

Lifestyle Priorities and Perceived Health Needs in West Howe

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westhowe.net

Overview:

Background

Aims

Methods

Results & Conclusions

Recommendations

Background:

- West Howe is one of two areas identified by the Bournemouth 2026 Trust for regeneration
- A 2012 Strategic Assessment recommended that regeneration should include addressing the causes of poor health and wellbeing
- Life expectancy in West Howe is lower than the national average whilst all cause hospital admissions are significantly higher

Background:

- West Howe Community Enterprises is a grassroots organisation with a number of projects that aim to improve social well being
- Current Activities Include:
 - Health Helper Scheme
 - ‘Howe Tasty’ Pop Up Café
 - Community Lunch
 - Job Club
 - Community Shop
 - Exercise Classes



Background:

Engagement in the current well being activities has been variable

West Howe Community Enterprises are looking to widen their reach, engaging more of the community

Traditional objective health needs assessments have previously been undertaken

Felt need however is that which is described by the individual

Aims:

- To explore the lifestyle priorities and felt needs of the community in West Howe
- To provide recommendations that will help guide the planning of future community wellbeing schemes

Methods:

- Participants were recruited at existing community events
- Lifestyle priorities were explored for three aspects of well-being contributing to health, as defined by the WHO
 1. Physical
 2. Mental
 3. Social
- Results were obtained using:
 - a. Individual structured interviews
 - b. Small focus groups
 - c. A questionnaire

Methods:

- The questionnaire was designed to have participants rate health and lifestyle priorities on a Likert Scale from 1 (not important) to 5 (very important)
- Questionnaires, transcripts and notes were analysed by thematic and statistic analysis

Methods:

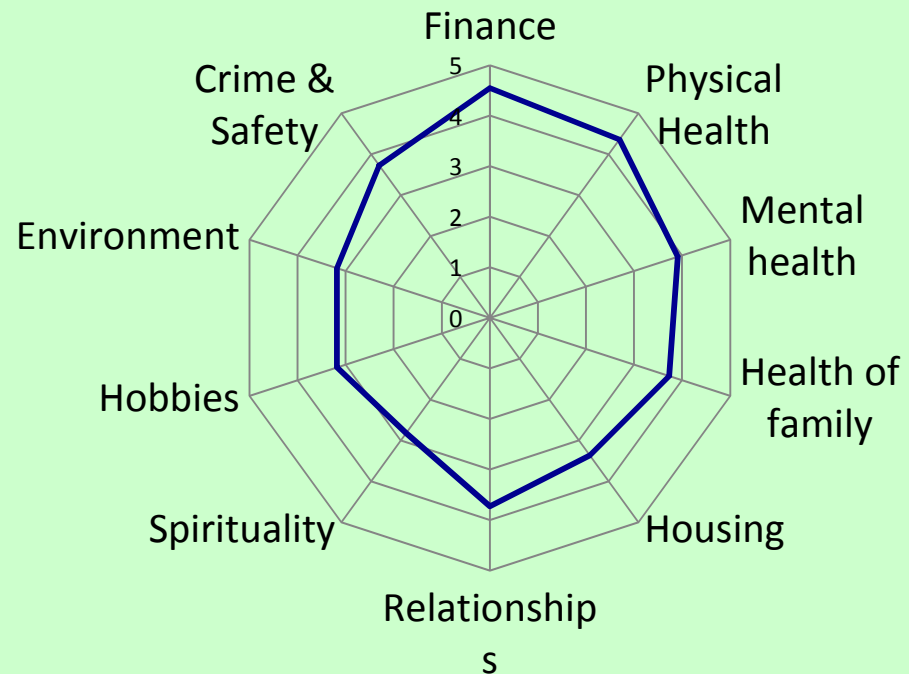
Lifestyle Priorities Considered:

- Finance/Work
- Own Physical Health
- Own Mental Health
- Health of Family
- Housing
- Relationships
- Spirituality
- Environment
- Crime/Safety
- Hobbies
- Drugs
- Alcohol
- Stress/Anxiety
- Obesity
- Smoking
- Mother/Child Services
- Mental Health
- Diet
- Access to Medical Services
- Opportunities for Physical Activity

Results and Conclusions:

General health is consistently a high lifestyle priority:

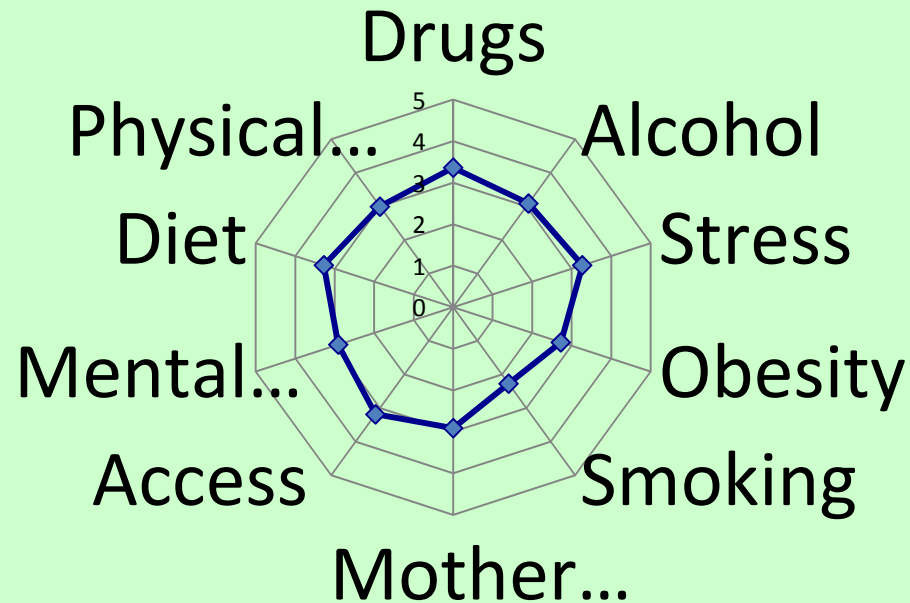
Physical and mental health were ranked 2 and 3, (Likert scale average 4.36 and 3.91 respectively) amongst generic lifestyle priorities



Results and Conclusions:

- Specific areas of health were given less importance on average than general health, identifying a discrepancy in health priorities

The Likert scale average given to specific health and lifestyle concerns was 3, lower than either Physical or Mental Health generically ($p < 0.01$)



Results and Conclusions:

- Mental Health and Diabetes are specific health concerns in the area*

Mental Health:

“Mental health affects everything....people can’t address other issues whilst battling poor mental health.”

Health Helper Re Diabetes:

“There is confusion around medical plans, people getting differing messages .”

Mental Health:

“Depression is leading to isolation, leading to people turning to drugs and alcohol.”

* In particular noted by the Health Helpers

Results and Conclusions:

- Residents highly value, and are more likely to engage in, projects run from within the community

“Only we can do it... need to allow locals to develop, live and work in the community .”

Reasons for non-participation- *“Trust, only trust those they already know.”*

“Only those that put in the time and effort to be known can challenge the status quo.”

Results and Conclusions:

- Health service accessibility, due to travel concerns, is a significant factor limiting engagement by the residents of West Howe

“The furthest many travel is Kinson, rarely Winton, Bournemouth would be a treat.”

“But I can’t walk and can’t afford a scooter.”

“100m is too far for those with mental health issues”

“There’s a lot of local talent, this can reduce the need to travel.”

Recommendations:

1. Peer-peer support “from the community for the community”
 - Increase funding available to train local people to set up their own ideas
2. Increase awareness and support for diabetes and mental health
 - Local Diabetes Support Group
 - Visits from Diabetes UK
 - Local peer support group supported by Dorset Mental Health Forum
 - Train Local people to act as Peer Supporters

Recommendations:

3. Travel:

- Increase awareness of the Health Care Travel Costs Scheme

- Improve infrastructure to allow better connections and access to regional services

- 4. Research the underlying cause of the apparent disconnect between awareness of the importance of health but lack of importance attached to specific health issues

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