

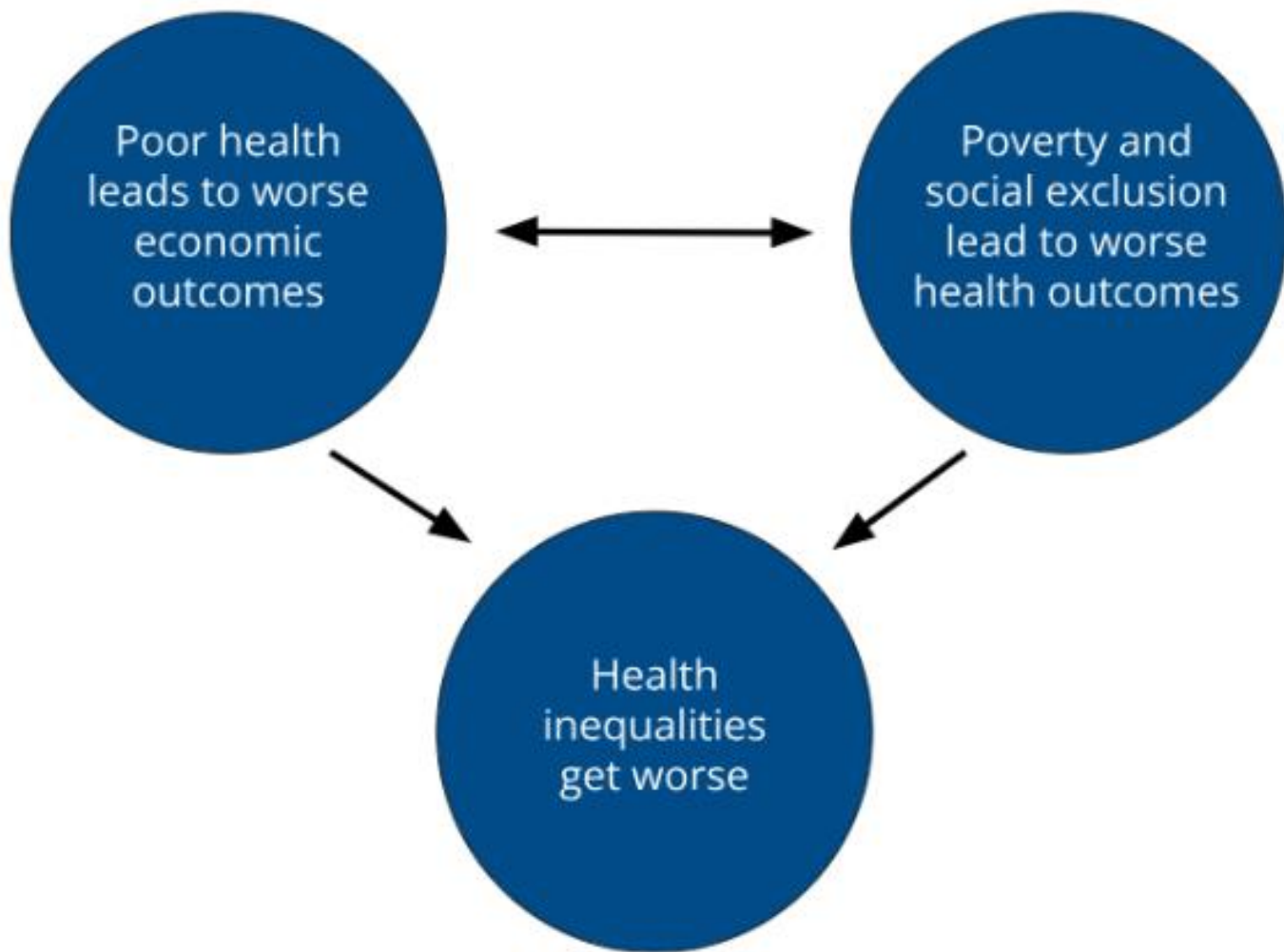
Housing, work and health inequalities: Frontline insights into the social determinants of health



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Health inequalities in the UK

- People living in the most deprived parts of the UK have a healthy life expectancy of 18 years fewer than those in the least deprived areas.
- There is a 20 percentage point difference between ethnic groups in the proportion of people reporting good health
- Three times more non-disabled people report being in good health compared with disabled people



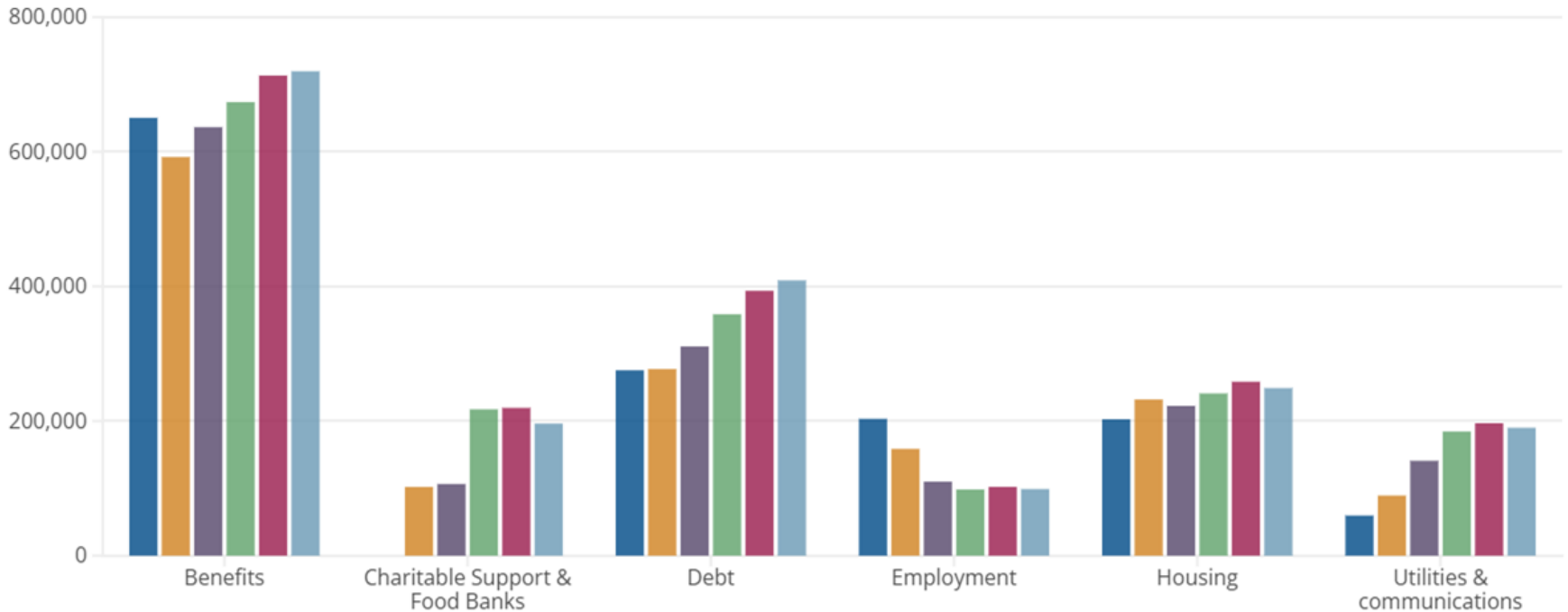
Social determinants of health

- 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 a health standard of living for all
- Create and develop healthy and sustainable places and communities
- Strengthen the role and impact of ill-health and prevention

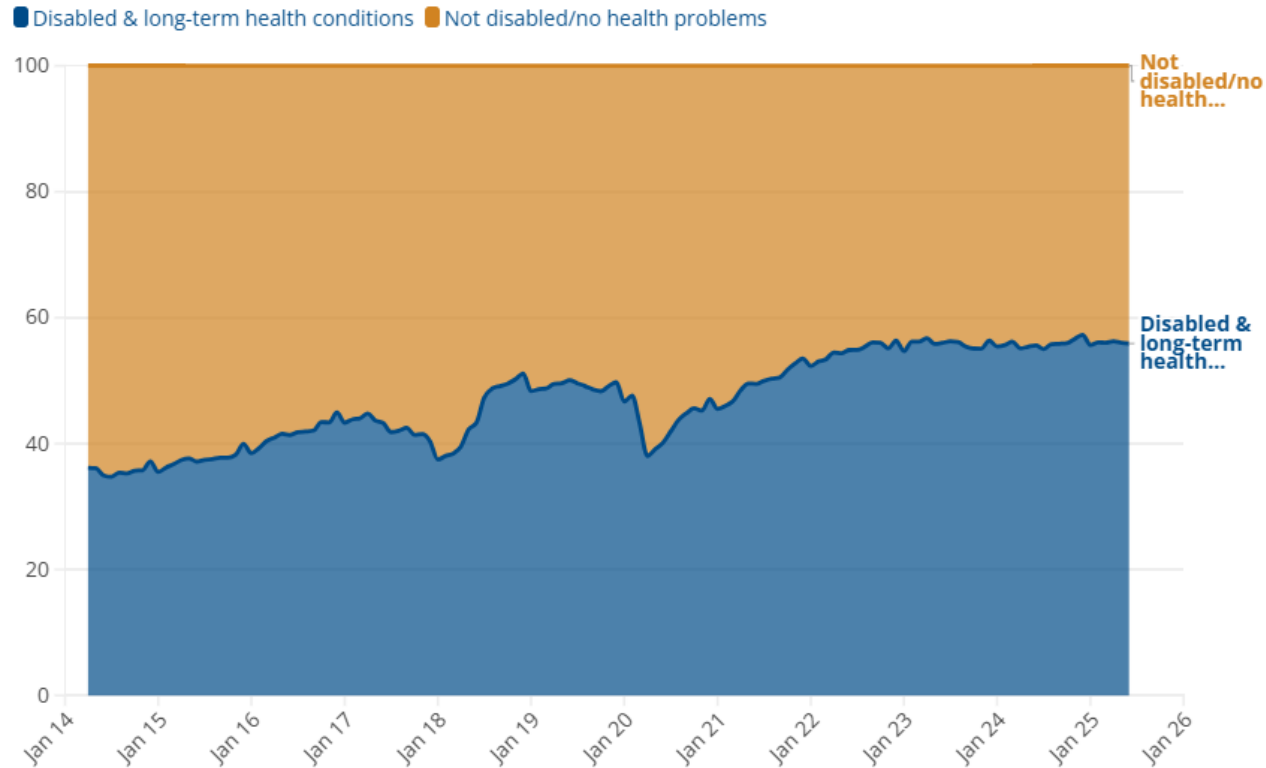


Social determinants of health at CitA

■ 2019/20 ■ 2020/21 ■ 2021/22 ■ 2022/23 ■ 2023/24 ■ 2024/25



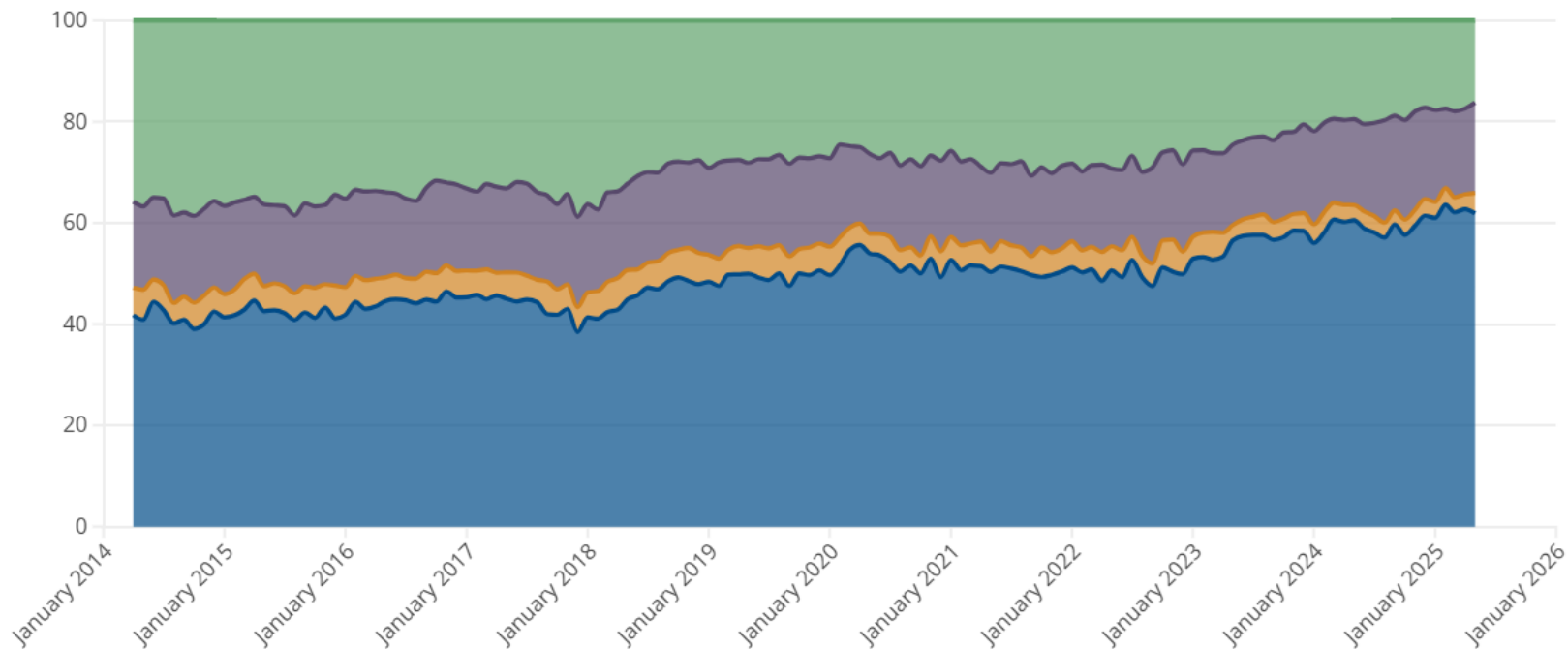
A picture of worsening health



Employment

Disabled & Long-Term Health Condition ▾

■ Employed ■ Other ■ Unemployed ■ Economically Inactive



Rural Employment Issues

One of the largest issues is access to work - lack of adequate public transport can lead to reliance on more expensive modes of travel, changing economic benefit of work.

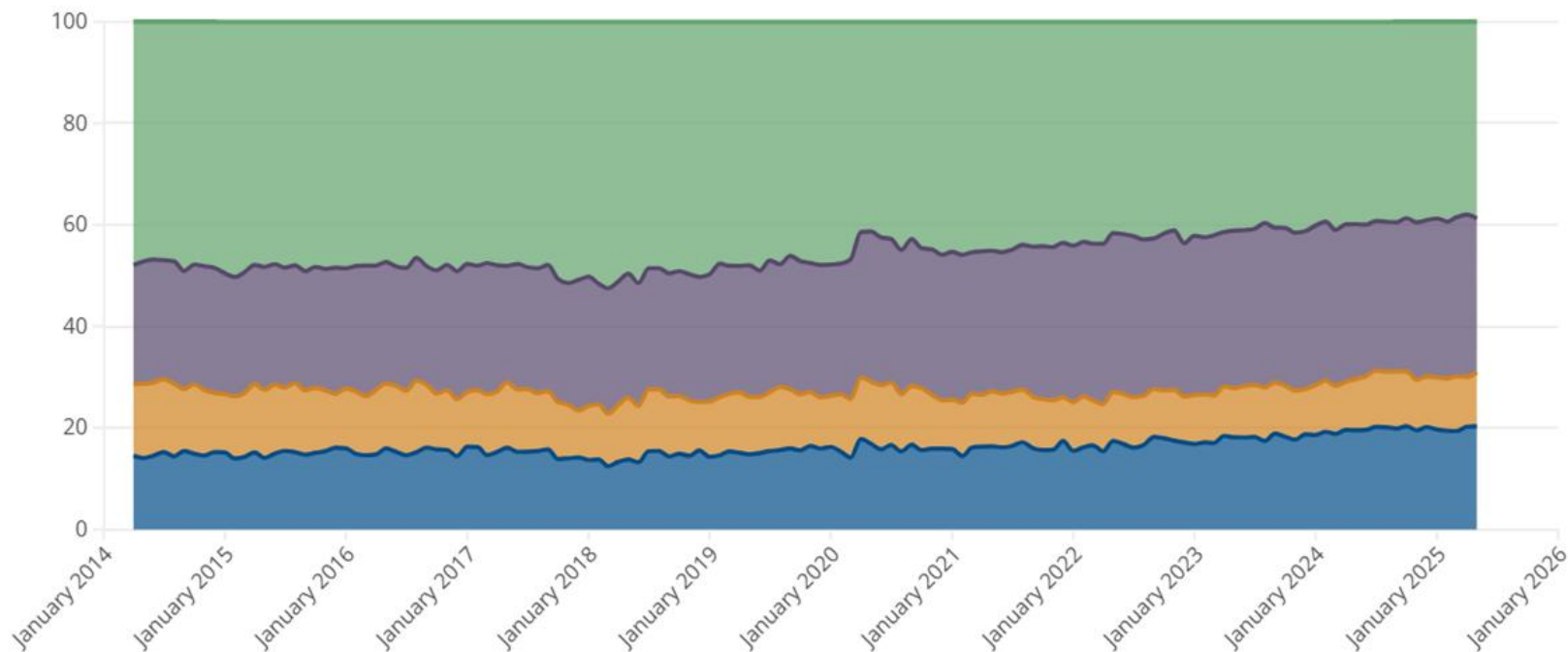
Size of local job market (and particularly the market accessible to people with disabilities / long term health conditions) impacts people's ability to change roles / challenge discrimination.

Remote work presents opportunities - but more work needed to ensure benefits are fully embedded.

Housing - a growing (health) crisis

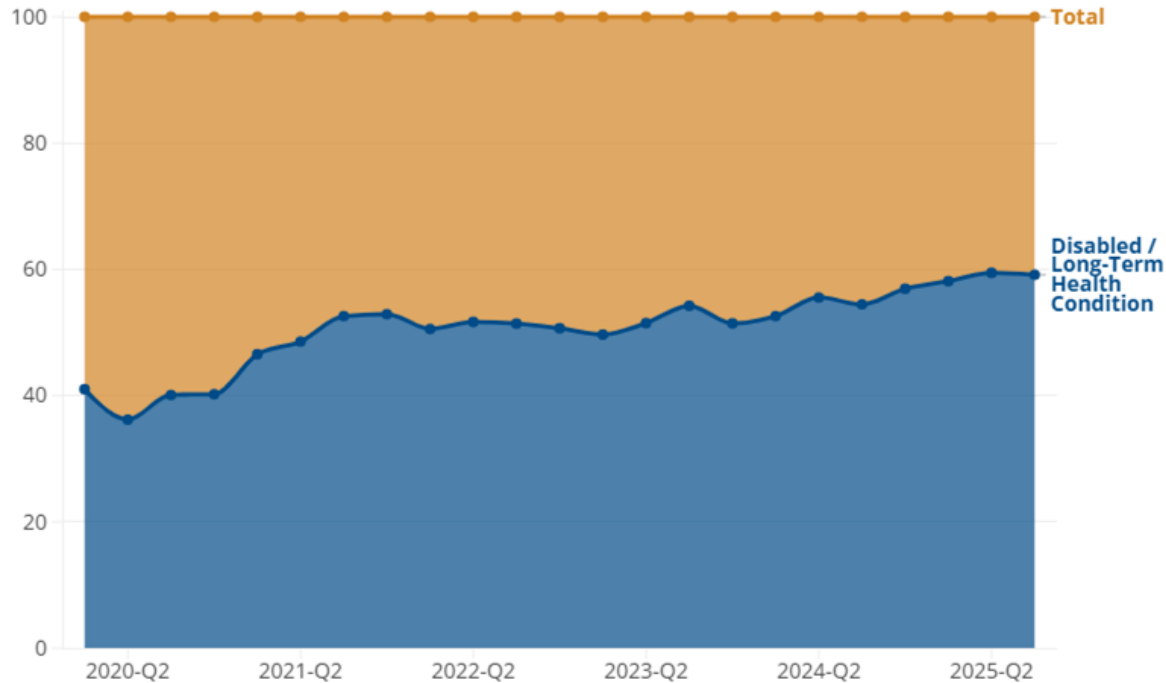
Disabled & Long-Term Health Condition ▾

Other Owner Occupier Private Tenant Social Tenant



Local housing allowance

Percentage of people seen about LHA per quarter by health / disability



The health impacts of housing

- Direct financial impact
 - Debt & stress
 - Negative budget - less spending for fuel / healthy food
- Housing crisis
 - Overcrowding - mental health impacts (partic. for children)
 - Homelessness and impact of poor quality temp. accom.
- Damp and mould
 - Breathing problems
 - Exacerbates existing health issues
- Social impact
 - Cut off from support networks
 - Inconsistent / interrupted access to health services

Northumberland in focus

- Very large county - increasing centralisation of services has meant people in more remote or far-flung locations can be cut off from support
- Age and quality of housing stock means damp and mould are a very common issue.
- Remote locations reliant on fuel oil - expensive, bulk payments and less govt. support.
- Small villages with very little social housing - but people often unwilling to move because of local connections and family support.

Thank you

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Advice on prescription

Long-running project in Liverpool, recently studied by public health academics in UCL, show the impact that non-clinical interventions can make to the health of people facing crisis.

Source: Aregawi et. al. (2025) The impacts of Liverpool Citizen's Advice on Prescription (CAP) on mental health outcomes– an Instrumental Variable (IV) approach

