

JSNA Health and Wellbeing Profile 2023/24

Mental Health and Wellbeing

Mental health is a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community¹.

If you have good mental wellbeing, you are able to: feel relatively good in yourself and have self-esteem; feel and express a range of emotions; build and maintain good relationships with others; feel engaged with the world around you; live and work productively; cope with the stresses of daily life; adapt and manage in time of change and uncertainty².

Summary points

- 7% of Bristol residents reported a low life satisfaction score in 2022/23, higher than the national average (lower values indicate favourable performance)
- Local data shows 19.8% of Bristol residents have “below average mental wellbeing”, rising to 30.3% in the most deprived areas.
- Disabled people are the least satisfied with life (32.6%), significantly lower than the Bristol average (66%)

Findings

Approximately 7%³ of people in Bristol reported a ‘low life satisfaction score’⁴ in 2022/23, an increase on the previous year (see Figure 1) and higher than the England average of 5.6% (the lower the score the lower the number of people with low satisfaction). Bristol has the second highest ‘low life satisfaction score’ of all English core cities, with Manchester having the highest (7.2%) and Leeds having the lowest (3.8%).

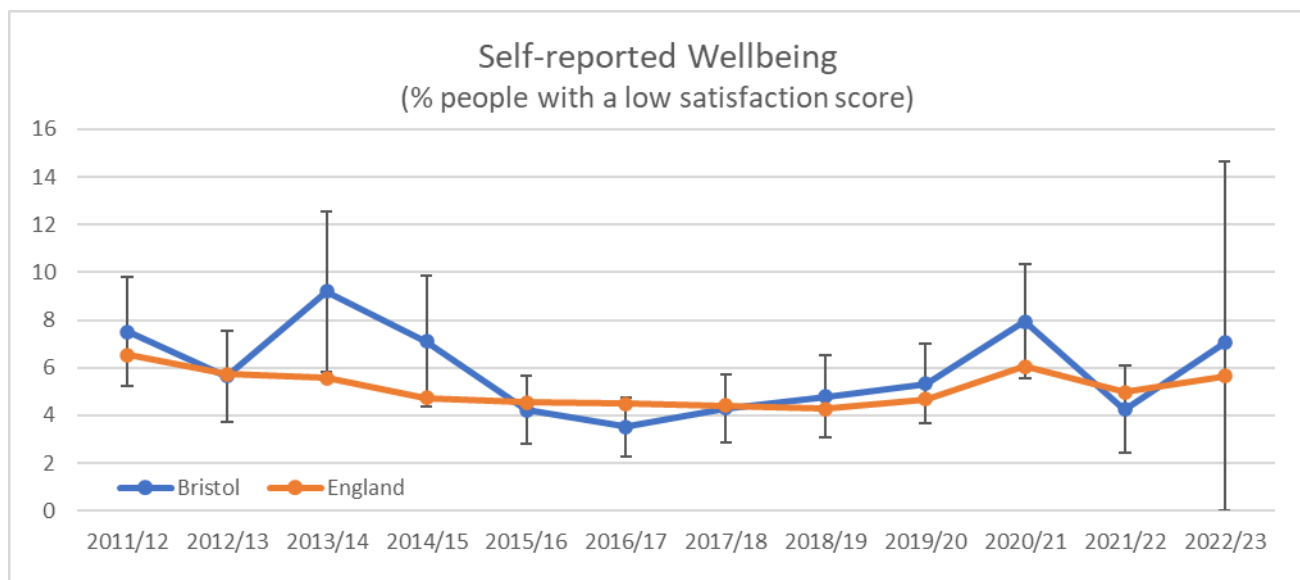


Figure 1: Respondents with a low life satisfaction score, ONS via PHOF February 2024

¹ World Health Organisation (2013) Mental Health Action Plan 2013-2020

² Mind (2016) How to improve your mental wellbeing.

³ The confidence intervals suggest that the sample size was small and that the true population value will fall between 0 and 15%

⁴ Score of 0-4 out of 10 to ‘Overall, how satisfied are you with your life nowadays?’; Source: ONS APS via [PHOF](#) 2024

The local Bristol Quality of Life (QoL) survey 2023/24 reports 66% of people satisfied with life, an increase on last year (62.4%). However, in the 10% most deprived areas, this figure drops significantly to 52.7%. By ward this ranges from 80.8% in Stoke Bishop to 53.9% in Hartcliffe and Witherwood.

In terms of equalities groups, disabled people are the least satisfied with life (32.6%), followed by people of Mixed ethnicity (50.6%), people of Black/Black British ethnicity (53.3%) and carers (55.8%). Older people aged 65 years and above are the most satisfied (69.3%) followed by people of White ethnicity (67.6%).

More detailed data on positive mental health and wellbeing uses a set of questions⁵ where a low score reflects a lower level of mental wellbeing. In 2023/24, 19.8% of respondents have below average mental wellbeing, slightly lower than the previous year (21.0%), but in the most deprived areas this rises to 30.3% (previously 34.2%).

By sub-locality, East Bristol (22.8%) and Inner City (22.2%) have the highest levels of below average mental wellbeing and North & West (Inner) has the lowest (14.7%). Ward analysis highlights the highest levels of below average mental wellbeing in Hartcliffe & Witherwood (35.9%) and the lowest in Clifton Down (7.0%) - see Figure 2.

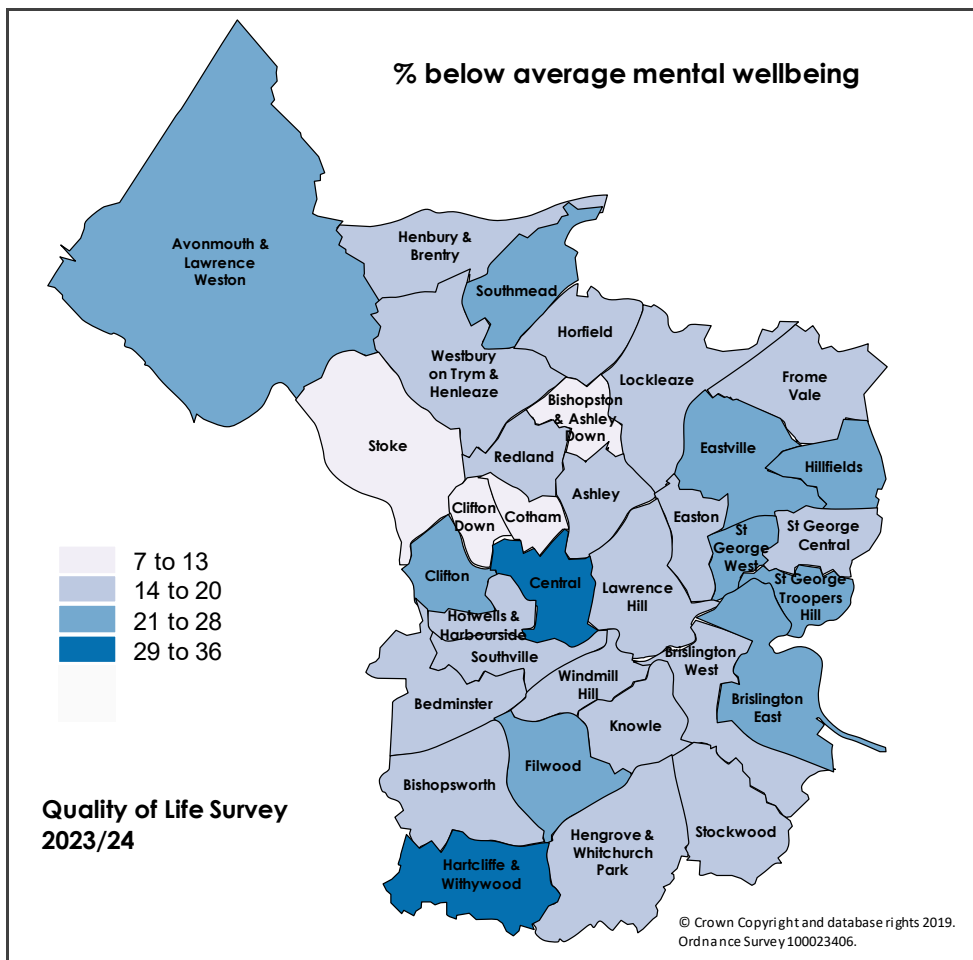


Figure 2: Source: Bristol Quality of Life 2023/24

⁵ The “Short Warwick-Edinburgh Mental Wellbeing” Scale includes 7 questions with responses scored 1-5, in the Bristol Quality of Life survey www.bristol.gov.uk/qol.

Equalities data:

By equality group, disabled people are the highest proportion (46.2%) reporting below average mental wellbeing in 2023/24, followed by 32.5% of people of mixed ethnicity. Approximately, a quarter of carers, lesbian, gay and bi-sexual people and young people aged 16 to 24 report below average mental wellbeing, higher than the city average.

Covid-19 impact:

Many studies looking at mental health and wellbeing in England during the pandemic⁶ found deteriorations between March and May 2020, October 2020 and February 2021, and around the Christmas period in 2021. Between these times, figures gradually returned to pre-pandemic levels.

There was an increase of people in Bristol reporting a 'low life satisfaction score' in 2020/21 compared to the previous year which has continued to increase up to the latest available data for 2023/24. There has been a similar pattern for the percentage of people reporting below average mental wellbeing although data for 2023/24 is a slight improvement on the previous year (but significantly higher than pre-pandemic).

Cost-of-living-crisis impact:

England is experiencing a cost-of-living crisis and it is anticipated that 1.3 million more people will be driven into absolute poverty in the next year⁷. Poverty is associated with higher rates of mental health problems and can be both a causal factor and a consequence of mental ill health⁸.

Further data / links / consultations:

- Public Health England: <https://fingertips.phe.org.uk/profile-group/mental-health>
- NHS England Implementing the Five Year Forward View for Mental Health <https://www.england.nhs.uk/publication/implementing-the-fyfv-for-mental-health/>

Date updated: March 2024

Date of next update: March 2025

⁶ OHID (2022) COVID-19 mental health and wellbeing surveillance: report

⁷ Institute for Government (2022) Cost-of-living-crisis

⁸ Mental Health Foundation (2016) Poverty and mental health