The impact of My Health, Our Future

Suffolk's biggest survey of young people's wellbeing

You'll find many more examples of impact across our programme, including details of how our reports have been used by schools and colleges, at **www.knowingworks.co.uk/case-studies/mhof/mhof-impact/**

Knowing Works®

"MHoF gives very useful context to commissioning decisions."

Our programme helps people working across sectors to shape services for young people and families. This poster explores just some of the ways people have used our insights.

Schools and colleges

Every school and college gets a bespoke report that helps them to shape curriculums, target support, and make decisions about pastoral care. Find out more on our website.

45 decision-makers told us they had used MHoF data to...

- **64%** Raise awareness of young people's wellbeing
- **51%** Inform decisions about support for young people
- **36%** Shape a new or existing service for young people
- **20%** Offer evidence to another body (e.g., Ofsted)
- **9%** Inform a bid for funding of young people's support

More impact across sectors

Public health intelligence & strategy

- **MHoF fills data gaps -** National statistics are often too broad to inform local action. MHoF provides reliable insight into local patterns and behaviours.
- **Target prevention -** Data helps public health and other bodies to monitor emerging trends and tailor prevention efforts.
- **Monitor impact -** Data helps bodies evaluate campaigns, school-based interventions, and policy changes essential for justifying investment.
- **Inform strategy -** Data informs strategies and needs assessments across systems, shaping commissioning.

Commissioning & funding

- **NHS-funded support -** MHoF has been the basis of decisions to fund specific services, such as online counselling by Kooth. It has also helped the NHS to fund initiatives in schools, including Mental Health Support Teams, programmes focused on reducing rates of self-harm and more.
- **In the community -** Multiple community organisations and charities have used MHoF to inform bids and attract funding for new services.

"...comprehensive details of wellbeing deficits for specific groups needed addressing. So we applied for £200k to work with Suffolk Carers and are currently engaged in a pilot with groups of their young women carers."

75,000+ contacts

Every young person engaged in our programme is given information about services and information they can use to improve their physical and mental wellbeing.

"MHoF data helped forge our strategy around who to focus our work on – culminating in a successful LGBT*Q+ group".