

Questions

Alleviating loneliness

1. True or false, loneliness is a physical state

- True False

2. What percentage of working age people report feeling lonely?

- 30% 15% 12%

3. What can cause loneliness?

- Bereavement Lack of transport
 Poor health All of the above

4. Older people who are lonely are how many more times likely to visit their GP?

- 0.5 0.75 1.8

5. A scheme in Gloucestershire, which identified the loneliest and isolated people in the community, resulted in savings to health and social care services of how much?

- £1.2 million 750,000 £2.5 million £100,000

Plastic Soup

1. What are microplastic fibres?

- Plastic fragments shed from synthetic clothes
 Tiny bits of plastic found in exfoliating body washes and facial scrubs
 All man-made plastic that ends up in the sea

2. What percentage of human-made materials that are found on the coastline are microplastic fibres?

- 44% 85% 76%

3. In a recent study looking at fish sold in Indonesia and California, what percentage of the contents of their guts were plastic fibres and debris?

- 22% 5% 2% 25%

4. True or false, microplastic fibres are considered to be more harmful to ecosystems than larger debris such as plastic bottles?

- True False

5. True or false, once in the marine environment, it is fairly easy to remove microfibres?

True False

Answers

Alleviating Loneliness

1. True or false, loneliness is a physical state

False...it is an emotional state and not the same as social isolation.

2. What percentage of working age people report feeling lonely?

15%

3. What can cause loneliness?

All of the above

4. Older people who are lonely are how many more times likely to visit their GP?

1.8 ...and are 3.5 times more likely to enter local authority residential care

5. A scheme in Gloucestershire, which identified the loneliest and isolated people in the community, resulted in savings to health and social care services of how much?

£1.2 million

Plastic Soup

1. What are microplastic fibres?

Plastic fragments shed from synthetic clothes

2. What percentage of human-made materials that are found on the coastline are microplastic fibres?

85%

3. In a recent study looking at fish sold in Indonesia and California, what percentage of the contents of their guts were plastic fibres and debris?

25%

4. True or false, microplastic fibres are considered to be more harmful to ecosystems than larger debris such as plastic bottles?

True...this is because it is easy for aquatic life to ingest microplastic fibres

5. True or false, once in the marine environment, it is fairly easy to remove microfibrres?

False...any attempt to remove microfibrres would be time and labour intensive and extremely costly