Thriving and Surviving
Mental Health and Wellbeing in North Tyneside

“How people feel is not an elusive or abstract concept, but a significant public health indicator; as significant as rates of smoking, obesity and physical activity”

Director of Public Health Annual Report 2016/17
Wendy Burke
Director of Public Health
What is good mental health and wellbeing?

Mental wellbeing “…is a dynamic state, in which the individual is able to develop their potential, work productively and creatively, build strong and positive relationships with others, and contribute to their community”

• realise our abilities, live a life with purpose and meaning, and make a positive contribution to our communities
• form positive relationships with others, and feel connected and supported
• experience peace of mind, contentment, happiness and joy
• cope with life’s ups and downs and be confident and resilient
• take responsibility for oneself and for others as appropriate
Why is good mental health and wellbeing in a population so important?

An individual’s mental capital and mental wellbeing crucially affect their path through life. Moreover, they are vitally important for the healthy functioning of families, communities and society. Together, they fundamentally affect behaviour, social cohesion, social inclusion, and our prosperity. (Foresight report)

- Improved educational attainment
- Increased quality of life
- Safer communities with less crime
- Reduced health inequalities
- Reduced sickness absence
- Improved productivity and employment retention.
What do we mean by ‘thriving’ and ‘surviving’?

“The capacity of each of us to feel, think, and act in ways that enhance our ability to enjoy life and deal with the challenges we face. It is a positive sense of emotional and spiritual well-being that respects the importance of culture, equity, social justice, interconnections and personal dignity”

The term surviving is used to describe the population that is not thriving at an optimal level of good mental health and wellbeing.
Thriving and Surviving

Good mental health and wellbeing

- Thriving: In optimal mental wellbeing with high levels of mental illness
- Thriving: Reaching full potential

Surviving: High levels of mental illness and with poor mental wellbeing

Surviving: Low levels of mental illness with poor mental health and wellbeing

Poor mental health and wellbeing
80% with no mental health illness and/or no diagnosis
18% with common mental health conditions
2.4% with severe mental illness

More thriving with optimal mental health
Less surviving in poor mental health and wellbeing
Lower prevalence of severe + common mental health conditions

Moving more towards a thriving population
Risk and protective factors

**Risk factors**
- Poor education
- Low income
- Unemployment
- Poor living conditions
- Social isolation
- Poverty
- Adverse life experiences or events e.g. abuse, redundancy, divorce, caring responsibilities, bereavement

**Protective Factors**
- Best start in life
- Educational attainment
- Participation
- Employment
- Resilience and community assets
- Control
- Connecting with others
- Inclusion

**Individual Communities Structural**
Protective Factors: Thriving in North Tyneside

- 87% residents use our parks and green spaces
- 58% use our local libraries
- 60% attend our theatres, concert halls and arts venues
- 61% of residents use our sports and leisure centres
- 43% use of museums and galleries
- Our residents aged over 65 are most likely to use libraries, theatres, museums and galleries
- Those aged 35-44 are most likely to use outside facilities.

- 65% of babies are breastfed at birth
- 70% of children achieve a good level of development by the end of reception
- 96% of 16-17 year olds are in education, training and employment
- 96% of households with children have at least one adult in employment
- 99% of residents report feeling safe in their local community
- 75% of adults are in employment
- 72% of adults reported high levels of happiness
- 81% of adults – high satisfaction with their life
- 67% of adults do enough physical activity

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Thriving Communities: evidence

“Communities have never been built upon their deficiencies. Building community has always depended upon mobilising the capacities and assets of people and place.”

Strong evidence base that supports:
- Promoting inclusion and strengthening support networks
- Supporting participation – to increase self esteem, provide a sense of fulfilment, purpose and opportunities for social interaction
- Promoting the benefits of our natural environment
- Promoting participation in arts, creativity, sports and culture

“People expressed attachment to the communities in which they lived and to their networks of families and friends, rather than to physical places...”
Best start in life: Children’s Public Health Service (0-19)

“I've found the service invaluable to me as a first time mum and feel that this service plays an important role for both parents and babies”

• Best start in life and beyond: improving public health outcomes for children, young people and families
• Building resilience and improving emotional health and wellbeing is a key focus of the service

“I felt very reassured after the advice my health visitor gave me”
Good work is good for you!

Quorum Business Park has a tradition of encouraging staff to get active and take part in sports and other activities

“The Quorum Kites have gone from strength to strength since we first launched in the Spring of 2015. We have a hard core group who meet all year round. It’s great to get together as a group and it really helps to wind down and de-stress after being stuck in an office all day”
Strengthening support networks

Good Neighbours Scheme
Beneficiary:
“It is really wonderful to know when you are on your own that there are lovely people who are willing to give their time to help you”

Volunteer:
“I’ve made friends, dream come true. My self-confidence has increased by meeting people and the beneficiaries are lovely to meet, they make me feel good about myself”
### Measuring Good Mental Wellbeing in North Tyneside

<table>
<thead>
<tr>
<th>Core Measures - Questions</th>
<th>%</th>
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</thead>
<tbody>
<tr>
<td>Positive Emotions</td>
<td></td>
</tr>
<tr>
<td>Happiness</td>
<td>72</td>
</tr>
<tr>
<td>Engagement</td>
<td>75</td>
</tr>
<tr>
<td>Pulling together to improve local area</td>
<td>36</td>
</tr>
<tr>
<td>Community cohesion - local area is a place where people from different backgrounds get on well together</td>
<td>64</td>
</tr>
<tr>
<td>Meaning and purpose</td>
<td>52</td>
</tr>
<tr>
<td>I’ve been useful</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Additional Features - Questions</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Optimism</td>
<td>41</td>
</tr>
<tr>
<td>I’ve been feeling optimistic about the future</td>
<td></td>
</tr>
<tr>
<td>Resilience</td>
<td>56</td>
</tr>
<tr>
<td>I’ve been dealing with problems well</td>
<td></td>
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<tr>
<td>Positive relationships</td>
<td>64</td>
</tr>
<tr>
<td>I’ve been feeling close to other people</td>
<td></td>
</tr>
<tr>
<td>Participating in informal and formal volunteering</td>
<td>43</td>
</tr>
<tr>
<td>I can count on someone to help me</td>
<td>92</td>
</tr>
<tr>
<td>Never or not very often feeling lonely or isolated</td>
<td>76</td>
</tr>
<tr>
<td>Self-determination</td>
<td>82</td>
</tr>
<tr>
<td>I am able to make my own mind up about things</td>
<td></td>
</tr>
<tr>
<td>Vitality</td>
<td></td>
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<tr>
<td>No available measures</td>
<td></td>
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<tr>
<td>Self esteem</td>
<td></td>
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A measure of ‘thriving’ in North Tyneside

<table>
<thead>
<tr>
<th>Features of Thriving</th>
<th>Core Measures</th>
<th>Additional Features</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Positive emotions</td>
<td>Self-esteem</td>
</tr>
<tr>
<td></td>
<td>Engagement, interest</td>
<td>Optimism</td>
</tr>
<tr>
<td></td>
<td>Meaning, purpose</td>
<td>Resilience</td>
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<td>Vitality</td>
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<td></td>
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<td>Self-determination</td>
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<tr>
<td></td>
<td></td>
<td>Positive relationships</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Distribution of the Thriving Features</th>
</tr>
</thead>
<tbody>
<tr>
<td>Combination of Features</td>
</tr>
<tr>
<td>-------------------------</td>
</tr>
<tr>
<td>Core measures only</td>
</tr>
<tr>
<td>Core +1 additional feature</td>
</tr>
<tr>
<td>Core +2 additional features</td>
</tr>
<tr>
<td>Core + &gt;3 additional features</td>
</tr>
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Wellbeing score for North Tyneside

Well-being index score

2012: 24.6
2013: 24.7
2014: 24.8
2015: 25.1
2016: 25.4
2017: 25.3

Lower scores

**Financial resilience**
- Finance deteriorating
- Workless
- Social tenant
- Pessimistic about economy in local area

**Social connections**
- Feel isolated
- No one to count on
- Lack belonging
- Poor social cohesion
- Carer

**Lifestyle**
- Smoker
- Drink above guidelines

**Physicality**
- Illness / disability
- Fair / bad health
- Aged 55 - 64
Equal distribution of self reported health and wellbeing across the borough?

North Tyneside Residents Survey
Self-reported health and wellbeing 2017

- **Western**
  - 63% report being in good health
  - 8% report being in poor health

- **Eastern**
  - 68% report being in good health
  - 7% report being in poor health

- **Central**
  - 73% report being in good health
  - 8% report being in poor health

- **Southern**
  - 60% report being in good health
  - 15% report being in poor health

**Legend**

- **Central**
- **Eastern**
- **Southern**
- **Western**

Produced by Policy, Performance and Research Team February 2018

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How do we shift the curve so more of our population are thriving?

Promote the protective factors and reduce the risk factors!
Promoting protective factors

• Best start in life
• Good education system
• Opportunities for good and meaningful employment
• Inclusive communities that connect people
• Good quality housing
• Access to green spaces
• Economic certainty
Reducing risk factors

- Relationship between poor mental health and higher levels of smoking, alcohol and substance misuse
- Reducing the numbers of adults with preventable long-term health problems
- Address issues of poor housing
- Reducing the proportion of low income households
Conclusions

• People and place are key to good mental wellbeing – it is everyone’s business

• We need to take a life course perspective and use the evidence base to improve mental health in the population

• Increasing and strengthening networks and relationships people can support mental health and wellbeing

• Promoting understanding of our vast community resources and assets