



COST OF LIVING CRISIS

Even with government intervention, the hardship faced by individuals and families this winter will be devastating

Reduced household income in our most deprived communities could lead to between 70-200 premature deaths per 100,000 population and a fall in life expectancy of between 1-1.6 years

A PUBLIC HEALTH EMERGENCY

General physical and mental health will worsen as people sacrifice heat and food. This is likely to increase respiratory illness, stress, dementia, depression, heart conditions and malnutrition.

There will be long term consequences including stalling child social and emotional development, and a legacy of long term illness for many, affecting lives, livelihoods and the economy

WIDENING HEALTH INEQUALITIES

Affecting those most on low incomes, with disability, lone parents, unemployed, renters and minority status affecting the likelihood and significance of risk



NHS Grampian's role in

BUILDING BACK FAIRER

**Extending and scaling
existing work - focused and
faster**

POVERTY, HARDSHIP AND HEALTH

The cost of living crisis will increase the number of people living in poverty and those with highest levels of personal debt. More people will experience housing, food and fuel insecurity.

1/3 of people have no savings and 1 in 5 people are already behind with a bill

24-32% of families in Aberdeenshire, Aberdeen and Moray were classified as fuel poor in 2019. This will have worsened significantly

INCREASED DEMAND FOR HEALTH AND VITAL SERVICES

This will affect primary and community health care and may lead to increases of 10-12% in hospital bed use which is already operating near to 100%

Money advice, food banks and housing support will be needed at a time when statutory and voluntary services are themselves under pressure through rising costs and staff vacancies,



DELIVERING OUR COMMITMENTS

STEPPING UP AS AN ANCHOR ORGANISATION

Not everything is within our control but there are things we can do to support our local communities, staff and partners.

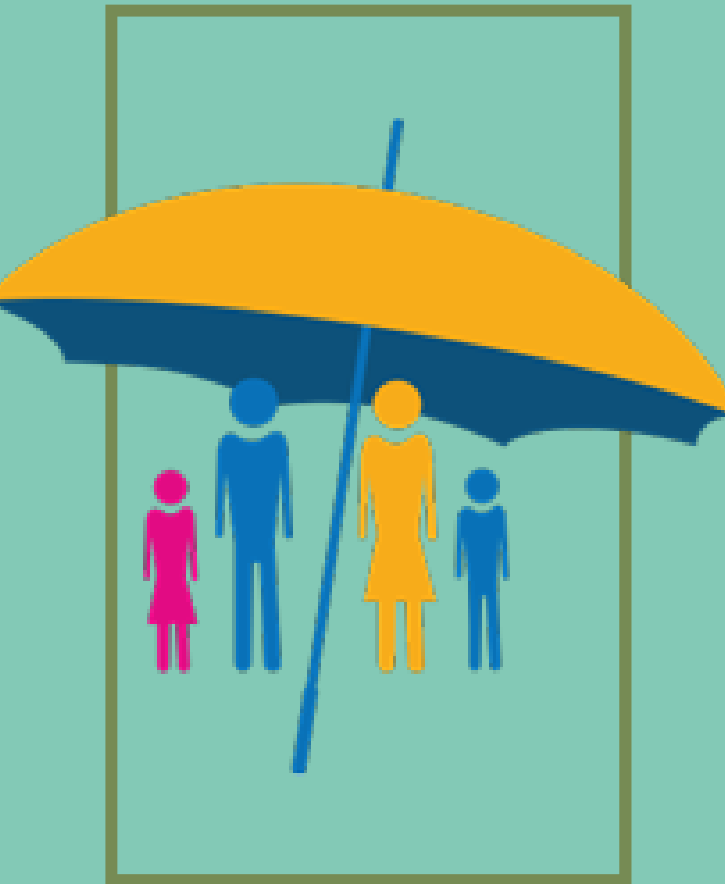
Identifying those people who are most at risk and in need of support; helping to sustain voluntary agencies who provide vital support to communities and delivering our commitments to reduce child poverty are just some of the ways that our leadership will make a difference.

This is on top of us recently becoming a Living Wage employer.

MITIGATE, UNDO AND PREVENT

Our urgent efforts should mitigate the impact of the crisis, particularly for vulnerable people; undo the damage caused and seek to prevent poverty in the first place

Giving full consideration to the socio-economic impact of Board decisions and service re-designs helps us to do this



VOLUNTARY SECTOR CO-BENEFITS

Commissioning local third sector organisations to provide wrap around care for patients being discharged from hospital or waiting for social care will help to reduce health risks from vulnerability. It will also increase the sustainability of voluntary agencies



WINTER WELLNESS

Staying safe advice, encouraging vaccine uptake and including cost of living advice within standard pathways of care - our efforts to protect health this winter.

With over 23,000 people waiting for health care treatment, the waiting well programme helps to keep people's physical health and mental wellbeing in check by listening, reassuring, giving advice, signposting and coaching

A LITTLE IS A LONG WAY FOR STAFF

We can't resolve national pay negotiations but we can support staff in difficult times. Access to money advice, opportunities for paid over-time/bank work, warm showers, gyms and subsidised canteens are a practical and visible way to show staff we care.



WE ARE

The risks to health and the pressure on services from the cost of living crisis are clear

STRONGER

Mitigating risks, undoing damage and preventing poverty - this is our short and long term strategy

TOGETHER

Being aware of individual partner endeavours will help us strengthen our collective actions

OUR CURRENT ACTIONS

- Establishment of a multi-agency surveillance cell to identify those most at risk and early warning systems to prompt action
- Facilitated conversations during service planning changes and winter improvement plans to assess impact on health inequalities
- Targeted investment in third sector agencies which support discharge from hospital or those waiting for social care assessment
- Operating the 'waiting well' intervention to maintain health and support for those waiting for care
- Focusing on support for income maximisation in key pathways of care and supportive actions to reduce costs of period products
- Encouraging uptake of winter vaccines through targeted campaigns and easier access

OUR ASK OF CET AND BOARD

- Work with partners to pool physical and financial resources and direct these towards interventions that mitigate the impact of the cost of living crisis on communities
- Prioritise effort that resolves the barriers preventing or delaying us from delivering on our commitments in child poverty action plans
- Introduce different approaches for accessing services in general, particularly for those affected by cost of living crisis
- Improve job security for staff on fixed term contracts where possible and support staff welfare through access to showers, gyms and subsidised catering

Inequality is not our destiny. Our efforts must always move us from despair to hope

References

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