

20 Wellbeing



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Wellbeing is a broad concept with a diversity of definitions. The National Indicator describes it as a “positive physical, social and mental state” requiring that basic needs are met; individuals have a sense of purpose, feel able to achieve important personal goals and participate in society. Nationally, wellbeing is integral to 12 sustainable development indicators¹, as numerous factors influence an individual’s sense of wellbeing. Aspects of the national wellbeing indicator that are especially relevant to The National Forest relate to strong and inclusive communities, good health and a healthy and attractive environment.

- The National Forest is significantly improving the quality of life of local residents and visitors to the area. A greener, healthier, and vastly improved environment, new green space and recreation facilities, access to more local wildlife, growing community participation and increasing economic prosperity, are all improving people’s wellbeing.
- Evidence of a growing sense of wellbeing and an improving quality of life in the Forest area are demonstrated through the National Forest’s Employment (9), Deprivation (12), Life Expectancy and Health (13), Active Community Participation (14), Access and Mobility (16), Environmental Equality (17), Social Justice (18) and Satisfaction in Local Area (19) indicators.
- It is not possible to directly compare the National Forest’s experience with the national picture as the methodologies and datasets used are different. However, the overall evidence from the Forest area does compare favourably with the national picture provided by the 2010 Omnibus Survey on Public attitudes and behaviours’ towards the environment in England².
- The Coalition Government has stated its intention to develop a more meaningful national indicator of wellbeing. The National Forest Company will seek to align its future measurement of wellbeing with the new standard as it emerges.



* ACTION:

- 1) Continue to support the wellbeing of residents and visitors to The National Forest through the delivery of actions under relevant Sustainable Development indicators.

DATA SOURCES:

- 1) Wellbeing National Indicator: www.defra.gov.uk/sustainable/government/progress/national/68.htm
- 2) 2010 Omnibus Survey on Public attitudes and behaviours towards the environment. An overview of wellbeing in England, from Defra statisticians: sd.defra.gov.uk/2010/07/wellbeing-statistics/

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