

Personal well-being scores 2019

Measurements

The four personal well-being questions are:

Overall, how satisfied are you with your life nowadays?

Overall, to what extent do you feel the things you do in your life are worthwhile?

Overall, how happy did you feel yesterday?

Overall, how anxious did you feel yesterday?

The responses to all four questions are measured on a 0 to 10 scale where 0 is “not at all” and 10 is “completely” (1).

Summary

The average (mean) ratings across the four measures of personal well-being in the year ending March 2019 in Bradford were:

- 7.67 out of 10 for life satisfaction, versus the England average of 7.74
- 7.87 out of 10 for feeling that the things done in life are worthwhile versus the England average of 7.88
- 7.50 out of 10 for happiness yesterday versus the England average of 7.56
- 2.81 out of 10 for anxiety yesterday versus the England average of 2.90

The average ratings across the four measures of personal well-being have remained relatively stable in Bradford since 2011/12 reflecting the national trend (**Figure 1**). All four indicators continue to be in the “higher personal well-being” category.

Since 2011/12 life satisfaction in Bradford has increased by 4.9%, reaching its highest rate yet in 2018/19 (**Figure 1a**). Feelings of worthwhile increased by 1.2% in 2018/19 from the previous year bringing the rate back in line with the England average (**Figure 1b**). Although a slight increase was observed in the average rate of happiness for Bradford in 2018/19, the rate remains below the England average (**Figure 1c**). Feelings of anxiety increased slightly

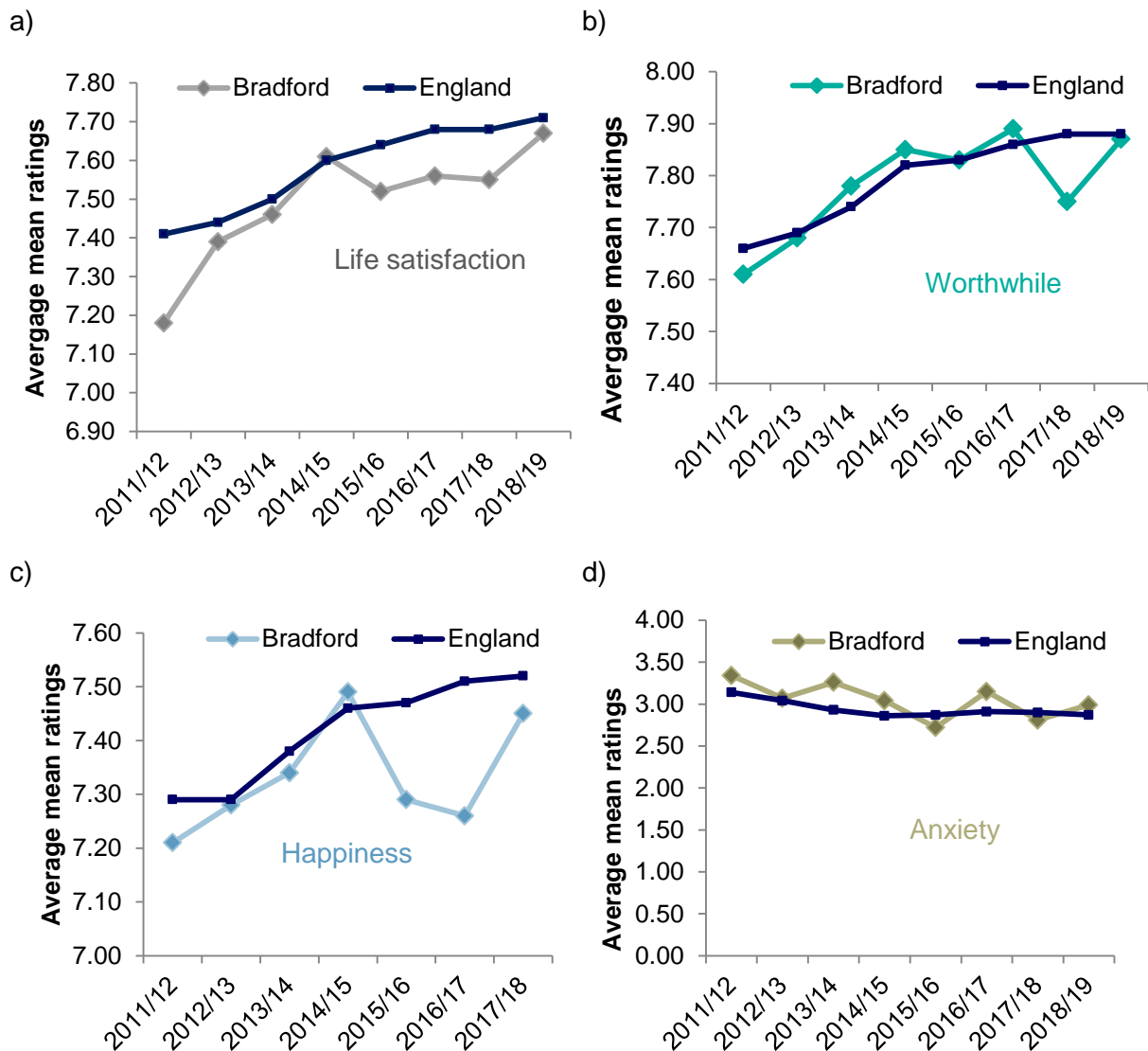
from 2.18 in 2017/18 to 2.81 in 2017/18 (**Figure 1d**). However, the changes in trends identified are small and may be explained by sampling variation.

Factors affecting personal wellbeing

Research [published](#) at national level found that reporting 'bad' or 'very bad' health was the strongest predictor for reporting poor personal well-being. Other personal circumstances associated with a poor personal well-being included: being economically inactive with long-term illness or disability; being middle-aged, being single, separated, widowed or divorced; renting rather than owning a home; and having low levels of education.

The [Thriving Places Index](#) (TPI) provides information on personal well-being at a local level (2). Overall Bradford ranks medium in the TPI with a score of 4.3 out of 10. The lowest scores are in safety (2.01), mortality and life expectancy (3.23), well-being (3.35), health (3.41), and adult education (3.47). Overall an improvement is evident from 2018 where the overall TPI score was low at 3.8 out of 10.

Figure 1: Average (mean) ratings in a) Life satisfaction, b) Worthwhile, c) Happy, d) Anxiety in Bradford and England. 2011/12 to 2018/19 (please note different Y-axis scales)



References

1. Statistics O for N. Personal well-being in the UK - Office for National Statistics [Internet]. 2016 [cited 2019 Oct 29]. Available from: <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/bulletins/measuring-nationalwellbeing/localauthorityupdate2015to2016#how-do-people-rate-their-personal-well-being-in-your-area>
2. Thriving Places Index | Happy City [Internet]. 2019 [cited 2019 Oct 29]. Available from: <http://www.thrivingplacesindex.org/>