

## Gowell: monitoring the long term impacts of urban regeneration on health

The impact of neighbourhood level interventions on health inequalities



GoWell is a research and learning programme focussing on processes of community renewal and the associated impact on public health. The overarching aim of the GoWell programme is to investigate the health and well-being impacts of regeneration activity associated with a Glasgow Housing Association housing investment programme over an eight year period.

Scottish Government, NHS Glasgow and Clyde, Glasgow University, GoWell and Glasgow Housing Association are the key partners in this long term study that BMG have been involved in since 2007.

Initially, BMG Research was commissioned to conduct 6,000 face-to-face household interviews with residents living in 12 predetermined locations across Glasgow. This established a baseline dataset. BMG were subsequently re-commissioned to undertake a cross sectional tracking surveys in 2009 and 2012 and 2015. The final wave in 2015 required 4,000 interviews.

The research captured data that related to social contacts and networks, general health, plus physical and emotional health. The surveys used the Warwick-Edinburgh Mental Well-being Scale (WEMWBS), a 14 point scale in which individuals respond to questions about their thoughts and feelings, eating habits, exercise activities.

Detail on the analysis that this research has facilitated can be found on the GoWell website [www.gowellonline.com](http://www.gowellonline.com)

Key findings from the long term dataset include:

- Relocation from demolition areas to nearby neighbourhoods did not lead to better health behaviours in the short-to-medium term.
- Health behaviours were better among people living through regeneration than those in residentially stable areas.
- Internal home conditions were positively associated with smoking, drinking and diet.
- Neighbourhood conditions are inconsistently associated with health behaviours.
- Having educational qualifications and being in work have strong positive associations with healthy behaviour.

The 2015 data set also has produced the first known analysis of a self-reported measure of food bank use in the UK and details the scale of food bank use among residents of Glasgow's deprived neighbourhoods.

