



UCL Institute of Health Equity



Active and healthy ageing

Peter Goldblatt

Key principles

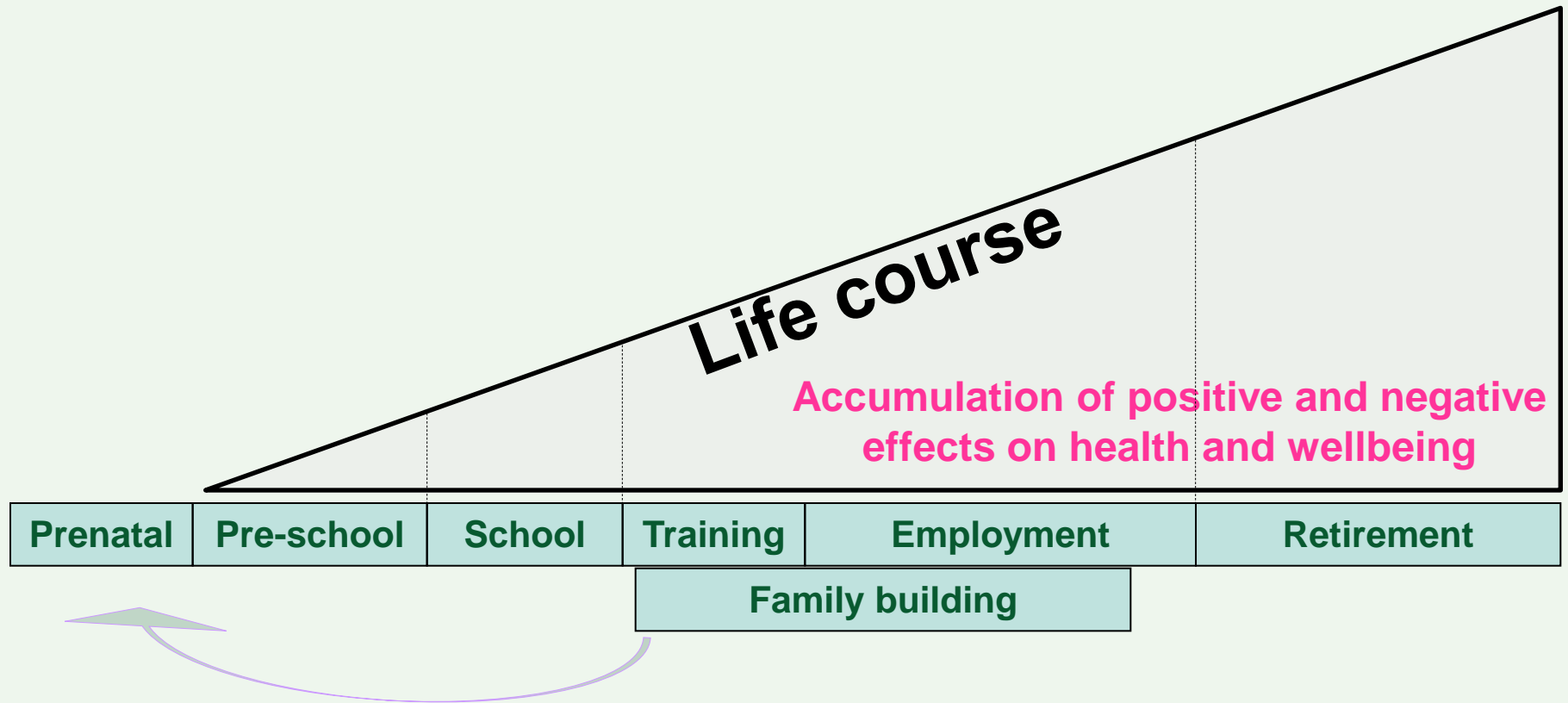
- Creating the conditions for people to have control of their lives is essential (CSDH)

BUT

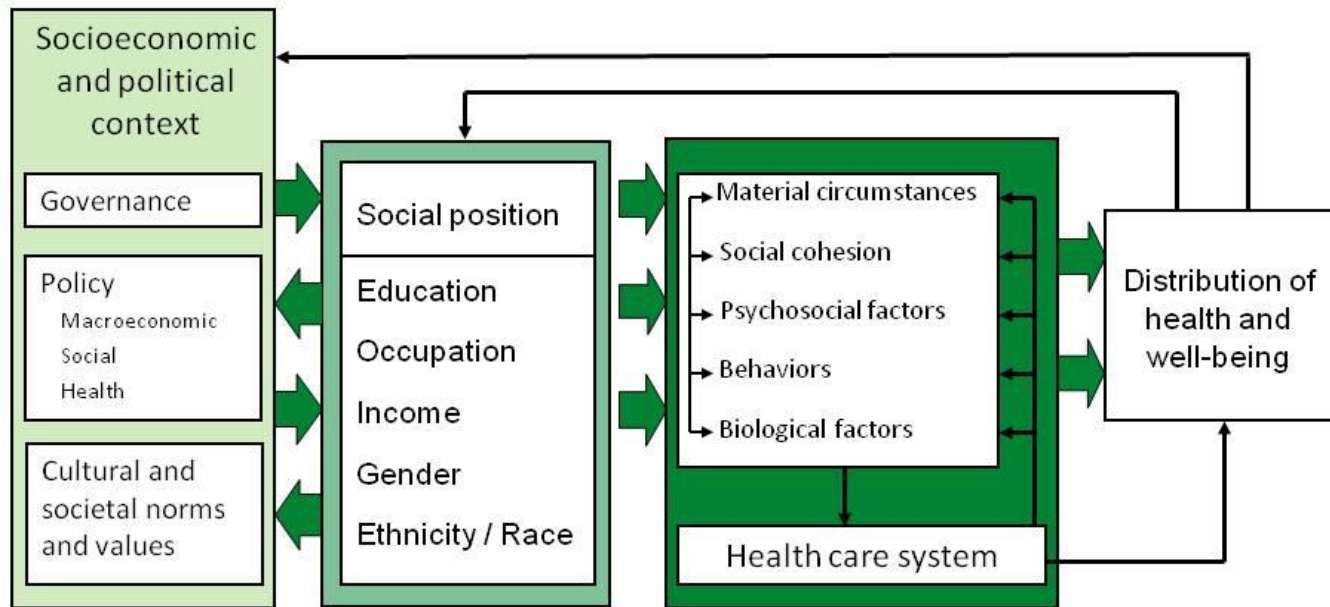
- 'In this world nothing can be said to be certain, except death and taxes.' (Benjamin Franklin)



Life course stages



Social determinants of health



Social determinants of health and health inequities



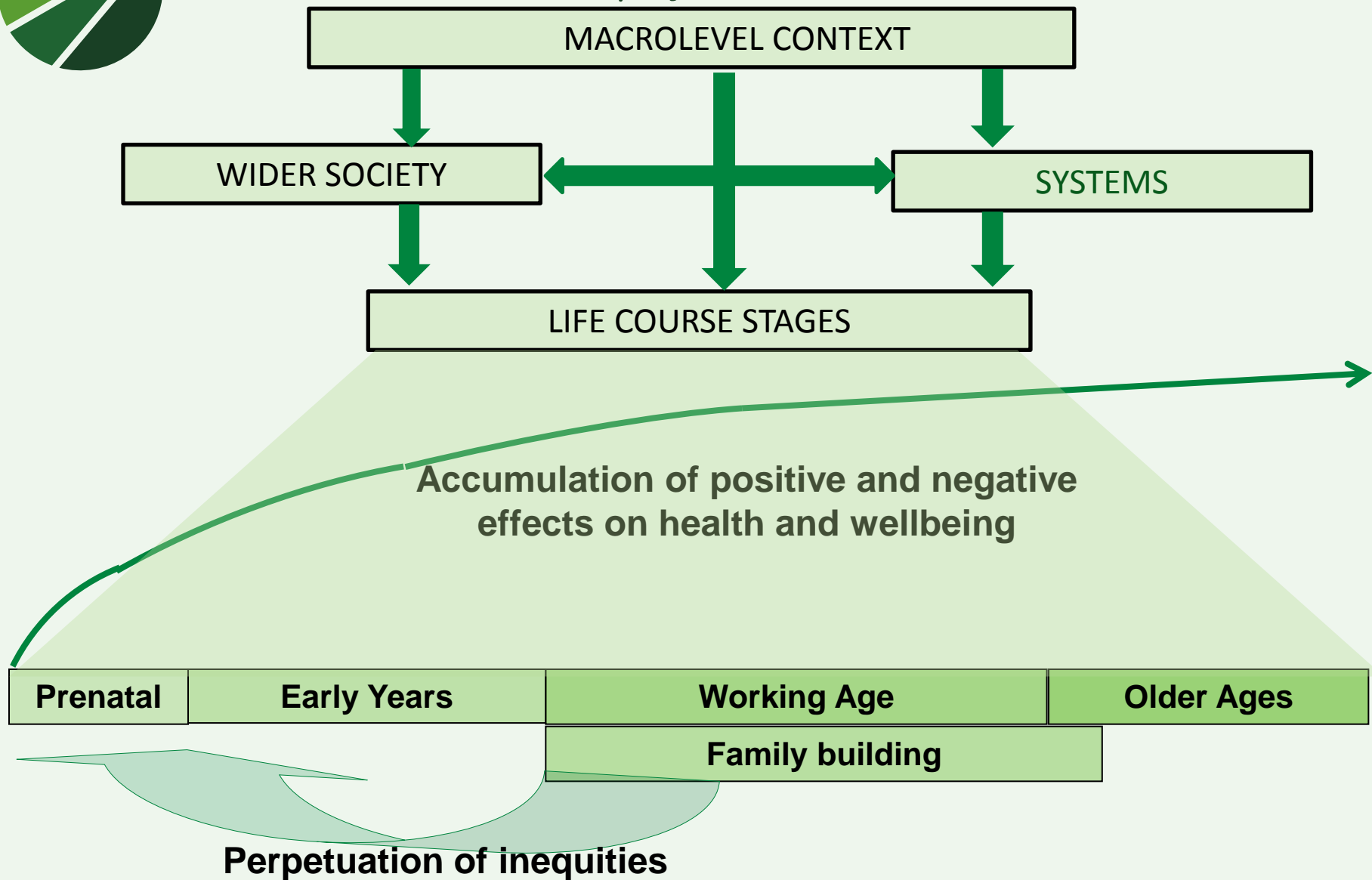
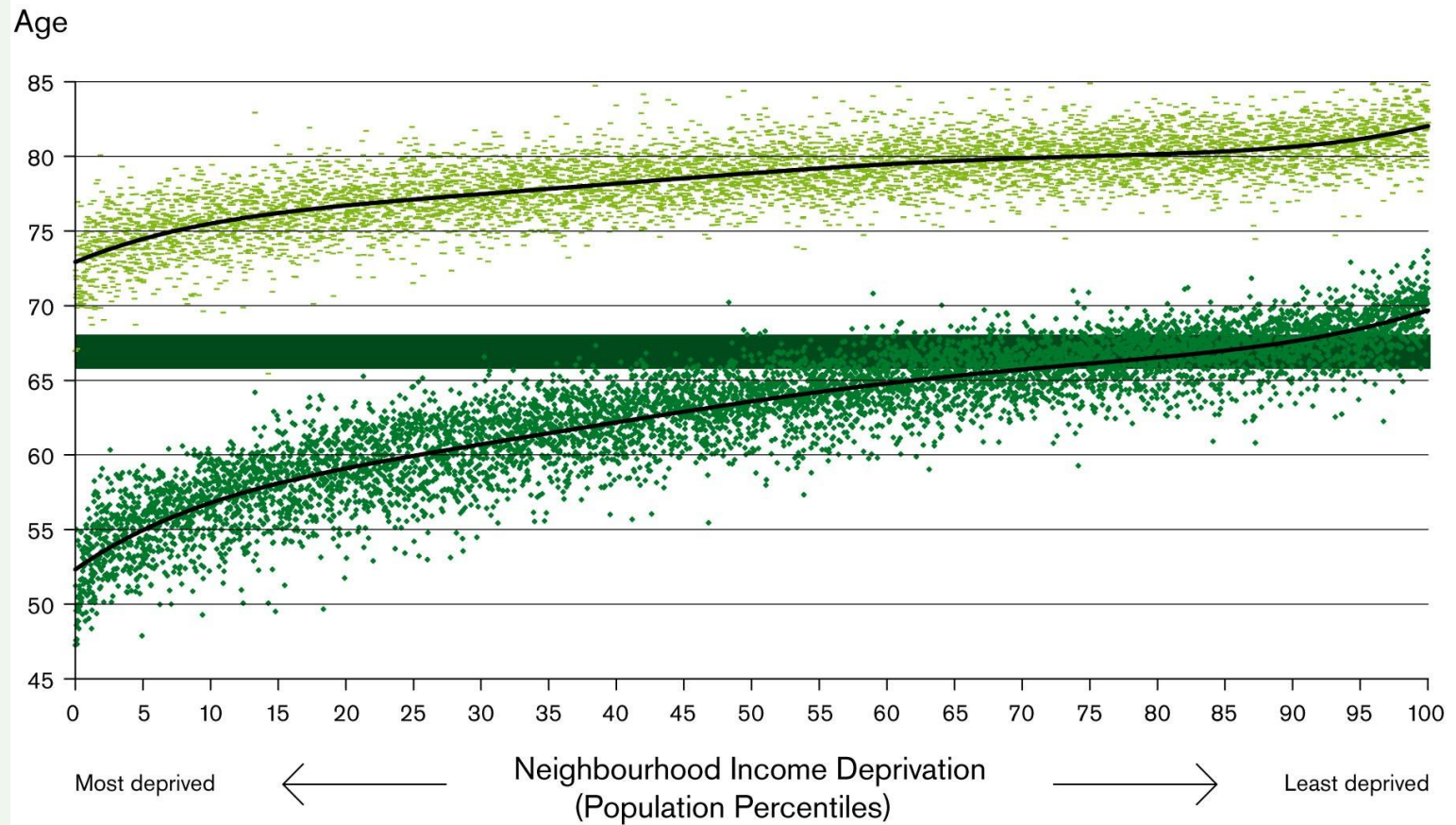




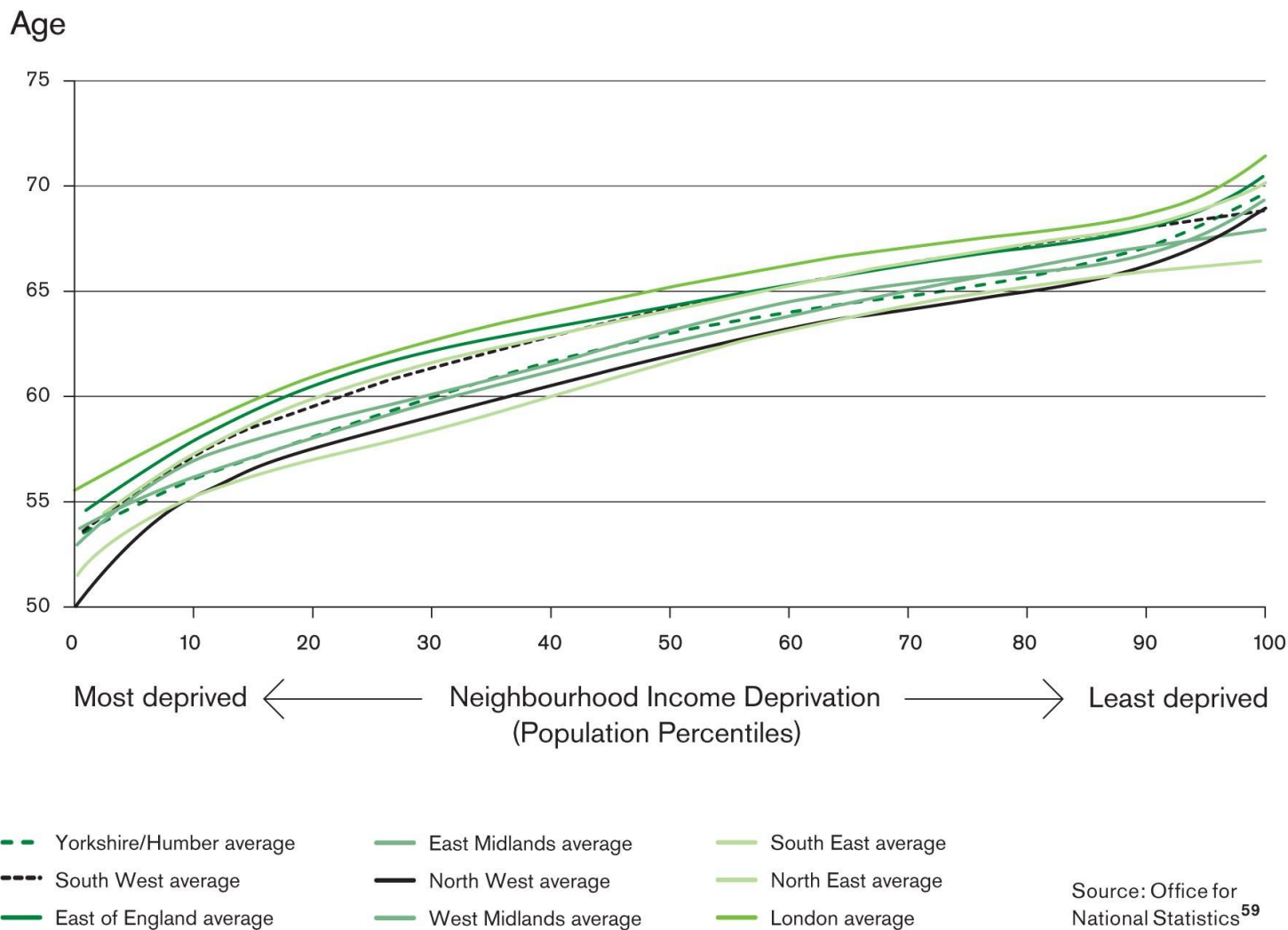
Figure 1 Life expectancy and disability-free life expectancy (DFLE) at birth, persons by neighbourhood income level, England, 1999–2003



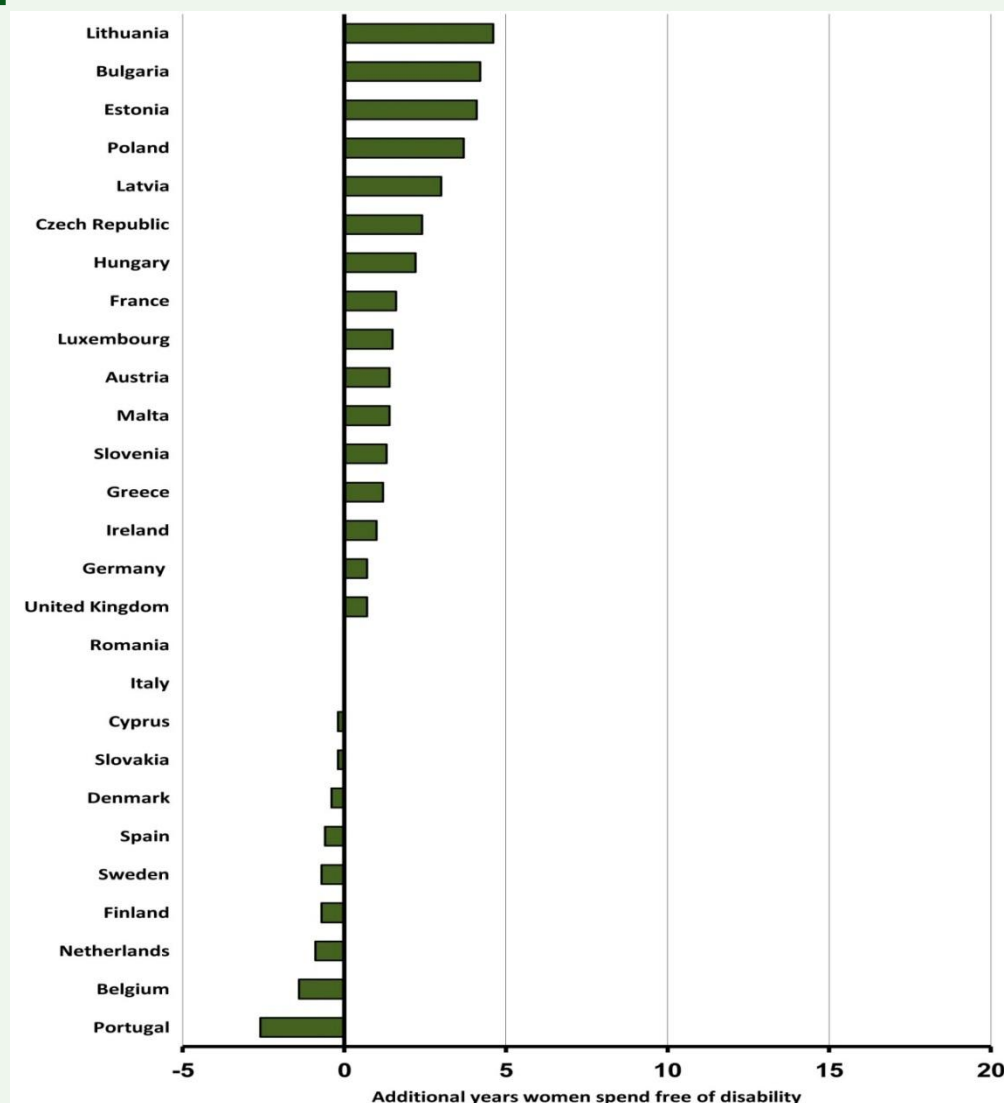
- Life expectancy
- DFLE
- Pension age increase 2026–2046



Figure 2.9 Disability-free life expectancy at birth, persons: regional averages at each neighbourhood income level, England, 1999–2003



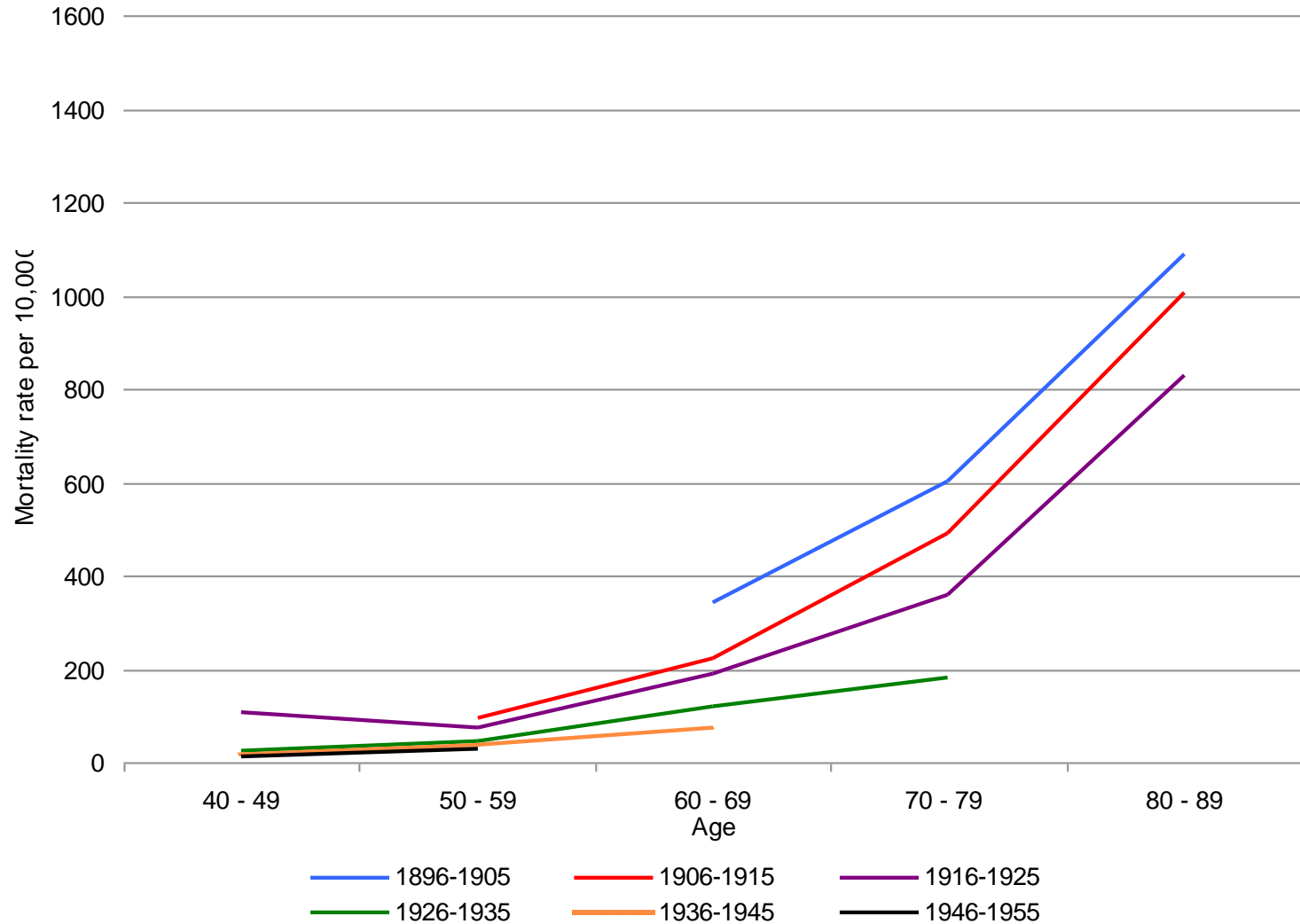
Differences between women and men in years spent free of disability, selected European countries 2009



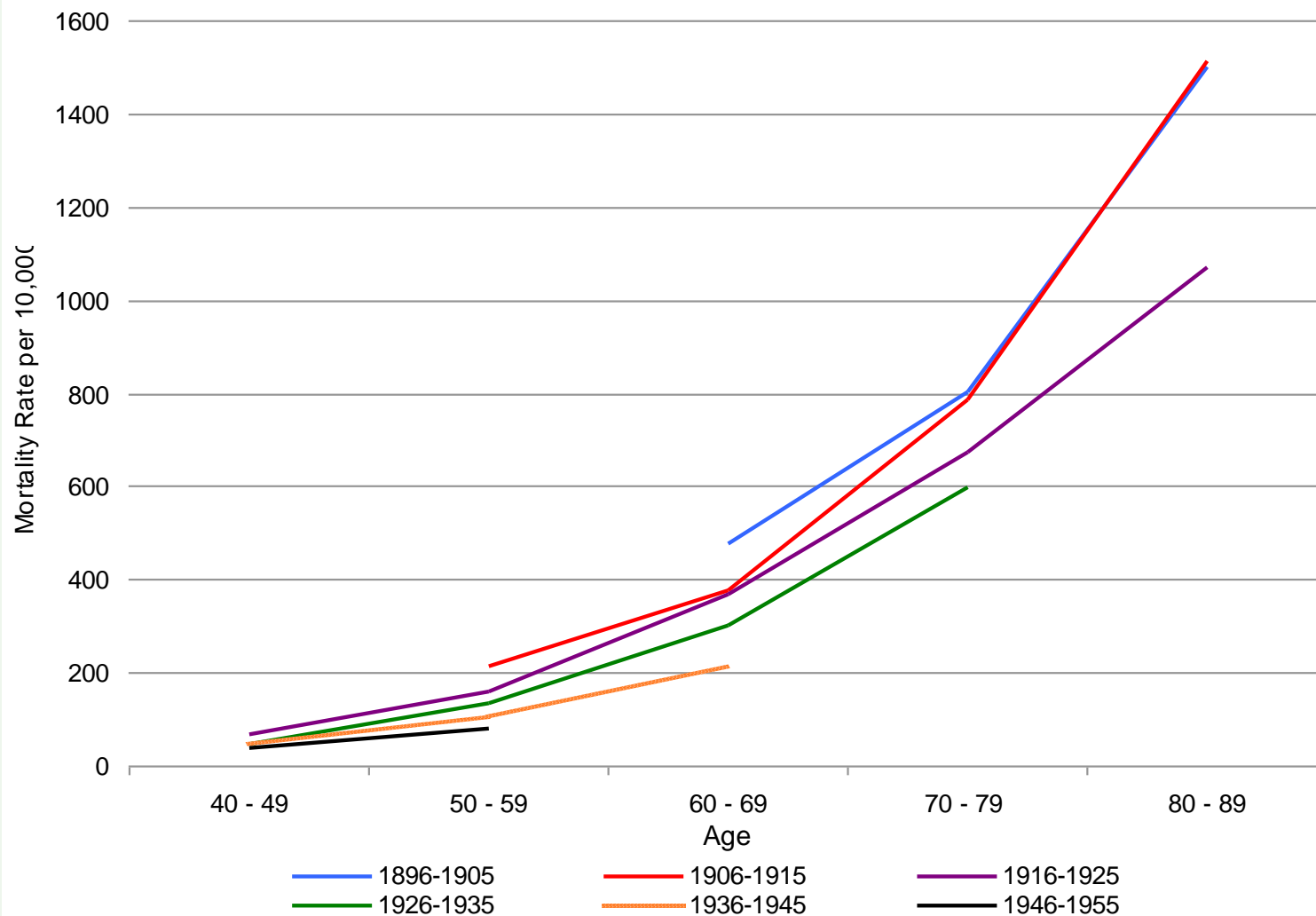


Cohort mortality

Male Cohort Mortality Rates, Cohorts born 1896-1955
Social Class I

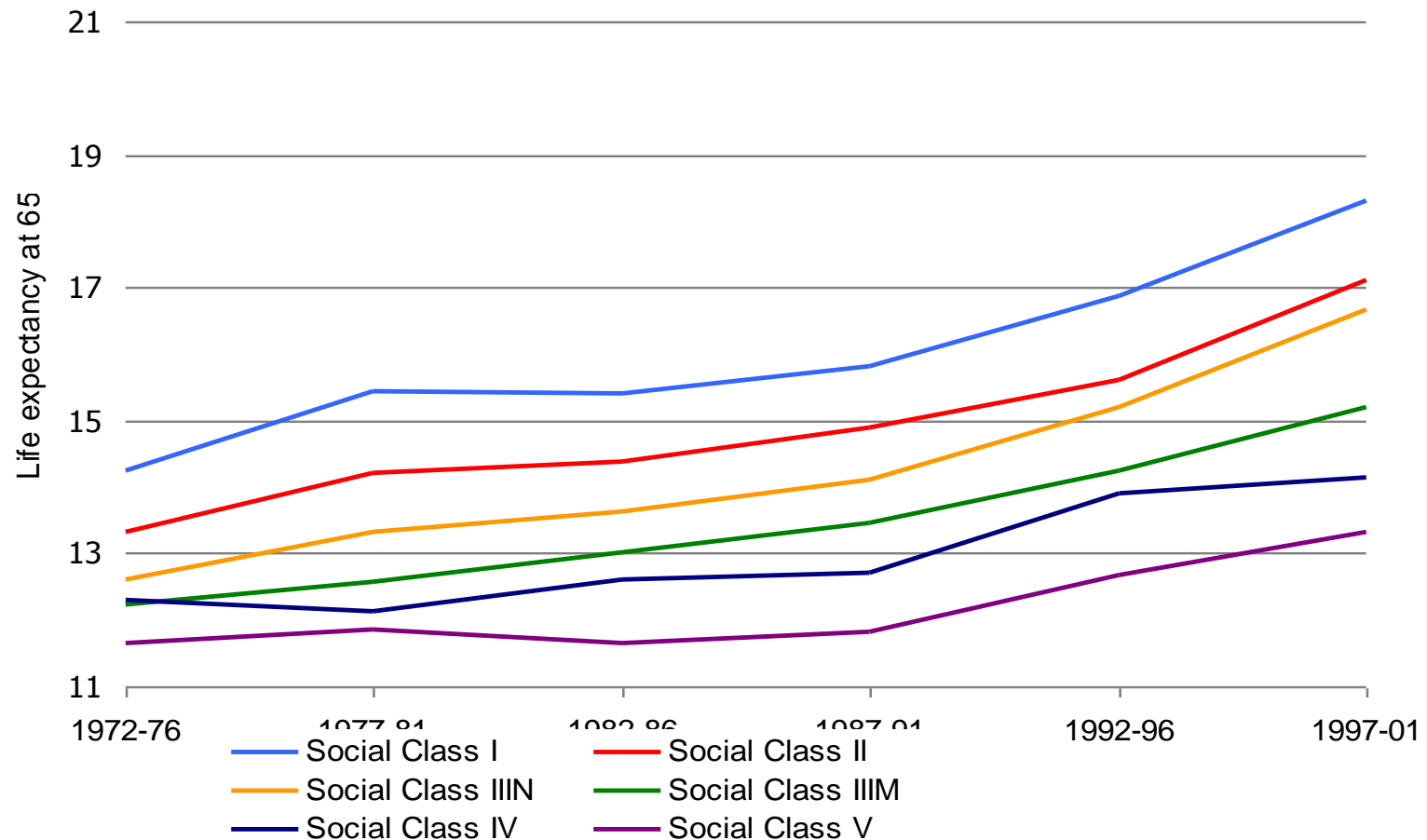


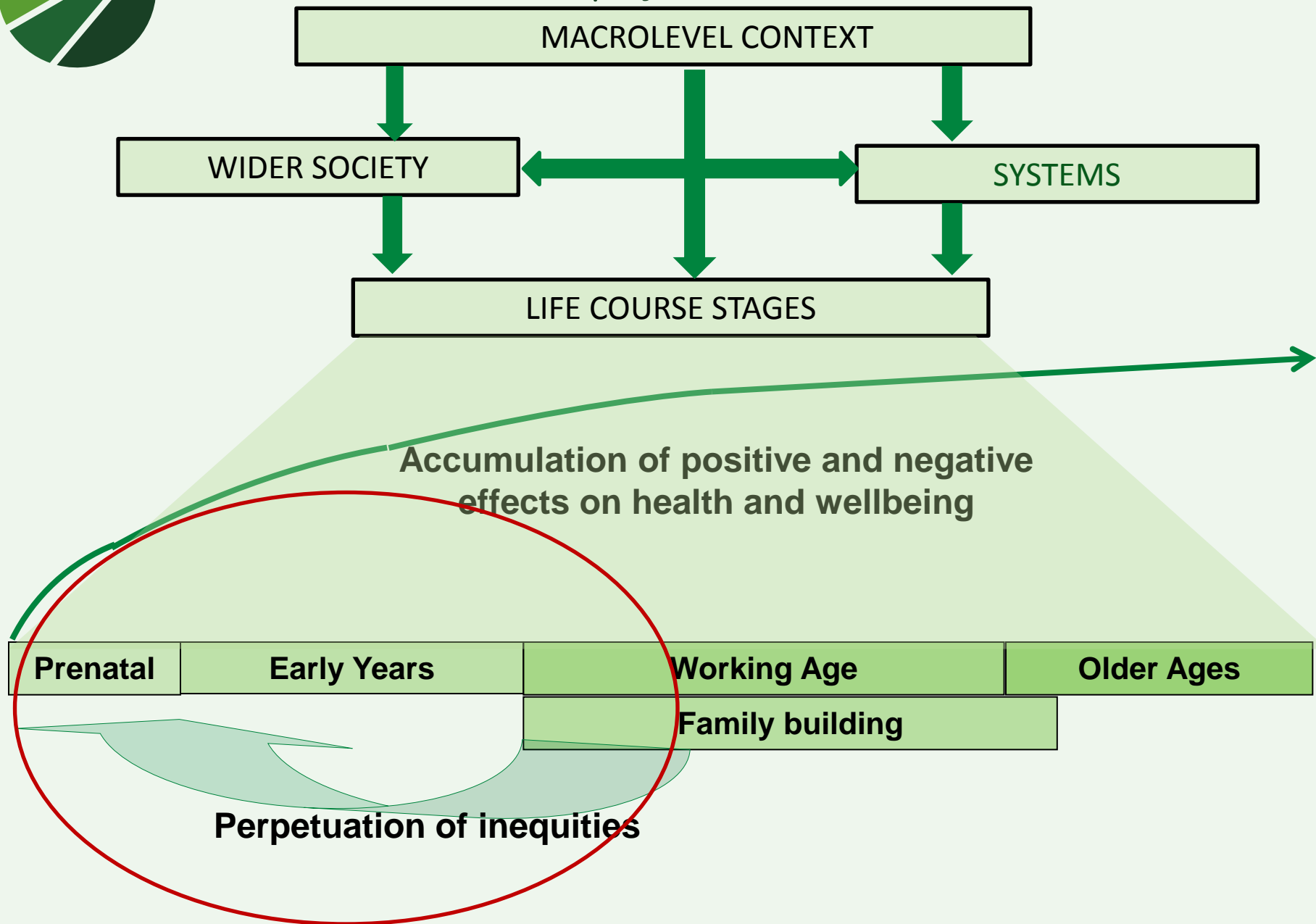
Male Cohort Mortality Rates, Cohorts born 1896-1955
Social Class V





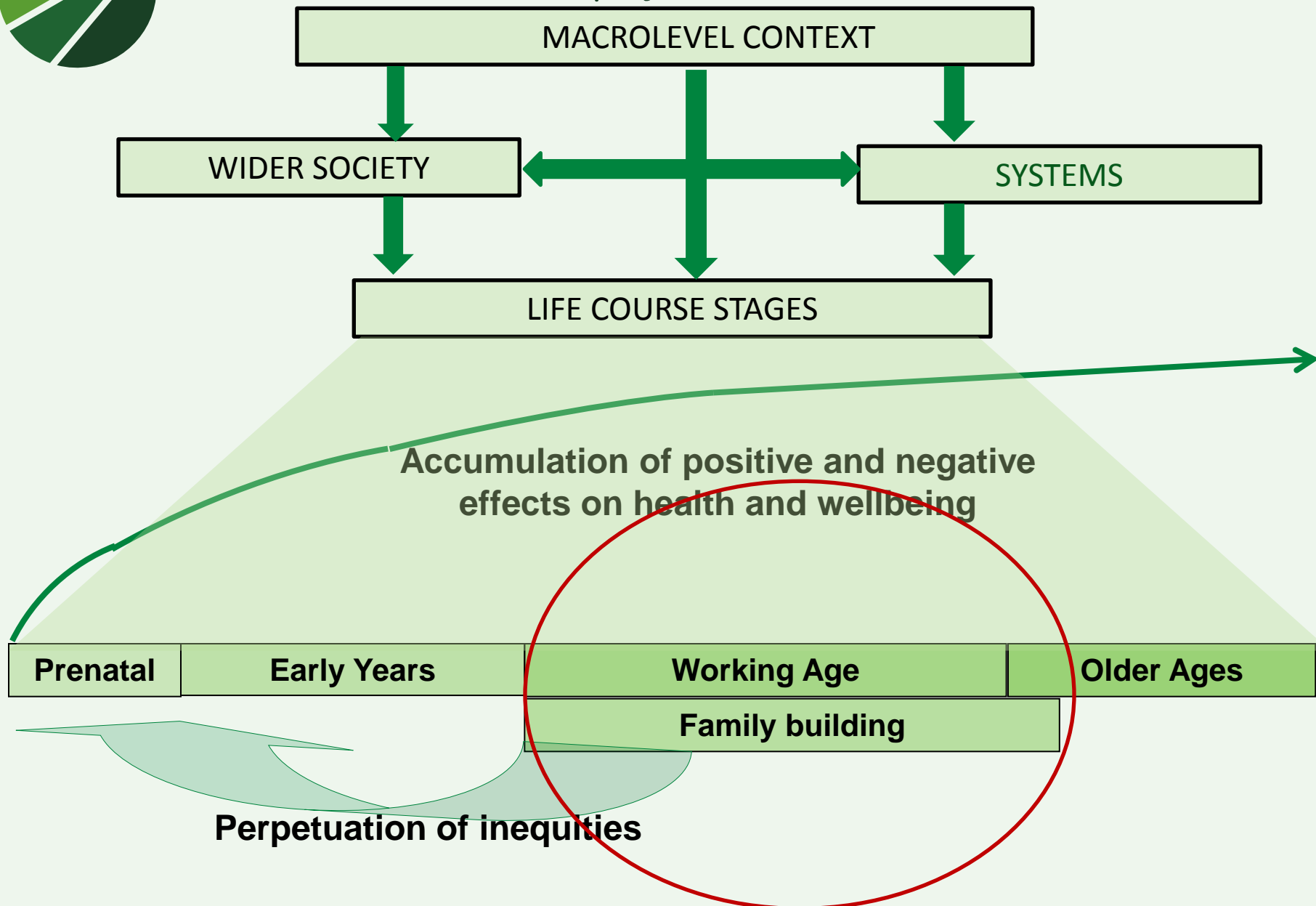
Trends in male life expectancy at age 65 by social class, 1972-2001





Early child care and education

- Parenting and family support
 - Perinatal services
 - Care before and during pregnancy
 - Help for new mothers
- Pre-school education and care
- Primary, secondary and tertiary education and training



Work and employment are of critical importance for population health and health inequalities

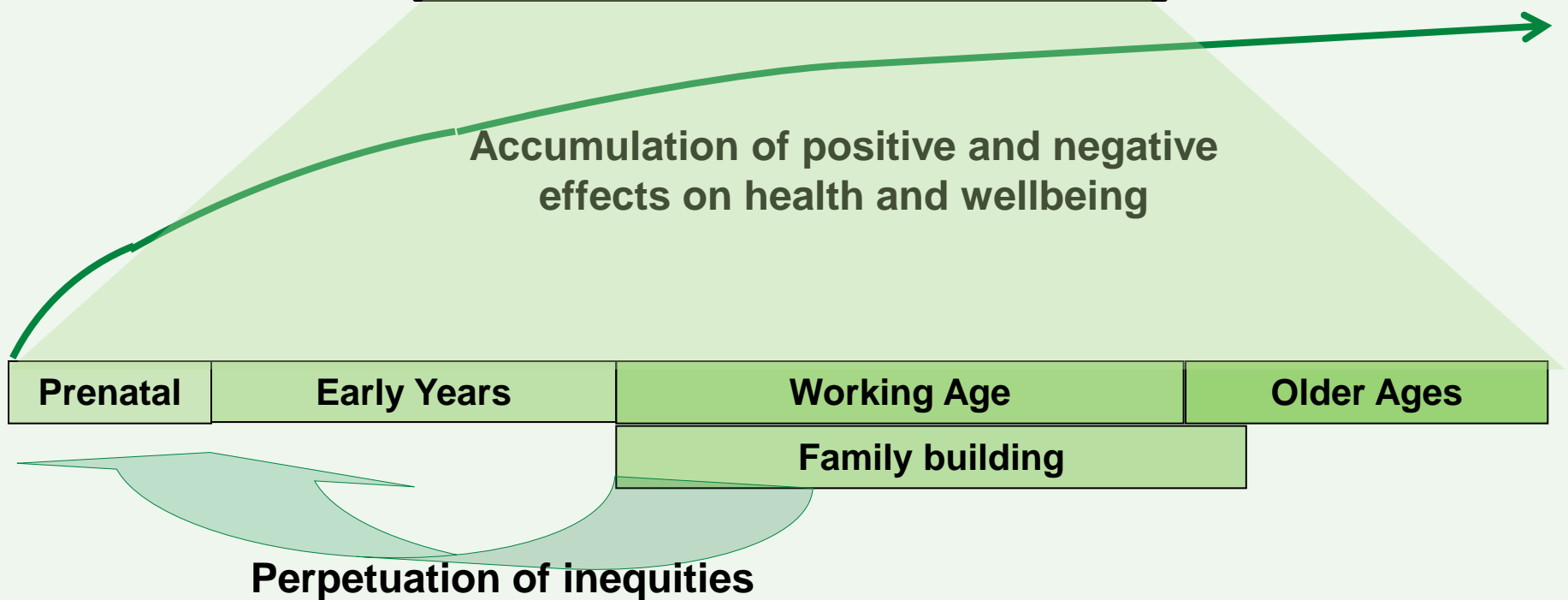
- Participation in, or exclusion from the labour market determines a range of life chances
- Wages and salaries provide the major component of the income of most people in employment
- Exposure to hazards at work, demanding or dangerous work, long or irregular hours, shift work, and prolonged sedentary work can all adversely affect health
- Psychological and socio-emotional demands and threats evolving from an adverse psychosocial work environment have become more widespread

Psychosocial environment of work

Stress arises from:

- Demand-control imbalance
- Effort-reward imbalance
- Organisational injustice
- Employment precariousness



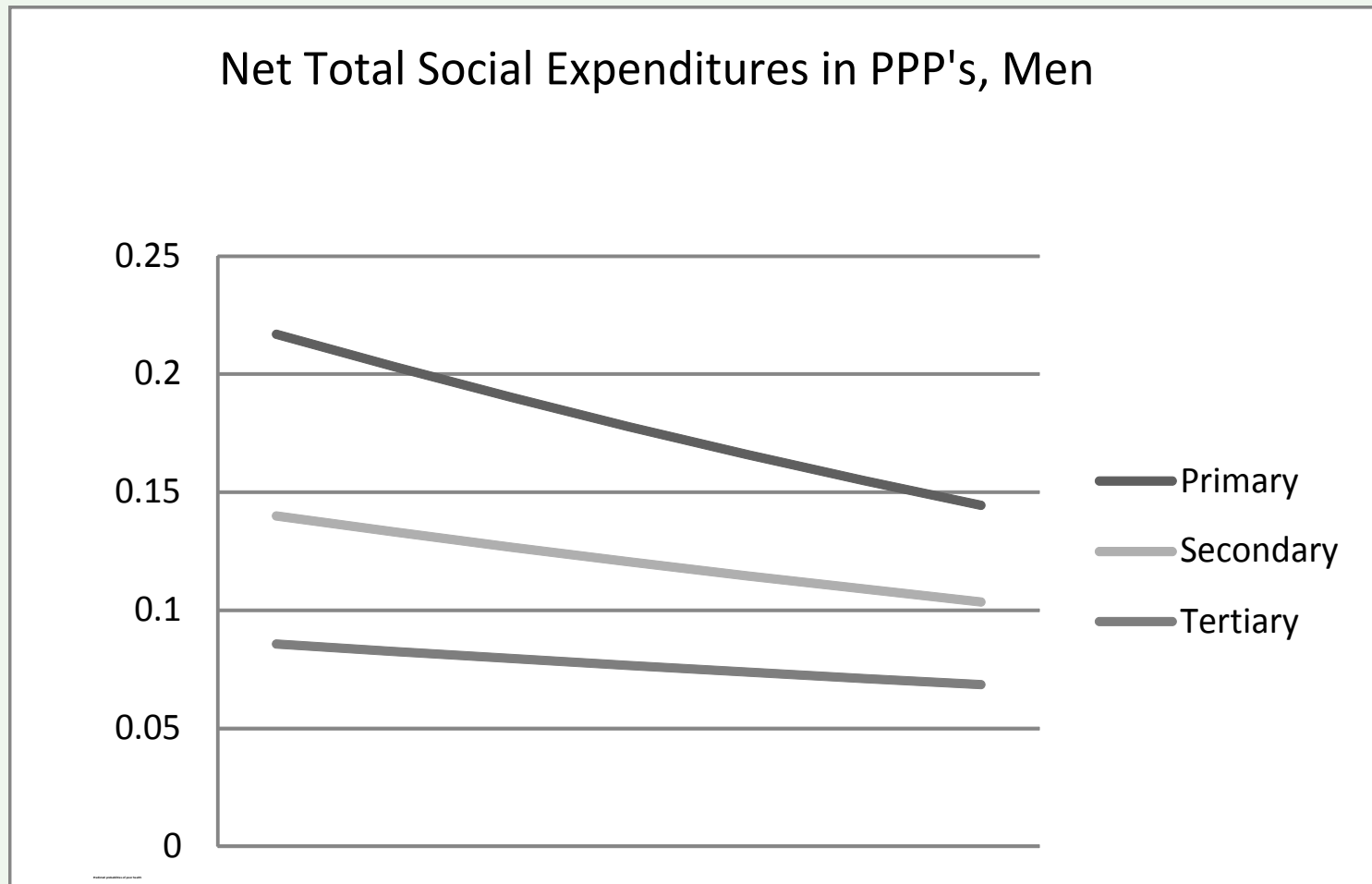


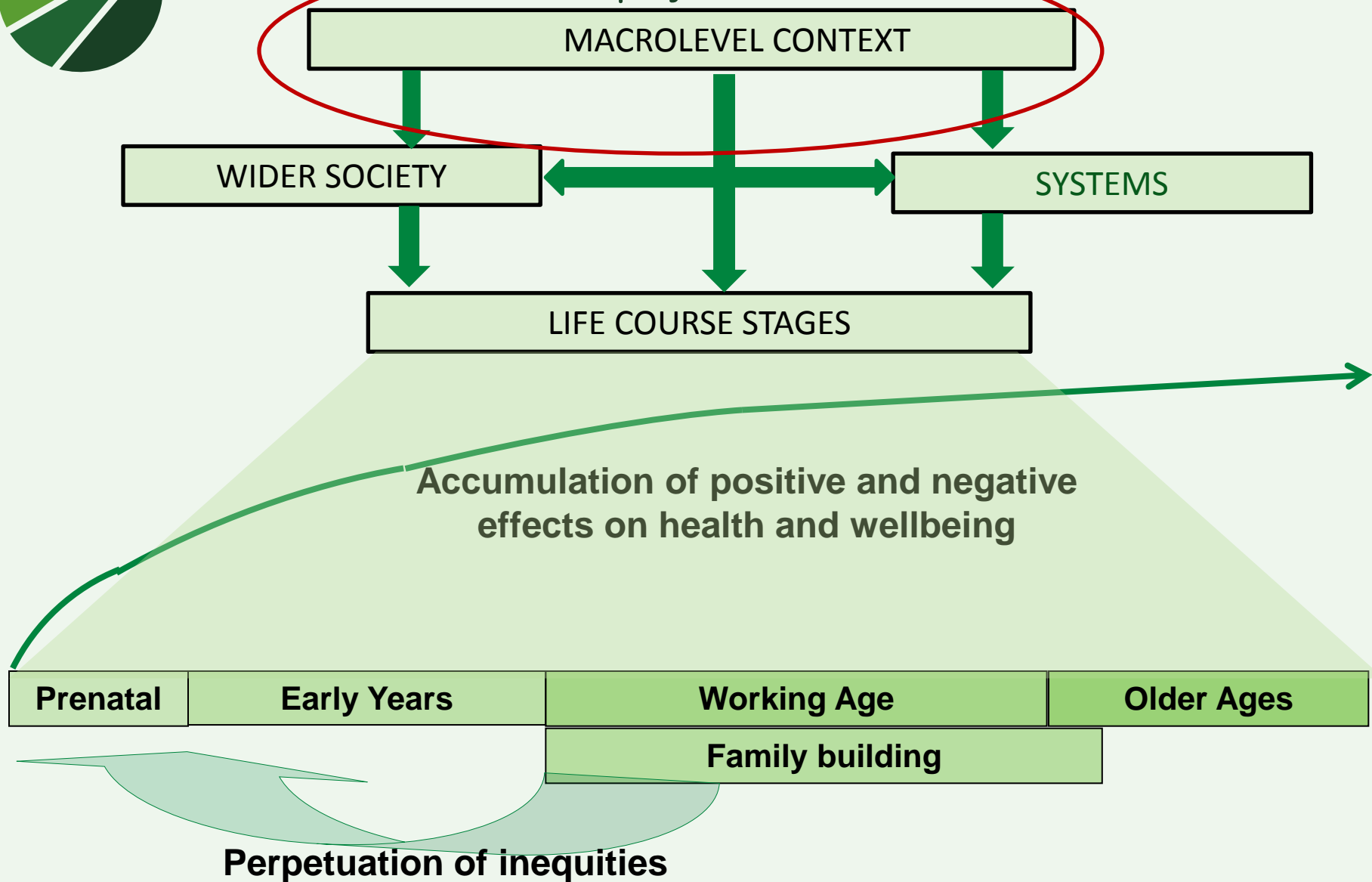
Wider Society

- Social exclusion – processes that create vulnerability
- Social protection across the life course
- Communities – cohesion, empowerment and resilience



Association between social expenditure and poor self reported health by educational group, males





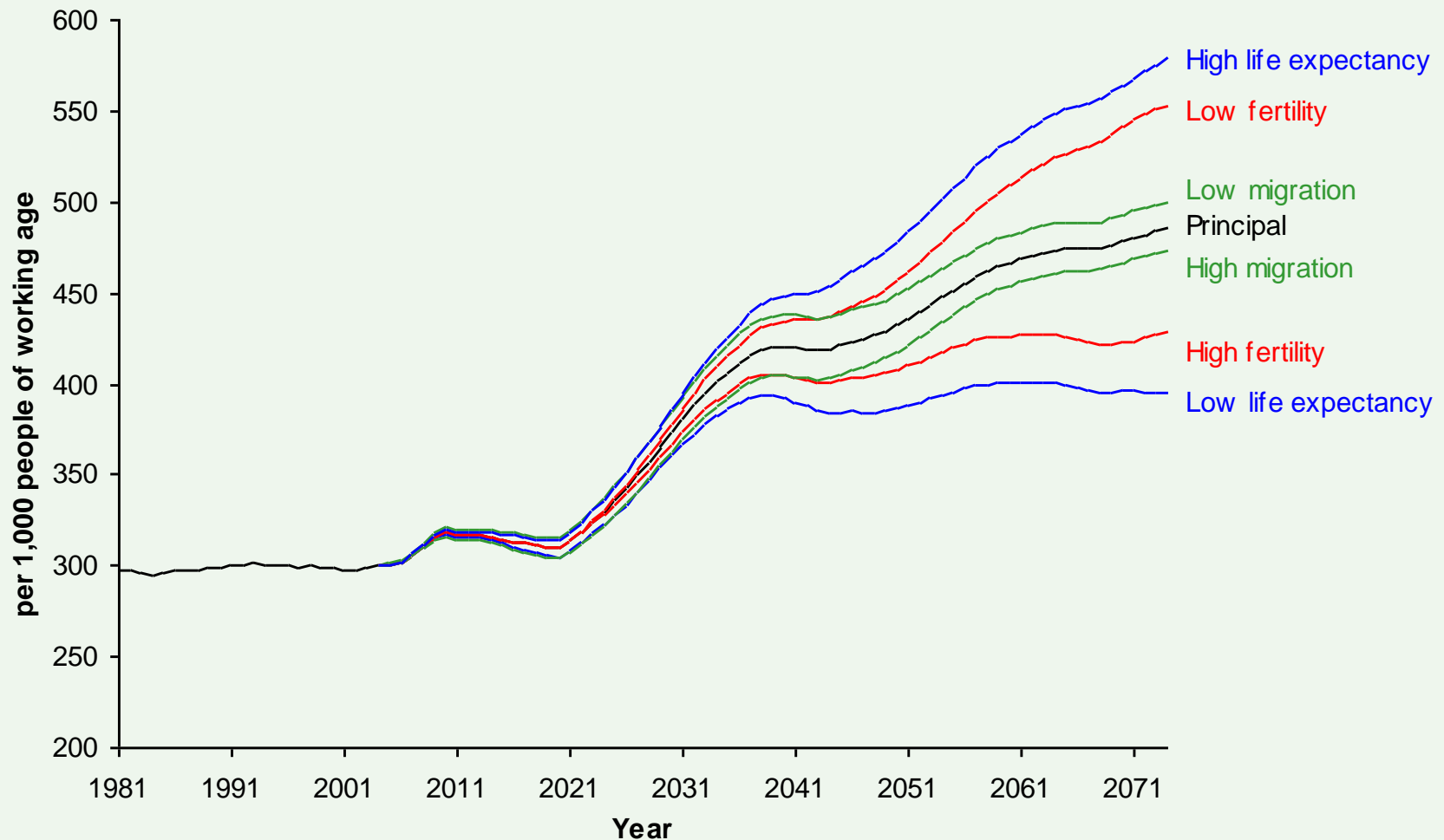
Macrolevel context:

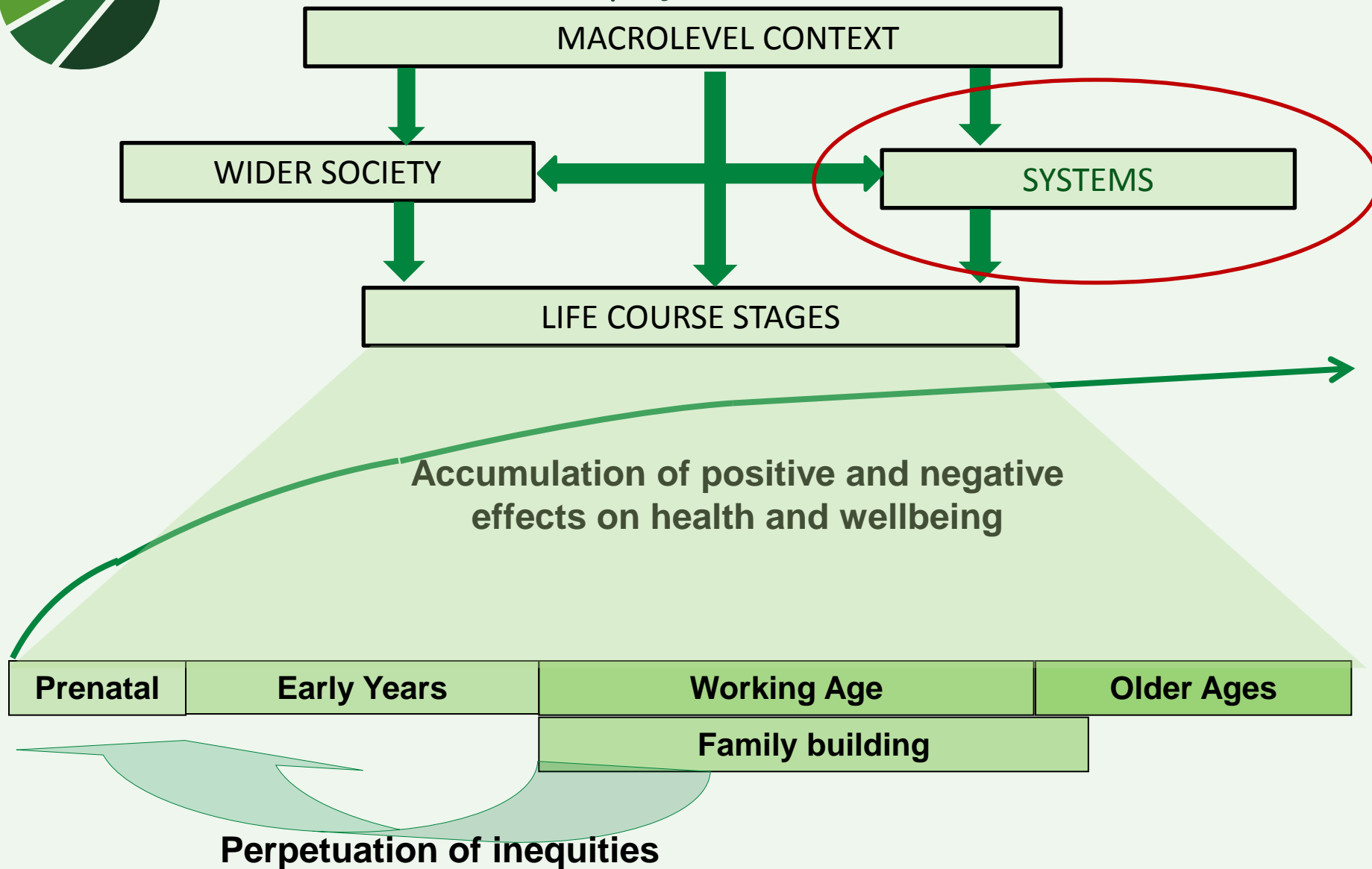
Economic Issues

Sustainability and environment



Elderly dependency ratio, United Kingdom, 1981-2074, under various projection assumptions





Systems:

Health system

Social services

Housing

etc....



Figure 2.15 Obesity prevalence at ages 16 and over by social class, (a) males and (b) females, 1997–2007

(a) Males

Percentage obese
(BMI > 30)

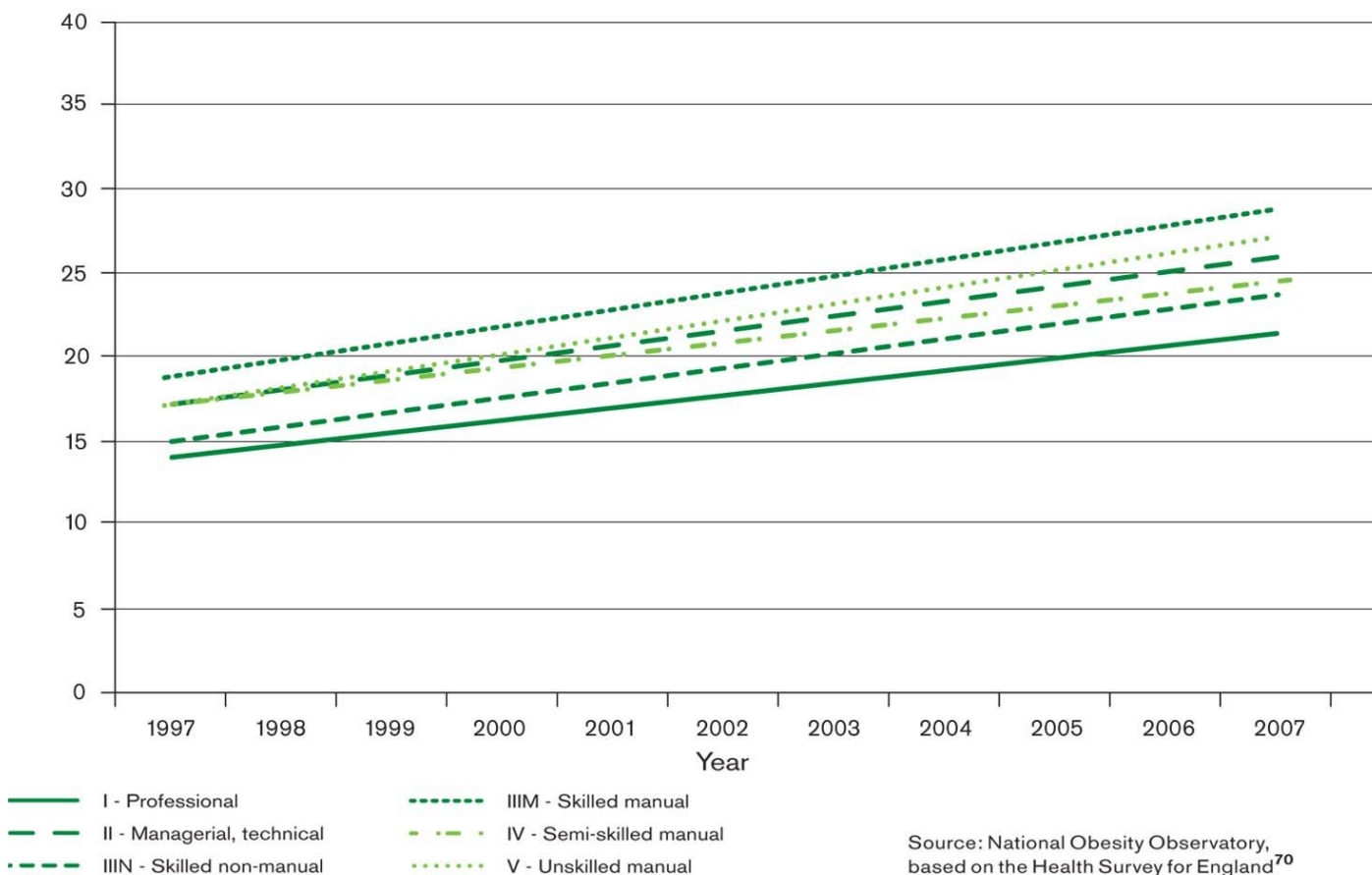
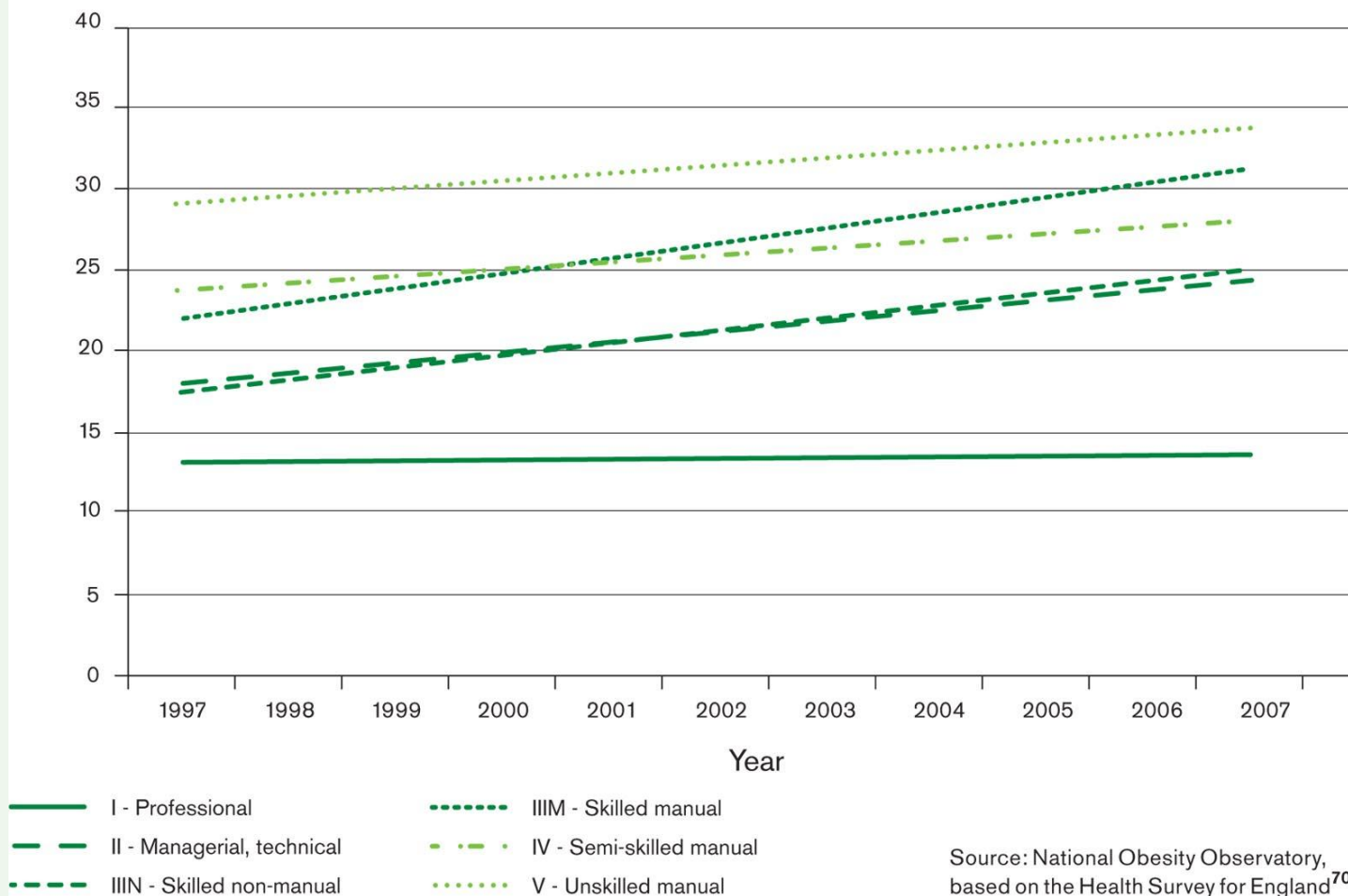




Figure 2.15 Obesity prevalence at ages 16 and over by social class, (a) males and (b) females, 1997–2007

(b) Females

Percentage obese
(BMI > 30)





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Socio-economic differences in mortality



Figure 2.1 Life expectancy at birth by social class, a) males and b) females, England and Wales, 1972–2005

a) Males

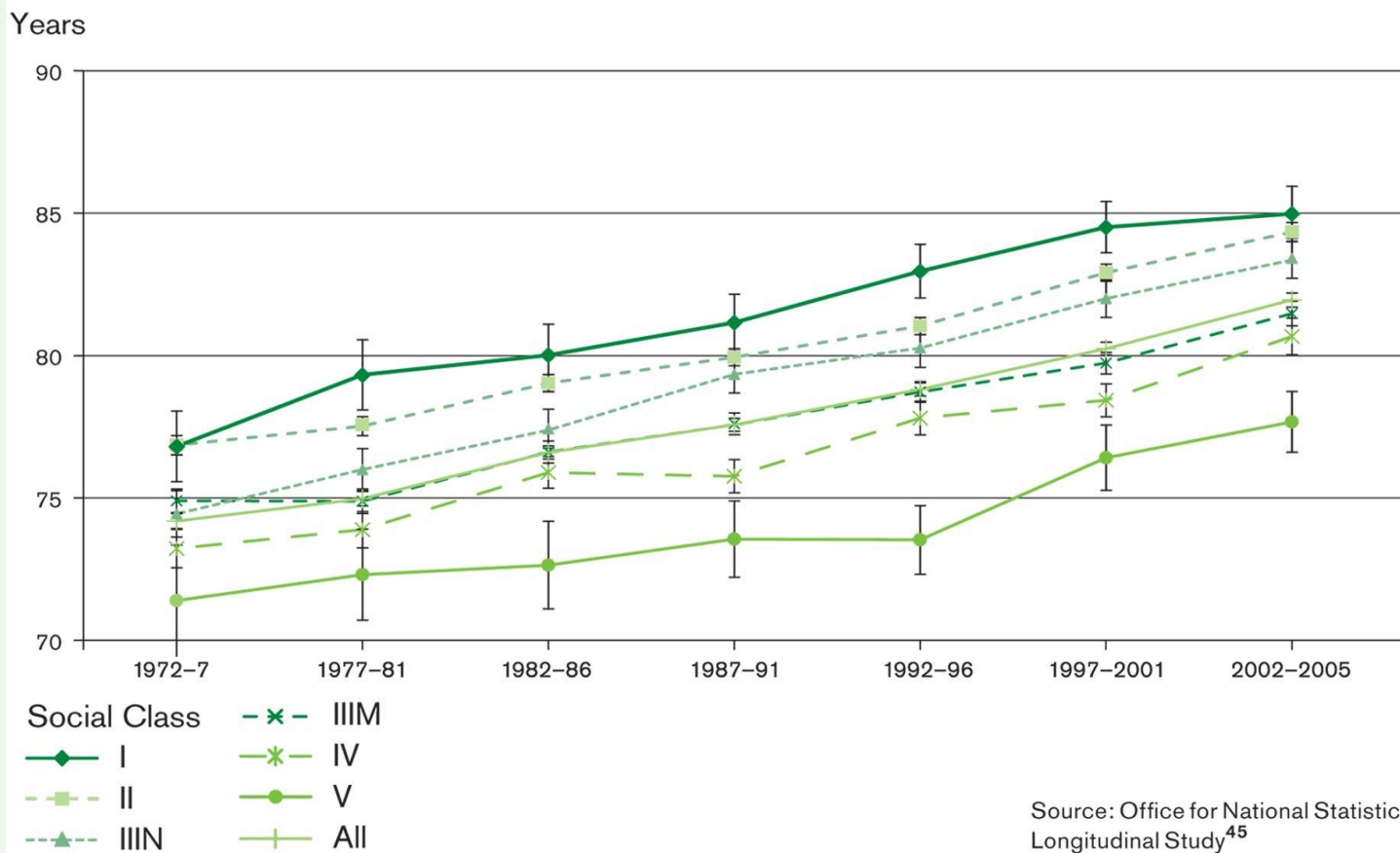




Figure 2.1 Life expectancy at birth by social class, a) males and b) females, England and Wales, 1972–2005

b) Females

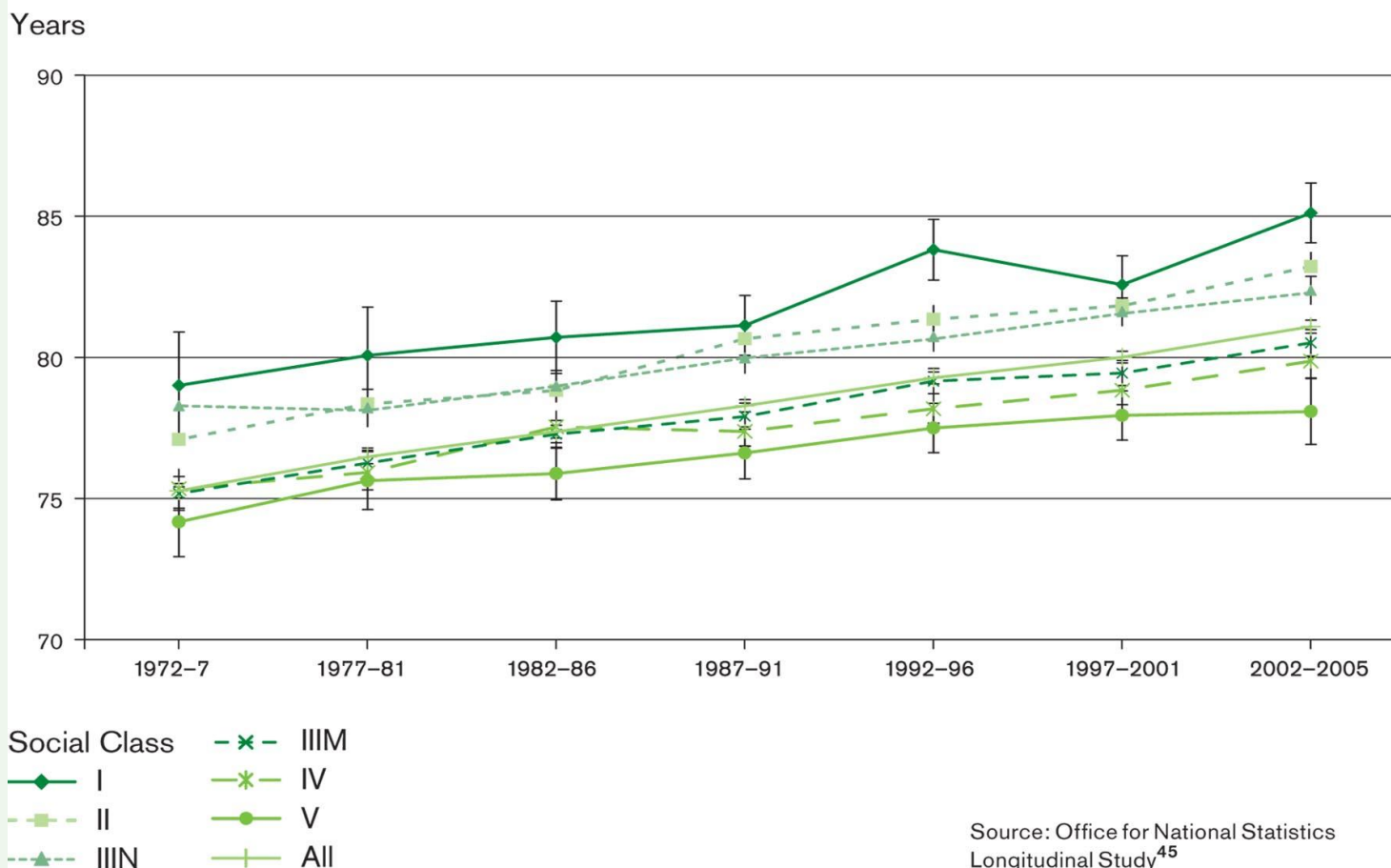
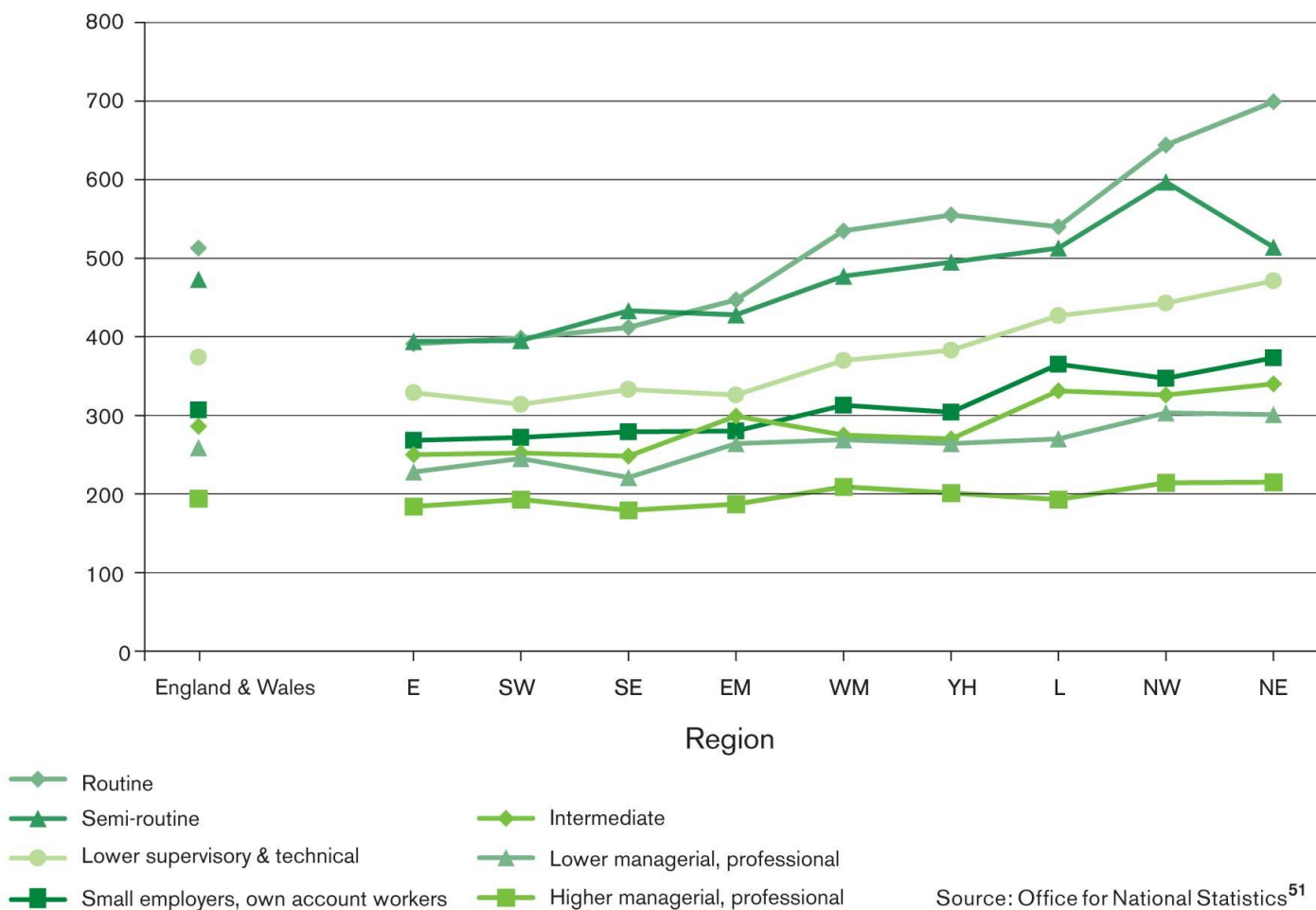




Figure 2.6 Age standardised mortality rates by socioeconomic classification (NS-SEC) and region, men aged 25–64, 2001–2003

Mortality rate per 100,000

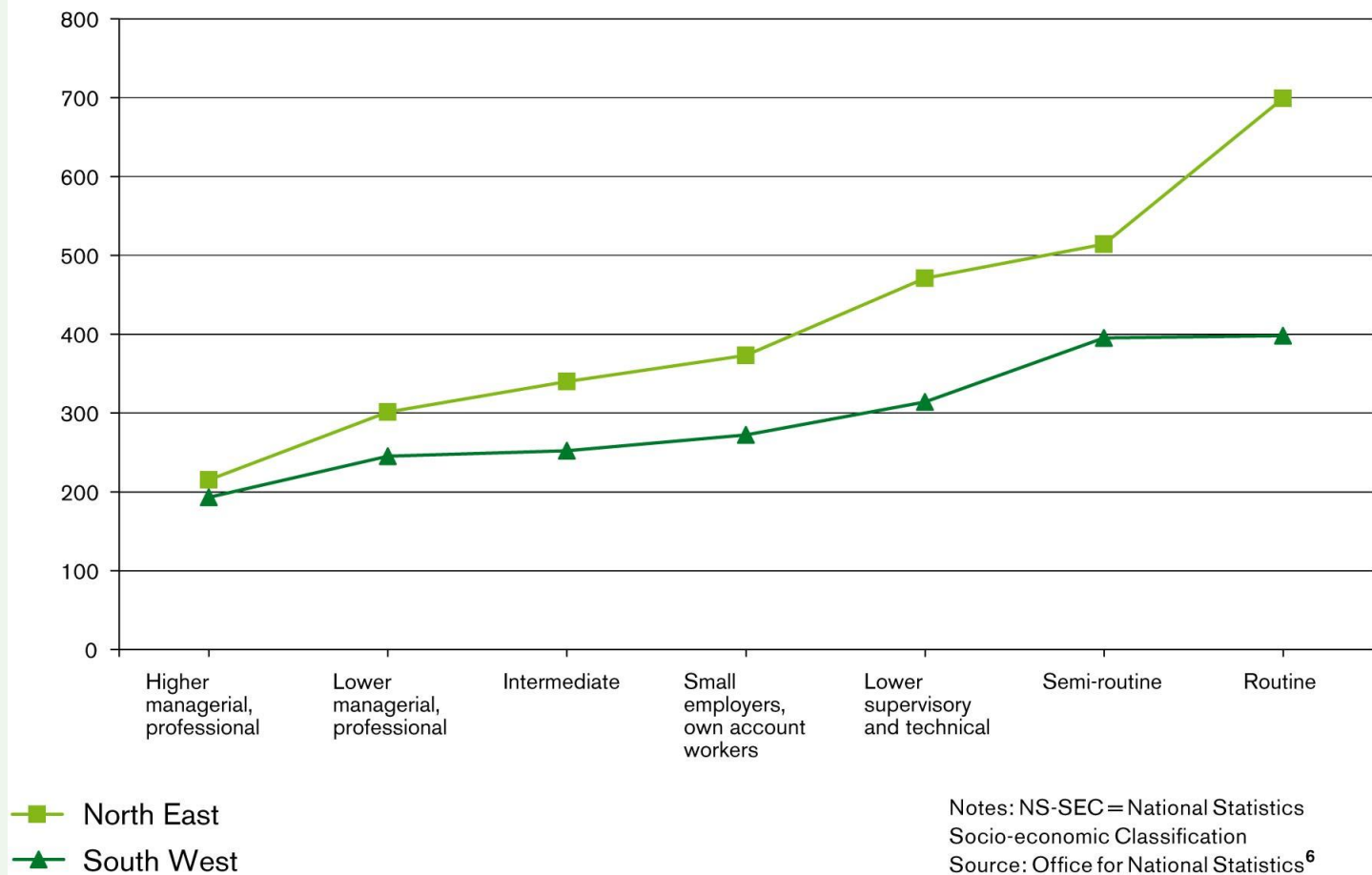


Source: Office for National Statistics⁵¹

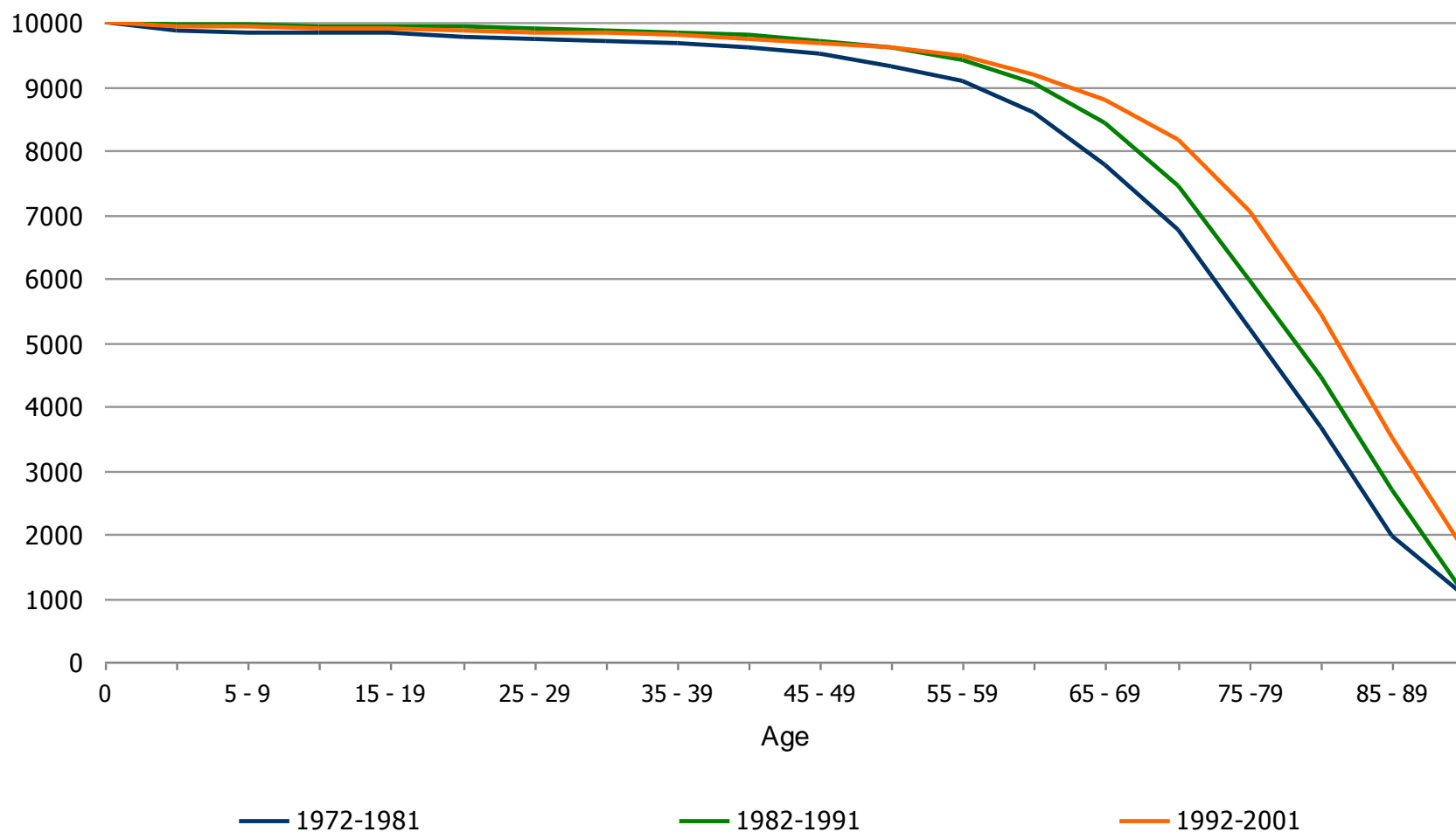


Figure 2 Age standardised mortality rates by socioeconomic classification (NS-SEC) in the North East and South West regions, men aged 25–64, 2001–2003

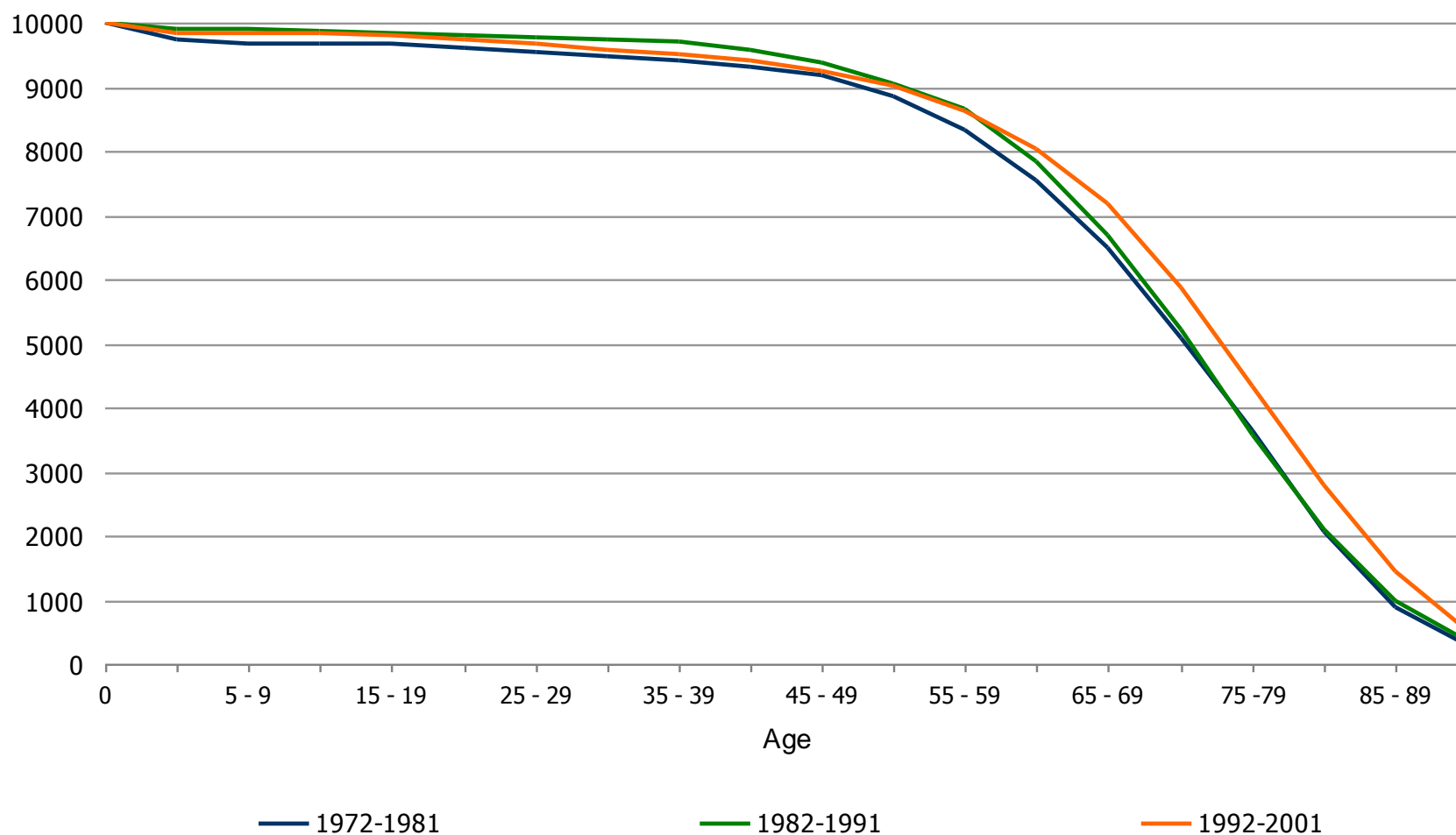
Mortality rate
per 100,000



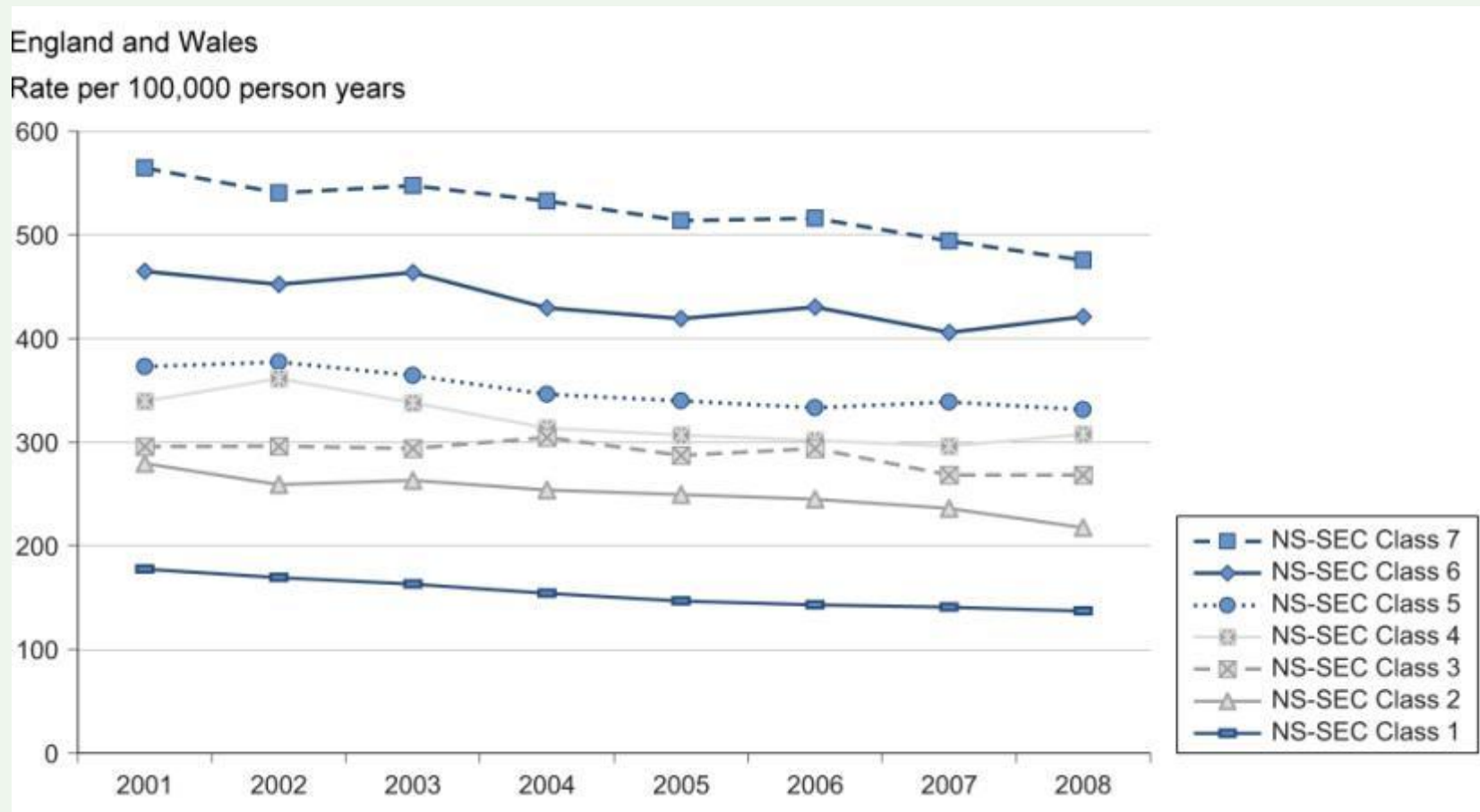
Life table survival from birth based on death rates from each decade, males social class I



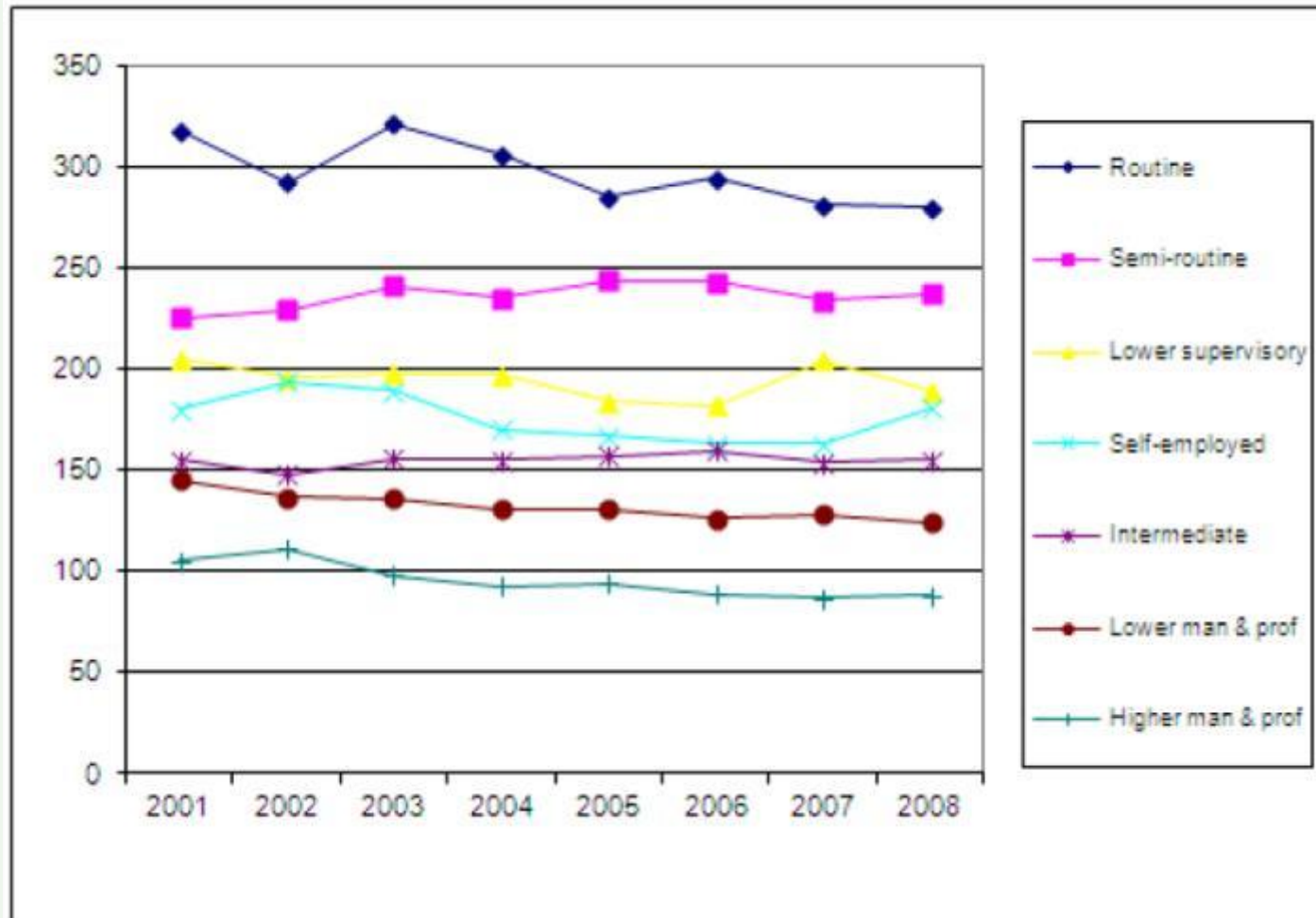
Life table survival from birth based on death rates from each decade, males social class V



Standardised death rates by NS SEC, males, England and Wales, 2001-8



Standardised death rates by NS SEC, females, England and Wales, 2001-8



Cause of death by NS SEC, males, England and Wales, 2001-3

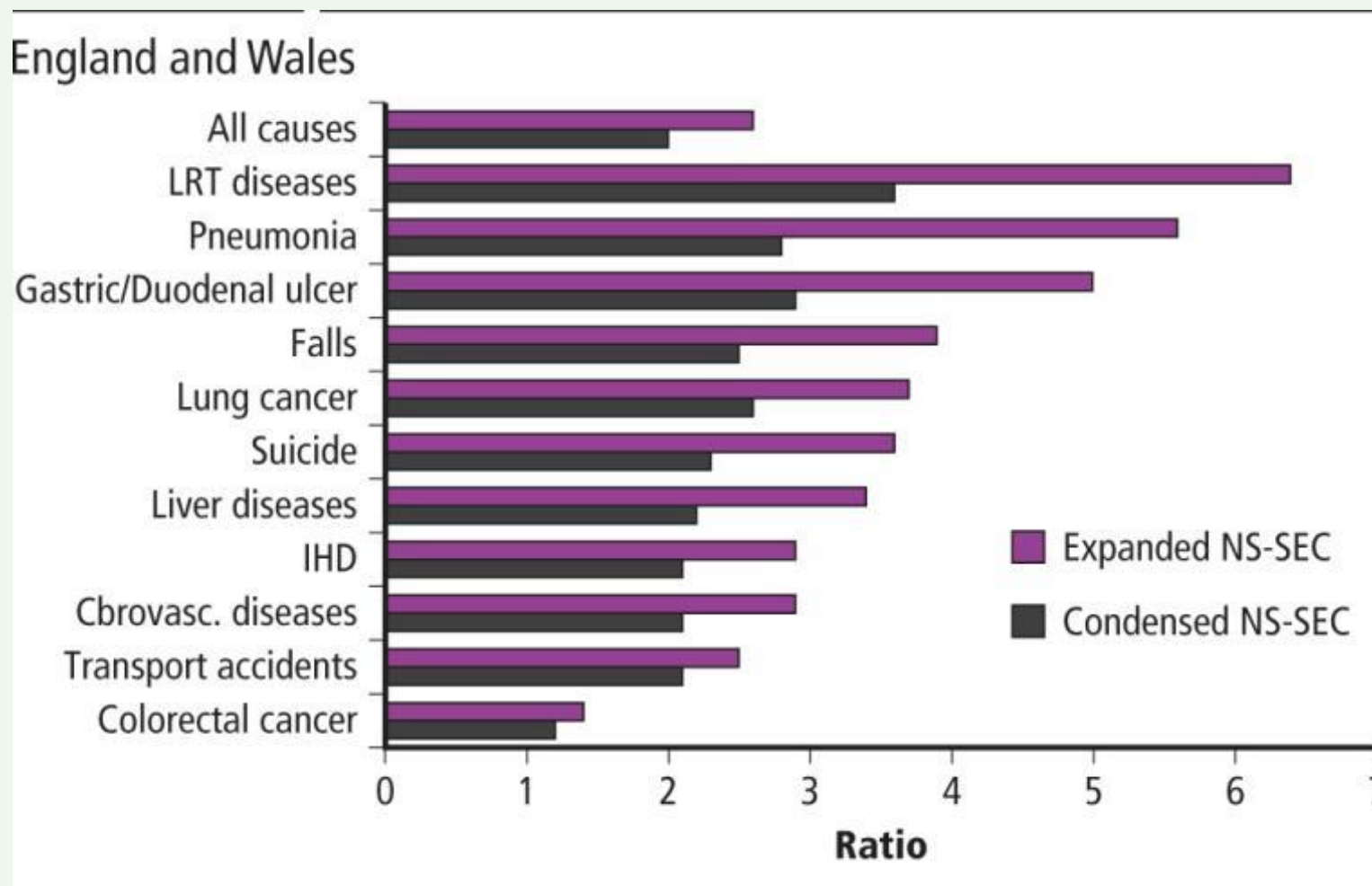
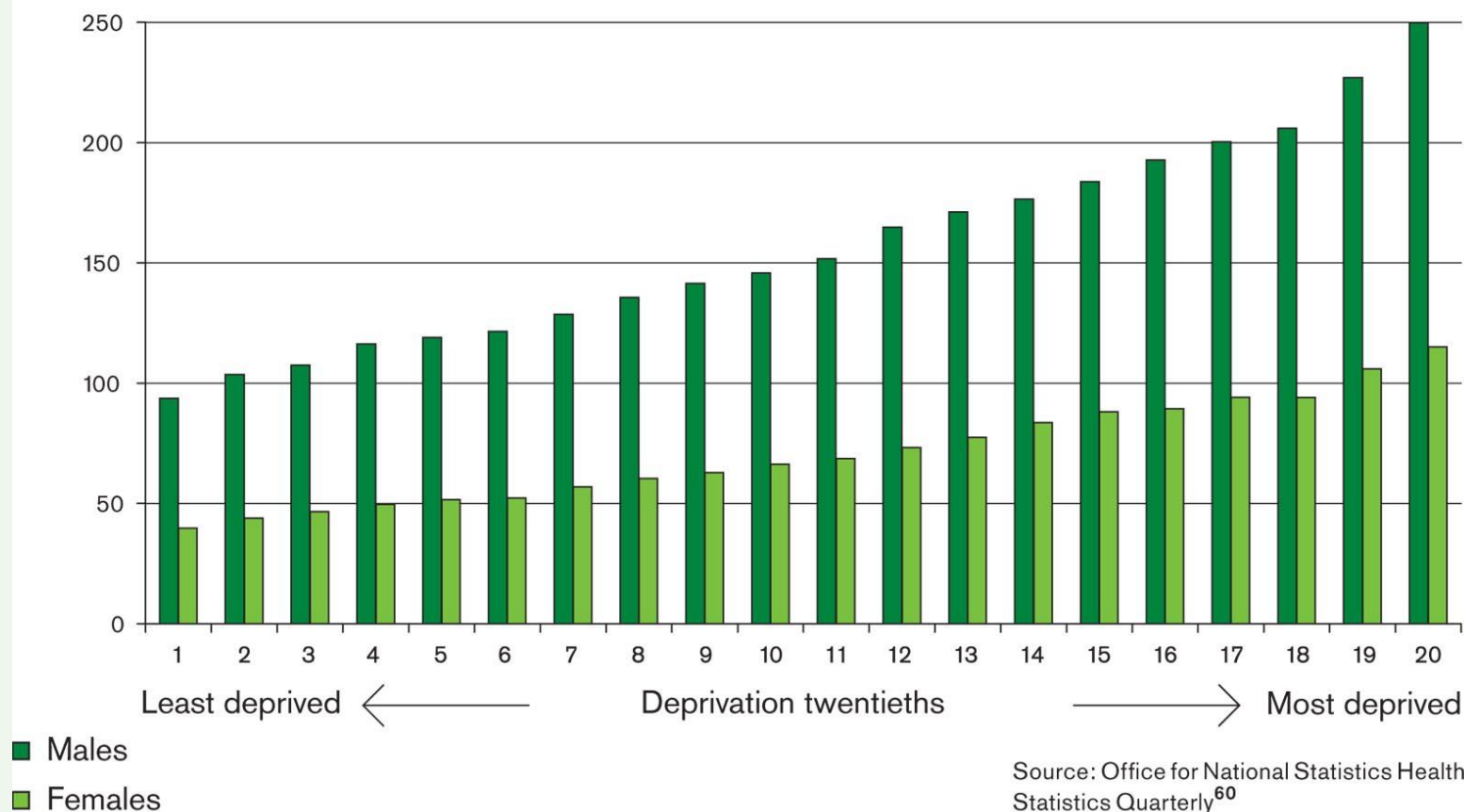




Figure 2.10 Age standardised (a) circulatory disease and (b) cancer death rates at ages under 75, by local ward deprivation level, 1999 and 2001–2003

(a) Circulatory disease

Rate per 100,000 population



Source: Office for National Statistics Health Statistics Quarterly⁶⁰



Figure 2.10 Age standardised (a) circulatory disease and (b) cancer death rates at ages under 75, by local ward deprivation level, 1999 and 2001–2003

(b) Cancer

Rate per 100,000
population

