



Measuring and understanding well-being and health outcomes

Alison Pollard
Evaluation and Research Analyst

Well-being and the Big Lottery Fund...



Standardised data collection tools



- Standardised questions focus on well-being assets, mental health, healthy eating, physical activity and social well-being
- Questions from WEMWBS, IPAQ etc...
- Self-reported assessment of different dimensions of well-being
- Thoroughly tested for reliability and validity
- Data collected at three points during an individual's interaction with a project

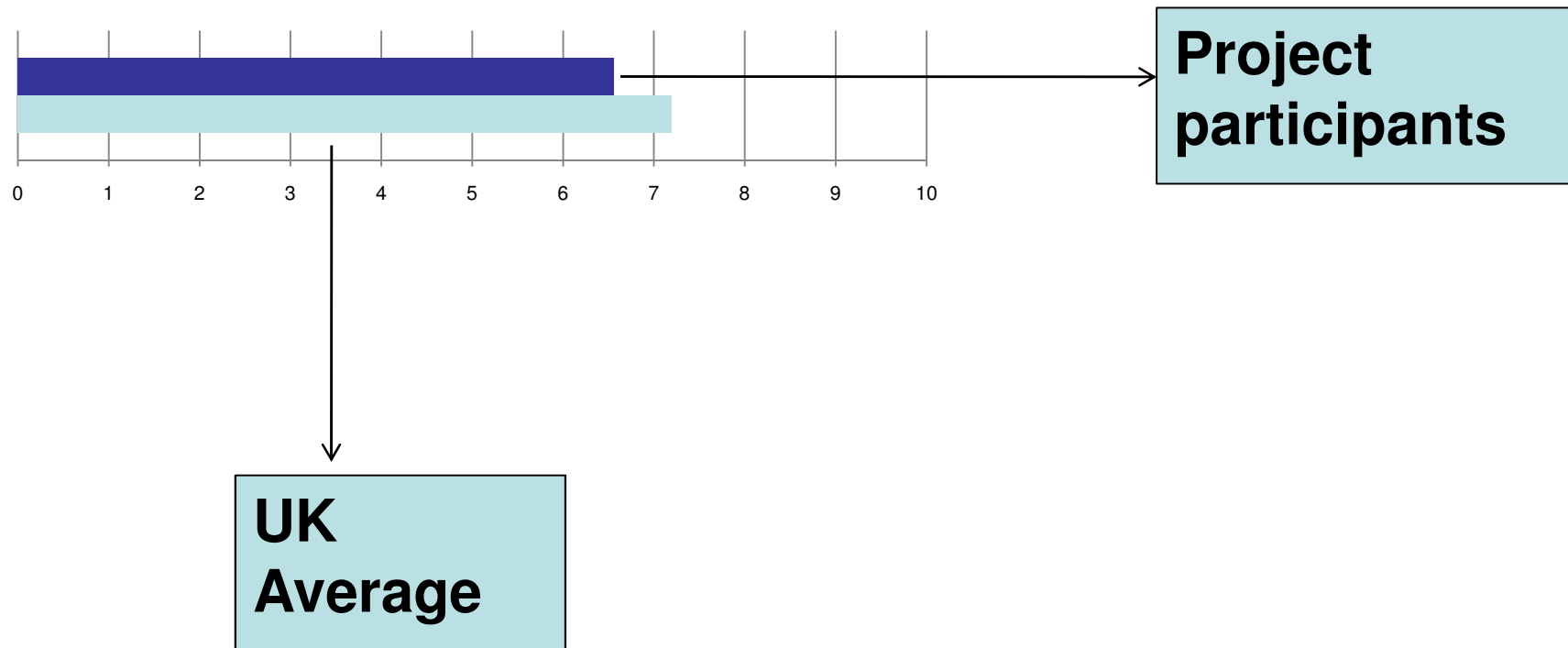
The self-reported well-being status of participants



- 48% do not eat five portions of fruit and veg
- 76% - participate in physical activity less than five times a week
- 42% of people feel they don't belong to their neighbourhood

- 18% rarely or never feel optimistic about the future
- 20% rarely or never feel relaxed

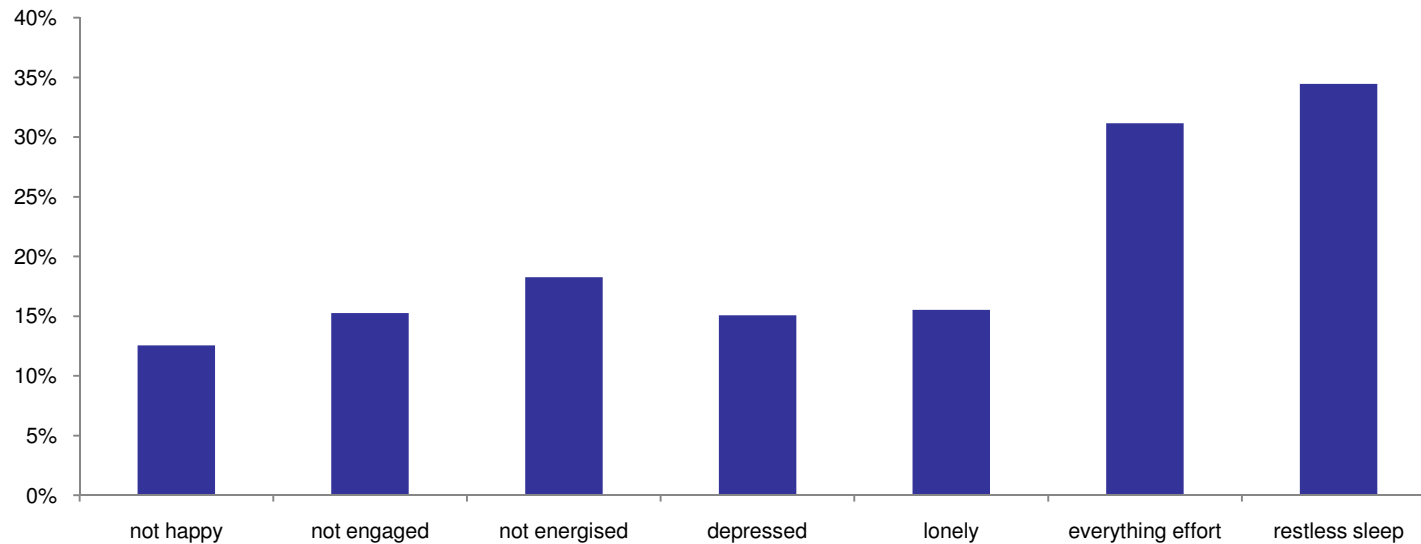
Self-reported life satisfaction of participants



Self-reported depressive symptoms:



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



Mental Well-being...



- Statistically significant reduction in depressive symptoms reported by participants between T1 and T2 ...
- People reported feeling happier, more energised and less disturbed sleeping patterns
- Types of activities...walking, gardening, non-traditional exercise, volunteering in community activities
- Working at a grassroots level with local organisations

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

Future research



- Factor analysis to explore relationships between different components of well-being,
- Explore which types of interventions are most effective in supporting different types of people and why
- Qualitative analysis focused on statistically significant relationships and harder to reach groups/people with low levels of literacy