

# Adult Learning and Health Inequalities

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# NHS Health Scotland

- We are Scotland's national agency for reducing health inequalities and improving health
- We are a National Health Board in NHS Scotland.

## Our work focuses on:

- Linking together experts from across Scotland to tackle the biggest issues in achieving good health
- Compiling world class evidence and research to further Scotland's understanding of health inequalities
- Influencing policy makers at all levels to design targeted interventions to help build **a fairer healthier Scotland**

# Our vision and mission

Our Strategy 2012-17:  
**“A FAIRER HEALTHIER SCOTLAND”**



## Vision

Our vision is a Scotland in which all of our people and communities have a fairer share of the opportunities, resources and confidence to live longer, healthier lives.

## Mission

Our mission is to reduce health inequalities and improve health. To do this we will influence policy and practice, informed by evidence, and promote action across public services to deliver greater equality and improved health for all in Scotland.



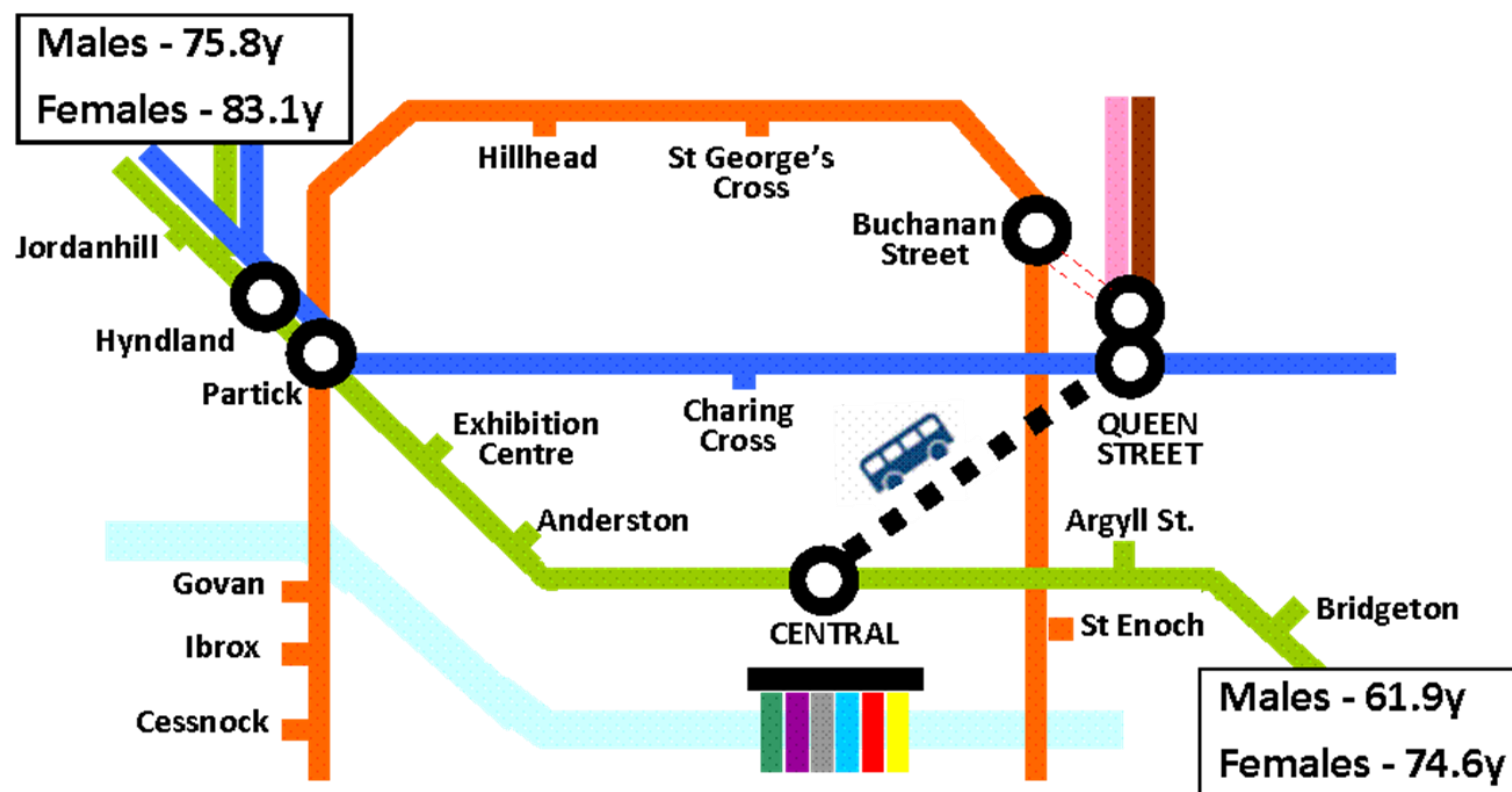
# What we mean by health inequalities?

Put simply, they are unfair differences in the health of the population that occur across social classes or population groups.

They are the result of social factors and they are not inevitable.

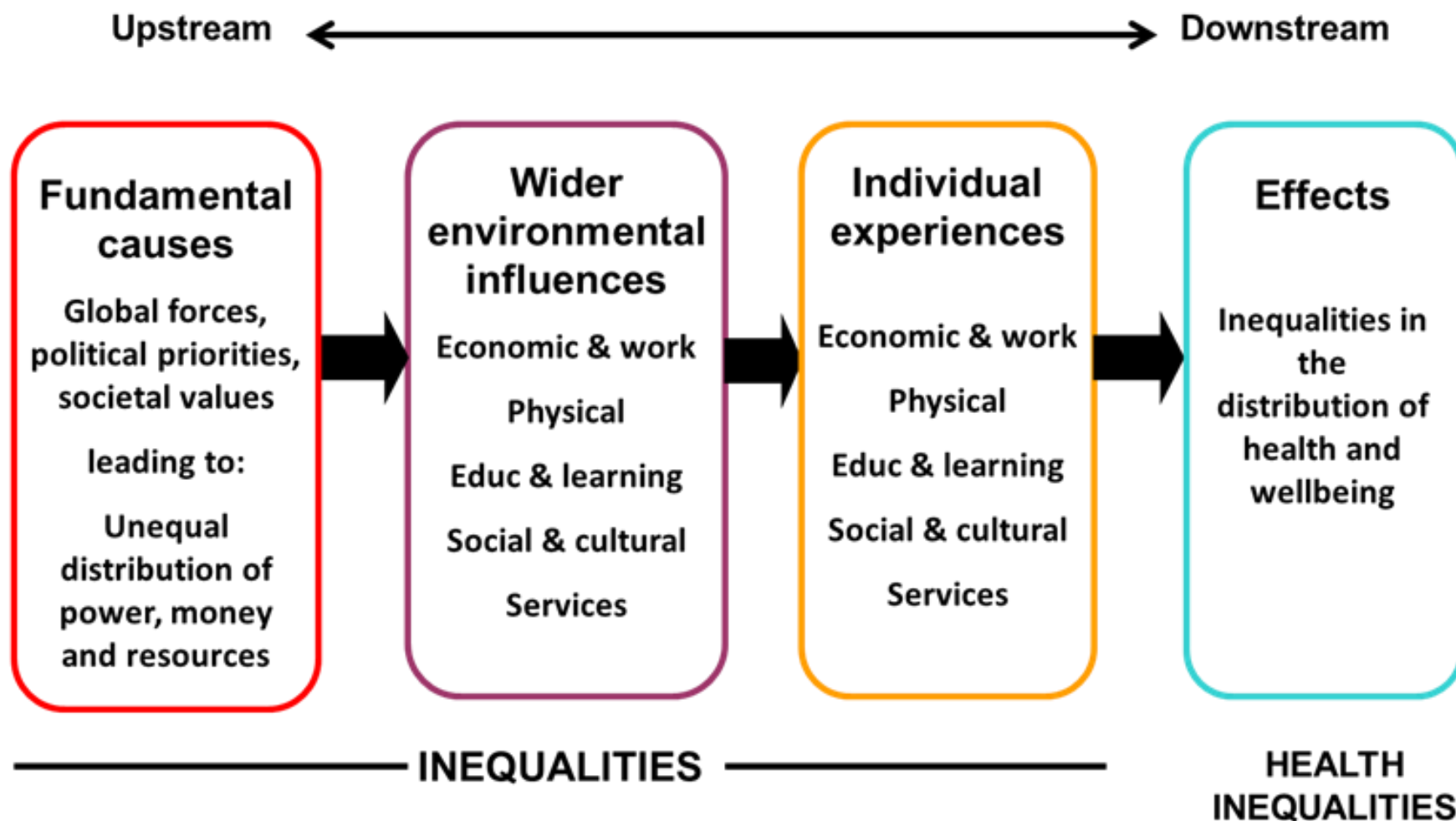
# Inequality in health- the consequences

...difference of 13.9 years for men and 8.5 years for women between affluent Jordanhill and deprived Bridgeton...



Life expectancy data refers to 2001-05 and was extracted from the Glasgow Centre for Population Health community health and wellbeing profiles. Adapted from the Strathclyde Partnership for Transport travel map.

# What causes health inequalities?



## 3 Levels of Action to Reduce Health Inequality

**Mitigation:** Services designed and delivered in way that helps improve access and support that is tailored to need

**Prevention:** Resources allocated to improve the environmental conditions and circumstances known to damage health

**Undoing of Inequality:** Policies designed to avoid inequality being created in the first place- fairer distribution of power, money and resources

# Scope for adult learning to reduce health inequalities

**Evidence:** Marmot Review identified lifelong learning as a key intervention

- Links with health outcomes
- Social capital
- Health behaviours
- Employability
- Mental health and wellbeing
- Effect on next generation

**Principles:** life course approach; act at transitions; flexible learning design; work with employers and communities



# Contribution to health agenda

- Health literacy and being better able to navigate the system
- Supports a self-management agenda for people with long term conditions
- Being local advocates for health issues – community empowerment
- Linking to opportunities for volunteering in NHS Scotland
- More formal roles eg Link Workers in Primary Care
- Early Years interventions

# Challenges

- Gradient in participation in adult learning – levelling up  
Scotland's Learning Partnership aims to  
'create, design and deliver innovative projects that reach the  
most excluded groups'
- Improve barriers to adult learning – access, financial barriers, confidence to learn, relevance of provision, support for older people (Chandola and Jenkins, 2014)
- Research to better understand: the impact of adult learning on health and wellbeing; the effect of health literacy interventions on health inequalities

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**NHS Health Scotland**  
Virtual Learning Environment

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## Welcome to NHS Health Scotland's Virtual Learning Environment

This space hosts a wide range of eLearning modules, event information, resources and forums. Best of all, most of our training is free. [Join our VLE](#)

We're here to provide workers and volunteers in the NHS, wider public sector, private and third sectors across Scotland with the knowledge and skills to help tackle a range of health inequalities issues.

Whether you'd like to find the right approach to mitigating health inequalities in areas such as alcohol and drugs, healthy weight or suicide prevention – or if you want to understand more about preventing health inequalities – these learning opportunities will give you the confidence to take the right action within your own area of work.

Our resources are developed with experts from across Scotland's learning, healthcare and third sectors.

Many of our learning resources can be used flexibly to fit around you and your working day.

**Develop your skills, enhance your practice and improve the health of others**

Our [Learning Brochure](#) features a wide range of learning modules and e-learning courses on offer.

## New Health Inequality eLearning modules now on the VLE



NHS Health Scotland have developed two new eLearning modules in collaboration with experts and learning representatives from across Scotland.

These modules aim to increase awareness and encourage action on reducing health inequalities, as well as focusing on specific areas relevant to the needs of the target audience.

The modules are:

**Health inequalities awareness** – for staff in all sectors who have, or could have, a role to play in reducing health inequalities.

**Tackling health inequalities within health and social care** – for staff working in the health and social care sector. It explores the findings from the Working for Health Equity: the role of health professionals report and information produced by NHS Health Scotland.

<https://elearning.healthscotland.com/>