

THE CLAHRC NWC HOUSEHOLD HEALTH SURVEY

People living in deprived areas of the UK suffer worse physical and mental health. The HHS aims to measure extent of these health inequalities along the North West Coast, identify strategies to improve health in deprived communities, and assess the effectiveness of resilience interventions that target health inequalities.

What did we aim to achieve?

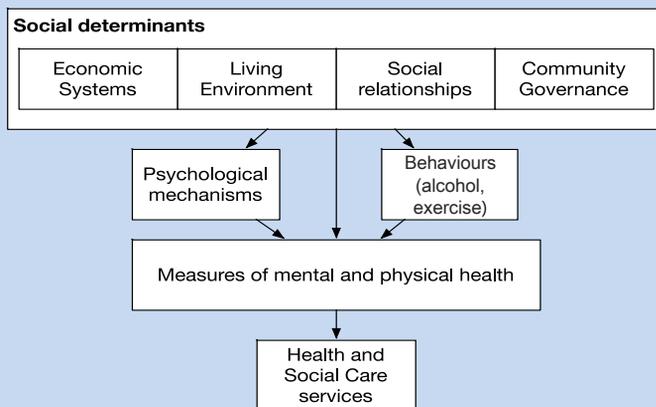
The CLAHRC NWC Household Health Survey (HHS) is a unique resource that aims to longitudinally investigate the determinants of health in disadvantaged neighbourhoods along the North West Coast. The survey will also inform and assess intervention programmes designed to improve health in these communities. The first wave of the survey was conducted in 2015, with a planned follow up survey in 2018. The survey will be used to 1) develop Neighbourhood Resilience Programmes within deprived neighbourhoods, 2) provide unique insights into the psychological pathways through which the characteristics of neighbourhoods impact on mental health and health care utilisation, and 3) demonstrate the impact that the CLAHRC NWC has had on disadvantaged neighbourhoods.

How did we involve people?

Public advisors, NHS partners, and Local Authority representatives have been involved throughout the project; assisting with the design and implementation of the survey, as well as co-producing outputs. We have also engaged local residents through workshops, which provided a platform for discussing findings, developing new research questions, and guiding future waves of the survey.

What did we do?

- A collaboration of researchers, Local Authority partners, NHS partners and public advisors designed a comprehensive survey that assessed a wide range of social, environmental, psychological, behavioural, service usage, and health factors, as shown below.



- We interviewed people in 20 deprived and 8 less deprived neighbourhoods along the North West Coast. Public health interventions will be implemented in 10 of the deprived neighbourhoods (Neighbourhoods for Learning) and the impact of these interventions will be assessed in future waves of the survey.
- Trained teams of researchers door-knocked randomly selected houses in each of the 28 neighbourhoods. A total of 4319 people participated in wave 1 of the survey in return for a £10 voucher.

CLAHRC BITE

Brokering Innovation Through Evidence



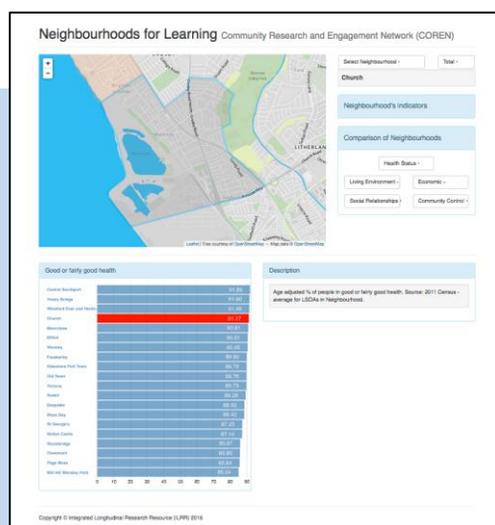
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What have we done with the wave 1 survey data?

Online community resource

The information gathered from the survey is currently being fed back into local communities. One way we are doing this is with our interactive website – the Integrated Neighbourhood Data Resource. Local residents are able to log on to the resource and view information about the health of their neighbourhood and other neighbourhoods in the region. Information is also provided on the four key areas of the resilience framework: economic systems, living environment, social relationships, and community governance.



New discoveries in health and health inequalities

Data obtained from wave 1 of the HHS is being used to advance our understanding of health inequalities in the North West. Some key discoveries made so far from wave 1 of the survey include:

- Increased community belonging was found to be associated with a reduced risk of psychosis and depression.
- Key risk factors for attending A&E among people living in deprived areas include:
 - Living in poor quality housing
 - Not being in employment
 - Living a long way from a GP
 - Having poor physical or mental health
- Personal financial struggle is associated with reduced self-esteem, which in turn is associated with a range of mental health symptoms such as depression.

Local and worldwide dissemination

Findings from the wave 1 survey have been presented to participating Local Authorities through workshops and seminars. Data has also been presented at local events such as the MerseyCare Research Showcase, as well as international conferences including the International Conference on Social Identity and Health and the International Society for Psychological and Social Approaches to Psychosis International Congress.

This research is funded by the National Institute for Health Research (NIHR) Collaboration for Leadership in Applied Health Research and Care North West Coast (CLAHRC NWC).

What is the CLAHRC NWC?

The Collaboration for Leadership in Applied Health Research & Care, North West Coast is a partnership between universities, NHS, councils & other stakeholders & public. Our mission is to undertake applied research to improve public health, well-being, quality of care & reduce health inequalities across the North West Coast region. CLAHRC NWC is funded by the National Institute for Health Research.

For more information visit:

<https://www.clahrcprojects.co.uk/impact/projects/clahrc-nwc-household-health-survey-hss>