

2021 Census health, disability and unpaid care headline results for Herefordshire

The Office for National Statistics (ONS) published a health, disability, and unpaid care topic summary on 19 January 2023. This document presents the headline results for Herefordshire.

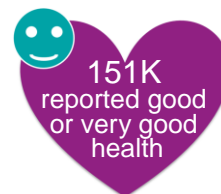
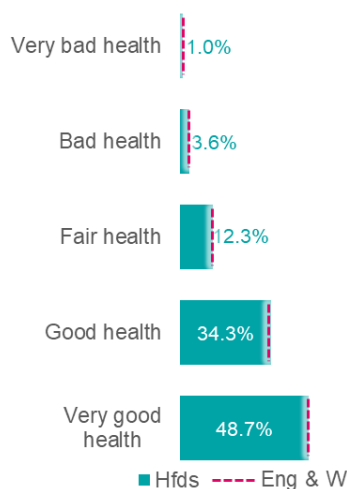
Other topic-based headline summaries for Herefordshire are available to download from the [Census 2021](#) page on Understanding Herefordshire.

Many factors can affect a person's health, such as age; where we live; genetics; income; education level and relationships with others. More commonly considered factors such as access and use of health care services often have less of an impact.¹

The Census 2021 was conducted during the coronavirus (COVID-19) pandemic, which has had a significant impact on many aspects of daily life. This may have influenced how people perceived and rated their health and therefore may have affected how people chose to respond.

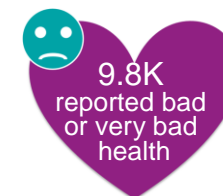
General health

Self-reported levels of general health were similar to the national picture. *Note that percentages in the chart and text refer to age-standardised proportions.*²



- In Herefordshire, around 151K residents reported that they had either good or very good health – around 4 in 5 of residents in 2021 (similar to 2011), with just under half of all residents who reported having very good health

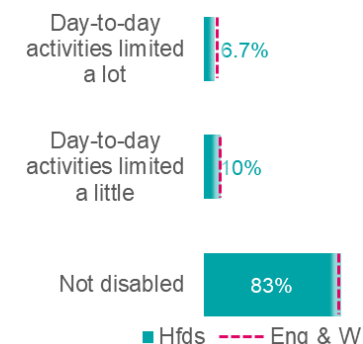
- Residents who reported either bad or very bad health still represent around 1 in 20 residents (5% in 2021) – 9.8K residents
- Residents who reported fair health still represent around 1 in 10 residents in 2021 – 26K residents



Disability

Around 34.8K residents (17%) reported having any physical or mental health conditions or illnesses lasting or expected to last 12 months or more – a similar proportion to nationally (18%).²

The question on disability has changed in order to collect data that more closely aligns with the definition of disability in the Equality Act (2010).³ Any changes in the numbers of disabled people recorded between 2011 and 2021 may incorporate the impact of changes to questionnaire wording.



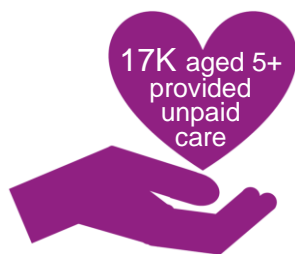
¹ [Determinants of health](#). World Health Organization. February 2017

² *Age-standardised proportions* - Health and age are closely related, with older people being more likely to be in poorer health. When drawing comparisons over time and across geographical areas, in order to eliminate age distribution bias, hypothetical rates (called age-standardised proportions) are used that would have been observed if the different

populations being studied had the same age distribution, while all other factors remain unchanged.

³ "An individual as disabled if they have a physical or mental impairment that has a substantial and long-term negative effect on their ability to carry out normal day-to-day activities" [Equality Act 2010](#). Government Equalities Office & Equality and Human Rights Commission

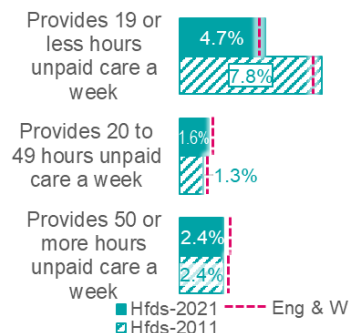
Unpaid care



The coronavirus (COVID-19) pandemic may have influenced how people perceived and undertook their provision of unpaid care.

Note that percentages in the chart and text refer to age-standardised proportions.⁴

Just under 1 in 10 people aged 5 and over provided unpaid care in both Herefordshire and England & Wales. The majority (9K) of unpaid carers in Herefordshire provided 19 hours or less of unpaid care a week. Around 3K provided between 20 and 49 hours and 5K provided over 50 hours per week.



The total number of people aged 5 and over who provided unpaid care fell by around 4K in Herefordshire, from 20.7K in 2011 to 16.6K in 2021. The decrease was driven by a fall in the number of people that provided 19 hours or less of unpaid care per week (7.8% in 2011, compared with 4.7% in 2021) and is a reflection of similar changes seen across the country.

Possible reasons for changes in the provision of unpaid care could include -

- Restrictions in household mixing and limiting visits to people from other households that took place during a national lockdown

- Changes in the question wording between 2011 and 2021 may have had an impact on the number of people who self-reported as unpaid carers

Around the county

Note that the figures reported for areas around the county in this section are “crude” proportions (i.e. they are based on actual numbers recorded they are not “age-standardised” proportions as used above).

Health around the county

The proportions of residents reporting their health as being “very good” range from 55% in the ‘Holmer, Pipe & Lyde’ area in the north of Hereford city to 37% in ‘Bromyard central’ and the ‘Masfield’ area of Ledbury town.

The proportions of residents reporting their health as being “bad” or “very bad” range from 9.6% in the ‘Gateway’ area of Leominster town to 2.6% in the ‘New Mills’ area of Ledbury town.

Considering broader geographical areas, rural areas of the county generally have higher proportions of people reporting “very good” health, particularly in the rural hinterland around Hereford city and in the Weobley area and lower proportions of people reporting “bad” or “very bad” health.

Conversely, the lowest proportions of people reporting “very good” health and highest proportions reporting “bad” or “very bad” health are located within the five market towns. Hereford city south, which has some of the most deprived areas in the county, also has relatively high proportions of people who reported “bad” or “very bad”

⁴ *Age-standardised proportions* - Health and age are closely related, with older people being more likely to be in poorer health. When drawing comparisons over time and across geographical areas, in order to eliminate age distribution bias, hypothetical rates (called age-standardised

proportions) are used that would have been observed if the different populations being studied had the same age distribution, while all other factors remain unchanged.

health. However, that is not to say that pockets of very good or bad health do not exist within any of these areas.

Disability around the county

The proportions of disabled residents range from 28% in the 'Grange' area of Leominster town to 13% in 'Belmont-Whitefriars' area of Hereford city south.

As with self-reported bad health, higher proportions of people with a disability are located within the five market towns and lower proportions in the rural areas of the county.

Unpaid care around the county

The proportions of residents aged 5 and over who provided unpaid care ranges from 12% in the 'Burghill' area of Hereford rural surrounds to 6% in 'Hereford City centre'.

In broader geographical terms, there was a very slightly higher proportion who provided unpaid care in the most rural 'village and dispersed' areas of the county. These areas tend to have higher proportions of persons of older working and early retirement ages - the most prevalent age group for those providing unpaid care.