

# Cost of Living Crisis: The Impact

**Our latest report reveals 9 in 10 Hertfordshire residents who responded to our Cost of Living survey are feeling the impact of rising costs.**

The Report explores the real-life stories and impact of the crisis on local people, who have told us about their daily challenges and the toll this is taking physically and mentally.

Hertfordshire County Council, the NHS and local services have welcomed the research and are already using the findings to better help those finding things difficult.

**You can read the full report here: [Cost of Living Report](#)**

If you're struggling with rising costs, please visit the [Hertfordshire County Council](#) website, which offers a range of resources including money advice, energy/heating support and food support.

Or phone the Council on **0300 123 4040**.

You can also visit [HertsHelp](#) or call **0300 123 4044** to access support.

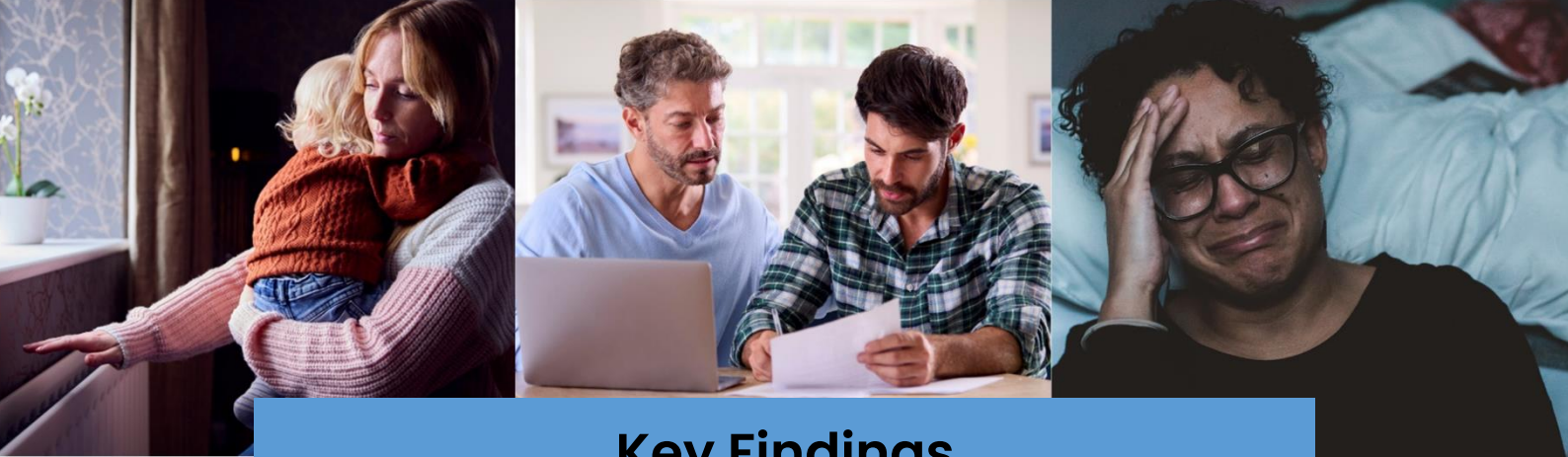
*"I am 52 years old, I've worked all my life and have nothing but an extremely bleak future ahead."*

*"Had to cancel hospital appointments as couldn't afford petrol or car parking."*

*"Some days I sit and cry. I have reached 80, have run a house and brought up children as a single mother, sold anything valuable I had to keep going without any financial help and now when I should be relaxing and enjoying my retirement I am skeletally disabled, still working and feel sick when I think about the future."*

*"I work as a nurse and I choose not to eat on work days to save money."*

*"The mortgage rates keep going up and I don't know how much longer I can hang on to my house. I will be homeless."*



## Key Findings

More than 7,000 Hertfordshire residents shared how the Cost of Living Crisis has affected their finances, lifestyle, physical and mental health, and their access to healthcare.



**9 in 10** have been impacted by rising costs, with **69%** stating it has affected them a little bit but they're managing, and a further **24%** saying they have been affected a lot and they're struggling.



**4 in 10** have just enough, or not enough money for basic necessities.



**8 in 10** have used less heating or made other choices to reduce their energy bills.



**6 in 10** have reduced the amount of food they eat and/or bought cheaper types of food.



**45%** said their access to healthcare has been affected by rising costs. Many have not visited the dentist or opticians, could not travel to medical appointments, purchase prescriptions or medication, or buy mobility aids and equipment to help with their health.



**3 in 10** said their physical health has been affected by rising costs.



**5 in 10** said their mental health has been affected by rising costs.



Only **12%** have accessed support for their physical and/or mental health.



Awareness of local provisions and support was relatively good, however the actual use of these services was low.

Specific groups have been more affected than others – including single parents, people under the age of 54, those from an Asian or Black ethnic background, disabled people and carers.