

## THE CLAHRC NWC HOUSEHOLD HEALTH SURVEY

People living in deprived areas of the UK suffer worse physical and mental health. The HHS aims to measure extent of these health inequalities along the North West Coast, identify strategies to improve health in deprived communities, and assess the effectiveness of resilience interventions that target health inequalities.

### What did we aim to achieve?

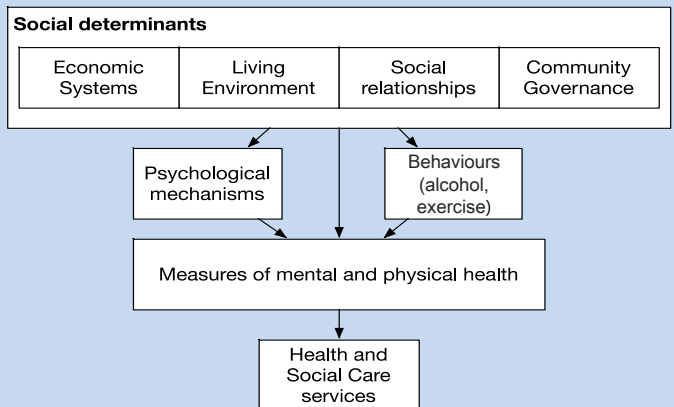
The CLAHRC NWC Household Health Survey (HHS) is a unique resource that aims to longitudinally investigate the determinants of health in disadvantaged neighbourhoods along the North West Coast. The survey will also inform and assess intervention programmes designed to improve health in these communities. The first wave of the survey was conducted in 2015, with a planned follow up survey in 2018. The survey will be used to 1) develop Neighbourhood Resilience Programmes within deprived neighbourhoods, 2) provide unique insights into the psychological pathways through which the characteristics of neighbourhoods impact on mental health and health care utilisation, and 3) demonstrate the impact that the CLAHRC NWC has had on disadvantaged neighbourhoods.

### How did we involve people?

Public advisors, NHS partners, and Local Authority representatives have been involved throughout the project; assisting with the design and implementation of the survey, as well as co-producing outputs. We have also engaged local residents through workshops, which provided a platform for discussing findings, developing new research questions, and guiding future waves of the survey.

### What did we do?

- A collaboration of researchers, Local Authority partners, NHS partners and public advisors designed a comprehensive survey that assessed a wide range of social, environmental, psychological, behavioural, service usage, and health factors, as shown below.



- We interviewed people in 20 deprived and 8 less deprived neighbourhoods along the North West Coast. Public health interventions will be implemented in 10 of the deprived neighbourhoods (Neighbourhoods for Learning) and the impact of these interventions will be assessed in future waves of the survey.
- Trained teams of researchers door-knocked randomly selected houses in each of the 28 neighbourhoods. A total of 4319 people participated in wave 1 of the survey in return for a £10 voucher.

