

## Topic Summary Briefing

### Health, Disability and Unpaid Care at Census Day 2021

#### Cumbria and Districts

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#### Aim

On the 19<sup>th</sup> of January 2023 the Office for National Statistics (ONS) released the 8<sup>th</sup> and final in a series of 'topic summaries' based on the results of the 2021 Census, which related to health, disability and unpaid care at Census Day 2021. This briefing provides an analysis of the health, disability and unpaid care topic summary for Cumbria and districts.

#### Important Notes

- In this briefing any reference to 'national' figures refers to England & Wales.
- While district results are included in all figures, they are only noted within the narrative text accompanying the figures if they are within the top or bottom five of all 331 Lower Tier Local Authorities (LTLAs) nationally.
- Any results relate to Census Day 2021 and any change refers to proportional change between Census Day 2011 and Census Day 2021.
- All Census results vary considerably across Cumbria's wards, Lower Super Output Areas (LSOAs) and Output Areas (OAs). While some OA level maps are included in this briefing, a full range of sub-district level mapping and profiles will be provided via the Cumbria Observatory website (please see Further Information section).
- It is particularly important to note that Census 2021 was conducted during the coronavirus (COVID-19) pandemic. This may have influenced how people perceived and rated their health status and activity limitations as well as how people perceived and undertook their provision of unpaid care; all of which may have affected how people chose to respond.
- Health, disability and age are closely related, with older people more likely to be in poorer health and disabled. Therefore, with an older age profile, Cumbria would be expected to have rates of poor health, disability and levels of unpaid care greater than the national average. Age-standardised proportions (ASPs) have been calculated by the ONS for general health, disability and unpaid care to account for different age structures in populations in addition to crude percentages as ASPs are more appropriate for drawing comparisons over time and across areas.
- As the ONS have not calculated 2011 ASPs for counties it is not possible to compare how Cumbria's rates of general health, disability and unpaid care have changed over time with age structure accounted for.

## Key Points

### General Health

- Of Cumbria's 499,800 usual residents, the greatest proportion reported their health was 'good or very good' (80.1%); slightly lower than the national average (82%).
- Compared to the national average, Cumbria had slightly higher proportions of residents who reported their health was 'fair' (14.2% vs. national 12.7%) and 'bad or very bad' (5.7% vs. national 5.2%).
- Once age structure is accounted for with ASPs, 82% of residents in Cumbria reported their health was 'good or very good'; slightly higher than the national average ASP (81.6%).
- Compared to the national average ASP, Cumbria had slightly lower proportions of residents who reported their health was 'fair' (12.9% vs. national 13.1%) and 'bad or very bad' (5.1% vs. national 5.4%).
- The largest change by general health in Cumbria was a decrease in residents reporting their health was 'bad or very bad' (-4.9% vs. national -0.6%).
- Of all LTLAs nationally, Barrow-in-Furness had the 2<sup>nd</sup> largest decrease in residents reporting their health was 'bad or very bad' and the 4<sup>th</sup> largest decrease in residents reporting their health was 'fair', while Copeland had the 4<sup>th</sup> largest decrease in residents reporting their health was 'good or very good'.

### Disability

- Of Cumbria's usual residents, the greatest proportion reported that they were not disabled (day-to-day activities not limited = 80.7%); slightly lower than the national average (82.5%).
- Compared to the national average, Cumbria had slightly higher proportions of residents who reported they were disabled (day-to-day activities limited = 19.3% vs. national 17.5%) and residents who reported their day-to-day activities were limited 'a lot' (8.3% vs. national 7.5%).
- With age structure is accounted for with ASPs, in Cumbria 82% of residents reported they were not disabled; very similar to the national average ASP (82.2%).
- Cumbria had very similar proportions compared to the national average ASPs in relation to residents who reported their day-to-day activities were limited (18% vs. national 17.8%) and residents who reported their day-to-day activities were limited 'a lot' (7.6% vs. national 7.6%).
- The largest change by disability in Cumbria was a decrease in residents reporting their day-to-day activities were limited 'a lot' (-14.8% vs. national -6.5%).
- Of all LTLAs nationally, Barrow-in-Furness had the largest decreases in residents reporting their day-to-day activities were limited and residents reporting their day-to-day activities were limited 'a lot'.

### *Unpaid Care*

- *Of Cumbria's 477,400 usual residents aged 5+, the greatest proportion reported they did not provide unpaid care (90.6%); this was slightly lower than the national average (91.1%).*
- *44,800 usual residents aged 5+ in Cumbria reported that they did provide unpaid care (9.4%); slightly higher than the national average (8.9%).*
- *Cumbria had a slightly higher proportion than the national average of residents who provided 1-19 hours of unpaid care per week (4.7% vs. national 4.3%).*
- *Cumbria had a similar proportions to the national average of residents who provided 20-49 hours of unpaid care per week (1.8% vs. national 1.8%) and residents who provided 50+ hours of unpaid care per week (2.8% vs. national 2.7%).*
- *Once age structure is accounted for with ASPs, in Cumbria 91% of usual residents aged 5+ provided no unpaid care; the same as the national average ASP.*
- *Compared to the national average ASP, Cumbria had very similar proportions of residents aged 5+ providing all levels of unpaid care per week.*
- *At both county and national level there was an overall decrease in residents providing unpaid care (-20.7% vs. national -14%).*
- *This decrease was driven by fewer people providing shorter hours of unpaid care as there was an increase in residents providing longer hours of unpaid care; 20-49 hours per week = +20.6% vs. national 33.6% and 50+ hours per week = +0.9% vs. national +11.1%).*
- *Of all LTLAs nationally, South Lakeland and Barrow-in-Furness had the 1<sup>st</sup> and 4<sup>th</sup> largest decreases in overall levels of people providing unpaid care.*
- *South Lakeland had the 2<sup>nd</sup> largest decrease nationally in people providing 1-19 hours of unpaid care per week, while Barrow-in-Furness and South Lakeland had the 1<sup>st</sup> and 4<sup>th</sup> smallest increases in people providing 20-49 hours of unpaid care per week.*
- *Barrow-in-Furness had the largest decrease nationally in people providing 50+ hours of unpaid care per week (with only 5 LTLAs experiencing a decrease in this category).*

## Background

Every 10 years the Office for National Statistics (ONS) carries out a census to find out more about the population of England & Wales and the make-up of local communities. The most recent census took place on Sunday the 21<sup>st</sup> of March 2021. The results of the Census are used to plan for, and allocate resources to, services such as transport, healthcare and education. Census data on population also informs decisions about the allocation of local authority funding.

Census results require significant quality assurance work to ensure accuracy, including adjustment for people who have not completed the Census questionnaire. 2021 Census results are being released in three phases. The ONS began the second phase of 2021 Census results on Wednesday the 2<sup>nd</sup> of November 2022 by releasing the first of a series of datasets grouped by theme, known as topic summaries. The 8<sup>th</sup> and final topic summary related to health, disability and unpaid care. The following briefing provides an analysis for Cumbria and districts based on the on the 2021 Census Health, Disability and Unpaid Care Topic Summary.

## General Health

Census respondents were asked to assess their general health on a five-point scale: "Very good", "Good", "Fair", "Bad", or "Very bad".

Figure 1: General Health at Census Day 2021: Crude Non-Age Standardised Proportions:

General Health: 2021 %

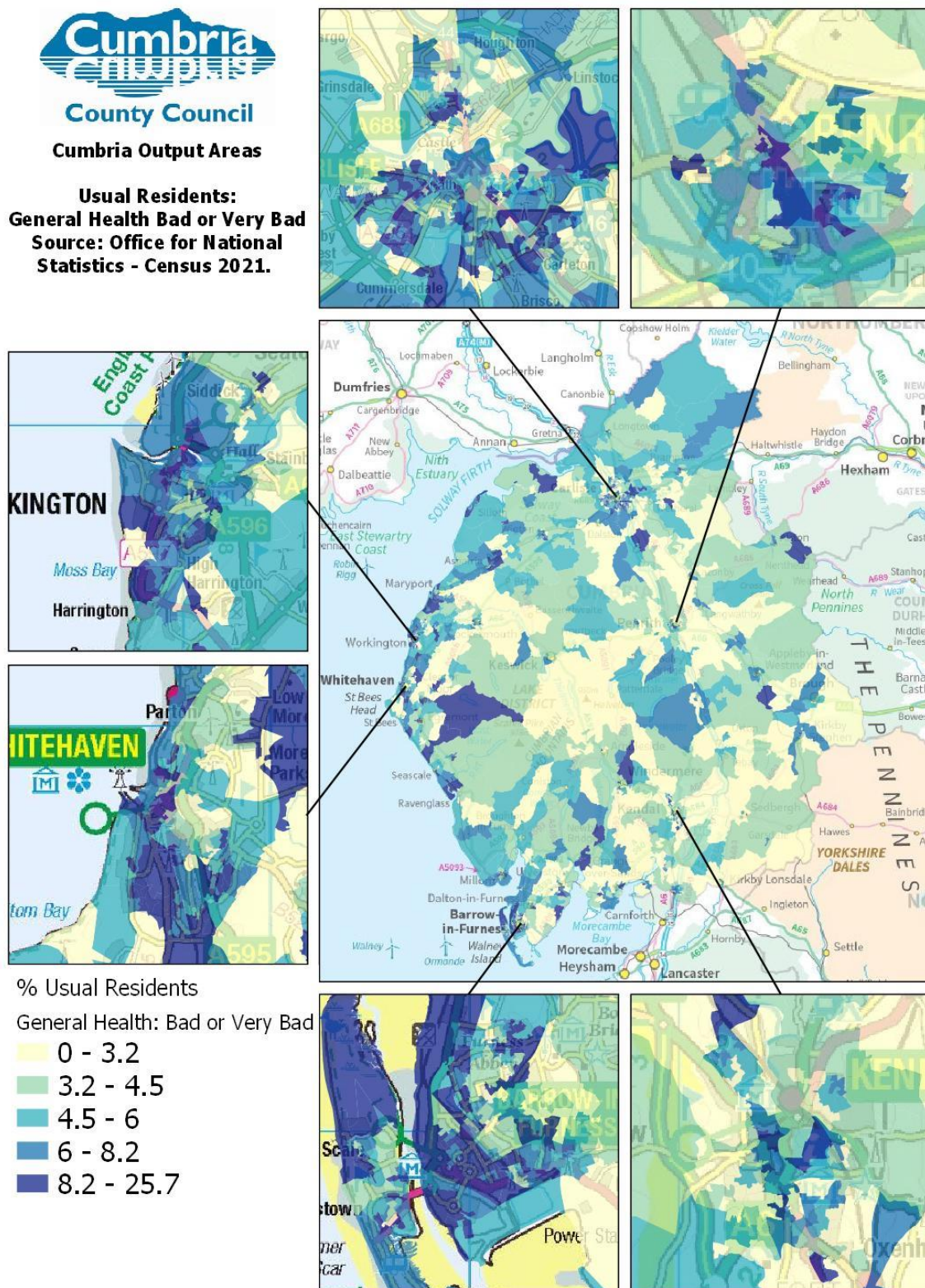
Area Code	Area Name	All Usual Residents	Bad or very bad health	Fair health	Good or very good health
E07000026	Allerdale	96.2K	6.0%	14.9%	79.1%
E07000027	Barrow-in-Furness	67.4K	7.2%	14.9%	77.9%
E07000028	Carlisle	110.0K	5.8%	14.1%	80.1%
E07000029	Copeland	67.1K	6.9%	15.5%	77.7%
E07000030	Eden	54.7K	4.4%	13.3%	82.3%
E07000031	South Lakeland	104.5K	4.4%	12.8%	82.8%
E10000006	Cumbria	499.8K	5.7%	14.2%	80.1%
K04000001	England and Wales	59597.5K	5.2%	12.7%	82.0%

Source: 2021 Census, Office for National Statistics, figures may not sum due to rounding.

Of Cumbria's 499,800 usual residents, the greatest proportion reported their health was 'good or very good' (80.1%); this was slightly lower than the national average (82%). Inversely, compared to the national average, Cumbria also had slightly higher proportions of residents who reported their health was 'fair' (14.2% vs. national 12.7%) and 'bad or very bad' (5.7% vs. national 5.2%).



Figure 2: General Health at Census Day 2021: Crude Non-Age Standardised Proportions: Output Areas:



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Figure 3: General Health at Census Day 2021: Age Standardised Proportions:

General Health: Age-Standardised Proportions (ASP): 2021 %

Area Code	Area Name	All Usual Residents	Bad or very bad health ASP	Fair health ASP	Good or very good health ASP
E07000026	Allerdale	96.2K	5.4	13.5	81.2
E07000027	Barrow-in-Furness	67.4K	6.9	14.4	78.7
E07000028	Carlisle	110.0K	5.5	13.4	81.1
E07000029	Copeland	67.1K	6.3	14.3	79.4
E07000030	Eden	54.7K	3.8	11.4	84.8
E07000031	South Lakeland	104.5K	3.6	10.7	85.8
E10000006	Cumbria	499.8K	5.1	12.9	82.0
K04000001	England and Wales	59597.5K	5.4	13.1	81.6

Source: 2021 Census, Office for National Statistics, figures may not sum due to rounding.

Once age structure is accounted for, 82% of residents in Cumbria reported their health was 'good or very good'; this was slightly higher than the national average ASP (81.6%). Inversely, compared to the national average ASP, Cumbria also had slightly lower proportions of residents who reported their health was 'fair' (12.9% vs. national 13.1%) and 'bad or very bad' (5.1% vs. national 5.4%).

Figure 4: Proportional Change: 2011-2021: By General Health: Crude Non-Age Standardised:

General Health: 2011-2021 Proportional Change

Area Code	Area Name	All Usual Residents	Bad or very bad health	Fair health	Good or very good health
E07000026	Allerdale	-0.3	-4.3	1.0	-0.2
E07000027	Barrow-in-Furness	-2.4	-16.5	-7.7	0.2
E07000028	Carlisle	2.3	-0.3	3.0	2.4
E07000029	Copeland	-5.0	-4.5	-1.2	-5.8
E07000030	Eden	4.1	3.5	0.8	4.7
E07000031	South Lakeland	0.8	-1.9	-5.2	1.9
E10000006	Cumbria	0.0	-4.9	-1.5	0.6
K04000001	England and Wales	6.3	-0.6	2.6	7.3

Source: 2021 Census, Office for National Statistics, figures may not sum due to rounding.

Overall, the total number of usual residents in Cumbria did not change between 2011 and 2021 (0% change vs. national +6.3%). However, the largest change by general health category in Cumbria was a decrease in residents reporting their health was 'bad or very bad' (-4.9% vs. national -0.6%). As the ONS have not calculated 2011 ASPs for counties it is not possible to compare how Cumbria's general health has changed with age structure accounted for.

Of all LTLAs nationally, Barrow-in-Furness had the 2<sup>nd</sup> largest decrease in residents reporting their health was 'bad or very bad' and the 4<sup>th</sup> largest decrease in residents reporting their health was 'fair'. However, Copeland had the 4<sup>th</sup> largest decrease in residents reporting their health was 'good or very good'.

## Disability

The Equality Act (2010) defines 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. To identify disability in England & Wales, the 2021 Census asked people "Do you have any physical or mental health conditions or illnesses lasting or expected to last 12 months or more?". If respondents answered yes, a further question "Do any of your conditions or illnesses reduce your ability to carry out day-to-day activities?" was presented.

The 2021 Census disability question differed from the 2011 Census disability question, which asked "Are your day-to-day activities limited because of a health problem or disability which has lasted, or expected to last, at least 12 months?". This question changed to collect data more closely aligned with the definition of disability in the Equality Act. It is important to note that this change may have had an impact on the number of people identified as disabled in 2021.

**Figure 5: Disability at Census Day 2021: Crude Non-Age Standardised Proportions:**

Disability: 2021 %

Area Code	Area Name	All Usual Residents	Day-to-day activities not limited	Day-to-day activities limited	Day-to-day activities limited a little	Day-to-day activities limited a lot
E07000026	Allerdale	96.2K	80.0%	20.0%	11.0%	8.9%
E07000027	Barrow-in-Furness	67.4K	78.3%	21.7%	11.6%	10.1%
E07000028	Carlisle	110.0K	81.1%	18.9%	10.7%	8.1%
E07000029	Copeland	67.1K	78.9%	21.1%	11.4%	9.7%
E07000030	Eden	54.7K	83.1%	16.9%	10.4%	6.4%
E07000031	South Lakeland	104.5K	82.4%	17.6%	10.9%	6.7%
E10000006	Cumbria	499.8K	80.7%	19.3%	11.0%	8.3%
K04000001	England and Wales	59597.5K	82.5%	17.5%	10.0%	7.5%

Source: 2021 Census, Office for National Statistics, figures may not sum due to rounding.

Of Cumbria's 499,800 usual residents, the greatest proportion reported that they were not disabled (day-to-day activities not limited = 80.7%); this was slightly lower than the national average (82.5%). Inversely, compared to the national average, Cumbria also had a slightly higher proportion of residents who reported they were disabled (day-to-day activities limited = 19.3% vs. national 17.5%). Furthermore, Cumbria had a slightly higher proportion of residents who reported their day-to-day activities were limited 'a lot' (8.3% vs. national 7.5%).



Figure 6: Disability at Census Day 2021: Crude Non-Age Standardised Proportions: Output Areas:

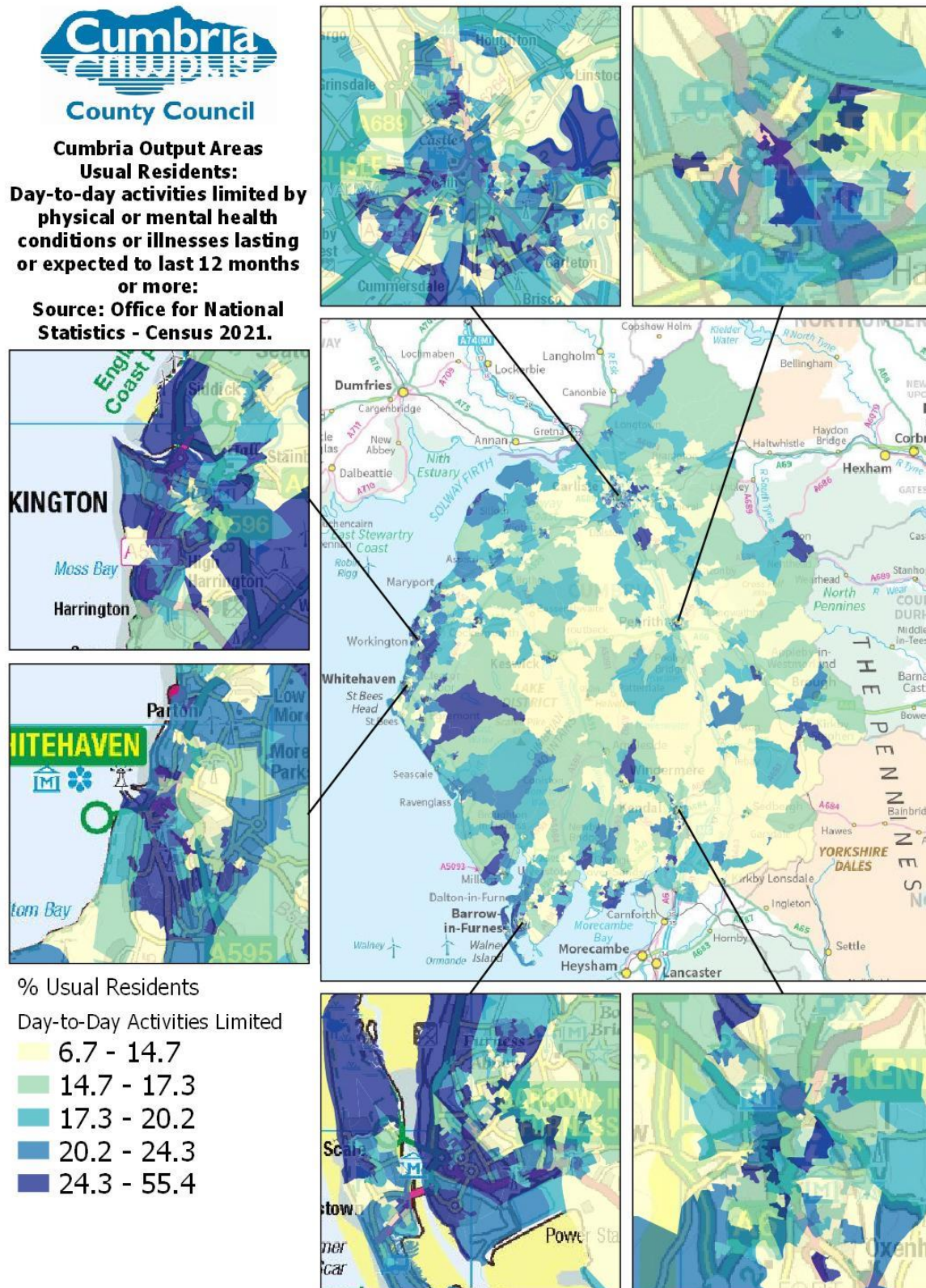




Figure 7: Disability at Census Day 2021: Age Standardised Proportions:

Disability: Age-Standardised Proportions (ASP): 2021 %

Area Code	Area Name	All Usual Residents	Day-to-day activities not limited ASP	Day-to-day activities limited ASP	Day-to-day activities limited a little ASP	Day-to-day activities limited a lot ASP
E07000026	Allerdale	96.2K	81.4	18.6	10.4	8.2
E07000027	Barrow-in-Furness	67.4K	78.8	21.2	11.4	9.8
E07000028	Carlisle	110.0K	81.7	18.2	10.4	7.8
E07000029	Copeland	67.1K	80.1	20.0	10.9	9.1
E07000030	Eden	54.7K	84.9	15.1	9.4	5.7
E07000031	South Lakeland	104.5K	84.6	15.4	9.8	5.6
E10000006	Cumbria	499.8K	82.0	18.0	10.4	7.6
K04000001	England and Wales	59597.5K	82.2	17.8	10.2	7.6

Source: 2021 Census, Office for National Statistics, figures may not sum due to rounding.

With age structure is accounted for with ASPs, in Cumbria 82% of residents reported they were not disabled (day-to-day activities not limited); this was very similar to the national average ASP (82.2%). Furthermore, Cumbria also had very similar proportions compared to the national average ASPs in relation to residents who reported their day-to-day activities were limited (18% vs. national 17.8%) and residents who reported their day-to-day activities were limited 'a lot' (7.6% vs. national 7.6%).

Figure 8: Proportional Change: 2011-2021: By Disability: Crude Non-Age Standardised:

Disability: 2011-2021 Proportional Change

Area Code	Area Name	All Usual Residents	Day-to-day activities not limited	Day-to-day activities limited	Day-to-day activities limited a little	Day-to-day activities limited a lot
E07000026	Allerdale	-0.3	0.7	-4.1	2.9	-11.5
E07000027	Barrow-in-Furness	-2.4	1.3	-13.9	-2.8	-23.9
E07000028	Carlisle	2.3	2.7	0.7	10.4	-9.7
E07000029	Copeland	-5.0	-4.7	-6.1	1.7	-13.9
E07000030	Eden	4.1	5.6	-2.6	6.3	-14.2
E07000031	South Lakeland	0.8	2.3	-5.7	1.7	-15.7
E10000006	Cumbria	0.0	1.3	-5.2	3.5	-14.8
K04000001	England and Wales	6.3	6.8	3.9	13.4	-6.5

Source: 2021 Census, Office for National Statistics, figures may not sum due to rounding.

The largest change by disability category in Cumbria was a decrease in residents reporting their day-to-day activities were limited 'a lot' (-14.8% vs. national -6.5%).

Of all LTLAs nationally, Barrow-in-Furness had the largest decreases in residents reporting their day-to-day activities were limited and residents reporting their day-to-day activities were limited 'a lot'.

As the ONS have not calculated 2011 ASPs for counties it is not possible to compare change over the last decade with age structure accounted for in relation to disability.

## Unpaid Care

Census 2021 asked residents aged 5 years and over "Do you look after, or give any help or support to, anyone because they have long-term physical or mental health conditions or illnesses, or problems related to old age?". People were asked to exclude anything they did as part of their paid employment.

The wording of the 2021 Census question on unpaid care differed from the 2011 Census question, which began "Do you look after, or give any help or support to family members, friends, neighbours or others". Furthermore, the 2021 Census question was only asked of anyone aged five years and over, whereas the 2011 Census question was asked of all ages. It is important to note that these changes in definition may have had an impact on the number of people identified as providing unpaid care in 2021.

Figure 9: Unpaid Care at Census Day 2021: Crude Non-Age Standardised Proportions:

Unpaid Care: 2021 %

Area Code	Area Name	Usual Residents Age 5+	Provides no unpaid care (%)	Provides unpaid care (number)	Provides unpaid care (%)	Provides 1 to 19 hours unpaid care a week (%)	Provides 20 to 49 hours unpaid care a week (%)	Provides 50 or more hours unpaid care a week (%)
E07000026	Allerdale	91.8K	90.2%	9.0K	9.8%	4.8%	2.0%	3.0%
E07000027	Barrow-in-Furness	63.9K	90.1%	6.3K	9.9%	4.6%	2.2%	3.2%
E07000028	Carlisle	104.6K	91.2%	9.2K	8.8%	4.4%	1.8%	2.6%
E07000029	Copeland	63.9K	89.9%	6.5K	10.1%	4.5%	2.2%	3.4%
E07000030	Eden	52.6K	90.9%	4.8K	9.1%	5.1%	1.6%	2.4%
E07000031	South Lakeland	100.5K	91.1%	9.0K	8.9%	5.1%	1.4%	2.4%
E10000006	Cumbria	477.4K	90.6%	44.8K	9.4%	4.7%	1.8%	2.8%
K04000001	England and Wales	56365.5K	91.1%	4989.0K	8.9%	4.3%	1.8%	2.7%

Source: 2021 Census, Office for National Statistics, figures may not sum due to rounding.

Of Cumbria's 477,400 usual residents aged 5+, the greatest proportion reported they did not provide unpaid care (90.6%); this was slightly lower than the national average (91.1%). Inversely, 44,800 usual residents aged 5+ reported that they did provide unpaid care (9.4%); slightly higher than the national average (8.9%). Cumbria also had a slightly higher proportion than the national average of residents who provided 1-19 hours of unpaid care per week (4.7% vs. national 4.3%). However, Cumbria had a similar proportion to the national average of residents who provided 20-49 hours of unpaid care per week (1.8% vs. national 1.8%) and residents who provided 50+ hours of unpaid care per week (2.8% vs. national 2.7%).

Figure 10: Unpaid Care at Census Day 2021: Crude Non-Age Standardised Proportions:

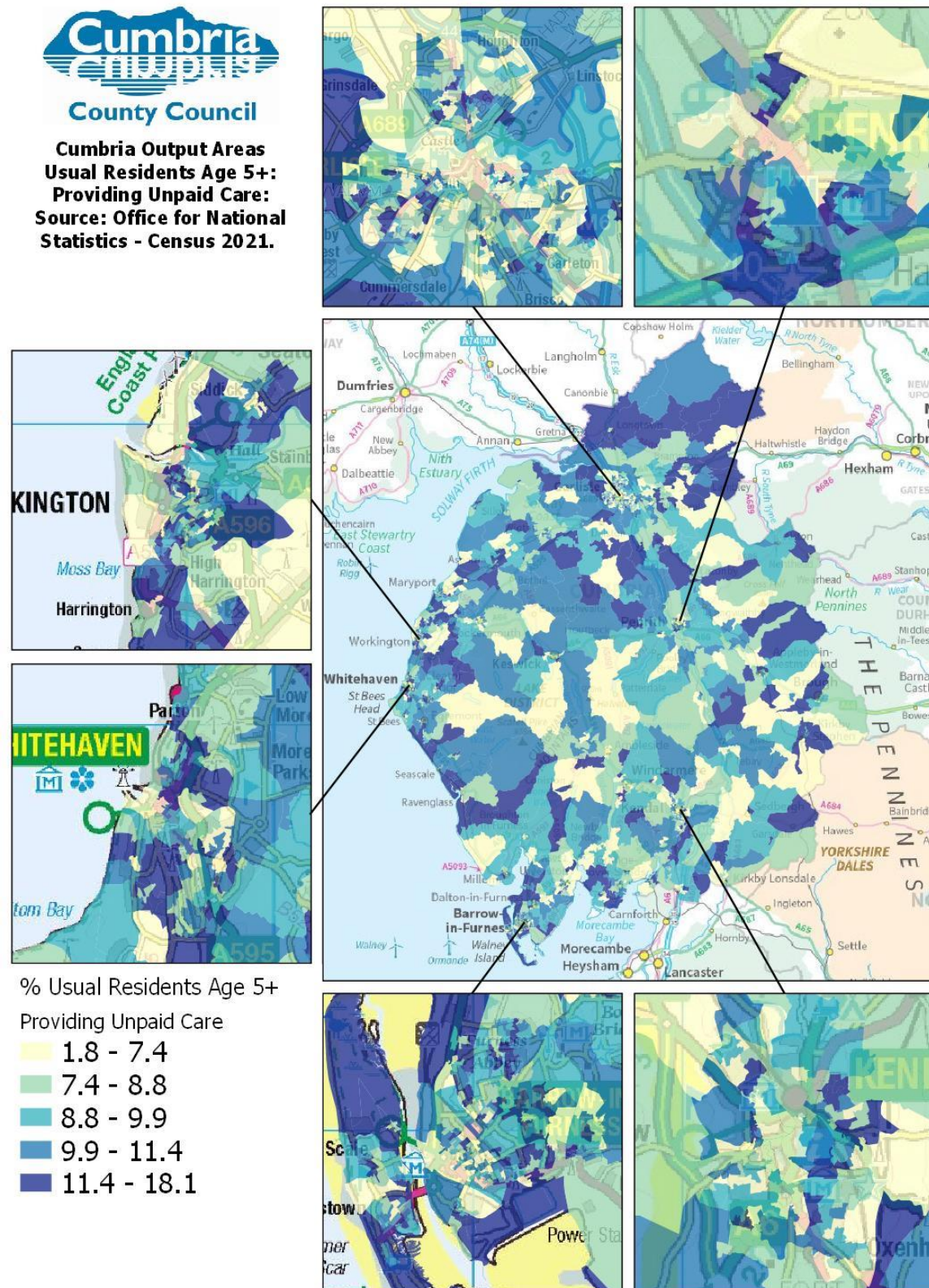




Figure 11: Unpaid Care at Census Day 2021: Age Standardised Proportions:

Unpaid Care: Age-Standardised Proportions (ASP):2021 %

Area Code	Area Name	Usual Residents Age 5+	Provides no unpaid care ASP	Provides unpaid care ASP	Provides 19 or less hours unpaid care a week ASP	Provides 20 to 49 hours unpaid care a week ASP	Provides 50 or more hours unpaid care a week ASP
E07000026	Allerdale	91.8K	90.6	9.4	4.6	2.0	2.8
E07000027	Barrow-in-Furness	63.9K	90.2	9.8	4.5	2.2	3.1
E07000028	Carlisle	104.6K	91.4	8.7	4.4	1.8	2.5
E07000029	Copeland	63.9K	90.2	9.8	4.4	2.1	3.3
E07000030	Eden	52.6K	91.6	8.3	4.7	1.5	2.1
E07000031	South Lakeland	100.5K	91.8	8.2	4.7	1.4	2.1
E10000006	Cumbria	477.4K	91.0	8.9	4.5	1.8	2.6
K04000001	England and Wales	56365.5K	91.0	9.1	4.4	1.9	2.8

Source: 2021 Census, Office for National Statistics, figures may not sum due to rounding.

Once age structure is accounted for with ASPs, in Cumbria 91% of usual residents aged 5+ provided no unpaid care; this was the same as the national average ASP. Furthermore, compared to the national average ASP, Cumbria also had very similar proportions of residents aged 5+ providing all levels of unpaid care per week.

Figure 12: Proportional Change: 2011-2021: By Unpaid Care: Crude Non-Age Standardised:

Unpaid Care: 2011-2021 Proportional Change

Area Code	Area Name	Provides unpaid care	Provides 1 to 19 hours unpaid care a week	Provides 20 to 49 hours unpaid care a week	Provides 50 or more hours unpaid care a week
E07000026	Allerdale	-16.4	-34.0	27.9	3.4
E07000027	Barrow-in-Furness	-23.2	-36.3	6.3	-14.2
E07000028	Carlisle	-18.4	-35.7	32.3	1.5
E07000029	Copeland	-18.9	-38.5	17.9	4.4
E07000030	Eden	-19.8	-36.6	34.8	12.4
E07000031	South Lakeland	-26.5	-40.3	10.3	3.9
E10000006	Cumbria	-20.7	-37.1	20.6	0.9
K04000001	England and Wales	-14.0	-33.4	33.6	11.1

Source: 2021 Census, Office for National Statistics, figures may not sum due to rounding.

At both county and national level there was an overall decrease in residents providing unpaid care (-20.7% vs. national -14%). This decrease was driven by fewer people providing shorter hours of unpaid care as there was an increase in residents providing longer hours of unpaid care; 20-49 hours per week = +20.6% vs. national 33.6% and 50+ hours per week = +0.9% vs. national +11.1%).

Of all LTLAs nationally, South Lakeland and Barrow-in-Furness had the 1<sup>st</sup> and 4<sup>th</sup> largest decreases in overall levels of people providing unpaid care. Additionally, South Lakeland had the 2<sup>nd</sup> largest decrease in people providing 1-19 hours of unpaid care per week, while Barrow-in-Furness and South Lakeland had the 1<sup>st</sup> and 4<sup>th</sup> smallest increases in people providing 20-49 hours of unpaid care per week, and Barrow-in-Furness had the largest decrease in people providing 50+ hours of unpaid care per week (with only 5 LTLAs experiencing a decrease in this category nationally).

As the ONS have not calculated 2011 ASPs for counties it is not possible to compare how Cumbria's unpaid care data has changed with age structure accounted for.



## Implications

The figures outlined within this briefing represent just a small proportion of the data that was collected by the 2021 Census. Cumbria Intelligence Observatory will coordinate relevant analysis of 2021 Census statistics for Cumbria. This analysis will be used to:

- Build a more detailed picture of Cumbria and its communities.
- Compare results with the profile of people who use council services to assess whether they are providing fair access to public services, taking steps where a group is experiencing inequalities or potential discrimination.
- Enable informed strategic planning.
- Inform planning and delivery of services including schools, health provision, transport and housing.
- Inform a wide range of statutory needs assessments.
- Support lobbying activities.
- Support third sector organizations in funding applications and advocacy.

## Further Information

The ONS plan to release all the main 2021 Census results within two years of Census Day. Please check the Cumbria Intelligence Observatory website over the coming months for further 2021 Census briefings and statistics as results are published: <http://www.cumbriaobservatory.org.uk/>

For more information: Email: [info@cumbriaobservatory.org.uk](mailto:info@cumbriaobservatory.org.uk)