

Cost of Living: Age

Our data found that people under the age of 54 are struggling far more with the rising cost of living. However, it is important to note that there are older people who have been affected significantly and are finding it difficult to cope.

Finances



People under the age of 54 were almost **twice** as likely to not have enough money for basic necessities at **21%** compared to the 11% average.



75% of people aged under 54 have reduced the amount of food they eat and/or bought cheaper types of food compared to the 61% average.



People aged 18-34 were almost **three** times as likely to have borrowed money or used more credit at **40%** compared to the 16% average.



People aged 18-34 were **twice** as likely to have used a food bank at **8%** compared to the 4% average.

Access to Healthcare



58% of people aged under 54 said their access to healthcare has been affected by rising costs – much higher than the 45% average.



People aged under 54 were almost **twice** as likely to spend less on medications and/or prescriptions at **16%** compared to the 9% average.



People aged 18-34 were **three** times as likely to be unable to travel to appointments at **15%** compared to the 5% average.



43% of people aged under 54 have avoided visiting the dentist, higher than the 32% average.

Impact on Physical and Mental Health



43% of people aged under 54 said their physical health has been affected by rising costs, greater than the 32% average.



77% of people under the age of 54 said their mental health has been affected by rising costs, much higher than the 56% average.



People aged 18-34 were more worried about the future at **84%** compared to the 74% average.

Need Support?

- Visit the Hertfordshire County Council's **Cost of Living Webpage** for help with rising costs.
- Contact HertsHelp **online**, via email at info@hertshelp.net or phone **0300 123 4044** for free, confidential assistance.
- If you are struggling with your mental health, there is **support** available to help you.
- If you are an older person, the Government **website** has information about what support is available.
- **Age UK Hertfordshire** and **Herts Independent Living Services** are local charities supporting older people.



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 [Webform](#)