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Proposed indicators for Asset Based Approaches in Wales

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In the UK there is a growing awareness of the potential of asset based approaches (ABA) for improving health and well-being. Despite the use of such approaches there has been limited development with regards to ABA measurement and reporting of impact, and there is no single tool in Wales relating to health asset data. Asset mapping and an asset based approach relies on working locally with communities; nationally available data can help provide a context and tool to assist this work.

Working with colleagues across Wales, and a North Wales ABA learning set, the author of this paper proposes a framework and identifies a selection of potential indicators on behalf of the Observatory that could be used for measurement and reporting of ABA in Wales. This has been informed by evidence and theory for an assets based approach, approaches used elsewhere, policy and available data. The North Wales learning set plans to share the findings of this work more widely.

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“Health assets are factors or resources which enhance the ability of individuals, communities and populations to maintain their health and wellbeing. These act as protective or supporting factors to buffer against life’s stresses. They include the capacity, skills, knowledge, connections and potential in a community. This approach contrasts with a health deficits approach which focuses on problems or deficiencies in a community. These include, for example, deprivation, illness and health damaging behaviours”

(Fairer Health Outcomes for All, 2011¹)

1 Background

There has been a growing interest from individuals and organisations both in Wales and the UK on Asset Based Approaches, particularly in respect of improving health and well-being. A number of specific analyses and presentations have been undertaken across Wales relating to asset based approaches, including within Director of Public Health annual reports; however, there is no single tool in Wales relating to asset data. This report intends to inform the work of the observatory and proposes indicators that could be used to help provide a context and tool for ABA.

Asset mapping and an asset based approach relies on working locally with communities. A learning set* in North Wales with a particular interest in ABA met on a frequent basis over a six month period to learn more about this area of work. The information and evidence generated through this learning set (appendix 1) together with views from interested parties across Wales has been used to inform this report and subsequently propose a framework and indicators for ABA which the Public Health Wales Observatory can use for future work. The broader work of this learning set is described in a separate paper.

The proposed framework and indicators have been generated through attempting to understand ABA. These approaches begin with the social-ecological model of health and sustainability, and relate more to culture than to systems and processes. Improving population health requires making changes in the physical, social and economic circumstances of people's lives, not merely altering individual behaviours². Similarly ABA focus on the resources that people and communities employ to remain well and to bounce back from adversity.

Measuring the impact of complex community interventions on health, social and well-being outcomes is not straight-forward³. Factors associated with ABA such as resilience, participation, community cohesion, happiness, connectedness and social capital are difficult to measure as they have an intrinsic value, rather than being of value because they deliver some other benefit, and will inevitably be influenced by a host of other factors affecting the lives of individuals and the wider community.

Traditional models for health and social care tend to emerge from deficit based approaches. They take the identified needs of the individual and look to address those needs. Assessing assets alongside needs gives an improved understanding of communities, and helps to build resilience and social capital and thus develops a better way of providing services⁴. ABA aims to *harness inherent assets* and support that may exist within families and communities, and will also enhance the public sectors contribution to improving health and well-being.

* A multi-agency task and finish group reviewing Asset Based Approaches and their effectiveness

2 What has been done

In working with a North Wales learning set and colleagues across Wales, England and Scotland, the author of this report has developed a framework and proposed potential indicators on behalf of the Observatory. This framework and the selection of indicators have been informed by evidence and theory for assets based approaches, approaches used elsewhere, areas of good practice, policy and available data.

This information was considered through the learning set and in discussion with a range of interested colleagues across Wales.

3 Proposal

A framework is proposed involving three broad dimensions³:

1. **People's/Individual assets** e.g. resilience, commitment to learning, sense of purpose, skills, talents, networks, knowledge, self efficacy.
2. **Community assets** e.g. family and friendships, networks, social capital, community cohesion, religious tolerance, intergenerational solidarity.
3. **Structure (Organisational or institutional assets)** e.g. environmental resources for promoting physical health, land, buildings, transport, employment, security, opportunities for volunteering, safe housing, political democracy and participation.

These three dimensions have been subdivided into a total of 13 asset areas.

People

1. Overall Life Satisfaction
2. Health and Well-being Status
3. Education
4. Material and Financial Well-being

Community

5. Family Cohesion and Relationships
6. Social Networks
7. Effective Services
8. Neighbourhood Satisfaction

Structure

9. Buoyant Economy
10. Open Environment
11. Built Environment

12. Transport and Accessibility
13. Corporate Health

Within each area relevant indicators have been proposed for reporting at a local authority level. These are summarised in Table 1. Depending on data availability there may be a need to exclude/include alternative indicators.

The initial set of indicators proposed within table 1 are available at a local authority level. However, following further discussion with stakeholders, middle super output area (MSOA) has been considered to represent the best compromise between data availability and closeness to the community. Although there are a number of ways to display data of this nature, including spine charts, it has been proposed that spider charts are used in a national tool to demonstrate the measures.

4 References

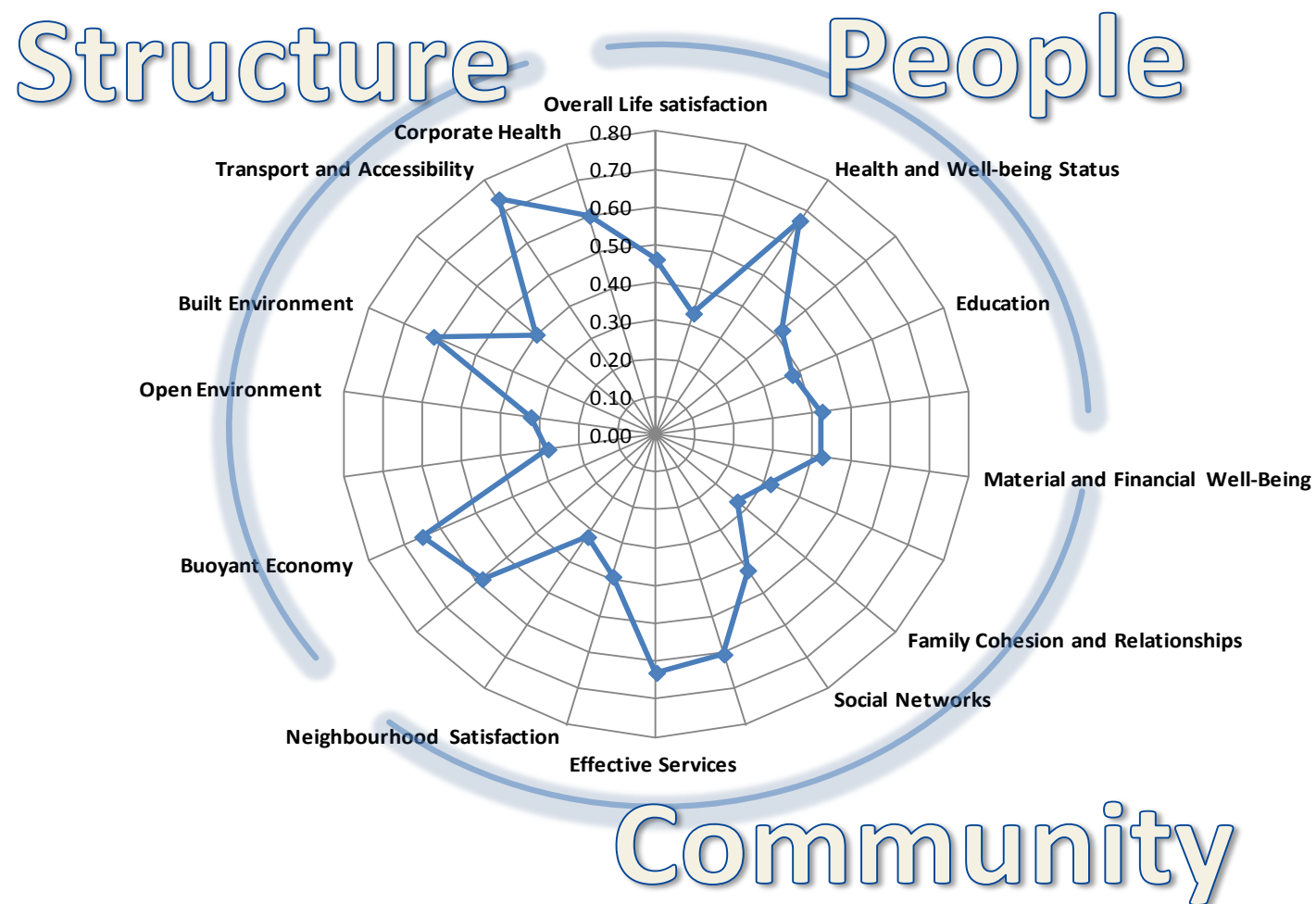
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4. I&DeA, *A glass half-full: how an asset approach can improve community health and well-being*. March 2010 ISBN 978-0-7488-9080-4

A complete list of references which supported the broader work on assets for improving health and wellbeing is given in appendix 2.

Table 1

**Asset Based Approaches in
Wales**

Summary of Proposed Indicators



1. PEOPLE

DIMENSION	MEASURE (S)		INDICATOR (S)
PEOPLE	1. Overall Life satisfaction	a. Life Satisfaction	- People satisfied with their lives, (reporting score of 7 or more) National Survey for Wales (NSFW)
		b. Feeling valued	- Medium/High Rating of how worthwhile people feel the things they do are, Office for National statistics (ONS) 2012/2013
	2. Health and Well-being Status	a. Health Status b. Mental well-being	- Healthy Life Expectancy 2005-9, Welsh Government (WG)/ONS - The proportion of the population in good mental health, Our Healthy Future (OHF)
	3. Education	a. Educational Satisfaction and Attainment b. Health Literacy	- % achieving 5+ GCES A* to C, Welsh Local Government Data Unit (WLGDU), 2012 - % of working age people with qualifications. WLGDU, Department of Work and Pensions (DWP) 2012 - Annual Assessments undertaken on children in school years 2-9 in all maintained schools in Wales, WG (ref. Health Inequity Indicators ³⁶ . This can replace bullet point above (i.e. 5 GCSE's) when developed.

	4. Material and Financial Well-Being	<p>a. Census measure of income or wealth</p> <p>b. Job Satisfaction</p> <p>c. Savings/Financial Expectations</p>	<ul style="list-style-type: none"> - The percentage of children aged 0 to 15 who live in households with an income greater than £50,000, ONS 2013 - Those who are somewhat, mostly or completely satisfied with their job , ONS, 2010/11 - Proportion of people who say they have no difficulties in keeping up with bills and financial commitments (NSFW), Wales <p><i>NSFW 2014/15 Proposed topics;</i></p> <ul style="list-style-type: none"> - <i>Financial Inclusion – whether people are keeping up with bills and credit commitments, and use of debt advice organisations</i>
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Other potential areas to explore/develop for future indicators;

<ul style="list-style-type: none"> • Optimism/hope/self esteem • Social competence • Commitment to Learning • Physical Activity Participation in adults • Physical Activity Participation in children • Independence and autonomy 	<ul style="list-style-type: none"> • Resilience/coping • Personal Job satisfaction • Skills and knowledge • Social and Emotional Learning • Empowerment • Know when and how to access healthcare when necessary • Satisfaction with Educational Attainment 	<ul style="list-style-type: none"> • Confidence and capabilities • Positive feeling and belief • Sense of belonging and purpose • Ability to achieve lifestyle adjustments to improve one's health • Ability to understand and carry out instructions for self care
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2. COMMUNITY

DIMENSION	MEASURE (S)		INDICATOR
COMMUNITY	5. Family Cohesion and Relationships	a. Satisfaction with Relationships	<ul style="list-style-type: none"> - % of those scoring 7 or more when asked if they were satisfied with their personal relationships, NSFW 2013 - % of those scoring 7 or more when asked if they were satisfied with family life, National Well-being Survey (NWB) Survey 2013, Annual Population Survey (APS) - % of parents who participate in certain activities with their children (age 3-7 and 8-17) (NSFW), Wales
		b. Parent and Child Interaction	
	6. Social Networks	a. People involved in voluntary and community activities	<ul style="list-style-type: none"> - % of adults who had volunteered in the last 12 months , NSFW 2009-10
		b. Local networks	<ul style="list-style-type: none"> - % who have a spouse, family member or friend to rely on if they have a serious problem (ONS, 2010/11) - % of persons aged 11-16 reported having 3 or more close friends of the same gender

	7. Effective Services	<p>a. Effective community services</p> <p>b. Quality of Public Services</p> <p>(c. Childcare)</p>	<ul style="list-style-type: none"> - % of People who find it easy to get to local amenities (NSFW) - Proportion of people who feel that their council provides high quality services (NSFW), Local Authority (LA) level - % of people who felt they were engaged/ involved with their health service (NSFW), Wales <p><i>NSFW Proposed topics 2014/15;</i></p> <p><i>Overall satisfaction with;</i></p> <ul style="list-style-type: none"> - Education system - Transport system - Health service - Access to and quality of LA services - Use and satisfaction with Arts and Culture <p><i>(NSW 2014/15 Proposed topics;</i></p> <ul style="list-style-type: none"> - Childcare : accessibility, affordability and quality - Play opportunities for children
	8. Neighbourhood Satisfaction	<p>a. Community and Social Cohesion</p> <p>b. People get on well</p>	<ul style="list-style-type: none"> - Satisfaction with social life, NWB Survey 2013, APS

		<p>together and feel they are part of their neighbourhood</p> <p>c. Neighbourhood disorder and feeling safe</p>	<ul style="list-style-type: none"> - Social Cohesion at area level, based on Buckner's neighbourhood cohesion scale, Living in Wales Survey (currently undergoing further work), WG³⁶. <p><i>NSFW 2014/15 Proposed topics;</i></p> <ul style="list-style-type: none"> - <i>Community Cohesion questions about the local area e.g. whether neighbours are willing to help each other, perceived safety, respect and consideration</i> - % who felt that people treat each other with respect and consideration, NSFW - % of people aged over 80 who agreed or strongly agreed they belonged to their neighbourhood, 2011 ONS** - % of people who feel safe in their local neighbourhood , NSFW
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Other potential areas to explore/develop for future indicators;

<ul style="list-style-type: none"> • Participation in decision making • Trust • Civil Society Organisations • Local Exchange Trading Schemes, Credit Unions, Time Banking • How many people can you rely on 	<ul style="list-style-type: none"> • Community Group Involvement • Community Empowerment, Resilience and Integration • Voice, Representation, Voting • Participation in religious organisations 	<ul style="list-style-type: none"> • Civic Literacy e.g. daily newspaper circulation • Youth Friendly Policies • Food Co-ops, Lunch clubs • Access level 3 child care qualification
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- to help you in times of need
- Describing the quality of your life

- Intervene to help a child who was being hurt in the street

- Feeling confident

3. STRUCTURE

DIMENSION	MEASURE (S)		INDICATOR
STRUCTURE	9. Buoyant Economy	a. Employment	- Employment rate
		b. Business Start up's	- % age 65 and over who are economically active, 2011 ONS** - Rate of new active businesses per 10,000 population, WLGDU 2011
	10. Open Environment	a. Used green space	- Access to the natural environment at least once a week in the last 12 months , ONS 2012/13
		b. Waste recycling	- Household waste that is recycled 2011/12, WLGDU
	11. Built Environment	c. Quality of the Environment	- % of people who agree that the area they live in is well-maintained, Stats Wales, (NSFW), Wales
	12. Transport and Accessibility	a. Housing	- Satisfaction with accommodation 2011/12, ONS
	13. Corporate Health	b. Perception of Transport in the area	- % of people who felt positive about the transport systems in their area (road, rail, bus, cycling and walking) NSFW, LA
		c. Health/Well-being at work	% of workplaces in the area who have;

			<ul style="list-style-type: none"> - Corporate Health Standard, Health Working Wales Public Health Wales (PHW) - Small Workplace Health Award, Healthy Working Wales (PHW)
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Other potential areas to explore/develop for future indicators;			
• Those who agree that their area is free from rubbish and litter		• Access to available transport	

OVERALL TOTAL	13 measures	27 sub measures	Approx. 34 indicators
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**specifically relates to older people (see measure 8 and 9)

Regards additional potential ABA indicators for Children and Young People, there are four population outcomes and 16 indicators agreed for Wales for the Families First Programme centered around:

1. Working age people in low income families gain, and progress within, employment
2. Children, young people and families, in or at risk of poverty, achieve their potential
3. Children, young people and families are healthy and enjoy well-being
4. Families are confident, nurturing, resilient and safe.

These are worth further exploration in the future development of ABA indicators and can be accessed by following the link <http://www.dataunitwales.gov.uk/families-first-indicators-now-on-lsb-insight>

Appendix 1 - Acknowledgements

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North Wales ABA Learning Set

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- Kim McNally, Senior Health Development Specialist, Public Health Wales
- Louise Woodfine, Principal Public Health Specialist, Public Health Wales

Appendix 2 – Additional reference material

This appendix includes the reference list of the broader document on assets based approaches to improving health and wellbeing produced through the North Wales learning set.

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