



what works
wellbeing

Wellbeing and communities

Builth Wells – 27 Feb 2018

Ingrid Abreu Scherer



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- What is (individual) wellbeing, how do we measure it, and how are we doing?
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The What Works Centre for Wellbeing

An independent, collaborative organisation set up to develop and share robust, accessible and useful evidence about wellbeing.

We want a future where the wellbeing of people and communities improves year on year and wellbeing inequalities are reduced.



We develop and share useful evidence that governments, businesses, communities and people can use to improve wellbeing across the UK.

We believe that improving wellbeing should be the ultimate objective of policy and community action.

What Works Network 



HM Government



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OF ECONOMICS AND
POLITICAL SCIENCE



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What is (individual) wellbeing,
how do we measure it,
and how are we doing?

What is wellbeing?

- not just about how things look from the outside, but **how we feel in ourselves**
- **how we experience life** – quality of life, good physical and mental health, and being part of our communities
- how **external conditions** affect our lives and how we **function** in society
- should be measured using both **objective** and **subjective** measures



ONS Wellbeing Framework – informed by public debate

Education and Skills

In 2016, 8.1% of UK residents had no qualifications, an improvement over the 1 year period (8.7%)



Source: Measures of National Well-being



Environment

8.3% of energy consumption came from renewable sources in 2015. This has improved over both the short term (7.1% in 2014) and the long term (4.6% in 2012)



Source: Measures of National Well-being



Health

In 2014 to 2015, 49.6% of people in the UK were mostly or completely satisfied with their health.

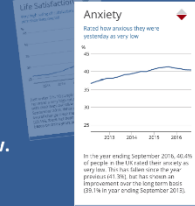


Source: Measures of National Well-being



Personal Well-being

In the year ending September 2016, 40.4% of people in the UK rated their anxiety as very low.



Source: Measures of National Well-being



Our Relationships

The proportion of people in England who reported feelings of loneliness often or always in the UK was 4.1%



Source: Measures of National Well-being



Economy

The real net national disposable income per head in the UK was £24,244 in 2016, an improvement from the previous year (£23,890)

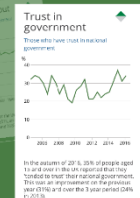


Source: Measures of National Well-being

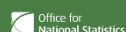


Governance

In the autumn of 2016, 35% of people aged 15 and over in the UK reported that they 'tended to trust' their national government.



Source: Measures of National Well-being

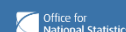


Personal Finance

Real median household income was £26,332 in the UK in the year ending March 2016, an improvement over the 1 year period (£25,768)



Source: Measures of National Well-being

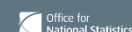


What we do

Over half of people in the UK (55.8%) were mostly or completely satisfied with their job in 2014 to 2015.



Source: Measures of National Well-being

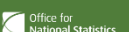


Where we live

In the year ending March 2016, 87.9% of men and 61.7% of women in England and Wales reported that they felt fairly or very safe walking alone after dark.



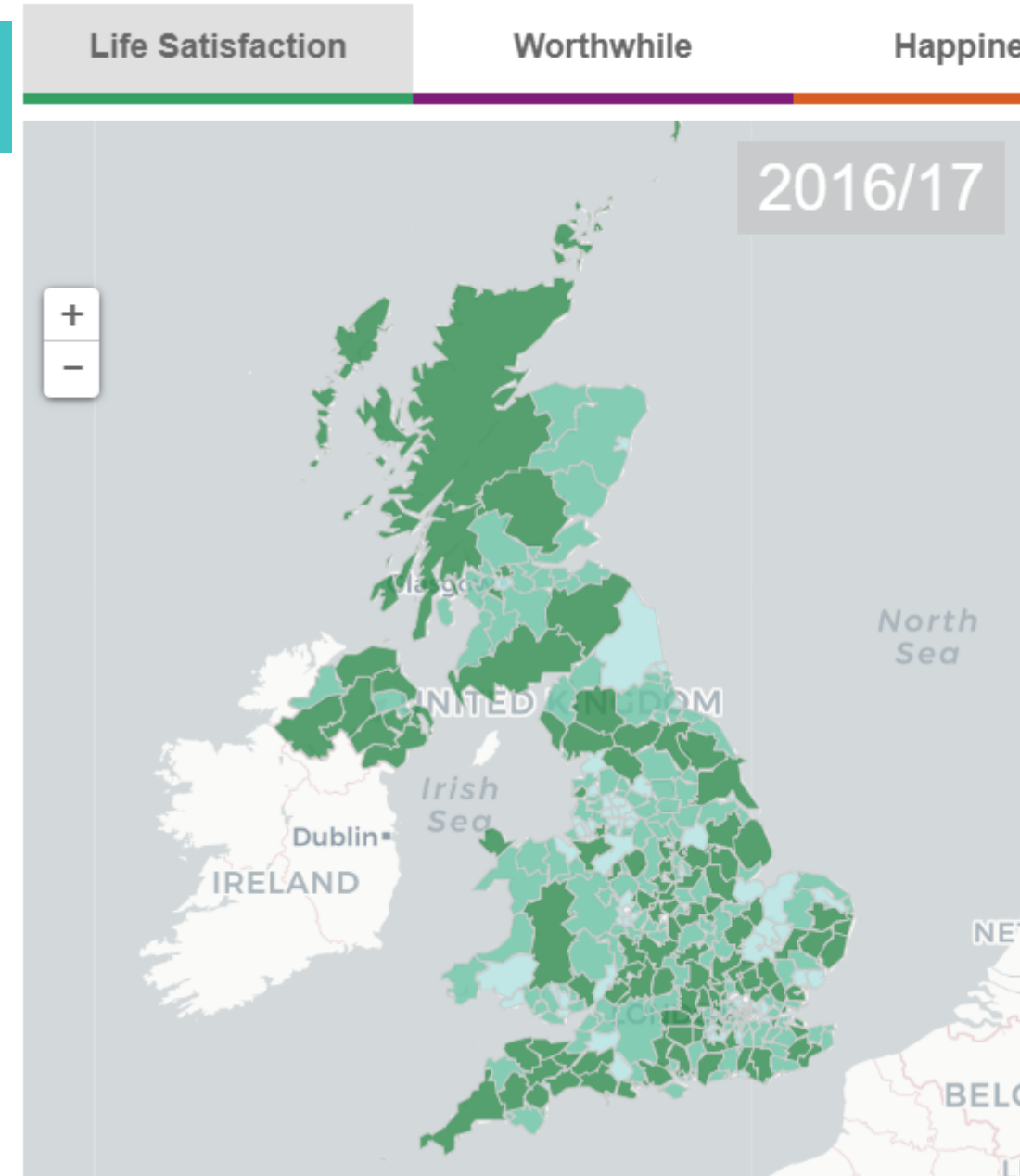
Source: Measures of National Well-being

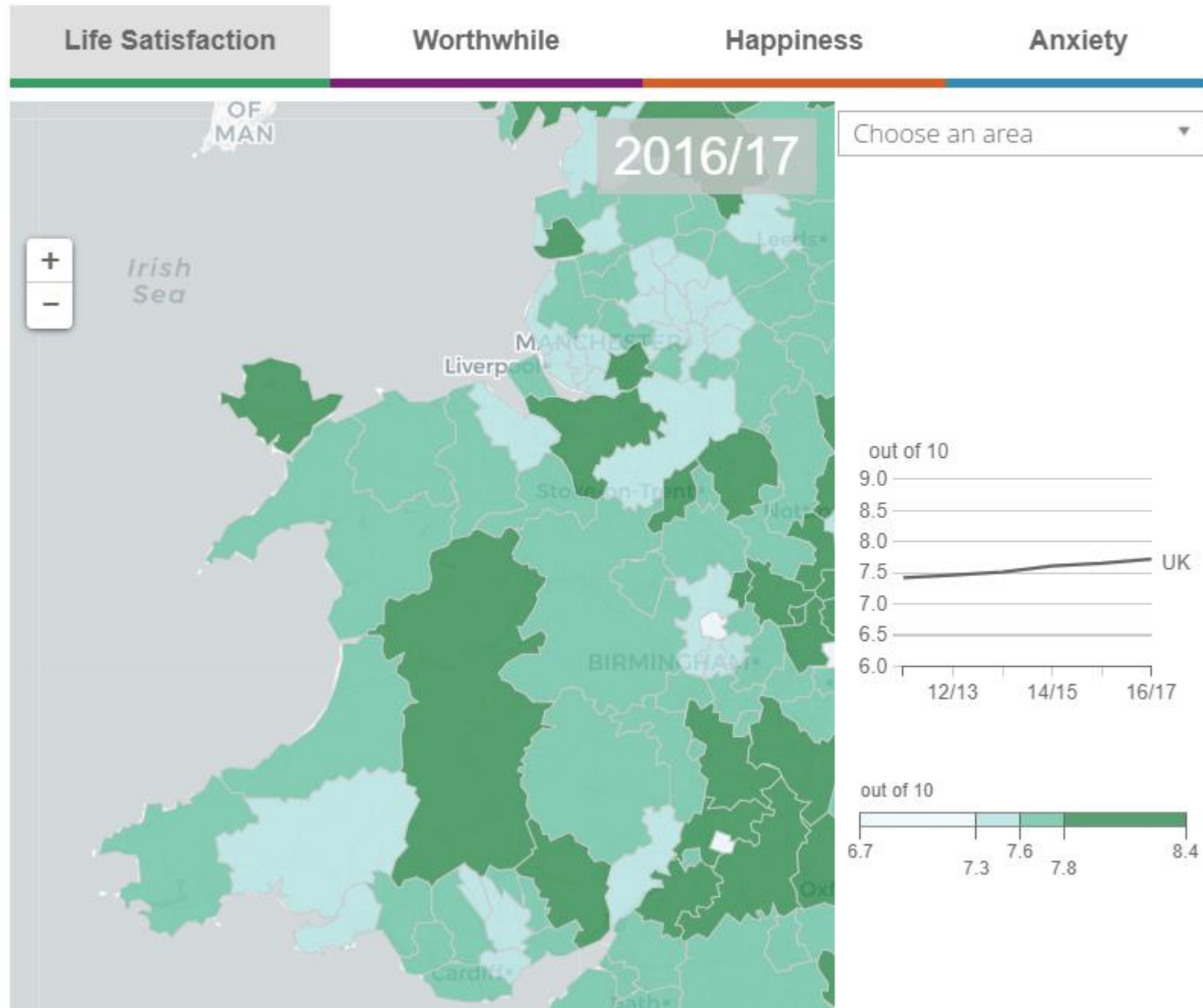


‘how we are doing’
as individuals, communities and as a nation
and how sustainable this is for the future

How are we doing?

- Continued, but small, improvements in life satisfaction, feelings of purpose, and happiness; no change in reported anxiety levels.
- England driving wellbeing increase: only UK country with any changes in average wellbeing over this period.
- Low wellbeing remains proportionally same: proportion of people reporting low ratings unchanged since September 2016
- Women higher wellbeing but also anxiety
- Specific age groups seeing continual improvements: Improvements for all measures of personal wellbeing for those aged 30 to 34, 40 to 59 and 65 to 69 years, since we began measuring personal wellbeing in 2011.





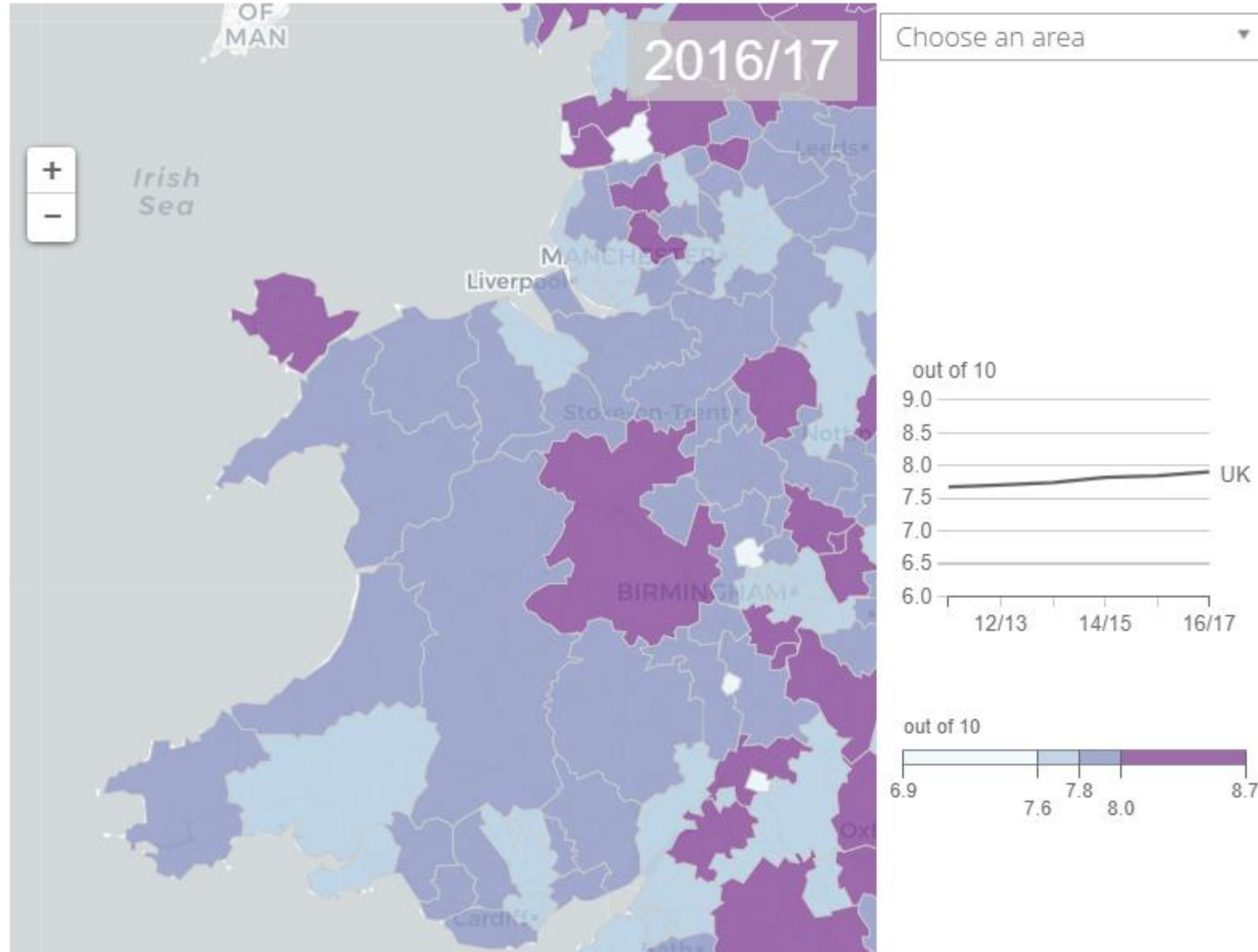
Overall, how satisfied are you with your life nowadays? (0-10)

Life Satisfaction

Worthwhile

Happiness

Anxiety



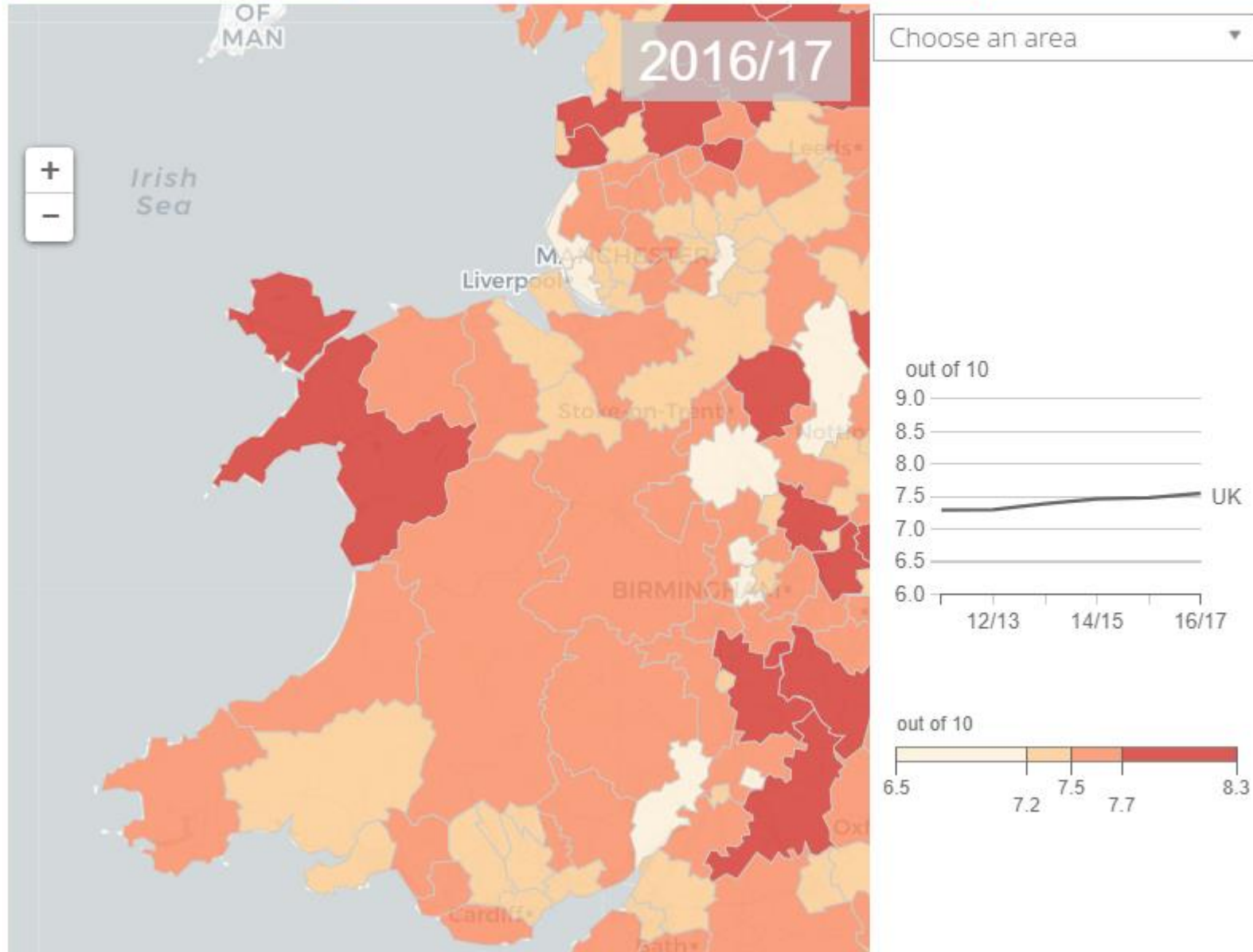
Overall, to what extent do you feel the things you do in your life are worthwhile? (0-10)

Life Satisfaction

Worthwhile

Happiness

Anxiety



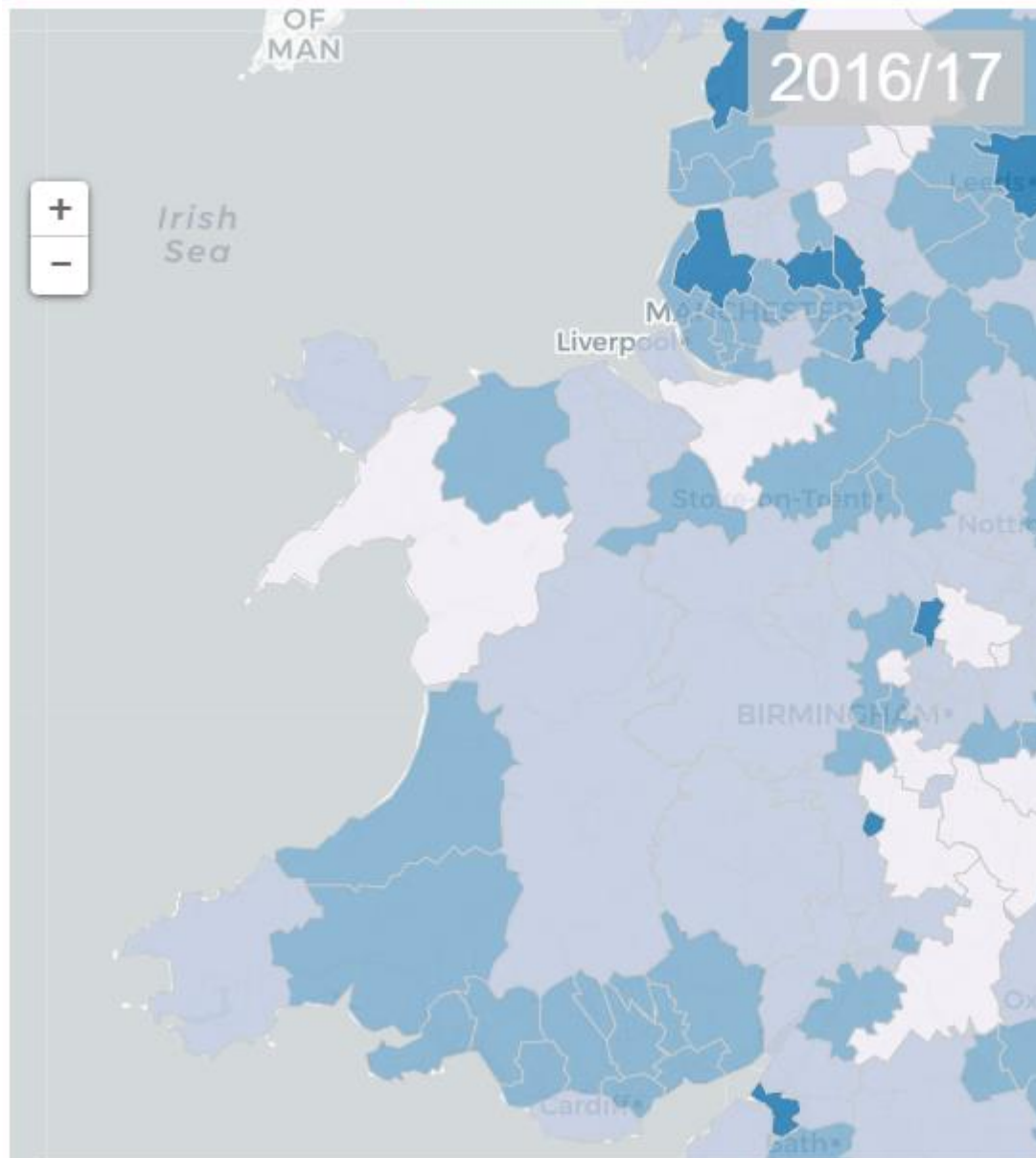
Overall, how
happy did you
feel yesterday?
(0-10)

Life Satisfaction

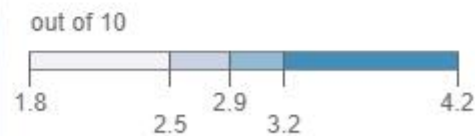
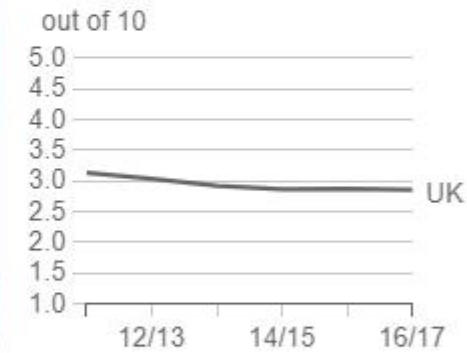
Worthwhile

Happiness

Anxiety



Choose an area

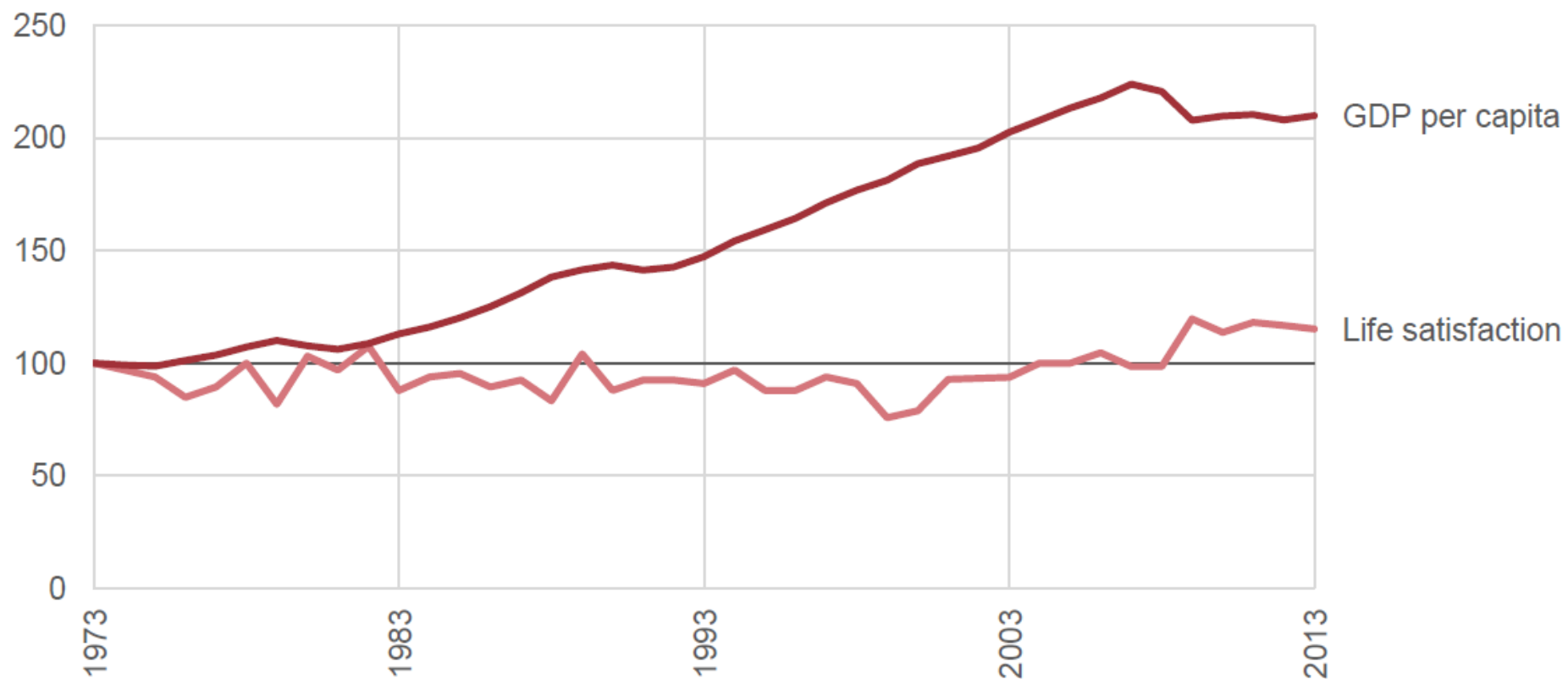


Overall, how
anxious did you
feel yesterday?
(0-10 inverse)

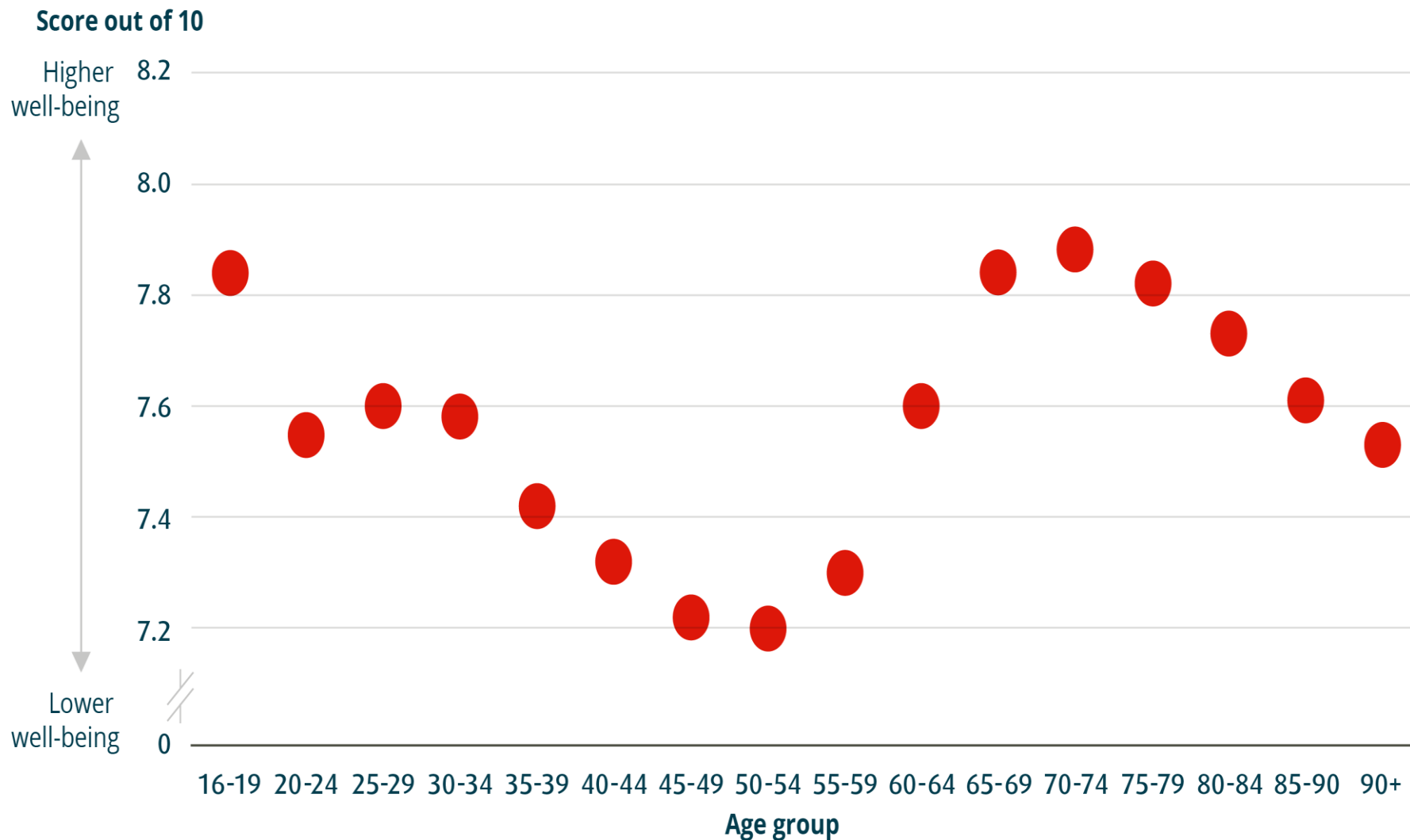
What affects wellbeing?

Money – but only to a certain degree

GDP per capita and life satisfaction, 1973-2013, indexed 1973=100



Changing priorities over our lives



Pleasure and purpose

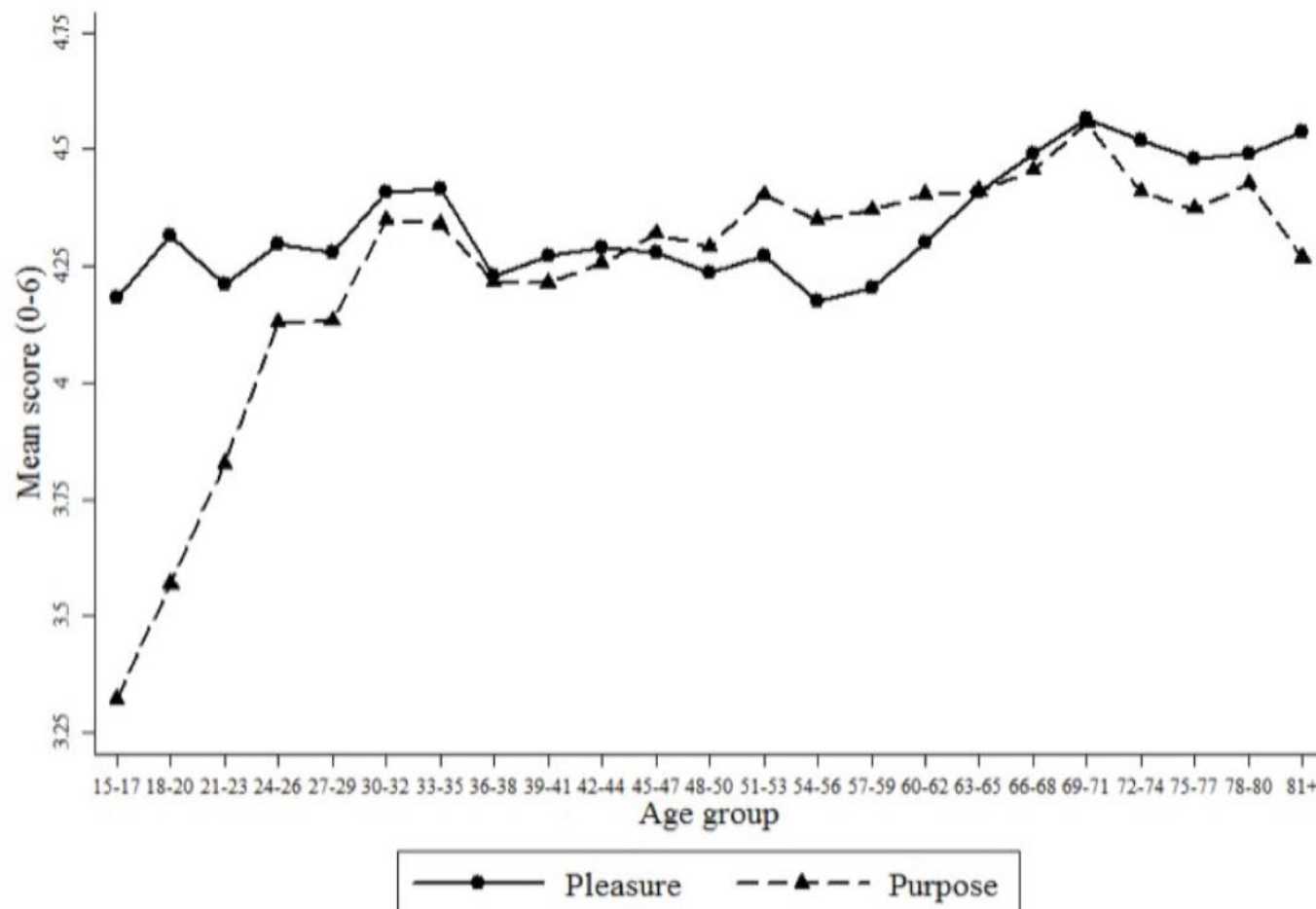
Feelings of **pleasure** and **purpose** are important to wellbeing

But the **balance** of those dimensions varies across our lives

For **teenagers**, pleasure seems to be more important to wellbeing than purpose

For people in **middle age**, the opposite is true

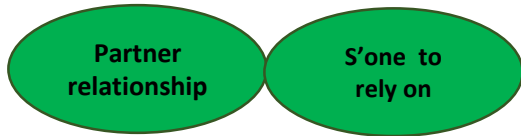
Feeling that our lives have meaning, and that the things we do are worthwhile is important in **middle and later life**



What else matters, and how much?

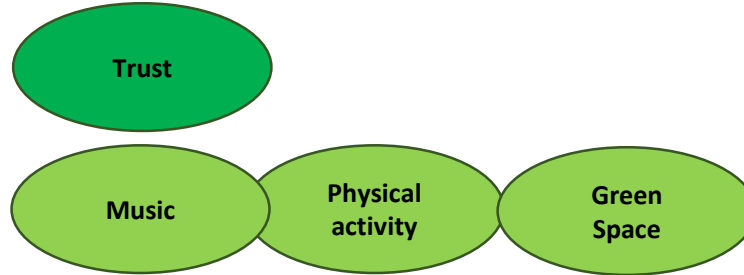
Selected factors and link with Life Satisfaction

Greater positive link with wellbeing

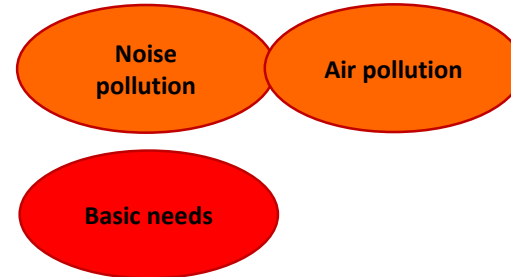


Smaller positive link with wellbeing

Personal



Wider environment and play



But it depends on the characteristics of the job.
Those with greater stability, clarity and social relations tend to be best for wellbeing



Greater positive link with wellbeing

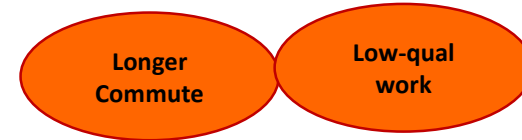


Smaller positive link with wellbeing



Work

Mixed evidence or no effect



Smaller negative link with wellbeing



Greater negative link with wellbeing

Note that this is not a meta-analysis, but rather a selection of independent variables from selected studies.
Greater +ve and -ve effect demonstrate where selected studies have shown a greater than +/- 5% link with overall wellbeing.
Smaller +ve and -ve effect shows a 1-5% link with overall wellbeing

Trust

Trust is key for both **individuals** and **communities**

It affects how we **feel** about ourselves and our **place** in our community

It explains variations in wellbeing **between countries**

It also affects **how we do things**

Living in a high-trust environment makes people more **resilient to adversity**

It protects - being subject to discrimination, ill-health or unemployment (although always damaging to wellbeing) is **much less damaging to those living in trustworthy environments**

Lego cars built from the same instructions differ if we think the instructions are written by someone with (right) or without (left) a shared identity

(Greenaway et al, Personality and Social Psych Bulletin, 2015)



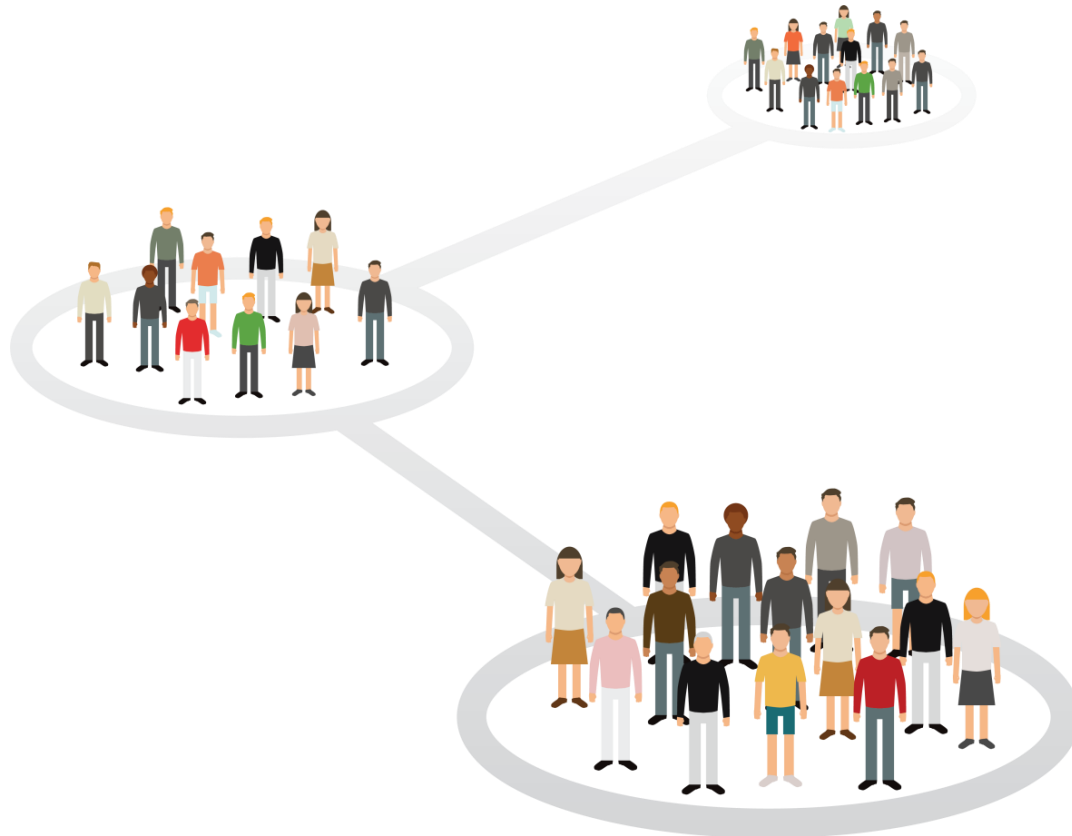
What is community wellbeing?

What is community wellbeing?



- Partly how **individuals relate to** and **perceive** their community
- Measures such as:
 - crime rates / sense of safety
 - access to local heritage or assets
 - sense of belonging
 - sense of trust

What is community wellbeing?



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 - crime rates / sense of safety
 - access to local heritage or assets
 - sense of belonging
 - sense of trust

As well as - being well together

- more than the sum of peoples' individual wellbeing
- Measures include:
 - inequality
 - social support
 - social relations – within and between groups
 - resilience to shocks
 - sustainability

What is community wellbeing?



“the combination of social, economic, environmental, cultural, and political conditions identified by individuals and their communities as essential for them to flourish and fulfil their potential.”

[Wiseman and Brasher, 2008: 358]

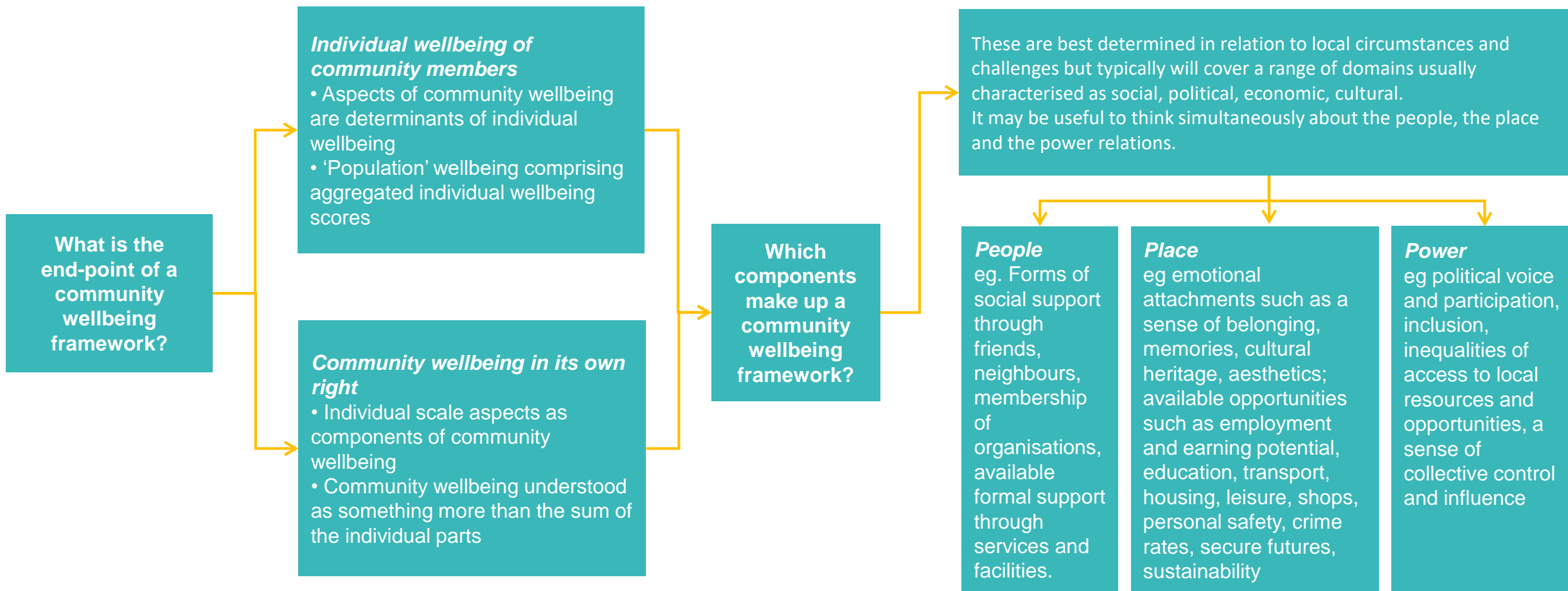
How can we assess community wellbeing?

Community wellbeing could be measured through:

1. **Individual assessments of community scale domains** (trust, safety, identity) which can describe an aspect of wellbeing beyond the individual.
2. **Information at the community scale on local life** such as crime rates or community infrastructure
3. **Capturing subjective aspects of local life** that are not simply individual but reflect the ways in which people function and feel together.



Developing your own framework for community wellbeing: guiding questions



Community wellbeing theory of change

Community wellbeing theory of change



Community wellbeing theory of change

1 - Community conditions. The **places** where we live, how we **relate** to others and whether we **have a say** in how our local area and services.

2 – Interventions. Things that government, organisations and individuals can do to improve community wellbeing.

3 - Mechanisms of change. For example: improving **living environments**, strengthening **social connections** and making it easier for people to **take part**.

4 – Intermediate outcomes. Things begin to change at a local level in neighbourhoods. Sometimes there are also positive benefits for individuals at this stage, such as access to learning or new work opportunities.

5 - Long term wellbeing outcomes. This helps us **feel good** and improves our opportunities and chances of living well. Eventually this can lead to communities that are more **equal** and **supportive**, where we feel **safe** and **trust** others and where everyone feels that they **belong**.

5 - Long term outcomes loops back to 1 - Community conditions. **Feedback loops** and improvements as more people take part in community life and feel the benefits.

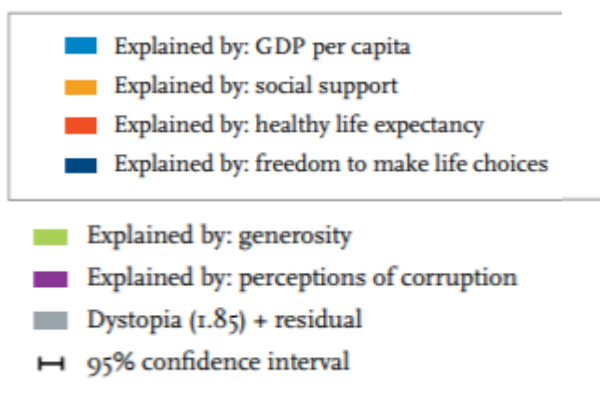
6 - Net savings. Prevention of ill health, poor wellbeing or weak communities **could** save money – but not necessarily.

Community wellbeing: findings

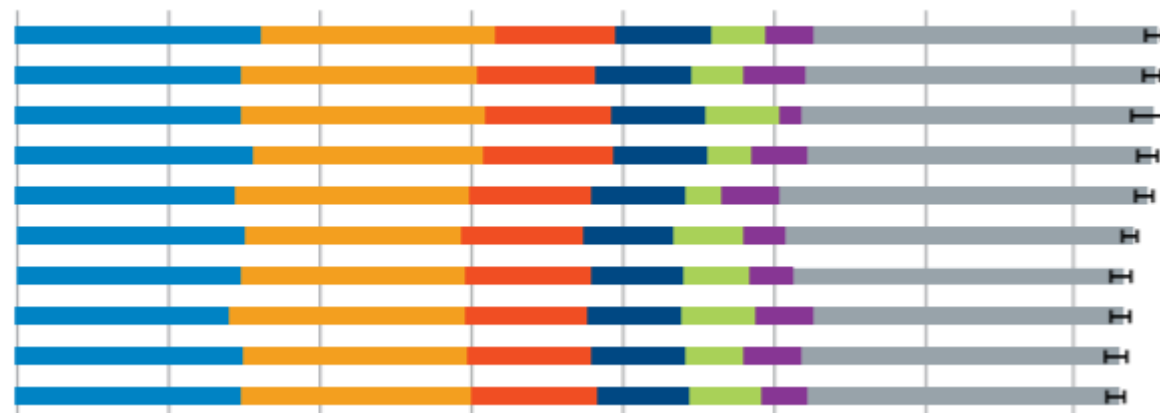
Social relations and wellbeing

- The strength of our social relations is an important determinant of **individual** health and wellbeing, as well as a central component of **community** wellbeing
- For the **individual** - a having a stable partner has a similar effect on wellbeing to employment/unemployment
- On a **national level** - social relations are among the most important predictors of cross country variation in wellbeing

Ranking of Happiness 2014-2016

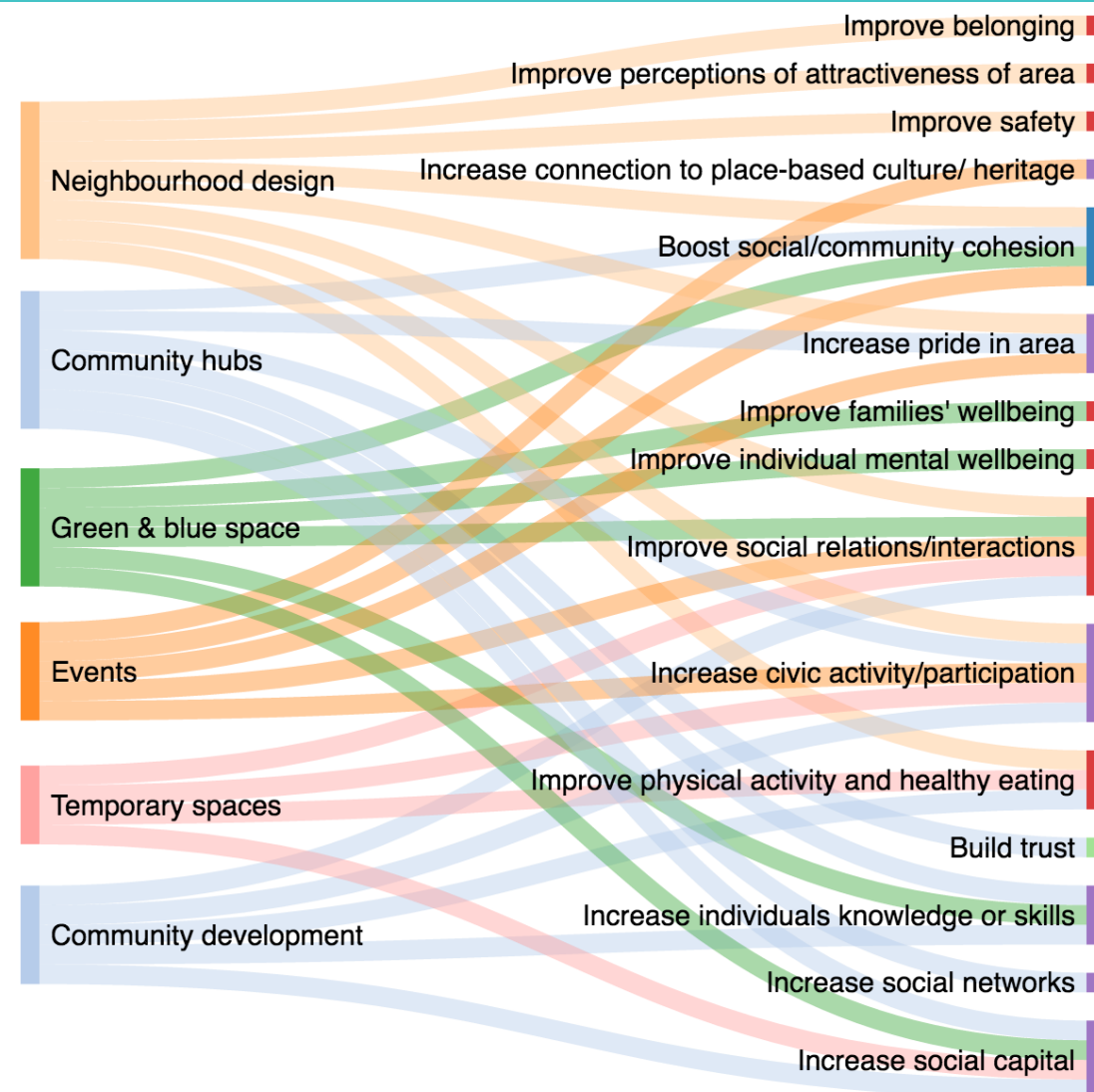


- Norway (7.537)
- Denmark (7.522)
- Iceland (7.504)
- Switzerland (7.494)
- Finland (7.469)
- Netherlands (7.377)
- Canada (7.316)
- New Zealand (7.314)
- Australia (7.284)
- Sweden (7.284)



What improves social relations?

- **Systematic review** of evidence - sifted through 21,337 papers and reports, and 52 were included.
- **Complex picture!**
- A **range of positive outcomes** from different interventions
- But also **unintended outcomes** - changes to neighbourhood design can exclude people or move problems along



Social relations – key findings

- **Community hubs** can promote **social cohesion**, by bringing together different social or generational groups; increase **social capital** and build **trust**; increase wider **social networks** and **interaction** between community members; and increase **individual's knowledge or skills**
- **Changes to neighbourhood design** can positively affect sense of **belonging** and **pride** in a community
- **Green and blue space interventions** can improve **social interactions**; increase **social networks**, build **bonding and bridging social capital**; increase **physical activity** and **healthy eating**; improve community members' **skills and knowledge**

Other ways to improve social relations

- **Creating good neighbourhood design and maintenance of physical spaces** such as good meeting places, public parks and other spaces, public seating, and local amenities.
- **Increasing the number of local events** such as car boot sales, markets, and street parties.
- **Creating ways for local people to share information** such as notice boards or email groups.
- **Providing greater opportunities for residents to influence decisions** affecting their neighbourhoods and encouraging engagement.
- Not easy to improve neighbourliness through large-scale policies. Better to **encourage local understanding and action**.

Wellbeing inequality

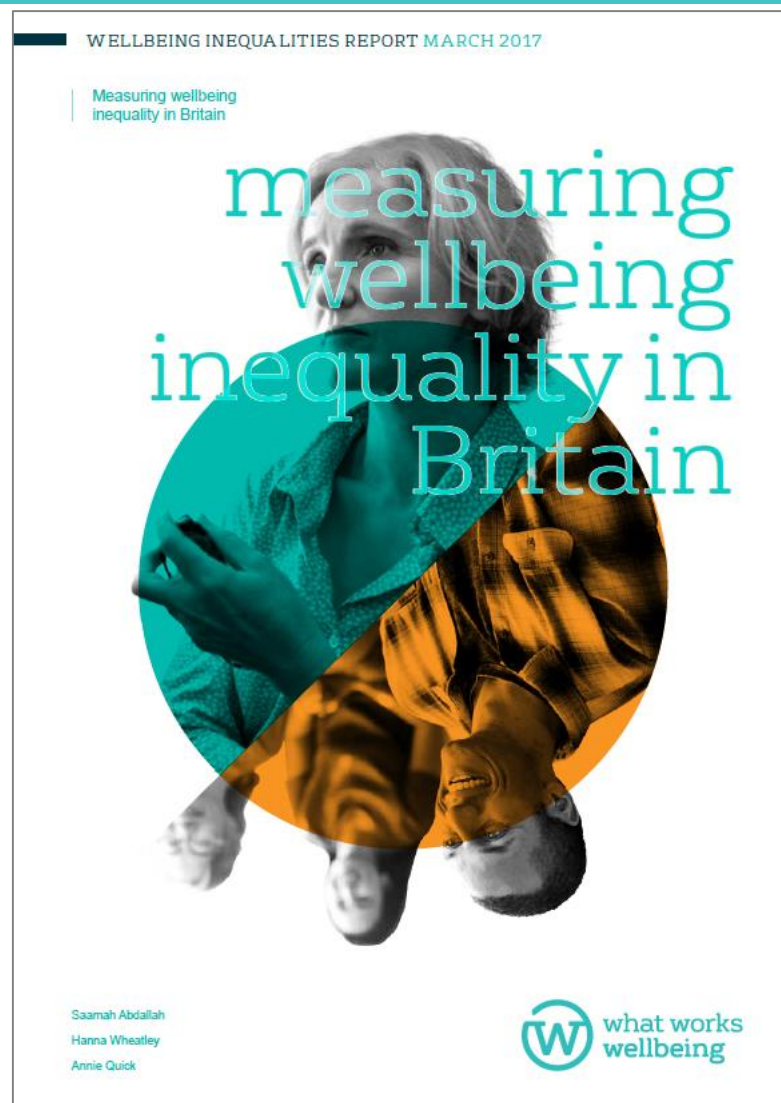
Wellbeing inequality

The **difference between the highest and lowest** wellbeing in a local authority area.

We looked primarily at **overall** wellbeing inequality how much variation there is across a population

We also looked at some differences between **population** groups

Lastly we looked at what **drives** inequalities in wellbeing



Measuring wellbeing inequality

Measure

average standard deviation of ONS4 'personal wellbeing' questions: life satisfaction, happiness, purpose and anxiety.

Average wellbeing

Lambeth = 7.33

Sunderland = 7.36

Wellbeing inequality

Lambeth = 1.9 (top 10)

Sunderland = 2.4 (bottom 10)

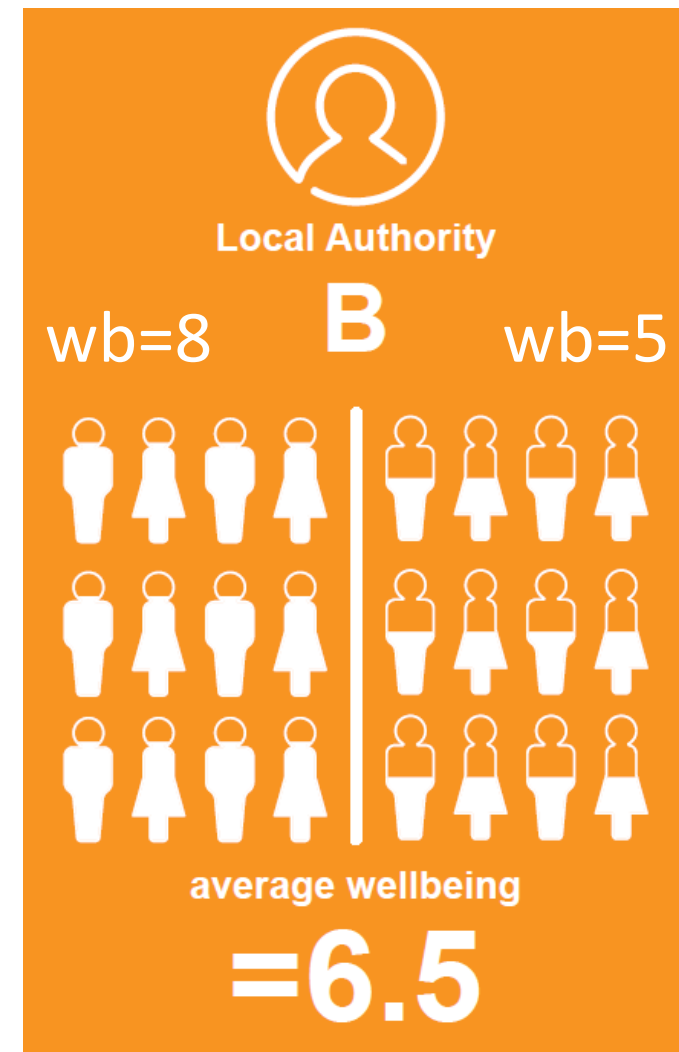
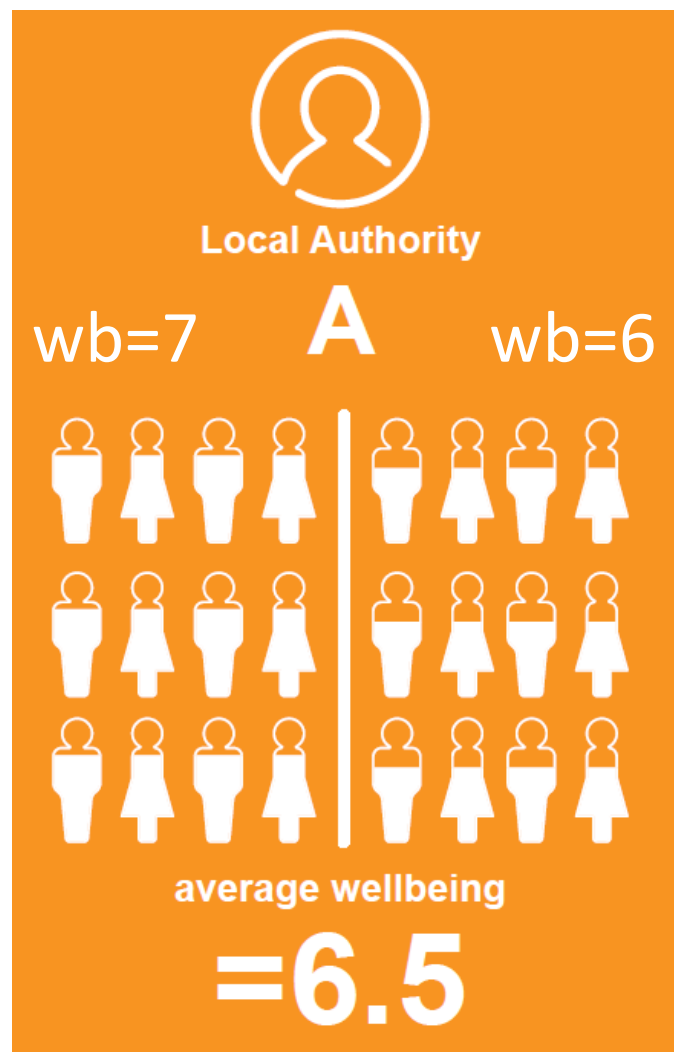
Why measure wellbeing inequality?

What matters more: the average wellbeing or the wellbeing of the greatest number?

Looking at average wellbeing hides the different life experiences of people and populations in an area

Knowing the level of inequality – and the drivers that affect it – allows for better targeting of resources

**Where would
you rather live?**



Wellbeing inequality and Brexit



Mean wellbeing within a local authority **did not predict** the vote

Overall wellbeing inequality **did**

Places with higher wellbeing **inequality** were more likely to vote **leave**

Even after controlling for median income, income inequality, unemployment, education and ethnicity.

(Places with higher levels of **anxiety** were more likely to vote **remain**)

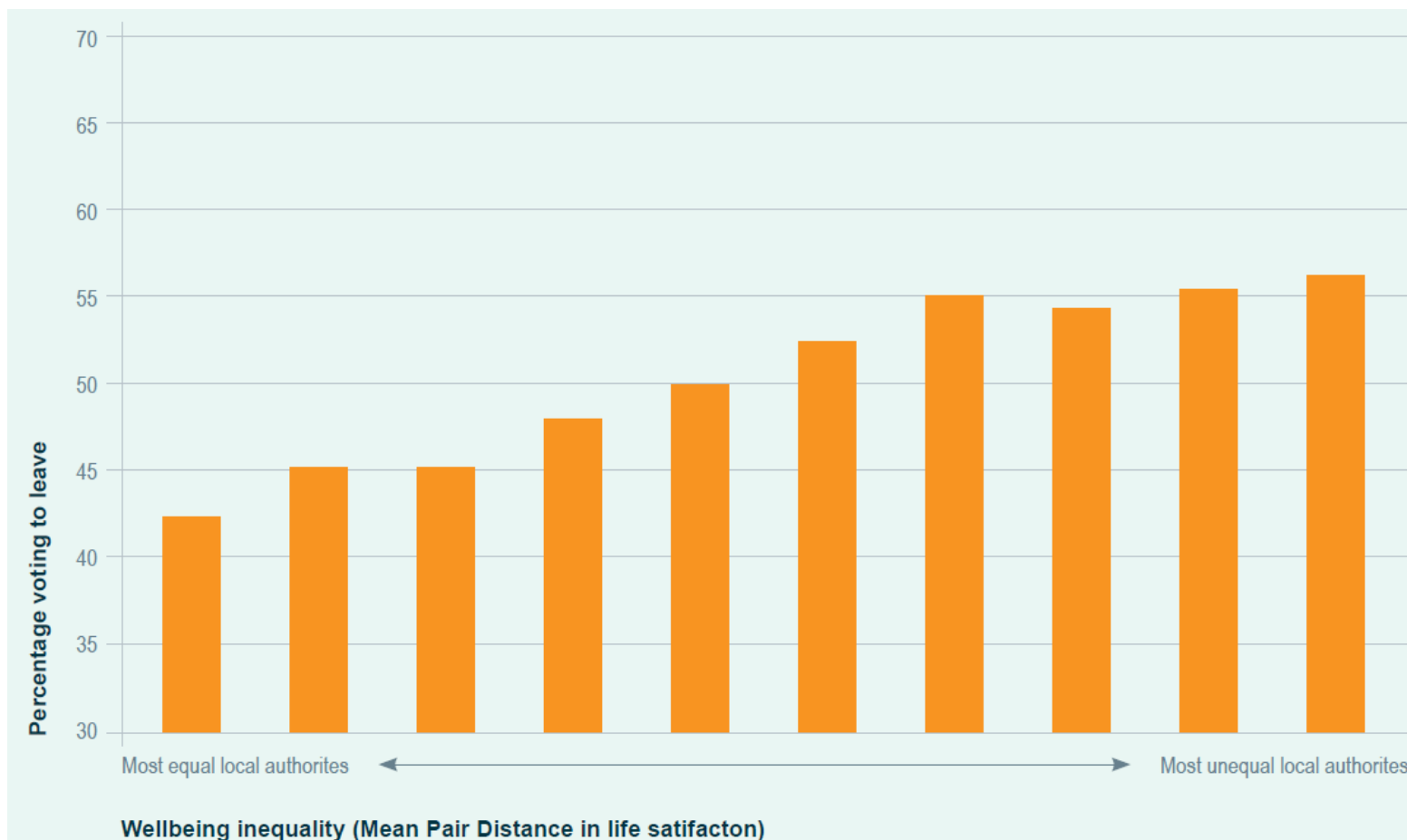


Figure 1: Voting patterns in local authorities as a function of wellbeing inequality (measured as Mean Pair Distance in life satisfaction)

So what's the state of wellbeing inequality in the UK?

	Ten most equal			Ten most unequal		
	Local authority	Mean Standard Deviation	Average of 4 ONS questions	Local authority	Mean Standard Deviation	Average of 4 ONS questions
1	Enfield	1.8	7.62	Blaenau Gwent	2.5	7.24
2	Cheshire East	1.8	7.74	Liverpool	2.4	7.11
3	Harrow	1.8	7.49	Neath Port Talbot	2.4	7.36
4	Eilean Siar, Orkney & Shetland	1.8	8.05	Merthyr Tydfil	2.4	7.26
5	Warwickshire	1.9	7.75	Knowsley	2.4	7.13
6	Wokingham	1.9	7.66	Sunderland	2.4	7.36
7	Falkirk	1.9	7.68	Rotherham	2.4	7.30
8	Lambeth	1.9	7.33	Kingston Upon Hull	2.4	7.34
9	Aberdeenshire	1.9	7.76	Inverclyde	2.4	7.33
10	Barnet	1.9	7.67	North Ayrshire	2.3	7.29

Table 1: Ten most unequal and most equal local authorities in 2014-15, based on average standard deviation of four wellbeing questions 14

	2012-13		2013-14		2014-15	
1	Knowsley	2.5	North Ayrshire	2.4	Blaenau Gwent	2.5
2	Inverclyde	2.5	Blaenau Gwent	2.4	Liverpool	2.4
3	North Ayrshire	2.4	Barking and Dagenham	2.4	Neath Port Talbot	2.4
4	Liverpool	2.4	South Tyneside	2.4	Merthyr Tydfil	2.4
5	East Ayrshire	2.4	Knowsley	2.4	Knowsley	2.4
6	South Tyneside	2.4	Liverpool	2.4	Sunderland	2.4
7	Blaenau Gwent	2.4	Rochdale	2.4	Rotherham	2.4
8	Merthyr Tydfil	2.4	Inverclyde	2.4	Kingston Upon Hull	2.4
9	Sunderland	2.4	Blackburn with Darwen	2.4	Inverclyde	2.4
10	County Durham	2.4	Bradford	2.4	North Ayrshire	2.3

Table 3: Overall wellbeing inequality – ten most unequal over time

What drives wellbeing inequality?

Drivers of wellbeing inequality

Material conditions

Deprivation and **unemployment** are associated with higher wellbeing inequality. Areas with **lower median incomes** have **higher levels of inequality** in life satisfaction.

Rural areas

More rural areas have **higher average wellbeing**, but rurality is associated with **higher wellbeing inequality**. This might be due to higher impacts of unemployment in rural areas.

Life expectancy and gender

Higher **female life expectancy** is associated with **lower wellbeing inequality**.

Drivers of wellbeing inequality, cont.

Heritage and green space

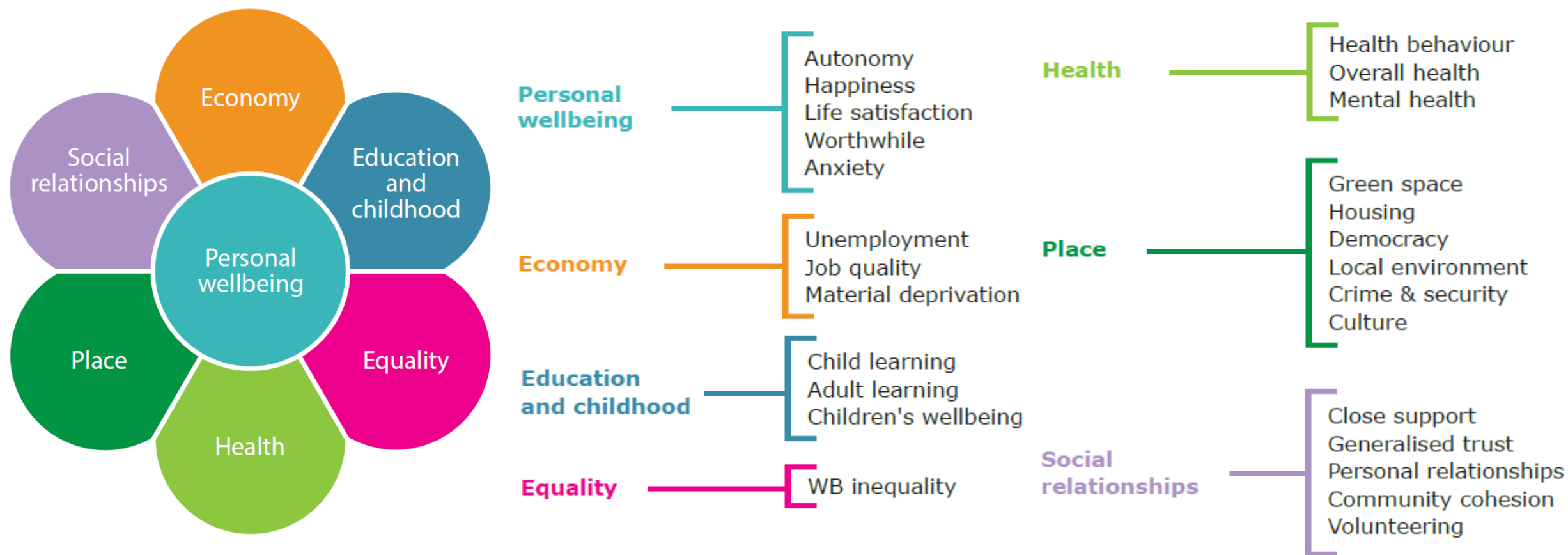
Higher levels of **engagement in heritage activities** and the **use of green space** for health or exercise is associated with **lower wellbeing inequality**.

Education?

In most local authorities, those with lower levels of education had lower wellbeing than those with higher education. But in some local authorities there was no difference at all, or those with lower levels of education actually had higher wellbeing.

Research, tools and resources

Measuring wellbeing at a local level



Online toolkit for voluntary sector

How to measure
your impact on



1. Wellbeing explained
2. Measuring wellbeing
 - Planning and designing evaluations
 - Practical considerations
3. Wellbeing survey questions
 - Personal wellbeing questions
 - Social capital questions
 - Writing your own & open questions
4. Survey Builder
5. Analysing results

whatworkswellbeing.org/measure



Community Wellbeing – research

December 2016

Policy briefing | Housing and wellbeing

what works wellbeing

housing and wellbeing

this briefing outlines current evidence; where the evidence gaps are; and what the focus will be for our upcoming systematic review on the relationship between housing and wellbeing.

What does the scoping review and this briefing cover?

This is a broad overview of all published reviews on the links between housing and housing interventions and both individual and community wellbeing*.

We asked you what was important for your wellbeing and a resounding reply was housing. The physical and social place where we live has impacts on our personal wellbeing. It also impacts other factors which influence our wellbeing: our health, our relationships, even educational outcomes.

There can be a number of complex interconnections between these, which can intensify issues. Those with poor health may also have poor social connections and lack the opportunities for better housing.

What do we already know about the links between housing and wellbeing? Many reviews have already gathered the evidence under specific themes. This scoping review pulls together what already exists. It summarises findings from 50 published reviews. The aim is to understand where there are still gaps in our understanding.

The scoping review is based on a broad view of wellbeing that encompasses the following dimensions, as defined by the Office of National Statistics:

- Personal (subjective) wellbeing
- Our relationships
- Health
- What we do
- Where we live
- Personal finance
- Education and skills
- Governance
- The economy

"A lot of people are living in awful housing. That has a knock-on effect on everything else, their mental health and within the community."

- participant in the communities public dialogue, 2015

*The scoping review does not include evidence that has not been included in a published journal.

In partnership with:

Scoping reviews of housing...

what works wellbeing

Scoping review of review-level evidence on co-production in local decision-making and its relationship to community wellbeing

July 2017

Co-production...

Social relations...

what works wellbeing

SCOPING REVIEW
social relations

June 2017

what works wellbeing

Systematic scoping review of indicators of community wellbeing in the UK

VERSION 1.1

August 2017

Community Wellbeing indicators: Table of included resources

Source	Organisation (Gov/NGO/academic)	Outcome description	Geographic level	Population description	Name of indicator (text)	Level on ladder	Domains
Academy for sustainable communities: http://www.acsc.org.uk/whatweworks/	Governmental	Definition: Sustainable Community	Not provided	Not provided	Seven key components of a sustainable community that together constitute a 'common goal': • Governance • Transport and Connectivity • Services • Environmental • Economy • Housing and the Built Environment • Social and Cultural	Indicator sets or indicator frameworks	• Governance • Transport and Connectivity • Services • Environmental • Economy • Housing and the Built Environment • Social and Cultural
Alfred J. Michaelson J. Steiner N. (2010). The role of local government in promoting wellbeing. London: Local Government Improvement and Development and the National	Non-Governmental Organization	The report attempts to apply the wellbeing evidence base to the task of re-shaping local government's role.	National	Entire population, including: • Children and young people • Older people • People with mental health issues • Disabled	Mental Wellbeing Impact Assessment toolkit (MWA) • 5 ways to wellbeing • Commissioning for wellbeing the proportion of people reporting that they belong strongly to their neighbourhood	• Conceptual framework • Evaluation framework Measures: • Single measure of overall wellbeing • Existing scales for measuring subjective	• Strategic leadership • Services and commissioning • Strengthening communities • Organisational level activity • Measuring wellbeing outcomes MWA: Enhancing control: Increasing resilience & community assets, Facilitating participation, promoting inclusion.

Indicators of community wellbeing

Community Wellbeing - research



What is Community Wellbeing?

Conceptual review

September 2017

Review team:

Sarah Atkinson¹, Anne-Marie Bagnall², Rhiannon
With: Sarah Curtis³, Salvatore di Martino², Gerlin

- 1 Durham University, Department of Ge
- 2 Leeds Beckett University, Centre for H
- 3 Institute of Psychology, Health and Sc
- 4 Public Health Institute, Liverpool John

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Community wellbeing: Concepts and questions



A brief explanation of the conceptual review from the What Works Centre for Wellbeing (September 2017), and questions to help you assess community wellbeing in your area.

Coming up:

- Systematic review of wellbeing and **housing** for vulnerable people
- **Economic model** of Housing First interventions
- Systematic review of **joint decision-making** and community wellbeing
- Systematic review of **community infrastructure** and social relations
- Scoping review of **built heritage** and community wellbeing
- **Determinants** of community wellbeing in local authorities
- **Public hearings** on vulnerable people and systems change



Thank you!

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