# Research Reveals Decrease in Age of Diagnosis for Major Diseases in Scotland



Recent research has indicated a growing health issue in Scotland, where individuals are being diagnosed with serious conditions such as cancer, high blood pressure, diabetes, heart disease, and arthritis at younger ages than previous generations. A study examining more than 120,000 NHS Scotland records of individuals born between 1931 and 1971 reveals that the average diagnosis age for major diseases has decreased significantly over time. For instance, those born between 1931-1935 were diagnosed around age 73, while those born between 1956-1960 were diagnosed around age 61.

This decline in age at first diagnosis has also been observed in cases of multimorbidity, where the age has decreased from 79 to 74 over a similar period. The study, led by Dr. Katherine Keenan of the University of St Andrews, highlighted that while life expectancy has increased, so has the prevalence and earlier onset of multiple diseases.

Contributing factors to this trend may include rising obesity rates, less active lifestyles, and high levels of alcohol consumption. The findings have prompted calls for more effective public health policies and prevention strategies to manage and mitigate the burden of chronic diseases among Scotland’s population. Critics, including political figures from Scottish Labour and the Conservative parties, have criticized the current government for their handling of public health issues. On the other hand, a Scottish Government spokesman cited efforts to curb alcohol consumption and promote smoke-free environments among their public health initiatives.