**Table 1 Selected impacts of wider determinants on our health**

| Sector | Examples |
| --- | --- |
| **Income** | [Income determines people’s ability to buy health-improving goods](https://www.jrf.org.uk/report/how-does-money-influence-health), from food to gym memberships. Managing on a low income is a source of stress, and emerging neurological evidence suggests that [being on a low income affects the way people make choices concerning health-affecting behaviours](https://www.penguin.co.uk/books/178/178585/scarcity/9780141049199.html).  Children from households in the bottom fifth of income distribution are over [four times more likely](https://www.centreformentalhealth.org.uk/sites/default/files/2018-09/newcentury.pdf) to experience severe mental health problems that those in the highest fifth. |
| **Housing** | Poor-quality and [overcrowded housing conditions are associated with increased risk](https://researchbriefings.parliament.uk/ResearchBriefing/Summary/POST-PN-371) of cardiovascular diseases, respiratory diseases, depression and anxiety. As external temperature falls, [death rates rise much faster](https://www.nice.org.uk/guidance/ng6/chapter/3-Context) for those in the coldest homes.  Households from minority ethnic groups are more likely than White households to live in [overcrowded homes](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/724642/Variations_in_housing_circumstances_report.pdf) and to experience [fuel poverty](https://fingertips.phe.org.uk/profile/public-health-outcomes-framework/data#page/7/gid/1000041/pat/6/par/E12000006/ati/202/are/E10000003/iid/90356/age/-1/sex/-1). |
| **Environment** | [Access to good-quality green space](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/355792/Briefing8_Green_spaces_health_inequalities.pdf) is linked to improvements in physical and mental health, and lower levels of obesity. Levels of access are [likely to be worse for people in deprived areas](https://webarchive.nationalarchives.gov.uk/20110118110347/http:/www.cabe.org.uk/files/urban-green-nation.pdf), and for areas with higher proportions of minority ethnic groups.  Exposure to air pollutants is estimated to cut short 28–36,000 lives a year in the United Kingdom. Exposure has been linked to both deprivation and ethnicity. For example, within the most deprived areas of London, people from non-White groups have been found to be [more exposed to high concentrations of nitrogen dioxide](https://www.london.gov.uk/what-we-do/environment/environment-publications/air-pollution-london-impact-environment-strategy), one of the main pollutants associated with traffic fumes. |
| **Transport** | Those living in the most deprived areas have a [50 per cent greater risk of dying in a road accident](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/448036/pedestrian-casualties-2013-data.pdf) compared with those in the least deprived areas. [Children in deprived areas are four times more likely](https://www.bmj.com/content/339/bmj.b4397) to be killed or injured on the road than those in wealthier areas. |
| **Education** | On average among 26 OECD countries, people with a university degree or an equivalent level of education at age 30 can expect to [live more than five years longer](https://www.oecd-ilibrary.org/social-issues-migration-health/health-at-a-glance-2019_6303de6b-en;jsessionid=AsDRIhPMthuoJCktDKaGZy8m.ip-10-240-5-139) than people with lower levels of education. |
| **Work** | [Unemployment is associated with lower life expectancy and poorer physical and mental health](https://www.gov.uk/government/publications/health-profile-for-england/chapter-6-social-determinants-of-health#employment), both for individuals who are unemployed and for their households. The quality of work, including exposure to hazards, job security and whether it promotes a sense of belonging, affects the impact it has on both physical and mental health. Non-White groups experience [higher levels of work stress](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/730917/local_action_on_health_inequalities.pdf), controlling for other demographic factors. |