

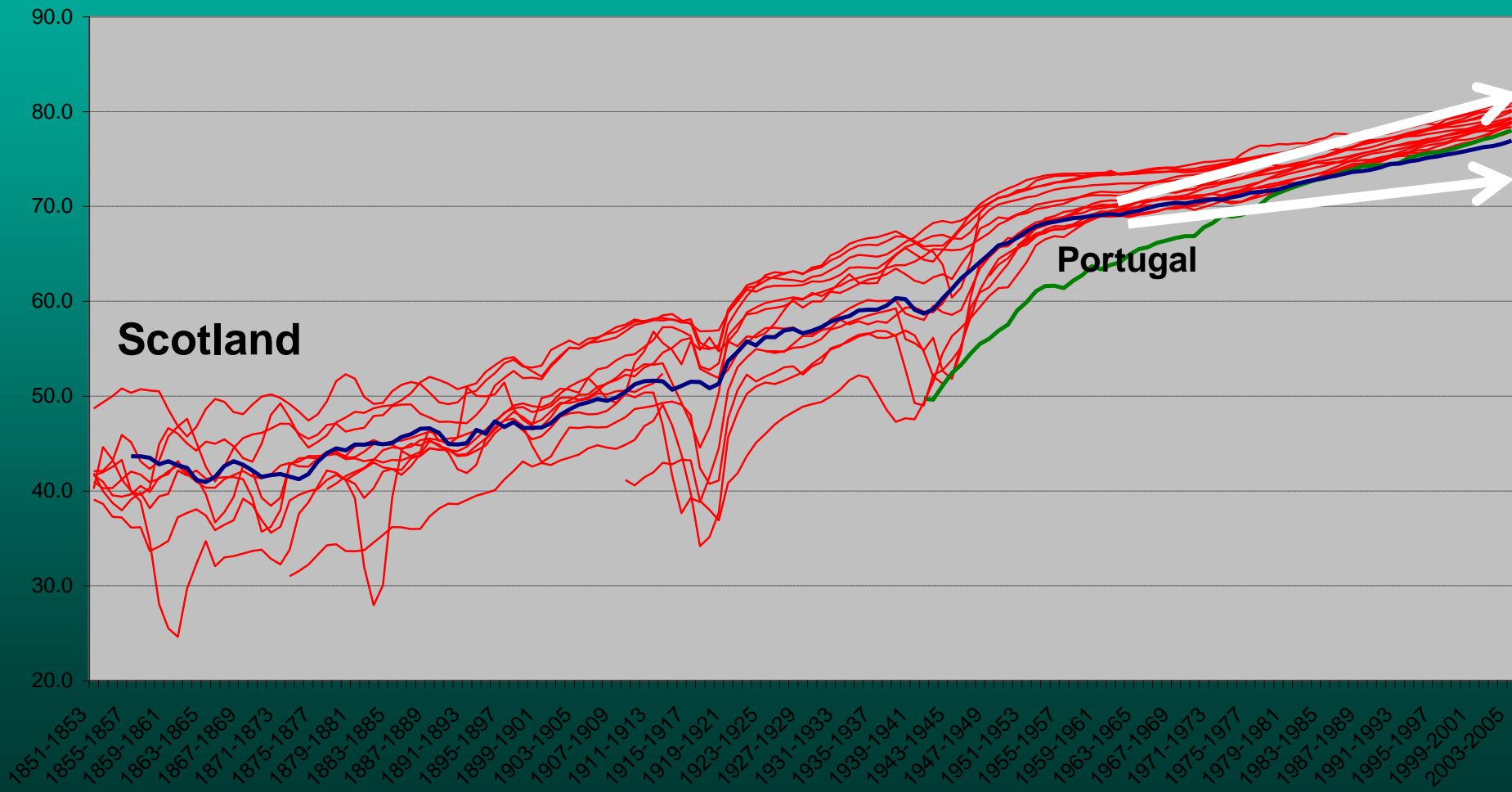
Social circumstances and health



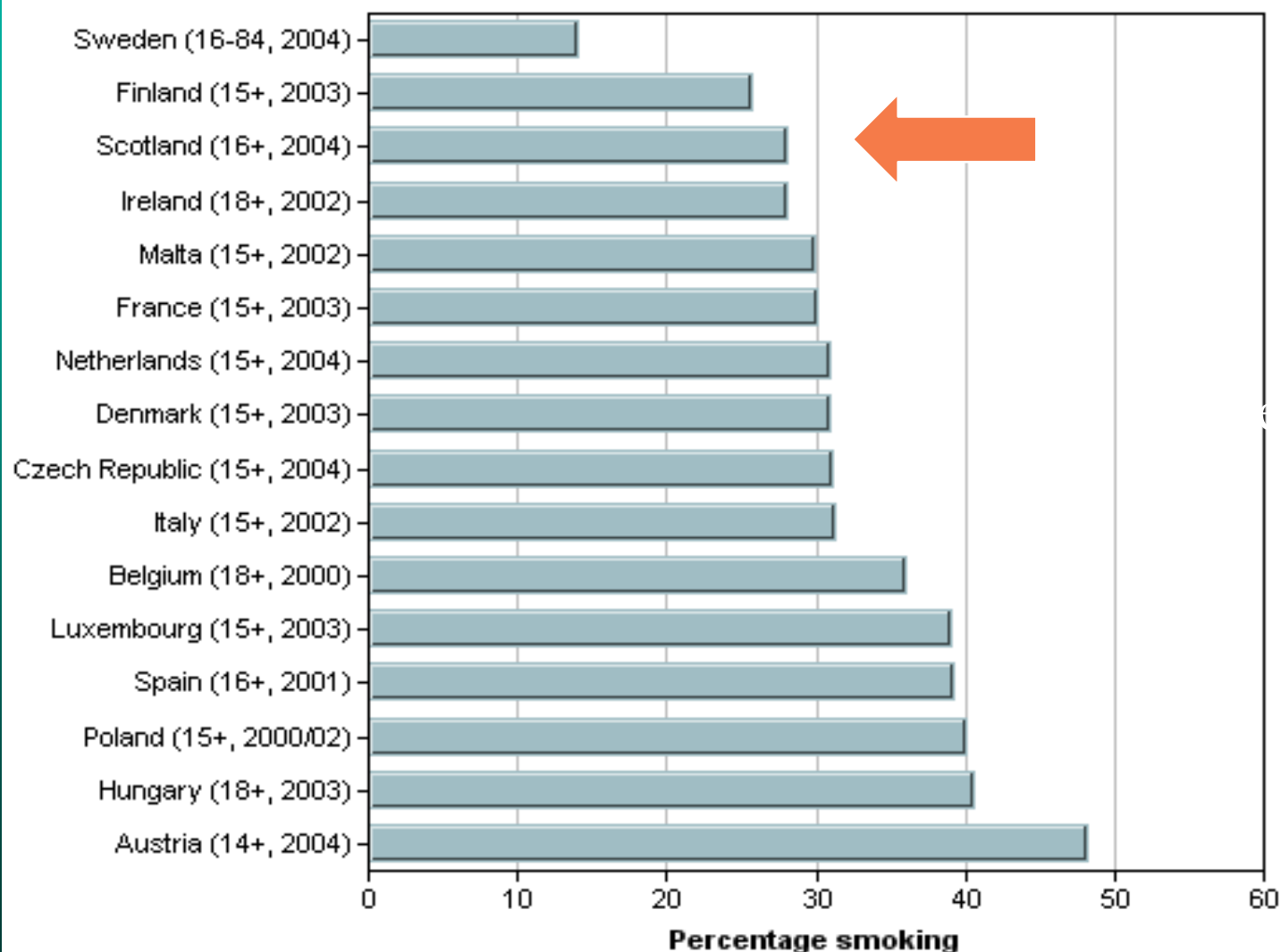
Life expectancy trends

Life expectancy: Scotland & other Western European Countries, 1851-2005

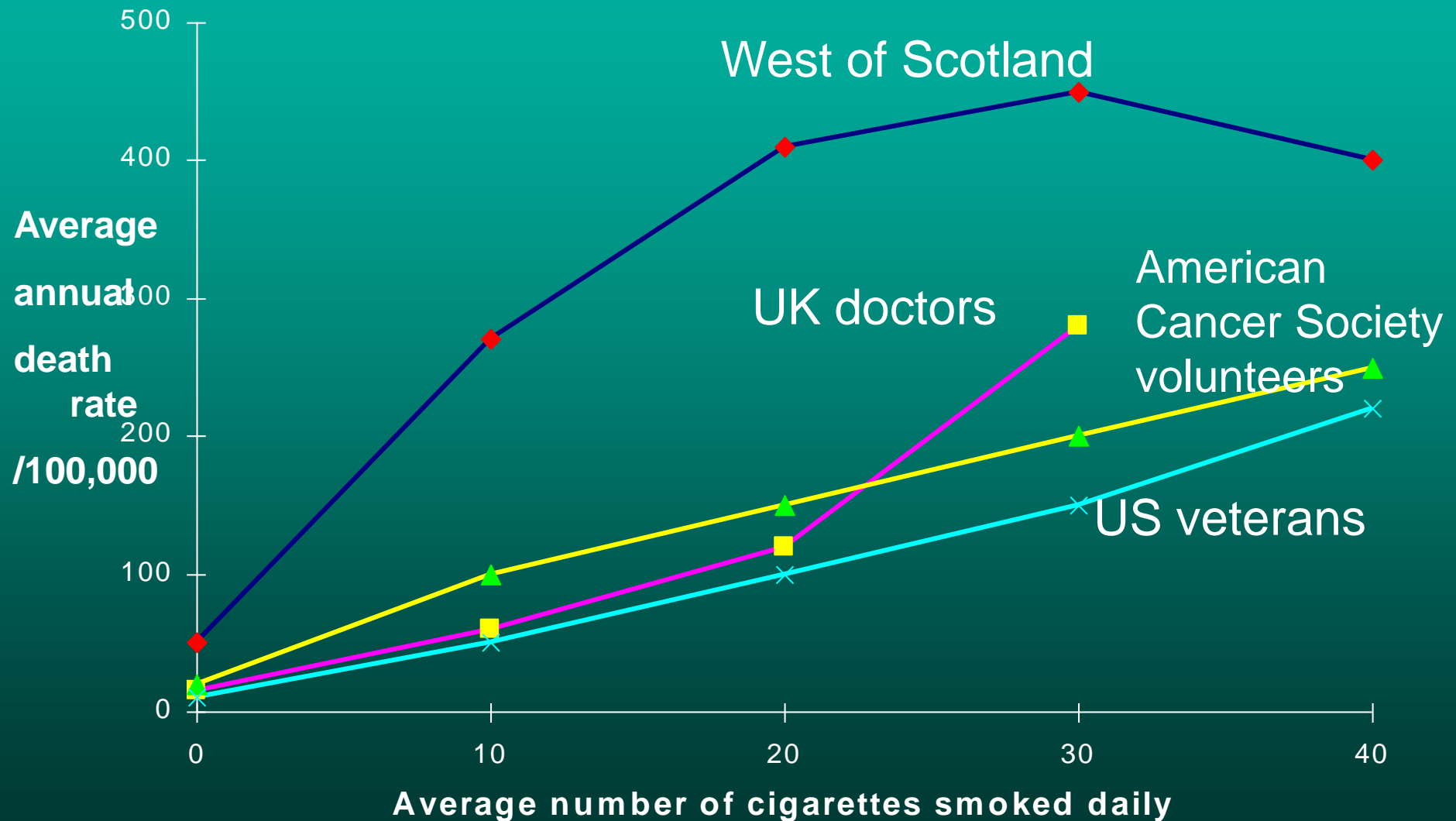
Source: Human Mortality Database



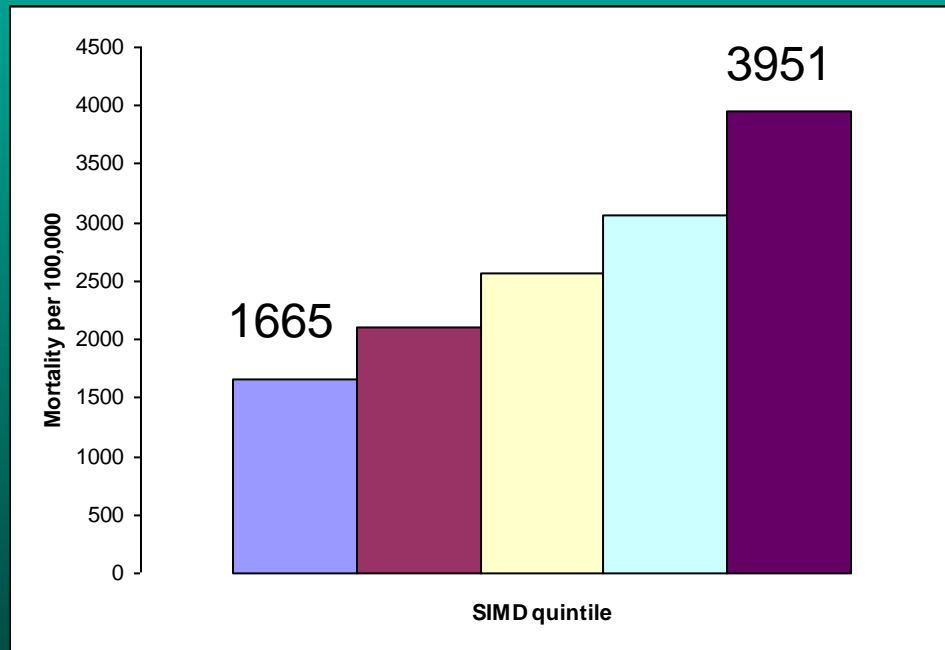
Smoking prevalence - Males



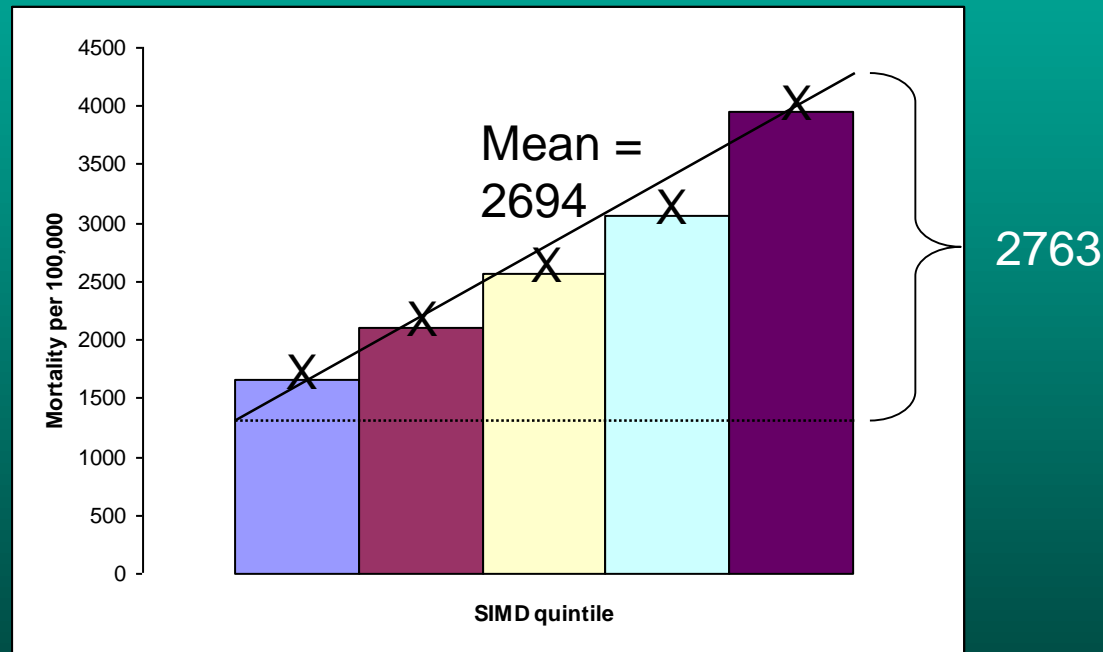
Comparison of lung cancer mortality in West of Scotland and 3 major cohorts



All cause mortality, men 65-69

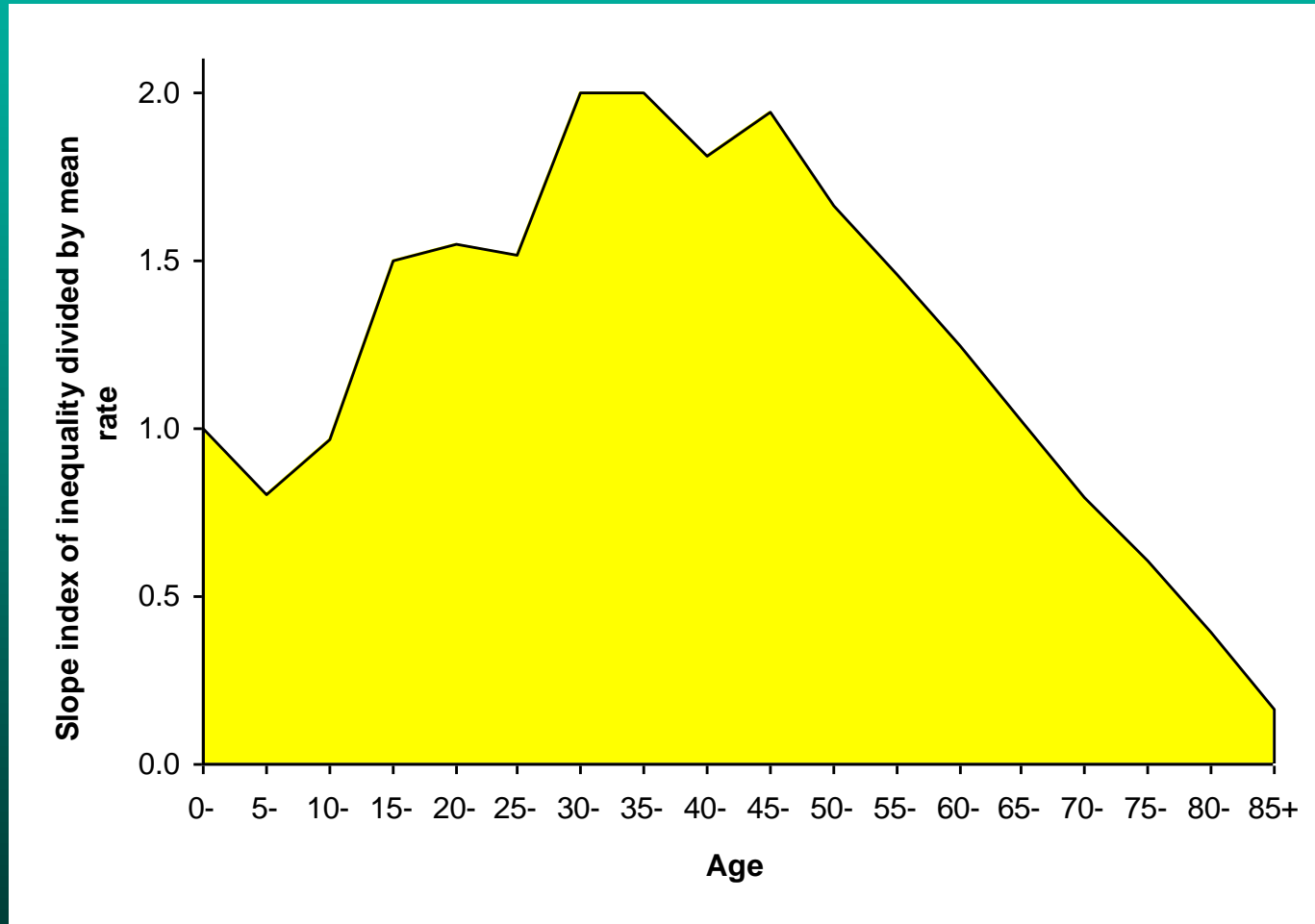


Slope index of inequality

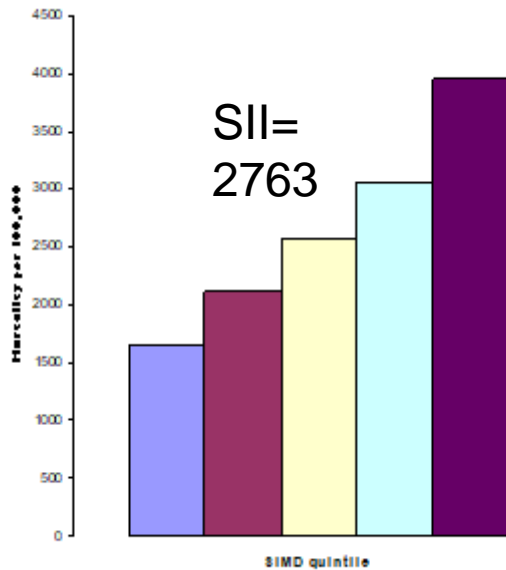


All cause, M65-69
 $2763/2694 = 1.025$

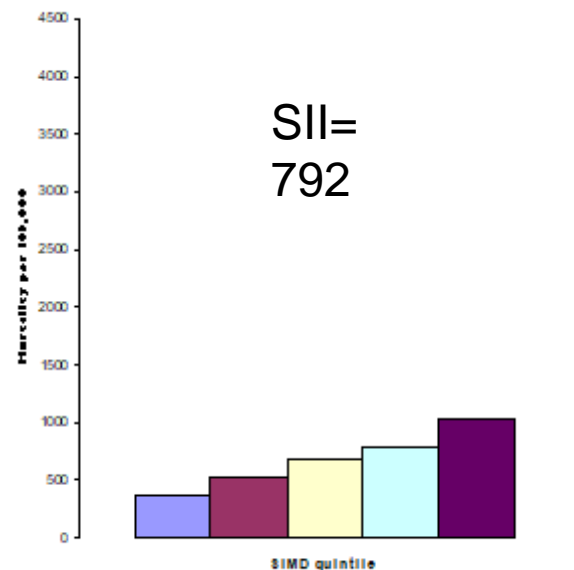
Male inequalities, all causes, all ages



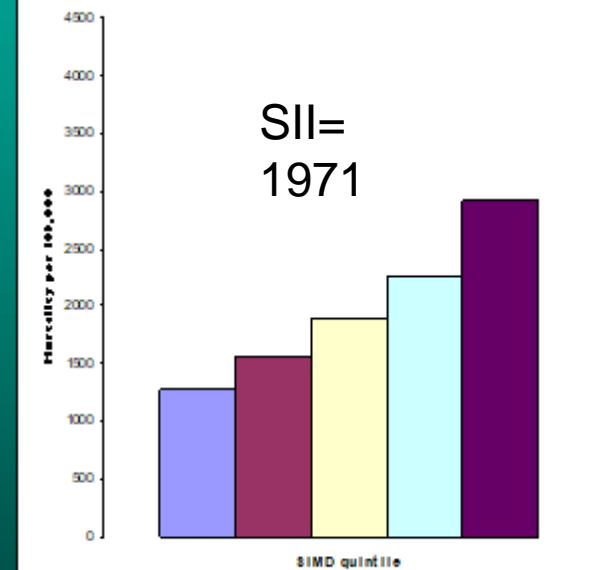
Slope index of inequality breakdown by cause of death



All cause

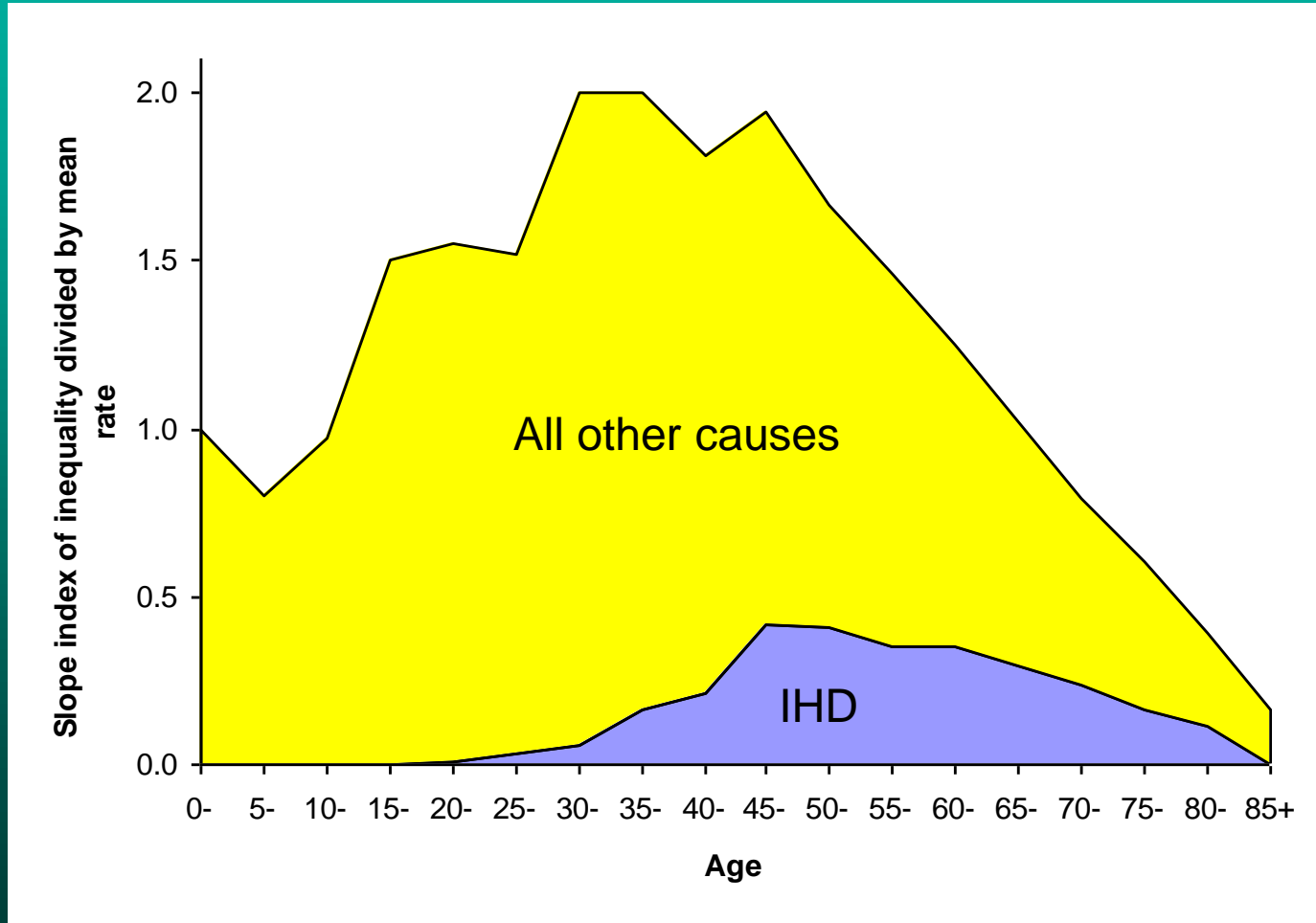


IHD



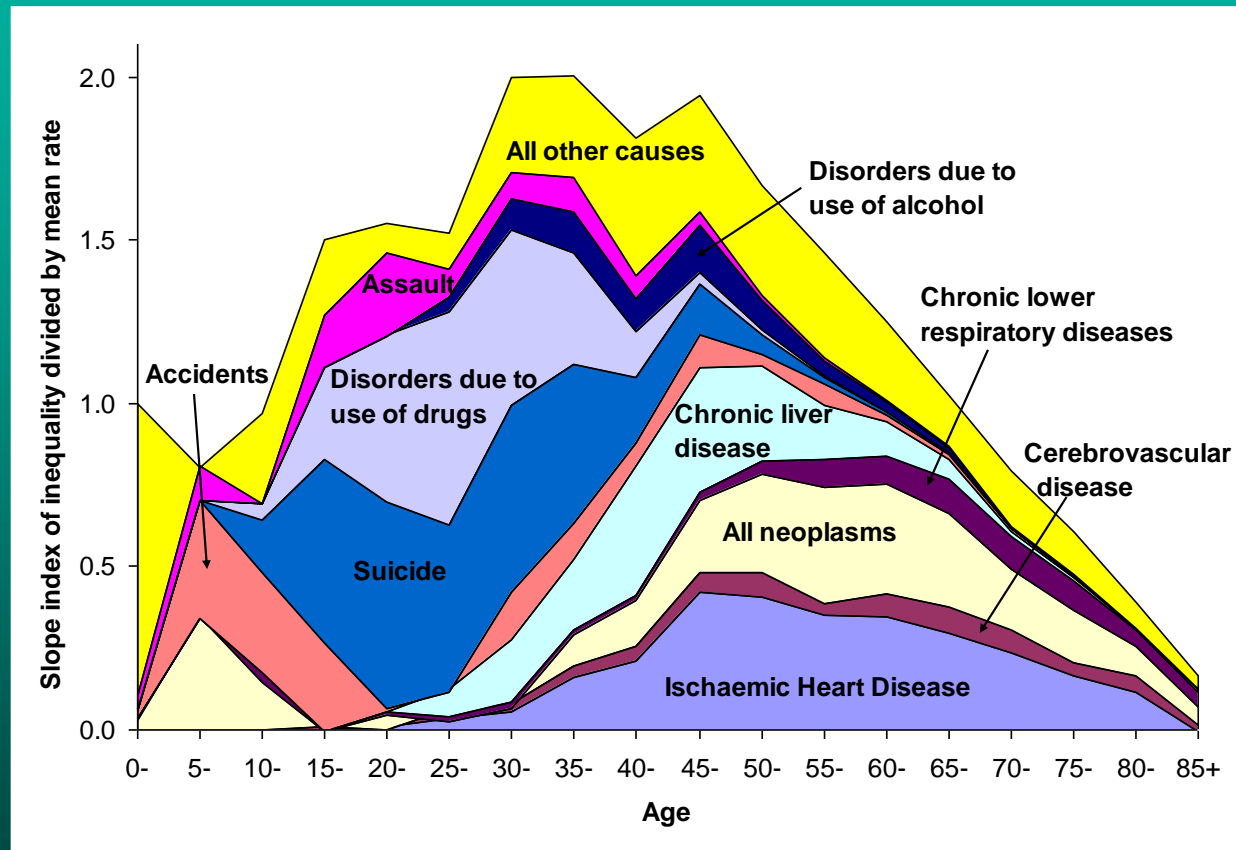
Other causes

Male inequalities, all ages, by cause



Relative inequalities in mortality by cause

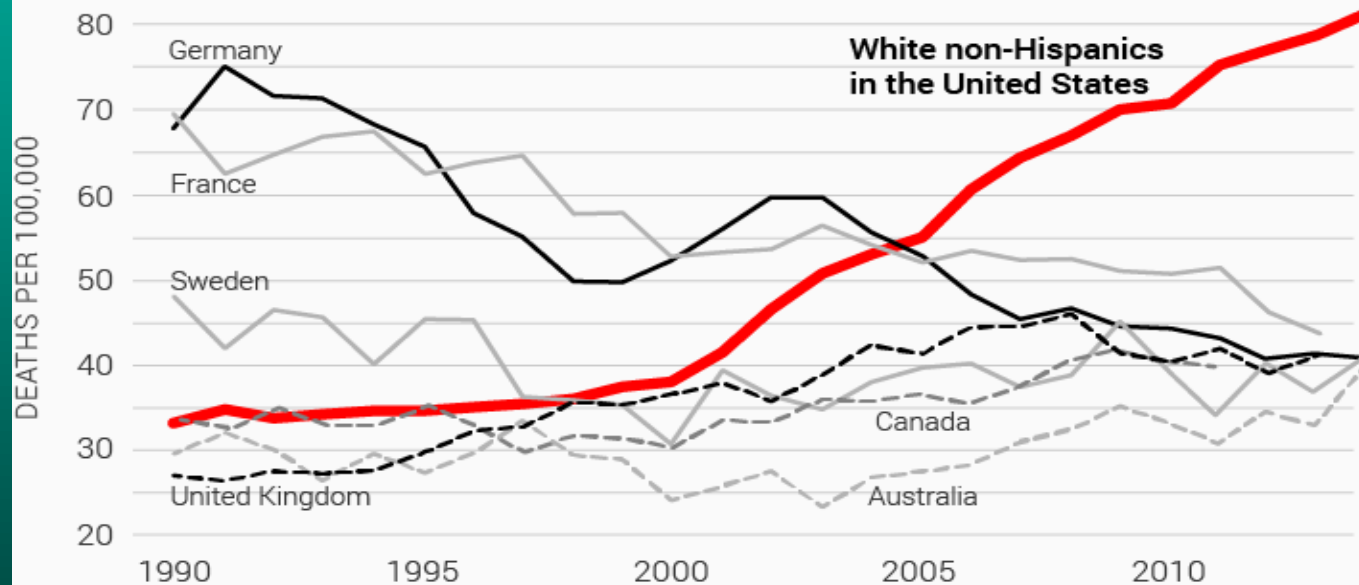
Men, Scotland 2000-02



US mortality 1999-2015

Midlife mortality from “deaths of despair” across countries

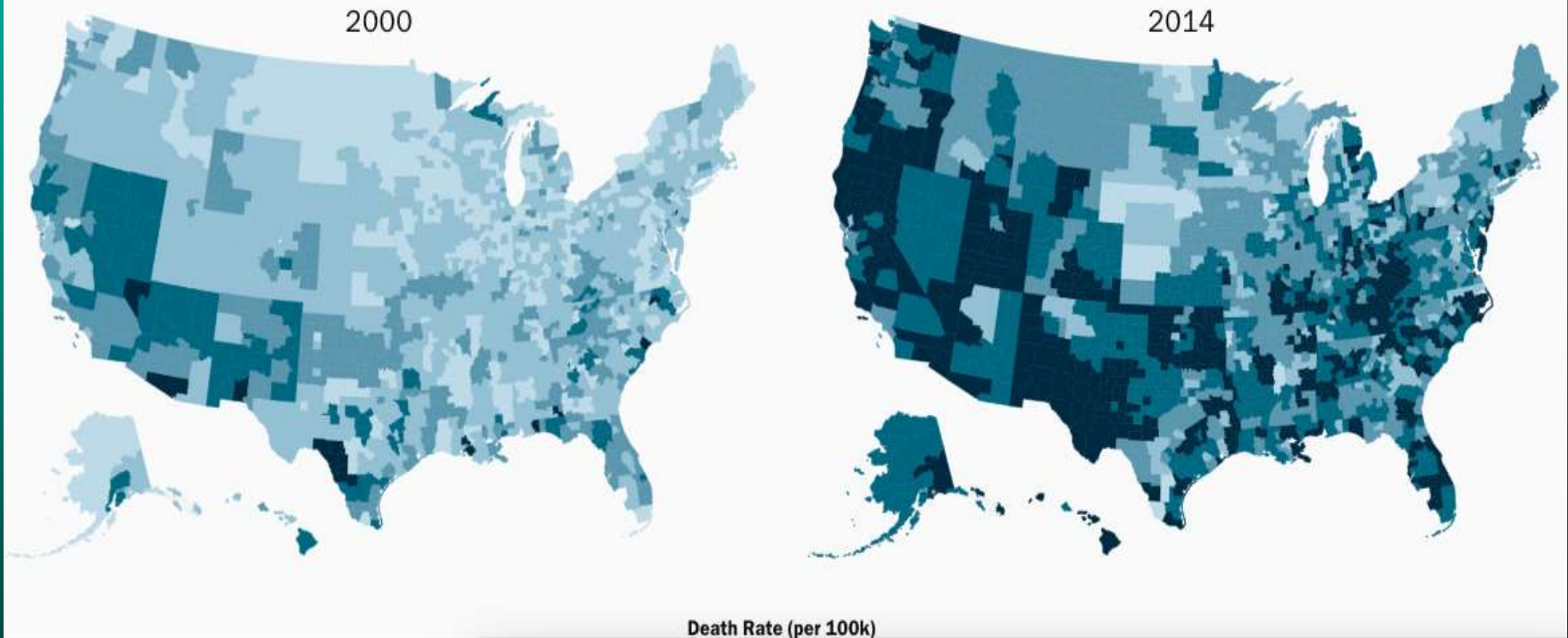
Men and women ages 50-54, deaths by drugs, alcohol, and suicide



Source: “Mortality and morbidity in the 21st century” by Anne Case and Angus Deaton, Brookings Papers on Economic Activity, Spring 2017.

US mortality 1999-2015

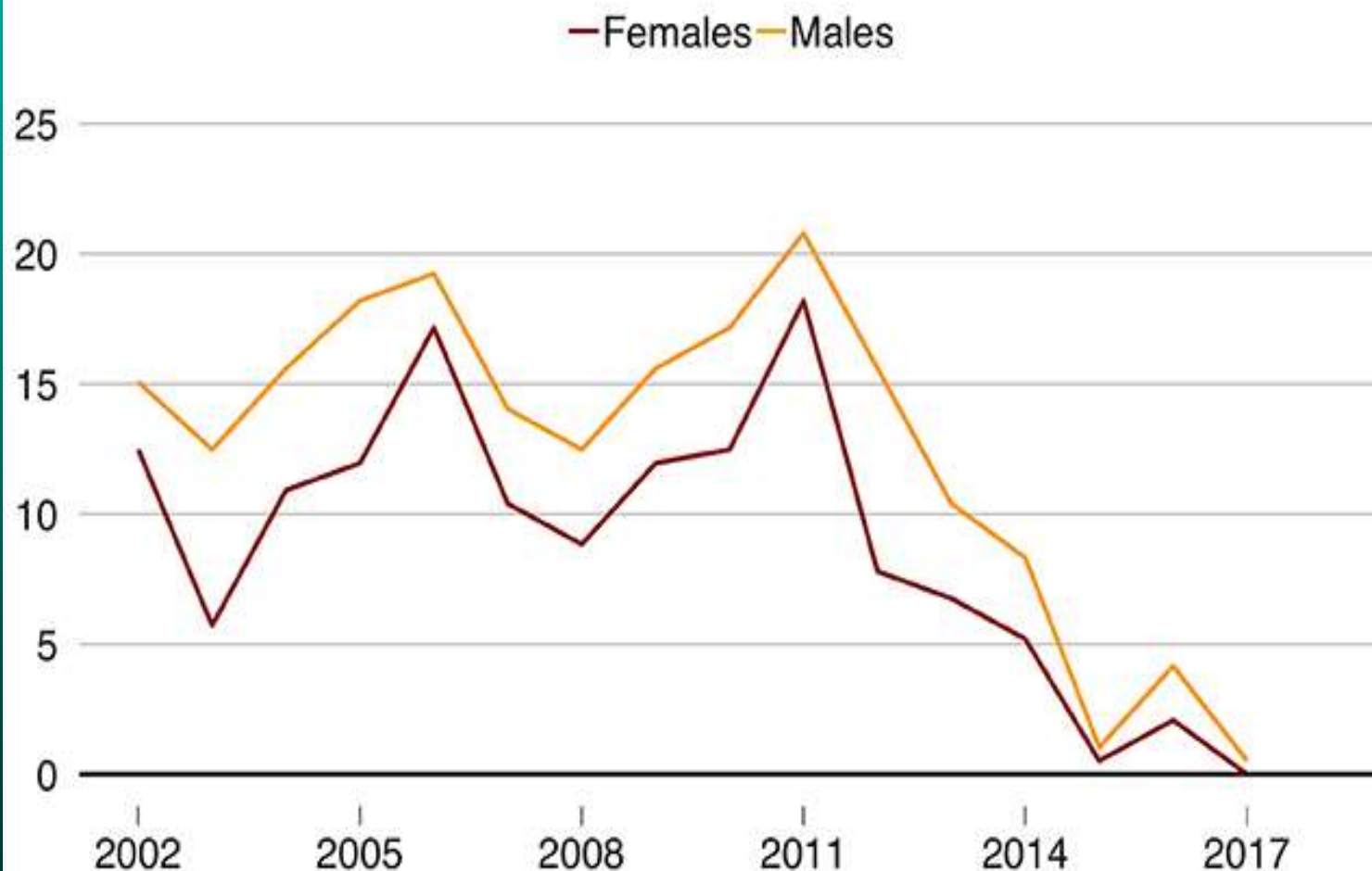
“Deaths of despair” for white non-Hispanics, 2000 and 2014
Ages 45-54, by county*



Growth in life expectancy stalls

Changes in life expectancy

UK, annual changes in weeks



The Alston Report

- ◆ Austerity – “a punitive, mean-spirited and callous approach
- ◆ Universal credit – “ drives claimants into hardship, depression and despair”
- ◆ “Changes to taxes and benefits have taken the highest toll on those least able to bear it.”
- ◆ Child poverty – “levels not just a disgrace but a social calamity and an economic disaster.”

The Alston Report

In the UK...”poverty is a political choice.”

The middle classes “will find themselves living in an increasingly hostile and unwelcoming society because community roots are being broken”

The causes of wellness?

- ◆ Optimistic outlook
- ◆ Sense of control and internal locus of control
- ◆ Sense of purpose and meaning in life
- ◆ Confidence in ability to deal with problems
- ◆ Supportive network of people
- ◆ Nurturing family

Salutogenesis....

- ◆ Highlights factors which create and support human health rather than those which cause disease
- ◆ It focuses on resources and capacities which impact positively on health and aims to explain why, in adverse circumstances, some stay healthy and others don't.

Social connectedness

- ◆ 148 studies comprising 308,849 participants, high levels of social integration conferred a 50% increased likelihood of survival.
- ◆ Complex patterns of social integration conferred a 90% increase in survival.
- ◆ Simple connections such as living with others versus living alone conferred a survival benefit of 19%.

Transformative process

- Prolonged, non judgemental relationship builds trust
- Individual learns of alternative lifestyles
- Realises he is free to choose
- Supported while he realigns his life
- Supports others in turn
- Success lies in the quality of the interactions between the individual and his supporters

The Broadway experiment

- ◆ City of London
- ◆ 13 rough sleepers with 4-45 year history
- ◆ Personalised budget (up to £3000)
- ◆ Personalised support
- ◆ “What do you need?”
- ◆ Build trust and sense of control and ability to make choices

The Broadway experiment

- ◆ “The most efficient way to spend money on the homeless might be to give it to them.”
- ◆ The Economist November 4th 2010

Wheatley Group - “Think Yes”

- ◆ “Think Yes” is about empowering our staff to make personalised solutions for each customer, using their initiative and professional judgement and resolving customer issues “on the spot”. Our staff take a great deal of pride in ensuring that any blockages for effective service delivery are removed and share these solutions with each other.”

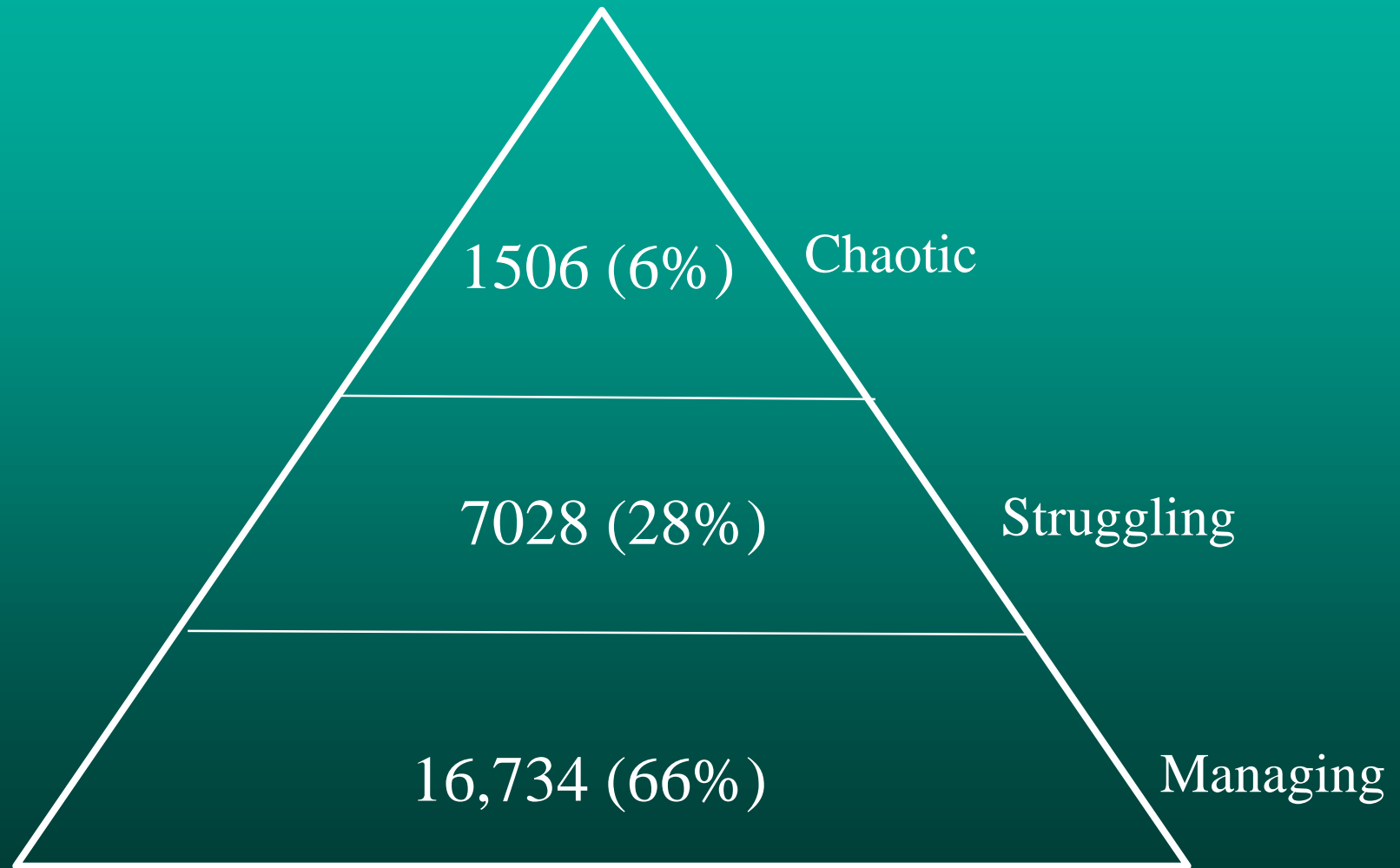
US and Canada

- ◆ Mincome, Canada – reduced domestic violence, better mental health, hospitalisations down 8.5%
- ◆ New Jersey – high school graduations up 30%
- ◆ However, in Seattle divorces increased 50%! (apparently)

Beacon and Old Hill Estate (Falmouth)

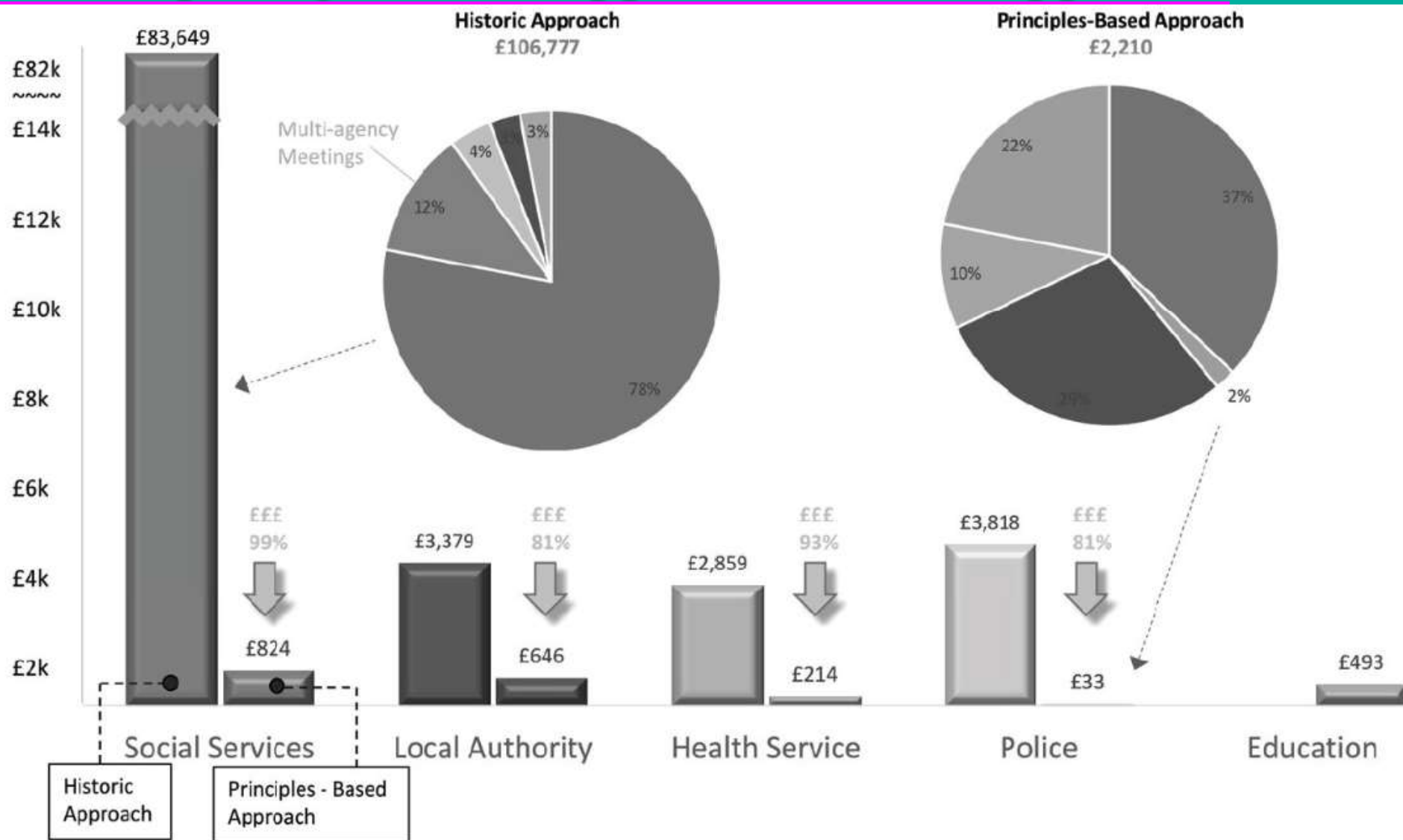
- ◆ Between 1996 and 2004....
 - Crime down by 50%
 - Post natal depression down by 70%
 - Unemployment down by 70%
 - Child protection registrations down 65%
 - Teenage pregnancies down from 14% to <1%

Segmenting the population



Cost analysis

Comparing historic approach to new approach



Health Deficits approach

- ◆ We tend to focus on people's problems, needs and deficiencies
- ◆ We design services to fill gaps and fix their problems
- ◆ They become passive, and, essentially, recipients of services
- ◆ We do things to people rather than with them.

Health Assets

- A health asset is any factor or resource which enhances the ability of individuals, communities and populations to maintain their health and sustain wellbeing. The assets can operate...as protective and promoting factors to buffer against life's stresses

Morgan and Ziglio 2009

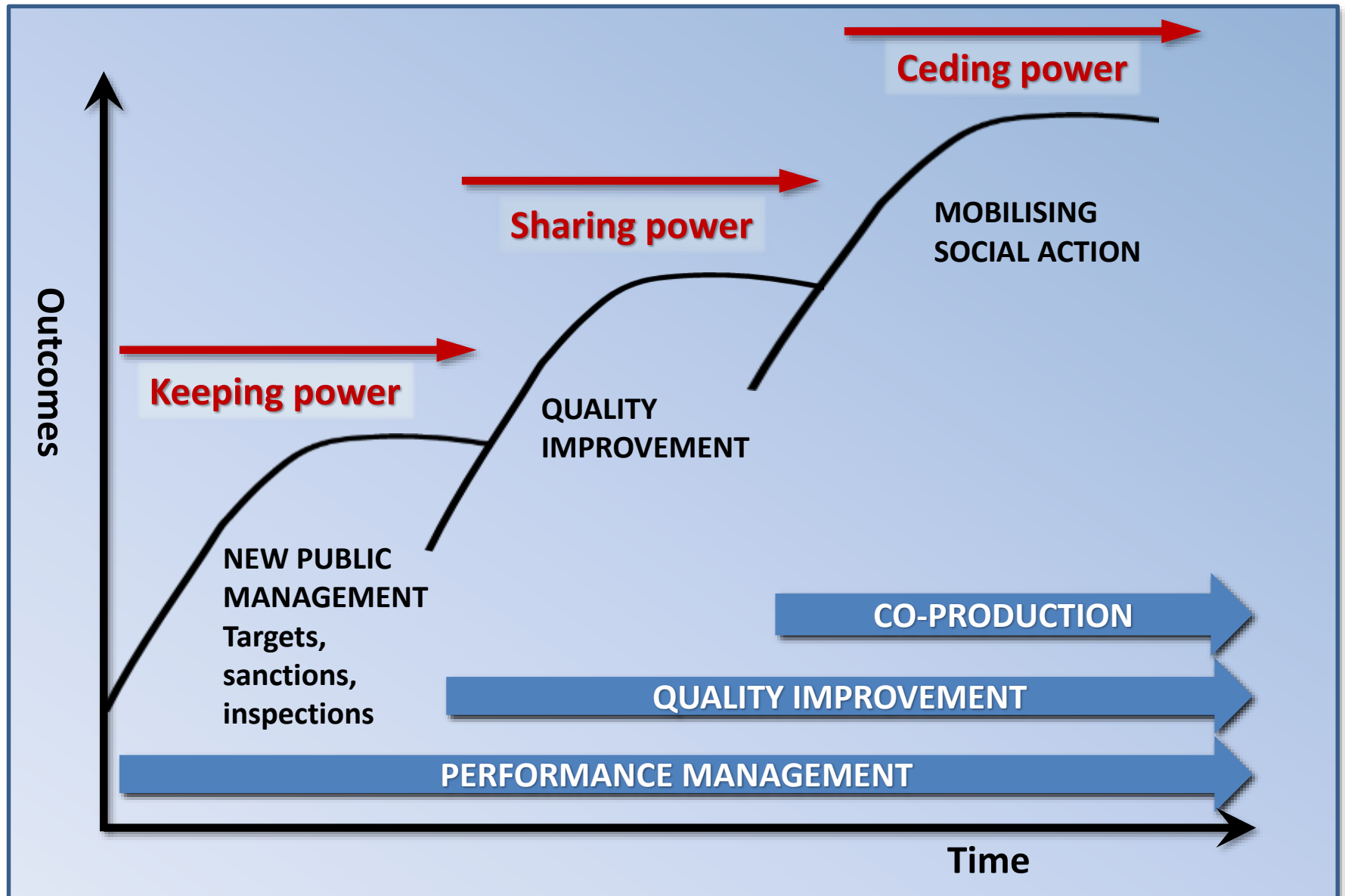
Health Assets Approach

- Builds trusting relationships
- Helps individuals rediscover the skills and strengths they may have forgotten they have
- Supports people to put these skills into practice
- Builds networks and trusting communities in which people help each other

Why public policy fails

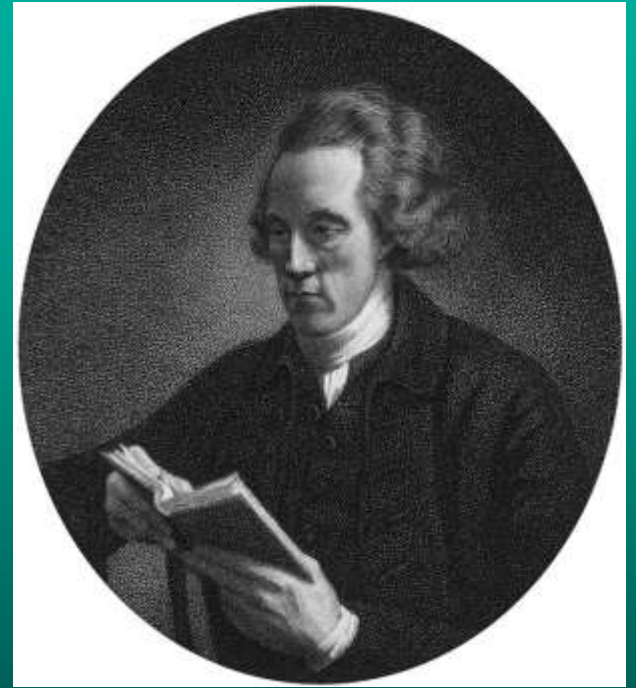
Existing system	New system
Rational and simplistic	Normative, embraces complexity
Identifies problems/responds to crises	What matters – a good life
Finds solutions, designs services	Looks for strengths
Implements solutions – does things to people rather than with them	Builds support and networks – lets solutions emerge
Run by and for professionals	Run by citizen who “pull” for support
“Customer” – consumer of services	Citizen
Purpose – be efficient, play it safe	Purpose – help build strong citizens and communities

Getting to the Third Curve



Joseph Townsend 1739-1816

- ◆ “Hunger will tame the fiercest animals. “It will teach decency and civility, obedience and subjection ... it is only hunger which can spur and goad the poor on to labour.”



Jimmy Reid 1971



Rectorial Address

- “Let me right at the outset define what I mean by alienation. It is the cry of men who feel themselves the victims of blind economic forces beyond their control. It's the frustration of ordinary people excluded from the processes of decision making. The feeling of despair and hopelessness that pervades people who feel with justification that they have no real say in shaping or determining their own destinies....”



Fr Greg Boyle



“Here is what we seek: a compassion that can stand in awe at the burdens the poor have to carry rather than stand in judgment at how they carry them.”

— Gregory Boyle

