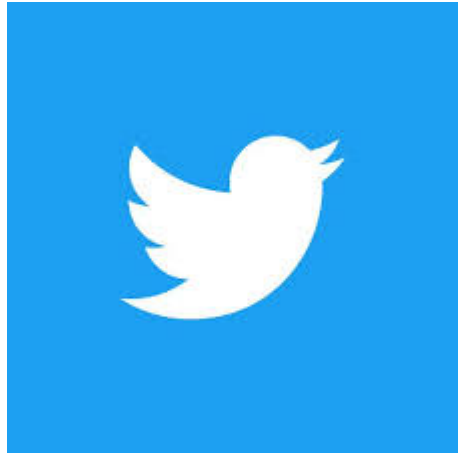




Quality of life and personal well-being: Research and data showcase

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.**



ONS Update

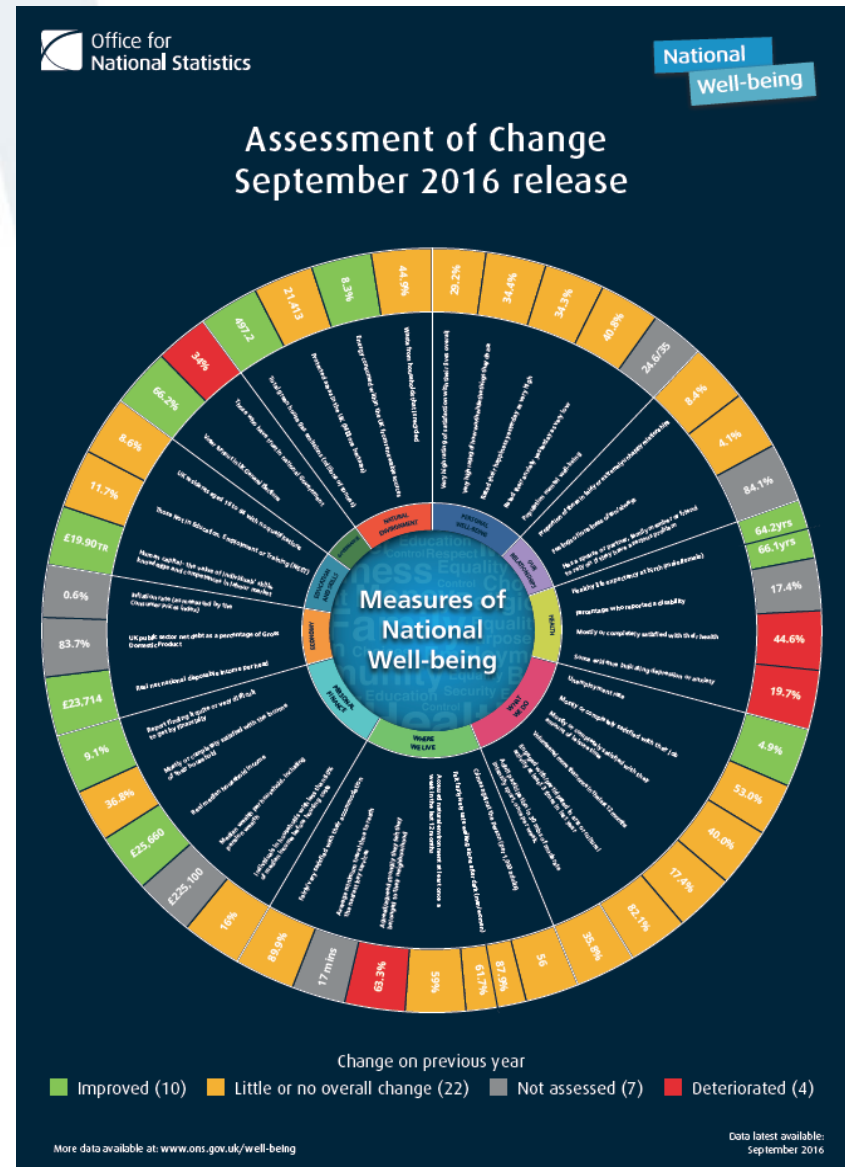
Eleanor Rees, Dani Evans and Claire Shenton
Office for National Statistics

Brief Background to MNW Programme

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:



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/surveysusingthe4officeforationalstatisticspersonalwellbeingquestions>

ONS4 now included on main APS datasets

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Series

UK Data Service series record for:

Annual Population Survey

[Abstract](#) | [Access](#) | [Get started](#) | [FAQ](#) | [Related](#) | [Links](#) | [Search](#)

SERIES ABSTRACT

The Annual Population Survey (APS), which began in 2004, aims to provide data that can produce reliable estimates at local authority level. Key topics covered in the survey include education, employment, health and ethnicity. The APS comprises key variables from the Labour Force Survey (LFS), all its associated LFS boosts and the APS boost sample.

DATA ACCESS

— [GN 33357 | ANNUAL POPULATION SURVEY, 2004-](#)

SN	Study Description	Access Online	Download / Order
8003	Annual Population Survey, April 2015 - March 2016	-	↓
8054	Annual Population Survey, July 2015 - June 2016	-	↓
8118	Annual Population Survey, October 2015 - September 2016	-	↓
8160	Annual Population Survey, January - December, 2016	-	↓
7742	Annual Population Survey, April 2014 - March 2015	-	↓
7806	Annual Population Survey: Personal Well-Being, April 2014 - March 2015	-	↓
7847	Annual Population Survey, July 2014 - June 2015	-	↓
7858	Annual Population Survey, October 2014 - September 2015	-	↓
7924	Annual Population Survey: Personal Well-Being, April 2012 - March 2015	-	↓

- 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



Home	Business, industry and trade	Economy	Employment and labour market	People, population and community	Taking part in a survey?
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Measures of National Well-being

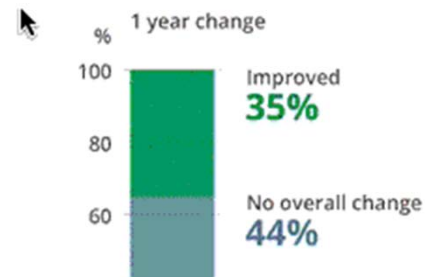
Monitors and reports how the UK is doing by producing accepted and trusted measures for the different areas of life that matter most to the UK public.

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

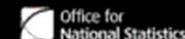
For more information, or to provide feedback on the dashboard please contact: qualityoflife@ons.gsi.gov.uk

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



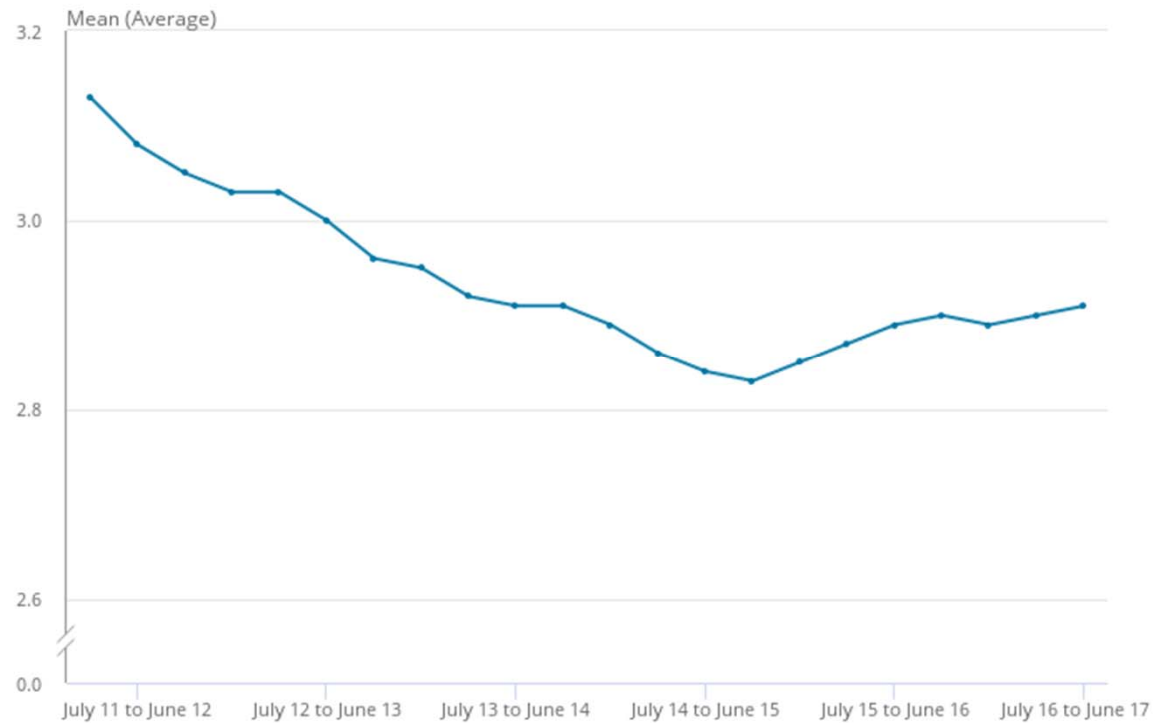
Interactive product demo



Latest personal well-being results for the UK

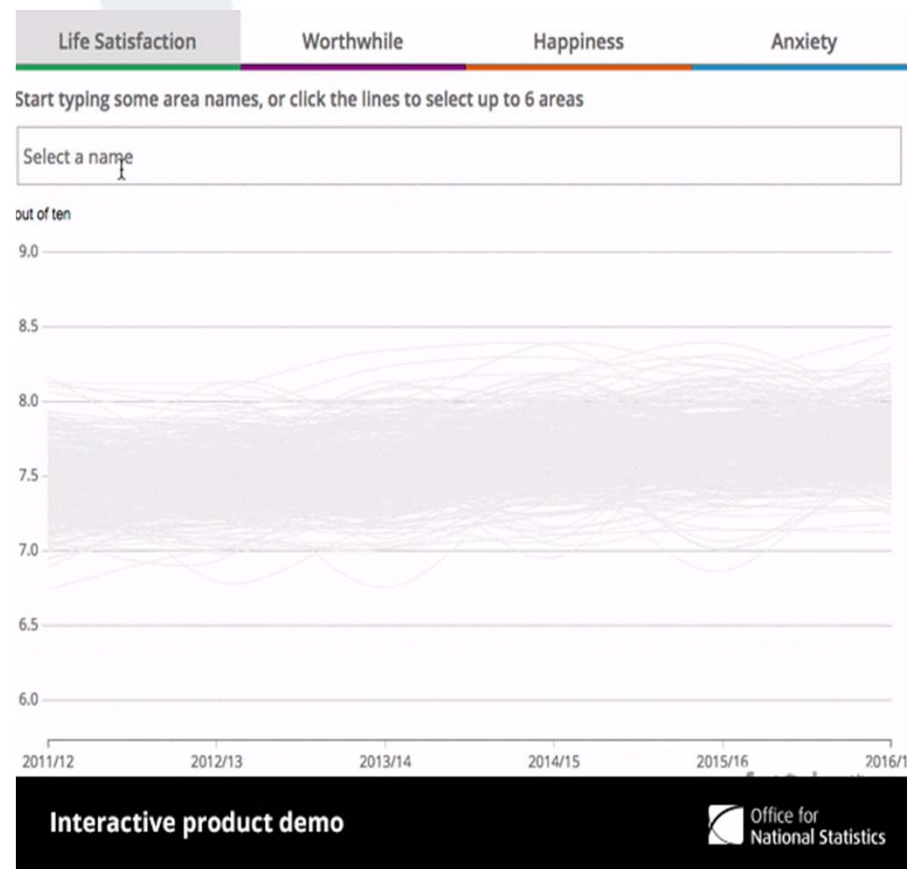
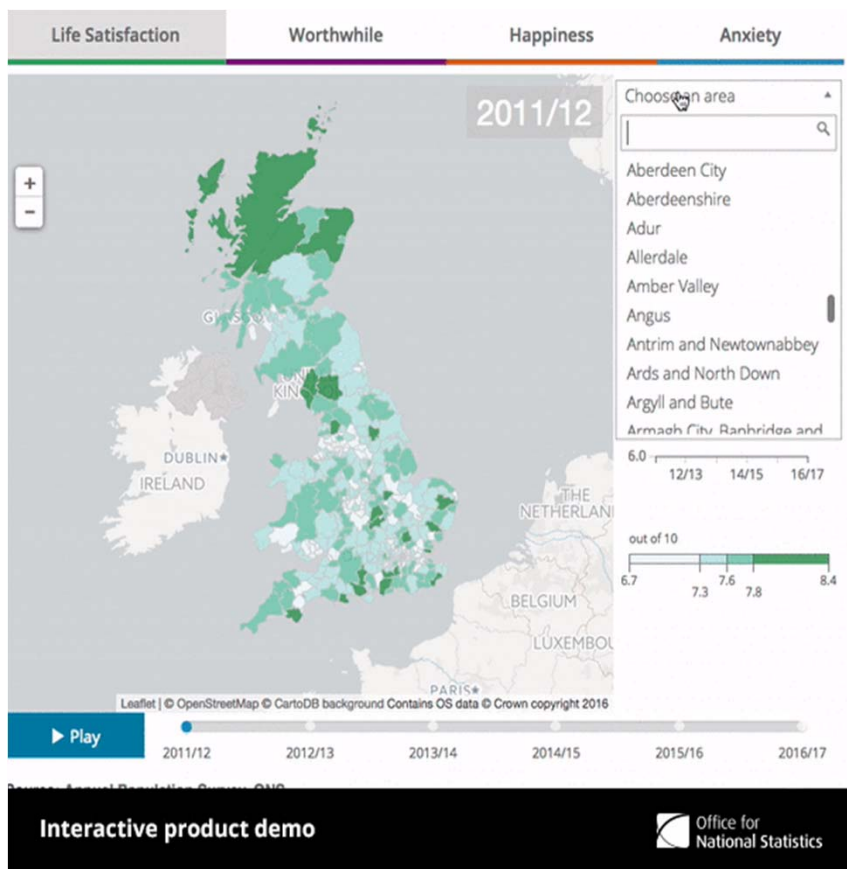
Figure 1b: Average anxiety ratings, year ending March 2012 to year ending June 2017

UK



Source: Annual Population Survey, Office for National Statistics

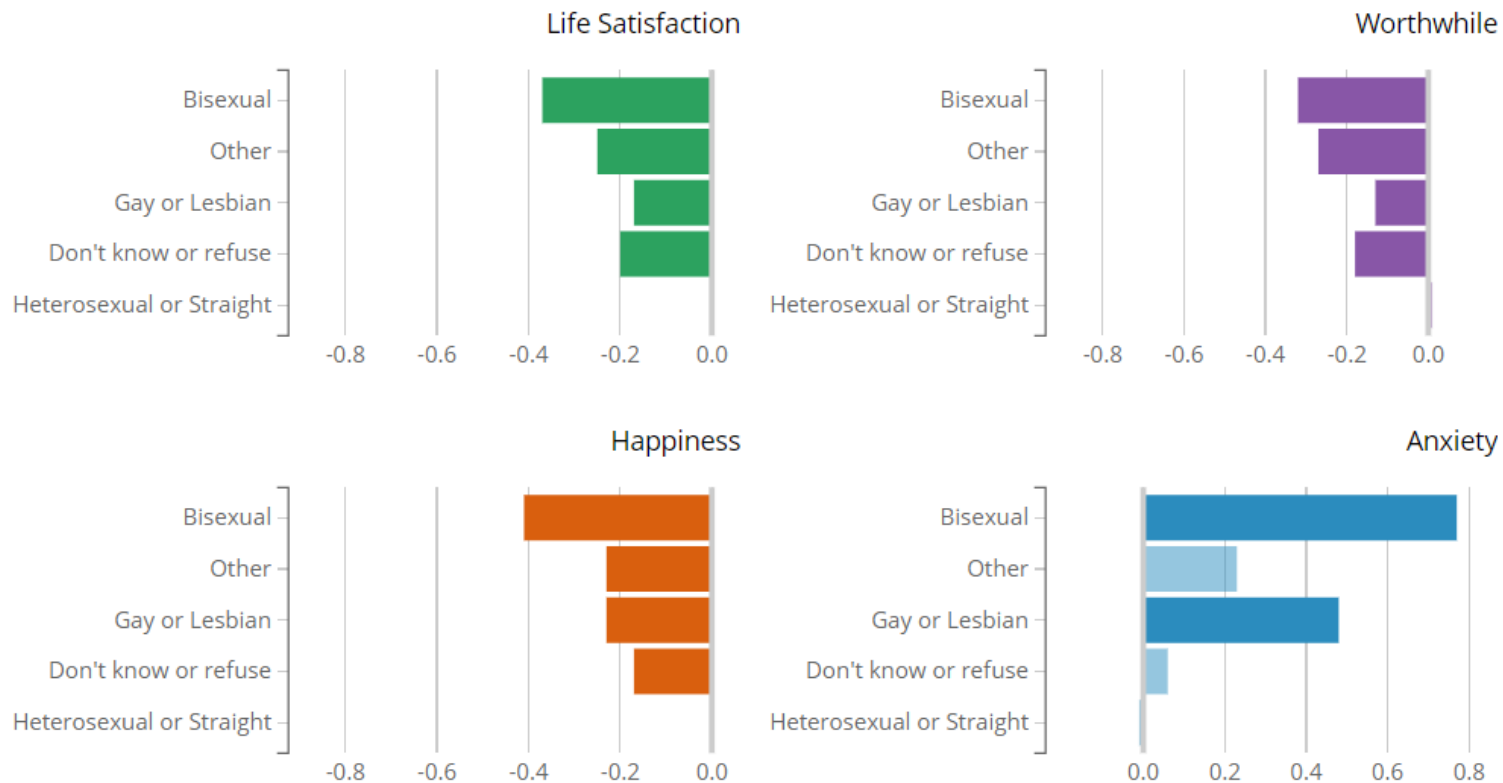
Sub-regional personal well-being data



Source: <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/bulletins/measuringnationalwellbeing/localauthorityupdate2015to2016#how-do-people-rate-their-personal-well-being-in-your-area>

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



Source: Personal well-being and sexual identity in the UK, 2013-2015

[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**

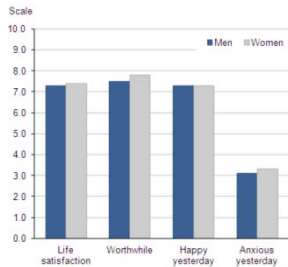
Children and young people's well-being

- 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

Appearance

In 2013 to 2014, teenage girls were 3.5 times more likely to be unhappy with their appearance than teenage boys



are unhappy with their appearance



are unhappy with their appearance

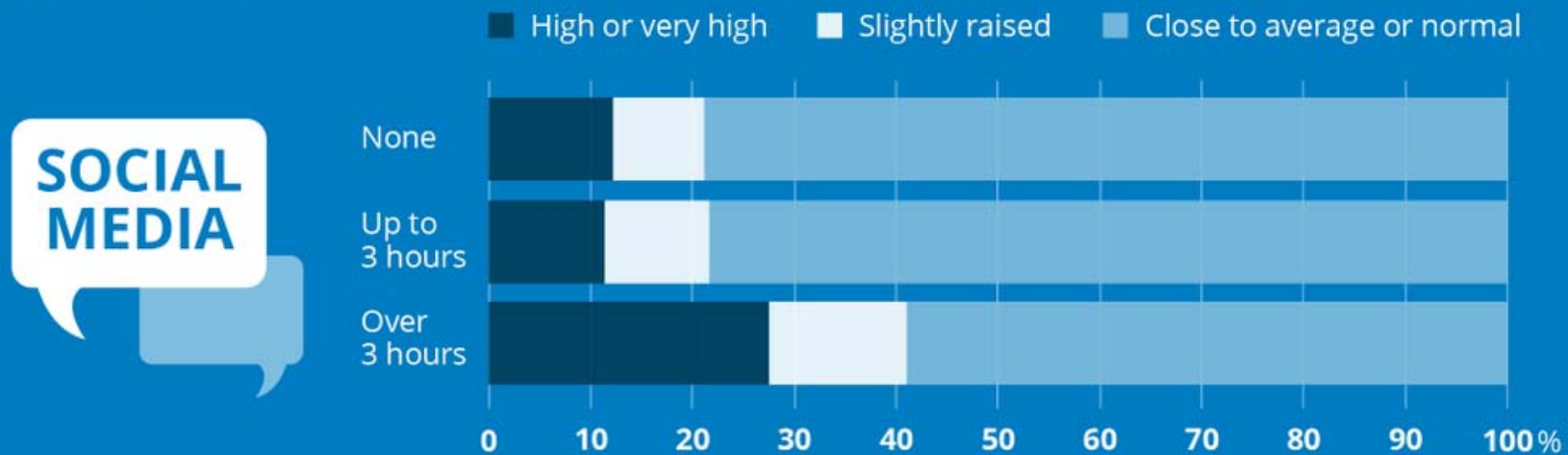
National Well-being

Source: Understanding Society

Office for National Statistics

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

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.

Social Capital

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

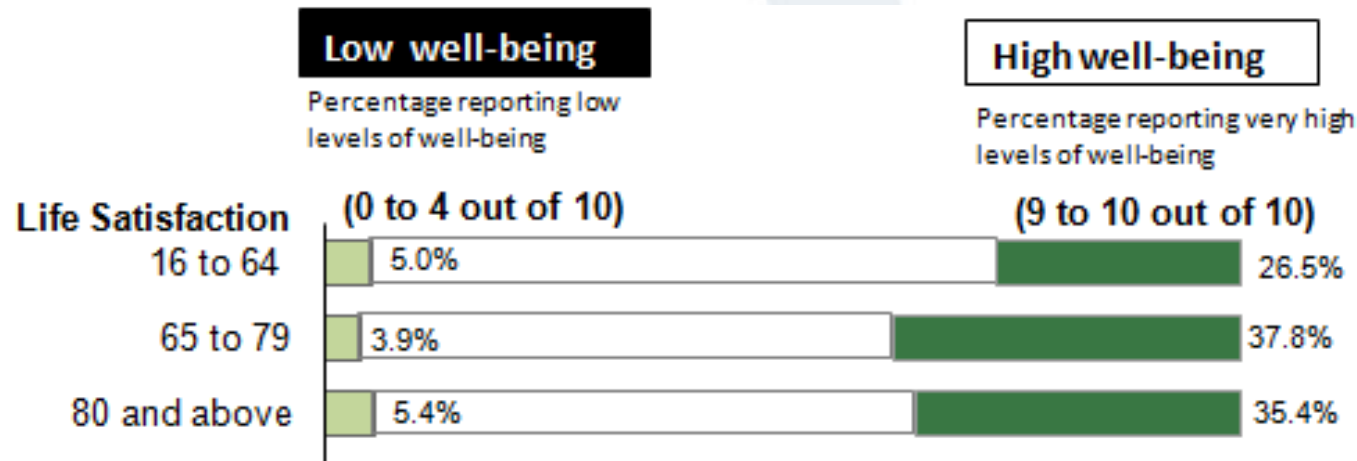
Social Capital

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



- 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!

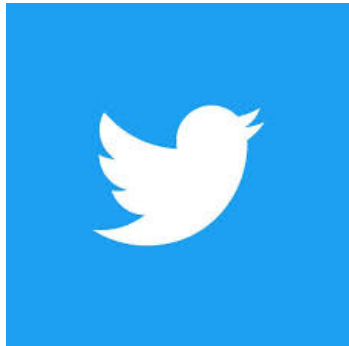
Thank you!

Any questions?

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