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# Psychological (and social) Contributions to the Public's Mental Health & Wellbeing. An Overview

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# Summary

Introduction to PHE

A few words on definitions

The growing interest in all things ‘wellbeing’....and why this matters

What we might do

How we might evolve, socially and psychologically



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# Public Health England

‘Protecting and improving the nation’s health  
and addressing health inequalities’

A Government Executive Agency. Part of the Department of Health.

Key Functions:

- Health Protection
- Knowledge and Information (CKO)
- Health Improvement (Health and Wellbeing)

5000 staff, £5bn annual budget

Close Working with NHSE, Local Government, and VCS



# PHE and Mental Health

- Commitment to embedding mental health in all we do.
- Core National Team: 10 person Public Mental Health team
- 8 Local Centres Plus London – Public Mental Health Leads
- Knowledge and Intelligence (Information and Data) – Mental Health Lead and Intelligence Network (10 staff)
- Health Protection ‘Psychological Resilience’ Lead and Network

It's an evolving picture.....



# Underpinning Core Themes – for the public's mental health

## **These drive our activity and actions:**

- Embedding mental health (both 'mental health' and improving the lives of those with mental illness)
- Addressing inequalities
- Taking community based approaches to our work
- Addressing the key social and psychological determinants of mental and physical health
- Shifting to Wellbeing / Wellness



# Main Work Programme Areas

1. **Improving the lives of people with mental illness** - both aspects - their physical health (smoking, alcohol, physical activity) and addressing the social determinants that shape their lives (jobs, homes, friends, decent income debt free, discrimination)
2. **Promotion and prevention across the life course** - with a particular focus on – the best start in life, school ready, school based work, adolescents and mental health (resilience).
3. **Embedding** - Initial focus on obesity, tobacco, alcohol,
4. **Social Determinants** – focus on employment and housing
5. **Suicide Prevention** - national support to strategy delivery - guidance, resources, profiles, networks, evidence, surveillance.



# Key Underpinning Activities

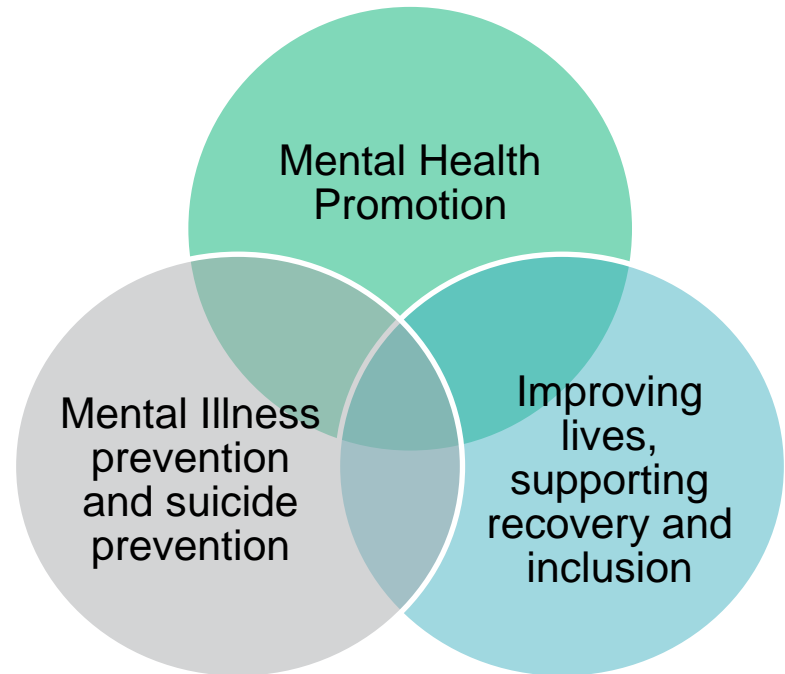
1. **Intelligence** - data, indicators, profiles, evidence, tools - links
2. **Workforce** capacity and competency building and leadership
3. **Networks** - integrated with Centres, networked with local government pmh leads, VCS and others, includes national networks
4. **Collaborative working** – Across PHE. Externally, especially with NHSE and LGovt and VCS
5. **Social Marketing** / Awareness. Digital



# Mental Health

## Key priorities for our work:

- children and young people,
- employment and working life,
- suicide prevention
- Improving the lives of those living with and recovering from mental health problems  
*(jobs, homes, health, friends, and free of debt)*









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# Definitions.....

# Mental health

A state of 'wellbeing' in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community

To achieve such a state of wellbeing requires:-

- ❑ **Psychological assets** – self-esteem, optimism, a sense of mastery and control, resiliency, and sense of coherence
- ❑ **Social assets** – the ability to initiate, develop and sustain mutually satisfying personal relationships
- ❑ **Resilience** – the ability to cope with adversity and grow from life challenges
- ❑ **Enabling environment** – home and family, work/education setting, neighbourhood, national and global environments



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# Well-being

**‘A positive state of mind and body, feeling safe and able to cope, with a sense of connection with people, communities and the wider environment.’**

**Subjective**, individual characteristics and components or ‘traits’

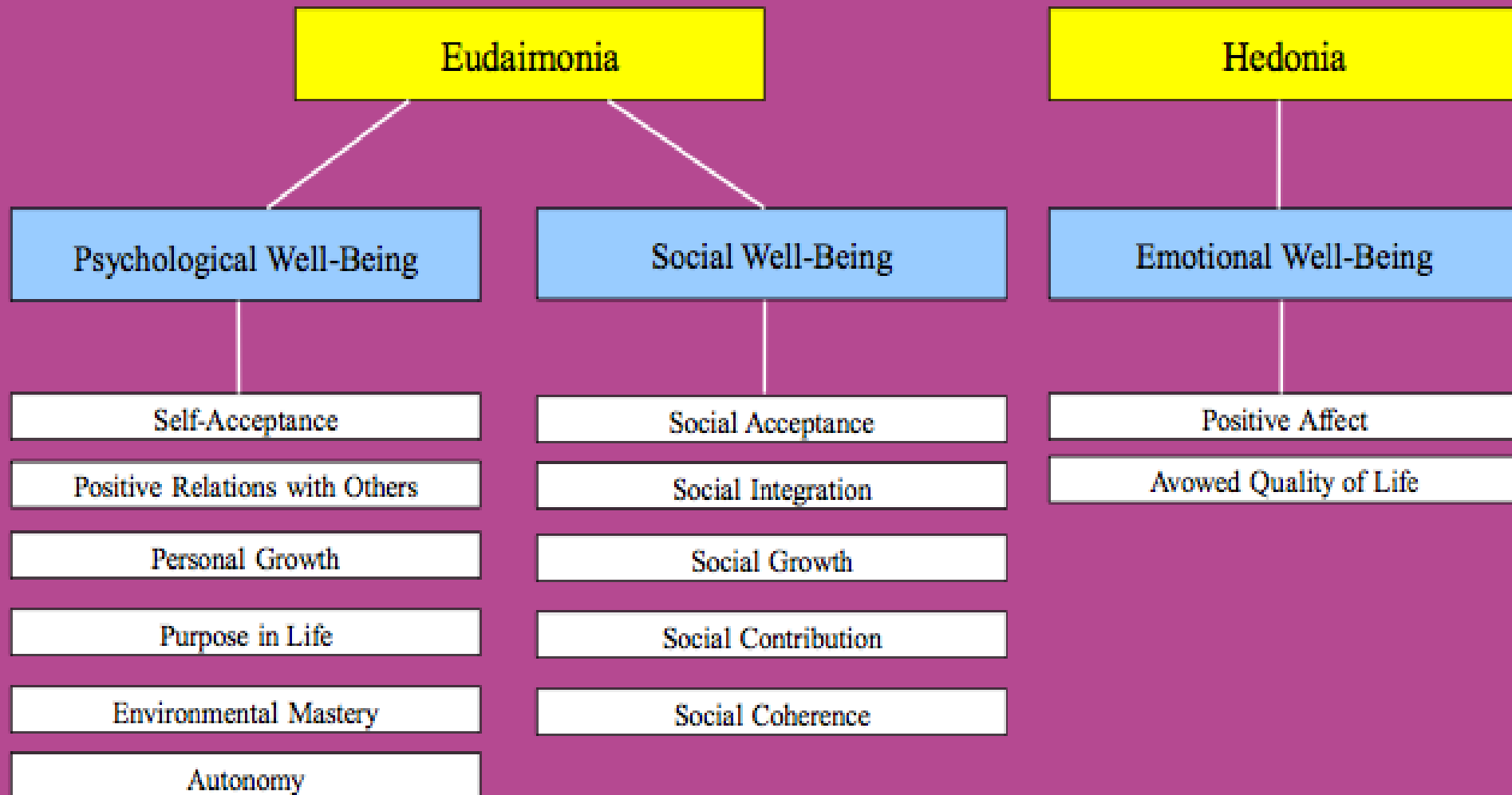
**Hedonic and eudaimonic** – pleasure, enjoying life and wholeness, meaning, purpose

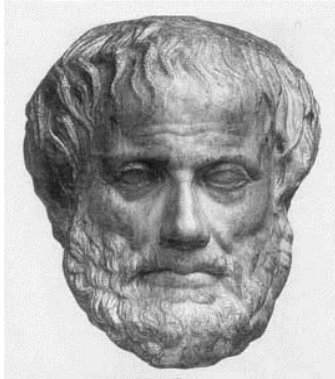
**Capabilities**, socio-cultural and environmental setting

**Dynamic** model, personal, social, cultural, structural

# Structure of Well-Being

(From Corey Keyes, 2002 and 2007)

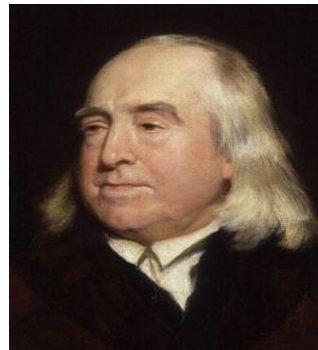




“Happiness is the meaning and the purpose of life, the whole aim and end of human existence”  
Aristotle, 384 BC-322 BC

“Create all the happiness you are able to create; remove all the misery you are able to remove”

Jeremy Bentham, 1789



"There is more to life than the cold numbers of GDP and economic statistics"

OECD, 2011

322 BC

1789

Stiglitz,  
Sen  
2008

2011

ONS UK  
2010



## Growing International Interest

- Stiglitz, Sen and Fitoussi, ‘Commission on the Measurement of Economic and Social Progress’ France 2009
- OECD, ‘Better Life Index’ and ‘How’s Life’ 2010
- EC ‘Eurostat’
- WHO Europe ‘Measuring wellbeing’
- UN Wellbeing Event – 2 April New York 2012 ‘Happiness and Wellbeing’





...economic growth is a means to an end. If your goal in politics is to help make a better life for people – which mine is – and if you know, both in your gut and from a huge body of evidence that prosperity alone can't deliver a better life, then you've got to take practical steps to make sure government is properly focused on our quality of life as well as economic growth, and that is what we are trying to do.

*25<sup>th</sup> November 2010*



# So, Measure wellbeing.....

## Four subjective wellbeing questions

How **satisfied** are you with your life nowadays?

To what extent do you feel the things you do in your life are **worthwhile**

How **happy** did you feel yesterday?

How **anxious** did you feel yesterday?



Office for  
National Statistics

[www.ons.gov.uk/well-being](http://www.ons.gov.uk/well-being)

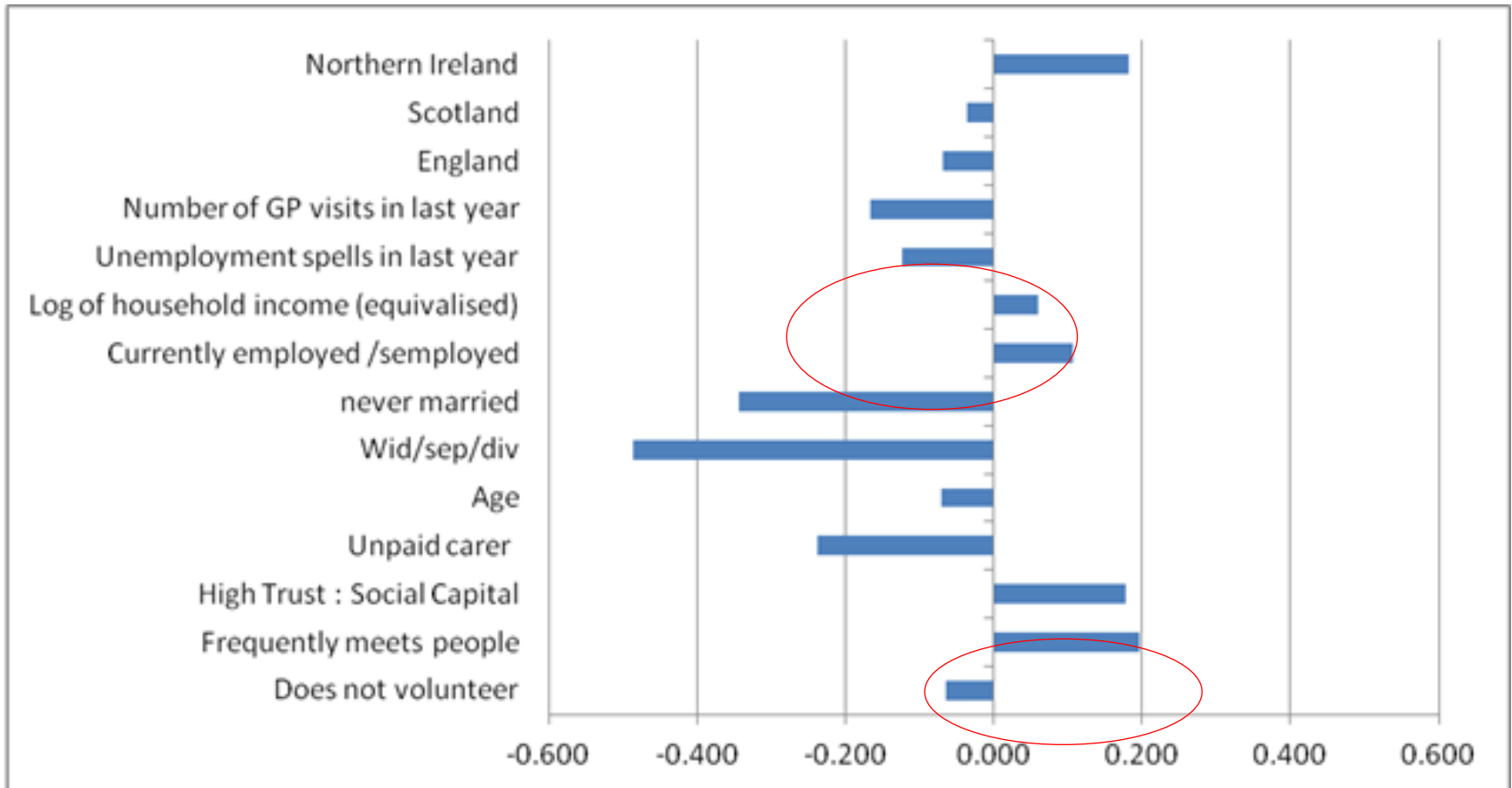
Measuring national  
well-being

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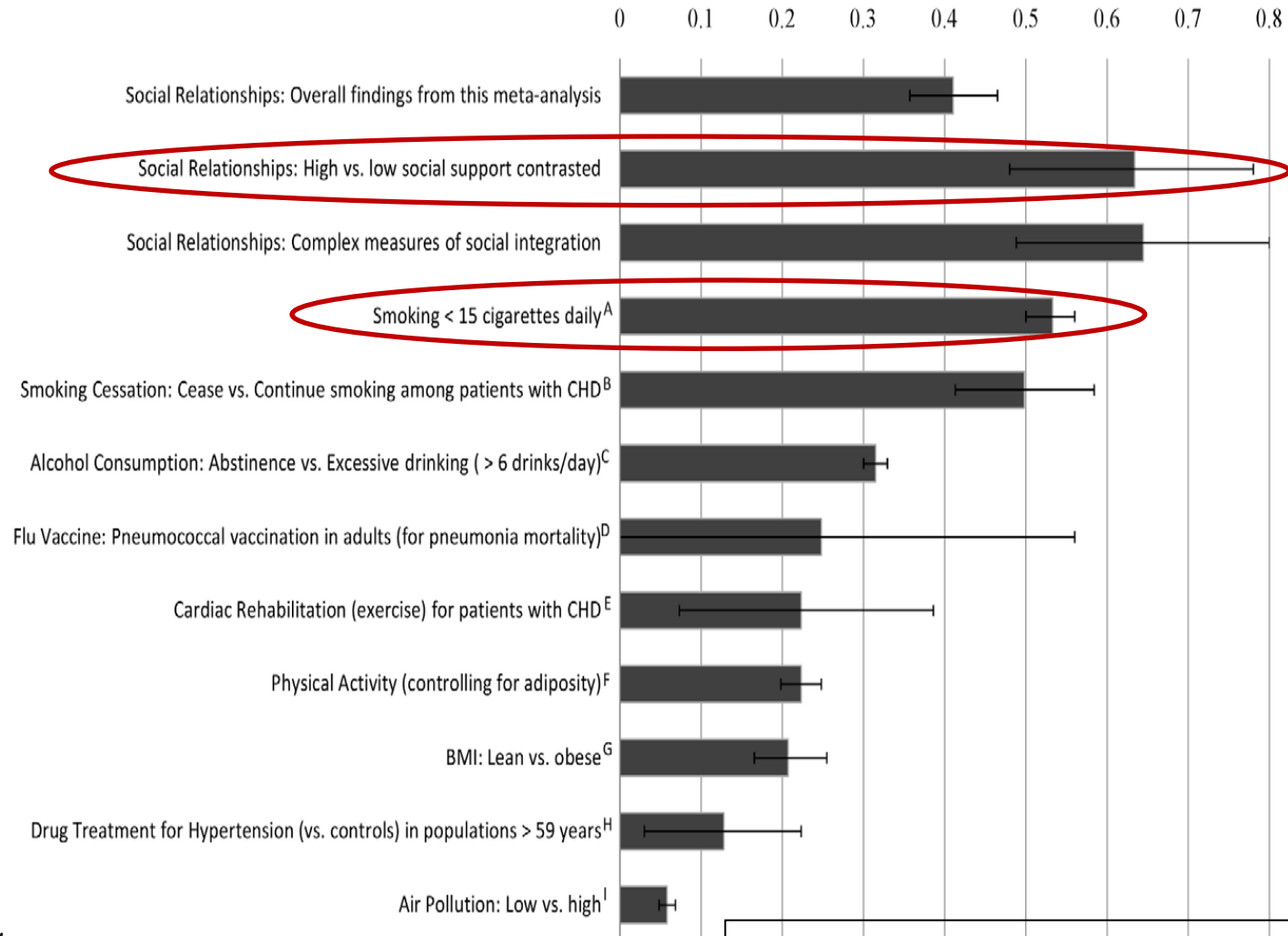
# Wellbeing – do we know what influences it?





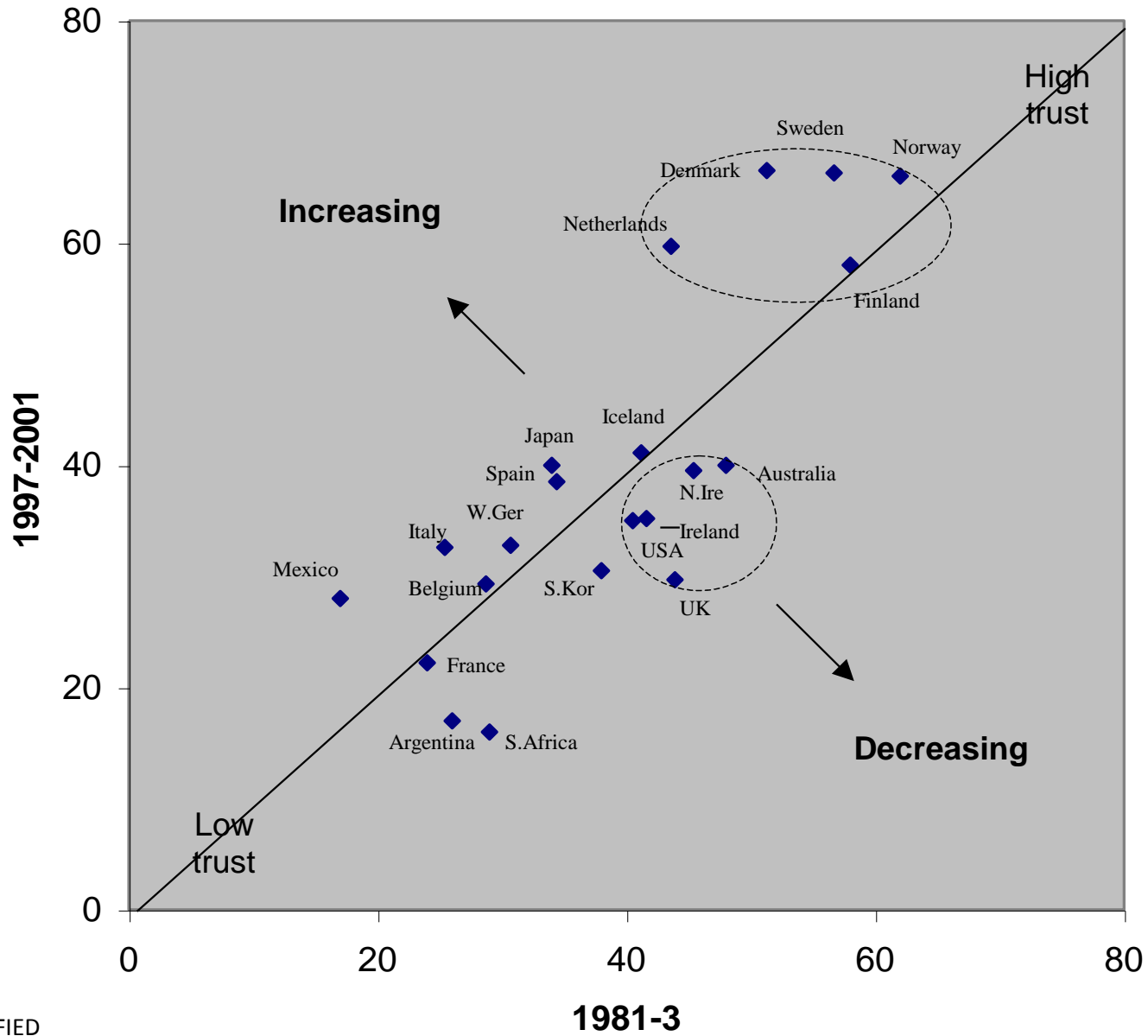
# Social relationships have big impacts – not just on SWB but also ‘hard’ impacts like mortality

## Meta analysis: comparative odds of decreased mortality



Source: Holt-Lundstad et al 2010

# Social trust (national trends)





# One key measure of relationship quality is 'social trust'

Generally speaking, do you think other people can be trusted?

In the 1950s 60% of people living in Britain said people were trustworthy. By 2002, this figure had fallen to 30%





# Wellbeing Matters.....to health

- Wellbeing is associated with a 19% reduction in all cause mortality in healthy populations (29% reduction in CVD mortality)
- Subjective wellbeing can add 4-10 years to life
- Survival of more than 9 years is associated with enjoyment of life in older adults
- Wellbeing can protect against developing illness, aid recovery and survival
- Wellbeing is associated with (and underpins) healthy behaviours
- Staff wellbeing impacts the quality of care delivered
- Associated with wider social outcomes – employment, education, relationships, reduced crime



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## Wider benefits of improving wellbeing

### **Wider benefits include:**

improved educational outcomes, learning and cognitive ability

reduced health risk behaviour such as smoking, alcohol and substance misuse

increased productivity, employment retention and reduced sickness absence

reduced antisocial behaviour, crime and violence

improved social relationships.

higher levels of social interaction and participation in community life



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However.... distribution is not  
equal?





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# The Spirit Level

Why  
More Equal  
Societies  
Almost  
Always Do  
Better

Richard  
Wilkinson  
and Kate  
Pickett



'A profoundly important book'  
Richard Layard



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## The Spirit Level

Inequality matters in how we relate to each other

The quality of our social relations are largely built on material foundations

**Need to now shift away from material standards and economic growth to improving the psychological and social wellbeing of societies and populations.....**

[www.equalitytrust.org.uk](http://www.equalitytrust.org.uk)



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# The individual .....





“Although the risks and contradictions of life go on being as socially produced as ever, the duty and necessity of coping with them has been delegated to our individual selves”

Zygmunt Bauman (2007)

‘Liquid Times: living in an age of uncertainty’



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## Going Beyond the Individual

‘.....levels of mental distress among communities need to be understood less in terms of individual pathology and more as a response to (poverty) relative deprivation and social injustice, which erode the emotional, spiritual and intellectual resources essential to psychological well-being’

Lynne Friedli, ‘Mental Health, Resilience and Inequalities.’ WHO 2009



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So What to do?.....

IF YOU TREASURE IT,  
MEASURE IT.....

# Warwick Edinburgh MWBs

	<b>None of the time</b>	<b>Rarely</b>	<b>Some of the time</b>	<b>Often</b>	<b>All of the time</b>
<b>I've been feeling optimistic about the future</b>					
<b>I've been feeling useful</b>					
<b>I've been feeling relaxed</b>					
<b>I've been dealing with problems well</b>					
<b>I've been thinking clearly</b>					
<b>I've been feeling close to other people</b>					
<b>I've been able to make up my own mind about things</b>					



# Scottish adult indicator set

## HIGH LEVEL CONSTRUCTS

Positive mental health (2)

Mental health problems (7)

## CONTEXTUAL CONSTRUCTS

### Individual

### Community

### Structural

Learning and development (1)

Participation (3)

Equality (2)

Healthy living (4)

Social networks (1)

Social inclusion (2)

General health (3)

Social support (2)

Discrimination (3)

Spirituality (1)

Trust (2)

Financial security/debt (2)

Emotional intelligence (1)

Safety (4)

Physical environment (6)

Working life (6)

Violence (3)





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# ACT on it.....



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# Five ways to wellbeing

Evidence-based actions that are memorable, easy to understand and have a wide variety of possible applications

Five ways to wellbeing

### Connect...

Connect with the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

Five ways to wellbeing

### Be active...

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and one that suits your level of mobility and fitness.

Five ways to wellbeing

### Take notice...

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

Five ways to wellbeing

### Keep learning...

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Get a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

Five ways to wellbeing

### Give...

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

**Foresight**  
Government  
Office for Science





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## All Party Parliamentary Group on Wellbeing (2014)

Wellbeing in Four Policy Areas:

**Focus on stable jobs over growth:** More than half the UK workforce are worried about losing their jobs, with disastrous consequences for their wellbeing and productivity – sickness leave alone costs an estimated £100bn a year. Secure, stable employment should be the primary focus of economic policy.

**More green spaces in our cities:** Planning processes have lost sight of their original mission to improve community wellbeing. Restoring this would transform local areas, with considerable economic benefits – city liveability is a major consideration for big employers, while encouraging residents to take up walking or cycling could save the NHS £675m a year.

**Mindfulness training for doctors and teachers:** Mental health problems cost the UK economy an estimated £70bn annually. Training new medical and teaching staff in mindfulness techniques would embed a culture of wellbeing in health and education, and reduce a later burden on the NHS by improving the availability of mindfulness-based therapies.

**Invest in arts and culture:** Wellbeing evidence gives a robust means of measuring the value of non-market goods. Arts and culture play an important part in all our lives, and wellbeing data will help make the case for spending in these areas.

# Use of large scale change – e.g. 5 ways to well being - Liverpool

## **Pledge Your Support TODAY!**

If you are keen to pledge to take action to improve your health and wellbeing then we want to hear from you. It can be something small, the important thing is that it makes you feel good!

You can either make a personal pledge or a joint pledge with friends, your workplace, your school or community group.

There are a number of suggestions that you may wish to consider, alternatively you may have an action in mind that is quite unique. Whatever it is let us know what you are planning.

## **Making a pledge**

By making a pledge you are acknowledging the importance of the health and wellbeing of our communities. By adopting the five ways to wellbeing we can make a real difference to our own lives and that of our friends, neighbours, schools and workplaces.

[www.2020yearofhealthandwellbeing.co.uk](http://www.2020yearofhealthandwellbeing.co.uk)

Up & Coming  
Events



# LIMEHURST Well-Being Explorers





Aaron Antonovsky's work with Holocaust Survivors – what helped people survive?



## **Sense of Coherence (SOC) –**

people can overcome major stressors in life if they can:

**Understand** the bigger picture and how it relates to their personal circumstances.





**...Manage and influence their personal situation...**



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# Community Wellbeing Practices



## Social prescribing

- CBT courses
- Confidence classes
- Relaxation
- Stress Less
- Sleep hygiene
- Keep fit activities
- Managing long-term conditions



## Community events

- Wellbeing events
- Community resilience
- Money matters
- Personal development
- Reminiscence events



## Wellbeing Review

- 1:1 appointments
- Advice and support
- Social issues
- Develop wellbeing plan
- Signposting to services

wellbeing<sup>®</sup>  
enterprises





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# Social prescriptions



**Astronomy on Prescription**



**Living Life to the Full**



**Tango Dancing on Prescription**



**Reach your Potential**



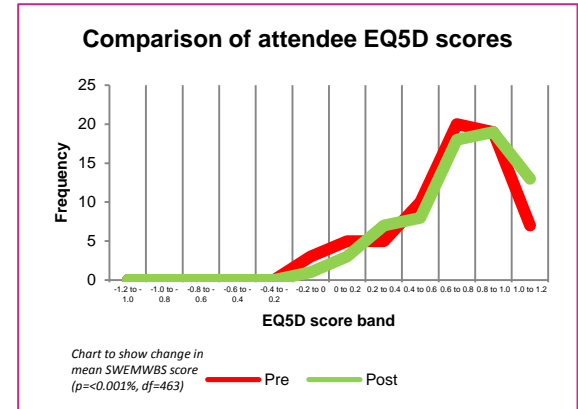
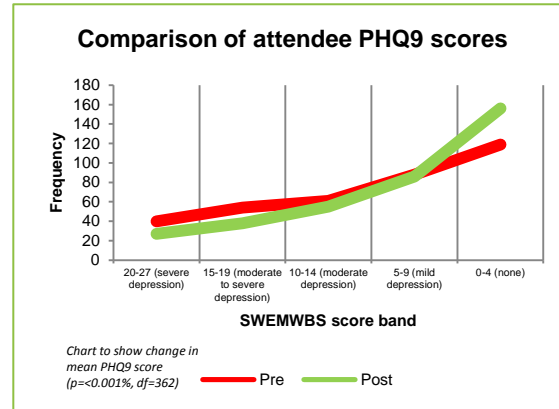
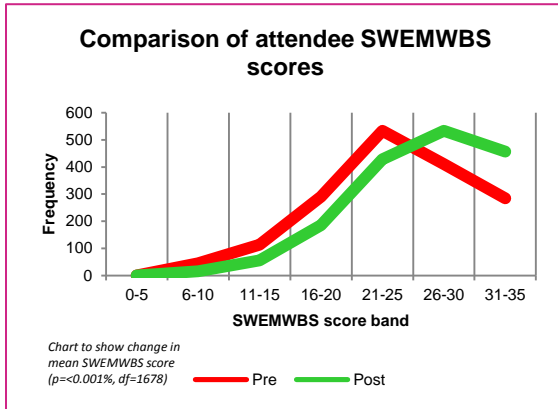
**Wellbeing Choir**



**Mindfulness**



# Outcomes – health metrics



- 4,400 interventions delivered to 2,700 unique beneficiaries
- 64% improvement in wellbeing levels (SWEMWBS)
- 55% reduction in depression symptoms (PHQ9)
- 43% improve health status (EQ5D)
- NAPC ‘Best Practice’ Award 2014 - Health & Wellbeing Innovation of the Year



national association of primary care





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# A Day in The Life.....

[www.dayinthelifemh.org.uk](http://www.dayinthelifemh.org.uk)

and shift to 'function' not  
diagnosis.....



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# Building and Acting on the Evidence of what works.....

Early years

Schools

Employment

Older life

Community



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# What Works Centre for Wellbeing

Synthesise the 'best evidence'

Help 'create' demand amongst key agencies – ie Local Government, Voluntary Community Sector, Business Sector, others

Shorten the distance between information, evidence and implementation.

Virtuous cycle of disseminate, collect evaluation information and disseminate.  
(evidence to practice to evidence)

Encourage further research, further analysis.....



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# What Works Centre for Wellbeing

**[www.whatworkswellbeing.org](http://www.whatworkswellbeing.org)**

**@whatworkswellbeing**



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Evolve towards a more integral  
approach.....



# AN INTEGRAL VISION





## Well-Being in 'self'

Emotions, feelings, thoughts  
attitudes

(mind, body, heart and spirit)

'I'

## Bio, psycho social responses

medication, hospitals, care,  
treatment and support

'IT'

## The Integral Model

## Culture and Community

Group values, culture,  
meaning, social support,  
relationships

'WE'

## Structural System

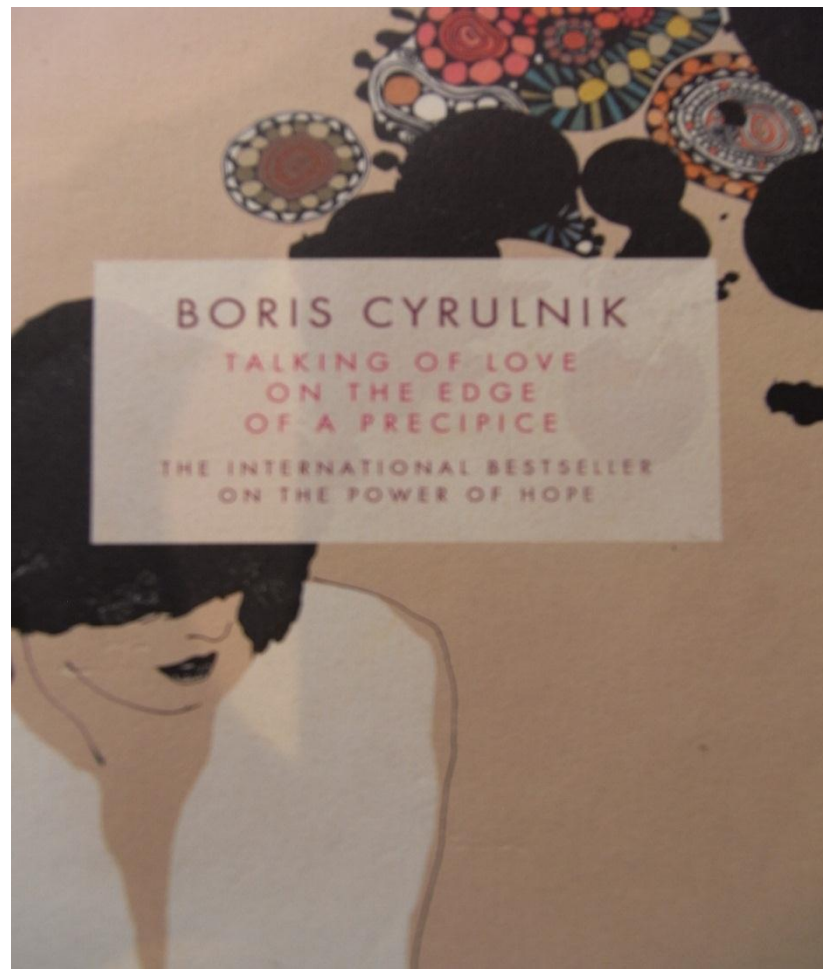
Economic, material,  
social, environmental

'ITS'



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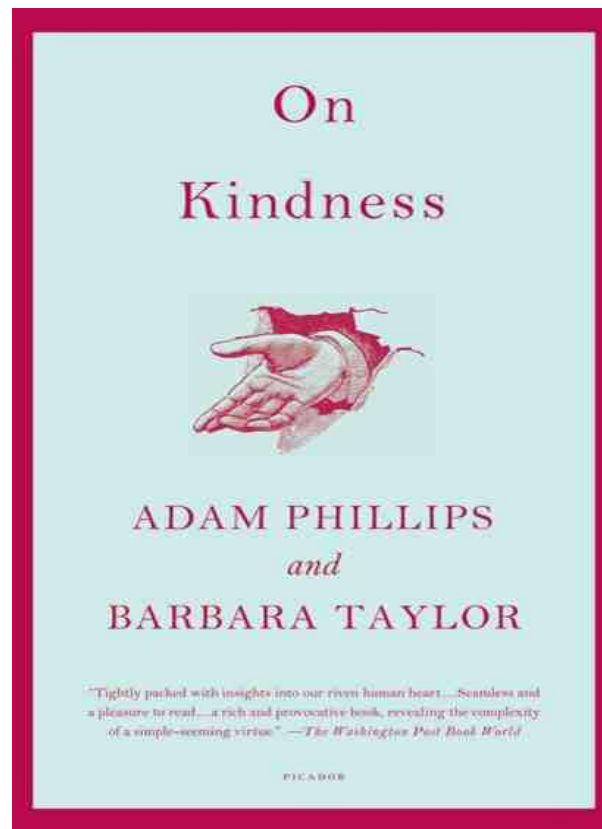
# The power of resilience.... (and Love)





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# Basic human values matter.....





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# Some questions?

Implications for current and future workforce development and training?

How to foster links with public health?

How do we articulate the benefits for working with public health and wider approaches to psychological wellbeing

Links to physical health?

Maximising a psychological dividend from Devo Manc, How?



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# Thank you

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