The health impacts of cold homes
Better Housing, Better Health – a single point of contact health and housing referral service
The role of health professionals
Results
Challenges
Evaluation
The health impacts of cold homes

- Heart attacks
- Strokes
- Respiratory illnesses
- Hypothermia
- Domestic accidents/falls
- Asthma
- Fever
- Excessive tiredness
- Stomach problems
- Headaches
- Coughs/Wheezing
- Sore throats
- Arthritis/aching joints
- Vomiting
- Diarrhoea
- Death

Cold homes cost the NHS £1.36bn per year (Age UK, 2012)
The health impacts of cold homes

- Too Hot: Babies and young children may overheat. Turn your heating down.
- Ideal living room temperature: 21°C (70°F)
- Comfortable house temperature: 18°C (65°F)
- Discomfort and risk of respiratory illness: 15°C (59°F)
- Too Cold: Risk of serious illnesses such as hypothermia, heart attack and strokes. Turn your heating up and seek advice.
The health impacts of cold homes

➢ It can take over a month for the death rate to return to normal after a cold spell
The health impacts of cold homes

Excess winter deaths and morbidity and the health risks associated with cold homes

NICE guideline
Published: 5 March 2015
nice.org.uk/guidance/hpg6
Better Housing, Better Health

Improving health and wellbeing

Maintaining independence

Preventing mental and physical ill health
What we offered

- Grants of up to £2,500 for energy efficiency measures for homeowners
- Free surveys to identify potential risks to health for homeowners and private tenants
- Benefits checks, fuel debt mediation and assistance with switching energy tariff or supplier
Eligibility criteria for capital grants

1. Residents in Oxfordshire or Buckinghamshire

2. Respiratory illness or cardiovascular disease

3. Homeowner
   - Private tenants can receive a free home energy survey
   - All residents are eligible for support from Citizens Advice
Referral process

1. Signed referral form sent to NEF
2. NEF contacts householder
3. NEF agrees measures with householder
4. Home visit from a local authority officer
5. Benefits checks / switching / fuel debt mediation
6. NEF arranges installation
7. Installation—grant paid direct to installer
The role of health professionals

- Referring vulnerable clients
- Training sessions
- Supporting the roll out of the scheme
- CCG representatives on the Steering Group
- Connecting with existing initiatives
<table>
<thead>
<tr>
<th>Service Description</th>
<th>Target</th>
<th>Actual</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grants for energy efficiency measures</td>
<td>&gt;80</td>
<td>107</td>
</tr>
<tr>
<td>Training sessions delivered</td>
<td>10</td>
<td>20</td>
</tr>
<tr>
<td>Frontline health and social care professionals trained</td>
<td>150</td>
<td>241</td>
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<tr>
<td>Residents supported by Citizens Advice receiving a measurable outcome</td>
<td>500</td>
<td>500</td>
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<tr>
<td>Residents engaged through outreach events</td>
<td>2,000</td>
<td>2,985</td>
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</tbody>
</table>
Measures installed
Challenges

- Establishing health contacts
- Mixed response from some health professionals
- Resourcing
- Funding
Evaluation

- Housing Health Cost Calculator
- Health and wellbeing survey
- Feedback survey
Housing Health Cost Calculator:

- Estimates the cost to the NHS and society of housing hazards
- Savings where these have been mitigated or significantly reduced

Final results:

- Average saving of £1,009 per person per year to the NHS
  - Total saving of £107,989 per year

- Average saving of £2,523 per person per year to society
  - Total saving of £269,961 per year

- Average grant of £2,080 – payback period of just 2 years
Health and wellbeing survey:

- Completed before any measures installed
- Follow up comparison survey three months after recommended measures installed

Final results:

- **71%** reported an improvement in at least one health or wellbeing measure
- **69%** reported a reduction in use of at least one health service
Feedback on the scheme

- From beneficiaries, local authority officers and health and social care professionals who have made referrals

Final results:

- 94% of residents very happy or happy with the measures installed
- 100% of health professionals would recommend the scheme
- 100% of district councils were satisfied with the process
“I know that those involved worked so hard to make it happen that it restored my faith in mankind again. It may seem foolish to anyone who has not endured such hardships but I stare at the windows and doors with a smile on my face and I feel a sense of ecstatic joy to be helped by people who have given me back my hope.”

Mr N, High Wycombe
Mr D, Vale of White Horse

- Saved over £300 per year on his energy bills
- Assisted to apply for Carer’s Allowance, Attendance Allowance, Severe Disability Premium, Council Tax Reduction and Guaranteed Pension Credit
- Benefits income increased by over £300 per week – £16,000 per year
- Awarded £2,500 grant to replace his inefficient boiler
Next steps

- Updating the referral mechanism
- Seeking funding to relaunch the scheme
- Looking for partners to expand the scheme to other areas
Thank you

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