The UK’s National Body for Wellbeing
Evidence, Policy & Practice

An independent collaborative organisation set up to develop and share robust, accessible and useful evidence about wellbeing
This session will cover:

1. What do we mean by wellbeing?
2. What matters for wellbeing?
3. Measuring wellbeing impact
1. Introducing wellbeing

What images do you get when you Google wellbeing?
Wellbeing has an image problem, people think it’s fluffy – it’s not

Health is a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity.
5 WAYS TO WELLBEING

CONNECT

BE ACTIVE

TAKE NOTICE

KEEP LEARNING

GIVE

Positive emotion
Engagement
Relationships
Meaning
Accomplishment

Physical activity
Nutrition
Sleep
Optimism

GREAT DREAM
Ten keys to happier living

GIVING
Do things for others

RELATING
Connect with people

EXERCISING
Take care of your body

APPRECIATING
Notice the world around

TRYING OUT
Keep learning new things

DIRECTION
Have goals to look forward to

RESILIENCE
Find ways to bounce back

EMOTION
Take a positive approach

ACCEPTANCE
Be comfortable with who you are

MEANING
Be part of something bigger

ACTION FOR HAPPINESS
www.actionforhappiness.org
Wellbeing is personal and subjective

- It’s about how we feel ourselves and how we experience life as a whole.
- It’s quality of life, good physical and mental health, relationships, and being part of our communities.
- It’s about how external/environmental conditions affect our lives and how we function in society.

It’s different for different people.
Wellbeing is...

Simply put, it’s about ‘how we’re doing’ as individuals, communities and as a nation, and how sustainable that is for the future. It is sometimes referred to as social welfare or social value.
Wellbeing inequality can be understood as the extent to which peoples’ experiences of life vary within a population, or between different groups.

Measuring Wellbeing Inequality in Britain (2017), What Works Centre for Wellbeing

whatworkswellbeing.org
@WhatWorksWB
Components of self-reported wellbeing

WELLBEING

‘HEDONIC’

AFFECTIVE

Positive effect

Negative effect

COGNITIVE

Life satisfaction

‘Domain’ satisfactions

‘EUDAIMONIC’

Psychological wellbeing

For example:
- Self-acceptance
- Environmental mastery
- Positive relationships
- Autonomy
- Purpose in life
- Personal growth
Wellbeing, data and evidence

• Very easy to get caught up in philosophical debates about what wellbeing means and the varying views on how best it should be measured.....
• ...but ultimately wellbeing is about people
• Fundamental to this is asking people how they feel and taking that into account
So, how are we doing? Our latest data from 7th March 21 shows all four personal wellbeing measures continue to improve, slightly…

… having been at some of the lowest levels recorded at the beginning of February 21…

… but we are still a long way from pre-pandemic levels.

Source: Office for National Statistics – Opinions and Lifestyle Survey
### Public Health Profiles

**“Self-reported wellbeing”**

#### Compared with England

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Period</th>
<th>England</th>
<th>East Midlands region</th>
<th>East of England region</th>
<th>London region</th>
<th>North East region</th>
<th>North West region</th>
<th>South East region</th>
<th>South West region</th>
<th>West Midlands region</th>
<th>Yorkshire and the Humber region</th>
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<tbody>
<tr>
<td>Self-reported wellbeing - people with a low satisfaction score</td>
<td>2019/20</td>
<td>4.7</td>
<td>4.1</td>
<td>4.8</td>
<td>6.2</td>
<td>5.3</td>
<td>4.3</td>
<td>4.4</td>
<td>4.8</td>
<td>4.9</td>
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<td>Self-reported wellbeing - people with a low worthwhile score</td>
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<td>3.6</td>
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<td>3.7</td>
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<td>3.2</td>
<td>3.8</td>
<td>4.2</td>
<td>4.3</td>
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<tr>
<td>Self-reported wellbeing - people with a low happiness score</td>
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<td>8.7</td>
<td>9.0</td>
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<td>8.5</td>
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<td>Self-reported wellbeing - people with a high anxiety score</td>
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</tbody>
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Mental Health and Wellbeing

**Mental health and wellbeing: dual continuum**

- **Mental health** refers to a spectrum of experience, from good mental health to mental illness and distress.
- **Wellbeing** includes wider physical, social and economic experience.
Wellbeing is not the opposite of mental illness
Origins of Happiness – importance of emotional health

Family and schooling
- Income
- Parenting
- Family break up
- Mother's mental health
- Schooling

Child outcomes
- Intellectual
- Behavioural
- Emotional

Adult outcomes
- Income
- Education
- Employment
- Family
- Crime
- Physical health
- Mental health

Adult life satisfaction

what works wellbeing