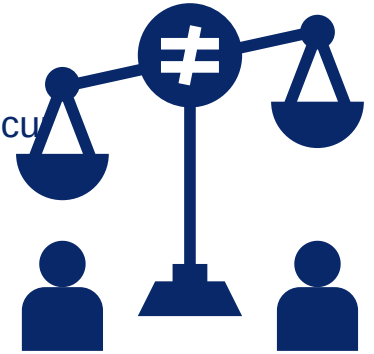


What are health inequalities?

Health inequalities are the unjust and avoidable differences in people's health across the population and between specific population groups ([source](#)). Health inequalities do not occur randomly or by chance, but are socially determined by circumstances largely beyond an individual's control. These circumstances disadvantage people and limit their chance to live a longer, healthier life. Health inequalities are avoidable. The primary causes of health inequalities are rooted in the political and social decisions and priorities that result in an unequal distribution of income, power and wealth across the population and between groups. They can also be as a result of discrimination. This can lead to poverty and marginalisation of individuals and groups.



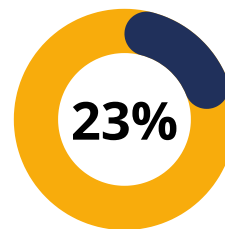
Poverty

Reducing poverty is a public health issue. Too many people are trapped in poverty in Scotland. Living in poverty is a significant determinant of both physical and mental health. Many of the groups who were already struggling with poverty have borne the brunt of the pandemic.



1 in 4 children in Scotland live in poverty

[Source](#)



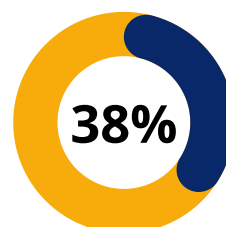
of those who live in a household with a disabled household member live in poverty

[Source](#)



700,000 households used a food bank in 2019/20, prior to the outbreak of the Covid-19 pandemic

[Source](#)



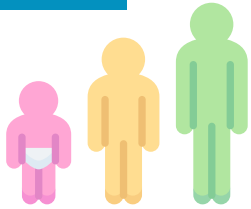
of single women with children are living in poverty

[Source](#)

Protected Characteristics

Inequalities can occur as a result of discrimination. Under the **Equalities Act 2010**, it is illegal to discriminate against individuals with certain protected characteristics. There are nine protected characteristics and many of us have more than one of these.

Age



Children born into poverty are **more likely** to experience mental health problems

[Source](#)

Disability

Deaf people are **twice** as likely to experience mental health difficulties



[Source](#)

Gender Reassignment

In 2018 more than half of trans people (**52%**) have thought of taking their own life in the last year



[Source](#)

Marriage and Civil Partnership

29% of women remove their engagement or wedding ring ahead of a job interview



[Source](#)

Pregnancy and Maternity



Postnatal depression and anxiety in mothers from racialised communities is **13%** higher than in white mothers

[Source](#)

Race



Black people were almost **5 times** as likely as white people to be detained under the Mental Health Act

[Source](#)

Religion or Belief

In **over a quarter** of crimes, prejudice was shown towards the Muslim community



[Source](#)

Sexual Orientation

People who identify as LGBT+ have **higher rates** of common mental health problems and lower wellbeing than heterosexual people



[Source](#)

2.6

Males are 2.6 x more likely to die by suicide in Scotland than females

Sex

In 2019-20 **4 out of 5** victims of domestic abuse were female



[Source](#)

[Source](#)

Cost of the School Day Toolkit: a resource for the school community - children and young people, teachers and school staff, parents and carers – to join the discussion and have input into making Cost of the School Day changes.



Mental Health and Money Toolkit: resource to help you understand, manage and improve your mental and financial health.

GamCare Recovery Toolkit: offer a range of information, advice and support to people affected by gambling. There are also practical tools and resources available to help you.



Mental Health and Debt: a free downloadable booklet; how to handle debts when unwell, work with banks, free debt counselling, specific tips for bipolar disorder or depression sufferers, whether to declare a condition and more.

Debt and mental health: provides information on the impact of debt on mental health, help available and how to help yourself.



Mental Health and Money Advice: Clear, practical advice and support for people experiencing issues with mental health and money.

Financial Inclusion and Mental Health Snippet offers information all money advice services across the 6 Health and Social Care Partnerships as well as fuel and food supports.



Learning

Health Inequalities Learning Hub: is suitable for anyone who has an interest in understanding health inequalities in Scotland and the steps you can take to help reduce them. You will focus on understanding the link between discrimination, inequality, and health Inequalities. This will provide you with a strong foundation knowledge of the subject matter.



Click on image to download information

Further Reading and Research

Click on images to download information

Centre for Mental Health Briefing 58

Poverty, economic inequality and mental health



The Health Foundation

Health inequalities in Scotland: An independent review

Glasgow Centre for Population Health Response
Inquiry into Health Inequalities in Scotland



Impact of Covid 19 on Mental Health

This paper presents an analysis of quantitative and qualitative material collected early in the pandemic looking at the impacts of the COVID-19 pandemic on mental health