

Health Inequalities in Central Bedfordshire

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Health is an asset which is not equally distributed

- Caused by health factors
 - Unhealthy behaviours
 - Lack of access to and uptake of health care
- Caused by social factors
 - Education
 - Housing
 - Income
 - Environment

Health inequalities are:
Not inevitable
Preventable

The situation in Central Bedfordshire

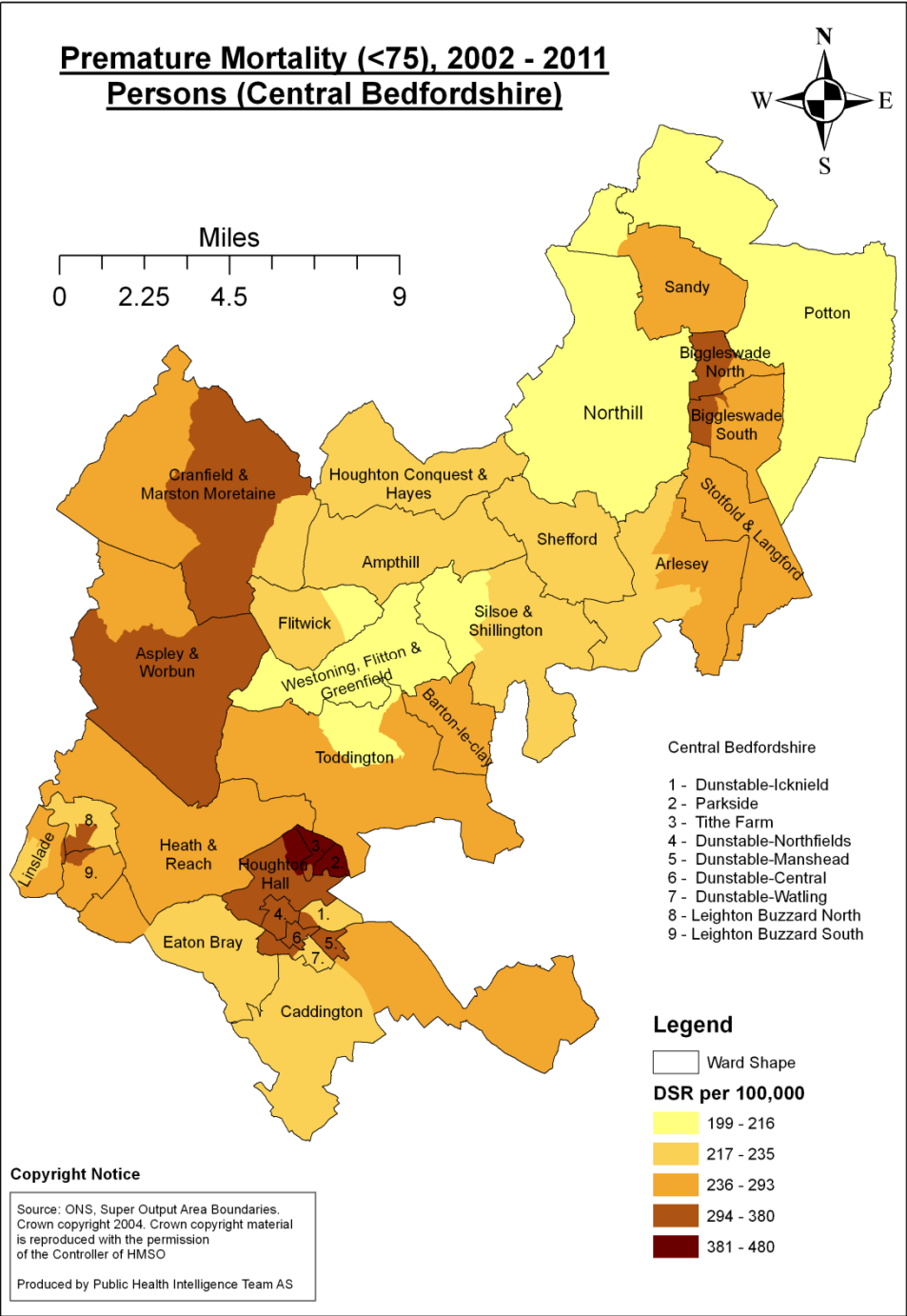
- Central Bedfordshire has:
 - Better than average overall health
 - Lower than average deprivation
 - Life expectancy is improving overall

And yet:

A life expectancy gap still exists between the
most and the least deprived:

7.4 years for men, 5.5 for women

There is inequality in premature mortality across Central Bedfordshire



The major causes of death and illness

Premature death (before age 75) Cardiovascular diseases Cancer Accidents Suicide Liver disease	Illness Hypertension Obesity Depression Asthma Diabetes
Four key underlying behaviours Smoking – Unhealthy eating – Excess alcohol – Physical inactivity 14 year reduction in life expectancy with 4 vs. 0 behaviours	

Reducing Health Inequalities requires action by all partners to

- Give every child the best start in life
- Improve the wider determinants of health
- Reduce smoking, obesity and harmful drinking
- Identify those at risk of disease early
- Take account of health inequalities in commissioned services
- Maximise opportunities for secondary prevention e.g. through MECC