Health Inequalities:
A postcode lottery
Postcode Lottery
Health Inequalities

“Health inequalities are differences in health status or in the distribution of health determinants between different population groups due to the conditions in which people are born, grow, live, work, and age.” Sir Micheal Marmot
Model of the Determinants of Health

Dalghren and Whitehead, 1991
Health Inequalities in Ireland

- *Growing up in Ireland* study showed that one in four children at 3yrs were obese. Twice as many children in this obese category were identified as being from the disadvantaged group category.
- Mortality higher among those residing in accommodation rented from local authorities or voluntary bodies.
- Higher rates of chronic disease in lower socio-economic groups.
- People from less affluent groups are less likely to participate in positive health behaviours such as moderate to- high levels of physical exercise.
- Smoking rates are highest (56%) amongst women aged 18-29 years from poor communities, compared to 28% of young women from higher social classes.
- Admissions to psychiatric hospital higher among less affluent socio-economic groups. Increased Mental health problems are also related to deprivation, poverty, inequality and other social and economic determinants of health.
Lack of forward thinking
Problem of Double dipping
Problem of commercial profit vs health
Two Pronged Approach

• Government leadership and Implementation

• Grass Roots Community participation
Fair and Equitable Measures

- Must be realistic in time of austerity
- Closing the gap
- Stop double penalties on vulnerable people
Good Citizenship
One Percent difference

The One Percent Difference

#1DIFF
Who is my neighbour?

• Volunteering and community involvement have been shown to increase self-confidence and resilience, combat depression and maintain physical activity levels.

• Building strong, connected and well-serviced communities on the one hand and involving communities in the planning and delivery of local services on the other is beneficial to health.
Conclusion