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Wellbeing SA

Wellbeing Index for SA

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Government
of South Australia

Wellbeing SA



Supporting your state of wellbeing

Acknowledgement of Country



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Overview

Wellbeing SA

Development of a Wellbeing Index for South Australia

Challenges and opportunities



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Wellbeing SA

Attached agency to the

SA Department for Health and Wellbeing



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Directorates

Integrated Care Services

Mental Health and Wellbeing

Prevention and Population Health

Office of the Chief Executive



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Purpose

The Wellbeing Index for South Australia will be an index that enables Wellbeing SA to monitor indicators of physical, mental and social wellbeing outcomes for South Australians over time.



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Process

Review of national/international indices

Wellbeing SA Internal Working Group

External Stakeholder Workshops



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Principles

Population health focus

Broad definition of wellbeing

Equity lens

Cultural wellbeing

Strengths based

Flexible



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Wellbeing Index for South Australia

This Wellbeing Index was developed by Wellbeing SA in 2022 to monitor the wellbeing of South Australians over time.



PHYSICAL WELLBEING

- Overall health
- Physical Activity
- Nutrition
- Healthy weight
- Alcohol, tobacco and illicit drug use
- Cancer screening
- Chronic conditions
- Road trauma
- Preventable hospitalisation

MENTAL WELLBEING

- Overall wellbeing
- Personal agency
- Psychological distress
- Mental health conditions
- Receiving treatment for mental health conditions
- Suicidal ideation
- Suicide

SOCIAL/COMMUNITY WELLBEING

- Social connection
- Social and civic participation
- Digital inclusion
- Volunteering
- Perceptions of neighbourhood safety
- Carers
- Family and domestic violence
- Child safety
- Trust in government
- Discrimination

ABORIGINAL CULTURAL WELLBEING

- Connection to Country
- Indigenous beliefs and knowledge
- Indigenous language
- Family, kinship and community
- Cultural expression and continuity
- Self-determination and leadership

Salmon, M., Doery, K., Dance, P., Chapman, J., Gilbert, R., Williams, R. & Lovett, R. 2019. Defining the Indefinable: Descriptors of Aboriginal and Torres Strait Islander Peoples' Cultures and Their Links to Health and Wellbeing, Aboriginal and Torres Strait Islander Health Team, Research School of Population Health, The Australian National University, Canberra (The Lowitja Institute)

DETERMINANTS OF WELLBEING

Financial

Socio-economic status
Housing stress
Food security
Financial resilience

Education

Early childhood education
Early childhood development
Completing school
Non-school qualifications

Employment

Employment
Employment security
Work stress

Housing

Homelessness
Rental housing quality

Environmental

Urban tree canopy
Access to public open green spaces

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Wellbeing Index for South Australia

<https://www.wellbeingsa.sa.gov.au/evidence-data/wellbeing-index>



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Future Work

Report on progress and updated annually

Performance measure for health promotion

Future development of Aboriginal Cultural Wellbeing Domain



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Policy into Action

Challenges

Policy making opportunities v 'performance management'

Difficulty obtaining evidence in some areas



Policy into Action

Opportunities and Successes

Integrating evidence, research, evaluation and policy

Partnerships



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Thank you

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