REASONS TO BE CHEERFUL, OR NOT...?
Different factors affect wellbeing. We look at how a few particular sectors of society are faring.

## OBESITY
39%  
50% of women aged 16 and over were 'normal weight' in 1993 - this dropped to 39% in 2011. For men this has dropped from 41% to 31%. Source: HSCIC

8,740  
In 2011-2012, there were almost three times as many female admissions as male with a primary diagnosis of obesity – 8,740 vs 2,990. Source: HSCIC

56%  
Between 2000 and 2009, the average age for a young person (5-19-year-olds) admitted to hospital for obesity-related illness was 14 - 56% of these were girls. Source: NHS

## MENTAL HEALTH SUFFERERS
1.25 million  
In 2010/11 over 1.25 million adults accessed NHS services for severe or enduring mental health problems. Source: HSCIC

4,008 deaths  
The mortality rate was 4,008 per 100,000 (83,390 deaths in total) for mental health services users, compared to the general population rate of 1,122 per 100,000. Source: HSCIC

+3.6%  
Between 2005/06 and 2011/12 in England there was an increase of 3.6 percentage points in the number of 16-24-year-olds who had volunteered in the last 12 months. Source: ONS

## OLDER PEOPLE
80%  
Those who agreed that local friendships and associations meant a lot to them increased with age from 64% of those aged 50-54, to over 80% of those aged 70 and over. Source: ONS

84%  
69% aged 50-54 agreed that they belonged to their neighbourhood. Of those aged 70 and over it was 84%. Source: ONS

## YOUNG PEOPLE
6.6% increase in 2012 in young adults who visited a museum or gallery compared with a year earlier. Source: ONS

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77%  
The percentage of people agreeing that 'Mental illness is an illness like any other' increased from 71% in 1994 (the first year this question was asked) to 77% in 2011. Source: HSCIC

80%  
In 2012 young people in Great Britain reported that they were very optimistic about the next 12 months: between 80 and 85 per cent reported a medium to high level of optimism. Source: ONS

## WHAT AFFECTS YOUR WELLBEING

Some factors affect personal wellbeing more than others. People's self-reported health is the most important factor associated with personal wellbeing, followed by an individual's work situation, relationship status, then a host of other factors. Source: ONS

## Changes in Wellbeing

- Employment: While being employed is better for personal wellbeing than unemployment, satisfaction decreases the less ideal your job is. Source: ONS
- Become Ill: People who are economically inactive due to ill health have particularly low ratings of personal wellbeing. Source: ONS
- Be a Culture Vulture: GO TO FINISH
- Make Friends: Move 3 Spaces
- Sign Up Today: Move 3 Spaces

## END

69% aged 50-54 agreed that they belonged to their neighbourhood. Of those aged 70 and over it was 84%. Source: ONS

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For older people aged 50 and over, about 82% of those who agreed that they belonged to their neighbourhood also reported that they were satisfied with their life overall compared with 53% of those who disagreed. Source: ONS

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