



An independent, collaborative centre that brings together high-quality evidence on wellbeing for decision-makers in government, communities, businesses and other organisations

What is wellbeing?

Wellbeing is 'how we're doing':

- It's how we experience life as a whole,
- How external conditions affect our lives, and
- How we function in society.

What matters for wellbeing?

Everything in our lives can affect our wellbeing, but some important aspects are income, work, the things we do, our health, relationships, environment, and communities.

What affects wellbeing is different for everyone. So, no matter how many positive things we have in our lives, if we don't feel or experience our lives going well, we can't describe them as truly going well.

We should ask people directly how they think their lives are going, not just try to measure what we can observe.

How do we measure wellbeing?

We have a national wellbeing framework which looks at 41 indicators covering ten domains of people's lives: relationships, health, what we do, where we live, personal finance, economy, education and skills, governance, environment and personal assessments of wellbeing.

This last domain includes **subjective measures** of wellbeing which **ask people directly how they feel their lives are going**.

The Office for National Statistics reports on national wellbeing on a quarterly basis, and provides data at local authority level every three years.

Who has the lowest wellbeing?

Around 1% of people in the UK (over half a million people) have low wellbeing. People with the lowest personal wellbeing had the following characteristics

- self-reported very bad or bad health
- be economically inactive with a long-term illness or disability
- be middle-aged
- be single, separated, widowed or divorced
- be renters
- have no or basic education

EXERCISE

- Whose wellbeing do you care about?
- Which aspect of wellbeing does your project impact?
- How do you (or could you) measure it?

