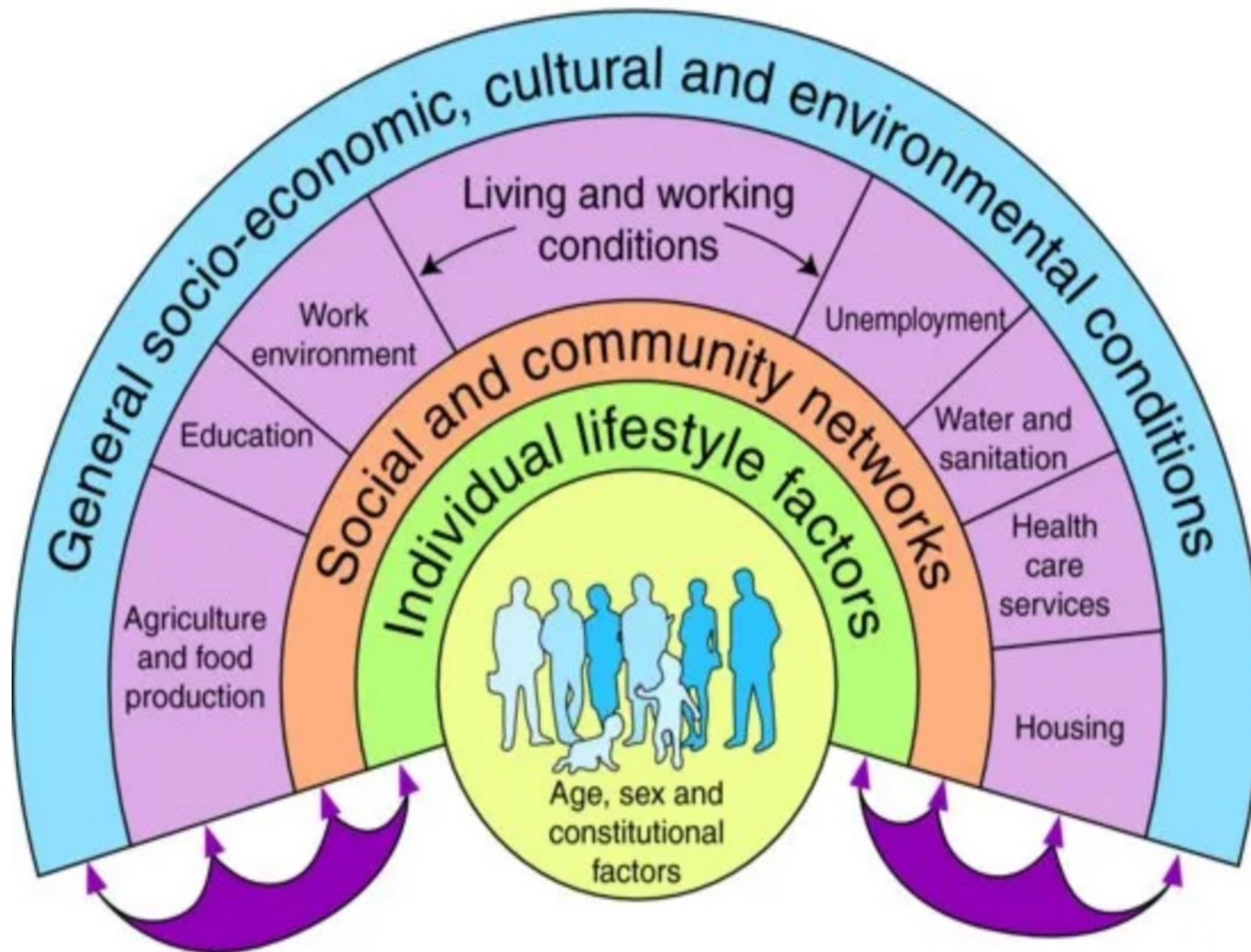


The Social Determinants of Health

What are they and why do they matter?

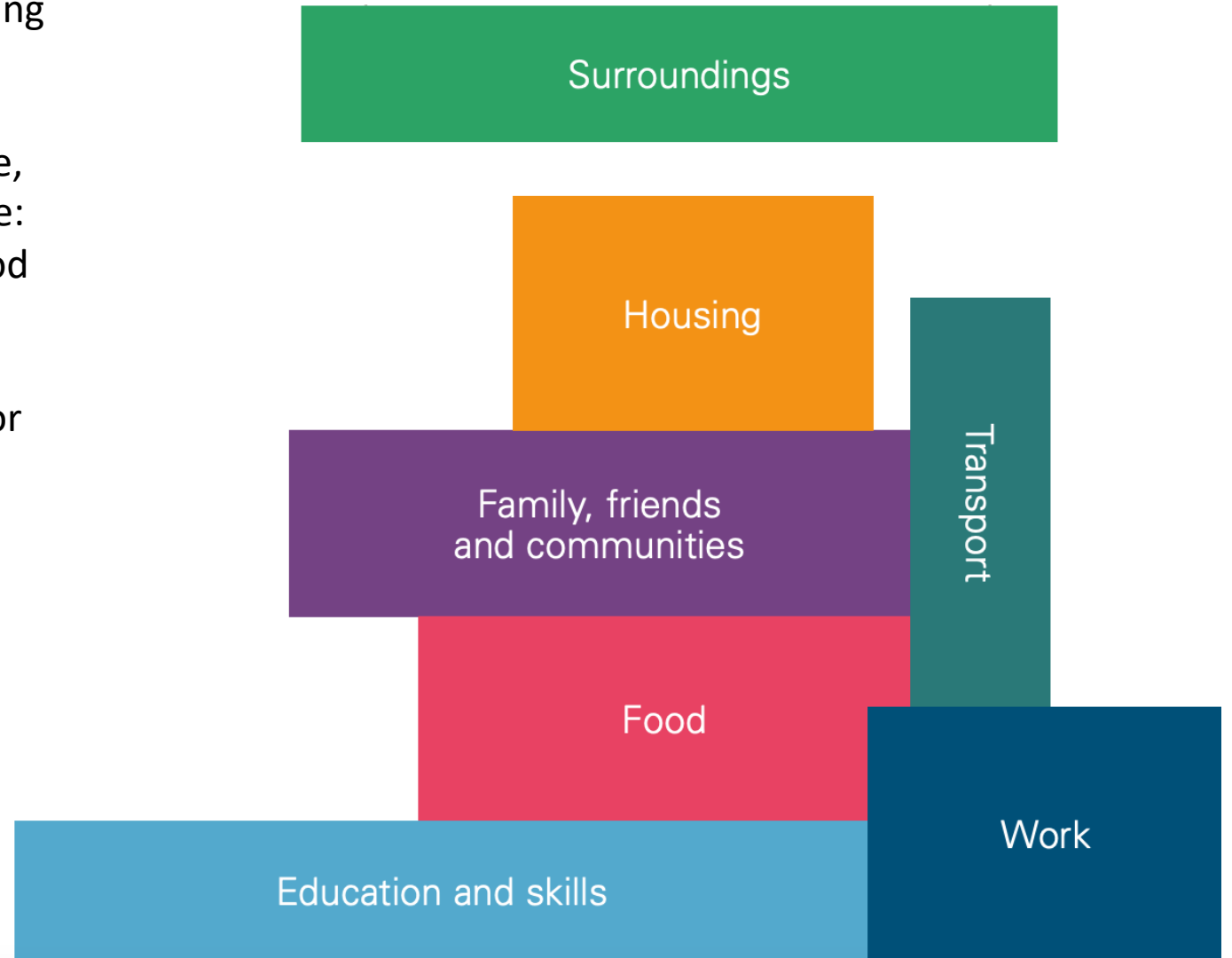


Source: Dahlgren and Whitehead (1991)

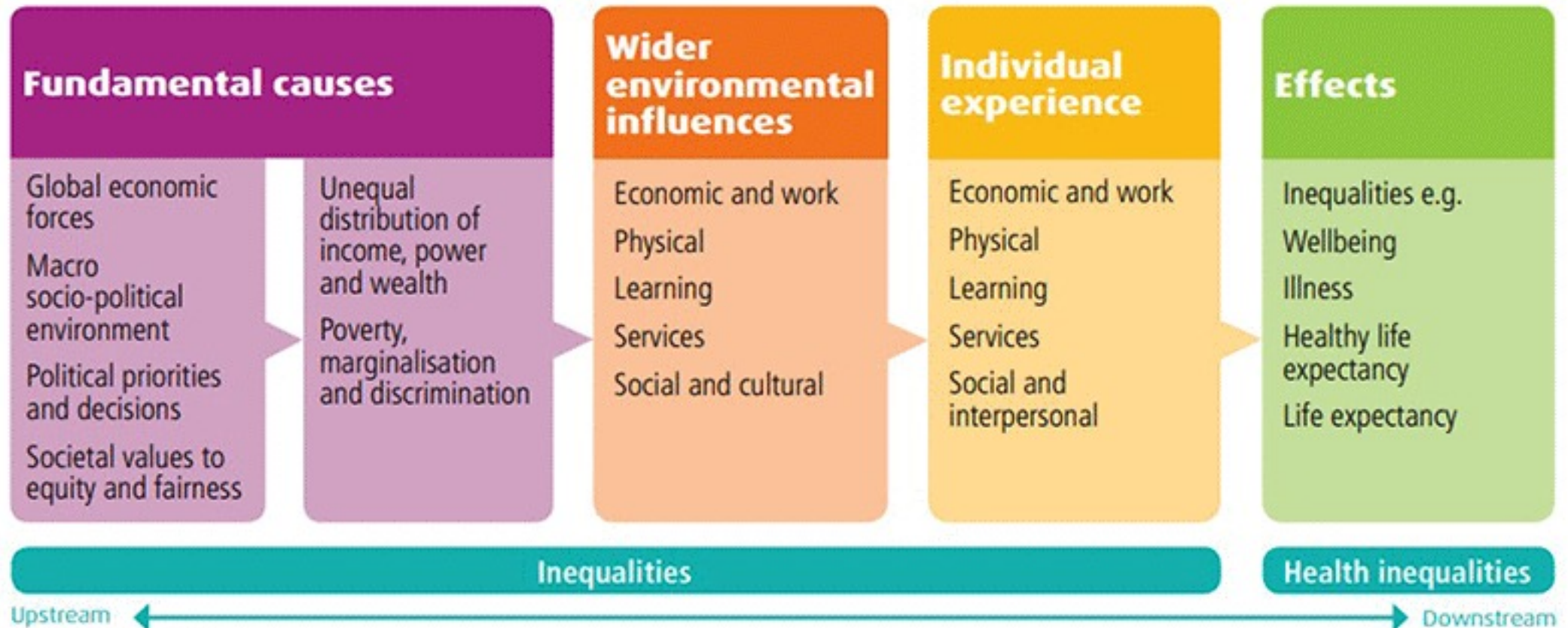
A thriving community needs all the right building blocks in place: jobs, pay, housing, education.

To create a society where everybody can thrive, we need all of the right building blocks in place: stable jobs, good pay, quality housing, and good education.

In too many communities, blocks are missing or inadequate.



The causes of the causes- Sir Michael Marmot



Getting to the causes of the causes- The 5 Whys

Martha is failing in school



She can't concentrate and falls asleep in class



She is not getting enough sleep



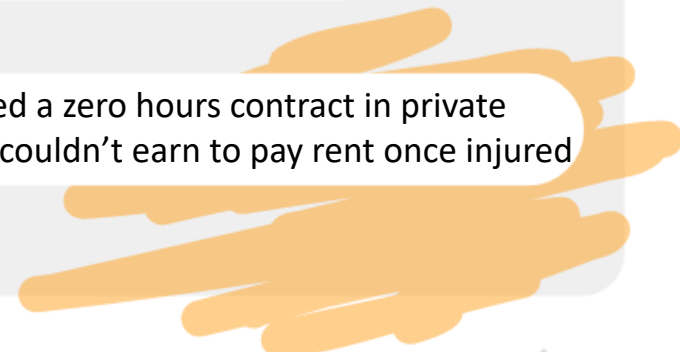
She shares a bed in a bedsit with her mum and 2 younger brothers and it is hard to sleep



The family were made homeless when her mum injured her back and couldn't work



Her mum worked a zero hours contract in private care home and couldn't earn to pay rent once injured



Areas of action

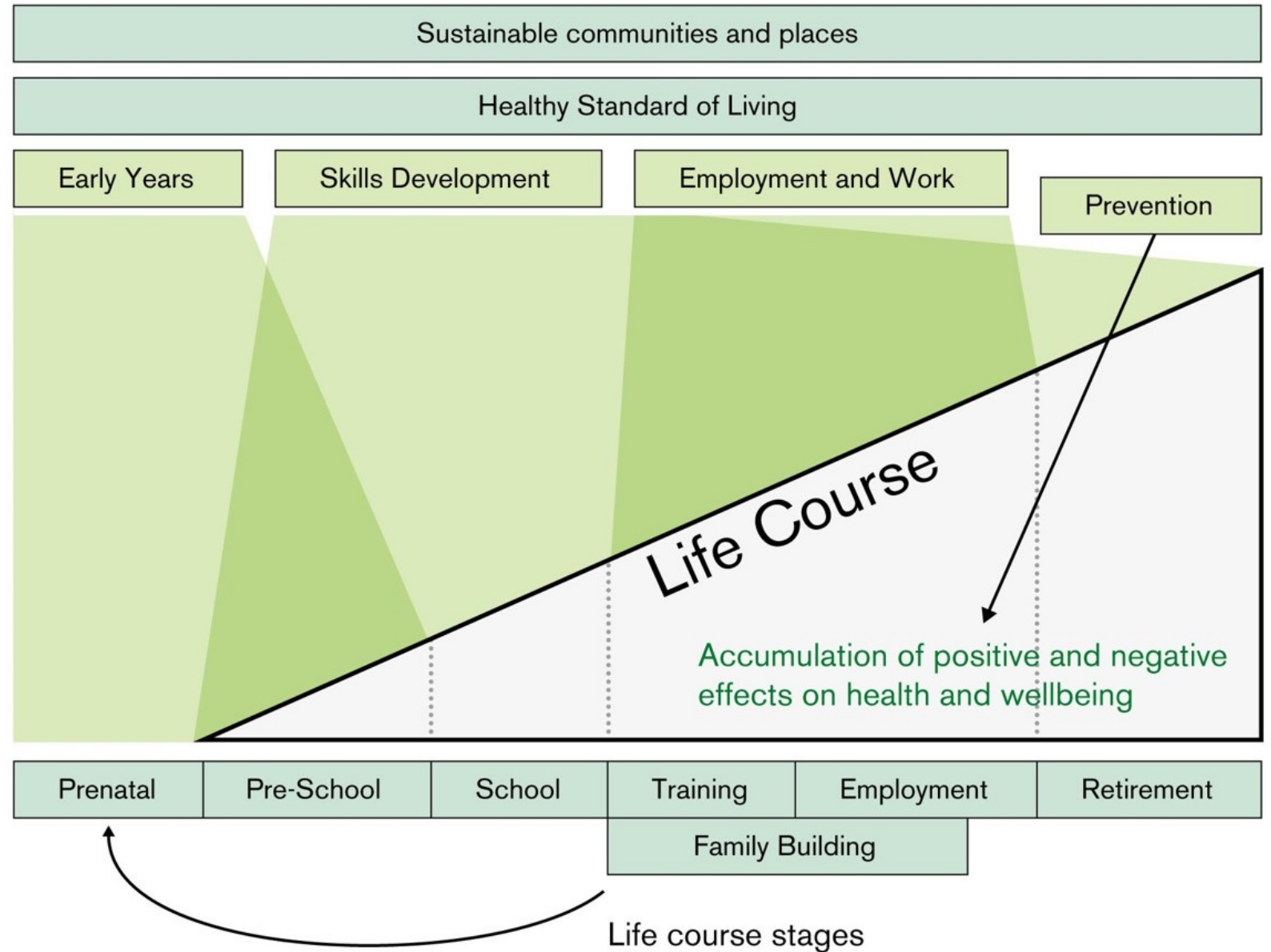
Change is possible

Policy is lived experience

People write policy

Change the policy, change the lived experience, e.g.:

- Living wage
- Protecting workers
- Improving housing standards
- Action to end child poverty



Why do social determinants matter?

Those with power, income, and wealth control and influence access to resources and opportunities

Social, economic, and political processes create and determine the systems we live in

These systems govern our lives, including
Housing
Education
Employment
Health and social care services

Access to these can influence or even determine our health status, our quality of life, even how long we live

Herefordshire has relatively low levels of multiple deprivation

- A relatively low proportion of children live in income deprived households (14% compared to 20% across England) - but this is **4,300 children living in poverty** across the county.
- Around 1,900 county school children are eligible for free school meals.

People born in the most deprived 10% of areas in Herefordshire have a shorter life expectancy at birth than those living in the least deprived 10% cent by an average of **4.2 years for males** and an average of **3.0 years for females**.

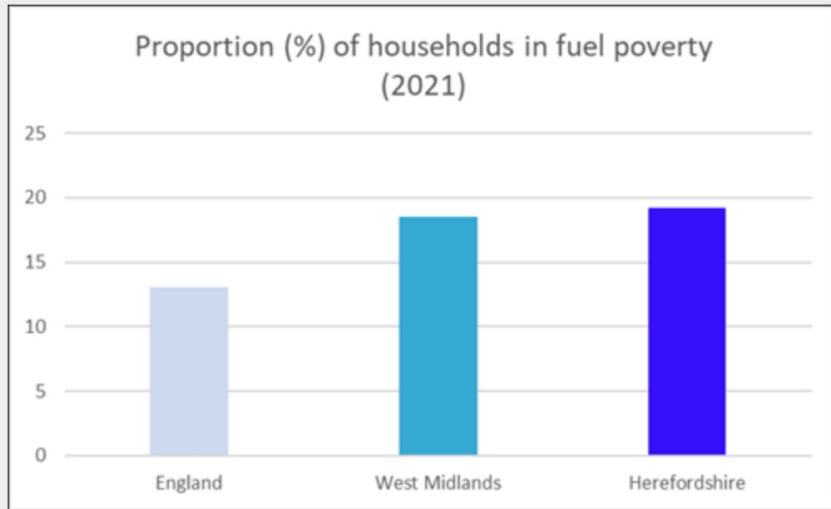
However, this gap is one of the smallest among counties with a similar level of overall deprivation to Herefordshire.



Source: Ministry of Housing, Communities and Local Government.

Herefordshire has risk factors for fuel poverty

Figure 1: Proportion of households in fuel poverty, 2021.



Source: Department for Business, Energy & Industrial Strategy, 2022.

Fuel poverty

Whether a household is in fuel poverty is determined by the interplay of three key factors:

- the energy efficiency of the property
- the household income
- fuel/energy prices

Around 19.2% (c.16,300) of households in Herefordshire were in fuel poverty in 2021:

- a higher proportion than in England (13.1%) and the West Midlands (18.5%) and
- an increase from 17% (c.14,000 households) in 2020.

Herefordshire's risk factors for fuel poverty and excess cold:

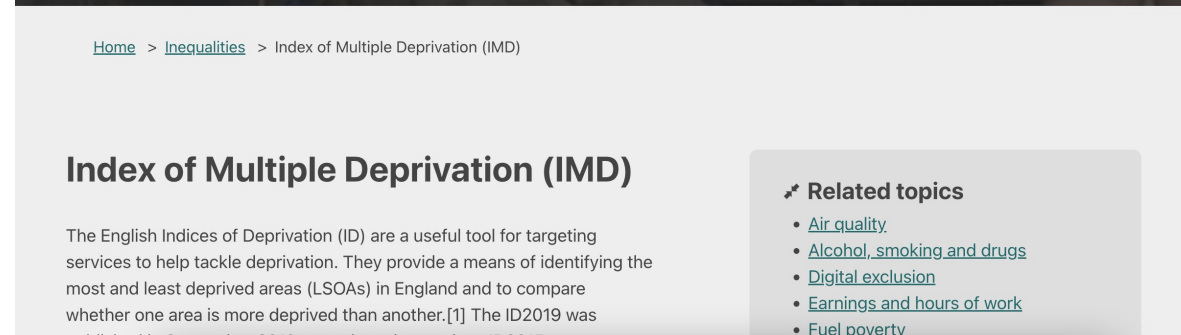
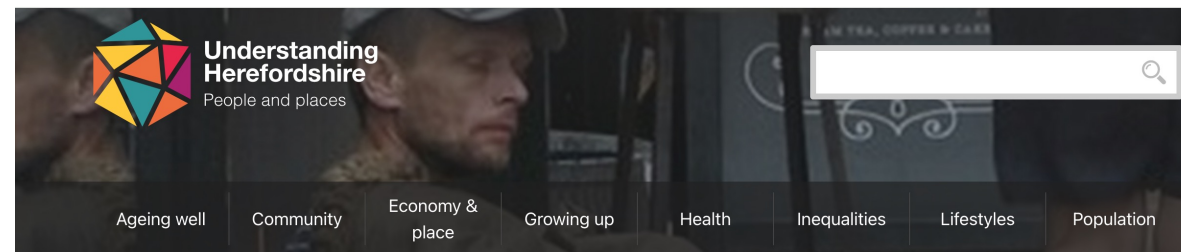
- rurality, including below average earnings
- a higher proportion of detached houses- (40%) compared to England (23%)
- a higher proportion (37%) of households not on mains gas grid compared to nationally (15%) and
- a higher proportion (39%) of houses built pre-1900 than nationally (8%) (such homes can be more expensive and inefficient to heat).

Herefordshire is a 'coldspot' for social mobility

One of the worst 20% of local authorities in England in terms of the chances that disadvantaged children will do well at school and go on to get a good job and secure housing.

- **Low wages drive poor social mobility**
- 31% of county jobs pay less than the living wage
- Average residents' salary is just over £350 per week – amongst the lowest 10% in England
- Job opportunities available locally can make it harder to achieve a good standard of living even for those who did well at school





Thank you!