



LONDON
LOO
ALLIANCE

London
age UK

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...

Social isolation (*The loo leash*)

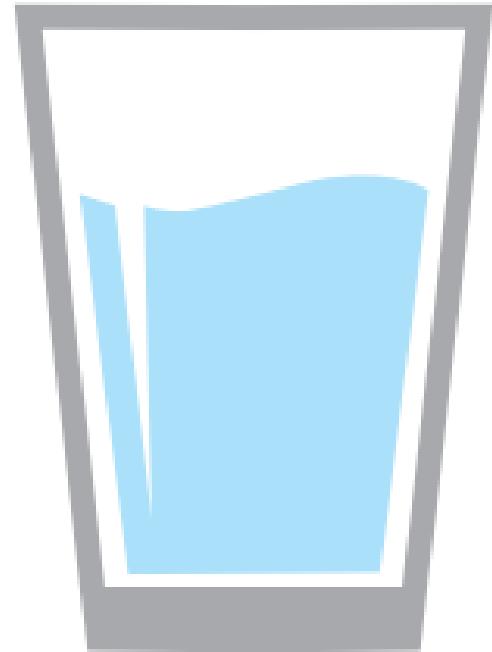
- Knowledge of lack of facilities nearby acts as a 'loo leash', deterring as many as one in five (20%) leaving their home as much as they would like.

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.

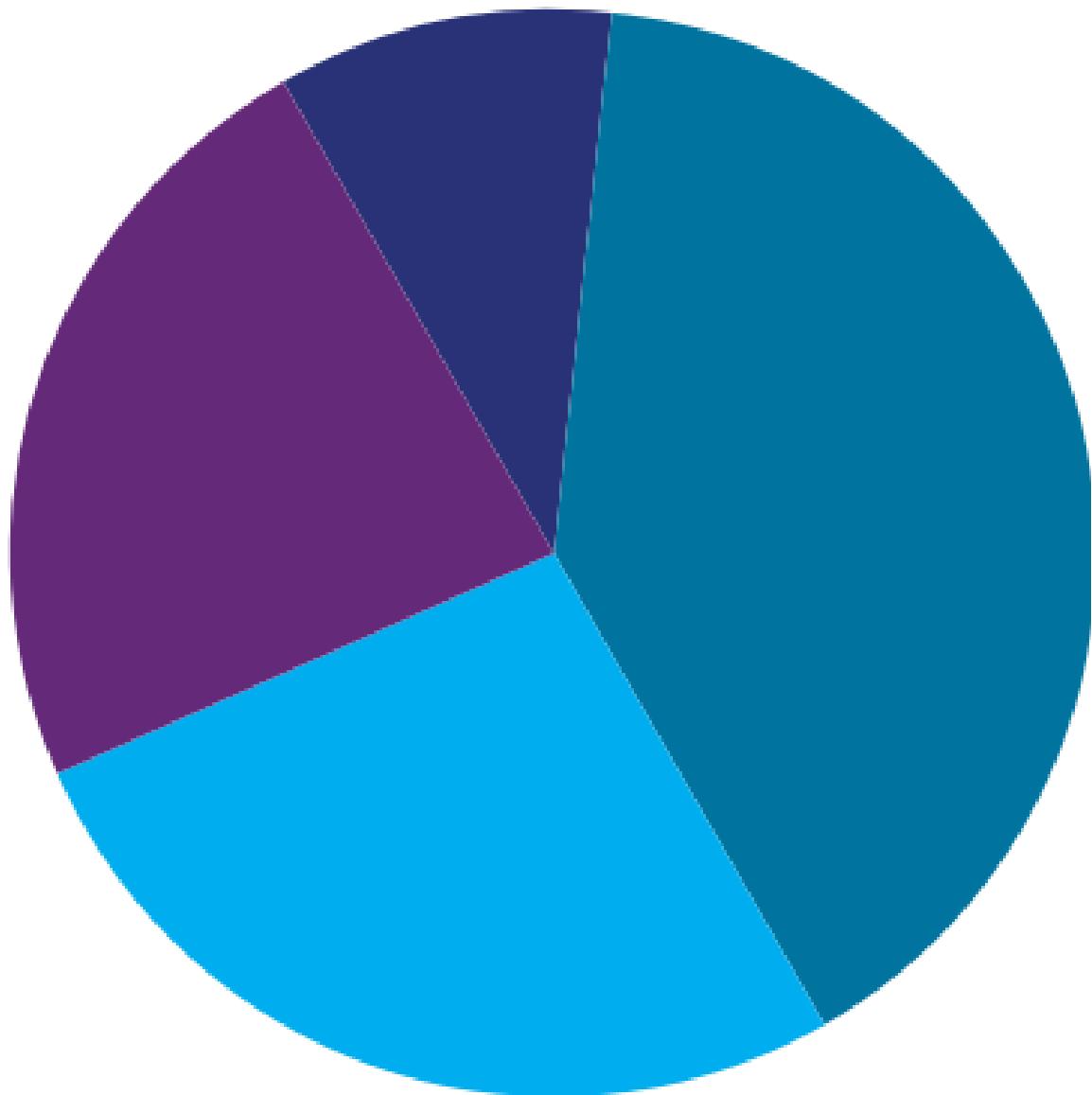
Bladder Health UK

OAB report - UK Patient Insights.pdf - Based on large European survey published 2006:

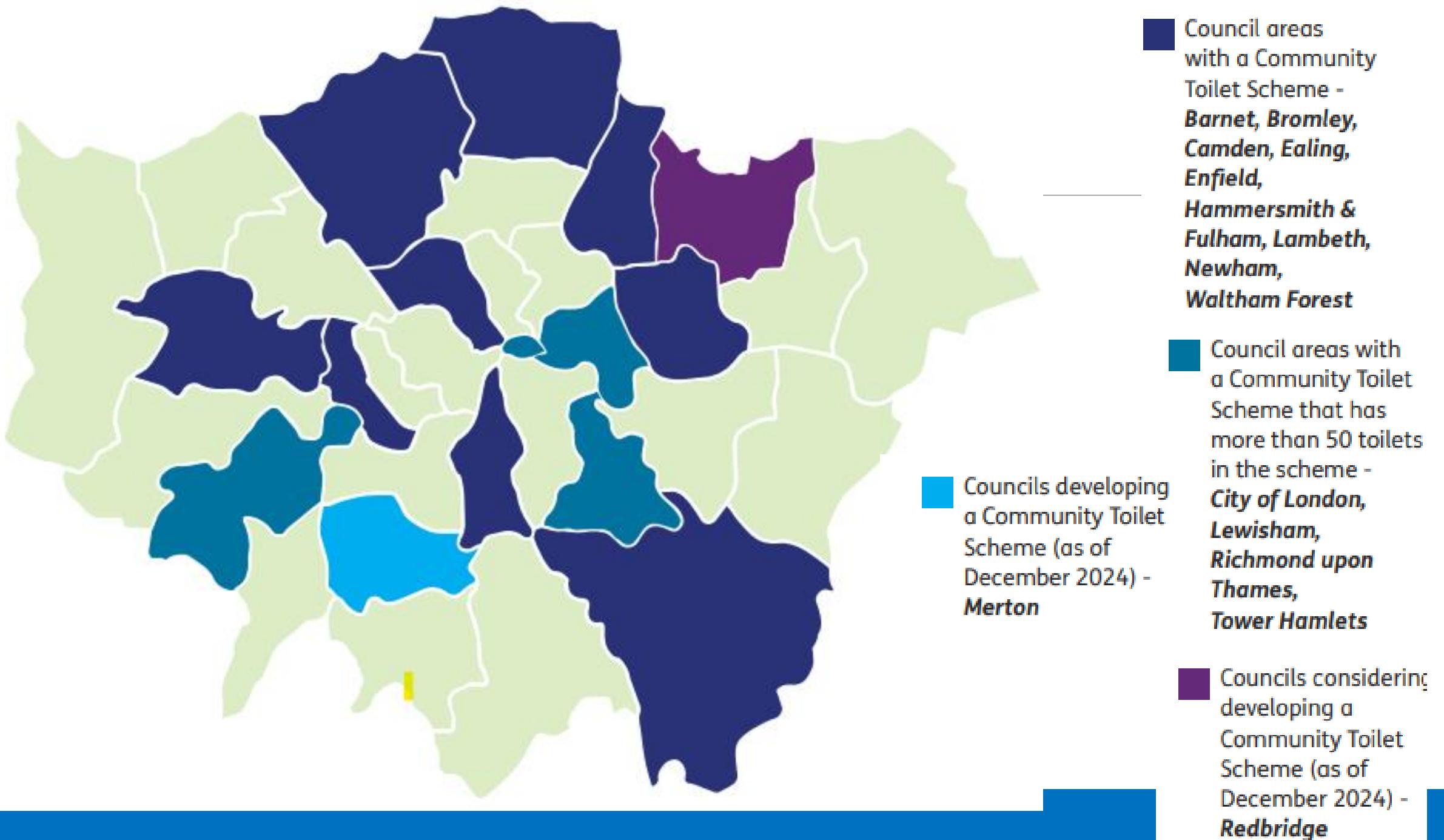
Current levels of provision in London



The number of public toilets in London local authorities

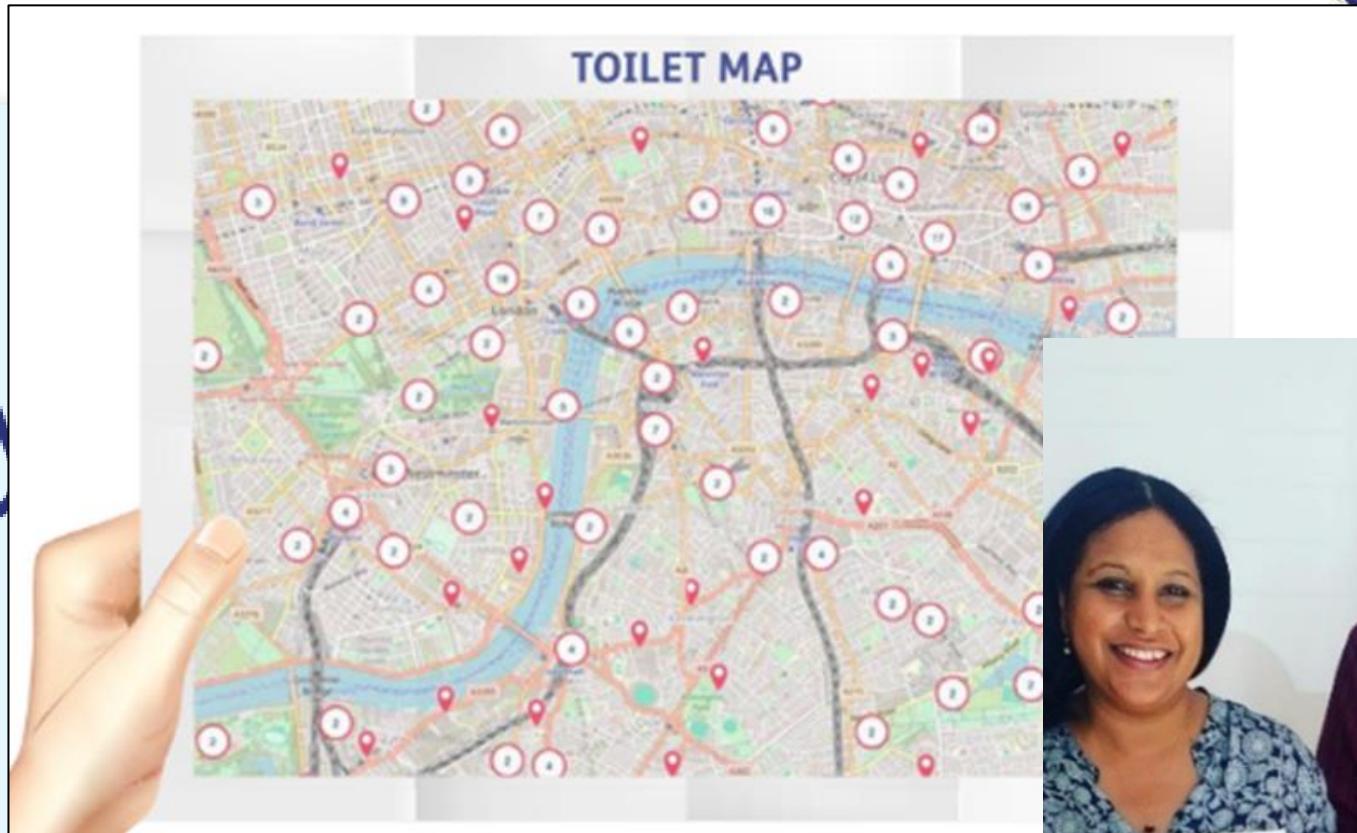
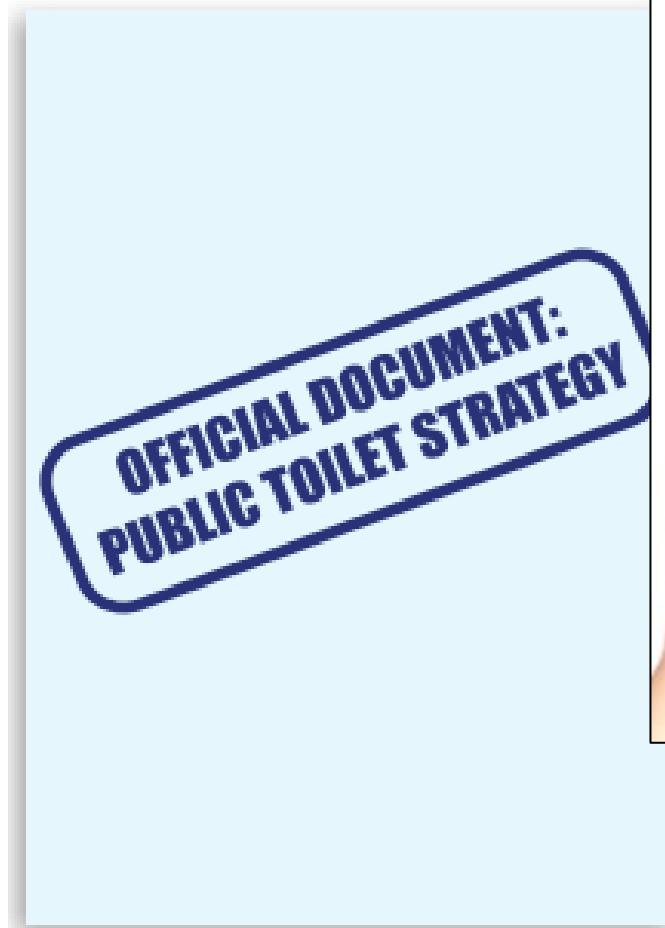


- Councils with more than 50 public toilets (3)
- Councils with between 20 and 30 public toilets (12)
- Councils with between 10 and 20 public toilets (8)
- Councils with fewer than 10 public toilets (7)



What we would like to see?

For local authorities



Questions