



Understanding and measuring well being – a central piece in the jigsaw of Britain's unmet needs

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The Big Lottery Fund and the Well-being Programme

- £160m programme
- 17 diverse portfolios
- Increased healthy eating
- Increased physical activity
- Improved mental health



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What were we building upon?

- Traditional measures of objective wellbeing
 - Economic security
 - Physical health
- New policy perspectives
 - Local Government Act 2000
 - Sustainable Development Strategy 2005
- Developing research and learning
 - Internally at BIG
 - Externally: UNICEF, Young Foundation, nef



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Definitions of well-being

‘...a dynamic state, in which an individual is able to develop their potential, work productively and creatively, build strong and positive relationships with others, and contribute to their community.’

2008 Foresight Review

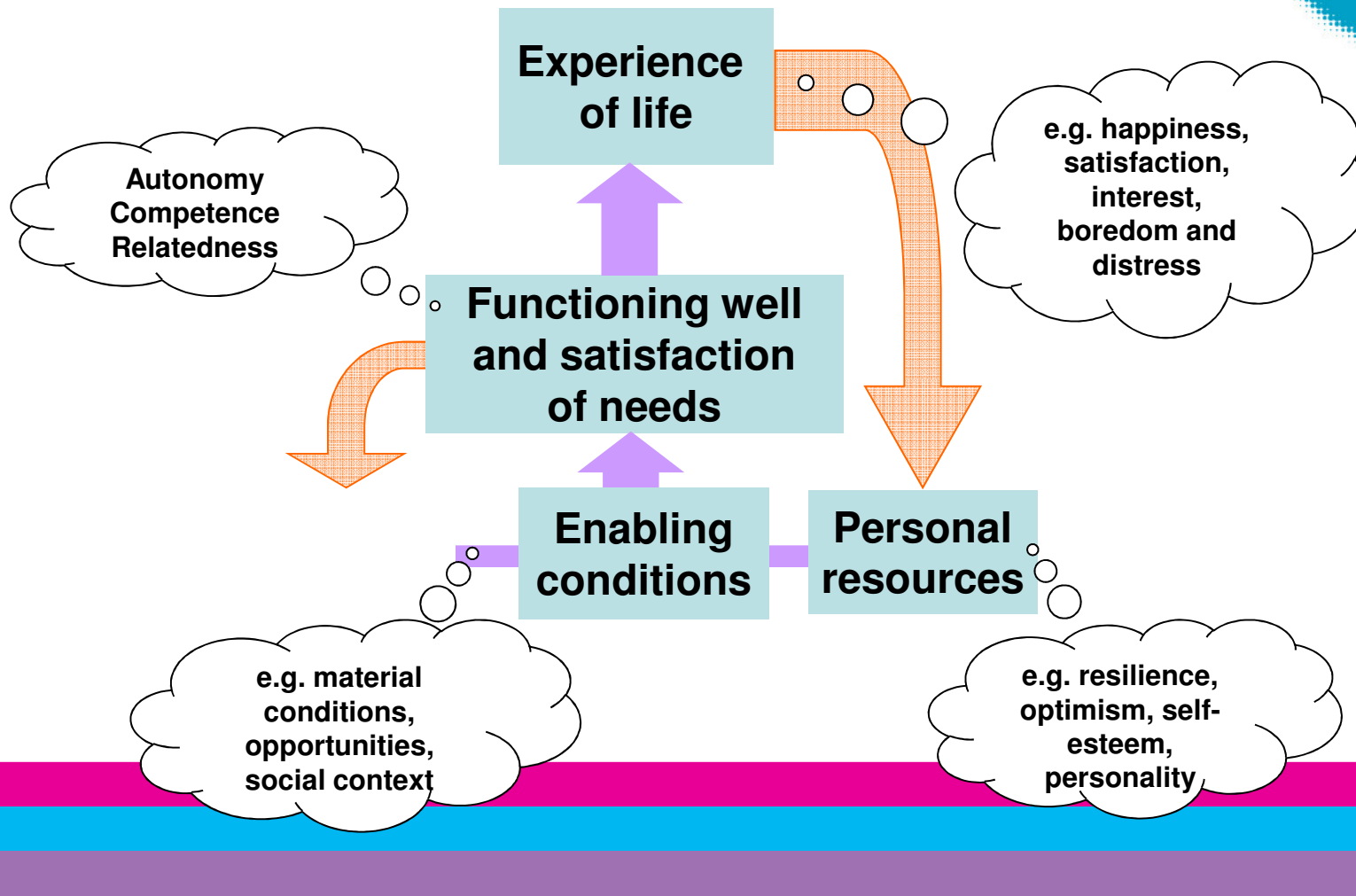
‘...a positive state of mind and body, feeling safe and able to cope, with a sense of connection with people, communities and the wider environment’. 2009 New Horizons



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A dynamic model of well-being



Why are we so interested in Well-being?

- Greater understanding of need
- More holistic interventions
- Greater depth
- Driver of other outcomes




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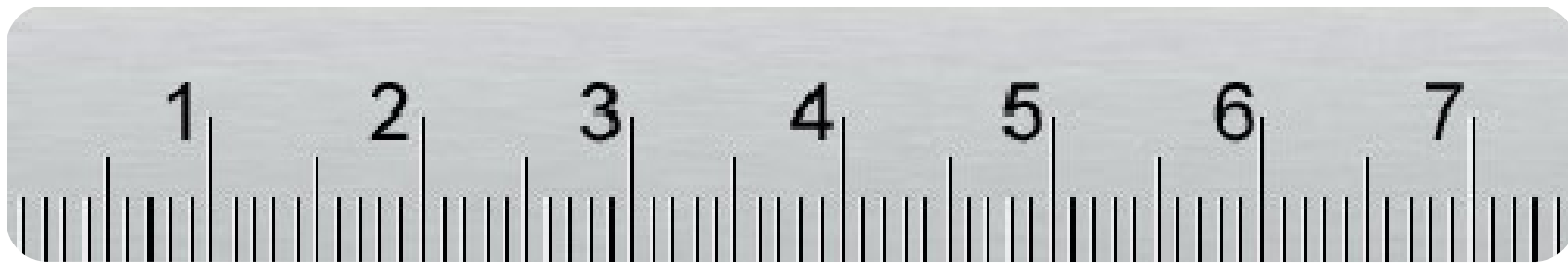
The Well-being Programme



- Healthy eating  **nef**
economics as if people and the planet mattered
- Physical activity
- Mental health
- Social well-being

The evaluation methodology

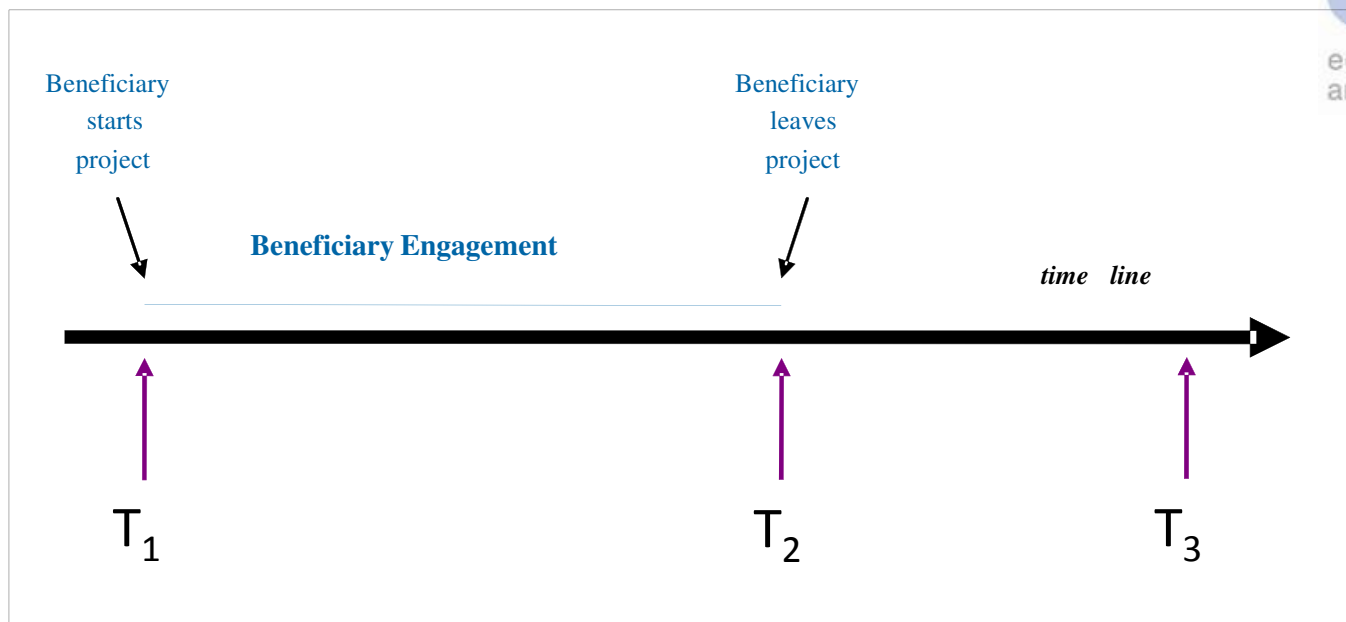
- Qualitative:
 - case studies of specific projects
- Quantitative:
 - ...



Quantitative evaluation



– Distance travelled



Quantitative evaluation

- Short closed-item questionnaire
 - 7 pages, 31 items
 - covering three strands of Programme and well-being assets
 - mix of old and new measures



The Core+ model

- **3 mirrored tools**

- Primary School children
- Secondary school children
- Adults 65+

- **4 depth modules**

- Healthy eating: autonomy
- Physical Activity: intentions
- Mental Health: stress and anxiety
- Social Well-being: engagement/participation, belonging and support



Key measures

- **Healthy eating**
 - 5 a day fruit and veg
 - Enjoyment
- **Physical activity**
 - IPAQ activity level
 - Enjoyment, sedentary behaviour
- **Mental health**
 - CESD scale
- **Well-being assets**
 - Life satisfaction
 - WEMWBS



Well-being levels at the start



- **36%** with substantial depressive symptoms compared to 20.8% in UK population (2007)
- **48%** do not eat five portions of fruit and vegetables (58% NW)
- **42%** feel they don't belong to their neighbourhood (7.5% NW)
- **76%** are physically active less than five times a week (69% NW)
- **20%** rarely or never feel relaxed (10.9% NW)
- **35%** have restless sleep
- **31%** feel everything is an effort

n = 617
(n = 771 for fruit & veg)



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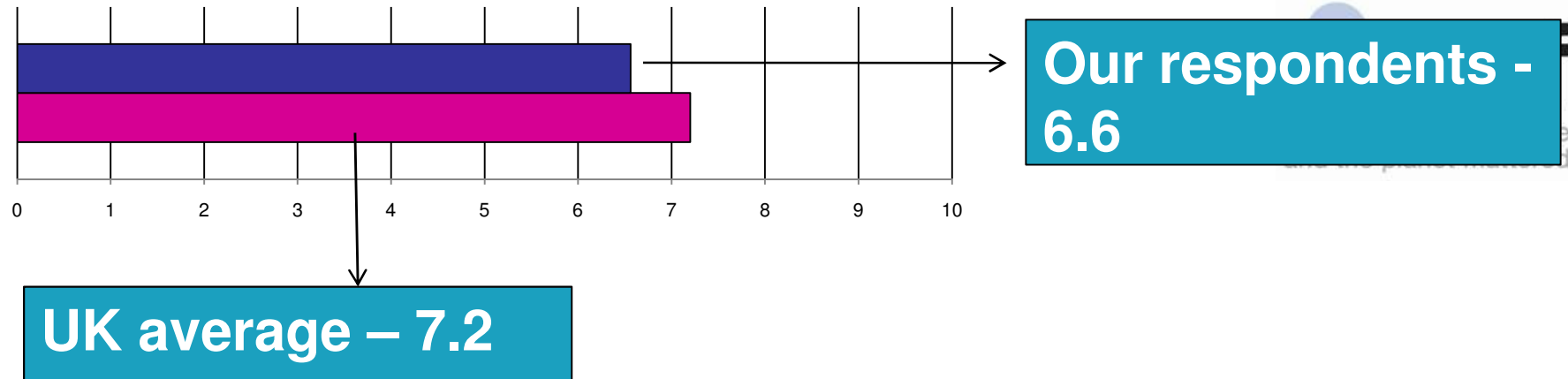
CLES



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Self-reported life satisfaction of participants

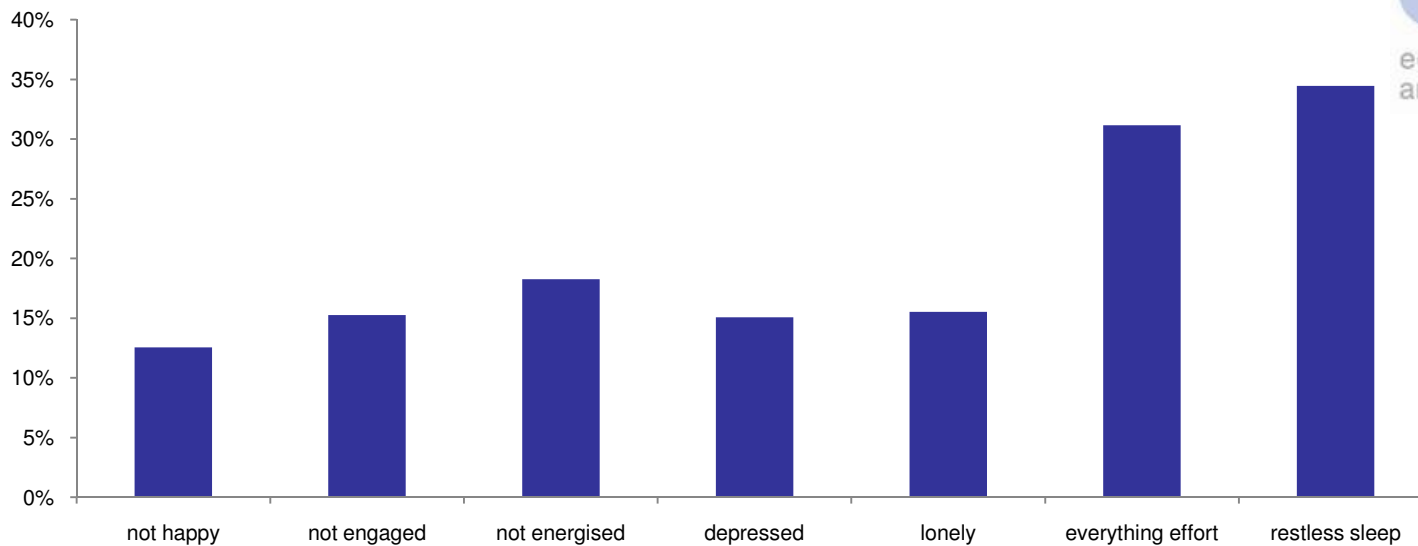


34% with life satisfaction score less than 5

n = 617

Self-reported depressive symptoms

36% of respondents have substantial depressive symptoms...compared to national average of 21%



n = 617



Impact on well-being...

- **Very significant improvement in most areas of well-being, at T1-T2**
 - Very significant improvement in life satisfaction reported by participants T1 = 6.6, T2 = 7.1 & T3 = 7.8
 - Statistically significant reduction in depressive symptoms reported by participants between T1 and T2
 - Also improvements in WEMWBS, healthy eating behaviour and attitudes, and physical activity overall
 - Marginally significant reduction in depression T1 - T3
- Holistic most effective – strengths of VCS
- Results presented in traffic-light [table](#)



$n(T_1) = 617$
$n(T_2) = 288$
$n(T_3) = 88$

Impact on Well-being assets

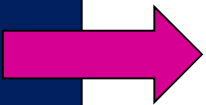


Psychological Resources



- Feel good about myself**
- Feel optimistic about the future**
- Can deal with problems

Functioning



- Feels useful*
- Thinks clearly**
- Can make up own mind
- Feel relaxed**

Relations



- Close to people
- Feel like I belong to the community*



Questions to ask

- What is the estimated overall impact across the Programme?
- How sustained are our impacts?
- What types of projects deliver the greatest impact?
- What is the relationship between harder outcomes and softer outcomes?



Discussion

- How does this resonate with your experiences?
- What do you see as the key challenges to build a more universal definition and system of measurement?
- Can a generic measurement tool work?
- What is needed to enable researchers and practitioners to bring together different models for wellbeing and its measurement?
- How do we ensure qualitative research is of sufficient quality to complement quantitative tools if used by other organisations?

