



What do we mean?

Health Equity in all Policies (HEiAP) - Wellbeing - Health - Health Inequalities - Health Equity - Intersectorial Action - Healthy Urban Planning - Social Determinants of Health - Health Equity in all Policies (HEiAP) - Wellbeing - Health - Health Inequalities - Health Equity - Intersectorial Action - Healthy Urban Planning - Social Determinants of Health - Health Equity in all Policies (HEiAP) - Wellbeing - Health - Health Inequalities - Health Equity - Intersectorial Action - Healthy Urban Planning - Social Determinants of Health - Health Equity in all Policies (HEiAP) - Wellbeing - Health - Health Inequalities - Health Equity - Intersectorial Action - Healthy Urban Planning - Social Determinants of Health - Health Equity in all Policies (HEiAP) - Wellbeing - Health - Health Inequalities - Health Equity - Intersectorial Action - Healthy Urban Planning - Social Determinants of Health

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Working together for a healthier Belfast

What do we mean?



Health

“Health is more than the absence of physical disease, it is a state of complete physical, mental and social wellbeing.”ⁱ

“Health is a resource for everyday life, not the objective of living. Health is a positive concept emphasizing social and personal resources, as well as physical capacities.”ⁱⁱ

Wellbeing

“A positive physical, social and mental state; it is not just the absence of pain, discomfort and incapacity. It requires that basic needs are met, that individuals have a sense of purpose, that they feel able to achieve important personal goals and participate in society. It is enhanced by conditions that include supportive personal relationships, strong and inclusive communities, good health, financial and personal security, rewarding employment, and a healthy and attractive environment.”ⁱⁱⁱ

The social determinants of health

“The social determinants of health are the conditions in which people are born, grow, live, work and age, including the health system. These circumstances are shaped by the distribution of money, power

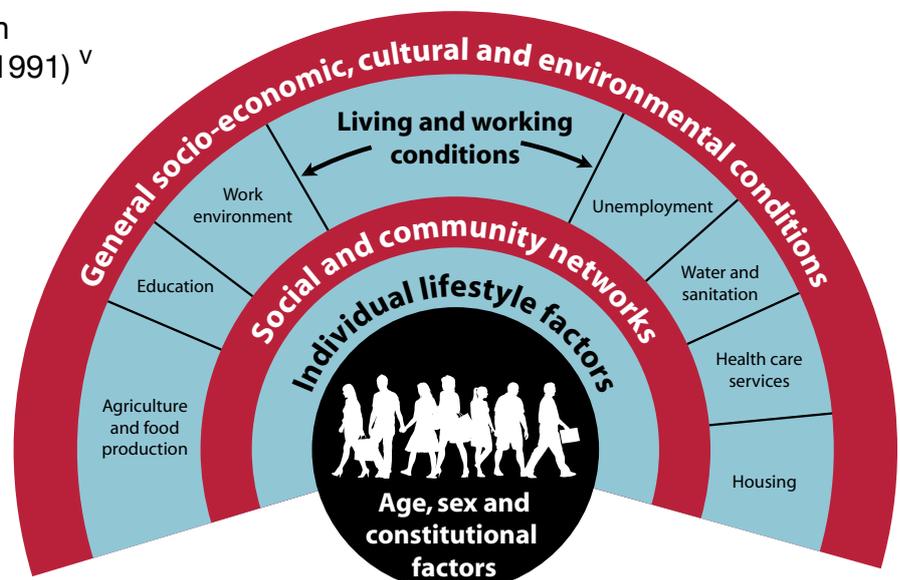
and resources at global, national and local levels, which are themselves influenced by policy choices. The social determinants of health are mostly responsible for health inequities - the unfair and avoidable differences in health status seen within and between countries.”^{iv}

Health Inequalities

“If you live longer than I do or if you suffer from less sickness and disability our health status is unequal. There is inequality between us but not necessarily inequity. The differences may not result from our living conditions, which may be essentially the same, but from accidents, genetics of lifestyle choice.

If, however the differences in our health status result from different living conditions, mine being less satisfactory than yours, a question of inequity arises. I may have less access to nutritious foods, difficulty in finding decent housing or high quality health care sensitive to my particular needs. My income may be lower, and my work stressful and demoralising, punctuated by frequent periods of prolonged unemployment. In this case, inequalities in our health status are the result of inequities in life.”^{vi}

Figure 1: Determinants of Health Model (Dahlgren & Whitehead, 1991)^v



What do we mean?



Health Equity

“Inequity refers to differences in health which are not only unnecessary and avoidable, but in addition are considered unfair and unjust.”

“Equity in health implies that ideally everyone should have a fair opportunity to attain their full health potential and, more pragmatically, that no one should be disadvantaged from achieving this potential, if it can be avoided.”^{vii}

Health Equity in all Policies (HEiAP)

“HEiAP is a policy mechanism that can help organisations achieve their objectives in a way that also addresses inequalities.

It allows organisations to systematically look at policies and assess them against social determinants of health with a view to identifying gaps and integrating health equity issues.”^{viii}

Intersectoral Action

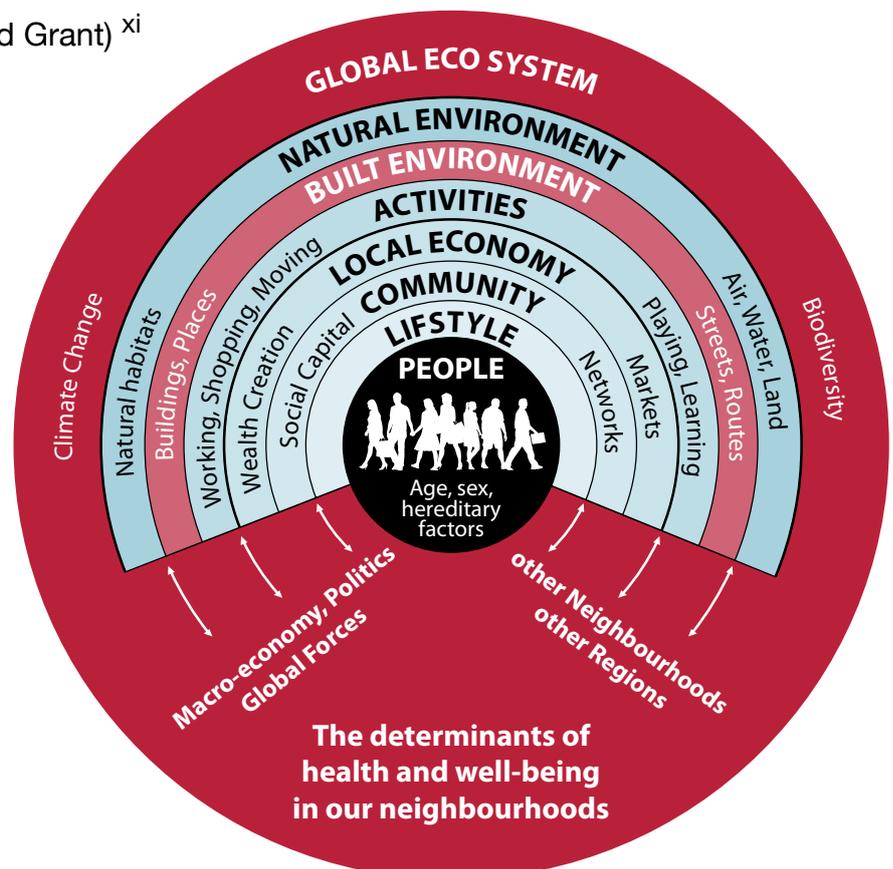
“Intersectoral action for health is ‘a recognised relationship between part or parts of the health sector with part, or parts, of another sector which has been formed to take action on an issue to achieve health outcomes (or intermediate health outcomes) in a way that is more effective, efficient of sustainable than could be achieved by the health sector working alone.’^{ix}

Healthy Urban Planning

“Healthy urban planning involves planning practices that promote health and wellbeing and has much in common with the principles of sustainable development.

It means focusing on humans and how they use their environments in planning rather than simply concentrating on buildings and economics.”^x

Figure 2: Health Map (Barton and Grant)^{xi}



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References

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- ^x Barton, H. & Tsourou, C. (2000) Healthy Urban Planning – A WHO Guide to Planning for People. London: E&FN Spon
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