


- Overall sickness absence rate for England - **5.7%** (Dec 24)
- This has increased since Nov 24 - **5.4%**
- Higher than previous year Dec 23 - **5.5%**
- Some regions as high as **6.7%**
- Some Trusts as high as **8.1%**
- Some staff groups as high as **9.6%**


UK Working Population last recorded in 2022

(update now due Jun 25)

2.6%

The UK Measures of Personal Wellbeing are scored from 1-10 0 (not at all) to 10 (completely)

Low  Low is defined by answering 0-4 out of 10

High  High is defined by answering 6-10 out of 10

Low Rating for Life Satisfaction

Our Staff **19.2%**

UK
5.1%



more common in our staff than the UK population

Low Rating for Feeling Worthwhile

Our Staff **16.7%**

UK
3.9%



more common in our staff than the UK population

Low Rating for Happiness

Our Staff **23.3%**

UK
8.2%



more common in our staff than the UK population

High Rating for Feeling Anxious

Our Staff **37.4%**

UK
22.5%



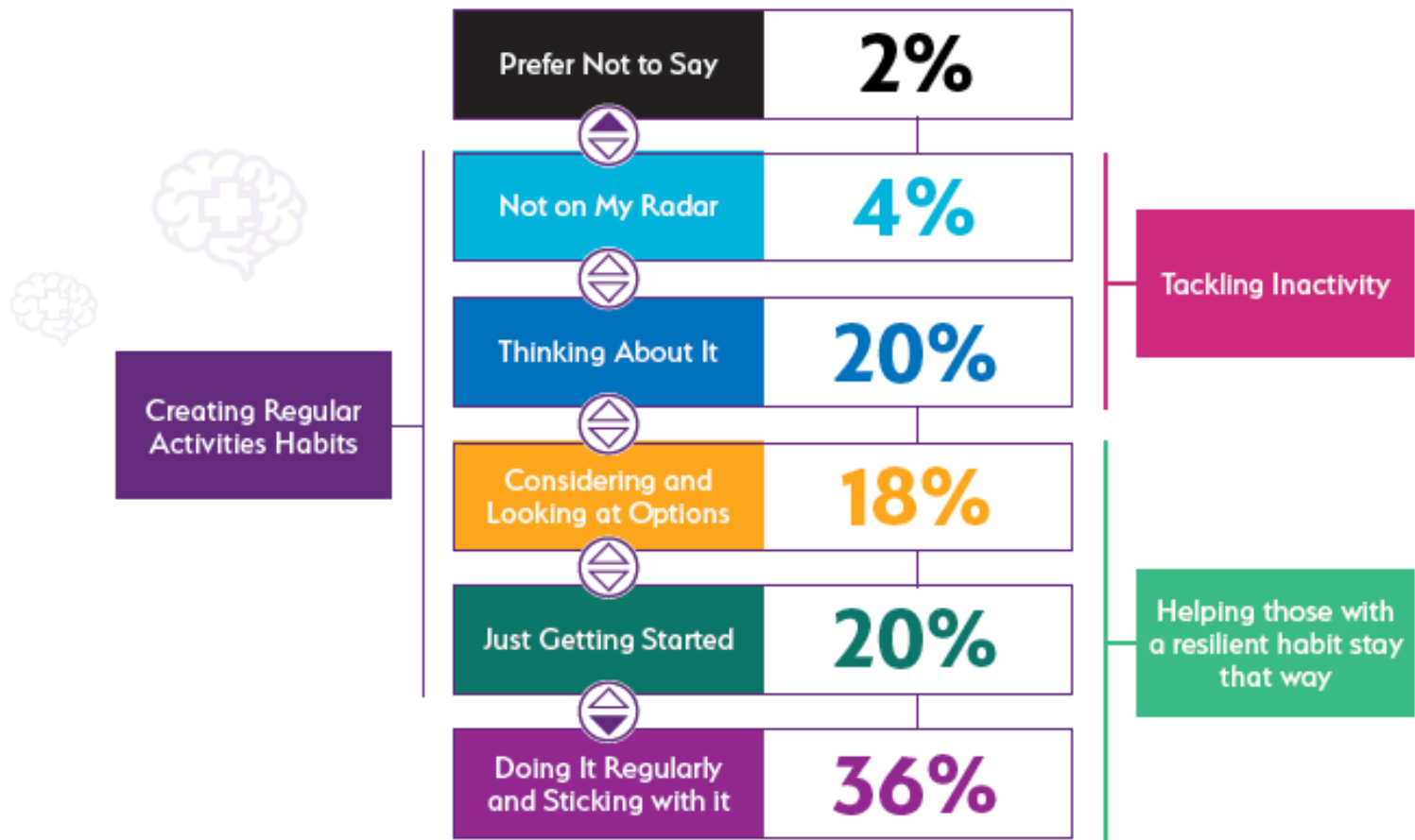
more common in our staff than the UK population

* Office for National Statistics, UK Measures of Wellbeing April to June 2023

Behaviour Changes

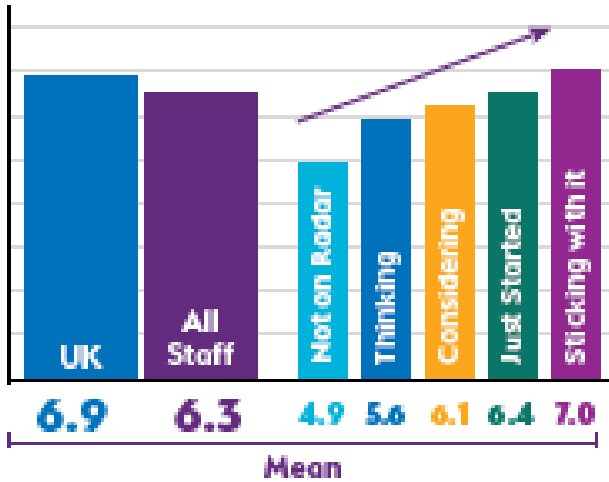


Our behaviour plays an important role in how we interact with wellbeing activity. We asked colleagues about their relationship with Health and Wellbeing Activity

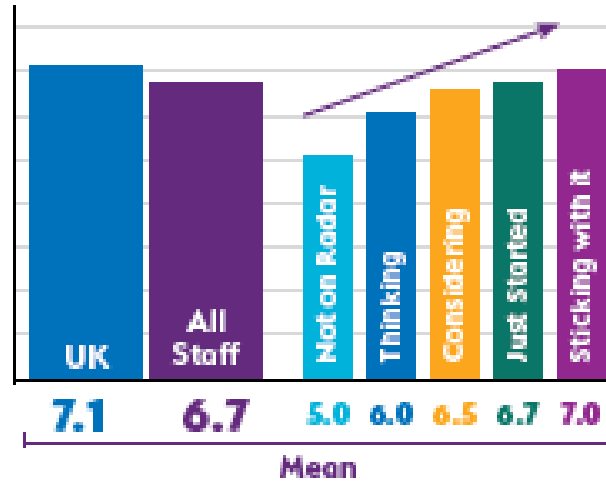


We looked at the relationship between wellbeing activity behaviour, and personal wellbeing scores. The below shows the average score out of 10 in the UK Measures of Personal Wellbeing questions, for each stage of colleague behaviour

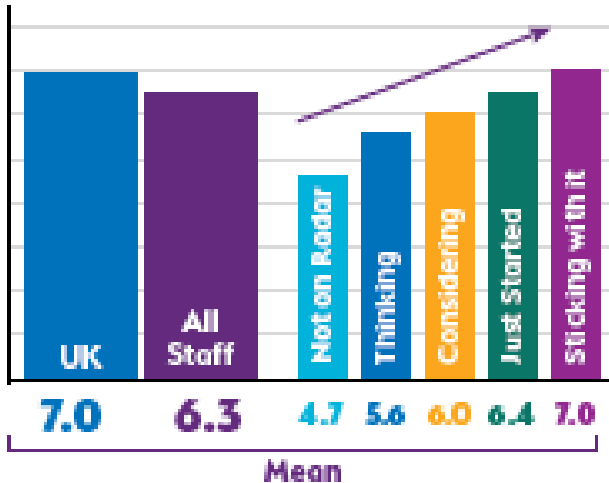
Life Satisfaction



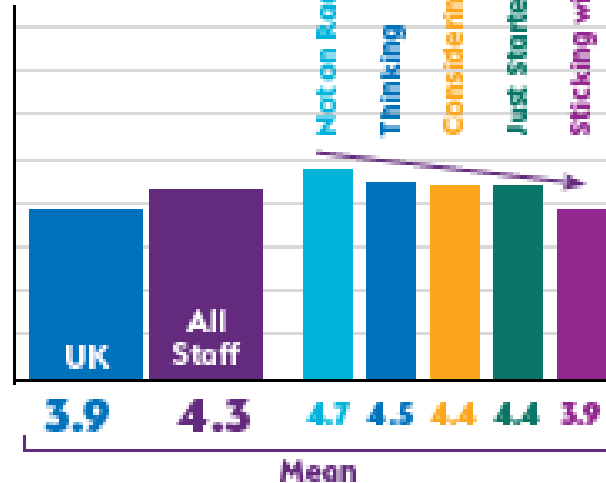
Life Feels Worthwhile



Happy



Anxious



A strong correlation was seen between colleagues' adherence to activity, and each of the personal wellbeing scores

As colleagues reported more well-established activity habits, they also reported increasingly positive responses in their measure of personal wellbeing.

*Office for National Statistics, UK Measures of Wellbeing April to June 2023