Quality of life and personal well-being: Research and data showcase

Eleanor Rees
Office for National Statistics
Welcome

#WellbeingUK

- Storify
- User feedback
LIVE FEEDBACK – Slido

Ask questions and give feedback throughout today's event using Slido

• www.sli.do or search ‘slido’ in your app store

• Enter event code: A172.
In 2010 the National Statistician launched the ONS National Well-being Programme:

“We must measure what matters – the key elements of national well-being. We want to develop measures based on what people tell us matters most.”

ONS National Debate – what matters to you?
How do we measure personal well-being (and why)?

Improvements in personal well-being can contribute to other outcomes which are important to policy makers, such as increasing productivity, reducing unemployment, and reducing poor health.

- Annual Population Survey is the main source – it’s the largest continuous household survey in the UK
- Each year since 2011, more than 150,000 of us across the UK are asked personal well-being questions

• Overall, how satisfied are you with your life nowadays?
• Overall, to what extent do you feel the things you do in your life are worthwhile?
• Overall, how happy did you feel yesterday?
• Overall, how anxious did you feel yesterday?

Response scale:

0 1 2 3 4 5 6 7 8 9 10

Not at all Completely
Over 20 surveys now ask ONS4 Personal Well-being questions

Annual Population Survey
Wealth and Assets Survey
Living Costs and Food Survey
Crime Survey for England and Wales
Opinions and Lifestyle Survey

https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/methodologies/surveysusingthe4officefornationalstatisticspersonalwellbeingquestions
ONS4 now included on main APS datasets

- Formerly bespoke well-being APS dataset
- However, now included on main APS dataset
- Results in more variables for analysis, quicker processing times and quarterly (not annual updates)

https://discover.ukdataservice.ac.uk/series/?sn=200002
Updates:

• Recent results
• Upcoming publications
• Future developments
Well-being Interactive Dashboard

Measures of National Well-being

Monitors and reports how the UK is doing by producing accepted and trusted measures for the different areas of life that matter most to the UK public.

This dashboard will act as a live product, with some indicators being automatically updated. The latest update was 21 April 2017.

For more information, or to provide feedback on the dashboard please contact: qualityoflife@ons.gov.uk

The dashboard provides a visual overview of the data and can be explored by the areas of life (domains) or by the direction of change. It supports the Measuring National Well-being programme which provides a more detailed look at life in the UK.

We assess change over a short term (1 year) and long term (3 year) basis. Change is

- Improved 35%
- No overall change 44%
Latest personal well-being results for the UK

Figure 1b: Average anxiety ratings, year ending March 2012 to year ending June 2017

UK

Source: Annual Population Survey, Office for National Statistics
Sub-regional personal well-being data

Personal Well-being and Protected Characteristics

Difference in personal well-being ratings by self-reported sexual identity compared with UK average, 3 years ending December 2015


Download the data.

Note: Lighter coloured bars, and heterosexual or straight bars are not statistically significant
Three year dataset

- Currently have four datasets available (A11M14, A12M15, J13D15, J14D16)
- Next update available next year on a calendar year basis (Jan 2015 – Dec 2017)
Social Analysis Team

• Children’s well-being
• Younger person’s well-being
• Older person’s well-being
• Social Capital
Children and young people’s well-being

- Headline measures developed specifically for children and young people
- 7 Domains
- Children (0-15 year olds)
  - 31 measures
- Young people (16-24 year olds)
  - 28 measures
What is available

- Updates to the children and young people’s well-being measures

- In depth articles:
  - Insights into children’s mental health and well-being
  - Young people’s well-being and personal finance
In 2013 to 2014, teenage girls were 3.5 times more likely to be unhappy with their appearance than teenage boys.

- 26% of teenage girls are unhappy with their appearance.
- 7% of teenage boys are unhappy with their appearance.

Source: Understanding Society
Social media and mental ill-health

Children’s time spent on social websites
Prevalence of mental ill-health
UK, 2011 to 2012

7% of children reported spending over 3 hours on a social website on a typical school day
Source: Understanding Society, The UK Household Longitudinal Study
Bullying and mental ill-health

Effects of bullying on children’s mental health
Prevalence of mental ill-health
UK, 2011 to 2012

1 in 8 children reported being bullied frequently in 2011-12
Source: Understanding Society, The UK Household Longitudinal Study

Office for National Statistics
Children’s Well-being

Review of the measures:

- Who is using our data and how?
- Are the 31 measures still relevant?
- Any other data sources we should be using?
- Timeliness
- Dissemination
- Audience/Engagement
Children’s Well-being

Next steps:

• Ongoing engagement with stakeholders
• Continued evaluation of the list of domains and measures
• Ongoing analysis, including drivers of well-being and causality

• Contact: claire.shenton@ons.gov.uk
Social Capital

“Social capital represents the connections and collective attitudes between people that result in a well-functioning and close-knit society.”

ONS looks at 4 areas:

1. Personal relationships,
2. Social support networks
3. Civic engagement
4. Trust and co-operative norms.
68% of UK adults regularly stopped and talked to their neighbours in 2014 to 2015

Share our latest social capital release

Source: Social capital in the UK: May 2017
Social Capital

• Having Chats…
  • Are we meeting your needs?
  • What are your priority areas?
  • Would a harmonised question set be helpful?

• Outcomes so far… do you agree?
  1. Better data and more disaggregation – characteristics and local authority data
  2. Small set of harmonised questions desirable.
  3. Resilience
Social Capital

Next steps…

• Harmonised questions
• Ideas for future analysis
  • Who experiences improvements and declines in their social capital?
  • Cross-reference social capital to social exclusion, cohesion, integration?

• Contact: dani.evans@ons.gov.uk
Older Person’s Well-being

• Ad-hoc and topical articles

<table>
<thead>
<tr>
<th>Life Satisfaction</th>
<th>Low well-being</th>
<th>High well-being</th>
</tr>
</thead>
<tbody>
<tr>
<td>16 to 64</td>
<td>5.0%</td>
<td>26.5%</td>
</tr>
<tr>
<td>65 to 79</td>
<td>3.9%</td>
<td>37.8%</td>
</tr>
<tr>
<td>80 and above</td>
<td>5.4%</td>
<td>35.4%</td>
</tr>
</tbody>
</table>

• Ideas for future analysis:
  • Time use
  • Impact of increased pension age

• Contact: dani.evans@ons.gov.uk
Well-being Inequalities

- What matters more: the greatest overall happiness, or the happiness of the greatest number?
- Little has been done so far to look at inequalities in wellbeing and the agenda has failed to hold distributional issues at its heart.
- By focussing on increasing wellbeing without asking ‘whose wellbeing?’ the wellbeing agenda could risk increasing inequalities.
Next Event

This event again has been highly popular and has a large waiting list. We will continue to host these event’s if there is demand but please let us know any ideas, suggestions or improvements for the next one!

Thank you!
Any questions?

Eleanor.Rees@ons.gov.uk  Matthew.Steel@ons.gov.uk
Dani.Evans@ons.gov.uk  Claire.Shenton@ons.gov.uk
QualityOfLife@ons.gov.uk

@Statsteel
@ONS
@UKDataService

www.ons.gov.uk