

WELL-BEING AND RESILIENCE IN EDUCATION

Cross Phase Perspectives

June 20th 2016

Why well-being?
Why you?
Why now?

Dr Sally Robinson
School of Public Health,
Midwifery & Social Work



Why well-being?

What does health mean?



gynaecology surgery microbiology



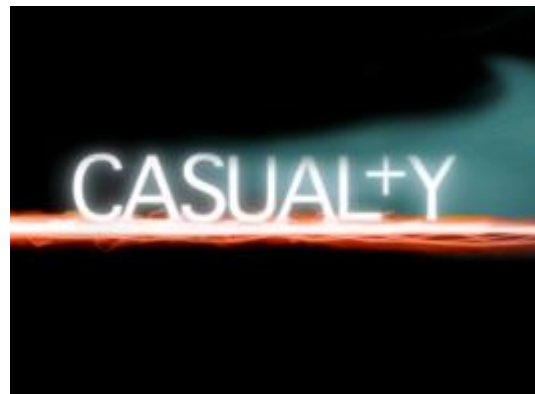
nuclear medicine

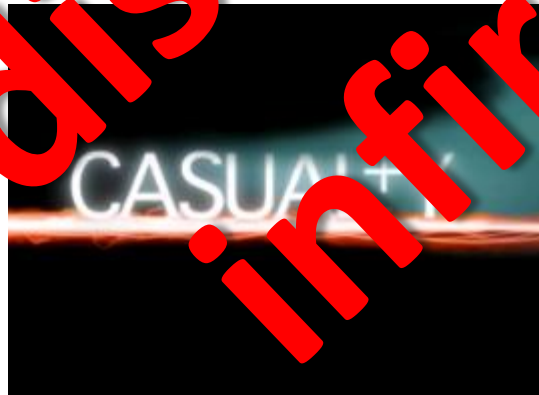
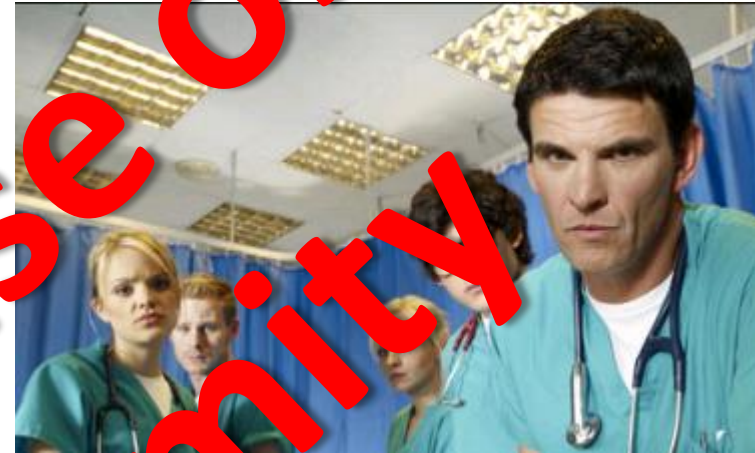


illness disease
germs
malfunctions
abnormalities
fix/cure
physical



pathology psychiatry gastro-enterology podiatrist physiotherapy haematology





the absence of disease or infirmity

By health I mean the power to live a full, adult, living breathing life in close contact with what I love – the earth and the wonders thereof – the sea – the sun. All that we mean when we speak of the external world. A want to enter into it, to be part of it, to live in it, to learn from it, to lose all that is superficial and acquired in me and to become a conscious direct human being. I want, by understanding myself, to understand others. I want to be all that I am capable of becoming so that I may be (and here I have stopped and waited and waited and it's no good – there's only one phrase that will do) *a child of the sun*. About helping others, about carrying a light and so on, it seems false to say a single word. Let it be at that. *A child of the sun*. Warm, eager, living life – to be rooted in life – to learn, to desire to know, to feel, to think, to act. That is what I want. And nothing less. (Katherine Mansfield)



Health is

a state of complete physical, mental and social well-being
and not merely the absence of disease or infirmity (World
Health Organization, 1946)

not merely the absence of illness, but enjoyment of all those
faculties we enjoy as individuals (O'Neill, 1983)

never confined to the realms of biology. Wherever definition
is ventured, health is seen to be a state valued not in nature,
but in society (Murcott, 1979)

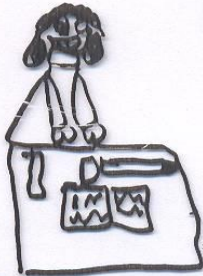
Each person's own experience of valuing that can be known
only through personal description (Parse, 1987)

What makes you healthy and keeps you healthy?



Williams, Wetton
& Moon (1989)





I am work
to makes me
Healthy

drinking
Keeps
me
healthy



break fast.

don't gox out
side when



it is snowing
and you
are not
dressed
propuly

is making
bad for
you



Dont EAt to much meat



God
God



fresh air keeps
me cool.



toothbrush

Williams, Wetton
& Moon (1989)

Dimensions of Health

Physical

Mental

Emotional

Social

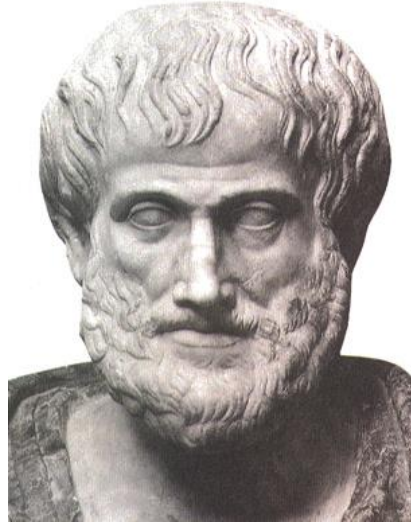
Spiritual

Societal
(environmental,
political)

(Scriven, 2010)



What does wellbeing mean?



Aristotle
(Greek philosopher)

flourishing happiness
blessedness
prosperity

Dimensions of Health

Physical

Mental

Emotional

Social

Spiritual

Societal
(environmental,
political)

(Scriven, 2010)

wellbeing



Health is ...



World Health
Organization

a state of complete physical, mental and social
well-being and not merely the absence of
disease or infirmity

(World Health Organization, 1946)

5 Ways to Wellbeing

(New Economics Foundation, 2008)

5 evidence-based actions that can
improve personal wellbeing



CONNECT



NOTICE



BE ACTIVE



KEEP LEARNING



GIVE

Mental, emotional and social
Children & Adults

National Wellbeing Programme launched in 2010

Why well-being?

Health is strongly associated with illness, medicine and health care in the public's mind. This is incorrect.

Health includes wellbeing.

The wellbeing agenda is a health agenda.

We all have expertise in health. Health is everybody's business.



Why now?

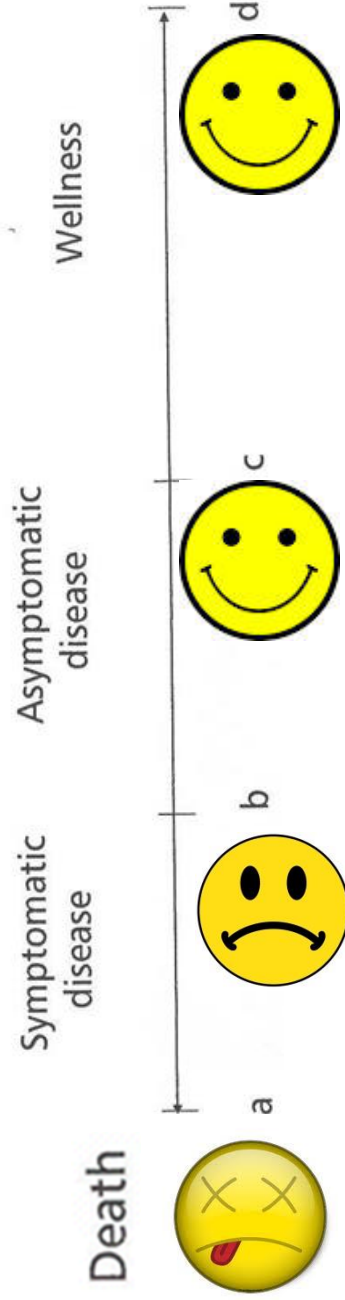


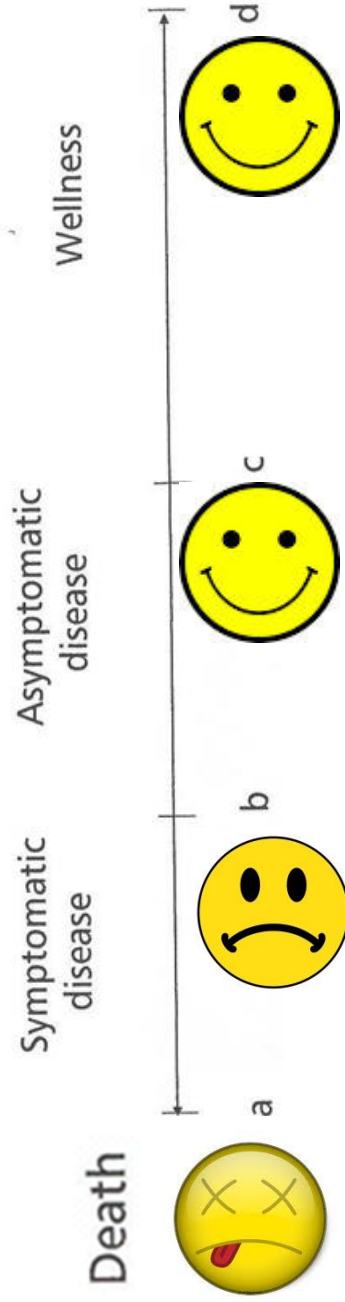
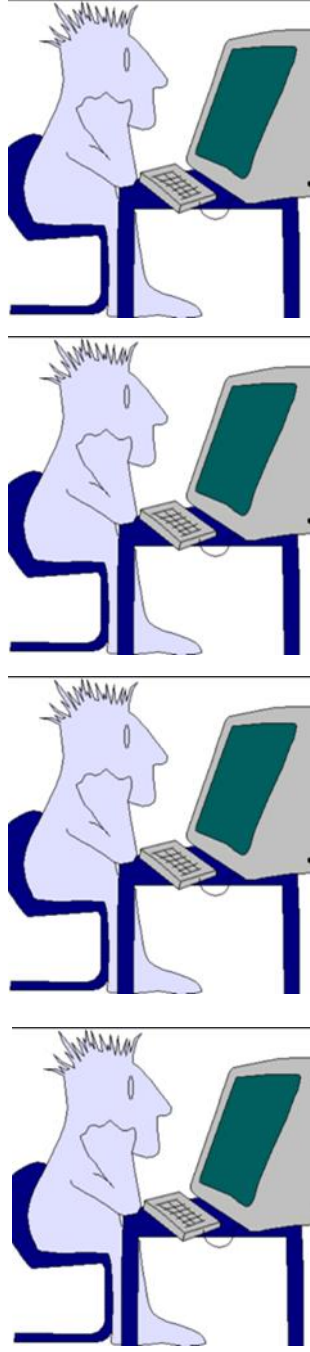
The population

(McKinlay, 1979)

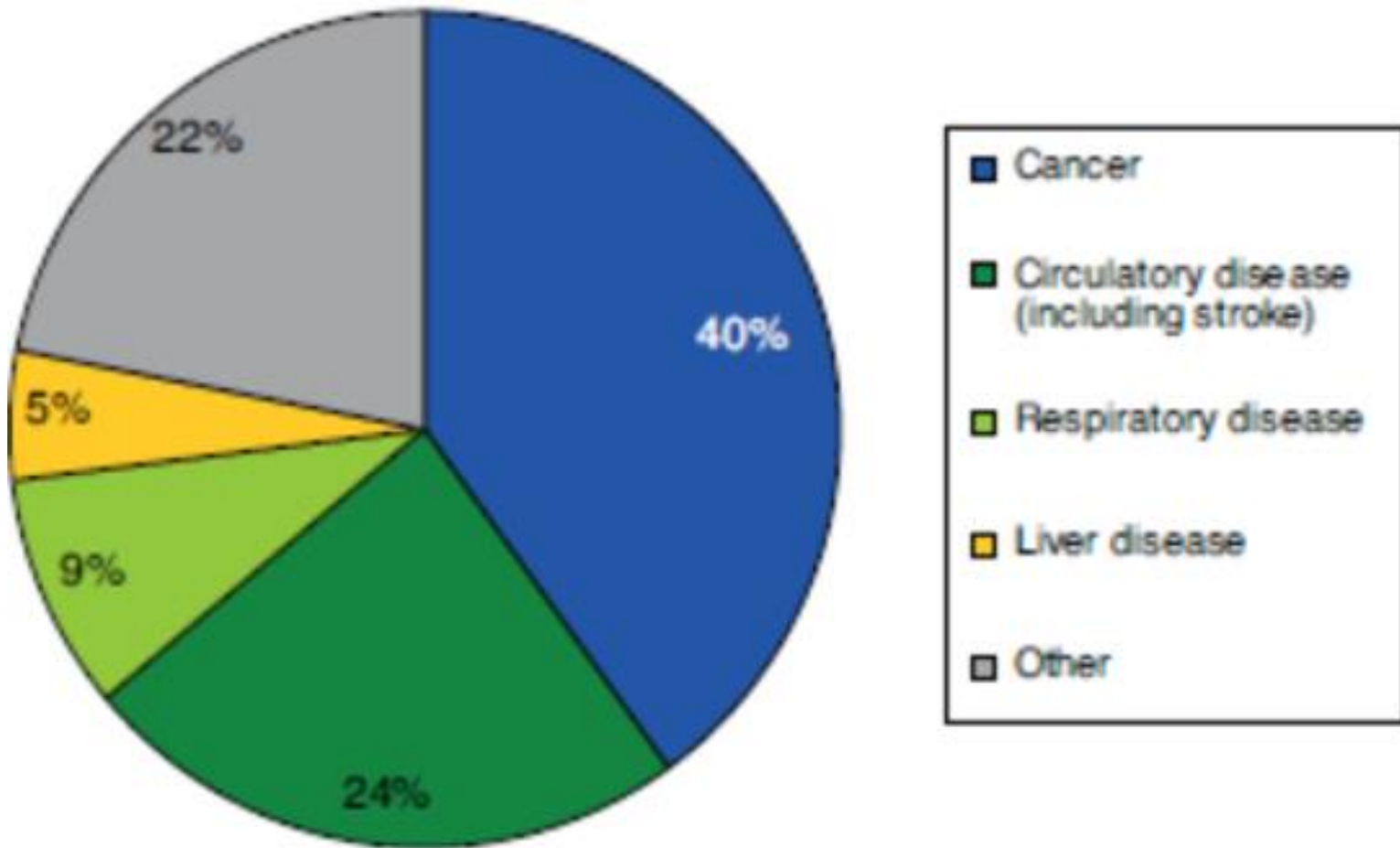


The
population's
health





Causes of death among people under 75 years in England



(Department of Health, 2013)

Fig 1: Under-75 all cause mortality rate for European countries (2010 or nearest)³

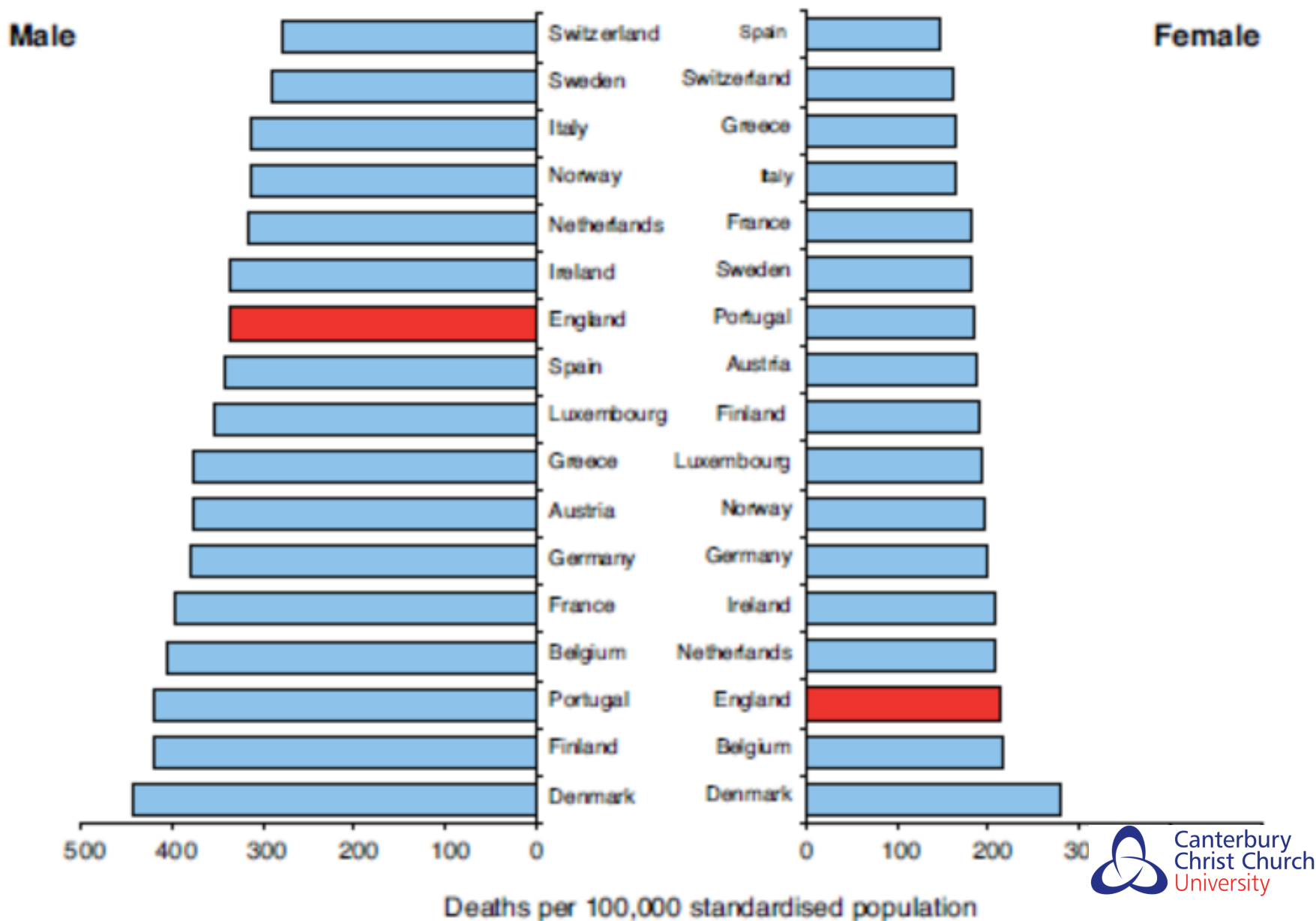
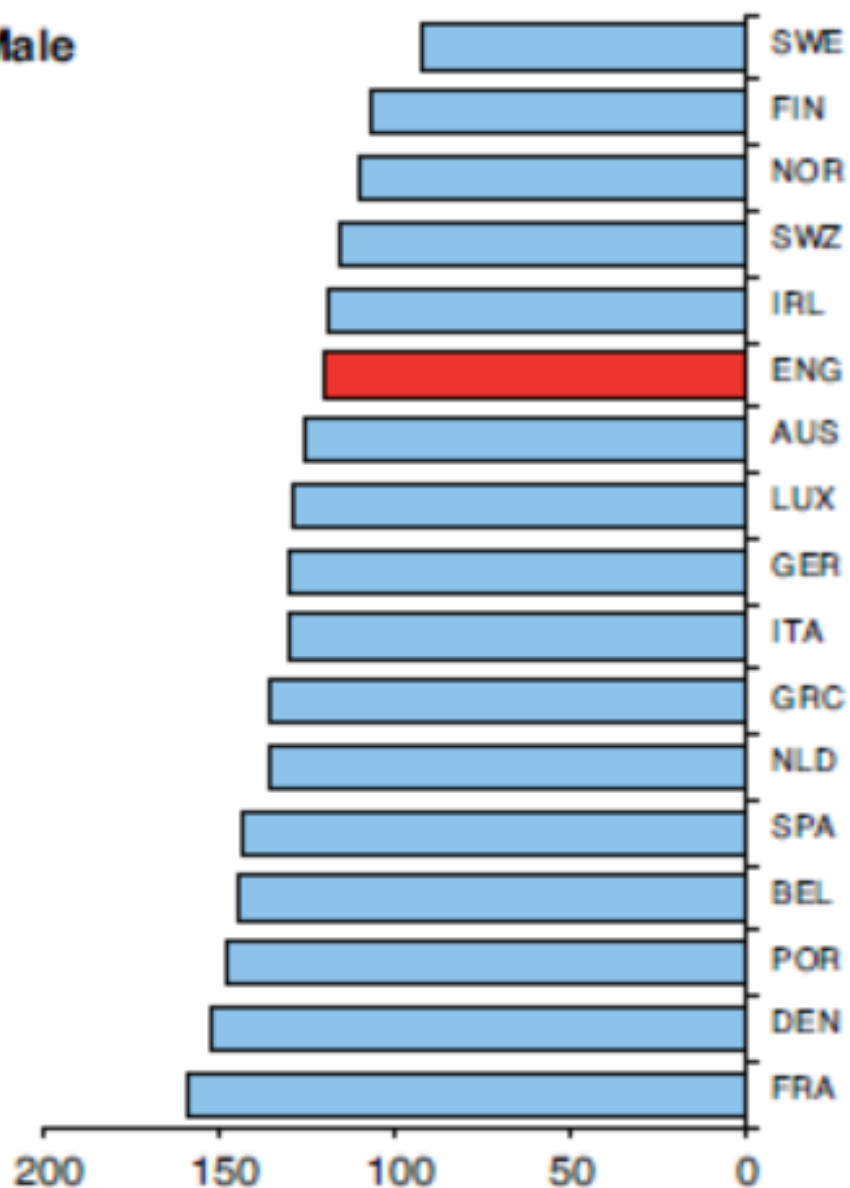


Fig 3: Under-75 cancer mortality rate (2010 or nearest)⁵

Male



Female

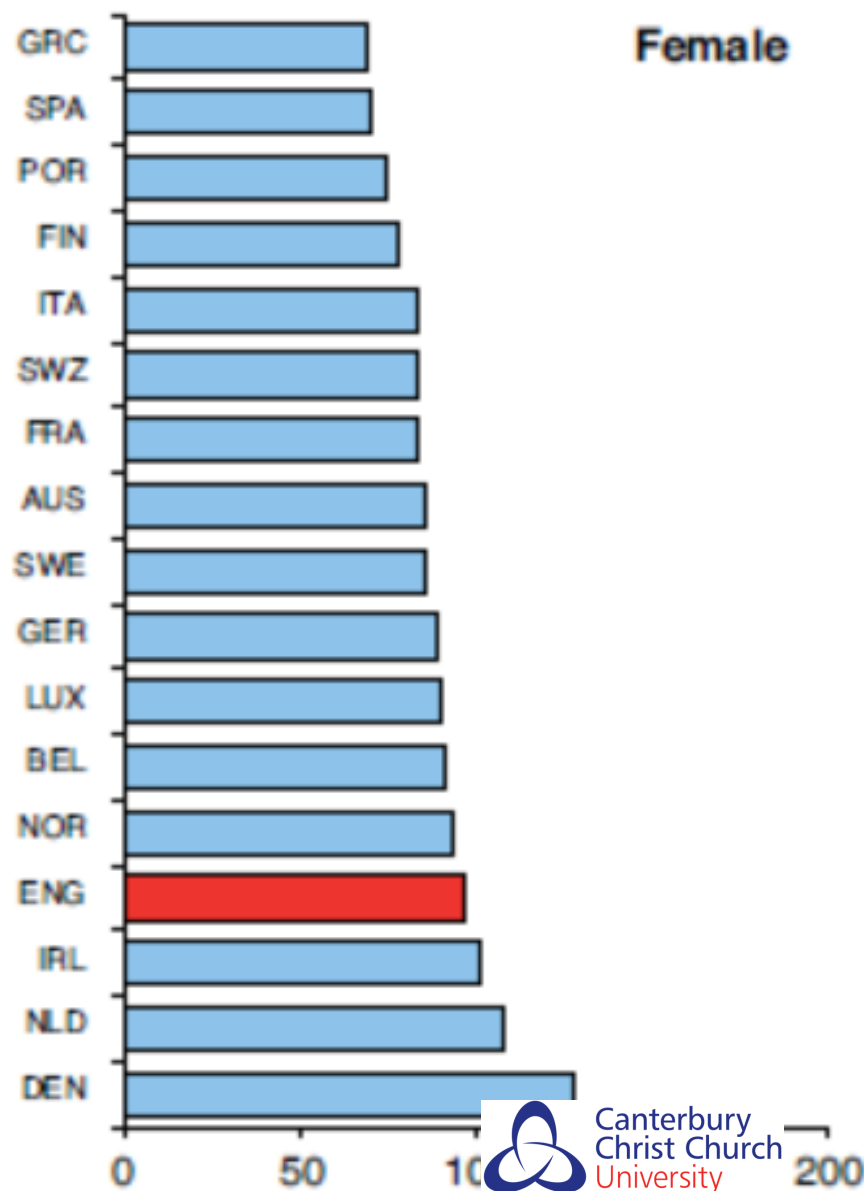
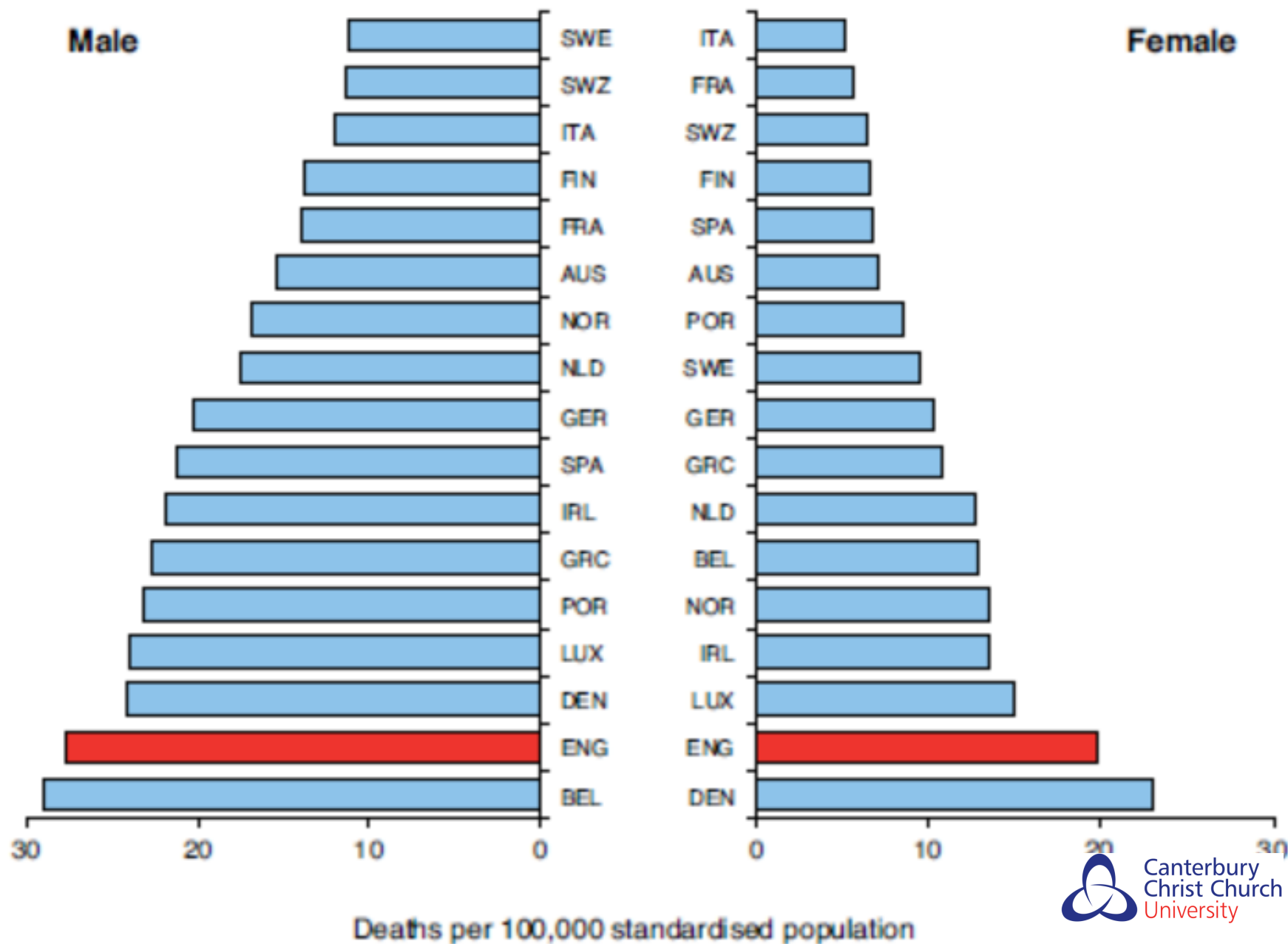
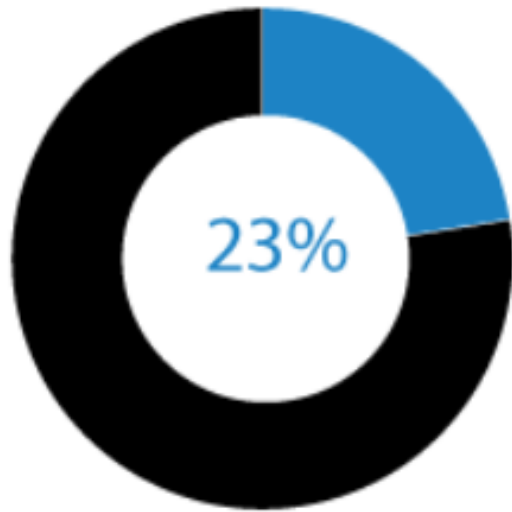


Fig 4: Under-75 respiratory disease mortality rate (2010 or nearest)



Avoidable premature deaths in the under 75s (England & Wales) 2013



23% (114,740) of the 506,790 deaths registered in 2013 in England and Wales were from causes considered avoidable

Males are more likely to die from a potentially avoidable cause than females



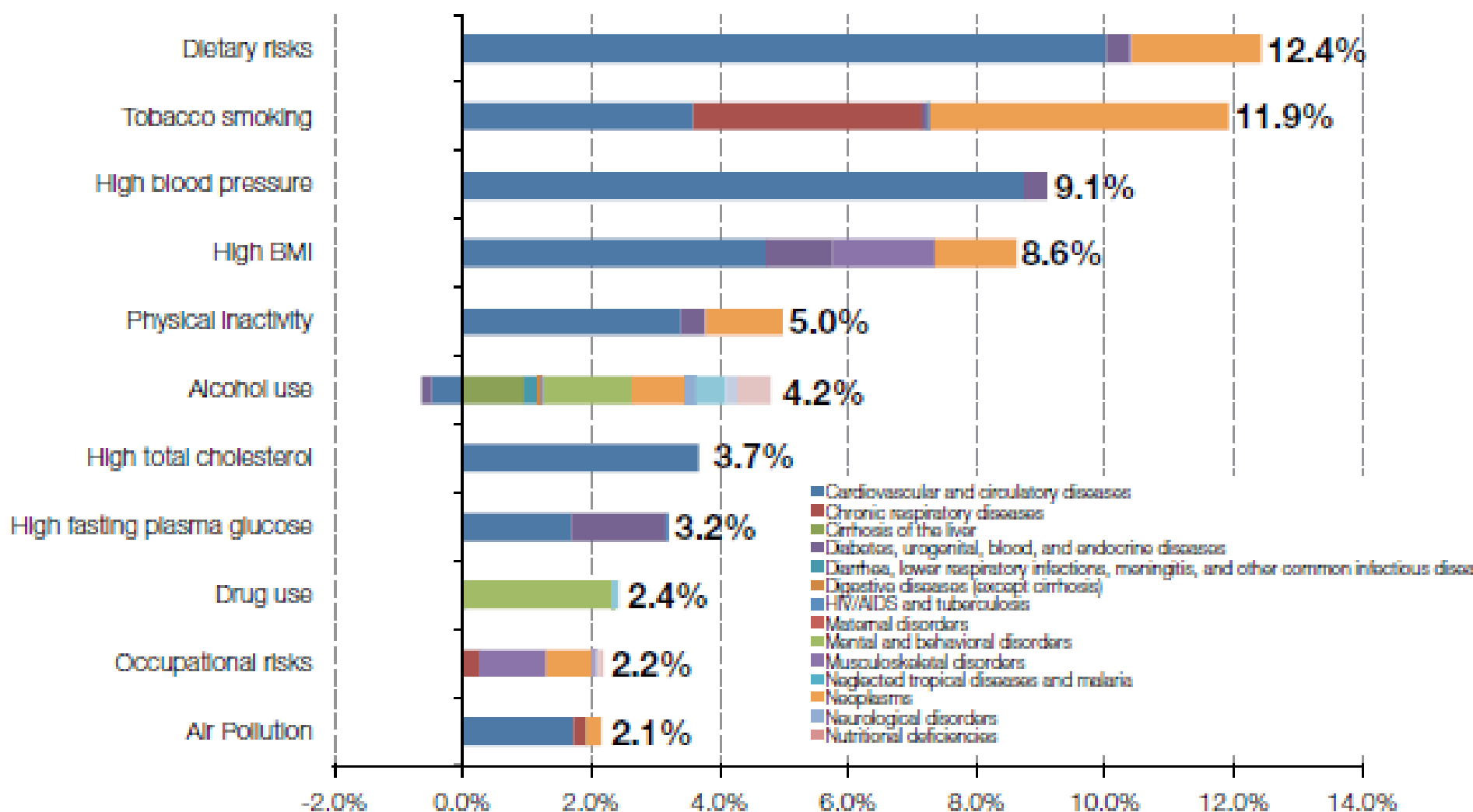
28% of all male deaths considered avoidable



17% of all female deaths considered avoidable

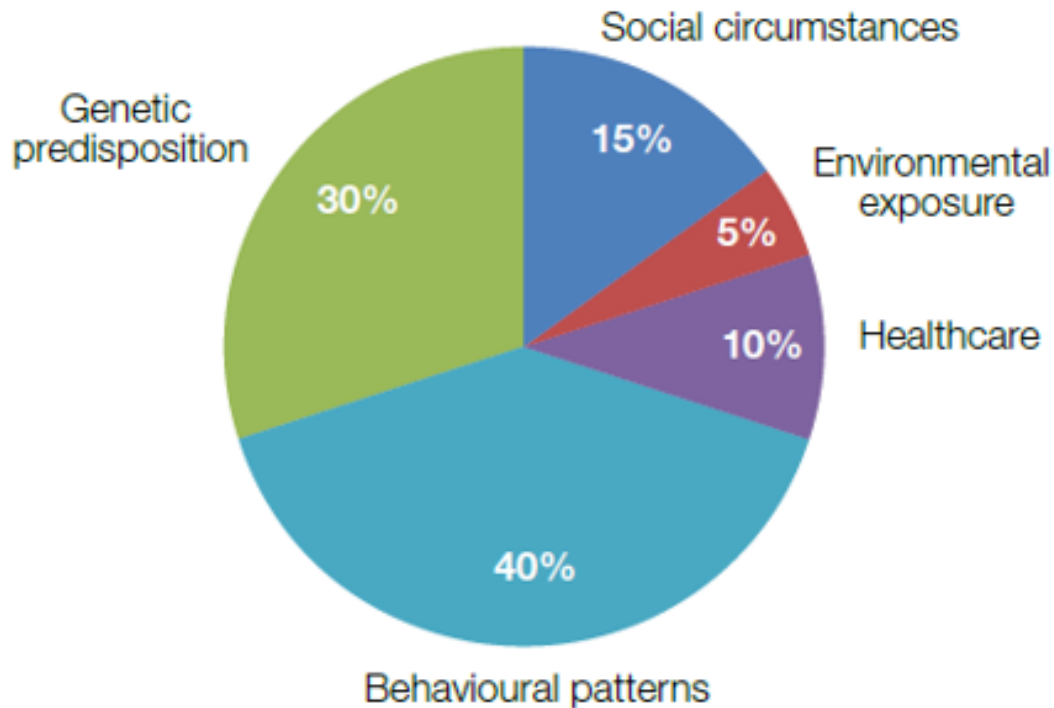
(ONS, 2015)

UK disability adjusted life years, both sexes all ages 2010. Global Burden of Disease¹⁴

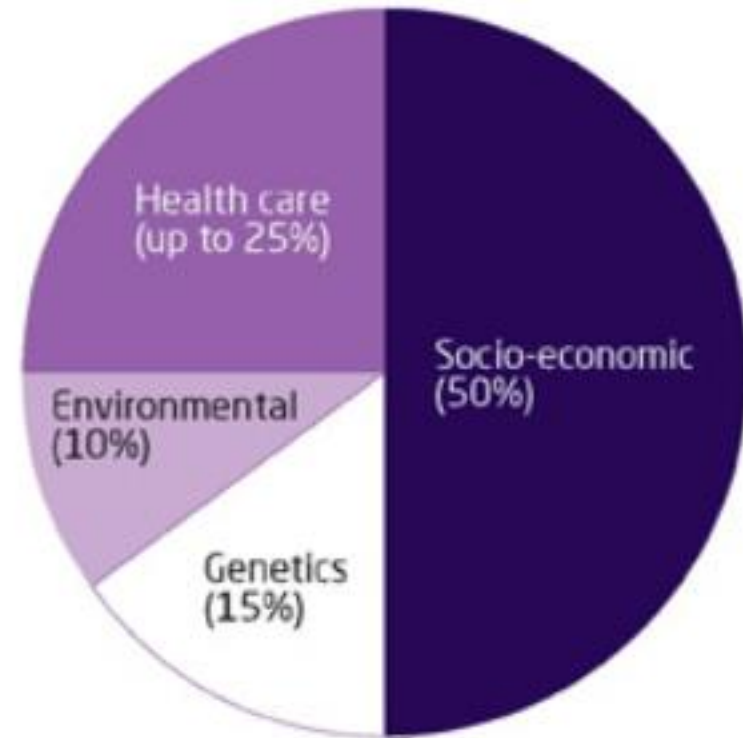


(Institute for Health Metrics and Evaluation, 2013)

What impacts on our health?



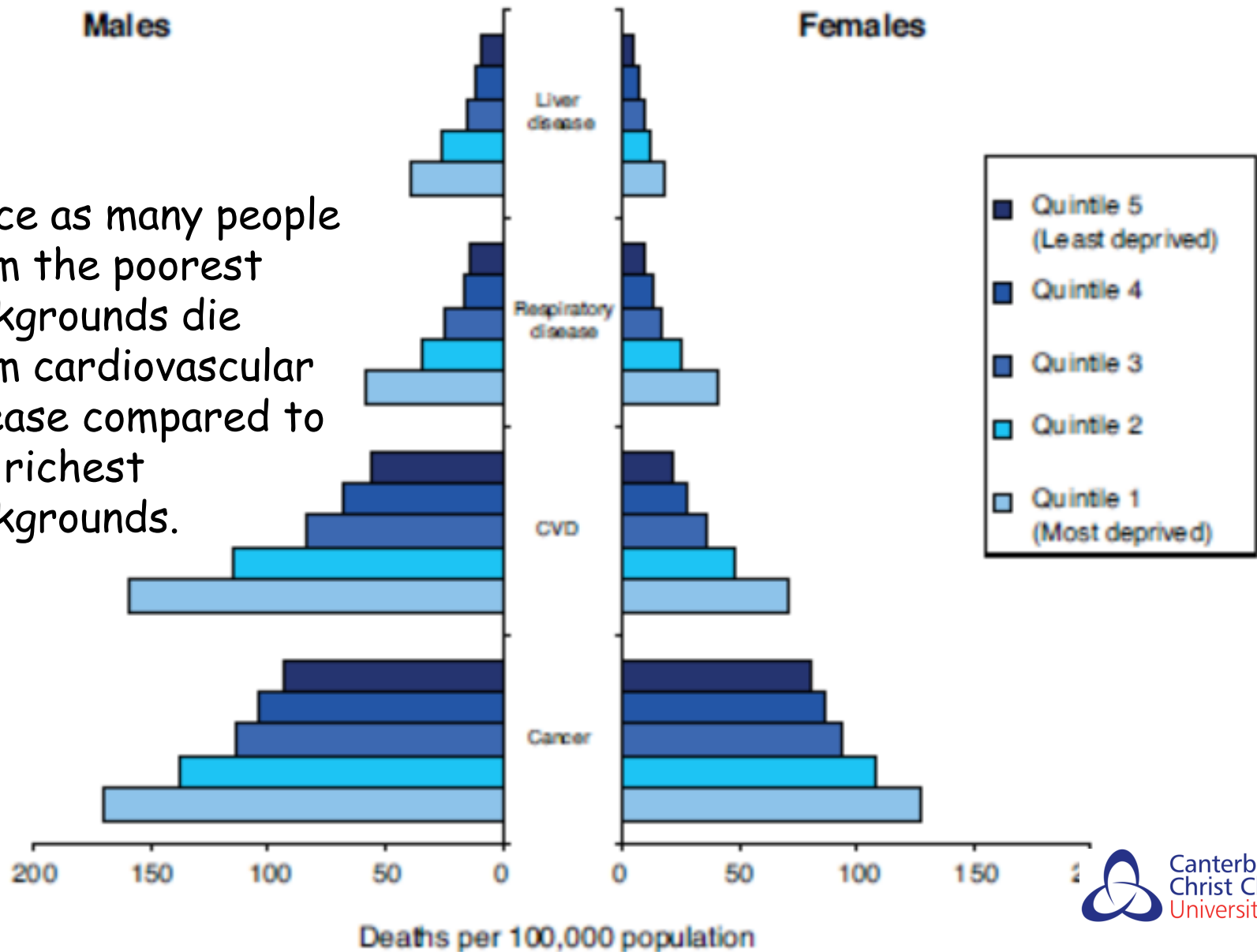
McGinnis et al (2002)



Canadian Institute of
Advanced Research
(2012)

Figure 8 – Mortality rate from the big killers across deprivation quintile¹³

Twice as many people from the poorest backgrounds die from cardiovascular disease compared to the richest backgrounds.



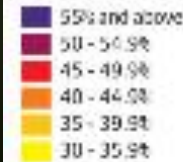


Illness and early death is not random

Socio-economic inequalities

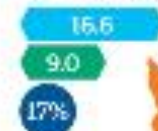
(Marmot, 2010)

Local authorities by % of children not achieving a good level of development

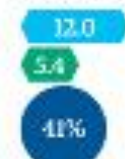


Greater London

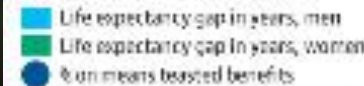
Westminster 53.4%



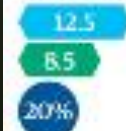
Tower Hamlets 51.4%



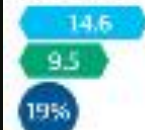
Life expectancy gap shows the difference between the richest and poorest in each council



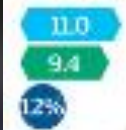
Redcar & Cleveland 49.0%



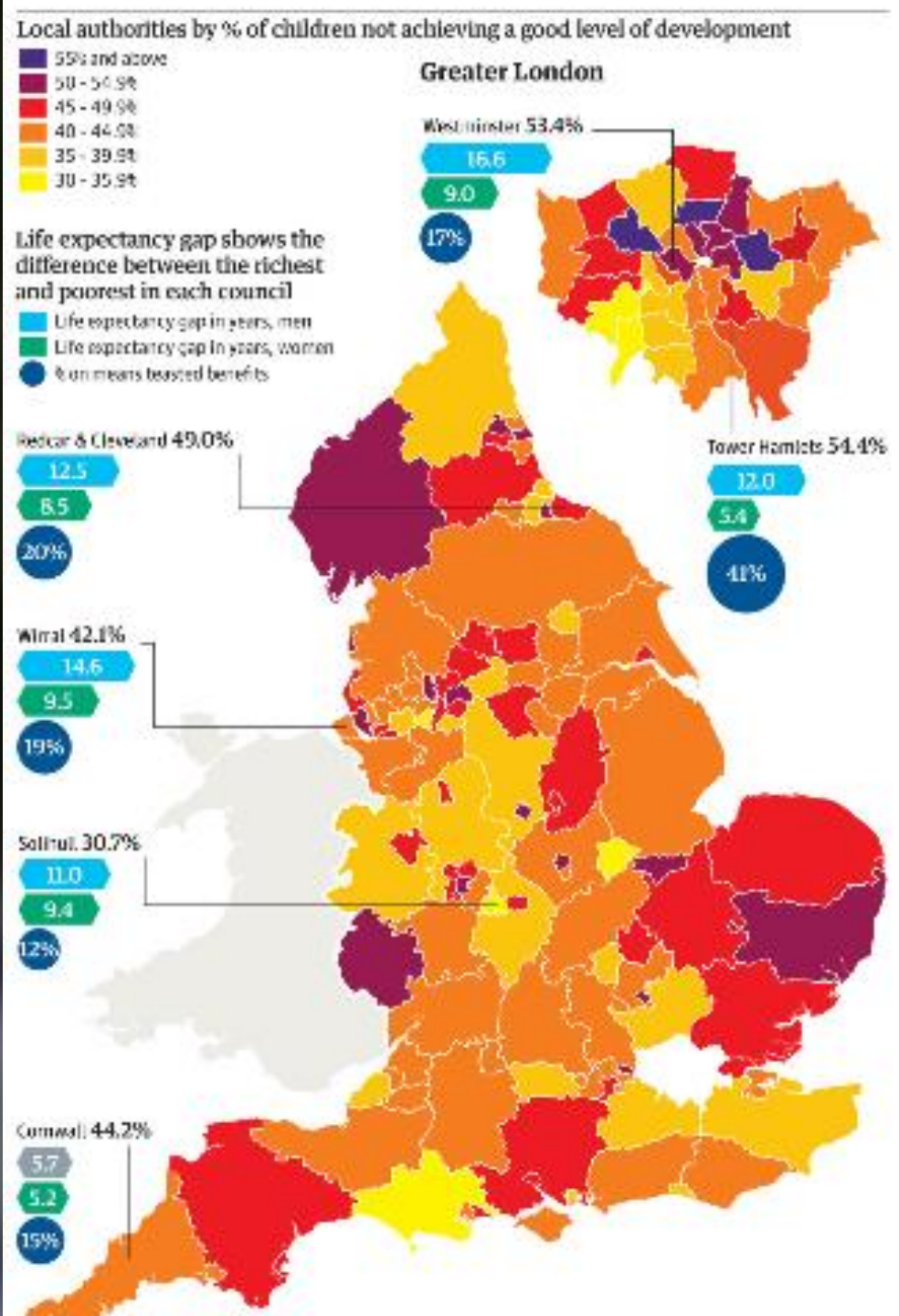
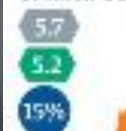
Wirral 42.1%



Solihull 30.7%



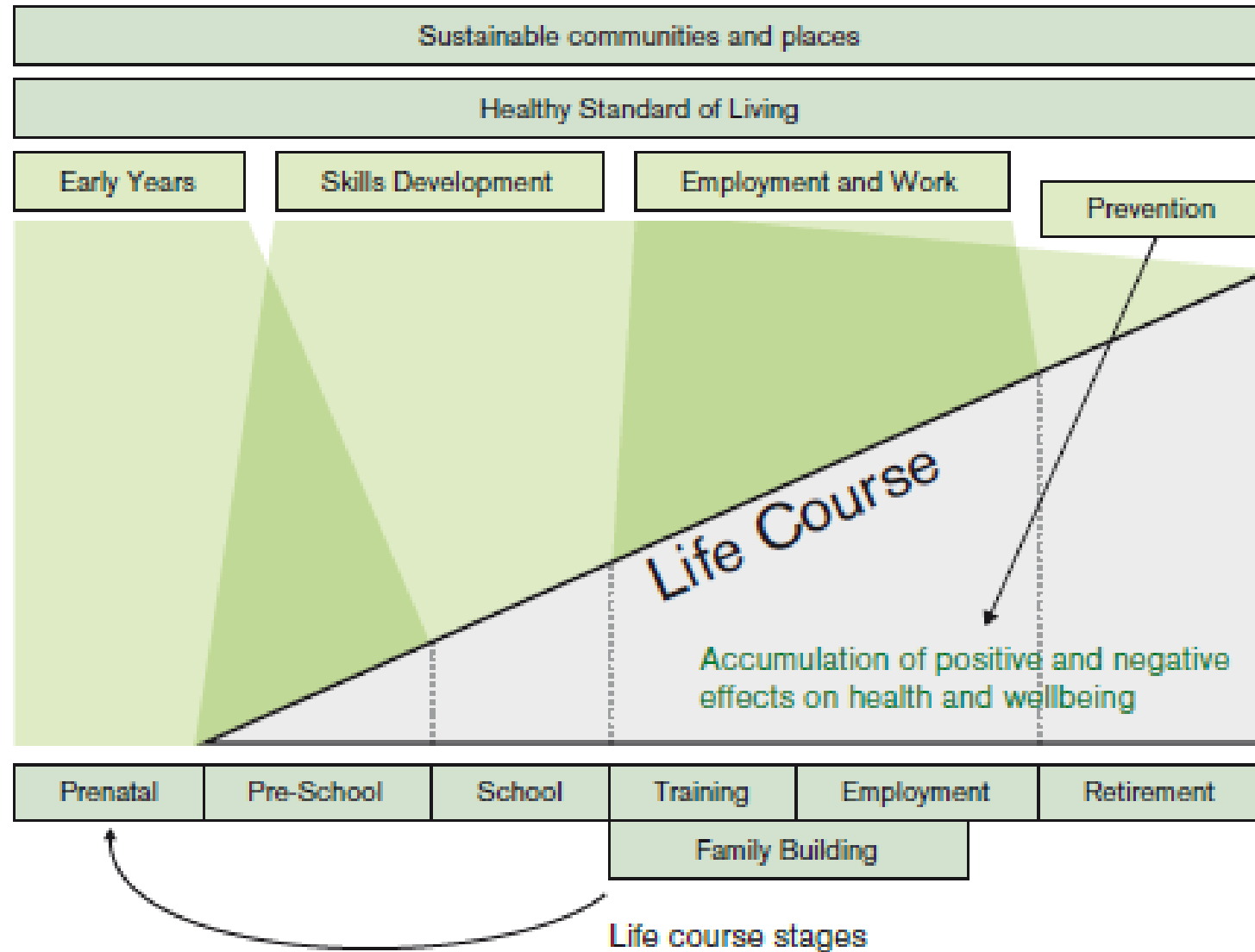
Corwall 44.2%



It is unacceptable that we can identify which children are likely to have an early death because of the conditions in which they are born.

(Roberts & Bell, 2015)

Areas of action



(Marmot, 2010)

Early Years

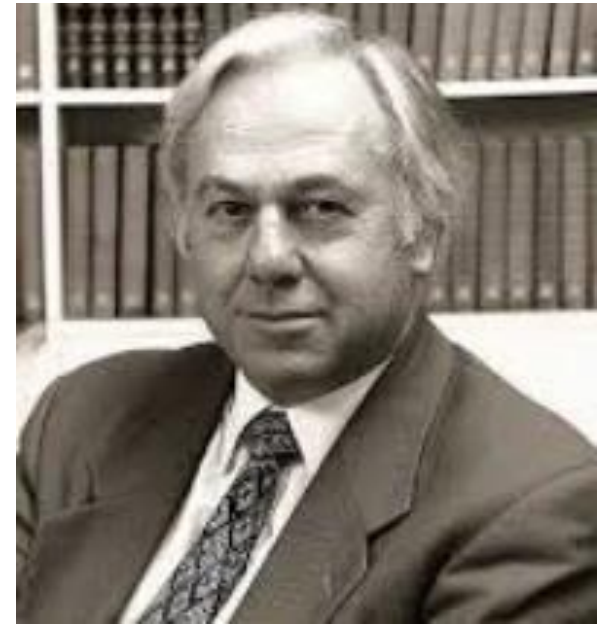
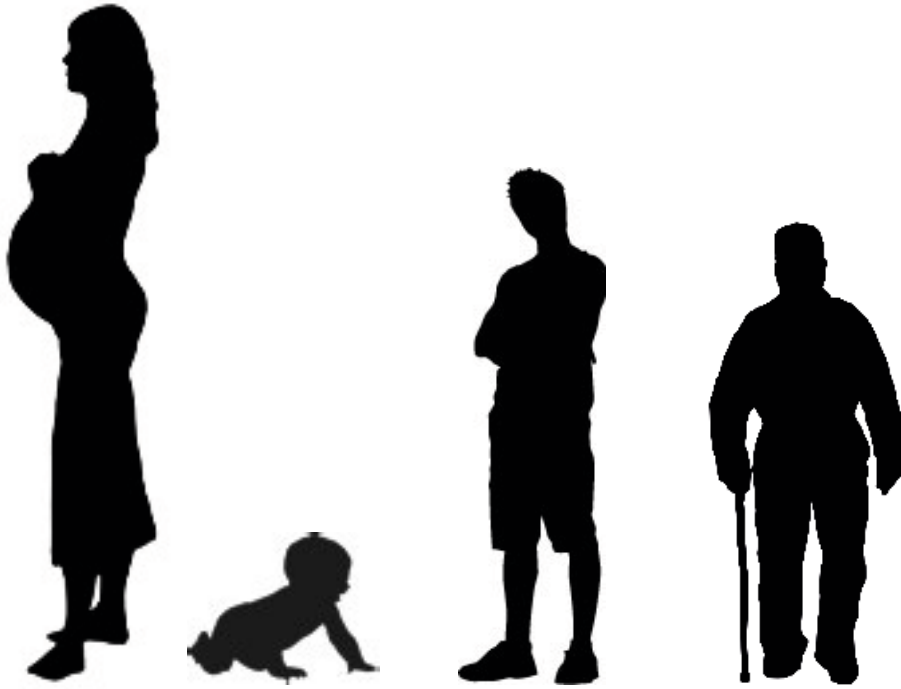
Skills Development

What a child experiences during the early years lays down a foundation for the whole of their life. (Marmot, 2010 p. 60)

Prenatal

Pre-School

School



David Barker

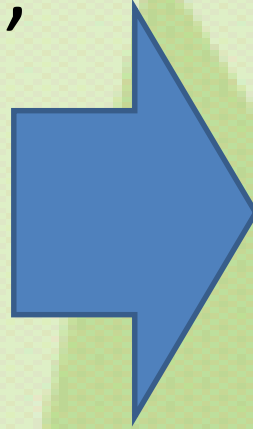
Maternal **malnutrition, low birth weight**, stress and other factors that impact development in the womb can create long-term changes in basic biological functioning

Healthy

Early Years

Skills Development

Maternal, fetal,
child nutrition

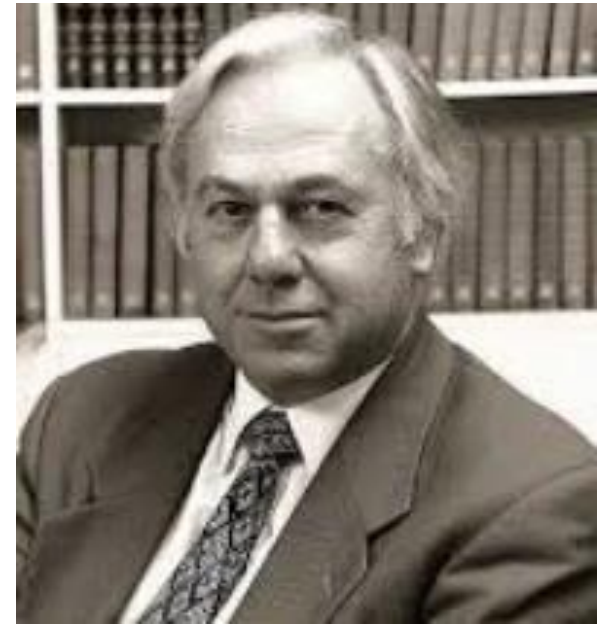
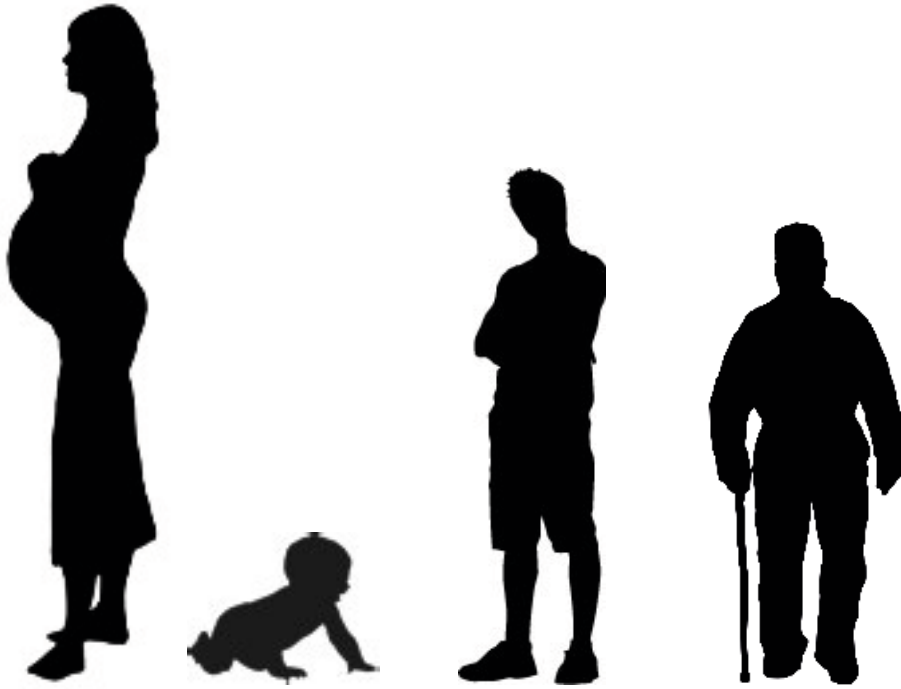


Cardiovascular disease,
cancer, Type 2 diabetes

Prenatal

Pre-School

School



David Barker

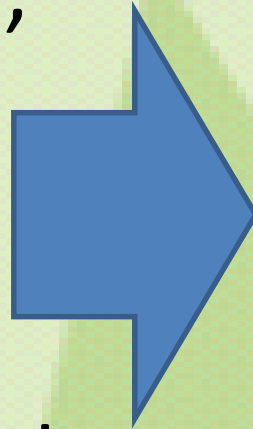
Maternal malnutrition, low birth weight, **stress and other factors** that impact development in the womb can create long-term changes in basic biological functioning

Healthy

Early Years

Skills Development

Maternal, fetal,
child nutrition



Abuse & neglect

Cardiovascular disease,
cancer, Type 2 diabetes

Cardiovascular disease, chronic
lung disease, fractures, sexually
transmitted infections,
unintended teenage pregnancy,
depressive disorders

obesity, smoking, promiscuity,
alcohol & drug misuse, higher
prescription use ...

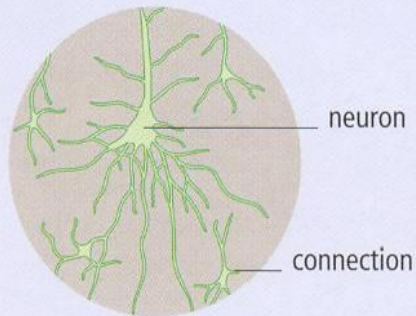
Prenatal

Pre-School

School

Neuron development

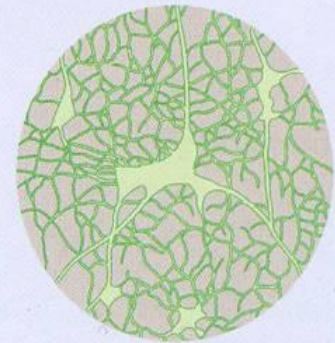
(Sunderland 2006)



A newborn baby has 200 billion brain cells, but few connections.



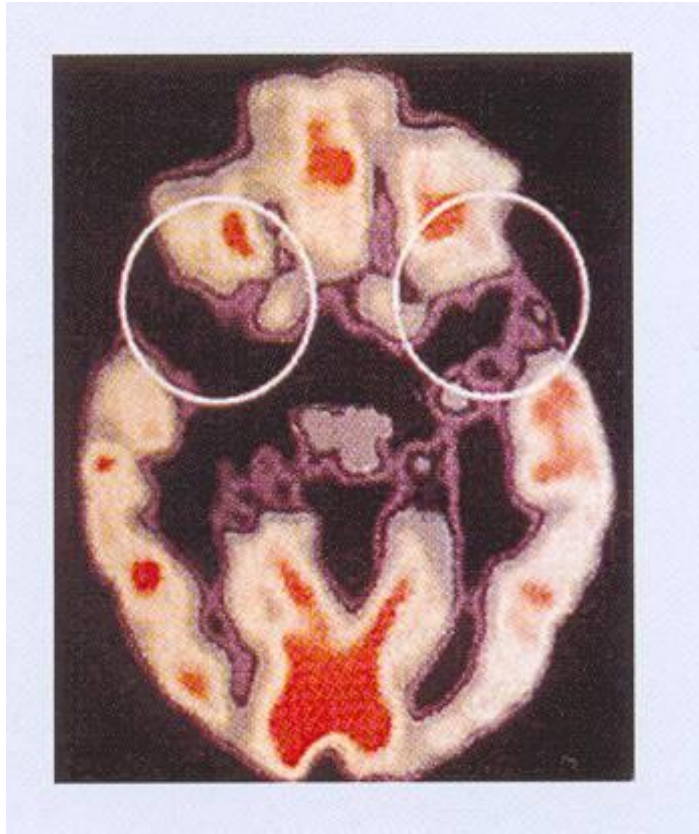
In a child of about one year, cells in the higher brain have developed many more connections.



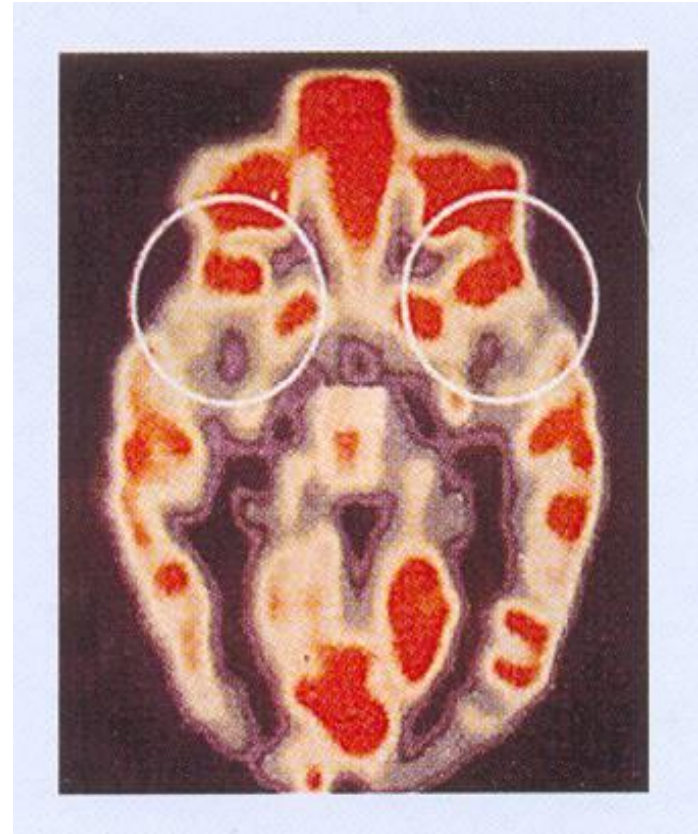
In a child of about two years, the brain wiring has become more complex and synaptic pruning has begun.

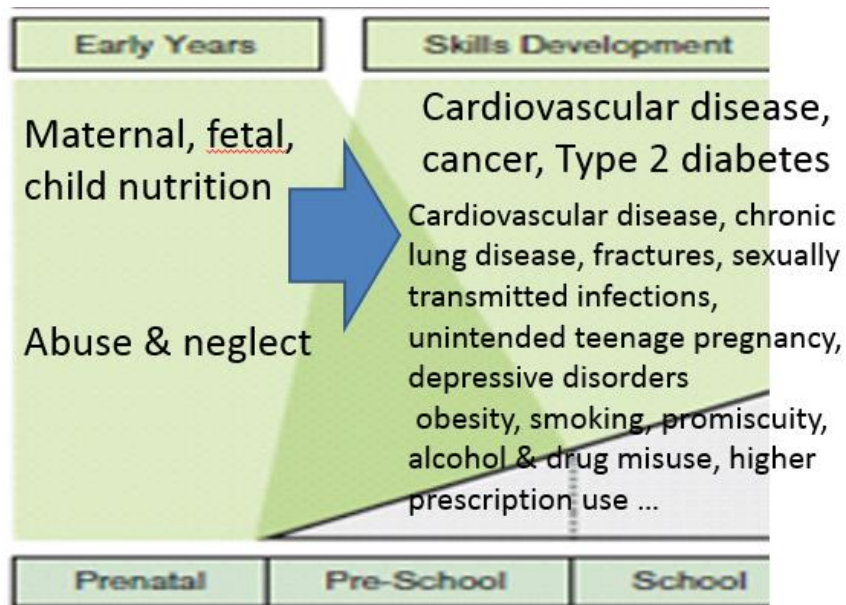
Brain scan evidence

Romanian orphan



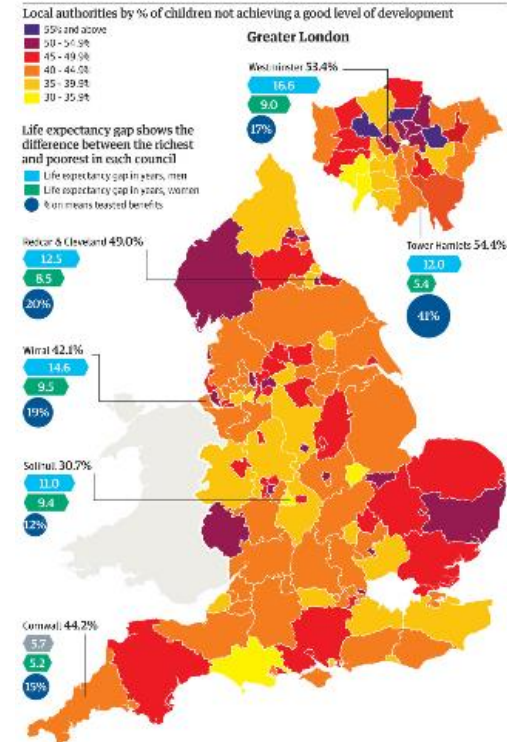
Well loved child





All is compounded by social gradient

England's health inequality mapped



Birth weight linked to maternal lifestyle e.g. smoking, diet, stress

Stress factors linked to parental unemployment depleted resilience, social isolation, mental ill health, domestic abuse, substance misuse.

Why resilience?



These help us to stay healthy and well in the face of stressful life events and hardship

Salutogenesis

Assets for health and well-being

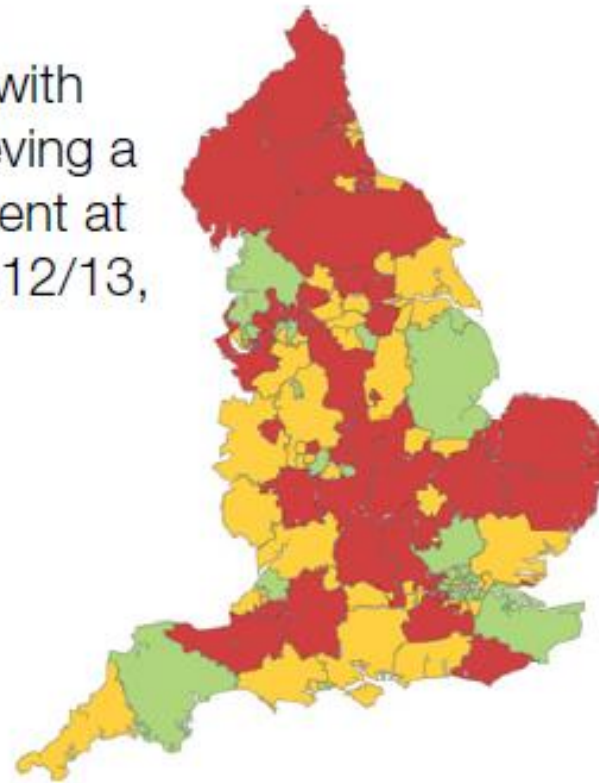


School readiness: The percentage of children with free school meals achieving a good level of development at the end of reception 2012/13, England

36.2%

achieved a good level of development

worse Compared to England



better

similar

worse

Compared to England

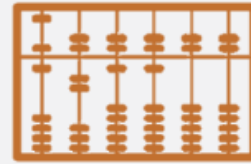
Children who don't achieve a good level of development aged 5 years struggle with:



Social skills



Reading



Maths



Physical skills

which impacts on outcomes in childhood and later life:



Educational
outcomes



Crime



Health

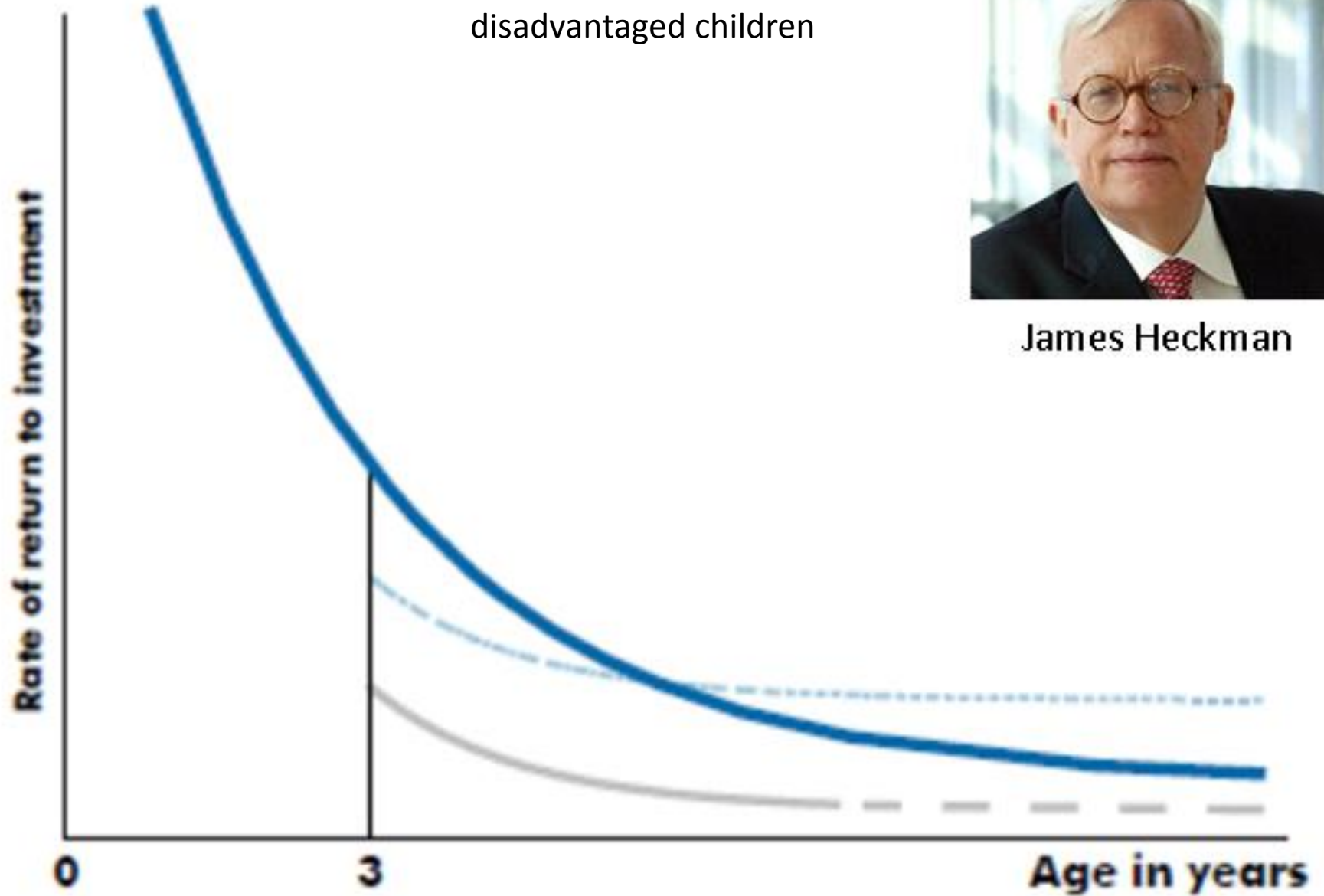


Death

Return for investing in
disadvantaged children



James Heckman



Why now?

We know that where we live and how we live shapes our current and future health; our ill health, quality of life and time of death.

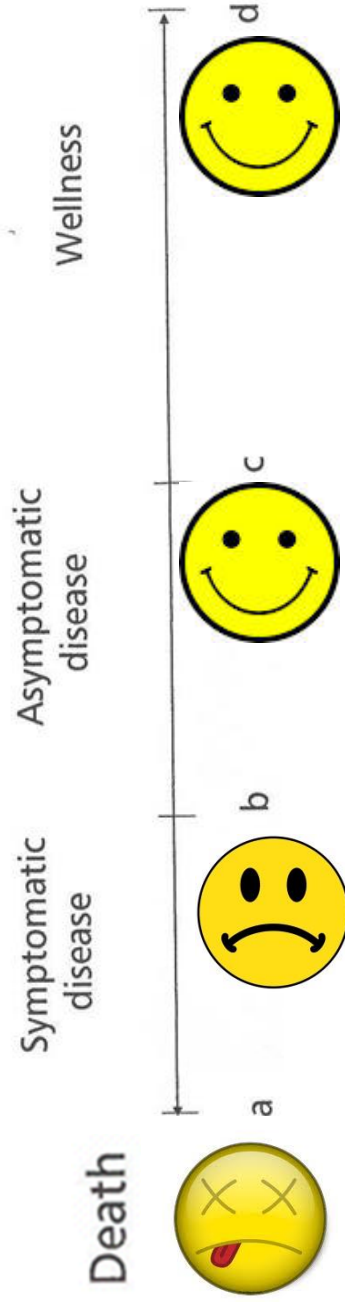
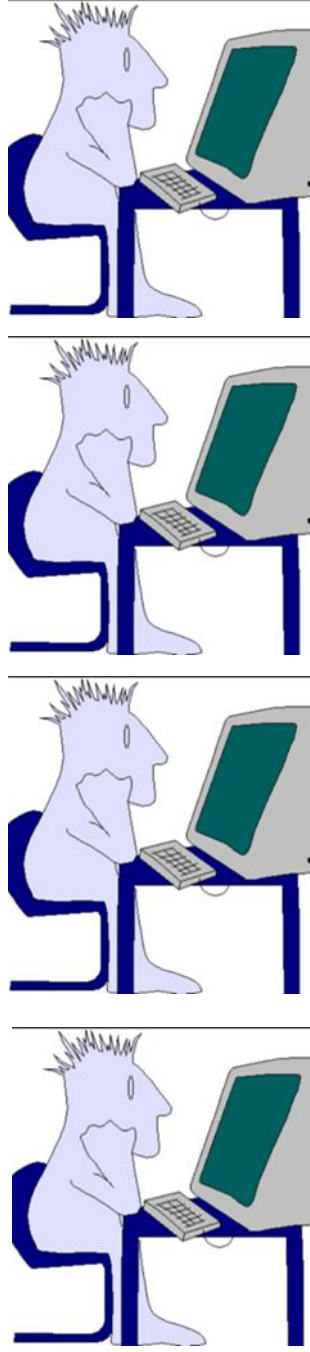
We know how psycho-social, socio-economic and environmental stressors cause direct physical changes in the body that lead to significant poor health.

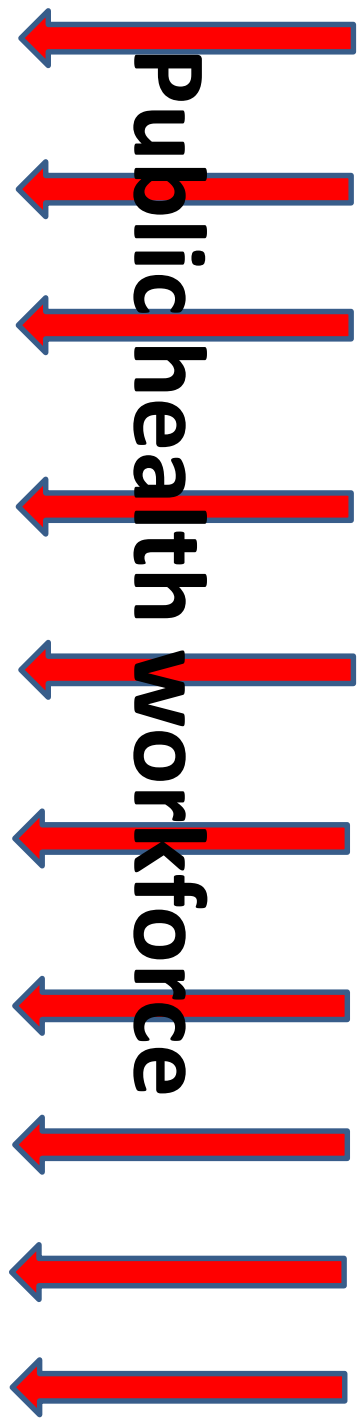
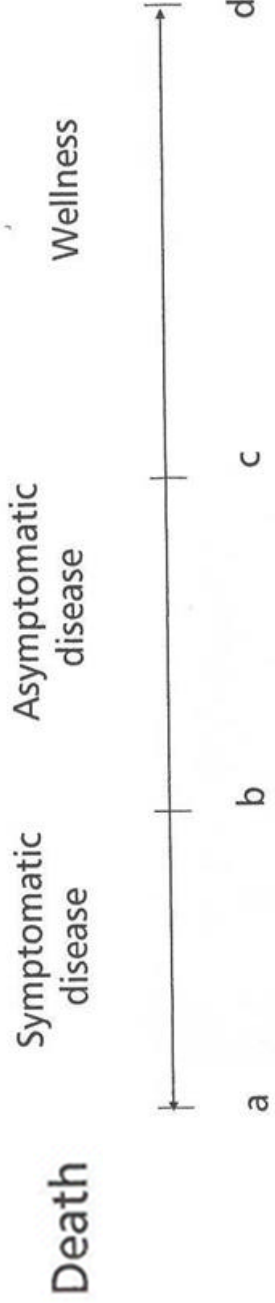
We know that early life is an especially important time to promote health and wellbeing.



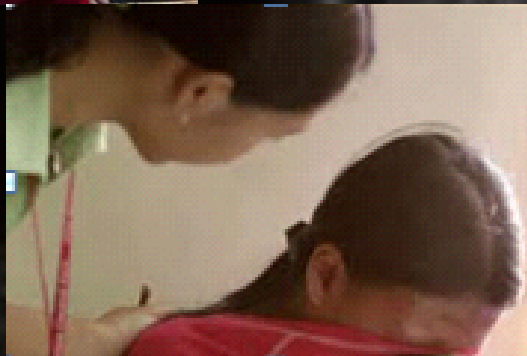
Why you?



















PSHE



Smoking
cessation

Sexual health
services



Healthy Schools
Mental health
worker

Neighbourhood
regeneration

Youth work
Crime
reduction

Substance
misuse/drug &
alcohol services



MEND
Mini MEND
Healthy Walks

Health trainer
Community
development
Healthy Living Centres

Night
champion
programme
Cardiac
prevention/rehab
team

estyle
cancer

CANCER
HOW TO BEAT THE ODDS

Sexual health
services

What can I do?

reduce the risk
CANCER RESEARCH UK

4 life
Eat well Move more Live longer

MENI
Mini ME
Healthy V

start
4 life

KEEP CALM
AND
Worry
ON DOMS

Health appointment?
Dropping Line on 01522 539145
/sexualhealth

h work
time
rior

ight
ption
mme
liac
n/rehab
m





Lobbying for
PSHE/SRE

MAKE POVERTY HISTORY

time to change

let's end mental health discrimination



Action on Smoking

CHILD
POVERTY
ACTION
GROUP



IPPF

International
Planned Parenthood
Federation

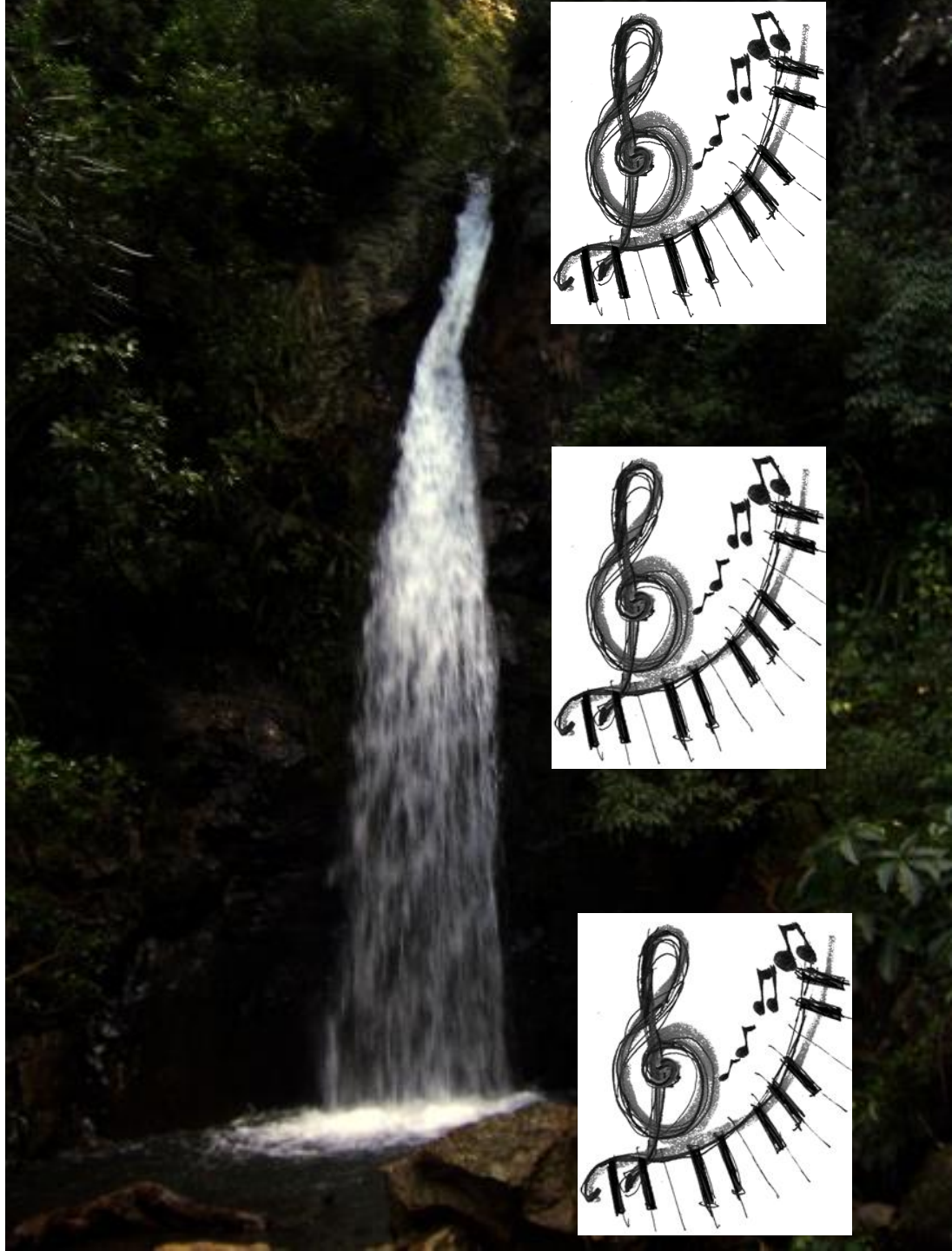
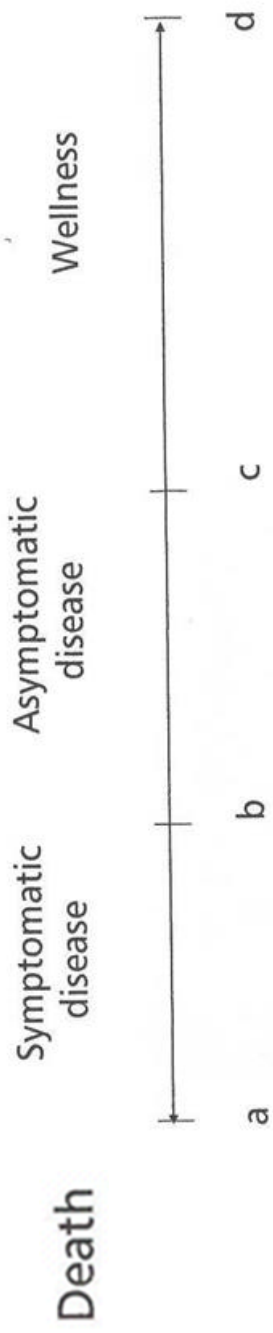
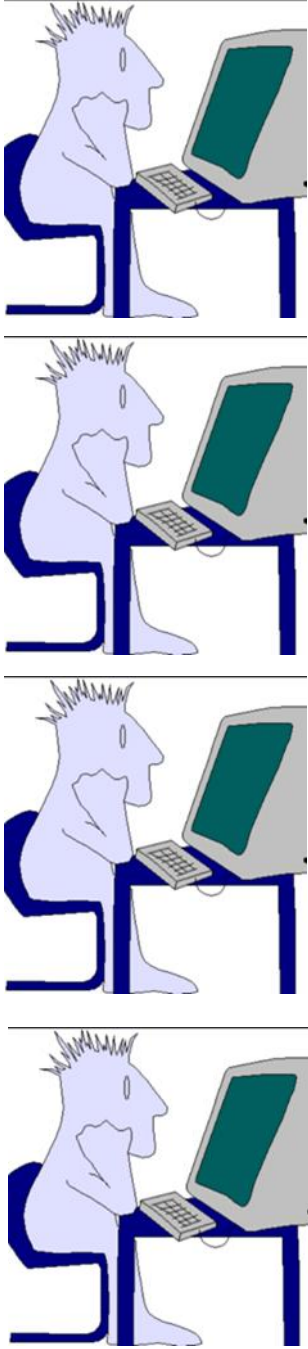


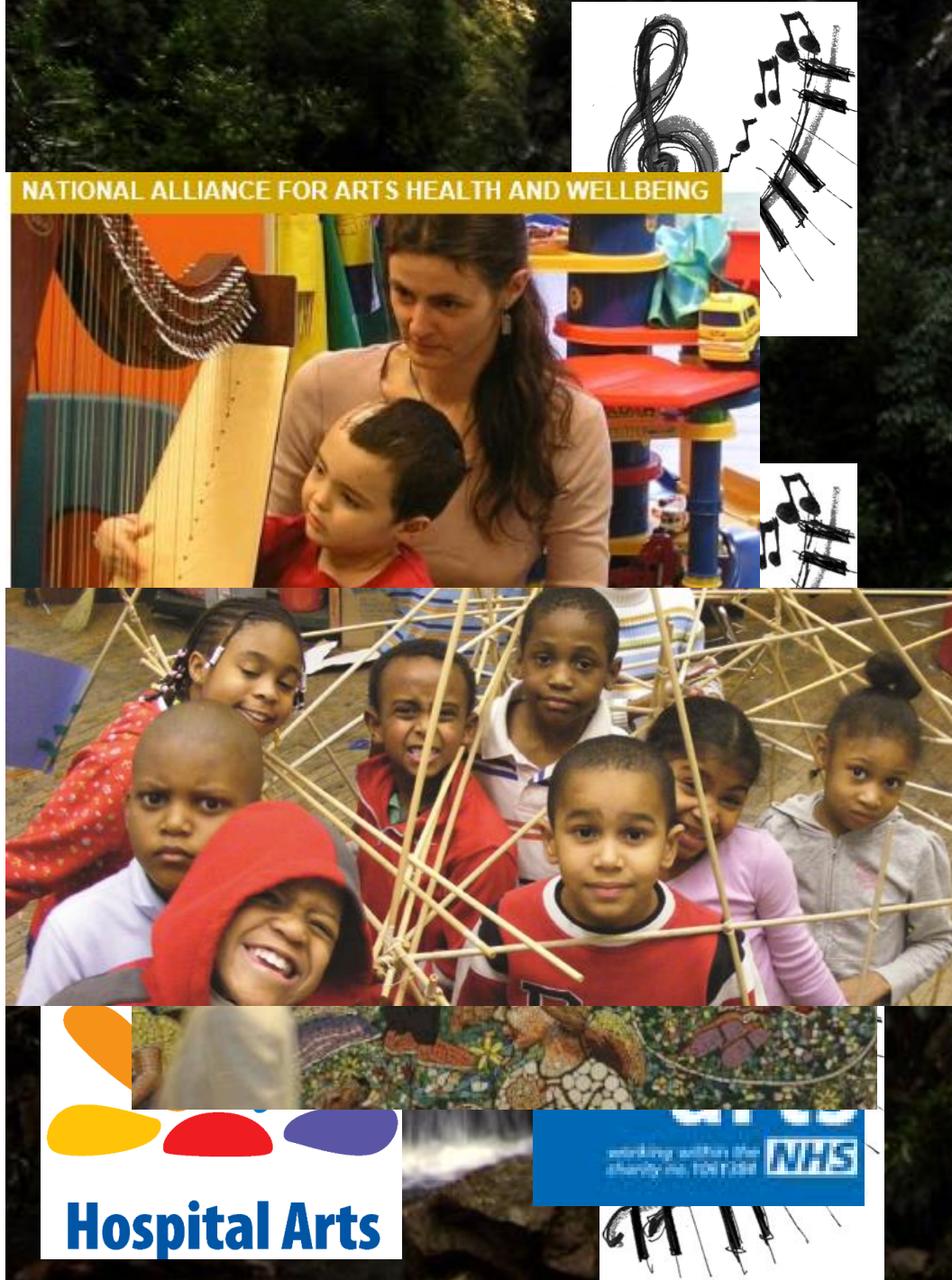
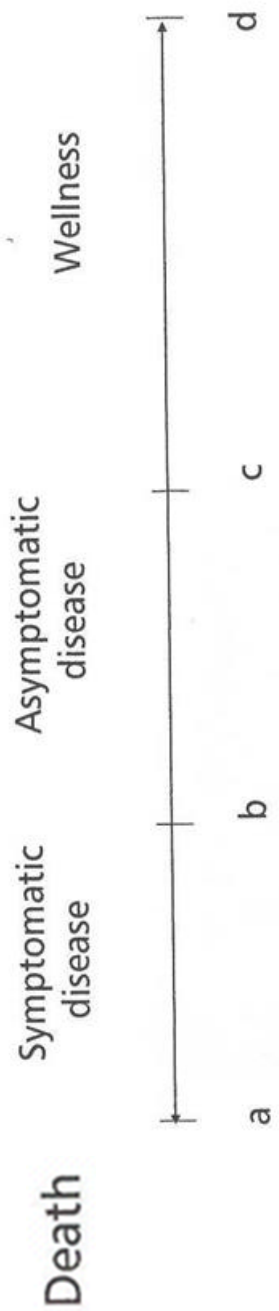
School food
campaign



The Baby Friendly Initiative

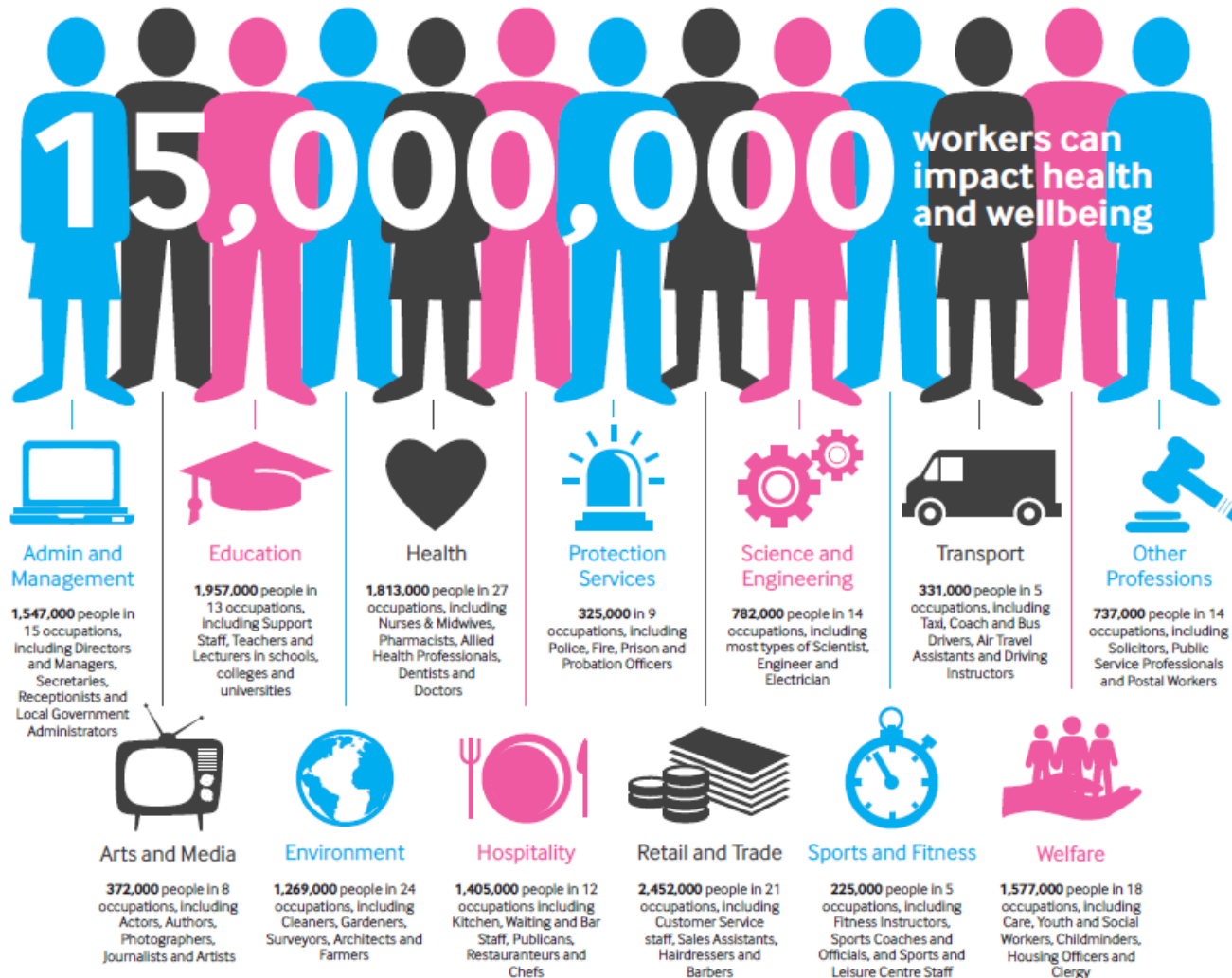






Understanding the wider public health workforce in England

It is widely recognised that many occupations outside the core public health workforce have the opportunity or ability to make a significant contribution to health and wellbeing. Our research estimates these total 185 occupations, encompassing around 15 million people, and that public health is further supported by up to 5.4 million unpaid carers.



(Centre for Workforce Intelligence, 2015)



Public Health England

Our seven priorities

- **tackling obesity** particularly among children
- **reducing smoking** and stopping children starting
- reducing **harmful drinking** and alcohol-related hospital admissions
- ensuring **every child** has the **best start** in life
- **reducing the risk of dementia**, its incidence and prevalence in 65-75 year olds
- tackling the growth in **antimicrobial resistance**
- achieving a year-on-year decline in **tuberculosis** incidence

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Cross Phase Perspectives

June 20th 2016

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Why you?
Why now?

Dr Sally Robinson
School of Public Health,
Midwifery & Social Work

