

A photograph of three children in blue t-shirts playing on a large, multi-colored parachute. The child in the foreground is leaning forward with arms outstretched, smiling. Two other children are visible in the background, also smiling. The parachute has stripes of red, yellow, green, and purple.

Well-being in England: making a BIG difference

BIG
LOTTERY
FUND

The **Big Lottery Fund's** £160m investment in well-being is helping to improve the mental, physical and social well-being of people across England.

Please visit our webpage to download the evaluation report and to see what difference this investment has made so far, such as:



Reductions in significant depressive symptoms

10% fewer people aged over 65 reported significant depressive symptoms and 5% fewer adults (16 – 64 year olds) felt this way after participating in well-being projects.



Life Satisfaction is up

There has been a significant increase in life satisfaction scores amongst participants and volunteers, from 6.3 up to 6.8 on a 10-point scale.



People are on the move

The number of people doing more regular and more varied physical exercise has increased. Many of them have said they are enjoying it more too.



Healthier diets, better food choices

There has been a 14% increase in vegetable consumption and the percentage of people who don't feel confident about eating healthily fell from 21% to 7%.



Improved social well-being, especially for volunteers

Project volunteers, particularly older people, have reported how important their work is for their own mental and social well-being.

www.biglotteryfund.org.uk/wellbeing_making_big_difference.htm