Austerity and health inequalities

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5 Feb 2018
What good does it do to treat people and send them back to the conditions that made them sick?
Michael Marmot
La salute disuguale
La sfida di un mondo ingiusto

A cura di Simona Giampaoli e Giuseppe Traversa
Presidenza di Rudolf Saraczi
Presenza di Walter Ricciardi
Presidenza di Giuseppe Cassa

Il Ferretto Scientifica Editore
건강 격차

Michael Marmot

건강을 위한 농민의 전문가들, 대가들이 마분의 선배.
"미국 대중들에게 한 가지만 설전하라. 이 건강에 관한 보고서를 읽으라고 할 것이다."
Aboriginal Youth Suicide by Factors Present

Cultural Factors:
- Self-government
- Land claim participation

Community Control:
- Health services
- Education
- Cultural facilities
- Police/fire services

Chandler & Lalonde, 1998
Life expectancy England 2006-2015

- Females 2006-2010: Rate of increase = 0.24
- Males 2006-2010: Rate of increase = 0.30
- Females 2011-2015: Rate of increase = 0.02
- Males 2011-2015: Rate of increase = 0.07
Life Expectancy increase 2006-, 2011-2015

Males

- Estonia
- Malta
- Luxembourg
- Cyprus
- Slovenia
- Lithuania
- Poland
- Hungary
- Denmark
- Ireland
- Czech Republic
- Latvia
- Belgium
- Slovakia
- Portugal
- Spain
- Croatia
- Greece
- France
- Netherlands
- Austria
- Romania
- Bulgaria
- United Kingdom
- Germany

Rate of increase in life expectancy

2006 to 2010
2011 to 2015
Life expectancy increase 2006-, 2011-2015
Mortality England North and South 25-34
Can strategies to reduce health inequalities work?

New Labour did have a strategy

Any evidence?
Trends in life expectancy gap between most deprived areas and the average
Does the USA represent the future?
All-cause mortality, ages 45–54 for US White non-Hispanics, US Hispanics and 6 comparison countries:

US White non-Hispanics (USW), US Hispanics (USH), France (FRA), Germany (GER), United Kingdom (UK), Canada (CAN), Australia (AUS), Sweden (SWE).

Case & Deaton, PNAS, 2015
# America Has The Highest Drug-Death Rate in the World

Estimated number of drug-related deaths and mortality rate 2015

<table>
<thead>
<tr>
<th>Region</th>
<th>Per million people*</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>USA</td>
<td>245.8</td>
<td>52,400</td>
</tr>
<tr>
<td>North America</td>
<td>172.2</td>
<td>55,300</td>
</tr>
<tr>
<td>Oceania</td>
<td>102.3</td>
<td>2,600</td>
</tr>
<tr>
<td>Asia</td>
<td>61.9</td>
<td>66,100</td>
</tr>
<tr>
<td>Latin America and the Caribbean</td>
<td>55.6</td>
<td>5,000</td>
</tr>
<tr>
<td>World average</td>
<td>39.6</td>
<td>190,900</td>
</tr>
<tr>
<td>Western and Central Europe</td>
<td>26.4</td>
<td>8,400</td>
</tr>
<tr>
<td>Eastern and South-Eastern Europe</td>
<td>22.5</td>
<td>12,600</td>
</tr>
<tr>
<td>Africa</td>
<td>14.9</td>
<td>40,800</td>
</tr>
</tbody>
</table>

* mortality rate per million persons aged 15–64
Best estimates according to source

Source: UNODC

[StatistaCharts]
When all else seems lost...

**FIGURE 1. TRUMP OVERPERFORMANCE, BY DRUG, ALCOHOL AND SUICIDE MORTALITY RATE QUARTILE**

- Q1 (Lowest Mortality)
- Q2
- Q3
- Q4 (Highest Mortality)

Data Sources: Atlas of U.S. Presidential Elections; U.S. Centers for Disease Control and Prevention

Monnat Penn State Research Brief 12/04/16
Things really were bad

FIGURE 2. TRUMP OVERPERFORMANCE, BY ECONOMIC DISTRESS AND WORKING CLASS PRESENCE

- Q1 (Lowest Economic Distress)
- Q2
- Q3
- Q4 (Highest Economic Distress)

Average Trump Overperformance (%)

U.S. Overall, Industrial Midwest, New England, Appalachia

Monnat Penn State Research Brief 12/04/16
“Mental and behavioural disorders, such as depression, anxiety, and drug use, are the primary drivers of disability worldwide and caused over 40 million years of disability in 20 to 29-year-olds” in 2010

Institute of Health Metrics, Global Burden of Disease Report 2012
## Risk factors for depression

<table>
<thead>
<tr>
<th>Risk Factor</th>
<th>Level of evidence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low socioeconomic position</td>
<td>Very convincing</td>
</tr>
<tr>
<td>Low education</td>
<td>Very convincing</td>
</tr>
<tr>
<td>Unemployment and under employment</td>
<td>Very convincing</td>
</tr>
<tr>
<td>Food insecurity and early nutrition deficiency</td>
<td>Strong</td>
</tr>
<tr>
<td>Gender inequity</td>
<td>Strong</td>
</tr>
<tr>
<td>Low income</td>
<td>Strong</td>
</tr>
</tbody>
</table>

WHO CSDH PPHC KN 2007
Long term outcomes associated with childhood behavioural problems (New Zealand study)

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
The mind is gateway by which social determinants affect ill-health.

• Mental illness and well-being.
• Psychosocial pathways to physical illness
  – Behaviours
  – Stress pathways
SMRs by cause, all ages: Glasgow relative to Liverpool & Manchester

All ages, both sexes: cause-specific standardised mortality ratios 2003-07, Glasgow relative to Liverpool & Manchester, standardised by age, sex and deprivation decile

Calculated from various sources

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. 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
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Socio-emotional difficulties at age 3 and 5: Millennium Cohort Study

Fully adjusted = for parenting activities and psychosocial markers
Kelly et al, 2010
Verbal ability at age 3 and 5 by family income: Millennium Cohort Study

Fully adjusted = for parenting activities and psychosocial markers
Kelly et al, 2010 in press
Level of development at end of reception

The percentage of children achieving a good level of development at the end of reception 2013/14, IMD 2015

[Graph showing the percentage of children achieving a good level of development at the end of reception 2013/14, IMD 2015, with data points for different IMD levels and categories of pupils.]
## Level of development at end of reception

<table>
<thead>
<tr>
<th>England and selected local authority areas</th>
<th>Level of development at age 5, 2013/14</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>All pupils (%)</td>
</tr>
<tr>
<td>England</td>
<td>60.4</td>
</tr>
<tr>
<td>Hackney</td>
<td>64.9</td>
</tr>
<tr>
<td>Bath and North East Somerset</td>
<td>62.5</td>
</tr>
</tbody>
</table>
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%
Reducing child poverty by social transfers

Figure 1.2 Finland, Iceland and Norway are most effective in reducing child poverty
Percentage reduction in the rate of child poverty due to social transfers, 2014 and 2008
Increase in the number of parents with good mental health

Poor child outcomes in relation to maternal mental health status (%)
All cause mortality <50 years by prevalence of ACEs

Kelly-Irving M et al. EJ Epidemiology. 2011
ACEs by income England 2013
Psychopathology by ACE type

- Odds ratio (where no experience = 1)

- ACE types: illness in the household (7-16), paternal absence (7-16), maternal absence (7-16), parental physical abuse (reported at 33 yrs), neglected/underfed appearance (7-11), parental sexual abuse (reported at 33 yrs), in care (7-16), cumulative adversity - 3 or more (7-16)

- Adversity type (age of measures available)
Adverse Childhood Experiences: England

Preventing ACEs in future generations could reduce levels of:

- Early sex (before age 16) by 33%
- Unintended teen pregnancy by 38%
- Smoking (current) by 16%
- Binge drinking (current) by 15%
- Cannabis use (lifetime) by 33%
- Heroin/crack use (lifetime) by 59%
- Violence victimisation (past year) by 51%
- Violence perpetration (past year) by 52%
- Incarceration (lifetime) by 53%
- Poor diet (current; <2 fruit & veg portions daily) by 14%

Bellis et al., 2014
Global prevalence

1 in 3 women throughout the world will experience physical and/or sexual violence by a partner or sexual violence by a non-partner

Source: WHO Global and regional estimates of violence against women, 2013
Marmot Review: 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
Inequalities in cognitive development by multiple factors, UK

Cognitive test scores at age 7

- Low birth weight
- Not being breastfed
- Maternal depression
- Having a lone parent
- Median family income <60%
- Parental unemployment
- Maternal qualifications
- Damp housing
- Social housing
- Area deprivation (IMD)

(ICLS, 2012)
Within country maths results by quarters of ESCS (economic social and cultural status), PISA, 2013

Source: PISA, 2013
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Trends in income share among top income decile. US: 1913-2007

- **Top 1%** (incomes above $398,900 in 2007)
- **Top 5-1%** (incomes between $155,400 and $398,900)
- **Top 10-5%** (incomes between $109,600 and $155,400)
Chart 1: Change in real household income by percentile point: 2007–08 to 2020–21 [Download the data in Excel]

http://www.ifs.org.uk/publications/8210
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]
Shockling news: Welfare spending improves health and reduces inequality

Source: Lundberg et al 2012
A Less Progressive Tax Code USA

Total tax rate by income group

Change in after-tax income under tax bill, 2027

Top 0.1: +3.0%
Top 10: 1.5
Middle 40: -0.6
Bottom 50: -2.0

By The New York Times | Note: Includes effect of spending cuts from deficit reduction. Source: Estimate based on data from William Gale, Surachai Khitatrakun and Aaron Krupkin
Figure 5: International average real wage growth, 2007-15

[Bar chart showing real wage growth for various countries from 2007 to 2015, with countries listed along the x-axis and growth rates along the y-axis.]
Report from the President

I spent the year as:

WMA President 2015-16
My two messages in a world of post-fact politics

• Evidence-based policy

• Spirit of social justice

Remember: We said that

“Social injustice is killing on a grand scale”
Martin Luther King

I believe that unarmed truth and unconditional love will have the final word in reality. This is why right, temporarily defeated, is stronger than evil triumphant.
Mission for Presidency (and life)

Health Equity through action on

Social Determinants of Health
Why treat people and send them back to the conditions that made them sick?
1. Workforce Education and Training
2. Working with Individuals and Communities
3. Health Sector as Employers
4. Working in Partnership
5. Workforce as Advocates
<table>
<thead>
<tr>
<th></th>
<th>MALE</th>
<th>FEMALE</th>
</tr>
</thead>
<tbody>
<tr>
<td>INDIGENOUS AUSTRALIAN*</td>
<td>69.1</td>
<td>73.7</td>
</tr>
<tr>
<td>NON INDIGENOUS AUSTRALIAN*</td>
<td>79.7</td>
<td>83.1</td>
</tr>
</tbody>
</table>

Welcome

Tharawal Aboriginal Corporation

“Your Health, Our Commitment”
Tharawal Aboriginal Medical Service

At Tharawal A.M.S. we have;

G.P.s
Registrar Doctors
Students
Specialists
The popular Belly Cast Program

What we do

Educational gatherings before pregnancy, during pregnancy and after birth of baby.

Pregnancy and Postnatal Care at clinic or at their home.

Care for women and baby after the delivery.

Ongoing support, education, and baby checks up to the youngest child is five.

Development of resources for families around parenting.

We also have a Breast Feeding Support Program
KEY PERFORMANCE INDICATORS

In 2014, 100% of Souths Cares School to Work Students achieved the HSC and moved into employment or further education.

Over 4000 of direct community engagement by South Sydney Rabbitohs players annually.

Donations valued at over $200,000 provided to the community in 2014/15 Financial Year.

On-site Outreach Services

We provide key services for our clients and community that is in a safe and private environment on a weekly basis.

This results in a speedier outcome.

Legal Services

Department of Housing

Centrelink

Disability Support
Waranwarin

20 children graduated in 2015
60 children enrolled 2015
Family Support Program

The Deadly Homework Club

Parenting Programs in partnership with Brighter Futures

Community Kitchen held at Waranwarin Child and Family Centre

and more
Every family attends either;
Triple P parenting,
123 Magic
or grass roots parenting.

Every family complete adult and child health checks link to speech, audiology, optometry and dental
Weekly clinics held in our medical building

Drug & Alcohol

Education
Awareness
Support in rehabilitation
GOOD TUCKER
ALL ROUND
FRUIT & VEGETABLE DELIVERY

The freshest seasonal fruit and vegetables delivered to your door every week

Our community members volunteer to pack the boxes ready for delivery

Working together with community and local businesses to ensure quality healthy produce is provided for our mob
Our Elders
UCL Institute of Health Equity

Bringing Them Home
Reaction to my discussion of economic inequalities

Welcome to Fantasy Land