

Where we are

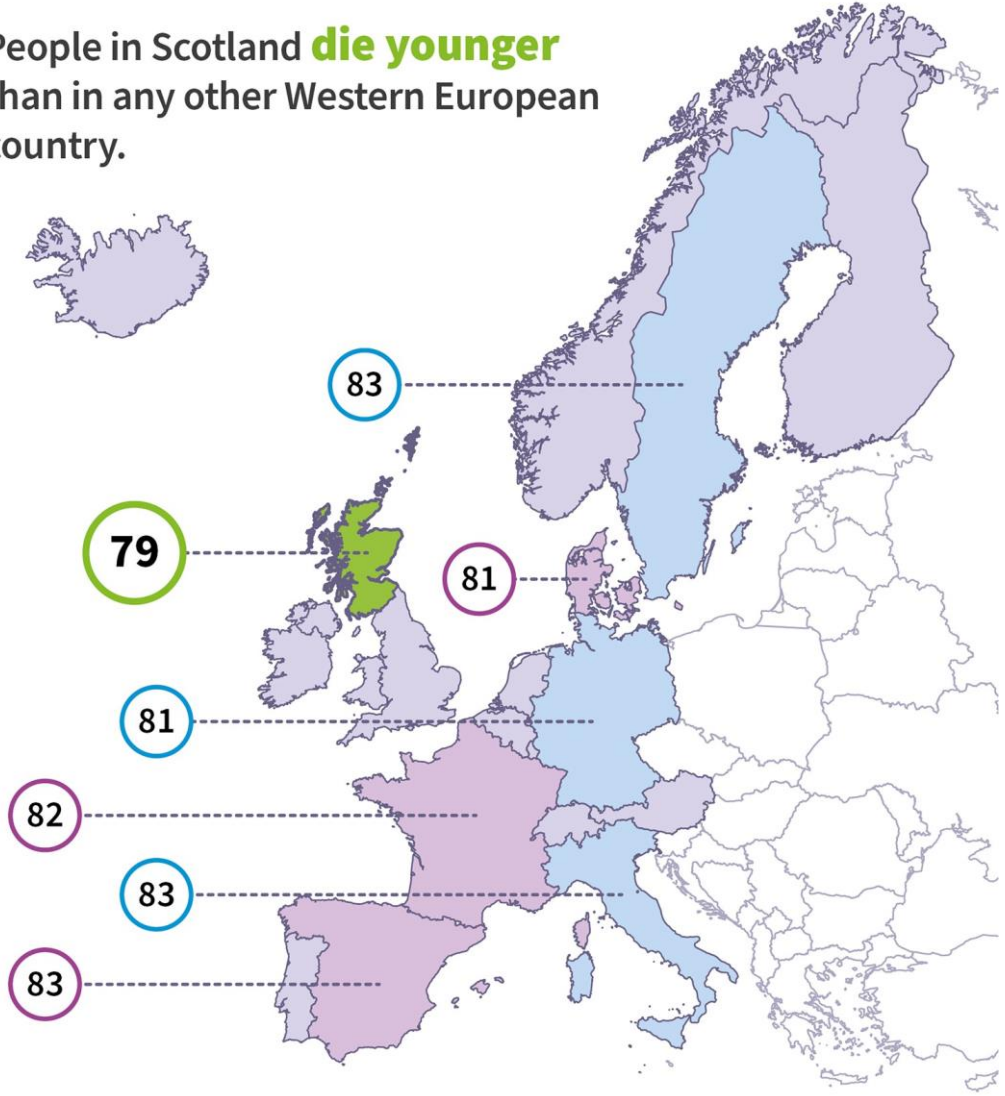
Manira Ahmad

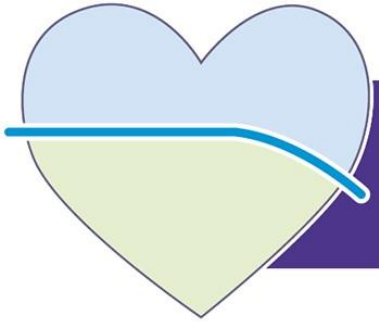
Public Health Scotland



Life Expectancy

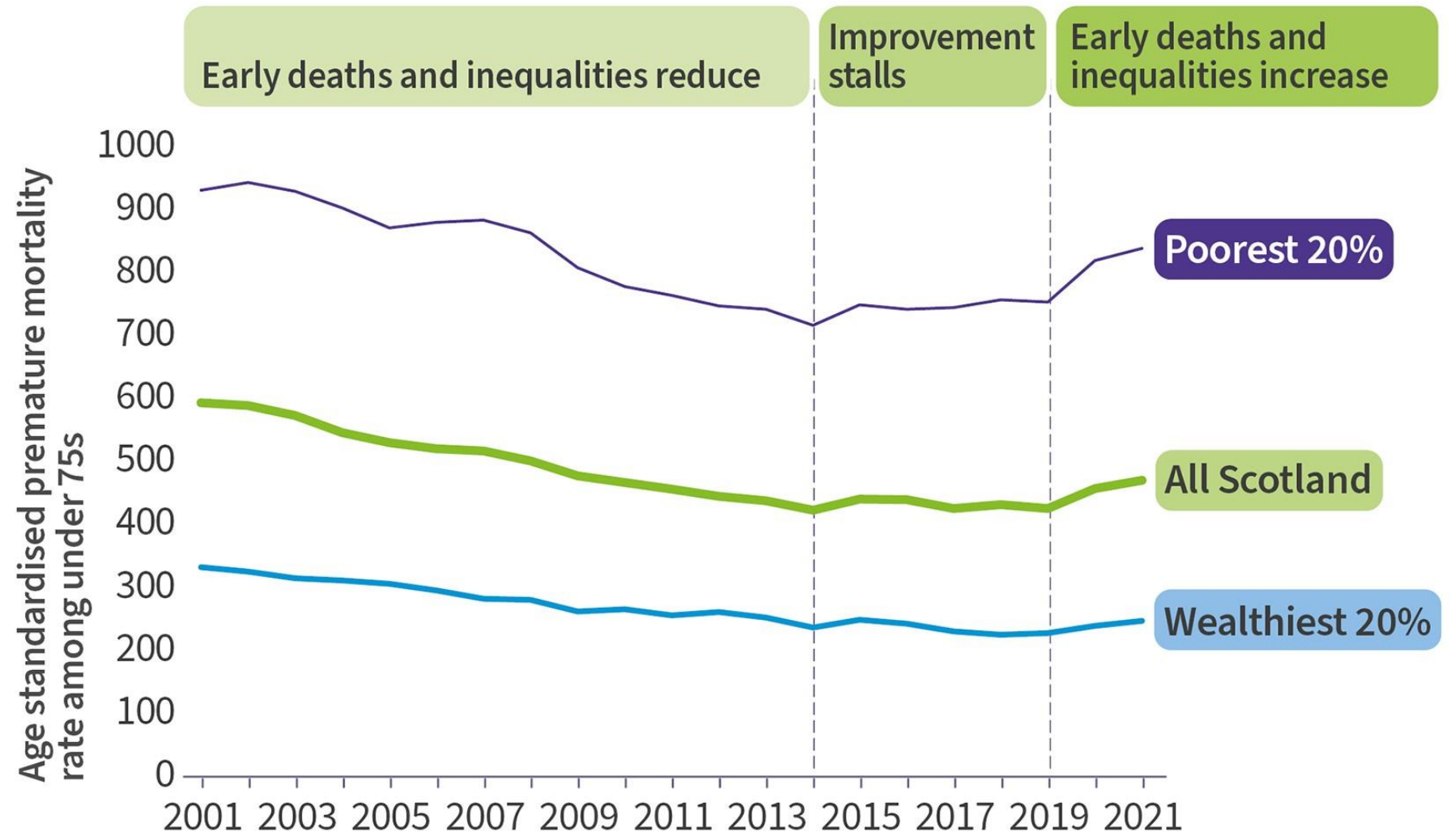
People in Scotland **die younger** than in any other Western European country.





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

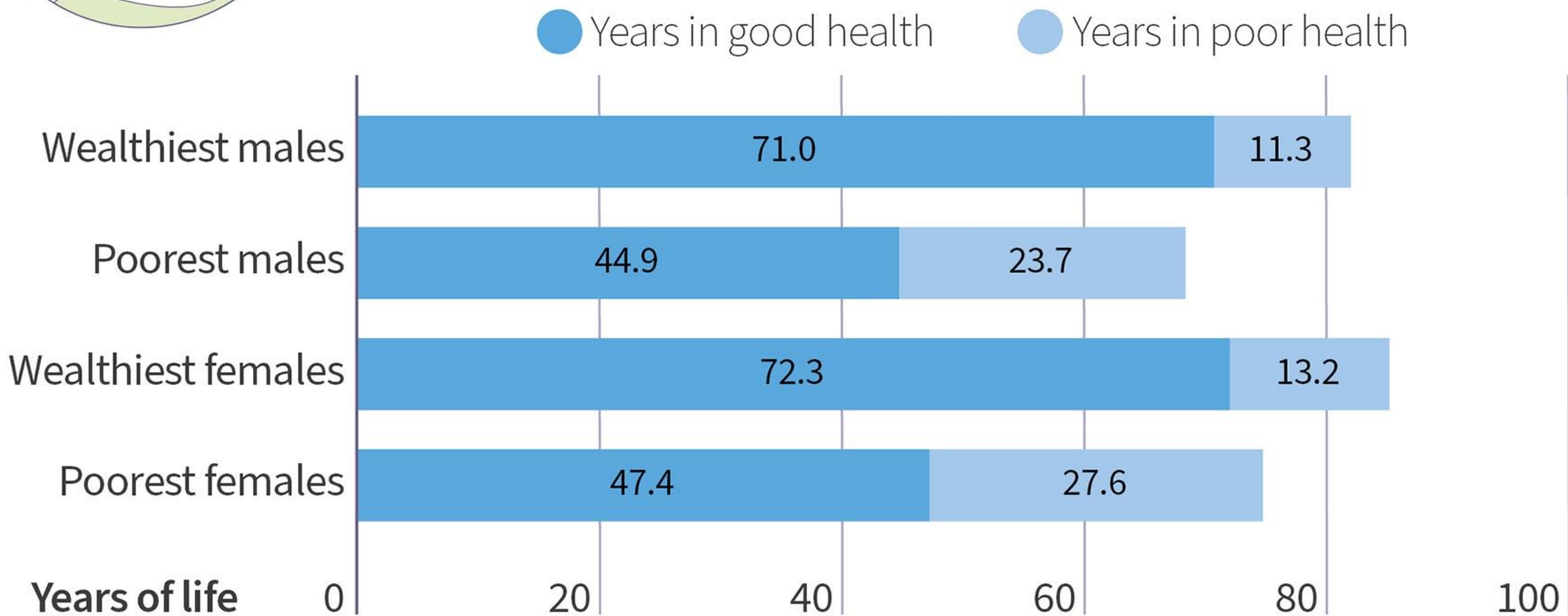


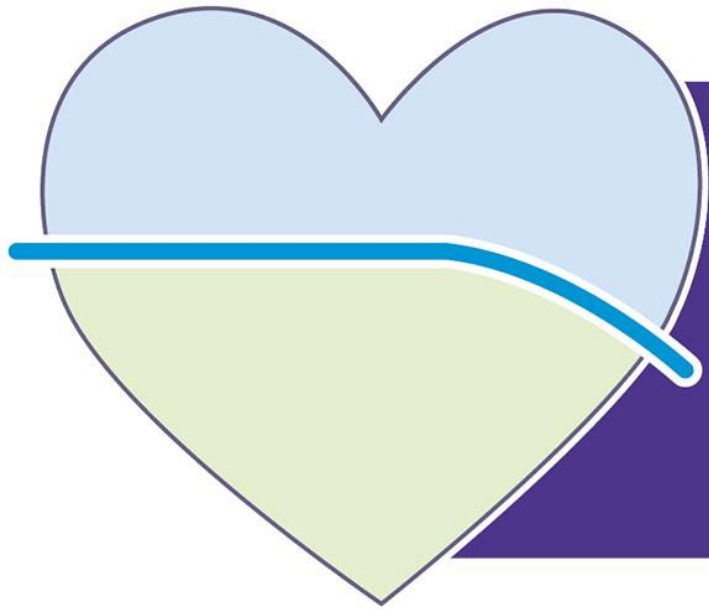
Quality of life is **worse** for those living in the most deprived communities who on average spend a **third of their lives** in **poor health**.





People in the poorest areas live more years in poor health and die younger.





After decades of improvement, **life expectancy has not increased since 2012** and has **started to decline.**



Primary prevention

Invest in the building blocks of health to stop problems happening in the first place.

Secondary prevention

Focusing on early detection of a problem to support early intervention and treatment or reducing the level of harm.

Tertiary prevention

Minimising the negative consequences (harm) of a health issue through careful management.

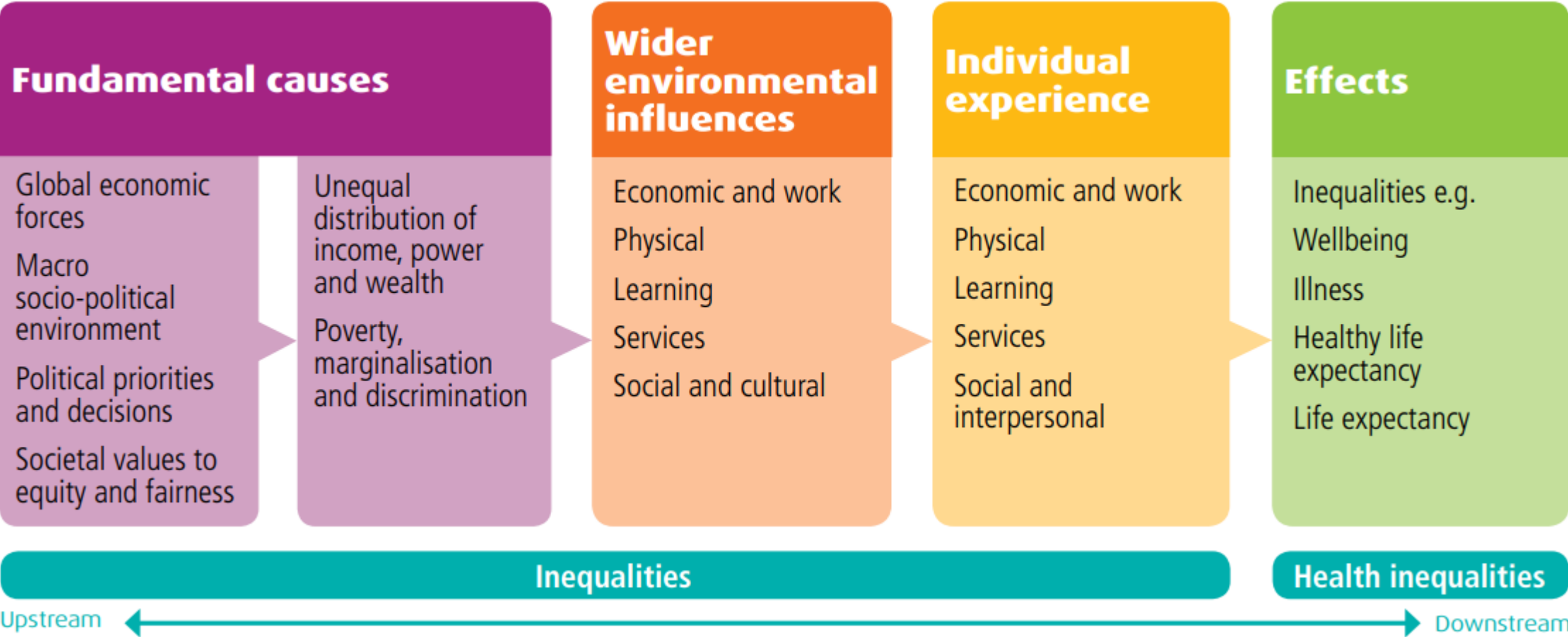
High

Impact on population health

Low



Theory of Causation



Employment



Housing



Education and skills



Childhood experiences



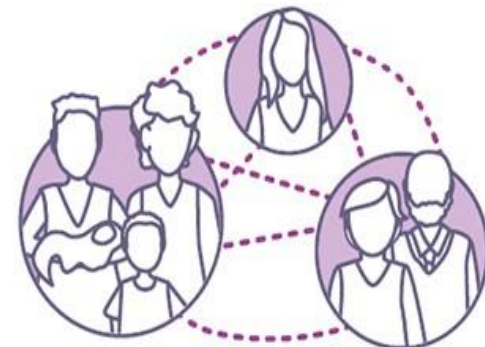
Economic stability



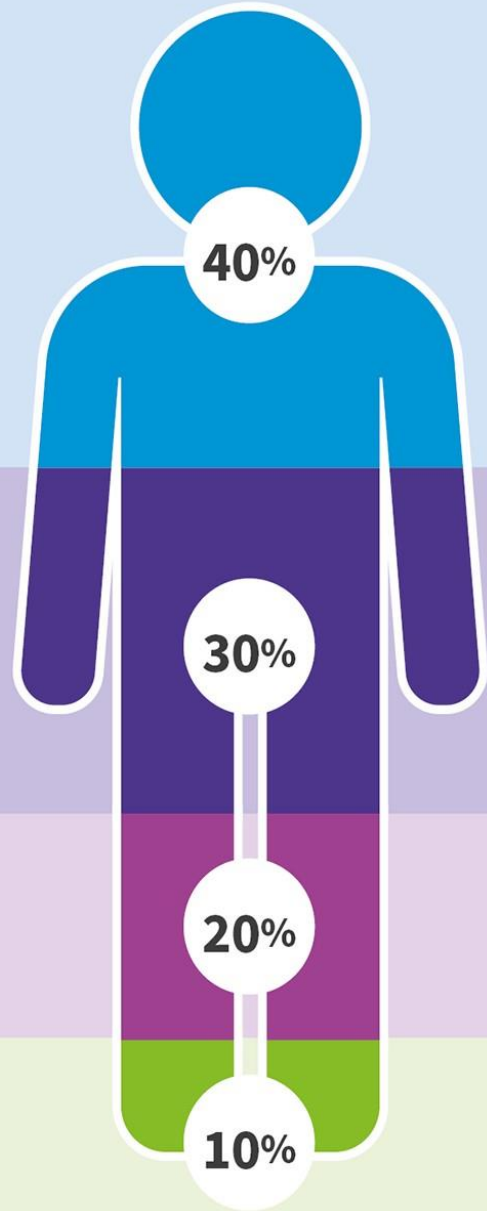
Healthcare



Social and community



What shapes our health



Social and economic factors

- Tackling child poverty
- Scottish Child Payment
- Investment in quality early learning and childcare
- Whole family wellbeing and keeping the Promise
- Attainment challenge
- Community Wealth Building
- Cost of living measures
- Affordable and quality housing
- Employability support
- Create a wellbeing economy
- Embed equality and inclusive approaches

Health behaviours

- Regulation of alcohol (e.g. Minimum Unit Pricing)
- Access to healthy foods
- Supporting active lives
- Regulation of tobacco
- Quality addiction services

Health services

- Addressing current acute system pressures equitably
- Vaccines and immunisations
- Screening and diagnostics
- Fair access to quality health care
- Mental health services

Physical environment

- Low Emission Zones
- Active travel investment
- National Planning Framework 4
- Achieve Net Zero