

Living Well Data Dictionary

Introduction

What is Living Well?

In November 2008, Professor Sir Michael Marmot was asked by the then Secretary of State for Health to chair an independent review to propose the most effective evidence-based strategies for reducing health inequalities in England from 2010.

The review produced the report 'Fair Society, Healthy Lives' which proposed a cradle-to-grave approach to reduce inequalities, commonly referred to as the Life Course Framework. This broke down people's lives into a number of different life phases.

It concluded that, to have a significant impact on health inequalities, action needs to be taken on six policy objectives. These policy objectives are listed below against their applicable life phase and focus area:

Policy Objective:	Life Phase:	Focus Area:
Give every child the best start in life.	Starting Well	Pre-Natal - Pre-School
Enable all children, young people and adults to maximise their capabilities and have control over their lives.	Developing Well	School
Create fair employment and good work for all.	Working Well	Training and Employment
Ensure a healthy standard of living for all.	Living Well	Family
Create and develop healthy and sustainable places and communities.	Living Well	Community
Strengthen the role and impact of ill health prevention.	Ageing Well	Retirement

This document is one of a series, with each document in the series referring to a specific life phase.

What is this data dictionary?

The measures defined in this dictionary work with a preventative model of support. One of the most effective methods of measurement, when delivering preventative services, is that of risk and protective factors. The removal of risks and the addition of protective factors provides a statistical basis for evidence of impact.

The definitions in this dictionary result from the analysis of the relevant national outcome frameworks, programmes and clinical guidelines. These have then been combined to form a single document listing all of the measures relevant to the Living Well life stage.

For each measure there is a definition (taken from one or more of the source documents), an explanation of why the measure is recorded, a description of the data that is collected and the survey point(s) at which the data is recorded. There is also a separate table showing which framework or policy records the measure.

The dictionary is separated into three areas of risk: Personal Circumstances, Lifestyle and Behaviour, and finally, Status.

Personal Circumstances - related to the factor(s) that are relevant to the support people need. Personal circumstances are non-clinical factors that are likely to have an adverse effect on health. Many of these types of risk are unchangeable or may take a long time to resolve.

For example: Social isolation is a personal circumstance. Being socially isolated can cause stress and anxiety, increased risk of misusing alcohol or substances, and increased visits to the GP or Accident and Emergency.

Lifestyle and Behavioural factors - something that increases the likelihood of a poor long-term health outcome. These will form the basis of the support provided and are able to be reduced with the right support and services. The removal of this type of risk can be achieved in a shorter period.

For example: smoking is a lifestyle and behavioural factor that increases the risk of heart, lung and respiratory disease.

Status - the result of a lifestyle and behavioural factor. The removal or reduction of these risks is likely to be a long-term outcome.

For example: A person who has been diagnosed as pre-diabetic as a result of poor lifestyle and behavioural factor(s) now has 'pre-diabetic' as a status, however the focus of support will be on the removal and reduction of the lifestyle and behaviour issues.

The data dictionary is a shared reference document that describes what should be recorded. This is because it is important that everybody who collects the data has the same understanding of what is being collected.

The measures to be recorded are taken from the following frameworks:

Organisation:	Framework Title:
National Institute for Health and Clinical Excellence	<u>CG127: Hypertension</u> <u>PH35: Diabetes Type 2</u> <u>PH25: Prevention of CVD</u> <u>CG43: Obesity</u>
Department of Health	<u>Improving Outcomes and Supporting Transparency</u>
Department of Health	<u>CCG Improvement and Assessment Framework</u>
Department of Health	<u>Preventing Suicide in England</u>
Department of Work and Pensions	<u>Social Justice Outcomes Framework</u>
Department of Health	<u>A framework for sexual health improvement in England</u>
Government Office for Science	<u>Tackling Obesity – Future Choices</u>

Living Well – Example Risk Map

Personal circumstances	Behaviour	Status
<p>Current Score : A Score on assessment : C Highest Score : A</p>	<p>Current Score : 6 Score on assessment : 0 Highest Score : 6</p>	<p>Current Score : 2 Score on assessment : 3 Highest Score : 3</p>
<p>Accommodation</p> <p>Housing - homeless Assign UNASSIGNED</p> <p>The client has nowhere to live: someone is not homeless if they are in temporary accommodation</p> <p>Housing - temporary accommodation Reopen RESOLVED</p> <p>The client is living in temporary accommodation, this includes hostel accommodation, sofa surfing, or short-term arrangements outside the family</p> <p>Housing - unsuitable housing Assign UNASSIGNED</p> <p>The client feels they are living in unsuitable accommodation, this might be because it is unsafe, unsanitary, overcrowded, in disrepair or at risk of domestic abuse.</p>	<p>Alcohol</p> <p>Alcohol Reopen RESOLVED</p> <p>The client is drinking more than the recommended units of alcohol per week on average: 14 units for both women and men, 4 units for pregnant women</p> <p>Exercise</p> <p>Physically inactive Resolve ASSIGNED Delete</p> <p>The client is doing less than 30 minutes of moderately intense physical activity per week in bouts of 10 minutes or more</p> <p>Moderately physically active Assign UNASSIGNED</p> <p>The client is doing more than 30 minutes but less than 150 minutes of moderate intensity physical activity per week</p>	<p>Health check</p> <p>Pre-diabetic Assign UNASSIGNED</p> <p>The client has been identified as being pre-diabetic, ie they have glucose tolerance level of 7-9 after food</p> <p>NHS Health Check Resolve ASSIGNED Delete</p> <p>The client is aged between 40 - 74 and has not received an NHS Health Check</p> <p>High blood pressure Reopen RESOLVED</p> <p>The client has a blood pressure reading over 140/90</p> <p>Raised blood pressure Assign UNASSIGNED</p> <p>The client has a blood pressure reading of between 120/80 and 140/90</p>
<p>Domestic abuse</p> <p>Disclosed domestic violence and abuse Resolve ASSIGNED Delete</p> <p>Client who self-reports that they are or have been subject to domestic violence and abuse. Including physical, mental and emotional abuse.</p>	<p>Nutrition</p> <p>Significant fried and processed food Resolve ASSIGNED Delete</p> <p>The client reports that fried and processed food formed a significant part of their diet in the last week</p> <p>Iron Resolve ASSIGNED Delete</p> <p>It has been identified that the client has an iron deficiency</p> <p>Excessive sugar Assign UNASSIGNED</p> <p>The client reports they have consumed in excess of the recommended daily intake of sugar, on average, in the last week</p> <p>Very low fruit and veg Resolve ASSIGNED Delete</p> <p>The client reports that yesterday they consumed 0-2 portions of fruit or vegetables</p> <p>Low fruit and veg Assign UNASSIGNED</p> <p>The client reports that yesterday they consumed 3-4 portions of fruit or vegetables</p>	<p>Mental health</p> <p>Stress and Anxiety Resolve ASSIGNED Delete</p> <p>The client reports excessive worry about a number of different events associated with heightened tension. These have been present for at least 6 months and have significant impact on their lives</p> <p>Low wellbeing Reopen RESOLVED</p> <p>The client has a low sense of wellbeing, as indicated by their result on either SWEMWBS, WEMWBS or the ONS Measuring National Well-being Programme</p>
<p>Environment</p> <p>Outdoor spaces Resolve ASSIGNED Delete</p> <p>The client reports that they have not taken a visit to the natural environment for health or exercise over the previous seven days</p> <p>Noise Resolve ASSIGNED Delete</p> <p>The client reports that excessive noise is having an adverse effect on their health. 'Noise' includes environmental, neighbour, and neighbourhood</p>	<p>Smoking</p> <p>Smoking Assign UNASSIGNED</p> <p>The client smoked cigarettes in the last week, regardless of number per day</p>	<p>Sexual health</p> <p>STI Assign UNASSIGNED</p> <p>The client is identified as having a sexually transmitted infection</p> <p>Unwanted pregnancy Assign UNASSIGNED</p> <p>The client is a woman who reports that their pregnancy is unwanted</p>
<p>Financial hardship</p> <p>Financial hardship Resolve ASSIGNED Delete</p> <p>Client who self-discloses that they have unmanaged debt, rent arrears, or low income</p>	<p>Substance misuse</p> <p>Substance misuse Assign UNASSIGNED</p> <p>The client regularly uses intoxicants (excluding alcohol) to an extent where physical dependence or harm is a risk</p>	<p>Weight</p> <p>Obese Assign UNASSIGNED</p> <p>The client has a BMI over 30, with the exception of South Asian and Chinese clients where a BMI over 27.5 indicates obesity</p> <p>Overweight Assign UNASSIGNED</p> <p>The client has a BMI of 25-30, with the exception of South Asian and Chinese clients where a BMI of 23-27.5 indicates overweight</p>
<p>Safeguarding</p> <p>Vulnerable adult Assign UNASSIGNED</p> <p>The client meets the criteria for a vulnerable adult</p>		
<p>Social isolation</p> <p>Social isolation Assign UNASSIGNED</p> <p>Client who is socially isolated or lonley</p>		

Contents

Personal Circumstances:

Indicator	Page
<u>Domestic Abuse</u>	7
<u>Environment - Noise</u>	8
<u>Environment - Outdoor Spaces</u>	8
<u>Financial Hardship</u>	9
<u>Housing - Homeless</u>	10
<u>Housing - Temporary Accommodation</u>	11
<u>Housing - Unsuitable Accommodation</u>	11
<u>Social Isolation - Loneliness</u>	12
<u>Vulnerable Adult</u>	12

Behavioural Factors:

Indicator	Page
<u>Alcohol Misuse</u>	13
<u>Nutrition - Low Fruit and Vegetable Intake</u>	14
<u>Nutrition - Very Low Fruit and Vegetable Intake</u>	14
<u>Nutrition - Significant Fried and Processed Food Intake</u>	15
<u>Nutrition - Excessive Sugar</u>	15
<u>Nutrition - Iron</u>	16
<u>Physical Activity - Moderately Active</u>	16
<u>Physical Activity - Inactive</u>	17
<u>Smoking</u>	17
<u>Substance Misuse</u>	18

Additional Clinical Factors:

Indicator	Page
<u>Mental Health - Low Reported Wellbeing</u>	19
<u>Mental Health - Stress and Anxiety</u>	20
<u>NHS Health Check</u>	20
<u>Screening - Raised Blood Pressure</u>	21
<u>Screening - High Blood Pressure</u>	21
<u>Sexual Health - Unwanted Pregnancy</u>	22
<u>Sexual Health - Sexually Transmitted Infections</u>	22
<u>Pre-Diabetes</u>	23
<u>Weight - Overweight</u>	23
<u>Weight - Obese</u>	24

Personal Circumstances

Personal circumstances are measures of socio-economic factors that are present in a person's life. These can be quite profound factors that have an impact on a person's ability to manage health lifestyle choices or even to make changes that can change clinical factors.

Measure Disclosed domestic violence and abuse

Definition	<p>The cross-government definition of domestic violence and abuse is:</p> <p>any incident or pattern of incidents of controlling, coercive, threatening behaviour, violence or abuse between those aged 16 or over who are, or have been, intimate partners or family members regardless of gender or sexuality. The abuse can encompass, but is not limited to:</p> <ul style="list-style-type: none"> • psychological • physical • sexual • financial • emotional <p>Where this is historic then it will be recorded if that abuse still affects the client's life presently.</p>
Reason for collecting	<p>People experiencing domestic violence and abuse may experience additional physical and mental health needs as a result of abuse. In addition, people may have additional support needs during their training and early employment.</p> <p>Domestic violence and abuse are safeguarding issues where children are involved.</p>
Data collected	<p>Number of people who self-report that they are or have been subject to domestic violence and abuse.</p>

Outcome Framework

Reference

NICE Guidance	PH50 CG110
Healthy Child Programme: Pregnancy and the First Five Years	HCP – P17 HCP – P45
Public Health Outcome Framework	1.11
Social Justice Outcome Framework	KI-1

Measure: Environment - Noise

Definition:	Clients who self-report that their health and wellbeing is adversely affected by exposure to: <ul style="list-style-type: none"> • Environmental Noise • Neighbour Noise • Neighbourhood Noise
Reason for Collecting:	There are a number of direct and indirect links between exposure to noise and health outcomes such as stress, heart attacks and other health issues. Furthermore, there is clear evidence that exposure to noise is a key determinant of quality of life and well-being.
Data Collected:	Number of clients who self-report that their health and wellbeing is adversely affected by exposure to: <ul style="list-style-type: none"> • Environmental Noise • Neighbour Noise • Neighbourhood Noise

Outcome Framework:

PHOF

Reference:[1.14](#)**Measure: Environment - Outdoor Space**

Definition:	Clients report that they have not spent reasonable time outdoors other than routine shopping trips or their own garden.
Reason for Collecting:	Inclusion of this indicator is recognition of the significance of accessible outdoor space as a wider determinant of public health. There is strong evidence to suggest that outdoor spaces have a beneficial impact on physical and mental well-being and cognitive function through both physical access and use.
Data Collected:	Number of clients who self-report a limited time spent outdoors.

Outcome Framework:

Public Health Outcome Framework

Reference:[1.16](#)

Measure Financial Hardship

<p>Definition</p>	<p>The client reports that their household are on a low income (60% of average wages before housing costs) Indicators are:</p> <ol style="list-style-type: none"> 1. The family cannot afford a number of food and clothing items 2. They claim Job Seekers Allowance, Employment Support Allowance or Income Support 3. They have required fuel costs that are above average or, were they to spend that amount, it would leave them with a residual income below the fuel poverty line. 4. They have unmanaged debt; this includes rent arrears
<p>Reason for collecting</p>	<p>Clients may be perceived to be in a 'benefits trap' where they are unable to earn enough to equal or exceed their current rate of benefit. Recent legislation has capped benefits resulting in increased need to obtain employment. Many clients may find the cost of training and work-focused activity difficult to manage.</p>
<p>Data collected</p>	<p>Number of clients who self-disclose that they have unmanaged debt, rent arrears or low income.</p>

Outcome Framework

Reference

<p>Public Health Outcomes Framework</p>	<p><u>1.1, 1.17</u></p>
<p>Social Justice Outcomes Framework</p>	<p><u>KI-4</u></p>
<p>Healthy Child Programme</p>	<p><u>HCP – P17</u></p>

Measure: Housing - Homeless

Definition:	You may be legally homeless if: <ol style="list-style-type: none">1. You've no legal right to live in accommodation anywhere in the world.2. You can't get into your home - eg. your landlord has locked you out. It's not reasonable to stay in your home - eg. risk of violence or abuse.3. You're forced to live apart from your family or people you normally live with because there's no suitable accommodation for you.4. You're living in very poor conditions - eg. overcrowding. <p>If you're legally homeless, your council must provide you with help – this could range from giving advice to arranging accommodation. The amount of help they give you will depend on things like:</p> <ul style="list-style-type: none">• If you became homeless through no fault of your own• If you're eligible for assistance <p>If you're in priority need</p>
Reason for Collecting:	Being homeless is an indication of social risk. This has implications for financial status.

Outcome Framework:

Reference:

Public Health Outcome Framework

[1.15i](#)

Social Justice Outcome Framework

[KI-1](#)

Measure: Housing - Temporary Accommodation

Definition:	Temporary accommodation includes sofa-surfing, hostel accommodation and short-term arrangements as a non-dependent.
Reason for Collecting:	Living in temporary accommodation is an indication of social risk. It often leads to a period of financial crisis for someone as benefits will usually be delayed.
Data Collected:	Number of clients who are living in temporary accommodation as defined above.

Outcome Framework:**Reference:**

Public Health Outcome Framework	1.15ii
Healthy Child Programme: Pregnancy and the First Five Years	HCP - P17
Social Justice Outcome Framework	KI-1

Measure: Housing - Unsuitable Accommodation

Definition:	Accommodation is self-declared unsuitable by the client.
Reason for Collecting:	Unsuitable accommodation might include housing repairs or overcrowding. Typically, this will have an adverse effect on the client and the wider family's physical and mental health.
Data Collected:	Does the client feel that they are living in unsuitable accommodation? This might be because it is unsafe, unsanitary, overcrowded or in disrepair.

Outcome Framework:**Reference:**

Public Health Outcome Framework	1.15i
Healthy Child Programme: Pregnancy and the First Five Year	HCP – P17
Social Justice Outcome Framework	KI-1

Measure: Social Isolation - Loneliness

Definition:	An adult is considered to be socially isolated if they have no support from either a partner, family or a friend. The client reports that they do not have as much social contact as they would like.
Reason for Collecting:	Social isolation may be a trigger for mental ill-health problems, reduction in physical activity and the inability to access services. Social isolation is all considered an indicator for higher risk of suicide.
Data Collected:	Number of adults who define themselves as socially isolated or lonely.

Outcome Framework:**Reference:**

Public Health Outcome Framework	1.18
Adult Social Care Outcome Framework	1L
Preventing Suicide in England	Reference
WHO - Preventing Suicide - A Global Imperative	Reference

Measure: Vulnerable Adult

Definition:	A “vulnerable adult” is aged 18 or over; receives or may need community care services because of a disability, age or illness; and who is/or may be unable to take care of themselves or protect themselves against significant harm or exploitation. “A person lacks capacity in relation to a matter if, at the material time, he is unable to make a decision for himself (in relation to the matter) because of an impairment of, or disturbance in the functioning of, the mind or brain.” <small>[Definition of a ‘vulnerable adult’ from the Mental Capacity Act, 2005]</small>
Reason for Collecting:	Vulnerable people are at particular risk of being able to access important services that can improve their mental and physical wellbeing. In addition, vulnerable people are at greater risk of being victims of abuse and violence.
Data Collected:	Number of clients who meet the criteria for being a vulnerable adult.

Outcome Framework:**Reference**

Adult Social Care Outcome Framework	4B
-------------------------------------	--------------------

Behavioural Factors

These are issues that increase the likelihood of a poor long-term health outcome. These will form the basis of the support provided and are able to be reduced with the right support and services. The removal of this type of risk can be achieved in a shorter period.

Measure: Alcohol Misuse

Definition:	Clients who regularly exceed the advised maximum amount of alcohol. For both men and women: 2 - 3 units per day (guideline: <14 units per week)
Reason for Collecting:	Alcohol consumption is a contributing factor to hospital admissions and deaths from a diverse range of conditions. Alcohol can be a contributory factor to falls in older people. As the metabolic rate slows down with ageing the effect of alcohol is greater.
Data Collected:	The number of clients who regularly exceed the advised maximum amount of alcohol units per day.

Outcome Framework:

Reference:

NICE Guidance	<u>CG110</u> , <u>CG45</u> , <u>CG100</u> , <u>PH24</u> , <u>CG127</u>
Public Health Outcome Framework	<u>2.1</u> , <u>2.15</u>
Social Justice Outcome Framework	<u>KI5</u>
Healthy Child Programme: Pregnancy and the First Five Years	<u>HCP – P17</u> <u>HCP – P45</u>

Measure: Nutrition - Low Fruit and Vegetable Intake

Definition:	The client reports that yesterday they consumed between 3 and 4 portions of fruit or vegetables.
Reason for Collecting:	Diet and nutrition is a fundamental contributor to public health. Diet makes an important contribution to health outcomes such as the prevalence of obesity, strokes, cardiovascular disease and some cancers.
Data Collected:	Number of adults reporting that 'yesterday' they consumed between 3 and 4 portions of fruit and/or vegetables

Outcome Framework:**Reference:**

NICE Guidance

[CG127](#), [CG43](#)

Public Health Outcome Framework

[2.11](#)**Measure: Nutrition - Very Low Fruit and Vegetable Intake**

Definition:	The client reports that yesterday they consumed between 0 and 2 portions of fruit or vegetables.
Reason for Collecting:	Diet and nutrition is a fundamental contributor to public health. Diet makes an important contribution to health outcomes such as the prevalence of obesity, strokes, cardiovascular disease and some cancers.
Data Collected:	Number of adults reporting that 'yesterday' they consumed between 0 and 2 portions of fruit and/or vegetables

Outcome Framework:**Reference:**

NICE Guidance

[CG127](#), [CG43](#)

Public Health Outcome Framework

[2.11](#)

Measure: Nutrition - Significant Fried and Processed Food

Definition:	Fried and processed food formed a significant portion of diet in the past week.
Reason for Collecting:	High levels of salt in the diet are linked with high blood pressure which, in turn, can lead to stroke and coronary heart disease. High levels of salt in processed food have a major impact on the total amount consumed by the population. Reducing general consumption of saturated fat is crucial to preventing cardiovascular disease (CVD).
Data Collected:	Number of clients who report that last week they ate a high amount of meals that were fried or processed.

Outcome Framework:

NICE Guidance

Reference:

[PH25](#)

Measure: Nutrition - Excessive Sugar Intake

Definition:	People who have more than 10% of their daily calories from added sugar.
Reason for Collecting:	Excess of sugar is linked to obesity, heart disease and diabetes.
Data Collected:	Number of clients who report that they have had in excess of the recommended daily allowance of sugar in the past week.

Outcome Framework:

NICE Guidance

Public Health Outcome Framework

Reference:

[CG43](#)

[2.11](#)

Measure: Nutrition - Iron

Definition:	People who have less than: <ul style="list-style-type: none">• 8.7mg of iron a day for men• 14.8mg of iron a day for women
Reason for Collecting:	Unless you're pregnant, it's rare for iron deficiency (anaemia) to be caused just by a lack of iron in your diet. However, if you do lack dietary iron, it may mean you're more likely to develop anaemia.
Data Collected:	Number of clients who are identified as being iron deficient.

Outcome Framework:**Reference:**

NICE Guidance

[PH25](#)

Public Health Outcome Framework

[2.11](#)**Measure: Physical Activity - Moderately Physically Active**

Definition:	Adults (16+) doing less than 150 minutes, but more than 30 minutes, of at least moderate intensity physical activity per week in bouts of 10 minutes or more.
Reason for Collecting:	Increasing physical activity has the potential to improve physical and mental health, reduce the risk of developing a life limiting illness and improve life expectancy
Data Collected:	Number of adults doing less than 150 minutes, but more than 30 minutes, of at least moderate intensity physical activity per week in bouts of 10 minutes or more.

Outcome Framework:**Reference:**

NICE Guidance

[CG43](#)

Public Health Outcome Framework

[2.13](#)

Measure: Physical Activity - Inactive

Definition:	Adults (16+) who do less than 30 “equivalent” minutes of moderate intensity physical activity per week in bouts of 10 minutes or more. All adults should aim to be active daily. Over a week, activity should add up to at least 150 minutes (2½ hours) of moderate intensity activity in bouts of 10 minutes or more – one way to approach this is to do 30 minutes on at least 5 days a week.
Reason for Collecting:	Increasing physical activity has the potential to improve physical and mental health, reduce the risk of developing a life limiting illness and improve life expectancy
Data Collected:	Number of adults (16+) who do less than 30 “equivalent” minutes of moderate intensity physical activity per week in bouts of 10 minutes or more.

Outcome Framework:**Reference:**

NICE Guidance	PH17 CG43
Public Health Outcome Framework	2.13
No Health Without Mental Health	Reference

Measure: Smoking

Definition:	Client who smokes, regardless of number of cigarettes. Also, clients that co-habit with smokers are at increased risk of smoking related disease.
Reason for Collecting:	Smoking is a major cause of preventable morbidity and premature death, accounting for 79,100 deaths in England in 2011 and some 18 per cent of all deaths of adults aged 35 and over.
Data Collected:	Number of clients who smoke, regardless of number per day.

Outcome Framework:**Reference:**

NICE Guidance	CG62 , PH14 , CG127
Public Health Outcome Framework	2.3 , 2.9 , 2.14
Healthy Child Programme: Pregnancy and the First Five Years	HCP – P18 HCP – P22

Measure: Substance Misuse

Definition:	Adults who regularly use recreational drugs, misuse over-the-counter medications, misuse prescription medications or misuse volatile substances (such as solvents or inhalants) to an extent whereby physical dependence or harm is a risk.
Reason for Collecting:	Individuals misusing substances pose significant risks in terms of overall health and well-being, reduced life expectancy, increased blood-borne virus transmission and reduced physical and psychological health. Substance misuse can also be risk factor in increased suicide risk.
Data Collected:	Number of adults who report that they misuse substances.

Outcome Framework:**Reference:**

NICE Guidance	CG110, NG64
Public Health Outcome Framework	2.15
Social Justice Outcome Framework	KI-5
Healthy Child Programme: Pregnancy and the First Five Years	HCP – P17 HCP – P45
No Health Without Mental Health	Reference
Preventing Suicide in England	Reference

Status

Status measures are generally more intractable issues such as clinical diagnosis or issues relating to skills and employment. These issues are likely to be heavily dependent on the resolution of things relating to healthy behaviours and socio-economic factors.

Measure: Low Reported Wellbeing

Definition:	<ol style="list-style-type: none">1. Scoring 40 or less on the Warwick-Edinburgh Mental Well-being Scale.2. Scoring 16 or less on the Short Warwick-Edinburgh Mental Well-being Scale3. Low sense of Wellbeing.4. ONS Measuring National Well-being Programme.
Reason for Collecting:	Low sense of wellbeing is an indicator of social risk.
Data Collected:	<ol style="list-style-type: none">1. Number of adults scoring 40 or less on the Warwick-Edinburgh Mental Well-being Scale.2. Number of people scoring 16 or less on the Short Warwick-Edinburgh Mental Well-being Scale3. Number of adults scoring 4 measures on ONS programme.4. Self-reported stress.

Outcome Framework:

Reference:

Public Health Outcome Framework

[2.23](#) [2.24](#)

Healthy Child Programme: Pregnancy and the First Five Years

[HCP – P17](#)

No Health Without Mental Health

[Reference](#)

Measure: Stress and Anxiety

Definition:	General Anxiety Disorder can cause a change in behaviour and the way people think and feel about things, resulting in symptoms such as: <ul style="list-style-type: none"> • Restlessness • A Sense of Dread • Feeling Constantly "On Edge" • Difficulty Concentrating • Irritability
Reason for Collecting:	Symptoms may cause withdrawal from social contact (seeing family and friends) to avoid feelings of worry and dread, and/or the inability to attend work. These actions can cause worry and increase a lack of self-esteem.
Data Collected:	Number of clients who report symptoms of general anxiety disorder.

Outcome Framework:**Reference:**

NICE Guidance

[CG45](#)

Healthy Child Programme: Pregnancy and the First Five Years

[HCP – P17](#)**Measure: NHS Health Check**

Definition:	The client is aged between 40 - 74 and has not received an NHS Health Check.
Reason for Collecting:	The objective to improve uptake of the NHS Health Check is set out in the Public Health Outcome Framework. Increased uptake is likely to identify further health risks, that can be managed, as well as providing early diagnosis of other long-term conditions.
Data Collected:	Number of people aged 40-74 eligible for an NHS Health Check who have not received an NHS Health Check in the financial year

Outcome Framework:**Reference:**

Public Health Outcome Framework

[2.22](#)

Measure: Screening - High Blood Pressure

Definition:	A blood pressure reading of over 140/90.
Reason for Collecting:	<p>If you have high blood pressure, it puts extra strain on your heart and blood vessels. Over time, this extra strain increases your risk of a heart attack or stroke.</p> <p>High blood pressure can also cause heart and kidney disease and is closely linked to some forms of dementia.</p>
Data Collected:	Number of clients who have been identified as having high blood pressure.

Outcome Framework:

NICE Guidance

Reference:

[CG127](#)

Measure: Screening - Raised Blood Pressure

Definition:	A blood pressure reading between 120/80 and 140/90.
Reason for Collecting:	<p>If you have high blood pressure, it puts extra strain on your heart and blood vessels. Over time, this extra strain increases your risk of a heart attack or stroke.</p> <p>High blood pressure can also cause heart and kidney disease and is closely linked to some forms of dementia.</p>
Data Collected:	Number of clients who have been identified as having raised blood pressure.

Outcome Framework:

NICE Guidance

Reference:

[PH25](#)

Measure: Sexual Health - Unwanted Pregnancy

Definition:	Unwanted pregnancy.
Reason for Collecting:	Up to 50% of pregnancies are unplanned; these have a major impact on individuals, families and wider society.
Data Collected:	Number of clients who report that their pregnancy is unwanted.

Outcome Framework:

NICE Guidance
A Framework for Sexual Health Improvement in England

Reference:

[CG110](#)
[FSHE – P33](#)

Measure: Sexually Transmitted Infections (STI)

Definition:	A bacterial or viral infection acquired through sexual activity.
Reason for Collecting:	STI management and control protects patients from re-infection and long-term consequences of an untreated infection and protects the wider community from onward transmissions.
Data Collected:	The number of people who have a bacterial or viral infection acquired through sexual activity

Outcome Framework:

Public Health Outcome Framework
A Framework for Sexual Health in England

Reference:

[3.02.ii](#)
[FHSE – P28](#)

Measure: Pre-Diabetes

Definition:	Glucose tolerance level 7 - 9 after food.
Reason for Collecting:	If undiagnosed or untreated, pre-diabetes almost always develops into Type 2 Diabetes; which (whilst treatable) is currently not fully reversible.
Data Collected:	Number of clients who have been diagnosed as pre-diabetic by a health professional.

Outcome Framework:**Reference:**

Public Health Outcome Framework

[2.17](#)

NICE Guidance

[PH38](#)**Measure: Weight - Overweight**

Definition:	Adults with a BMI between 25 - 30, now adjusted for South Asian and Chinese Adults to a BMI between 23 - 27.5.
Reason for Collecting:	People who are overweight have an increased risk of becoming obese which is linked to Cardiovascular Disease, Type 2 Diabetes and some cancers.
Data Collected:	Number of adults with a BMI between 25 - 30, now adjusted for South Asian and Chinese Adults to a BMI between 23 - 27.5.

Outcome Framework:**Reference:**

Public Health Outcome Framework

[2.12](#)

NICE Guidance

[CG43](#)

Measure: Weight - Obese

Definition:	Adults with a BMI over 30, now adjusted for South Asian and Chinese Adults to a BMI over 27.5.
Reason for Collecting:	Obesity is a priority area for the Government. The Government's "Call to Action" on obesity (published October 2011) included national ambitions relating to excess weight in adults, which is recognised as a major determinant of premature mortality and avoidable ill health.
Data Collected:	Number of adults with a BMI over 30, now adjusted for South Asian and Chinese Adults to a BMI over 27.5.

Outcome Framework:

Public Health Outcome Framework

NICE Guidance

Reference:[2.12](#)[CG43](#)

The data dictionaries are licensed under a [Creative Commons Attribution-ShareAlike 4.0 International License](#).

If you would like further information on the dictionaries, and how they can support your work please email info@insideoutcomes.co.uk.

