

Hull Adult Health and Wellbeing Survey Summary: Social Isolation

December 2019

Background

Earlier this year, more than 4,000 Hull residents aged over 16 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.

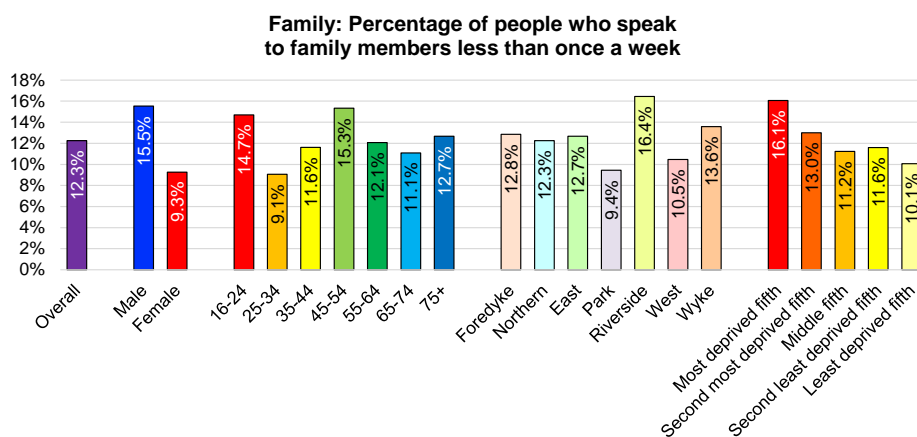
Social Isolation and why it matters

- ❖ People may feel isolated and not part of society for many reasons due to age, being a carer, poverty, unemployment, mobility problems, disability, ethnicity, religion, language barriers, poor literacy levels, etc.
- ❖ Social isolation and feelings of being unsafe in the community can have a large impact on wellbeing, but can also influence physical health.
- ❖ The perceived inability to interact with the world and others can create an escalating pattern of challenges.

Key Health and Wellbeing Survey findings

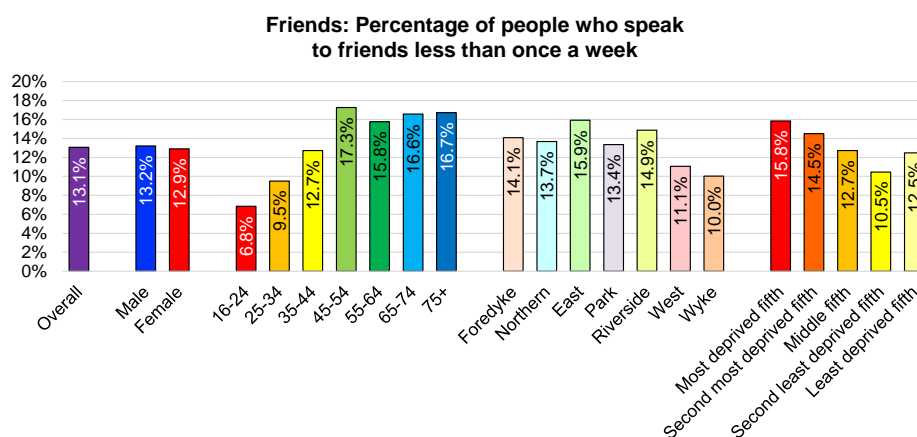
Over four thousand adults (16+ years) in Hull, representative of the population, were asked about health and lifestyle behaviours between March and June 2019. Interviewers knocked at doors and asked residents if they'd be willing to participate. They collected completed forms at an agreed later date. The response rate was high at 76%.

- ❖ **43.1% of people said that they spoke to family members on a daily basis**, whilst 24.8% said that they spoke to them between 3 and six times per week.



- ❖ **But 1 in 8 (12.3%) said that they spoke to family members less than once per week.**
- ❖ **Females are more likely to speak to family members more often than males –** of those people who speak to family on a daily basis 60.4% are females.
- ❖ **Younger people are more likely to speak to family members more regularly.** Those aged 25-34 are consistently the largest age group for speaking to family members on a daily, 3-6 times per week, and once or twice per week basis.
- ❖ **People of Park area were most likely to speak to family member on a daily basis** (48.2%) and the people of Wyke the least likely (37.4%). And the people in Park were the least likely to speak to family members less than once per week (9.4%), whilst Riverside was the highest (16.4%).
- ❖ **Those people who are included in the most deprived fifth are the most likely to speak to family members on a daily basis, but they are also the most likely to speak to family members less frequently than once per week.**
- ❖ **Levels have remained relatively stable since the 2011 survey.** In the 2011 survey 45.8% of survey respondents said that they spoke to family members on a daily basis, by 2019 this figure was 43.1%. Percentages at the other end of the spectrum have remained relatively similar also – in 2011 9.2% of survey respondents recorded that they spoke to family less than once per week, whilst in 2019 this figure was 12.3%.

- ❖ **4 out of 10 (39.4%) people said that they spoke to friends on a daily basis**, although 13.1% said they spoke to them less frequently than once per week.



- ❖ **Males and females are almost equally divided in how often they speak to friends.**

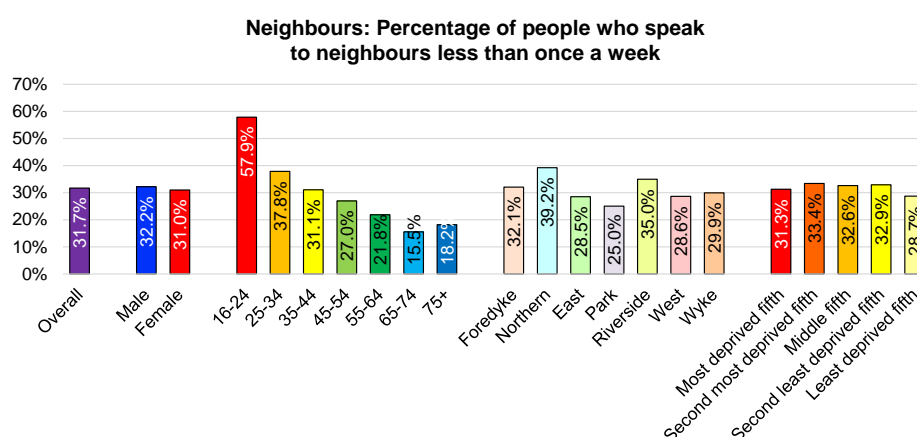
- ❖ **The younger a person is, the more likely they are to speak to friends more often.** Almost a third (23.8%) of those people who speak to friends on a daily basis are aged between 16-24 years old.

- ❖ **People of Park area were most likely to speak to friends on a daily basis (42.8%)** and the people of Wyke the least likely (34.9%). And the people in Wyke were the least likely to speak to friends less frequently than once per week (10.0%) and in East the most likely to (15.9%).

- ❖ **There are only small differences in how regularly people spoke to friends and which deprivation fifth they are recorded in**, although what small difference there is points towards those least deprived speaking to friends more regularly.

- ❖ **Although there is a slight fluctuation, over the past three surveys percentage levels largely remain similar.** For instance, in the 2011 survey 37.5% of survey respondents stated that they spoke to friends on a daily basis, whilst in 2019 this figure was 39.4%.

- ❖ **13.4% of people stated that they spoke to neighbours on a daily basis**, although almost a third (31.7%) said they spoke to their neighbours less frequently than once per week.



- ❖ The split between males and females and how often that they speak to neighbours is very similar, although slightly in favour of females.

- ❖ **The older a person is, the more like that they are going to speak to neighbours more often.** The largest percentage of survey respondents who spoke to neighbours on

a daily basis was those aged 65-74 (17.7%), whilst the lowest levels were recorded for 16 to 24 year olds (9.4%).

- ❖ People of Park area were most likely to speak to neighbours on a daily basis (16.1%) and the people of Foredyke the least likely (9.7%). And the people in Park were the least likely to speak to neighbours less frequently than once per week (25.0%) and in Northern the most likely to (39.2%).
- ❖ **You are more likely to speak to your neighbours more often if you are recorded in a lesser deprived fifth.** Although over a quarter (26.1%) of those people who spoke to neighbours on a daily basis were recorded in the most deprived fifth, those people who spoke to neighbours either 3-6 times per week, or once or twice per week, were consistently from the least deprived group.
- ❖ **Over the period of the last three surveys there appears to be a noteworthy trend of people saying that they speak to their neighbours less frequently.** 22.7% of people in 2011 said that they spoke to their neighbours less than once per week, this increased to 31.7% in the 2019 survey. In 2011 16.4% of survey respondents said that they spoke to their neighbours on a daily basis, whilst in 2019 this figure was 13.4%.

What this means for Hull...

- One of the priorities of the local Humber, Coast and Vale Sustainability and Transformation Partnership is to support everyone to manage their own care better through communities and public and voluntary sector organisations working together. Work is ongoing in Hull around the asset-based approach which utilises assets within the community to support people and improve their health. Such approaches can be used to tackle the problems of isolation and loneliness.¹
- A loneliness strategy for the City will be developed working closely with the voluntary sector. It will include the promotion of activities that seek to build connections between generations to tackle loneliness, and encouragement of a culture across organisations that celebrates diversity, encourages respect and has zero tolerance on hate crime. A focus is also to work with partners to ensure the design of the build environment discourages crime and fear of crime.
- The Social Prescribing Service (Connect Well Hull) aims to help people feel more linked in with their local communities, and provide advice and support on a range of issues.

¹ Joint Strategic Needs Assessment (JSNA) Summary, October 2019