



Vulnerable cohorts analysis

Update:

1. Analysis of the ONS publication '[Estimating the number of people with cardiovascular or respiratory conditions living in poverty, England: 2021](#)'
2. Behavioural impacts of the cost of living

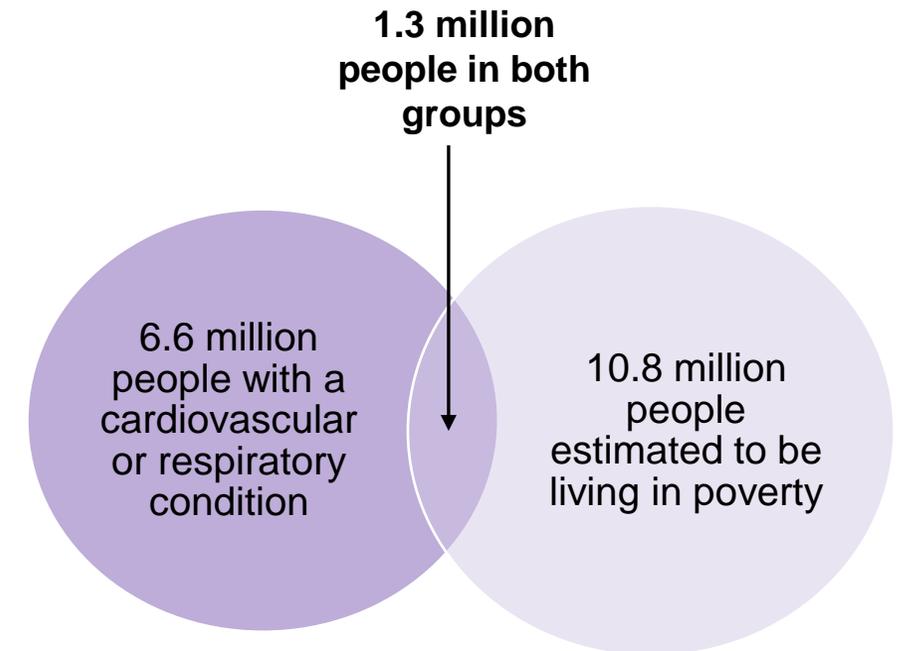
13th January 2023

1.3 million people with a cardiovascular or respiratory condition estimated to be in poverty

On 16th December 2022, the ONS released the statistical bulletin '[Estimating the number of people with cardiovascular or respiratory conditions living in poverty, England](#)'. The analysis was produced collaboratively with DHSC, using Census 2021 linked to primary care data. The data supports our understanding of the risk to services this winter and can inform policy targeting the highest risk individuals.

Key findings:

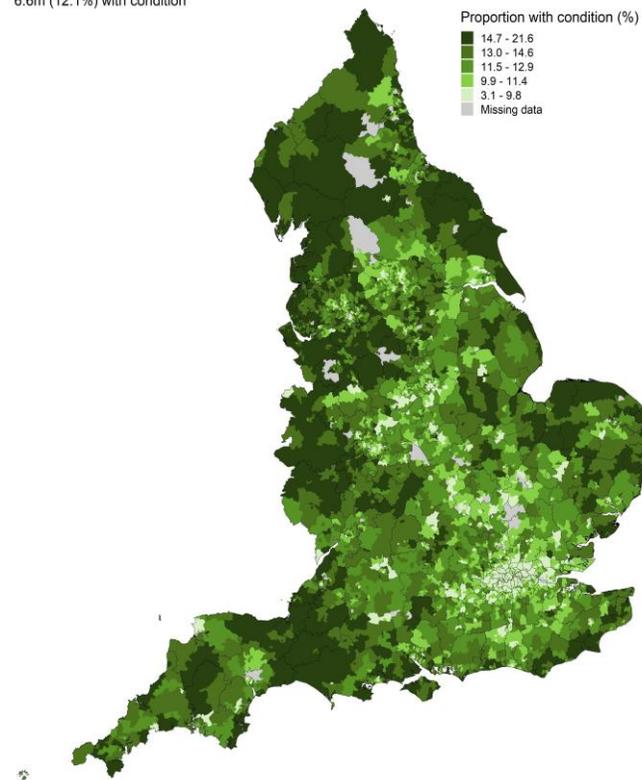
- On 21 March 2021 (Census day), **6.6 million people** (12.1% of those in private households, the cohort covered by this analysis) had either a cardiovascular or respiratory condition. **10.8 million people** (20.1%) were estimated to be in poverty.
- **1.3 million people** had a cardiovascular or respiratory condition AND were estimated to be living in poverty (2.5% of the population living in private households).
- In total, 20.4% of people with cardiovascular or respiratory conditions were estimated to be living in poverty. This is similar to the proportion for the total population estimated to be living in poverty (20.1%).
- The dataset also provides a breakdown by age, ethnicity, Index of Multiple Deprivation decile, geography and sex.
- There are no clear differences in the population living in poverty with or without a condition by sex, and there is no clear pattern by ethnicity.



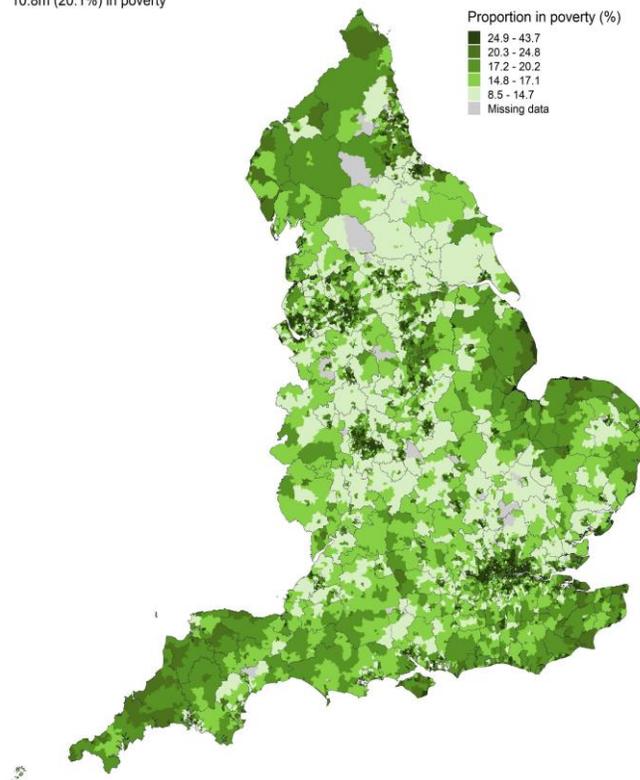
The proportion with a condition and estimated to be living in poverty was particularly high in coastal areas and in the North

- London has the largest proportion of people estimated to be living in poverty (24.0%).
- However, amongst those with a cardiovascular or respiratory condition, people in the North and coastal areas are more likely to live in poverty.
- The [CMO's 2021 Annual Report](#) finds poor health in coastal areas is driven by age structure and the concentration of deprivation.

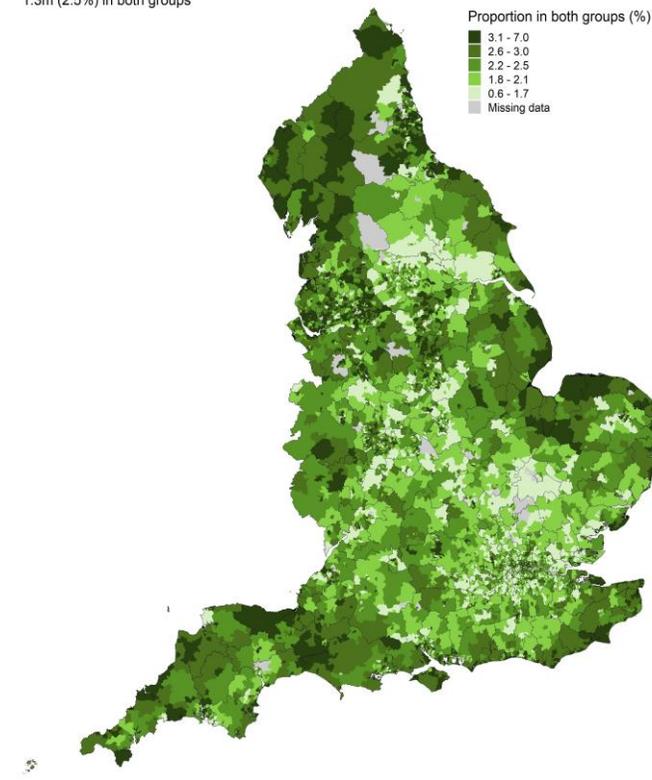
Living with any cardiovascular or respiratory condition
6.6m (12.1%) with condition



Likely to be living in poverty
10.8m (20.1%) in poverty



Likely to be living in poverty with any cardiovascular or respiratory condition
1.3m (2.5%) in both groups

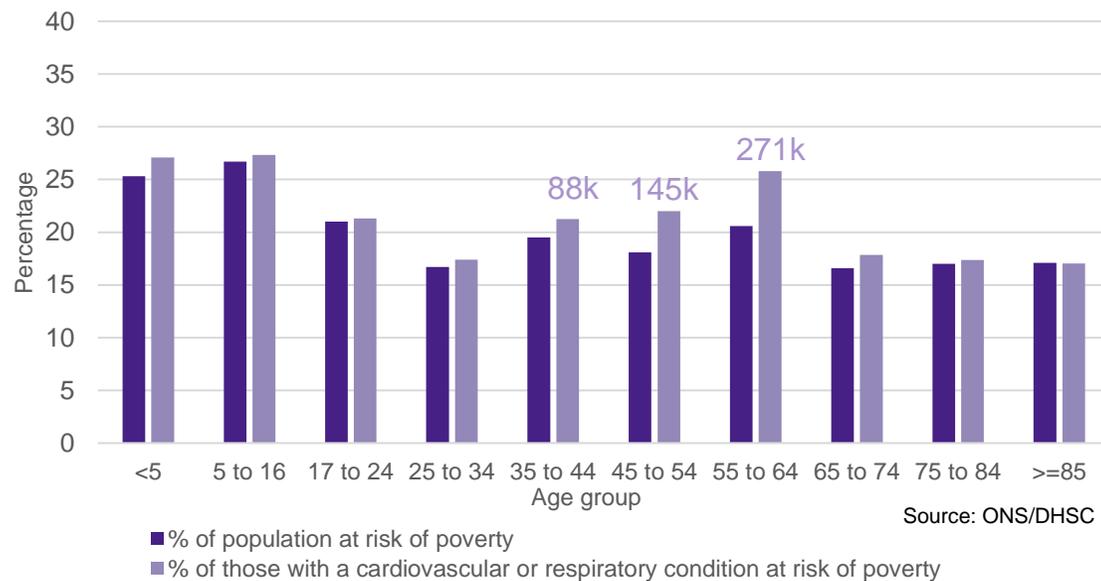


In some age groups, the proportion in poverty is higher for those with one or more conditions compared to the whole population.

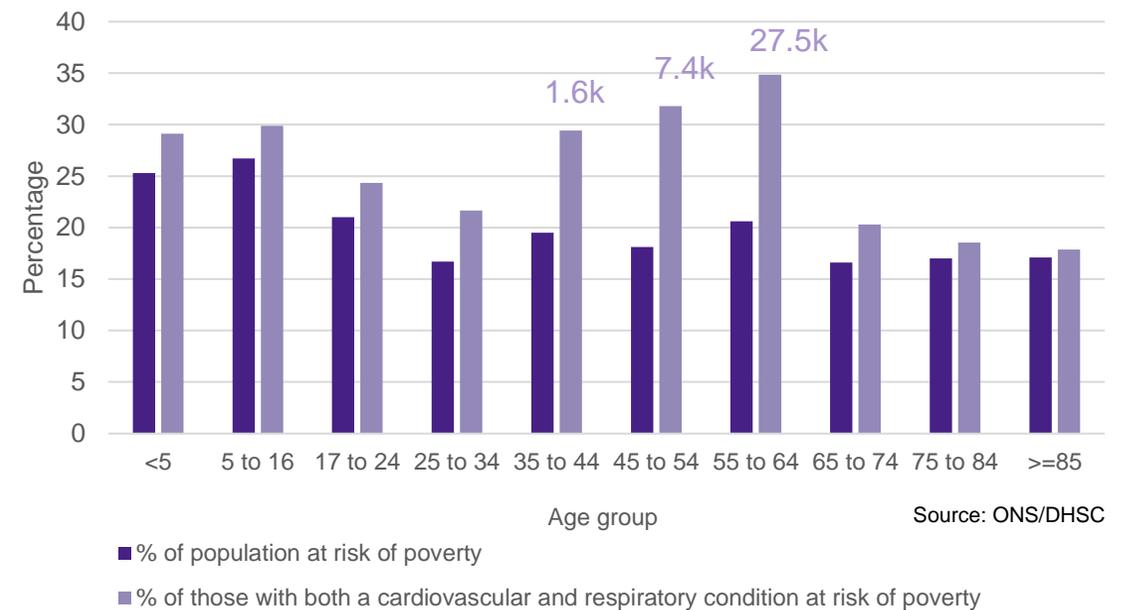
In people aged 55-64, **25.8%** of those with a cardiovascular or respiratory condition are estimated to be in poverty, compared to **20.6%** in poverty overall in this age group.

The effect is more considerable when looking at comorbidity. In the 55-64 age group, **34.8%** of those with both a cardiovascular and a respiratory condition are estimated to be in poverty.

In certain age groups, individuals with **one** cardiovascular or respiratory condition are more likely to live in poverty than those from the same age group overall. (England, 21st March 2021)



In the same age groups, the percentage of individuals with **both** a cardiovascular and respiratory condition at risk of poverty is even higher than those with just one. (England, 21st March 2021)

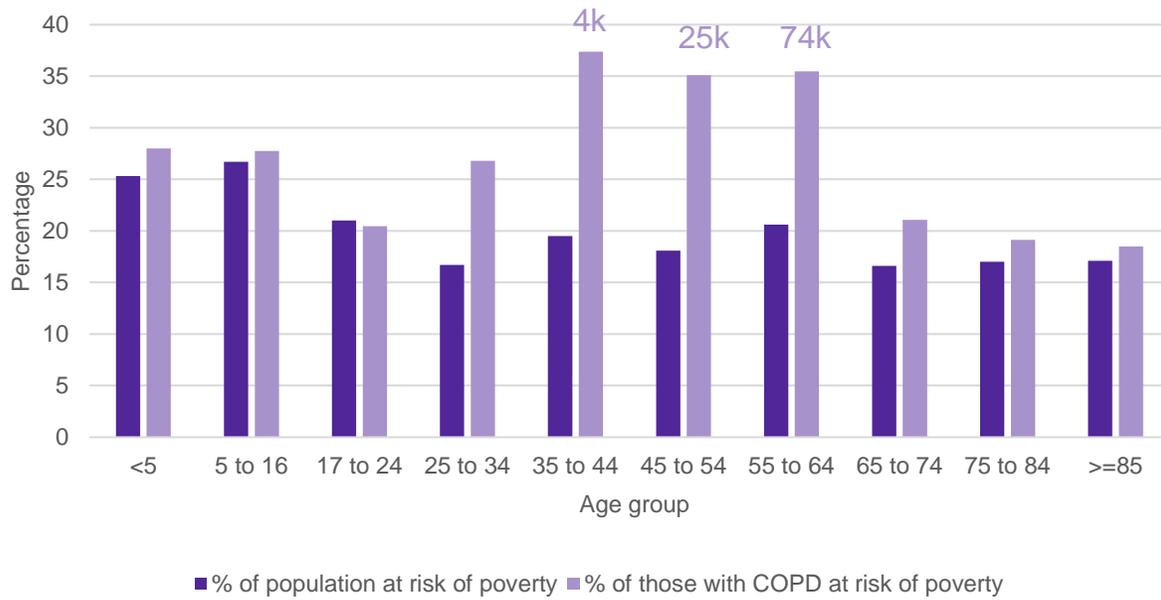


The trend observed by age is driven by individual conditions (COPD and Stroke, in particular)

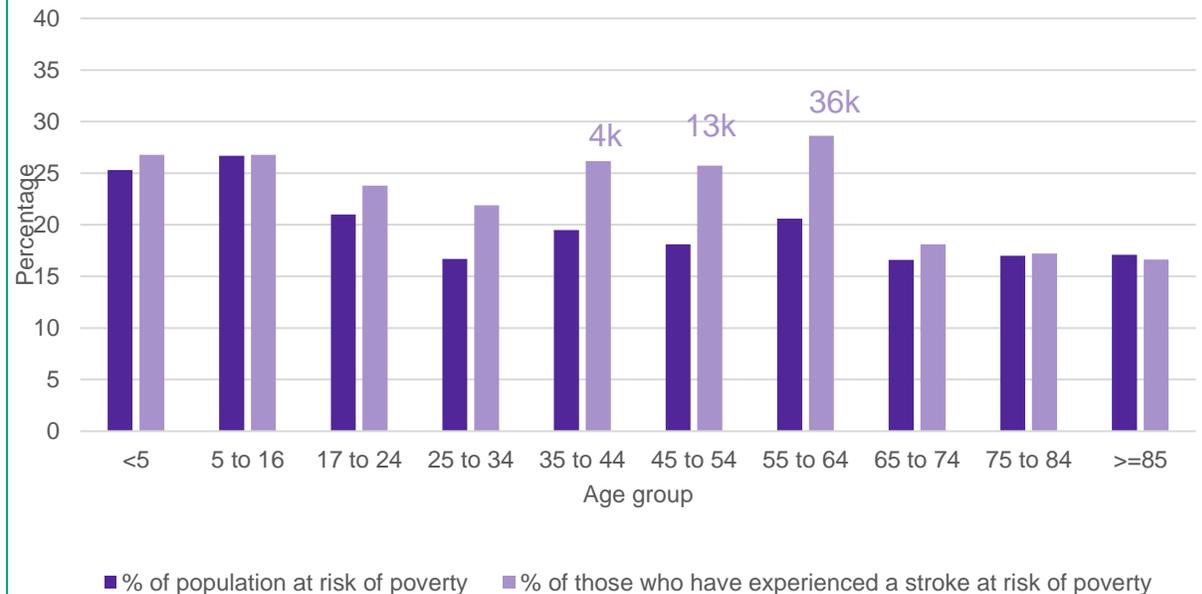
Over a third of individuals with COPD aged between 35-64 are living in poverty, compared to around a fifth of the total number of people in between those ages.

Though not as extreme as for COPD, there is a similar pattern for stroke. In those aged 55 to 64, 29% of those who have had a stroke or Transient Ischaemic Attack are estimated to be in poverty.

Of the 1.0 million individuals with COPD, 24.4% are estimated to live in poverty. When broken down by age, this figure increases to as high as 37.4% for 35-44s. (England, 21st March 2021).



Of the 830,000 individuals who have experienced a stroke, 19.9% are estimated to live in poverty. When broken down by age, this figure increases to as high as 28.6% for 55-64s. (England, 21st March 2021)



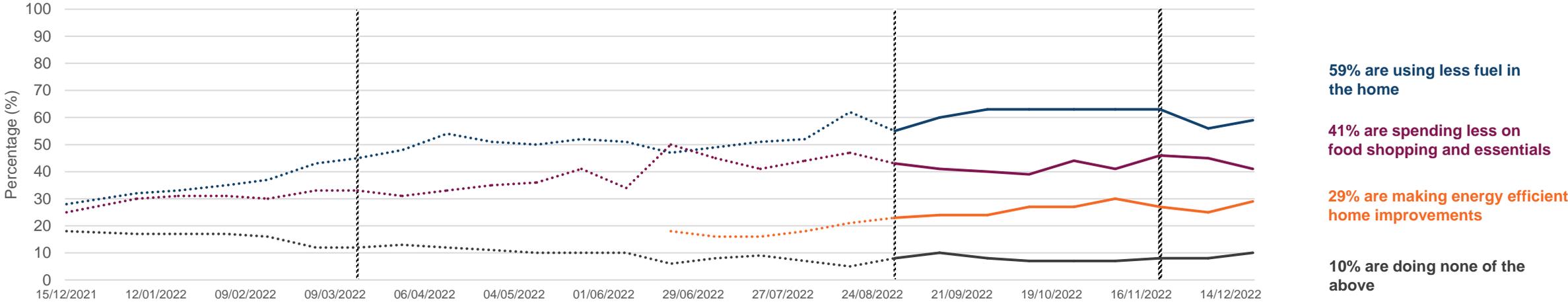
Of those who report their cost of living has increased, more than half report using less fuel in the home as a result

Data prior to 30th March 2022 is not directly comparable due to change in survey methodology*

Data prior to 14th September 2022 is not directly comparable due to change in survey methodology**

Data prior to 22nd November 2022 is not directly comparable due to change in survey methodology***

Actions people are taking because of cost of living increases



59% are using less fuel in the home

41% are spending less on food shopping and essentials

29% are making energy efficient home improvements

10% are doing none of the above

Source: ONS Public Opinions and Social Trends. Latest data 21st December 2022 to 8th January 2023. Sample size: 2,740, GB

29% of adults report that they are struggling with finances. This is comprised of 6% who say they often go without essentials like food and heating, and 23% who say they can only just afford essential costs and are struggling to meet ends meet.

(Source: YouGov Survey. Latest data: 8-9th December 2022. Sample size 1,670, GB)

During Early December, **33% of adults reported that the day before, they had the heating on, but it was neither on as hot as they like it nor for as long as they like it**, and 15% of adults did not have the heating on at all. The most common reasons given for these actions were 'I can't afford to heat my home as much as I would like to' (38%), 'I can afford to heat my home, but prefer to save the money' (29%) and 'I can afford to heat my home, but I need to save my money for other essentials' (20%). (These data were collected before the period of extremely cold weather in early- to mid-December).

(Source: YouGov Survey. Latest data: 2nd-5th December 2022. Sample size 1,720, GB)



Department
of Health &
Social Care

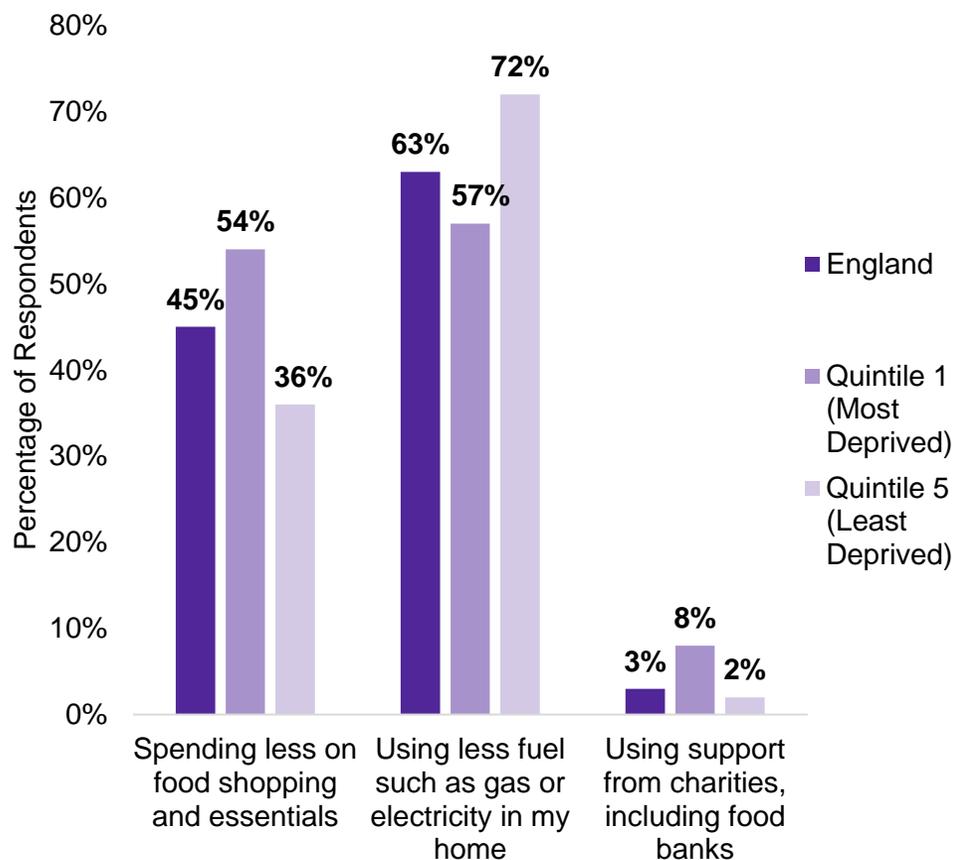
Annex

Analysis circulated previously:

[Impact of Winter Pressures of Adults in Great Britain, December 2022](#)
(Published by ONS on 15th December 2022)

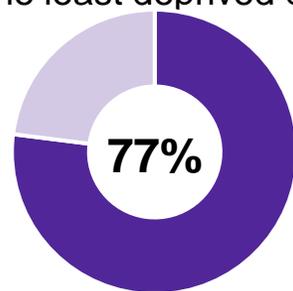
Cost of living – 73% of survey respondents are worried about the cost of living

Which of these, if any, are you doing because of the increases in the cost of living?

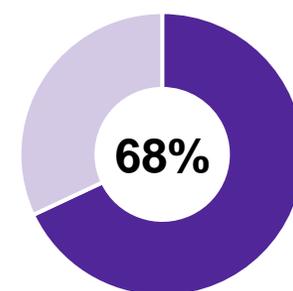


- ❖ Over 6 in 10 adults (63%) reported using less fuel such as gas and electricity in the home.
- ❖ Over 4 in 10 (45%) reported that they were spending less on food shopping and essentials, with people in the most deprived quintile more likely to report cutting back (54%) compared to those in the least deprived (36%).
- ❖ 8% of those in the most deprived quintile reported using support from charities, including food banks, compared to 3% of respondents overall.
- ❖ Of those who reported using less fuel, 5% of those in the most deprived quintile reported using medical equipment less, compared to 2% in the least deprived quintile.

- ❖ In England, 73% of people reported being very or somewhat worried about cost of living, with those in the most deprived quintile more worried than those in the least deprived quintile.



Quintile 1
(Most deprived)

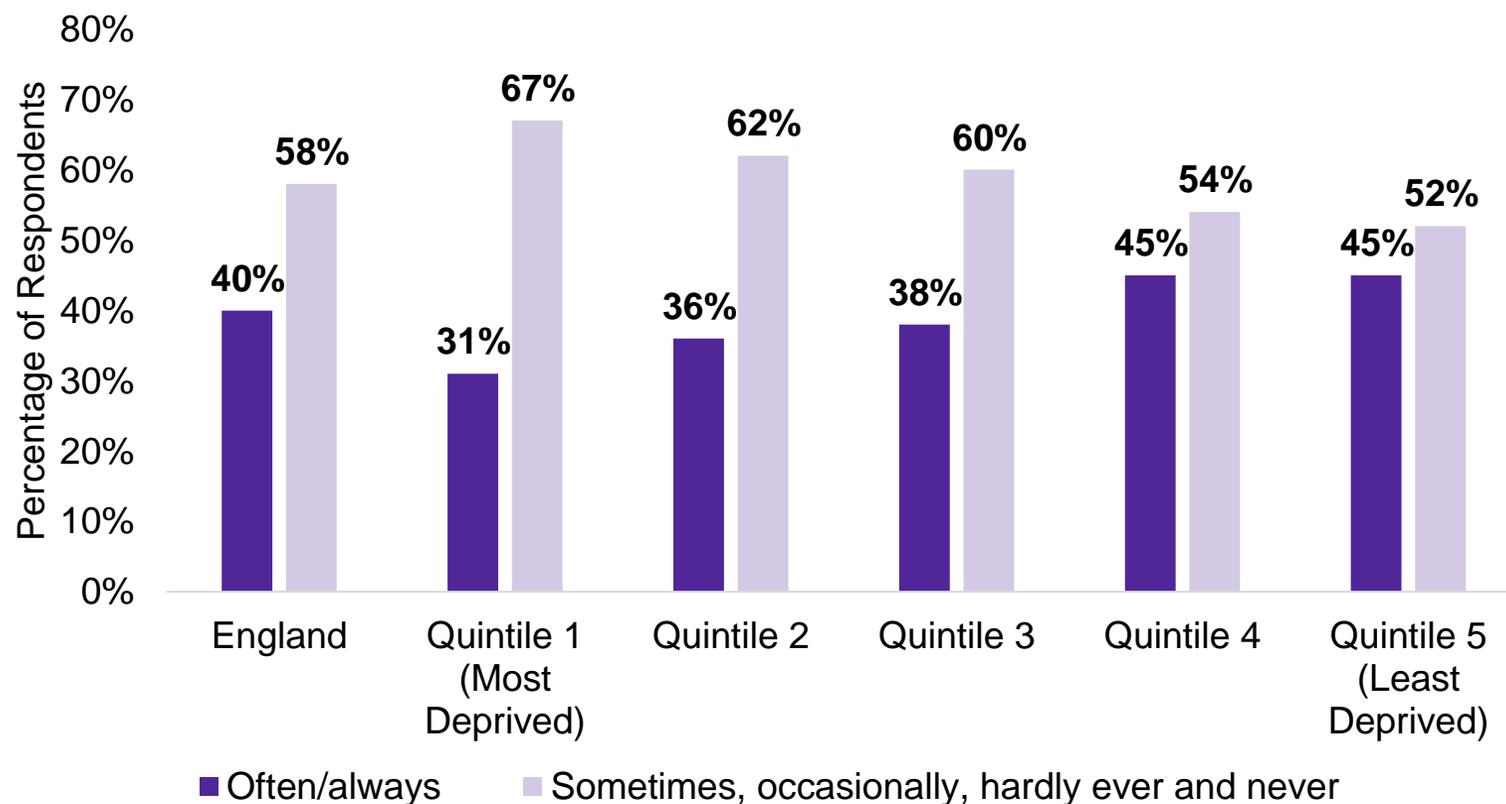


Quintile 5
(Least deprived)



Cold homes – 58% of survey respondents indicated that they were only sometimes able to keep comfortably warm at home

In the past two weeks, how often were you able to keep comfortably warm in your home?



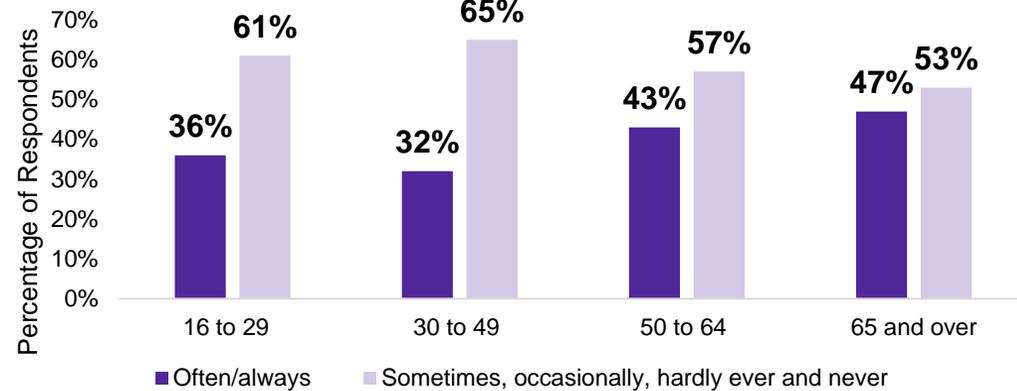
- ❖ 58% of adults in England reported that they were sometimes, occasionally, hardly ever or never able to keep warm in their home.
- ❖ Those in the most deprived quintile were less likely to report being often or always able to keep comfortably warm in their home. 67% were not often or always able to keep comfortably warm, and of these half were only occasionally, hardly ever or never able to keep warm.
- ❖ Those in the most deprived quintile were also more likely to report that cutting back on heating was affecting their wellbeing (44% compared to 27% in the least deprived quartile).
- ❖ Responses were also broken down by age, for all adults in Great Britain. 47% of those over 65 reported that they were often/always able to keep warm in their home, which was the highest percentage for any age group.

Respondents were asked about their circumstances in the last two weeks of November, before temperatures dropped significantly

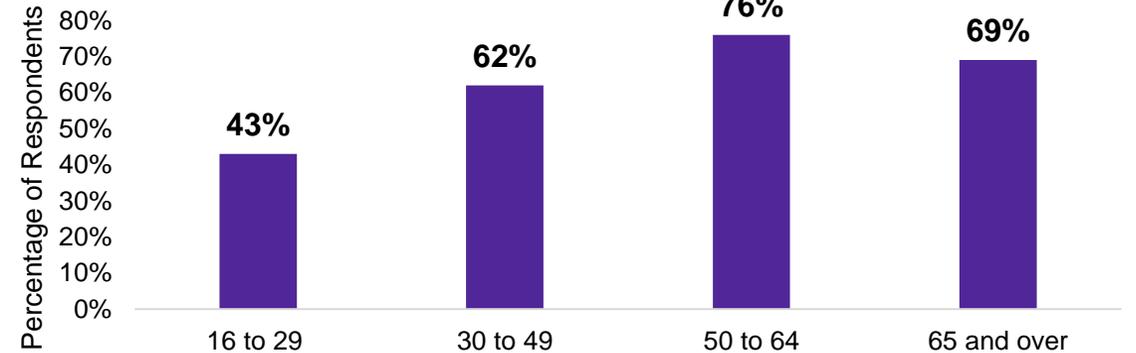


Over 65s energy usage – 69% report using less gas and electricity, though only 26% say cutting back on heating is affecting wellbeing

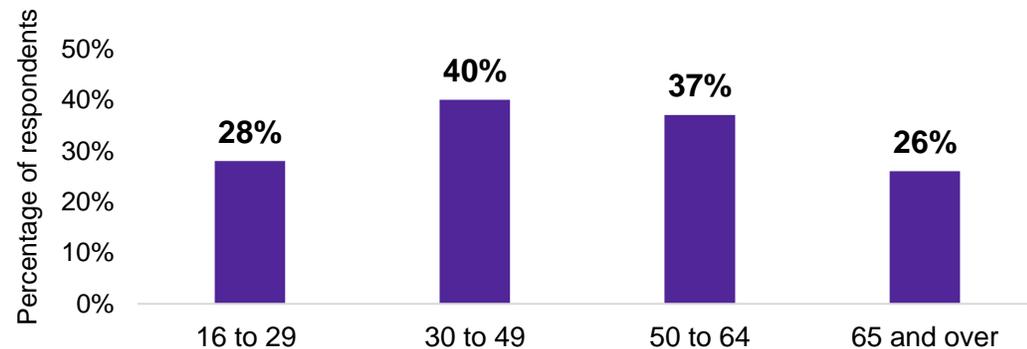
In the past two weeks, how often were you able to keep comfortably warm in your home?



Proportion of respondents who said they were reducing fuel and energy use in the home as a result of the cost of living



Proportion identifying 'having to cut back on heating my home' when asked "In the past month, which of these, if any, has negatively affected your health or wellbeing?"

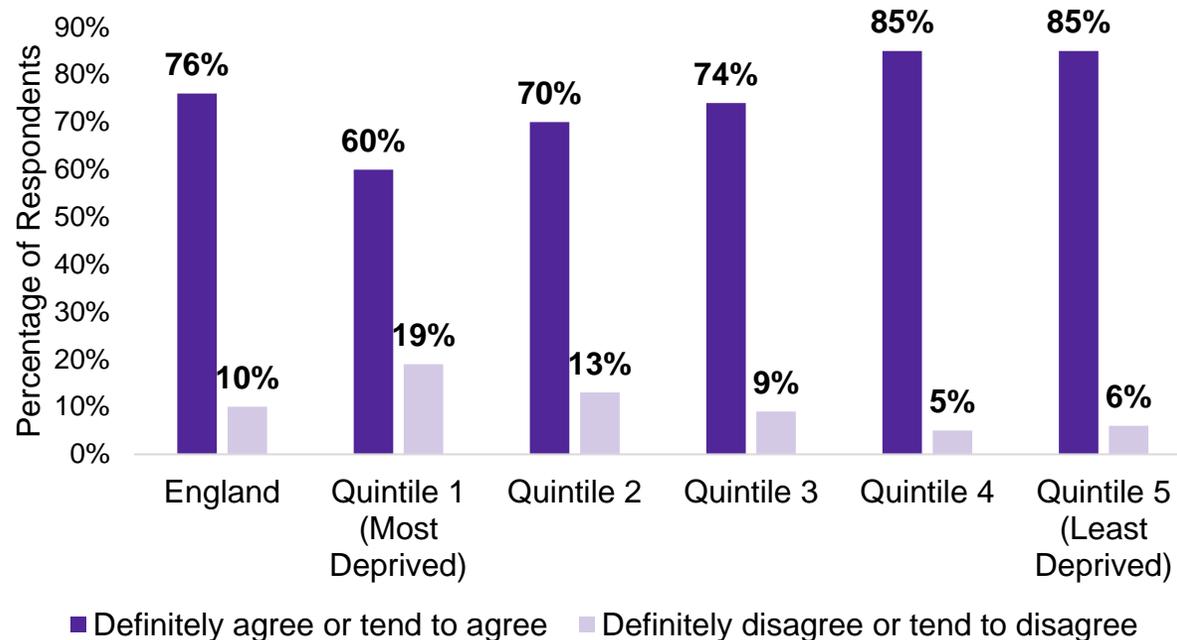


- ❖ Older age groups (50-64 and over 65s) were more likely to report using less gas and electricity in the home (76% and 69%)
- ❖ However, these groups were also more likely to report often/always being able to keep warm in their home
- ❖ The over 65s were also the least likely group to report 'having to cut back on heating' as a factor negatively impacting their wellbeing
- ❖ The survey was conducted before the recent cold snap, so negative impacts of using less heating may have subsequently worsened

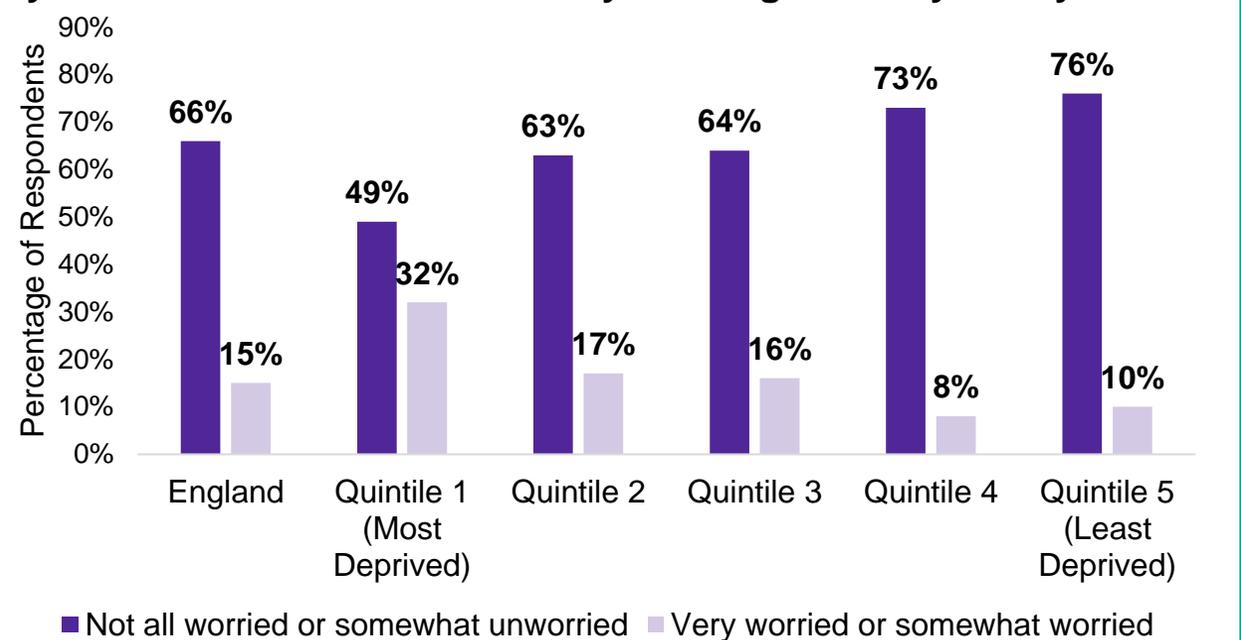


Food – 15% of survey respondents are worried about running out of food

To what extent do you agree or disagree you or your household can afford to eat a balanced diet?



In the past two weeks, how worried or unworried have you been that your food would run out before you had got money to buy more?



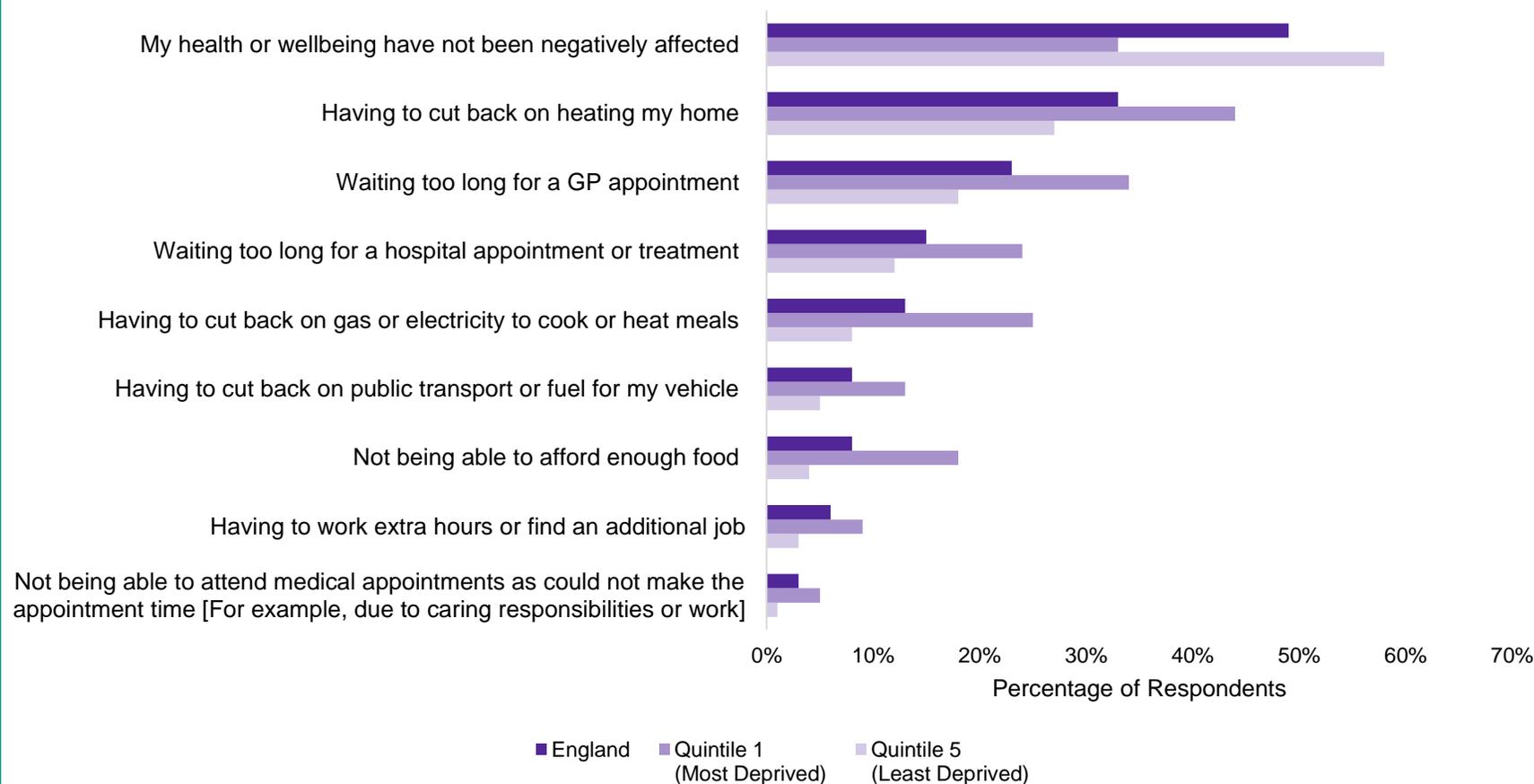
- ❖ 10% of adults in England disagreed that they or their household could afford to eat a balanced diet, while 15% were very or somewhat worried they would run out of food before they had money to buy more.
- ❖ These issues were around twice as prevalent among those in the most deprived quintile (19% and 32% respectively).



Health and wellbeing – 49% of respondents reported that cutting back on heating had affected their health or wellbeing

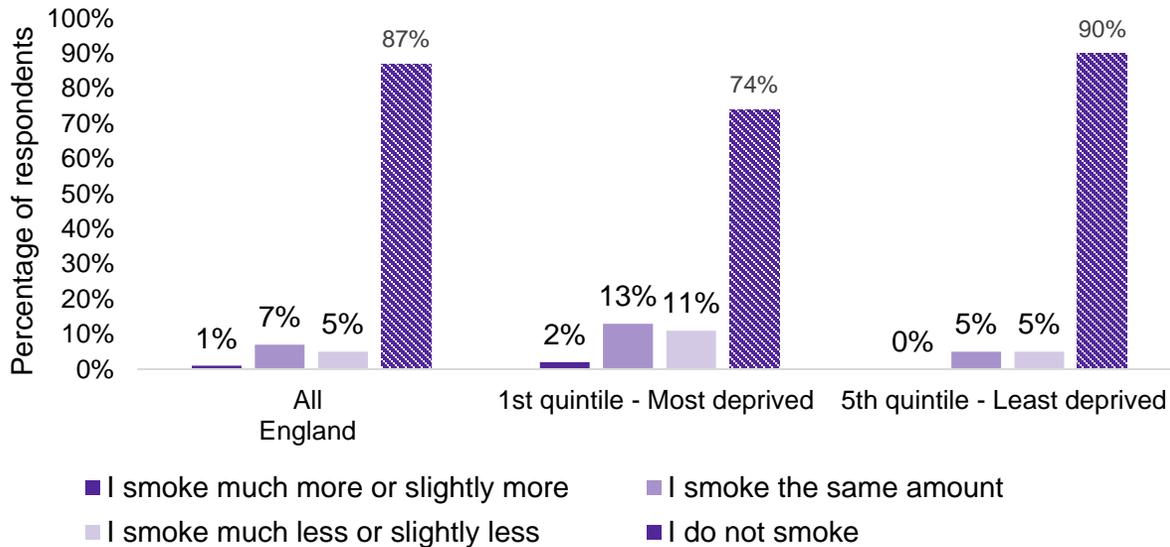
- ❖ Having to cut back on heating the home was the most commonly identified issue affecting health and wellbeing for adults in England (49%).
- ❖ More than 1 in 5 (23%) reported that waiting too long for a GP appointment had affected their health or wellbeing.
- ❖ All issues were more prevalent among adults in the most deprived quintile, and this group were less likely to report that their health or wellbeing had not been negatively affected in the last month.
- ❖ Responses were also broken down by age, for all adults in Great Britain. Over 65s were the least likely age group to report that cutting back on heating the home (26%) or not being able to afford enough food (2%) were negatively affecting them.

In the past month, which of these, if any, has negatively affected your health or wellbeing?

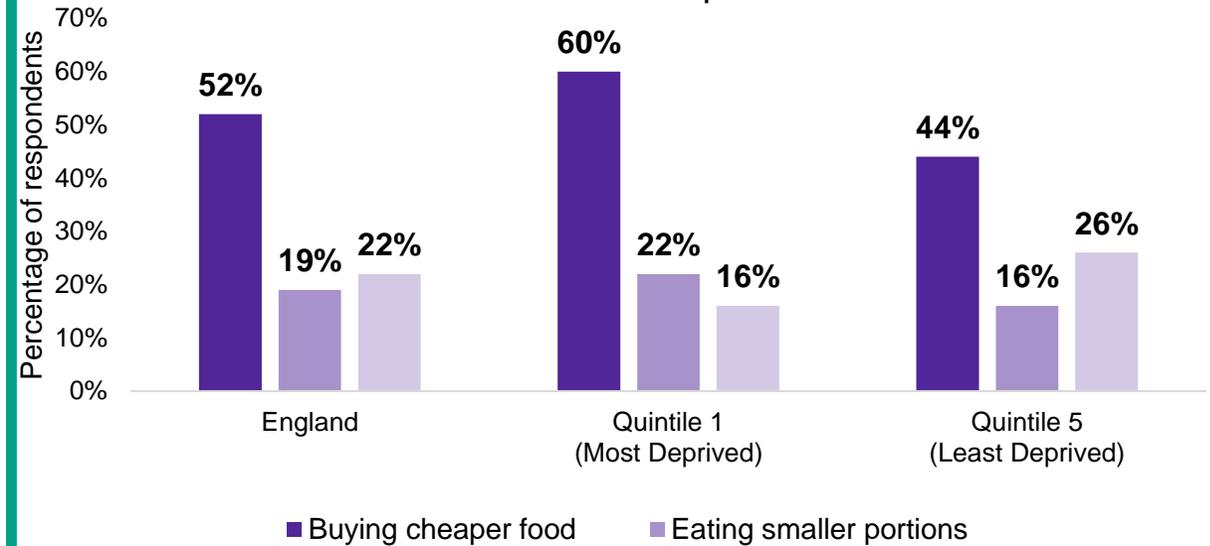


Smoking and food – 19% of survey respondents eating smaller portions

Because of the increases in the cost of living, has the amount of cigarettes you smoke changed, if at all?
(remainder said they do not smoke)



Which of these, if any, are you doing to save money on food because of the increases in the cost of living?
Selected responses



- ❖ Respondents from the most deprived quintile were twice as likely to indicate that they were a smoker (26%) than in England as a whole (13%)
- ❖ The proportion of people in the most deprived quintile who said they smoked less as a result of the cost of living (11%) was similar to the proportion who said they either smoked the same amount or more (15% total).
- ❖ This is similar to the findings in the least deprived quintile, but the level was lower (5% each), due to the lower overall proportion of smokers.
- ❖ However, respondents in the most deprived quintile were more likely to be taking measures to save money on food, such as buying cheaper food (60%) and eating smaller portions (22%), than those in the least deprived quintile.



Summary points

- ❖ Nearly 3/4 of respondents reported being very or somewhat worried about the cost of living
- ❖ This is having a clear impact on behaviour that could negatively impact health and wellbeing, with changes in fuel usage and food spending.

Fuel Usage

- ❖ On fuel usage, 63% of respondents reported using less fuel and electricity in the home, with 96% of these identifying 'using the heating less' as one of the ways they were reducing usage. There were no significant differences by age group or deprivation quintile.
- ❖ Among respondents from the most deprived quintile in England, the proportion reporting that they were using less fuel was lower than the national figure (57% compared to 63%), although this wasn't significantly different.
- ❖ Respondents from the most deprived quintile were less likely to report that they could keep comfortably warm in the home, and were more likely to report that cutting back on heating was negatively affecting their wellbeing.
- ❖ Conversely, over 65s were more likely than average to report using less energy or fuel in the home, but also more likely to say they were able to often or always keep comfortably warm. They were also less likely to identify cutting back on heating as a factor negatively affecting their wellbeing.

Food

- ❖ 10% of adults in England disagreed that they or their household could afford to eat a balanced diet, while 15% were very or somewhat worried they would run out of food before they had money to buy more.
- ❖ These issues were around twice as prevalent among those in the most deprived quintile.
- ❖ Note that these findings don't necessarily relate to a change in nutrition, as some of the adverse effects of cost of living such as eating smaller portion sizes may have a positive impact for someone living with excess weight.
- ❖ Respondents from the most deprived households were more likely to be taking measures to save money on food, but trends on cigarette usage were fairly consistent across the quintiles.



Survey Methodology

- ❖ The survey was conducted between the 22nd November and the 4th December. This was before the very cold spell in the UK which lasted into mid December.
- ❖ 4,962 people were sampled, of which 2,524 responded, representing a 51% response rate

Questions involved in the findings reported here

- ❖ Respondents were asked: **“Which of these, if any, are you doing because of the increases in the cost of living?”**
- ❖ If they responded “Using less fuel such as gas or electricity in my home”, they were asked: **“In what ways, if any, are you using less gas or electricity in your home compared with the same time last year?”**. There were 1,680 respondents for this question.
- ❖ They were also asked **“In the past month, which of these, if any, has negatively affected your health or wellbeing?”**, potential responses included “Not being able to afford enough food” and “Having to cut back on heating my home”.
- ❖ **“In the past two weeks, how often were you able to keep comfortably warm in your home?”**
- ❖ **“In the past two weeks, how worried or unworried have you been that your food would run out before you had got money to buy more?”**
- ❖ **“In the past two weeks, have you or your household run out of food and could not afford to buy more?”**

Indices of Multiple Deprivation

- ❖ The IMD is produced using a set of relative measures that ranks neighbourhoods in England based on seven metrics*
- ❖ Any statistics reported by IMD quintile are for England only, as they are calculated separately for the devolved nations
- ❖ Individuals identified as being in the ‘most deprived quintile’ live in an area that is ranked among the highest 20% for deprivation in England

Samples Sizes (to nearest 10)

- ❖ **2,520** total: **280** 16-29, **550** 30-49, **640** 50-64 and **1,060** 65+
- ❖ **2,250** England: **270** Q1 (most), **380** Q2, **470** Q3, **520** Q4 and **590** Q5 (least)

