

Age UK's Wellbeing Index Indicators and their definitions/questions from the Understanding Society Survey

In order of contribution to wellbeing in later life

Indicator	Variables/questions in USoc
Creative and cultural participation	<p>Have you taken part in the last 12 months: Dance, including ballet; Sang to an audience or rehearsed for a performance (not karaoke); Played a musical instrument; Written music; Rehearsed or performed in a play/drama, opera/opera or musical theatre; Taken part in a carnival or street arts event (e.g. as a musician, dancer or costume maker); Learned or practised circus skills; Painting, drawing, printmaking or sculpture; Photography, film or video making as an artistic activity (not family or holidays); Used a computer to create original artworks or animation; Textile crafts, wood crafts or any other crafts, such as embroidery, knitting, wood turning, furniture making, pottery or jewellery; Read for pleasure (not newspapers, magazines or comics); Written any stories, plays or poetry; Been a member of a book club, where people meet up to discuss and share books</p> <p>Have you attended in the last 12 months: Film at a cinema or other venue; Exhibition or collection of art, photography or sculpture or a craft exhibition (not crafts market); Event which included video or electronic art; Event connected with books or writing; Street arts or a public art display or installation (art in everyday surroundings, or an art work such as sculpture that is outdoors or in a public place); Carnival or culturally specific festival (for example, Mela, Baisakhi, Navrati, Feis); Circus (not animals); Play/drama, pantomime or a musical; Opera/opera; Classical music performance; Rock, pop or jazz performance; Ballet; Contemporary dance; African people's dance or South Asian and Chinese dance</p> <p>Have you visited or used in the last 12 months: public library service; an archive centre or records office; a museum or gallery; a historical site (lots of other examples given)</p>
Physical activities	<p>Having done any of the following in the last 12 months: Health, fitness, gym or conditioning activities (including aerobics, keep-fit classes, weight-training or weight-lifting); Gymnastics; Swimming or diving; Cycling, BMX or mountain biking (for sport or recreation); Football (including 5 or 6-a-side); Rugby (Union or League) or American Football; Track and field athletics; Jogging, cross-country, road-running; Hill trekking, backpacking, climbing or mountaineering; Golf (including pitch and putt); Boxing; Martial arts (including tai chi, taekwondo, karate and judo); Water sports, including yachting, dinghy sailing, canoeing, rowing, windsurfing, waterskiing etc.; Horse riding; Basketball; Netball; Volleyball; Cricket; Hockey (exclude ice, roller or street hockey but include in 'other'); Baseball, softball or rounders; Racquet sports such as table tennis, tennis, badminton or squash; Ice-skating; Skiing (on snow, or an artificial surface: on slopes or grass); Motor sports; Angling or Fishing; Archery {if Age > 64}; Yoga or pilates</p>

	{if Age > 64}; Bowls (indoors or outdoors) {if Age > 64}; Croquet {if Age > 64}; OTHER SPORTING ACTIVITY such as triathlon, fencing, lacrosse, orienteering, curling, gaelic sports, skateboarding, parachuting or scuba diving or anything else; Snooker, pool or billiards; Darts; Ten-pin bowling; Rambling, walking for pleasure or recreation; Shooting
Thinking skills (cognitive ability)	Delayed word recall: Number of correct items
	Immediate word recall: Number of correct items
	Subtract 7: Number of correct answers
	Verbal fluency: Count of correct answers
	Numeric ability: Count of items answered correctly
Mental wellbeing (Warwick-Edinburgh Mental Wellbeing Scale)	feeling optimistic about the future
	feeling useful
	feeling relaxed
	dealing with problems well
	thinking clearly
	feeling close to others
	able to make up own mind
Level of education	Highest educational qualification
Diagnosed health conditions	'Has a doctor or other health professional ever told you that you have any of these conditions?' Listed conditions given:
	asthma
	arthritis
	congestive heart failure
	coronary heart disease
	angina
	heart attack or myocardial infarction
	stroke
	emphysema
	hyperthyroidism or an over-active thyroid
	hypothyroidism or an under-active thyroid
	chronic bronchitis
	any kind of liver condition
	cancer or malignancy
	diabetes
epilepsy	
high blood pressure	
Personality – Openness (One of the 'Big 5' personality traits)	Being original
	Being artistic

	Having an active imagination
Longstanding illness or disability	Do you have any long-standing physical or mental impairment, illness or disability? By 'long-standing' I mean anything that has troubled you over a period of at least 12 months or that is likely to trouble you over a period of at least 12 months.
Social participation	In the last 12 months, have you been active in: social club/working men's club, sports club, women's institute/townswomen's guild, women's group/feminist organisation, other group or organisation.
Mental health (GHQ-12 indicators)	concentration
	loss of sleep
	playing a useful role
	capable of making decisions
	constantly under strain
	problem overcoming difficulties
	enjoy day-to-day activities
	ability to face problems
	unhappy or depressed
	losing confidence
	believe worthless
general happiness	
Personality – Conscientiousness (One of the 'Big 5' personality traits)	Doing a thorough job
	Being lazy (inverse)
	Being efficient
Home owned outright	Housing tenure
No means-tested benefits	Types asked about in USoc:
	incapacity benefit
	income support
	job seeker s allowance
	national insurance credits
	child benefit (including lone-parent child benefit payments)
	child tax credit
	working tax credit (includes disabled person s tax credit)
	maternity allowance
	housing benefit
council tax benefit	

	educational grant (not student loan or tuition fee loan)
	trade union / friendly society payment
	maintenance or alimony
	income from any other state benefit
Civic participation	In the last 12 months, have you been active in: political party; trade unions; environmental group; parents /school association; tenants /residents group or neighbourhood watch; religious group or church organisation; voluntary services group; pensioners group/organisation; scouts/guides organisation; professional organisation; other community or civic group
	Types asked about in USoc:
	retirement / state retirement (old age) pension
	a pension from a previous employer
	a pension from a spouse s previous employer
	a private pension / annuity
	a widow s or war widow s pension
	a widowed mother s allowance / widowed parent s allowance
	pension credit (includes guarantee credit & saving credit)
	severe disablement allowance
	industrial injury disablement allowance
	disability living allowance
	attendance allowance
	carer s allowance (formerly invalid care allowance)
	war disablement pension
Personality – Extraversion (One of the ‘Big 5’ personality traits)	Being talkative
	Being sociable
	Being reserved (inverse)
Married	Legal marital status
Have friends	How many close friends do you have
Neighbourliness of local area	Belong to neighbourhood
	Local friends mean a lot
	Advice obtainable locally
	Can borrow things from neighbours
	Willing to improve neighbourhood
	Plan to stay in neighbourhood
	Am similar to others in neighbourhood
	Talk regularly to neighbours

Level of financial wealth	National Savings Accounts (formerly National Savings Bank or Post Office Accounts)
	ISA – cash only
	ISA – stocks and shares or PEPs
	Premium Bonds
	Other types of savings accounts
Personality – Neuroticism (One of the ‘Big 5’ personality traits; reversed to be ‘Emotional stability’)	Worrying a lot
	Getting nervous
	Being relaxed (inverse)
Live with other people	number of people in household
Working	Current economic activity
Widowed	Legal marital status
Satisfaction with the standard of local leisure facilities	Please tell me whether you consider your local area services to be excellent, very good, fair or poor? Leisure
Personality – Agreeableness (One of the ‘Big 5’ personality traits)	Being rude (inverse)
	Having a forgiving nature
	Being kind
Satisfaction with the standard of local medical services	Please tell me whether you consider your local area services to be excellent, very good, fair or poor? Medical
Low intensity helping/caring	1-19 hours per week spent looking after or providing help for someone
Divorced	Legal marital status
Level of housing wealth	Value of property
Intergenerational connections (monetary and non-	Help given to parents or children:
	giving them lifts in your car (if you have one)
	shopping for them

monetary)	providing or cooking meals
	helping with basic personal needs like dressing, eating, etc
	washing, ironing or cleaning
	dealing with personal affairs e.g. paying bills
	decorating, gardening or house repairs
	financial help
	anything else
	Help received from parents or children:
	getting a lift in their car (if they have one)
	shopping for you
	providing or cooking meals
	looking after your children
	washing, ironing or cleaning
	dealing with personal affairs e.g. paying bills
	decorating, gardening or house repairs
	financial help
	anything else
Material resources Do you have ...	A holiday away from home for at least one week a year, whilst not staying with relatives at their home?
	Do you have a small amount of money to spend each week on yourself (not on your family)?
	Keep up with bills and regular debt repayments?
	Enough money to keep your house in a decent state of repair?
	Household contents insurance?
	Enough money to make regular savings of £10 a month or more for rainy days or retirement?
	Enough money to replace any worn out furniture?
	Enough money to replace or repair major electrical goods such as a refrigerator or a washing machine, when broken?
Level of earnings	Take-home pay (employee)
	Self-employment income
Not looking after anyone	0 hours per week spent looking after or providing help for someone
Financial debt	Total amount owed
Satisfaction with the standard of local shopping facilities	Please tell me whether you consider your local area services to be excellent, very good, fair or poor? Shopping
Home owner with a mortgage	Housing tenure

High intensity helping/caring	20+ hours per week spent looking after or providing help for someone
Satisfaction with the standard of local public transport	Please tell me whether you consider your local area services to be excellent, very good, fair or poor? Public transport
Have children	Living relatives not living in household: son(s)/daughter(s)