

# HEALTH AND WELLBEING BOARD



<b>TO:</b>	Health and Wellbeing Board
<b>FROM:</b>	Director of Public Health
<b>DATE:</b>	18 <sup>th</sup> May 2022

## **SUBJECT: Mental Wellbeing and Inequalities Framework**

### **1. PURPOSE**

To brief members of the Health and Wellbeing Board on the Mental Wellbeing and Inequalities Framework. The framework is a decision making tool, which asks departments or organisations how their policies and their ways of working positively influence the mental wellbeing of residents. It looks closest at the people with the lowest levels of mental wellbeing in the borough and hopes to address inequalities, to ensure equity of services and resources.

### **2. RECOMMENDATIONS FOR THE HEALTH & WELLBEING BOARD**

- To note the contents of the Mental Health and Inequalities Framework
- To support this piece of work and help to embed the framework into the working practise of the borough.
- For Health & Wellbeing Board members to champion the framework in their local organisations, to ensure its implementation.

### **3. BACKGROUND**

The Public Health team and partner VCFS organisations have been working together, along with input and support from the national think-tank, 'What Works Wellbeing', on a Mental Wellbeing and Inequalities Framework for the borough.

The aim of this framework is to raise the profile of mental wellbeing, as an important indicator of 'how we are doing'.

We describe mental wellbeing as:

- Something that affects everyone.
- And we recognise that you can have high or low wellbeing, with or without a mental illness.
- Wellbeing is about lives going well, the combination of feeling good and functioning well.
- It includes the positive emotions of happiness and contentment, but also such emotions as interest, engagement, confidence, empathy and affection.
- It is the development of one's potential, having some control over one's life, having a sense of purpose (e.g. working towards valued goals), and experiencing positive relationships.

It covers a lot, making it a great indicator of how lives are going. We therefore want to establish improving mental wellbeing as a goal for all policy makers within the council and VCFS partners in Blackburn with Darwen (BwD).

#### 4. RATIONALE

The rationale for this work is to:

Raise the profile of wellbeing

- As an important indicator that we can measure and track over time
- So we can establish, improving wellbeing as a goal for all areas
- So there is a wellbeing aspirations for every resident in BwD

Collect Wellbeing data

- By asking the right questions
- By making it the norm in our resident surveys

Encourage the measurement of wellbeing as a way of measuring the impact of an intervention

- The So What? test
- Using evidenced based wellbeing measurement tools eg. WEMWBS

Address Inequalities

- By better targeting of resources, to the people with lowest levels of wellbeing

#### 5. KEY ISSUES

Blackburn with Darwen residents have suffered the highest proportion of Covid cases in the UK. BwD has had long periods of local and national restrictions, so the impact on the mental wellbeing of residents and the workforce is well recognised.

Even before covid, the estimated Blackburn with Darwen prevalence for common mental health disorders was high, in both the over 65 age group (12% compared to 10.2% nationally) and 16 and over population (19.9% compared to 16.9% nationally). Common mental disorders include depression and anxiety ([Public Health Outcomes Framework - PHE](#))

The Department for Communities and Local Government publish the [Index of Multiple Deprivation](#) which indicates that some areas of Blackburn are in the top 10% most deprived in England. The health of people in the borough also lags behind the England average on a range of indicators. For example, life expectancy remains below national levels. [Public-health-annual-report-2018-19-1.2.pdf \(blackburn.gov.uk\)](#)

The pandemic has highlighted the health inequalities within our communities, with those living in the most deprived areas more susceptible to the effects of Covid and this further widens the health inequality gap.

The framework aims to be a highly useable, succinct document that changes with need and in line with feedback from its users. It has been developed by a steering group, but we are now at the stage where we want to invite partners to trial the framework, with support from us to test its applicability.

The framework will ask policy makers, council and partner workers, to:

- Prioritise mental wellbeing within their policy
- Consider how their policy affects people with the lowest levels of mental wellbeing.

It does this by outlining aspirations for wellbeing for all residents of BwD across all aspects of wellbeing. Eg. Personal wellbeing, economy, education and childhood, health, place, etc. It also outlines the characteristics of the people with the poorest personal wellbeing, ([Understanding well-being inequalities: Who has the poorest personal well-being? - Office for National Statistics \(ons.gov.uk\)](#)) and presents the BwD data, relating to those characteristics to provide that local

picture.

We would like it to be used by organisations and departments, that don't traditionally see health and wellbeing as being part of their remit. By working closely with them, we hope to raise the profile of mental wellbeing as an indicator of lives going well, with improvements in wellbeing being indicative of wider improvements in lives and with benefit for all.

For this to be successful we need the support of the Health and Wellbeing board to embed the framework into the working practise of the borough.

A presentation with further details will be presented at the meeting.

## 6. POLICY IMPLICATIONS

It has implications for policy creation going forward, as it aims to ensure departments or organisations consider how their policies and their ways of working positively influence the mental wellbeing of residents.

## 7. FINANCIAL IMPLICATIONS

None.

## 8. LEGAL IMPLICATIONS

This proposal will help improve one of the Council's eight corporate priorities (2019-2023) being: "Reducing health inequalities and improving health outcomes"

## 9. RESOURCE IMPLICATIONS

A Mental Wellbeing and Inequalities Steering group has been formed, which includes elected member representation, regional representation from OHID and will be facilitated by the Public Health Team. It will oversee the implementation of the Mental Wellbeing and Inequalities Framework.

## 10. EQUALITY AND HEALTH IMPLICATIONS

Equality Impact Assessment (EIA) not required – the EIA checklist has been completed.

## 11. CONSULTATIONS

- **Mental Wellbeing and Inequalities Steering Group** made up of local partners to shape the development of the Prevention Concordat and ensure that we are addressing the social and economic disadvantages in Blackburn with Darwen.
- **The Health and Wellbeing Board Development Session** on Mental Wellbeing (Jan 2022.) This was to ensure a clear vision for prevention and promotion of better mental health across the partnership.

<b>VERSION:</b>	<b>0.1</b>
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<b>DATE:</b>	18/05/22
<b>BACKGROUND PAPER:</b>	<ul style="list-style-type: none"><li>• Mental Wellbeing and Inequalities Framework</li><li>• TOR of the Mental Wellbeing and Inequalities Steering Group</li></ul>

