



School for Public Health Research @ LSHTM (SPHR@L)

SPHR@L Seminar Series: 2016-2017

A talk by **Dr James White**

Centre for Trials Research & DECIPHer (Centre for the Development and Evaluation of Complex Interventions for Public Health Improvement), University of Cardiff

Tuesday 28th March 2017, 12:45-13:45

Jerry Morris B, 15-17 Tavistock Place

Improving Mental Health through the Regeneration of Deprived Neighbourhoods: A Natural Experiment

Abstract

In 2001, the Welsh Government, United Kingdom, funded Communities First, a program of neighborhood regeneration delivered to the 100 most deprived of the 881 electoral wards in Wales. In the ComFi study, we examined the association between neighborhood regeneration and mental health. Information on regeneration activities in 35 intervention areas (n=4,197 subjects) and 75 control areas (n=6,695 subjects) were linked to data on mental health from a cohort study with assessments in 2001 (before regeneration) and 2008 (after regeneration). Propensity score matching was used to estimate the change in mental health in intervention versus control neighborhoods. Baseline differences between intervention and control areas were of a similar magnitude as produced by paired randomization of neighborhoods. Regeneration was associated with an improvement in the mental health of residents in intervention areas compared to control neighborhoods (β coefficient = 1.54, 95% confidence interval: 0.50, 2.59), suggesting a reduction in socioeconomic inequalities in mental health. Residents perceptions on the quality of the neighborhood, level of disorder, and sense of belonging each partially mediated this association. Sensitivity analyses showed there was a dose response relationship between length of residence in regeneration neighborhoods and improvements in mental health (P-for-trend = 0.05). These results show the targeted regeneration of deprived neighborhoods can improve mental health.

Dr James White is a Senior Lecturer at the Centre for Trials Research & DECIPHer (Centre for the Development and Evaluation of Complex Interventions for Public Health Improvement), University of Cardiff. The focus of his research is to understand how social, psychological, biological, behavioural and genetic factors from across the life course, influence behaviours which effect health and chronic diseases of major public health importance: cardiovascular disease and mental illness.