

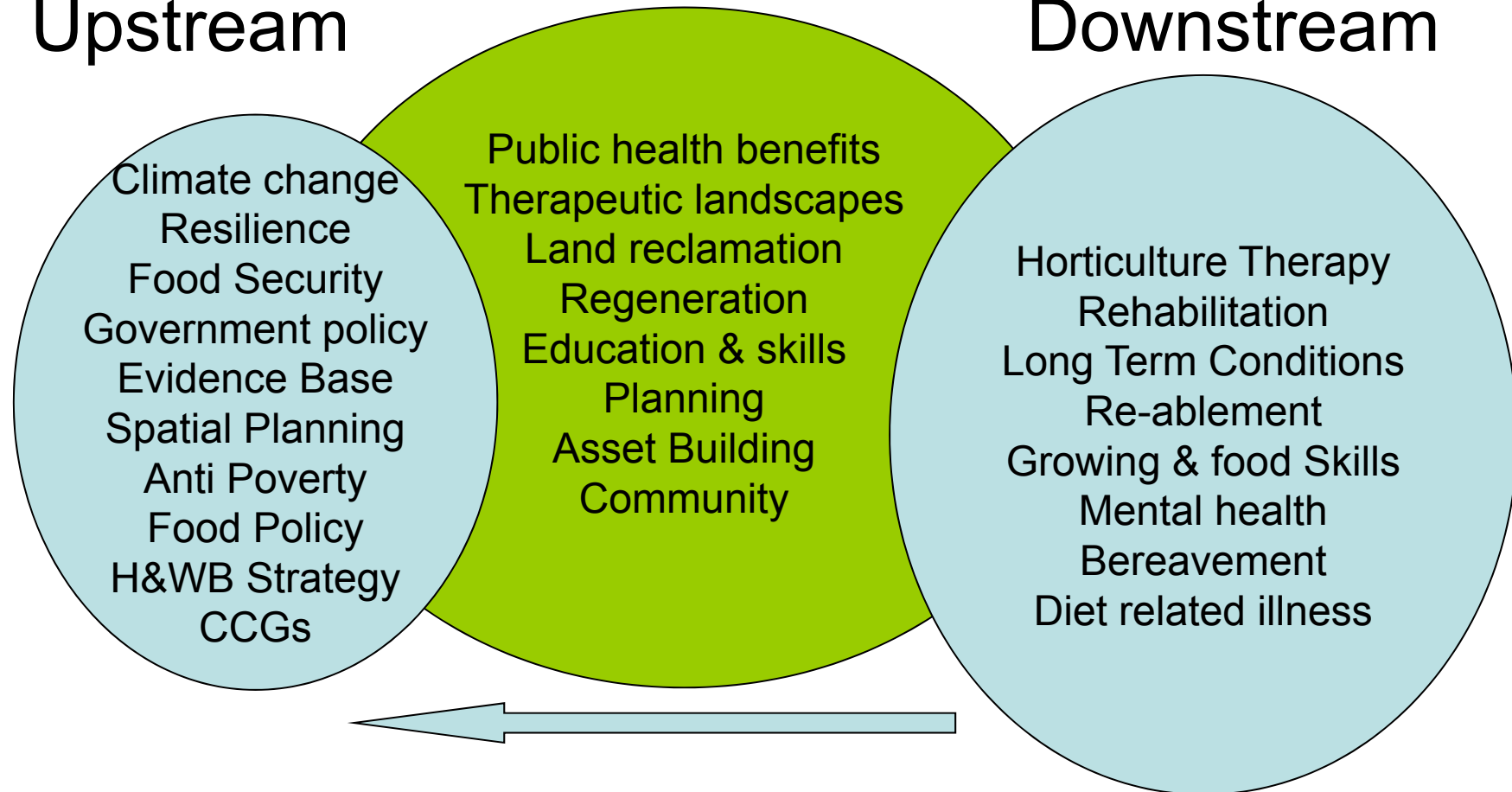
# Measuring health



# Linking growing to health

Upstream

Downstream



# Public health activities can save money

**Preventing premature death and preventable diseases can boost the economy (Source [www.nice.org.uk](http://www.nice.org.uk))**

- The economic consequences of premature death and preventable illness are considerable. Can include costs of loss of productivity in the workplace, crime and antisocial behaviour.
- Examples of the estimated overall annual costs for society are:
- being obese or overweight as a result of poor diet or inactivity (UK): £7 billion Physical inactivity: £6.5 billion Stroke (England): £7 billion a year.
- Diabetes (UK): £8.4 billion a year (absenteeism from work); £6.9 billion a year (early retirement); £0.152 billion (social benefits); £13.75 billion (treatment).

# Spending now can lead to future savings

- Funding public health programmes and interventions **now** can avoid the risk of storing up costly problems for the future.
- Based on current trends, around 40% of people living in Britain will be obese by 2025. In today's money this will cost wider society an estimated £37.2 billion a year. Encouraging people to adopt a healthy diet and be more physically active could prevent this happening.
- In England in 2010, there were an estimated 1.44 million consultations for depression. This cost the economy around £10.96 billion. It cost the NHS more than £520 million.

(Source; [www.nice.org.uk](http://www.nice.org.uk))



# What are we measuring and why?

We need to be clear and use the right methods...

Proving value for money?

Trying to get continued funding?

- Meeting targets, *outputs* or *outcomes*?

- Need to clearly identify what we are trying to show...public health benefits or individual change?

Supporting individuals to achieve wellbeing and health improvements?

Showing an intervention is effective?

Building an evidence base?

Improving service delivery?

...With increasing competition, much measurement is driven by need to show funders that money is being spent effectively

## Challenges...

- Need to demonstrate benefits with evidence of impact and to communicate this clearly
- Are tools acceptable, client focused, and relevant?
- Do you have the time and resources to do this or is a more general 'case study' approach more effective?
- Why not use tools that are already out there?

## A myriad of measurement tools out there....

### **Personal Well-Being Index**

Series of 8 questions, covering different life domains...in order to gauge subjective wellbeing. Validated tool used within mental health settings. Marked on a scale where 0- completely dissatisfied, 5- neutral, 10- completely satisfied.

1. How satisfied are you with your standard of living?
2. How satisfied are you with your health?
3. How satisfied are you with what you are achieving in life?

### **GAS (Goal attainment scaling)** (Kirusek et al 1969, 1994)

### **General Self Efficacy Scale** Schwarzer, R., & Jerusalem, M. (1995)

### **COPM Canadian model of occupational performance ©**

[www.thecopm.ca](http://www.thecopm.ca)

### **Occupational Self Assessment (OSA)**

### **Warwick Edinburgh Mental Wellbeing Scale (WEMWBS)**

# Growing Opportunities, Ideal for All

Sandwell and the Black Country



## Growing Health Case Study

**Health area:** Obesity, physical activity, mental wellbeing  
and community resilience

This series of Growing Health case studies provide examples of projects  
which use food growing in the community to provide health benefit.









Horticulture Therapy





Community food growing





Schools and families: Ready, Steady,  
Grow™





Community outreach

## **Joint Health and Wellbeing Strategy (2013-15) priorities**

- F. Strengthen the role and impact of ill health prevention; Joint working to tackle lifestyle related ill health e.g. Cardiovascular disease, obesity, mental health and wellbeing
- **Marmot (2010) Objective E** Create and develop healthy, sustainable places and communities **Eii** Improving the food environment in local areas across the social gradient



**Gardeners in the therapeutic programme complete the following:**

- Three and six monthly reviews, feedback and personal goal setting, with the Horticulture Therapist
- A short Warwick-Edinburgh Mental Well Being Scale, PAR Q Assessment
- Occasional interviews or questionnaires for case studies of impact
- Structured Gardening for Health 'sessions' led by a Horticulture Therapist focus on shared tasks, group, and individual work. Some sessions are tailor-made for particular groups e.g those with long term conditions, or those over fifty. Other sessions are open to everyone.
- Moving to short term sessions of 12 weeks, or time limited with emphasis on moving on

**People come to the gardens for many reasons, common goals include:**

- Getting fitter and losing weight
- Getting out of the house and meeting people
- Improving health and mobility following an episode of poor health e.g. following a stroke
- Working on specific fine and gross motor and co-ordination skills
- Learning new skills
- Improving mental health through a meaningful activity
- Supporting recovery and maintenance

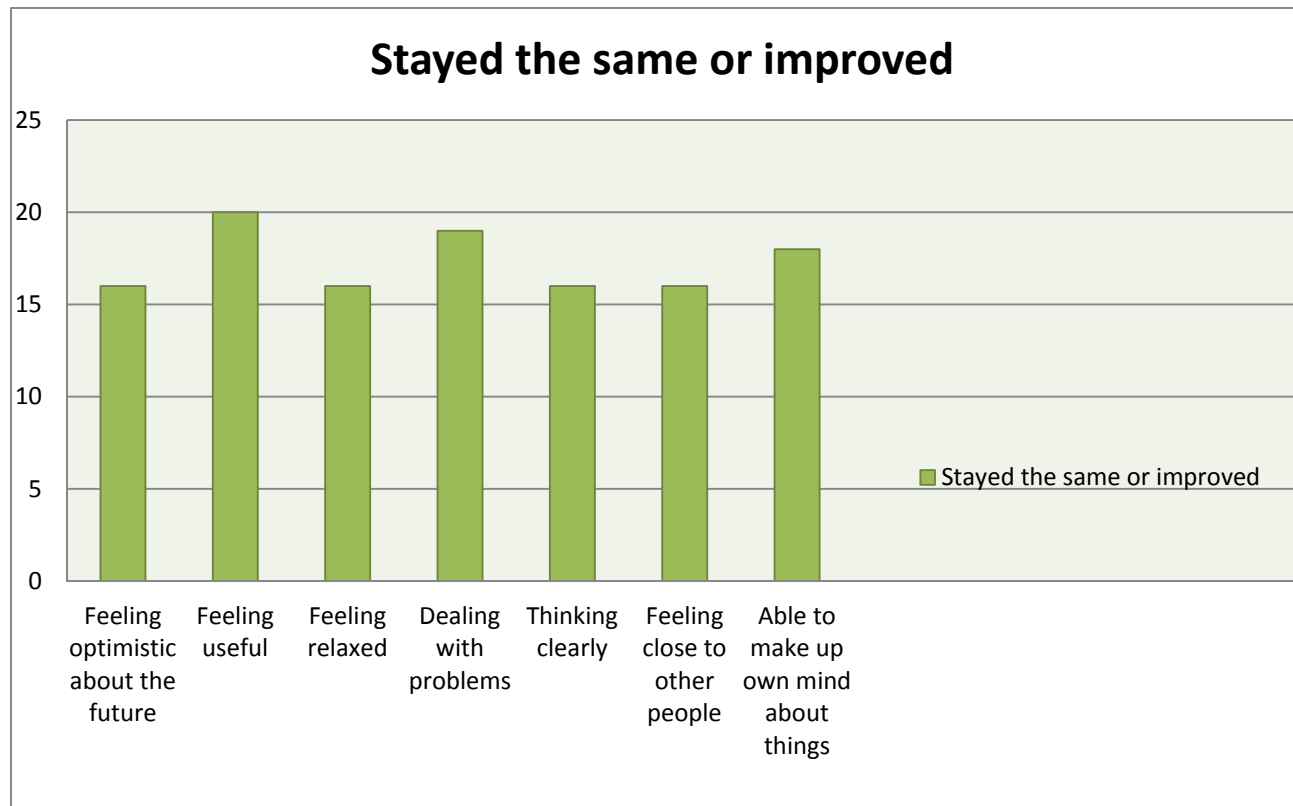


# The Warwick-Edinburgh Mental Well-being Scale (WEMWBS)

**Below are some statements about feelings and thoughts. Please tick the box that best describes your experience over the past two weeks.**

STATEMENTS	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future	1	2	3	4	5
I've been feeling useful	1	2	3	4	5
I've been feeling relaxed	1	2	3	4	5
I've been feeling interested in other people	1	2	3	4	5
I've had energy to spare	1	2	3	4	5
I've been dealing with problems well	1	2	3	4	5
I've been thinking clearly	1	2	3	4	5
I've been feeling good about myself	1	2	3	4	5
I've been feeling close to other people	1	2	3	4	5
I've been feeling confident	1	2	3	4	5
I've been able to make up my own mind about things	1	2	3	4	5
I've been feeling loved	1	2	3	4	5
I've been interested in new things	1	2	3	4	5
I've been feeling cheerful	1	2	3	4	5

# Using the Warwick Edinburgh Well Being Scale



(Pilot of 22 adults 2012 © Ideal for All)





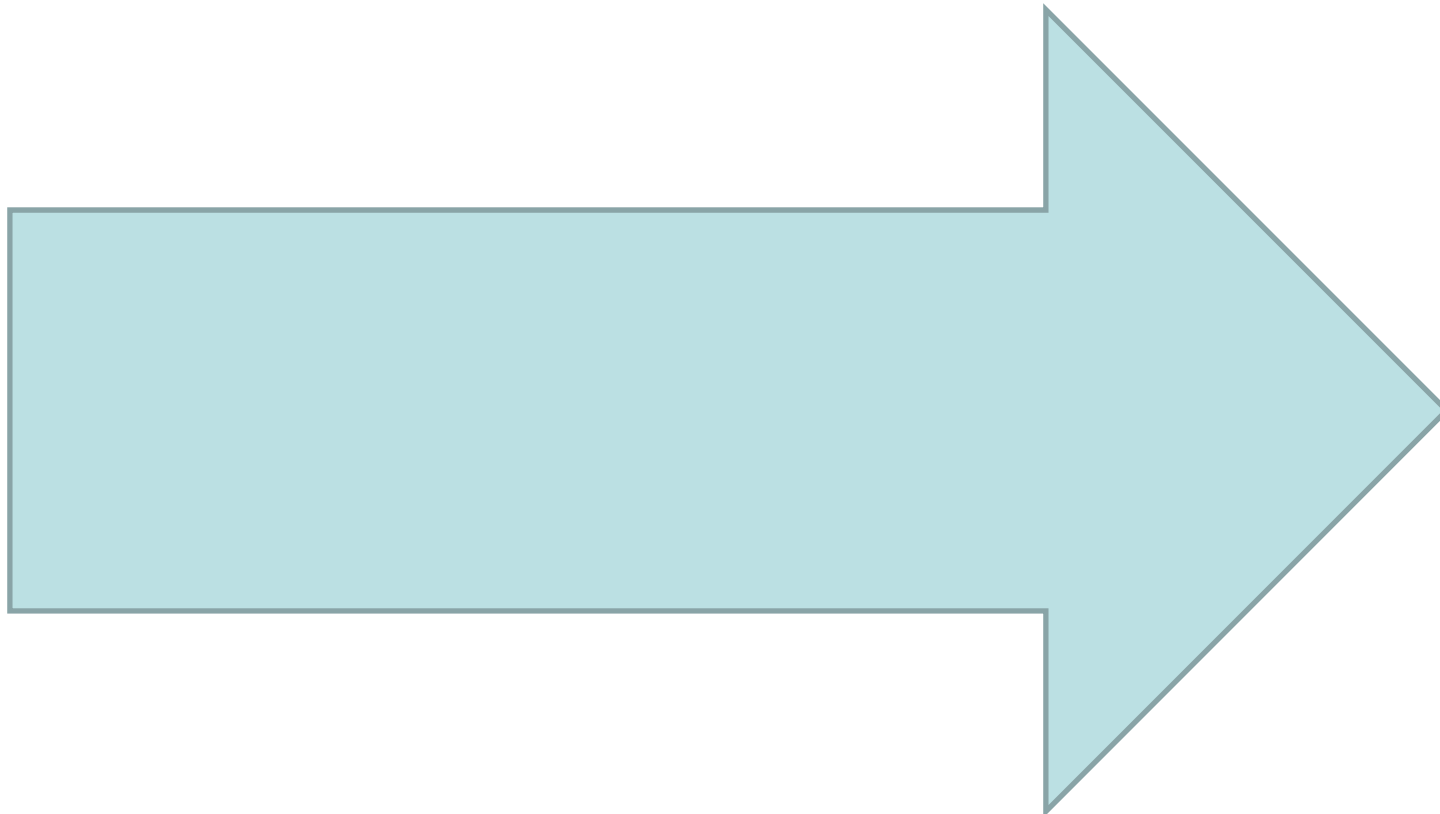
**Recovery Goal** (Ref Source; PATH [www.inclusion.com/path.html](http://www.inclusion.com/path.html).)

Steps towards your goal

My first step

Three months

Six Months



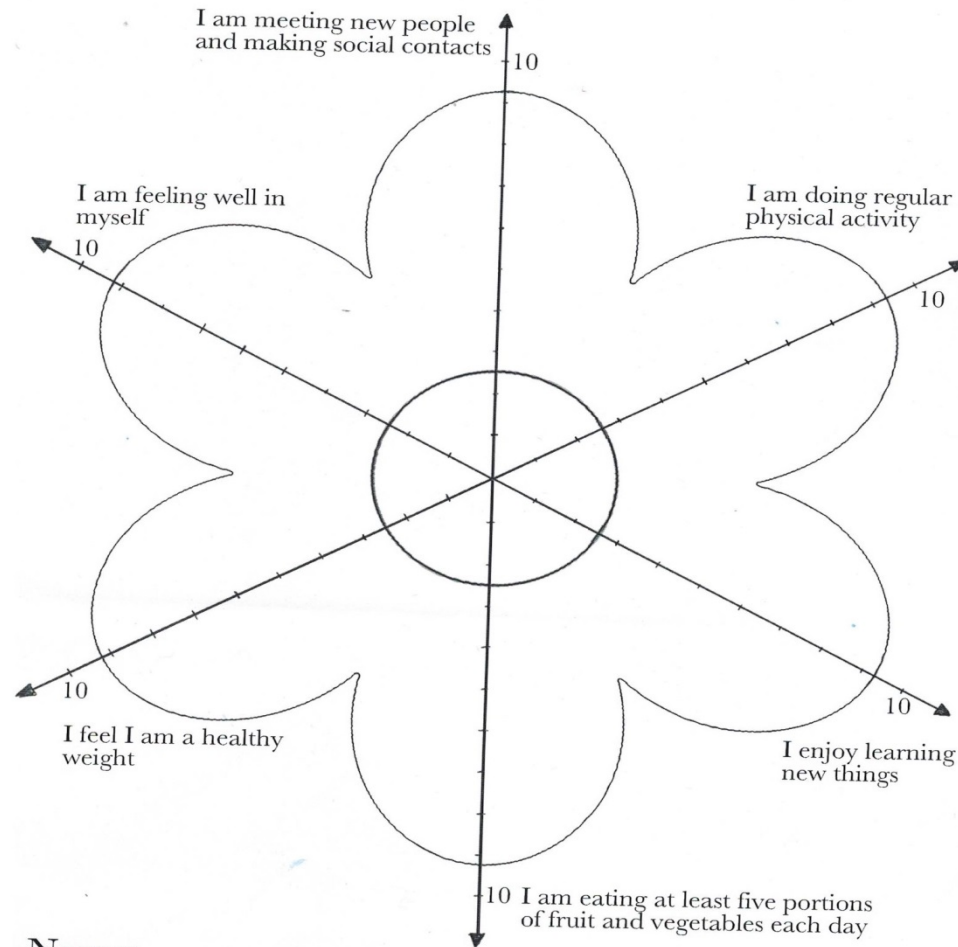




## Focus of programmes require different questions and evidence..

- Physical activity...increased levels? How?
- Healthier eating and five a day...confidence, knowledge and skills...How?
- Mental health and wellbeing...community and individual...How?
- Rehabilitation and independence...How??

# Growing Opportunities



Name: \_\_\_\_\_

Date: \_\_\_\_\_





Projects can devise their own ways of measuring...e.g. Smiley face ranking.



Unhappy



Happy



Very happy





## Case study

S, with a GP in Sandwell, has Multiple Sclerosis (MS) and was referred to Gardening from Home by an MS Clinical Specialist. The condition was affecting her overall feeling of well being and her mobility, making her vulnerable to falls. As a result, gardening, which she loved, was becoming harder and increasingly difficult to manage.

She lacked confidence to continue it, and worried about falling again.

S took part in the Gardening from Home programme, in her own garden, with the weekly support of an outreach worker. Together they set aims for the six weeks activities, including tasks like replanting raspberries, planting up hanging baskets, planning the garden year. S says, 'The sessions increased my confidence and it's been good to communicate with ordinary people and be accepted for who I am, not as only a disabled woman'.

This has meant that she could work independently again in her garden. After completing the sessions S felt an improvement in her outlook, in coping with problems, and stated she felt more relaxed, more useful and more optimistic about the future. She continues to visit the gardens and is working towards volunteering in the gardens.

***“I was told I would never garden again, so I’ve been given the confidence to get back out there”***



*'I have got arthritis, so it's not going to go away but, I find I can move smoother when I have been here. Whether it's the fresh air, or whether I have relaxed or what, but my movements are much smoother'*

*'It keeps me mobile, because I think if I had stayed at home not doing anything, probably I would feel worse than I am'*

*'I've improved greatly, so much so that I've got the desire now to carry on...and my next goal is to start dancing'*

*'I enjoy learning another skill and I like having the company...it's better than sitting in front of the telly'*

*'I like to pick out and put the plants in and see them grow, I enjoy the company and the fresh air, I live in a flat and I wanted to get out of the flat and do more'*









# Growing Opportunities Ideal for All



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