

Integrated Health and Mental Wellbeing Checklist

This checklist provides a quick framework to help consider health and mental wellbeing when planning policy, programmes and services

The contents are intended as a guide to help you review your work in relation to the factors that contribute to health and mental well-being, answering the following key questions:

- 1 Has attention been paid to particular population groups – is it equitable for all people?
- 2 Are the wider structural determinants of health being considered?
- 3 Are specific protective factors for mental health and wellbeing addressed appropriately?

POPULATION CHARACTERISTICS

Particular population '**characteristics**' can have an impact and make people more vulnerable to poorer well-being. Consideration of these groups will help to address health inequalities.

Age	Groups at higher risk of discrimination
Early Years (including pregnancy and 1st year of life) Children and young people General adult population Older people Other locally relevant? (please specify)	BAME Carers People currently in the criminal justice system People currently in the criminal justice system Ex-offenders Travellers Homeless Language/ cultural groups LGBTIQ+ Looked after children People seeking asylum People with long-term health conditions People with mental health conditions People with Physical, sensory or learning difficulties People experiencing domestic violence Refugee groups Religious groups (please specify) Lone parents Veterans Other locally relevant? (please specify)
Gender	
Female Male Transgender Other locally relevant? (please specify)	
Income related groups	
Economically inactive People on low income People who are unable to work due to ill health Unemployed/workless Retired FE Students	
Settings	
Hospitals Care homes Nurseries Schools Further education Prisons Other locally relevant?	



Have the wider determinants and protective factors been considered?

WIDER DETERMINANTS OF HEALTH AND WELLBEING

How will the proposal impact housing design, and for whom?

e.g. space, light, accessibility, lifetime homes, meeting housing needs of different groups, e.g. older people, families, people with disabilities

How will the proposal impact housing affordability particularly for those on low income?

e.g. affordable rents, council tax, maintenance charges, fuel and food poverty

How will the proposal impact access to health and social care services and other social infrastructure?

e.g. demand and provision of health and social services, co-location of services, primary and secondary schools, community facilities, co-location of services

How will the proposal impact access to open space and nature?

e.g. existing and new open natural spaces, play spaces, welcoming, safe and accessible

How will the proposal impact accessibility and active travel?

e.g. walking in public spaces, cycling networks, connection to public transport and local services, reduced car use, parking, mobility

How will the proposal impact crime reduction, community safety?

e.g. Designing out crime, creating environments/c communities that feel secure and safe

How will the proposal impact access to healthy food?

e.g. Range of smaller affordable shops, farmers markets, hot food takeaways in the local area

How will the proposal impact access to work and training?

e.g. local employment and training opportunities, procurement, childcare facilities, affordable workspaces for local businesses

How will the proposal minimise the use of resources?

e.g. maximise best use of existing land, recycling, sustainable design and construction

How will the proposal impacts on climate change?

e.g. Renewable energy, minimising carbon emissions, spaces designed to respond to winter and summer temperatures

PROTECTIVE FACTORS FOR MENTAL HEALTH

How will the proposal impact on residents' sense of control?

e.g. ability shape own circumstances, opportunities to express views and influence decisions, ability to care for self and family, knowledge & skills to make healthy choices, maintain independence

How will the proposal impact on emotional wellbeing

e.g. self, esteem, confidence, hope, optimism, life satisfaction

How will the proposal impact on a sense of uncertainty/anxiety?

e.g. trust and safety, clear communication of plans and ways to be involved/have your say, key personnel/organisations to seek information from and express concerns, seek help

How will the proposal impact on an ability to participate in community and economic life

e.g. practical support, apprenticeships, paid work, training, volunteering, clubs, events

How will the proposal impact on people's access to and sense of culture?

e.g. access to arts and creativity, expression, sense of pride and identity, fun, laughter, play

How will the proposal impact on meaning and purpose?

e.g. Feeling worthwhile, valued, having a sense of purpose

How will the proposal impact social cohesion and a sense of belonging/connectedness?

e.g. Opportunities to encourage and facilitate social networks and relationships. layout and movement which avoids physical barriers and land uses and spaces which encourage social interaction, mix of community facilities and shared public spaces

Other?

This integrated HIA checklist has been adapted from the MWIA Toolkit, Cooke, Friedli et al. (2011), The Health Urban Development unit rapid HIA toolkit (2019) and the Welsh Health Impact assessment Support Unit Population Groups checklist (2020)

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