Recognising Loneliness as a Public Health Issue

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19th October 2016
Social isolation and loneliness

“A sad soul can kill you quicker, far quicker, than a germ”
John Steinbeck

a recent systematic review found that loneliness can increase the risk of premature death by 30 per cent
Isolation and loneliness

The relationship between social isolation and loneliness is complex and varies between individuals.

**Isolation**

The inadequate quality and quantity of social relations with other people at the different levels where human interaction takes place (individual, group, community and the larger social environment).

**Loneliness**

An emotional perception that can be experienced by individuals regardless of the breadth of their social networks.
Impact on health and wellbeing

- Social isolation and loneliness are harmful to physical and mental health and increase risk of morbidity and mortality.

- Social isolation and feelings of loneliness can also be physical or psychosocial stressor resulting in behaviour that is damaging to health.

- Social networks and friendships not only have an impact on reducing the risk of mortality or developing certain diseases, but they also help individuals to recover when they do fall ill (Marmot, 2010).
Impact on services

- Isolation and loneliness can increase the pressure on services.

- Individuals are more likely to:
  - visit their GP more often
  - have higher use of medication
  - use accident and emergency services independent of chronic illness
  - be admitted to adult social care
  - more use of mental health services
  - have early admission to residential or nursing care
Measuring high level outcomes

At population level:

Reducing social isolation is a priority for social care and public health


- The current measure draws on self-reported levels of social isolation (using social contact as a proxy) for both users of social care and carers.

- These indicators assist local authorities in focusing on some of the more vulnerable people in their community

"the percentage of adult carers who have as much social contact as they would like"
Who is at high risk?

- Young People: in care, bullied, struggling with sexual identity
- Young people leaving university
- People with lack of connections in mid-life
- Later old age
- People with Substance Misuse problems
- Isolated rural and deprived urban areas
- Carers
- Unemployed
- Poor physical or mental health
- Low income
- Homeless
Inequalities and wider determinants

There is evidence to suggest a significant correlation between low socioeconomic status and social isolation. Action on structural determinants including economic disadvantage is important.

Social disadvantage linked to life experiences that increase risk of isolation, e.g. poor maternal health, teenage pregnancy, unemployment, illness in later life.

Wider issues such as access to green/public spaces, transport (to enable social connections) can help or hinder
Inequalities – ethnic minority

- Some evidence suggests that levels of loneliness are **higher** among older adults from ethnic minorities (exception of Indian population). (Victor et al, 2012)

- Social isolation among older ethnic minority people is of further concern as people in this group are **less likely** to access services for older people. (Sachragda, 2011)

- Older adults in ethnic minority groups may also experience language barriers and **higher** levels of poverty than the general population. (Khan, 2014)
Inequalities – gender

- Older men are more likely to be isolated than older women (Beach et al, 2014)

- ONS found that more women reported feeling lonely than men (ONS, 2013)
Inequalities – carers

• There are approx. **1.2 million carers** aged 65 and over in England, and the rate is **increasing**.

• The older carers get the **more likely** they are to provide increased hours of care.

• High levels of care correlates with **less time** out of the house, to self and socialising with friends, as well as negative health impacts, which **increases** risk of social isolation.

• A 2009 study found that male care-givers were **four times** more likely to be socially isolated than their female counterparts. (Robinson et al, 2009)
Loneliness and the oldest old

• Lack of research on the oldest old (85+)

• Newcastle 85+ study show over half (57%) of 85 year olds reported ‘never’ feeling lonely

• Oldest old & loneliness: widowhood, living alone, depression, being female

• Not a static experience

• Length of widowhood a key factor, most recently widowed having 2 x risk of feeling lonely compared to those widowed for 5 years

• Loneliness can be more prevalent in institutional settings

Ref: Brittain et al, An investigation into the patterns of loneliness and loss in the oldest old – Newcastle 95+ study, Ageing and Society
What does the evidence tell us to do?

- Targeting has the greatest impact
- Reduce ‘stigma’ attached to being lonely – avoid the ‘L’ word
- Base interventions on effective evidence - positive mental health promotion showed good outcomes
- Group activities achieve good outcomes especially those with an arts, educational learning or social focus
- Participatory initiatives are most beneficial
- One-to-one initiatives (e.g. befriending) only appear to be effective in certain circumstances
What does the evidence tell us to do?

• The impact of new technologies is inconclusive
• Real and practical barriers should be the focus of joint efforts by all agencies concerned with the wellbeing of older adults
• Earlier interventions could help prevent some of the negative effects of social isolation from accumulating in later life
## Identifying the isolated and lonely

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<th>Identifying</th>
<th>What works</th>
<th>How</th>
<th>Why</th>
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<tbody>
<tr>
<td><strong>Place based/population based approaches</strong></td>
<td>Drawing on local knowledge, networks and community organisations</td>
<td>Understanding of local needs and provision gaps, trusted by beneficiaries</td>
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<td><strong>Proactive approaches</strong></td>
<td>Letters, phone calls, door knocking, home visits</td>
<td>Reaches hidden populations including isolated people, those not accessing support and those initially reluctant to engage</td>
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<td><strong>Broad based approaches</strong></td>
<td>Public spaces, radio, advertising, leaflets, referral from Health and Social Care, Voluntary and Community sector</td>
<td>Moves beyond traditional organisational reach, receives referrals from public, creates project buzz</td>
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Benefit of wider public health interventions

- **Design of cities and towns**: provision of public seating and toilets, and good public transport can encourage older people to get out and about, increase their mobility, and socialise.

- **Physical activity**: promotion of physical activity to meet new guidelines for activity among the over 50s also create opportunities to increase social interactions and build social networks.

- **Drugs and Alcohol**: efforts to tackle drug and alcohol misuse can be more effectively targeted if loneliness is recognised as a potential contributing factor.

- **Health screening and preventative interventions** (e.g. NHS Health Checks) can be capitalised upon to also identify, and address, or build resilience to, loneliness and isolation.

- **Falls prevention programmes** are not just a means of reducing costly hospital admissions, but also an opportunity to maintain mobility and independence.
Addressing social isolation and loneliness: some examples
Combating isolation and loneliness

- Social isolation and loneliness are different things that require different interventions. Conclusions on ‘what works’ to date have been partial and contradictory.

- Age UK and The Campaign have developed a framework that features four distinct approaches to provide a comprehensive local system of services:
  - foundation services
  - direct interventions
  - gateway services
  - structural enablers

- Important to consider prevention in mid-life; an important time for people to build social networks.
## Social isolation across the life course – opportunities

### Key areas for local action

#### Challenges
- Inadequate social networks
- Maternal depression
- Adverse childhood experiences
  - being bullied
  - being a young carer
  - being not in employment, education or training (NEET)
- Being unemployed
  - Experiencing relationship breakdown
  - Poor social networks
  - being a caregiver
- Bereavement
  - loss of mobility
  - poor quality living conditions
  - being a carer

#### Programmes to provide support during pregnancy
- Parenting programmes
- Programmes to support the home to school transition
- Building children and young people’s resilience in schools
- Support for young carers
- Strategies to reduce NEETs

#### Programmes to provide support during pregnancy
- Back to work programmes
- Programmes to support skills development to increase employability
- Support for carers

#### Programmes to provide support during pregnancy
- Promote good quality work for older people
- Provision of social activity
- Support for carers
- Support for the bereaved

### Lifecourse stage:

- Pregnancy
- Early Years
- Childhood and adolescence
- Working age
- Retirement and later life

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Certain individuals or groups are more vulnerable than others depending on factors such as physical or mental health and the social determinants of health inequalities including income, education, occupation, social class, gender, race/ethnicity.
Interventions from across England

- **Lancashire ‘whole systems approach’** at an individual level, combined with Making Every Contact Count approach.

- Manchester Camerata and Small Things Arts companies, provide ‘Music in Mind’ And Opera and ‘Storybox’ sessions.

- The re:fresh programme in Blackburn has **increased levels of physical activity** in BAME women and disabled adults significantly.

- **Time Banks** (Cambridgeshire)
Interventions from overseas

- **Germany**: multi-generational centres, with principles of give and take. ‘Offener Treff’ – public living room with activities for all

- **Switzerland**: Cite Seniors: information and meeting space for older adults, space to socialise, learn and access information

- **Portugal**: Telephone rings at 5: source of companionship and mental stimulation to housebound older adults

Maintaining relationships is often identified by older people as central to well being. Important relationships include children and family, plus social relationships with friends and neighbours.
PHE’s approach: examples

Cross-organisation approach:

- Evidence review of ‘what works’ for using a community assets based approach for reducing social isolation
- Pilot with the Fire and Rescue services to identify lonely older adults and signpost to relevant services
- Behavioural insights project with Manchester GPs
- Work with Alzheimer’s Society to promote Dementia Friendly Communities to address loneliness in people living with dementia
- Evidence summary, scope includes cost effective interventions to tackle loneliness and isolation
Conclusion

• Social isolation and loneliness is an important, cross cutting, public health issue

• These are complex and multi-factorial issues that require partnership working.

• There are opportunities for health and wellbeing boards to encourage partnership working between community and voluntary services, the NHS and local authorities to engage in strategies to reduce social isolation.

• A life course approach offers opportunities to intervene at different time points, tailoring interventions to ‘at risk’ individuals/groups.

• Research identifies promising practice, but the evidence base needs to be more robust.
Thank you for listening!

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