

HEALTH AND THE HIGH COST OF LIVING IN WARWICKSHIRE



**DIRECTOR OF PUBLIC HEALTH'S
ANNUAL REPORT 2022**

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Design: Michael Jackson.

Data sources

This report utilises the most recently available published information from a variety of data sources as of 30/11/2022.

If you would like this information in a different format, please contact Marketing and Communications on 01926 413727.

References are available online: www.warwickshire.gov.uk/health-policies-1/health-policies

Recommendations

Overarching

R.1 I recommend that key anchor organisations, including local authorities, NHS partners and universities focus expertise and capacity on building an inclusive, healthy and sustainable Warwickshire. To do this, all partners should focus on:

- **Policy:** adopting, and sharing learning from, a Health in All Policies approach (link to webpage) and using Health Equity Assessment Tool (HEAT) to reduce inequalities in health
 - **Surveillance:** agreeing a single view of data and identifying emerging trends in order to support a coordinated approach, targeted to those who need it most
 - **Workforce development:** through wellbeing support programmes that support staff during the rising cost of living and training and development opportunities
 - **Making Every Contact Count:** utilising every point of contact as an opportunity to support people through the cost of living challenges
 - **Access to services:** consider opportunities to increase accessibility to healthcare services for those who will experience the impact of the rising cost of living most acutely
-

Housing

R.2 I recommend that housing, planning and health leads work together to prevent ill health caused by poor housing and living conditions. This should include a commitment to preventing new homes from being built with an Energy Performance Certificate (EPC) rating of less than C and working with private and public landlords to ensure existing homes have an EPC of C or above, and are mould free.

Food

R.3 I recommend that to support children to have the best start in life, Health and Wellbeing Board explores the feasibility of free school meals for all primary school children in Warwickshire, as research shows that children are able to learn better in school if they have a full stomach.

Transport

R.4 I recommend that transport planners and health partners work together to improve transport links for those living in areas with more rural isolation, deprivation and where rates of long-term conditions and access to transport links are poor.

Foreword

I am pleased to welcome our Director of Public Health's (DPH) Annual Report for 2022. This year the report focuses on the rising cost of living and looks at how this can impact on people's health.

There are a number of global factors that have contributed to the rising cost of living and many of these are out of the control of local authorities. Despite this, the impact of the rising cost of living will likely affect all of us in Warwickshire in some way. As with the COVID-19 pandemic, certain people are likely to experience greater challenges than others, meaning this has the potential to exacerbate health inequalities.

I am grateful to see the response to the rising cost of living that is taking place across Warwickshire, from County, and District and Borough colleagues as well as NHS and community and voluntary sector partners.

Dr Shade Agboola has highlighted some of this important work within Chapter 2 of this report under the themes of housing, food and transport. It is important to hear the voices of those who may be more acutely affected by the rising cost of living, and Shade and her team have captured some of these stories in a short accompanying film included as part of Chapter 2.3. For this, and for the overall content of this report, I would like to express my thanks to Shade and her Public Health team.



Councillor Margaret Bell

*Portfolio Holder for Adult
Social Care and Health,
Warwickshire County Council*

Introduction

I have chosen to theme this years report on the rising cost of living as I am sure that this is the most pressing issue facing the residents of Warwickshire. The rising cost of living is something that is affecting everyone in Warwickshire and many of us are already making choices to help lessen the impact it will have on our lives. There are certain groups of people that are likely to experience the rising cost of living more acutely than others, and these are likely to be those who are already facing disadvantage.

When I started writing this report in June, inflation in the UK was at 9.4%, by August this had risen to 9.9%, and at the time of printing in December 2022, inflation is at 10.7%.

Within this report, Chapter 1 outlines the current health and wellbeing of Warwickshire residents, Chapter 2 then explores the topic of health and the high cost of living and is split into three themes housing and heating, food and eating, and transport and travel. I do hope that by looking at the wider determinants

of health model through the lens of the rising cost of living I have been able to articulate how this economic issue is also a public health issue, as the increases to the cost of living have the potential to impact more people, for a longer period of time, than the COVID-19 pandemic.

The rising cost of living is yet another reminder that our health is shaped and influenced by our environment. Not being able to afford essentials – food, rent or mortgage payments, hot water and heating, has significant negative consequences for physical and mental health and wellbeing. Just like our response to the COVID-19 pandemic, we have another opportunity to work collaboratively with local and system partners to mitigate against the negative health impacts of the rise in cost of living. Collective action is needed to address mental health and wellbeing impacts, the physical health consequences of fuel poverty, the potential impact of food poverty on children’s nutrition and oral health and continued access to timely and high-quality healthcare.



Dr Shade Agboola

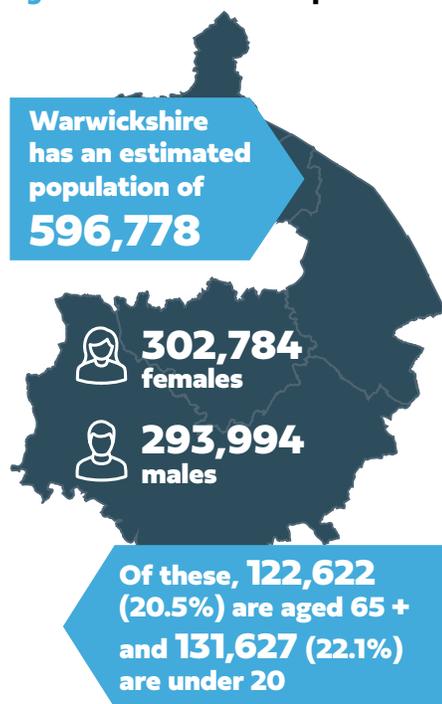
*Director of Public Health,
Warwickshire County Council*

1: The picture of health and wellbeing in Warwickshire

This chapter provides an update on the health and wellbeing of our local population at district / borough and county level.

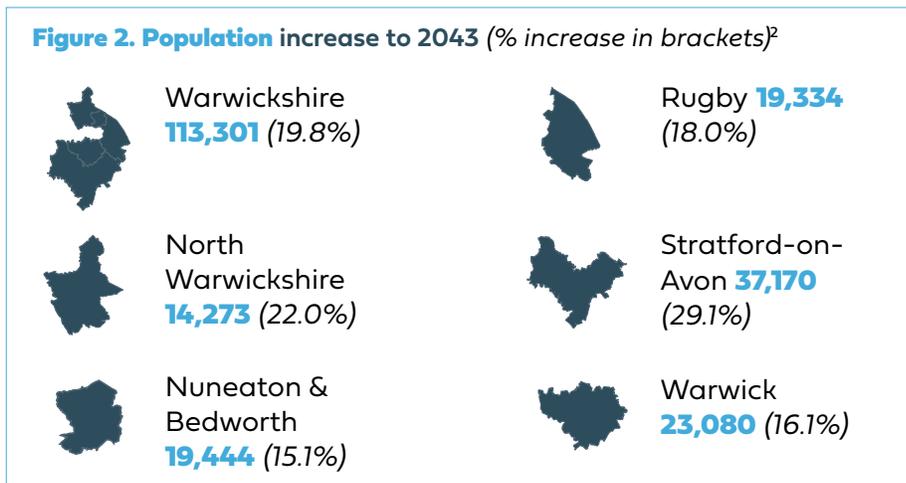
Population

Figure 1. Warwickshire Population¹



The population of Warwickshire is projected to increase by **19.8%** between 2018 and 2043. The increase will be highest in **Stratford-upon-Avon District (29.1%)** and lowest in **Nuneaton and Bedworth Borough (15.1%)**. In the West Midlands region this is projected to be 13.7% and in England, 10.3%.²

Figure 2. Population increase to 2043 (% increase in brackets)²

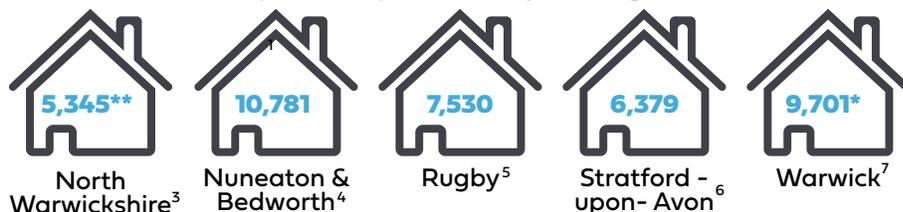


The Local Plan period runs between 2011-2031 and figures below therefore reflect a proportion of the total number of homes being built within that timeframe.

Older people: The population aged 65 and over is projected to increase from 118,244 in 2018 to **167,410** in 2043, a percentage increase from 20.7% to 24.5% of the population.²

New Homes

Number of homes planned per district / borough, 2021 -2031



*up to 2029 **based on trajectory figures

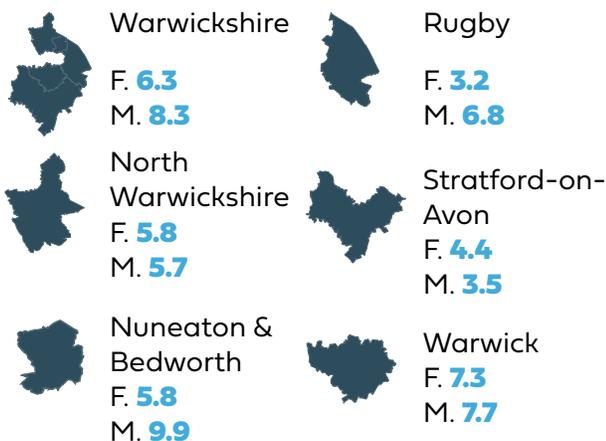
Life Expectancy and Healthy Life Expectancy

In Warwickshire, life expectancy at birth is statistically significantly better for both **females** (**83.4 years**) compared to England (**83.1 years**) and **males** (Warwickshire **79.7 years**, England **79.4 years**) for 2018-20. These figures have remained relatively stable over the last five years. This is reflected nationally as improvements in life expectancy have slowed during the second decade of the 21st century.⁸ The COVID-19 pandemic resulted in a sharp decline in period life expectancy in the year 2020 nationally and although this may not lead to reduced life spans in the future, at best, life expectancy will return to the pre-pandemic stalled levels.⁹

On average **females** in the least deprived areas are likely to live **6.3 years** longer than those in the most deprived areas (2018-20). This goes up to **8.3 years** for **males**.¹⁰

(England 7.9 years for females and 9.7 years for males).

Figure 3. Inequality in Life Expectancy at Birth across Warwickshire¹¹



Earlier this year the government launched a levelling up plan for the UK with the aim of reducing health inequalities by 2030. This plan includes 12 missions to 'level up' the most deprived areas within the UK by focusing on:¹²

- **Education**
- **Skills**
- **Health**
- **Crime**
- **Housing**

The gap between life expectancy and healthy life expectancy is known as the "window of need". With life expectancy remaining stable and healthy life expectancy declining in recent years, the window of need (amount of time spent in poor health) is increasing. In 2018-20, the window of need in Warwickshire is **19.3 years** for **females** and **17.6 years** for **males**.¹³ This is 0.1 years wider than the England average for females and 0.9 years wider than the England average for males (19.2 year gap for females nationally and 16.7 year gap for males nationally). These increasing years in poor health impact on families and workplaces, and increase pressures on health and social care services.¹⁴



Figure 4. Window of need for Warwickshire

Healthy life expectancy at birth continues to decline for **males** in Warwickshire (**62.1 years**) and is similar to the national average (63.1 years). Healthy life expectancy at birth for **females** has remained stable for the last 3 years (**64.1 years**), and is similar to the national average (63.9 years).¹⁵

There have been some improvements in areas of health and in some of the wider determinants that affect health, however there remain challenges

(Data sourced from Fingertips)⁶

Hospital admission rate for under 18s for alcohol-specific conditions has fallen



from **47.4 per 100,000**

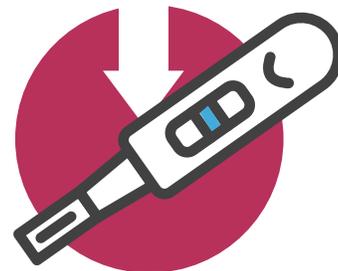
in 2017/18-2019/20

to **41.1 per 100,000**

in 2018/19-2020/21

(England 29.3)

The under 18 conception rate has fallen



from **15.3 per 1,000**

in 2019

to **13.2 per 1,000**

in 2020

(England 13.0)

Smoking during pregnancy has remained stable

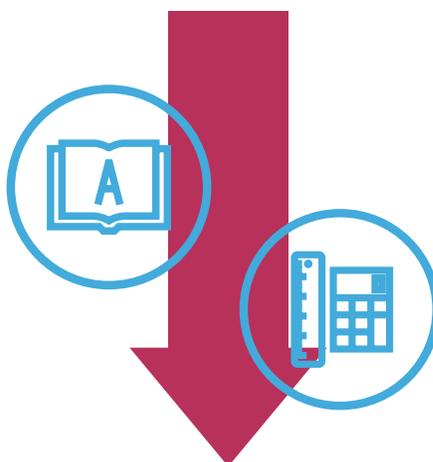


at **8.9%** in 2020/21 and

9.3% 2021/22

(England 9.1%)

The percentage of pupils achieving 9-5 in English and Maths has fallen...



from **57.4%**

in 2020/21

to **52.4%**

in 2021/22

(England 49.8%)

New STI diagnoses* have remained low...

246 per 100,000

in 2020 to

241 per 100,000

in 2021

(England 394)

Hospital admissions in 2020/21 as a result of self harm in people aged 10-24 have reduced

from **577.2 per 100,000**

in 2019/20

to **494.3 per 100,000**

in 2020/21



(England 421.9)

The estimated dementia diagnosis rate is **54.4%**

in 2021

up from

53.6%

in 2020

(England 62%)



*exc Chlamydia under 25

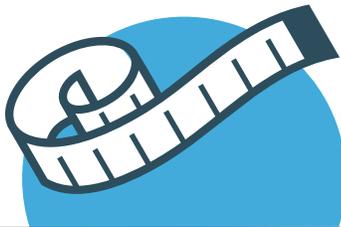
Adults classified as overweight or obese has increased

from 63.3%

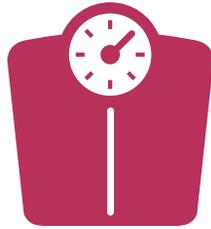
2019/20

to 65.6% in 2020/21

(England 63.5%)



Year 6 children classified as obese and severely obese has increased



from 19.8% in 2019/20

to 21.6% in 2021/22

(England 23.4%)

Reception age children classified as obese and severely obese has increased

from 8.7% in 2019/20

to 8.9% in 2021/22

(England 10.1%)

Proportion of children under 16 living in relative low-income families is

13.2% in 2020/21



(14.1% in 2019/20)

(England 18.5%)

Cancer screening uptake for breast cancer in Warwickshire fell



from 74.1% in 2020

to 58.7% in 2021

(England 64.1%)

Cancer screening uptake for bowel cancer in Warwickshire

is **62.2%**

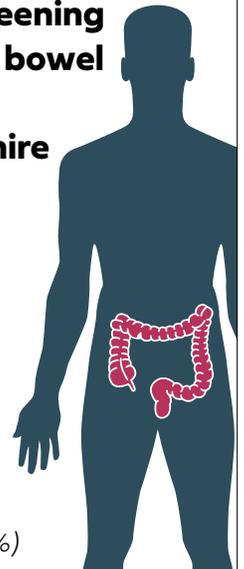
in 2021

down from

66.1% in

2020

(England 65.2%)



% of people in employment in Warwickshire is 81% in 2021/22



(78.6% in 2020/21)

(England 75.4%)

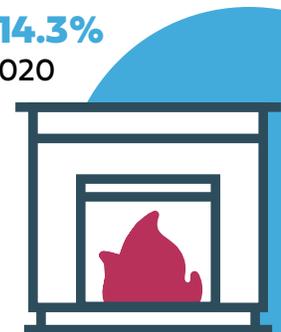
Fuel poverty in Warwickshire fell

from 14.5%

in 2019

to 14.3%

in 2020



(England 13.2%)

Warwickshire Health Profile 2022

Table 1. Shows the current health performance of the Warwickshire county and allows comparisons of performance between the districts and boroughs. The values are coloured to indicate statistical significance compared to England. This is the most recent compiled and published data as of 30/11/2022 . Due to a lag between data recording and publishing, indicators are unlikely to reflect the impact of the rising cost of living.

Key:



Indicator	Unit	England	Warwickshire	North Warwickshire	Nuneaton & Bedworth	Rugby	Stratford-on-Avon	Warwick	Period
Infant mortality (under 1 year)	per 1,000 live births	3.9	4.1	4.4	5.7	4.8	1.8	3.5	2018-20
Under 18 conception rate	per 1,000	13.0	13.2	15.4	16.5	9.4	15.3	10.3	2020
Low birth weight of term babies	%	2.9	2.0	1.7	3.7	3.1	1.3	1.0	2020
Smoking prevalence in adults (18+) - current smokers (APS, 2020 definition)	%	12.1	12.1	14.5	15.5	7	11.6	12.1	2020
Hospital admissions for alcohol-specific conditions (under 18 years)	per 100,000	29.3	41.1	No data	59	271	34.1	54.4	2018/19 - 20/21
New sexually transmitted infections (excluding chlamydia aged <25)	per 100,000	394	241	222	346	224	184	221	2021
Adults (aged 18+) classified as overweight or obese	%	63.5	65.6	69.4	69.1	68.5	64.2	62.3	2020/21
Hospital admissions for unintentional and deliberate injuries in children (aged 0-14 years)	per 10,000	75.7	90.8	65.5	78.1	97.2	98.7	102.6	2020/21
Children in relative low income families (under 16s)	%	18.5	13.2	17.0	18.0	11.3	11.0	10.2	2020/21
Suicide rate (aged 10+)	per 100,000	10.4	11.2	11.9	12.0	11.2	10.5	11.0	2019-21
Emergency hospital admissions for intentional self-harm (all ages)	per 100,000	181.2	163.5	122.4	226.1	141.8	173.8	146.1	2020/21
People aged 16-64 in employment	%	75.4	81.0	81.3	82.0	81.8	80.3	80.1	2021/22
Homelessness - households in temporary accommodation	per 1,000	4	1.6	No data	1.9	2.1	1.4	1.1	2020/21
Homelessness - households owed a duty under the Homelessness Reduction Act	per 1,000	11.3	9	4.9	16.2	6.8	9.4	5.7	2020/21

Sickness absence - % of working days lost due to sickness absence	%	1	1.4	1.6	3	0.9	1.1	0.4	2018-20
Under 75 mortality rate from causes considered preventable	per 100,000	142.2	126.3	135.4	162.8	138	105.8	101.6	2017-19
Under 75 mortality rate: cardiovascular	per 100,000	70.4	67.7	78.5	86.5	64.9	53.7	61.9	2017-19
Under 75 mortality rate: cancer	per 100,000	129.2	125.6	124.2	148.7	126.9	111.8	118.9	2017-19
Hip fractures in people aged 65 and over	DSR per 100,000	529	511	493	514	524	468	561	2020/21
Estimated dementia diagnosis rate (aged 65 and over)	%	62.0	54.4	51.8	52.5	62.7	51.5	51.8	2022
Incidence of TB	per 100,000	8	4.8	1	9.3	5.9	1.3	4.9	2018-20
Cancer screening coverage - breast cancer	%	64.1	58.7	48.1	64	64.9	63	49.8	2021
Cancer screening coverage - bowel cancer	%	65.2	62.2	62	59.3	61.6	64.7	62.6	2021
Cancer screening coverage - cervical cancer (aged 25 to 49 years old)	%	68	72	72.9	70.4	69	75.4	72.6	2021
Cancer screening coverage - cervical cancer (aged 50 to 64 years old)	%	74.7	75.7	72.4	73.2	74.4	78.2	77.9	2021
Deprivation score (IMD)	Score	21.7	15.6	17.9	23.5	14.1	11.7	12	2019
Proportion of households that are fuel poor	%	13.2	14.3	15.4	16.0	14.4	13.3	13.2	2020
Percentage of physically active adults	%	65.9	67.4	65.7	57.9	67.1	70.3	74	2020/21
Percentage of physically inactive adults	%	23.4	21.1	21.5	26.8	22.2	20.2	16	2020/21
Average attainment 8 score (state funded schools)	Mean average	48.8	50.1	41.1	45.0	52.1	56.7	50.8	2021/22
Achieving 9-5 in English and Maths (state funded schools)	%	49.8	52.4	35.9	46.3	55.2	62.2	54.5	2021/22

Note: Attainment 8 is the total score in a pupils 8 best GCSEs, taken from Maths and best English (both double weighted), 3 Ebacc subjects (Sciences/Geog/History/languages) and 3 any subject (which can include the second English or other Ebacc subjects). Reflects pupils score across all their GCSEs. Divide the value by 10 to find the average GCSE.

Note: Have given the average attainment 8 score for 2021 (most recent data, but teacher assessed grades) and 2019 (last grades from actual exams)

**Collection methods changed for 2020 data, so cannot be compared to previous years

2. The rising cost of living in Warwickshire

2.1 Factors influencing the rising cost of living and the impact of the rising cost of living on health and wellbeing.

What is the cost of living and why is it rising?

The 'cost of living' is a measure of how much it costs to live an average quality of life. To calculate the cost of living, economists look at the prices of key goods including food, energy, housing, healthcare and transport.

The cost of living has been rising since early 2021.¹⁷ This means that the amount of money needed to pay for key goods has been rising faster than household incomes.

There are a number of major world events and national decisions that are contributing to the rising cost of living in the UK including the response to and recovery from the COVID-19 pandemic and Russia's invasion of Ukraine.

This has led to the rate of inflation reaching its highest level in 30 years in the UK and:¹⁸



Household energy tariffs going up: From August 2021 to August 2022, domestic gas prices increased by 96% and domestic electricity prices by 54%.



Rising petrol and travel costs: Petrol prices have risen from a pandemic low of 104.87 p/litre for petrol and 111.70 p/litre for diesel to a current high of 167.72 p/litre for petrol and 182.30 p/litre for diesel.



Increases in the cost of goods: Food and non-alcoholic drink prices are continuing to rise, with annual inflation rate in 2022 at 16.5%.

The Office for National Statistics (ONS) Opinions and Lifestyle Survey (OPN) has seen an increase in the **number of adults in England reporting their cost of living as increasing** from 6 in 10 in November 2021 to **9 in 10 in August 2022.**¹⁹



How will people experience the rising cost of living?

Everyone will be impacted in some way by the rising cost of living, but by how much will depend on personal circumstances including age, employment status, household income, and number of dependants.

In the UK in 2019/20, the number of people in

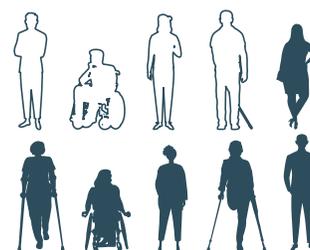
deep poverty (below 40% of median income after housing costs) was 6.5 million.²⁰ As the cost of living continues to rise there is concern from national charities and think tanks that this number will grow, with those on low and middle incomes being some of the hardest hit.²¹

Nationally:

1 in 3 disabled people who have seen rising living costs have spent less on visiting family and **1 in 5** feel lonely.²²



42% of disabled people are more likely to have reduced their spending on food and essential items, compared with **31%** of people who aren't disabled.²³



58% of people living in the most deprived areas are likely to have reduced spending on food and essentials compared with **33%** of those living in the least deprived areas. **24%** of people living in the most deprived areas are likely to make energy improvements to their homes, compared to **35%** of people living in the least deprived areas.²⁴



1 in 10 people reported using credit more due to the rising cost of living, this rose to almost **1 in 5** amongst those living in the most deprived areas.²⁵



People have started to make changes to their lifestyles as a result of the rising cost of living. Of those who responded to the Opinions and Lifestyle Survey (November 2022), people reported their changes as:²⁶

68%
Spending less on non-essentials



63%
Using less gas and electricity in the home



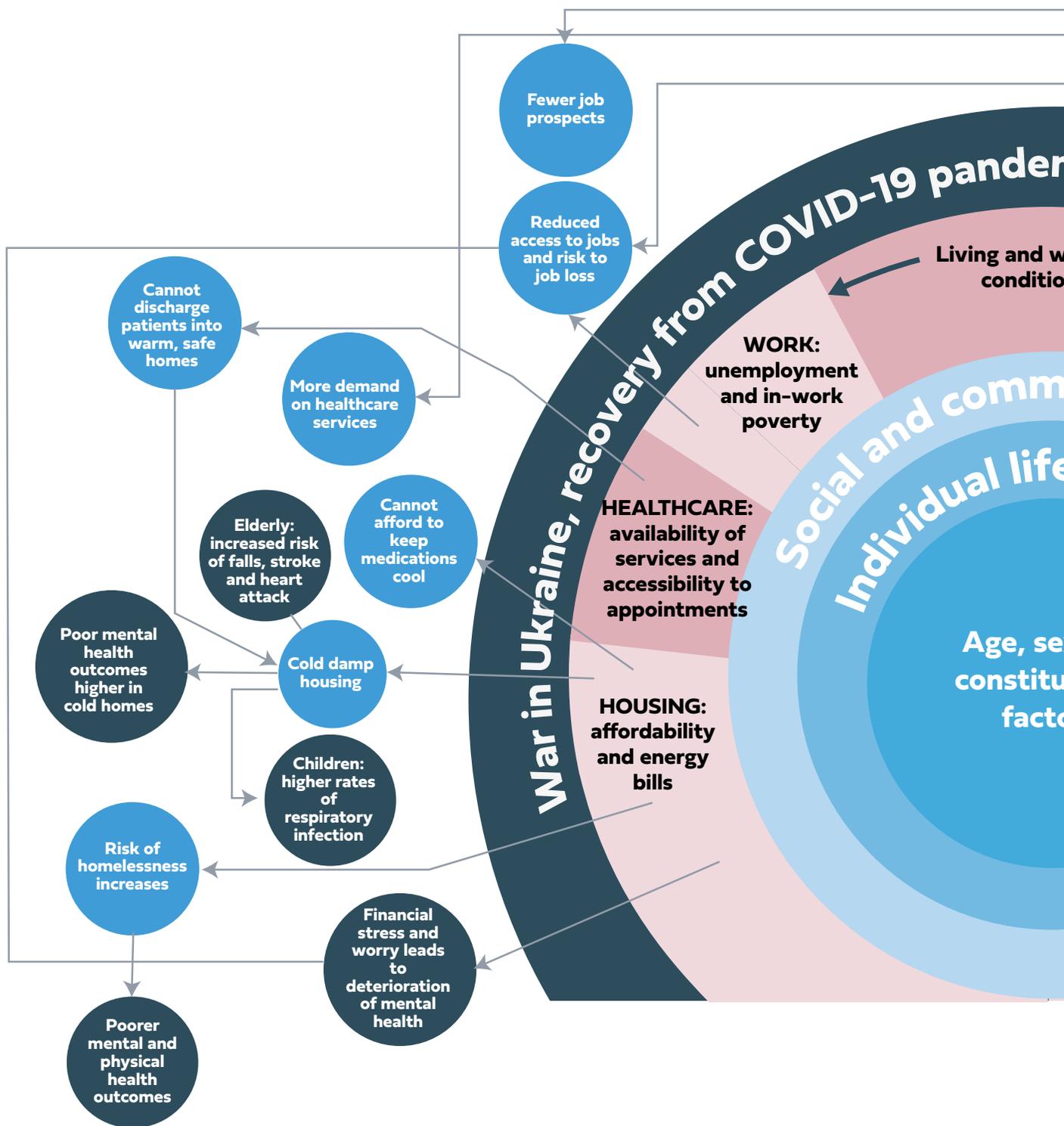
41%
Reducing non-essential journeys in vehicles



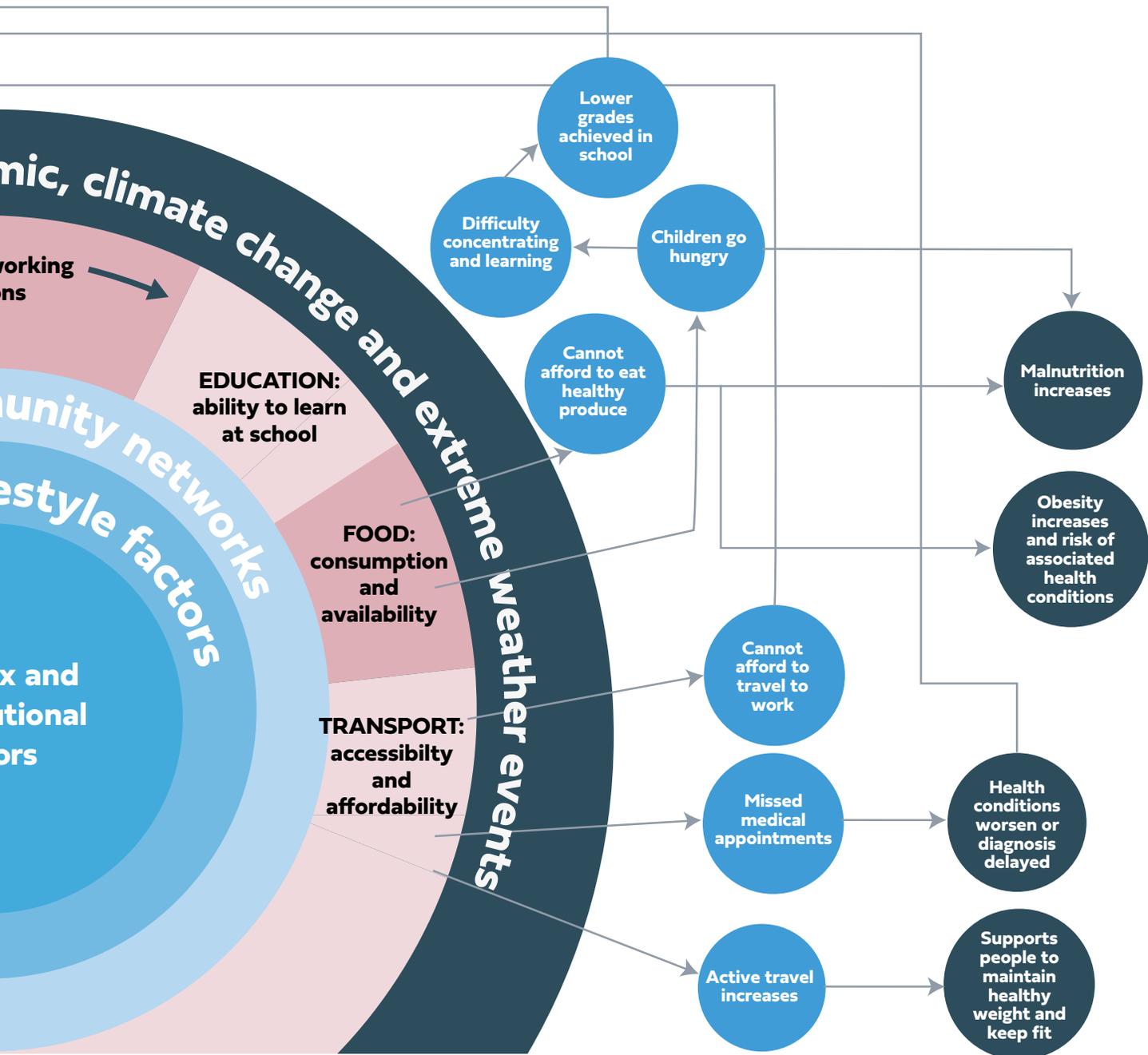
The increased cost of living has led to a reduction in the accessibility of affordable credit as more loan applications are being declined by credit unions. Consequently, this increases the risk of people turning to illegal lenders such as loan sharks. Between 2010 and 2022 the number of people in England estimated to be in debt to an illegal money lender has risen three-fold to 1.08 million people.²⁶

What will this mean for people's health?

Figure 5. Wider determinants of health and the cost of living²⁷

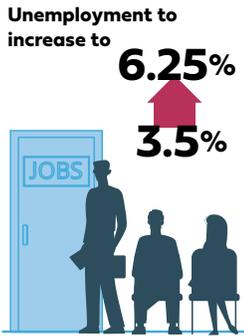


Adapted from Dahlgren and Whitehead model



A healthy and productive workforce supports economic growth and stability and good work can support positive health and wellbeing outcomes.^{29, 30}

Employment levels in England are amongst the highest since 1971, but some sectors, including health and care, are experiencing challenges with the recruitment and retention of staff.³¹



Cost of living pressures are having a negative impact on the economy and may potentially lead to job losses, with unemployment forecast to increase by 2025.³¹

Despite potential job losses, vacancies currently remain quite high and many businesses continue to struggle to recruit. A key reason for this has been the rise in people becoming economically inactive. There are a number of reasons for this, but a significant proportion are those who have a long-term health condition that makes it hard for them to work, or who have carer responsibilities. Those who are economically inactive do not benefit from Universal Credit as they are not actively looking for work, which could impact on their income levels.

Within the **health sector** the rising cost of living is reported to be linked to a **61%** rise in staff sicknesses. Some staff reported difficulties affording travel into work.²⁸

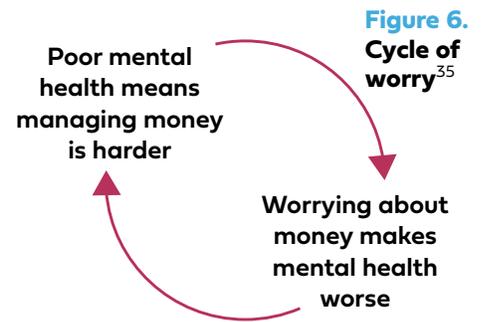
A report by national NHS Providers found **2 in 3** trusts reported significant or severe impacts from staff leaving for other sectors, which may impact on the quality of services being delivered.²⁸

What will this mean for people’s health?



Mental health

- Poor mental health is a leading cause of disability linked with worsened social and physical health outcomes.³³
- There is a correlation between poor mental health and low income and job insecurity.³⁴



Physical health

- Lower incomes are often associated with poorer quality diets, which have been linked to higher risks of developing more serious health conditions including cardiovascular disease, diabetes, types of cancers, and other conditions linked to obesity.³⁶
- Macmillan Cancer Support recently warned that approximately one in four patients with cancer in the UK—accounting for almost three quarters of a million people—are already struggling with the current cost of living.³⁷



Children's health

- There is strong evidence of an association between poor socioeconomic conditions and health and wellbeing indicators.³⁸
- Reducing welfare benefits during a recession has been associated with a significant increase in the risks of asthma.³⁹
- A 1% increase in child poverty rates has been associated with an additional five children entering care per 100,000 children in the same year.⁴⁰
- Economic shocks are associated with low birth weight of babies.⁴¹

What is the picture in Warwickshire?

To help predict the impact of economic challenges on local communities and target support, Experian has created a financial resilience model. Financial resilience is a modelled score incorporating multiple Experian socioeconomic and wider UK economic variables to present a score of resilience against financial stress. After scoring, households are split into ten bands and this is presented as decile bands. (1 = Least Resilient; 10 = Most Resilient).⁴²

Figure 7. Financial Resilience Warwickshire Households Sept 2022 in Deciles 1-3 (30% least resilient households) and 4-10 (70% most resilient households)

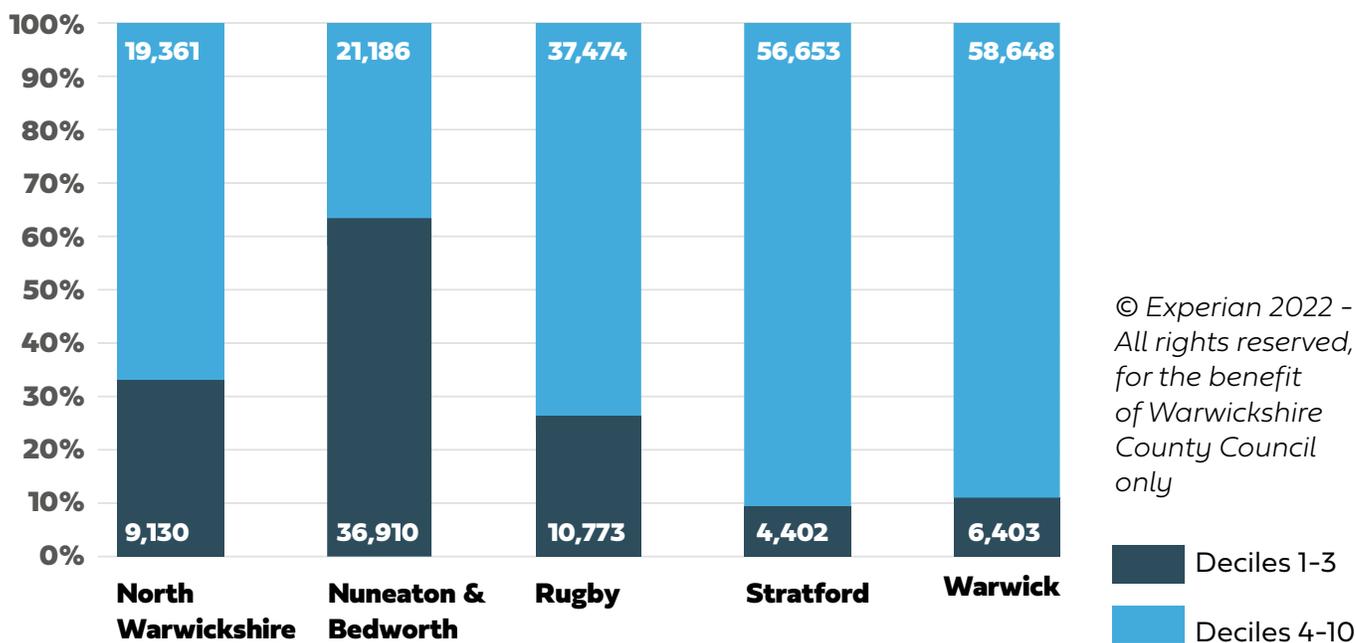


Figure 7 highlights that there is variation in the financial resilience of households across Warwickshire's districts and boroughs. Nuneaton and Bedworth has the greatest proportion of households categorised as the least resilient (64.0% of households sit within deciles 1-3, compared to 32.0% of households in North Warwickshire, 22.3% in Rugby, 7.2% in Stratford-on-Avon and 11.0% in Warwick). This means that more households within this borough are likely to be vulnerable to the rising cost of living, when compared to the rest of the county.

Centre for Progressive Policy Cost of Living Vulnerability Index

This index has been developed by the Centre for Progressive Policy (CPP) to highlight lower tier local authorities with greater vulnerability to the rising cost of living. It uses a total of 6 indicators, which determine 1) a place's relative risk of more people being pulled into poverty (**work-based vulnerability rank**) and 2) the relative risk of those who were already hard up being pushed into destitution (**poverty-based vulnerability rank**).

Fuel Poverty	Poverty-Based Vulnerability rank
Food Insecurity	
Child Poverty	
Claimant Count	Work-Based Vulnerability rank
Economic Inactivity	
Low Pay	

Fuel poverty = the percentage of households within a local authority that are in fuel poverty (Low income low energy efficiency measure)
Food insecurity = the percentage of adults within a local authority experiencing food insecurity
Child Poverty = the percentage of children living in households with below 60% median income before housing costs

Claimant Count = The percentage of the population aged 18 to state pension age claiming Universal Credit
Economic Inactivity = The percentage of the population aged 16-64 not in employment and not actively seeking employment
Low Pay = The percentage of jobs that pay two thirds or below the UK median gross hourly pay by local authority

Figure 8. Cost of living index for Warwickshire (September 2022)⁴⁵





North Warwickshire

scored **second lowest on the poverty-based vulnerability** ranking (meaning that it is more vulnerable in this area), largely due to the percentage of people in fuel poverty.



Nuneaton and Bedworth

was ranked the **lowest of the districts and boroughs** in Warwickshire for overall vulnerability. It was lower on the poverty-based vulnerability rank than work-based vulnerability rank, meaning that there is a higher relative risk of those who are already struggling being pushed into destitution.



Rugby

had the **middle score of the five districts and boroughs** for both the poverty and work-based vulnerability ranks. It had the lowest percentage of people in low paid jobs compared to the other districts and boroughs but also has the second highest claimant count.



Stratford-on-Avon

was ranked **second highest of the districts and boroughs** overall, with the lowest claimant count.



Warwick

was ranked **highest of the districts and boroughs** in Warwickshire overall, scoring particularly well on Work-Based vulnerability.

Some employment sectors are more likely to be impacted by rising energy costs than others. Nuneaton and Bedworth Borough ranks in the top half of places in the country for both vulnerability and the energy intensity of employment.⁴⁴ This means that businesses are at greater risk of experiencing cost pressures which could result in business closures in the area, further compounding local disadvantage.

People within Warwickshire are likely to experience challenges related to the rising cost of living depending on their circumstances. These examples below highlight particularly vulnerable groups across the life-course, how they might experience the rising cost of living and an example of what national support they should be entitled to.⁴⁵



Example 1:

Single mother of two school aged children, living in North Warwickshire Borough, earning National Living Wage for 3 days a week (£9.50 per hour).

- She has no access to a car and struggles to afford public transport
- Her children have Free School Meals
- She is eligible to receive £2,500 this year in additional support



Example 2:

Working-age man who does not work, with disability, living alone in Rugby Borough.

- Struggling with electricity bill due to needing electricity due to his disability
- He is eligible to receive £1,350 this year in additional support



Example 3:

Elderly couple aged 65+ living in Stratford District in a large detached house and are struggling to afford to heat their home.

- They suffer from loneliness and social isolation, as they can no longer afford to travel and take part in social activities
- They are eligible to receive £1,500 this year in additional support

2.2 Housing, bills and the rising cost of living on health

Poor housing conditions can impact negatively on people’s health and wellbeing and can be costly to the NHS. With fuel poverty and housing unaffordability set to increase with the rising cost of living, there is a risk to people’s health.

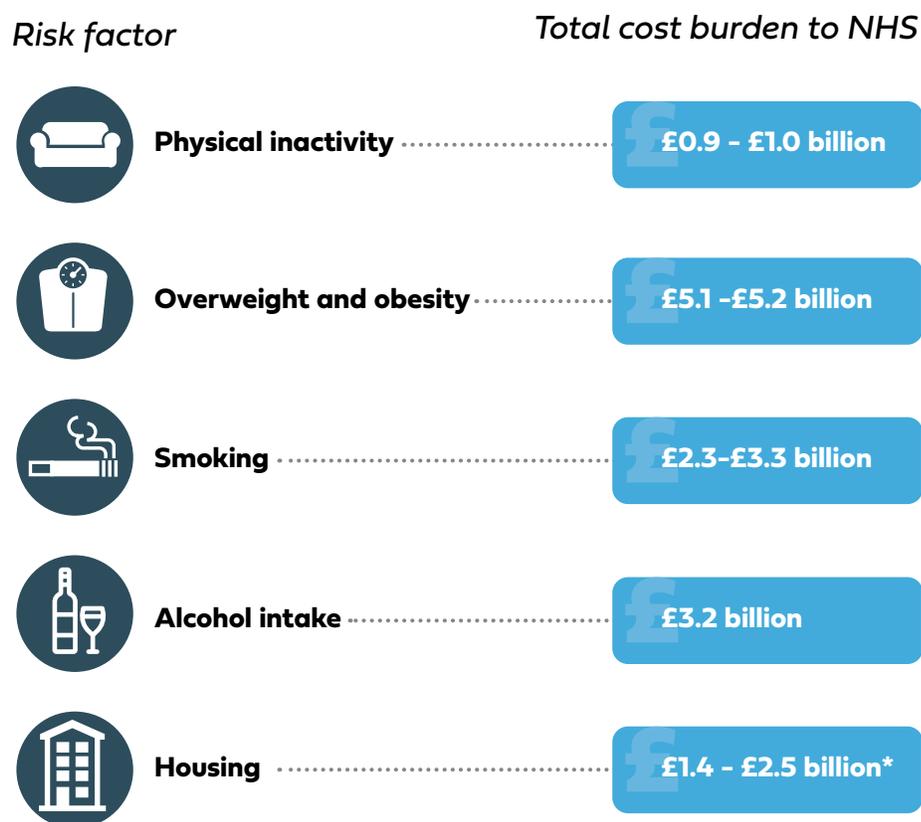
It is estimated that the total cost to society of poor housing in England is some **£18.5 billion** per annum.⁴⁶



Housing, COVID-19, and inequalities

During the pandemic conditions such as overcrowding contributed to an increased virus transmission amongst already disadvantaged groups.⁴⁷

Figure 9. Comparison with other common health hazards⁴⁸



£1.4bn = poor housing, England. £2.5bn = all homes with significant Housing Health and Safety Rating System (HHSRS) hazards, UK

Who is likely to be impacted?

Everyone across Warwickshire is being impacted by the rising cost of energy bills and household goods and services in some way. For high income earners, an increase in household energy bills or rise in rent may lead to a reduction in disposable income.⁴⁹ For middle - and low -income earners the same increase can push people into debt and rent arrears which, if not managed, can lead to eviction or repossession of a home.

Low-income individuals struggling to keep-up with rising cost of bills face an increased risk of homelessness. Within a year, the UK has seen a **21%** rise in the number of working households seeking homelessness support.⁵⁰ Homelessness can result in negative consequences for both the physical and mental wellbeing of individuals as well as exasperate pre-existing health conditions.

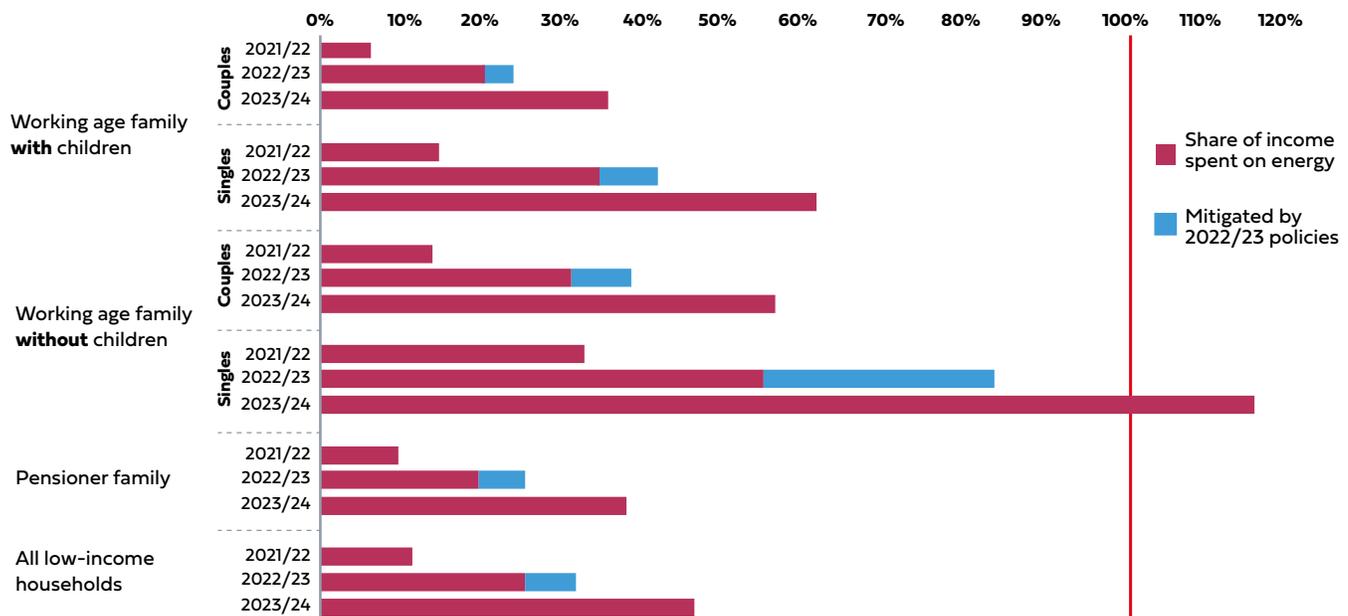
Those on the lowest incomes are likely to be impacted most by the rising cost of living and analysis completed by the Joseph Rowntree Foundation found that this differs depending on age and circumstance, for example:⁵¹



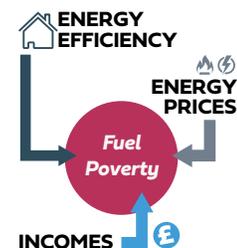
Average low-income family to pay **four and a half times more** for energy in 2023/24 compared to 2021/22;

The likely impact of these increases in bills will be a rise in the numbers of people reported to be in fuel poverty.

Figure 10. Energy bills as a proportion of income after housing costs for low income households (poorest 20% in UK)⁵²



Fuel poverty is defined as: households having below 60% of median income left each month after paying gas and electricity bills; and living in a home with a energy performance certificate (EPC) rating below C. This definition excludes those people living in homes with an EPC certificate of A-C who may be unable to afford to heat their homes adequately.⁵³



It is not just households defined as fuel poor who may experience challenges with keeping their homes warm. For many, the rising cost of living will lead to decisions about how to spend income, including whether to heat their homes or spend money on food or other household essentials.

Figure 11. Cumulative number of people who have been unable to top up their prepayment meters each month⁵⁴

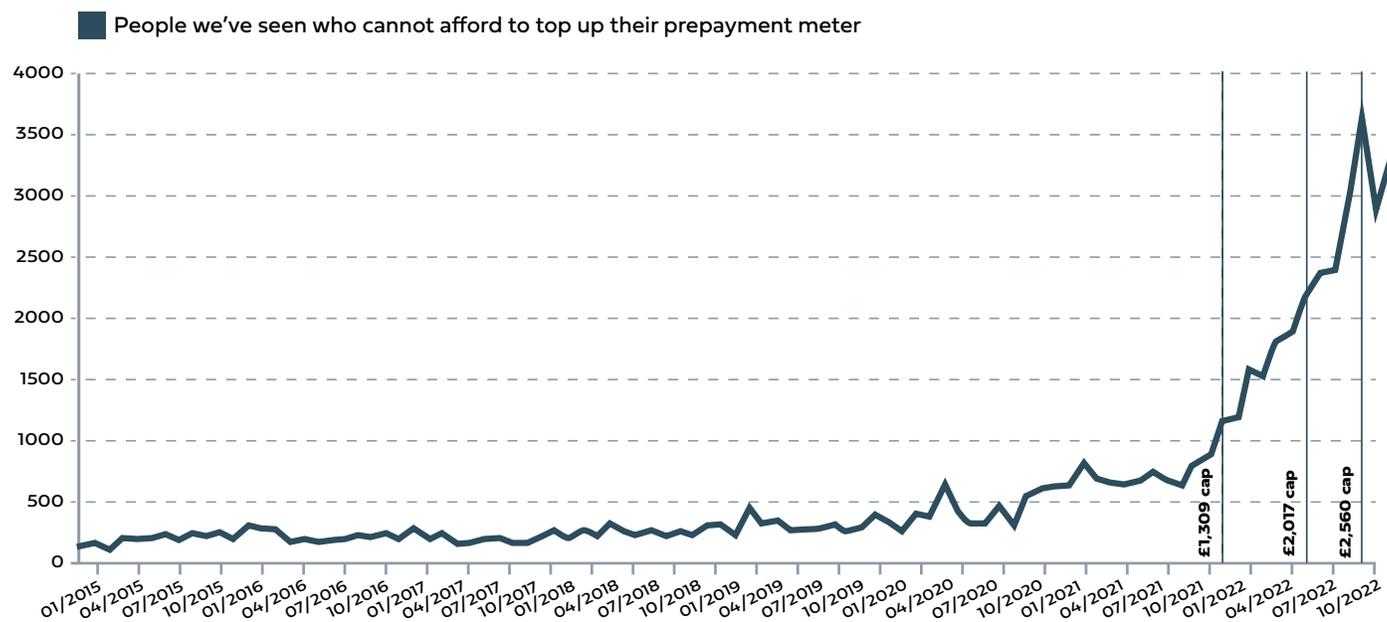
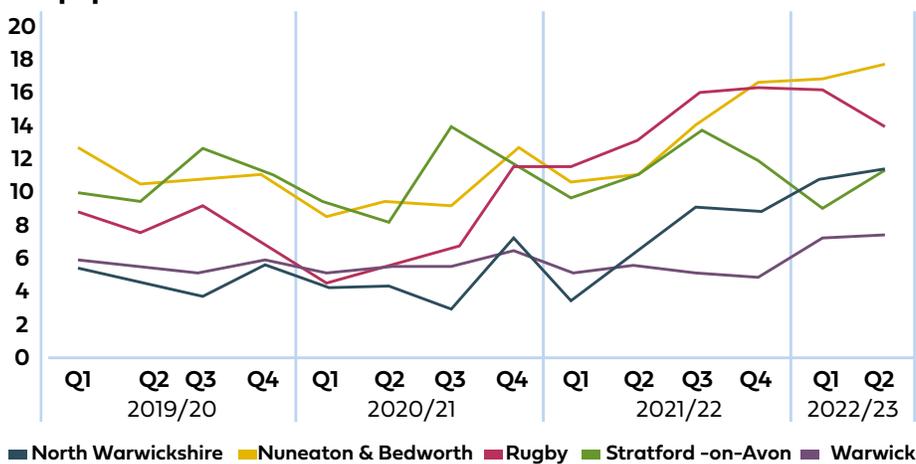


Figure 11 highlights the number of people across England and Wales who have sought help and advice from Citizen’s Advice due to being unable to afford to top up their prepayment meter each month. Between October 2021-2022, this number saw a **four-fold increase** (from **827** people to **2882** people) and suggests people may be living without power, which can have adverse consequences for health and wellbeing.

Figure 12: Number of people helped with crisis support per 10,000 of the population in Warwickshire⁵⁴



Across England and Wales, Citizen’s Advice have helped more people with crisis support in 2022 than any other year on record.

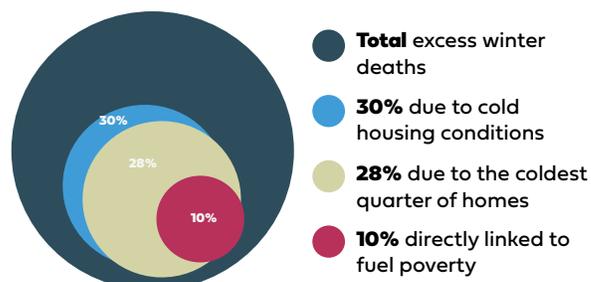
Figure 12 shows the proportion of people in each district and borough who have been referred by Citizen’s Advice for crisis support.

Within Warwickshire, the number of people seeking crisis support from Citizen’s Advice has also increased over the last year.

What will the impact on health and wellbeing be if people cannot afford to heat their homes?

Marmot (2011) found that there is a relationship between Excess Winter Deaths (EWDs), low thermal efficiency of housing and low indoor temperature.⁵⁵

Figure 13. The proportion of excess winter deaths in UK caused by fuel poverty and cold homes⁵⁶



Physical health



- Studies show that heating and insulation interventions led to significant improvements in self-reported respiratory outcomes and general wellbeing in children.⁵⁷
- There is a strong association between housing warmth and school attendance.⁵⁷
- Children growing up in cold, damp, and mouldy homes with inadequate ventilation have higher than average rates of respiratory infections and asthma, chronic ill health, and disability.⁵⁸
- For older people, living in cold temperatures increases the risk of strokes and heart attacks. Respiratory diseases, including flu, are more common, as are falls, injuries, and hypothermia.⁵⁹
- Social deprivation and poor housing quality, in particular, are strongly associated with asthma morbidity, linked to cold temperatures and exposure to mould and dust triggers.⁶⁰
- Cold housing negatively affects dexterity and increases the risk of accidents and injuries in the home.⁶¹

Mental health and wellbeing



- As housing unaffordability increased the odds of reporting poorer self-rated health increased.⁶²
- Children are expected to experience anxiety, slower physical growth and cognitive development.⁵⁸
- Cold homes are also associated with mental health problems in adolescents and adults.⁶³
- More than 1 in 4 adolescents living in cold housing are at risk of multiple mental health problems compared to 1 in 20 adolescents who have lived in warm housing.⁵⁵

Fuel poverty negatively affects dietary opportunities and choices. In particular, households facing fuel poverty can be priced out of having sufficient and healthy foods and may experience challenges with resources available to prepare and cook nutritious meals.⁶⁴

What is being done nationally?

In May 2022, the government advised that they are providing £37 billion of support, targeted at those who are most in need. The package will see millions of the most vulnerable households receive at least £1,200 of support in total in 2022/23 to help with the cost of living, with all domestic electricity customers receiving at least £400 to help with their bills.⁶⁵

This will be through the:

- Energy bill support scheme
- Winter fuel payments and pensioner cost of living payment
- Cold weather payment
- Disability cost of living payment
- Household support fund
- The warm homes discount

Housing in the Levelling

Up Plan: By 2030, renters will have a secure path to ownership with the number of first-time buyers increasing in all areas.

The government's ambition is for the number of non-decent rented homes to have fallen by 50%, with the biggest improvements in the lowest performing areas.⁶⁶

What are we doing in Warwickshire?

Strong, established partnerships exist across all sectors in the county, and there is a collaborative approach to providing information and support to people experiencing difficulties. There is a maturity to the strategic partnership approach across the county, resulting in long-term plans to address inequality and increase opportunities.

This is reflected in the '**Team Warwickshire**' collaborative approach to Levelling Up, the '**Cost of Living**' support hub, and our '**Community Powered Warwickshire**' model that harnesses the enthusiasm, resources and capabilities being offered by communities themselves.

Many practical offers have been established over the last year, and a handful of examples are outlined here.

The **Warwickshire Local Welfare Scheme** has responsibility for distributing the **Household Support Fund (HSF)** locally. The HSF aims to support families and individuals most in need through both proactive targeted support and by application. This includes an extended welfare offer, countywide utility voucher campaigns, cost of living support for families/carers of children eligible for benefits related free school meals, and welfare grants for community-led groups and initiatives, including schemes led by district and borough councils, to support the most vulnerable in our community and respond to a specific immediate need. Further information can be found at www.warwickshire.gov.uk/localwelfarescheme.

Act on Energy/Warm and Well are commissioned by Warwickshire County Council (WCC) and provide the countywide Warm & Well in Warwickshire service, with the aim of reducing fuel poverty for residents and protecting those who are most vulnerable to the health effects of living in cold homes. The service has two overarching functions:

1. Provision of information, advice, and guidance with the aim of supporting vulnerable individuals and families to keep their homes warm in an affordable manner. In addition to this, assist residents with income maximisation advice to ensure they are receiving all the benefits they are entitled to.
2. Co-ordination and management of the provision of physical interventions, such as boiler/heating system repairs and replacements and loft and cavity wall insulation.

Warwickshire Housing Board is a partnership across local authorities, public health and NHS. Promotional material on the impact of poor housing conditions such as damp and condensation on health, as well as information on where to find further advice and information has been sent to housing teams in Warwickshire to support them when speaking with tenants.



Act On Energy - Case Study A:

A client who had three cases with Act on Energy. These being Pre-Payment Meter, General Advice, and Income Maximisation.

This woman lives in a family unit of four in her privately rented home. Unfortunately, she was made redundant in October 2020 due to the economic effects of Covid and now works part time. She needed help with debt relief, which was clearly causing her a lot of worry, due to high rent, being a single mother of three children and being in receipt of Universal Credit: and all this with holding down a part time job.

She was doing all she could to reduce a substantial debt which was evidenced by our adviser. She received the help she needed in the form of a sum from Act on Energy of £850.03 in July 2021. Additionally, she was referred to the Warwickshire Welfare Rights Advice Service who helped further with financial issues.

The payment of the woman's debt will ease her mind and allow her to move forward with more confidence with her children and her life.

Act On Energy - Case Study B:

Our client has stage four cancer and is having palliative care. She is a single mum of three children and lives in a semi-detached former council house.

Despite her optimistic and pragmatic viewpoint, it is clear that she needs as much help as she can have at this challenging time. She had to finish work due to her illness and her benefits have not come through, so life is very challenging.

The Act on Energy adviser went through several measures such as "The Big Difference" with Severn Trent and the Warm Home Discount through her supplier, also the Priority Services Register with Western Power Distribution so she will receive notice of power disruption. A referral was also made to the Warwickshire Welfare Rights Advice Service. In addition, an application to the Fuel Bank Foundation (FBF) was made and she is currently on the waiting list for help from the Household Support Fund.

The adviser said that she would call her when the energy efficiency grants become live to see how Act on Energy can help her make her home warmer and more efficient.

Warwickshire Family Information Service (FIS) provide information, advice and one-to-one support for families with children and young people aged 0 to 25 across Warwickshire on issues including:

- family relationships
- financial advice
- housing
- parenting support
- special educational needs and disabilities (SEND)
- childcare
- health and wellbeing.

Warwickshire's **Family Information Service (FIS)** has seen increases in the numbers of people referred to the service and the level of complexity of cases. In 2022, compared to other years FIS reported:

- 
- Increase** in complex cases
 - Increase** in self-referring
 - Increase** in housing related queries post pandemic
 - Increase** in queries related to debt and finance post pandemic
 - Increase** in new people accessing the service for advice post pandemic

Despite these increases, FIS report that areas experiencing the greatest need are not always accessing the service.

Warwickshire Rural Community Council offer a community oil buying syndicate to save money on the purchase of heating oil. Members can place monthly orders via the website with a minimum order amount of 500 litres.

Warm Hubs - Warm Welcome locations have been established in various facilities across the county for those who are struggling with energy costs or who are feeling vulnerable or isolated. Residents are invited to attend on their own or with their family or friends, to have a safe and warm place to spend some time.



The locations, including libraries, museums and other community venues across Warwickshire will be putting on additional events and extended opening hours to support people.

Further information can be found at www.costoflivingwarwickshire.co.uk/home/warm-welcome-locations.

Preventing Homelessness Improving Lives (PHIL) helps Warwickshire residents who need advice about their housing situation. PHIL offers help and support to prevent homelessness at an earlier stage and at least two to three months before crisis point. Contact: **01788 533644** or 01788 533643 Monday to Friday or email phil@rugby.gov.uk

Cost of living online hub - WCC has worked to develop an online hub, launched November 2022, to focus on the "core support" provided by the six Warwickshire councils, other public sector agencies, and key voluntary, community, and social enterprise sector (VCSE) organisations such as Citizens Advice. www.costoflivingwarwickshire.co.uk



Recommendations: What more can be done in Warwickshire?

Housing

R.2 I recommend that housing, planning and health leads work together to prevent ill health caused by poor housing and living conditions. This should include a commitment to preventing new homes from being built with an Energy Performance Certificate (EPC) rating of less than C and working with private and public landlords to ensure existing homes have an EPC of C or above; and are mould free.

2.3 Food access, availability and the rising cost of living on health

“Food is basic, but so is security. Both are vital to good health. If 1 household in 7 is food insecure, society is failing in a fundamental way. These figures on food insecurity are all the more chilling because the problem is solvable, but far from being solved it is getting worse.”

Sir Michael Marmot, 2022⁶⁷

Background

Food and non-alcoholic drink prices increased by **16.5%** in the year to November 2022. This was the highest rate of increase since April 2009.^{68,69} As well as the increased cost of food itself, households have less available to spend on food due to increased expenditure on bills as a result of higher energy costs.

The Food Foundation estimates that this has led to:



Mounting food insecurity resulting in increasing numbers of households having uncertain or limited access to nutritionally adequate foods.⁶⁷



*In just three months from January to April 2022, there was a **57%** increase in the proportion of households restricting their food intake or missing meals altogether.⁶⁷*

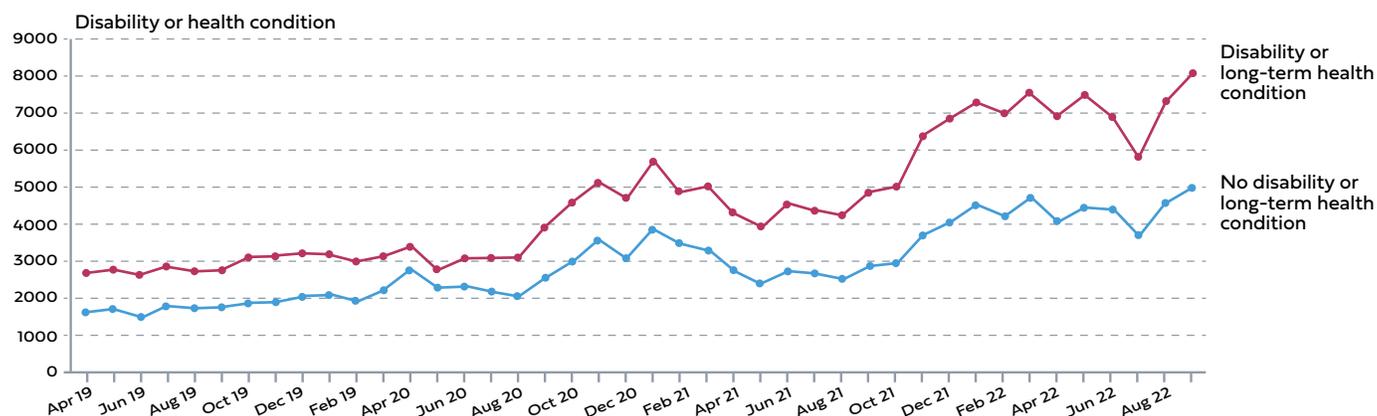


***12.8%** of households have reduced the size of their meals or skipped meals as they couldn't afford or get access to food, and **2.4 million adults** have not eaten for a whole day.⁶⁷*

Who is likely to be impacted?

Food bank use has increased nationally. Certain disadvantaged groups are more likely to use a food bank and people with disabilities or long-term health conditions are more likely to use a food bank than those without.

Figure 14. The number of people being referred by Citizen’s Advice to food banks by demographic group (England and Wales)⁵⁴



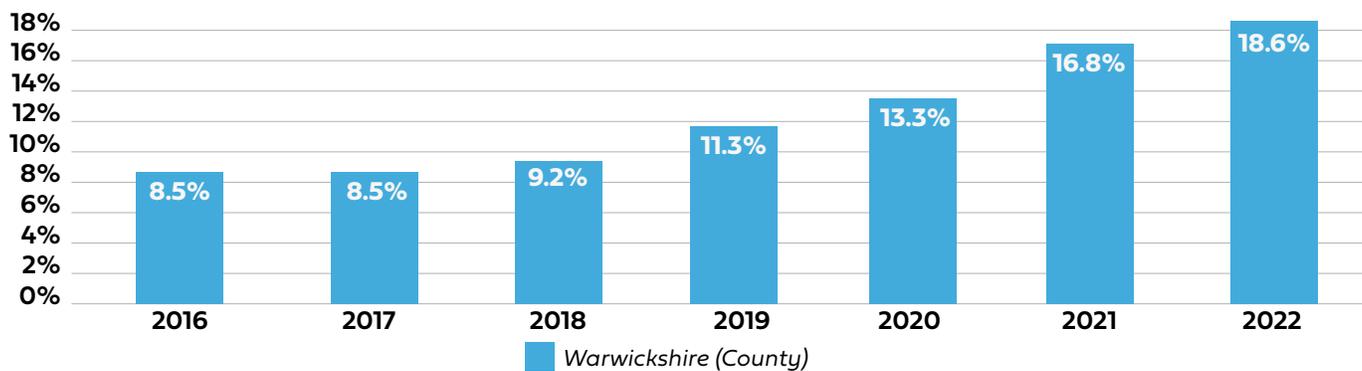
There has been a large increase in the number of households with children that are facing food insecurity, increasing from 12.1% in January to 17.2% in April.⁶⁷

There has also been a rise of children claiming for free school meals in Warwickshire (Figure 14).



Data from the Joseph Rowntree Foundation shows **1 in 3 children**, nationally, are in poverty, with families of 3 or more children and single parent families being worst affected.⁷²

Figure 15. Proportion of children claiming free school meals in Warwickshire⁷³



The poorest fifth of UK households would need to spend 47% of their disposable income on food to meet the cost of the Government recommended healthy diet. This compares to just 11% for the richest fifth.⁷⁴

Table 2. Estimated proportion of adults experiencing hunger, struggle or worry in Warwickshire (Jan 21)⁷⁵

Questions	NBBC	RBC	SDC	WDC	NWBC
% Adults experiencing hunger as they did not have enough food to eat	8.2	7.0	2.9	3.1	3.2
% Adults struggled to have food	15.4	11.2	10.7	8.3	10.2
% Adults worried about having enough food to eat	11.3	10.2	8.3	8.6	8.5

What will the impact of food availability and access be on people's health and wellbeing?

Physical health



- A survey commissioned by the Royal College of Physicians (RCP) revealed 55% of British people feel their health has been negatively affected by the rising cost of living. Among these, 78% believed this to be a result of the rising cost of food.⁷⁶
- Food insecurity and hunger, particularly in children, have been associated with an increased risk of chronic conditions such as asthma, as well as nutrient deficiencies, such as an iron deficiency. This has been known to impair learning and productivity at school.⁷⁷
- Food insecurity has been associated with increased consumption of high-fat dairy products, salty snacks, and sugary drinks, as well as fewer vegetables. This can escalate the risk of diet-sensitive diseases such as obesity.⁷⁸
- Children in the most deprived tenth of the population are on average over 1cm shorter than children in the least deprived tenth by year 6 (age 10 – 11).⁷⁷
- If current trends continue then, amongst children born this year, 1 in 4 will suffer overweight or obesity by the time they start school, rising to 3 in 4 by age 65 years.⁷⁹
- Lack of food has been directly linked to several different health conditions. Poor diet and obesity have been consistently shown to increase with increased poverty rates and food insecurity. Currently, more healthy foods are nearly three times as expensive as less healthy foods.⁸⁰

Quotes taken from interviews with food bank users across Warwickshire

"She has to choose between using electric and food for herself."

"With gas and electric prices rising, I don't feel as though I can financially feed [my child]."

"Without food banks people in my situation would starve and... there have been days that I have gone without food just to ensure my child was well fed."

"She does not know what is happening with all the price rises and she can see a time when she has to choose food over fuel."

Food bank video:



Mental health and wellbeing



- Constantly worrying about having enough money to pay bills or buy food can lead to stress, anxiety, and depression. This can put a strain on people's bodies, resulting in high blood pressure and weakened immune systems.⁸¹
- With the current difficulties of rising food prices and worsening food insecurity due to the cost of living, mental health services have been struggling to meet demand over the past year.
- Research during the pandemic showed that food insecurity was linked to a 257% higher risk of anxiety and a 253% increased risk of depression.⁸²

What is being done nationally?

The Healthy Start scheme offers funds worth £4.25 per week to pregnant women and children (0-4 years) who are in low-income families, as well as to all pregnant women under the age of 18. Funds can be used to purchase fruit, vegetables, milk and infant formula. However, uptake of the scheme has been historically low with an estimate of £63.5 million going unclaimed in 2021.⁸³

Holiday activities and food (HAF) programme provides grant funding to local authorities to co-ordinate free holiday provisions for children who are eligible for and receive benefits related school meals. Eligible children will also continue to be enrolled in initiatives such as free school meals and breakfast clubs.⁸⁴

*In Warwickshire, during the school summer holiday 2022, HAF codes were sent out to **17,044** young people in receipt of benefits tested free school meals. HAF activities were delivered in **92 sites** across Warwickshire and were attended by **3,172** young people.⁸⁴*

What are we doing in Warwickshire?

Once again, the Warwickshire partnership landscape offers a plethora of examples of 'immediately practical' as well as longer-term strategic approaches to access to food, which is just one strand of a much wider and more ambitious approach to healthy and affordable food provision. Food provision is a particularly rich ground for community-powered solutions, with community groups leading the way in many places in relieving hunger. Many new support offers grew out of community action established during the pandemic and funded by grants made available by Warwickshire County Council and its partners.

Warwickshire Food Forum was established in 2020, bringing together agencies from across the public, private and voluntary and community sectors who all have experience and knowledge, and with several providing direct support to people in food insecurity. Food Forum members collectively identified three priority areas:

- Help residents access affordable, local, and healthy food, especially the most vulnerable and those in crisis.
- Provide and enable education and signposting, to support communities in making healthy and nutritious food choices.
- Work with and influence local supply chains to encourage locally sourced, sustainable food choices, reducing food miles and the need to travel to access nutritious food.

Warwickshire food support information

has been collated on the Cost of Living Warwickshire webpages (www.costoflivingwarwickshire.co.uk/food-support/food-support-1). Here there is advice and guidance on national and countywide support, including on foodbanks and community pantries.

Community food pantries have been piloted across Warwickshire in the areas of Camp Hill in Nuneaton, New Arley in North Warwickshire and Lillington in Leamington Spa. The services provided by community pantries include support with affordability and access to food for those experiencing financial difficulties.

- In addition to food, the Community Pantries offer a safe space for those at a point of crisis to engage with Citizens Advice support workers.
- Access to use a Community Pantry can be made by a self-referral from an individual in need, or a referral made through doctors and medical clinics, social services, advice services, welfare teams in schools, or other referral agencies.
- Use of a Community Pantry is available for a small membership fee of £5 per visit, and members will have the opportunity to select from a choice of food each week for 6 months, whilst being encouraged to engage with the support provided by the wrap around services available.

More information on community pantries can be found at

www.thecommunitypantry.org.uk.

Over a three month period, Lillington community pantry helped 28 clients, resulting in:⁸⁵



Debt addressed: £8,281
Debt written off: £6,920



Income maximisation (benefit) gains: £37,065



Top issues: Benefits, Charity (goods), Health, Housing

Recommendations: What more can be done in Warwickshire?

R.3 I recommend that to support children to have the best start in life, Health and Wellbeing Board explores the feasibility of free school meals for all primary school children in Warwickshire as **Food** shows that children are able to learn better in school if they have a full stomach.

Food

2.4 Transport, travel and the rising cost of living on health

Background

Throughout 2022, road fuel prices rose to unprecedented levels, with the latest figures at the time of writing showing 167.72 pence for petrol and 182.30 pence for diesel (12/09/2022).⁸⁶ These increases, combined with rising costs in food, electricity and gas, mean that people have less income to spend on transport, whether private or public.

Car use

This rise in fuel prices has drastically increased the cost of running a car, impacting people from all demographics in society.

- When asked, **72%** of survey respondents (in June 2022) reported decreasing their car trips.⁸⁷



- **80%** of **18-34 year olds** say that they would now choose to walk instead of using their cars.⁸⁸



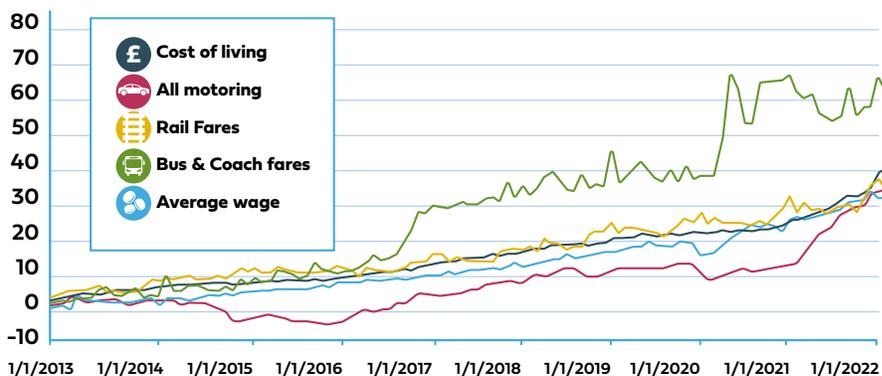
- **46%** of **18-34 year old drivers** report having to ask friends and family for fuel money compared to **21%** of **35-54 year olds**.⁸⁸

Public transport

Public Transport plays a key role, particularly for vulnerable groups, in providing access to a range of services and opportunities, including health care, employment, shops and recreational activities. When combined with walking and cycling use of public transport can also bring health, wellbeing and environmental benefits.

Over the last decade costs have risen across all forms of transport, but the highest increase has been to the cost of bus and coach fares, which have risen over 60%.⁸⁹ The cost of bus fares has been reported as a barrier to use by some groups.⁹⁰

Figure 16. Change in cost of travel over time in the UK⁹¹



Certain groups are impacted by this more than others. Nationally, those living in the most deprived areas are 3 times more likely to rely on public transport for essential travel and less likely to be able to work from home, compared to those in the least deprived areas.⁹²

In 2017/18, 33% of the lowest income households nationally did

not have access to a car (thereby making them more reliant on public transport), compared to just 5% of the highest income households.⁹³

Women may also be disproportionately affected. In 2018, women across England made over a third more journeys by bus than men.⁹⁴

33% of the lowest income households did not have access to a car⁹⁵



What will the impact of increased travel costs be on people's health and wellbeing?

Increased transport costs could restrict access to employment, education, shops, recreation, and countryside/green spaces. Research shows that people who rate public transport as 'good' are close to three times more likely than those who rate it as 'poor' to be able to access public services such as health care, food shops, or education.⁹⁵ They are also slightly less likely to report feeling under strain, being dissatisfied with life, or experiencing mental health problems.⁹⁶

Physical health



Accessible transport is crucial for access to health services, particularly for older individuals and those with mobility issues. A lack of transport accessibility could lead to:

- Individuals not receiving the care they need, further widening in health inequalities and further impacting the health outcomes for vulnerable groups.⁹⁷
- Individuals being less able to access green spaces and sports centres, reducing the amount of time spent exercising.⁹⁸
- Limited access to food shops could mean nutritious food choices become more expensive, resulting in a less balanced diet.⁹⁹

Mental health and wellbeing



Transport availability facilitates social connectedness. According to Scope charity, 1 in 3 who have seen rising living costs have spent less on visiting family and 1 in 5 feel lonely.²²

For those unable to drive, public transport can be the difference

between social participation and exclusion, with higher rates of loneliness and depression amongst those who cannot:

- Make trips to see family, friends.
- Access green spaces or other leisure and hobby facilities.

How can people continue to have good access to services and stay socially connected?

Whilst costs continue to be high, people should be encouraged to explore alternative modes of transport, particularly active travel options for shorter journeys, and a combination of active travel with public transport for longer journeys.

In a 2019 survey over 70% responders reported

favouring reduced motor vehicle use in urban areas for the sake of public health. However, this view does not reflect the reality of people in the UK, with cars, vans, motorcycles, and taxis accounting for 86% of the total distance travelled in Great Britain.⁹⁵ It is important therefore to consider the barriers to reducing motor vehicle use.

Active Travel:



Active Travel, particularly cycling and walking, has long been promoted as a positive way to travel, with benefits including:

- **Cheap** – active travel options are cheaper than driving and public transport. A larger emphasis on active travel could help combat the negative financial impact caused by the cost of living.
- **Boosts to physical health** – there are massive health benefits to active travel, including a 20-35% reduction in risk of cardiovascular disease, coronary heart disease, and stroke, and a 30-40% lower risk of type 2 diabetes.¹⁰⁰
- **Boosts to mental health** – adults who participate in daily physical activity are at approximately 20-30% lower risk of depression and dementia.¹⁰¹
- **Good for the environment** – if a person chose to walk or cycle 1 mile a week instead of driving, they would save 26kg of carbon dioxide a year.¹⁰¹

To encourage people to participate in Active Travel there are barriers that need to be addressed. The “Determinants of and Barriers to Active Travel in Coventry and Warwickshire” report published in June 2021 identified that:¹⁰²

- For commuting, concern about lack of cycle routes and road safety were the biggest barriers
- For educational trips, distance was the biggest barrier
- For shopping trips, carrying a heavy load was the biggest barrier
- Health is identified both as a driver and barrier (due to specific conditions) for Active Travel
- Those living in buildings where some safety features are present are more likely to use their bike, evidencing that safe storage is a contributory factor
- Individuals were worried about their safety in separate bike lanes as they were worried cars can pass into them
- Individuals said they would respond to positive incentives (such as safe lanes or group active travel) as opposed to negative incentives (removing or charging for work parking).

What is being done nationally?

Gear Change: A bold vision for cycling and walking published in 2020 sets out the governments vision for a travel revolution in England.¹⁰³ Some of the key policies are:

- £2 billion of ringfenced funding for walking and cycling
- The creation of a national e-Bike programme
- A pilot to encourage GPs to prescribe cycling in selected places with poor health rates, with patients able to access bikes through their local surgery
- Improvements to the National Cycle Network
- Making streets safer by consulting to strengthen the Highway Code.

Financial Support for Local Transport Sector via a funding package of over £150 million was announced on 1st March 2022 to support bus and light rail operators across England, to ensure services continue to run following the pandemic. This represents the final tranche of pandemic-related support to operators and ran until October 2022.¹⁰⁴

Fuel Duty for petrol and diesel has been cut by 5p per litre until March 2023. This is predicted to save £100 for the average car driver, £200 for the average van driver, and £1,500 for the average haulier.¹⁰⁵

Levelling Up Plan from the government outlines that “by 2030, local public transport connectivity across the country will be significantly closer to the standards of London, with improved service, simpler fares, and integrated ticketing”.¹²

What are we doing in Warwickshire?

The strategic and operational approach to travel and transport in Warwickshire is robust and forward-thinking, with a community-powered angle that includes an established ‘lengthsman’ programme working with town and parish councils, helping to maintain the transport network. The future development of Warwickshire’s transport infrastructure is incorporated into Levelling Up thinking, recognising the place of Warwickshire within the West Midlands region, and logical links into programmes of work at Combined Authority level. A few examples of county programmes of work are described below.

Warwickshire Safe and Active Programmes:

Warwickshire Safe and Active deliver three programmes:

1. Safe and Active Schools
2. Safe and Active Workplaces
3. Safe and Active Communities

These programmes have been developed to promote and support the delivery of road safety education and active travel interventions to schools, workplaces, and communities, and are delivered by the Road Safety Education Team. More information on these programmes can be found here: www.warwickshire.gov.uk/warwickshire-safe-active-travel

Choose How You Move in Warwick District have saved over 34,000kg in CO2 emissions by participating in the Choose How You Move in Warwick District challenge. The challenge is delivered by Warwick District Council in partnership with BetterPoints, more information can be found here: www.warwickdc.gov.uk/news/article/775/active_travel_scheme_saves_thousands_in_co2_emissions_in_warwick_district

Direct Travel Payments (DTP) scheme run by Warwickshire County Council helps those in need pay for their child's transport to and from school. This can be transport via bus, train, or private transport. More information can be found here: www.warwickshire.gov.uk/directtravelpayments

Voluntary Car Schemes around the county are available to people of all ages who have a need to get to a healthcare appointment and for various reasons may struggle to do so independently. More information can be found here: www.warwickshire.gov.uk/healthtransport

Volunteer and community transport services around Warwickshire that allow for residents to pay to arrange transport, including the IndieGo demand responsive service (www.warwickshire.gov.uk/indiego), UBUS service (www.stratford.gov.uk/people-communities/ubus--community-transport.cfm), WRCC Back & 4th service (www.wrccrural.org.uk/services/back-4th/), and VASA charity community transport service (www.vasa.org.uk).

Warwickshire County Council (WCC) has committed funding to support the voluntary and community transport schemes across the county (VASA covering Stratford, Warwick and Rugby; Mediacar covering Nuneaton and Bedworth, and Beeline covering North Warwickshire). The schemes support the most vulnerable residents to get to their essential medical appointments with a network of 300+ volunteer drivers.

Voluntary Action Stratford-on-Avon (VASA) which connects people through community activities and volunteer transport across South Warwickshire and Rugby, has seen an increase in people cancelling journeys due to financial pressures. VASA report that this is largely affecting those who are not eligible to claim back their mileage to attend hospital appointments. The knock-on effects of cancelling transport could lead to missing of vital medical appointments or worsening of health conditions.

As part of its Council Plan for 2022-2027, WCC has identified becoming a County with a sustainable future as one of its main priorities. This means adapting to and mitigating climate change and meeting the agreed net zero commitments so that future generations can live well and reap the benefits of a sustainable and thriving Warwickshire. Integral to this, key strategies in development at WCC include the **Local Transport Plan (LTP)** which sets out policies to shape future transport schemes and developments in the county and the **Local Walking and Cycling Infrastructure Plan (LCWIP)**, which will set out a programme of prioritised improvements to enable walking and cycling for everyday journeys.

Transport recommendation

R.4 I recommend that transport planners and health partners work together to improve transport links for those living in areas with more rural isolation, deprivation and where rates of long-term conditions and access to transport links are poor.

3. Progress on 2020-21 recommendations

3.1 Recommendations from 2020-21 Annual Report

Progress

1. Health in all policies (HiAP)

I recommend all Health and Wellbeing Board (HWB) members adopt a 'health in all policies' approach, embedding it in all aspects of the member organisations core functions to reduce health inequalities.

Significant progress has been made to develop and implement a systematic approach to 'Health in All Policies' in Warwickshire including:

- WCC approved an implementation and action plans in July 2021 to adopt the approach within the county council.
- Local Government Association (LGA) agreed to facilitate four workshops for WCC and three place-based workshops to introduce the approach.
- HiAP steering group including Public Health, WCC corporate policy and HiAP champions was established to lead on the delivery of the plans.
- HiAP webpage and toolkit have been developed and shared with HWBB partners to support embedding the approach across Warwickshire - warwickshire.gov.uk/health-policies-1/health-policies

Phase 2 action plan including further roll out of mini HiAP workshops to service areas across WCC and monitoring impact and evaluation will continue throughout 2023.

2. Health Inequalities

I recommend that all partners adopt the Public Health England (PHE) Health Equity Assessment Tool (HEAT) which aims to empower professionals across the health and care system to do this - [gov.uk/government/publications/health-equity-assessment-tool-heat](https://www.gov.uk/government/publications/health-equity-assessment-tool-heat)

- Aligned to the HiAP work programme outlined above, Health Equity Assessment Tool (HEAT) has been promoted across HWBB partner organisations as a tool to address inequalities.
- HEAT has featured in key documents including the Coventry & Warwickshire Intergated Care System (ICS) Health Inequalities Strategic Plan as one of the eight core principles to embedding health inequalities across all ICS work.
- WCC HiAP steering group outlined above have led on the roll out of HEAT within WCC. Progress includes:
 - roll out of training for staff,
 - advice and support from public health to complete HEATs, e.g. supported commissioners to complete HEATs to identify opportunities to reduce inequalities and shape future commissioning intentions and service specifications,
 - embedding HEAT within WCC Equality Impact Assessment, ensuring a systematic consideration of inequalities,
 - updated Equality Impact Assessment (EIA) training to include HEAT.

3. Community Engagement

I recommend all members continue to understand the needs of all communities and co-design services and initiatives to enable residents to recover and improve their health and wellbeing. Prioritising our more vulnerable residents who have been disproportionately affected by COVID-19 and using tailored communication methods.

All members continue to build on the strong partnership work through our COVID-19 community engagement activity to continue to work with our key partners across the voluntary and community sector to understand the needs of our residents.

- Progress continues to be made to approaches to engaging and empowering communities in aspects of health and wellbeing.
- Connecting Communities roles within the Public Health team have led on engagement with residents on COVID-19 recovery and vaccination programmes.
- Mitigating the impact of COVID-19 on ethnically diverse communities (MICEDC) was established to support ethnically diverse communities across Warwickshire. The project involved the distribution of grant funding to successful community organisations who developed bids related to addressing: social isolation, mental health and wellbeing, unemployment, and physical health.
- Creation of a pilot 'Health Equity Group' in Warwickshire. HEG aims to train and inform community members and to receive input from residents into system approaches to reaching people and communities of interest that may not be engaging with services.
- WCC led on a communications group throughout the pandemic and created a network of community leaders and partners. They received weekly tailored messages and visuals that could be promoted through various community channels. This included translated video messages and targeted arts interventions to talk to specific groups.

4. Prevention

I recommend all partners ensure that data and intelligence about the impact of COVID-19 continues to inform services and initiatives to ensure they are meeting the needs of local communities using a place-based approach.

Investing in services and initiatives which improve physical and mental health and wellbeing of residents are key to supporting the recovery from the pandemic and the future health of the population.

- **COVID-19 Health Impact Assessment (HIA)** informed the recommissioning of a number of mental and physical health services. For example, the provision of the community stop smoking service has been extended in Warwickshire North and Rugby due to the higher smoking prevalence rates in these areas and the link between smoking and severity of COVID-19.

5. Communication

I recommend all partners ensure all staff have the knowledge and necessary training to be able to promote services and initiatives to all e.g. Making Every Contact Count, Wellbeing for Life.

- **Wellbeing for Life (W4L)** - website has been launched and engagement with local communities, schools and workplaces has taken place to support the delivery of W4L initiatives (<https://www.wellbeing4life.co.uk/>)
- **Suicide Prevention Training** - as part of the ongoing suicide prevention (SP) work programme SP Gatekeeper Training has been rolled out (free of charge) across Coventry & Warwickshire aimed at frontline public facing workers.
- **WCC Mental Health Resilience Fund** - as part of this scheme, a series of free community based suicide prevention awareness raising sessions were delivered. This included an intensive suicide prevention course aimed at frontline workers.
- **Dear Life** - ongoing content review and updates of Dear Life website including the continued promotion of the website as the platform for local suicide prevention information and resources. Materials produced aim to provide clear guidance on where people can access support at the right time.
- **WCC Winter Wellness** - campaign launched to raise awareness of key services and initiatives to support the health and wellbeing of Warwickshire residents during winter. This campaign included a winter wellness booklet, delivered to every household in Warwickshire (available here: <https://api.warwickshire.gov.uk/documents/WCCC-1980322935-2230>)

3.2 Warwickshire's Joint Strategic Needs Assessment

Thematic Needs Assessments

In 2020 Warwickshire County Council, having completed the programme of place-based needs assessments, adopted a thematic approach to its JSNAs. Following a prioritisation process, a workplan was identified which will be completed with the publication of the Mental Health and Wellbeing of Infants, Children, and Young People JSNA in May 2023. JSNAs on the following have been produced:

- Domestic Violence and Abuse JSNA (2021)
- Mental Health Needs Assessment (2021)
- Children's 0-5 JSNA (2022)
- Alcohol Needs Assessment (2022)
- Pharmaceutical Needs Assessment (2022)
- Mental Health and Wellbeing of Infants, Children, and Young People JSNA (expected to be published May 2023). These needs assessments are being used to inform the development of health and social care services across Warwickshire through the Warwickshire North, Rugby, and South Warwickshire Health and Wellbeing Partnerships. The full JSNAs can be found here once published: <https://www.warwickshire.gov.uk/joint-strategic-needs-assessments-1>

Health Inequalities Dashboard:

The Monitoring Health Inequalities Dashboard provides up to date, high level data and indicators around the picture of health in Warwickshire, mirroring the King's Fund Population Health framework and focuses on Warwickshire's Health and Wellbeing Strategies three priorities:

- Help our children and young people have the best start in life.
- Help people improve their mental health and wellbeing, particularly around prevention and early intervention in our communities.
- Reduce inequalities in health outcomes and the wider determinants of health.

The dashboard can be found here:

<https://www.warwickshire.gov.uk/directory-record/7175/monitoring-health-inequalities-dashboard>

Children's 0-5 JSNA:

Published in May 2022, this JSNA aims to provide an understanding of the needs of children aged 0-5 across Warwickshire. The assessment incorporates national and local evidence to support local priority setting and action. The Joint Health and Wellbeing Strategy, published in January 2021, identified a priority to help our children and young people have the best start in life. We know that positive early experiences are vital to make sure children are ready to learn, ready for school, and have good life chances. This Needs Assessment highlights several key themes in helping our children and young people have the best start to life.

What's Next?

A new prioritisation process ran at the end of 2022 to identify a new work programme for the next two to three years. This will be presented to the Health and Wellbeing Board in January 2023, with the programme expected to commence in early 2023.

For more information about the JSNA please visit:

<https://www.warwickshire.gov.uk/joint-strategic-needs-assessments-1>

4: Glossary

Active Travel - making journeys by physically active means, like walking or cycling.

Anxiety - Anxiety is a feeling of unease, such as worry or fear, that can be mild or severe. Generalised anxiety disorder is a long-term condition that causes you to feel anxious about a wide range of situations and issues, rather than one specific event.

Asthma - a respiratory condition marked by attacks of spasm in the bronchi of the lungs, causing difficulty in breathing.

Calorie - a measured unit of energy.

Cancer - a disease caused by an uncontrolled division of abnormal cells in a part of the body.

Centre for Progressive Policy - a think tank committed to driving productivity and shared prosperity in the UK.

Child Poverty - the percentage of children living in households with below 60% median income before housing costs.

Citizens Advice - an independent organisation specialising in confidential information and advice to assist people with legal, debt, consumer, housing and other problems in the United Kingdom.

Claimant Count - a measure of the number of people aged between 18 years and state pension age claiming unemployment related benefits.

Commissioning (Public Health) - planning, setting up and contracting of a service.

Confounding - often referred to as a "mixing of effects", wherein the effects of the exposure under study on a given outcome are mixed in with the effects of an additional factor (or set of factors), resulting in a distortion of the true relationship.

Consumer Price Index (CPI) - a measure of the average change over time in the prices paid by urban consumers for a market basket of consumer goods and services.

Cost of living - the level of prices relating to a range of everyday items.

COVID-19 - an infectious disease caused by the SARS-CoV-2 virus.

Dementia - a general term for the impaired ability to remember, think, or make decisions that interferes with doing everyday activities.

Depression - a mood disorder that causes a persistent feeling of sadness and loss of interest.

Deprivation - covers a broad range of issues and refers to unmet needs caused by a lack of resources of all kinds, not just financial. The English Indices of Deprivation 2019 use separate indicators, organised across seven distinct domains of deprivation which can be combined, using appropriate weights, to calculate the Index of Multiple Deprivation 2019 (IMD 2019).¹⁰⁶ This is an overall measure of multiple deprivation experienced by people living in an area.

Diabetes - Diabetes is a chronic disease characterized by elevated levels of blood glucose (or blood sugar).

Economic inactivity - The percentage of the population aged 16-64 not in employment and not actively seeking employment.

Energy Performance Certificates (EPC) Rating - An EPC gives a property an energy efficiency rating from A (most efficient) to G (least efficient) and is valid for 10 years.

Energy Tariffs - Energy tariffs are the set rates that you pay to your energy provider for gas, electricity or both.

Equality - ensuring that every individual has an equal opportunity to make the most of their lives and talents, and believing that no one should have poorer life chances.

Equality Impact Assessment (EqIA) - a process designed to ensure that a policy, project or scheme does not discriminate against those with protected characteristics.

Excess Winter Deaths (EWDs) - the difference between the number of deaths during the four winter months (December to March) and the average number of deaths during the preceding August to November and the following April to July.

Family Information Services (FIS) – a service that provides free, impartial information and advice on a variety of services for children and young people (from birth to 25 years old), parents and families.

Food Bank – a charitable organisation which distributes food aid to people in financial difficulty.

Food insecurity – the percentage of adults within a local authority experiencing food insecurity.

Food Pantry – a locally run scheme that aims to provide a medium to long-term solution to help individuals and families experiencing food insecurity. Often provides both food and wrap around support for a small membership fee, payable for each shopping visit. People are assisted to access services that can help resolve the underlying causes of their individual situation. Sometimes referred to as a community pantry.

Fuel Poverty – households are considered to be fuel poor if they are living in a property with a fuel poverty energy efficiency rating of band D or below AND when they spend the amount required to heat their home, they are left with a residual income below the official poverty line.

General Data Protection Regulation (GDPR) – a legal framework for keeping everyone’s personal data safe by requiring companies to have robust processes in place for handling and storing personal information.

Health inequalities - differences between people or groups due to social, geographical, biological or other factors.

Health intervention - the action or process of intervening, which could relate to commissioning a service for disadvantaged populations, in an attempt to address a particular issue.

Health outcome - a change in the health status of an individual, group or population.

Household income – the combined gross income of all members of a household above a specified age. Household income includes every member of a family who lives under the same roof, including spouses and their dependents.

Hypothermia - the condition of having an abnormally (typically dangerously) low body temperature.

Incidence - the number of new events e.g. new cases of disease in a defined population within a specified time period.

Inflation - the general increase in the prices of goods and services in an economy. The rate of inflation measures the annual percentage change in the general price level.

Joseph Rowntree Foundation - an independent social change organisation working to solve UK poverty, through research, policy, collaboration and practical solutions.

Life Expectancy - the average period that a person may expect to live.

Local Authority - an organisation that is responsible for public services and facilities in a particular area.

Long term unemployment - those residents claiming job seekers allowance for over 12 months.

Low-income families - families in receipt of out of work benefits or tax credits where their reported income is less than 60% of the national median income.

Low Pay - The percentage of jobs that pay two thirds or below the UK median gross hourly pay by local authority.

Morbidity - the incidence of disease: the rate of illness (as in a specified population or group).

National Health Service (NHS)- the Government-funded medical and health care services that everyone living in the UK can use without being asked to pay the full cost of the service.

National Institute for Health and Care Excellence (NICE) - a public body that develops guidance, standards and information on high quality health and social care.

Obese - Adults are defined as obese if their body mass index (BMI) is greater than or equal to 30kg/m². In children, obesity is defined as BMI greater than or equal to the 95th centile for population monitoring, 98th centile for clinical assessment (UK90 BMI reference).

Office for National Statistics (ONS) - the UK's largest independent producer of official statistics. It is responsible for collecting, analysing and disseminating statistics about the UK's economy, society and population.

Overweight - Adults are defined as overweight if their BMI is greater than or equal to 25kg/m². In children, overweight is defined as BMI greater than or equal to the 85th centile for population monitoring, 91st centile for clinical assessment (UK90 BMI reference).

Pandemic - an epidemic occurring worldwide, or over a very wide area, crossing international boundaries.

Period life expectancy - the average number of additional years a person would live if he or she experienced the age-specific mortality rates of the given area and time period for the rest of their life.

Poverty - those whose lack of resources forces them to live below a publicly agreed minimum standard. Households are considered to be below the UK poverty line if their income is below 60% of the median household income after housing costs for that year.

Prevalence - measures existing cases of disease and is expressed as a proportion e.g. 1% of the population or as a rate per 1,000 or per 100,000.

Protected groups - Protected groups are identified in the Equality Act 2010 as sharing a particular characteristic against which it is illegal to discriminate. The groups are age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion and belief, sex and sexual orientation.

Public Transport - buses, trains, and other forms of transport that are available to the public, charge set fares, and run on fixed routes.

Real income - the income of an individual after adjusting for inflation.

Sexually Transmitted Infection (STI) - infections that are passed from one person to another through sexual contact.

Social Connectedness - the experience of belonging to a social relationship or network.

Socio-economic - relating to or concerned with the interaction of social and economic factors.

Stakeholder - in terms of business, an organisation interested in your area of work, or a 'partner'.

The Opinions and Lifestyle Survey (OPN) - a survey, requested by government departments universities and charities, which provides rapid answers to questions of immediate policy interest, helping to measure public awareness of new policies.

Universal Credit - a monthly benefit payment to help with living costs for working age individuals on a low income or out of work.

Warm Home Discount Scheme - a government-led scheme that provides a one-off discount on an electricity bill to help with the energy bills of those who need it most during the Winter.

Warm Hubs - warm, safe places where residents can expect a friendly and inclusive welcome. People can come along on their own, or with a friend, and talk to others over a hot drink or maybe a hot meal. They can get practical tips and advice on saving energy costs and keeping safe and warm at home as well.

Warwickshire Health and Wellbeing Board (HWBB) - the board is a statutory committee of the county council. Its primary purpose is to provide strategic direction and develop shared outcomes for improving health and wellbeing in Warwickshire.

Wider Determinants - a diverse range of social, economic and environmental factors which impact on people's health. Such factors are influenced by the local, national and international distribution of power and resources which shape the conditions of daily life.



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