

## Appendix B – Health and Wellbeing Determinants Checklist

<b>1. Lifestyles</b>	<ul style="list-style-type: none"> <li>• Diet / nutrition / breastfeeding</li> <li>• Physical activity</li> <li>• Risk-taking activity i.e. addictive behaviour, gambling</li> <li>• Sexual activity</li> <li>• Social media use</li> </ul>	<ul style="list-style-type: none"> <li>• Use of alcohol, cigarettes, electronic nicotine delivery systems (i.e. e-cigarettes)</li> <li>• Use of substances, non-prescribed medication, and abuse of prescription medication</li> </ul>	<b>Physical, mental, social, environmental health and wellbeing</b>					
<b>2. Social and community influences on health</b>	<ul style="list-style-type: none"> <li>• Adverse childhood experiences i.e. physical, emotional or sexual abuse</li> <li>• Citizen power and influence</li> <li>• Community cohesion, identity, local pride</li> <li>• Community resilience</li> <li>• Divisions in the community</li> <li>• Domestic violence</li> <li>• Family relationships, organisation and roles</li> <li>• Language</li> <li>• Cultural and spiritual ethos</li> </ul>	<ul style="list-style-type: none"> <li>• Neighbourliness</li> <li>• Other social exclusion i.e. homelessness, incarceration</li> <li>• Parenting and infant attachment (strong early bond between infant and primary caregiver)</li> <li>• Peer pressure</li> <li>• Racism</li> <li>• Sense of belonging</li> <li>• Social isolation / loneliness</li> <li>• Social capital, support and social networks</li> <li>• Third sector and volunteering</li> </ul>		<b>Physical, mental, social, environmental health and wellbeing</b>				
<b>3. Mental health and wellbeing</b>	Consider: <ul style="list-style-type: none"> <li>• Does this proposal support sense of control?</li> <li>• Does it enable participation in community and economic life?</li> <li>• Does it impact on emotional wellbeing and resilience?</li> </ul>				<b>Physical, mental, social, environmental health and wellbeing</b>			
<b>4. Living and environmental conditions affecting health</b>	<ul style="list-style-type: none"> <li>• Air quality</li> <li>• Attractiveness of area</li> <li>• Community safety</li> <li>• Access, availability and quality of green and blue space, natural space</li> <li>• Housing quality and tenure</li> <li>• Indoor environment</li> <li>• Health and safety i.e. falls, home safety, safety of public places</li> <li>• Light pollution</li> </ul>	<ul style="list-style-type: none"> <li>• Noise</li> <li>• Quality and safety of play areas (formal and informal)</li> <li>• Road safety</li> <li>• Odours</li> <li>• Urban / rural built and natural environment and neighbourhood design</li> <li>• Waste disposal, recycling</li> <li>• Water quality i.e. sea water</li> </ul>				<b>Physical, mental, social, environmental health and wellbeing</b>		
<b>5. Economic conditions affecting health</b>	<ul style="list-style-type: none"> <li>• Unemployment</li> <li>• Poverty including food and fuel poverty</li> <li>• Income</li> <li>• Personal and household debt</li> </ul>	<ul style="list-style-type: none"> <li>• Economic inactivity</li> <li>• Type of employment i.e. permanent / temporary, full / part time</li> <li>• Working conditions i.e. work environment, bullying, health and safety</li> </ul>					<b>Physical, mental, social, environmental health and wellbeing</b>	
<b>6. Access and quality of services</b>	<ul style="list-style-type: none"> <li>• Careers advice</li> <li>• Education and training</li> <li>• Information technology, internet access, digital services</li> <li>• Medical and health services# Other caring services i.e. social care; Third Sector, youth services, childcare</li> </ul>	<ul style="list-style-type: none"> <li>• Public amenities i.e. village halls, libraries, community hub</li> <li>• Shops and commercial services</li> <li>• Transport including parking, public transport, active travel</li> </ul>						<b>Physical, mental, social, environmental health and wellbeing</b>
<b>7. Macro-economic, environmental and sustainability factors</b>	<ul style="list-style-type: none"> <li>• Biodiversity</li> <li>• Climate change i.e. flooding, heatwave</li> <li>• Cost of living i.e. food, rent, transport and house prices</li> <li>• Economic development including trade</li> </ul>	<ul style="list-style-type: none"> <li>• Government policies i.e. Sustainable Development principle (integration; collaboration; involvement; long term thinking; and prevention)</li> <li>• Gross Domestic Product</li> <li>• Regeneration</li> </ul>						