

Leicester Health and Wellbeing Survey 2018



Insight briefings



Social Isolation:

A focus on those who feel isolated from others and groups more at risk of social isolation.

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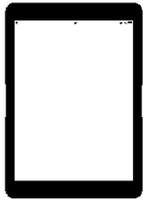


What is an insight briefing?

The rich 2018 survey dataset allows for further analysis by a range of factors such as age, gender, ethnicity, geography and deprivation. Insight briefings have been prepared to further investigate topics of interest.

This briefing investigates the issue of those in poor health who show signs of falling behind since the previous survey and compared to the average Leicester resident.

Leicester Health & Wellbeing Survey 2018



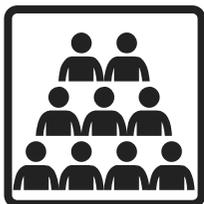
Ipsos MORI were commissioned by Leicester City Council to undertake a face-to-face survey of residents in Leicester aged 16+. Interviews were conducted in the home using Computer Assisted Personal Interviewing (CAPI).



Fieldwork took place between 5 March and 25 July 2018 and 2,224 interviews were completed.



Respondents were selected for interview randomly in pre-assigned sample points across Leicester.



Quotas were set by age, gender, ethnicity, work status and ward to ensure demographic representativeness, with data weighted to the known profile of the Leicester adult population to mitigate non-response bias.

The [full report](https://www.leicester.gov.uk/your-council/policies-plans-and-strategies/health-and-social-care/data-reports-information/leicester-health-and-wellbeing-surveys/) can be found on the Leicester City Council webpage:

<https://www.leicester.gov.uk/your-council/policies-plans-and-strategies/health-and-social-care/data-reports-information/leicester-health-and-wellbeing-surveys/>

Social isolation by group

8% of Leicester residents feel socially isolated from others often or all of the time. There are no significant differences by gender or ethnicity.

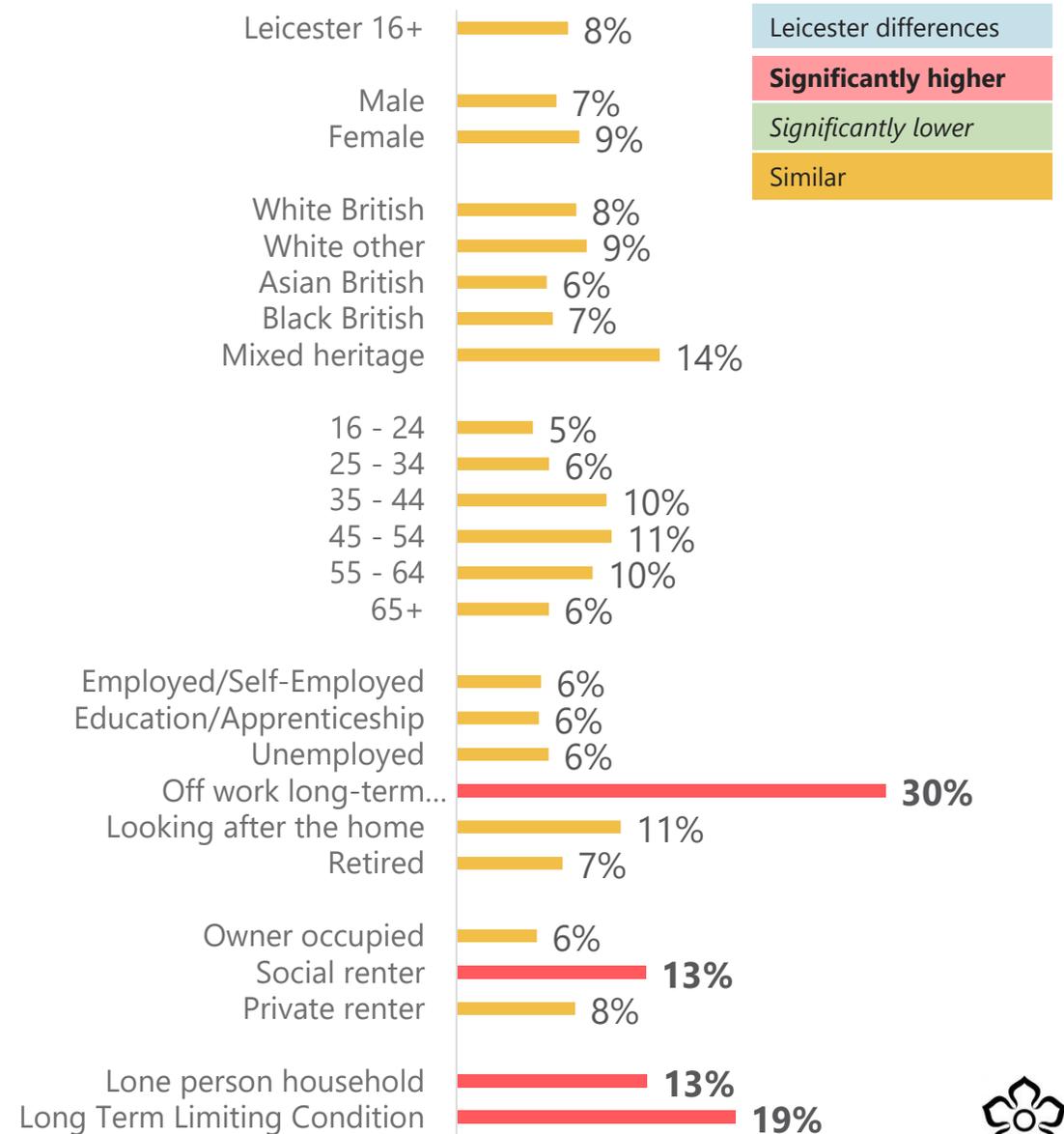
Those aged 35-64 are reporting higher rates of isolation compared to other age groups.

Those off work because of sickness or disability are most at risk of social isolation.

Other groups significantly more likely to be at risk of social isolation include social renters (13%), lone person households (13%), and those with a long term condition that limits daily life (19%).

12% of those experiencing social isolation have contacted Leicester City Council Social Care services in the past year

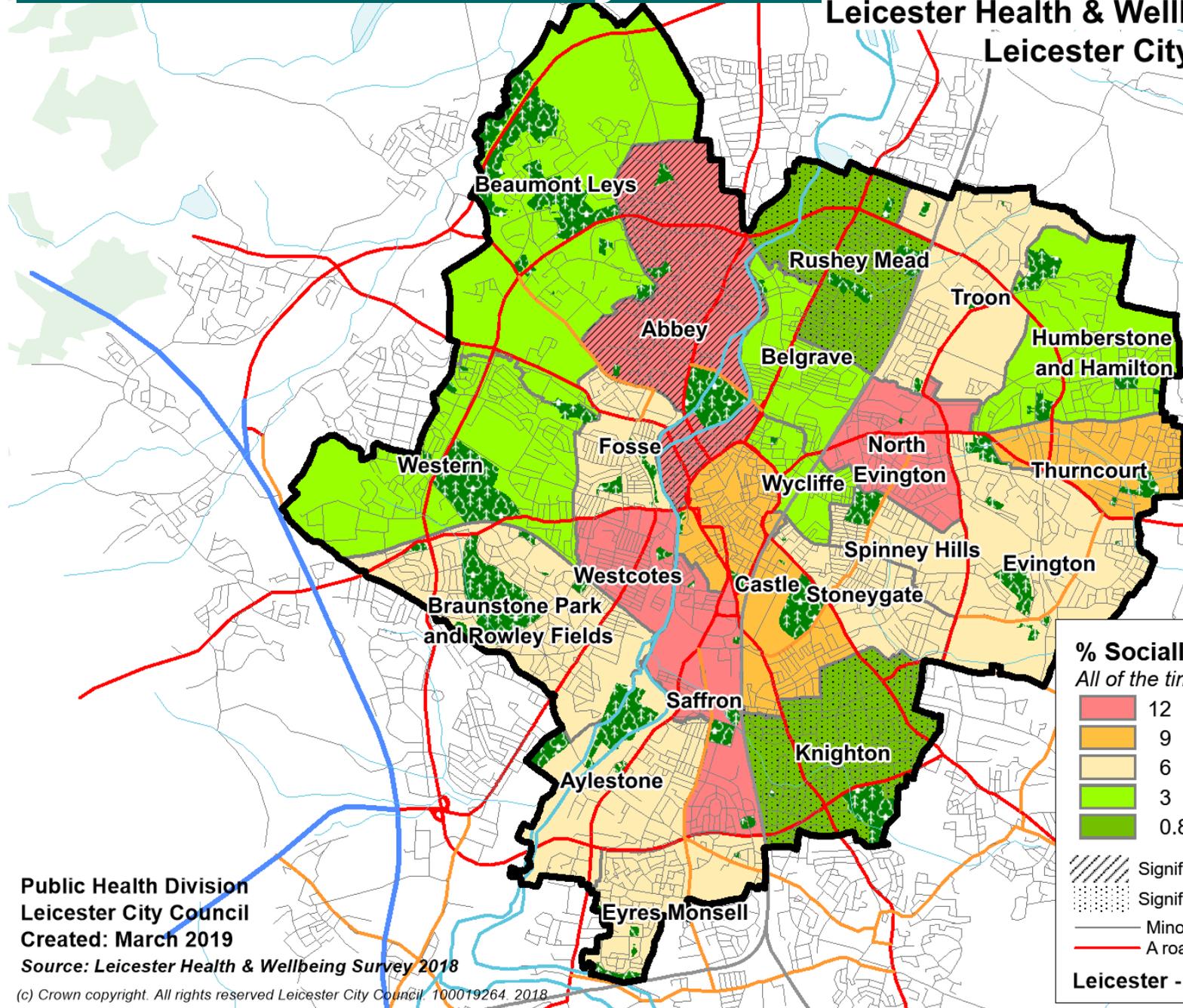
% all of the time/often feel isolated from others



Source: Ipsos MORI

Social isolation by ward

Leicester Health & Wellbeing Survey 2018
Leicester City with ward names



Ward analysis

Abbey has a significantly higher rate of social isolation. Westcotes, Saffron and North Evington also report higher rates of social isolation but this is not significantly higher than Leicester overall. Rushey Mead and Knighton ward report significantly lower rates of social isolation.

% Socially Isolated

All of the time or often

12 to 15.6 (4)
9 to 12 (2)
6 to 9 (8)
3 to 6 (5)
0.8 to 3 (2)

Significantly higher than Leicester (1)

Significantly lower than Leicester (2)

Minor roads B roads
A roads Motorway

Leicester - 8%

Public Health Division
Leicester City Council
Created: March 2019

Source: Leicester Health & Wellbeing Survey 2018

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Who are more at risk of social isolation?



The 2015 and 2018 Leicester health and wellbeing surveys have highlighted that the following groups have reported feelings of social isolation.

**Those with
a long -
term
limiting
health
condition**

**Lone
person
households**

**Social
housing
tenants**

The following slides explore the makeup of these groups and who are more likely to belong to these groups.

One in five (19%) with a long term condition limiting daily life have feelings of social isolation

Of those with a long-term limiting condition 57% are female and 43% are male. They are more likely to be older with 18% under 35, 45% between 35-64 and 37% aged 65+. Three in five of those with a long term condition are White British (58%), 30% are Asian British, and 6% are Black British. A fifth are in employment, about half own their own home (48%) and a third are social housing tenants. 14% of those with a long term condition are also a home carer.

Long-term condition limiting day to day activities: 18% or an estimated 50,000 16+ Leicester residents

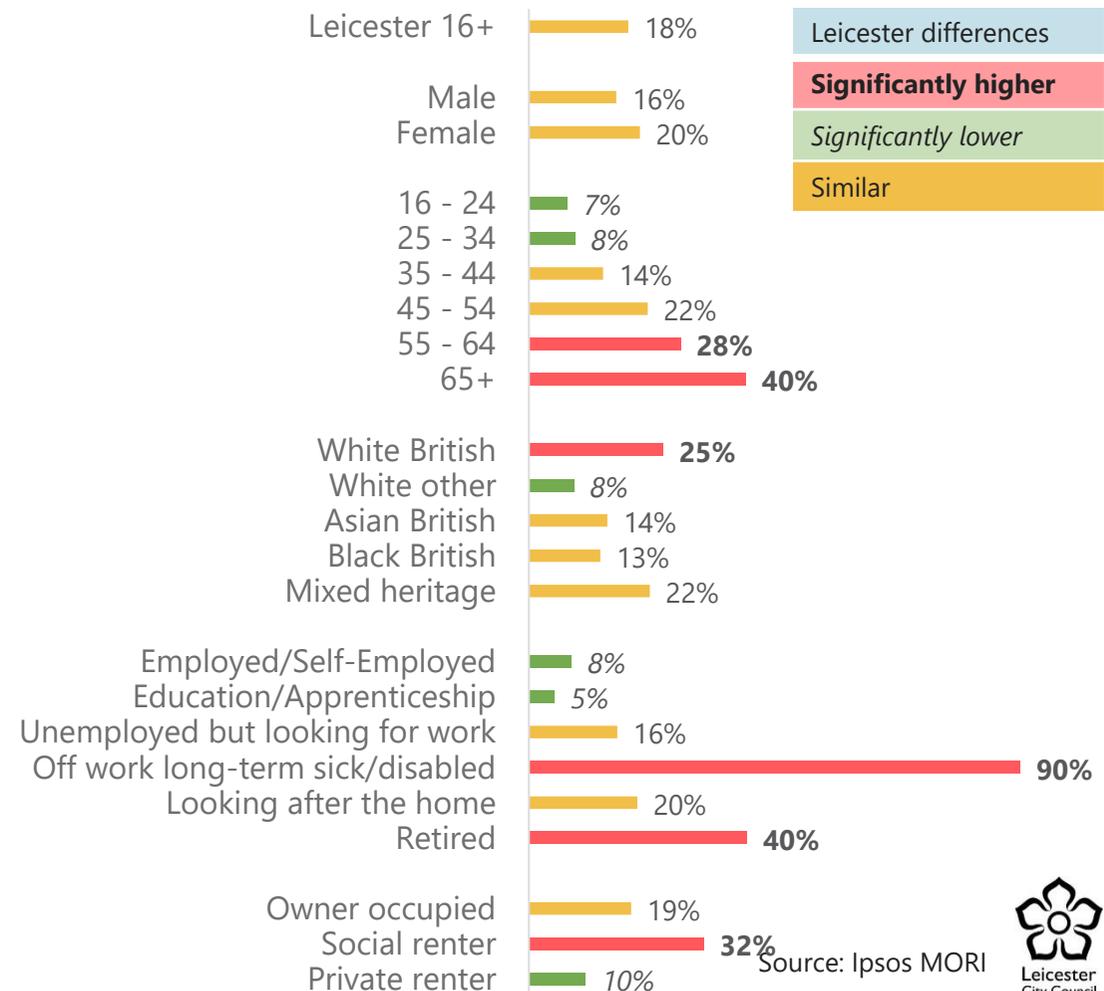
By geography there are higher proportions of long term ill residents living in the most deprived areas of the city. In particular Eyres Monsell and Saffron both report higher proportions.

Some groups are significantly more likely to be living with a long term limiting condition. For example two in five (40%) residents aged 65+ are living with a limiting long term illness, compared to 7% of 16-24 year olds.

Other groups significantly more likely to be living with a long term illness include 55-64 year olds (28%), White British (25%), those currently off work because of sickness/disability (90%), retired (40%) and social renters (32%).

A quarter of home carers (25%) have a long term limiting condition.

% of groups with a long term limiting condition



13% of those living alone in Leicester have feelings of social isolation

Of those who are in a lone person household 58% are female and 42% are male. Nearly half (47%) of lone person households include a person aged 65+. The majority of lone person households are White British (72%). About half of lone person households are owner occupied (48%), 30% are social tenants and 19% privately rent.

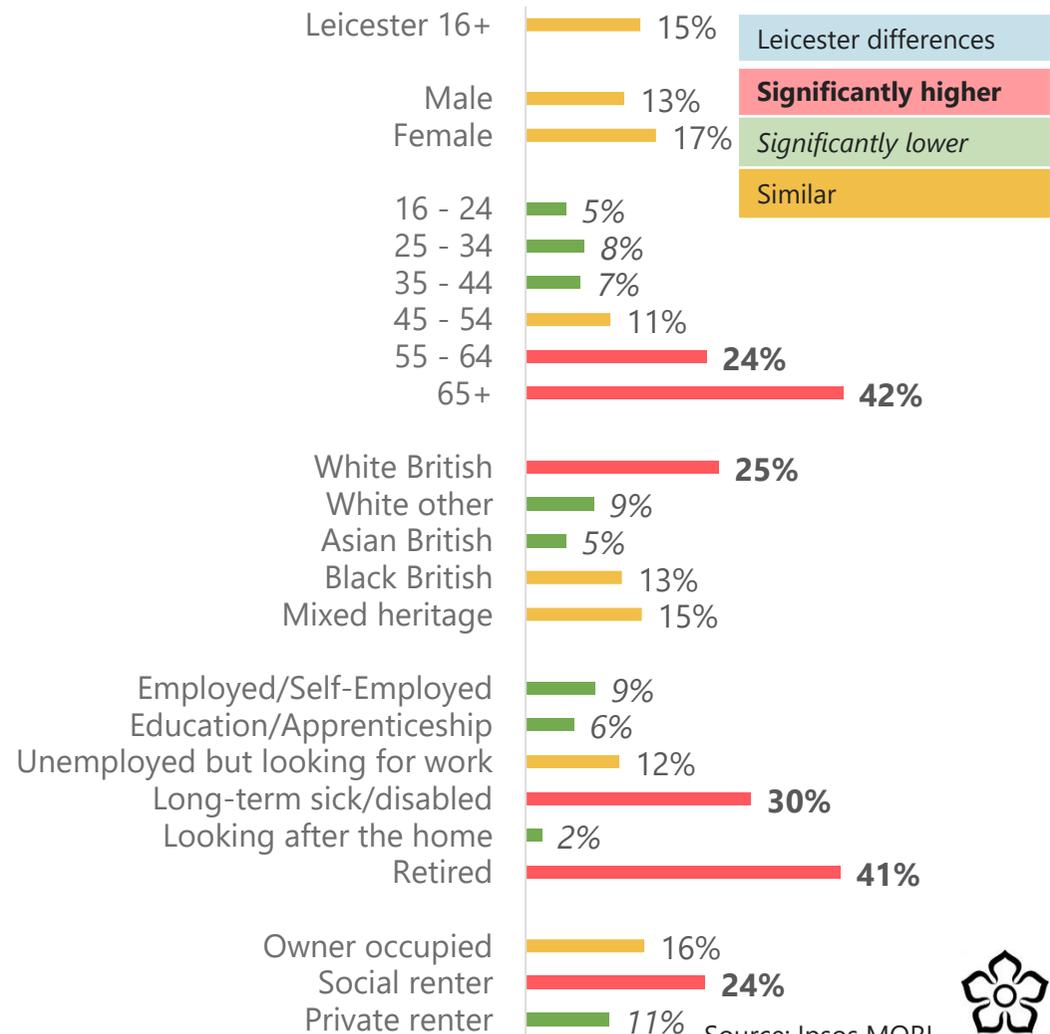
Lone person household: 15% or an estimated 42,000 16+ Leicester residents

By geography there are higher proportions of lone person households in the city centre (castle ward), Evington and Eyres Monsell.

Some groups are significantly more likely to be living alone. For example, those aged over 55 are significantly more likely to reside in a lone person households compared to younger Leicester residents.

Groups significantly more likely to be living alone include White British residents (25%), those off work long term sick and disabled (30%) and social renters (24%).

% of groups with lone person household



Source: Ipsos MORI



13% of social housing tenants have feelings of social isolation

Of those who identified as a social housing tenant 56% are female and 44% are male. There is a fairly even split between age groups with 17% aged between 16-24 and 20% aged 65+. Over half of social housing tenants are White British (53%), a quarter are Asian British (25%), and 15% are Black British. About a third have a long term limiting condition and 16% have a home caring responsibility.

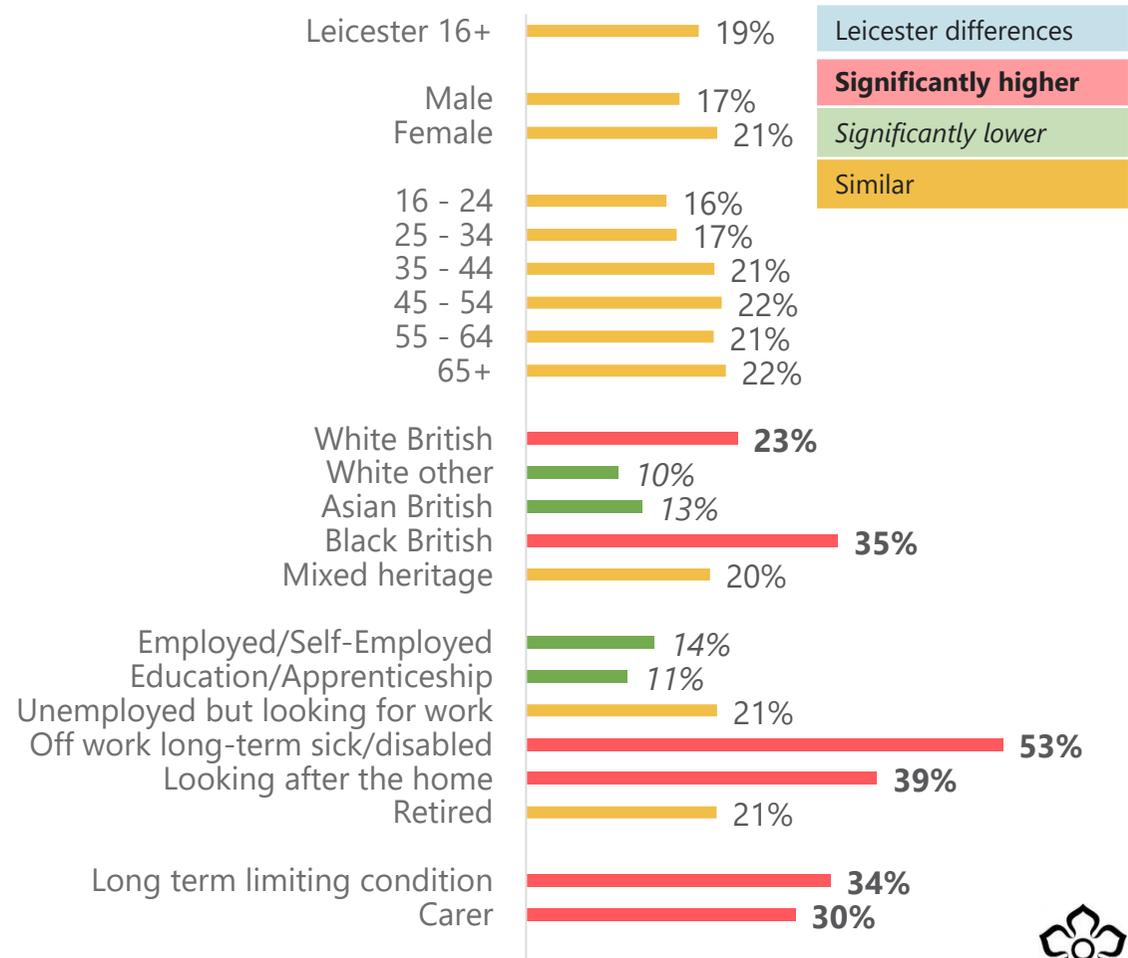
Social housing tenants: 19% or an estimated 53,000 16+ Leicester residents

Most of the city's social housing is concentrated in the following areas of Leicester; Beaumont Leys, Braunstone, Eyres Monsell, Mowmacre and Stocking Farm (Abbey Ward), New Parks (Western ward), Saffron, Southfields (Castle ward), and St Matthews and St Peters (Wycliffe ward).

Some groups are significantly more likely to be living in social housing compared to the average Leicester resident. For example over half (53%) of residents who are currently off work because of sickness or disability are social housing tenants.

Other groups with significantly higher proportions of social housing tenants include Black British (35%), those with a long-term limiting condition (34%) and carers (30%).

% of groups who are social housing tenants



Source: Ipsos MORI



Health & wellbeing outcomes for socially isolated

Those experiencing social isolation are significantly more likely to be at risk of other poor health and wellbeing outcomes.



	Socially isolated	Leicester overall
Physically inactive	23%	11%
Excess weight	60%	50%
Currently smoke	28%	20%
No support in a crisis	44%	32%
Run out of money frequently	30%	13%

Significantly higher than Leicester overall

Significantly higher than non socially isolated Leicester residents

Relationship between poor mental health and wellbeing, and social isolation

Those with poor mental health and wellbeing are significantly more likely to say they often/always feel socially isolated, on all four statements. They are most likely to feel excluded, lonely or alone. A fraction of residents with good mental health and wellbeing feel socially isolated.

Q35a. Which best describes how often you feel...?

% often / all of the time:	Poor mental wellbeing	Average mental wellbeing	Good mental wellbeing
...excluded, lonely or alone?	30%	8%	5%
...that you lack companionship?	21%	9%	3%
...left out of activities/events that you would enjoy or like to go to?	22%	9%	5%
...isolated from others?	22%	5%	3%



=significantly higher than the overall



=significantly lower than the overall



=no significant difference

Changes in social isolation since 2015



The percentage of residents expressing feelings of social isolation is similar to results in the 2015 survey. The same groups continue to be more at risk of social isolation than others.

	% Socially isolated 2018	% Socially isolated 2015
Gender	Males – 7% Females – 9%	Males – 6% Females – 9%
Age	16-34 – 6% 35-64 – 10% 65 and over – 7%	16-34 - 6% 35-64 – 9% 65 and over – 6%
Ethnicity	White British – 8% BME – 7%	White British – 8% BME – 7%
Disabled and carers	Long term condition – 19% Home Carer – 8%	Long term condition – 20% Home Carer – 10%
Household	Social renter – 13% Living alone – 13%	Social renter – 11% Living alone – <i>unavailable</i>

Issues experienced by socially isolated people

12% of those experiencing social isolation have contacted Leicester City Council Social Care services in the past year. Those experiencing social isolation also report:

Higher use of health services including GP, 111 and A&E

Higher rates for feeling home is unsuitable i.e too small/unsafe



Higher rates of dissatisfaction with local area and local parks

Higher rates of feeling unsafe outside during the day and night



Further analysis available by:

- Gender
- Age
- Ethnicity
- Religion
- Long term illness/disability
- Employment status
- Deprivation
- Languages
- Qualifications/Education
- Housing tenure/Occupancy
- Lower level geographies
- Children present in household



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