

Health, Hope and Healing

Tackling Health Inequality Together

May 2025



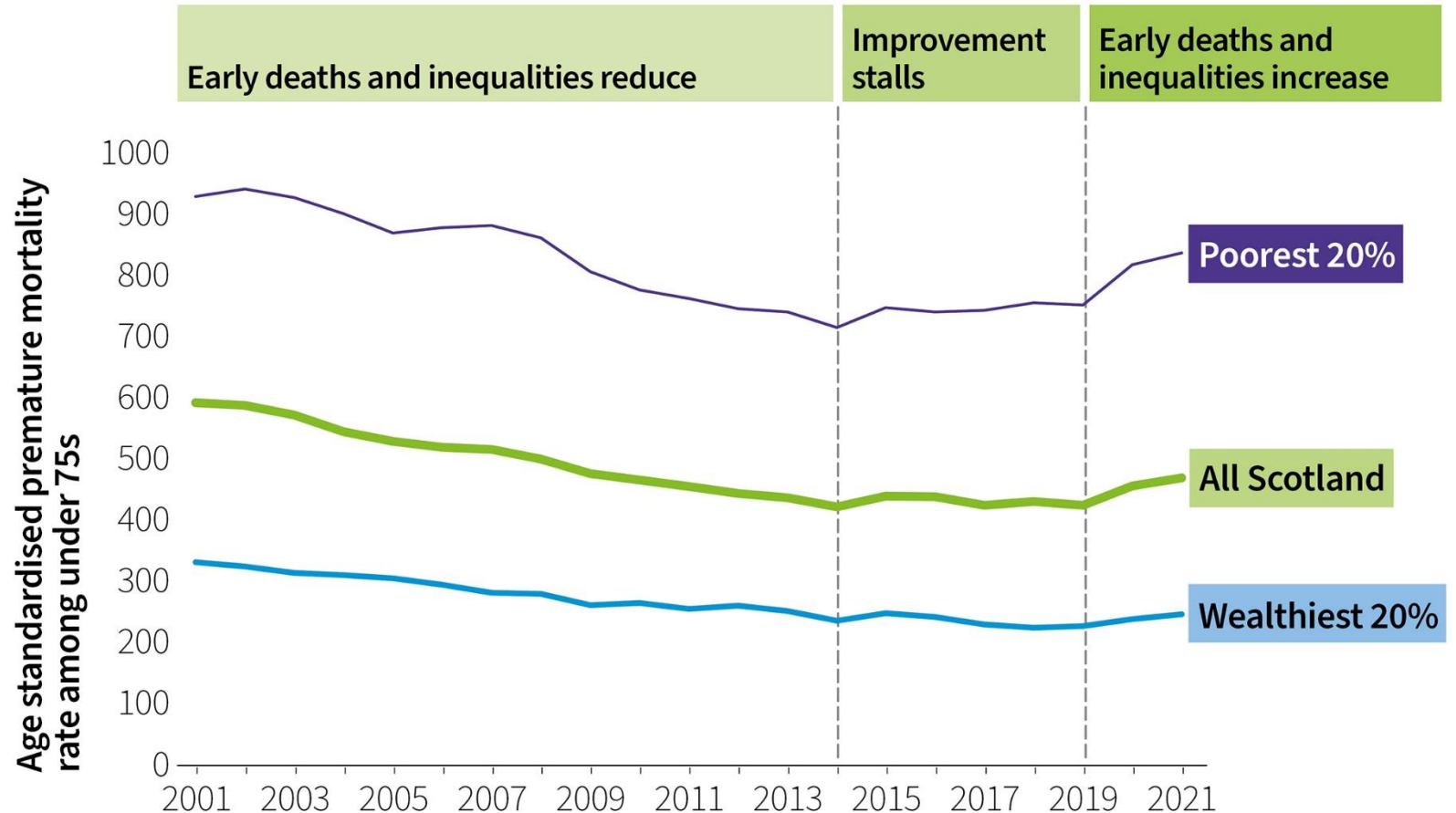
After decades of improvement, Scotland's health is worsening

People are dying younger.

The number of people dying early is increasing.

People are spending more of their life in ill health.

The gap in life expectancy between the poorest and the wealthiest is growing.

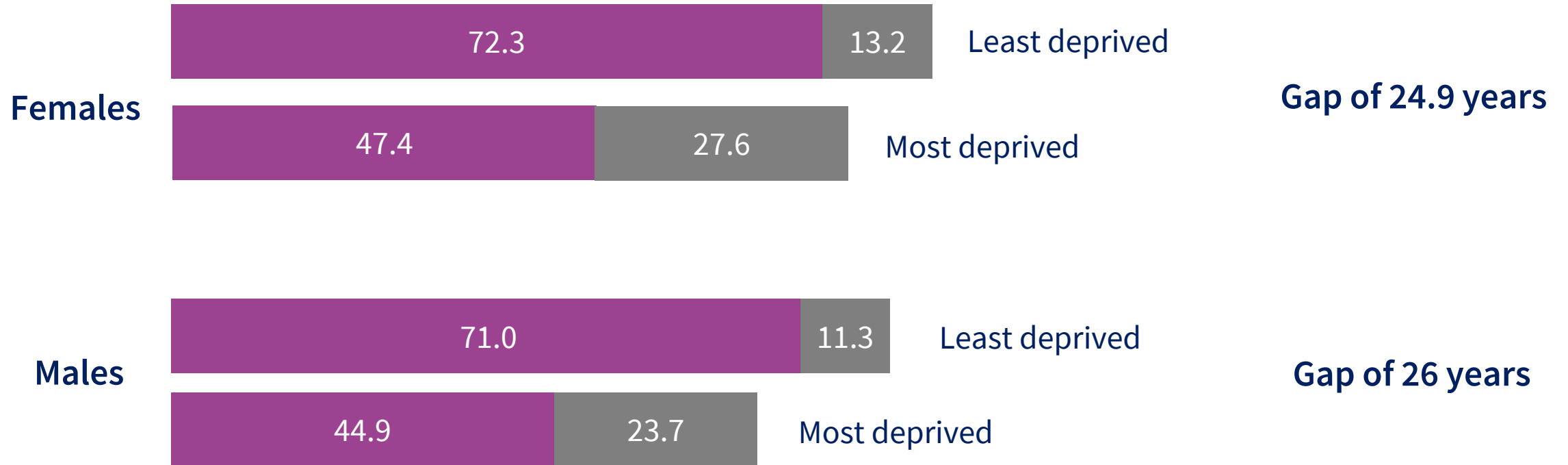


Source: National Records Scotland



Scotland's health challenges

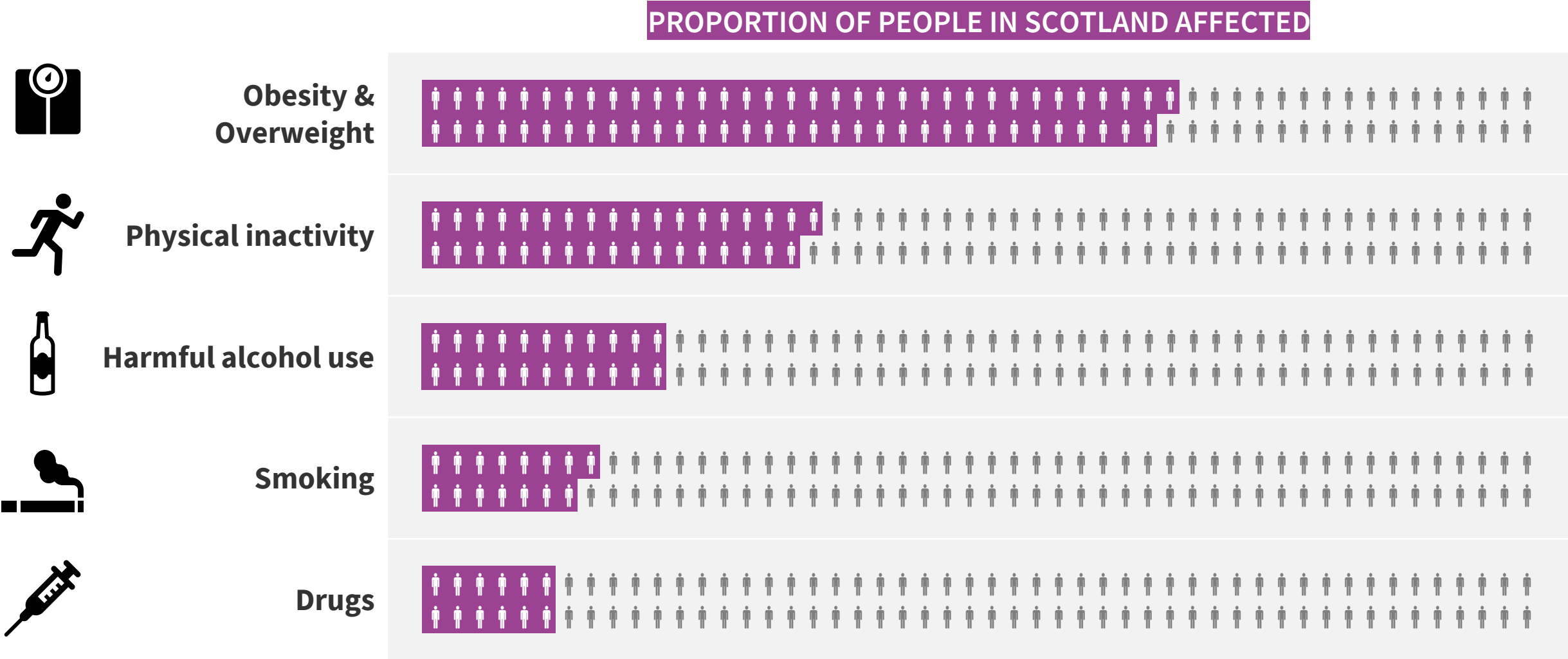
Healthy life expectancy, 2019-21



SOURCE: NATIONAL RECORDS FOR SCOTLAND, 2024



Most people are exposed to one or more health risk factors



SOURCE: CMO ANNUAL REPORT 2024, SCOTTISH GOVERNMENT



The burden of disease - forecast to increase by 21%

Two thirds of this increase will be due to increases in:



Cancers



Cardiovascular
disease



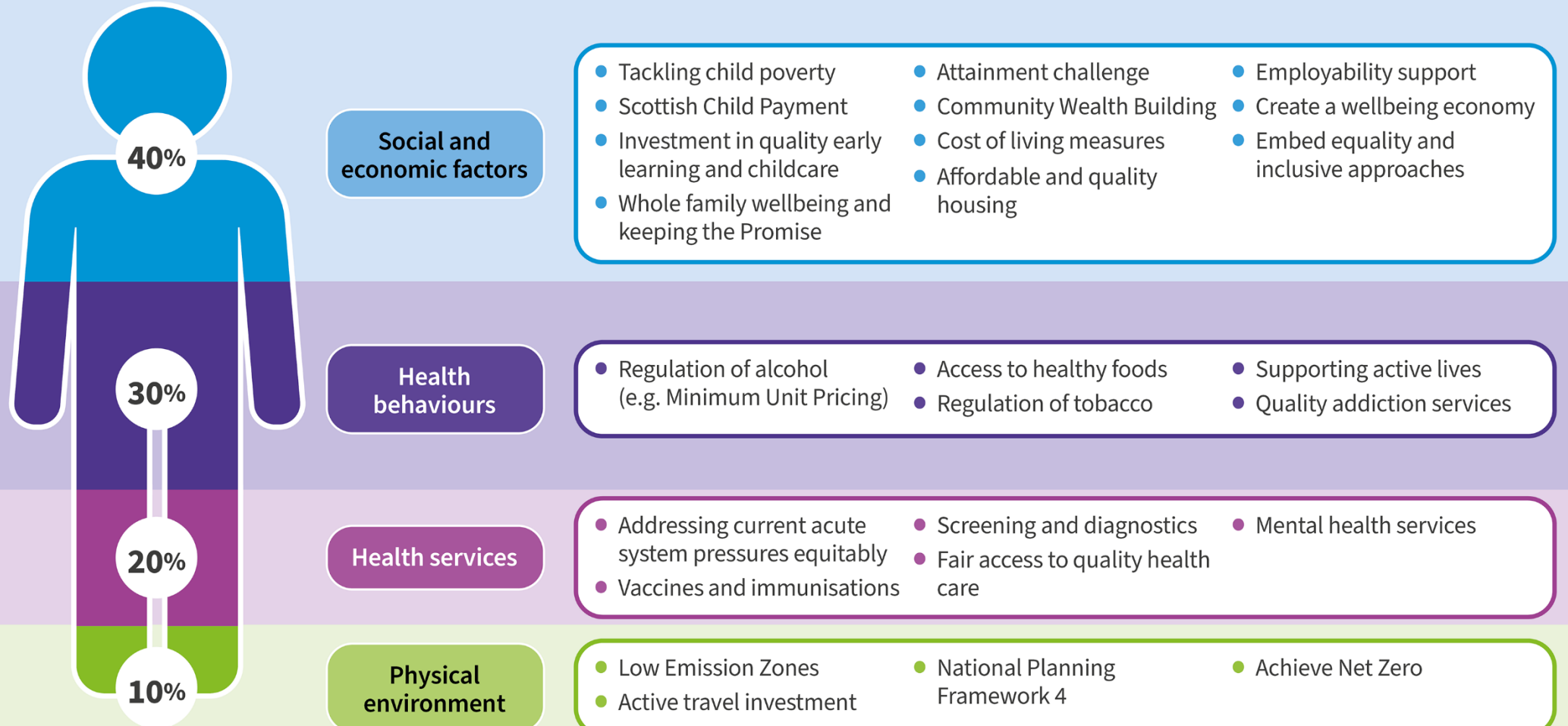
Neurological
conditions

Rank	Absolute change	Percentage change
1	Cardiovascular diseases	Common infectious diseases*
2	Cancers	Cardiovascular diseases
3	Neurological disorders	Neurological disorders
4	Chronic respiratory diseases	Unintentional injuries
5	Diabetes and kidney diseases	Diabetes and kidney diseases
6	Common infectious diseases*	Chronic respiratory diseases



Protect investment in the building blocks of health

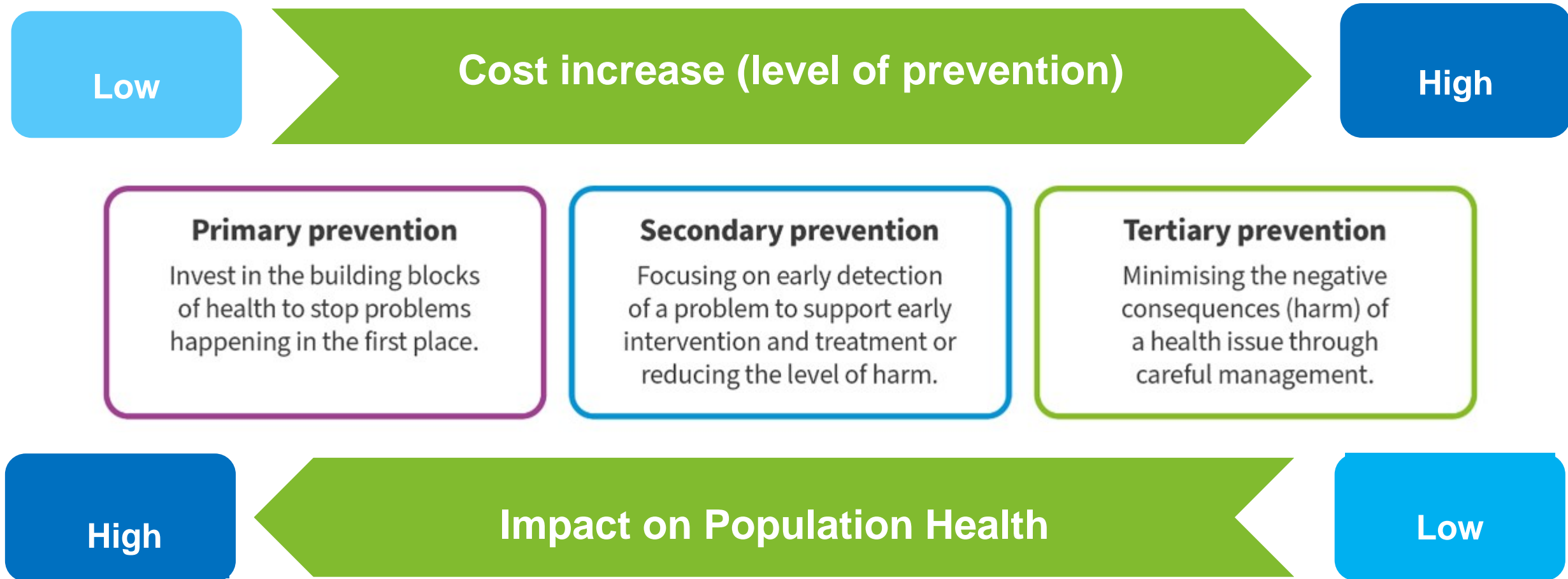
What shapes our health



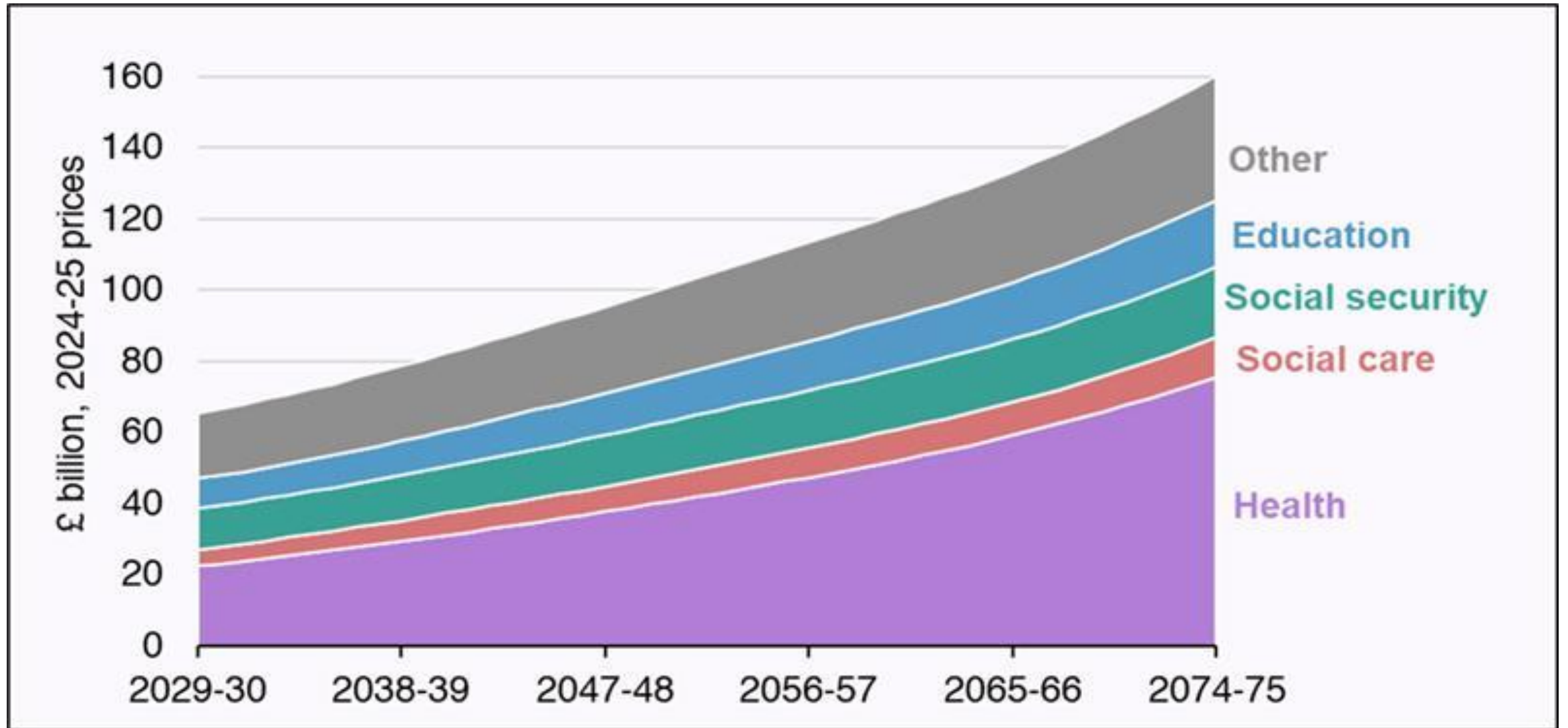
Adapted from The Kings Fund (<https://www.kingsfund.org.uk/publications/vision-population-health>)



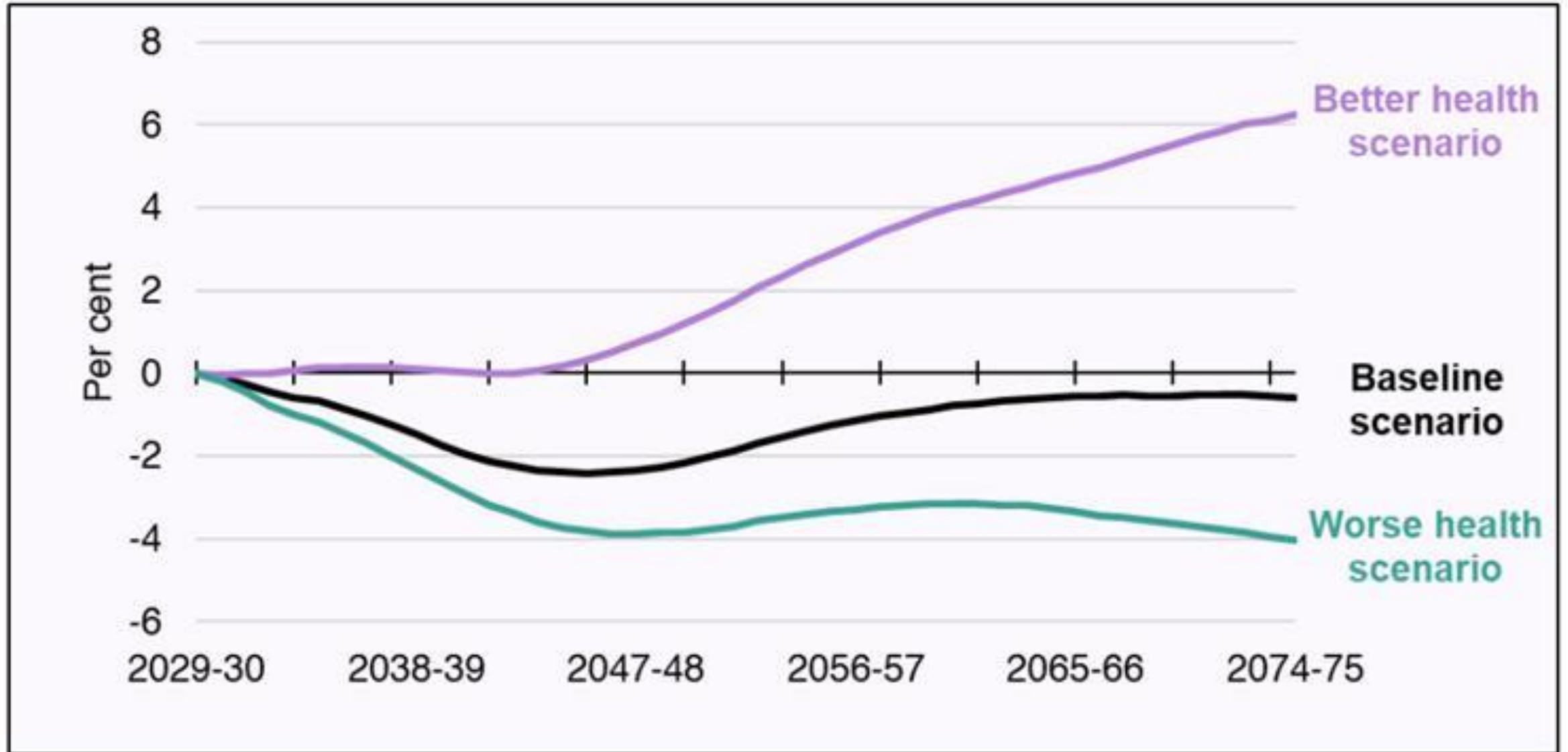
Three levels of prevention



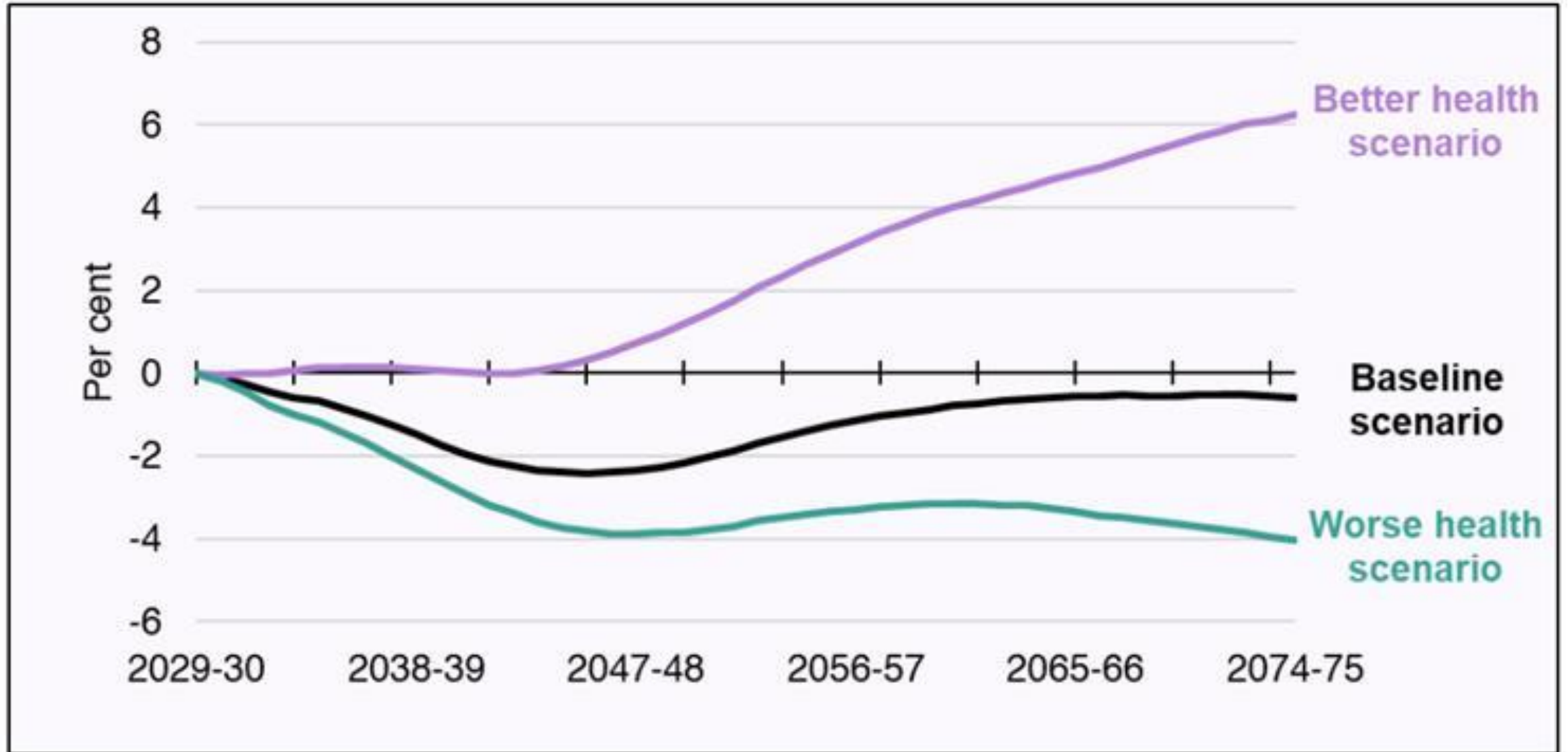
The need for Reform



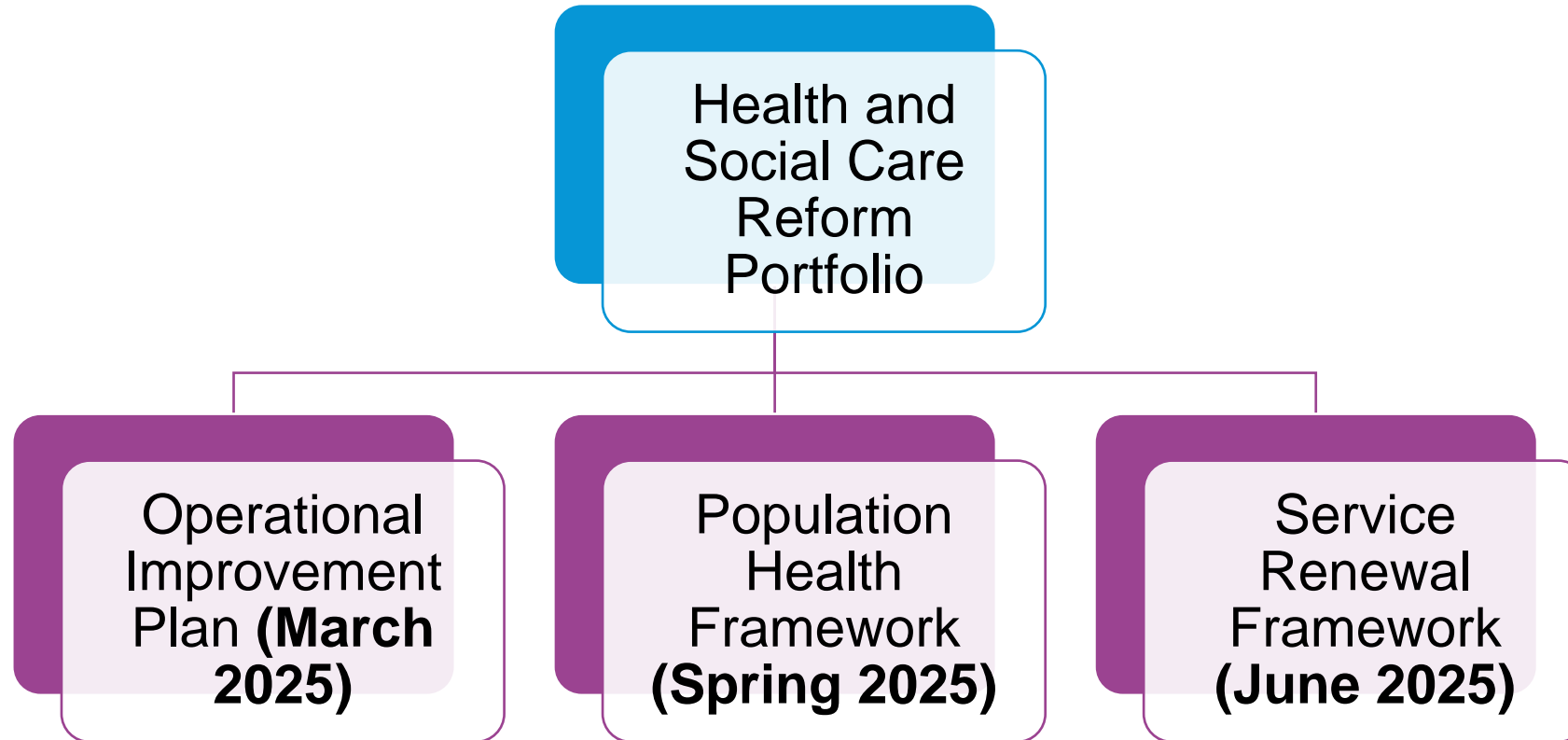
The need for Reform



The need for Reform



Delivering Reform



Delivering Reform – Population Health Framework

A PREVENTION FOCUSSED SYSTEM

Whole System Approach

Improve the social and economic factors that create health and reduce inequalities

Resources & Governance

Social and Economic Factors

Evidence & Sharing Knowledge

Create healthy and sustainable places and communities

Places and Communities

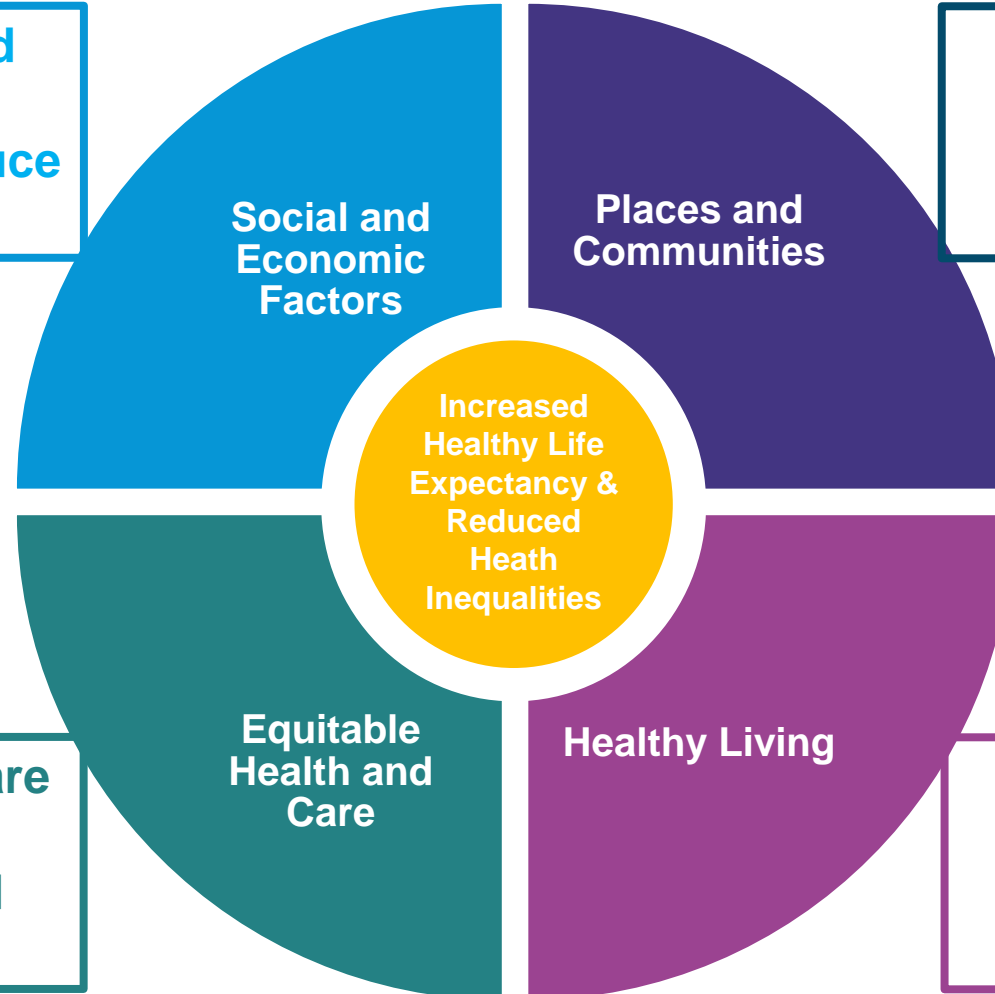
Increased Healthy Life Expectancy & Reduced Health Inequalities

Equitable Health and Care

Healthy Living

Create a health and care system that delivers equity, prevention and early intervention

Promote health and wellbeing and reduce health harming activities



We live longer, healthier and fulfilling lives

NATIONAL TARGET- IMPROVE LIFE EXPECTANCY AND NARROW GAP

DRAFT – IN PROGRESS

Priority 1: Develop a system that prioritises addressing inequalities and improving prevention within planning, budgets and accountability

Priority 2: Develop a whole system approach to improve food environments; ensure a healthy, balanced diet is accessible and affordable to all; and improve population levels of healthy weight

Drivers of Health

SOCIAL & ECONOMIC FACTORS

PLACES & COMMUNITIES

ENABLING HEALTHY LIVING

EQUITABLE HEALTH & CARE

PREVENTION FOCUSED SYSTEM

Initial Actions

- Redirect a significant proportion of NHS spend to local suppliers
- Deliver new Health and Work Action Plan

- Develop first National Social Prescribing Framework
- Improve spatial and community planning to create health

- Regulate to create healthier food retail environment
- Publish refreshed diet and alcohol & drugs action plans

- Strengthen health protection capabilities
- Develop a Healthcare Inequalities Action Plan

- Develop prevention spend prioritisation approaches
- Introduce Marmot Places in Scotland

Long-term focus

- Reduce 27-30 month concerns by a quarter by 2030

- Outcome based budgeting
- Prevention focussed licensing & planning

- Create first generation free from tobacco addiction
- Halve obesity levels
- Reduce social media harms

- Rollout lung screening across Scotland
- Eliminate cervical cancer and HIV transmission by 2030

- Innovate with digital and embed digital inclusion
- Stronger accountability based on prevention performance

Action through Existing Plans

Early Child Development Programme

Child Poverty Action Plan

National Strategy for Economic Transformation

Keeping the Promise

Education / Attainment

Community Empowerment Act

National Planning Framework 4

NHS Climate Emergency & Sustainability Strategy

Housing to 2040

National Transport Strategy

National Drugs Mission

Mental Health & Wellbeing Strategy

Physical Activity for Health Framework

Tobacco & Vaping Framework

Value-Based Health & Care

Screening in Scotland Equity Strategy

Five Year Vaccinations Delivery Plan

Public Service Reform

Fairer Future Partnerships

Whole Family Wellbeing Programme

Guiding Principles

We will prioritise **creating & maintaining good health** and **preventing ill health**

We will focus support on the **people and communities** who need it the most

We will change **systems and environments** to support individuals to stay healthy

We will deliver through a **whole system approach** - nationally and locally

Roundtable Discussion

Tackling Health Inequalities and Prevention

- What is the role of the sector and how do we support moving forward

Delivering the Population Health Framework (PHF)

- Social Prescribing Framework – What needs to be included
- How do we support implementation of the PHF. What do we need to do more of:
 - As a sector
 - As Government
 - Public Health Scotland

