

Life in the **UK** 2025

Wales



The Life in the UK Index

Carnegie UK's Life in the UK wellbeing index measures collective wellbeing across the UK. It is based on what people in England, Northern Ireland, Scotland and Wales tell us about their lives.

The purpose of this index is to assist governments and other decision makers across the UK to focus their attention on the things that really matter to people and to help us understand whether we are collectively living better or worse over time. The index will also help identify where progress is being made and the areas of our lives that require policy intervention.

- The evidence for the 2025 index was collected via a 26-question survey of 7,106 respondents using [Ipsos' KnowledgePanel](#), a random probability survey panel with selection based on a random sample of UK households. There were 686 respondents living in Wales. The fieldwork was carried out between 8th and 14th May 2025.
- Questions are categorised into four domains to measure people's social, economic, environmental, and democratic wellbeing. The average of these scores results in the overall collective wellbeing score.
- The overall collective wellbeing index score and the wellbeing domain scores have a value of between 0 and 100. It should be noted these index scores are derived scores and not percentages.
- The collective wellbeing scores, domain scores, and individual questions were all analysed to compare aspects of life for different groups of people in different parts of the UK.
- Regression analysis is used to help understand which demographic characteristics are most associated both with collective wellbeing overall and with social, economic, environmental and democratic wellbeing, specifically. We have used this analysis to structure the discussion of the demographic characteristics impacting on wellbeing throughout this report.
- Throughout the report, figures with an asterisk (*) beside them are statistically significant changes, tested to 95%, which means that we can have a high level of confidence that these represent meaningful changes over time or differences between groups of people.

Many changes have happened in the world since we last conducted fieldwork in May 2024. Of particular note to the 2025 index, fieldwork was conducted in the week following local elections in 24 English council areas and six mayoral elections. Although none of these elections were in Wales there was a lot of media coverage and awareness of these elections across the whole of the UK. This is also the first Life in the UK index since Labour won the UK general election in 2024 and formed the first Labour government in 14 years.

Carnegie UK has been working with leading social research agency Ipsos since the inception of Life in the UK, with Ipsos conducting the fieldwork and analysis of the survey. More information on the methodology used to create the index and the full technical report are available [here](#). Carnegie UK is committed to following the principles of the [Code of Practice for Statistics](#) in the production of our Life in the UK index. We outline how we adhere to these principles in our [Voluntary Statement of Compliance](#).

Carnegie UK works to put wellbeing at the heart of decision making. This report provides an independent and authoritative overview of collective wellbeing in Wales in 2025. We hope it makes the case for better measures of social progress and highlights where policy intervention is urgently required.

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> Introduction: Life in the UK - Wales 2025

At Carnegie UK, we are delighted to present the third edition of our Life in the UK - Wales index, a landmark research programme we have now committed to delivering until at least 2030.

In 2025 we see that Wales' collective wellbeing score is unchanged since 2023, at **62 out of 100** and shows a continuation of the stagnation we saw in 2024. At **74**, the social wellbeing of people in Wales remains higher than in the UK as a whole but has seen no improvements since Life in the UK began reporting in 2023. This year's economic wellbeing score of **71** is not statistically significantly higher than previous years.

The environmental wellbeing score for Wales is in line with previous years at **65** – again, while better than the UK as a whole, this has been stagnant across all three years of this index.

Democratic wellbeing, which is **38**, has also seen no change, and people in Wales are now more likely to have lower democratic wellbeing than the UK as a whole.

Although there have been no deteriorations in any wellbeing score in Wales, there have also been no improvements. This is in contrast to the UK as a whole where democratic wellbeing has improved since 2024, and economic wellbeing has improved since 2023.

Our aim at Carnegie UK is to ensure that everyone in the UK and Ireland has what they need to live well together now and into the future. Wales should be uniquely positioned to show that having a long-term, future-focused approach to decision-making can bring benefits both to the present day and for the years to come. The challenge now is to make the most of the potential inherent in the Future Generations framework and legislation.

We hope that this report goes some way to ensuring that those with the power to change things, from the local to the national, have the insight they need to put wellbeing at the heart of decision-making and deliver ambitious policies that meaningfully improve people's lives both now and into the future.

Sarah Davidson

CEO, Carnegie UK

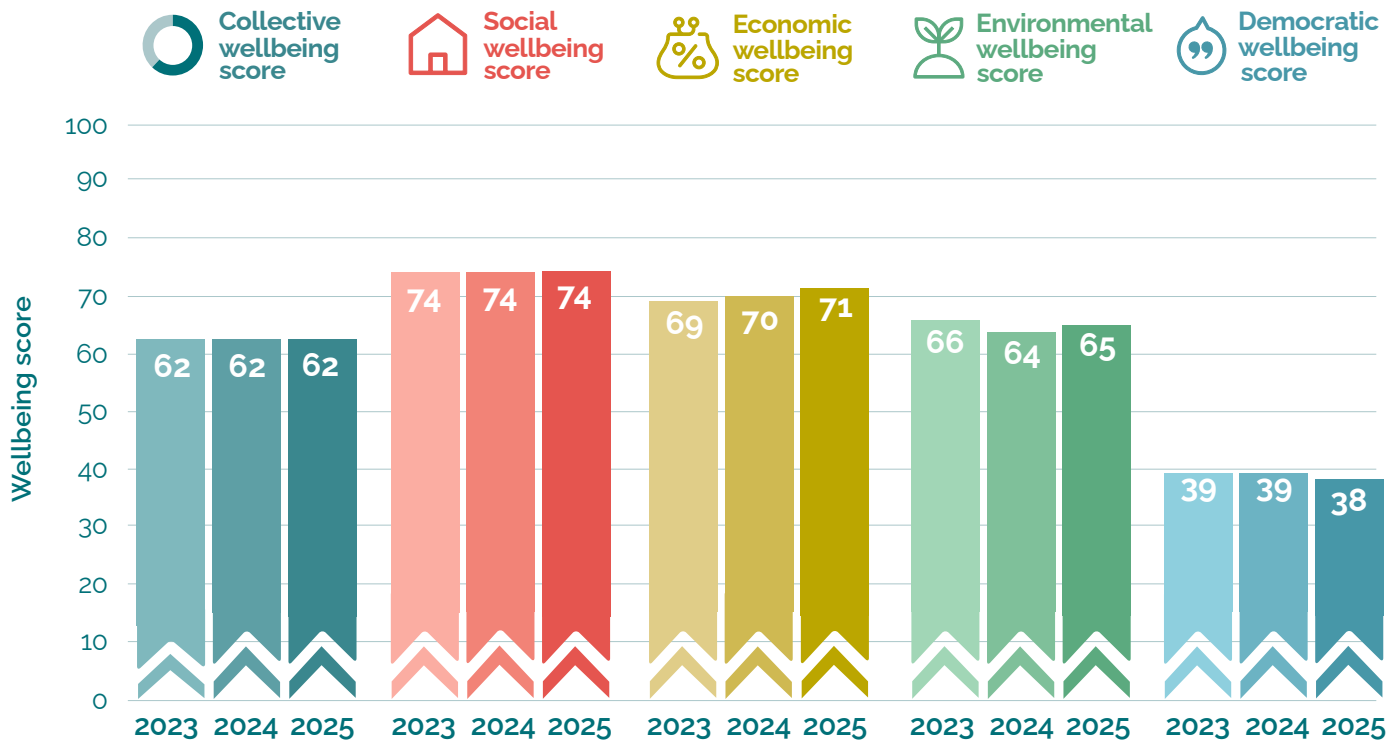


Collective wellbeing in Wales 2025

Now in its third year, Life in the UK is beginning to offer a longer-term story of what life is like for people in the UK and in each of its devolved jurisdictions.

Overview of scores

The overall score for collective wellbeing in Wales in 2025 is **62** out of a possible 100. This is the same as in 2024 and 2023. While there have been small fluctuations in domain level scores, these changes are not statistically significantly different from previous years.





Understanding what influences collective wellbeing

The collective wellbeing score for people in Wales is once again stagnant: there has been no improvement or decline since Life in the UK first reported in 2023.

The factors that are associated with especially wide gaps in collective wellbeing reflect those found in previous years.

In 2025 the following three factors stand out in predicting a lower or higher collective wellbeing score: >

- **Being disabled is strongly associated with lower collective wellbeing:** Disabled people have a collective wellbeing score of **55**, 10 points lower than for those without a disability.
- **As area deprivation worsens, collective wellbeing decreases:** People living in the least deprived areas have a collective wellbeing score of **67**, 13 points higher than for those living in the most deprived areas.
- **Having a household income of below £26,000 per year lowers collective wellbeing:** People with an annual household income of below £26,000 have a collective wellbeing score of **56**, eight points lower than for those with a household income of between £26,000 and £51,999. Those with a household income of £52,000 or more have a collective wellbeing score of 66.

Disability and income were both key predictors of collective wellbeing in 2024. This year, living in the least deprived areas also has a notable effect.

However, in 2025 some factors have a weaker pull on someone's wellbeing than seen previously, including age and whether someone lives in a rural or urban area. Both factors are not currently predictors of someone's collective wellbeing score according to our data.

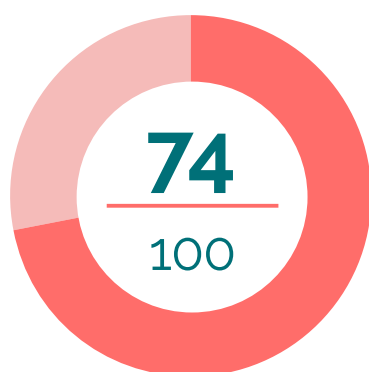


Social wellbeing in Wales 2025

We all have the support and services we need to thrive.

74

100



Wales scores 74 out of a possible 100 for social wellbeing.

Social wellbeing is about everyone being able to achieve their potential and contribute to society because they have their basic needs met. Our basic needs include having access to health and social care, education, housing, transport, digital resources and childcare.

To determine trends in social wellbeing across Wales, we asked questions about access to public services, community relationships, safety and community cohesion, and self-reported health and mental health.

The people most likely to experience **high** levels of social wellbeing in Wales in 2025 are: >

- People over the age of 55, who have a social wellbeing score of **78**. This is eight points higher than for those aged 16 to 34.¹
- People with a household income of between £26,000 and £51,999, whose social wellbeing score is **77**. This is nine points higher than for those whose household income is below £26,000.
- Men, who have a social wellbeing score of **76**. This is three points higher than for women.

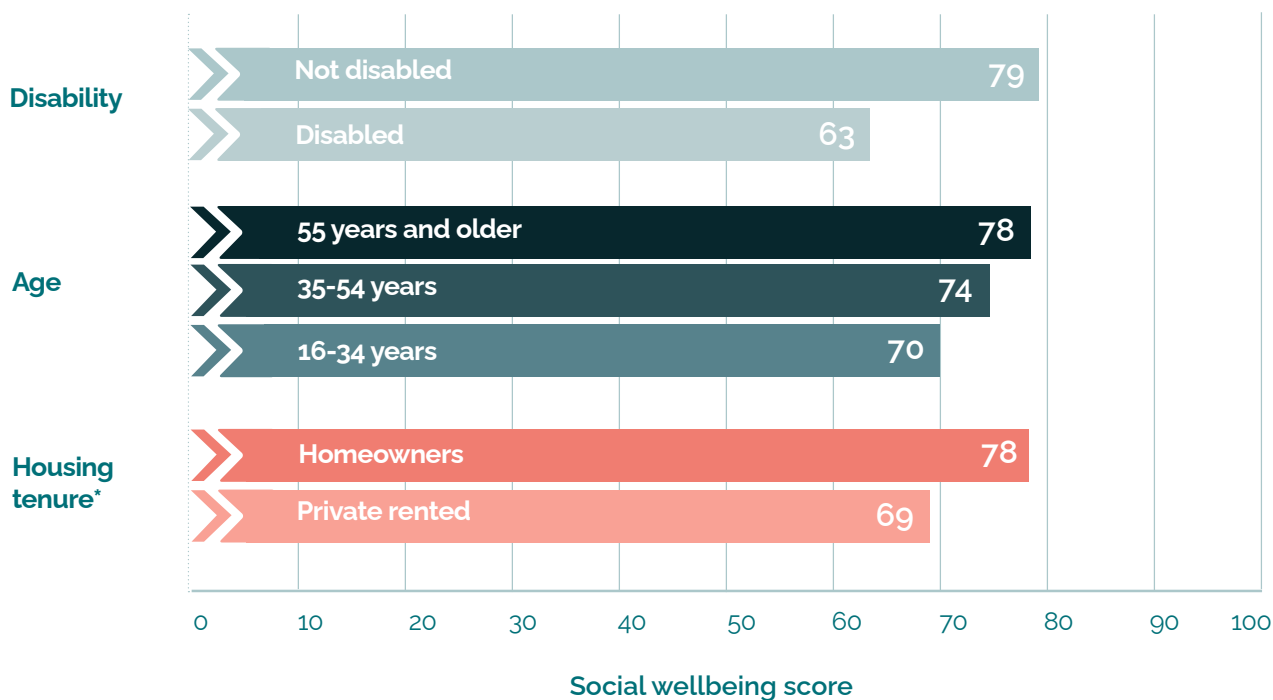
In contrast, the people who are likely to experience **low** levels of social wellbeing in Wales in 2025 are: >

- Disabled people, who have a social wellbeing score of **63**. This is 16 points lower than for those who are not disabled.
- People who rent from a private landlord, who have a social wellbeing score of **69**. This is nine points lower than for homeowners.²

¹ The base size for 16- to 34-year-olds was smaller than for other groups at 68 people, so findings should be treated with caution.

² The base size for private tenants was smaller than for other groups at 64 people, so findings should be treated with caution.

Disability, age, and housing tenure have the biggest effects on social wellbeing in Wales



Social wellbeing - standout statistics

Social wellbeing in Wales is higher than the UK average but remains stagnant.

- **77%** of people feel safe walking alone in their local neighbourhood after dark, higher than the UK average of 71%.
- **38%** of people experienced discrimination in the last year, six percentage points lower than the UK average.
- **32%** of people find it difficult to access public transport that can get them where they need to go, significantly higher than the UK average of 19%.

* The base size for social renters was very low at 42 so have been omitted

Summary

The social wellbeing of people in Wales has remained the same across all three years of Life in the UK to date, and it remains higher than the UK average.

While the social wellbeing of people in Wales has not changed for better or worse, some groups of people are facing worse scores than in previous years. Being disabled and being a private tenant continue to have a strong negative impact on social wellbeing scores, while earning over £26,000 is associated with higher social wellbeing. Men in Wales are also now more likely to have higher social wellbeing than women.

Although some aspects of social wellbeing are better for people in Wales than the UK average, people in Wales are more likely to find it difficult to access public transport that can get them where they need to go: nearly one in three (32%) say that this is hard.

In the UK as a whole people were more likely to say they are in good general health in 2025, but this is not the case in Wales. Likewise, although the number of people feeling in good mental health improved in the UK as a whole, this was also not seen in Wales. While in the UK overall people were more likely to experience discrimination in 2025 than in 2024, this has not been reflected in Wales. However, nearly two in five (38%) people in Wales still experienced discrimination in the last year.



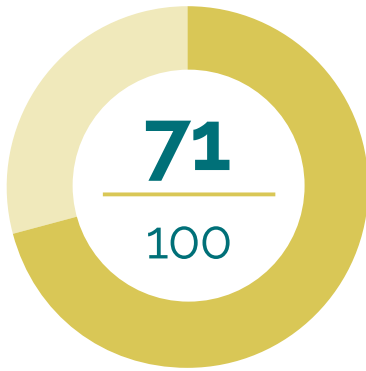


Economic wellbeing in Wales 2025

We all have a decent minimum living standard.



100



Wales scores **71** out of a possible **100** for economic wellbeing.

Economic wellbeing means that everyone has a decent minimum living standard and can absorb financial shocks. This includes access to a decent income, job opportunities and skills as well as ensuring essential aspects of life are affordable and households have financial resilience.

To determine trends in economic wellbeing across Wales, we asked questions about skills and job availability, and the affordability of essential items like food and fuel.

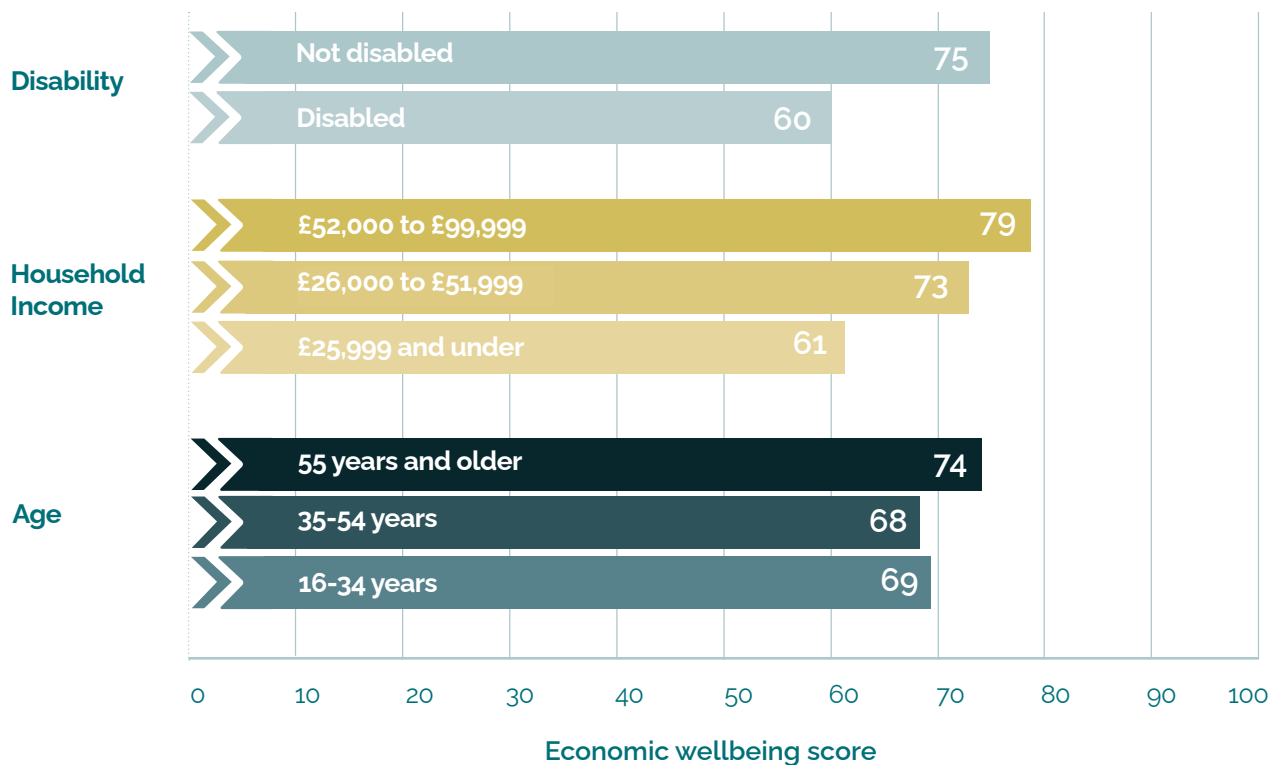
The people most likely to experience **high** economic wellbeing in Wales in 2025 are: >

- People with an annual household income of £52,000 to £99,999, who have an economic wellbeing score of **79**. This is 18 points higher than for those with an annual household income of below £26,000. Those with an annual household income of between £26,000 and £51,999 have an economic wellbeing score of 73.

In contrast, the people who are likely to experience **low** economic wellbeing in Wales in 2025 are: >

- Disabled people, who have an economic wellbeing score of **60**. This is 15 points lower than for those without a disability.
- People aged between 35 and 54, who have an economic wellbeing score of **68**. This is six points lower than for those aged 55 or over.

Disability, income, and age have the biggest effects on economic wellbeing in Wales



Economic wellbeing - standout statistics

Economic wellbeing has been stagnant in Wales since 2023, despite improvements in other parts of the UK.

- **79%** of people can afford to keep their home adequately warm, including in the winter months, similar to previous years.
- **65%** of people can afford to pay a necessary but unexpected expense of £850, similar to previous years.
- **38%** of people are dissatisfied with the availability of job opportunities in their local area. This is higher than the UK average of 32%.

Summary

Overall, the economic wellbeing of people in Wales has remained stable over time.

Like in the rest of the UK, just under four in five (79%) of people agreed that they could afford to heat their home to an adequate standard, including in the winter, though the improvement has been smaller in Wales than in the UK overall.

Other than household income levels, no other group stands out as having better economic wellbeing than the average in Wales. However, disability status and age do have a negative impact on economic wellbeing - continuing to entrench existing inequalities relating to these groups of people.

There are small signs in some areas that suggest greater equality this year, but certain groups are being left further behind, especially disabled people and people below the age of 55. Addressing these imbalances is vital in order to create a Wales where everyone has access to a decent minimum living standard and meaningful opportunities.



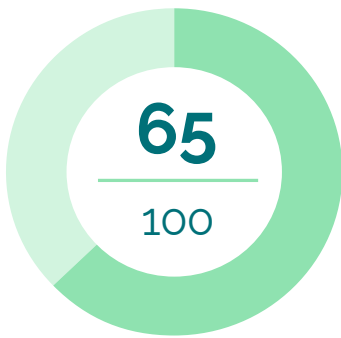


Environmental wellbeing in Wales 2025

We all live within the planet's natural resources.

65

100



Wales scores 65 out of a possible 100 for environmental wellbeing.

Environmental wellbeing means that everyone has access to green and blue spaces and collectively we live within the planet's natural resources, protecting the environment for future generations.

To determine trends in environmental wellbeing across Wales, we asked questions about access to and the quality of local parks, rivers and other green and blue spaces, and about noise pollution, air pollution, and litter in local areas. We also asked about levels of satisfaction with efforts to preserve the environment.

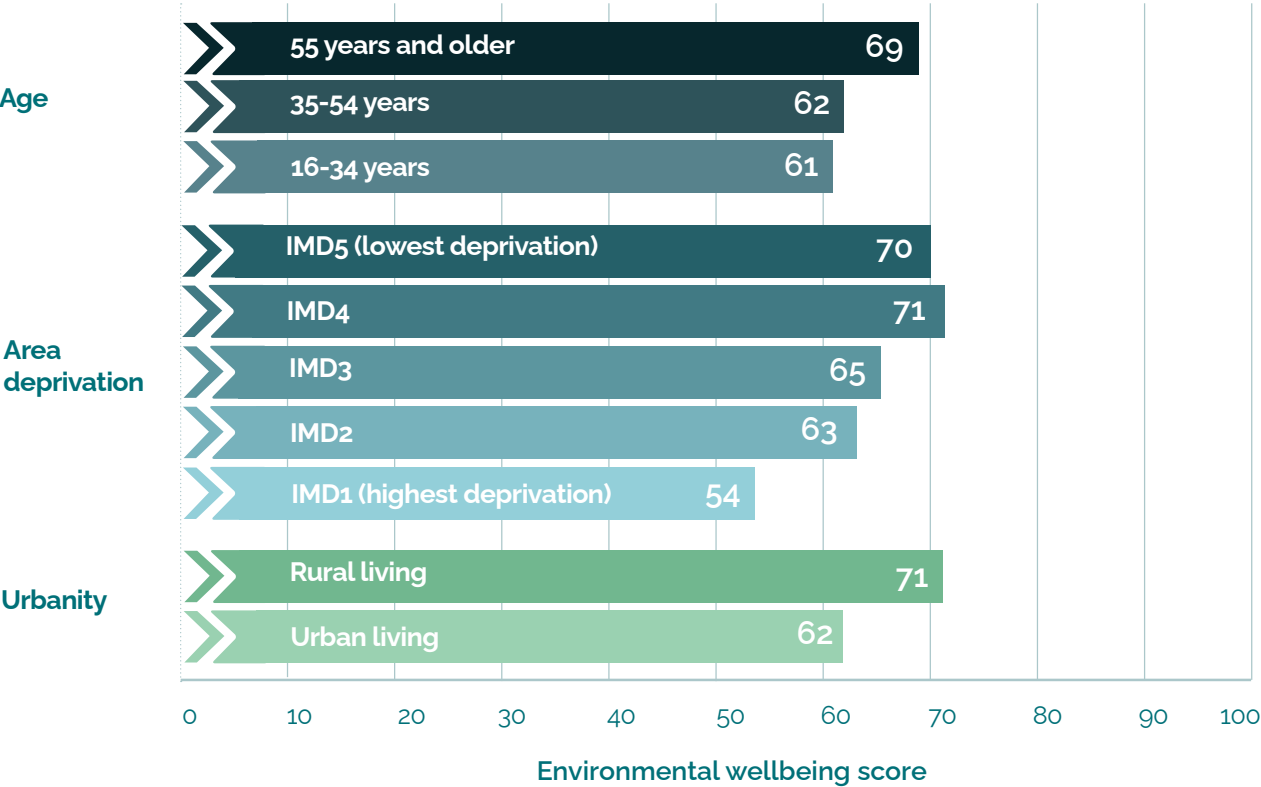
The people most likely to experience **high** environmental wellbeing in Wales in 2025 are: >

- People who are over 55 years old, who have an environmental wellbeing score of **69**. This is eight points higher than for 16- to 34-year-olds.

In contrast, the people who are likely to experience **low** environmental wellbeing in Wales in 2025 are: >

- People in the most deprived areas, who have an environmental wellbeing score of **54**. This is 16 points lower than for those in the least deprived areas.
- People in urban areas, who have an environmental wellbeing score of **62**. This is nine points lower than for those in urban areas.

Age, area deprivation, and urbanity have the biggest effects on environmental wellbeing in Wales



Environmental wellbeing - standout statistics

There were no major changes to people's experiences of local environmental problems, but people in Wales were less likely than in 2024 to be satisfied with efforts to preserve the environment in the UK.

- **71%** of people are satisfied with the quality of their local public, green, or open space, similar to previous years.
- **57%** experienced problems with noise, seven percentage points lower than the UK overall result.
- **47%** experienced problems with air quality. This is lower than for people in England but higher than for people in Scotland and Northern Ireland.
- **23%** of people are happy with efforts to preserve the environment in the UK, seven percentage points lower than in 2024.

* Indices of multiple deprivation (IMD) is a measure of relative deprivation for small, fixed geographic areas of the UK. IMD classifies these areas into five quintiles based on relative disadvantage, with quintile 1 ('IMD1') being the most deprived and quintile 5 ('IMD5') being the least deprived.

Summary

People in Wales have a higher environmental wellbeing score than in the UK overall and, in contrast to the rest of the UK, Wales has not seen an increase since 2023 in the number of people who experience problematic noise pollution and litter. However, people's circumstances still have a notable impact on their environmental wellbeing.

Place plays a key role in environmental wellbeing in Wales. Living in an urban area continues to predict a lower environmental wellbeing score. In addition, area deprivation also has a big impact on environmental wellbeing: people in the least deprived areas have a higher environmental wellbeing score than in 2024 while those in the most deprived areas have a score two points lower than in 2024.

As in previous years, being aged over 55 years old has a positive impact on environmental wellbeing. However, generally people in Wales are not satisfied with efforts to preserve the environment. In 2024 30% of people in Wales were satisfied with efforts to preserve the environment by the UK Government, but in 2025 this has dropped to 23%. This is the reverse of the pattern seen in the UK as a whole, where fewer people were dissatisfied in 2025 than in 2024.





Democratic wellbeing in Wales 2025

We all have a voice in decisions that affect us.

38

100

Llywodraeth Cymru
Welsh Government



Wales scores 38 out of a possible 100 for democratic wellbeing.

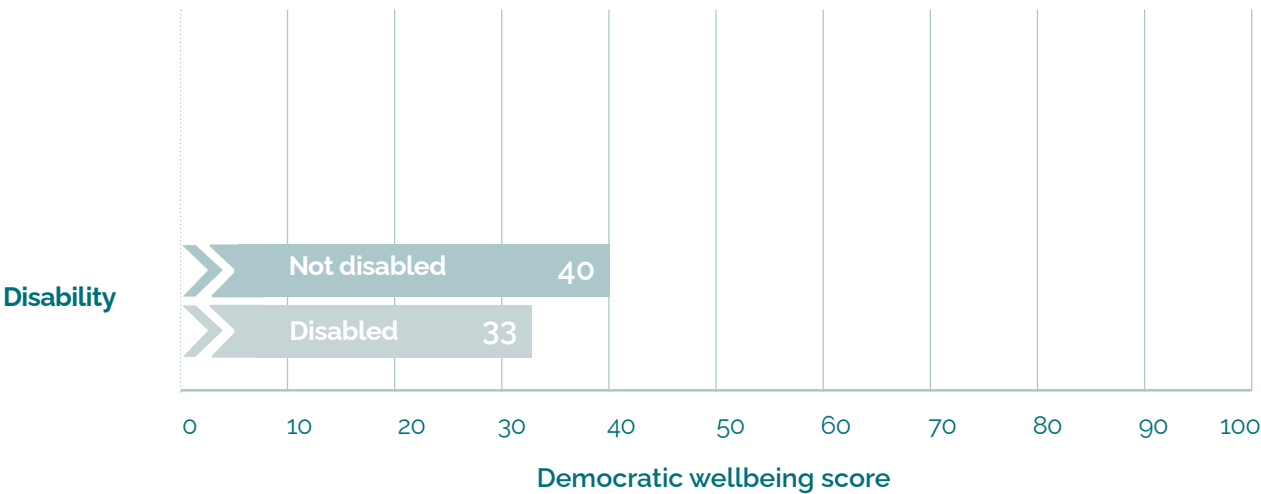
Democratic wellbeing is about everyone having a voice in decisions made that affect them. This means having local and national leaders who support participation, foster trust, and encourage diversity.

To understand democratic wellbeing in Wales in 2025, we asked questions about levels of trust in local, regional and national government(s), perceptions of personal ability to influence decisions.

Although very low for all groups, the people most likely to experience **low** democratic wellbeing in Wales in 2025 are: ➤

- Disabled people, who have a democratic wellbeing score of **33**. This is seven points lower than for those without a disability.

Disability has a significant effect on democratic wellbeing in Wales



Democratic wellbeing - standout statistics

Trust in the UK Government is stagnant, but trust in other institutions and the devolved government is declining.

- 67% of people have low trust in social media, 11 percentage points higher than in 2023, 45% have low trust in big tech, nine percentage points higher than in 2023.
- 53% of people have low trust in the UK Government. This is similar to previous years, but higher than the UK average of 45%.
- 43% of people have low trust in the Welsh Government, seven percentage points higher than in 2023.
- Just 6% of people feel that they can influence decisions affecting the UK, four percentage points higher than in 2023, while 8% feel that they can influence decisions affecting Wales.

Summary

The democratic wellbeing of people in Wales is unchanged from previous years and remains of real concern. While there has been an improvement in democratic wellbeing in the UK as a whole, this has not been reflected in Wales.

In Wales, people have less trust in the UK government than people across the UK as a whole. Indeed, this level has remained the same over time whereas in the UK overall this has improved since last year. Further, trust in the devolved government has declined: people in Wales are now more likely to have low trust in the Welsh Government and in the Senedd members than they were in 2023.

Although people in Wales are a little more likely to feel they can influence decisions affecting the UK than in 2023, they are no more likely to feel that they can influence decisions affecting Wales. In addition, more than one in three people (36%) have low trust in local councils, significantly higher than the UK overall result of 29%.

Our research suggests that while views towards UK wide institutions have remained relatively stable, trust in devolved democracy in Wales has declined on multiple levels and is alarmingly low.

Like in the rest of the UK, trust in big tech companies and social media is lower than in previous years.

Many of the demographic factors affecting other domains have less of a direct impact on democratic wellbeing. However, someone's disability status, as in other collective wellbeing domain scores, does have a significant impact.



Collective wellbeing: standout statistics overview



Social wellbeing – standout statistics

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- 77% of people feel safe walking alone in their local neighbourhood after dark, higher than the UK average of 71%.
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Economic wellbeing - standout statistics

Economic wellbeing has been stagnant in Wales since 2023, despite improvements in other parts of the UK.

- 79% of people can afford to keep their home adequately warm, including in the winter months, similar to previous years.
- 65% of people can afford to pay a necessary but unexpected expense of £850, similar to previous years.
- 38% of people are dissatisfied with the availability of job opportunities in their local area. This is higher than the UK average of 32%.



Environmental wellbeing - standout statistics

There were no major changes to people's experiences of local environmental problems, but people in Wales were less likely than in 2024 to be satisfied with efforts to preserve the environment in the UK.

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- **57%** experienced problems with noise, seven percentage points lower than the UK overall result.
- **47%** experienced problems with air quality. This is lower than for people in England but higher than for people in Scotland and Northern Ireland.
- **23%** of people are happy with efforts to preserve the environment in the UK, seven percentage points lower than in 2024.



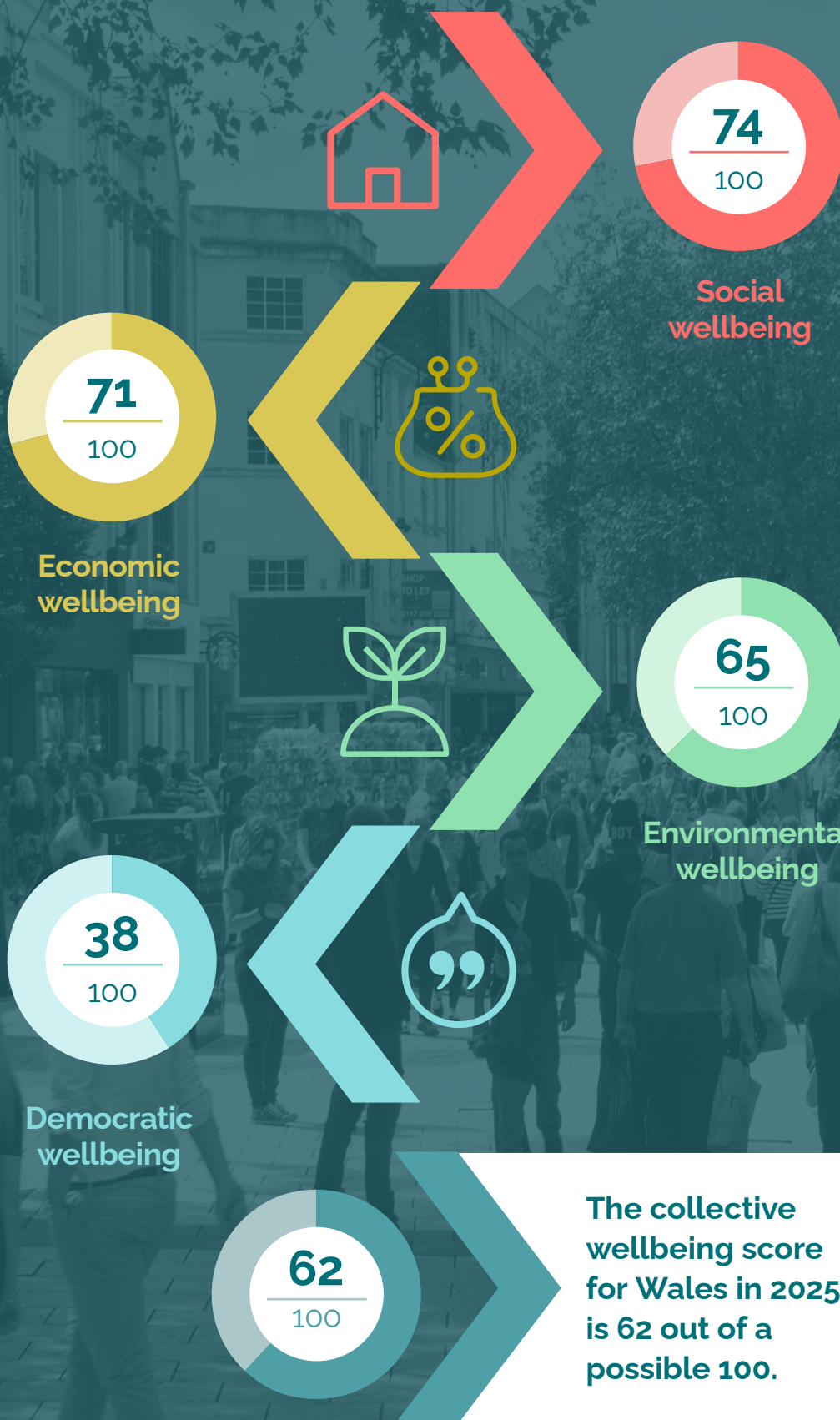
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- **43%** of people have low trust in the Welsh Government, seven percentage points higher than in 2023.
- Just **6%** of people feel that they can influence decisions affecting the UK, four percentage points higher than in 2023, while 8% feel that they can influence decisions affecting Wales.



> Collective wellbeing in Wales 2025: Scoring summary



Summary table of domain scores by key demographic characteristics

		Collective wellbeing	Social wellbeing	Economic wellbeing	Environmental wellbeing	Democratic wellbeing
	Total	62	74	71	65	38
Disability	Not disabled	65	79	75	66	40
	Disabled	55	63	60	61	33
Age	16-34 years	59	70	69	61	38
	35-54 years	61	74	68	62	39
	55 years & over	65	78	74	69	39
Household Income	£25,999 and under	56	68	61	58	37
	£26,000 to £51,999	64	77	73	66	38
	£52,000 to £99,999	66	76	79	66	42
Area deprivation	IMD1 (highest deprivation)	54	67	60	54	35
	IMD2	60	72	68	63	38
	IMD3	63	76	72	65	37
	IMD4	66	78	77	71	39
	IMD5 (lowest deprivation)	67	79	78	70	41
Housing tenure*	Private rented	59	69	63	62	41
	Homeowners	65	78	76	67	39
Gender	Women	62	73	72	66	39
	Men	62	76	71	64	38
Urban areas	Urban living	60	72	69	62	38
	Rural living	65	78	74	71	39

NB: only those demographics with large enough base sizes are shown above.

* The base size for social renters was very low at 42 so have been omitted.

Life in the UK 2025

Wales



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