

COVID-19 At Risk Groups: Understanding the health, social and economic impacts

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Introduction

The Scottish Government has introduced a number of measures to protect groups ‘at risk’ of harmful impacts during the COVID-19 pandemic.

This paper presents estimates around the size of these groups together with estimates of a subset of these who are most at risk. It highlights key risk factors across four dimensions – Direct health harms from COVID-19, Non-COVID-19 health harms, or Financial harms and Social harms and, where possible, shows where these risks intersect and inter-relate.

This document draws on previously published data sources from before COVID-19 as well as data from the COVID-19 period. In some cases new, unpublished analysis of existing data sources has been undertaken.

Authors

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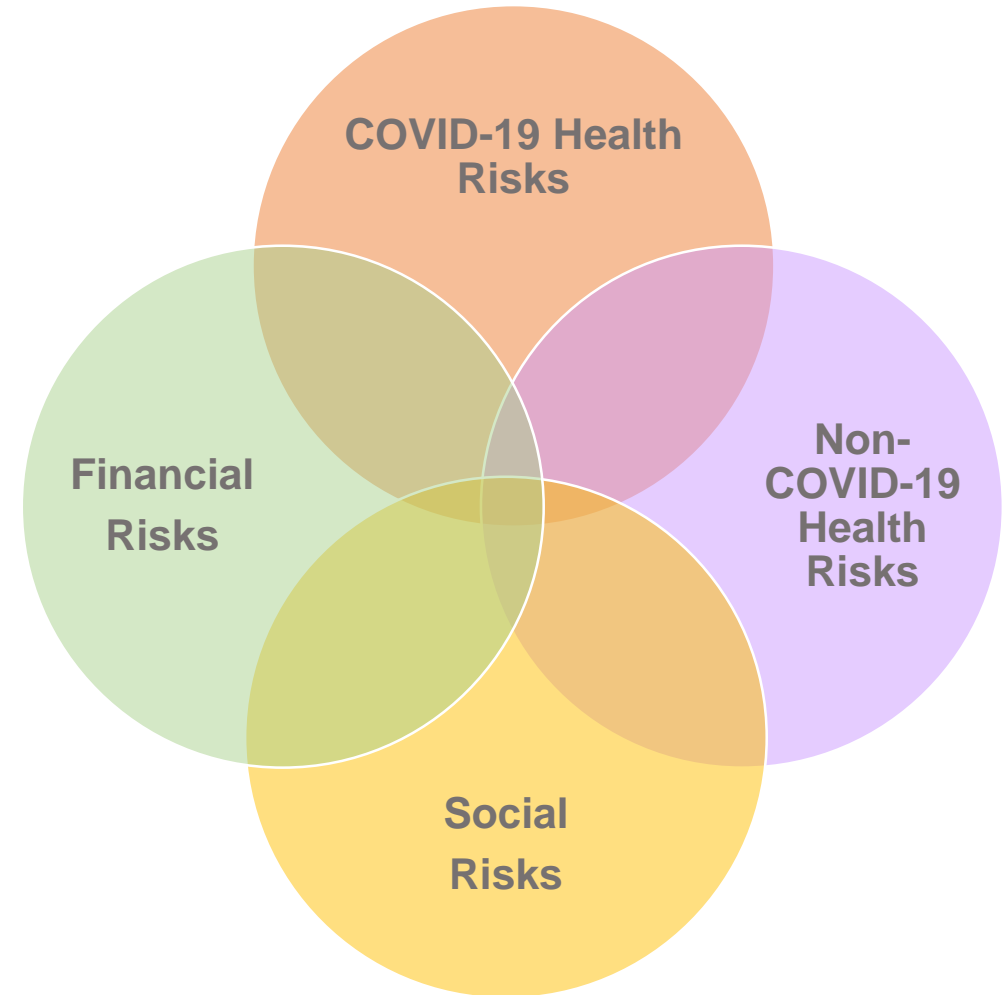
The four harms framework was set out in [evidence](#) to support the Route Map.



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Intersections of Risk

- COVID-19 impacts fall into 4 groups which are inter-related and dynamic. People who are at risk from one harmful impact (harms) may or may not be at risk from other impacts.
- This paper provides an estimate of those people at risk of single or multiple harms.
- It then goes on to explore the inter-relationships between harms and specific risks.



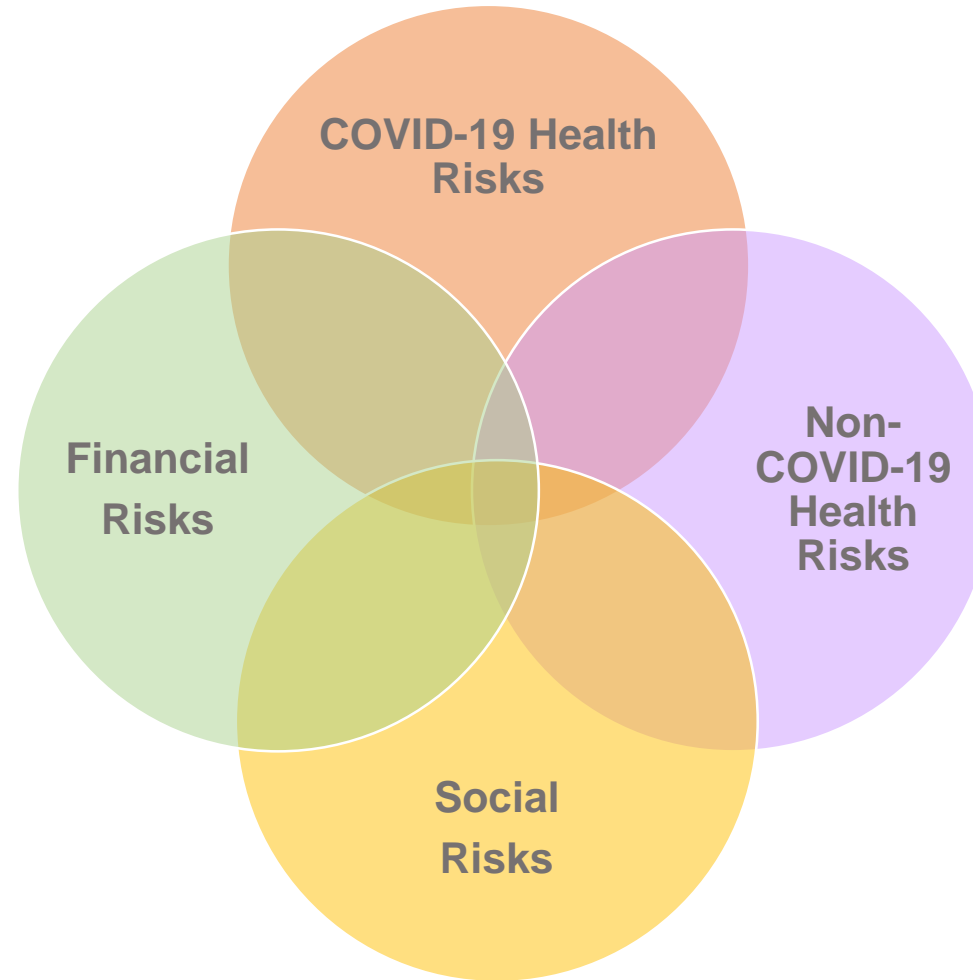
Intersections of Risk: Factors likely to cause harm

COVID-19 Health

- Highest clinical risk (Shielded)
- Clinical risk of serious illness
- Short term / symptomatic isolators
- Exposure to virus

Financial Risks

- Existing poverty
- Food insecurity
- Fuel poverty
- Housing costs
- Sudden income loss



Non-COVID-19 Health

- Access to social care
- Access to health care
- Diet / obesity
- Substance use
- Physical activity
- Mental health

Social Risks

- Access to services
- Community support
- Marginalised groups
- Geographic challenges
- Digital access



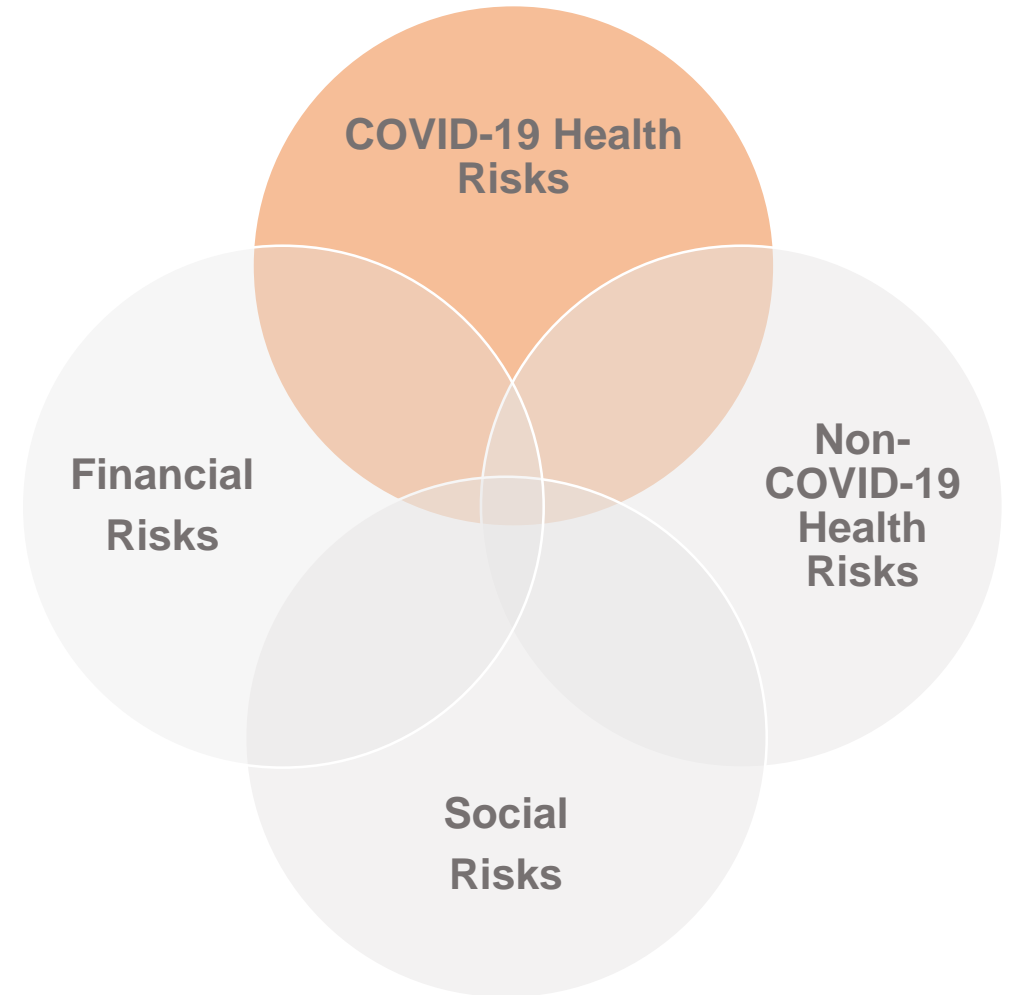
COVID-19 Health Risks

The direct impacts of the COVID-19 virus are different for different populations. People are at greater risk from the virus if they are:

- Older
- Have underlying health conditions

Around 180,000 adults in Scotland have been defined on medical grounds as clinically extremely at risk and were advised to Shield. An additional group of people are advised to follow enhanced physical distancing, because pre-existing health conditions or circumstances mean they are at increased risk of severe illness from COVID-19.

A growing evidence base across the UK suggests that minority ethnic people are at heightened risk from COVID-19. NRS analysis of death certificates suggests that COVID-19 mortality rates have been higher amongst people in the South Asian ethnic group¹.



[1] [National Records of Scotland](#) – analysis of death certificates which mention COVID-19, accounting for age, gender, area-based deprivation and urban-rural classification.

The South Asian ethnic group includes Bangladeshi, Bangladeshi Scottish or Bangladeshi British; Indian, Indian Scottish or Indian British; Pakistani, Pakistani Scottish or Pakistani British



COVID-19 at Enhanced Risk| Profile

People following enhanced physical distancing

Population:

- **Around 1.8 million¹** people who are eligible for the seasonal flu jab due to health reasons and/or are over 70
- **Includes 180,000** people who are taking advanced shielding measures.

Of these, estimate of most at risk

- **94,000^{1,2}** (self-identify as usually only having one person or no-one they can rely on. This means that despite being at high risk people in this group may have to leave home to shop, collect medicines etc.)

Aged 70 and over^{2,3} (760,000)

- An estimated 41% live alone³;
- Around 4% only have one person or no-one they can rely on²;
- Over half (55%) of this group have a limiting long-term condition³;
- Around 17% live in the most deprived quintile¹.
- Make up a greater share of the population in rural areas³;
- Only 38% of those aged 75+ use the internet³;
- 44,000 receive home care;
- 31,000 long-stay residents in care homes for older people⁴.

Aged 16-69 and eligible for the flu jab ^{2,3} (1.06 million)

- An estimated 19% of this group live alone. A further 2% are single parents¹;
- Around 6% have only one person or no-one they could turn to²;
- 23% live in the most deprived quintile¹;
- 14,000 receive home care because of a long-term condition.



[1] Scottish Health Survey 2015/2017 rotating module. Analysis of COVID-19 at risk isolators is based on those aged 16-64 with at least one of: COPD, IHD, diabetes, asthma, a BMI of 40 or over or pregnant and all of those aged 65-69 and 70 plus.

Work is underway to recode data from the long-term condition free text answers to enable this analysis to incorporate some of the remaining categories in this group, for example those aged 16-64 with chronic liver or renal conditions.

[2] Scottish Health Survey 2015-2018

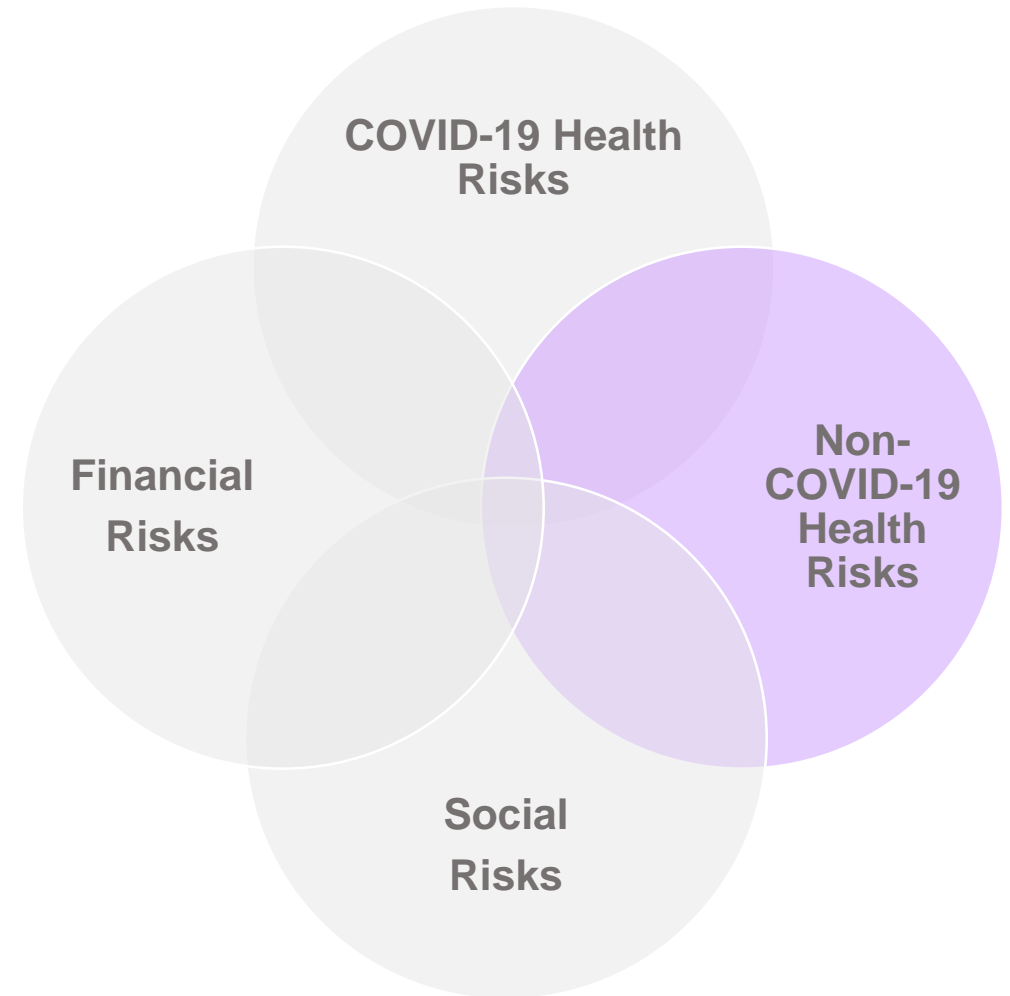
[3] Scottish Household Survey 2018.

[4] Scottish Care Home Census 2017



Non-COVID-19 Health Risks

- COVID-19 is also having a wider health impact due to reduced health and social care services and the effects of lockdown.
- Many non-COVID-19 health services were stopped or reduced and as they are reintroduced, many people may still be anxious about seeking and receiving care.
- Those at greatest risk are the people with long term health conditions who are most reliant on health and social care services.
- In addition there are likely to be profound impacts on public health and wellbeing.



High Risk Non-COVID-19 Health | Profile

People with long term conditions that make them more dependent on health and social care services.

Long-term/complex health conditions:

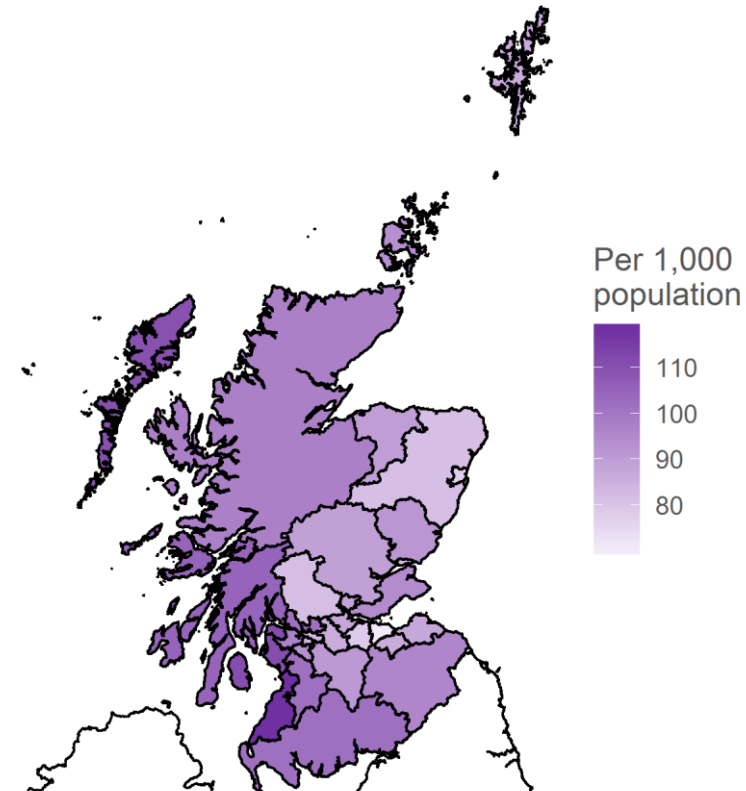
- **Around 484,000** are identified as having frailty, highly complex conditions or are in end of life care:
 - 53,000 having end of life care
 - 83,000 having frailty
 - 349,000 with highly complex conditions

Of these, estimate of most at risk:

- **94,000** most at risk (based on estimate of the subset of the population who self-identify as usually only having one person or no-one they can rely on)

People with higher health risks by local authority

Number of individuals in the frailty, highly complex needs or end of life care demographic classifications, per 1,000 population (2018-19)



Source: Public Health Scotland



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High Risk Non-COVID-19 Health | Profile

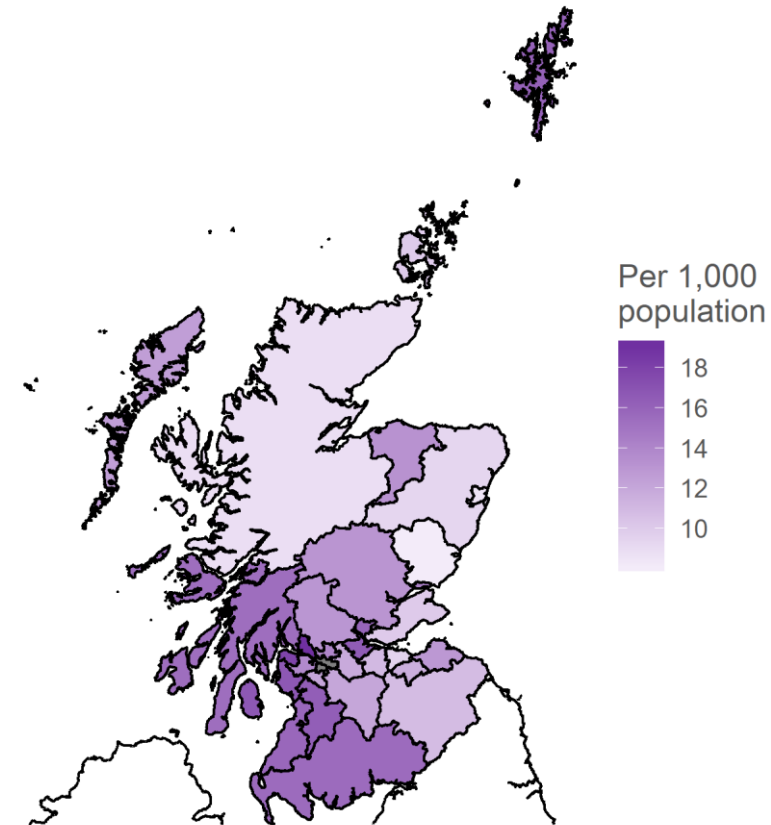
People with long term conditions that make them more dependent on health and social care services.

Dependence on Social Care:

- **A total of 58,000** people receive home care due to limiting long-term conditions.

Home care by local authority¹

Number of home care clients per 1,000 population (2017-18)



Source: Public Health Scotland



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[1] PHS Social Care Statistics; Data is not available for Glasgow for 2017/18

High Risk Non-COVID-19 Health | Avoiding GPs



People may be anxious about seeking non-COVID-19 medical care

Hospital Admissions¹

- At the end of July planned hospital admissions were at 60% of typical levels.
- Emergency hospital admissions were at 90%.

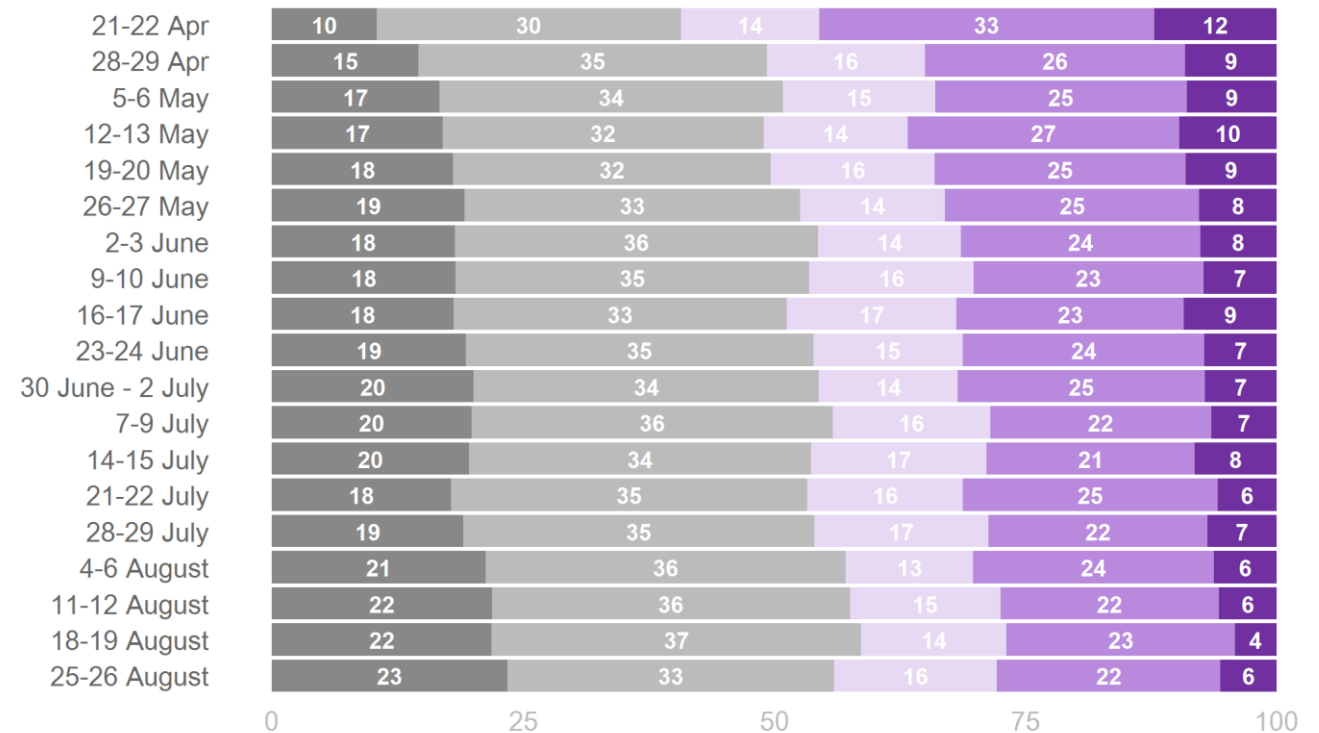
Avoiding GPs/hospitals²

- At 25-26th August, 28% of adults reported that they would avoid GPs and hospitals for immediate non-COVID-19 health concerns

People avoiding GPs or hospitals²

% of respondents agreeing with the statement "I would avoid GP/hospital for immediate non-COVID-19 health concerns"

strongly disagree
 tend to disagree
 neither agree or disagree
 tend to agree
 strongly agree



[1] NHS Scotland open data platform

[2] YouGov - Web panel survey. Total sample size is 1,000 adults each week. Fieldwork undertaken from 21-23 April onwards, weekly. The figures have been weighted and are representative of all Scottish adults (aged 18+).



Non-COVID-19 Health Risks | Public health priorities

Impact on population health

COVID-19 and the associated mitigation measures such as physical distancing and isolation have had significant impacts on the health and wellbeing of the population. It is important to monitor, reflect and respond to how this is impacting on Scotland's Public Health Priorities.

Robust evidence is still in the early stages but there are clear indications that different groups within society have responded differently – with both positive and negative outcomes.

There is no doubt that lockdown had a fundamental impact on health and lifestyle behaviours but what is also important is to understand the longer term consequences of these changes and if they will impact on more long lasting behavioural change.



Non-COVID-19 Health Risks |

Public health priorities: early indications of impacts



	Alcohol	Diet and Obesity	Physical Activity	Mental Health
Before COVID-19 ¹	26% of adults drinking above the recommended (14 units / week)	Two thirds (65%) of adults in Scotland are overweight	Physical inactivity contributes to nearly 2,500 deaths in Scotland annually	In Scotland a total of 877,453 patients were dispensed at least one antidepressant during 2016/17. This is 19% of the population
Early evidence of the impact of COVID-19 in Scotland	AFS survey suggests three in ten adults (29%) are drinking more than they were before lockdown. However, the same proportion have reported a reduction in drinking or have stopped drinking altogether ²	Obesity Action Scotland survey suggests 27% of respondents felt the diet of people in their family had worsened whilst 21% felt it had got better ³	Several surveys report significant reductions in physical activity levels for some groups – particularly those in poor health and/or shielding	Evidence from a number of studies suggests negative impacts on mental health and wellbeing across the population. Mental health impacts are worse for some groups.

[1] Scottish Government (2019) Scotland's Public Health Priorities

[2] Alcohol Focus Scotland (April 2020) Alcohol Focus Scotland and Alcohol Change UK Polling Statistics Summary

[3] Obesity Action Scotland (May 2020) Lifestyle of Scotland's People Since the Coronavirus Outbreak Polling Results

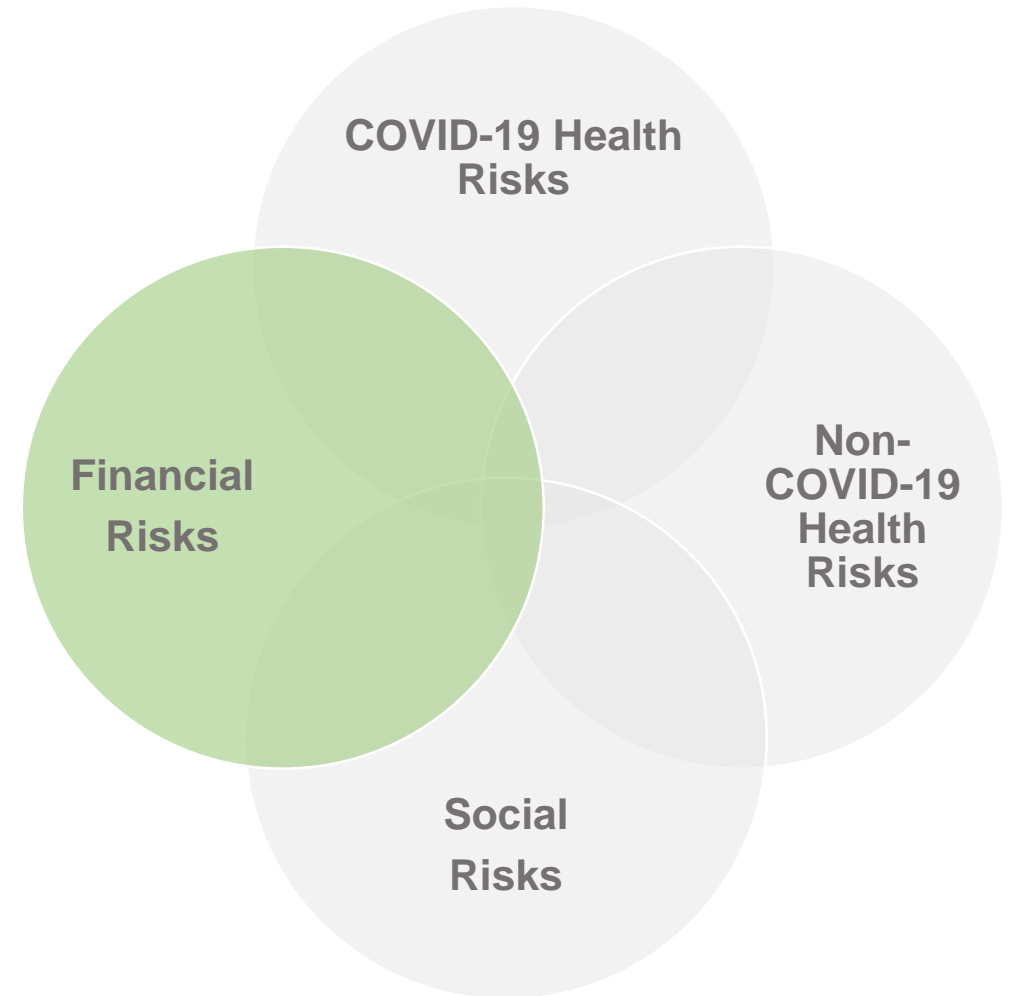


Financial Risks

People already experiencing poverty will be particularly at risk during COVID-19. In addition many more people will have experienced income reduction as a result of the mitigation actions to tackle COVID-19.

Risks include:

- Existing poverty
- Food insecurity
- Fuel poverty
- Housing costs
- Sudden income loss



Already Financially At Risk Before COVID-19 | Profile

Evidence shows that people in poverty before COVID-19 are more likely to be at risk.

Population estimate¹:

- **640,000** working-age adults were in relative poverty after housing costs, prior to COVID-19.
- **230,000 children** were in relative poverty, prior to COVID-19.

Of these, estimate of most at risk¹:

- **470,000** working-age adults were in severe poverty after housing costs, prior to COVID-19.
- **150,000 children** were in severe poverty, prior to COVID-19.

Existing poverty is more prevalent in certain groups (relative poverty after housing costs, FRS, 2016-19) by socio-demographic group¹:

- (23% all adults in Scotland)
- 19% working age adults;
- 15% pensioners;
- 49% Muslim;
- 39% Asian or Asian British (2014-19);
- 38% Mixed Black, Black British, Other;
- 40% living in social rented accommodation;
- 33% living in the private rented sector;
- 39% single parents;
- 31% large families;
- 23% Disabled household member.



[1] Family Resources Survey (Scotland) 2016-19 – Relative and severe poverty are defined as households with less than 60% and less than 50% of UK median income, respectively



Already Financially At Risk Before COVID-19 | Child poverty

24% of children were in relative poverty (after housing costs) before COVID-19 (2016-19)¹.

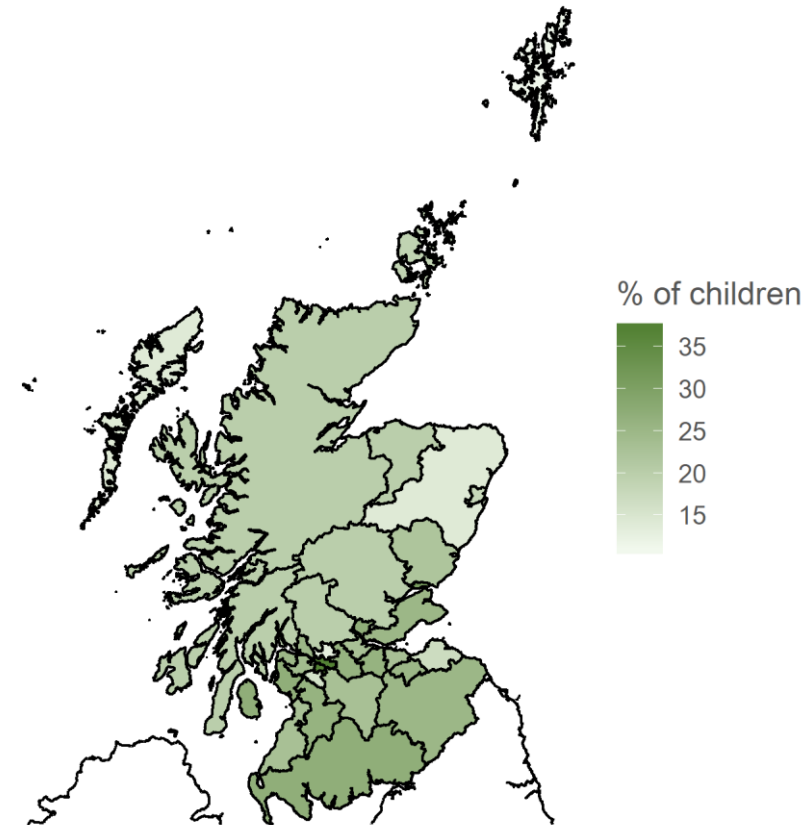
Again there are differences:

- 39% Asian or Asian British²;
- 41% Mixed Black, Black British, Other²;
- 39% in single parent households;
- 31% in large households;
- 30% in households with a disabled person;
- 23% where youngest child was < 1.

Child poverty after housing costs was highest in Glasgow (37% of children) and Dundee (31%) in 2017/18.³

Child poverty by local authority

% of children in relative poverty, after housing costs (2017-18)



Source: Local Child Poverty Statistics 2019

[1] Family Resources Survey (Scotland) 2016-19
[2] Child poverty rates for ethnic groups is for 2014-19
[3] Local Child Poverty Statistics 2019



Financial Risk related to COVID-19 | Profile

People close to the poverty line at risk of falling into poverty due to COVID-19 related income reduction.

Population estimate:^{1,2}

- **130,000** working age adults and **60,000 children** at risk of falling into poverty due to COVID-19 related income reduction
- Estimate based on 44% of adults less than 20% above the poverty line, having experience a negative financial impact since COVID-19^{1,2}

Of these, estimate of most at risk:³

- **20,000 adults** and **10,000 children** most at risk of financial harm due to income loss.
- Estimate based on 15% of households that have a low income (bottom 3 income deciles) without sufficient savings to cover 3 months basic living costs.

Experienced a negative financial impact²

- 36% adults in Scotland
- 44% of UK adults less than 20% above the poverty line
- 56% of UK adults aged 16 - 24

Financially at risk households (without sufficient savings to cover three months basic living costs):³

- 73% of lone parent households;
- 71% of economically inactive/unemployed households;
- 58% of households renting their home;
- 50% of households where the highest income earner was aged 16-34;
- 47% of households with children;
- 45% of households where the highest earner had no qualification;
- 38% of households where someone was disabled.



[1] Family Resources Survey Scotland 2016-19 – 300,000 working age adults and 140,000 children less than 20% above the poverty line

[2] Social Metrics Commission COVID-19 analysis – of UK adults less than 20% above the poverty line, 44% had experienced a reduction in pay/hours, being furloughed or job loss

[3] Wealth and Assets Survey



Financially At Risk | Food insecurity



Food insecurity describes barriers to access and affordability of food and is a key concern during COVID-19

Before COVID-19

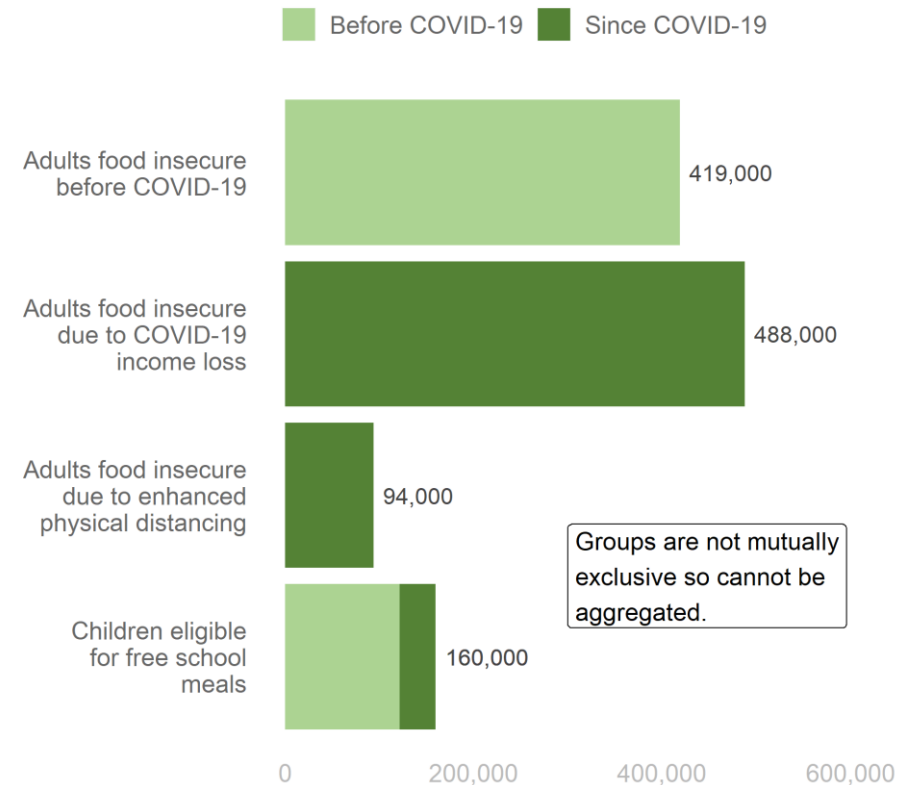
- 12% of working age adults (16-45) were already food insecure prior to COVID-19, equivalent to **419,000**¹.
- 4% of the population (16-45) reported having actually run out of food (4%): **140,000**¹.

Since COVID-19

- 14% of people² say COVID-19 to have a very negative impact on household finances: **488,000**.
- People following enhanced physical distancing due to an increased COVID-19 health risk, may also face food insecurity. 4-6% self-identify as usually only having one person or no-one they can rely on: **94,000**¹
- Over **160,000** children and young people are now accessing entitlement to Free School Meals (e.g. via vouchers or attending a setting to eat), an increase from 122,000 eligible prior to the outbreak.

People experiencing food insecurity

Estimated number of people experiencing food insecurity before and since COVID-19



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[1] Scottish Health Survey 2018

[2] You Gov Survey, April 2020

Financially At Risk | Fuel Poverty

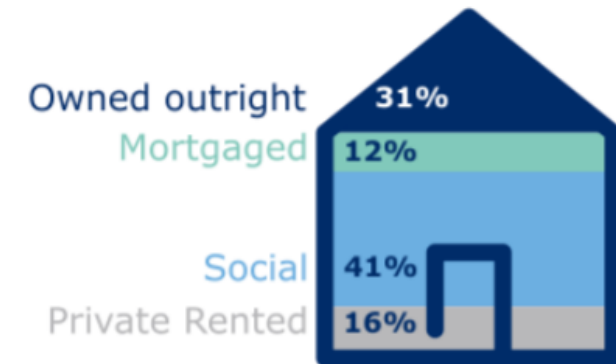
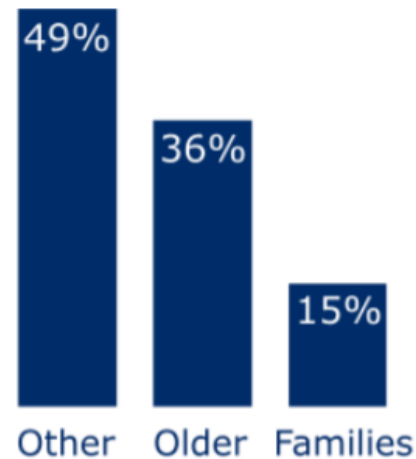


Households are in fuel poverty if they cannot afford the heating, hot water, electricity and other domestic energy needed for a decent quality of life. The ability to afford such energy is a concern during the COVID-19 pandemic.

Before COVID-19¹

- In 2018, 25.0% of households (619,000) were estimated to be in fuel poverty. 11.3% (or 279,000 households) were living in extreme fuel poverty¹.
- 19% of households had pre-payment meters (PPM)¹. The fuel poverty rate for PPM households was 38% in 2018.

Composition of Fuel Poor Households, 2018



[1] Scottish House Condition Survey 2018 - Older households may be less likely to be at additional risk of fuel poverty due to COVID-19 if state pension incomes are unaffected. Households owning their homes with a mortgage or renting may be at greater risk of fuel poverty during COVID-19 if incomes decrease but housing costs stay the same.



Financially At Risk | Fuel Poverty



Households are in fuel poverty if they cannot afford the heating, hot water, electricity and other domestic energy needed for a decent quality of life. The ability to afford such energy is a concern during the COVID-19 pandemic.

Since COVID-19

- Many people in at-risk groups will spend more time at home potentially exacerbating previous fuel poverty issues. Warmer temperatures during summer may reduce the need for space heating, but these savings on space heating may be partially countered by an ongoing increased demand for other energy use (for digital devices, cooking, lighting etc.).
- Reduced incomes, for example through rising unemployment or the furlough scheme, may also put pressure on many household energy bills and are likely to bring additional households into fuel poverty. Some of these households may already experience fuel poverty and coping strategies, such as minimising the time spent at home, will be disrupted as well as struggling to self-isolate if they are only able to heat one room.

Household with pre-payment meters

- In June 2020, 20% of pre-payment meter consumers were worried about affordability of energy and 21% worried about being able to top up. This has fallen since April 2020².
- 11% of non pre-payment meter consumers were worried about falling behind on their energy bills².
- Households self-isolating following Test and Protect guidance may struggle to top up meters.

Household worried about energy bills

- Around 315,000 households worried about energy bills of which around 47,000 households most at risk of fuel poverty (or exacerbated fuel poverty) due to already being low income with insufficient savings³.

[1] Scottish House Condition Survey 2018

[2] Scottish Boost of Energy Consumers and COVID-19 Survey 2020. Some care is needed due to small sample sizes and possibility that survey timing (22-29 June) may affect response.

[3] Wealth and Assets Survey – 15% of households in the bottom 3 income deciles had insufficient savings to cover 3 months living expenses



Financially At Risk | Housing Costs



For most people housing costs on rents and mortgages are a major outlay each month. Loss of earnings due to COVID-19 will have made payments of housing costs more difficult.

Before COVID-19

Many people were already in poverty after housing costs, prior to COVID-19¹

The proportion of people living in poverty was higher for the social and private rented sectors

- 40% of people living in social rented accommodation were in poverty
- 33% living in the private rented sector

Since COVID-19

- Mortgage payment holidays and social security benefits such as Housing Benefit / Universal Credit may reduce housing cost risks for some households.
- Across the UK, over two million mortgage payment deferrals have been approved to date, with just under one million still in place².
- Almost half of private tenants (45%) have seen a drop in their incomes since March 2020 and 4 in 10 (42%) private renters are worried about their ability to pay rent after lockdown is lifted³.
- Fewer than one in ten private tenants in Scotland estimated to be in arrears as at June 2020³.

[1] Family Resources Survey 2016-19

[2] UK Finance: Arrears and possessions

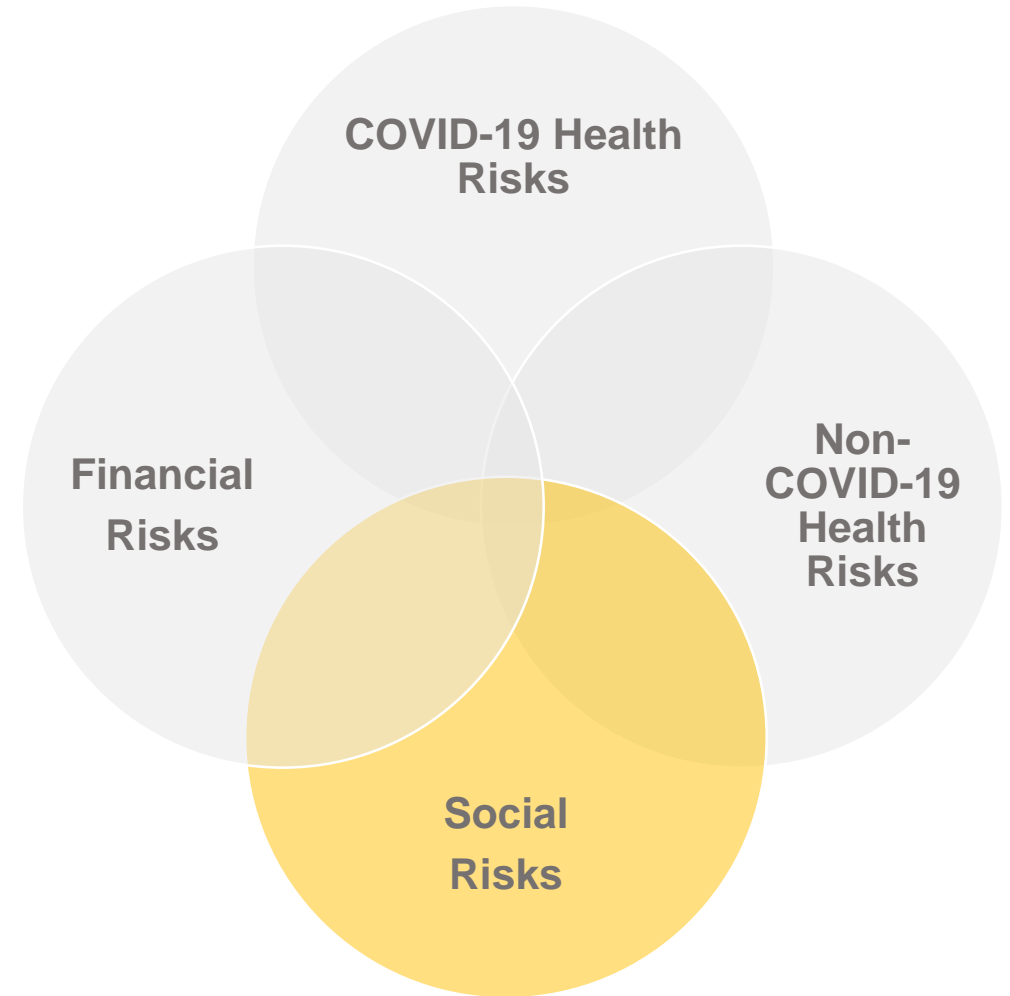
[3] Joseph Rowntree Foundation – YouGov survey of 2,000 Scottish households



Socially at Risk

The social risks describe the specific challenges which some populations may experience in adhering to the physical distancing guidance. They include:

- Digital access
- Access to banking
- Specific challenges experienced by marginalised groups
- Community support – such as volunteering and neighbourhood kindness



Socially at Risk | Digital & Banking Access

Digital access allows people to access essential services online, improves social connection with friends/family and reduces isolation. Households without a bank account may be more reliant on cash.

Key findings:

- Older people, and people with limiting long-term conditions are less likely to have internet access
- Lower income households, and households in more deprived areas, are less likely to have access to banking.

Banking¹

- 2% of households don't have a bank account or building society account;
- 6% of households with an income less than £10,000 use a Post Office card account;
- 69% of people with access to the internet use online banking.

Internet Access²

Older people are less likely to have internet access and even if they do they are less likely to use it:

- 36% of households where all adults are over 65 do not have home internet access, with only 57% of over 65 year olds with internet access using it at all ;
- 60% of households where all adults are over 80 do not have internet access, with 72% of over 80 year olds not using it at all.

People living with low income are less likely to have internet access or to use it:

- 20% of low income households do not have internet access and 16% do not use it regularly

People with limiting long-term health conditions who are more likely to be in shielding or health at risk categories do not necessarily have digital access:

- Around 12% of households where not everyone is over 65 and someone has a limiting long-term health condition do not have internet access.



[1] Scottish Household Survey 2017 and 2018

[2] Additional analysis of Scottish Household Survey data

Socially at Risk | Household composition



People living in overcrowded or multi-generational housing are more at risk of contracting COVID -19 and will find it more challenging to self isolate.

Overcrowding

Around **53,000 households lived in overcrowded accommodation** (2%) under the bedroom standard.

Social sector dwellings (4%) were more likely to be overcrowded than private sector dwellings (1%).

This is determined on the basis of the bedroom standard as defined in the Housing (Overcrowding) Bill 2003 taking into account the number of bedrooms available in the dwelling and the type of household that occupies it¹.

Multi-generational households

- Around **260,000 households** (10% of all households) include parents living with their adult children. This includes 169,000 couple households with non-dependent children, along with 91,000 single parent households with non-dependent children.
- **A further 16,000 “multi-family households”** (less than 1% of all households)². This includes multigenerational, unrelated families and siblings.
- **Minority ethnic households are far more likely to be multi family**, particularly South Asian households. (12.8% of Pakistani, 5.7% of Bangladeshi and 5.4% of Indian households.)

[1] 2018 Scottish House Condition Survey

[2] Office for National Statistics - Labour Force Survey (LFS)





Socially at Risk | Marginalised Groups

Some groups that were marginalised prior to COVID-19, may be more at risk to COVID-19 harms.

Care leavers¹

- **4,002** children ceased to be 'looked after' during 2018/19.
- **6,650** young people were eligible for **aftercare services** in 2019. This includes all young people aged 16-25, who ceased being looked after on their 16th birthday.

Prisons²

- **4,552** people left prison between 25th March and 2nd September 2020.
- **7,460** people were in prison at 2nd September.

Victims of trafficking and exploitation³

- There were **512** referrals from Scotland entered into the National Referral Mechanism in 2019.
- The wider number of victims is unknown, and doesn't include those not wanting to be referred into the NRM.

Victims of commercial sexual exploitation

- In 2004, the Expert Group on Prostitution noted that approximately **1,400** women were involved in street prostitution in Scotland.

Partner abuse⁴

- **3.6% of women** experienced partner abuse in the preceding 12 months.
- Of those adults who experienced partner abuse in the preceding 12 months, 40% reported that children were living in the household when the most recent incident took place.

[1] Children's Social Work Statistics 2018-19

[2] Internal data

[3] National Referral Mechanism Statistics UK

[4] Scottish Crime and Justice Survey 2017/18



Socially at Risk | Marginalised Groups



Homelessness and rough sleepers¹

- **2,878** homelessness applicants had experienced rough sleeping at least once during the last 3 months before their application.
- Rough sleeping more prevalent in urban areas.

People with drug problems²

- **57,000** people with problem drug use.
- Clinically at risk due to high prevalence of respiratory problems and comorbidity.
- Highest prevalence in areas of multiple deprivation.

People with alcohol problems³

- Estimated **4%** of the population are dependent on alcohol.
- 38,000 alcohol related hospital admissions in 2018/19.

Seasonal migrant workers in communal accommodation⁴

- Farm businesses reported that they provided accommodation for over **6,500** seasonal migrant workers, in 2017.
- Caravans accounted for 80% of this accommodation.

Asylum seekers and refugees⁵

- At June 30th 2020, there were **3,844** asylum seekers receiving Section 95 support, and around **1,000** refused asylum. Vast majority in **Glasgow**.
- An estimated **28** people detained at Dungavel.
- **3,190 adult and 251 child refugees** arrived in the past 5 years.

Gypsy/Traveler communities⁶

- Estimated **15,000 – 20,000** nationally.
- Poorer health outcomes overall.
- Perth & Kinross, and Angus, had higher proportion of people identifying as Gypsy/Travelers in 2011⁴.

[1] Homelessness in Scotland 2018/19; [2] ISD Problem Drug Use Estimates

[3] Estimate based on Scottish Health Survey data; ISD Alcohol Related Hospital Statistics

[4] Farm Workers in Scottish Agriculture: Case Studies in the International Seasonal Migrant Labour Market

[5] UK Immigration Statistics; [6] Analysis of Equality Results from the 2011 Census (Part 1)



Community Resilience | Neighbourhood kindness

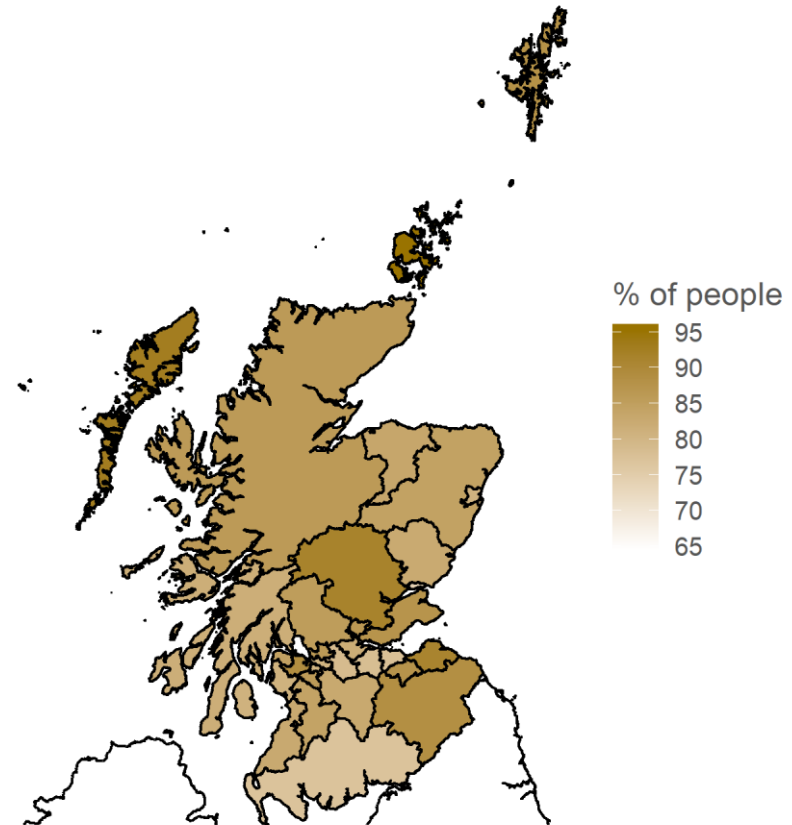
The support of neighbours may be particularly important to people at heightened risk of COVID-19, while other regular support (formal and informal) may not be able to function as normal.

Neighbours may be able to provide help with access to food, medications, and other essential supplies and/or offer a point of contact to reduce isolation.

There is large variation across local authorities in experience of neighbourhood kindness.

Neighbourhood kindness by local authority

% of people agreeing that this is a neighbourhood where people are kind to each other



Source: Scottish Household Survey 2018



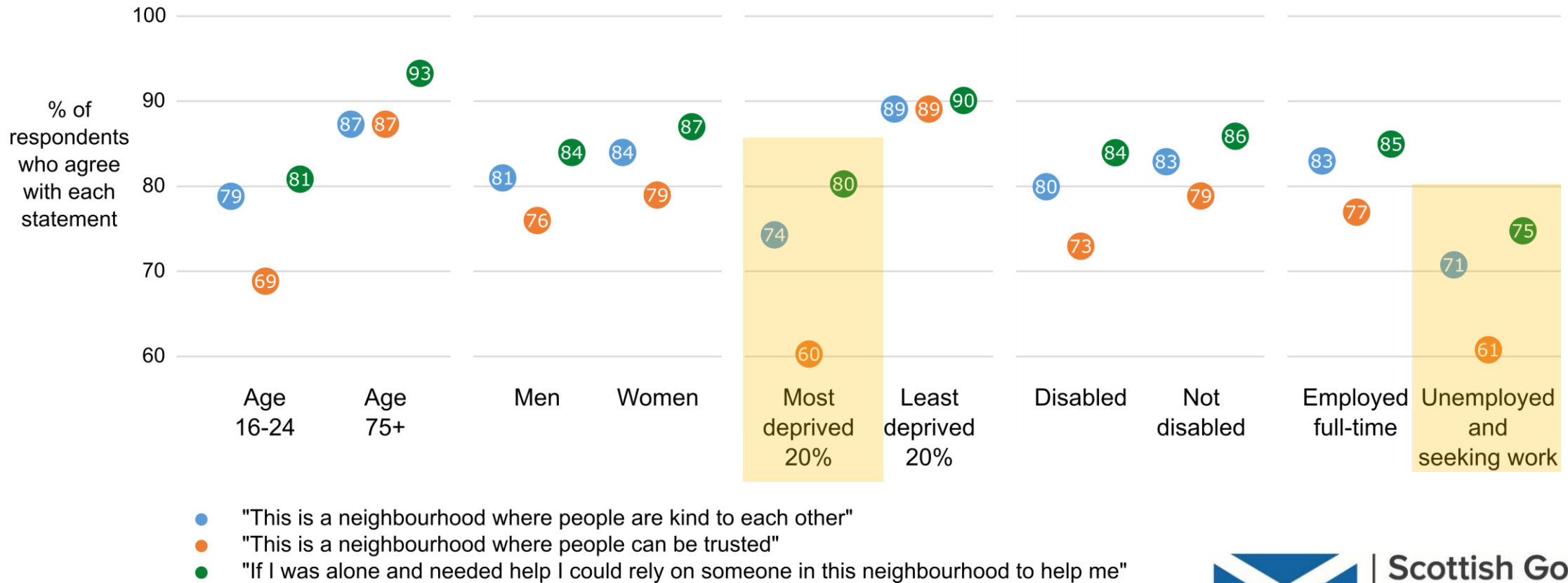
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Community Resilience | Neighbourhood kindness



At risk groups may lack the support of neighbours, who could act as a critical source of help and assistance. People living in the most deprived areas and unemployed have the lowest rating for neighbourhood kindness and trust measures (SHS 2018)¹:



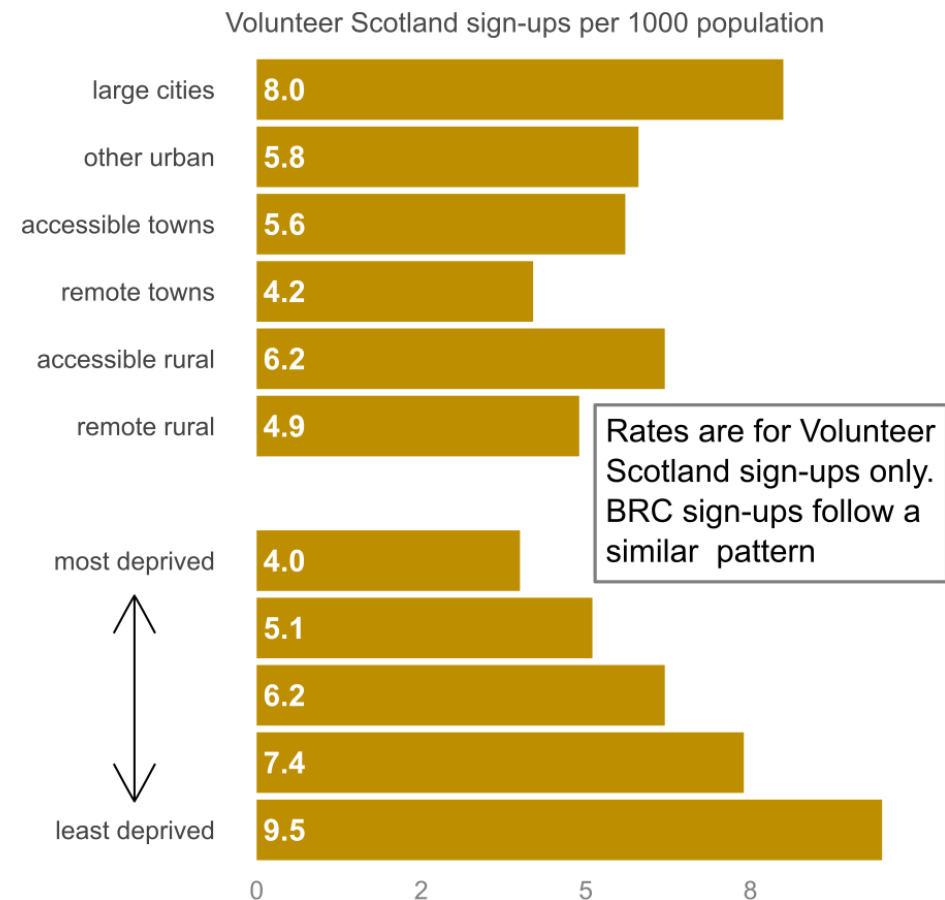
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[1] Scottish Household Survey 2018

Community Resilience | Volunteering Uptake

- The Scotland Cares Campaign was launched on 30 March 2020 to support the community and NHS response to the Covid-19 pandemic in Scotland. Volunteers were invited to sign up to volunteer via Volunteer Scotland, or with British Red Cross, or both.
- The campaign was paused on 30 April 2020, having achieved 35,262 sign-ups for Volunteer Scotland and 25,172 for the British Red Cross²..
- Rate of sign-up was **lower in remote and rural areas** such as Shetland, Dumfries and Galloway, Orkney, Angus and Na h-Eileanan Siar.
- Sign-ups were **lower in more deprived areas**. Around 2.4 times as many volunteers signed up in the least deprived areas as the most deprived.
- Sign-ups were lower in local authorities with higher proportions of the population aged over 70.
- Support through informal channels such as local mutual aid groups has been widespread across Scotland – this aspect of community support is not reflected in the sign-ups to the formal campaign..

Scotland Cares Volunteer Scotland sign-ups by Urban/Rural classification, and SIMD quintile²



[1] Volunteers may sign-up for both Volunteer Scotland and the Red Cross, and numbers shouldn't be combined, to avoid double counting. Numbers for British Red Cross are still to be confirmed. Volunteer sign-ups don't include people who volunteered before the Scotland Cares campaign

[2] Additional analysis by Scottish Government



Sizing the 'at risk' population | Population in scope



- **Scotland:** These estimates are for the Scottish Population and draw on Scottish data sources.
- **At risk:** people who are doing enhanced physical distancing due to either experiencing symptoms or clinical risk, and people who lack resources to reduce harm to themselves due to poverty or disadvantage
- We consider the potential pool of at risk people to be those that are:
 - Short-term isolators: People self-isolating at home because they have tested positive for COVID-19 or have been contact traced by Test and Protect
 - COVID-19 Enhanced Risk: People who have been encouraged to undertake enhanced physical distancing
 - Individuals with high non-COVID-19 health risks: People more dependent on health and social care
 - Financially at risk since COVID-19: People potentially unable to afford essentials due to COVID-19 related income reduction
 - Financially at risk before COVID-19: People in existing poverty prior to the pandemic
 - Marginalised groups: People in groups that are already marginalised socially
 - A combination of the above
- Within this population, we have defined a sub-set of the most at-risk:
 - Those who do not have a support network to help them
 - Financially at risk who do not have financial resilience (3 months worth of savings)



Sizing the 'at risk' population | Method and inputs to approximate the at risk populations



Population	Sizing approach	Identifying most at risk
1 Short-term isolators: People self-isolating because they have tested positive for COVID-19 or have been contact traced by Test and Protect.	Scottish Government Test and Protect service publish weekly updates online .	Applied estimate of the subset of the population who self-identify as usually only having one person or no-one they can rely on (4% for all adults) ² :
2 COVID-19 Enhance Risk People following enhanced physical distancing	Estimated number of people eligible for the seasonal flu jab due to health conditions and all >70s, 1.8 million ¹	Applied estimate of the subset of the population who self-identify as usually only having one person or no-one they can rely on (4% for >70, 6% <70) ² : 94,000
3 High risk non-COVID-19 health: People with long term conditions which make them more dependent on health and social care services	Estimated number of people having frailty, highly complex conditions or in end of life care: 484,000	Applied estimate of the subset of the population who self-identify as usually only having one person or no-one they can rely on (8% for disabled people) ² : 39,000
4 Financially at risk post-COVID-19: People potentially vulnerable due to COVID-19 related income reduction ³	14% of people expect COVID-19 to have a very serious negative financial impact ³ . This equates to around 488,000 .	15% of households have a low income without sufficient savings to cover 3 months of living costs ⁴ . Applied this to number of people who have newly lost income as proxy for most at risk: 75,000
5 Financially at risk pre-COVID-19: People already financially vulnerable before COVID-19	19% of working-age adults were in relative poverty (after housing costs) prior to COVID-19 equivalent to 640,000 . 24% of children (230,000) were in relative poverty ⁵	13% of adults and 16% of children were in severe poverty after housing costs. This equates to 470,000 working-age adults and 160,000 children ⁵

[1] Scottish Health Survey 2015/2017 – Estimate includes the 180,000 people who are Shielded; people resident in care homes and other institutions; and people with high health needs. Calculations based population aged 16-64 NRS projection for 2020 of 3,488,494

[2] Scottish Health Survey 2015-18; [3] YouGov survey; [4] Wealth and Assets Survey

[5] Family Resources Survey 2016-19 – Relative and severe poverty are defined as households with less than 60% and less than 50% of UK median income, respectively

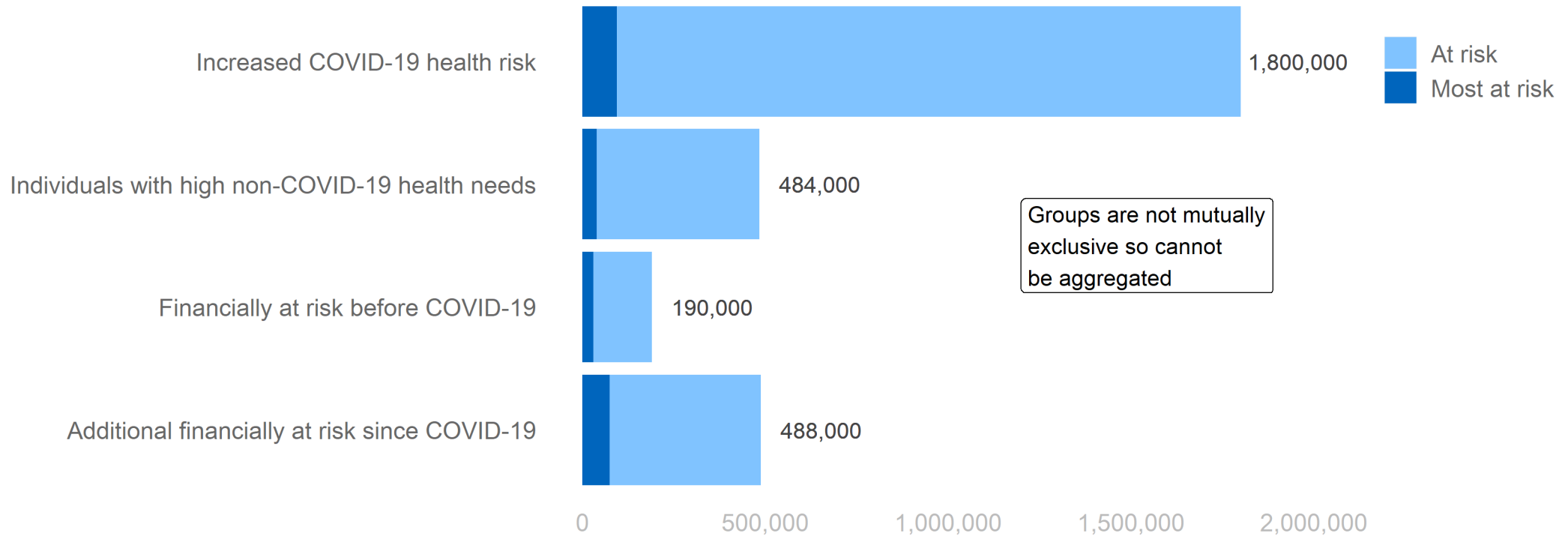


Sizing the 'at risk' population | At a glance



Number of people in each at risk group

- Individuals may fall into multiple groups. E.g. The 1.8 million COVID-19 at risk isolators will include people who are Shielded, and individuals with high non-COVID-19 health risks.



List of Sources



1. [Scottish Health Survey 2018](#)
2. [Scottish Household Survey 2018](#)
3. YouGov (online omnibus survey) – additional analysis commissioned by SG Marketing & Insights team
4. [PHS Social Care Statistics 2017-18](#)
5. [Scotland's Public Health Priorities](#)
6. [Alcohol Focus Scotland \(April 2020\) Alcohol Focus Scotland and Alcohol Change UK Polling Statistics Summary](#)
7. [Obesity Action Scotland \(May 2020\) Lifestyle of Scotland's People Since the Coronavirus Outbreak Polling Results](#)
8. [Family Resources Survey 2016-19](#)
9. [Wealth and Assets Survey 2006-18](#)
10. [Social Metrics Commission: Poverty and COVID-19](#)
11. [Local Child Poverty Statistics 2019](#)
12. [UK Finance: Arrears and possessions](#)
13. [Joseph Rowntree Foundation – YouGov survey of 2,000 Scottish households](#)
14. [Children's Social Work Statistics 2018-19](#)
15. [National Referral Mechanism Statistics UK 2019](#)
16. [Scottish Crime and Justice Survey 2017/18](#)
17. [Homelessness in Scotland 2018/19](#)
18. [ISD Problem Drug Use Estimates 2015/16](#)
19. [ISD Alcohol Related Hospital Statistics](#)
20. [Farm Workers in Scottish Agriculture: Case Studies in the International Seasonal Migrant Labour Market](#)
21. [UK Immigration Statistics 2019](#)
22. [Analysis of Equality Results from the 2011 Census \(Part 1\)](#)
23. [2018 Scottish House Condition Survey](#)
24. Labour Force Survey (LFS)
25. Scottish Government - Additional analysis of Volunteer uptake
26. Scottish Prisons Service – additional analysis of prison leavers

