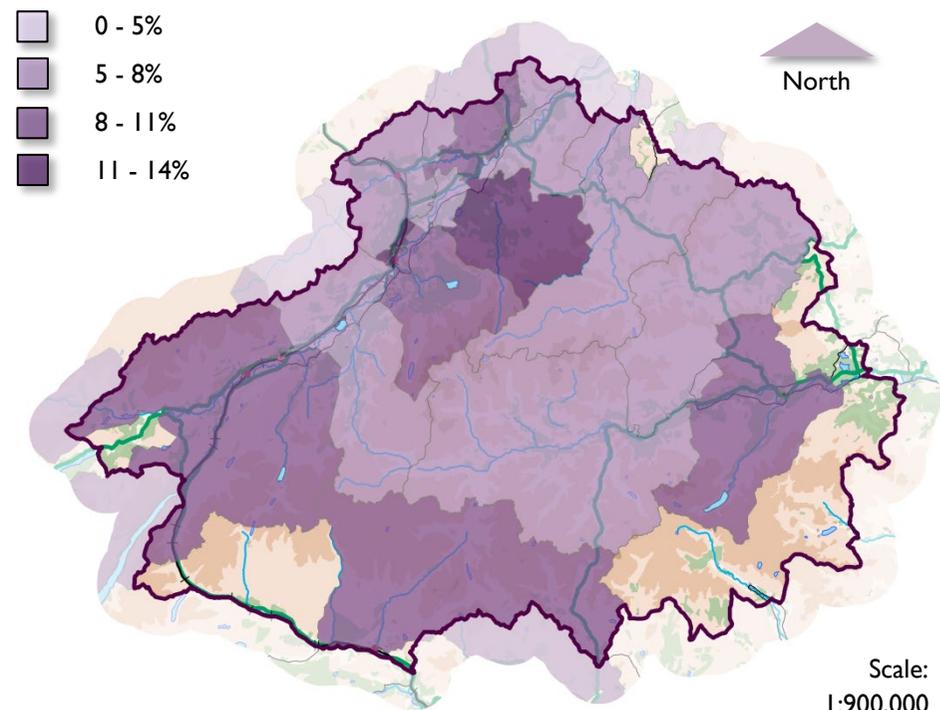


Figure 162 Proportion of household population living in overcrowded households (SIMD, 2016).

In order to protect against disclosure of personal information, some records have been swapped between different geographic areas. Some cell values will be affected, particularly small values at the most detailed geographies.

Reproduced by permission of Ordnance Survey on behalf of HMSO. © Crown copyright and database right 2019. All rights reserved. Ordnance Survey Licence number 100040965 Cairngorms National Park Authority. © Scottish Government.

household population living in homes with no central heating, equating to around 4.3% across the whole area (Scotland 2.3%) (**Figure 161**). Levels of household overcrowding are relatively low within the National Park (**Figure 162**), with the vast

majority of data zones falling below the Scottish average of around 13.9%.

Overcrowding statistics may be skewed by the fact that compared to the Scottish average, there is higher proportion of large dwellings within the National Park and a

lower proportion of small ones (**Table 37** and **Table 38**). This may therefore mask significant instances of overcrowding suffered by those unable to afford larger properties (see pages 313 to 315).

Table 37 Number of dwellings by size in the Cairngorms National Park in 2017 (Source: [www.sns.gov.uk/](http://www.sns.gov.uk/)).

Area of National Park	All Dwellings	One Room	Two Rooms	Three Rooms	Four Rooms	Five Rooms	Six Rooms	Seven Rooms	Eight Rooms	Nine Rooms	Ten or more rooms	Unknown
ABD	1,937	40	220	294	438	410	245	128	74	37	51	0
Highland	7,290	27	710	1,711	1,872	1,200	712	426	177	85	140	230
Moray	418	6	38	49	118	97	49	27	15	6	13	0
PKC	541	2	27	92	166	101	50	41	13	15	31	3
CNPA	10,186	75	995	2,146	2,594	1,808	1,056	622	279	143	235	233
Scotland	2,603,174	28,632	304,447	754,626	684,560	425,583	199,666	92,424	41,440	17,417	14,736	39,643

Table 38 Proportion of dwellings by size in the Cairngorms National Park in 2017 (Source: [www.sns.gov.uk/](http://www.sns.gov.uk/)).

Area of National Park	All Dwellings	One Room	Two Rooms	Three Rooms	Four Rooms	Five Rooms	Six Rooms	Seven Rooms	Eight Rooms	Nine Rooms	Ten or more rooms	Unknown
ABD	100%	2.1%	11.4%	15.2%	22.6%	21.2%	12.6%	6.6%	3.8%	1.9%	2.6%	0.0%
Highland	100%	0.4%	9.7%	23.5%	25.7%	16.5%	9.8%	5.8%	2.4%	1.2%	1.9%	3.2%
Moray	100%	1.4%	9.1%	11.7%	28.2%	23.2%	11.7%	6.5%	3.6%	1.4%	3.1%	0.0%
PKC	100%	0.4%	5.0%	17.0%	30.7%	18.7%	9.2%	7.6%	2.4%	2.8%	5.7%	0.6%
CNPA	100%	0.7%	9.8%	21.1%	25.5%	17.7%	10.4%	6.1%	2.7%	1.4%	2.3%	2.3%
Scotland	100%	1.1%	11.7%	29.0%	26.3%	16.3%	7.7%	3.6%	1.6%	0.7%	0.6%	1.5%

A significant barrier in reducing household deprivation is the availability of enough new housing to replace existing poor quality stock while also meeting projected growth in households. The number of new homes completed in the National Park fell following the ‘credit crunch’ in 2008 and has resulted in an average annual completion rate of around 60 new dwellings (Figure 163). The planned ending of the Government’s Help to Buy Scheme (Scotland) in 2016, combined with continued constraints on mortgage availability, may further dampened confidence in the housing market and limit the development of new homes.

Being the area of the National Park in which most development takes place, completions in Badenoch and Strathspey heavily influence this trend with development peaking in 2006, and falling to a nadir in 2013 (Figure 164).

Affordability is a further barrier. Between 1993 and 2015, the median price of a property in the Cairngorms National Park

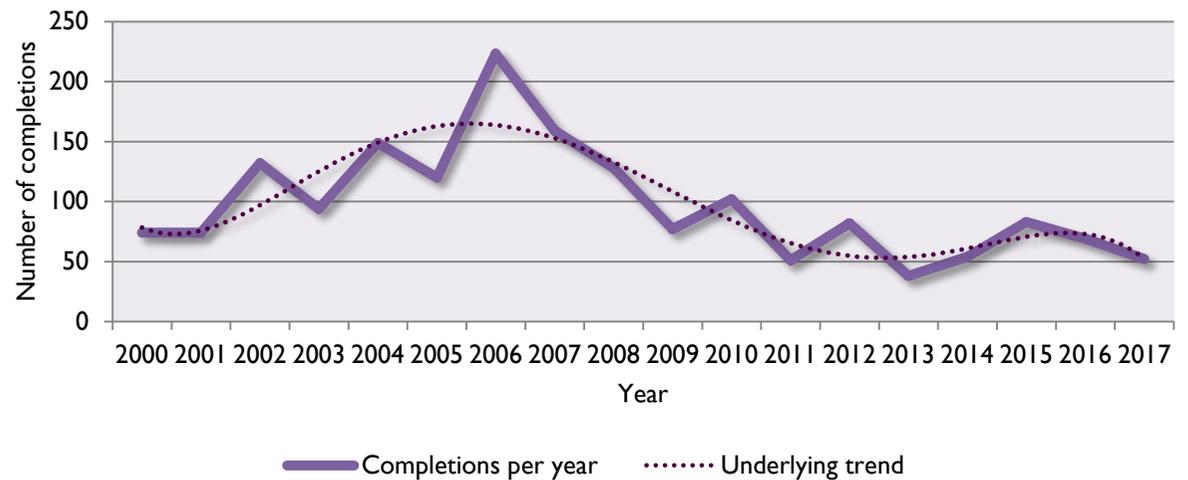


Figure 163 Number of new dwelling per year in the Cairngorms National Park.

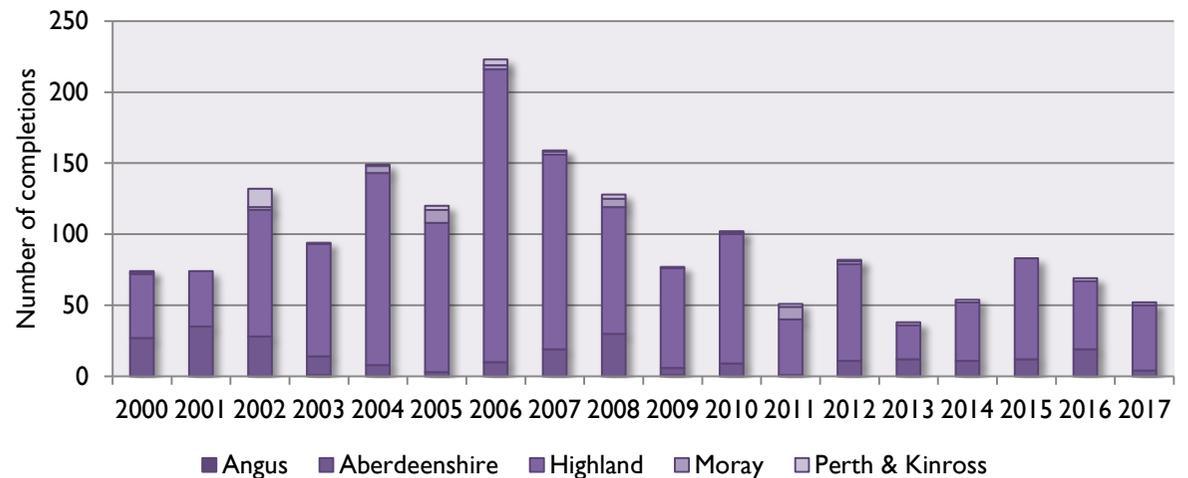


Figure 164 Number of new dwelling per year in by Local Authority

Table 39 Median House Prices in the Cairngorms National Park (Source: <http://www.sns.gov.uk/>).

Year	Lower Quartile House Price	Annual Change in Lower Quartile House Price	Median Sale Price	Annual Change in Median House Price	Number of Sales	Annual Change in Number of Sales	Median Gross Household Income <sup>17</sup>	Annual Change in Estimated Median Gross Household Income	Estimated Median House Price / Income Ratio
1993	£43,750	N/A	£56,000	N/A	237	N/A	No data		
1994	£44,200	1.0%	£58,500	4.5%	222	-6.30%			
1995	£52,400	15.6%	£60,000	2.6%	234	5.40%			
1996	£48,400	-8.3%	£59,000	-1.7%	233	-0.40%			
1997	£47,900	-1.0%	£65,500	11.0%	274	17.60%			
1998	£45,300	-5.7%	£57,000	-13.0%	276	0.70%			
1999	£52,100	13.1%	£68,876	20.8%	301	9.10%			
2000	£55,600	6.3%	£75,000	8.9%	258	-14.30%			
2001	£55,700	0.2%	£75,000	0.0%	344	33.30%			
2002	£61,500	9.4%	£87,000	16.0%	338	-1.70%			
2003	£70,000	12.1%	£93,250	7.2%	334	-1.20%	£22,108	3.0%	4
2004	£88,700	21.1%	£125,000	34.0%	306	-8.40%	£22,466	1.6%	5
2005	£105,100	15.6%	£146,000	16.8%	328	7.20%	£23,847	6.1%	6
2006	£128,800	18.4%	£175,000	19.9%	392	19.50%	£25,058	5.1%	6

<sup>17</sup> Based on Scottish Government Experimental Statistics on Local Level Household Income Estimates (Scottish Government, 2017).

Year	Lower Quartile House Price	Annual Change in Lower Quartile House Price	Median Sale Price	Annual Change in Median House Price	Number of Sales	Annual Change in Number of Sales	Median Gross Household Income <sup>17</sup>	Annual Change in Estimated Median Gross Household Income	Estimated Median House Price / Income Ratio
2007	£131,300	1.9%	£180,500	3.1%	414	5.60%	£25,598	2.2%	7
2008	£142,200	7.7%	£181,000	0.3%	287	-30.70%	£27,039	5.6%	7
2009	£127,500	-11.5%	£175,000	-3.3%	229	-20.20%	£28,711	6.2%	6
2010	£147,400	13.5%	£190,000	8.6%	289	26.20%	£28,915	0.7%	6
2011	£145,800	-1.1%	£191,000	0.5%	251	-13.10%	£29,069	0.5%	6
2012	£127,300	-14.5%	£176,500	-7.6%	230	-8.40%	£29,774	2.4%	6
2013	£121,800	-4.5%	£165,000	-6.5%	294	-27.80%	£30,206	1.5%	5
2014	£147,100	17.2%	£185,000	12.1%	351	19.40%	£31,058	2.8%	6
2015	£141,400	-4.0%	£197,500	6.8%	341	-2.90%	£31,070	0.0%	6
2016	£134,200	-5.4%	£181,500	-8.1%	298	-12.60%	£32,483	4.5%	5
2017	£150,400	10.8%	£197,375	8.8%	319	7%	£33,412	2.9%	6

saw a net rise of almost 230%, with a peak in 2015 of £192,500 (Table 39). The ‘credit crunch’ does not appear to have had much of an immediate impact on prices, although it seems to have resulted in a lower level of sales since a peak in 2007. The ‘credit crunch’ does not appear to have had much of an immediate impact on prices, although it seems to have resulted in a lower level of sales between 2007 and 2014. The growth in house prices has also been lower and more variable since 2007 and while 2015 represents an all-time high, it is difficult in the current economic climate to tell whether this marks the beginning of a longer term trend..

Between 2007 and 2015, the median house price to median household income/earnings ratio in the National Park fell from over 8 times income to around 6 (see page 320 for information on income). However, despite this improvement, the lower availability of mortgage finance for first time buyers means that many aspiring households still cannot afford to buy.

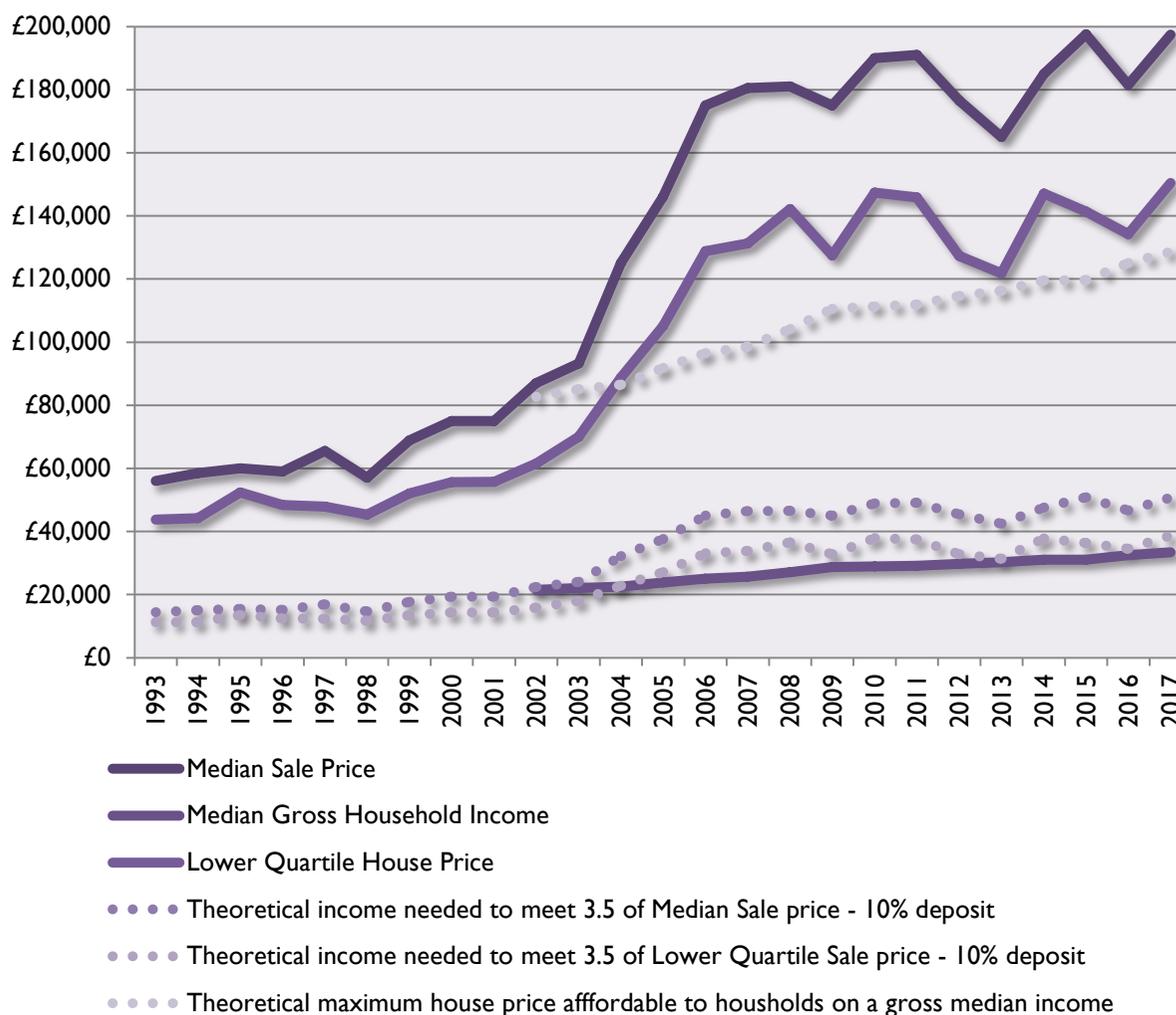


Figure 165 House prices and household incomes within the Cairngorms National Park 1993-2017 (Sources: www.statistics.gov.scot; Scottish Government, 2017 & Nomis: Official Labour Market Statistics).

There is also considerable variation in the median house prices across the National Park, ranging from £100,000 in part of Badenoch and Stathspey, to £355,000 in part of Deeside (Figure 166 and Figure 167). However, it should be noted that statistics for these individual data zones can represent only a small number of sales year on year and therefore annual changes in these areas can be significant.

Figure 166 offers an insight into the evolution of median house prices across the National Park. It indicates that not only have median house prices risen dramatically since 1993, but that the difference between the most and least expensive data zones has also grown considerably. Indeed, the distribution of median prices has broadened across all quartiles, further indicating significant variations between localities.

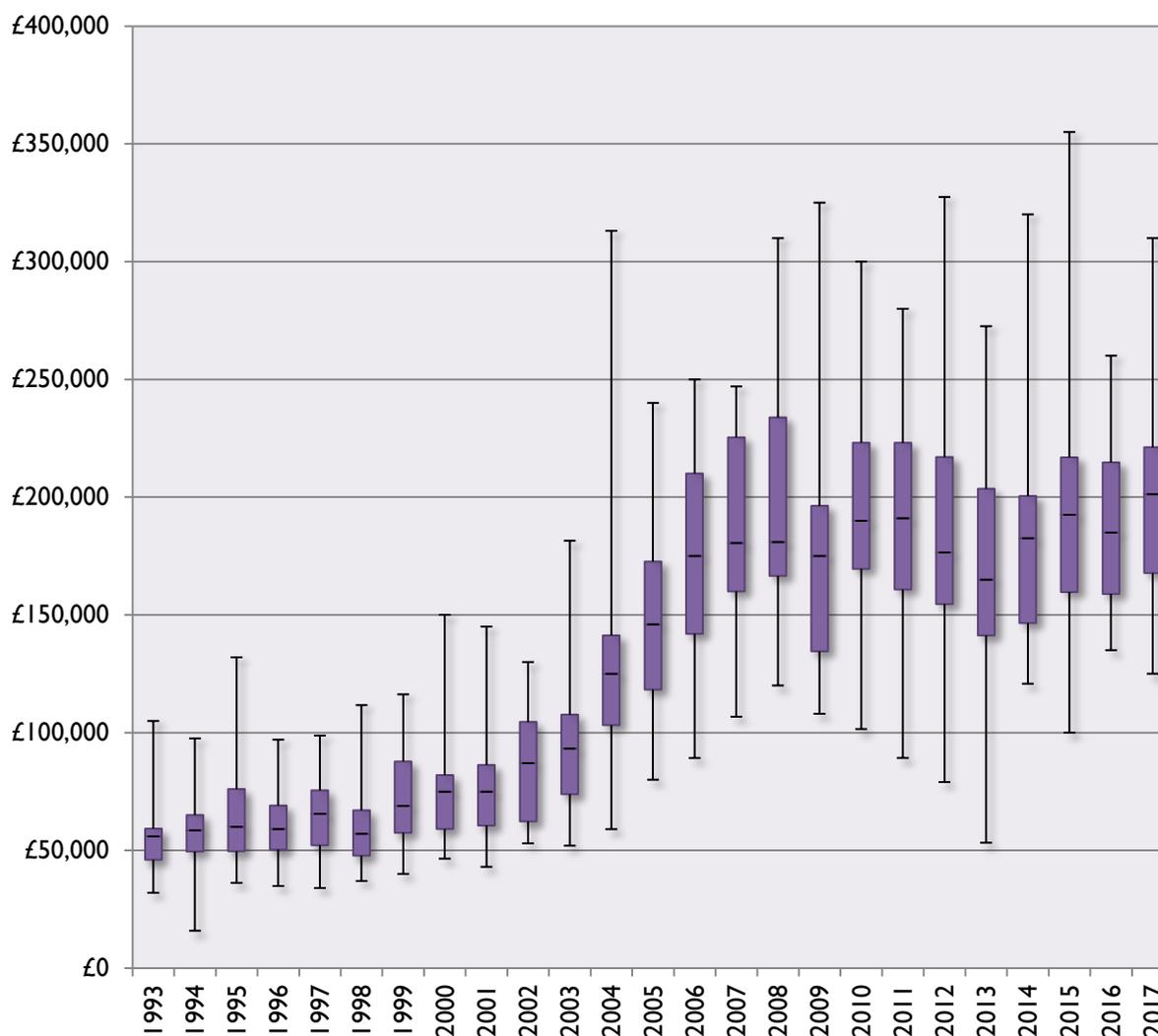


Figure 166 Box plots of Median house prices of data zones within the Cairngorms National Park (Source: <http://www.sns.gov.uk/>).

Between the 17th and 18th September 2015 the CNPA undertook a study of the current asking price for property within the National Park based on a search of Estate Agent and property marketing websites. It was found that there were 169 properties for sale within the National Park on these dates, mostly within Badenoch and Strathspey.

According to this sample the median asking price within the National Park was £225,000, which is around 8 times greater than median income/earnings. While this figure is considerably higher than the median sale price achieved in 2013, it is unlikely to equate to the current median sale price, given that negotiation tends to result in a drop in price at the point for sale. It is probable that median prices have risen since 2013, probably sitting somewhere between the median sale and asking prices quoted in this paper. The high median asking price quoted in this study is likely to be in part due to the current dominance of large and / or detached units within the sample (**Figure 168** and

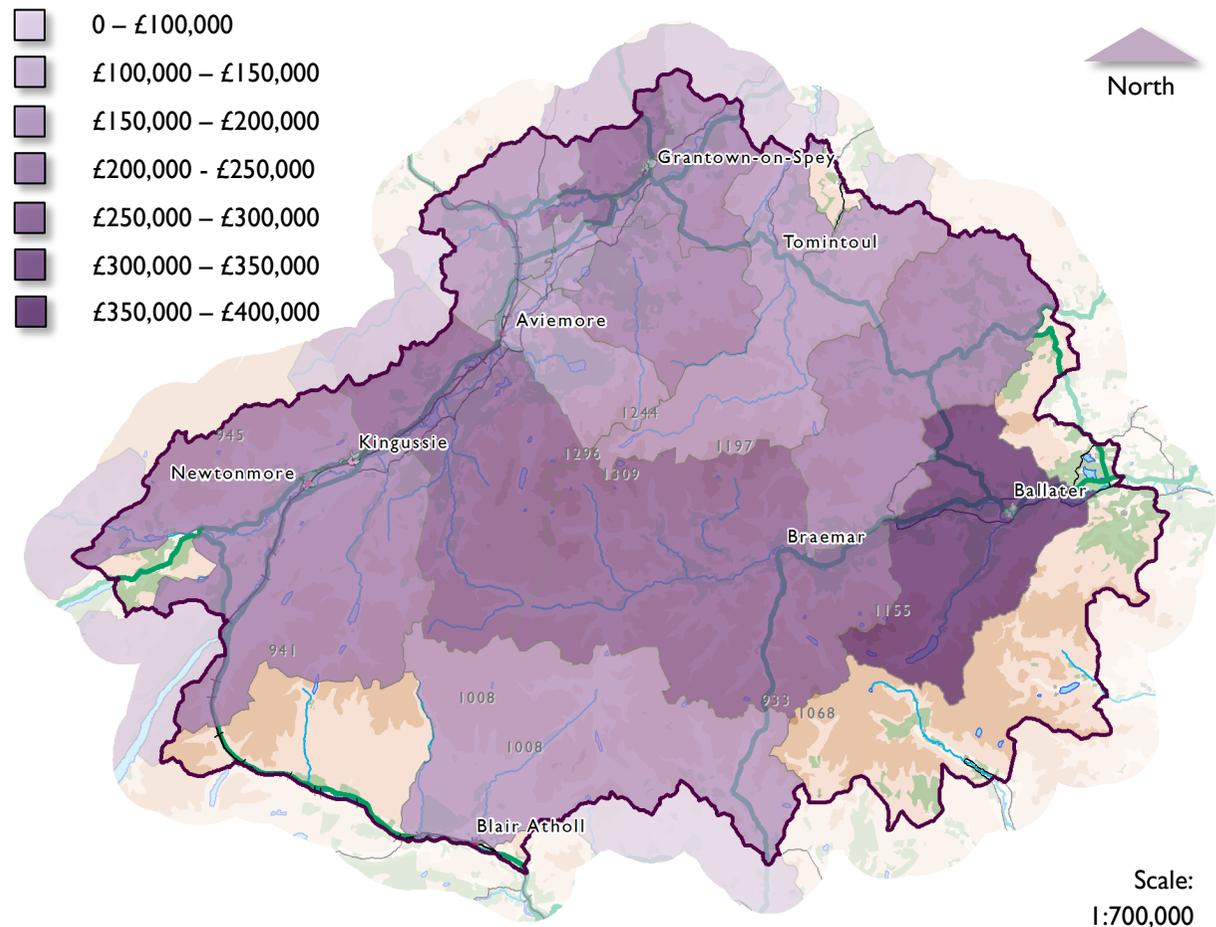


Figure 167 Median House Prices of data zones within the Cairngorms National Park in 2015.

Reproduced by permission of Ordnance Survey on behalf of HMSO. © Crown copyright and database right 2019. All rights reserved. Ordnance Survey Licence number 100040965 Cairngorms National Park Authority. © Scottish Government.

Figure 169) as the median asking price for detached properties is around twice that of terraced and semi-detached properties and around three times that of flats.

The relatively low numbers of small units in the sample may be due to a number of reasons. Firstly, it is likely that such units are sold quicker than larger units and therefore the number of properties counted in a sample such as this is always likely to be low. Secondly, based on information derived from Council Tax payments, it is evident that the National Park contains a lower proportion of smaller houses than the Scottish average (see Table 37 and Table 38).

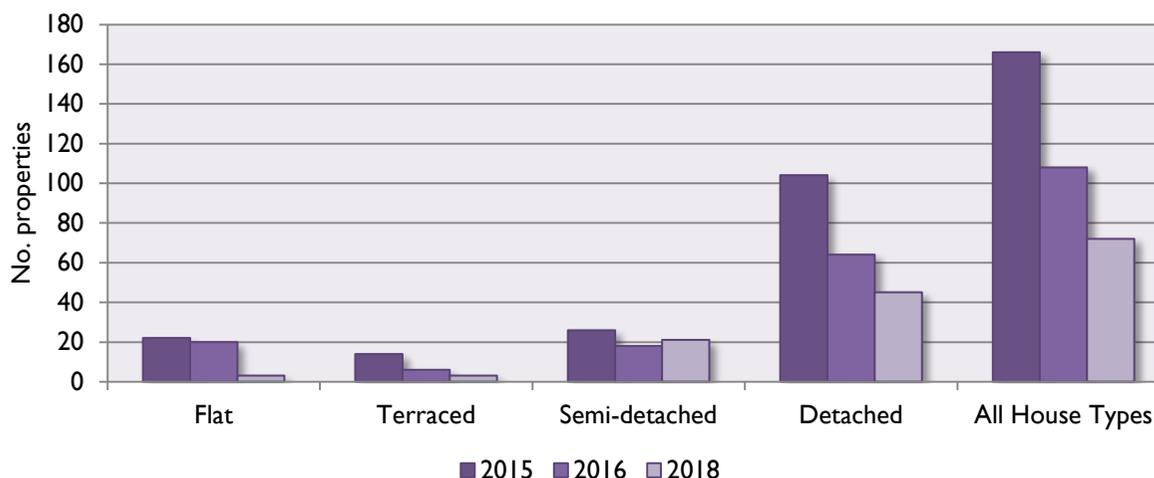


Figure 168 Property types on sale within the Cairngorms National Park, September 2015, December 2016 and October 2018.

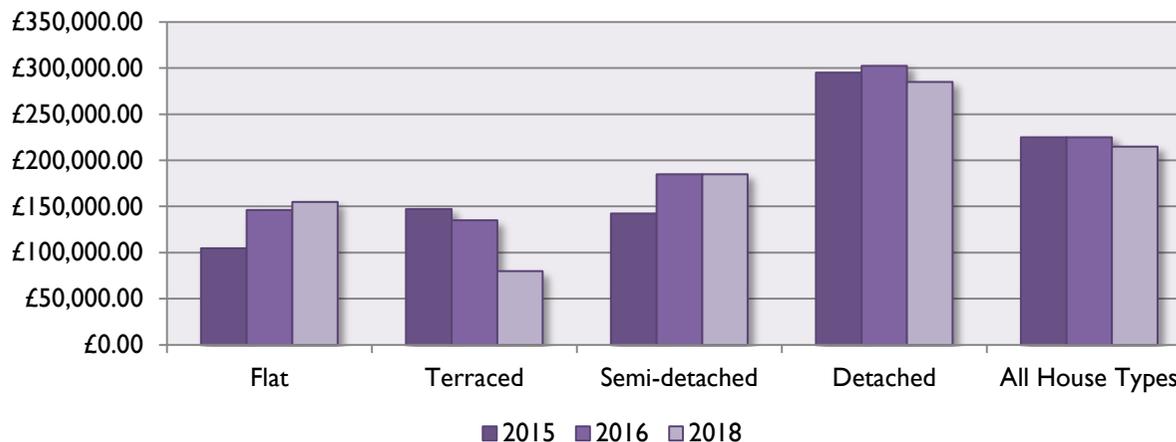


Figure 169 Median asking price by property type the Cairngorms National Park, September 2015, December 2016 and October 2018.

### Economic Activity

At the time of writing 2014 estimates of working age population were not available at a data zone level and therefore this report draws upon data from the 2013 mid-year estimates. These indicate that the National Park had a working age population of 10,909 people (51.9% of total population), with 5,666 males and 5,243 females. Those of pensionable age numbered 4,539 (24.6% of total population) with 1,911 males and 2,628 females.

Educational achievement within the National Park is a little higher than the Scottish average. In terms of qualifications, the 2011 Census (Table LC5102SC) suggests that around 76.8% of the 16+ Census population had NVQ1 level and above (Scotland 73.2%), and around 30.8% had NVQ4 and above (Scotland 26.1%).

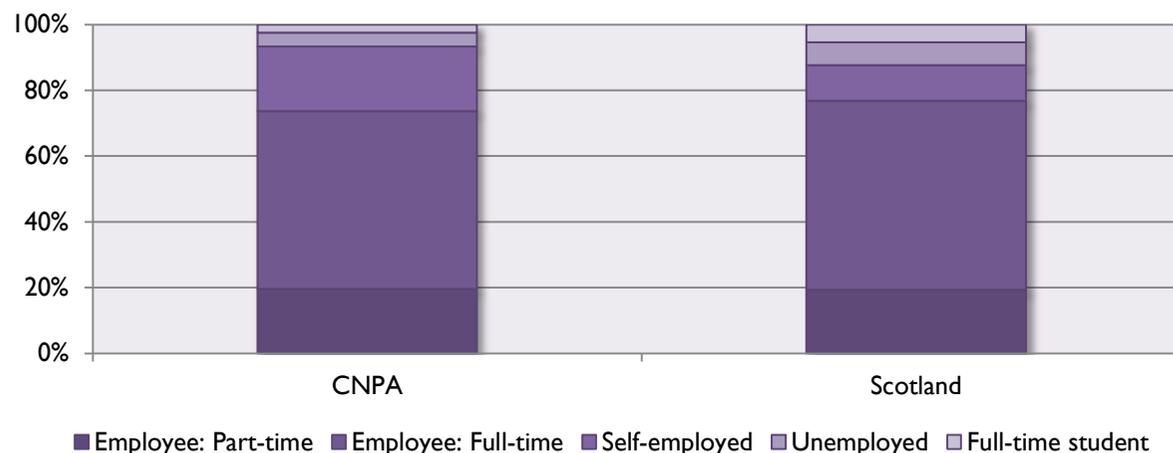


Figure 170 Occupations of the economically active population (Census table KS601SC).

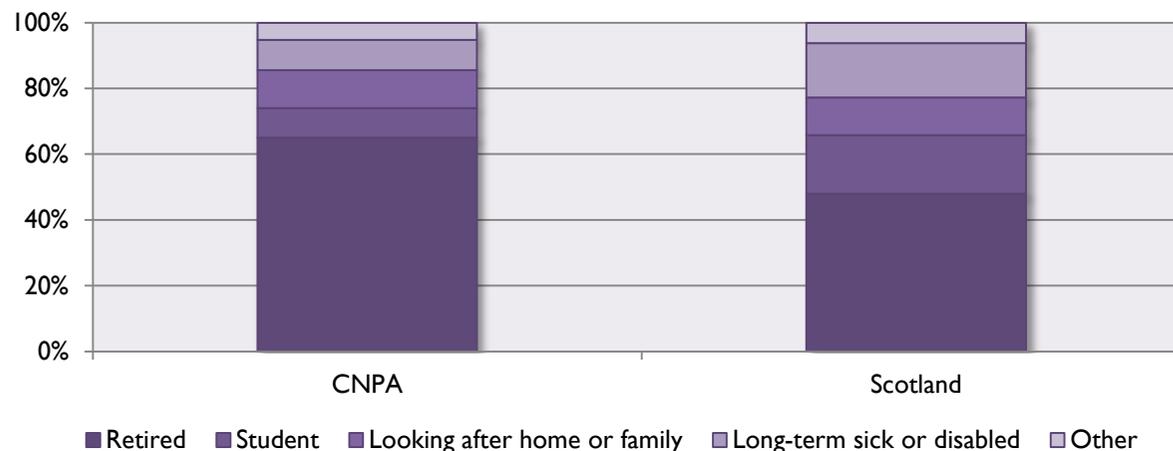


Figure 171 Occupations of the economically active population (Census table KS601SC).

For further information on variables, see [www.scotlandscensus.gov.uk/variables](http://www.scotlandscensus.gov.uk/variables)

In order to protect against disclosure of personal information, some records have been swapped between different geographic areas. Some cell values will be affected, particularly small values at the most detailed geographies.

According to the Census (Table LC6107SC) of the economically active in 2011 (around 10,487 individuals, or 66% of the 16+ population), around 95% were classed as being in employment, which is slightly higher than the Scottish level of 91.9% (Figure 170 and Figure 172). Of the inactive, who numbered 5,377 (around 33.9% of the 16+ population), around 75% were inactive due to retirement. This is much higher than the Scottish retirement level of approximately 60% (Figure 171). There are two reasons for this. Firstly, as shown by Figure 139 the National Park has a higher proportion of those over the age of 55 than the national average, and secondly, owing to the absence of a higher education facility within the National Park, there are relatively few full time students residing within its boundary.

The Census profile of full time (72.8%) and part time (27.2%) employee jobs (excludes self-employed, government, trainees and HM Forces) (Table LC6109SC) is generally consistent with Scotland as a whole.

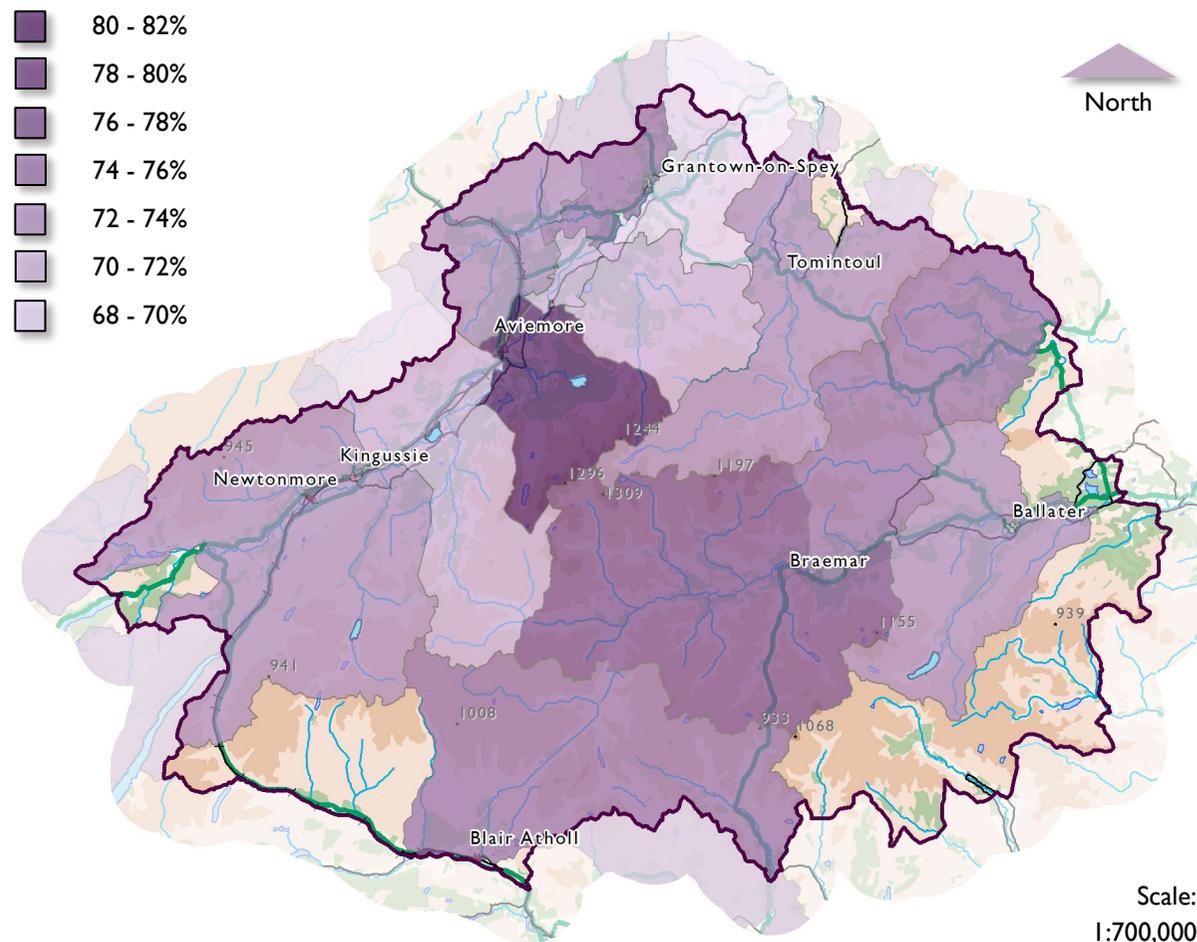


Figure 172 Proportion of the population aged 16-75 that are economically active. (Census table KS601SC).

Reproduced by permission of Ordnance Survey on behalf of HMSO. © Crown copyright and database right 2019. All rights reserved. Ordnance Survey Licence number 100040965 Cairngorms National Park Authority. © Scottish Government. Crown copyright 2013.

For further information on variables, see [www.scotlandscensus.gov.uk/variables](http://www.scotlandscensus.gov.uk/variables)

The significance of certain employment sectors differs quite significantly however, with the proportion of those employed in agriculture, forestry and fishery, accommodation and food and ‘other’ forms of work far exceeding the Scottish average (Figure 173).

According to SIMD 2012 data, the National Park has relatively low levels of employment related deprivation, which it rates using indicators such as Working Age Unemployment Claimant Count, Working Age Incapacity Benefit recipients and Working Age Severe Disablement Allowance recipients. None of the data zones within the National Park fall into any of the most deprived categories, with 10 out of the 23 falling within the 20% least deprived.

Indeed, unemployment levels within the National Park are relatively low, with the Census suggesting that in March 2011 only around 445 of the population aged 16-74 (3.2% compared to the Scottish 4.8%)

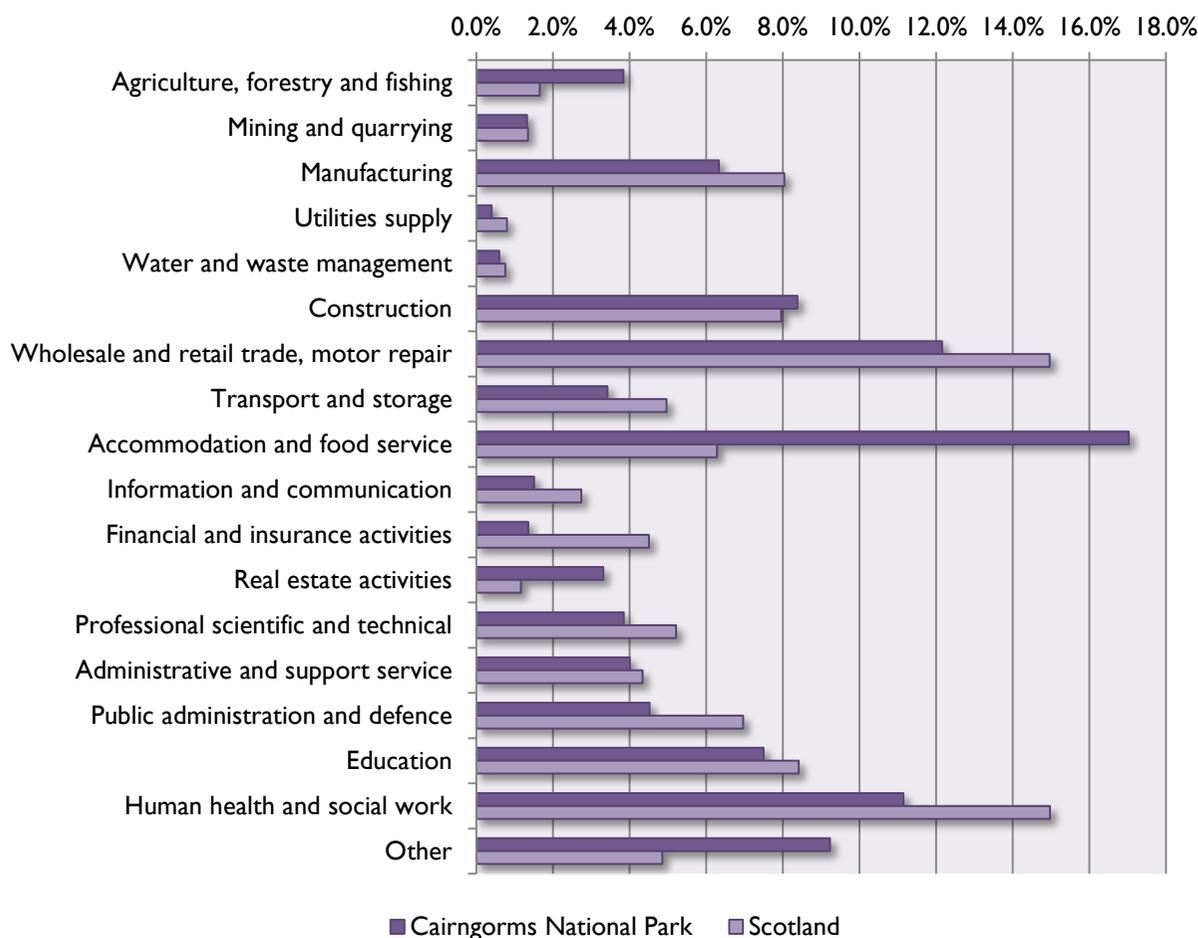


Figure 173 Proportion of all people aged 16 to 74 in employment the week before the census by industry (Census table KS605SC). Crown copyright 2013.

For further information on variables, see [www.scotlandscensus.gov.uk/variables](http://www.scotlandscensus.gov.uk/variables)

In order to protect against disclosure of personal information, some records have been swapped between different geographic areas. Some cell values will be affected, particularly small values at the most detailed geographies.

were unemployed, of which around 150 were in long term unemployment, while only around 35 had never worked at all (Table KS60ISC). There is however some geographical variation across the area, with the Moray part of the National Park experiencing the highest unemployment level, at around 6.2% (Figure 174).

Data on Out of work benefits issued to those of working age in the area supports this, with those claiming Job Seekers Allowance (JSA) in quarter 4 of 2012 standing at 225 (1.7%), below the Scottish figure of 4%. The nature of employment within the National Park is however extremely seasonal, with JSA claimants peaking in the winter months (Figure 175). Unemployment is at its lowest in July, which coincides with Scottish school and public holidays.

In employment terms, claimant data suggests that the recession began in the National Park in March 2008. It continued to get worse at the rate of about two jobs per week until July 2009 when the position

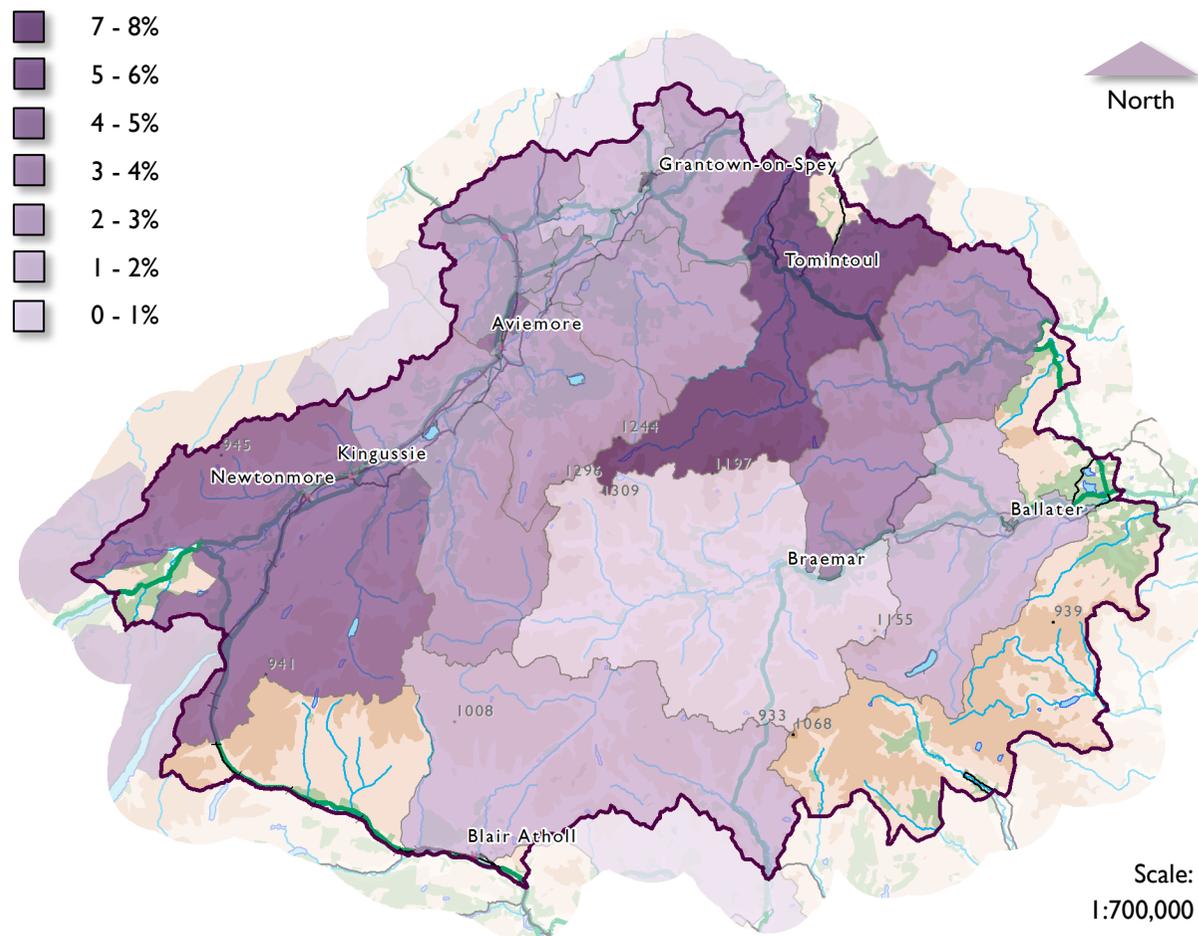


Figure 174 Proportion of the population aged 16-75 that are unemployed. (Census table KS60ISC).

Reproduced by permission of Ordnance Survey on behalf of HMSO. © Crown copyright and database right 2019. All rights reserved. Ordnance Survey Licence number 100040965 Cairngorms National Park Authority. © Scottish Government. Crown copyright 2013.

For further information on variables, see [www.scotlandscensus.gov.uk/variables](http://www.scotlandscensus.gov.uk/variables)

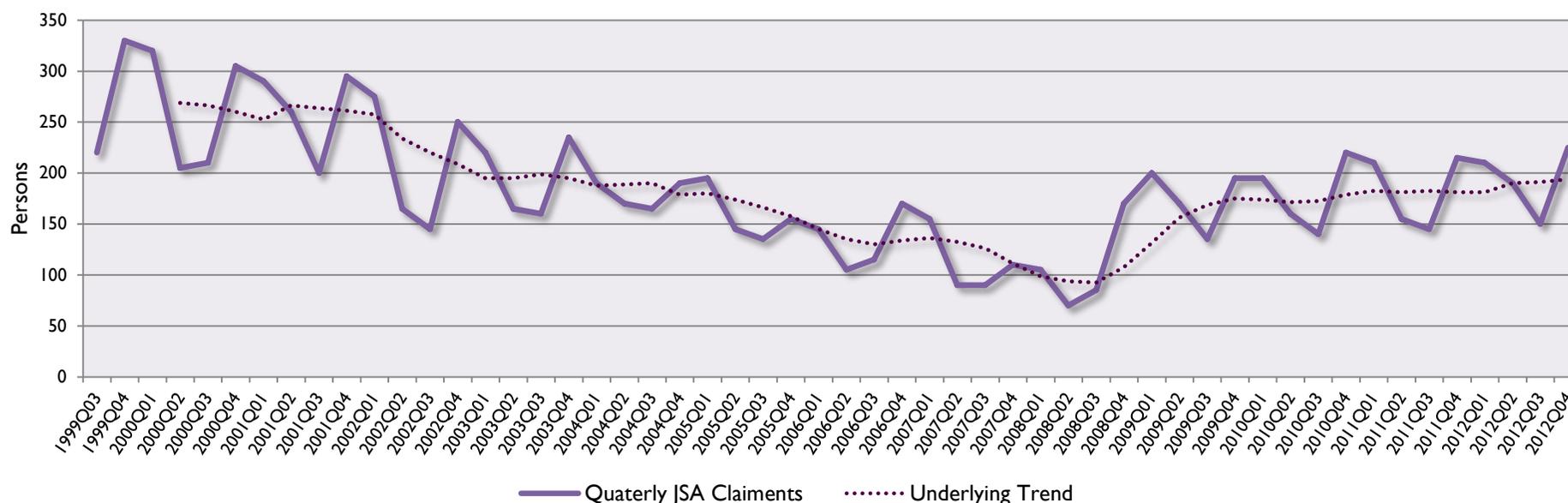


Figure 175 Job Seekers Allowance (JSA) claimants within the Cairngorms National Park (Source: <http://www.sns.gov.uk/default.aspx>).

began to improve, with a stabilisation in the level of those claiming JSA. Most recent data suggests that claimant numbers are beginning to fall, though it is still too soon say whether this represents the beginnings of a durable recovery (CogentSi, 2010; CogentSi, 2013).

**Wages and Income**

Due to the low level of unemployment within the National Park, levels of income

deprivation are relatively low according to the SIMD 2012. However, this masks the fact that there is strong evidence to suggest that average earnings within the National Park are well below the Scottish and British averages.

There is no official up-to-date data available for earnings specifically in the National Park, however an idea may be gained from the Local Authorities that contribute towards

the National Park’s area. Of these, only Aberdeenshire is above to the Scottish median income (**Table 40**). However, the shire figures will be heavily influenced by high earners living near and working in or near the city of Aberdeen, which is by far the best-paying Council area in Scotland. Therefore, Aberdeenshire residents who are actually living within the Park are likely to have smaller incomes more in line with

the figures for other parts of the National Park.

Table 40 Median gross weekly earnings by residence, 2018 (Source: ONS annual survey of hours and earnings - resident analysis; [www.nomisweb.co.uk](http://www.nomisweb.co.uk)).

Area	Median Gross Weekly Earnings
Great Britain	£571.1
Scotland	£562.7
Aberdeenshire	£ 594.5
Angus	£498.6
Highland	£557.0
Moray	£527.2
Perth & Kinross	£569.7

The likelihood is that the nature of earnings for National Park residents is closer to the Moray and Angus figures than it is to Highland and Perthshire, because both the industrial and urban structure in the National Park is much closer to the first two Local Authorities. Indeed, there is evidence that it is likely to be below the Moray and Angus figures.

To aid understanding of the incomes of residents within the National Park, CongestSi (2010) calculated earnings by

industry in each of its contributing NUTS3<sup>18</sup> areas. With the exception of utilities and distilling, the National Park tends to focus on the lower paying industries, notably the hospitality industries and retailing. Using these estimates of employee compensation industry-by-industry, annual earnings levels per head for National Park residents for 2006 were estimated at significantly lower levels than the contributing NUTS3 areas. One factor behind this is the relatively light representation of the public sector in the National Park's economy. Since they pay according to national scales, public authorities in rural areas tend to be amongst the better payers.

Average annual compensation of (non-agricultural) employees in the National Park in 2006 was estimated at £18,370, which is 74% of the Scottish average of £24,840 (CogentSi, 2010).

Another indicator of the income of National Park's residents may be found in

<sup>18</sup> NUTS is the standard statistical geography of the European Union. The National Park consists of part of four of Scotland's 23 NUTS3 areas.

research carried out by Herriot-Watt University on developing local and small area estimates of income distribution, poverty and deprivation (Bramley & Watkins, 2013). This study offers a snapshot of household incomes at a data zone level in 2008 / 2009. It should be noted that the figures presented in this study are not directly comparable to those in **Table 40**, since the Herriot-Watt figures represent household income rather than individual worker pay. The Herriot-Watt figures also include welfare payments (e.g. pensions, tax credits, JSA etc.) within their figures, which are also not present within the **Table 40** figures. It is not possible to use the figures to create an aggregate of the National Park either since it is not appropriate to sum the median figures or percentages for individual data zones. Therefore analysis must take place at a data zone by data zone level.

What the data presents in **Table 41** and **Figure 176** therefore is an idea of the variation in median household incomes

across the National Park. An analysis of these figures (**Figure 177**) shows that the National Park’s median gross household income (£503) is above that of Scotland (£467) and, with the exception of Aberdeenshire, is comparable with all of its constituent Local Authorities. It also shows that the distribution of incomes is much narrower than these areas, with the maximum income being lower and the minimum income being higher.

The figures also demonstrate a great deal of variation between the proportions of households on low incomes. For example, 20% of households in S01000303 have a gross income of less than £300 per week, while the figure is 38% for households in S01004233. Most are however around the median of 25%, which is below the Scottish 28%.

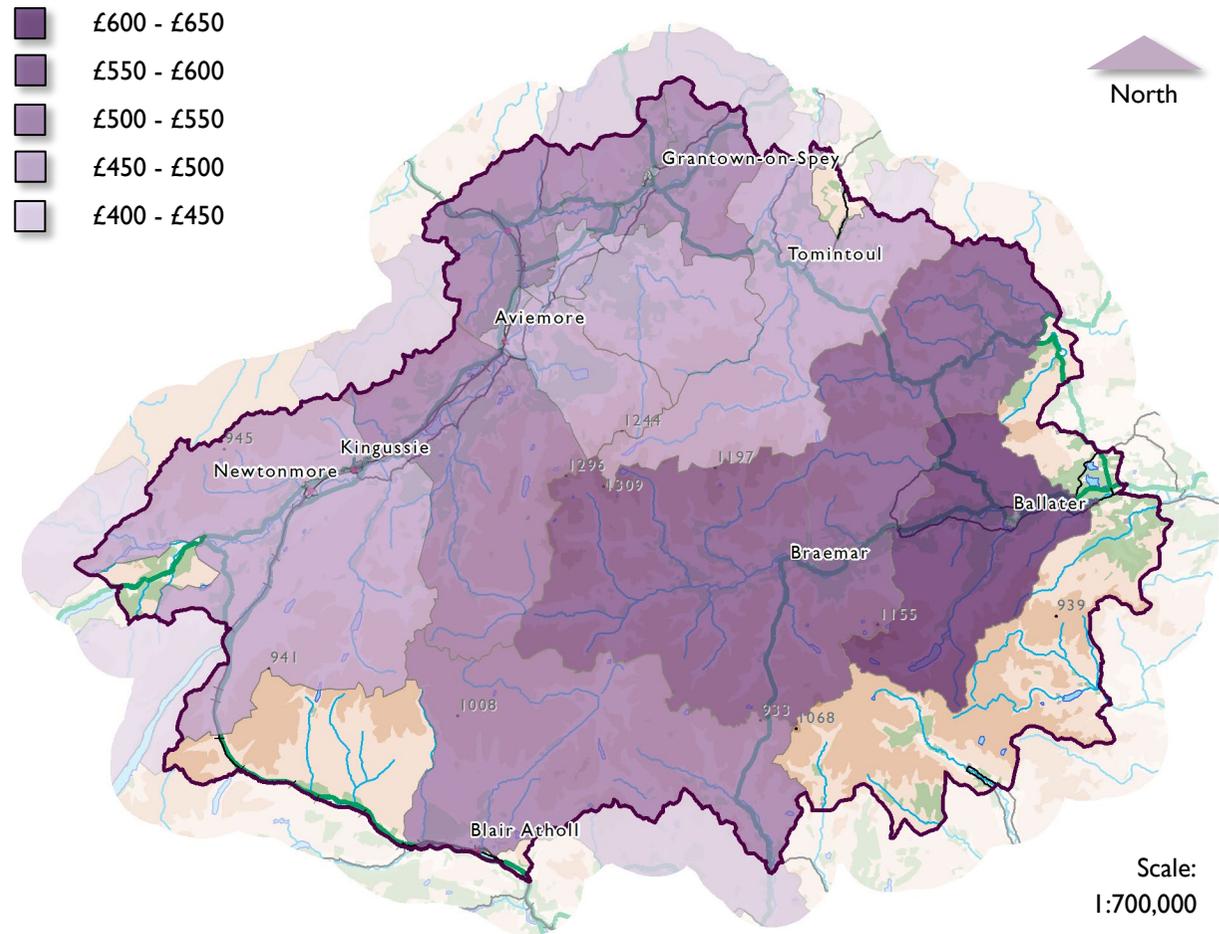


Figure 176 Estimated median weekly gross household income of data zones within the Cairngorms National Park 2008 /2009 (based on Bramley & Watkins, 2013).

Reproduced by permission of Ordnance Survey on behalf of HMSO. © Crown copyright and database right 2019. All rights reserved. Ordnance Survey Licence number 100040965 Cairngorms National Park Authority. © Scottish Government.

Table 41 Estimated household income for data zones within the Cairngorms National Park 2008 / 2009 (Bramley &amp; Watkins, 2013).

Local Authority	Data Zone (2001)	Median weekly net <sup>19</sup> household income	Median weekly median gross <sup>20</sup> household income	Households with a gross income of less than £300 per week	Households with a gross income of less than £400 per week	Households with a gross income of less than £500 per week	Households with a gross income of less than £600 per week	Households with a gross income of less than £800 per week
Aberdeenshire	S01000301	£476	£586	22%	31%	42%	49%	65%
	S01000303	£510	£625	20%	28%	37%	44%	60%
	S01000312	£470	£573	23%	33%	45%	49%	64%
	S01000316	£405	£510	29%	42%	53%	58%	71%
	S01000360	£459	£560	26%	34%	45%	51%	67%
Highland	S01003743	£451	£495	27%	35%	43%	52%	69%
	S01003747	£415	£487	24%	37%	49%	57%	76%
	S01003748	£441	£511	23%	35%	45%	52%	70%
	S01003749	£428	£517	23%	36%	44%	53%	71%
	S01003750	£437	£515	26%	36%	45%	53%	70%
	S01003751	£401	£473	25%	37%	49%	57%	77%
	S01003754	£338	£430	29%	44%	54%	62%	78%
	S01003755	£364	£460	26%	40%	49%	58%	74%
	S01003756	£391	£457	30%	41%	52%	59%	76%
	S01003759	£414	£484	27%	38%	49%	56%	74%
	S01003760	£446	£525	22%	33%	42%	51%	70%
	S01003764	£396	£485	26%	39%	49%	59%	77%
	S01003766	£341	£432	31%	45%	55%	61%	75%
	S01003767	£412	£484	25%	37%	49%	56%	73%

<sup>19</sup> Net income covers income from all sources (as in Gross Income) but after the deduction of income taxes and national insurance contributions.

<sup>20</sup> Gross income is income from all sources (wages, salaries, pensions, benefits, rent, interest, maintenance) before the deduction of tax and national insurance contributions.

Local Authority	Data Zone (2001)	Median weekly net <sup>21</sup> household income	median weekly gross <sup>22</sup> household income	Households with a gross income of less than £300 per week	Households with a gross income of less than £400 per week	Households with a gross income of less than £500 per week	Households with a gross income of less than £600 per week	Households with a gross income of less than £800 per week
Highland	S01003771	£469	£513	24%	32%	39%	49%	66%
	S01003772	£460	£503	25%	34%	41%	50%	66%
Moray	S01004233	£388	£484	38%	46%	58%	61%	78%
PKC	S01005147	£443	£549	25%	33%	45%	53%	69%

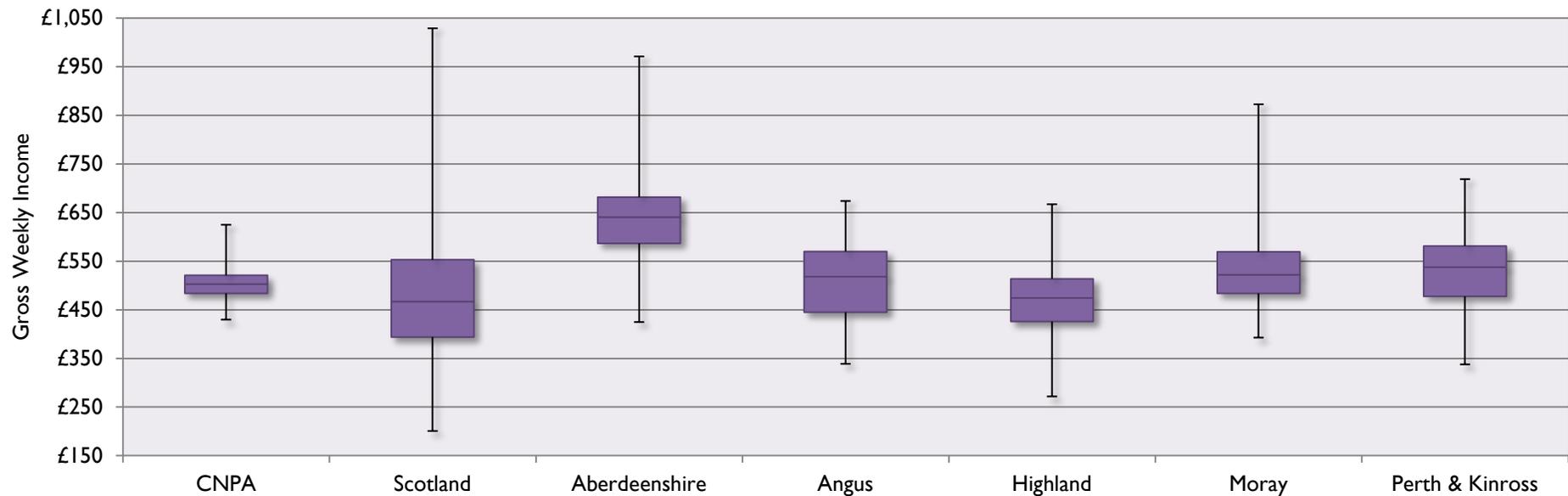


Figure 177 Box plots of median weekly gross household income for data zones in 2008 / 2009 (based on Bramley & Watkins, 2013).

<sup>21</sup> Net income covers income from all sources (as in Gross Income) but after the deduction of income taxes and national insurance contributions.

<sup>22</sup> Gross income is income from all sources (wages, salaries, pensions, benefits, rent, interest, maintenance) before the deduction of tax and national insurance contributions.

### Commuting

The 2011 Census indicated that of the 9,700 people aged 16 -74 in employment around 4,771 (49.2%) of them commuted to work via car, van or motor cycle (Census table LC7101SC) (Figure 178). This is lower than the Scottish level of 56%, a reflection of the fact that the National Park has a relatively high level of home working (22.9%). The use of public transport is particularly low within the National Park, a reflection of the difficulties of providing good service in such a rural area.

Most commuting occurs within the National Park, since most of its population is too far from major centres of employment for commuting out to be a very large scale phenomenon. In fact, over half of workers travel less than 10km to their place of work (Figure 179). Even with improved connectivity bought about by the A9 Dualling Strategy (see Topic 5: Material Asset, p. 166), there is very little chance of the Cairngorms National Park becoming a

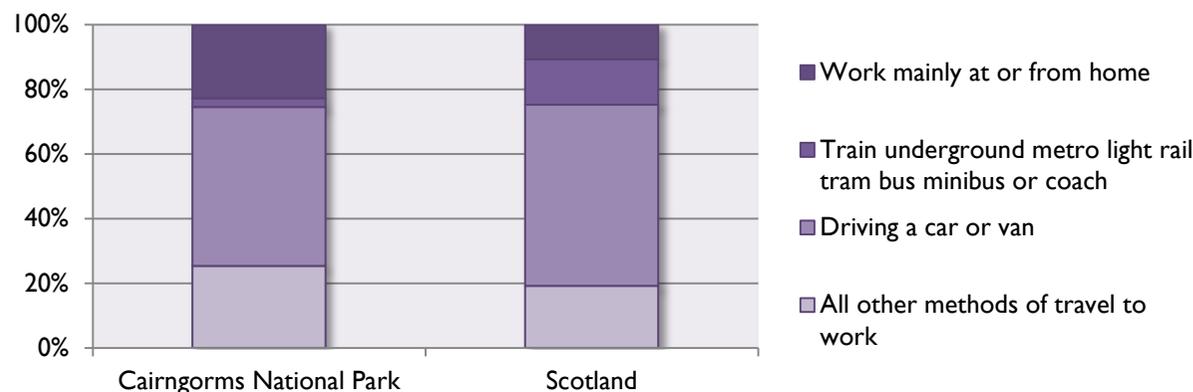


Figure 178 Method of travel to work, 2011 (Census table LC7101SC).

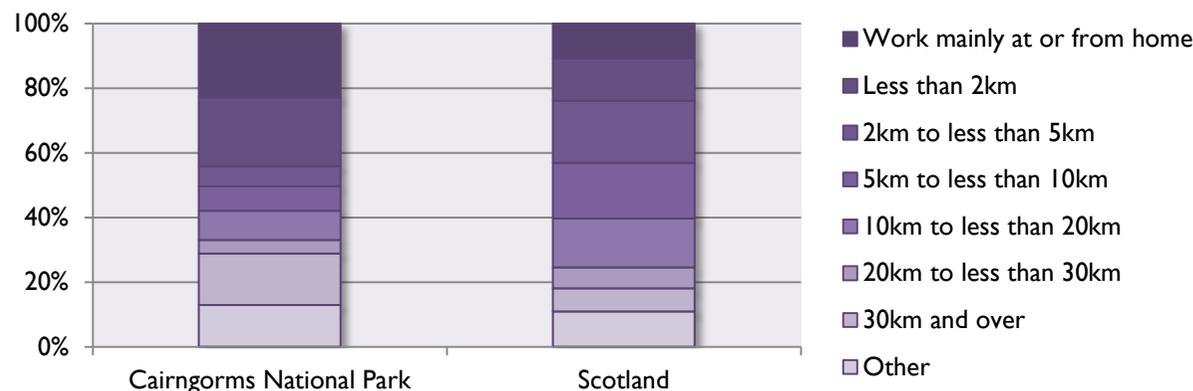


Figure 179 Distance travelled to work, 2011 (Census table LC7102SC)<sup>23,24</sup>. Crown copyright 2014.

For further information on variables, see [www.scotlandscensus.gov.uk/variables](http://www.scotlandscensus.gov.uk/variables)

In order to protect against disclosure of personal information, some records have been swapped between different geographic areas. Some cell values will be affected, particularly small values at the most detailed geographies.

<sup>23</sup> The distance travelled is a calculation of the straight line between the postcode of place of residence and postcode of workplace.

<sup>24</sup> 'Other' Includes no fixed place of work, working on an offshore installation and working outside the UK

dormitory suburb to any significant extent (CogentSi, 2010).

Nevertheless, within the National Park the range of employment opportunities which are not tied to visitors, the land, or local services is only limited, and so people with special skills who want to live in the National Park may need to travel outwith the area to work. According to the 2011 Census, some 287 people were commuting out of the Badenoch and Strathspey Travel to Work Area (TTWA) and into the neighbouring Inverness and Dingwall TTWA for work (Highland Council, 2015). Correspondingly, the National Park does not have so many jobs that it attracts commuters in from long distances, but nevertheless there are small communities and isolated residences around the National Park, but outwith its boundaries; for example the Badenoch and Strathspey TTWA had around 6 workers commuting in from the neighbouring Lochaber TTWA (Highland Council, 2015). For these surrounding residents the National Park

offers the best job prospects available (CogentSi, 2010).

## Human Health

### Life Expectancy

Human Health covers a wide range of issues, many of which have strong relationships with other topic areas. Life expectancy is a good indicator of the overall health of a population. While there is no official data available for life expectancy specifically within the National Park, quantitative reasoning, based on statistics available for Local Authorities, Health Board Areas, SIMD 2012 deciles and Urban / Rural Categories, may be used to gain a reasonable estimate. This data is based on that presented in NRS (Life Expectancy for Areas within Scotland 2011-2013, 2014), while work is currently underway to provide updated estimates based on SIMD 2016 data (National Records Scotland, 2016).

Taking the Local Authorities and Health Board areas that cover the National Park's area (**Table 42**) as a starting point, it can

be seen that all have life expectancies that are above the Scottish average. Estimates range from 77.6 to 79.3 for males and 81.4 to 82.8 for females and it is not unreasonable to assume that the National Park's overall life expectancy falls somewhere within this range.

Table 42 Life expectancy at birth in Scotland, 2011-2013, by Local Authority and NHS Board area (National Records of Scotland, 2014).

Area	Male	Female
Scotland	76.9	81.0
<b>Local Authority</b>		
Aberdeenshire	79.2	82.2
Angus	78.5	81.6
Highland	77.7	82.2
Moray	77.9	81.7
Perth & Kinross	79.3	82.8
<b>Health Board</b>		
Grampian	78.3	81.8
Highland	77.8	82.0
Tayside	77.6	81.4

Estimates may also be derived from the SIMD 2012; according to NRS (2014), male and female life expectancy increases and the gap between male and female life expectancy decreases as the level of deprivation decreases. Consequently, NRS have estimated life expectancy according to SIMD decile. Based on the position of the National Park's data zones within the SIMD therefore, an estimate of its life expectancy may be derived. Furthermore, because data zones represent discreet geographies, potential variations in life expectancy across the National Park may be mapped (**Figure 180**).

It should be noted that the SIMD measures deprivation and not affluence, therefore the data displayed by **Figure 180** should not be translated as 'life expectancy of the rich versus that of the poor'. It should also be noted that NRS estimates are generalised and the criteria that result in an overall SIMD rank may vary greatly between data zones. The life expectancies presented therefore should not be viewed as geography specific absolutes, but as rough

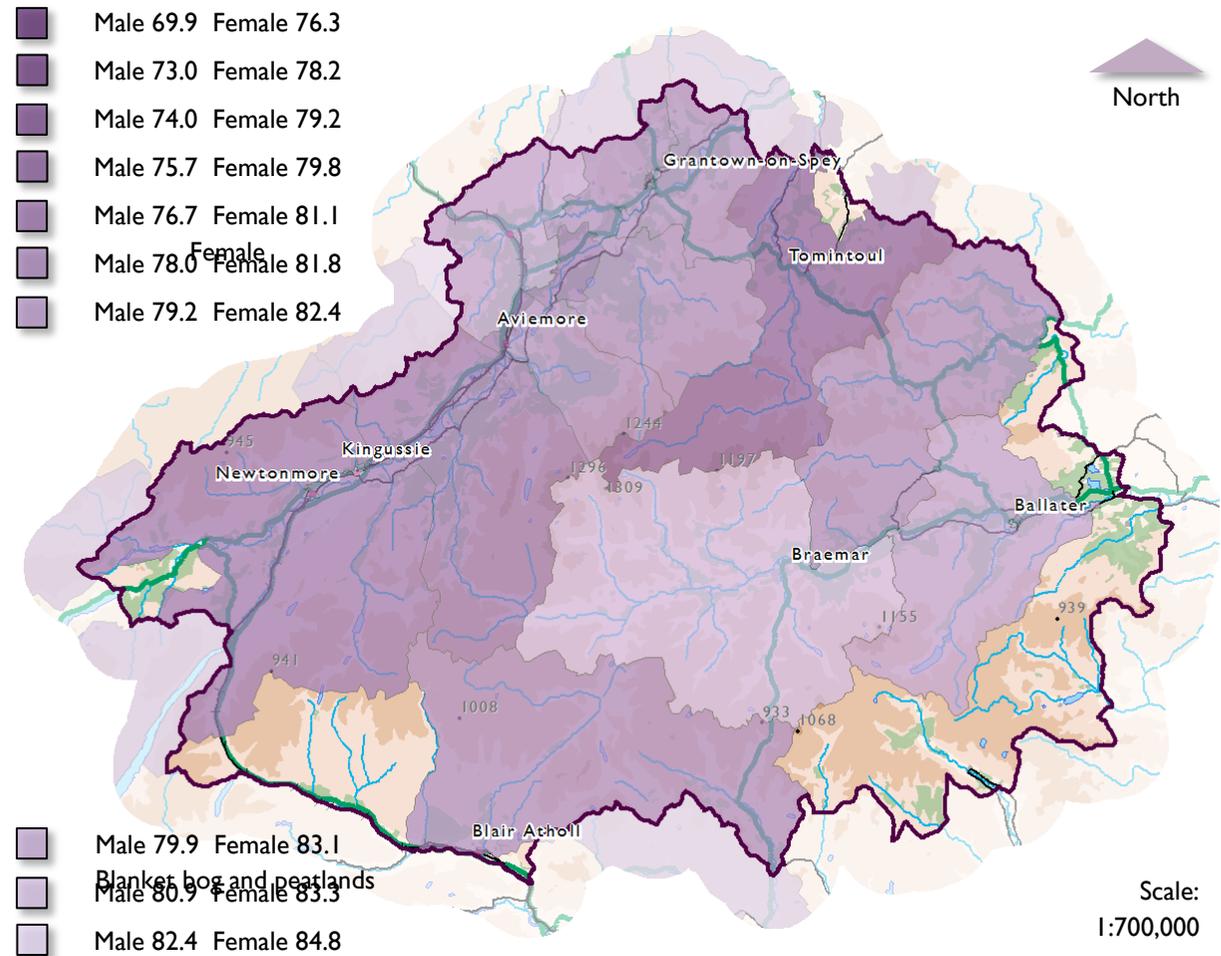


Figure 180 Life expectancy within the Cairngorms National Park by SIMD Decile. Based on NRS (2014).

Reproduced by permission of Ordnance Survey on behalf of HMSO. © Crown copyright and database right 2019. All rights reserved. Ordnance Survey Licence number 100040965 Cairngorms National Park Authority. © Scottish Government.

approximations based on national data.

Estimating life expectancy via this means offers a range of 76.7 to 80.9 for males and 81.1 to 83.3 for females living within the National Park. This is a broader range than the estimate based on the Local Authorities and Health Boards, but is close enough to support the theory that the life expectancy falls within this initial estimate.

If the deprivation based estimates are weighted according to the population of the National Park’s data zones, then the estimated life expectancy of the National Park is 79 for males and 82.3 females. This estimate is not unreasonable as it falls within 1% of figures for the Scottish Government’s Urban Rural Classification areas, which estimates life expectancy for males to be 79.2 and females to be 82.6 in remote rural areas<sup>25</sup> (National Records of Scotland, 2014), which the whole of the Cairngorms National Park is identified as.

<sup>25</sup> Defined as “areas with a population of less than 3,000 people, and with a drive time of over 30 minutes to a settlement of 10,000 or more.”

Irrespective of the exact figures, it is possible to say with some confidence that the residents of the Cairngorms National Park have a greater life expectancy than the Scottish average and live around 6 to 9 years longer than people living in the most deprived parts of Scotland.

**Health**

Evidence suggests that the population in the National Park is healthier than the Scottish average. According to the 2011 Census, the proportion of people with long term health problems whereby their day-to-day activities are limited a lot was only 6.8% (Scotland 9.6%) while the proportion of people claiming very good to fair health was higher (96.6% compared to Scotland’s 94.4%) and the proportion claiming bad to very bad health lower (3.4% compared to Scotland’s 6.1%) (Table 43). This is supported by evidence from the proportion of Incapacity Benefit and Severe Disability Allowance claimants within the National Park, which in 2012 ranged between 1.1 and 1.8% of the 16+ population, compared to Scotland’s 2.7 to 4.1%.

Table 43 Census health indices, 2011.

Indicator	CNP	Scot.
<b>Long-term health problem or disability (Table LC3101SC)</b>		
Day-to-day activities limited a lot	6.8%	9.6%
Day-to-day activities limited a little	10.2%	10.1%
Day-to-day activities not limited	83.0%	80.4%
<b>General health (Table LC3102SC)</b>		
Very good health	55.6%	52.5%
Good health	30.7%	29.7%
Fair health	10.3%	12.2%
Bad health	2.7%	4.3%
Very bad health	0.7%	1.3%
<b>Provision of unpaid care (Table LC3301SC)</b>		
Provides no unpaid care	90.9%	90.6%
Provides 1 to 19 hours unpaid care a week	5.7%	5.2%
Provides 20 to 34 hours unpaid care a week	0.8%	0.9%
Provides 35 to 49 hours unpaid care a week	0.6%	0.8%
Provides 50 or more hours unpaid care a week	2.0%	2.5%

The Health Domain of the SIMD also provides an indication of the relative healthiness of the National Park, with 5 of its 23 data zones falling within the 10% least deprived. The SIMD does however demonstrate an element of geographical variation, with 6 data zones, mostly in Badenoch and Strathspey falling within the 41 to 50% most deprived range. This is not

necessarily an indication of poor health within these areas, but rather an indication that health related deprivation is closer to the Scottish median in these locations.

### Index of Multiple Deprivation

SIMD domains (see **Figure 181** for summary) have been drawn upon throughout this report and since the level

of deprivation experienced by an area can have significant influence on the health and wellbeing of its population, it is also worth considering the SIMD's overall ranking of data zones within the National Park as well as briefly summarising the factors that have led to this situation.

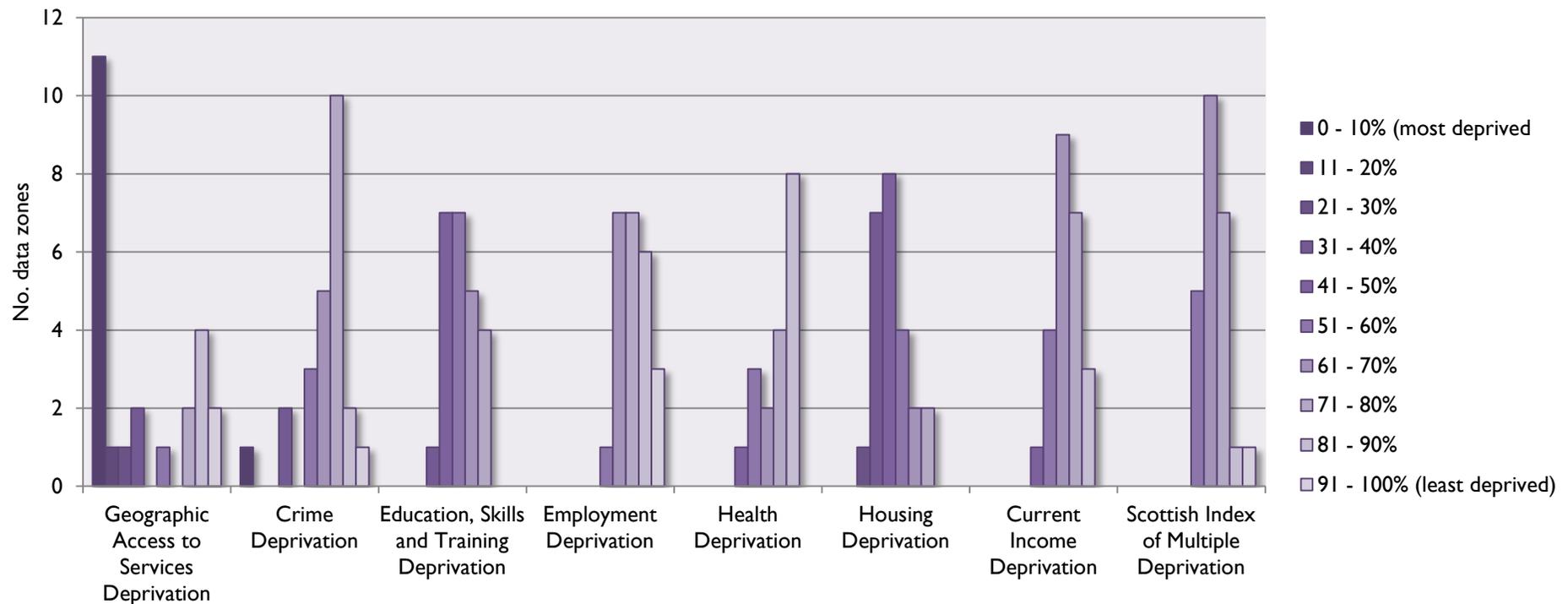


Figure 181 Distribution of SIMD 2016 deciles by domain according to data zones within the Cairngorms National Park.

According to the SIMD 2012, overall deprivation levels within the National Park are relatively low (**Figure 182**). Two data zones (S01006789 and S01006793) fall within the 20% least deprived, while no data zones are ranked within the most deprived 50%.

Most domains possess a low level of deprivation, and it is only the domains relating to drive times, public transport and access to services that show any signs of significant deprivation. This is consistent with the rest of remote rural Scotland, where the sparse nature of settlement makes long distances between services inevitable.

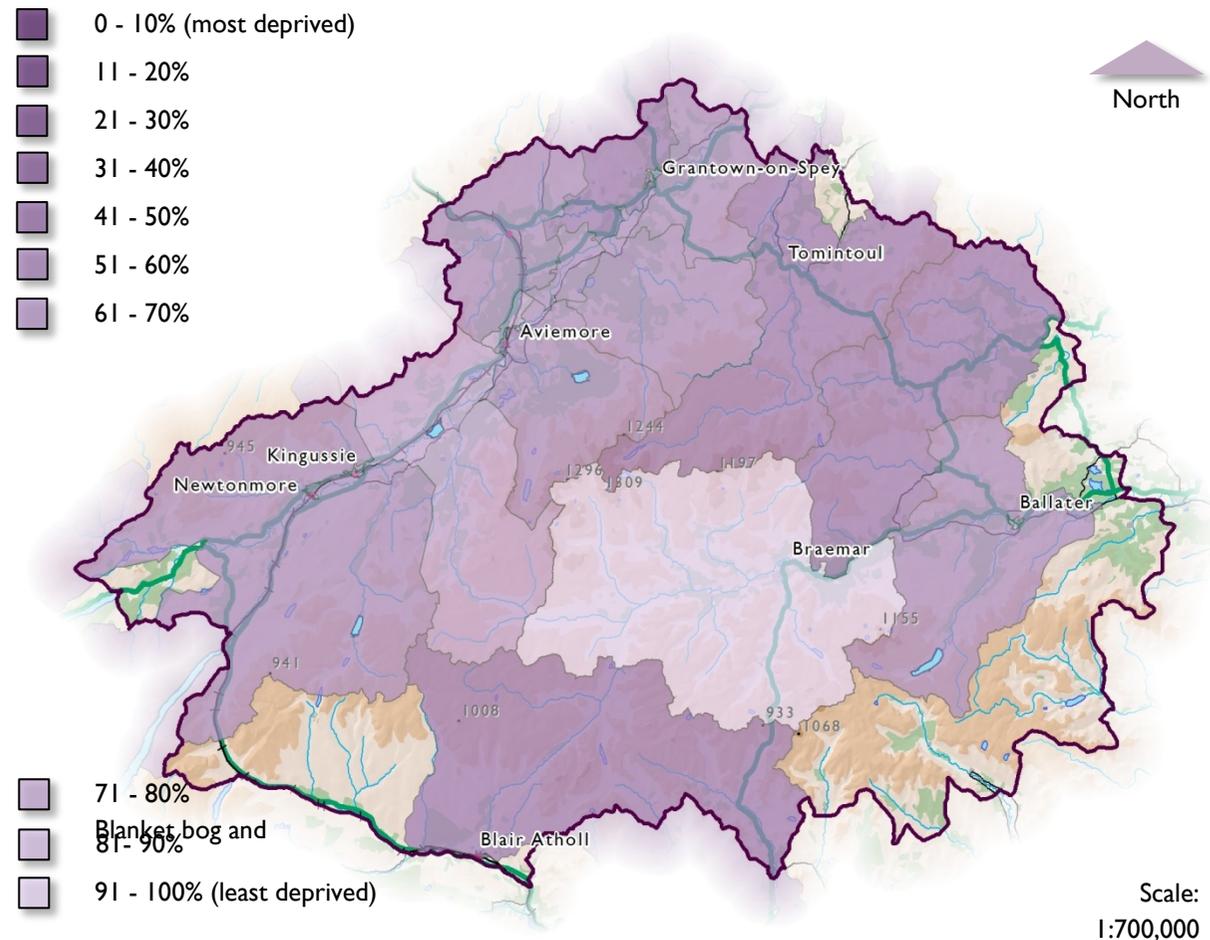


Figure 182 Overall SIMD 2016 deciles according to data zones within the Cairngorms National Park (SIMD, 2016).

Reproduced by permission of Ordnance Survey on behalf of HMSO. © Crown copyright and database right 2019. All rights reserved. Ordnance Survey Licence number 100040965 Cairngorms National Park Authority. © Scottish Government.

The 2016 SIMD is the fifth version of the index. However, because SIMD is a relative measure (it ranks Scotland’s data zones relative to each other), it is not straightforward to interpret any change in a data zone’s rank from one version of the index to another. Additionally, analysis of change over time is complicated because there have been changes to the methodology and changes to some of the indicators used. Disclosure control methods can also complicate analysis of change over time for some SIMD indicators because when cell values are suppressed, this may lead to data zones having empty cells for one or more of the versions of the SIMD.

Bearing in mind the cautions expressed above, there are ways of undertaking a limited amount of analysis of change over time. **Figure 183** and **Figure 184** offer two different means of measuring relative change, the former showing changes in overall rank and distribution of data zones and the latter showing the number of people falling within an overall SIMD decile.

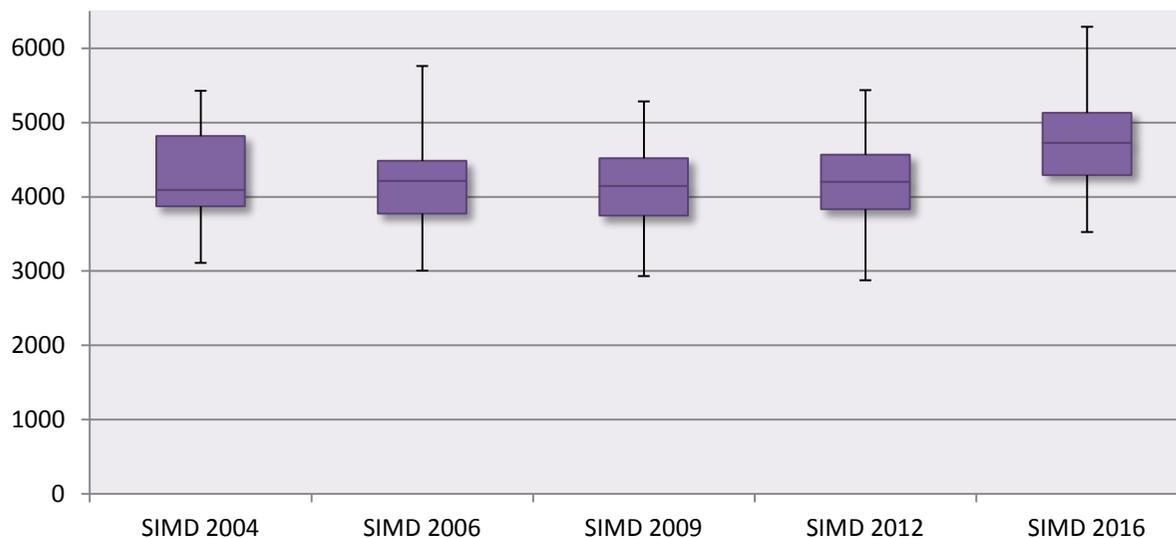


Figure 183 Boxplots showing the distribution of data zones in the Cairngorms National Park by their overall SIMD rank.

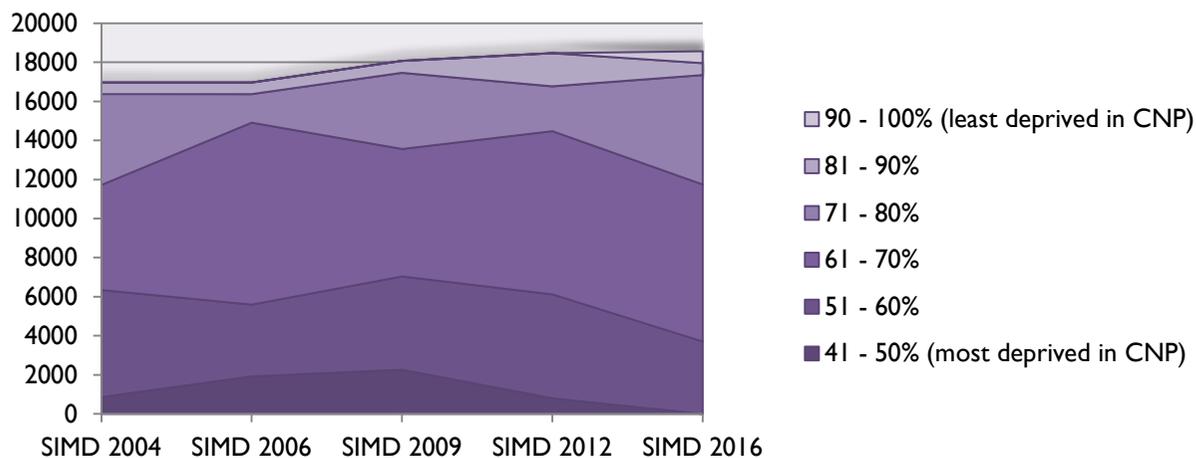


Figure 184 Population distribution by the overall SIMD decile for data zones in the Cairngorms National Park.

### Outdoor Recreation

Standardised measures of deprivation aside, there are many factors that can have an influence on a population’s health and it is probable that the high quality environment described in this report is a contributory factors. Another factor is likely to be the ability of the population to easily access this environment for leisure and recreational purposes.

Significantly, the Cairngorms National Park is a world renowned area where both residents and visitors can enjoy an unparalleled range of outdoor recreation opportunities. People are able to explore the area on foot, in a wheelchair, on horseback, on a bicycle or even in a boat or canoe, as long as they do so in a responsible manner, with respect for other people and for the environment, and in accordance with the Scottish Outdoor Access Code.

One important means of access is via the National Park’s public footpath network, of which the Core Paths network plays a

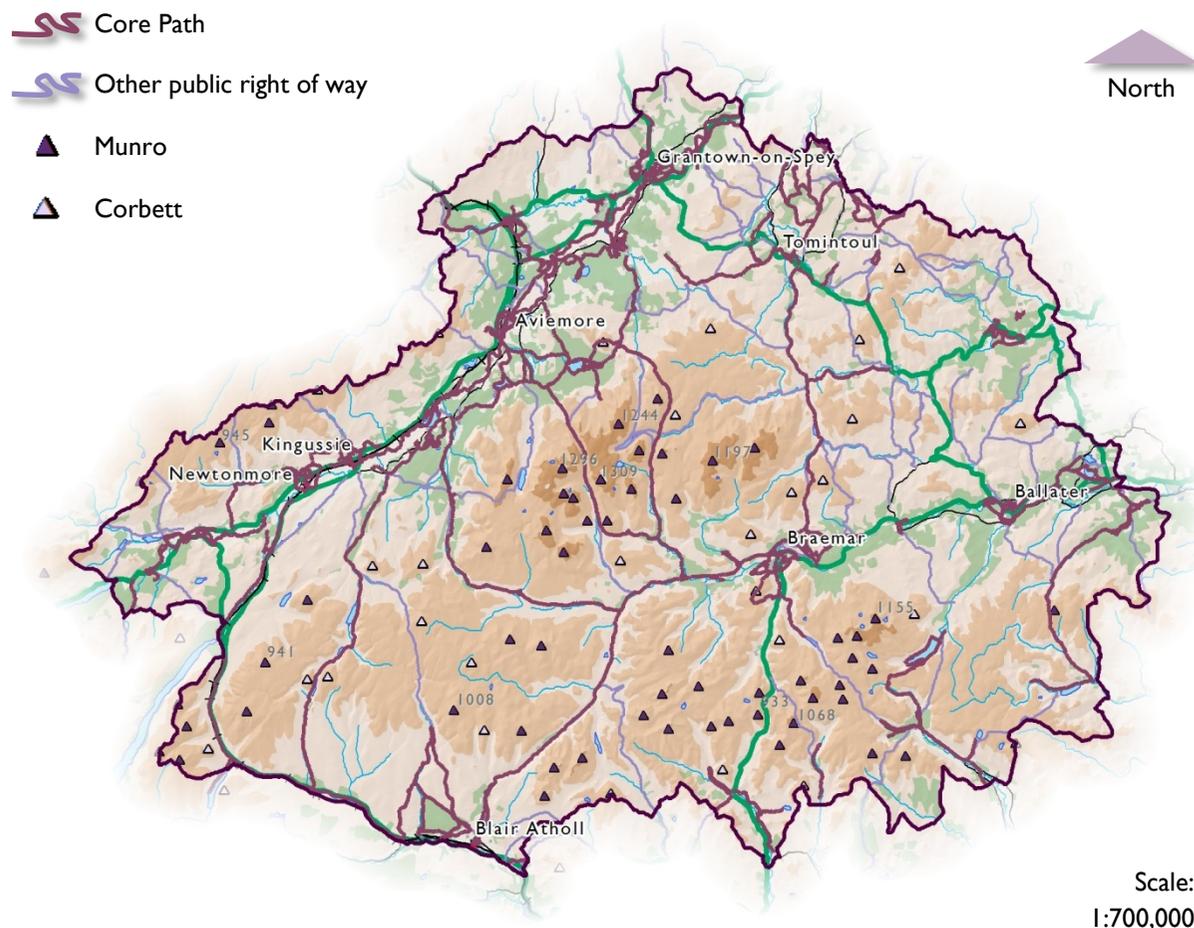


Figure 185 Public footpath network and ‘listed’ mountains of the Cairngorms National Park. Reproduced by permission of Ordnance Survey on behalf of HMSO. © Crown copyright and database right 2019. All rights reserved. Ordnance Survey Licence number 100040965 Cairngorms National Park Authority.

significant role (see **Figure 185**). The CNPA has a duty under the Land Reform (Scotland) Act 2003 to prepare a Core Paths Plan. Section 17 (1) Act states that the core paths network should be: ‘... *sufficient for the purpose of giving the public reasonable access throughout the area*’.

The CNPA has recently published its Core Paths Plan (2015), which was developed in Partnership with the Local Outdoor Access Forum and Inclusive Cairngorms. The aim of the Plan is to help people enjoy and understand the special qualities of the National Park through the identification of outdoor access opportunities. The path network should satisfy the needs of visitors and local people to get around, and link to the wider path network and beyond.

The network is made up of a mixture of existing and new paths, which together

provide a cohesive system. The National Park now has a network that totals 1,073km of core path, 88km of which is on water (River Spey). Furthermore, over 300km of the network has been signed and promoted with a further 100 or so km to be developed and improved.

### **Visitors**

There has been an overall increase in the number of visitors to the Cairngorms National Park since 2009 with 1.64 million visitors in 2014. Between 2012 and 2014, visitor numbers have increased by 8.6% and visitor days by 9.6% (STEAM, 2015).

Whilst the overall numbers have increased, there is still a strong seasonal trend in tourism, with the highest numbers of visitors in the summer months. A continuing challenge for the National Park is

creating a more year round tourism economy, and the 2014 data shows some slight improvement in that area with a greater increase in visitors at off-peak times.

The Cairngorms Visitor Survey 2014/15 gathered a range of information about how visitors interact with the National Park. The survey has been repeated every five years since 2003/04 using the same methodology of 2,500 face to face interviews over a 12 month period in a range of locations across the National Park.

The survey found that the area’s status as a National Park was of high importance for those deciding to visit the area, particularly for overseas visitors. This also varies considerably between the National Park areas where status is of greater importance to those visiting the Moray area.

### Key Messages

The Cairngorms National Park has seen significant population growth over its lifetime, although this is now projected to slow down significantly over the next 25 years. The population change will result in a particular set of needs to be addressed by the Plan, including the need to provide accommodation for at least 910 households over this period.

Unemployment is low although the median wage remains below that of Scotland. Gross household incomes, are however slightly higher. The National Park retains a high proportion of its workforce with the most commuting via private motor vehicle.

Overall, deprivation levels are low and the life expectancy of the population is estimated to be above Scotland's as a whole. Instances of life limiting conditions are low and claimants of related benefits few.

The National Park has an extensive and well maintained public footpath network and many man-made and natural features that provide attractive objectives and encourage healthy recreational activities.

### Inter-relationships with other topics

➤ Topic 1: Climatic Factors	125
➤ Topic 3: Water	138
➤ Topic 5: Material Assets	166
➤ Topic 6: Biodiversity, Fauna and Flora	185
➤ Topic 7: Landscape and Cultural Heritage	259