

Health Inequalities and Employability

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Influences on health



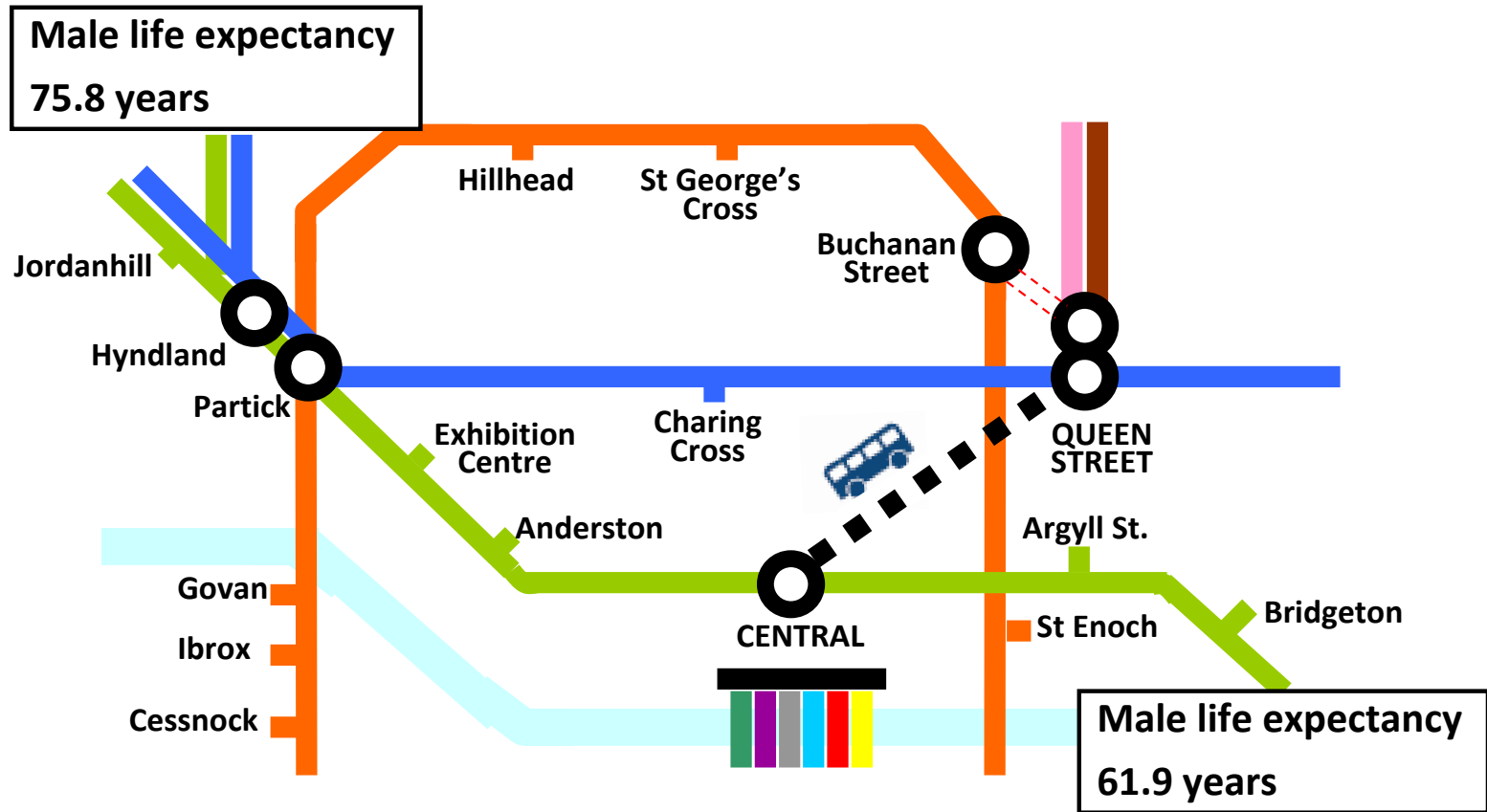
Source: Dahlgren and Whitehead, 1991.

Health inequalities:

- are the **unjust differences in health** experienced by different groups of people
- are the result of **fundamental unequal distribution** of income, resources and power
- are created by **inequalities in life circumstances** - poverty, unemployment, educational opportunities, poor living and working conditions

BUT - there are things we can do to reduce the impact of inequalities on health and wellbeing

The stark health inequalities in Glasgow are demonstrated by the drop in life expectancy of 2.0 years for males and 1.2 years for females for each station on the railway line between Jordanhill and Bridgeton



McCartney G. Illustrating Glasgow's health inequalities. *JECH* 2010; doi 10.1136/jech.2010.120451 .

The Picture in Fife

	Most deprived	Least deprived	Fife
Life expectancy – men	72.3	80.6	76.6
Life expectancy – women	78.3	85.2	81.3
Low birth weight babies	7.6%	4.3%	5.5%
Children in poverty	40.8%	4.5%	20%
Accident admissions <16	1351	765	1052
Free school meals	38.3%	5.1%	19.0%
Adult smoking	40.8%	14.8%	26.4%

The Picture in Fife

	Most deprived	Least deprived	Fife
Employment deprived	25.1%	3.9%	12.8%
Low income	26.9%	3.6%	13.3%
Diabetes	5.9%	3.7%	5%
Multiple admissions >75	79.7	52.2	63.7
Cancer deaths <75	164	96	126
CHD deaths<75	72	21	43

Health inequalities - life circumstances

- The poorest quality jobs are more damaging to mental health than remaining unemployed.
- Social isolation is estimated to be as bad for people's health as smoking 15 cigarettes a day.
- In a 2013 survey, 92% of carers said that caring has had a negative impact on their mental health, including stress and depression.

Reducing health inequalities – what works

- Focus on early intervention
- Improving accessibility of services and support
- Targeting those most at risk of poor health
- Sensitive, flexible responses
- Building ‘protective’ factors, e.g.:

social and community networks

participation in decisions

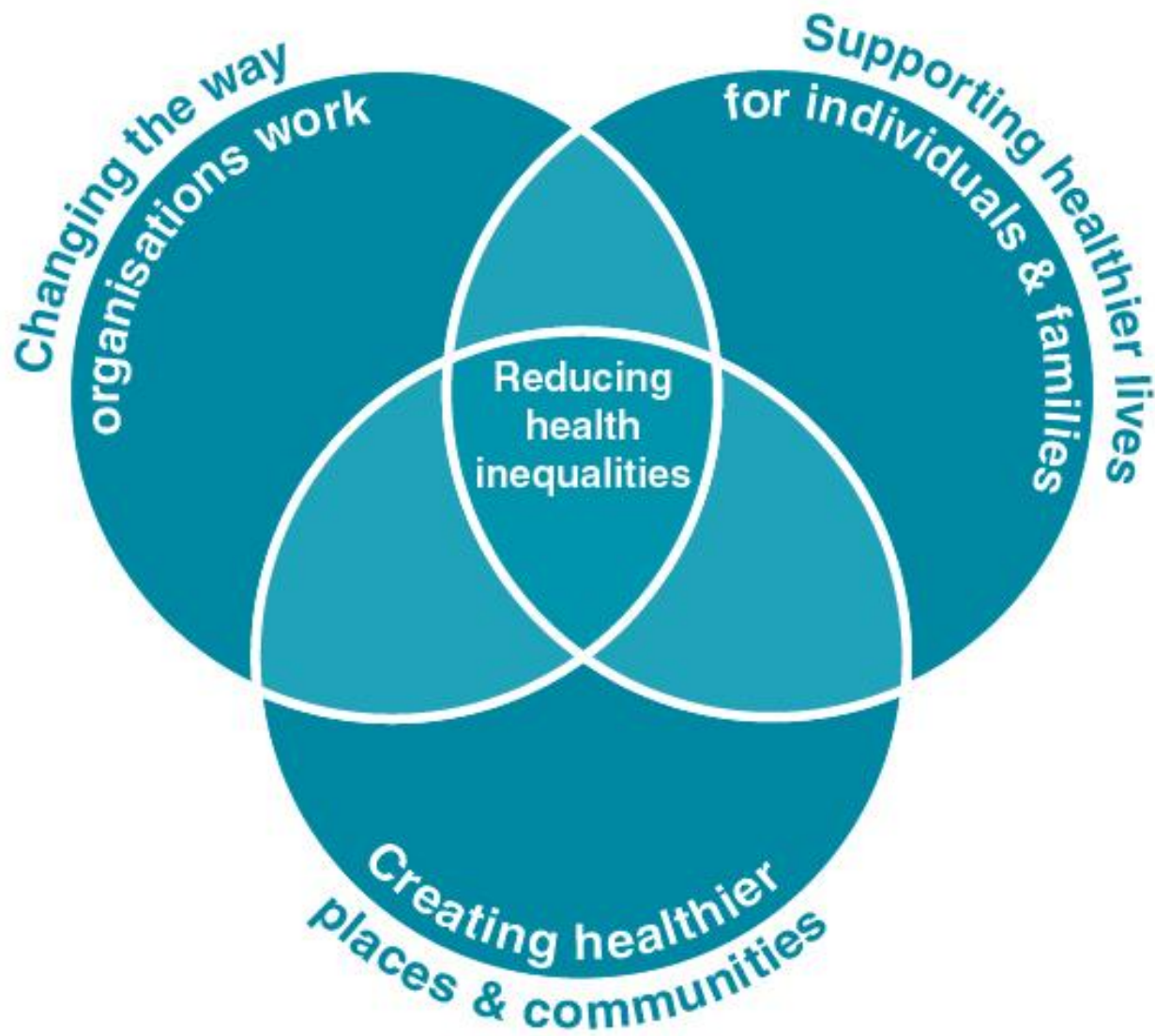
good quality work

safe, attractive environments

- Structural changes to the environment, legislation and regulatory controls, fiscal policies, reducing price barriers

A focus on key groups

- homelessness or risk of homelessness
- caring responsibilities
- geographic or social isolation
- not being in education, training or employment
- claiming out of work benefits or experiencing in-work poverty
- lone parenting
- living in areas of social and economic disadvantage
- gender based violence or abuse
- being a 'looked after' young person or care leaver
- experience of mental health problems
- substance misuse and addiction issues



Tackling Health Inequalities in Fife

Fairer health for Fife film

Further information and support

www.healthyfife.net for information on :

- Fairer Health for Fife: Fife's health inequalities strategy 2015-2020
- Health Promotion Training Programme
- Health Inequalities Seminars
- Information and Resources Centre

Fife Health and Wellbeing Alliance and Fife Employment and Training Consortium

How are we working together:

3 strands of work:

- Measuring health inequalities
- Auditing impact on health inequalities
- Participatory research on how organisations/services work impact on health