



# LONDON LOO ALLIANCE



# **A lack of provision: Public health impacts**

## Health conditions:

Just some of the people most impacted

---

*include*

- **Anyone taking diuretics to manage conditions such as hypertension.**
- **People affected by Bowel Cancer, Bladder Cancer, Prostate Cancer.**
- **People with Crohn's disease and others that might have a stoma or use a colostomy bag.**
- **People with Parkinson's**

- **People with multiple sclerosis**

---

- **People with weakened pelvic floor muscles**
- **People with kidney illness**
- **People with diabetes**
- **People with spinal cord injury**

*Many others...*

# Public health impacts:



## Social isolation (*The loo leash*)

- Knowledge of lack of facilities nearby acts as a 'loo leash', deterring as many as one in five (20%) leaving their home as much as they would like.

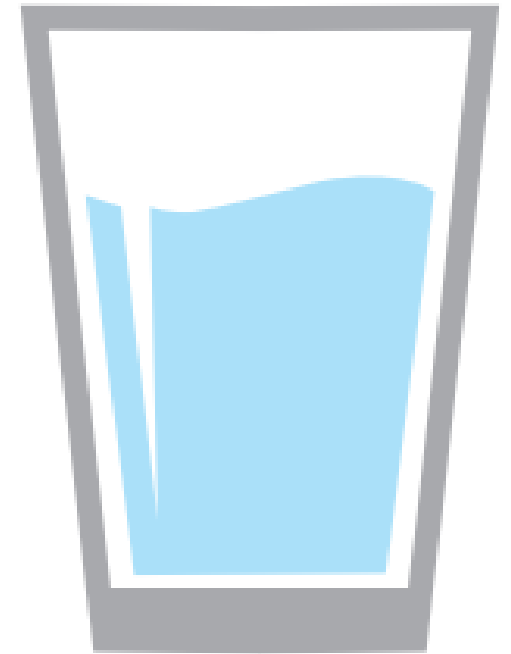
This rises to over two in five (43%) among those with certain health conditions.

# Public health impacts:

## *Dehydration*

### Health effects of deliberate dehydration

- Weakness, dizziness
- Reduced physical performance
- Reduced short-term memory and other cognitive performance
- Depressed mood, less alert
- Constipation
- Cystitis
- Increased risk of renal stones
- Headache





# 40%

of people spend less time in a place because of the lack of loos.



# 52%

**over half** sometimes reduce the amount they drink before going to some places



# Public health impacts:

## *Holding it in*

---



- Can weaken the bladder.
- Increase the risk of urinary track infections.



# Public Sector Equality Duty



## The Duty and public toilet provision

We all use toilets but some groups of people need to use a toilet more often, or are less able to walk far to get to an available toilet, or they need a specific facility.

***'The average person goes to the toilet around 6-7 times per day.'***

Bladder & Bowel Community - [World Toilet Day 2025 | Bladder & Bowel Community](#)

## Protected characteristic: Age

Older people are more likely to have medical conditions that affect bowel and bladder function, and are also more likely to have mobility problems. They are often on medication such as diuretics that increases the need to use a toilet.

## Protected Characteristic: Disability

A range of medical conditions affect bowel and bladder function including diabetes, neurological conditions (Parkinson's, Multiple Sclerosis), enlarged prostate, bowel conditions (Crohn's disease). 25% of UK population of all ages report a disability. This rises with age and is higher for adult women than for men. There are higher for adults of Bangladeshi or Pakistani background.

## Protected Characteristic: Pregnancy and maternity

1 in 3 women experience urinary incontinence during pregnancy and/or after birth. During pregnancy, hormones make your muscles relax and your pelvic floor stretches in preparation for birth.

Other groups affected include (but are not limited to), Itinerant workers, families with young children.

# Public health impacts:

## *Prevalence of incontinence*



***13% of women and 5% of men will experience urinary incontinence*** at some stage of their life

***40% of men over 60 have symptoms due to an enlarged prostate*** which includes frequency

The Urology Foundation

Facts & Figures - The Urology Foundation

***12% of the population are affected by an overactive bladder***

Symptoms include urgency and frequency of urination.

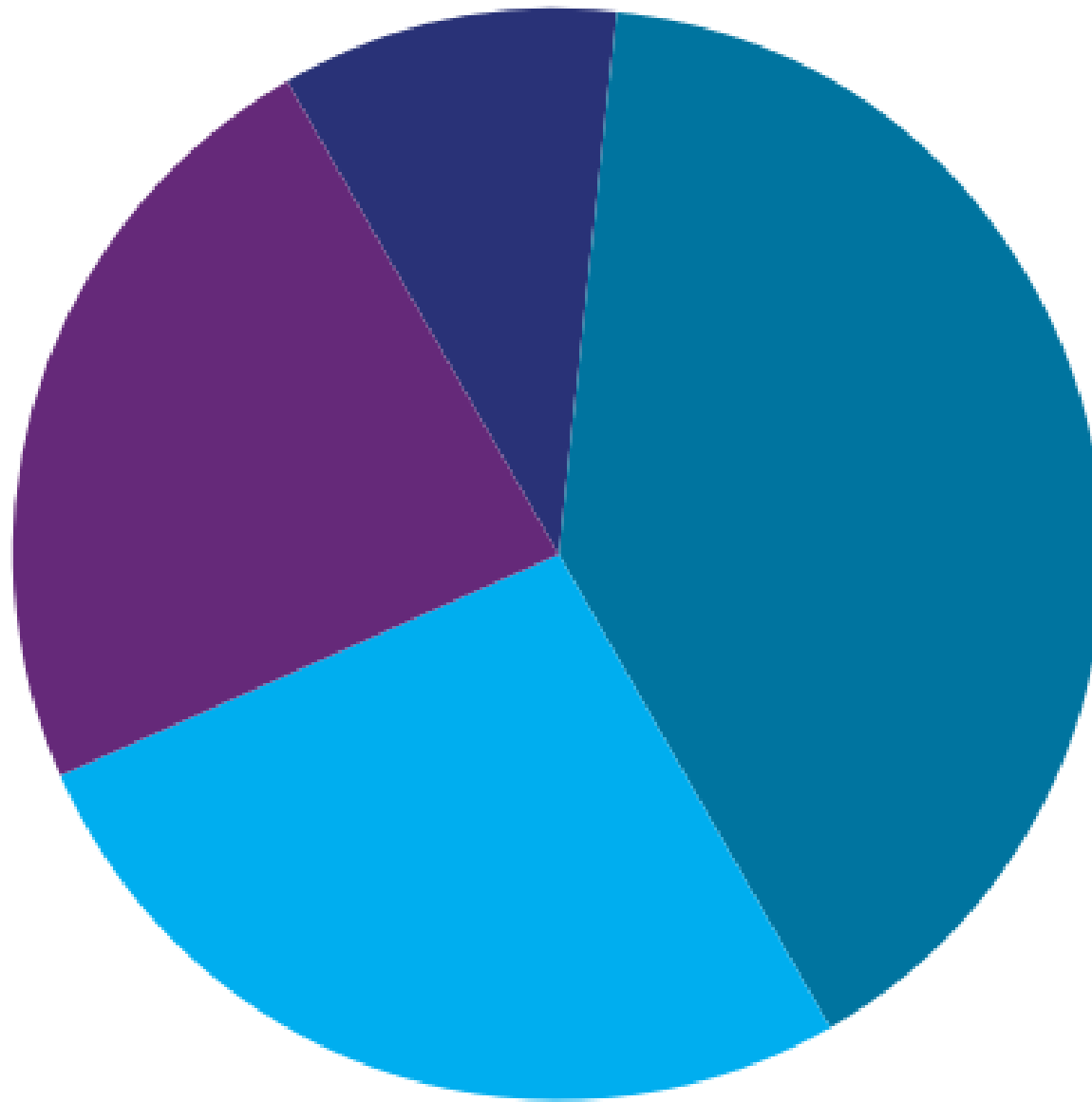
Bladder Health UK

[OAB report - UK Patient Insights.pdf](#) - Based on large European survey published 2006:

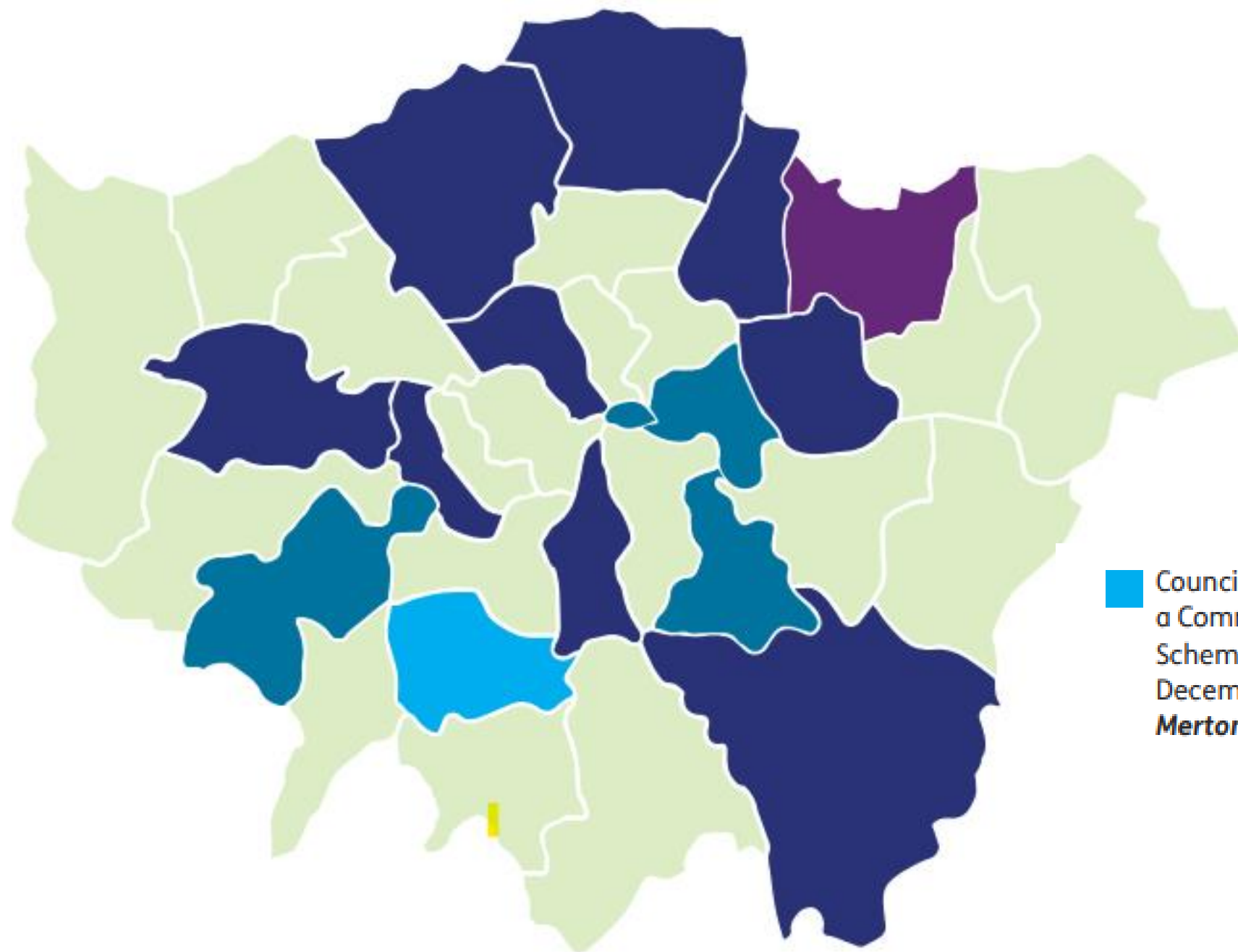
# Current levels of provision in London



## The number of public toilets in London local authorities



- Councils with more than 50 public toilets (3)
- Councils with between 20 and 30 public toilets (12)
- Councils with between 10 and 20 public toilets (8)
- Councils with fewer than 10 public toilets (7)



■ Council areas with a Community Toilet Scheme - **Barnet, Bromley, Camden, Ealing, Enfield, Hammersmith & Fulham, Lambeth, Newham, Waltham Forest**

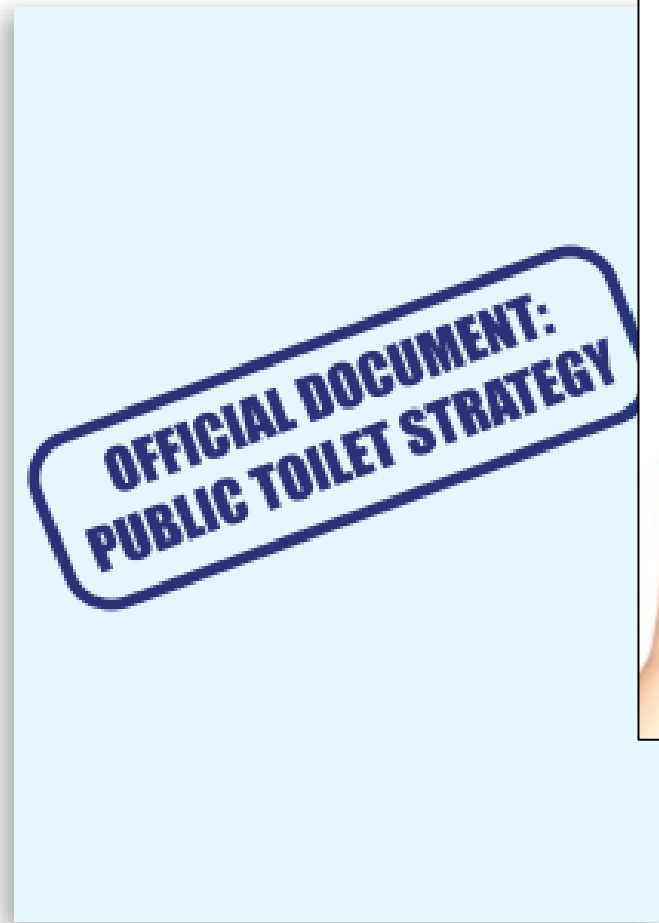
■ Council areas with a Community Toilet Scheme that has more than 50 toilets in the scheme - **City of London, Lewisham, Richmond upon Thames, Tower Hamlets**

■ Councils developing a Community Toilet Scheme (as of December 2024) - **Merton**

■ Councils considering developing a Community Toilet Scheme (as of December 2024) - **Redbridge**

**What we would like  
to see?**

# For local authorities





# Questions