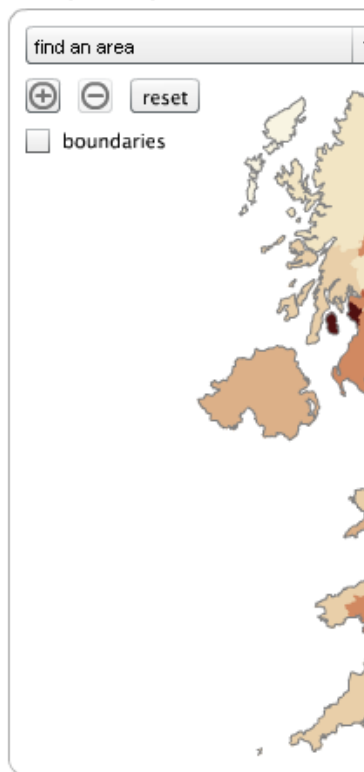Mental health & wellbeing metrics: a borough level perspective
Lucy Smith, Public Health Manager
Lambeth & Southwark Public Health

Measuring wellbeing tools & data:
what have we got?

www.southwark.gov.uk

Challenges: wellbeing

- **How do we ensure we measure wellbeing and not just illness, disease, deficits?**

- **Loss of Place Survey, Tellus etc. local areas collect different data that is <u>not comparable</u>**

- **Childrens' wellbeing data?**

- **Influencing funders/commissioners to request this data from beneficiaries/providers**

- **Capacity building within providers**

- **Difference in methods of collection/sample size/Qs used in Local Residents' Surveys/SHEU**

Challenges: mental disorder

- **Loads of data! Quality is issue**
- **Learning curve for local authorities**
- **How to frame the question/why do you want the info**
- **Systems designed for clinical records not aggregating data**
- **Analysis of the data**
- **Interpretation**
- **Decision making/prioritising – the information won't make the decision for you!**
- **Governance (org change, IT systems)**
- **Social care and health data not connected**

Planned approach to shortlisting indicators – London wellbeing index

- **What does this indicator tell us about measuring wellbeing?**

- **Is this a reasonable way to measure this indicator?**

- **What is the data source?**

- **At what level is the data available? (PCT/Ward/SOA)**

- **How robust are methods of data collection?/Is it relevant for London?**

- **Recommendations – In or Out?**

- **Proposed alternative if indicator should stay in but needs a better measure**

Example: 'Social Wellbeing'

Wellbeing Indicator	Data source	Link to evidence
Actual recorded crime (eg. TNOs, DV rates)	**Crime and Disorder Reduction Partnerships**	**A measure of social functioning.**
Percentage attending creative, artistic, theatrical or musical events in the last 12 months	**Active People's Survey**	**Involvement in arts/creative pursuits can enhance wellbeing.**
Satisfaction with parks and open spaces/Usage of parks and open spaces	**General Land Use Database**	**Green spaces promote physical activity. Reduce blood pressure & stress levels & promote faster healing.**
Number in temporary accommodation	**Statutory Homeless, England Quarterly Release Stats**	**Poor housing has an impact on mental health.**
Voting rates	**UK Political Info (local election data)**	**Social capital can be enhanced by improving community participation in local governance.**
Improved street and environmental cleanliness	**Local authority**	**Neighbourhood enhancement improves mental wellbeing.**

What could a NMHIN do?

- **Use the data we have in a better way**
- **Recommend standard wellbeing/life satisfaction scales so LAs use similar Qs**
- **Work with local analysts to use the mental health minimum data set**
- **Support and use learning of projects to link up big data sets (eg. Mental health, primary care, acute, social care)**
- **Communicate data to local authorities**
- **Avoid additional burden of data collection**
- **Promote local public health expertise**

Summary

- **Plenty of data out there!**

- **Be clear about what you are asking from the data**

- **Wellbeing data is a mix of the subjective and objective**

- **Lots of tools but how to interpret and use for commissioning decision making**

- **Capacity building work needed with commissioners and providers**

- **Data sharing and connection are issues**