

Cost of Living: “Just about Managing”

People who are “Just about Managing” told us they have just enough money for basic necessities. They are people who said that one unexpected or expensive bill, re-mortgaging or an increase in rent could push them into financial hardship. This group has been disproportionately impacted by the Cost of Living Crisis – key findings include:

Finances



88% have used less heating or made other choices to reduce energy costs compared to the 80% average.



82% have reduced the amount of food they eat or purchased cheaper types of food compared to the 61% average.

Access to Healthcare



66% said their access to healthcare has been affected by rising costs compared to the 45% average.



They were almost **twice** as likely to have spent less on prescriptions and/or medication at **15%** compared to the 9% average.



1 in 2 have avoided visiting the dentist at **51%** compared to the 32% average.



37% have avoided visiting the opticians compared to the 23% average.

Impact on Physical and Mental Health



1 in 2 said their physical health has been affected by rising costs at **50%** compared to the 32% average.



79% said their mental health has been impacted by rising costs.

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.

