InsideOutcomes

Starting Well
Data Dictionary

Introduction

What is Starting 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	CG110: Pregnancy and complex social factors CG62: Antenatal Care CG45: Antenatal and Postnatal Mental Health
Department of Health	Improving Outcomes and Supporting Transparency
Department of Health	CCG Improvement and Assessment Framework
Department of Work and Pensions	Social Justice Outcomes Framework
Department of Health	Healthy Child Programme: Pregnancy and the first five years of life
Department of Health	No Health Without Mental Health

Starting Well – Example Risk Map

Personal circumstances

Current Score :	**C**
Score on assessment :	**C**
Highest Score :	**C**

Accommodation

Housing - homeless — Assign
UNASSIGNED

The client has nowhere to live: someone is not homeless if they are in temporary accommodation

Housing - temporary accommodation — Assign
UNASSIGNED

The client is living in temporary accommodation, this includes hostel accommodation, sofa surfing, or short-term arrangements outside the family

Housing - unsuitable housing — Resolve / Delete
ASSIGNED

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.

Domestic abuse

Disclosed domestic violence and abuse — Assign
UNASSIGNED

Client who self-reports that they are or have been subject to domestic violence and abuse. Including physical, mental and emotional abuse.

Family

Unsupported teen — Assign
UNASSIGNED

Financial hardship

Financial hardship — Assign
UNASSIGNED

Client who self-discloses that they have unmanaged debt, rent arrears, or low income

Independence

Recent arrival to the UK — Assign
UNASSIGNED

Client has moved to the UK within the last 12 months

Safeguarding

Vulnerable adult — Assign
UNASSIGNED

The client meets the criteria for a vulnerable adult

Safeguarded child — Assign
UNASSIGNED

The client is at risk or classified as in need by Social Care and Health

Social isolation

Social isolation — Assign
UNASSIGNED

Client who is socially isolated or lonley

Behaviour

Current Score :	**2**
Score on assessment :	**2**
Highest Score :	**2**

Alcohol

Alcohol — Assign
UNASSIGNED

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

Language

Difficulty in Understanding English — Assign
UNASSIGNED

Client reports that they have difficulty speaking, reading, writing or understanding English

Lifestyle

Does not intend to breastfeed — Assign
UNASSIGNED

Client reports that they do not intend to breastfeed

Nutrition

Dietary deficiencies — Assign
UNASSIGNED

Not meeting the recommended guidelines for nutionally balanced diet

Smoking

Smoking — Resolve / Delete
ASSIGNED

The client smoked cigarettes in the last week, regardless of number per day

Substance misuse

Substance misuse — Assign
UNASSIGNED

The client regularly uses intoxicants (excluding alcohol) to an extent where physical dependence or harm is a risk

Status

Current Score :	**1**
Score on assessment :	**1**
Highest Score :	**1**

Antenatal

Missed antenatal appointments — Assign
UNASSIGNED

Client has missed two or more ante natal appointments

Mental health

Diagnosed mental health condition — Assign
UNASSIGNED

Client has a diagnosed mental health condition

Stress and Anxiety — Resolve / Delete
ASSIGNED

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

Low wellbeing — Assign
UNASSIGNED

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

Sexual health

Teenage preganancy — Assign
UNASSIGNED

Conceptions to young women aged 15 - 17

Weight

Obese — Assign
UNASSIGNED

The client has a BMI over 30, with the exception of South Asian and Chinese clients where a BMI over 27.5 indicates obesity

Underweight — Assign
UNASSIGNED

Client has a BMI of 18 or less

Contents

Personal Circumstances:

Behavioural Factors:

Status Factors:

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 are 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	The cross-government definition of domestic violence and abuse is: 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: - psychological - physical - sexual - financial - emotional Where this is historic then it will be recorded if that abuse still affects the client's life presently.
Reason for collecting	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. Domestic violence and abuse are safeguarding issues where children are involved.
Data collected	Number of people who self-report that they are or have been subject to domestic violence and abuse.

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	Financial Hardship
Definition	The client reports that their household are on a low income (60% of average wages before housing costs) Indicators are: 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
Reason for collecting	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.
Data collected	Number of clients who self-disclose that they have unmanaged debt, rent arrears or low income.

Outcome Framework	Reference
Public Health Outcomes Framework	1.1, 1.17
Social Justice Outcomes Framework	KI-4
Healthy Child Programme	HCP – P17

Measure:	Housing - Homeless
Definition:	You may be legally homeless if: 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. 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: ● If you became homeless through no fault of your own ● If you're eligible for assistance ● If you're in priority need
Reason for Collecting:	Being homeless is an indication of social risk. This has implications for financial status.
Data Collected:	Number of people who are homeless and not living in temporary accommodation provided by their local authority.

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	Recent Arrival to the UK
Definition	People who moved to the UK within the previous 12 months 1. Recent migrants 2. Asylum seekers 3. Refugees
Reason for collecting	People who are recent migrants, asylum seekers or refugees, or who have difficulty reading or speaking English, may not make full use of health and wellbeing services. This may be because of unfamiliarity with the health service, because they find it hard to communicate with healthcare staff or because their arrival status restricts that services they can access.
Data collected	Number of people who moved to the UK within the previous 12 months

Outcome Framework:	Reference:
NICE Guidance	CG110 PH38

Measure	Safeguarded Child
Definition	The family are known to social services and is considered to meet any of the following 1. Unborn child in need 2. Unborn child at risk 3. Either parent is a care leaver 4. Parent assessed as 'Vulnerable Adult' 5. Child attended hospital as a result of non-accidental injury
Reason for collecting	Support workers have a key role of participating in the care plan. They will occasionally be an advocate and at other times be asked to make recommendations.
Data collected	Number of women living in families known to social services and where the unborn child is considered to be in need or at risk

Outcome Framework	Reference
NICE Guidance	CG110 1.17
Healthy Child Programme: Pregnancy and the First Five Years	HCP – P16
Public Health Outcome Framework	2.7

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	Unsupported Teen
Definition:	Under 20 years at time of conception and is not supported by family
Reason for Collecting:	Developing a clear and detailed map of existing services in the UK for pregnant women with complex social factors, and the effectiveness of these services, would enable a benchmark of good practice to be set that local providers could adapt to suit their own populations and resources.
Data Collected:	The numbers of adults who meet the age criteria and cannot call on support of family of a wider social group.

Outcome Framework	Reference
NICE Guidance	CG110 CG62

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." [Definition of a 'vulnerable adult' from the Mental Capacity Act, 2005]
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	CG110, CG45, CG100, PH24, CG127
Public Health Outcome Framework	2.1, 2.15
Social Justice Outcome Framework	KI5
Healthy Child Programme: Pregnancy and the First Five Years	HCP – P17 HCP – P45

Measure	Dietary Deficiency
Definition	The proportion of the population not meeting the recommended '5-A-Day' is used as a proxy for the proportion consuming a balanced diet – this is one which is lower in saturated fat, trans fats, sugar, salt and calories and higher in fruit and vegetables. Activities to improve consumers' diets should span these nutrients and foods.
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, stroke and cardiovascular disease and some cancers.

Additionally, a good diet is important during pregnancy to provide the developing baby with essential nutrients. |
| Data collected | Number of people self-reporting dietary deficiencies |

Outcome Framework	Reference:
NICE Guidance	PH47
Public Health Outcome Framework	2.11
Healthy Child Programme: Pregnancy and the First Five Years	HCP – P22 HCP – P18

Measure	Difficulty in Understanding English
Definition	Self-reported indicator whereby the client says they have difficulty with reading, writing or speaking English
Reason for collecting	Having a difficulty in understanding English can lead to social isolation and make it more difficult for a client to access services on their own.
Data collected	Number of people who self-report having difficulties with reading, writing or speaking English

Outcome Framework	Reference
NICE Guidance	CG110 CG62
Healthy Child Programme: Pregnancy and the First Five Years	HCP – P17
BIS - Skills Funding Statement 2012 - 2015	Reference

Measure	Does not intend to breastfeed
Definition	Clients who state that they are not intending to breastfeed
Reason for collecting	Infants who are not breastfed are more likely to become obese in later childhood, develop type 2 diabetes and tend to have slightly higher levels of blood pressure and blood cholesterol in adulthood.

The first 48 hours alone provides a level of immunity. |
| Data collected | Number of women who state they are not intending to breastfeed |

Outcome Framework	Reference:
NICE Guidance	CG37, PH11
Public Health Outcome Framework	2.02
Healthy Child Programme: Pregnancy and the First Five Years	HCP- P18

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	Diagnosed with a Mental Health Condition
Definition	People who have a diagnosed mental health condition
Reason for collecting	Diagnosed mental health conditions can pose a risk for physical health and well-being as well as being a potential safeguarding issue.
Data collected	Number of people with a diagnosed mental health condition

Outcome Framework	Reference
NICE Guidance	CG45 1.1.1.1
Healthy Child Programme: Pregnancy and the First Five Years	HCP – P17

Measure:	Low Reported Wellbeing
Definition:	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 Scale 3. 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:	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 Scale 3. 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: ● 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	Missed two or more antenatal appointments
Definition	Did not attend two or more antenatal appointments
Reason for collecting	Attending appointments gives an opportunity to detect infant mortality risk factors.
Data collected	Number of women who did not attend two or more antenatal appointments

Outcome Framework:	Reference:
NICE Guidance	CG110, CG62

Measure	Teenage Pregnancy
Definition	Conceptions to all young women aged 15 - 17.
Reason for collecting	Reducing conceptions in young women under the age of 18 has important benefits for short and long-term health outcomes. Teenage parents are at increased risk of postnatal depression and poor mental health in the 3 years following birth.
Data collected	Number of conceptions to young women aged 15 - 17

Outcome Framework:	Reference:
NICE Guidance	CG110
Public Health Outcome Framework	2.4
Healthy Child Programme: Pregnancy and the First Five Years	HCP – P17
No Health Without Mental Health	Reference

Measure	Underweight
Definition	Having a Body Mass Index of less than 18. Underweight.
Reason for collecting	Low BMI can be indicators of wellbeing issues. It can also lead to a referral to a dietician.
Data collected	Number of women who have a BMI<18

Outcome Framework:	Reference:
NICE Guidance	PH27

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:	Reference:
Public Health Outcome Framework	2.12
NICE Guidance	CG43

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