Psychosocial pathways underlying socio-economic inequalities in health: strategies for intervention in Europe

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Inequalities within European countries

- In Glasgow male LE ranges from 66.2 – 81.7 yrs
- In the Netherlands, people in the lowest income quintile have an 8 yr lower life expectancy, and live 18 years more in poor health
- In the Slovak Republic, the gap in LE at age 65 for men is 4.4 yrs between highest and lowest educational level
- In London, when travelling east from Westminster, each tube stop represents 1 yr of LE lost
Inequalities *between* European countries: life expectancy

![Average life expectancy in Europe for those born in 2018, by gender and region (in years)](chart)

Source: Population Reference Bureau © Statista 2019

Additional Information: Europe

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Maastricht University
Inequalities between European countries: health literacy

Low Health Literacy Levels are considerable & vary by Country!
Percentage Distributions of Comprehensive HL Levels, for Countries and Total Sample (HLS-EU 2012)

<table>
<thead>
<tr>
<th>Country</th>
<th>Inadequate comp.-HL</th>
<th>Problematic comp.-HL</th>
<th>Sufficient comp.-HL</th>
<th>Excellent comp.-HL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Netherlands</td>
<td>1.8%</td>
<td>26.9%</td>
<td>46.3%</td>
<td>25.1%</td>
</tr>
<tr>
<td>Ireland</td>
<td>10.3%</td>
<td>29.7%</td>
<td>38.7%</td>
<td>21.3%</td>
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<tr>
<td>Poland</td>
<td>10.2%</td>
<td>34.4%</td>
<td>35.9%</td>
<td>19.5%</td>
</tr>
<tr>
<td>Greece</td>
<td>13.9%</td>
<td>30.9%</td>
<td>39.6%</td>
<td>15.6%</td>
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<tr>
<td>Germany</td>
<td>11.0%</td>
<td>35.3%</td>
<td>34.1%</td>
<td>19.6%</td>
</tr>
<tr>
<td>TOTAL</td>
<td>12.4%</td>
<td>35.2%</td>
<td>36.0%</td>
<td>16.5%</td>
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<tr>
<td>Austria</td>
<td>18.2%</td>
<td>38.2%</td>
<td>33.7%</td>
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<tr>
<td>Spain</td>
<td>7.5%</td>
<td>50.8%</td>
<td>32.6%</td>
<td>9.1%</td>
</tr>
<tr>
<td>Bulgaria</td>
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<td>35.2%</td>
<td>26.6%</td>
<td>11.3%</td>
</tr>
</tbody>
</table>


Pathways, explanations

Source: Dahlgren and Whitehead, 1991
Strategies and interventions in Europe - experiences

- General lifestyle interventions
- Sure Start
- Housing
- Community
Strategies and interventions in Europe – new strategies

• Addressing wider social determinants of health, more recognition for effect of politics and health systems

• Policy coherence

• Inclusive policies

• Recommendations