PLACE AND WELLBEING OUTCOME BRIEFING

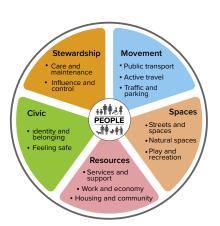
Stewardship: Influence and Control



Influence and control can have a positive impact on people when everyone is empowered to be involved in a place in which:

- Local outcomes are improved by effective collaborations between communities, community organisations and public bodies.
- Decision making processes are designed to involve communities as equal partners.
- Community organisations co-produce local solutions to issues.
- Communities have increased influence over decisions.
- Democratic processes are developed to be accessible to all citizens.

This is why it is one of Scotland's Place and Wellbeing Outcomes.



The evidence tells us:



Sense of control has been described as 'believing that you can influence and shape your own life'.



Sense of control can be beneficial for mental health and quality of life.



Powerlessness, or a lack of control over one's destiny or life, can lead to chronic stress.



Lack of control can lead to poorer health outcomes such as increased risk of heart disease, depression, anxiety and stress.



A sense of control can lead to more empowerment and a sense of purpose.



A high sense of purpose has been associated with a reduced risk for all-cause mortality and cardiovascular events.



Empowerment can help reduce isolation and can be beneficial for mental health and wellbeing.



People with a long-term health condition or disability can feel less empowered in decisions about their neighbourhood.



People on lower incomes tend to have a lower sense of control compared to people on higher incomes.



People living in socio-economic deprived areas feel less confident about being involved in decision-making than people living in less deprived areas.

Briefings for all of the other Place and Wellbeing Outcomes can be found on the Improvement Service website.

Source

 Evidence Behind Place Standard Tool and Place and Wellbeing Outcomes Visit the <u>website</u> for more information on the Place and Wellbeing Outcomes. Follow us on X (<u>@place4wellbeing</u>) to keep up to date with our latest news and place-based resources.

