

Self-reported personal wellbeing

Personal wellbeing data are collected from the Annual Population Survey (APS), which is a sample based survey covering the UK. Prior to July 2016 personal wellbeing datasets were included in a separate “Personal Well-being Annual Population Survey” dataset, but they are now included within the main APS. Results are published annually by the Office for National Statistics (ONS).

Since 2011, survey respondents (adults aged 16 and over in the UK) have been asked personal wellbeing questions, to better understand how they feel about their lives. The four personal wellbeing 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?

People are asked to respond on a scale of 0 to 10, where 0 is “not at all” and 10 is “completely”.

This document highlights the key trends of personal wellbeing reported to the survey by a sample of Gloucestershire residents.

Self-reported personal wellbeing: Gloucestershire key trends

Why is good wellbeing important?

People with higher wellbeing have lower rates of illness, recover more quickly and for longer, and generally have better physical and mental health.

- ❖ In 2016/17, Gloucestershire's average scores for the four wellbeing questions ranked in the following order, from highest to lowest: **'Worthwhile'** = 7.83 out of 10; **'Life satisfaction'** = 7.73; **'Happiness'** = 7.39; **'Anxiety'** = 2.81.
- ❖ Since 2011/12, Gloucestershire's average scores for **'Life Satisfaction'** have been rising.
- ❖ Trends for **'Worthwhile'** and **'Happiness'** have initially risen between 2011/12 and 2013/14, but both have shown an overall decrease since 2013/14.
- ❖ **'Anxiety'** scores have shown a continual decrease in Gloucestershire between 2011/12 and 2016/17, except for a spike in 2015/16. However, the percentage of respondents providing a high anxiety score in 2016/17 was at its second highest level since 2011/12. This possibly suggests a degree of polarisation in scores.
- ❖ In comparison with England, Gloucestershire's average scores in 2016/17 were more favourable for **'Life Satisfaction'** and **'Anxiety'**, but less favourable for **'Worthwhile'** and **'Happiness'**. These differences, however, are not statistically significant.

Self-reported wellbeing 2016/17

Life satisfaction

Question:
Overall, how satisfied are you with your life nowadays?
Where 0 is 'not at all satisfied' and 10 is 'completely satisfied'.



Worthwhile

Question:
Overall, to what extent do you feel the things you do in your life are worthwhile?
Where 0 is 'not at all worthwhile' and 10 is 'completely worthwhile'.



Happiness

Question:
Overall, how happy did you feel yesterday?
Where 0 is 'not at all happy' and 10 is 'completely happy'.



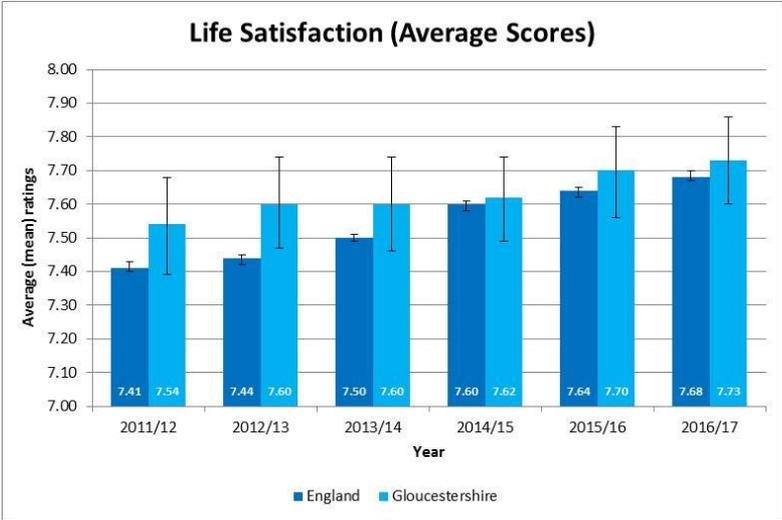
Anxiety

Question:
Overall, how anxious did you feel yesterday?
Where 0 is 'not at all anxious' and 10 is 'completely anxious'?

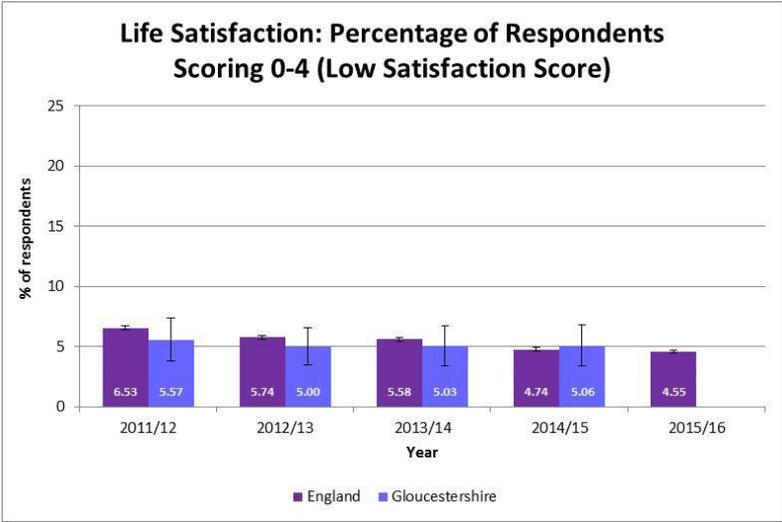


Self-reported wellbeing: Life satisfaction

Question: Overall, how satisfied are you with your life nowadays? Where 0 is 'not at all satisfied' and 10 is 'completely satisfied'.



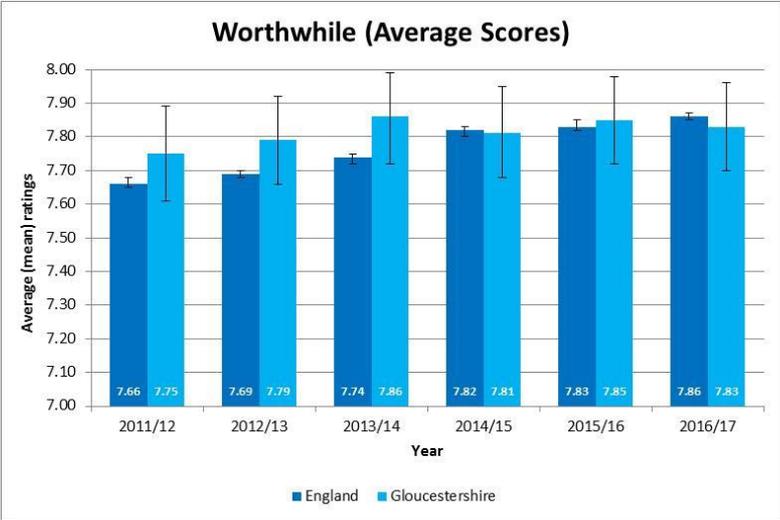
Note: Chart axis does not start at zero.



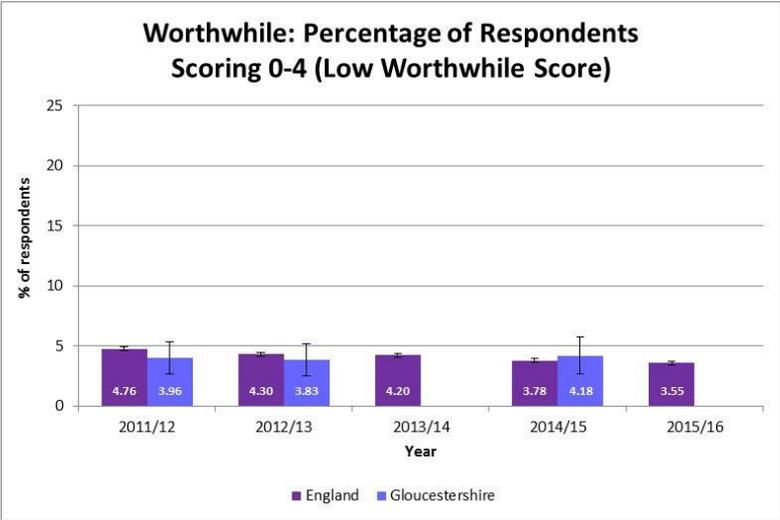
Note: Some values missing due to small sample size.

Self-reported wellbeing: Worthwhile

Question: Overall, to what extent do you feel the things you do in your life are worthwhile? Where 0 is 'not at all worthwhile' and 10 is 'completely worthwhile'.



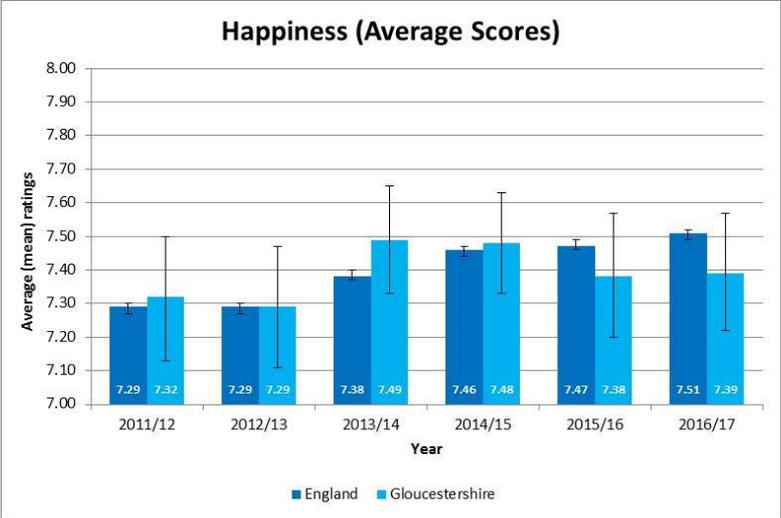
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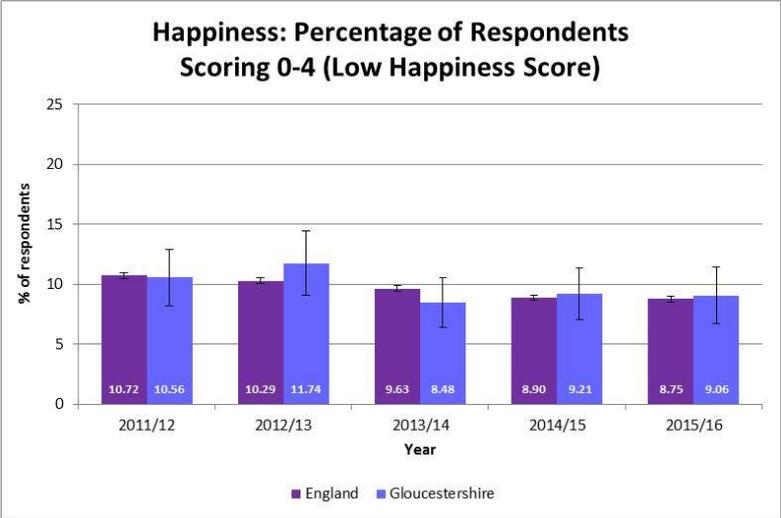
Note: Some values missing due to small sample size.

Self-reported wellbeing: Happiness

Question: Overall, how happy did you feel yesterday? Where 0 is 'not at all happy' and 10 is 'completely happy'.

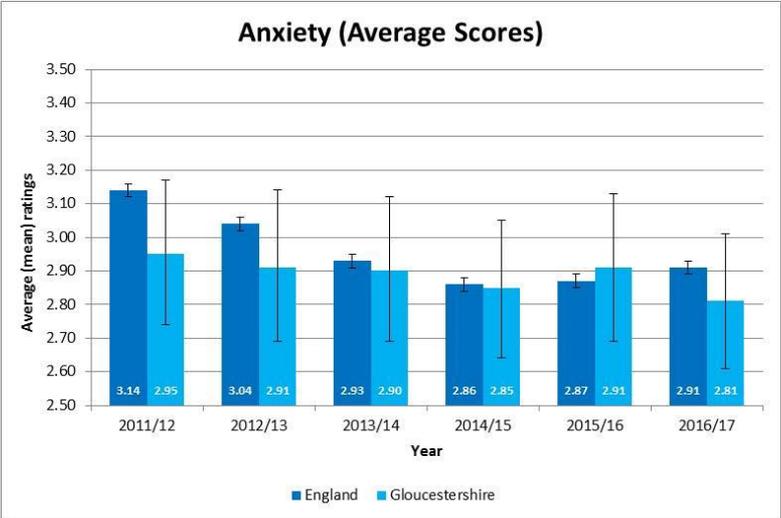


Note: Chart axis does not start at zero.

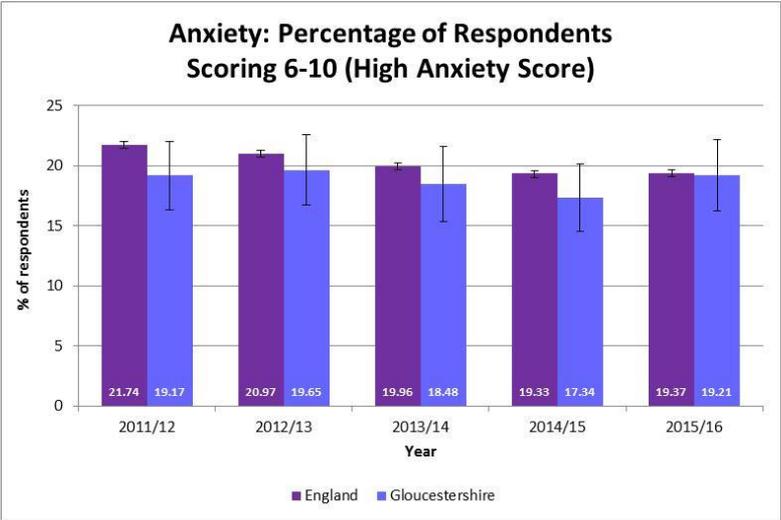


Self-reported wellbeing: Anxiety

Question: Overall, how anxious did you feel yesterday? Where 0 is 'not at all anxious' and 10 is 'completely anxious'.



Note: Chart axis does not start at zero.



Appendix: Annual Population Survey Caveats (Source: Office for National Statistics)

It is important to remember that the indicator from the Annual Population Survey (APS) is just an estimate, based on a sample of the population from each area. For each indicator published by ONS they provide standard errors, coefficients of variation and confidence intervals. These should be used to fully assess the quality of the data available for a given area.

Standard errors provide a measure of the precision of an estimate that is calculated from a sample, rather than the total population. The confidence interval gives the range in which the true population value is likely to fall. Areas with smaller sample sizes will have higher margins of error. The results published by ONS have been graded to reflect the degree of confidence in the results; it is therefore recommended that the original ONS spreadsheets are referred to when interpreting the results:

<https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/datasets/headlineestimatesofpersonalwellbeing>

The APS is a mixed mode survey using both face-to-face and telephone interviews. Different collection methods can affect responses. Higher than average ratings for the life satisfaction question were provided by respondents interviewed via the telephone compared to those who were asked face-to-face. It is important not to infer the percentage of people reporting a certain level of well-being in an area is true for all people living in that area. Also that people's differences in well-being between areas should not be taken to directly indicate differences in people's views of their local area. This is because there are a number of factors, not just place, that influence personal well-being, for example; health, relationships and employment situation. All methodological issues are discussed in Quality and Methodology Information (QMI): Personal Well-being in the UK QMI:

<https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/methodologies/personalwellbeingintheukqmi>