

Better Start Bradford Innovation Hub

Better Place End of Contract Report - September 2020

This is a report provided by the Better Start Bradford Innovation Hub (BSBIH) for the Better Start Bradford (BSB) and the Better Place team. The document provides an overview of Phase 1 of the Better Place's performance and findings from the baseline measures for the effectiveness evaluation. The design of this evaluation is described in more detail in the Evaluation Plan Summary, which was approved by key stakeholders from the BSBIH and BSB in September 2020.

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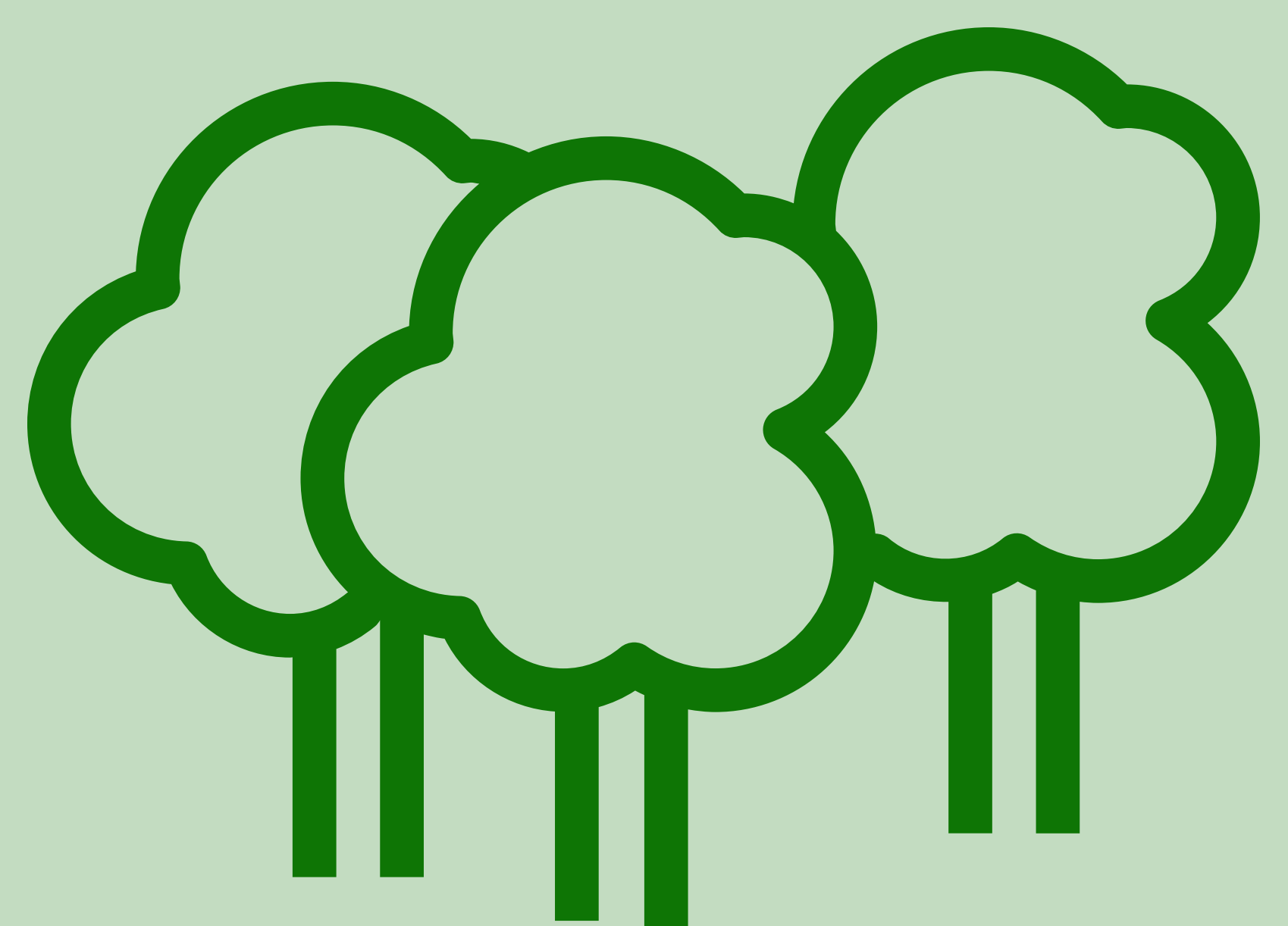
Version 1.0

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Produced for Better Start Bradford

Executive Summary

Project overview

Better Place aims to support local people to get involved in improving outdoor spaces; with a focus on developing better places to play, live and be active for families with young children. This is because of the known benefits of having access to good quality green spaces on health and wellbeing. The project involves engaging the community in the design of changes to the local environment and then implementing capital changes to improve park and outdoor space quality. The first phase of capital changes have been undertaken in parts of the Better Start Bradford area to the west of Wakefield Road and the second phase will involve continuing to implement capital changes but in the area to the east of Wakefield Road. Taking a staged approach to the implementation of the changes supports robust evaluation of the impact of the project as it allows the area to the west of Wakefield Road to act as the 'intervention' area and the area to the east to act as the 'control'.

The planned evaluation for the Better Place project involves assessing the quality and use of local outdoor spaces in both the intervention and control areas before and after the capital work has taken place to examine whether the changes lead to improvements. The baseline data for these measures was collected between June 2018 and October 2019. The impact of the capital changes on self reported family wellbeing, satisfaction with and use of local green space will also be assessed by asking local families to complete a series of questionnaires at key intervals over the life of the project (the Wellbeing Survey). Baseline data for the Wellbeing Survey was collected between September and November 2019.

The aim of this report is to report baseline findings from the assessments of the quality and use of local outdoor spaces in the Better Start Bradford area and findings from the first Wellbeing Survey. The report will describe these initial findings and highlight areas of interest. It will also provide details on plans for the next stages of the project evaluation.

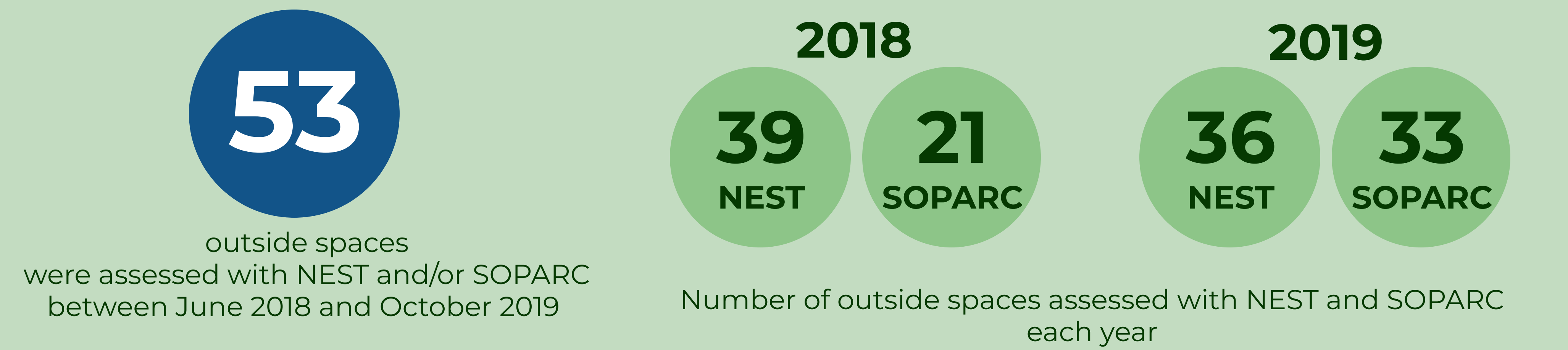
Key findings and recommendations for evaluation

- Assessments of the quality and use of local parks and green spaces show little difference between the intervention and control area at evaluation baseline
- Levels of satisfaction with the local area and local parks and green spaces are higher amongst Pakistani women living in the Better Start Bradford area than White British women, but this should be interpreted cautiously because of a relatively sample size. Satisfaction levels do not appear to differ between the intervention and control areas at baseline
- More than a quarter of women (27%) living in the Better Start Bradford area scored low for mental wellbeing and 42% reported mild to moderate depression at baseline. However, levels of health and wellbeing did not appear to differ between the intervention and control areas
- The impact of the COVID-19 pandemic poses a significant risk to the evaluation of the Better Place project. This is because of the already evidenced impact on families health and wellbeing and changes in how people have engage with outdoor spaces during 'lockdown' and while social distancing measures are in place
- The BSBIH recommends an additional period of data collection in 2021 which will offer additional insights and support interpretation of findings

Quality and use of local outdoor spaces

Measuring quality and use of outdoor spaces

In order to assess the impact of the planned changes across the Better Start Bradford area two measures were implemented. The Natural Environment Scoring Tool (NEST) assesses the quality of green or outdoor space and the System for Observing Play and Recreation in Communities (SOPARC) assesses of the use of outdoor spaces. More detail on how these measures are used can be found in a separate report by request. Data was collected by trained members of the Better Place team using these measures between June and October in 2018 and 2019.



Quality of outdoor spaces

NEST scores spaces on the presence, amount and condition of features and facilities including: access, recreational facilities, amenities, natural features like flowerbeds, non-natural features like art or buildings, incivilities, safety, significant natural features like views, and usability. It produces scores for all of these factors as well as an overall quality score.

Higher scores on NEST indicate greater quality of an outdoor space.

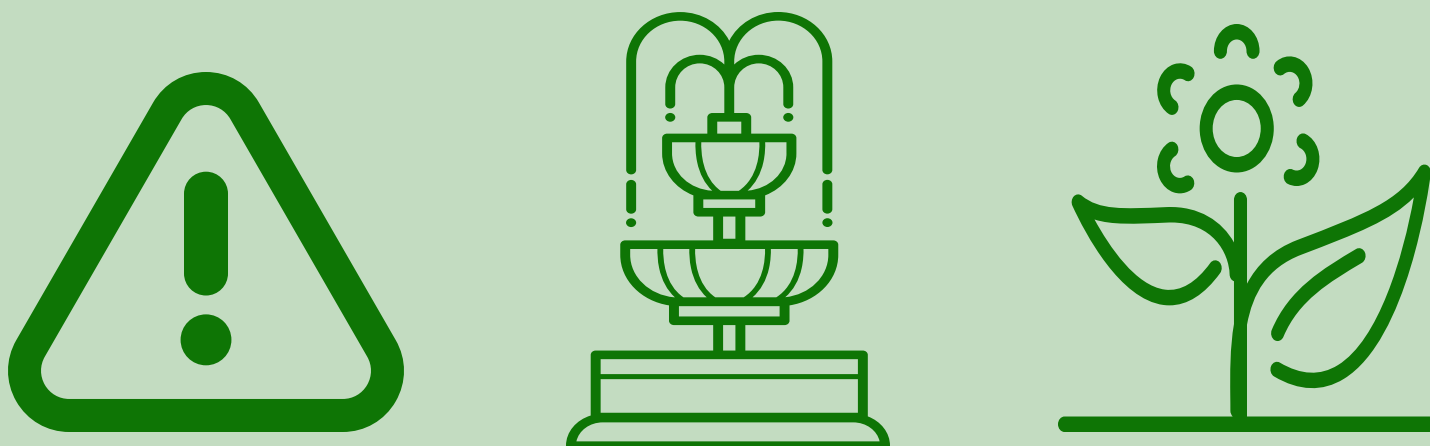
The areas assessed with NEST include:

- formal recreation spaces - managed for sports
- function/amenity spaces - such as roadside greenspace, roundabouts, street trees
- urban parks - including those with play equipment, signed gates, bins, benches, usually managed by the council



Overall quality of local outdoor spaces

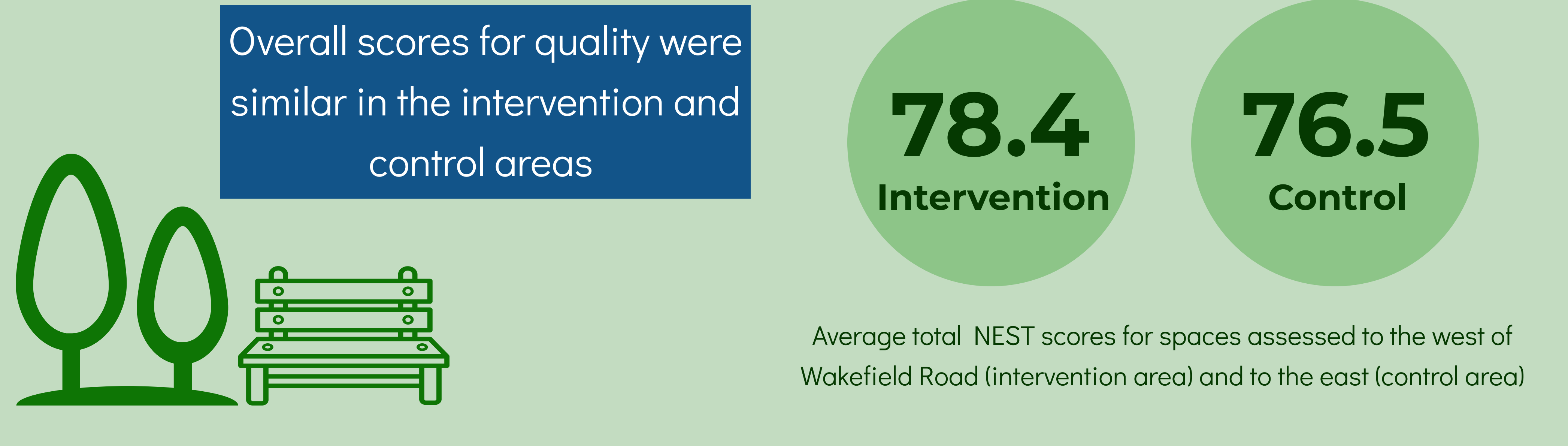
There were considerable differences in the quality of outdoor spaces across the factors measured by NEST



Safety, and availability of natural and non-natural features were rated more negatively than other NEST domains. Functional and amenity spaces (e.g. green spaces in residential areas) were generally rated as less usable than formal recreation grounds or urban parks.

Quality and use of local outdoor spaces

Quality of outdoor spaces

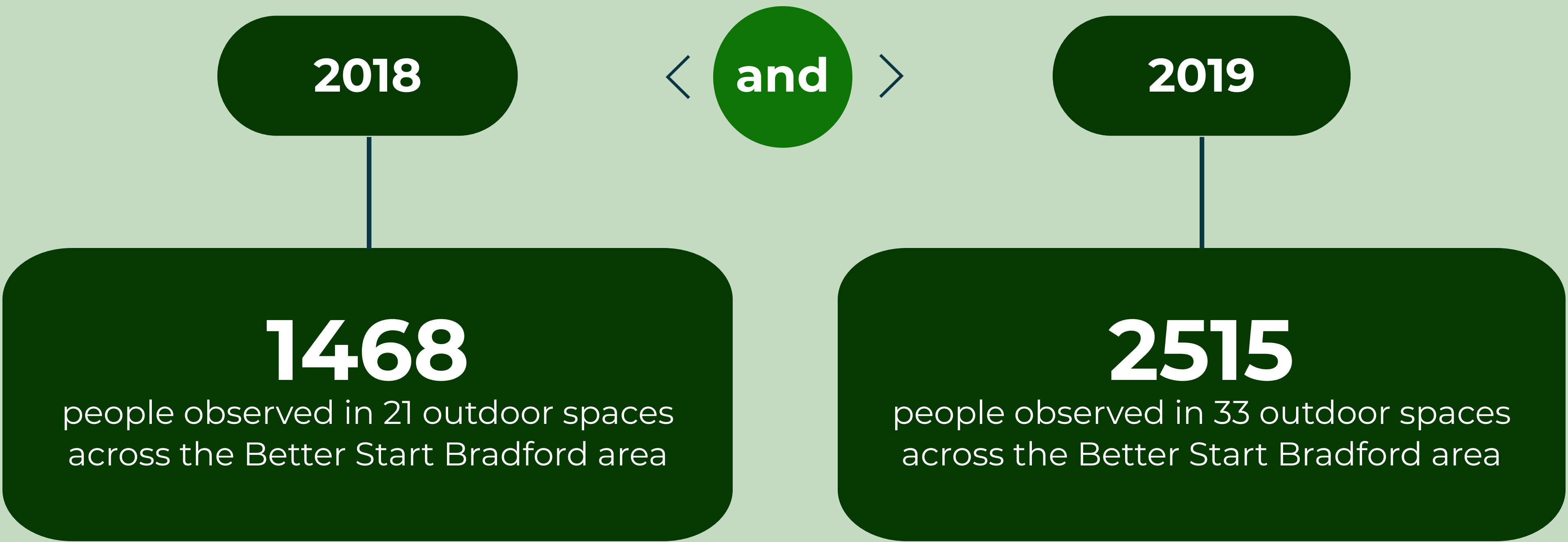


Use of outdoor spaces

SOPARC allows trained observers to collect information on outdoor space use, including characteristics of the space and their users. It provides an assessment of park users’ physical activity levels, activity modes/types, and estimated gender, age and ethnicity groupings. Observations take place at different times of day on weekdays and weekend/holiday days.



A total of 3983 people were observed using outdoor spaces in 2018 and 2019

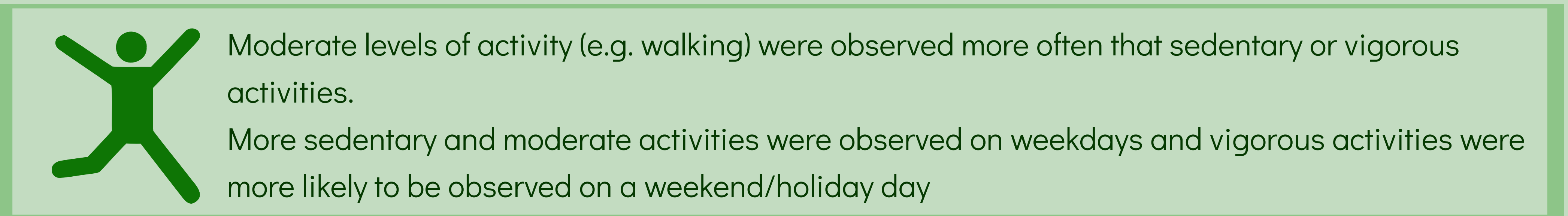
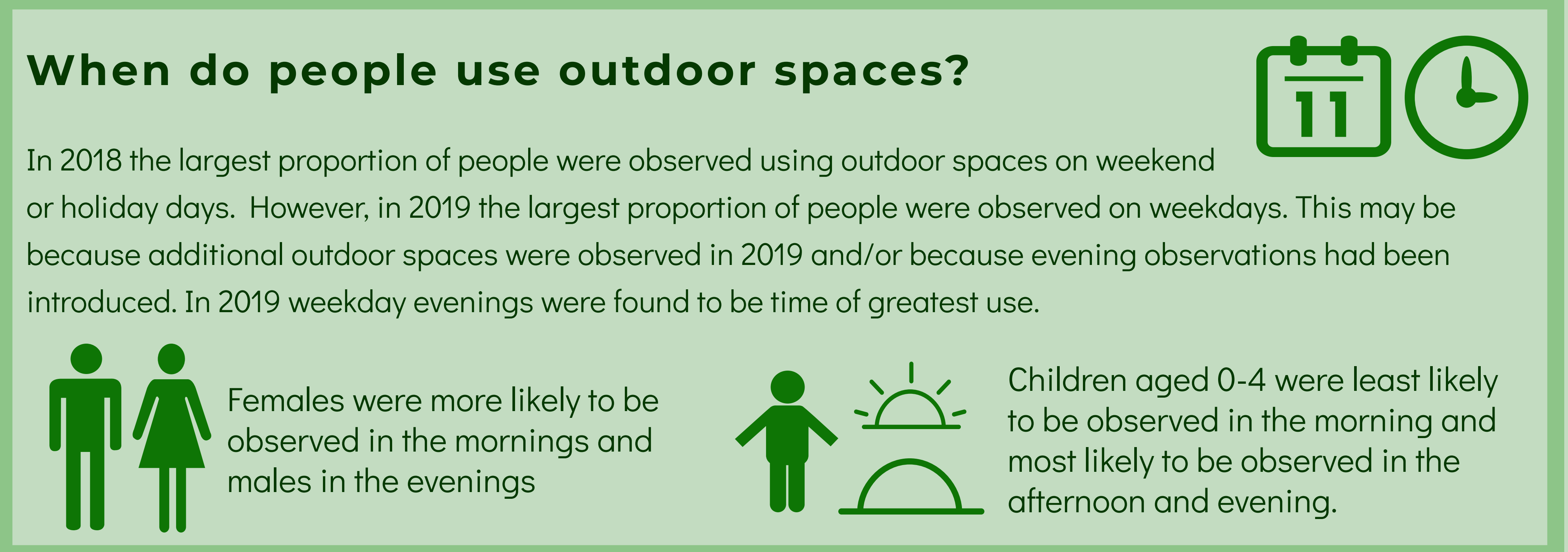
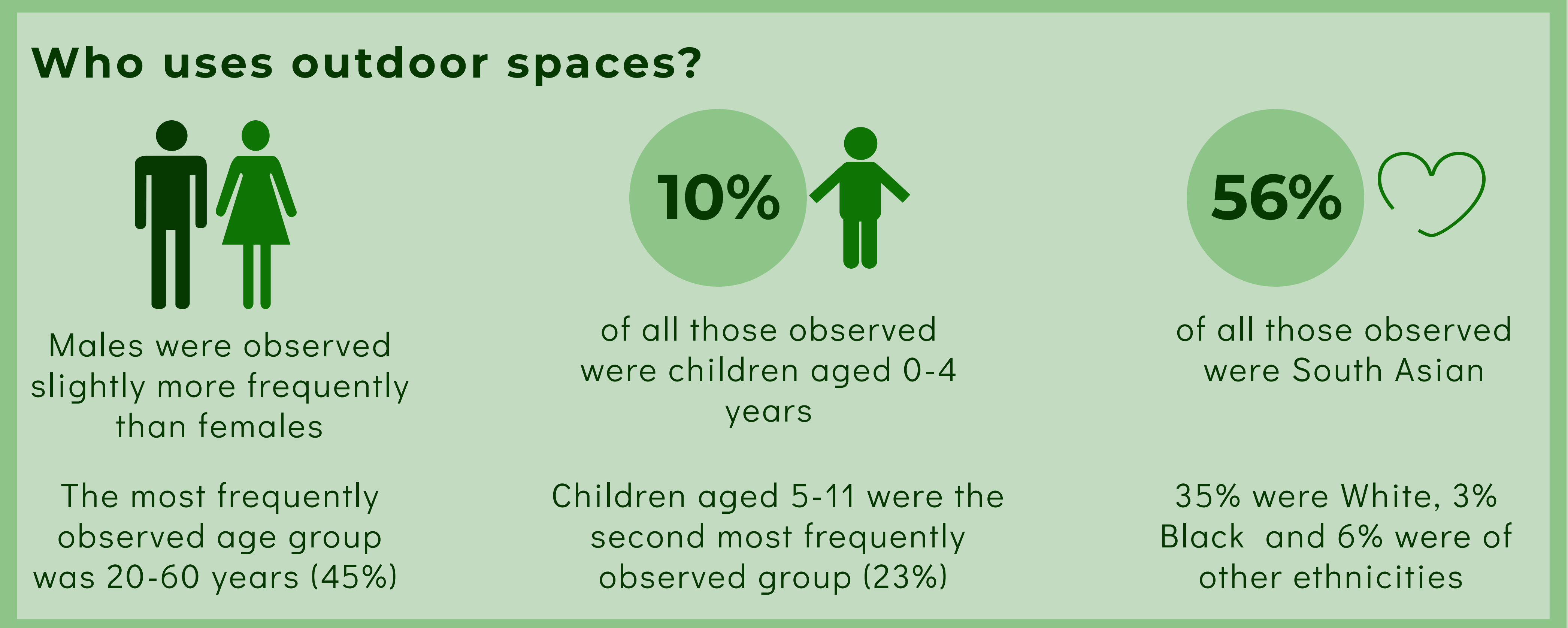


In 2018 observations mainly took place in the mornings, at lunch time, and in afternoons. However, a number of observations that took place late afternoon/ early evening found that use appeared to be high in the evenings. As a result, evening observations were introduced in 2019.

Use of local outdoor spaces

Use of outdoor spaces

There was wide variation in the numbers of people observed using different outdoor spaces, and more use was observed in parks assessed as being high quality.



Patterns of outdoor space use did not appear to differ between the intervention and control areas

The BSBIH Wellbeing Survey

Who did we give surveys to and how many people responded ?




The Better Start Bradford Innovation Hub Wellbeing survey was sent to a total of 1407 women from the BiBBS cohort in 2019. The first 100 of these were sent as part of a pilot in May and the remaining 1307 sent out in September either in the post or by hand. These were then followed up a number of times to encourage women to complete and return questionnaires.

550 surveys were completed and returned in the correct time frame giving an overall response rate of 36%.

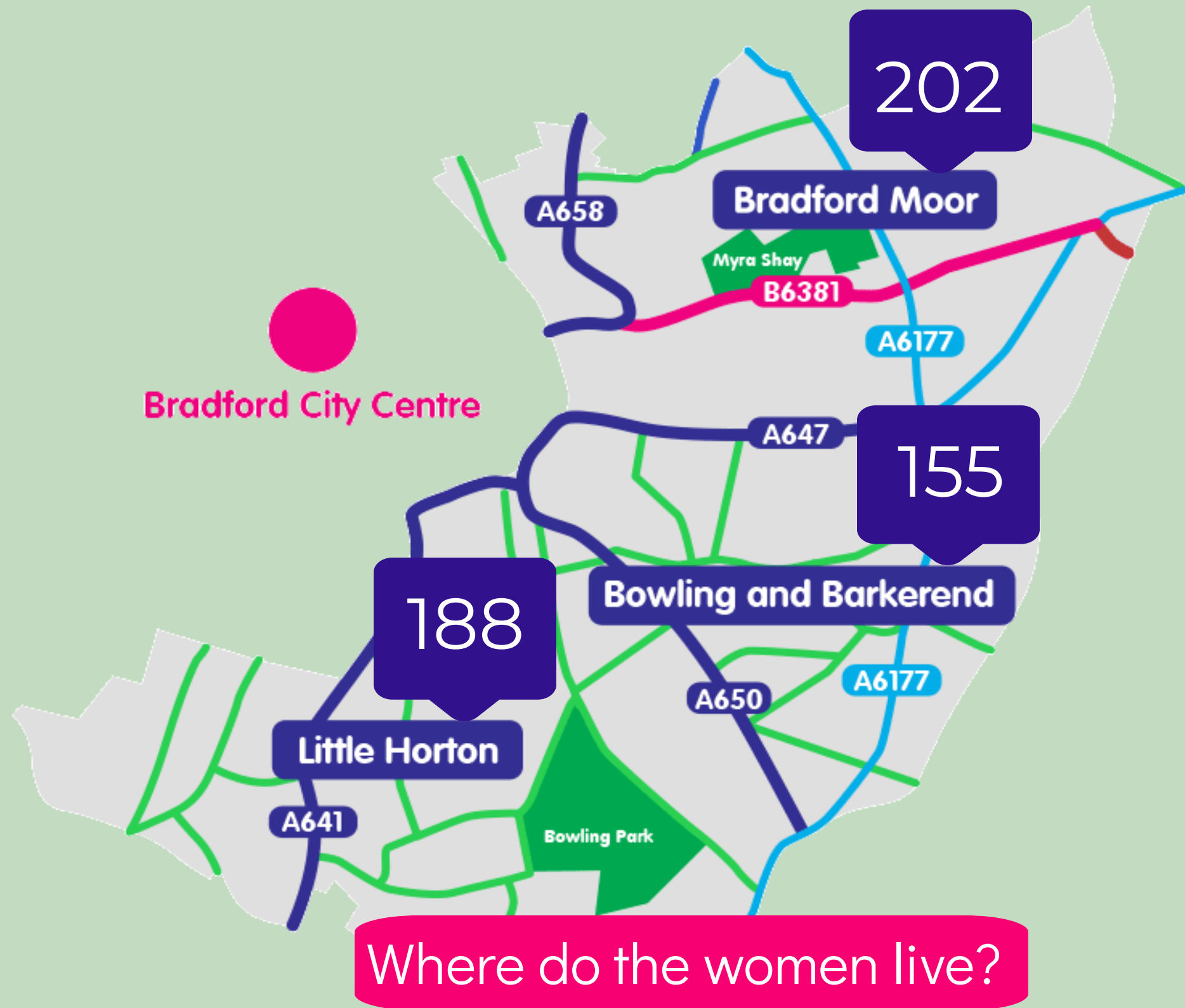
Respondents survey data was matched to their BiBBS baseline data which was collected at the point that they were recruited into the cohort. This allowed us to explore responses in relation to where they live and their demographic information. This will also support further more detailed analysis at the end of the evaluation when all of the capital works have been completed. Of the 550 returned surveys, 2 were excluded from analysis because respondents were not living in the Better Start Bradford area at the time of completion, and a further 3 could not be matched with BiBBS baseline data. Therefore analysis for this report was conducted using responses from 545 women.

The BSBIH Wellbeing Survey

Who were the women who responded?



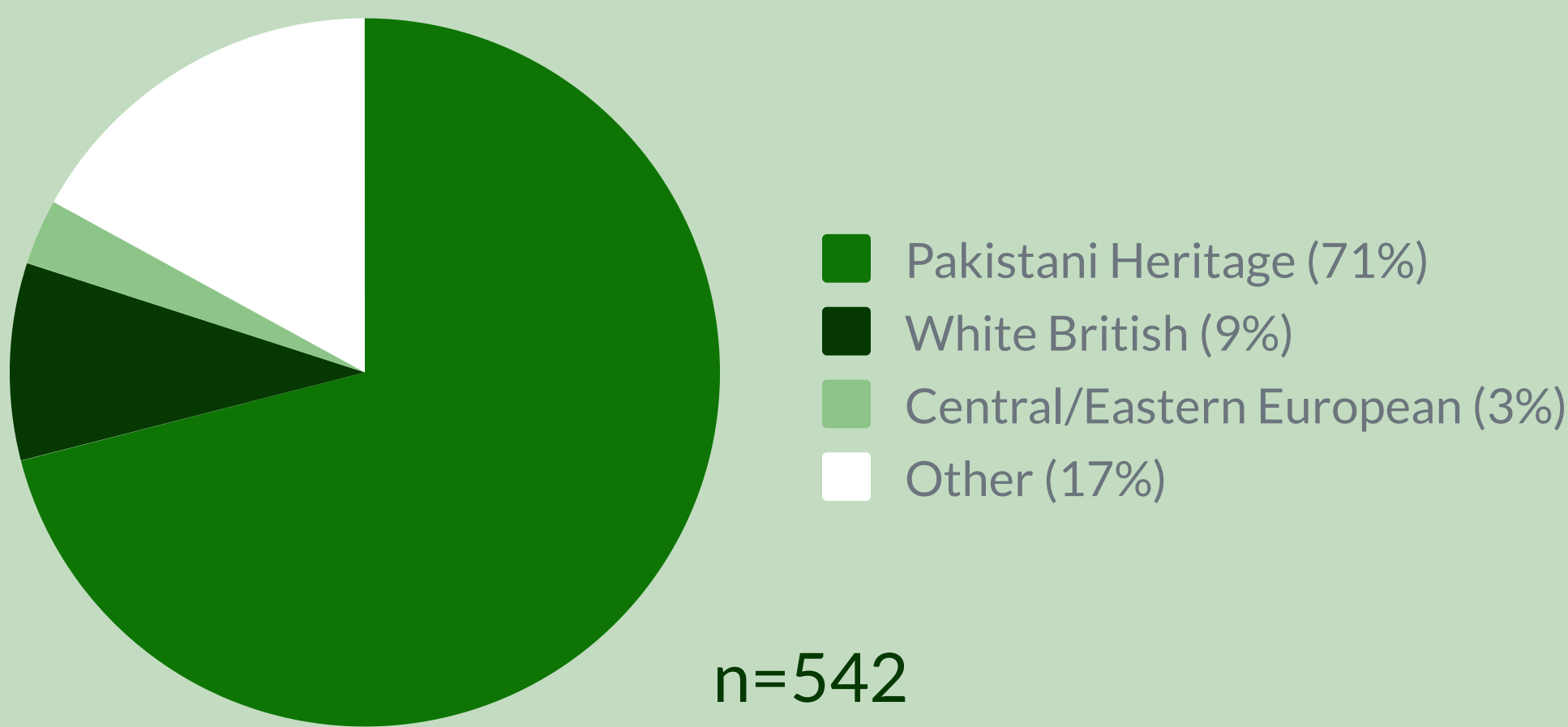
	<i>n</i>	%
Bowling & Barkerend	155	28%
Bradford Moor	202	37%
Little Horton	188	35%



Around a third of respondents came from each of the Better Start Bradford wards. These proportions are similar to the BiBBS participant distribution across the Better Start Bradford area. 40% (n=217) of respondents were living to the West of Wakefield Road (in the intervention area) and 60% (n=328) were living to the East (in the control area).

Ethnicity

Of the 545 respondents, 542 had ethnicity recorded. Proportions are similar to those seen in BiBBS suggesting respondents are fairly representative of the cohort.



Language

41% (n=220) of respondents were recorded as not having English as a first language

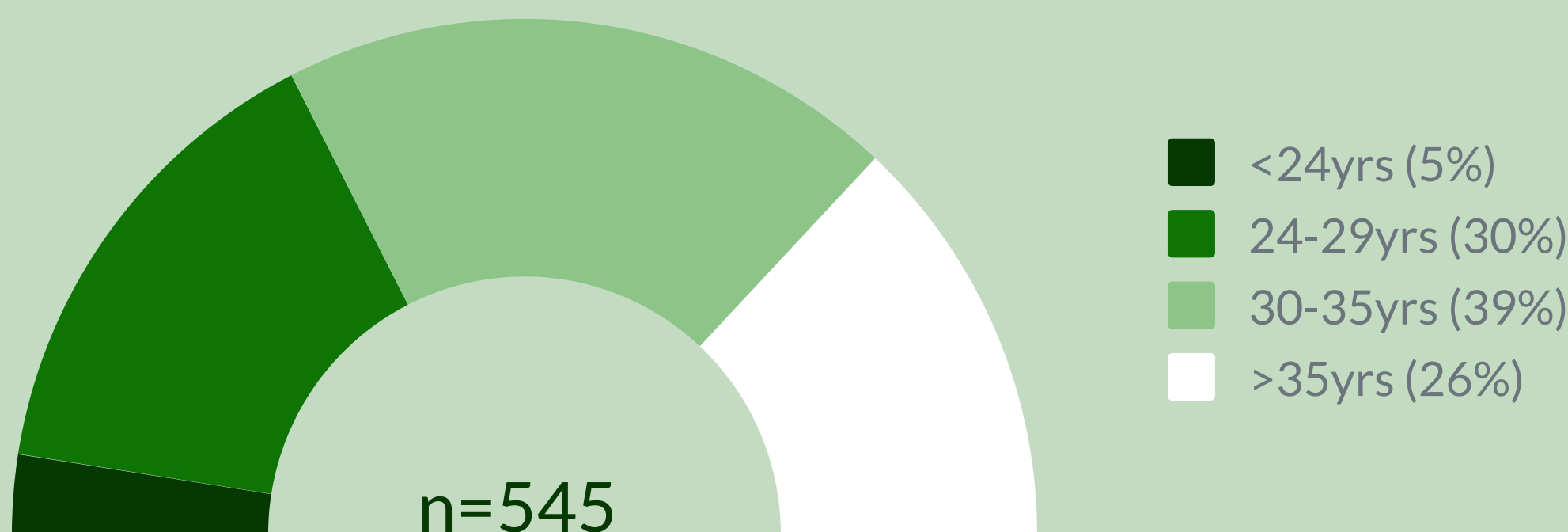
Top 3 most common languages

- 1 Urdu
- 2 Punjabi
- 3 Pashto

Age

The average age of respondents was 31.7 years (±5.4 years) with a range of 18-47 years*

*Age was calculated as of 1st September 2019



Satisfaction with the local area

Women were asked "How satisfied or dissatisfied are you with the area you live in?"

The area women live in was defined as being a mile or 20 minutes walk from their home. There were 5 response options; very satisfied, satisfied, neither satisfied or dissatisfied, dissatisfied, and very dissatisfied. These were collapsed into three categories for analysis; satisfied or very satisfied, neither satisfied or dissatisfied, and dissatisfied or very dissatisfied



Satisfaction with the local area



56%

Satisfied or very satisfied



30%

Neither satisfied nor dissatisfied



14%

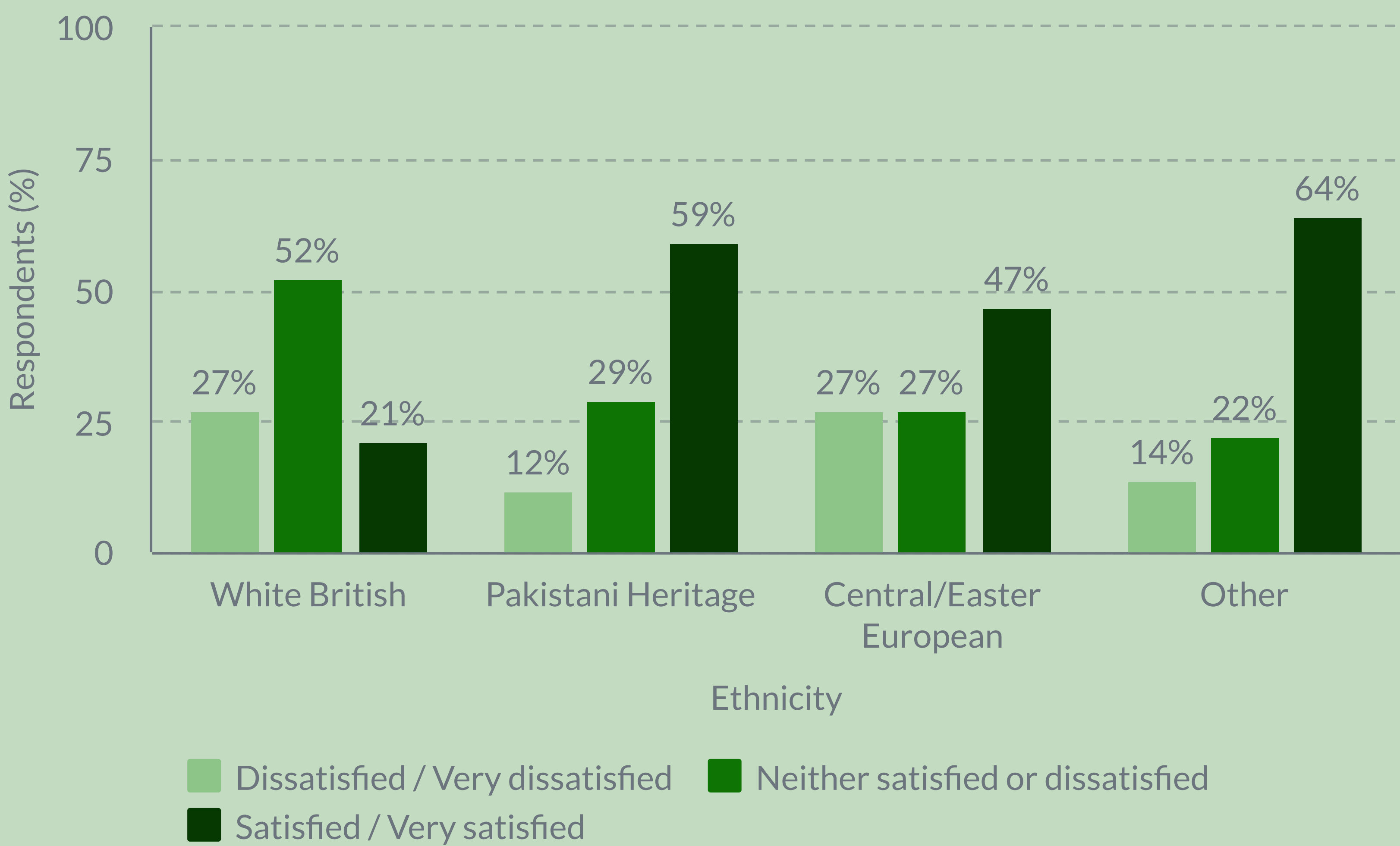
Dissatisfied or very dissatisfied

Over half (56%, n=305) of respondents reported that they were satisfied or very satisfied with their local area.

14% (n=79) of the respondents reported to be dissatisfied or very dissatisfied with their local are.

Women in the control area were more likely to report being dissatisfied or very dissatisfied than those in the intervention area (17% vs 10%)

Satisfaction with the local area by ethnicity



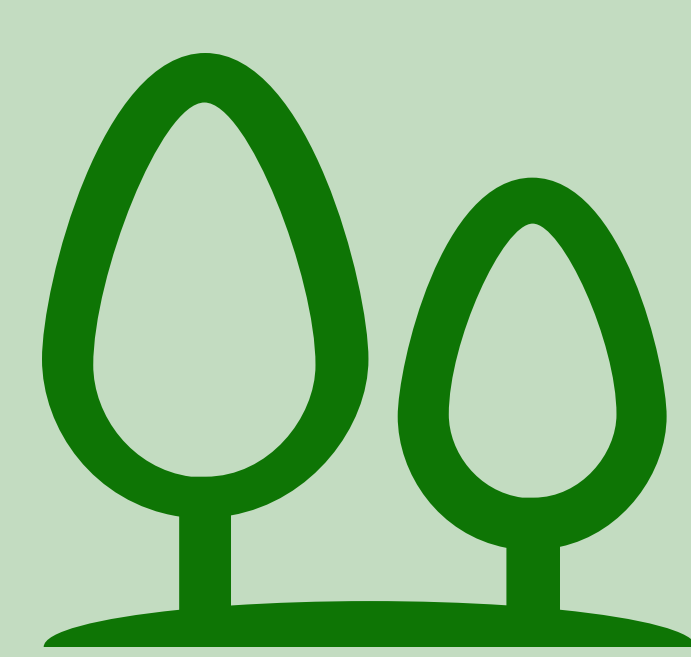
The majority of Pakistani respondents reported being satisfied with their local area (59%, n=227).

More than a quarter of White British and Central and Eastern European respondents were dissatisfied (27%).

Proportions reported for Central/Eastern European and other ethnicities should be interpreted with caution because of very low sample sizes

Satisfaction with local parks & green spaces

Women were asked "How satisfied or dissatisfied are you with the parks and green spaces in your local area?"




Again there were 5 response options; very satisfied, satisfied, neither satisfied or dissatisfied, dissatisfied, and very dissatisfied. These were collapsed into three categories for analysis; satisfied or very satisfied, neither satisfied or dissatisfied, and dissatisfied or very dissatisfied.

Satisfaction with local parks and green spaces

Just over half (51%, n=275) of respondents reported that they were satisfied or very satisfied with their local parks and green spaces.


20% (n=111) of the respondents reported to be dissatisfied or very dissatisfied with their local parks and greens paces.



51%
Satisfied or very satisfied



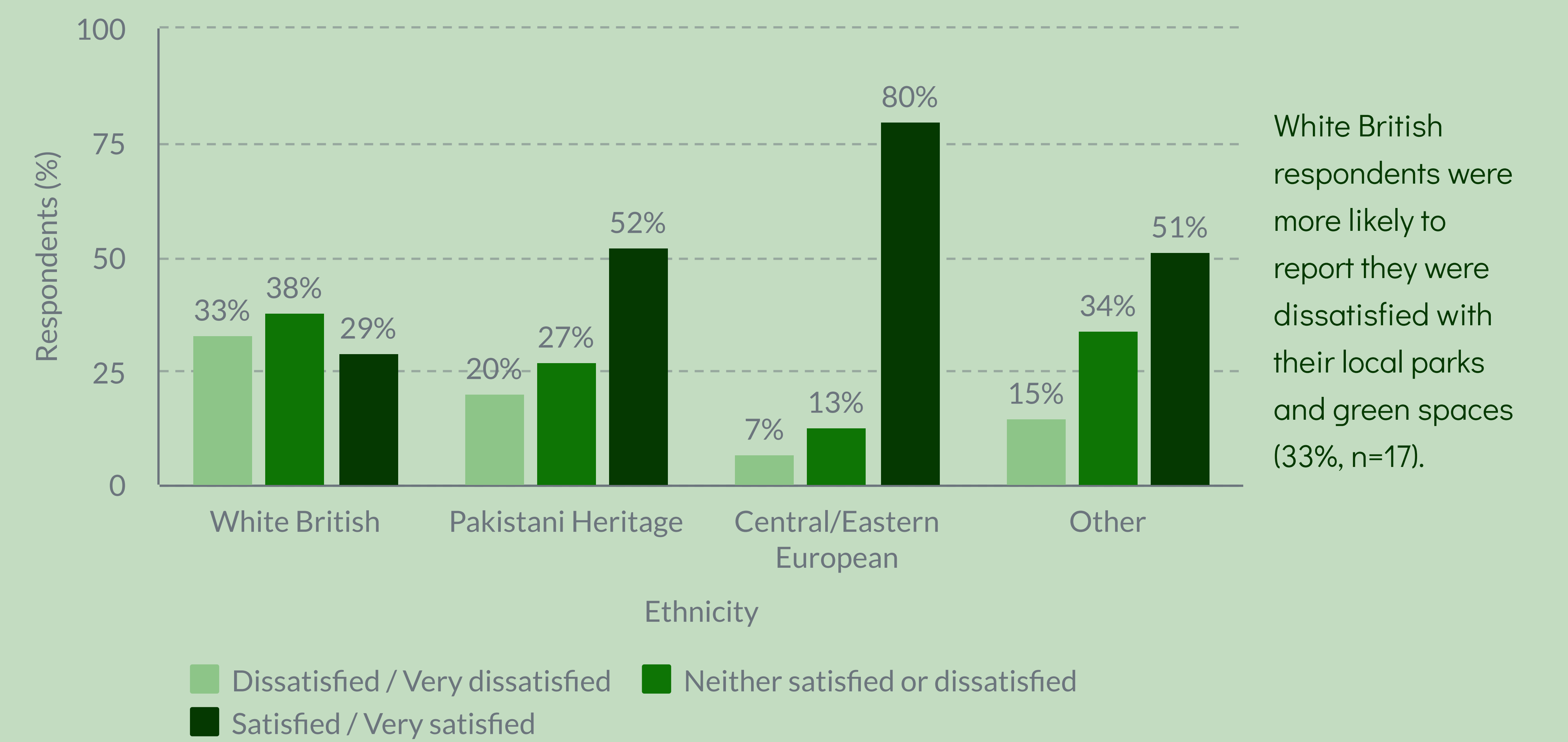
29%
Neither satisfied nor dissatisfied



20%
Dissatisfied or very dissatisfied

Satisfaction with parks and green spaces did not appear to differ between the intervention area and control area (21% vs 20%).

Satisfaction with the local parks and green spaces by ethnicity



Visiting parks and green spaces

Women were asked "How often do you visit Bradford's parks and green spaces?"

Visits to parks and green spaces were more frequent in the Spring and Summer months.



Overall the majority of respondents (38%, n=187) reported visiting local parks and green spaces 2-4 times a week at this time of year. More than a quarter of women visited parks and green spaces less than once a week.

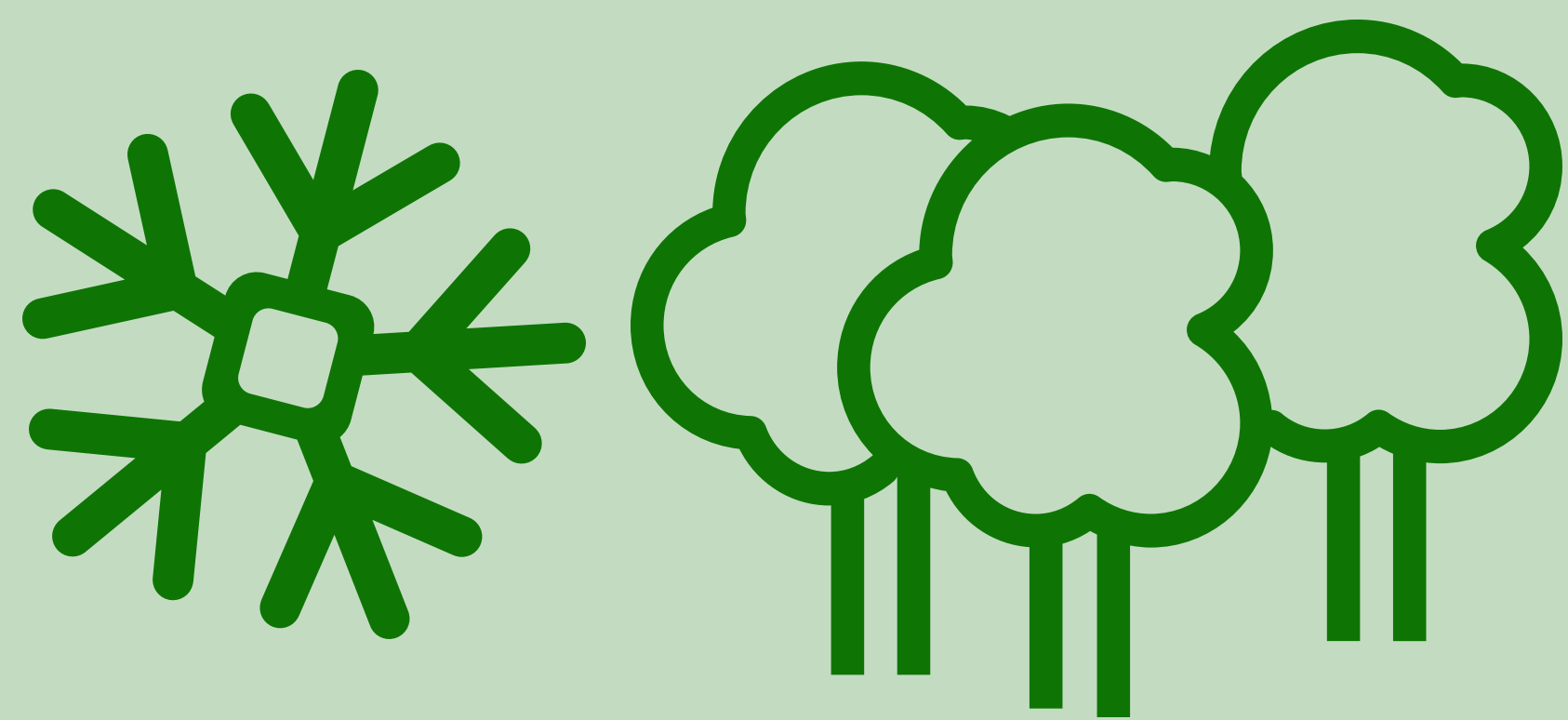
Frequency of visits to parks and green spaces did not appear to differ between those in the intervention area and those living in the control area. There were also no differences in the frequency of visits for women of different ethnic groups.



Visits to parks and green spaces in Spring and Summer

Spring and summer months were defined as April - August

SEASON		5 times a week or more	2-4 times a week	Once a week	1-3 times a month	Less than once a month	
Summer		15%	38%	23%	19%	5%	n=492
Winter		2%	11%	21%	28%	38%	n=521



Visits to parks and green spaces in Autumn and Winter

Winter months were defined as September to March

Visits to parks and green spaces were less frequent in the Winter months.

The majority of respondents (38%, n=199) reported visiting local parks and green spaces less than once a month at this time of year. Less than 15% (n=69) visit of women visited parks and green spaces more than once a week.

Frequency of visits to parks and green spaces did not appear to differ between those living in the intervention area and those living in the control area. There were also no differences in the frequency of visits for women of different ethnic groups.

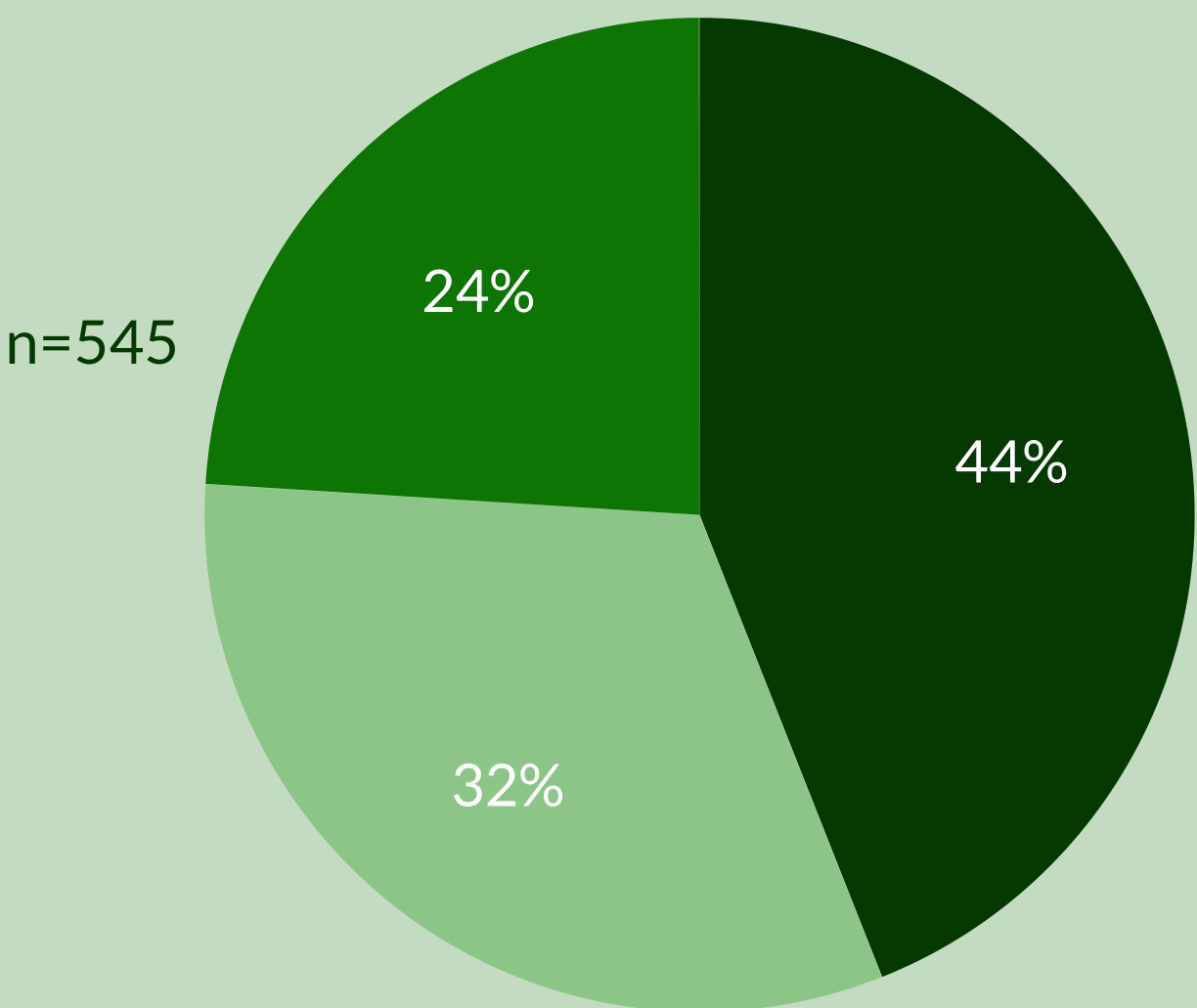
Perceptions of neighbourhood

Women were asked "Thinking about your neighbourhood, to what extent do you agree with the following statement: Other people think this is a good area?"

There were 5 response options; strongly agree, agree, neither agree nor disagree, disagree, and strongly disagree. These were collapsed into three categories for analysis; agree or strongly agree, neither agree nor disagree, and disagree or strongly disagree.



"Other people think this is a good area"



- Agree / Strongly agree (44%)
- Neither agree nor disagree (32%)
- Disagree / Strongly disagree (24%)

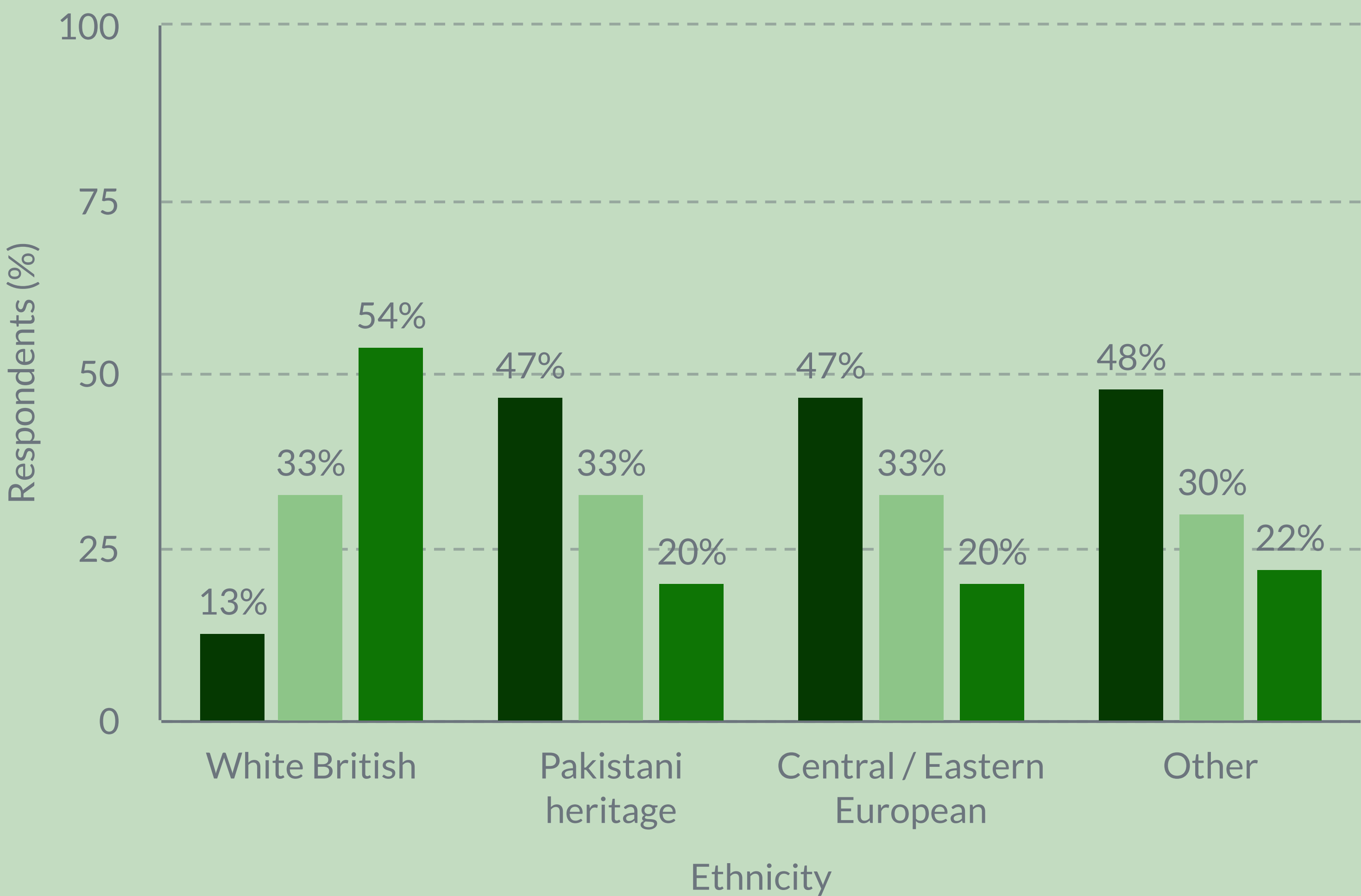
Overall, the majority of respondents (44%, n=239) agreed or strongly agreed that other people thought their neighbourhood was a good area. Nearly a quarter of respondents disagreed or strongly disagreed.

Women's perceptions of what others thought of their neighbourhood did not appear to differ by whether they lived intervention area or in the control area.

More than half of White British respondents disagreed with the statement and only 13% (n=<10) of them agreed that others thought their neighbourhood was a good area.

This differed substantially from women of other ethnicities where these proportions were reversed .

Responses by ethnicity



- Agree / Strongly agree
- Neither agree nor disagree
- Disagree / Strongly disagree

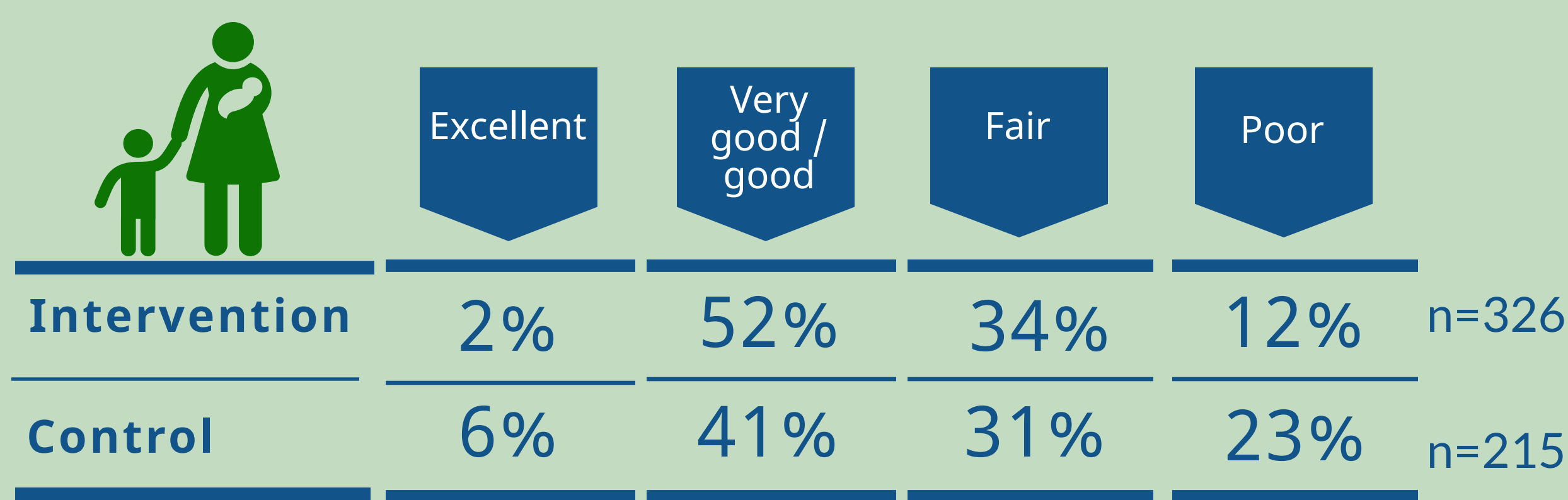
Proportions reported for Central/Eastern European and other ethnicities should be interpreted with caution because of very low sample sizes

Children and neighbourhoods

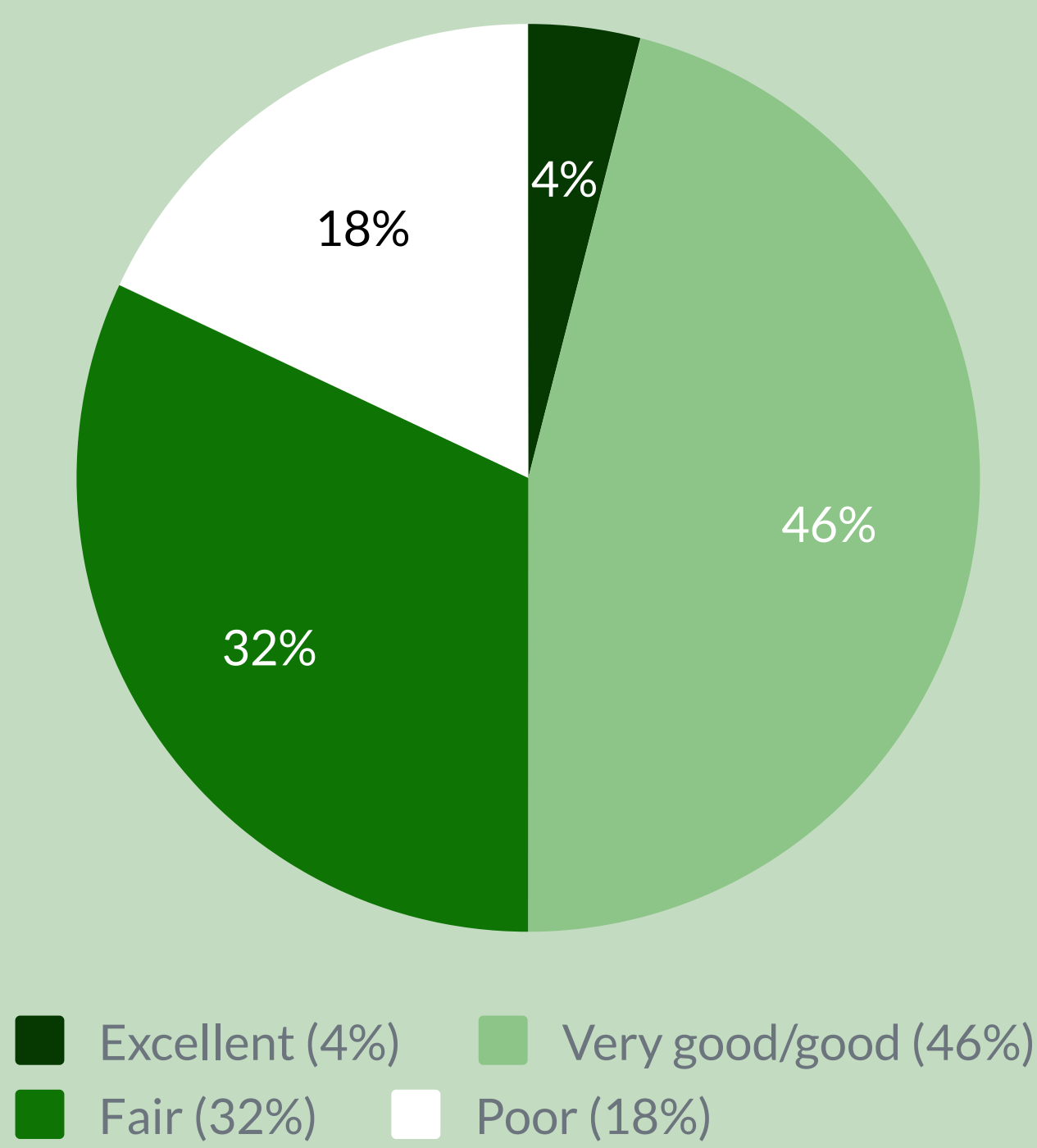
Women were asked "How would you rate your neighbourhood as a place to bring up children?"

There were 5 response options; excellent, very good, good, fair, and poor. These were collapsed into three categories for analysis; agree or strongly agree, neither agree nor disagree, and disagree or strongly disagree.

Overall, 16% (n=86) of respondents would rate their neighborhood as excellent or very good as a place to bring up children.

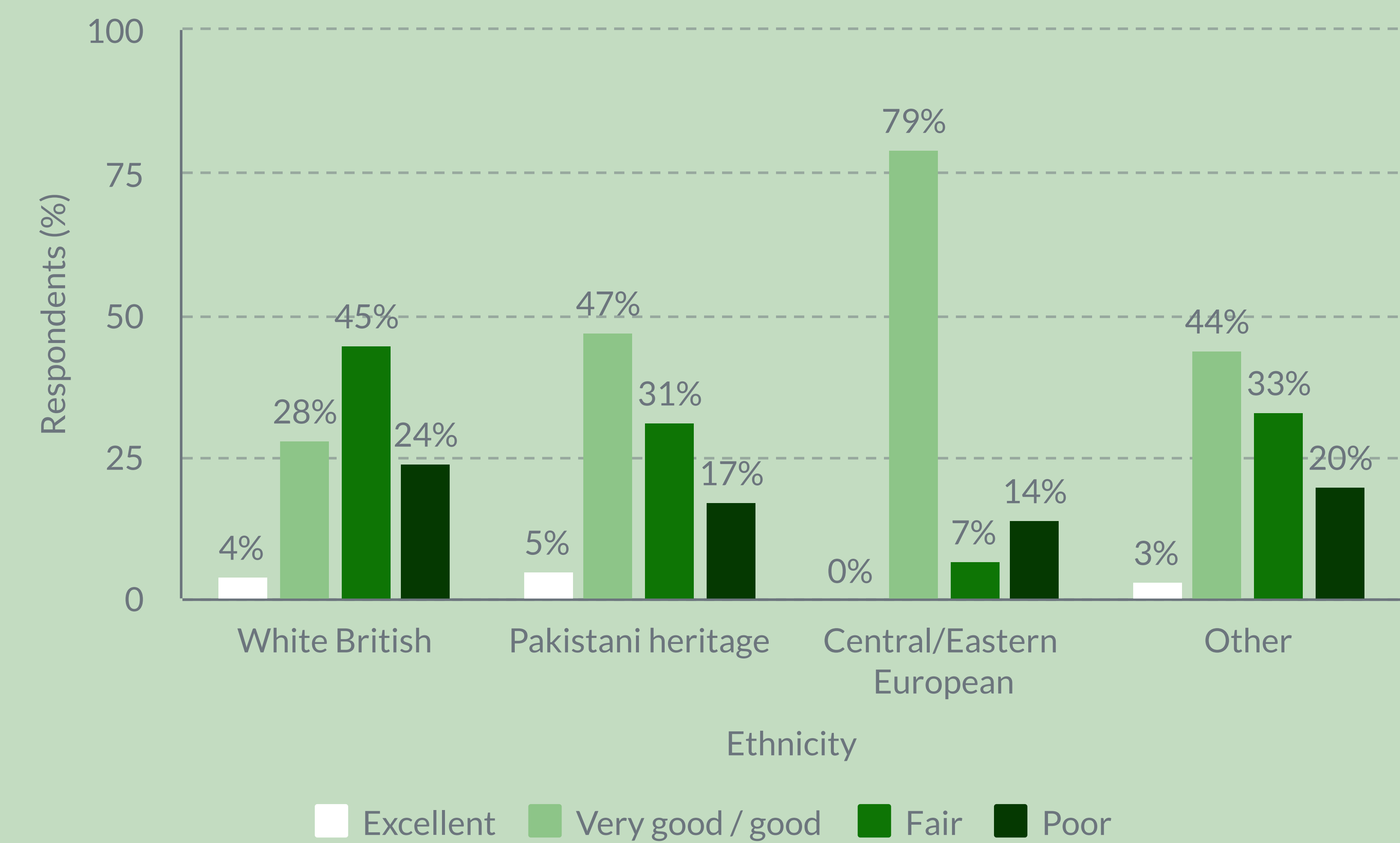


Overall ratings



Over half (52%, n=112) of respondents in the intervention area rated their neighbourhood as a good or very good area to bring up children. More than double the number reporting it as poor. Nearly a quarter of those living in the control area reported it as a poor area to bring up children, higher than in the intervention area (23% v 12%).

Responses by ethnicity

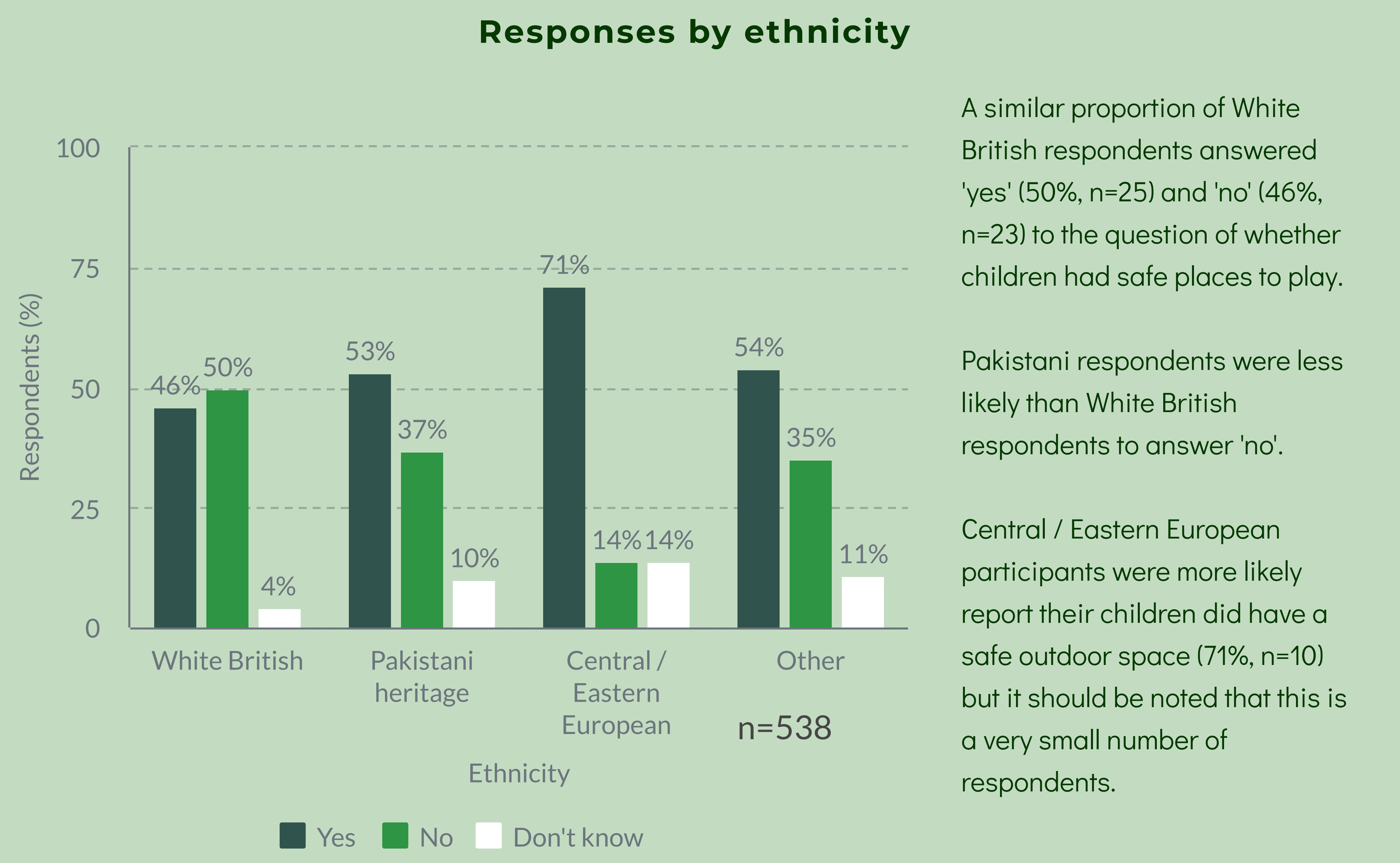
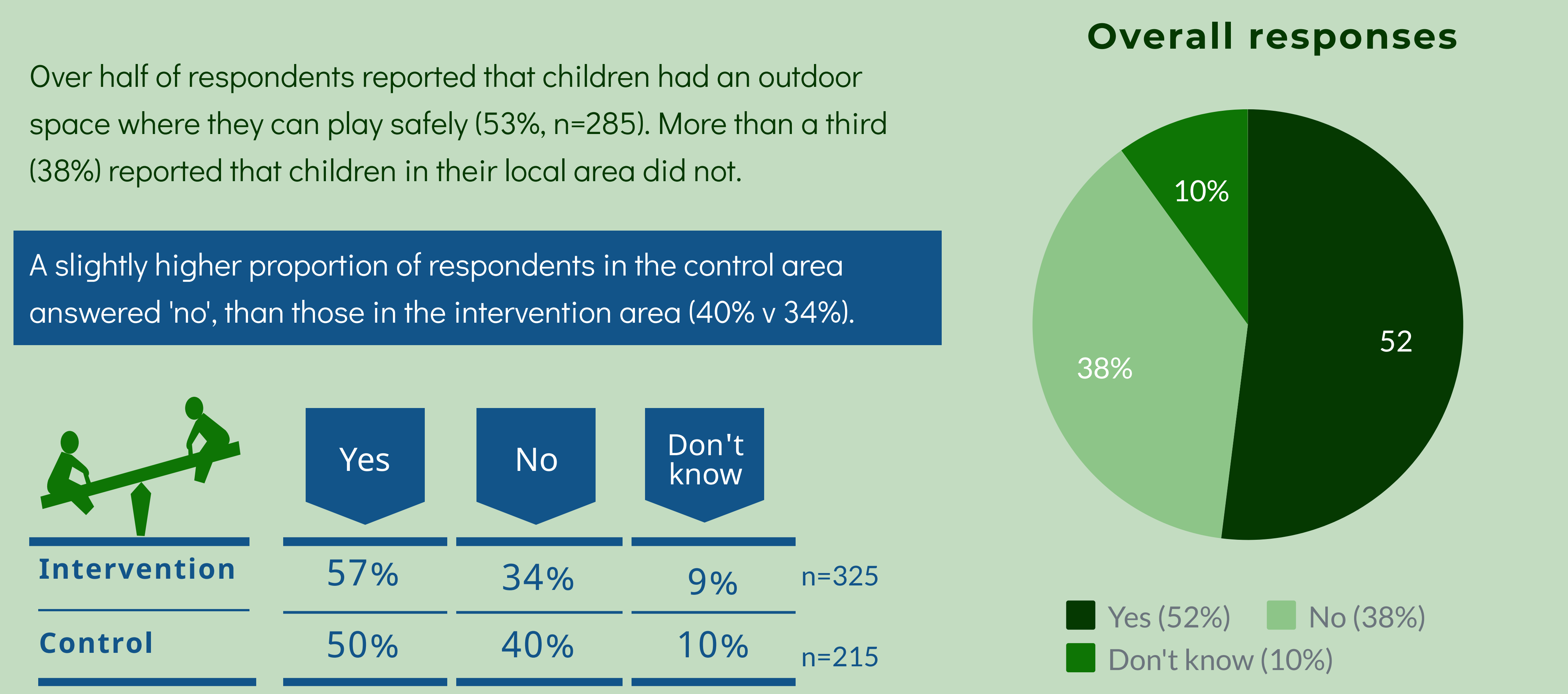


Nearly half of Pakistani respondents (47%, n=178) reported their neighbourhood to be a good area to bring up children compared to less than a third of White British respondents (28%, n=14).

Proportions reported for Central/Eastern European and other ethnicities should be interpreted with caution because of very low sample sizes

Children and neighbourhoods


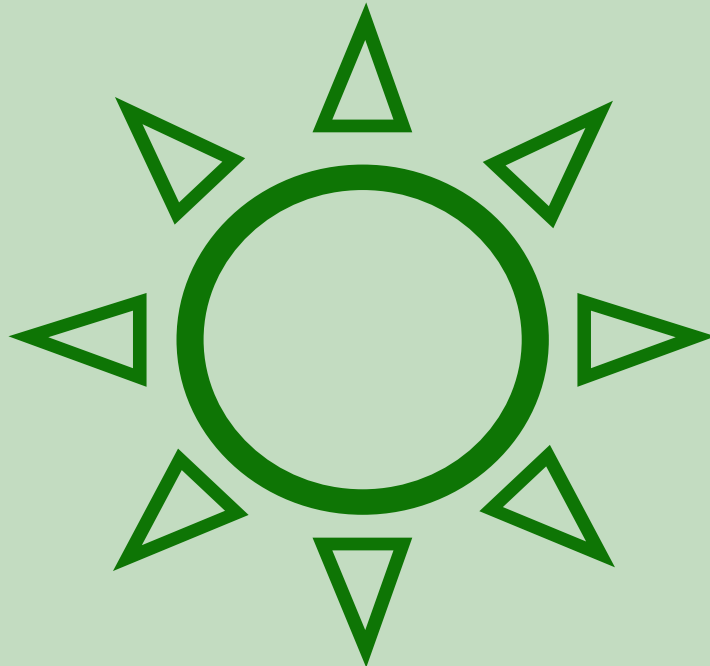
Women were asked "Do children in your area have an out door space or facilities nearby where they can play safely?"



Proportions reported for Central/Eastern European and other ethnicities should be interpreted with caution because of very low sample sizes

Perceptions of safety in the daytime

Women were asked "In general, how safe or unsafe do you feel when outside in your neighbourhood during the day?"

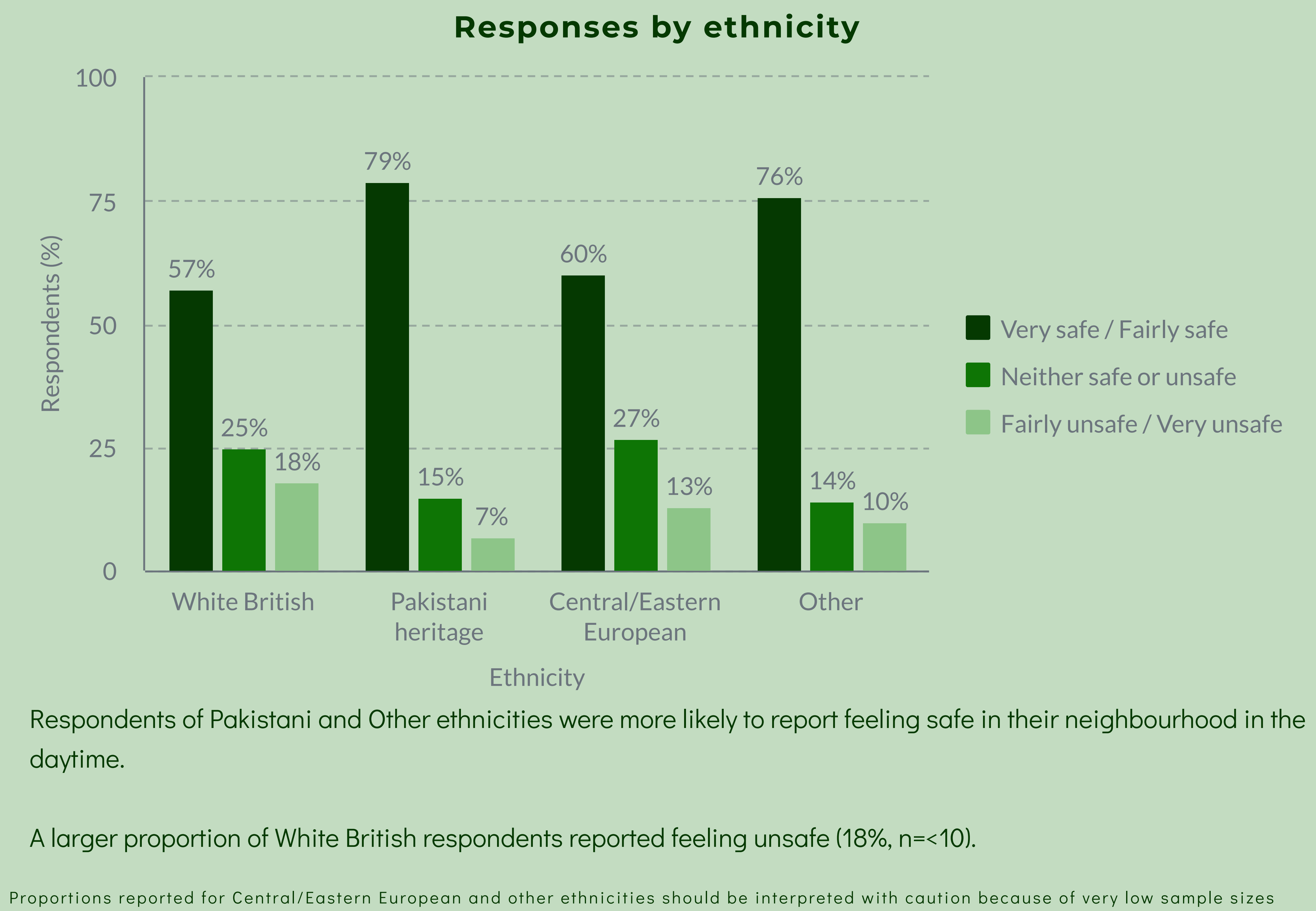


There were 5 response options; very safe, fairly safe, neither safe nor unsafe, fairly unsafe, and very unsafe. These were collapsed into three categories for analysis; fairly or very safe, neither safe nor unsafe, and fairly or very unsafe.

The majority of women (76%, n=407) reported feeling fairly or very safe outside in their neighbourhood during the day. 8% (n=45) reported feeling fairly or very unsafe.


There was little difference in feelings of safety between the intervention area and control area

	Fairly or very safe	Neither safe or unsafe	Fairly or very unsafe	
Intervention	79%	13%	8%	n=214
Control	74%	18%	8%	n=324
Overall	76%	16%	8%	n=538



Perceptions of safety after dark

Women were asked "In general, how safe or unsafe do you feel when outside in your neighbourhood after dark?"

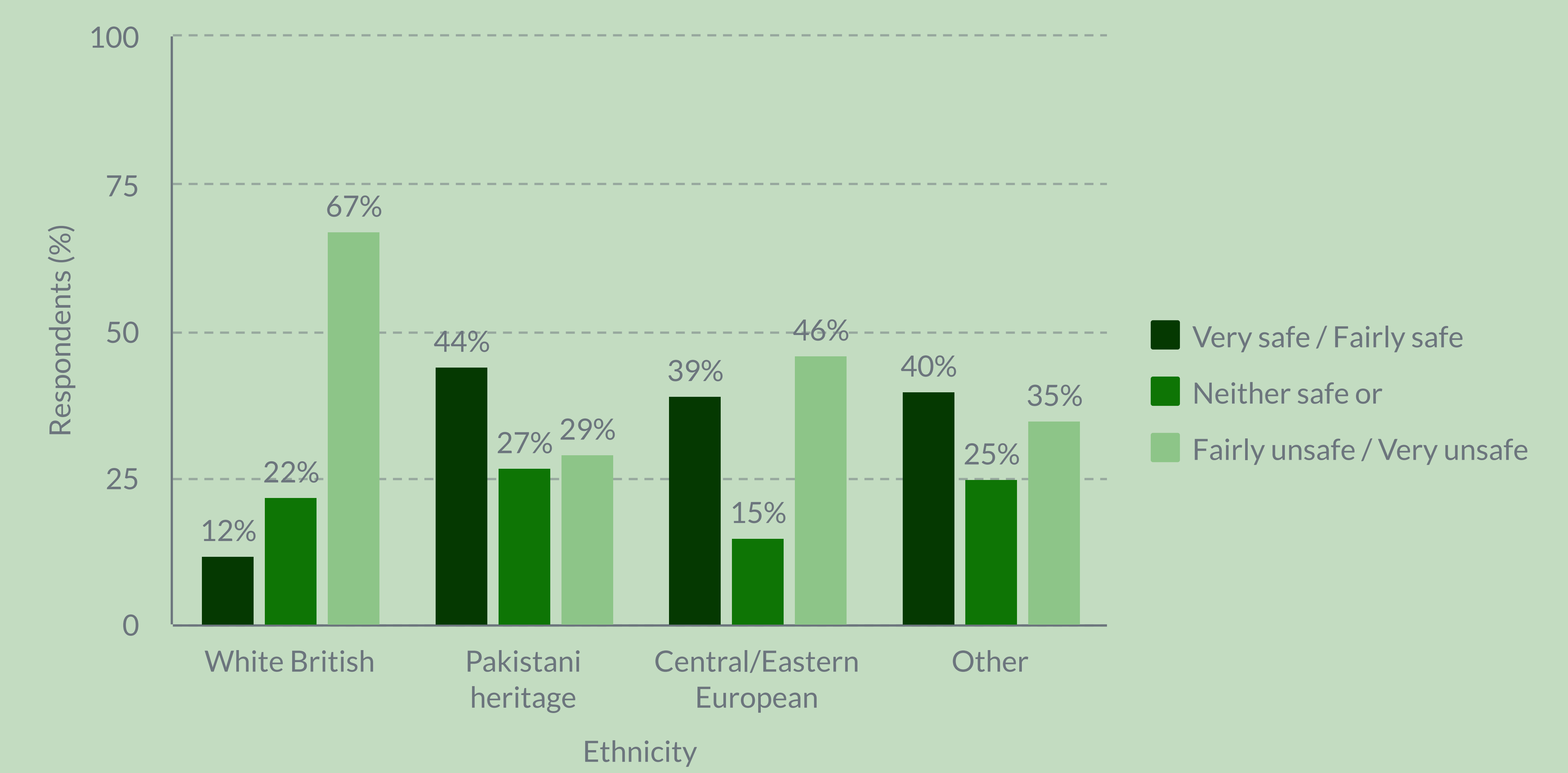


As would be expected, a much larger proportion of women reported feeling unsafe in their neighbourhoods after dark than in the daytime (34% (n=179) at night vs 8% (n=127) in the daytime).

Again this is reflected in the responses from women living to the west and east of Wakefield Road. Women living in the intervention area, were slightly more likely to report feeling unsafe.

	Fairly or very safe	Neither safe or unsafe	Fairly or very unsafe
Intervention	40%	30%	30%
Control	41%	23%	37%
Overall	40%	26%	34%

Responses by ethnicity



White British respondents were substantially less likely to report feeling safe and more likely to report feeling unsafe after dark than all other ethnicities.

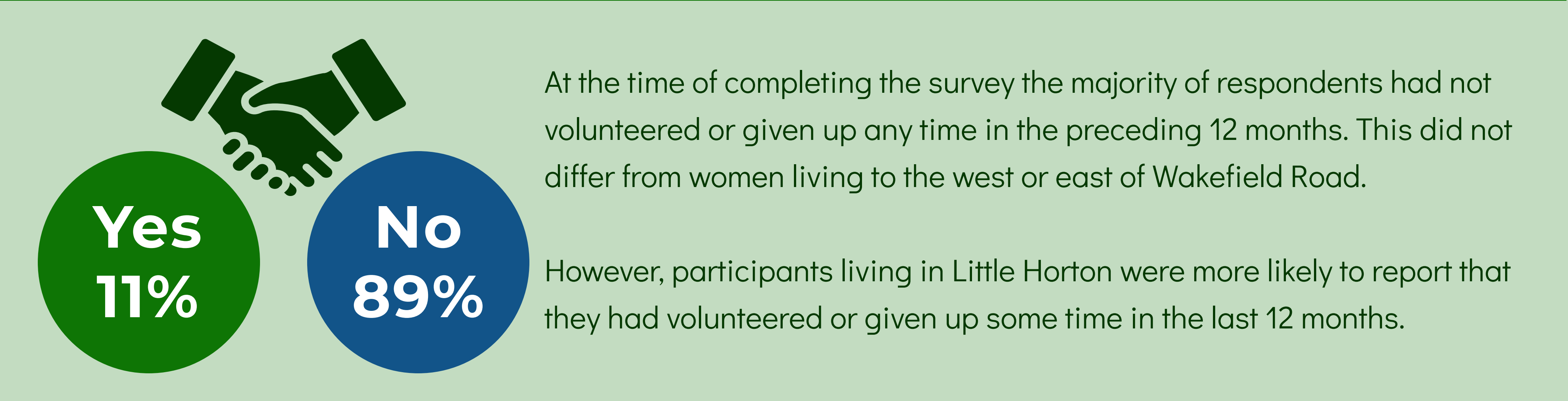
Proportions reported for Central/Eastern European and other ethnicities should be interpreted with caution because of very low sample sizes

Community and social capital

Women were asked "Do you regularly join in the activities of any groups, organisations or clubs?"



Women were asked "In the last 12 months, have you volunteered or given your time up for free to help any groups, clubs or organisations?"



Women were asked "How many people can you count on in a time of need?"



Community and social capital

Women were asked "Generally speaking, would you say that most people can be trusted or you can't be too careful?"

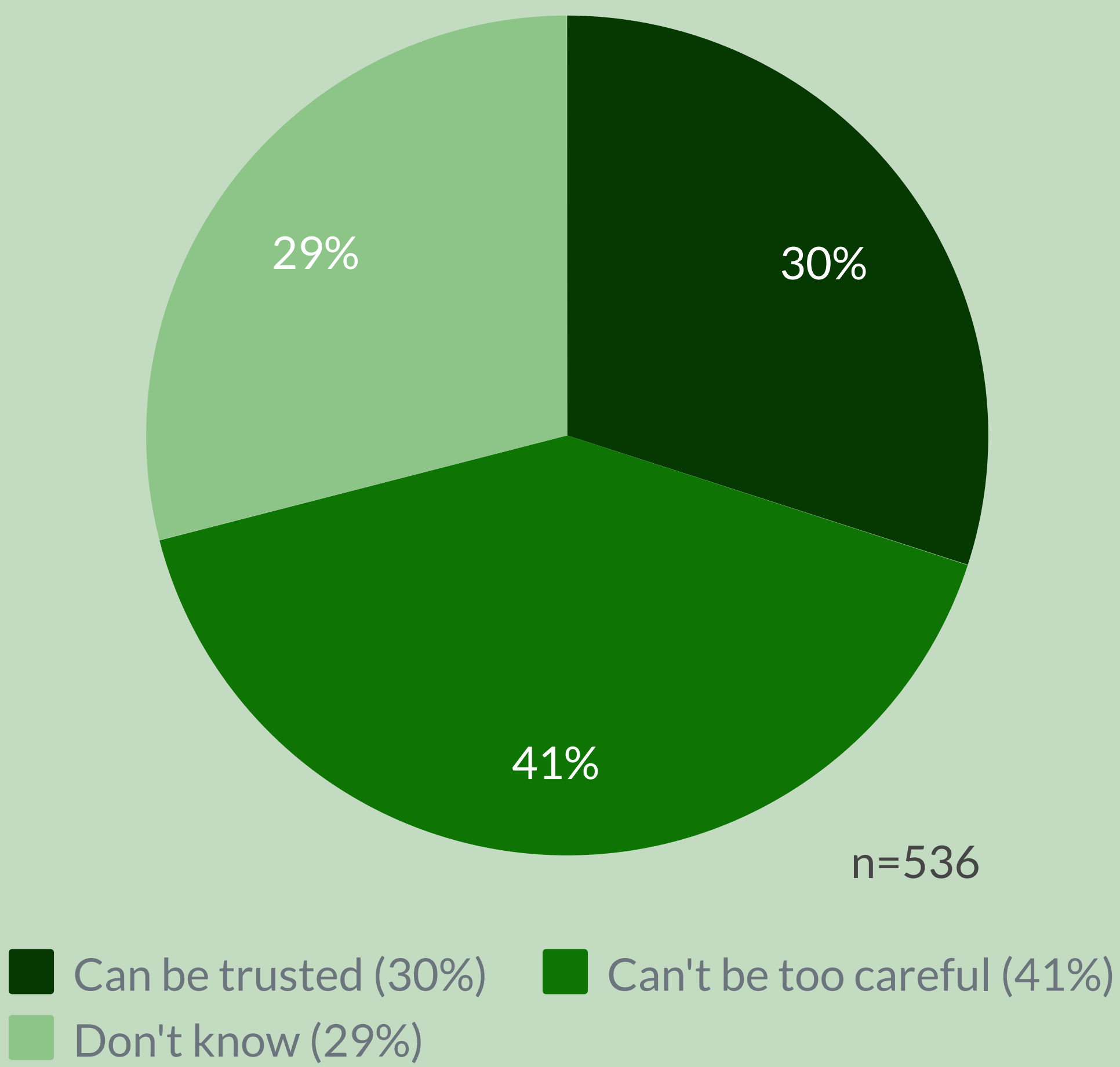
There were 3 response options; can be trusted, can't be trusted, and don't know.

41% (n=219) of respondents reported that you 'can't be too careful' in dealing with people. Just under a third felt that people can be trusted (30%, n=163) or didn't know.

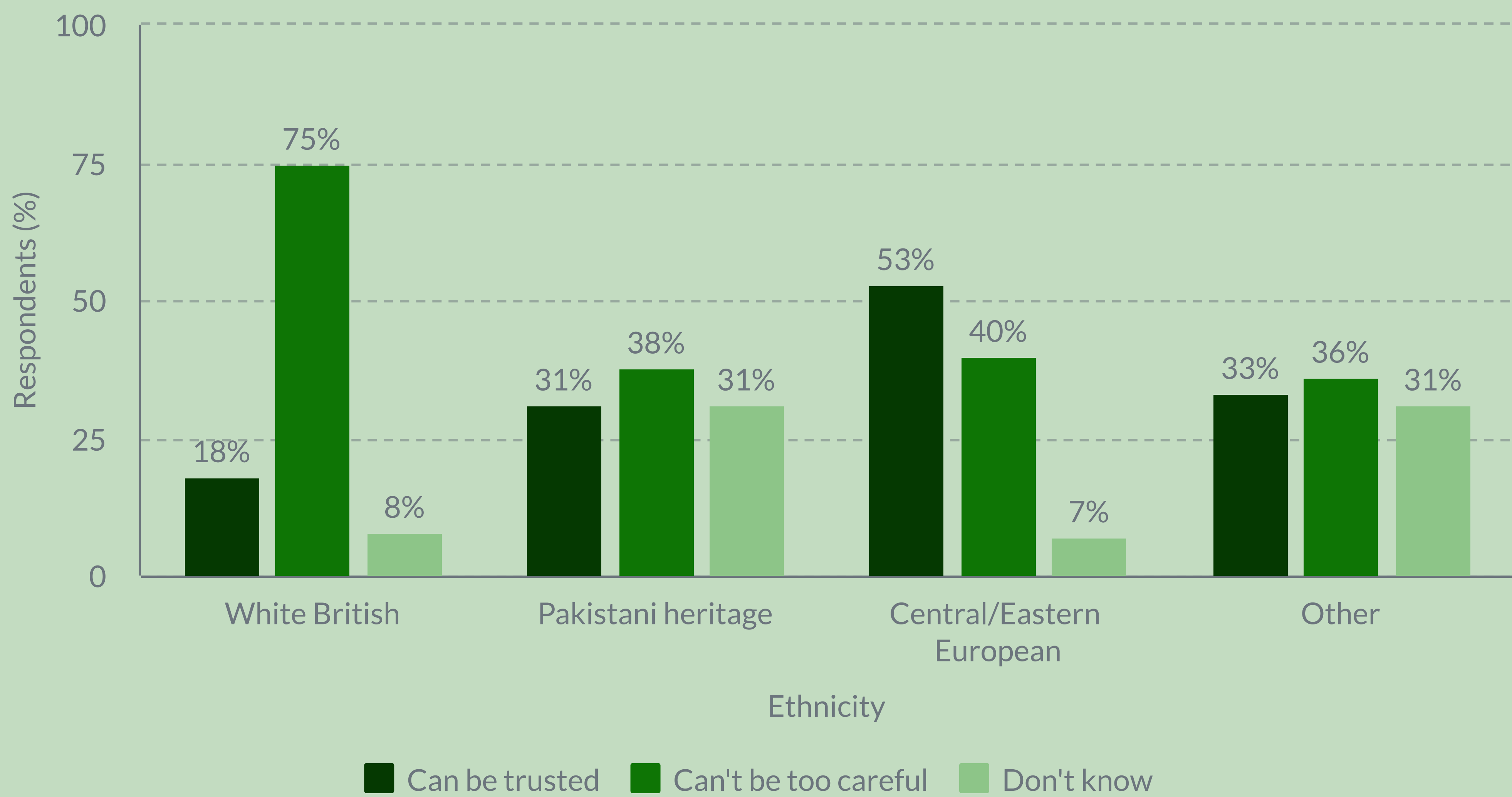
There did not appear to be any differences in relation to where respondents lived.

The majority of White British people (75%, n=38) responded can't be trusted. A substantially larger proportion than across the respondents of other ethnicities.

Perceptions of other peoples trustworthiness



Responses by ethnicity



Proportions reported for Central/Eastern European and other ethnicities should be interpreted with caution because of very low sample sizes

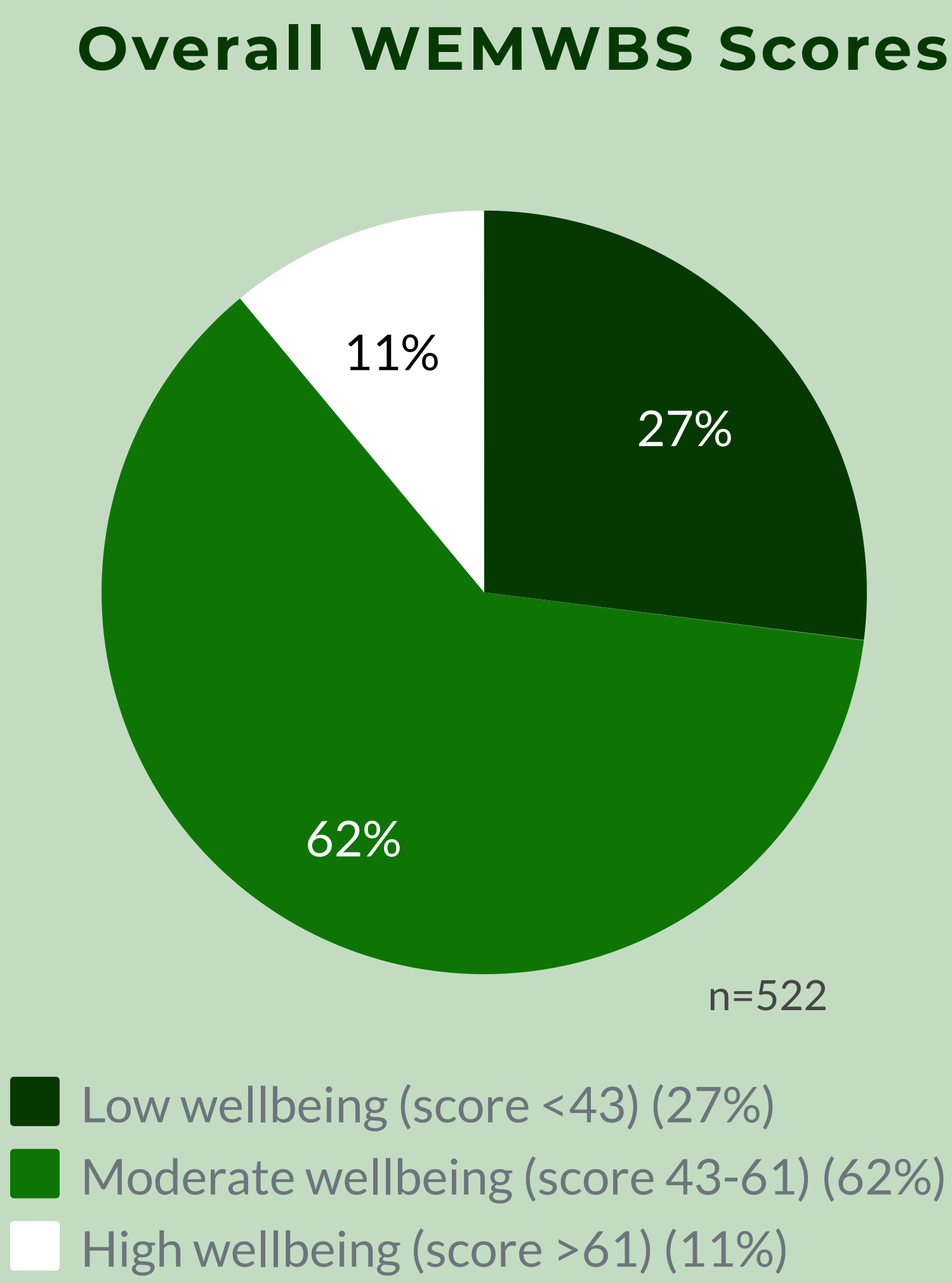
Mental Wellbeing

Warwick-Edinburgh Mental Wellbeing Scale

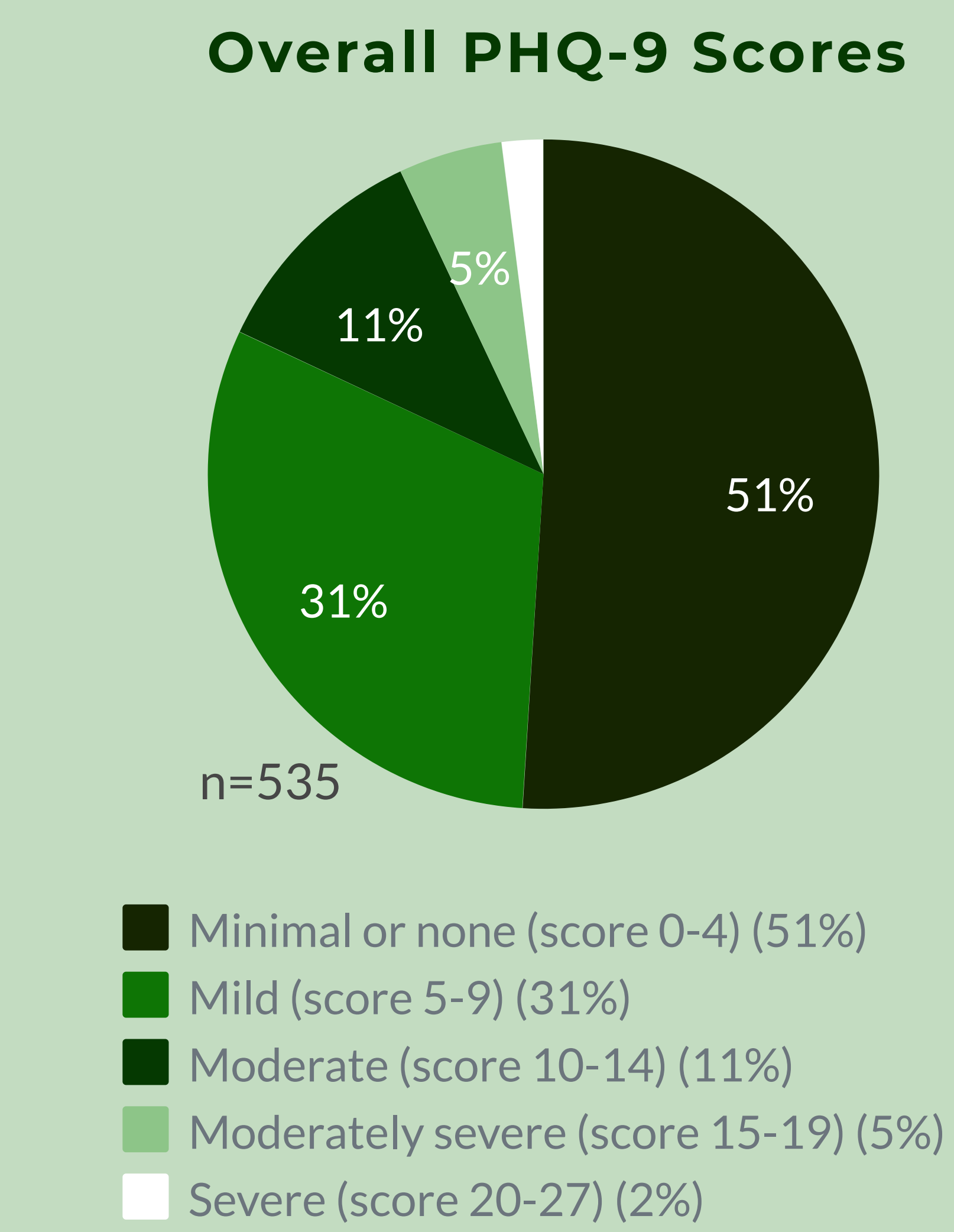
Mental wellbeing was measured using the WEMWBS. A 14 item scale of statements which requires respondents to say how often they experience different feeling and functioning aspects of mental wellbeing. There are five response options ranging from 'none of the time' to 'all of the time' which are added to provide a single score.

The majority of respondents had a moderate wellbeing score (62%, n=321). More than a quarter had a low score (27%)

There were no differences in scores for women living in the intervention and control areas.



Patient Health Questionnaire - 9



Mood was measured using the PHQ-9 which monitors the presence and severity of depression. It is made up of nine statements with respondents being asked 'over the last two weeks, how often have you been bothered by any of the following problems?' There are four response options ranging from 'not at all' to 'nearly everyday'.

42% of respondents reported either mild or moderate levels of depression.

There were no differences observed in relation to area the respondents live in.

Quality of life

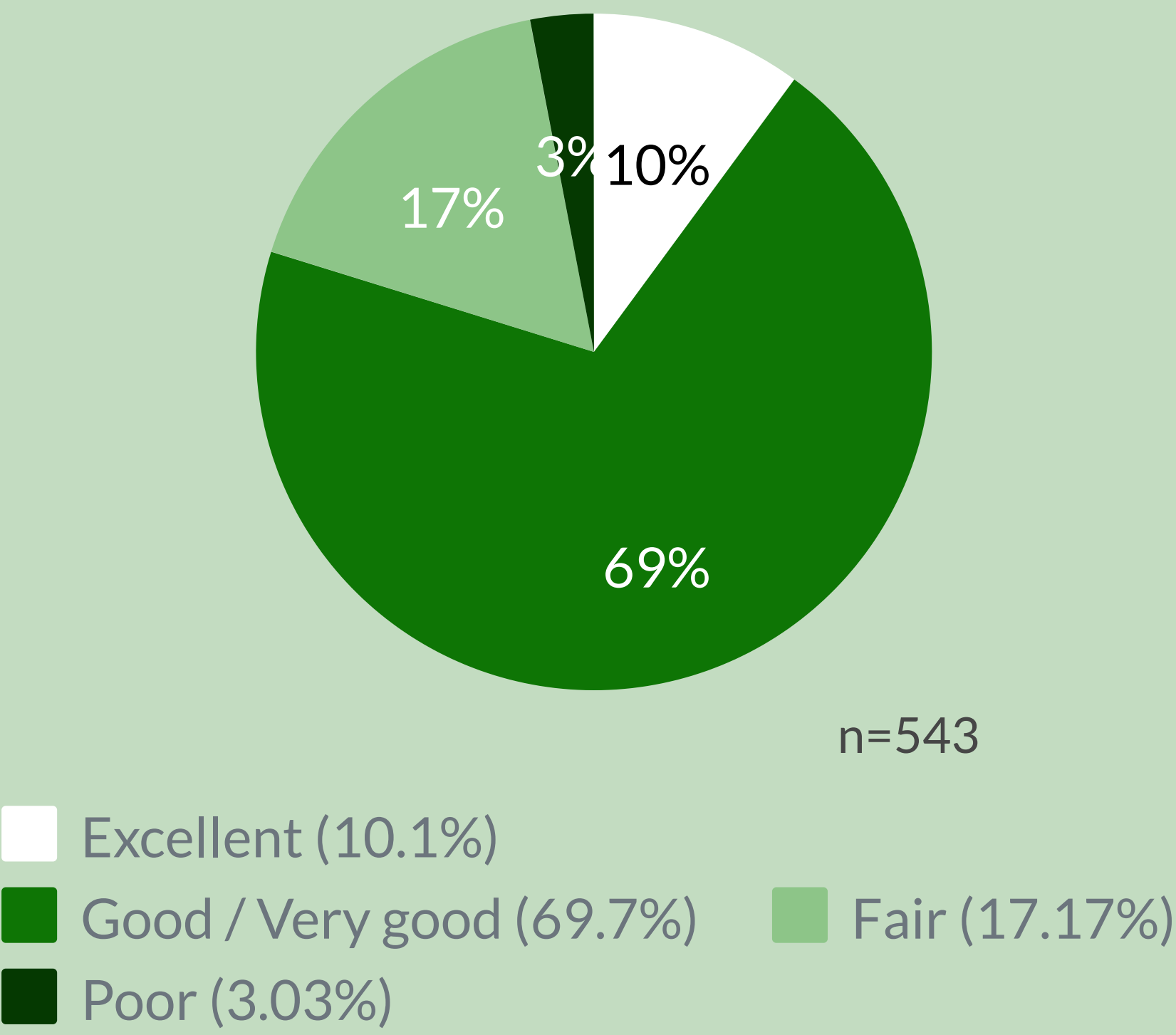
Women were asked "How would you describe your health generally?"

Overall ratings of health

There were five response options; excellent, very good, good, fair and poor. The very good and good categories were merged for analysis.

Overall, 69% (n=375) of respondents rated their health as very good or good.

There were no differences when looking at responses by area, with the majority reporting very good or good health in both the control and intervention areas.



EQ-5D

The EQ-5D measure was used to health status. It consists of five domains: mobility, self-care, usual activities, pain/discomfort, and anxiety/depression. It requires respondents to rate their status in each domain from no problems to extreme problems.

Overall EQ-5D responses

Level	Mobility	Self-care	Usual activities	Pain/Discomfort	Anxiety/Depression
No problems	86%	94%	82%	55%	69%
Slight problems	9%	4%	13%	31%	21%
Moderate problems	4%	1%	3%	10%	10%
Severe problems	1%	0%	1%	3%	0%
Extreme problems/unable to do	1%	1%	1%	1%	0%

Responses did not appear to differ between the control and intervention areas.

Proportions of women reporting each level of problem across every domain

Ongoing evaluation

Current status of evaluation

Progress with both the implementation of the project, specifically the capital works, and the evaluation has slowed as a result of COVID-19.

NEST and SOPARC measures were not able to be collected in the summer of 2020 as planned. However, it should also be acknowledged that park and green space use is likely to have looked quite different this summer as a result of national 'lockdown' restrictions and related social distancing measures.

The anticipated 2020 Wellbeing Survey will be conducted as planned but will be distributed in October this year instead of September. This is being integrated with ongoing work undertaken by Born in Bradford to understand the impact of COVID-19 on families living in Bradford.

It is acknowledged that due to the unprecedented impact of the COVID-19 on families' health and wellbeing there will be challenges in interpreting the data collected in 2020 in relation to the implementation of the Better Place project which poses a significant risk to evaluation.

Proposal for ongoing evaluation

In order to mitigate risk to the Better Place evaluation, the Better Start Bradford Innovation Hub is making the following recommendations:

- NEST and SOPARC measures are reintroduced between June and October 2021 when further capital works will have completed and we may expect use of local parks and green spaces to have returned to 'normal' should the impact of COVID-19 have eased. SOPARC evening observations should be continued if risks reported by the project team can be addressed
- A further Wellbeing Survey is implemented in September/October of 2021, again when capital works have been completed and we might have expected the impact of COVID-19 on families' health and wellbeing to have eased. A third timepoint for data collection also has the added benefit of allowing additional time to have passed, and changes to the area to have embedded, and patterns in there use to have stabilised