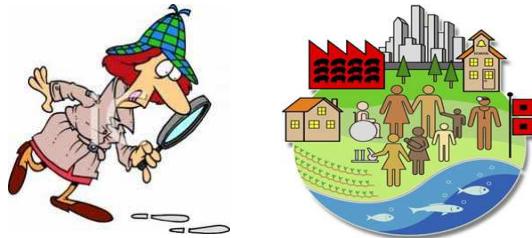




Predicting Loneliness at Local Area

Prof. José Iparraguirre
Chief Economist, Age UK



26th July 2016

Structure of Presentation

- Why Loneliness
- Identifying and Mapping Lonely Older People

Why Loneliness?

Aging and Loneliness

Downhill Quickly?

Louise C. Hawkley and John T. Cacioppo
Center for Cognitive and Social Neuroscience, University of Chicago

ABSTRACT—Levels of loneliness are relatively stable across most of adult life, but correlates of loneliness differ by age. We review evidence of age differences in associations between loneliness and individual health behaviors, stress exposure, physical activity, social support, appraisal and coping, and resilience. The effects of each of these pathways on the capacity to accelerate the rate of physical decline with age. Additional research is required to understand the nature of age differences in the effects on health behavior and physiology in the short and long term.

Loneliness Predicts Reduced Physical Activity: Cross-Sectional & Longitudinal Analyses

Louise C. Hawkley, Ronald A. Thisted, and John T. Cacioppo
University of Chicago

Loneliness Is a Unique Predictor of Age-Related Differences in Systolic Blood Pressure

Louise C. Hawkley and Christopher M. Masi
University of Chicago

Jarett D. Berry
University of Chicago and Northwestern University

Suffering from Loneliness Indicates Significant Mortality Risk of Older People

Reijo S. Tilvis,^{1,2} Venla Laitala V,¹ Pirkko E. Routasalo,² and Kaisu H. Pitkälä^{2,3}

Loneliness, health, and mortality in old age: A national longitudinal study

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John T. Cacioppo
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Why Loneliness?

Why Loneliness?

The Telegraph

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Britain the loneliness capital of Europe

Britain ranks 26th out of the 28 European Union countries in terms of the proportion of the population who say they have someone on whom they can rely if they have a serious problem

INDEPENDENT News Voices Culture Lifestyle

Lifestyle > Health & Families > Features

Britain has been voted the loneliness capital of Europe - so how did we become so isolated?

Not only can loneliness lead to mental-health issues but studies proved that it can also be more dangerous than smoking

THE IRISH NEWS
 7 July, 2016

Gillian Orr | @gillian_orr | Thursday 26 June 2014 | 0 Comments

Loneliness becoming a modern epidemic

Mirror Our new FREE Mirror apps are here!

Six stories which prove Britain is the loneliness capital of Europe

19-44, 21 DEC 2015 | UPDATED 09-11, 24 DEC 2015 | BY STEVE MYALL

Why Loneliness?

Loneliness and social isolation in the United Kingdom

- 17% of older people are in contact with family, friends and neighbours less than once a week and 11% are in contact less than once a month (Victor et al, 2003)
- Over half (51%) of all people aged 75 and over live alone (ONS, 2010)
- Two fifths all older people (about 3.9 million) say the television is their main company (Age UK, 2014)
- 63% of adults aged 52 or over who have been widowed, and 51% of the same group who are separated or divorced report feeling lonely some of the time or often (Beaumont, 2013)
- 59% of adults aged over 52 who report poor health say they feel lonely some of the time or often, compared to 21% who say they are in excellent health (Beaumont, 2013)
- A higher percentage of women than men report feeling lonely some of the time or often (Beaumont, 2013)

"Ah, look at all the lonely people"

Using secondary data and mapping



Identifying Lonely Older People

- Understand loneliness – what is associated with being lonely?
We didn't set out to understand what causes loneliness.
- Inspect existing datasets
- Build risk profiles of loneliness i.e. who is more likely to be lonely?
- Present data using geo-software

What does the research tell us?

- Literature review of the factors associated with being lonely in later life.
These include:

| | | |
|--------------------|--------------------|----------------------|
| Poor health | Unmet care needs | Ethnicity |
| Low social contact | Low income | Cognitive impairment |
| Outside of union | Language | Sensory impairment |
| Low self-esteem | Sexual orientation | Material deprivation |
| Higher age | Rurality | Retirement |

What was the process?

- Access and prepare data

English Longitudinal Study of Ageing (wave 5 = 2010-11)

A representative longitudinal survey of 6,773 respondents aged 50 or over living in the community in England

Key question: How often do you feel lonely?

"Hardly ever or never", "Some of the time", "**Often**"

What was the process?

- Run two-level mixed-effects logistic regression models to test the association between risk factors and self-reported loneliness

Level 1: individual variables

- Age
- Gender
- health status
- eyesight and hearing condition
- household size
- marital status
- housing tenure
- social connectedness
- disability (ADLs)
- pet ownership

What was the process?

Level 2: local-area variables

Local area: Middle Super Output Area (MSOA)

MSOA: geographical unit with a population between 5,000 and 15,000 people and between 2,000 and 6,000 households. There are 6,791 MSOAs in England

- Multiple deprivation
- Urban/Rural classification

What was the process?

The results failed to find any significant level-2 effects

Good news!

The regression coefficients could be applied to the Census 2011 microdata file
(a representative sample of 10% of all individuals censused)

The ONS denied us access to this dataset, but the
ONS National Wellbeing Team
agreed to run our results on it on our behalf

First ever collaboration between Age UK and the ONS at this level

Which factors were found to be significantly associated with loneliness?

| Table 2 | | | | |
|---|----------|----------------|---------|-------------|
| Logistic Regression Results Reduced model on Extended Sample | | | | |
| Dependent variable: Probability of Feeling Lonely | | | | |
| Variables | Estimate | Standard Error | z value | Probability |
| Divorced/Separated | 0.54 | 0.28 | 1.91 | 0.06 |
| Poor Health | 2.32 | 0.37 | 6.21 | 0.00 |
| Fair Health | 1.77 | 0.36 | 4.93 | 0.00 |
| Age 75-79 | -0.31 | 0.19 | -1.67 | 0.09 |
| 1-person household | 0.97 | 0.24 | -3.98 | 0.00 |

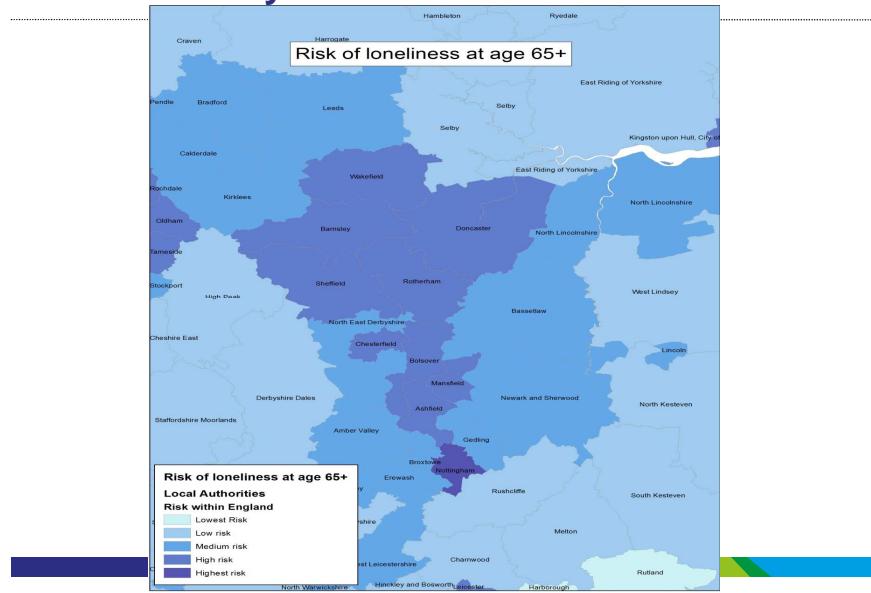
Individual loneliness expressed in degrees of risk

| Factor | Odds ratio |
|--------------------|------------|
| Health poor | 10.1 |
| Health fair | 5.9 |
| Widowed | 3 |
| Household size =1 | 2.6 |
| Health good | 2.9 |
| Divorced/separated | 1.7 |
| age 75-79 | -0.7 |

Producing local and neighbourhood risk data

- Local authority (LA): not very useful in itself, but the context for neighbourhood stats (quintiles)
- Middle Layer Super Output Area (MSOA): 6,791 in England, very roughly 1,000 households 65+
- Ward: no results, nearest is MSOA but we have results for LSOA and OA **within** wards
- Lower Layer Super Output Area (LSOA): 32,844 in England, about 200 households 65+
- Output Area (OA) 171,372 in England, about 20-30 households 65+

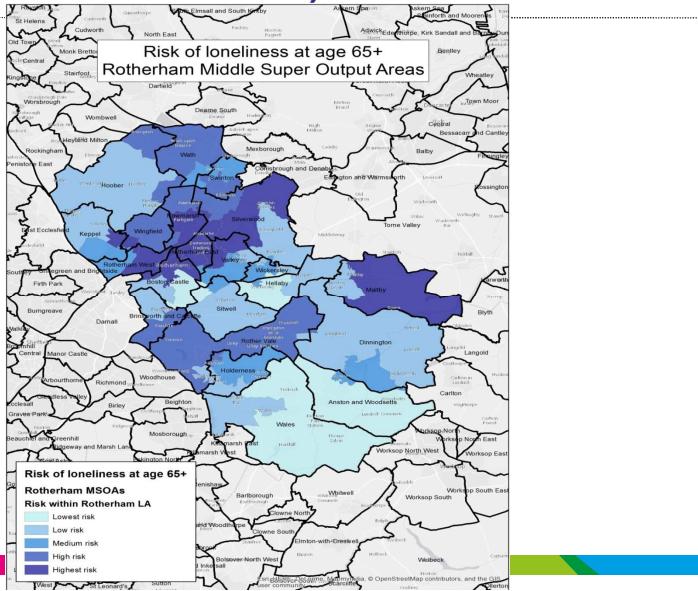
Local Authority level risk of loneliness at 65+



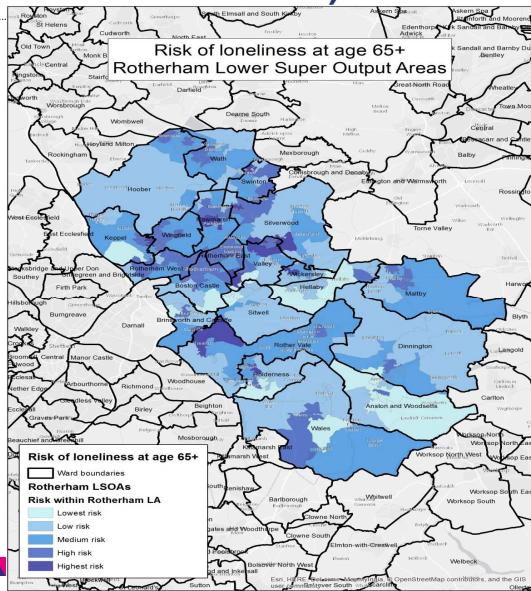
Tightening the focus

- The highest score for a Local Authority is **2.3 times** as big as that of the lowest.
 - For Middle Super Output Areas, the highest risk is **4.5 times** the lowest
 - For Lower Level Output Areas, the top score is **25 times** the lowest score and
 - For Output Areas, the highest risk area in England is **82 times** greater than the lowest risk area.

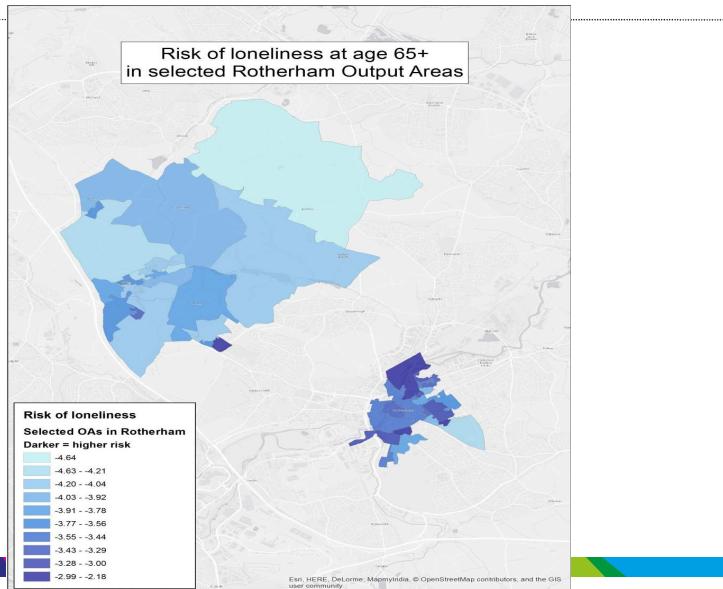
Middle Super Output Area risk of loneliness at 65+ (with ward boundaries)



Lower Super Output Area risk of loneliness at 65+ (with ward boundaries)



Output Area risk of loneliness at 65+

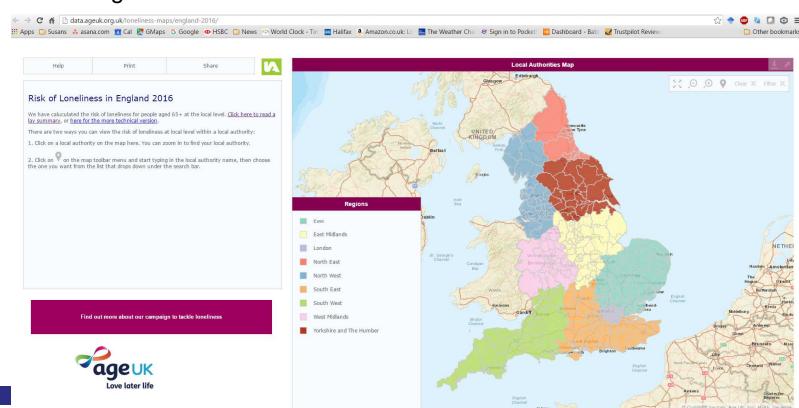


Interactive maps online

www.ageuk.org.uk/loneliness-maps

LSOA level within local authorities

Links to background information and data



Endorsements

- Local Age UKs are using our maps

Local Age UK welcomes map of loneliness



International visitor Elisha Sibale and healthcare project manager and Age UK chief officer John McArdle, as Age International delegates visit the Age UK Wigan branch

McArdle said:

"The idea of loneliness maps is a novel way of doing something practical to identify and reach people at risk of loneliness.

"One of the difficulties we've faced in identifying people so far has been how to find them.

"This tool gives us an easy way of identifying areas and targeting help and resources.

"Services also have an enormous amount of data and we all need to get better at understanding how this data can be used to offer the right sort of help when people need it.

"The insight provided by the loneliness maps is a helpful start."

Endorsements

- The Greater London Authority is using our results

MAYOR OF LONDON LONDON ASSEMBLY

Probability of loneliness for those aged 65 and over

Bookmark

Created 8 months ago, modified 7 months ago

These small area model-based estimates of subjective loneliness have been produced by Age UK, for people aged 65 and over at Borough level and middle and lower super output areas (MSOA/LSOA) in London.

They are calculated using a model based method using a combination of data from the English Longitudinal Survey of Ageing (ELSA) from 2010-12 and small area Census data from 2011. Further details of the methodology can be found at [Age UK](#).

Endorsements

- The Local Government Association have published the research –
<http://www.local.gov.uk/documents/10180/7632544/L15-431+Combating+loneliness+-+a+guide+for+local+authorities/b4b88757-2623-4696-ae04-565892a58909>
- Campaign to End Loneliness have highlighted our approach –
<http://www.campaigntoendloneliness.org/wp-content/uploads/The-Missing-Million-report-FINAL.pdf>

