

# Hull Adult Health and Wellbeing Survey Summary: Financial Resilience

December 2019

## Background

Earlier this year, more than 4,000 Hull residents aged 16 years and older belonging to groups representative of the local population were surveyed about health and lifestyle behaviours. Between March and June, interviewers knocked on doors and asked residents if they would be willing to take part in the comprehensive survey. Participants were left to complete forms in their own time, with interviewers returning to collect them on an agreed date. The response rate was 76 per cent.

## Financial resilience and why it matters

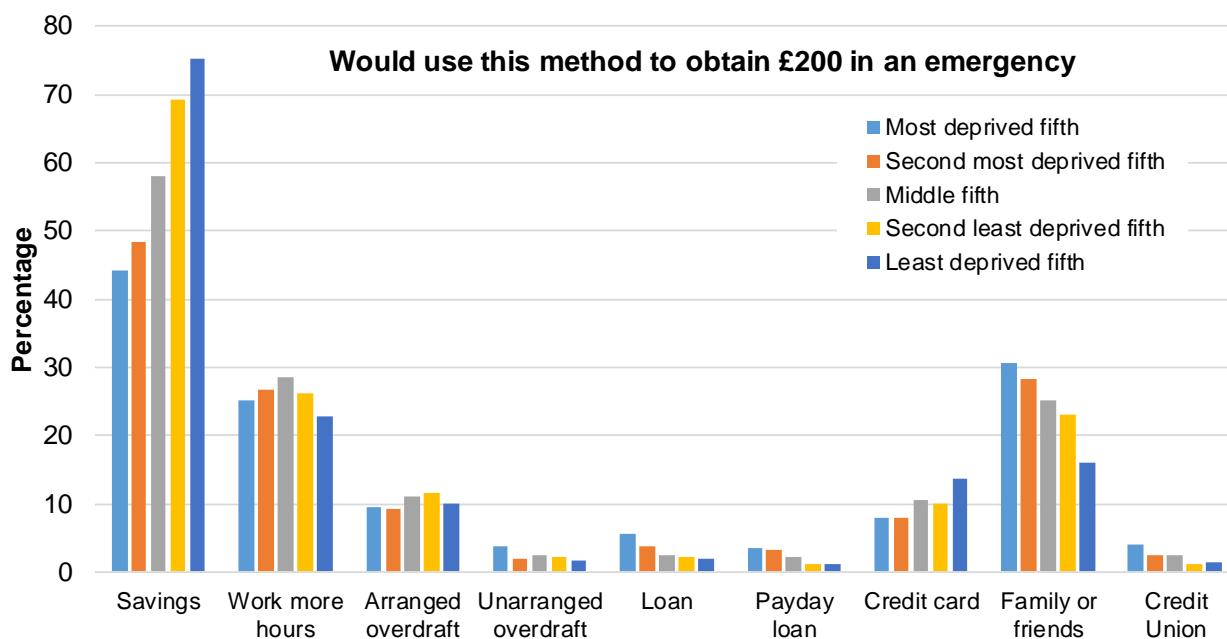
- Financial resilience is the ability of individuals and families to weather financial shocks and it is central to economic and emotional wellbeing.
- Life chances and prospects of young people are greatly affected by the financial resilience of their parents, and the state is also affected by the financial resilience of its residents.
- Lack of financial resilience can impact on educational attainment, employment prospects, housing and health, as well as having substantial impact on emotional wellbeing.

## Key Health and Wellbeing Survey findings

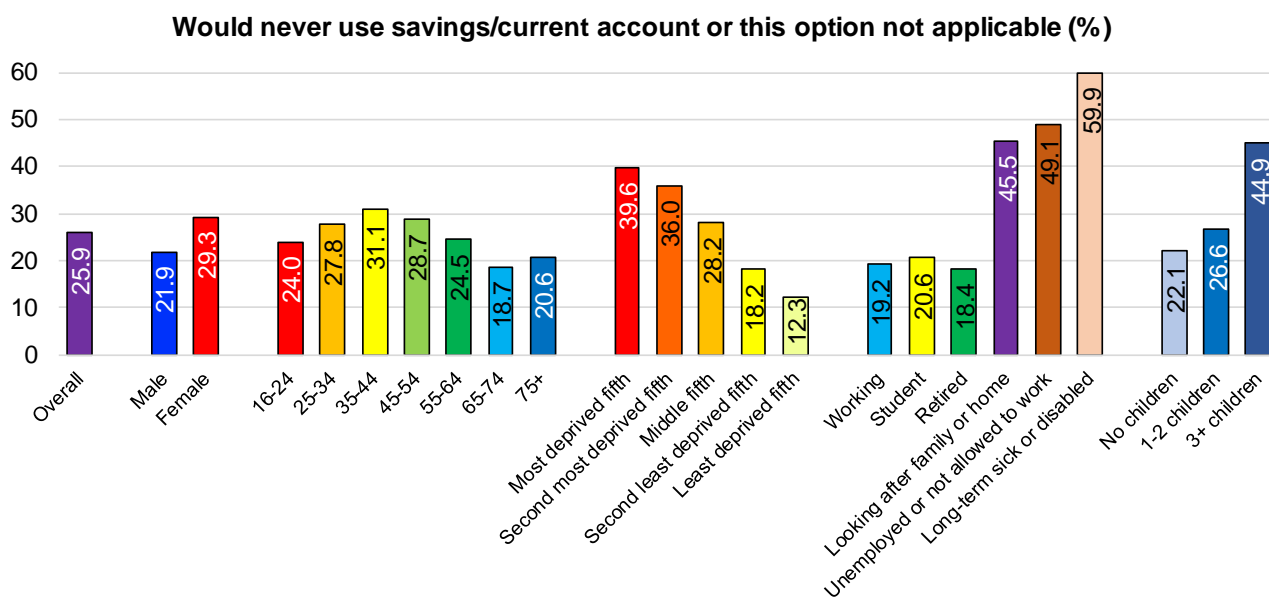
- 60 per cent of people in Hull would use savings of money from their current account to fund a £200 household emergency. However, only 36 per cent would exclusively use these finances – 48 per cent said they ‘would’ or ‘might’ use more than one method to fund the £200.
- Over one-quarter would never use savings or a current account to fund this emergency, and this was highest among working-age people who were not working, lone parents, households with three or more children, and anyone living in parts of Hull where deprivation is the highest. Additionally, people living in Marfleet (43 per cent), Orchard Park (41 per cent), and St Andrew’s and Docklands (38 per cent) were more likely to never use savings or money from their current account (in contrast to Kingswood where it was 8 per cent).
- Overall, 4.4 per cent of all people worried ‘most days’ and 4.3 per cent worried ‘about once a week’ about not having enough food to eat because of a lack of money or other resources. A slightly higher percentage worried about paying their rent or mortgage and other essential bills like utilities (7.0 per cent worrying ‘most days’ and 3.4 per cent worrying ‘about once a week’).

## Funding a £200 household emergency

Overall, 60 per cent would use their savings or money from their current account to fund a £200 household emergency, but this differed substantially by deprivation fifths. People living in the most deprived area fifth of areas of Hull were much less likely to use their savings or current account compared to people living in the least deprived fifth of areas of Hull (44 per cent versus 75 per cent).



Just over one-quarter of all adults would never use their savings or current account to fund a £200 household emergency, but this was considerably higher among people living in the most deprived areas of Hull, who were unemployed or not working due to long-term illness or disability, and it was also much higher among households containing three or more children.



## Impact on mental wellbeing

Emotional wellbeing was much lower among those with low financial resilience. Among those people who would not be able to fund a £200 household emergency from savings or from their current account:

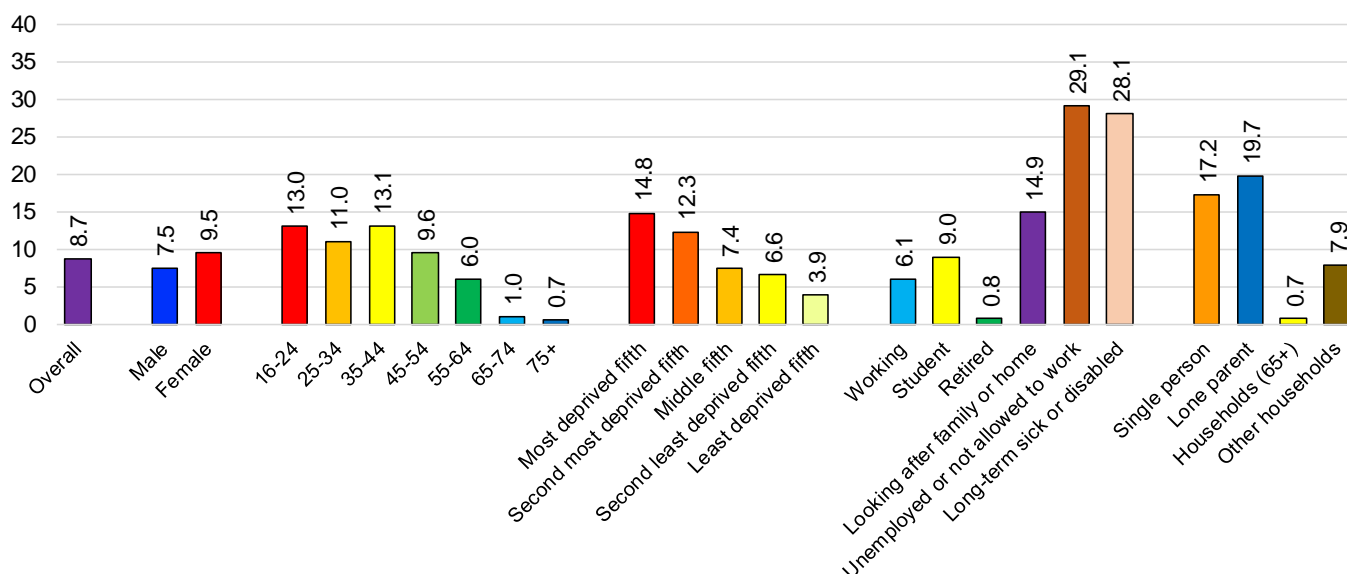
- 37 per cent had high levels of anxiety
- 26 per cent experienced low levels of happiness
- 24 per cent had low satisfaction with life
- 21 per cent had low levels of feeling life was worthwhile

Among those able to fund the emergency from their savings or current account, 29 per cent had high levels of anxiety, 11 per cent experienced low levels of happiness, 10 per cent had low satisfaction with life, and 8 per cent had low levels of feeling life was worthwhile. Whilst finances will impact on these measures of wellbeing, many other factors may be involved.

## Money worries

- Overall, 4.4 per cent of all people worried ‘most days’ and 4.3 per cent worried ‘about once a week’ about not having enough food to eat because of a lack of money or other resources.
- This equates means around 18,500 adults in Hull worry each week about not having enough food to eat.
- Fears of not having enough to eat were higher in areas with high levels of deprivation – the highest was St Andrews and Docklands, with 19 per cent worrying every week.
- 29 per cent of unemployed people worried most days or weekly, as did 28 per cent of those long-term sick or disabled and 20 per cent of lone parents.
- Less than 1 per cent of retired people worried weekly about a lack of food.

### Worrying about not having enough food on a daily or weekly basis (%)



Slightly higher percentages worried weekly about paying their rent or mortgage, and other essential bills like for utilities.

- 7.0 per cent of people worried about these bills ‘most days’ and 3.4 per cent worried ‘about once a week’
- This equates to more than 22,000 adults worrying each week about paying their essential bills.

### **The impact for Hull**

Financial resilience is relatively low in Hull with almost a quarter of people unable to use savings or their current account to fund a £200 household emergency, with the figure rising to more than 40 per cent for some specific groups of households.

As many as 30 per cent of households are regularly worried that they will not be able to afford to eat enough. This is a considerable percentage, which will impact on educational attainment, employment prospects, housing, health and wellbeing.

People with low financial resilience in the survey had much worse emotional wellbeing.

### **Further information**

Further survey reports and a copy of the questionnaire are available on request. Please contact us at [PublicHealthIntelligence@hullcc.gov.uk](mailto:PublicHealthIntelligence@hullcc.gov.uk) for more information.