

Cost of Living: Ethnicity

Our data found that people from Black and Asian ethnic backgrounds have been disproportionately impacted. Whilst existing knowledge would suggest other ethnically diverse communities are likely to be struggling, the number of respondents from other ethnically diverse groups in the survey was too small to draw an adequate conclusion.

Finances



Black respondents were over **twice** as likely to not have enough money for basic necessities at **27%** compared to the 11% average.



1 in 4 Black respondents have had to make difficult decisions about which bills to pay at **25%** compared to the 9% average.



Black and Asian respondents were almost **twice** as likely to have borrowed more money or used more credit at **27%** compared to the 16% average.



Black and Asian respondents were almost **twice** as likely to have looked for additional sources of income at **29%** compared to the 15% average.



70% of Black and Asian respondents have reduced the amount of food they eat and/or bought cheaper types of food compared to the 61% average.



Black respondents were over **twice** as likely to have used a food bank at **10%** compared to the 4% average.

Access to Healthcare



63% of Black respondents and **55%** of Asian respondents said their access to healthcare has been affected by rising costs – compared to the 45% average.



1 in 5 Asian respondents have spent less on medications and/or prescriptions at **20%** compared to the 9% average – the highest figure across all groups.



43% of Black respondents have avoided visiting the dentist compared to the 32% average.

Impact on Physical and Mental Health



49% of Asian respondents said their physical health has been impacted by rising costs – much higher than the 32% average.



67% of Asian respondents said their mental health has been affected by rising costs compared to the 55% average.



Black respondents were almost **twice** more likely to be unable to access mental health support at **19%** compared to the 10% 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.

