



Cost of Living Crisis in York: understanding and reducing health impacts

Thursday 30 November 2023

12:30 – 1:30pm



Agenda

1. **Welcome and introduction to Population Health Hub (PHH):** Peter Roderick - (5mins)
2. **Healthwatch - people experiences of cost of living rises in York**
Siân Balsom - (10mins)
3. **Overview of the cost of living pack** - Heather Baker (15mins)
4. **Health data on physical, mental health and respiratory conditions**
Tom Dolman, George Scott (15 mins)
5. **Questions** - (15 mins)

PLEASE CAN YOU REMAIN ON MUTE UNTIL THE QUESTIONS SECTION – THANK YOU



Humber and North Yorkshire
Health and Care Partnership





Cost of Living survey results

28 November 2023

Siân Balsom

healthwatch
York



Our Cost of Living work

- 2 surveys. First Oct-Dec 2022, second Feb-Mar 2023.
- 200 respondents to each
- Additional questions in the second to quantify impact on mental health





Key findings

- The increasing cost of living is having a detrimental effect on York residents' physical and mental health
- York residents are deeply concerned about being able to keep themselves and their families warm
- People are having to skip meals and/or relying on foodbanks - irrespective of what ward they live in
- Residents are reducing their consumption of healthy foods due to rising costs

Key findings

- Those whose answers indicate they are depressed and/or clinically anxious are disproportionately impacted
- Rising costs are beginning to have an impact in households that had previously reported as managing
- York residents are adapting by changing their spending and living habits, dipping into their savings, and increasing their borrowing
- Feelings of isolation are increased by not being able to afford associated costs with socialising such as transport



- Mental health has taken a huge nose dive. I've had a massive nervous breakdown this year as a result of home and work factors and pressures of being a one income household.
- ...the stress is starting to show physical signs like warts and eczema.
- I am stressed all the time and feel constantly overwhelmed





I am disabled and reliant on benefits. Food, gas, electricity and petrol have all gone up so much. I already live as frugally as I can. My health issues mean that I can't bear being cold without being in awful pain.

My meagre savings are disappearing with the rise in bills...

My circumstances right now are horrible and my already bad mental health has just got worse and worse to the point I'm self harming nearly every day





The rise has led to me eating non nutritious food. I am now contemplating coming off gluten free food so that I can buy cheaper alternatives although gluten food will make me incredibly unwell.

...Stress exacerbates my Crohn's disease and has caused a flare of my symptoms.

I am refugee I came from Iran, I have no friends or family here life is very difficult for me.





I don't heat water except for a weekly bath. I wash in cold. I don't have the heating on, use blankets and a hot water bottle. I go to two food banks.

We have had to ration when we use heating. We have persistent black mould in the house which the landlord will not address and this has been exacerbated by not using the heating as much during the winter.

Not living just existing.





Some final statistics from our work

- Over 55% reported health impacts, whether physical or mental health.
- 40% were unable to keep their homes as warm as they would like.
- Over 40% skipped meals or reduced meal size.
- 36% were unable to afford healthy foods
- People who had anxiety were 6.6 times more likely to be unable to eat when hungry than those who did not.



Questions?





- **For more information**

Healthwatch York at York CVS

Priory Street Centre

15 Priory Street, York, YO1 6ET

www.healthwatchyork.co.uk

tel: 01904 621133

email: healthwatch@yorkcvs.org.uk



Tweet us @healthwatchyork

[Facebook.com/HealthwatchYork](https://www.facebook.com/HealthwatchYork)

Report on the Health Impacts of the Cost of Living Crisis

November 2023

“Skipping meals, turning heat off, not going out as much as [I] can’t afford bus fare, skipping prescriptions.”

Purpose of this Pack

The Population Health Hub (PHH) is a multi-organisation group which brings together colleagues from the local authority, health, public health, and business intelligence to enable, analyse and undertake population health management approaches in York.

In the context of growing winter pressures and the cost of living crisis, the PHH has created this pack to provide information about people in York whose health is likely to be affected by the cost of living crisis, who may be at risk of harm from winter and cold homes.

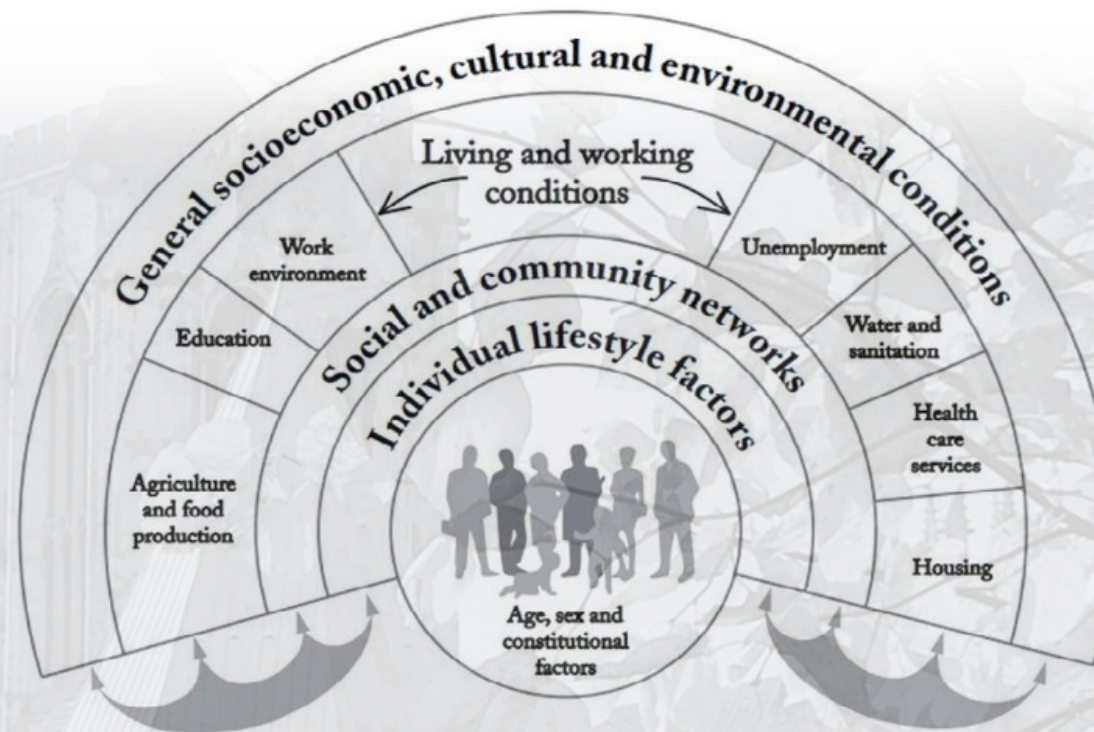


Overview of the Cost of Living Pack

In 2023, the London School of Economics declared the cost of living crisis as a public health emergency:

- Some people are unable to afford even the basic essentials
- Can have far-reaching short- and long-term- consequences on physical and mental health

As per the Wider Determinants of Health model- systemic and individual impacts are complex and intertwined



Source: Dahlgren and Whitehead

Overview of the Cost of Living Pack

SYSTEMIC

- Increasing health inequity
- Increasing health service demand
- Reduced public service provision
- Reduced business viability
- Reduced stability of communities
- Intergenerational / cyclical impacts
- Increasing educational gaps
- Reduced community assets
- Widening societal inequalities

Increase
in Cost
of Living

Housing stability & affordability

Homelessness

Risk of abuse

Overcrowding

Infectious diseases

Food accessibility & consumption

Unable to buy healthy food

Obesity/Malnutrition

Unable to buy enough food

Undernutrition

Fuel, transport & accessibility

Missed appointments

Delayed Diagnosis

Reduced transport

Isolation/domestic abuse

Household debt & disposable income

Insecurity/Debt

Suicidal thoughts

No disposable income

Hygiene/Period Poverty

Energy use

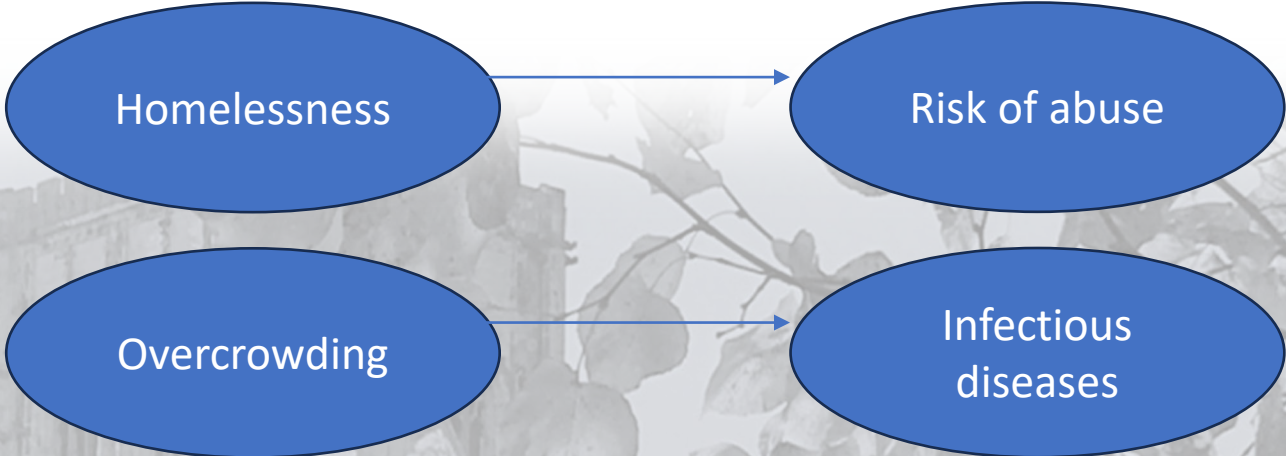
Cold Homes

Disease vulnerability

'Eating vs. Heating'

Anxiety/Depression

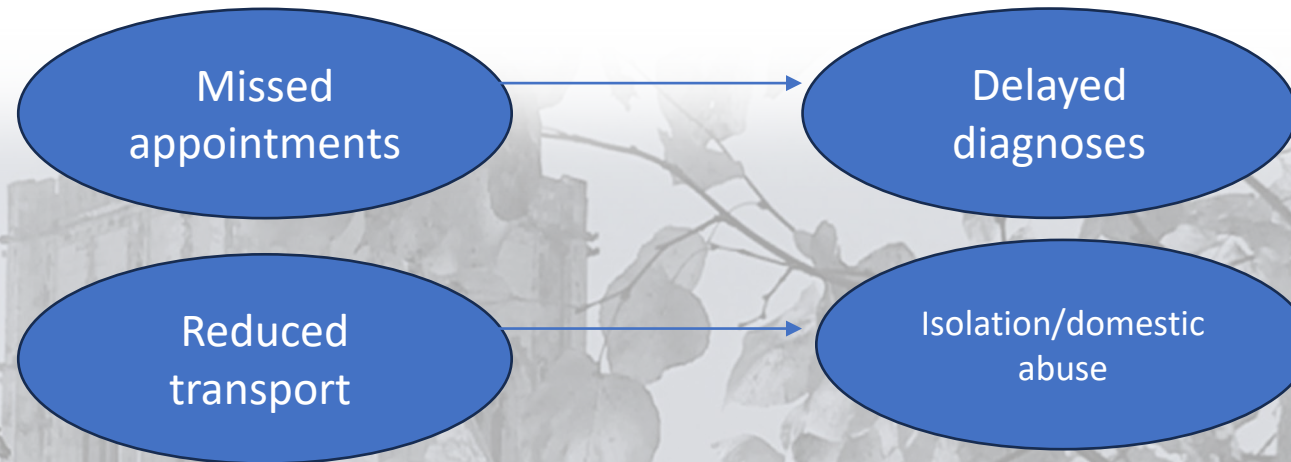
Housing Stability & Affordability



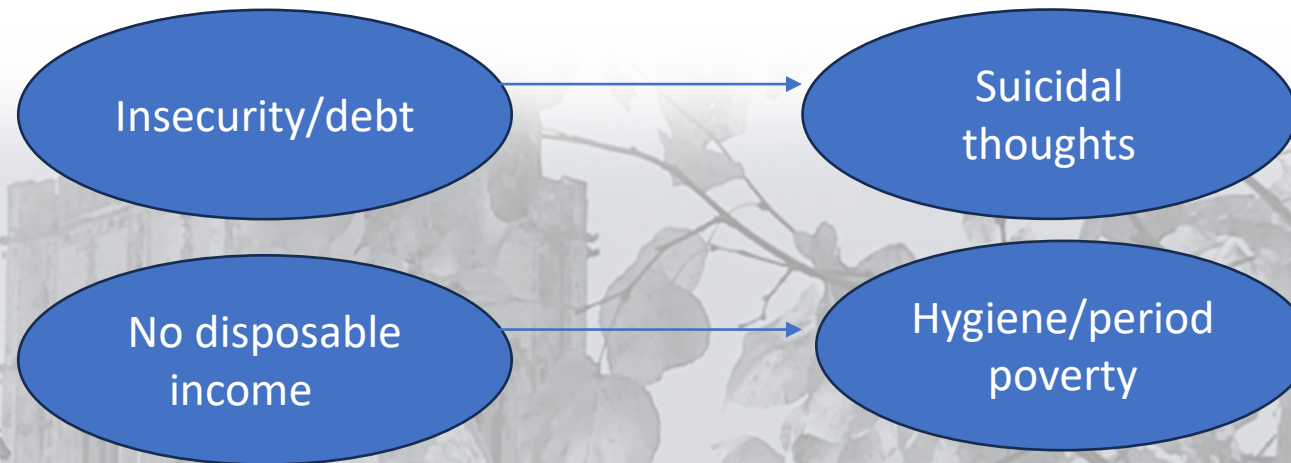
Food Accessibility & Consumption



Transport & Accessibility



Household Debt & Disposable Income



Energy Use



Key statistics

This dashboard brings together local health, social care, and housing data to help provide an overview of how rising prices could be having an impact on York's health.



1 in 9
York children living in poverty (1)



67
The median EPC rating in York, equivalent to Band D



£325,497
Average York house price (3)



55%
Citizen's advice claimants disabled or have long term health conditions (13)



167
Children with asthma are passive smokers (14)



3.8%
Mental Health Attendances (4)



68%
Increase in average foodbank voucher uptake per 1000 people from 20/21 to 22/23 (5)



£945
Average rent per calendar month (6)



18
Designated warm spaces in York (16)



26%
More COPD exacerbation in Jan-Mar 23 than in Jan-Mar 22 (17)



69
Homeless households in temporary accommodation in 22/23 (7)



20%
Increase in tenant arrears from 21/22 to 22/23 (8)



698
Events in Primary Care relating to substance misuse Oct 22-23 (9)



1,343
Residents living with mental health conditions in deprived neighbourhoods (18)



1,472
New mental health diagnoses between Jan 23 to Aug 23 (10)



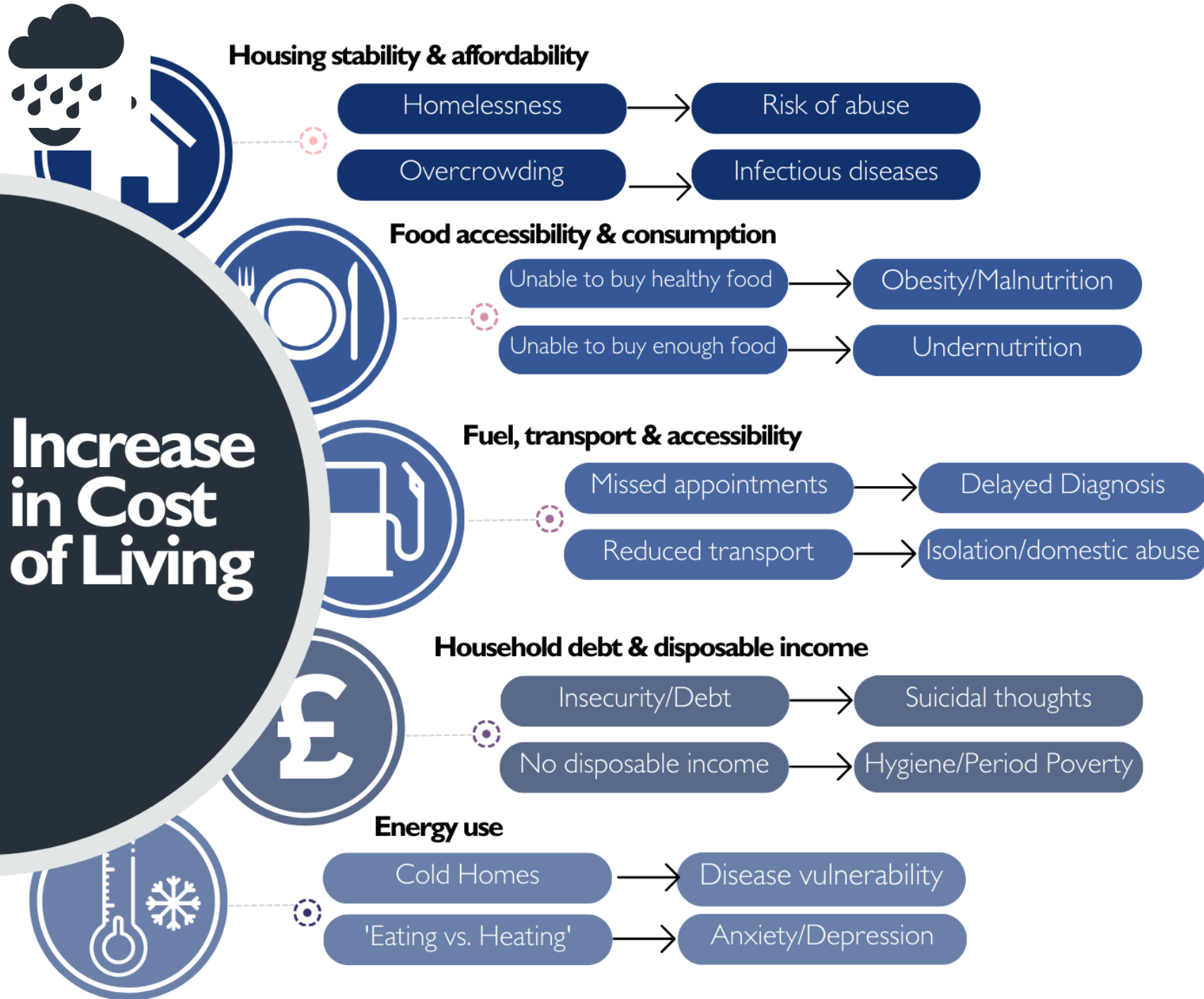
6%
Worse asthma control in children living in deprived neighbourhoods (11)



69%
Increase in alcohol dependence diagnoses comparing Aug 21 to Aug 23 (12)



55,496
Residents living with long term health conditions (15)



Methodology

The London School of Economics (Roberts, 2023)⁽³⁾ has declared the cost of living crisis as a “public health emergency”. The inability for some people to afford even the basic essentials can have far-reaching health consequences that impact on both mental and physical health. The infographic below shows the complexities of these consequences and highlights both the systemic and individual impacts.

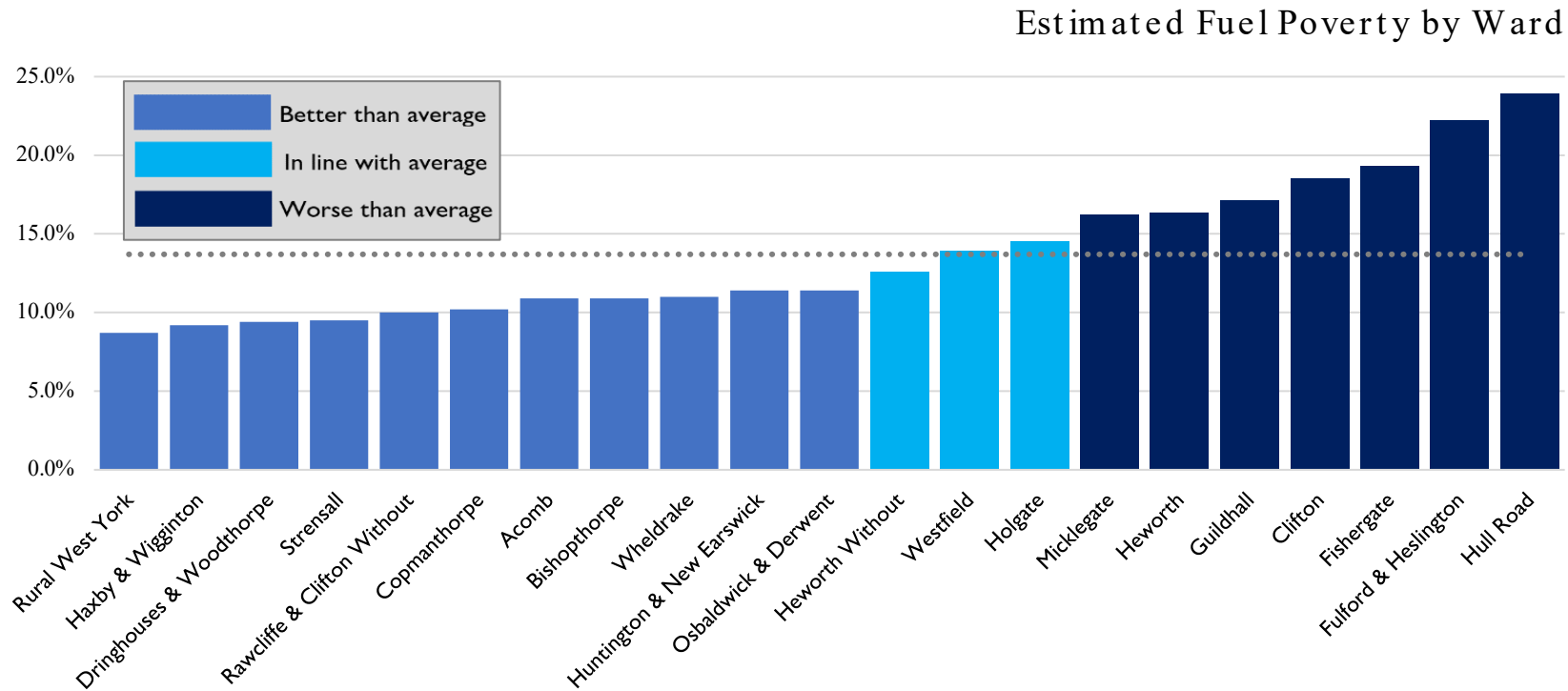


Fuel, Transport & Accessibility

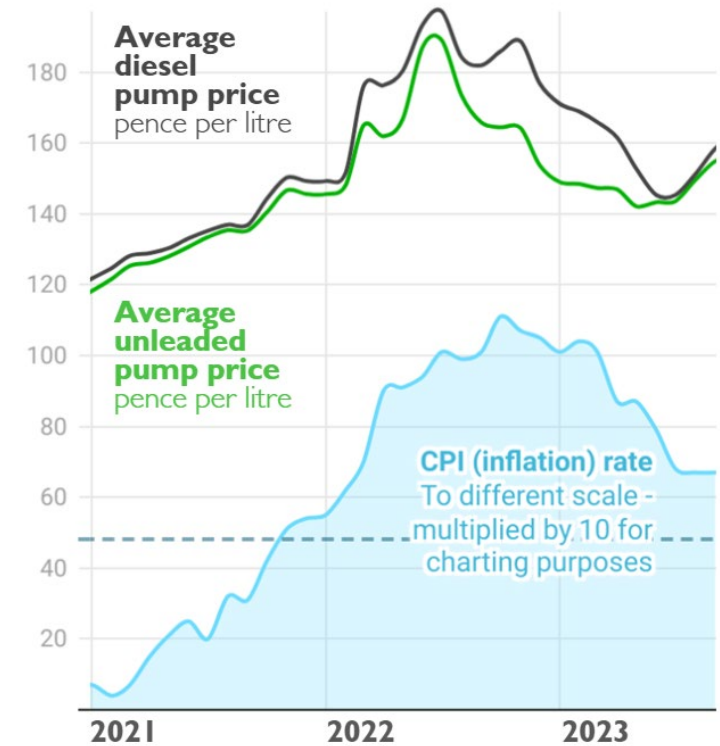
- Key points distilled from report

16% of households in Yorkshire & Humber are experiencing fuel poverty. The national average is 15%

Source: Cost of Living Report, 2022



The link between petrol and diesel prices, and inflation

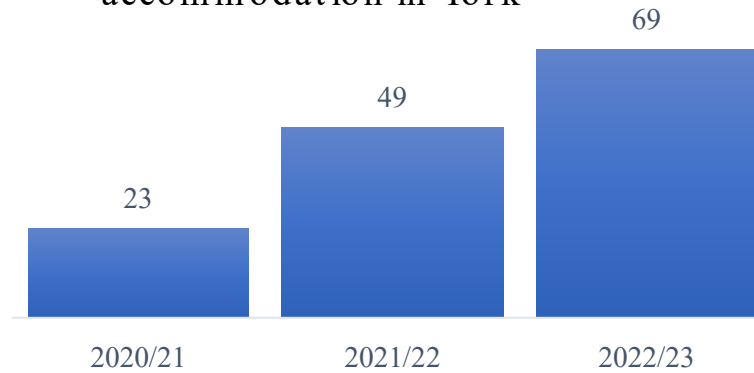




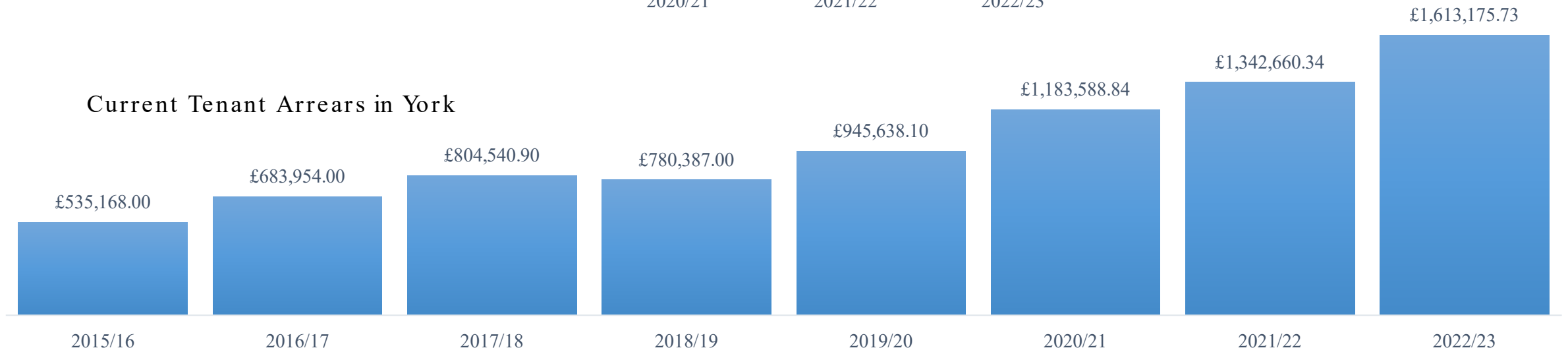
Housing Stability & Affordability

- Key points distilled from report

Homeless households in temporary accommodation in York



Current Tenant Arrears in York



The voice of York's citizens

- Money is not stretching as it used to, and people are having to use savings to pay bills.
- People are begging landlords not to sell houses as they otherwise would not be able to afford the higher current rents.
- People are struggling to heat their homes resulting in many cases of exacerbations of existing physical and/or mental health conditions.
- Source: Healthwatch Cost of Living Report



Food accessibility & consumption

“I go to foodbanks now as food has gone up so much... nor do I often put my heating on.”

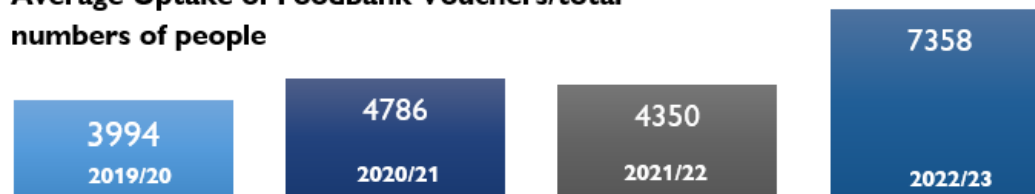
Increase in average uptake of foodbank vouchers of 20% in York

From 2019-2023

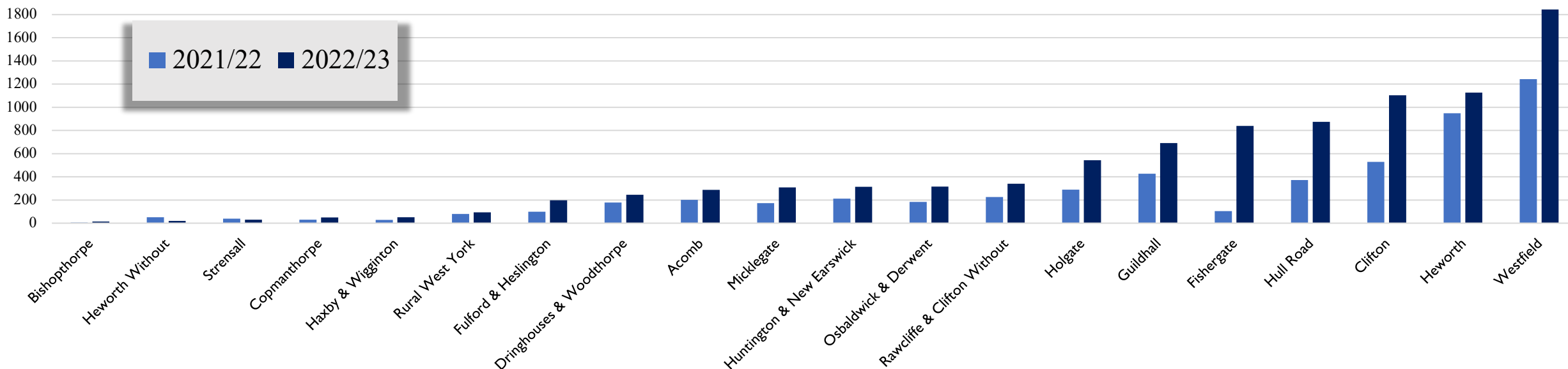
Source: York Foodbank

- Key points distilled from report

Average Uptake of Foodbank Vouchers/total numbers of people



Comparative voucher provision in 2021/22 & 2022/23





Household debt & disposable income

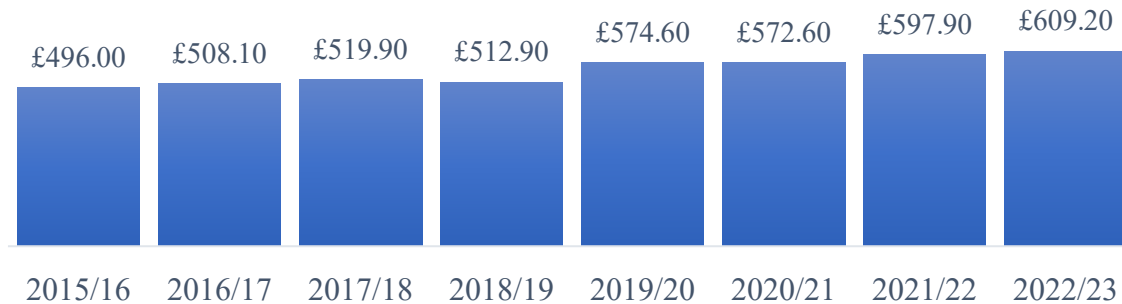
7 in 10 adults are spending less on non-essentials because of cost of living increases

Adults in Great Britain, 6 September to 17 September 2023

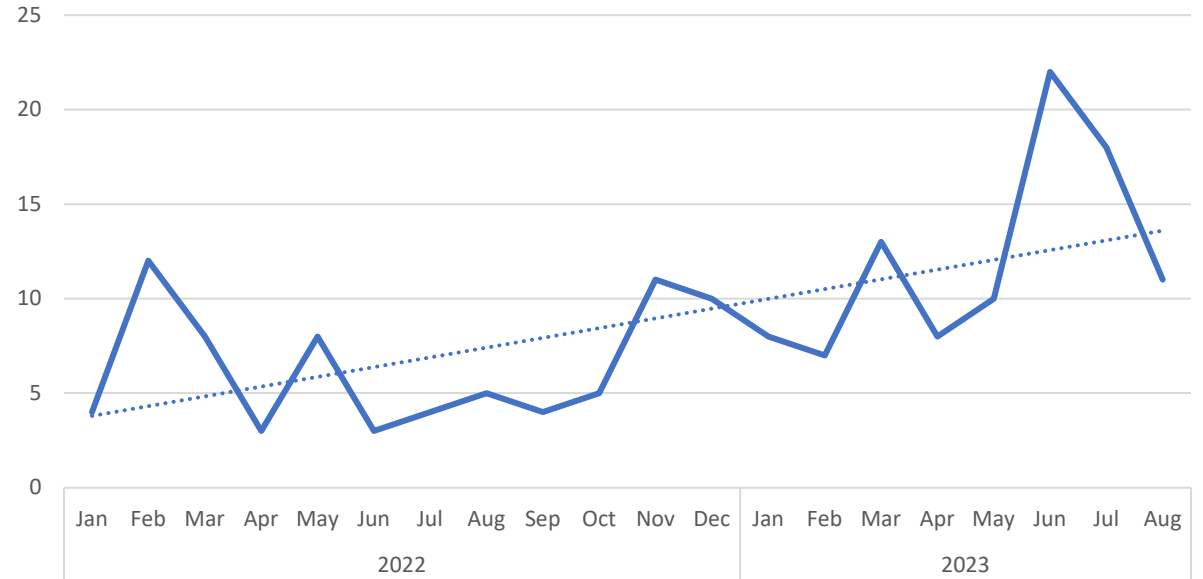
Source: Office for National Statistics

- Key points distilled from report

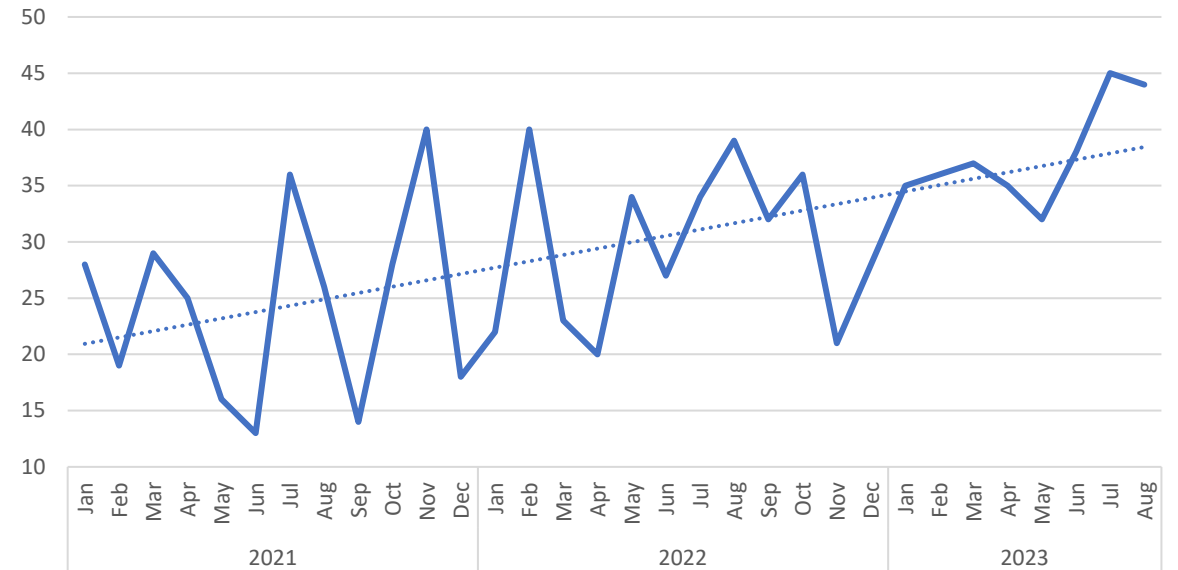
Median earnings of residents (Gross Weekly Pay)



Primary Care 'Events' coded Substance misuse



Primary Care 'Events' coded Alcohol Dependence





Energy Use

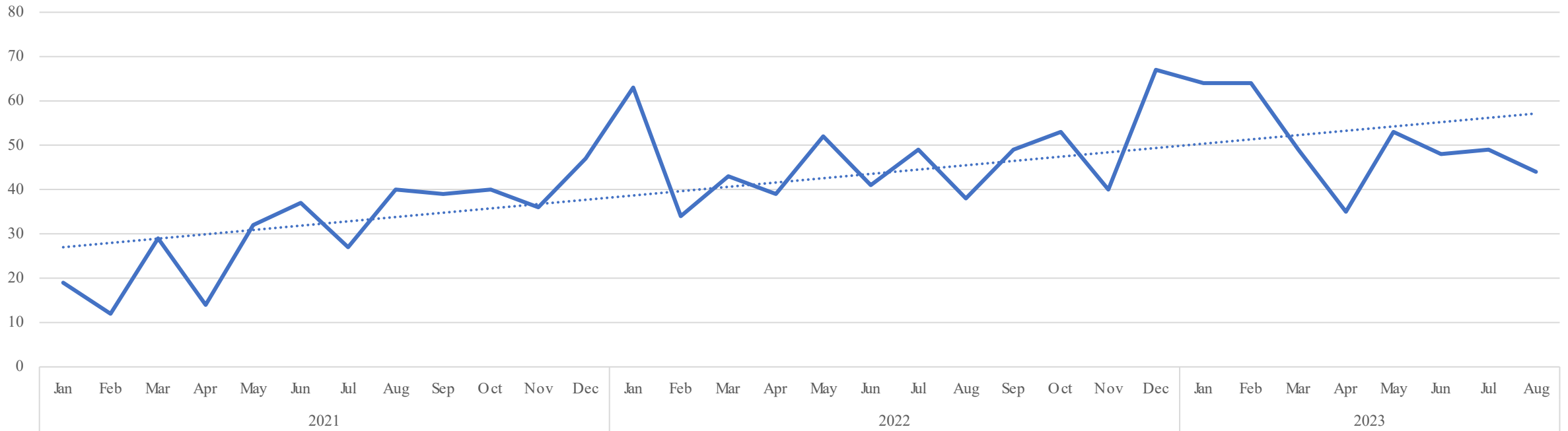
- Key points distilled from report

Around half of adults are using less fuel in their homes because of cost of living increases

Adults in Great Britain

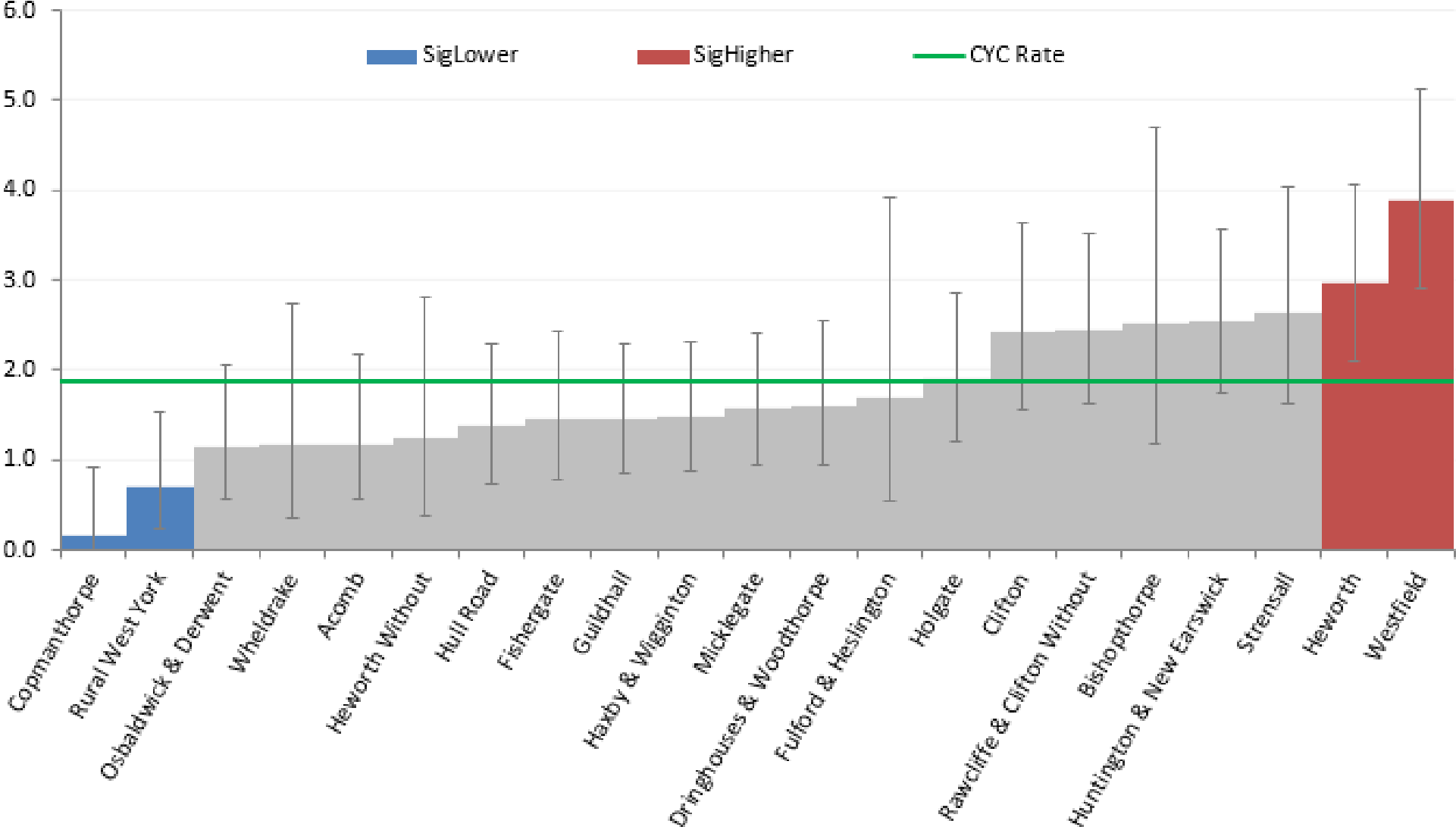
Source: Office for National Statistics

COPD Exacerbations coded in Primary Care



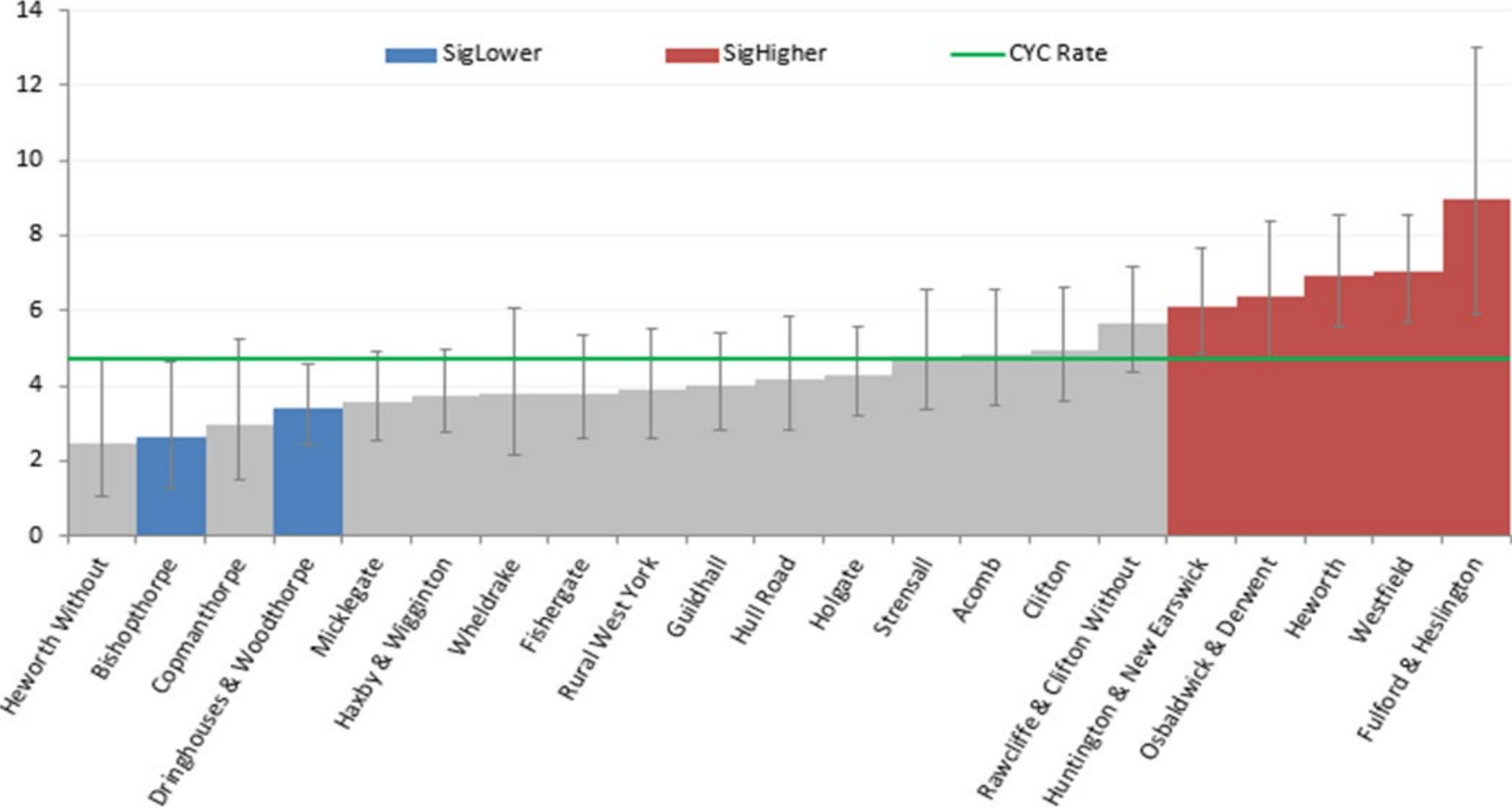
A&E Attendances and Admissions for Respiratory Conditions (April 2022 to March 2023)

Diagnosis of Asthma or COPD



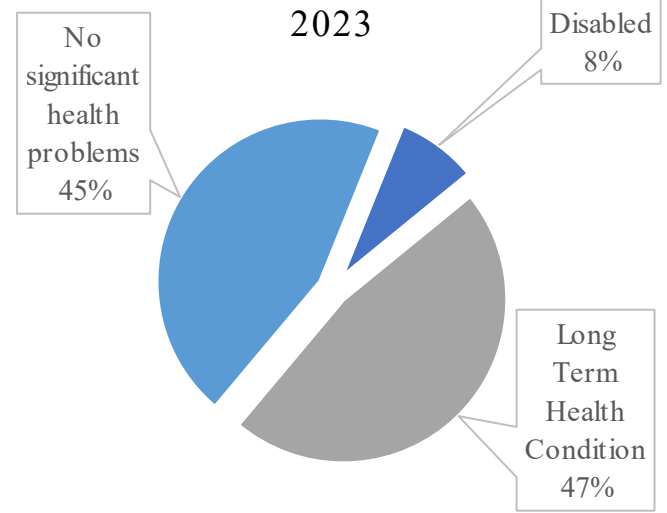
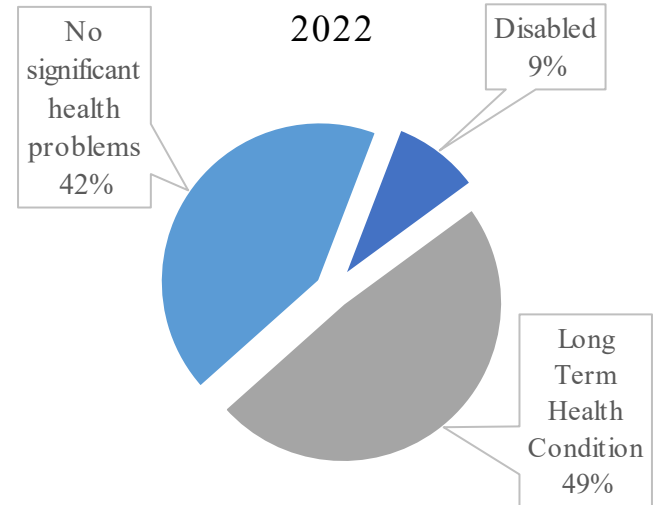
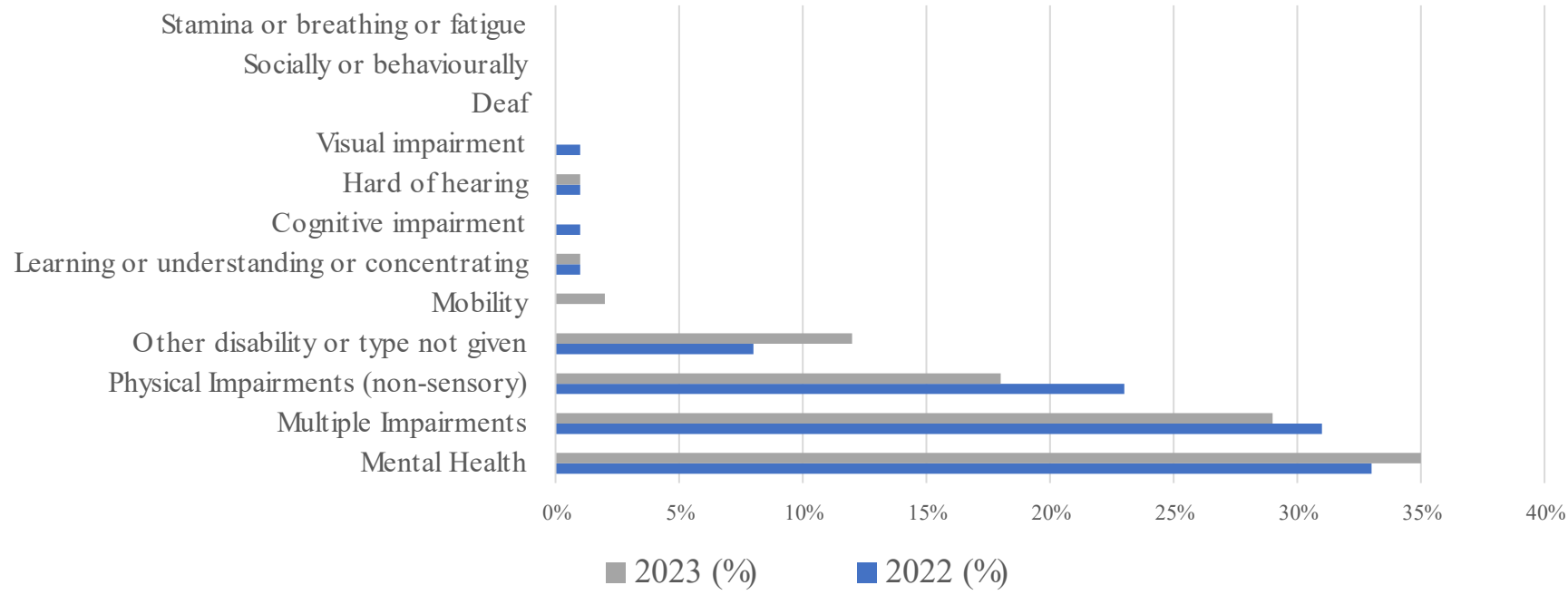
A&E Attendances and Admissions for Respiratory Conditions (April 2022 to March 2023)

Diagnosis of Respiratory condition
(Inc. Asthma, COPD, Bronchiectasis, Bronchitis)



- Key points distilled from report

Type of Disability





- Key points distilled from report





Health & Wellbeing

Age Friendly York
 Alcohol and Wellbeing
 Armed Forces Community
 Being Physically Active #whatsmynextstep
 Dealing with Seasonal Changes
 Emotional Health #feelrealyork
 Equality Services
 Health Trainers
 Help for drugs and alcohol use
 Mental Health
 Remaining Independent
 Social Contact



Money & Legal

Advocacy
 Benefits
 Community Food Help
 Independent Advice
 Mental Capacity
 Money and Benefits Advice
 Power of Attorney
 York Talk Money - Help with Cost of Living
 York Talk Money Autumn 2023



Clinical Health & Adult Social Care

Health and Adult Social Care
 Adult Social Care
 Arranging your own Care and Support
 Care and Support at Home
 Dementia
 Personal Budgets and Direct Payments
 Disabilities
 End of Life Care
 Getting the right Treatment and Care
 Health Conditions
 Leaving Hospital
 Long Term Health Conditions

Organisation:	Support available:	Contact details:
Carecent, St Saviourgate, York	Carecent serves breakfast every morning between 8.30am - 10.45am. This is primarily used by rough sleepers, unemployed and otherwise socially excluded people, but is open to all adults.	Website: https://www.carecent.org.uk
Central Methodist Church	Place of Welcome is an afternoon drop in where anyone in the community can have a free hot drink, in a warm welcoming environment. Jigsaws, games and crafts are available. Open weekday afternoons between 1pm - 3pm	Website: https://www.placesofwelcome.org.uk/locations Email: deaconjudithstoddart@gmail.com
City of York Council Public Health (Alcohol)	We're aware that alcohol may be used as a strategy for coping with the burden of the cost of living, and alcohol consumption may also be increasing financial strain, and so we're keen to make sure York residents know about the support available to them to reduce alcohol consumption and build new ways of coping with challenges.	Websites: www.LowerMyDrinking.com www.york.gov.uk/LowerMyDrinking

Appendix

- 1) Official Statistics- Children in Low Income Families: Local Area Statistics, Financial Year ending 2022, Department of Work & Pensions
 - 2) Median Energy Efficiency Score, England and Wales, 1st November 2023
 - 3) Land Registry House Price Statistics, York August 2022-August 2023
 - 4) SUS ECDS Data – Mental Health related attendances include ED diagnosis of a Mental Health Condition, as well as several presenting complaints which relate to Mental health, and intentional self-harm injuries
 - 5) York Food Bank, April 2020-March 2021 (19.7 vouchers/1000 people) & April 2022-March 2023 (38.2 vouchers/1000 people)
 - 6) Quarterly Market Report, Zoopla, May 2022
 - 7) CYC Cost of Living 2019-2023, Strategic Business Intelligence Hub, October 2023
 - 8) April 2021-March 2022 (£1,342,660.34) & April 2022-March 2023 (£1,613,175.73)
 - 9) Primary care data(a), SystmOne, 31/10/22-31/10/23.
 - 10) Primary care data(a), SystmOne, 01/01/23-31/08/23.
 - 11) Primary care data(a), SystmOne, snapshot as of 24/10/2023, IMD 1-3 (average ACT score 20.6) & IMD 4-10 (average ACT score 21.7), 6-18 years old, QoF 2023 register (b)
 - 12) Primary care data(a), SystmOne, August 2021 (26 patients) & August 2023 (44 patients).
 - 13) Citizen's Advice York, April 2023-September 2023, disabled (8%), long term health condition (47%)
 - 14) Primary care data(a), SystmOne, snapshot as of 24/10/2023, 6-18 years old, QoF 2023 register (b)
 - 15) Primary care data(a), SystmOne, snapshot as of 09/11/2023, QoF 2023 register (b)
 - 16) Warm Spaces site: www.warmspaces.org
 - 17) Primary care data(a), SystmOne, January-March 2022 (140 patients) & January-March 2023 (177 patients)
 - 18) Primary care data(a), SystmOne, snapshot as of 09/11/2023, current diagnosis of Depression, Anxiety, Eating Disorders, and/or Severe Mental Illness, IMD 1-3
- (a) Primary care data extracted from SystmOne includes GP practices: Dalton Terrace Surgery, Front Street Surgery, Haxby Group Practice, Jorvik Gillygate Practice, MyHealth, Old School Medical Practice, Priory Medical Group, and York Medical Group. Only residents living within the City of York council local authority boundary have been included, unless otherwise stated.
- (b) Data pertaining to the Quality Outcomes Framework (QOF) clinical domain includes the following disease registers: Atrial Fibrillation, Coronary Heart Disease, Heart Failure, Hypertension, Peripheral arterial disease, Stroke & TIA, Diabetes, Asthma, COPD, Dementia, Depression, Severe mental illnesses, Chronic kidney disease, Epilepsy, Osteoporosis, and Rheumatoid arthritis.

Thank you for listening.

Questions for discussion:

- Based on the information/data presented, how will this impact your current projects/work? What will you take away into your daily role?
- In your day-to-day work, are you aware of any specific groups experiencing challenges in accessing health and care due to financial constraints?