

APPENDIX 2

Equality and health analysis

Section 1: Equality analysis details

Proposed policy/decision/business plan to which this equality analysis relates	Loneliness Strategy
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Equality analysis author		Clizia Deidda			
Strategic Director:		Kevin Fenton			
Department		Place and Wellbeing	Division	Public Health	
Period analysis undertaken		January – March 2020			
Date of review (if applicable)		After public Consultation, May 2020			
Sign-off	Farrah Hart	Position	Consultant in Public Health	Date	06/02/2020

Section 2: Brief description of policy/decision/business plan

1.1 Brief description of policy/decision/business plan

Loneliness is a public health issue that impacts upon the health and wellbeing of our local residents in Southwark, preventing them from enjoying a good quality of life. It is a basic human need to feel connected to others around you: feeling lonely can pose a huge risk to an individual's health, including both mental and physical health. We also know that loneliness impacts more on those people who are most vulnerable, consolidating health inequalities amongst those who are most disadvantaged.

Southwark Council's Plan 2018/19 – 2021/22 committed the council to developing a loneliness strategy, to help reduce health inequalities and break down the barriers that prevent people from thriving in Southwark. The strategy sets out definitions of loneliness and social isolation; the causes and groups most at risk, as well as looking at both national and local data and policies relating to the scale of the issue and what should be done about it. Finally, it sets out our proposed local response to loneliness including a plan for action.

Section 3: Overview of service users and key stakeholders consulted

2. Service users and stakeholders	
Key users of the department or service	Everyone living, working or studying in Southwark
Key stakeholders were/are involved in this policy/decision/business plan	<p>Loneliness and social isolation are very complex issues. They are linked with inequalities and have numerous health and social implications. As such, these issues cannot and should not be tackled in isolation.</p> <p>Strategic Council Departments, Southwark CCG, GPs representatives and key Voluntary and Communities Organisations such as Age UK, Community Southwark and the Southwark Wellbeing Hub were invited to be part of a broad steering group and tasked with steering and overseeing the development of the strategy and its action plan.</p> <p>Taking into consideration what matters most to people living, working and learning in Southwark was also considered key to the successful delivery of this strategy: a public ‘Let’s Talk Loneliness’ consultation ran for 6 weeks until December 2019. In January 2020. The public consultation was published on the Council website and posted on Twitter and Facebook. VCS Partners and Tenants and Residents Association were also asked to circulate it to their networks. To ensure maximum representation the distribution list was cross-checked against the nine protected characteristics. The consultation continued in January 2020 with visits to local leisure centres and libraries. Overall, 140 people responded to the consultation.</p> <p>Key professionals working across the Borough were also invited to express their professional opinion. Professionals interviewed included local GPs, Practice Nurses, Council Housing Officers, Social Workers and Team Leaders and Volunteer of relevant Community and Voluntary organisations.</p> <p>Evidence and best practice from other areas was included within the development of the strategy.</p>

Section 4: Pre-implementation equality analysis

Age - Where this is referred to, it refers to a person belonging to a particular age (e.g. 32 year olds) or range of ages (e.g. 18 - 30 year olds).	
Potential impacts (positive and negative) of proposed policy/decision/business plan	Potential health impacts (positive and negative)
<p>The proposed strategy is unlikely to have any negative impact on this protected characteristic.</p> <p>Rather than focusing on a specific age group, this strategy will take a “life-course” approach, which means that every effort will be made to tackle loneliness as early as possible, and throughout people’s lives. This is because, even though the research shows that younger people may be at a higher risk of becoming lonely, loneliness does not discriminate and can affect anyone, regardless of their age.</p> <p>COPSIN, Southwark Pensioners Association and Care Leavers have been invited to respond to the community engagement exercise undertaken to inform the development of the strategy, and will be consulted again once the final draft is approved.</p>	<p>As loneliness and social isolation have a significant negative impact on both physical and mental health, any action aimed at reducing them will have a positive health impact.</p>
Equality information on which above analysis is based	Health data on which above analysis is based
<p>The Office for National Statistics (ONS) identified a number of personal characteristics and circumstances that, individually, have a statistically significant link with loneliness. In terms of age, 16 to 24 years old are the most likely group to report feeling lonely often or always. This also appears to be true at local level. In Southwark , in 2019, 13% of 12-24 years old reported feeling lonely often (data from The Survey of Londoners, 2019).</p>	<p>Being persistently lonely is associated with:</p> <ul style="list-style-type: none"> ▪ Early death and increased mortality (more significant for social isolation than loneliness) ▪ Increased risk of cardiovascular disease and stroke ▪ Longer stay in hospitals and increased use of healthcare services ▪ Disability ▪ Increased stress response and diminished immunity ▪ Increased risk of adverse behaviours such as smoking, inactivity or risk-taking <p>Social Isolation and loneliness may also be both a cause and a consequence of poor mental health and are associated with:</p> <ul style="list-style-type: none"> ▪ Depression, low self esteem, sleep disorders, suicidal behaviours, dementia, personality disorders and psychoses. People experiencing an high degree of loneliness are potentially twice as likely to develop Alzheimer’s than those experiencing a lower

	<p>degree of loneliness</p> <ul style="list-style-type: none"> ▪ Poorer productivity and performance at work ▪ Adverse perception: people who are persistently lonely are more likely to perceive, expect and remember others' behaviour to be unfriendly ▪ Among mental health service users, feelings of loneliness are greater and social network size is smaller than in the general population ▪ Among people with severe mental illness, social isolation has been linked to higher levels of delusions, lack of insight, and high hospital usage
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Mitigating actions to be taken

N/A

Disability - A person has a disability if s/he has a physical or mental impairment which has a substantial and long-term adverse effect on that person's ability to carry out normal day-to-day activities.

Potential impacts (positive and negative) of proposed policy/decision/business plan

The proposed strategy is thought to have a positive impact on this characteristic by facilitating social interactions at local level and raising awareness among healthcare professionals.

The proposed inclusion of a 'loneliness test' when commissioning social care services will help ensure that loneliness and social isolation will be listed as key issue for consideration when making commissioning decisions.

Age UK, Southwark Disablement Association, Alzheimer's Society and Southwark Carers have been invited to respond to the community engagement exercise undertaken to inform the development of the strategy, and will be consulted again once the final draft is approved.

Potential health impacts (positive and negative)

The proposed recommissioning should have a positive impact on health for people with disabilities. Loneliness and social isolation have a significant negative impact on both physical and mental health, any action aimed at reducing them will have a positive health impact.

Equality information on which above analysis is based

According to the Community Life Survey 2017 to 2019, that provides the official statistics on loneliness in England, the proportion of people feeling lonely often or always is higher among people with a limiting long term disability than in those who do not have a disability or long term condition (14% vs 8%)

Health data on which above analysis is based

The Survey of Londoners 2019 found that having a long-term physical and/or mental health condition or disability was strongly linked to loneliness, in Southwark, and across South-East London and London as a whole. This is also true at national level.

Mitigating actions to be taken	
None	

Gender reassignment - The process of transitioning from one gender to another.	
Potential impacts (positive and negative) of proposed policy/decision/business plan	Potential health impacts (positive and negative)
<p>The proposed strategy is unlikely to affect transgender access to the service.</p> <p>The Southwark LGBT Network has been invited to respond to the community engagement exercise undertaken to inform the development of the strategy, and will be consulted again once the final draft is approved.</p>	<p>The proposed strategy is unlikely to affect transgender health.</p>
Equality information on which above analysis is based.	Health data on which above analysis is based
<p>National surveys on loneliness and social isolation currently do not collect information on gender reassignment.</p>	<p>Currently there are no standard national sources of transgender statistics, nor is there standard data on the use of health services or referrals to gender identity clinics.</p>
Mitigating actions to be taken	
N/A	

Marriage and civil partnership – In England and Wales marriage is no longer restricted to a union between a man and a woman but now includes marriage between same-sex couples. Same-sex couples can also have their relationships legally recognised as 'civil partnerships'. Civil partners must not be treated less favourably than married couples and must be treated the same as married couples on a wide range of legal matters. (Only to be considered in respect to the need to eliminate discrimination.)

Potential impacts (positive and negative) of proposed policy/decision/business plan	Potential health impacts (positive and negative)														
The proposed strategy is thought to have a positive impact on this characteristic by facilitating social interactions at local level.	Loneliness and social isolation have a significant negative impact on both physical and mental health, any action aimed at reducing them will have a positive health impact.														
Equality information on which above analysis is based	Health data on which above analysis is based														
<p>A recent report by British Red Cross and Co-op exploring the issue of loneliness found that 33% of those who were recently divorced or separated were lonely often or always.</p> <p>Analysis by the Office for National Statistics found that those widowed or who live alone tend to report higher levels of loneliness compared to those who are married or in a civil partnership.</p> <p>In Southwark, over half of adults in Southwark had never been married or registered in a civil partnership at the time of the Census.</p> <table border="1" data-bbox="359 1249 742 1536"> <thead> <tr> <th colspan="2">Southwark 2011 census data</th></tr> </thead> <tbody> <tr> <td>Single</td><td>54.7%</td></tr> <tr> <td>Married</td><td>28.5%</td></tr> <tr> <td>Civil partnership</td><td>0.9%</td></tr> <tr> <td>Separated</td><td>4.3%</td></tr> <tr> <td>Divorced</td><td>7.8%</td></tr> <tr> <td>Widowed</td><td>3.8%</td></tr> </tbody> </table>	Southwark 2011 census data		Single	54.7%	Married	28.5%	Civil partnership	0.9%	Separated	4.3%	Divorced	7.8%	Widowed	3.8%	The health impact of loneliness and isolation by marital status is not currently recorded
Southwark 2011 census data															
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Civil partnership	0.9%														
Separated	4.3%														
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Widowed	3.8%														
Mitigating actions to be taken															
N/A															

Pregnancy and maternity - Pregnancy is the condition of being pregnant or expecting a baby. Maternity refers to the period after the birth, and is linked to maternity leave in the employment context. In the non-work context, protection against maternity discrimination is for 26 weeks after giving birth, and this includes treating a woman unfavourably because she is breastfeeding.

Potential impacts (positive and negative) of proposed policy/decision/business plan	Potential health impacts (positive and negative)
<p>The proposed strategy is thought to have a positive impact on this characteristic by facilitating social interactions at local level.</p> <p>The strategy proposes for all new mothers giving birth at Southwark hospitals to be provided with information on local children centres and parents groups, either before being discharged or at first home visit</p> <p>Parents and Communities Together (PACT Southwark) has been invited to respond to the community engagement exercise undertaken to inform the development of the strategy, and will be consulted again once the final draft is approved.</p>	<p>Loneliness and social isolation have a significant negative impact on both physical and mental health, any action aimed at reducing them will have a positive health impact.</p>
Equality information on which above analysis is based	Health data on which above analysis is based
<p>The evidence shows that certain major life events such as pregnancy and maternity, may be risk factors for loneliness and social isolation</p>	<p>The health impact of loneliness and isolation on pregnant women and new mothers is not currently recorded</p>
Mitigating actions to be taken	
None	

Race - Refers to the protected characteristic of Race. It refers to a group of people defined by their race, colour, and nationality (including citizenship) ethnic or national origins. N.B. Gypsy, Roma and Traveller are recognised racial groups and their needs should be considered alongside all others

Potential impacts (positive and negative) of proposed policy/decision/business plan

The proposed strategy is thought to have a positive impact on all ethnic groups by increasing and facilitating opportunities for social interactions at local level. The strategy recognises the need for increasing support for BAME communities and working at micro-level to reach those who are isolated

Potential health impacts (positive and negative)

Loneliness and social isolation have a significant negative impact on both physical and mental health; any action aimed at reducing them will have a positive health impact on all ethnic groups.

Equality information on which above analysis is based

Data from the Survey of Londoners (2019) suggested that, London-wide, those of non-EU nationalities (13%), Asian (11%) and nationalities from outside Europe and Asia (13%) may be more often lonely.

The analysis of the responses from Southwark suggested that non-white ethnic groups, and in particular black ethnicities, feel lonely more often. In fact, a higher proportion of black people in Southwark (17%) reported often feeling lonely compared to South East London (9%) and London (9%)

Health data on which above analysis is based

The health impact of loneliness and isolation on different ethnic groups is not currently recorded

Mitigating actions to be taken

None

Religion and belief - Religion has the meaning usually given to it but belief includes religious and philosophical beliefs including lack of belief (e.g. Atheism). Generally, a belief should affect your life choices or the way you live for it to be included in the definition.

Potential impacts (positive and negative) of proposed policy/decision/business plan	Potential health impacts (positive and negative)																				
<p>The proposed strategy is thought to have a positive impact on people of all religion and believes, by increasing and facilitating opportunities for social interactions at local level. The strategy is aligned with the Southwark Faith Strategy and Action Plan.</p> <p>Southwark Faith leaders have been invited to respond to the community engagement exercise undertaken to inform the development of the strategy, and will be consulted again once the final draft is approved.</p>	<p>Loneliness and social isolation have a significant negative impact on both physical and mental health; any action aimed at reducing them will have a positive health impact on the general population</p>																				
Equality information on which above analysis is based	Health data on which above analysis is based																				
<p>Southwark's demographic information on religion and beliefs from the census is shown below.</p> <table border="1" data-bbox="370 990 730 1415"> <thead> <tr> <th colspan="2" data-bbox="370 990 730 1057">Southwark 2011 census data</th></tr> </thead> <tbody> <tr> <td data-bbox="370 1057 730 1102">Christian</td><td data-bbox="638 1057 730 1102">52.5%</td></tr> <tr> <td data-bbox="370 1102 730 1146">Buddhist</td><td data-bbox="638 1102 730 1146">1.3%</td></tr> <tr> <td data-bbox="370 1146 730 1191">Jewish</td><td data-bbox="638 1146 730 1191">0.3%</td></tr> <tr> <td data-bbox="370 1191 730 1236">Hindu</td><td data-bbox="638 1191 730 1236">1.3%</td></tr> <tr> <td data-bbox="370 1236 730 1281">Muslim</td><td data-bbox="638 1236 730 1281">8.5%</td></tr> <tr> <td data-bbox="370 1281 730 1326">Sikh</td><td data-bbox="638 1281 730 1326">0.2%</td></tr> <tr> <td data-bbox="370 1326 730 1370">Other religion</td><td data-bbox="638 1326 730 1370">0.5%</td></tr> <tr> <td data-bbox="370 1370 730 1415">No religion</td><td data-bbox="638 1370 730 1415">26.7%</td></tr> <tr> <td data-bbox="370 1415 730 1460">Not stated</td><td data-bbox="638 1415 730 1460">8.5%</td></tr> </tbody> </table>	Southwark 2011 census data		Christian	52.5%	Buddhist	1.3%	Jewish	0.3%	Hindu	1.3%	Muslim	8.5%	Sikh	0.2%	Other religion	0.5%	No religion	26.7%	Not stated	8.5%	<p>There is no published national data available on the impact of loneliness and social isolation on health broken down by religion or belief.</p>
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Mitigating actions to be taken																					
N/A																					

Sex - A man or a woman.	
Potential impacts (positive and negative) of proposed policy/decision/business plan	Potential health impacts (positive and negative)
The proposed strategy is thought to have a positive impact on both sexes by increasing and facilitating opportunities for social interactions at local level.	Loneliness and social isolation have a significant negative impact on both physical and mental health; any action aimed at reducing them will have a positive health impact on the general population
Equality information on which above analysis is based	Health data on which above analysis is based
Analysis by the Office for National Statistics based on the results of the Community Life Survey 2016 to 2017 for England found that, at national level, women are more likely to experience loneliness more often than man. However, data from the Survey of Londoners for Southwark didn't indicate a statistical difference between the males or females with regards to feelings of loneliness	There is no published national data available on the impact of loneliness and social isolation on health broken down by sex.
Mitigating actions to be taken	
None	

Sexual orientation - Whether a person's sexual attraction is towards their own sex, the opposite sex or to both sexes	
Potential impacts (positive and negative) of proposed policy/decision/business plan	Potential health impacts (positive and negative)
<p>The proposed strategy is thought to have a positive impact on this group by increasing and facilitating opportunities for social interactions at local level.</p> <p>The Southwark LGBT network has been invited to respond to the community engagement exercise undertaken to inform the development of the strategy, and will be consulted again once the final draft is approved.</p>	Loneliness and social isolation have a significant negative impact on both physical and mental health; any action aimed at reducing them will have a positive health impact on the general population
Equality information on which above analysis is based	Health data on which above analysis is based

<p>Estimates indicate that Southwark has the second largest gay or lesbian population in the UK, after Lambeth.</p> <p>The Office for National Statistics has published experimental statistics on estimates of sexual identify among adults in the UK. The statistics are based on results from the Annual Population Survey and provide estimates of the number of people identifying as heterosexual, gay, lesbian, bisexual or other.</p> <p>Only estimates of the heterosexual or straight and gay or lesbian population are considered robust for Southwark. Estimates of those identifying as either bisexual or other are not considered reliable enough for practical use. These are:</p> <table border="1" data-bbox="217 698 647 943"> <tr> <th colspan="2">Experimental ONS statistics</th></tr> <tr> <td>Heterosexual/straight</td><td>88.0%</td></tr> <tr> <td>Gay or lesbian</td><td>5.0%</td></tr> <tr> <td>Bisexual</td><td>0.8%</td></tr> <tr> <td>Other</td><td>0.9%</td></tr> <tr> <td>Don't know / refuse</td><td>5.2%</td></tr> </table> <p>Some research, including a recent review carried out by Healthwatch Southwark, identified people in the LGBTQ community at an increased risk of loneliness.</p>	Experimental ONS statistics		Heterosexual/straight	88.0%	Gay or lesbian	5.0%	Bisexual	0.8%	Other	0.9%	Don't know / refuse	5.2%	<p>There is no published national data available on the impact of loneliness and social isolation on health broken down by sexual orientation</p>
Experimental ONS statistics													
Heterosexual/straight	88.0%												
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Don't know / refuse	5.2%												
<p>Mitigating actions to be taken</p>													

<p>Socio-economic disadvantage – although the Equality Act 2010 does not include socio-economic status as one of the protected characteristics, Southwark Council recognises that this continues to be a major cause of inequality in the borough. Socio economic status is the measure of an area's, an individual's or family's economic and social position in relation to others, based on income, education, health, living conditions and occupation.</p>	
<p>Potential impacts (positive and negative) of proposed policy/decision/business plan</p>	<p>Potential health impacts (positive and negative)</p>
<p>The proposed strategy is thought to have a positive impact on this group by increasing and facilitating opportunities for social interactions at local level</p>	<p>Loneliness and social isolation have a significant negative impact on both physical and mental health; any action aimed at reducing them will have a positive health impact on the general population</p>
<p>Equality information on which above analysis is based</p>	<p>Health data on which above analysis is based</p>
<p>The Community Life Survey for England 2017 to 2018 found that those living in the most deprived area, where 8% of respondents said they feel often or always lonely compared to 4% of those living in the least deprived quintile. This is also the case in London, where those in more deprived deciles were more likely to report loneliness: in fact, 10% from most deprived deciles in London reported often feeling lonely compared to only 0.4% from the least deprived decile (data from the Survey of Londoners, 2019).</p> <p>Loneliness and social isolation are a health inequality issue because many of the associated risk factors mentioned above are more prevalent among socially disadvantaged groups (including unemployed, disabled, and minority groups).</p>	<p>There is no published national data available on the impact of loneliness and social isolation on health broken down by sexual orientation</p>
<p>Mitigating actions to be taken</p>	
<p>N/A</p>	

Human Rights

There are 16 rights in the Human Rights Act. Each one is called an Article. They are all taken from the European Convention on Human Rights. The Articles are The right to life, Freedom from torture, inhuman and degrading treatment, Freedom from forced labour, Right to Liberty, Fair trial, Retrospective penalties, Privacy, Freedom of conscience, Freedom of expression, Freedom of assembly, Marriage and family, Freedom from discrimination and the First Protocol

Potential impacts (positive and negative) of proposed policy/decision/business plan

There are no assessed impacts of the proposed strategy on Human Rights articles.

Information on which above analysis is based

Mitigating actions to be taken

N/A

Section 5: Further actions and objectives

5. Further actions

Based on the initial analysis above, please detail the key mitigating actions or the areas identified as requiring more detailed analysis.

Number	Description of issue	Action	Timeframe
n/a	n/a	n/a	n/a