

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



North Tyneside Council

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

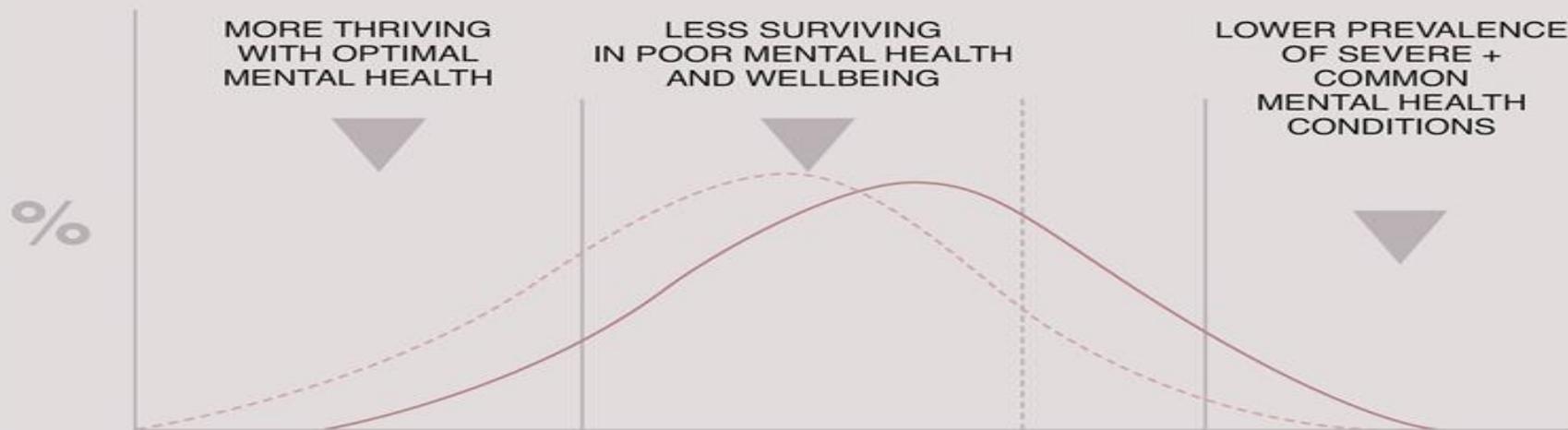
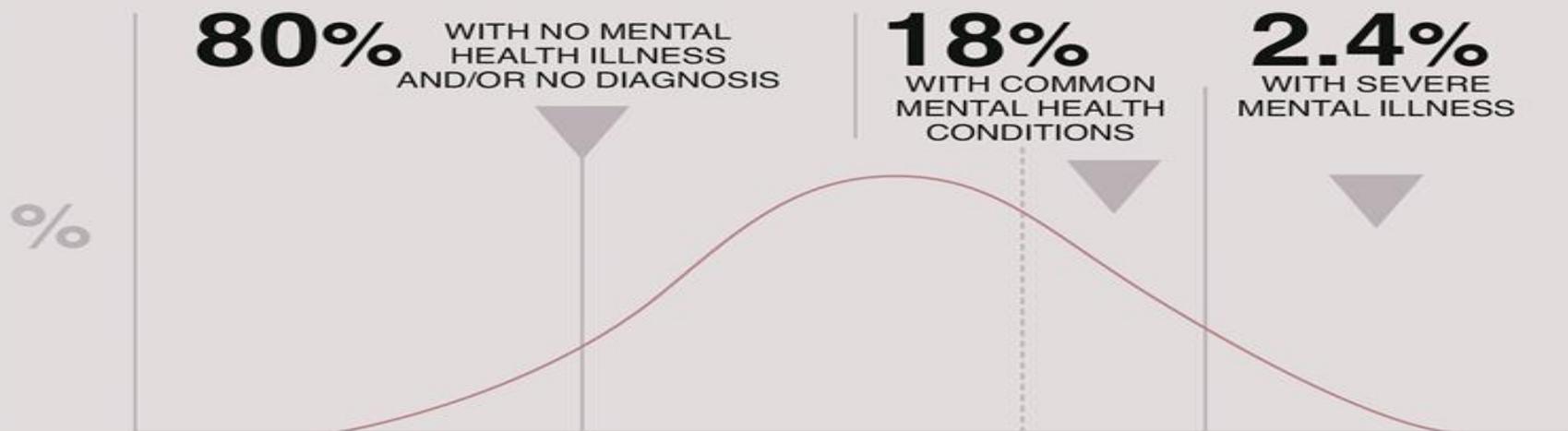
SURVIVING
Low levels of
mental illness
with poor
mental health
and wellbeing

High
levels
of
mental
illness

Low
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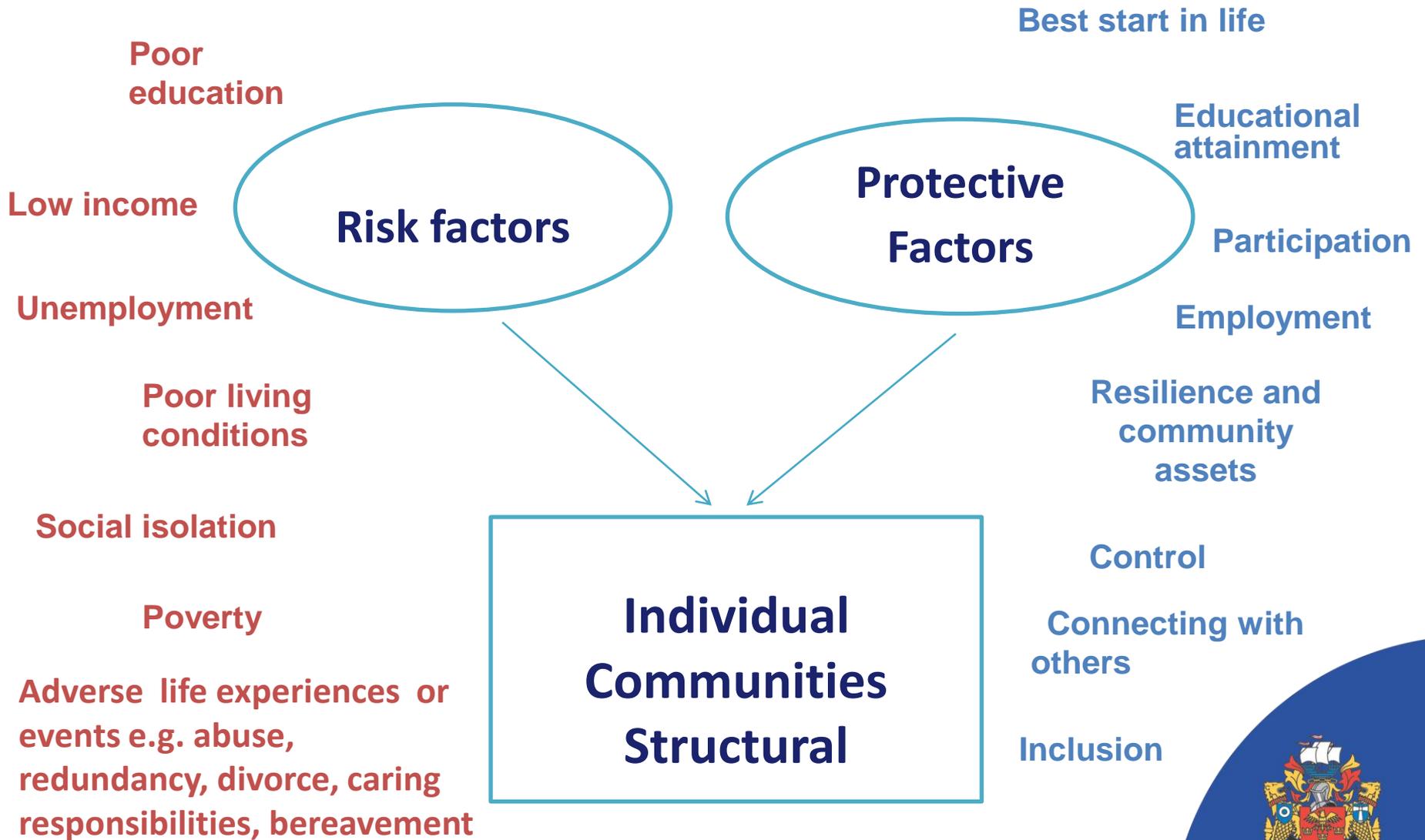
Poor mental health and wellbeing





MOVING MORE TOWARDS A THRIVING POPULATION

Risk and protective factors



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



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”



North East
Better Health
at Work Award



North Tyneside Council

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

Core Measures - Questions

Positive Emotions	Indicators	%
Happiness	People with a high happiness score	72
Engagement	Strength of belonging to local area	75
	Pulling together to improve local area	36
	Community cohesion - local area is a place where people from different backgrounds get on well together	64
Meaning and purpose	I've been useful	52

Additional Features - Questions

Optimism	I've been feeling optimistic about the future	41
Resilience	I've been dealing with problems well	56
Positive relationships	I've been feeling close to other people	64
	Participating in informal and formal volunteering	43
	I can count on someone to help me	92
	Never or not very often feeling lonely or isolated	76
Self-determination	I am able to make my own mind up about things	82
Vitality	No available measures	
Self esteem		

A measure of 'thriving' in North Tyneside

Features of Thriving

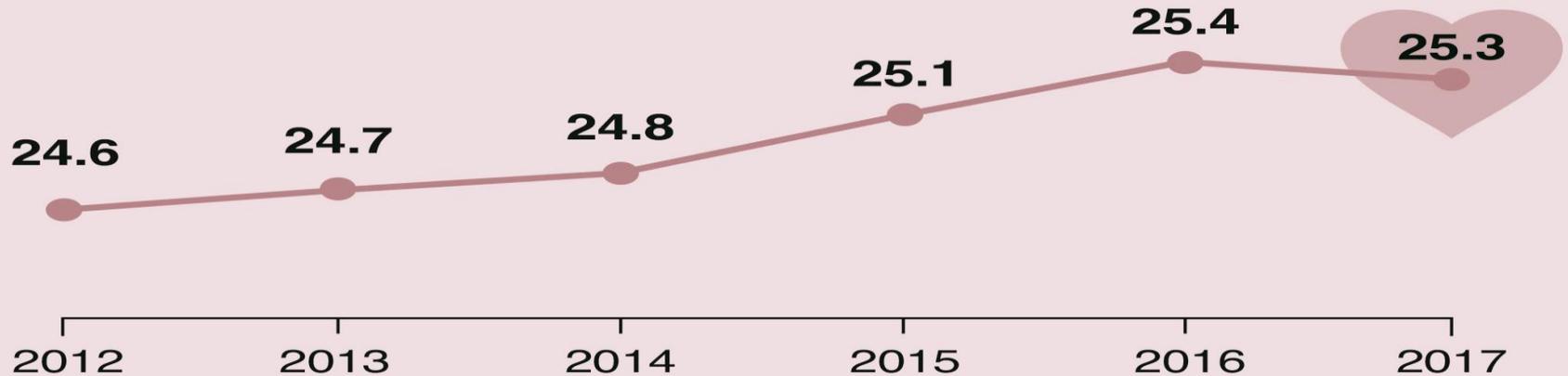
Core Measures	Additional Features
Positive emotions	Self-esteem
Engagement, interest	Optimism
Meaning, purpose	Resilience
	Vitality
	Self-determination
	Positive relationships

Distribution of the Thriving Features

Combination of Features	UK	North Tyneside
Core measures only	23.7%	21.2%
Core +1 additional feature	23.5%	21.2%
Core +2 additional features	22.3%	21.0%
Core + >3 additional features	18.9%	20.3%

Wellbeing score for North Tyneside

Well-being index score



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

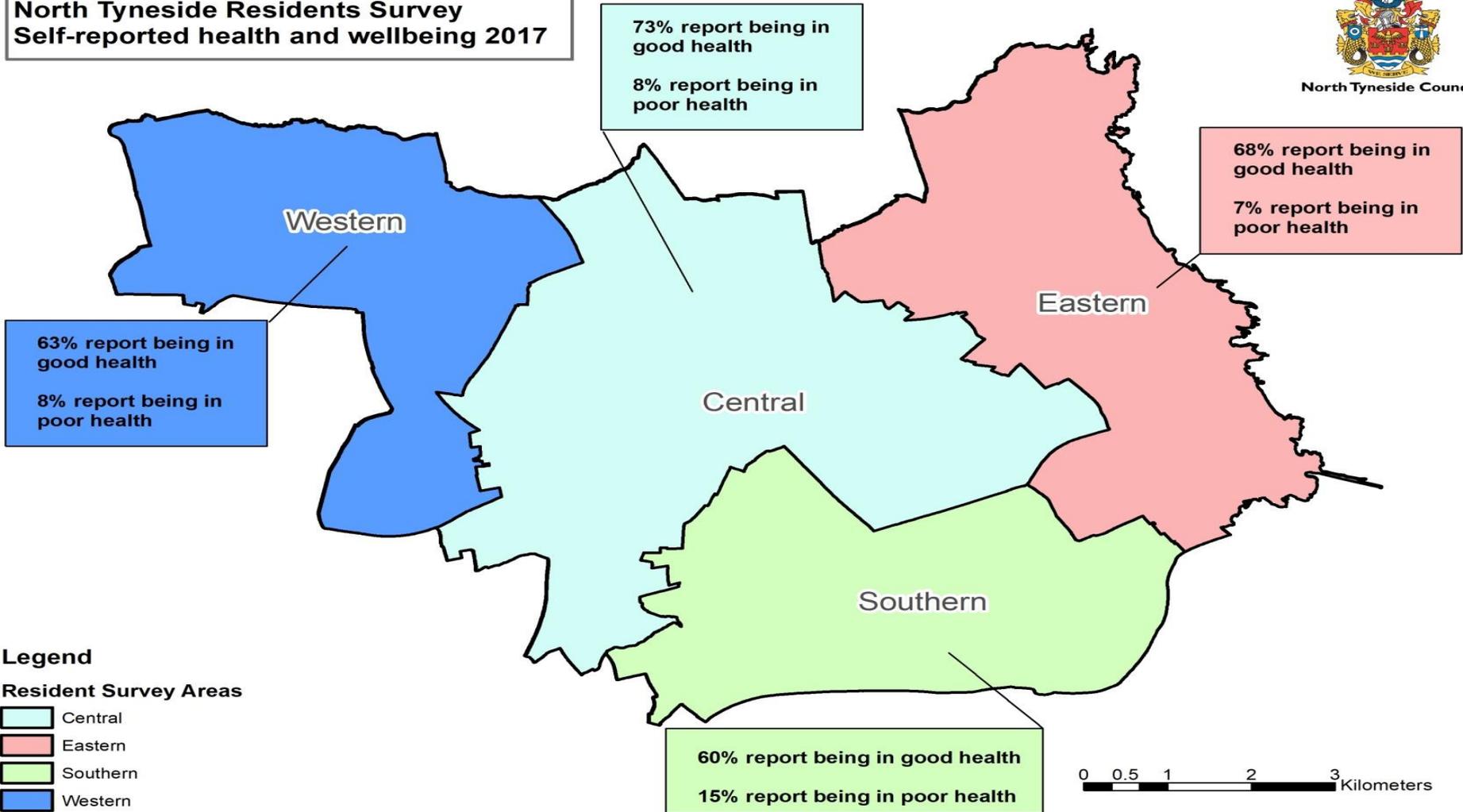
- Illness / disability
- Fair / bad health
- Aged 55 - 64

Equal distribution of self reported health and wellbeing across the borough?

North Tyneside Residents Survey
Self-reported health and wellbeing 2017



North Tyneside Council



**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**

