



Time to Change: Working towards better health for all

What is health inequality?



About this report



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About this report



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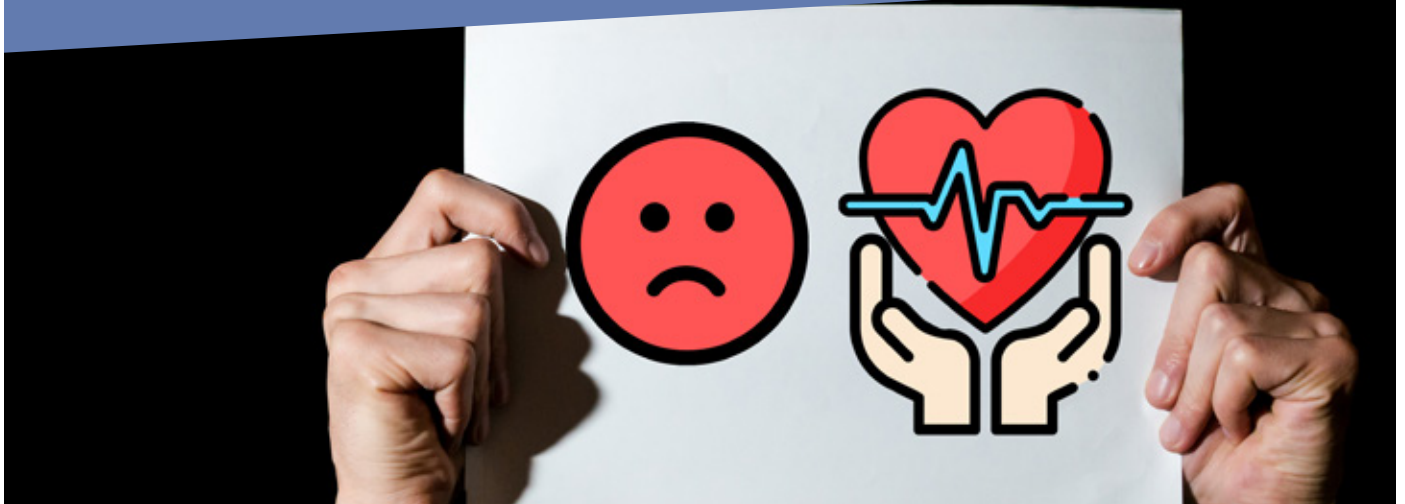


Page 25: **Have your say!**



Some words will be in blue and you'll be able to look them up in the Easy Read Blue Word Glossary document.

What is health inequality?



**Mental
Health**

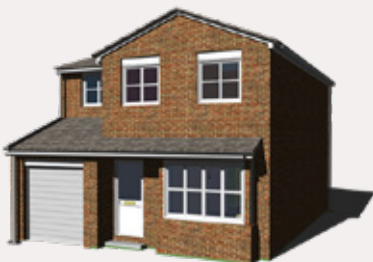


**Physical
Health**

Did you know your physical and mental health is affected by your:



Income



Housing

What is health inequality?



Job



Education



Access to healthcare and its quality



The environment surrounding you

What is health inequality?

Suffolk



To understand how this relates to Suffolk, you can listen to Suffolk's Community Voices:
<https://bit.ly/SuffolkCommunityVoices>



How long and healthy a life you may have is affected by not only who you are, but also:



Where you live



Services

The services you can access

What is health inequality?



And the choices, or lack of choices, that you are given



Not everyone has the same opportunity to live as long, or as well, as others.



Health inequalities include unfair experiences of:

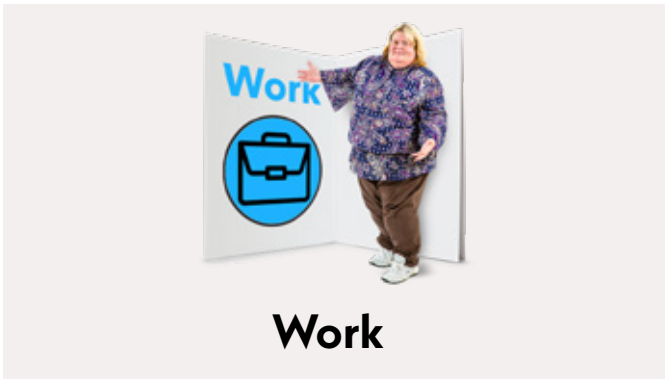


Health services



Education

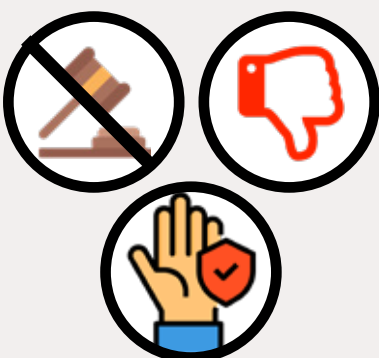
What is health inequality?



Health inequalities may also be affected by what ethnic, cultural, religious, gender or social group you identify with.



These are some common features about **health inequalities** that most people agree on:



Health inequalities are unjust, unfair and preventable.

What is health inequality?



Health inequalities do not occur by chance. Something always causes them.



Health inequalities go against the principles of social justice.



Health inequalities are largely out of an individual's control.



Health inequalities lowers people's chances to live longer, healthier lives.

What is health inequality?



In 2010, Professor Sir Michael Marmot published a groundbreaking report called: Fair Society, Healthy Lives.



The report showed people are more likely to experience poor health and live a shorter life if they live in poorer areas and have less money.



Over the last 10 years, it has been found out that your health can be affected by lots of things. Such as, where you live and how much money you have.



Being ill is often the result of lots of things overlapping.

What is health inequality?



Although we now understand what can affect health, things have not improved for people.



The [Marmot Review](#) 10 Years On showed that [life expectancy](#) had stopped improving in the UK, and for some it had got worse.



The COVID-19 global pandemic has increased awareness of [health inequalities](#) because the virus has unfairly affected people from some groups in our communities.

What is health inequality?



There is also a worry that **health inequalities** will increase and new **health inequalities** will be created due to:



Increasing unemployment



Job uncertainty



Interruptions to education and some physical and mental health services

What is health inequality?



Interruptions some physical and mental health services



Clearly we have not done enough to reduce health inequalities.

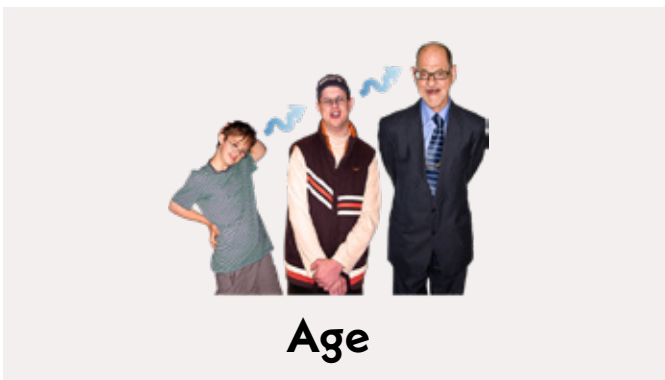


This year's report now starts the conversation and plan for action on how we can work together with you in the community to reduce health inequalities in Suffolk.

What affects our health?



There are many things that affect health, such as:



Age



Ethnicity



As well as the choices you make regarding whether you smoke, drink alcohol or exercise regularly

What affects our health?



But there are also things known as wider determinants which affect health. Examples of **wider determinants** are:



Where someone lives



What qualifications they have and what job they do



The quality of health services someone can access

What affects our health?



These are important and indirectly affect our physical health, mental health and wellbeing.



Many of us will experience the effects of several **health inequalities** at the same time.



Improving **wider determinants** is complicated because often it's out of one person's control.



Improving **wider determinants** needs government and society change.

What affects our health?



The COVID-19 pandemic and the resulting national lockdown that began on 23 March 2020 affected the lives of everyone in Britain.



Some people had support and found it easier to cope with, while others did not.



Many people in our community have faced:



Isolation



Hunger

What affects our health?



Serious physical and mental ill-health



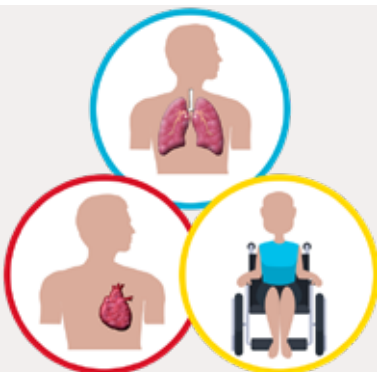
Devastating loss of loved ones



The COVID-19 pandemic has shown that people from certain groups in our communities had a harder time than others. These groups included:



People from ethnic minority backgrounds



People with certain health conditions

What affects our health?



People doing certain jobs



It is also becoming very clear that any long-term impact by the pandemic on the **economy** will increase **poverty** and may increase **health inequalities**.



For more information please look at the Vulnerable populations on the Healthy Suffolk's CoronaWatch webpage:



<https://www.healthysuffolk.org.uk/jsna/coronawatch>

Why does this matter to me?



Almost all of us experience **health inequalities** or the effects of them.



You may identify with one of the groups in this report and feel the findings are the same as your experiences.



You may not identify with one of the groups but we invite you to read this report and understand the effects on others in our community.

Why does this matter to me?



The evidence in this report and the linked documents show that 'if health stops improving society stops improving'.



The COVID-19 pandemic has affected the health of some groups more than others and increased **health inequalities**.



The COVID-19 pandemic has also put others at risk of experiencing **health inequalities**. For example people affected by losing their jobs.



For example, people affected by losing their jobs.

What are decision makers doing about it?



In this year's Public Health Report we are focusing on **health inequalities**.



Health inequalities are an important issue.

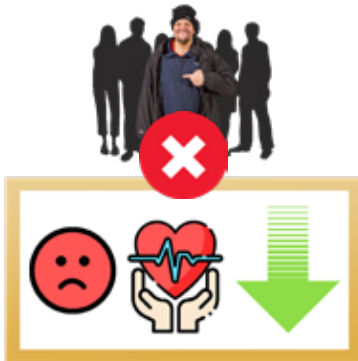


But COVID-19 has made **health inequalities** even more important.

What are decision makers doing about it?



There are many different things that create **health inequalities**.



This means no one organisation or group acting alone can reduce **health inequalities**.



This is why organisations are working together to identify the **health inequalities** and reduce them.

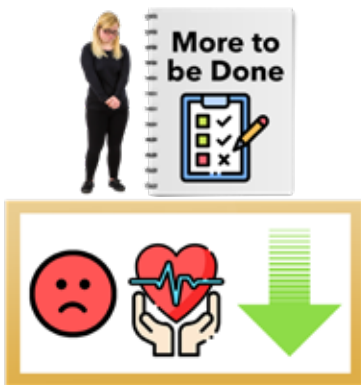


To reduce **health inequalities** we must work with the communities which can most benefit from our involvement and support.

What are decision makers doing about it?



Take a look at our good project examples to see some of your work that has been done in Suffolk.



There is much more to be done to reduce [health inequalities](#).



In this report we also introduce useful [approaches](#) and make [recommendations](#) that will make a difference.



We need your involvement to start these conversations and make this happen!

Have your say!



This report sets out **recommendations** about a long-term plan for reducing **health inequalities**.



You can let us know what you think about them.



You can also let us know how you can help.

Have your say!



Here are ways you can get in touch:



You can get in touch by emailing:
healthandwellbeing@suffolk.gov.uk



You can also get in touch using social media.
[@PublicHealthSuffolk](#) on Facebook.
[@SCCPublicHealth](#) on Twitter.



On our Commitment to Change page, you can let us know your thoughts on our report and recommendations to address health inequalities by filling out a two question form:
<https://bit.ly/HealthCommitmentToChange>