

A Fair Deal for Wellbeing?



The North West Mental Wellbeing survey was developed by the North West Public Health Observatory in response to a growing need to understand more about the positive mental wellbeing of people in the region. The survey was undertaken in 2009.

There are two main elements of wellbeing: feeling good and functioning well. Mental health and wellbeing influences a broad range of outcomes for individuals and communities such as relationships with friends and family, financial and personal security and physical health. In return, many of these factors also influence levels of wellbeing.

The following statistics highlight the findings of the Mental Wellbeing survey:

People with low wellbeing are 3 times more likely to have not spoken to someone outside of their home in the last week.

People with high wellbeing were more than twice as likely to be physically active.

Only one quarter of adults had felt relaxed over the previous two weeks.

More than 3 in 10 people had often worried about money during the last few weeks. Half of these people had low wellbeing.

A third of adults felt they had been dealing with problems well all of the time, whilst just under a third of adults felt that they had been dealing with problems well, rarely, never or only some of the time.

Almost 40% of adults had felt close to other people all of the time, and this was more true for women than men.

Individuals with below average mental wellbeing are significantly more likely to be dissatisfied with life (10.1%).

94% of adults felt they had people to turn to for support if they had a serious personal crisis. This percentage increased as mental wellbeing increased.

People with low wellbeing were more likely to have no qualifications.

Adults with high wellbeing were more likely to feel able to influence decisions affecting their area.

Adults with above average levels of wellbeing were more likely to feel they belonged to their neighbourhood and feel they can influence decisions affecting their local area.

People who were not satisfied with their area as a place to live were more likely to have low wellbeing.

Those with above average levels of mental wellbeing were more than twice as likely as those with below average levels of mental wellbeing to say that they felt safe outside after dark (46% to 23%).

People with high wellbeing are more likely to say they were in very good health.

Adults with below average levels of mental wellbeing were more than three times more likely to feel extremely anxious or depressed than those with average wellbeing levels.

Adults who make time to do the things they enjoy are more likely to have better wellbeing than those that don't have the time to do enjoyable activities.

People with high wellbeing were more likely to be in work, or in full time education.

People living in the most deprived areas were more likely to have low wellbeing.

For further information, please contact:

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