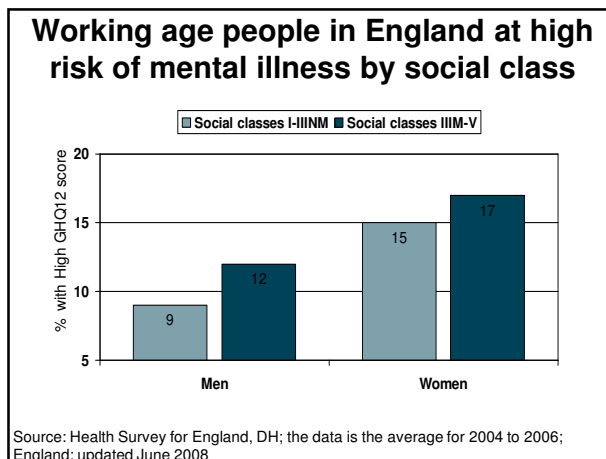


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Better mental health through action on the social determinants of health

Michael Marmot & Ruth Bell
November 2010

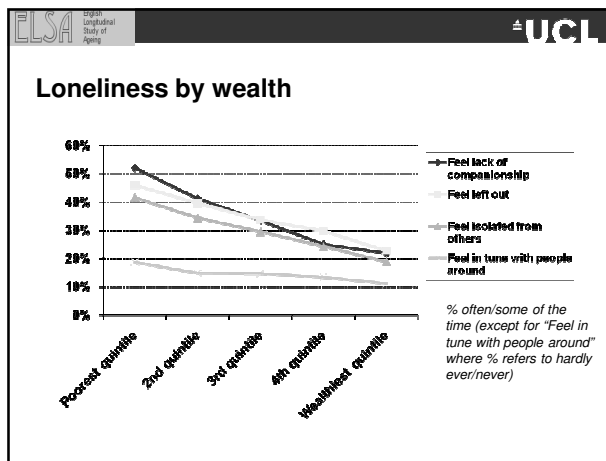
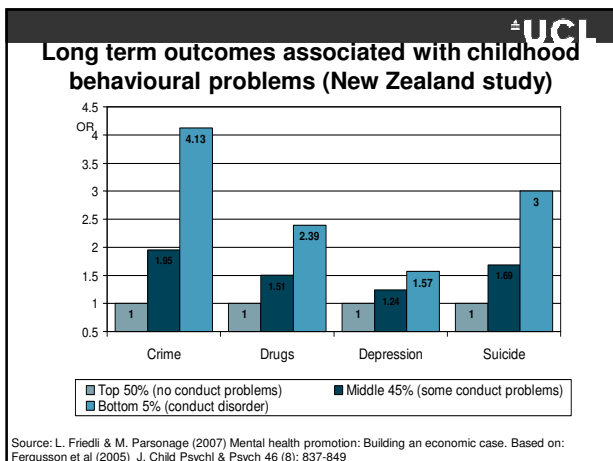
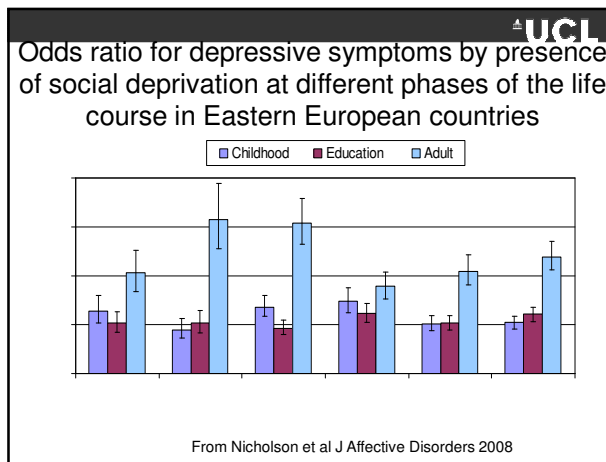


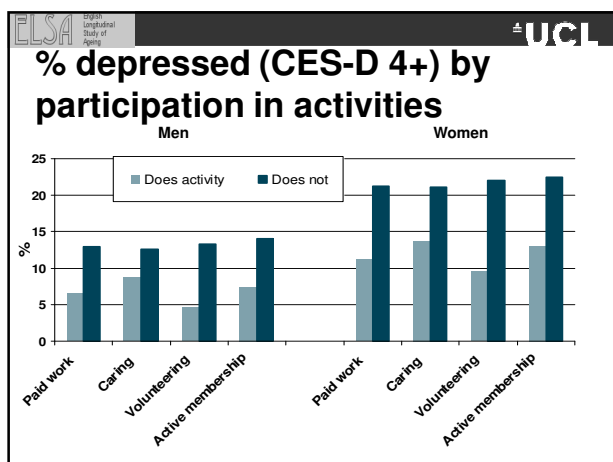
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Risk factors for depression

Risk Factor	Level of evidence
Low socioeconomic position	Very convincing
Low education	Very convincing
Unemployment and under employment	Very convincing
Food insecurity and early nutrition deficiency	Strong
Gender inequity	Strong
Low income	Strong

WHO CSDH PPHC KN 2007





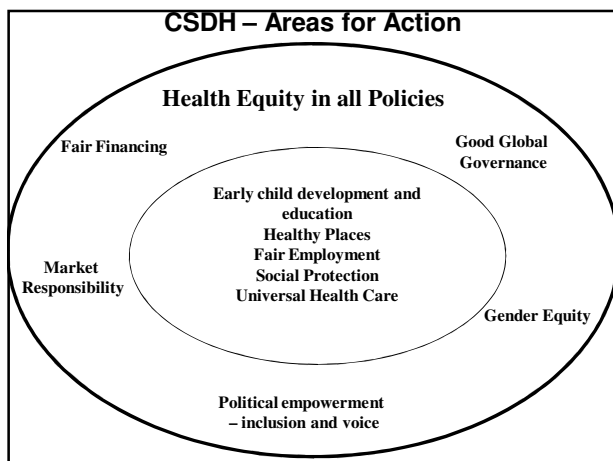
Social justice

Material, psychosocial, political empowerment

Creating the conditions for people to have control of their lives

The CSDH – closing the gap in a generation
2005-2008

The Marmot Review – Fair Society Healthy Lives
2009/10



• Every sector is a health sector
– Health and well being as outcomes

“The report of the Commission on Social Determinants of Health, issued in September 2008, challenged conventional public health thinking on several fronts...
As the report argued, improving the health of populations, in genuine and lasting ways, ultimately depends on understanding the causes of these inequities and addressing them.”

Dr Margaret Chan Director-General, WHO in 'Equity, social determinants and public health programmes' WHO, 2010

United Nations, ECOSOC meeting July 2009

• “...Yet, inequities in health outcomes persist within and among countries. Most of the difference is attributable to the conditions in which people are born, grow, live, work and age.”

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- “I have asked Professor Sir Michael Marmot, drawing on the excellent evidence of the WHO’s social determinants of health commission, to lead a review, based on the best global evidence on how we can do more to tackle health inequality in this country.”

Alan Johnson, Secretary of State, DH,
6th Nov 2008
Closing the Gap Conference, London

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“Our task is to improve the health of the public and improve the health of the poorest fastest. The extent of inequalities and their persistent tendency to widen is a scar on society.”

Andrew Lansley, Health Secretary
28th October 2010, BMA Breakfast Debate

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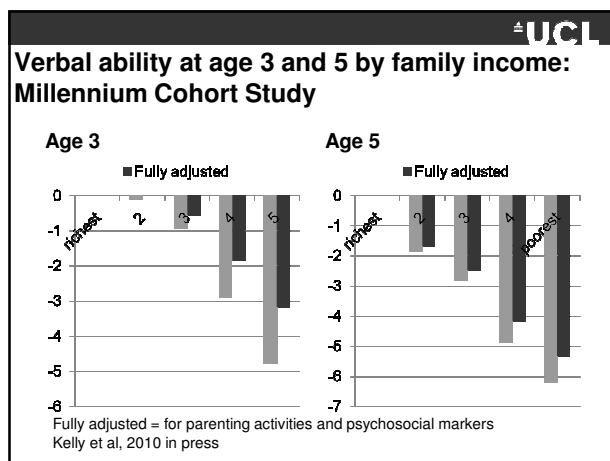
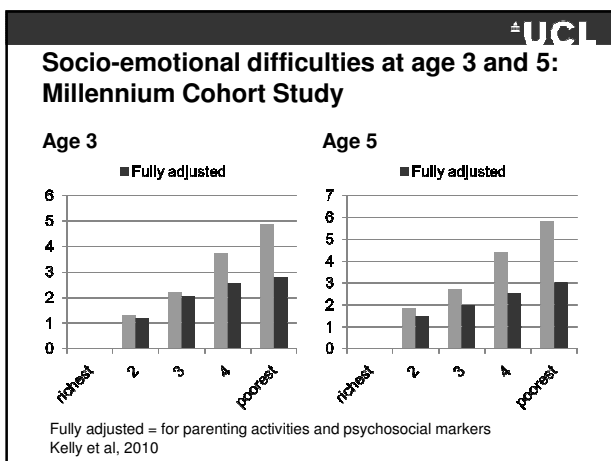
Marmot Review: 6 Policy Objectives

- Give every child the best start in life
- Enable all children, young people and adults to maximise their capabilities and have control over their lives
- Create fair employment and good work for all
- Ensure healthy standard of living for all
- Create and develop healthy and sustainable places and communities
- Strengthen the role and impact of ill health prevention

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Marmot Review: 6 Policy Objectives

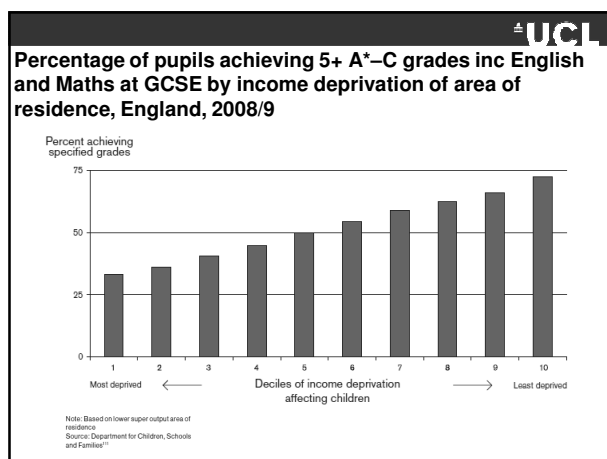
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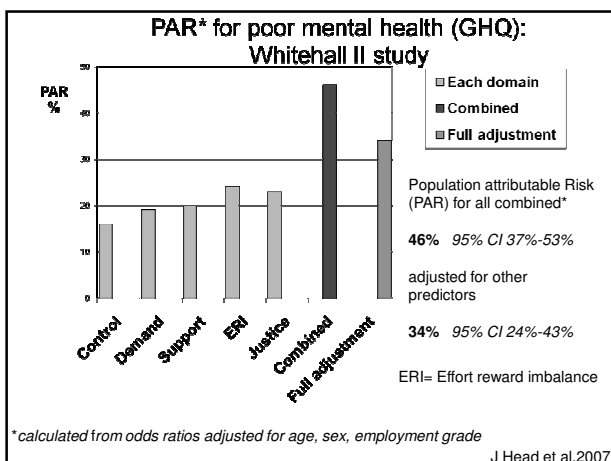
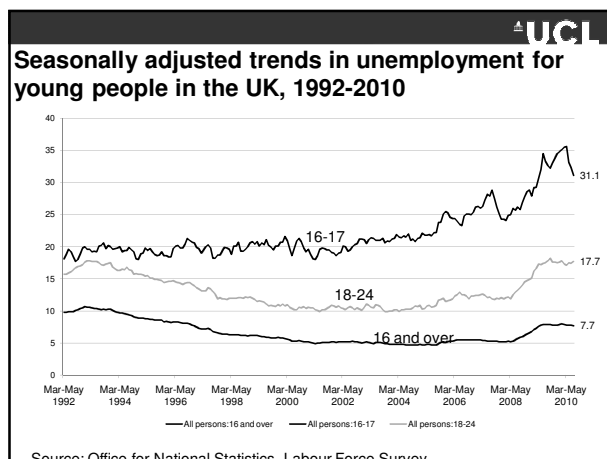
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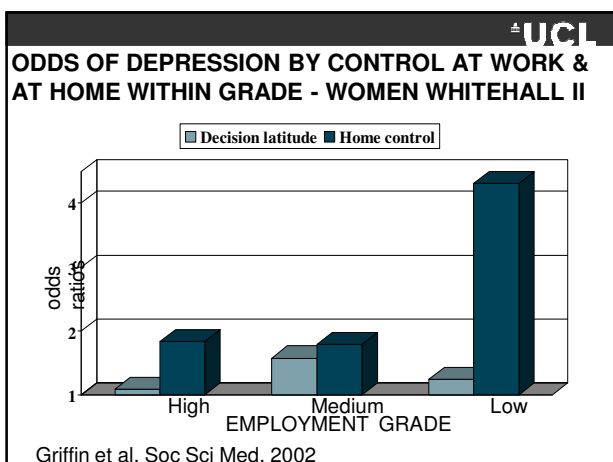
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Gender Equity

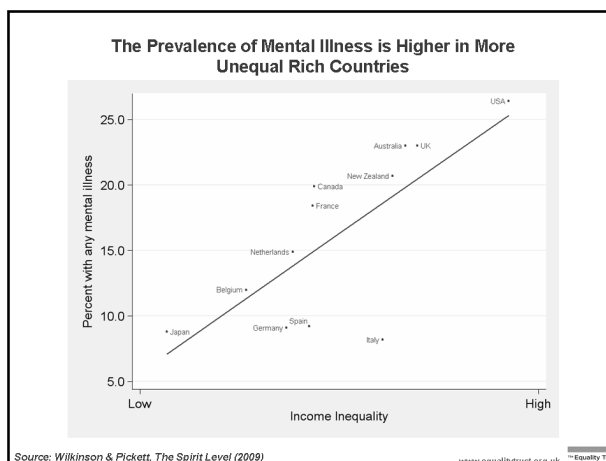
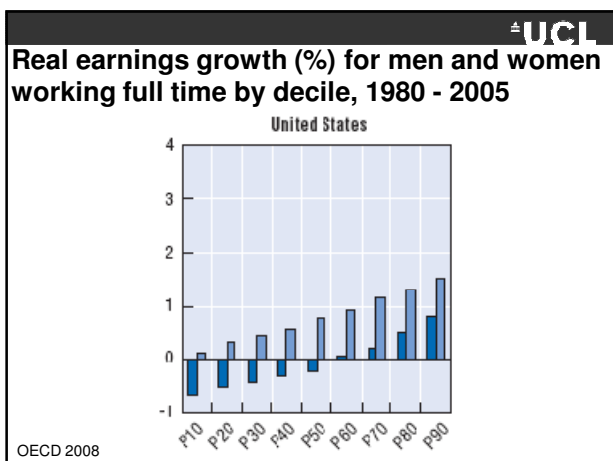
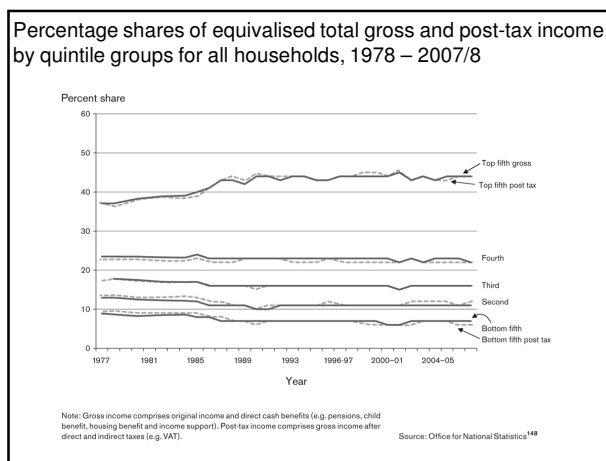
- Higher risk of depression in women
 - Multiple responsibilities with no financial gain
 - Caring responsibilities
 - Lack of support
 - Gender based violence
 - Access to health care
 - Poor physical health
 - Level of education
 - Autonomy in decision making
 - Migration

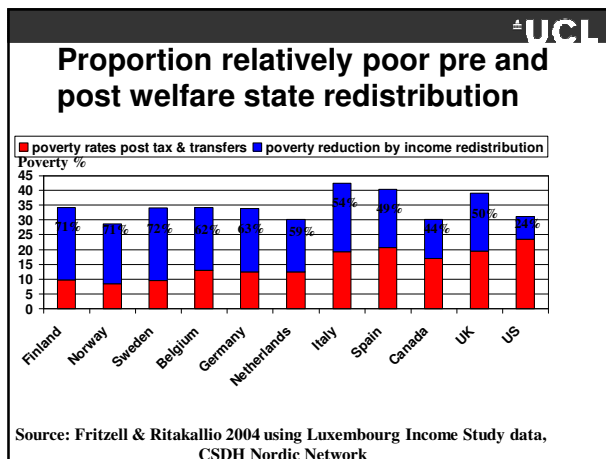
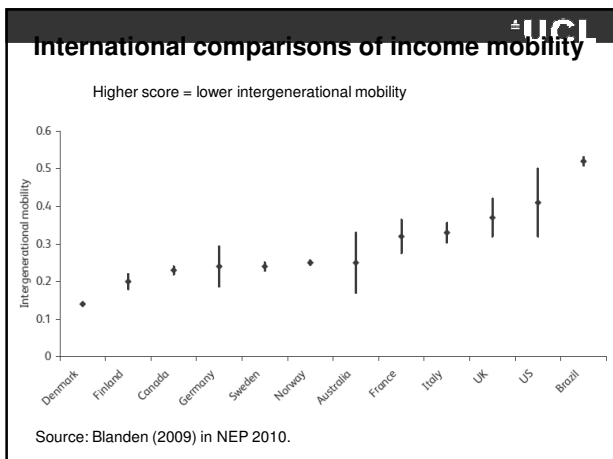


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Context matters

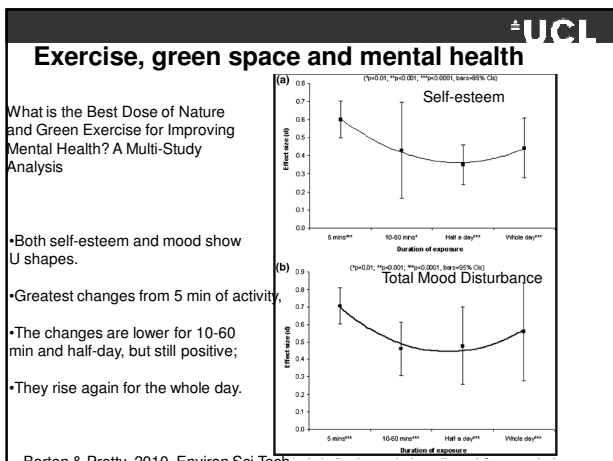
- Deprivation
- Social inequality



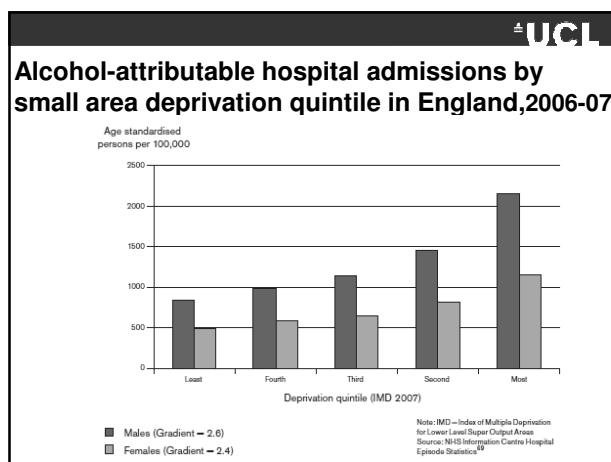
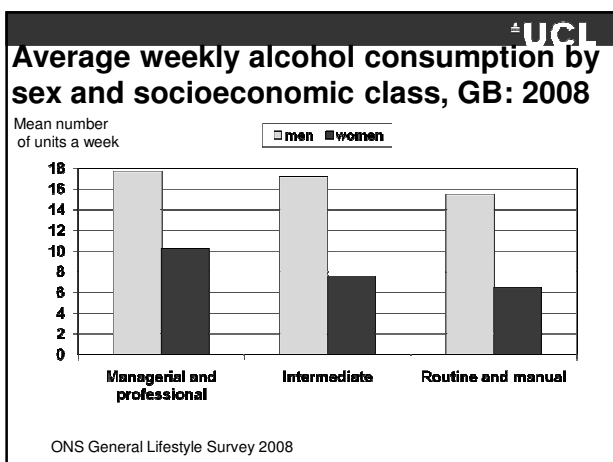


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- Urban design
 - good urban design can encourage social cohesion
 - exercise - benefits for mental health
 - green spaces

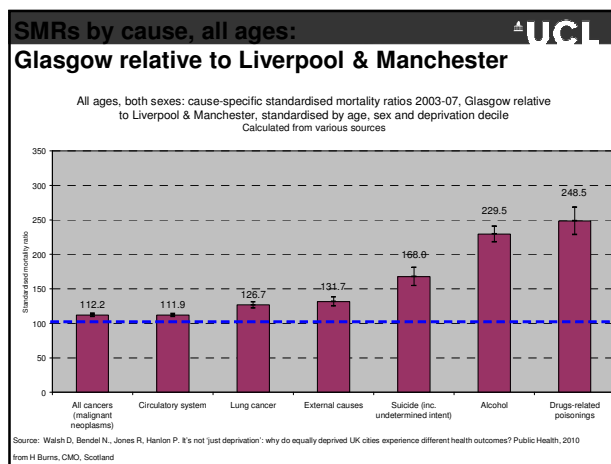


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• Health inequalities are not inevitable or immutable

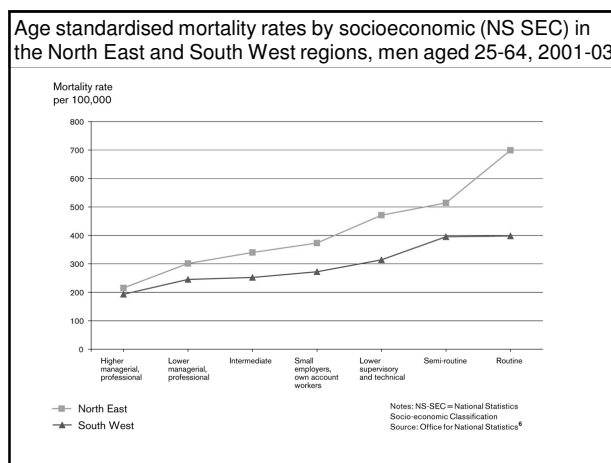
Strategic Review of Health Inequalities in England post-2010



Health improvement in difficult times

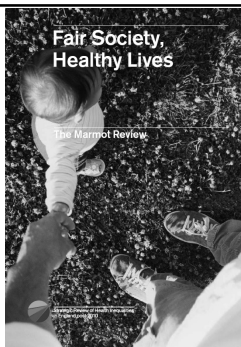
- A major element of the excess risk of premature death seen in Scotland is psychosocially determined
- Study evidence of low sense of control, self efficacy and self esteem in population in these areas

H. Burns, CMO Scotland



A Fair Society

Conditions in which individuals and communities have control over their lives



www.marmot-review.org.uk

