

The Health Risks of Living in a Cold Home

The impact of cold homes on health is estimated to cost the NHS £1.5 billion each year and accounts for more than 18,000 premature deaths¹. Living in a cold home:

- Doubles the risk of respiratory problems in children.
- Increases the risk of minor illnesses (e.g. colds and flu).
- Exacerbates existing conditions such as arthritis and rheumatism.
- Is associated with 3 times the level of excess winter deaths than in the warmest homes.²

Fuel Poverty

- Many households struggle to pay for adequate heating due to a combination of low income, high energy costs and inadequate insulation.³
- These are classed as being in 'fuel poverty' and account for 19.2% of Fenland homes.⁴

Reducing Fuel Poverty leads to Reduced Demand on GPs

Tackling fuel poverty levels in Fenland could help to significantly reduce demand on GPs, especially during the winter months.

- Sunderland's ground-breaking 'Boilers on Prescription' scheme - where GPs referred patients for a range of free home improvements including new boilers and double glazing-slashed GP and outpatient appointments by a third!⁵

Healthy Homes – Energy Advice & Home Improvements Support from PECT

- Throughout 2016 support is available for impartial energy advice and home improvements from the charity Peterborough Environment City Trust (PECT).
- We can offer tips on switching energy tariff (£270 average saving), information on the national £140 Warm Home Discount and further local grant funding.
- **This is a FREE service available to all residents in Peterborough and Fenland**
- Home improvements include boiler replacements, insulation and property maintenance – with criteria based on an annual household income of less than £18,000.

We hope to work with GP Practises to help refer patients to the Healthy Homes project. Please contact Sam Bosson on 01733 866 440 or email: sam.bosson@pect.org.uk for more information.

¹ <http://www.nhssustainabilityday.co.uk/boiler-prescription-saves-lives-saves-money>

² *Friends of the Earth*, Marmot Review- The Health Impacts of Cold Homes and Fuel Poverty

³ Fuel poverty definition- low income/ high cost: <https://www.gov.uk/government/collections/fuel-poverty-statistics>

⁴ Fenland District Council, Home Energy Conservation Act (HECA) Further Report 2013

⁵ Gentoo 'boilers on prescription' pilot; <http://www.nhssustainabilityday.co.uk/boiler-prescription-saves-lives-saves-money>