Building a social movement to address health inequalities

Michael Marmot
Life expectancy at age 25 by education, men

Source: Health inequalities in the EU 2013
Life expectancy gap between high and low education, males

Source: Eurostat: EU EHIS
Life expectancy gap between high and low education, females

Source: Eurostat: EU EHIS
1. Stalling Life Expectancy


Source: ONS, National life tables, UK: 2015 to 2017
https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/lifeexpectancies/bulletins/nationallifetablesunitedkingdom/2015to2017
Change in life expectancy at birth in weeks, UK, 2014-16 - 2015-17

Source: ONS, National life tables, UK: 2015 to 2017
https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/lifeexpectancies/bulletins/nationallifetablesunitedkingdom/2015to2017
Life expectancy by deprivation decile, 2001-03 – 2014-16 – male

Life expectancy by deprivation decile, 2001-03 – 2014-16 – female

US Life expectancy declined 2 years in a row

Unintentional injuries include accidental drug overdose 63,600 deaths last year
US Life Expectancy – year of birth

MEN
Life expectancy at age 50

Richest 10%

Middle 50%

Poorest 10%

Year of birth

1920 1930 1940 1950

70 75 80 85 90
US Life Expectancy – year of birth

- **Women**
  - Life expectancy at age 50
  - Richest 10%
  - Middle 50%
  - Poorest 10%

Year of birth:
- 1920
- 1930
- 1940
- 1950

Life expectancy values:
- 90
- 85
- 80
- 75
- 70
Ten Tips For Better Health – Liam Donaldson, 1999

1. Don't smoke. If you can, stop. If you can't, cut down.
2. Follow a balanced diet with plenty of fruit and vegetables.
4. Manage stress by, for example, talking things through and making time to relax.
5. If you drink alcohol, do so in moderation.
6. Cover up in the sun, and protect children from sunburn.
7. Practice safer sex.
8. Take up cancer screening opportunities.
10. Learn the First Aid ABC: airways, breathing, circulation.
Alternative Ten Tips for Health
David Gordon, Bristol

1. Don't be poor. If you can, stop. If you can't, try not to be poor for long.
2. Don't live in a deprived area, if you do move.
3. Be able to afford to own a car
4. Don't work in a stressful, low paid manual job.
5. Don't live in damp, low quality housing or be homeless
6. Be able to afford to go on an annual holiday.
7. Don’t be a lone parent.
8. Claim all benefits to which you are entitled
9. Don't live next to a busy major road or near a polluting factory.
10. Use education to improve your socio-economic position
Fair Society, Healthy Lives: 6 Policy Objectives

A. Give every child the best start in life
B. Enable all children, young people and adults to maximise their capabilities and have control over their lives
C. Create fair employment and good work for all
D. Ensure healthy standard of living for all
E. Create and develop healthy and sustainable places and communities
F. Strengthen the role and impact of ill health prevention
Fair Society, Healthy Lives: 6 Policy Objectives

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Figure 1.1 An average of one in five children in rich countries lives in relative income poverty
Percentage of children aged 0–17 living in a household with income lower than 60 per cent of the median, 2014 and 2008

Country average 2014: 21.0%

UNICEF Report Card 14
Chart 4: Long-run impact of tax and benefit reforms introduced between May 2015 and April 2019 by income decile and household type (including universal credit) [Download the data in Excel]
Differences in PISA scores by attending preschool for 1+ years

Before accounting for socioeconomic background
After accounting for socioeconomic background

OECD PISA 2009 database
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Children overweight at ages 4 to 7 by mother’s educational attainment level, various years, by sex

Source: Ruiz et al (2016)
Car use in European cities 2015

Source: Quality of Life Survey, Eurobarometer 419
Note: Respondents could select up to two modes. Therefore, results may add up to more than 100%
Cycling in European Cities 2015

Source: Quality of Life Survey, Eurobarometer 419
Note: Respondents could select up to two modes. Therefore results may add up to more than 100%

Use of green space

- 17.1% using green space (2013/14), 15.3% (2012/13).
- 11.8% in London to almost double that in the South West (22.2%).

Percentage of people utilising outdoor space for health/exercise, 2013-14, by local area IMD
Dietary fruit & veg and red & processed meat by household income among adults (age ≥19 years) UK

Mean intake (g/d) of fruit and veg by income group

Mean intake (g/d) of red and processed meat

Percent of adults consuming fruit and vegetables daily in the Czech Republic, by sex, 2014

**Males**

<table>
<thead>
<tr>
<th>Educational level</th>
<th>Percent of Adults consuming Fruit</th>
<th>Percent of Adults consuming Vegetables</th>
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<td>Lower</td>
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**Females**

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Source: Eurostat: EU EHIS
Percent of adults consuming fruit and vegetables daily in Greece, by sex, 2014

Males

Females

Source: Eurostat: EU EHIS
Median % of disposable income used up if Eatwell guide was spent

<table>
<thead>
<tr>
<th>Income Decile</th>
<th>England</th>
<th>Scotland</th>
<th>Wales</th>
<th>NI</th>
<th>All households</th>
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Affordability of the UK’s Eatwell Guide, Scott, Sutherland & Taylor, 2018
Tax havens increase inequality

• 50% of wealth in tax havens belongs to top 0.01% of people in advanced economies

• That wealth is equivalent to 5% global GDP

• Tax avoidance on massive scale

• Added to that is avoidance of tax by multinationals

Zucman, G. Guardian 8 Nov 2017
Multinationals’ tax avoidance

• €600bn a year shifted to world’s tax havens
• €350bn into European tax havens – mainly profits from EU countries. Taxed at 0 to 5%
• Deprives the EU of a fifth of corporate tax revenue: €60bn a year
• For the UK €12.7bn a year
• Cf £350m a week is £18.2bn a year

Zucman, G. Guardian 8 Nov 2017
Why treat people and send them back to the conditions that made them sick?