

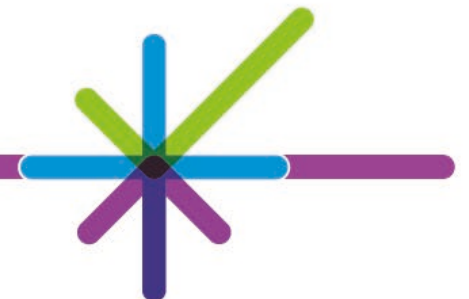
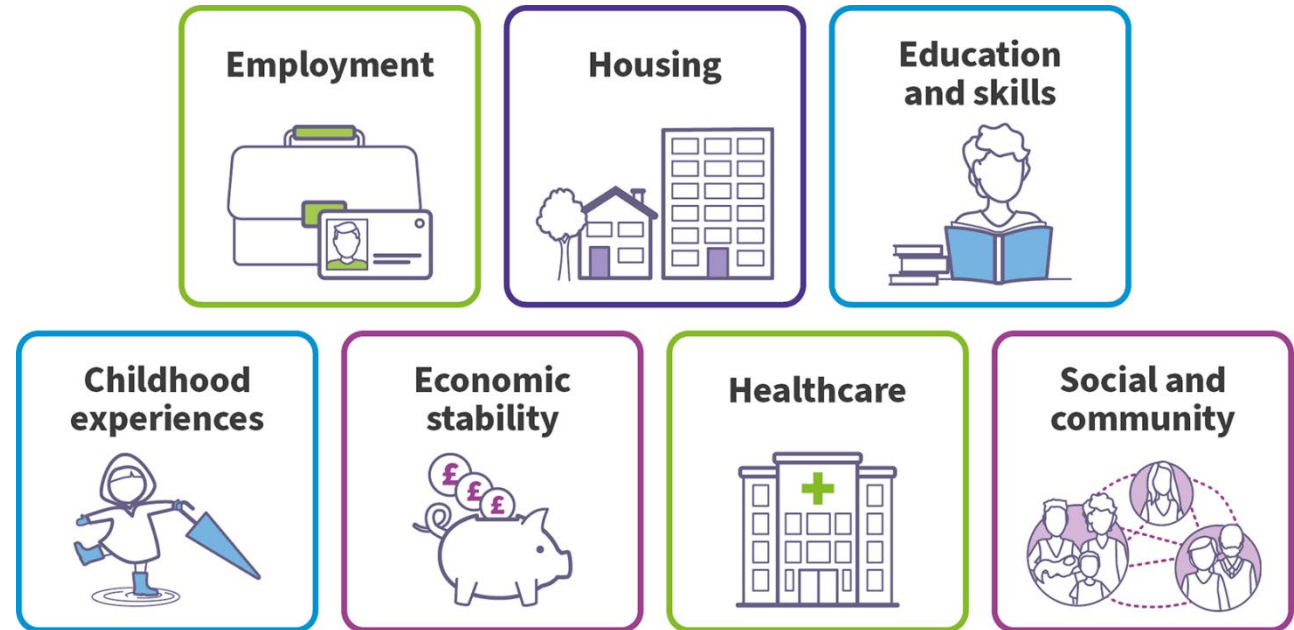
Improving health through action on poverty and cost of living.

Rachel McAdams, Service Manager – Fairer and Healthier Economy
23rd November 2023

Poverty damages the building blocks of health

When you don't have enough money, it is hard to access the building blocks of health.

The lack of control, worry and uncertainty that poverty creates is stressful, and damages mental and physical health.



Why poverty matters to health

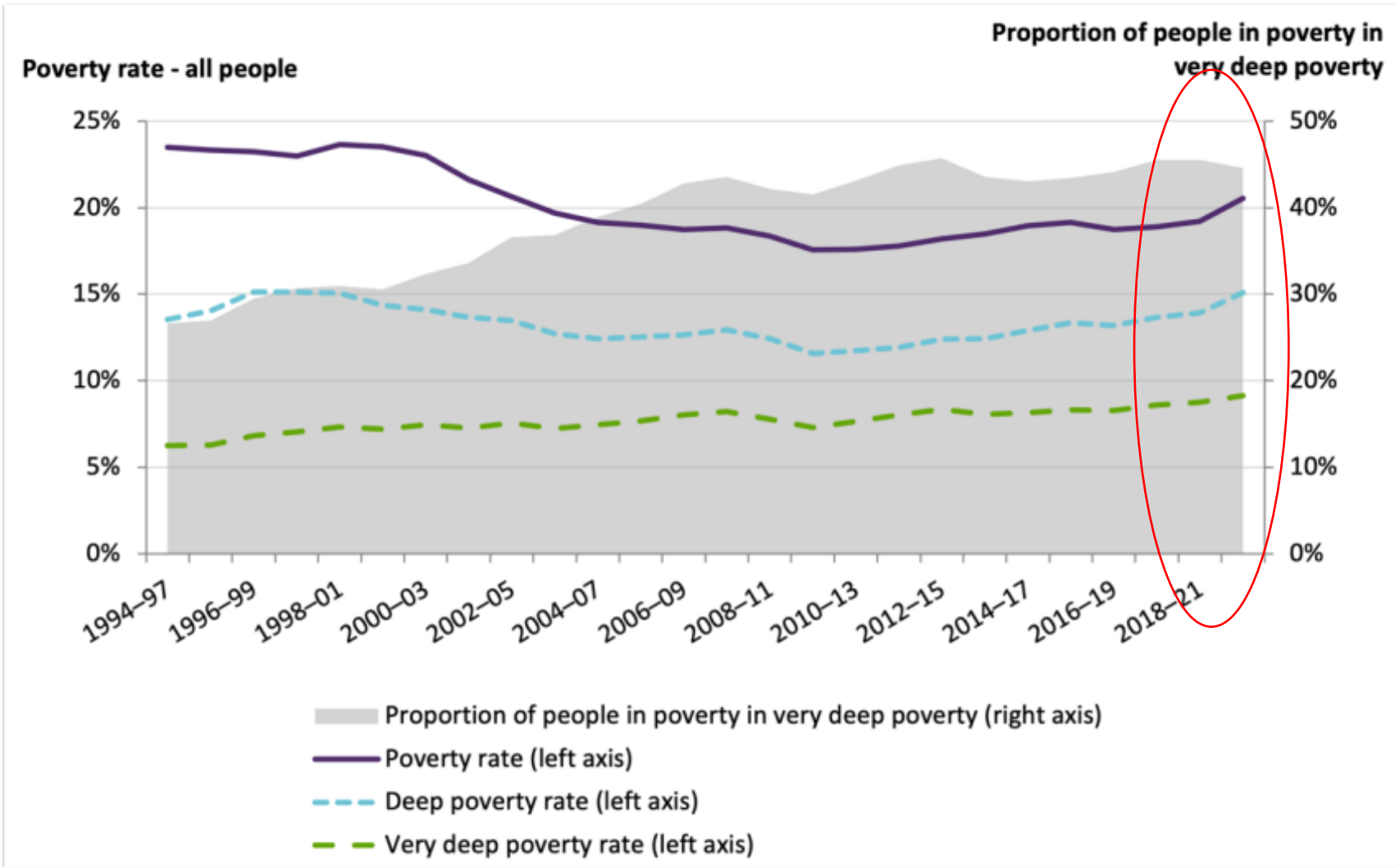


- Low Birth Weight
- Overweight and Obesity
- Tooth decay
- Poor mental health
- Development delays
- Respiratory conditions

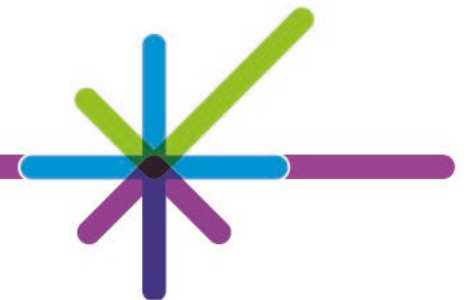


- Poor mental health
- Overweight and obesity
- Smoking
- Alcohol use
- Cancers
- Respiratory disease
- Heart disease



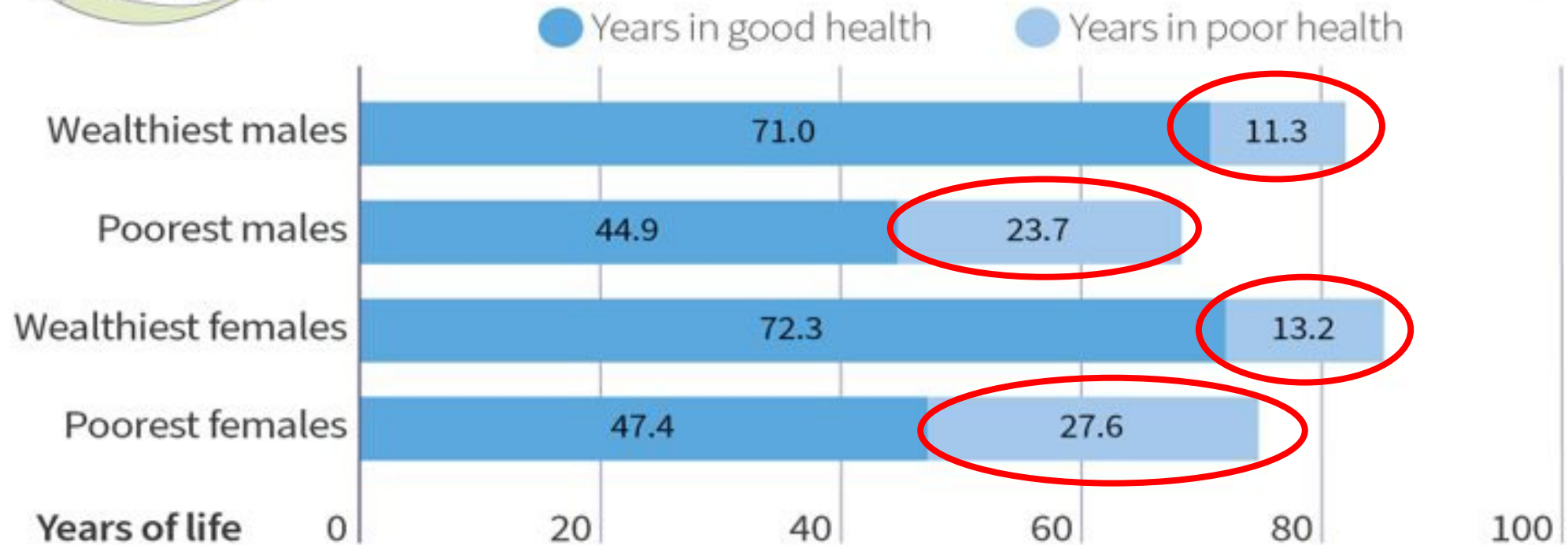


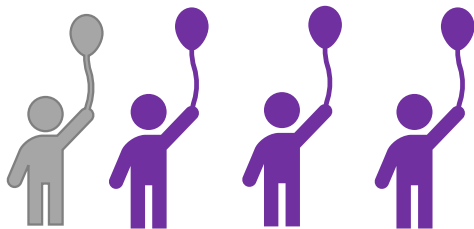
Levels of very deep poverty are rising in Scotland





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





**1 in 4
children**



**1 in 5 people in
work**

**Be clear on
who is at
risk of
poverty in
your area**



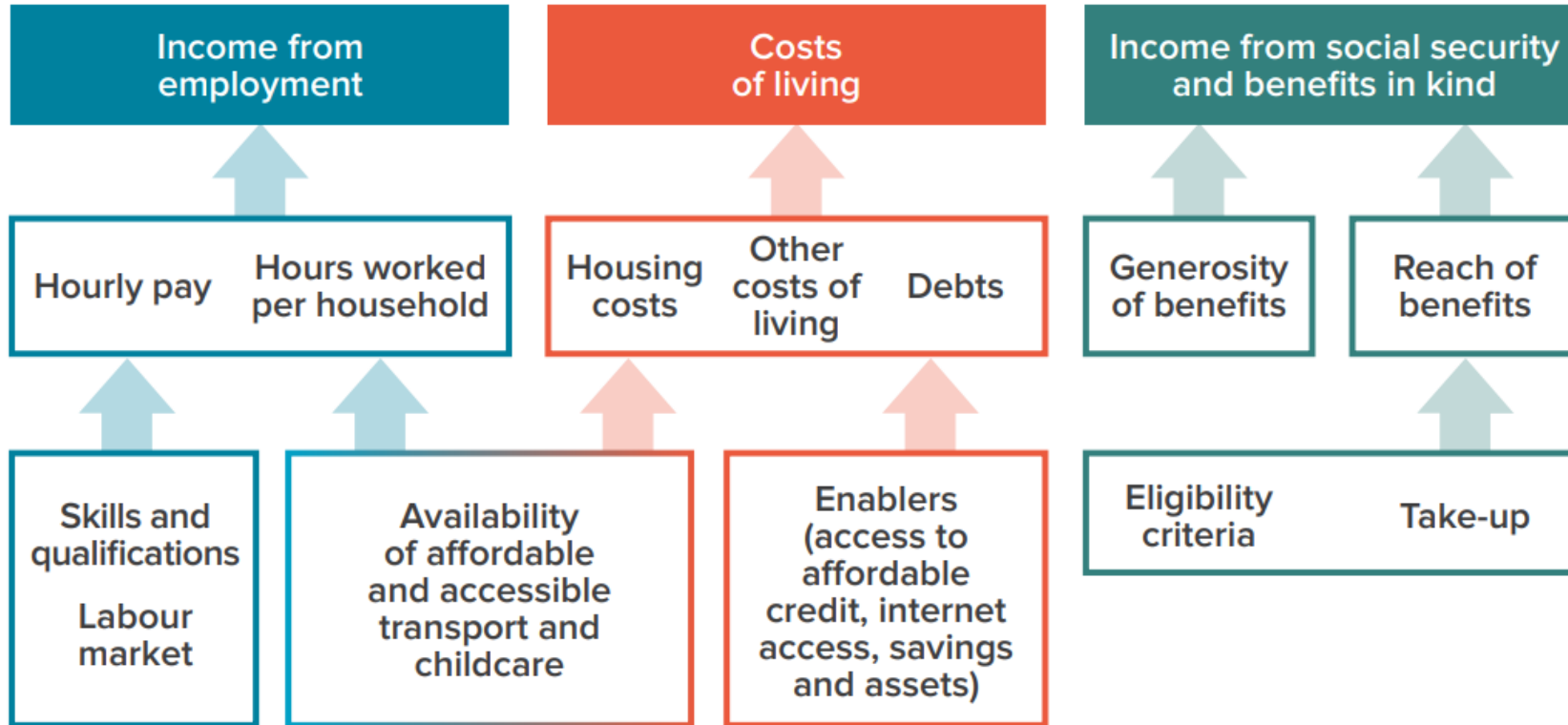
**Over 1 in 3 lone
parent families**



**Over 1 in 3 social
and private
renters**



Be clear on the drivers of poverty



Our focus across the three overarching drivers



- Evidencing the importance of good and fair work to health
- Evidencing the impact of loss of income on health
- Supporting implementation of NHSScotland to widen access to good work to those on the lowest incomes (including in-work progression)
- Seeking to support national and regional economic policy to maximise the positive contribution it can make to reducing poverty and improving health.



Our focus across the three overarching drivers



- Evidenced health impacts of the rising cost of living
- Support local areas and Government to apply this evidence to inform their response
- Shared examples of good practice



Our focus across the three overarching drivers



- Evidencing the health impacts of different social security policy to inform policy decisions
- Evaluation of the Scottish Child Payment
- Widening and improving access to the welfare rights and income maximisation support to those in contact with health services.

