

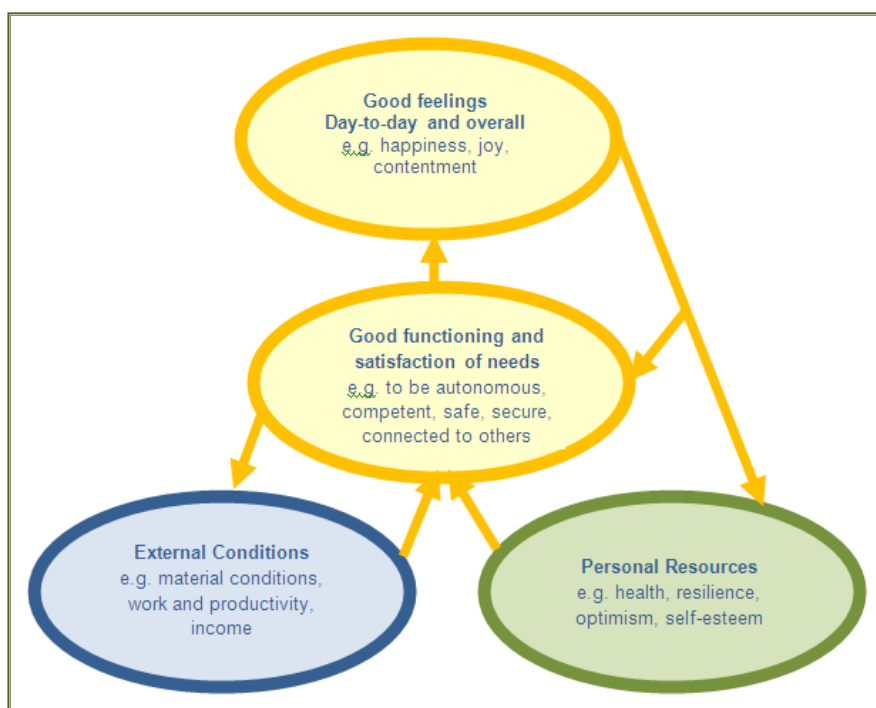
SUTTON WELL BEING Fact Sheet

This Fact Sheet brings together facts and statistics about the state of wellbeing for Sutton residents. Wellbeing is important for many reasons. It is known that people with higher wellbeing have lower rates of illness, recover more quickly and for longer, and generally have better physical and mental health.

KEY FACTS ABOUT THE WELLBEING OF SUTTON RESIDENTS

- Sutton residents are similar in their use of outdoor space for exercise or health reasons to London and England
- In Sutton, noise complaints, hospital admissions for violence, children living in deprivation, long term employment rates are all lower (better) than for England
- Overall social isolation has reduced in Sutton, but this varies by age group and by location within the borough
- Levels of wellbeing are generally higher in the more affluent areas of Sutton

The **Dynamic Model of Wellbeing** published in 2014 by Public Health England¹ describes how an individual's circumstances, such as income, employment status, housing and social context interact with personal resources, such as health, resilience and optimism, to allow people to function well in the world and experience positive emotions. The model shows how different aspects of wellbeing interlink and how improvements in one area influence other parts of an individual's experience.



¹ Public Health England. Dynamic Model of Wellbeing
<http://www.nef-consulting.co.uk/a-dynamic-model-of-well-being/>

FACTORS AFFECTING WELLBEING

Key findings from social research by NatCen Social Research in 2013 on **Predicting Wellbeing** found that:²

Levels of wellbeing vary across the life course

This dips in the mid teenage years, at midlife and again among the oldest old. Older women emerge as a priority group due to their very low levels of wellbeing. Differences in life circumstances explain much of this life course variation in wellbeing.

What predicts wellbeing can vary between groups

Being a carer is more strongly associated with lower levels of wellbeing in working-age adults than among older people. Employment status more strongly predicts men's wellbeing than women's. However many predictors of wellbeing remain consistent across the life course and are common to both men and women.

Social relationships are key

People with higher wellbeing have more positive relationships. People with higher wellbeing tend to have parents, partners and children who also have higher wellbeing.

Different aspects of environment play a role

Higher levels of wellbeing are linked with positive neighbourhood social capital, living in a more affluent area, and having a well-maintained home. In relation to fuel poverty, cold homes are strongly linked with lower wellbeing. An over demanding job or a disruptive school environment both predict lower wellbeing.

Wellbeing is part of the Public Health agenda

Good self-reported health is one of the strongest predictors of high wellbeing. Some health behaviours are directly associated with wellbeing, for example substance misuse and excessive gaming predict lower wellbeing among children. Adults with higher wellbeing eat more fruit and vegetables and are less likely to smoke.

Untangling cause and effect

Many of the associations between predictive factors, like relationships, environment, health, and subjective wellbeing will be better understood when there is more longitudinal data available for analysis.

² NatCen, Predicting wellbeing. Department of Health, London. 2013.

FACTORS ASSOCIATED WITH WELLBEING (NatCen)

Age

Sex

Ethnicity and sexuality

General health, illness and disability

Marital status, partnerships and social relations

Education

Employment status and working conditions

Household income and managing financially

Housing and neighbourhood

Sutton Residents' Survey

Since 1987 the London Borough of Sutton has undertaken a Residents' Survey every two years. This is a valuable local resource and the aim is to measure satisfaction with the local area and the services the council provides. It is also used to help understand emerging issues within the borough, such as how residents access council services, prevalence of isolation and health and wellbeing. The survey covers a range of topics, and more detail is available in the Fact Sheet in Section 8 of the JSNA on '**What People are Telling us**'.

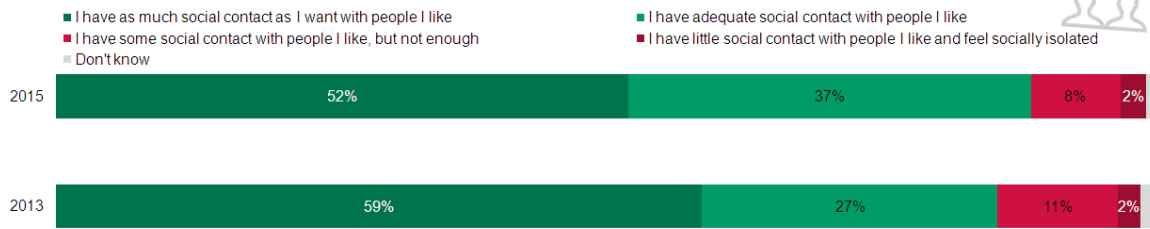
Below are some of the results for Sutton residents that relate to Wellbeing.

These indicate that:

- The percentage of residents that feel socially isolated has decreased.
- There are variations by age group and the older age groups reported the lowest percentage of social contact.
- There are variations by location with those in the east of the borough reporting lower levels of social contact.

SOCIAL ISOLATION

The percentage that do not have enough social contact or feel socially isolated has decreased from 13% in 2013 to 11% in 2015.

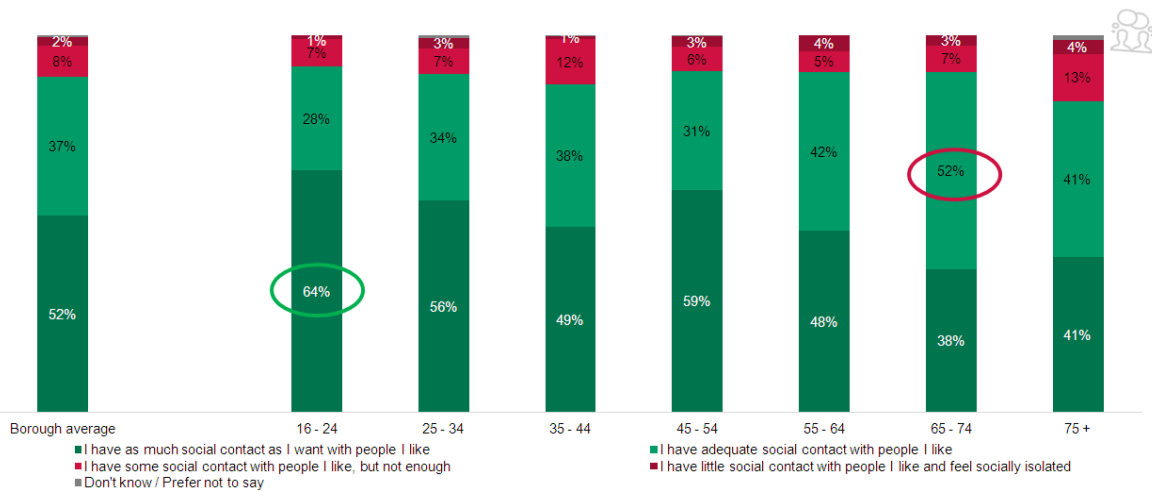


Only 2% of residents had little social contact and felt socially isolated. However, this was more likely to be in those:

- Not in paid employment (5%)
- Residents living in socially rented accommodation (7%)
- Residents with a disability or long term illness (13%) and bad health (15%)
- Residents that were unable to get around (24%) and those that had no one locally to ask for help (20%).

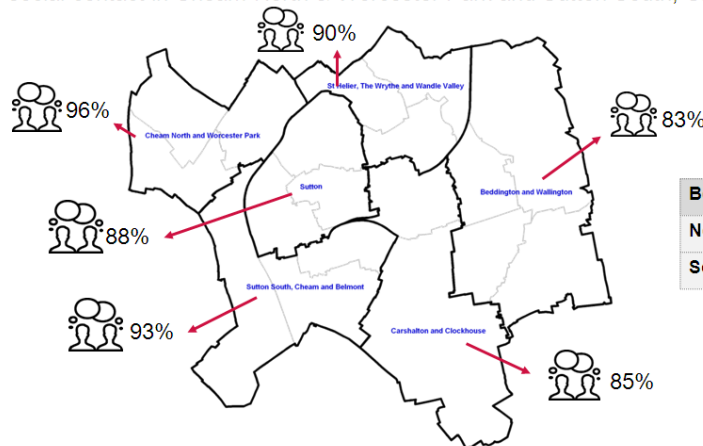
	2013	2015
Not socially isolated	86%	89%
Socially isolated	13%	11%

SOCIAL ISOLATION VARIES BY AGE GROUP



GEOGRAPHICAL VARIATION IN SOCIAL ISOLATION

Highest levels of social contact in Cheam North & Worcester Park and Sutton South, Cheam & Belmont.



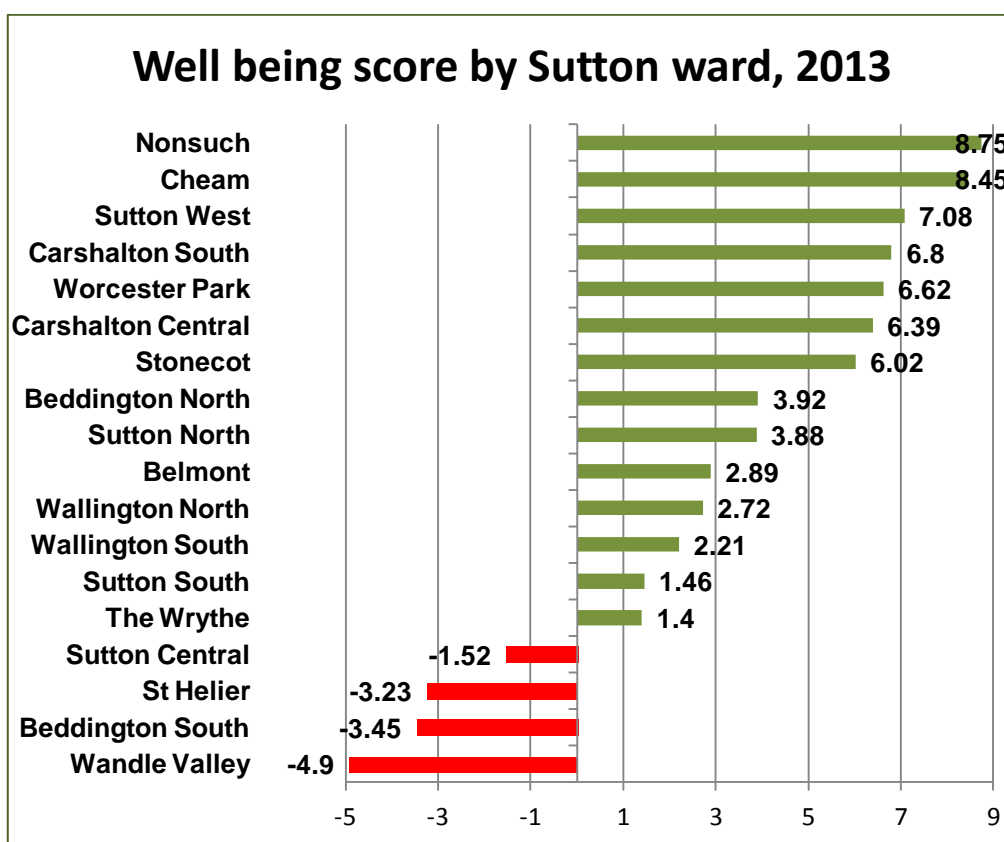
Borough average	2015
Not socially isolated	89%
Socially isolated	11%

How levels of wellbeing vary within Sutton

The Greater London Authority (GLA) have calculated ward level wellbeing scores to present a combined measure of wellbeing of the resident population based on 12 indicators.

Each indicator score is compared with the England and Wales average. Scores over zero indicate a higher probability that the population will experience better wellbeing according to these measures.

The graph below shows that overall there is a link between levels of wellbeing and deprivation within the borough (the higher the score, the higher the level of wellbeing). Four of Sutton's most relatively deprived wards are all 'red' in the graph.



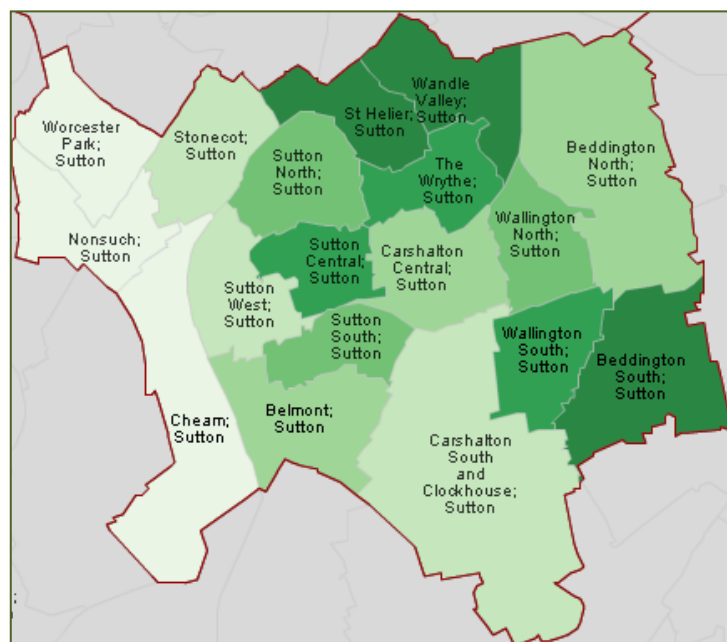
The 12 measures used in the GLA score are:

1. **Health** - Life Expectancy
2. **Health** - Childhood Obesity
3. **Health** - Incapacity Benefits claimant rate
4. **Economic Security** - Unemployment rate
5. **Safety** - Crime rate
6. **Safety** - Deliberate Fires
7. **Education** - GCSE point scores
8. **Children** - Unauthorised Pupil Absence
9. **Families** - Children in out-of-work households
10. **Access** - Public Transport Accessibility Scores (PTALs)
11. **Environment** - Access to public open space & nature
12. **Happiness** - Composite Subjective Well-being Score (Life Satisfaction, Worthwhileness, Anxiety, and Happiness)

Map of Deprivation by Ward

Source: Derived from IMD 2015

Darker shading = more relatively deprived



Measures of Wellbeing for Sutton

Public Health England publish a range of indicators that inform on levels of wellbeing and these are shown below.

Source: Public Health England Fingertips

Key: Sutton compared with England statistically Better ■ Similar ■ Worse ■

People with a high anxiety score, 2014/15

- Sutton 21.4%
- London 19.2%
- England 19.4%

Noise complaints per 1,000, 2014/15

- Sutton 6.6
- London 16.8
- England 7.1

Hospital admissions for violence per 100,000, 2012/13-2014/15

- Sutton 37.4
- London 45.9
- England 47.5

Utilisation of outdoor space for exercise/health reasons, 2014/15

- Sutton 16%
- London 12.3%
- England 17.9%

% adult social care users having as much social contact as they would like, 2015/16

- Sutton 41.4%
- London 41.1%
- England 45.4%

% adult carers report having as much social contact as they would like, 2014/15

- Sutton 35.3%
- London 35.5%
- England 38.5%

% of children in low income families, 2013

- Sutton 14.3%
- London 21.8%
- England 18.6%

% in long-term unemployment, August 2016

- Sutton 0.20%
- London 0.40%
- England 0.37%

GCSEs achieved (5A*-C including English & Maths), 2014/15

- Sutton 63.8%
- London 61.2%
- England 57.3%

Data Sources and Links to further information

- See the **JSNA Overview** and **Fact Sheets** within this Sutton JSNA for a wealth of up-to-date data, statistics and local information and priorities relating to the health and wellbeing of the population of Sutton
- Office for National Statistics, Neighbourhood Statistics and Census 2011
- Public Health England, Public Health Outcomes Framework
- GLA Well being ward scores <https://data.london.gov.uk/london-ward-well-being-scores>
- NatCen, Predicting wellbeing. Department of Health, London. 2013. <http://www.natcen.ac.uk/media/205352/predictors-of-wellbeing.pdf>
- ONS Statistical Bulletin:
- Measuring National Well-being: Personal Well-being in the UK, 2014 to 2015. <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/bulletins/measuring-national-wellbeing/2015-09-23>