

## Wider Determinants of Health - In Practice

9 March 2021 / Online

<https://togetherforhealth.co.uk>

Day 1: Wednesday 9 December 2020

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09:50 **Virtual Event Lobby Open for Registrants**

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10:00 **Welcome from the Chair**

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10:10 **Creating an Environment for Good Health**

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**Health is determined by a complex interaction between individual characteristics, lifestyles and physical, social and economic factors.**

These broader social determinants of health are more important than health care in ensuring a healthy population. As we shift thinking from good healthcare to good health, we need to work together across public services to develop approaches to early years, education and skills, transport, housing, places and spaces, and jobs and businesses.

We'll explore the mindset change required to move towards prevention vs cure and the ways to bring the wider determinants of health into our everyday work.

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**Key learning objectives:**

- Understand the contributing factors to good health
- Explore the mindset change required for Population Health
- Examine the relationship between the determinants of health and health inequalities

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10:50 **Why Levelling: Up the Economy is Imperative for Good Health**

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**There are deep connections between health and wealth. Whilst the basics for creating a healthier lifestyle are widely accepted and known to many people.**

The steps for devising, implementing and managing financial planning strategies are, arguably, not quite as simple. As we begin to emerge from the Covid-19 pandemic, 'levelling up' the economy to create opportunities for everyone across the country will still be our greatest national challenge, and more important than ever.

We'll explore the relationship between healthy populations and economic prosperity and look at practical solutions to wealth that also support health equity.

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**Key learning objectives:**

- Explore the evidence-base that connects health and wealth
- Examine how to shape a recovery that reduces poverty, tackles productivity and improves living standards
- Review the actions required now to stop the levelling-up challenge becoming even harder

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11:30 **Comfort Break**

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11:45 **Building the Foundations for Wellbeing**

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**Giving children the best start in life is a fundamental part of improving health and reducing health inequalities.**

Inequalities in children's development originate in multiple disadvantages, which compound to affect children's long-term outcomes, undermine the development of human potential where children from disadvantaged and families quickly fall behind. Whilst this is all well understood, recent reports still acknowledge a widening gap in health inequalities for children. What can we do to address this and ensure every child gets the best start in life?

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**Key learning objectives:**

- Understand the impact of the first 1000 days to future wellbeing
- Explore practical programmes to ensure a healthy start to life
- Review opportunities to collaborate across systems to make a difference

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12:30 **Lunch**

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13:30 **What Housing Can Do to Help Population Health**

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**The relationship between health and housing is well known, but we need to ensure that housing is a contributor to good health, for all.**

A recent new YouGov survey found that nearly a third (31%) of adults in Britain – 15.9m people – have had mental or physical health problems because of the condition of, or lack of space in, their home during lockdown. When Public Health England examined why BAME people have been worst hit by the pandemic, they found that issues of overcrowding and housing conditions contributed to the increased spread of coronavirus among these communities.

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**Key learning objectives:**

- Examine the whole pathway and the impact of housing on health
- Explore the main causes for housing problems in the UK
- Review steps to improve quality of housing provision to improve health and wellbeing

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**14:10 Collaborating Across Systems to Create Healthy Places**

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**Where people live affects health in many ways; from neighbourhood design, to access to green spaces and good public transport.**

There is a need for joined-up thinking which involves the health sector, housing developers, local authority planning teams and local residents to create places that support and promote health. However, that isn't always easy to achieve due to conflicting pressures and priorities. This session will explore the key factors in the design and build of a healthy community and what needs to change to achieve these goals.

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**Key learning objectives:**

- Explore the concept of healthy places and healthy communities
- Understand key stakeholders and how to drive collaborative change
- Review examples of best practice from both new towns as well as regeneration projects

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**14:50 Closing Remarks from the Chair**

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**15:00 Event Closed**