

WESTFIELD WELLBEING SURVEY PRELIMINARY RESULTS

Wellbeing Coalition of Westfield

Indiana University Richard M. Fairbanks
School of Public Health at IUPUI



INTRODUCTION



- **Origin:** Collaboration between the Wellbeing Coalition of Westfield and the IUPUI Richard M. Fairbanks School of Public Health.
- **Purpose:** Obtain a baseline measure of the overall wellbeing of Westfield residents.
- **Distribution:** Online from January 2020 - February 2020 (prior to the declaration of the global pandemic).
- **Instrument:** Valid and reliable instrument created in cooperation with the RAND corporation and the Office of Civic Wellbeing in Santa Monica CA.
- **Participants:** Over 1,200 Westfield residents participated.

STRENGTHS & LIMITATIONS



Strengths:

- Provides a baseline measure of wellbeing for the city.
- Provides an understanding of strengths and challenges facing our residents
- Illustrates a baseline measure prior to the pandemic.

Limitations:

- Need a more representative sample that mirrors the overall population.
- Represents perspectives prior to a global pandemic.
- Respondents had the ability to skip questions and not report certain demographics.

FOUR MAIN GOALS EMERGED



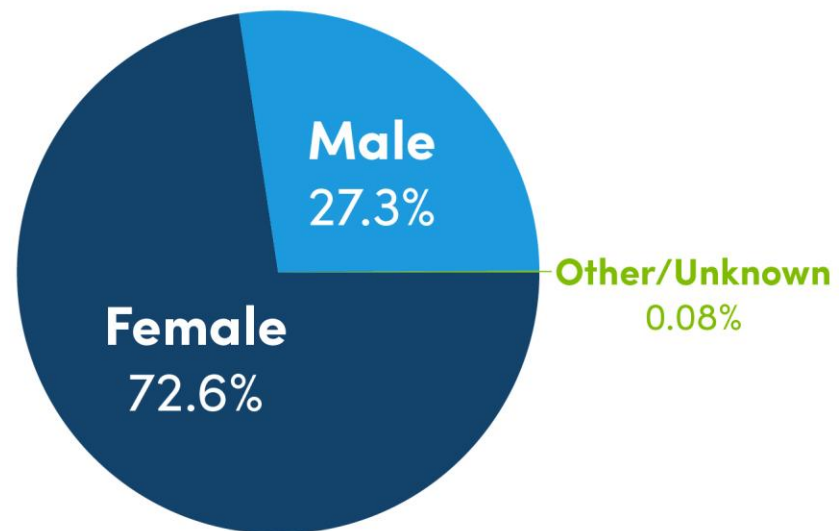
- Improve access to mental health resources for all while creating a stigma free community.
- Promote community events where residents can connect with groups of people.
- Provide opportunities to meet new people and make personal connections.
- Embrace and appreciate all cultures and people through individual connections and cultural events.

RESULTS



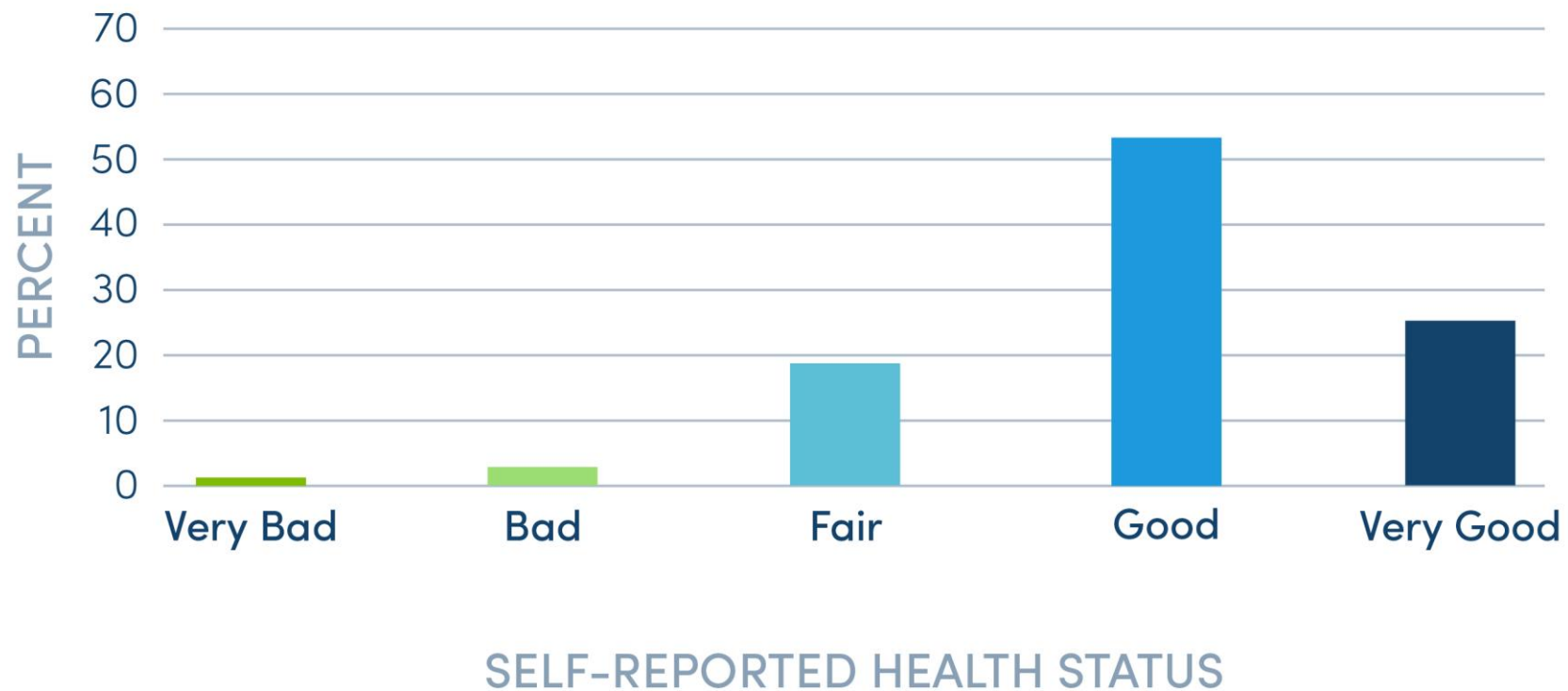
RACE/ETHNICITY	Female %	Male %	Other/Unknown
White/Caucasian	70.6%	25.7%	0.08%
Black or AA	1.3%	0.5%	0%
Hispanic or Latino	0.8%	0.2%	0%
Asian or Asian American	0.5%	0.4%	0%
American Indian or Alaskan Native	0.5%	0.08%	0%
Native Hawaiian or Pacific Islander	0.2%	0%	0%
Multiracial	0.4%	0.4%	0%
Other Race	0.4%	0.2%	0%
Total	74.7%	27.48%	0.08%

Descriptive Epidemiology (N=1124)

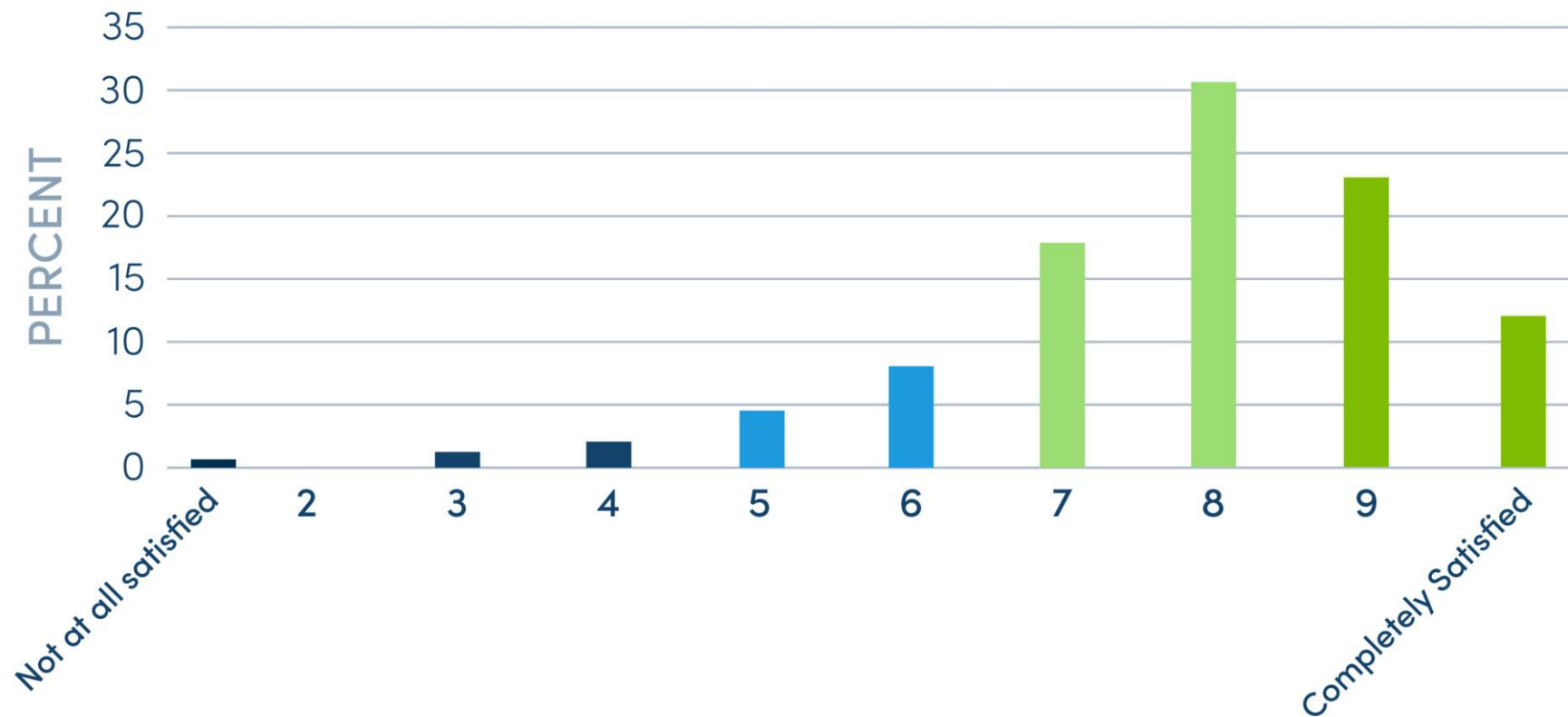


AGE	Female %	Male %	Other/Unknown
18-24	3.6%	4.3%	0
25-34	6.7%	3%	0.08%
35-44	26.7%	8.7%	0
45-54	20.6%	5.4%	0
55-64	7.8%	2.5%	0
65-74	4.6%	1.8%	0
75+	0.9%	1.2%	0

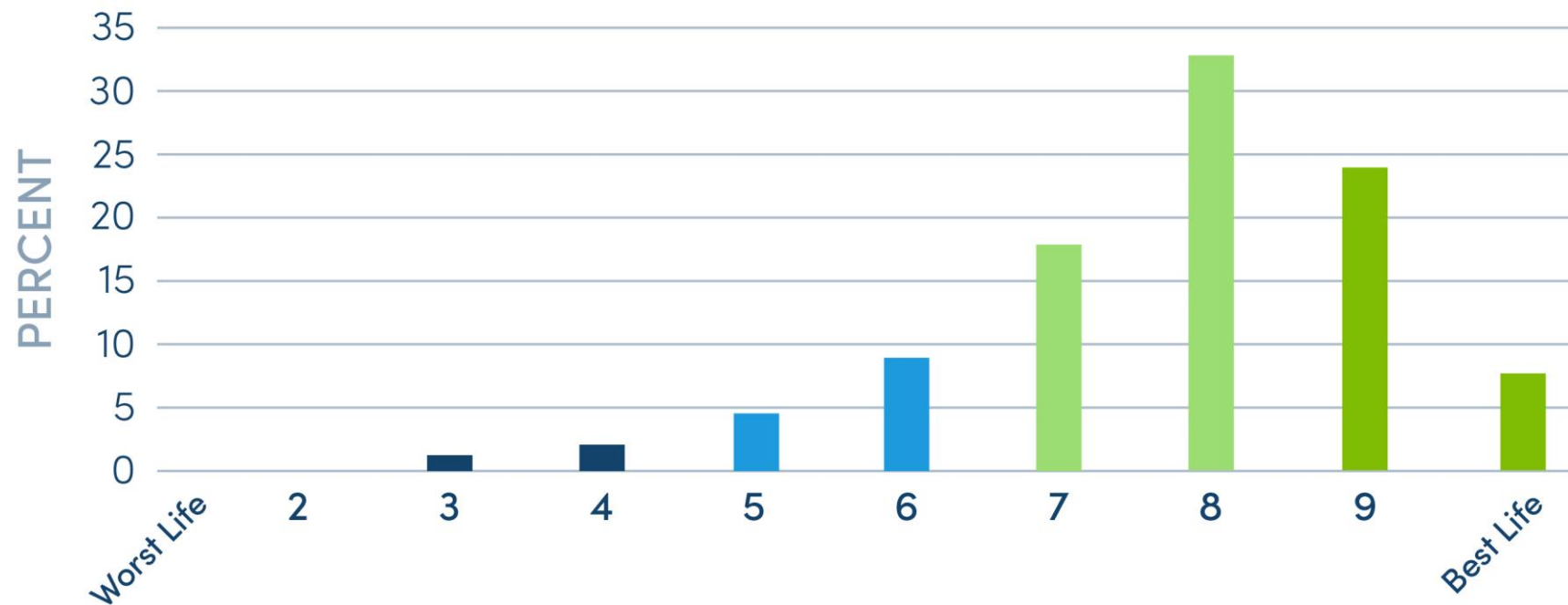
Percent of Self-Reported Health Status (N=1165)



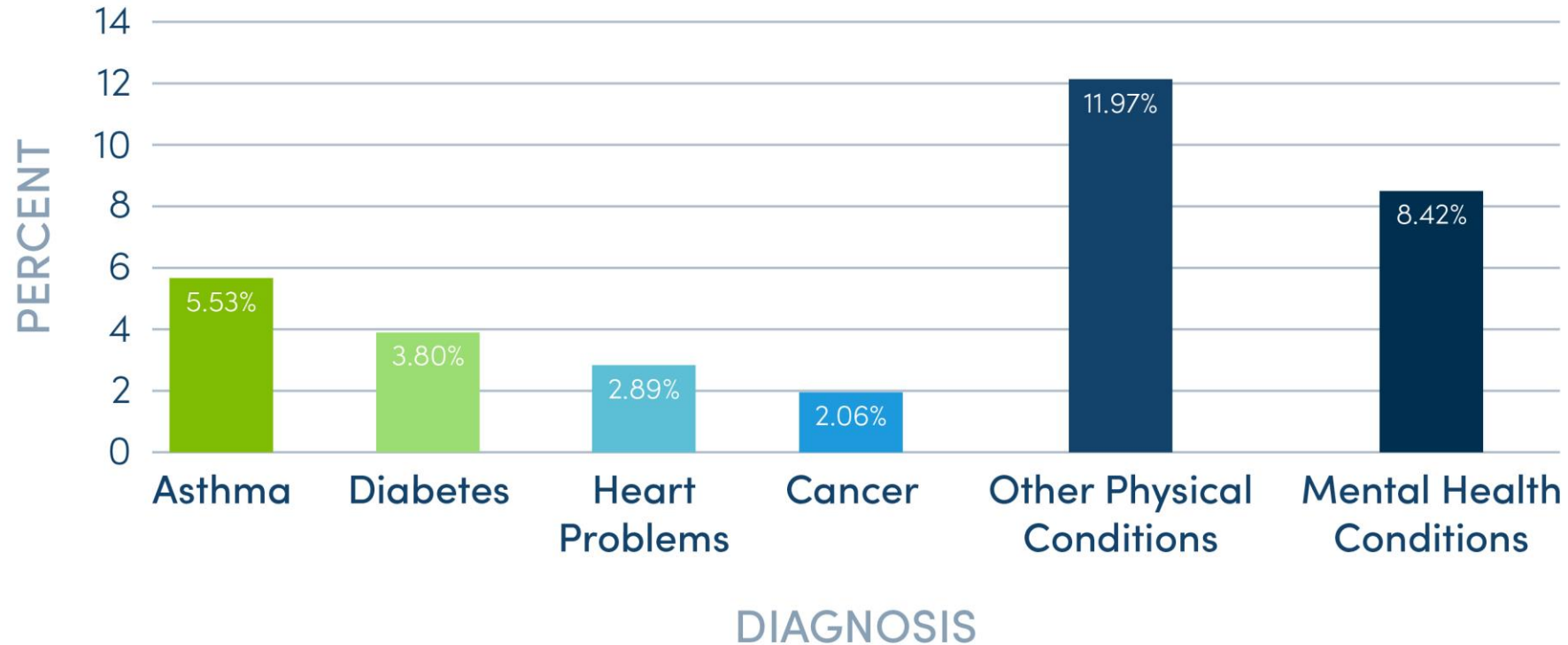
Percent of Overall Life Satisfaction (N=1168)



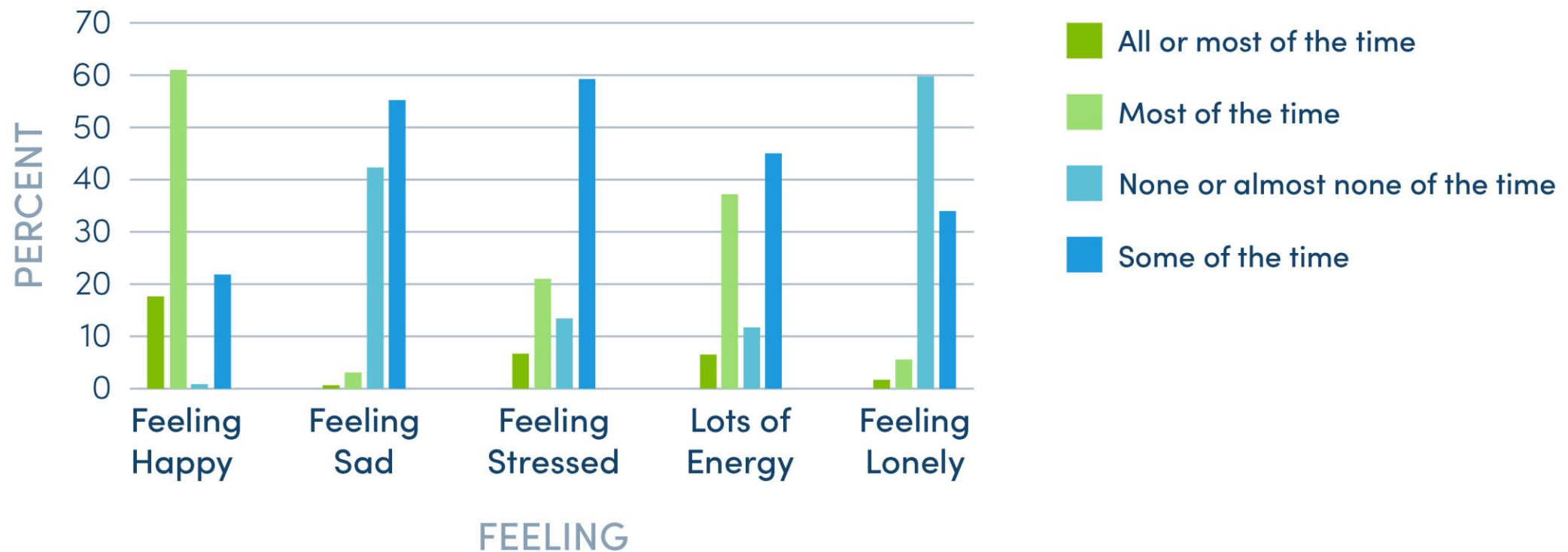
Percent of Personal Position Between the Worst and Best Life Possible (N=1158)



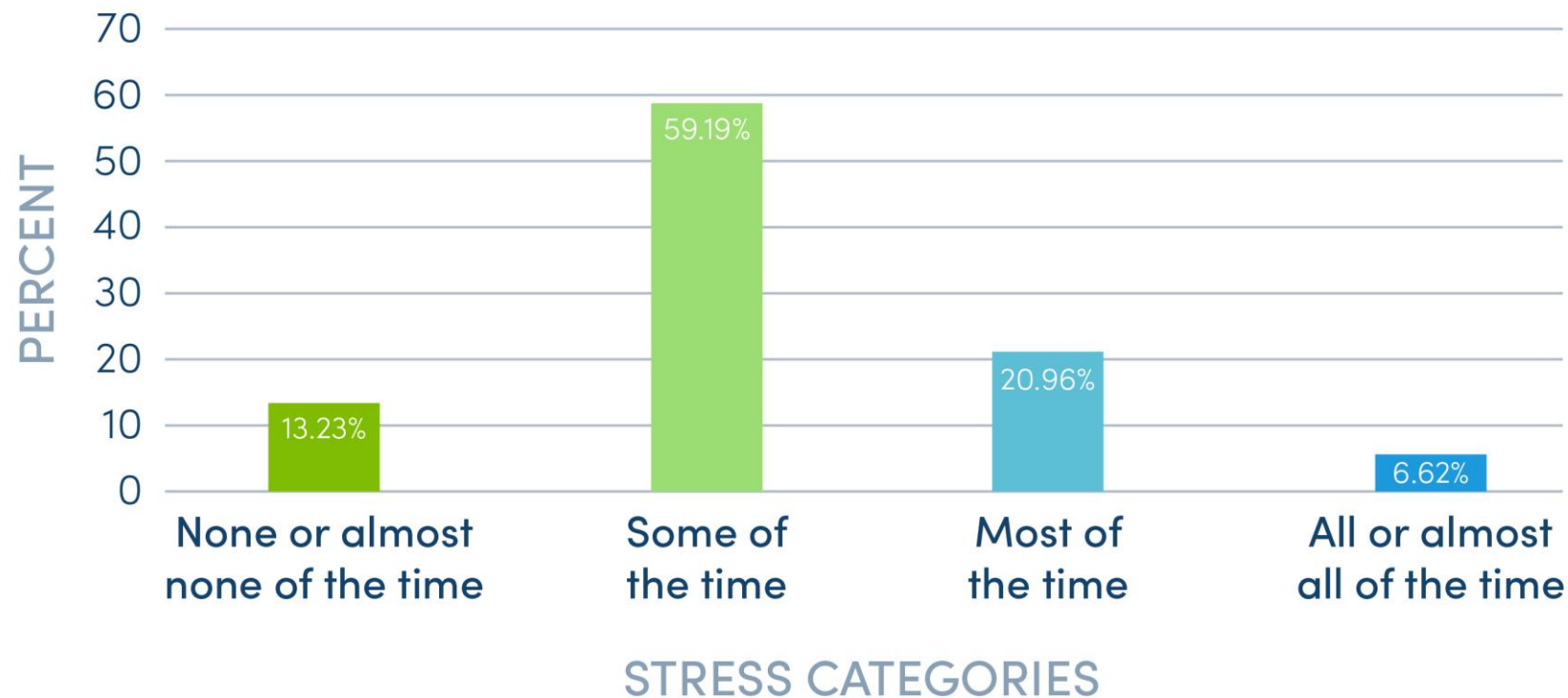
Percent Diagnosed in Past Year (N=1211*)



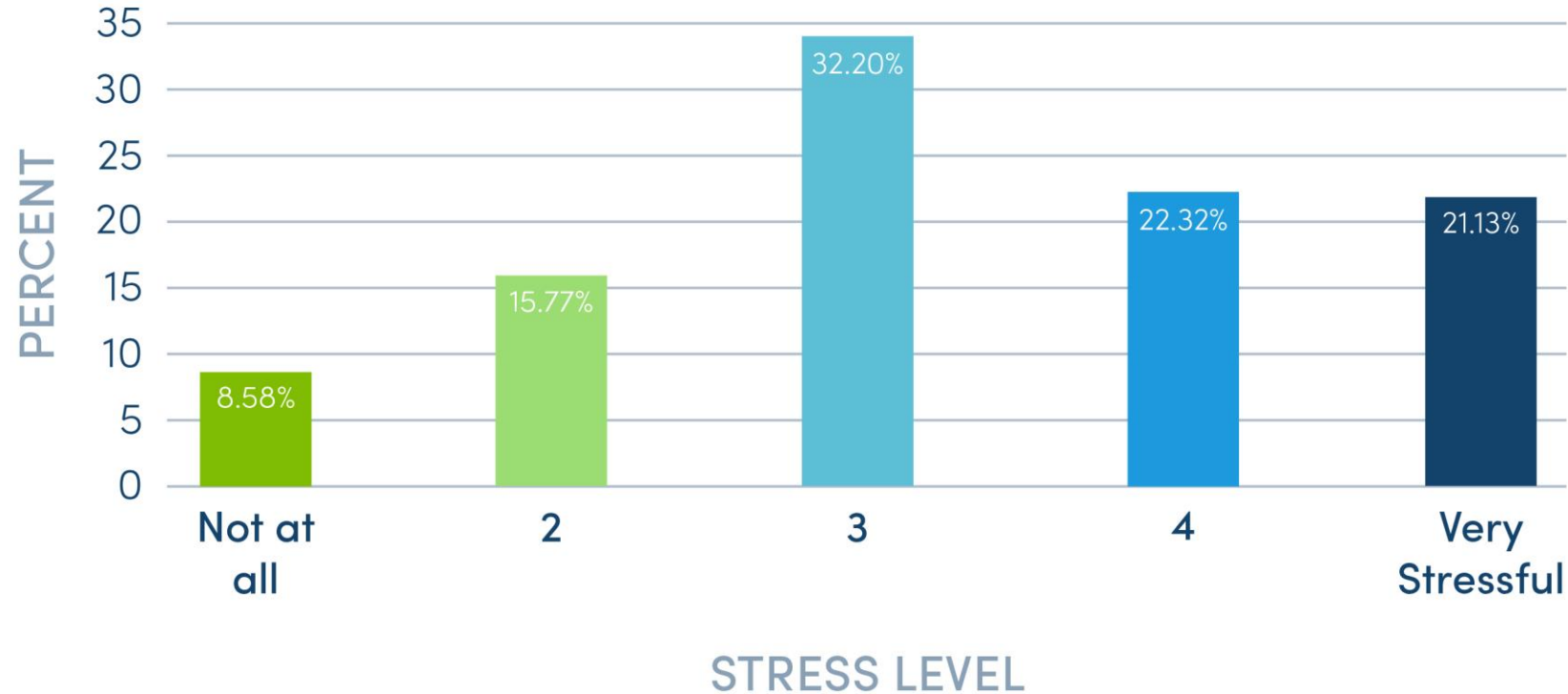
What People are Saying about their Mental Health



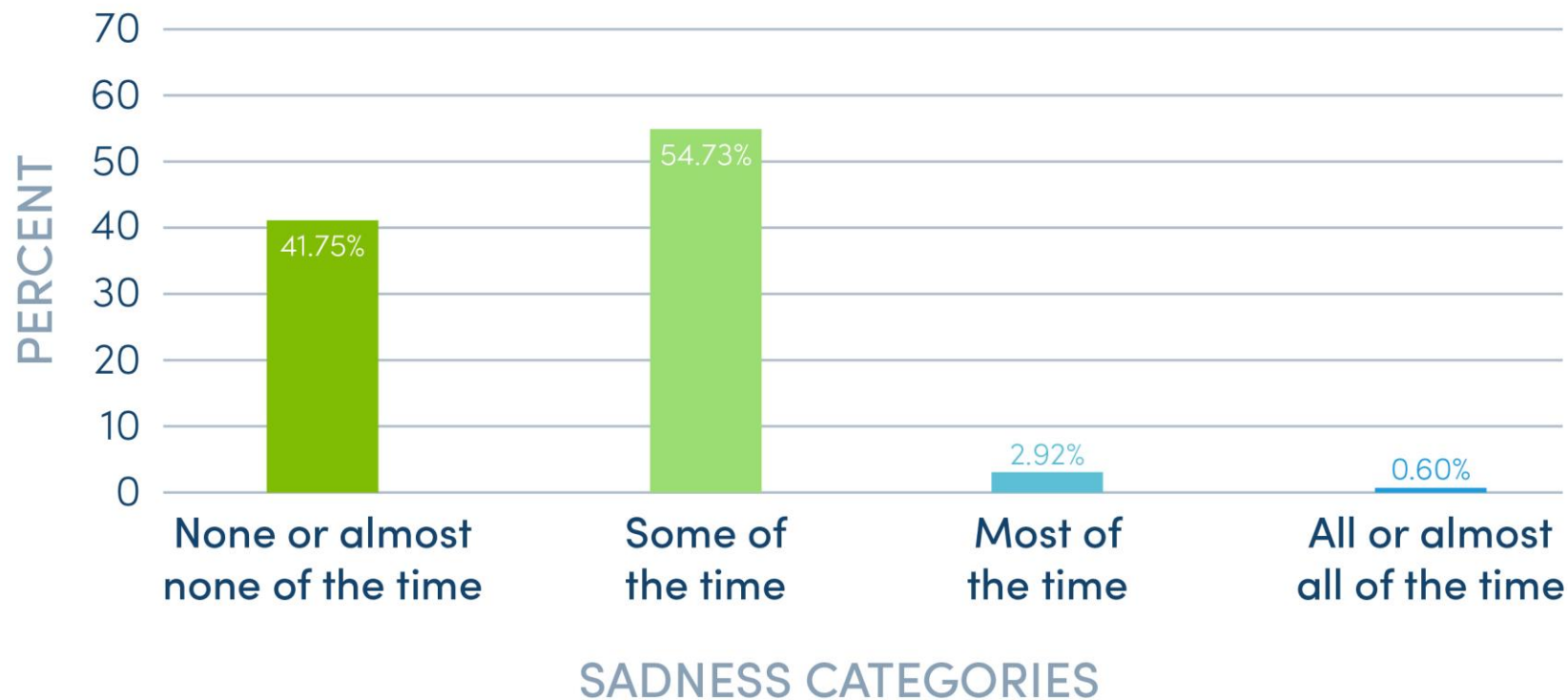
Percent of Feeling Stressed (N=1164)



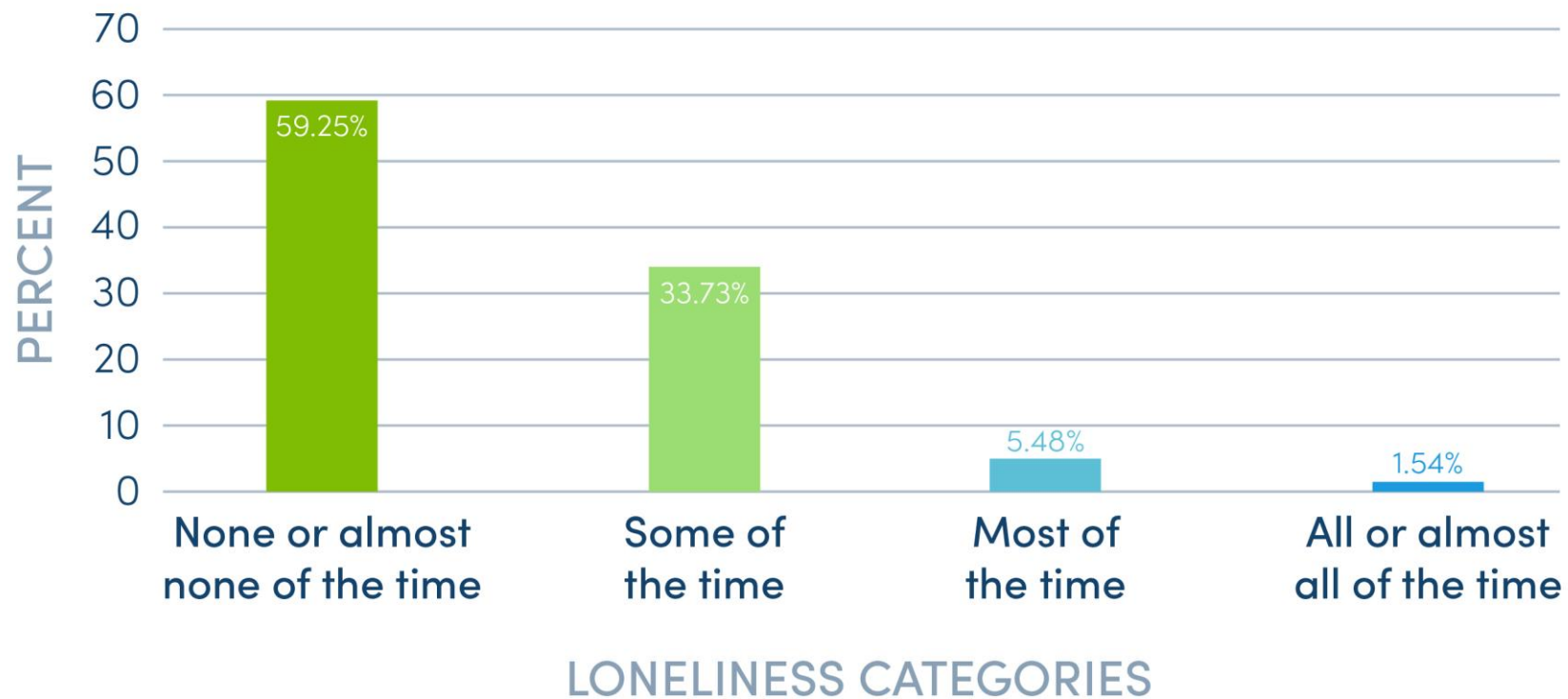
Level of Stress by Percent (N=1084)



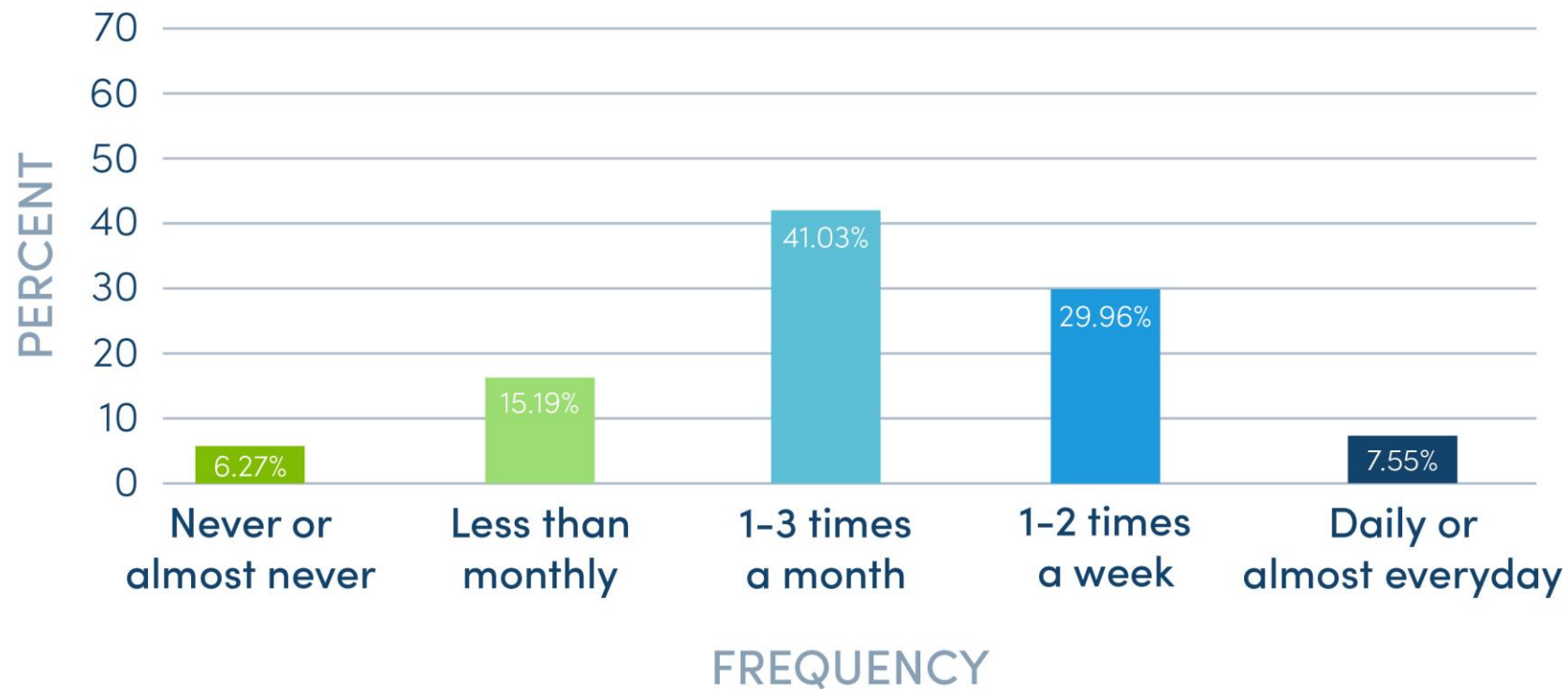
Percent of Feeling Sad (N=1164)



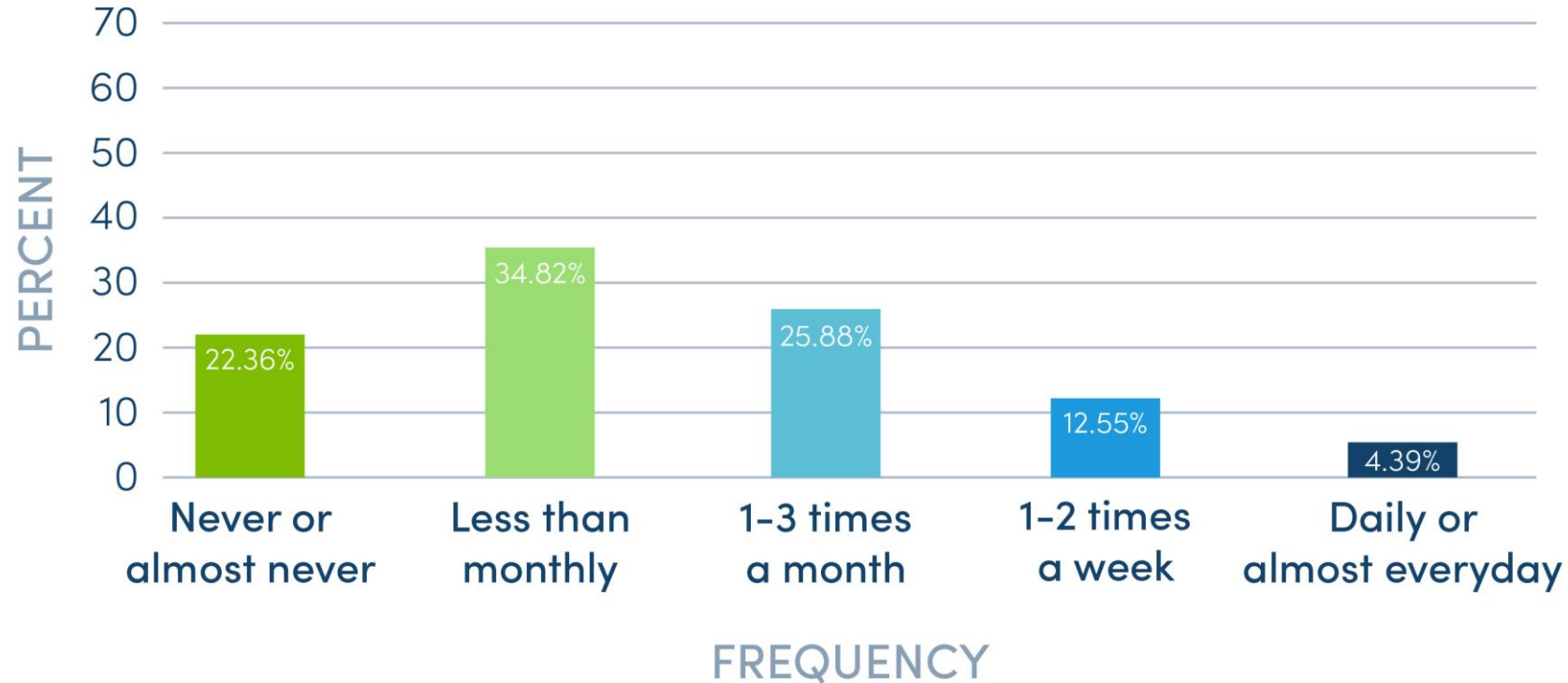
Percent of Feeling Lonely (N=1168)



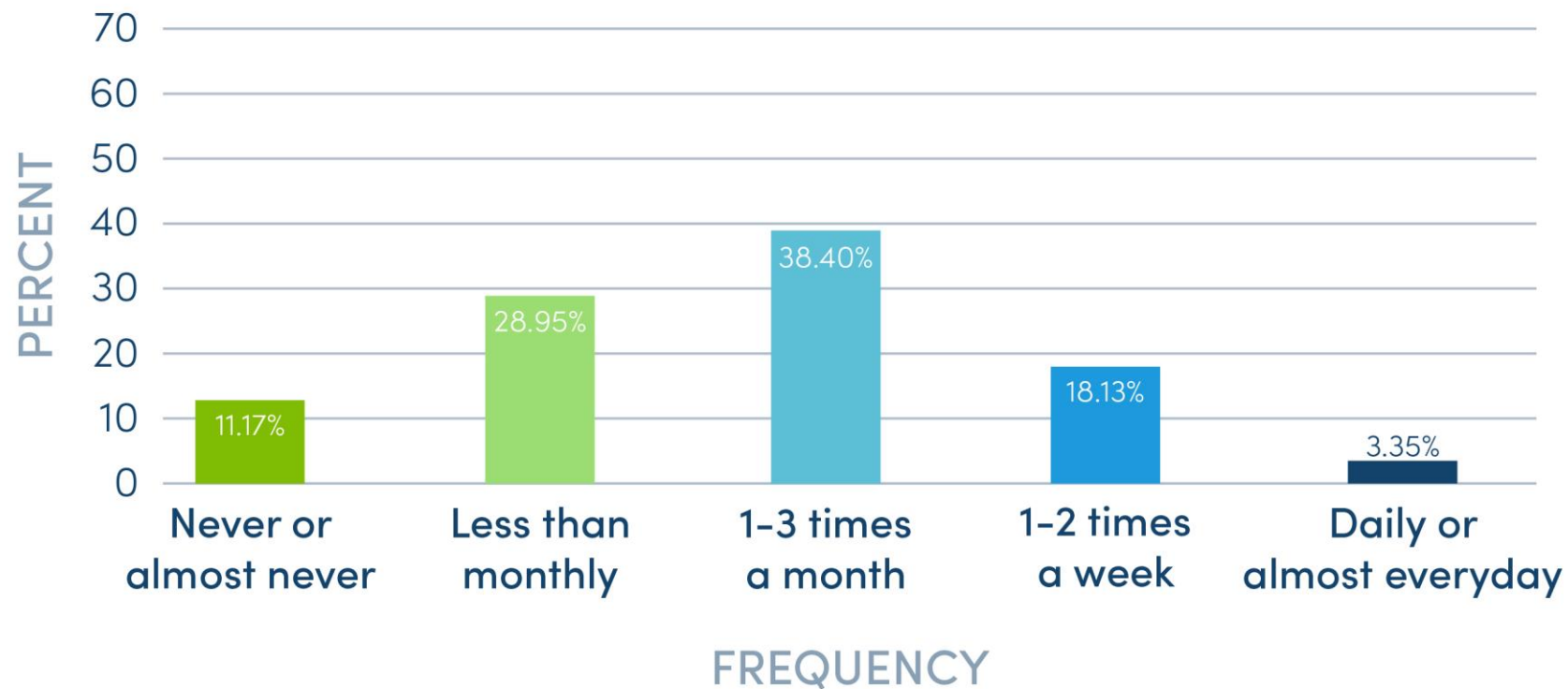
Percent of Meeting with Friends, Relatives or Co-Workers (N=1165)



Percent of Getting Involved with Voluntary or Charitable Orgs. (N=1163)



Percent of Time Spent in Community or Public Spaces (N=1164)



Percent Availability of Social & Community Events (N=1152)



Percent of Having a Vibrant Nightlife (N=1138)



Percent Availability of Arts & Cultural Opportunities (N=1146)





wellbeingcoalitionwestfield.com