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England

# The Cold Weather Plan – update for this winter

Preventing Illness by Tackling Cold Homes  
23<sup>rd</sup> Sept 2015

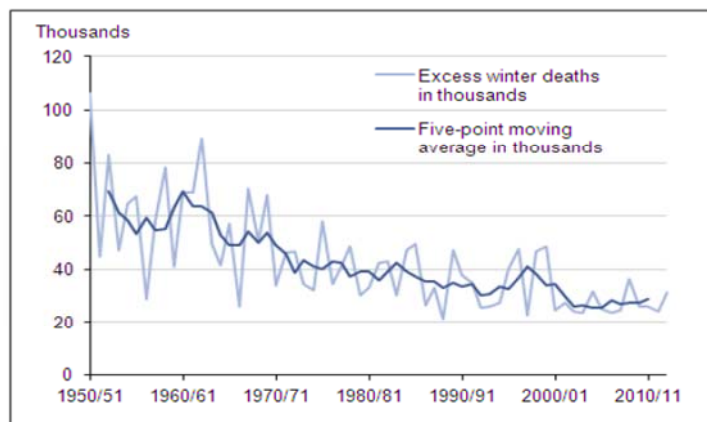
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# Cold Weather and Mortality

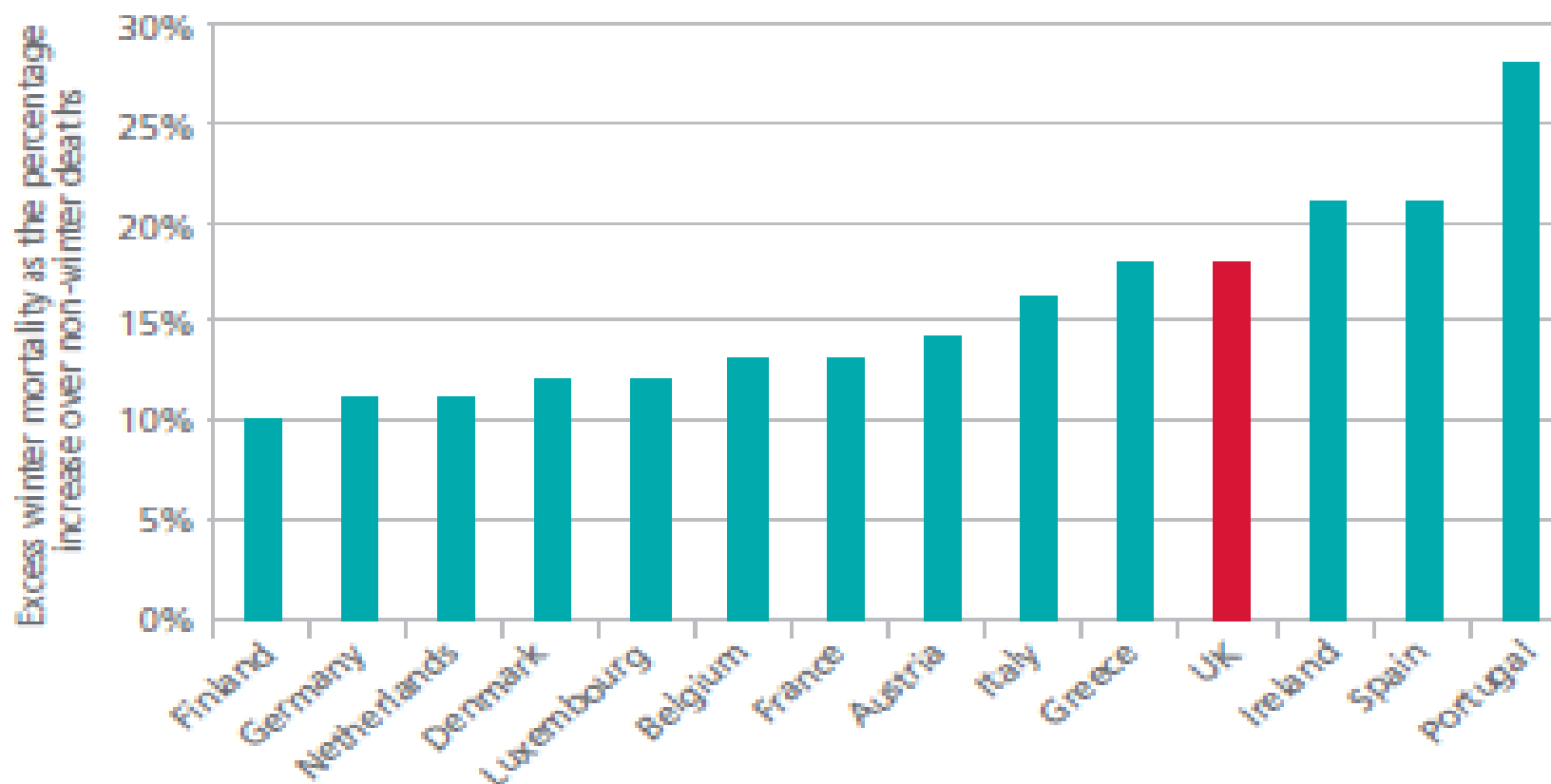
- More people die during the winter than at other times of the year
- Complex causes
- Average number of 'excess' winter deaths in England around 25,000





# Excess Winter Mortality

**Figure 2: Excess winter mortality by country**



Source: Healy JD. Excess winter mortality in Europe: a cross country analysis identifying key risk factors. *Journal of Epidemiology and Community Health* 2003; 57(10): 784-9



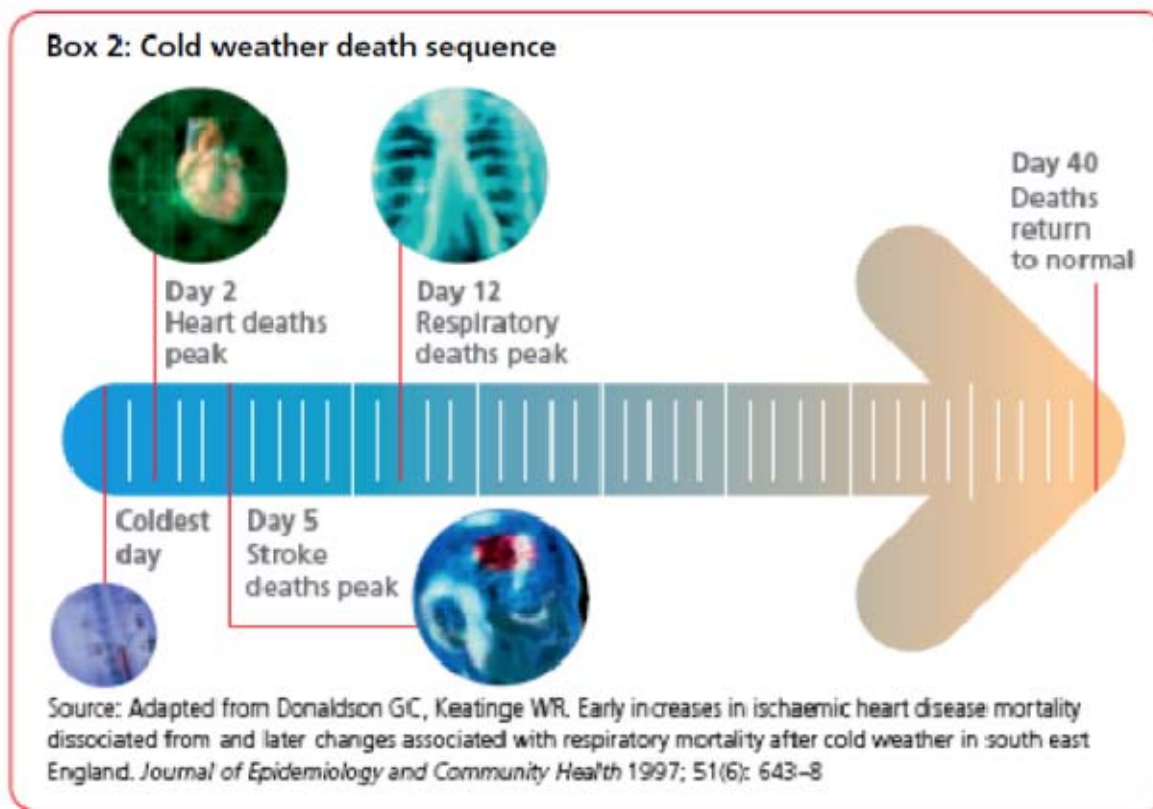
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# Cold Weather and Health

<b>Direct effects</b>	Heart attacks, stroke, respiratory disease, flu, falls & injuries, hypothermia
<b>Indirect effects</b>	Poor mental health, carbon monoxide poisoning
<b>Health services</b>	Increased demand on health & emergency services



# The health effects of cold weather





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Protecting and improving the nation's health

# Cold Weather Plan for England 2014



Local  
Gov  
Advice



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## Cold Weather Plan for England 2014

Making the case: why long-term strategic planning  
for cold weather is essential to health and well-being



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Cold Weather  
Action cards for

### Commissioners (health and social care)

#### Level 0: Long-term planning – All year

- work with partner agencies to ensure that cold weather preparedness is taken across the local health and social care system
- work with partner agencies to:
  - develop a shared understanding of EWDs and what people are most at risk from seasonal variations
  - improve winter resilience of those at risk
  - ensure a local, joined-up programme is in place to support winter resilience, including uptake of energy-efficient, low-carbon measures to achieve a reduction in carbon emissions and assess how your winter plans can help to reduce health inequalities and address the wider determinants of health
- ensure that organisations and staff are prompted to signpost to efficiency measures, benefits or related advice
- work with partners and staff on risk reduction awareness information and education
- engage with local CVS organisations for planning and implementation

#### Level 1: Winter preparedness and action plan 1 November to 31 March

- communicate public health media messages

HM Government

# Keep Warm Keep Well



Information for...

Over 60s  
Low-income families  
People living with a disability



### Top tips for keeping warm and well

Cold weather can be bad for our health, especially for people aged 65 and older. As we age it takes longer to warm up, which raises the risk of increased blood pressure, heart attacks and strokes.

There are easy things you can do to help yourself stay healthy over the winter >>>







# The cold weather alert system

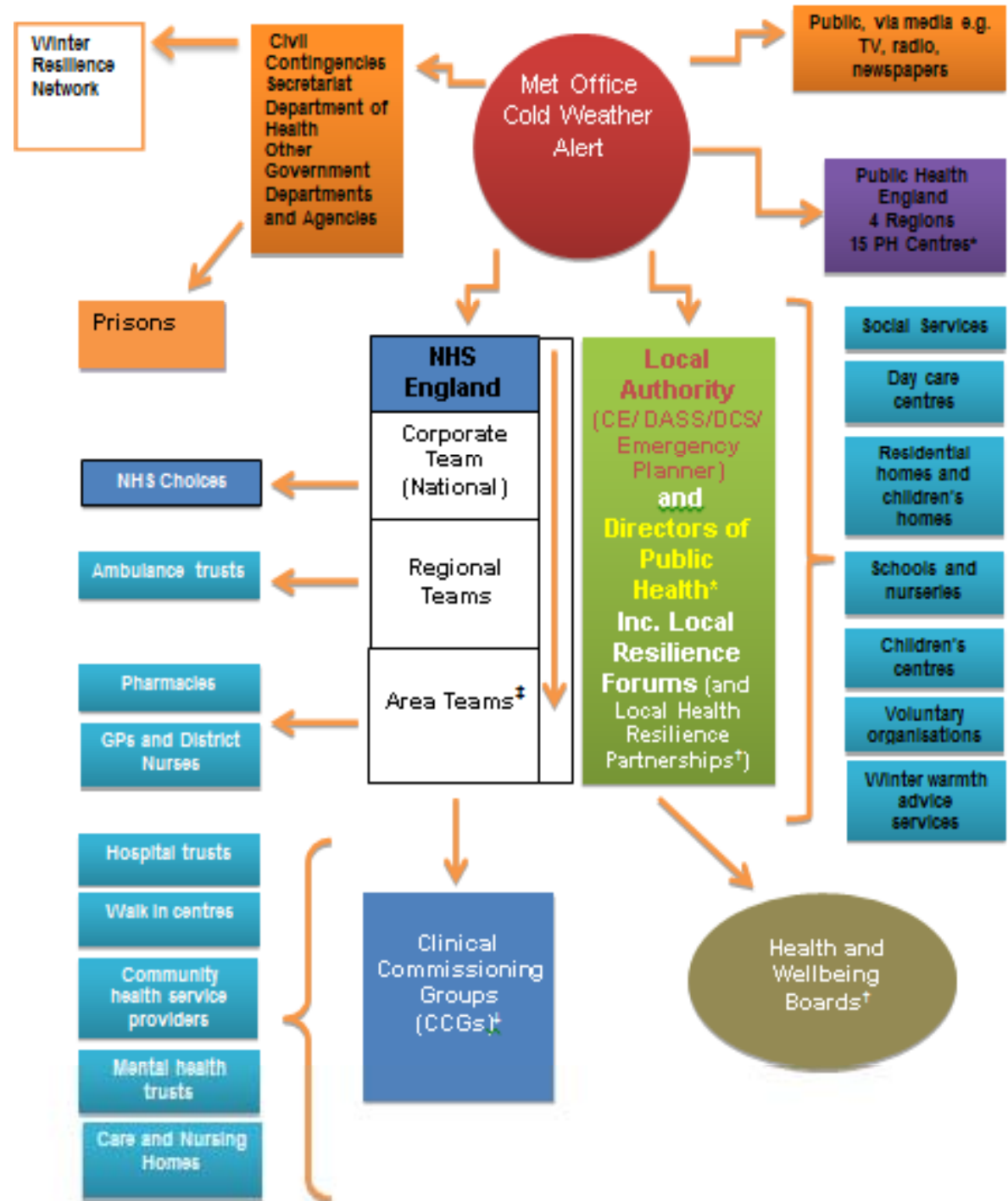
Figure 2.3: Cold Weather Alert levels

<b>Level 0</b>	<b>Long-term planning</b> <i>All year</i>
<b>Level 1</b>	<b>Winter preparedness and action programme</b> <i>1 November to 31 March</i>
<b>Level 2</b>	<b>Severe winter weather is forecast – Alert and readiness</b> <i>Mean temperature of 2°C and/or widespread ice and heavy snow are predicted within 48 hours, with 60% confidence.</i>
<b>Level 3</b>	<b>Response to severe winter weather – Severe weather action</b> <i>Severe winter weather is now occurring: mean temperature of 2°C or less and/or widespread ice and heavy snow.</i>
<b>Level 4</b>	<b>Major incident – Emergency response</b> <i>Central Government will declare a Level 4 alert in the event of severe or prolonged cold weather affecting sectors other than health</i>



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# Cascade of Cold Weather Alerts

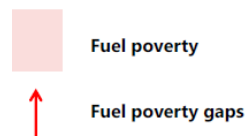






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# Fuel Poverty



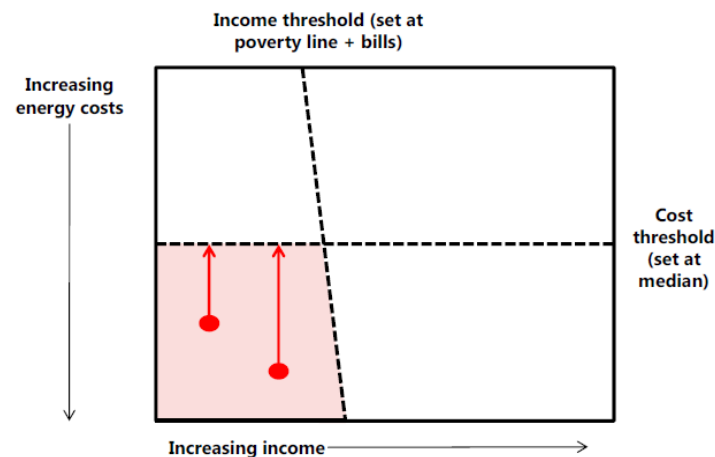
- 2.5 million households in England in 2010,
- total fuel poverty gap of £1 billion or £405 per household in fuel poverty

- **driven by:**

- household income
- energy prices
- thermal efficiency of dwellings

- **increased likelihood where:**

- low income
- older (pre-1945) and larger dwellings
- private rented sector
- inefficient boilers/ no heating/ non-gas heating



The low income high costs definition  
DECC - Fuel Poverty: A Framework for Future Action

*'policies that improve the thermal efficiency of dwellings tend to be more cost effective for addressing fuel poverty compared to policies that are focused on subsidising energy costs or increasing incomes'*

DECC - Fuel Poverty: A Framework for Future Action



# Cost of cold homes to the NHS

Table 2: The costs, and benefits to the NHS, of reducing HHSRS Category 1 hazards to an acceptable level (using median harm proportions and revised cost estimates)

Hazard	Number of Category 1 Hazards	Average repair cost per dwelling (£)	Total cost to rap (£)	Savings to the NHS per annum if hazard fixed (£)	Payback (years)
Excess cold	1,325,088	4,574	6,061,192,123	848,398,538	7.14
Falls on stairs	1,352,837	857	1,159,516,031	207,099,936	5.60
Falls on the level	543,848	780	424,061,206	127,832,318	3.32
Falls between levels	239,930	927	222,382,484	84,308,287	2.64
Fire	128,590	3,632	466,975,191	25,082,026	18.62
Collision and entrapment	74,054	692	51,274,568	15,789,110	3.25
Falls - baths	78,132	521	40,679,153	15,739,628	2.58
Dampness	53,349	7,382	393,817,237	15,585,129	25.27
Hot surfaces	107,168	2,436	261,065,812	15,061,744	17.33
Lead	112,051	1,661	186,099,748	13,883,487	13.40
Entry by intruders	47,284	1,063	50,244,016	13,179,469	3.81
Radon	107,603	1,126	121,124,474	9,028,719	13.42
Sanitation (Personal hygiene)	35,222	1,154	40,639,168	4,086,230	9.95
Food safety	32,283	2,461	79,460,523	3,742,720	21.23
Pests (Domestic hygiene)	28,355	1,921	54,481,109	3,401,754	16.02
Overcrowding	23,871	16,100	384,325,757	2,295,332	167.44
Noise	6,161	1,411	8,691,034	1,751,983	4.96
Carbon monoxide	15,336	506	7,753,023	1,489,008	5.21
Structural collapse	15,394	812	12,507,557	1,324,343	9.44
Electrical problems	9,204	2,360	21,722,172	1,230,900	17.65
Ergonomics	8,201	483	3,963,825	985,487	4.02
Un-combusted fuel gas	7,545	489	3,688,692	713,935	5.17
Lighting	5,453	1,947	10,619,508	624,548	17.00
Water supply	4,894	1,202	5,882,826	606,428	9.70
Excess heat	1,369	470	642,918	129,321	4.97
Explosions	-	-	-	-	-
Any	3,472,765	2,875	10,072,810,155	1,413,370,381	7.13





# Situational/Attitudinal factors - KWILLT

**Table 5** Factors informing segmentation model development

Situation or context factors	Attitudinal factors	Barriers
▶ Money	Making ends meet	Awareness
▶ Age	Thrift	Knowledge
▶ Social connections	Competing priorities	Information
▶ Housing type and tenure	Pride	Experience
▶ Health	Struggling	Technology
	I can manage	Heating
	Thrift	Information
	Hardiness	Banking
	Stoicism	Disjointed systems
	It's my business	Fragmentation or services
	Mistrust	Local differences
	Pride	Lack of referral systems
	Privacy	Visibility
	I'm frightened	Fuel
	Privacy	Money
	Personal safety/vulnerability	Information
	I'll stay as I am	Older people
	Struggle with change	
	Like routine	
	Fear	
	Trust	



**Pat**

This pen portrait is about Pat who illustrates people who are vulnerable because they are "isolated and not wanting to cause any bother".



**Ben and Joan**

This pen portrait is about Ben and Joan, who represent people who are vulnerable because they are "getting by cautiously".



**Meena**

This pen portrait is about Meena who represents people who are vulnerable because they are "dependant and poorly informed".



**Enid**

This pen portrait is about Enid who illustrates people who are vulnerable because they are "just about managing".



**Pearle**

This pen portrait is about Pearle. Pearle represents people who are vulnerable because they are "lonely and out of touch".



**Fred**

This pen portrait is about Fred who represents people who are vulnerable because they are "proud and wants to be self sufficient".



# NICE guideline NG 6: Excess winter deaths and morbidity and the health risks associated with cold homes

## 1 Recommendations

Recommendation 1 Develop a strategy

Recommendation 2 Ensure there is a single-point-of-contact health and housing referral service for people living in cold homes

Recommendation 3 Provide tailored solutions via the single-point-of-contact health and housing referral service for people living in cold homes

Recommendation 4 Identify people at risk of ill health from living in a cold home

Recommendation 5 Make every contact count by assessing the heating needs of people who use primary health and home care services

Recommendation 6 Non-health and social care workers who visit people at home should assess their heating needs

Recommendation 7 Discharge vulnerable people from health or social care settings to a warm home

Recommendation 8 Train health and social care practitioners to help people whose homes may be too cold

Recommendation 9 Train housing professionals and faith and voluntary sector workers to help people whose homes may be too cold for their health and wellbeing

Recommendation 10 Train heating engineers, meter installers and those providing building insulation to help vulnerable people at home

Recommendation 11 Raise awareness among practitioners and the public about how to keep warm at home

Recommendation 12 Ensure buildings meet ventilation and other building and trading standards



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# Conclusions

1. Cold temperatures are a significant cause of illness and death in winter
2. The risk increases with falling temperatures, but the risk starts to increase at relatively moderate cold outdoor temperatures, before emergency responses
3. Cold homes play a significant part of the problem; fuel poverty is important but also situational/attitudinal factors
4. NICE EWD recommendations offer a system-wide approach



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## Question for the audience

How do you think PHE could get more attention and focus at local level around tackling the health impacts of cold homes?