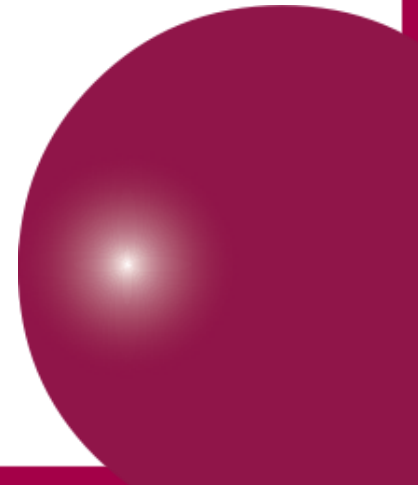


# Trends and Foresight

Report 1 – Health and Well-being  
Prepared for Big Lottery Fund  
January 2014



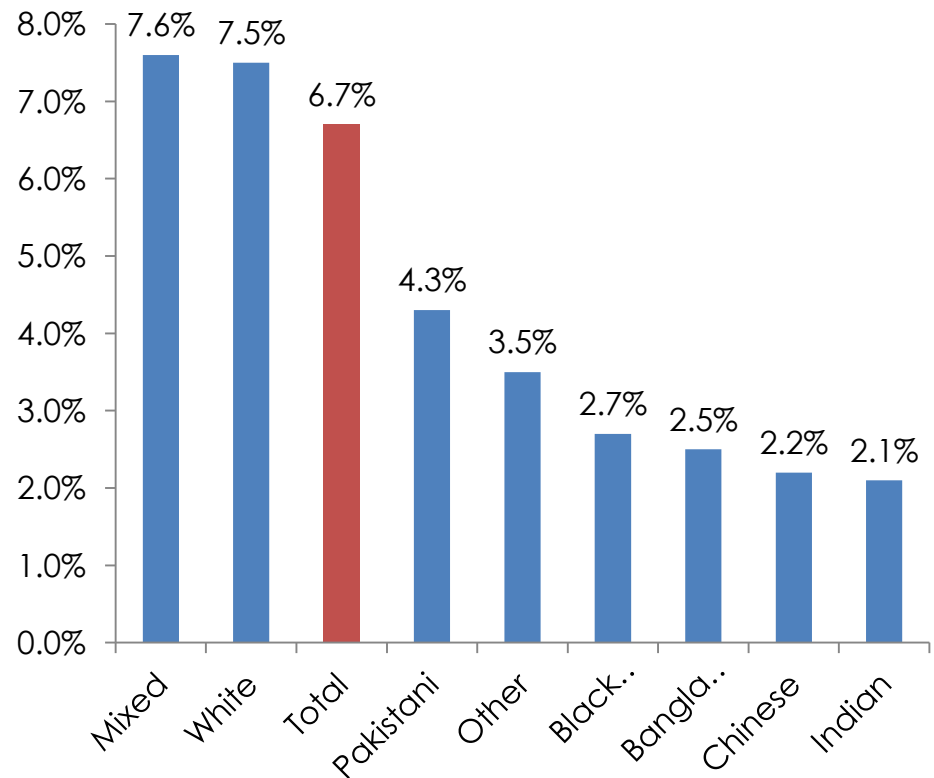
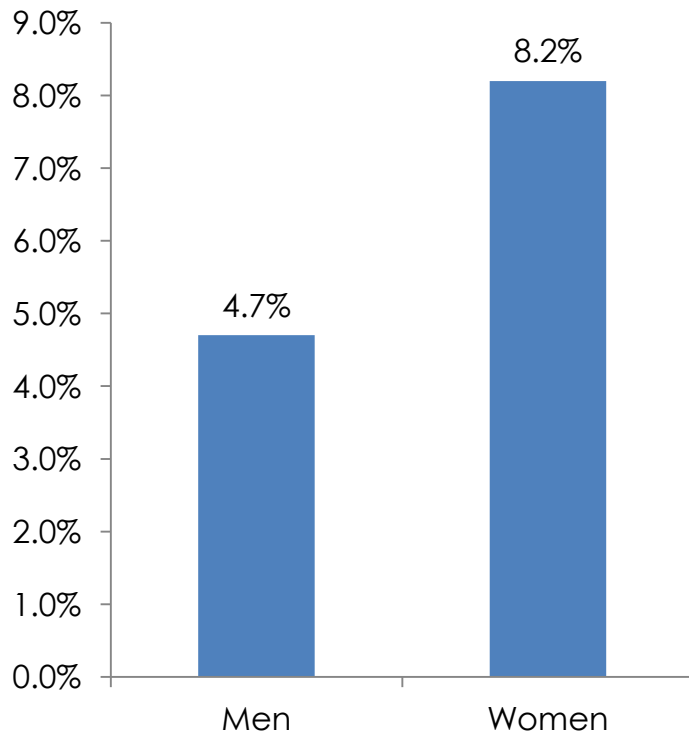
# HEALTH & WELL-BEING

# Introduction

- A significant trend in health and well-being in recent years has been the growth in emphasis on mental ill health, especially relatively common conditions such as stress, anxiety or depression.
- This broader focus is reflected in the government's creation of the National Wellbeing Survey, which measures life satisfaction, happiness and anxiety.
- While this focus on mental ill health is necessary, it is also essential to monitor trends in physical health and lifestyle related diseases. This has taken on an extra importance in recent decades as an increasingly ageing population will live for longer with lifestyle-related conditions (such as diabetes).

# Mental ill health

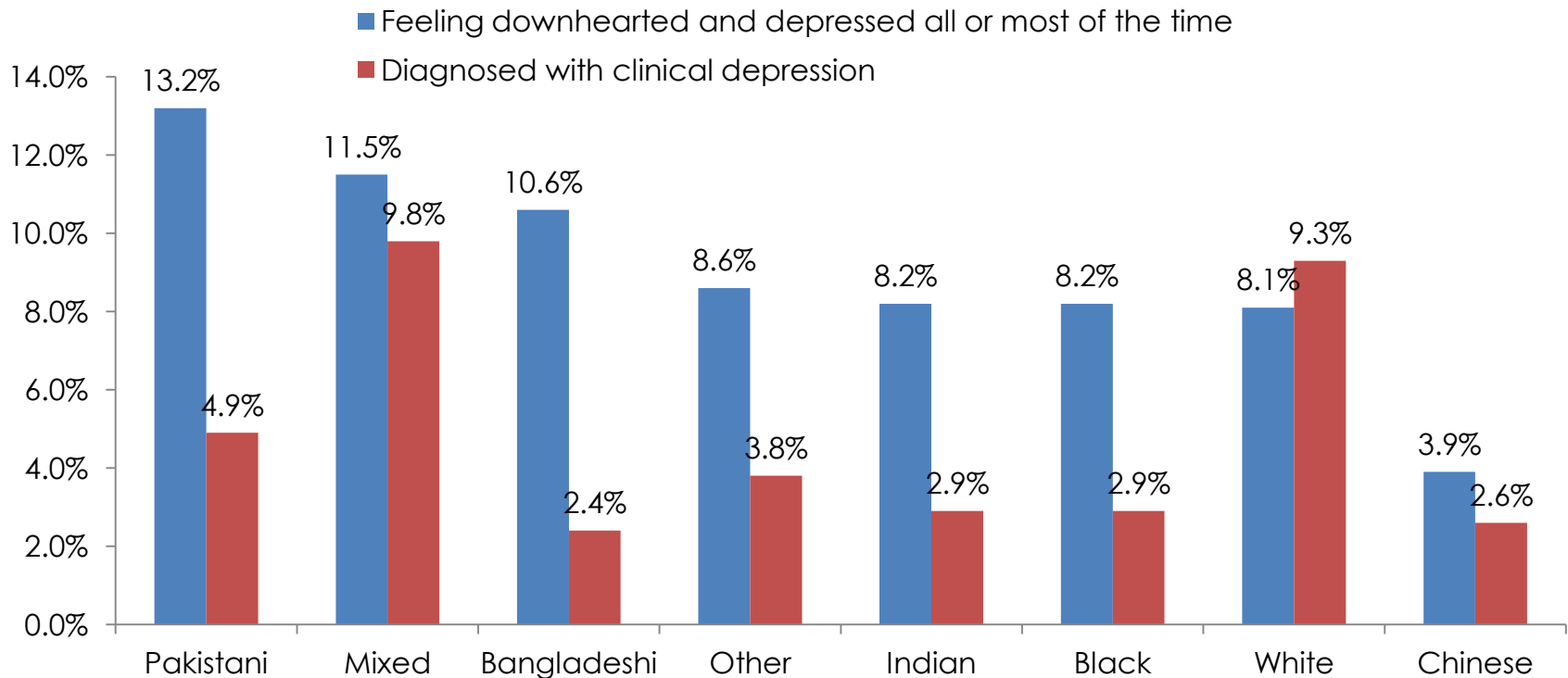
**Incidence of clinical depression varies widely by both gender and ethnicity – with men half as likely as women to be diagnosed. Some ethnic groups, such as Bangladeshi, Chinese and Indian far less likely than the national average to be diagnosed**



Source: Understanding Society, 2010-11. Base: 47,605

# Mental ill health – diagnosis gap

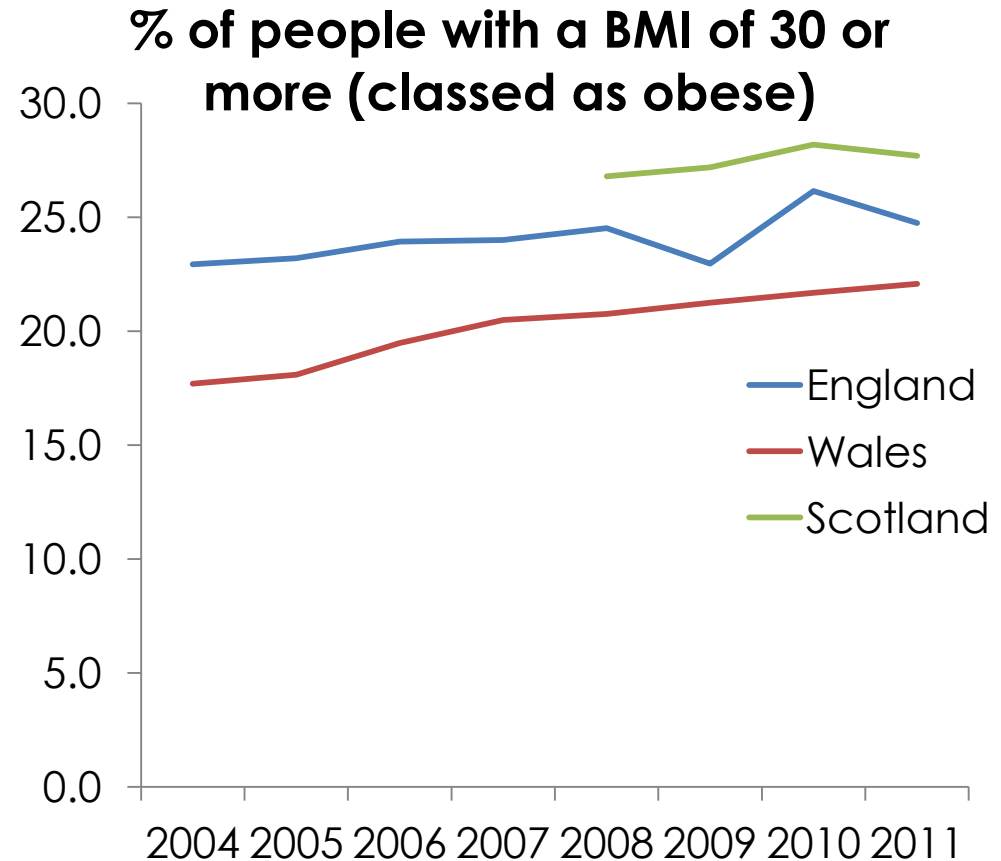
However, while certain ethnicities are far less likely to be diagnosed, they are not any less likely to feel ‘downhearted or depressed’ all or most of the time. As the chart below shows, there is a major gap between feeling depressed and being diagnosed (women only)



Source: Understanding Society, 2010-11. Base: 26,630

# Obesity is increasing across the UK

- Although the total proportion of people who are overweight has remained fairly stable across the UK over the past decade, obesity is increasing
- There is some variation across the UK, with 28% of adults in Scotland obese, compared to 22% in Wales
- Trend data is unavailable in Northern Ireland, but recent statistics are available – in 2011/12, 23% of adults were obese

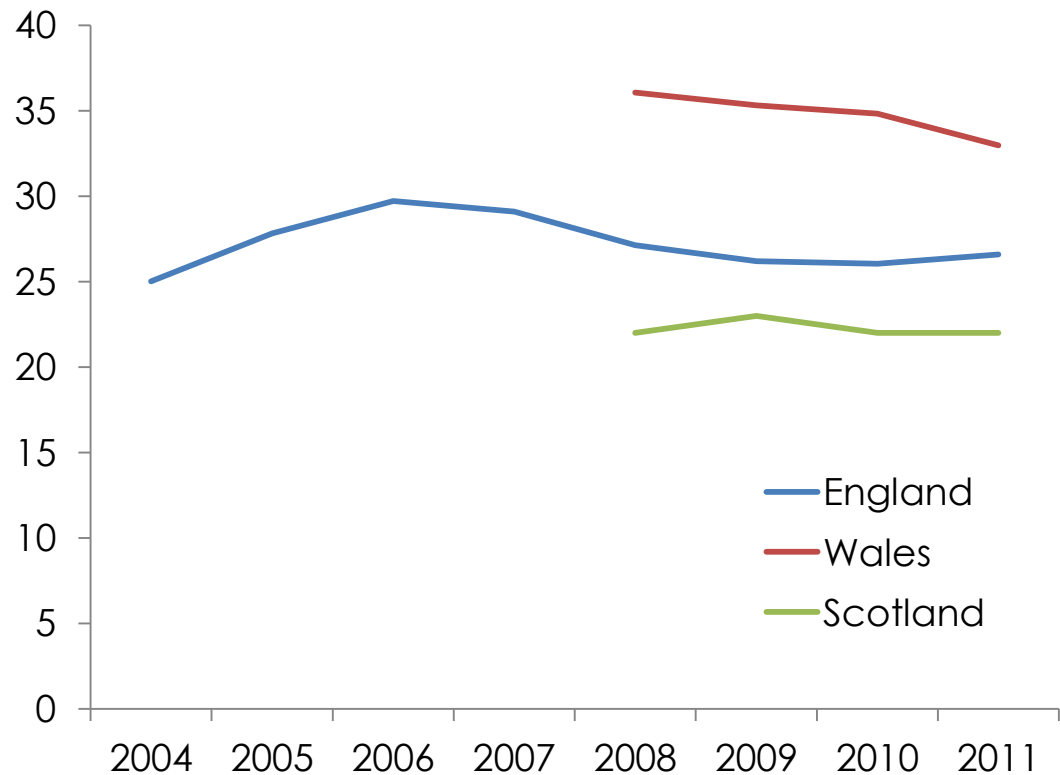


Source: Health Survey for England, Health Survey for Wales, Scottish Health Survey, Health Survey Northern Ireland

# Healthy eating not increasing

- The proportion of adults eating guideline amounts of fruit and veg (5 portions a day) is not increasing anywhere in the UK.
- Despite this, there has been no change to self reported good health – for the last 4 years in England, 76% of people have reported themselves to be in good or very good physical health.

**% eating more than 5 fruit or veg a day**

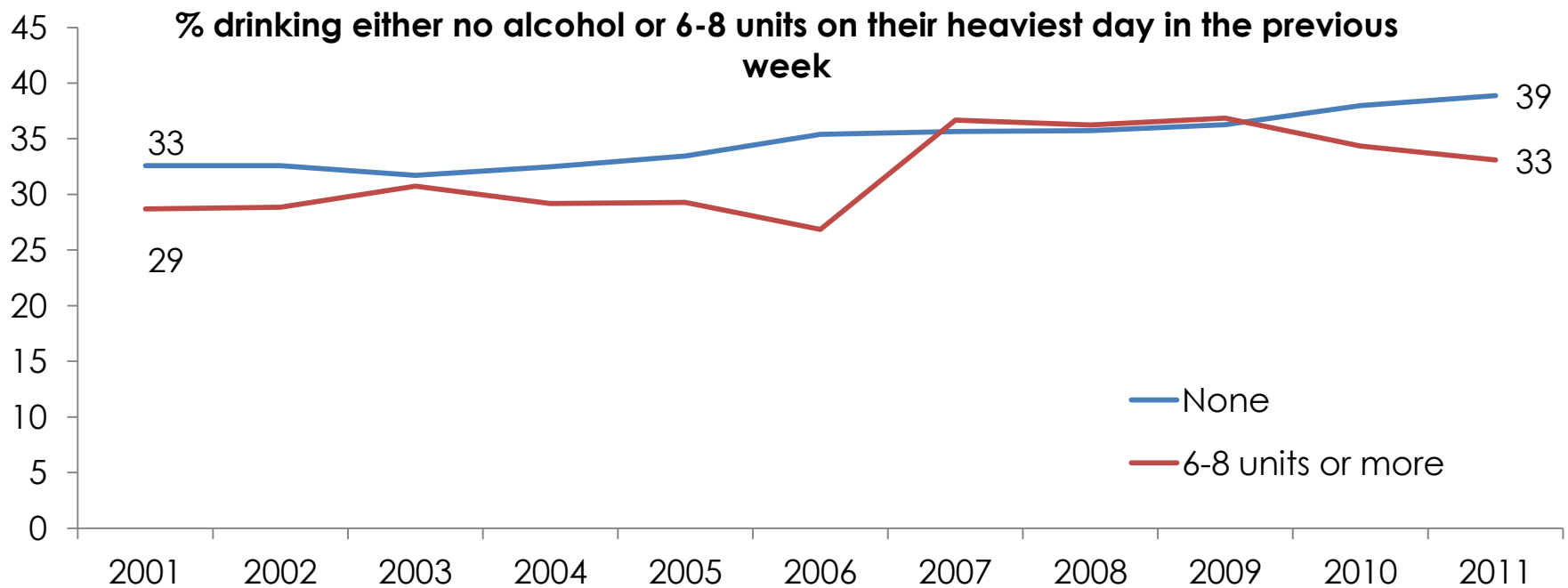


Source: Health Survey for England, Health Survey for Wales, Scottish Health Survey, Health Survey Northern Ireland

# Health Polarisation

In terms of obesity and consumption of healthy food there is little evidence that overall health is improving in the UK – but there is evidence of a steady polarisation in health and damaging consumption

Over the past decade, England has seen an increase in both the proportion of people drinking more than the recommended amount, and in the number of people abstaining entirely



Source: Health Survey for England



# Emerging areas of need

- A specific area of need to emerge from this analysis is the diagnosis gap for individuals from ethnic minorities. Although as likely to feel downhearted or depressed, people in these groups (especially women) are far less likely to be diagnosed, implying a reluctance either to take the condition seriously or to seek medical help. As discussion and treatment of mental ill health conditions becomes increasingly accepted, there is a danger these groups will be left behind.
- In terms of physical health, the picture is also negative. Although the proportion of people who are overweight (have a BMI of 25 or more) is stable, the number who are obese (30 or more) is increasing. These individuals are likely to be most at risk from weight-related conditions.
- More broadly, there is evidence of an increasing polarisation in physical health. The rise in the number of people who abstain from alcohol for example, can mask the rise in the number who drink heavily.

# Thank You

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