

# How community-led health supports your work in tackling health inequalities



# Connecting up

How was your journey here today?

What was your first job/volunteer role?

Why are you here at this event today?

# Scotland's health and the role of community-led health

**Paul Johnston – CEO**

**31<sup>st</sup> January 2024**



# Our purpose

As Scotland's **national** public health body, Public Health Scotland leads and supports work to

## Prevent disease

by providing vaccines and reducing the spread of infectious diseases

## Prolong healthy life

supporting access to high quality healthcare

## Promote health

by strengthening the building blocks of health for all



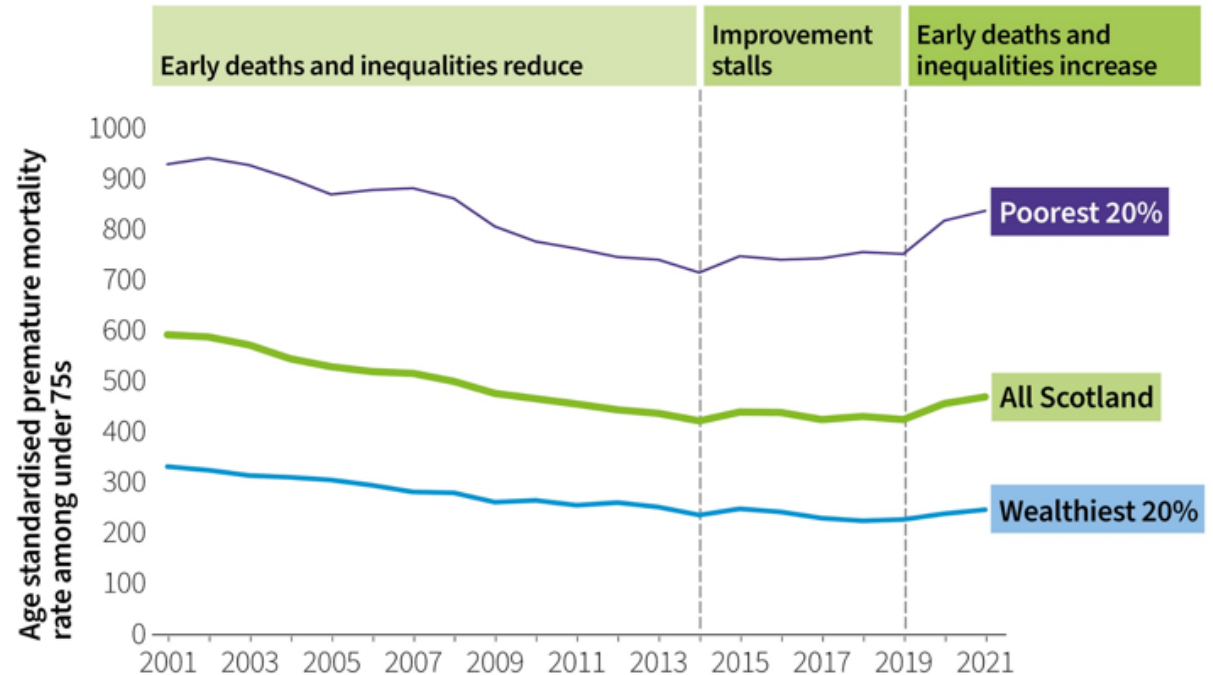
# After decades of improvement, Scotland's health is worsening

People are dying younger.

The number of people dying early is increasing.

People are spending more of their life in ill health.

The gap in life expectancy between the poorest and the wealthiest is growing.

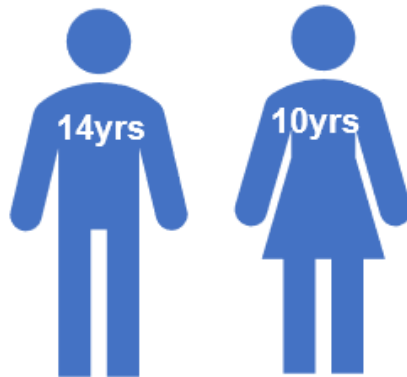


Source: National Records Scotland

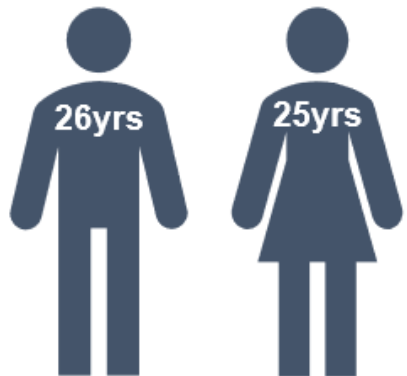


# Health inequalities are widening

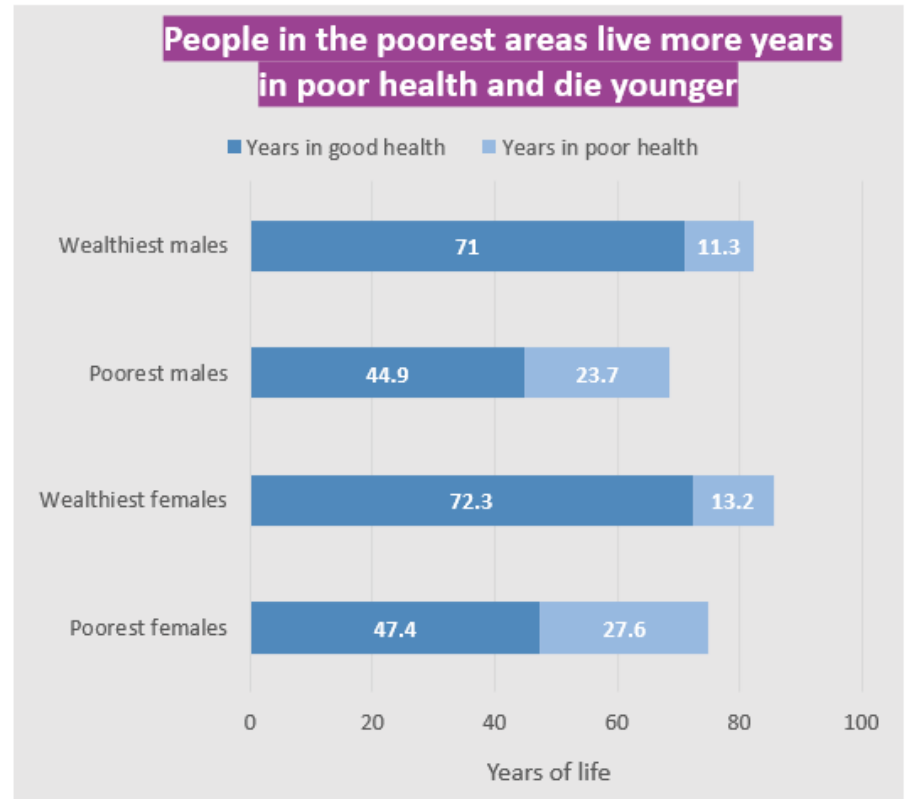
**Life expectancy gap**



**Healthy life expectancy gap**



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



# Our demographics are changing in the next 20 years



**Two thirds of this increase will be due to increases in:**



Cancers



Cardiovascular disease



Neurological conditions



# Change is possible by investing in prevention

## Primary prevention

Invest in the building blocks of health to stop problems happening in the first place.

## Secondary prevention

Focusing on early detection of a problem to support early intervention and treatment or reducing the level of harm.

## Tertiary prevention

Minimising the negative consequences (harm) of a health issue through careful management.

High

Impact on population health

Low



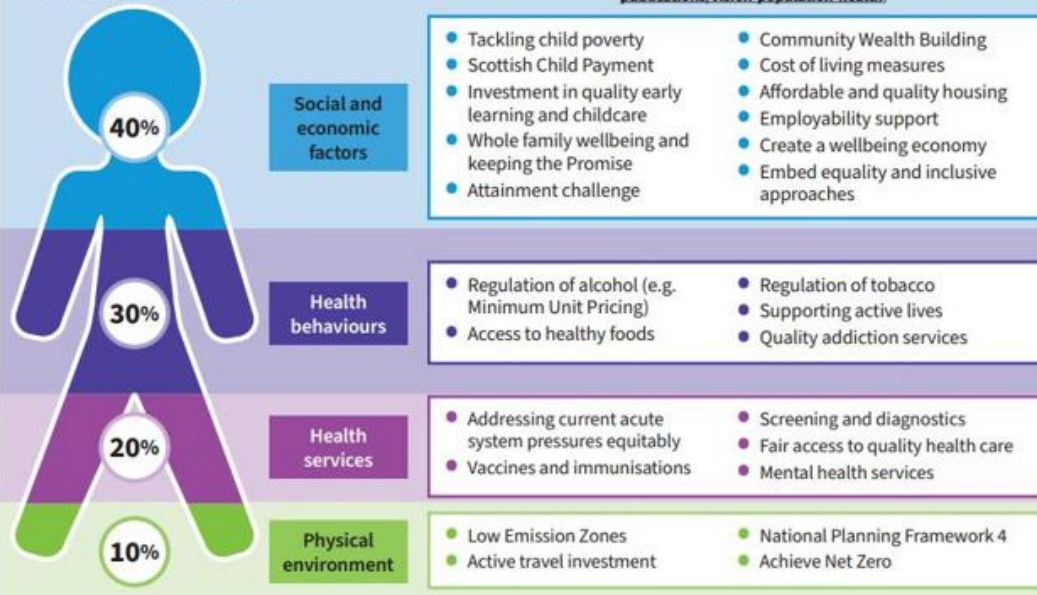


# Scotland needs collective action to improve life expectancy and reduce health inequalities

## 1 Protect investment in the building blocks of health

### What shapes our health

Adapted from The Kings Fund (<https://www.kingsfund.org.uk/publications/vision-population-health>)



2 Long-term investment in prevention: every sector has a role to play

3 Sustained collaboration: review of NPF; renewed national and local government partnership; measure what matters; stronger accountability.



# Embracing community-led health needs to be at the heart of this collective action



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Ability to deliver more with less

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Sense of belonging and ownership

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Enhanced advocacy for effective policies

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Improved health literacy


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Increased health equity

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## Call to action



Share insights,  
experiences  
and good practice

Explore ways to  
strengthen your  
practice in working  
with communities

Network and seek  
collaboration  
opportunities



# How community-led health contributes to tackling health inequalities

Susan Paxton  
Director, SCDC



# Community-led health

Creating the conditions with an approach to improve health that supports communities experiencing disadvantage and poor health outcomes to:

- identify and define what is important to them about their health
- identify the factors that impact on wellbeing
- take the lead in identifying and implementing solutions

# Underpinning principles

- The most powerful agents of change are people themselves; everyone has something to give
- Our citizens, our communities, are our greatest assets; everyone has potential to make change
- **Change through collective action is powerful** and engagement in community life leads to more positive personal outcomes
- **But**, in terms of addressing health inequalities, direct intervention is required in communities experiencing long term disadvantage

# In practice this means...

- Addressing needs, assets, priorities and agenda for change led by community and agreed with others
- Working with people as community members not as individual members of the public
- Focusing on disadvantage, exclusion and inequality
- Promoting an empowerment approach to change
- Promoting agency-community partnership
- Promoting social model of health – especially interaction with the medical model

# The social model of health

Figure 1. Social Determinants of Health Framework<sup>5</sup>



Source: Dahlgren and Whitehead, 1991.



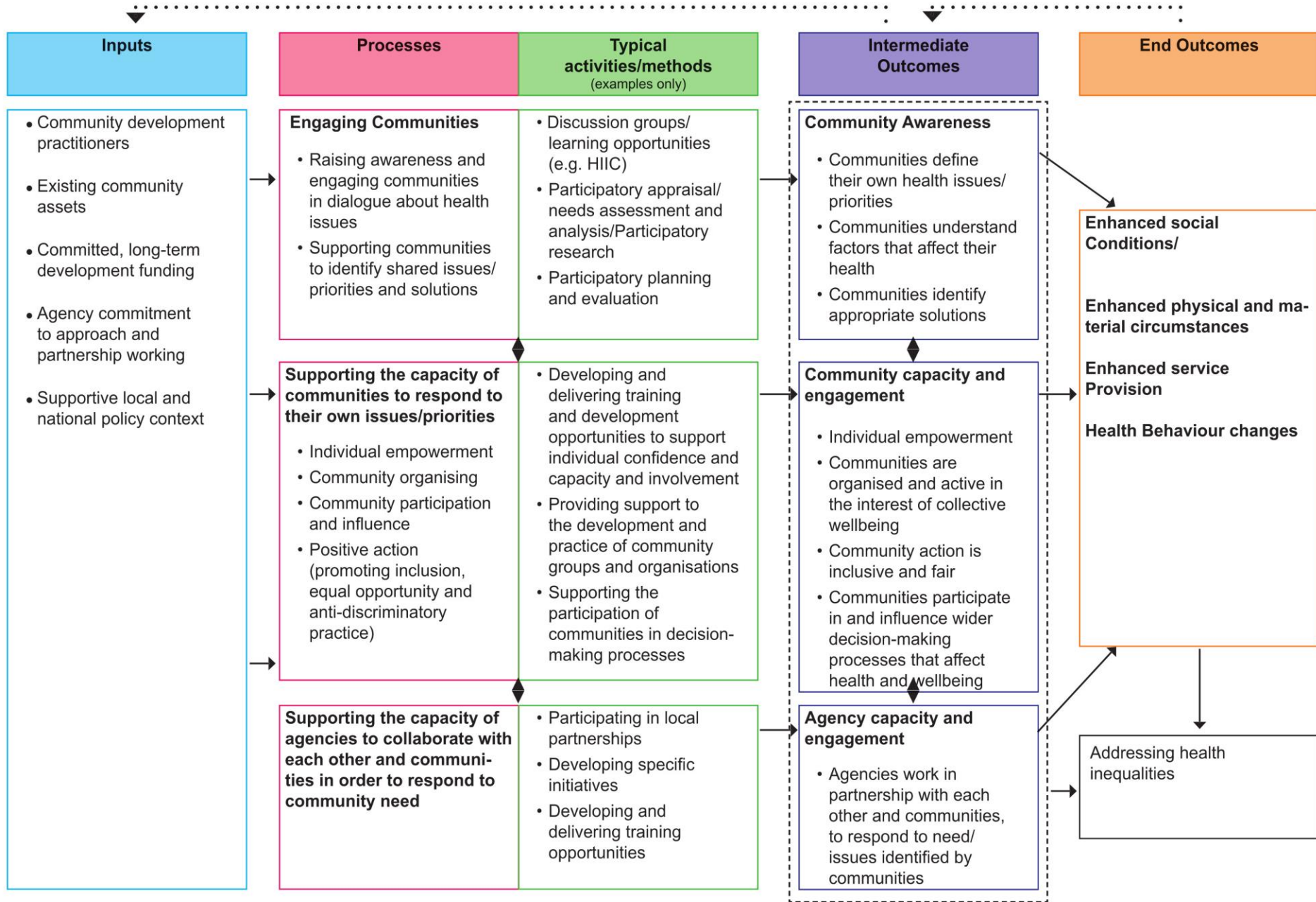
# A community development approach to community-led health

Community-led health is concerned with the **community as the focus of, and mechanism for change**, rather than the community as a setting for health practice.

This makes it **fundamentally different from the provision of community-based health services**, and different from the participation of communities in pre-determined health initiatives.

Figure3

Community-Led Health: A Model





Groups of  
people we  
reach



Our  
activities  
are...



Our roles  
are to...

Short- term  
outcomes



Contributing to  
these medium-term  
outcomes



Which  
contributes to...



# So, community-led health is...

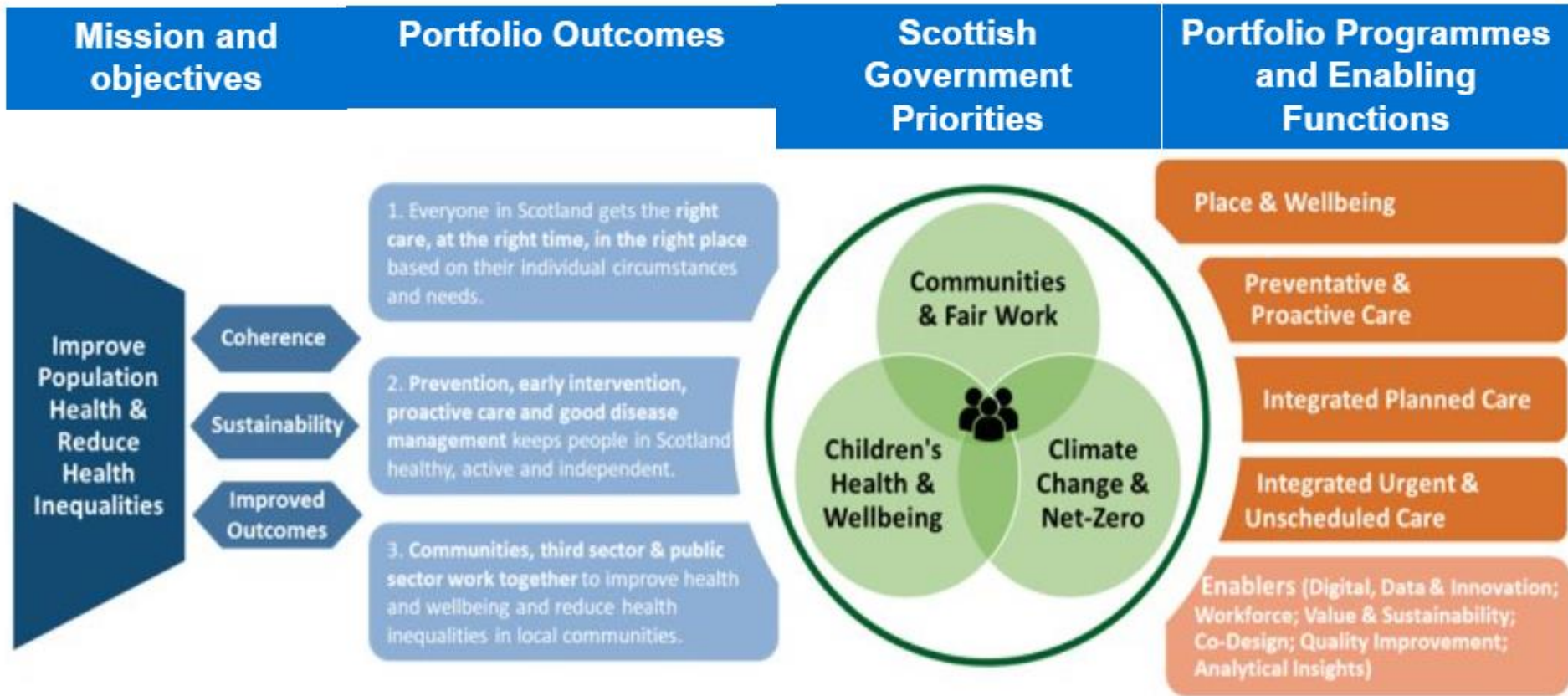
An approach to health improvement that aims to support communities experiencing disadvantage and poor health outcomes to:

- identify and define what is important to them about their health
- identify the factors that impact on wellbeing
- take the lead in identifying and implementing solutions.

# Current policy drivers to support community led health

- Review of Community Empowerment Act
- Wider public sector reform including Democracy Matters 2
- Development of National Care Service
- Taking forward recommendations of Public Health Review
- Community Wealth Building legislation
- Sustainability & Wellbeing Bill
- Long-term planning for population health – Care & Wellbeing Portfolio

# Care and Wellbeing Portfolio



# How to do it well?

- Willingness to prioritise community-led health
- Strategic conversations & decisions
- Shift in emphasis & resources
- Skilled interventions – who, what, how and with whom?
- Collaboration between agencies and participation with communities
- So, how will community-led health be integral to impact on outcomes that address health inequalities?

# Why community-led health?

**Who are we?**

What are our job roles?

What types of organisation?

What geographical areas do we cover?

**How much do we know about health inequalities  
and/or community-led health?**

**What are we already doing in relation to health inequalities  
and/or community-led health?**

**How important is tackling health inequalities in our roles/workplace?**

**What opportunities do we have in engaging in community-led  
approaches in our roles/workplace?**



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# Community-led health in Practice

**Andrew Paterson, Policy & Research Officer, CHEX**

# The Ripple

HELPING PEOPLE TO HELP THEMSELVES

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# About The Ripple

The Ripple is located in the heart of Restalrig and Lochend, a neighbourhood in the east of Edinburgh City Centre.



Started by local people, the Ripple aims to tackle poverty and inequality by responding to local priorities, circumstances and needs in a sustainable way. It harnesses the skills and enthusiasm of its dedicated volunteers to provide a wide range of well-used services in the community of Restalrig, Lochend & Craigentiny.

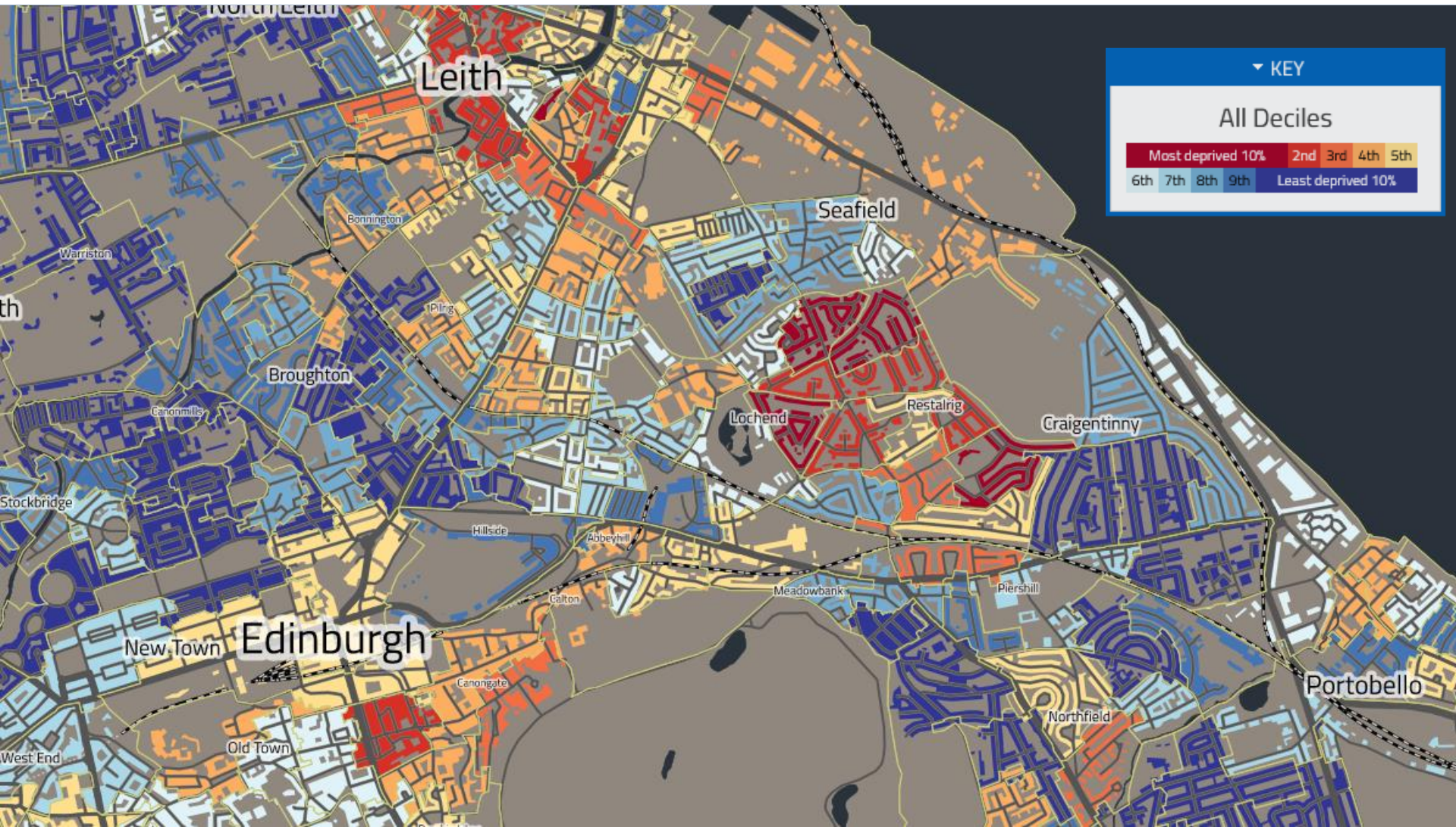
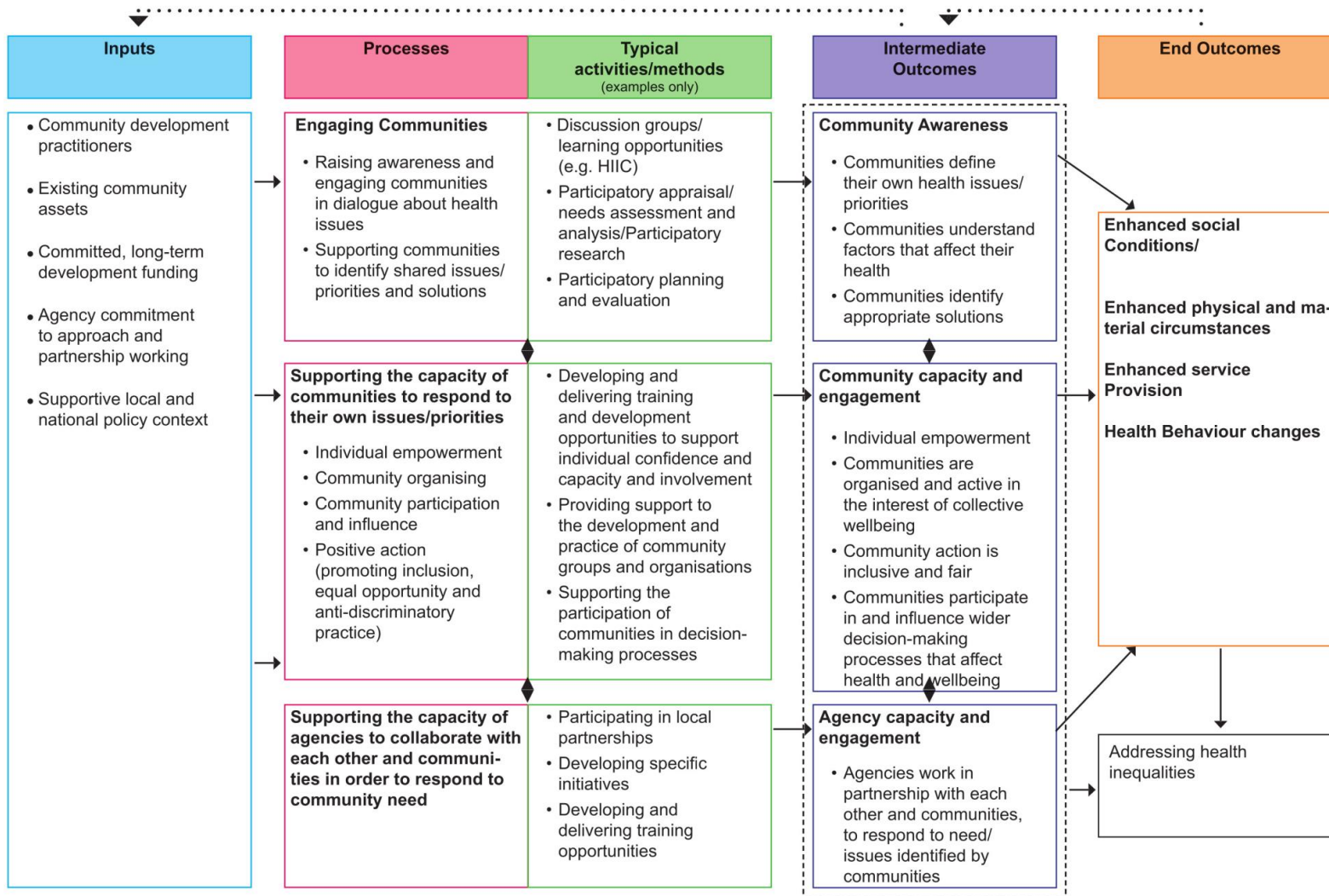
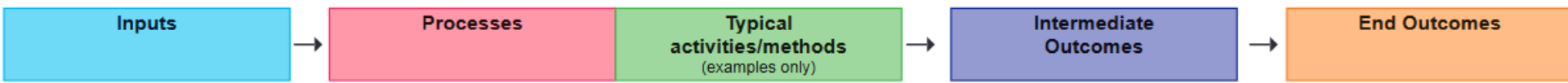


Figure3

Community-Led Health: A Model



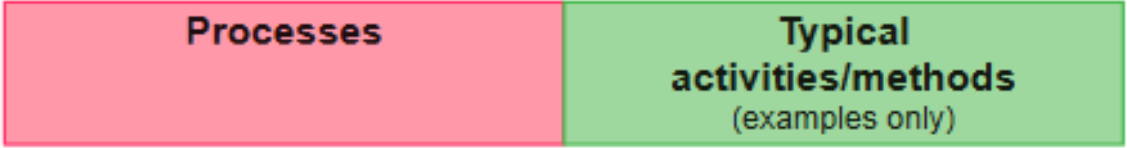


Inputs



- Staff
- Volunteers
- Board of Trustees
- Agency support
- Funders
- Other third sector





Community  
Action

Older  
People

Children, Young People  
& Families

Wellbeing

Volunteer

Food  
Dignity

# Children, young people and families

- Sports clubs
- Youth work
- Kids Yoga
- Stress and anxiety
- Arts and crafts
- Referral-based groups (e.g. buddies group)
- Holiday provision
- And more...





# Cost-of living support



**Your Money Matters** £

Financial Wellness for Beginners  
6 Week Workshop

The Restalrig Lochend Community Hub  
198 Restalrig Road South, EH7 6DZ  
Tuesdays  
Starting 17th October  
1pm - 2.30pm

For more information contact  
dan.mone@theripple.org.uk  
0131 554 0422

**The Ripple**  
HELPING PEOPLE TO MEET THEIR GOALS

**COMMUNITY FUND**

The flyer features a background image of four small green plants growing out of stacks of coins, with a larger glass jar filled with coins to the right. The text is arranged in a clean, sans-serif font, with the title in a large, bold font. The bottom of the flyer has a blue and green curved design.



For Sale  
McDougall McCOY  
Estate Agents & Estate  
FLAT 1  
0131 228 1926

# Adults and older people

- Older People's Groups
- Lunch Club
- Social and Activities Club 65+
- Shopping Trips
- Men's Club
- Library Bus
- The Wellbeing Project
- Yoga
- Outdoor Swimming
- Etc Etc



# Community Action

- Community Sellers Hub
- LCR Stands Up participatory budgeting
- Membership
- Councillors, MPs and MSPs surgeries

Help Democracy MSPreport an issue Councillorslocal issues Councilors  
MP Help Help MSP  
local issues information information report an issue information you rights help  
Democracy local issues MSPinformation report an issue information you rights help  
local MP issues housing MP housing Local Councilors  
Information MSP MP Local Help MP  
Local MSP housing MSP Local MP MP  
MSP Local Councillors Democracy information MP Local  
Councillors Democracy information MP Local  
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Intermediate  
Outcomes



- Increased **activities**, whether physical, cultural or social
- Increased **opportunities** (e.g. educational, training, volunteering, work)
- **Mental health and wellbeing** benefits, from increased confidence to reduced anxiety.
- Growing **participation**, from numbers involved in PB to volunteering
- **Partnership** with a range of local agencies and other organisations



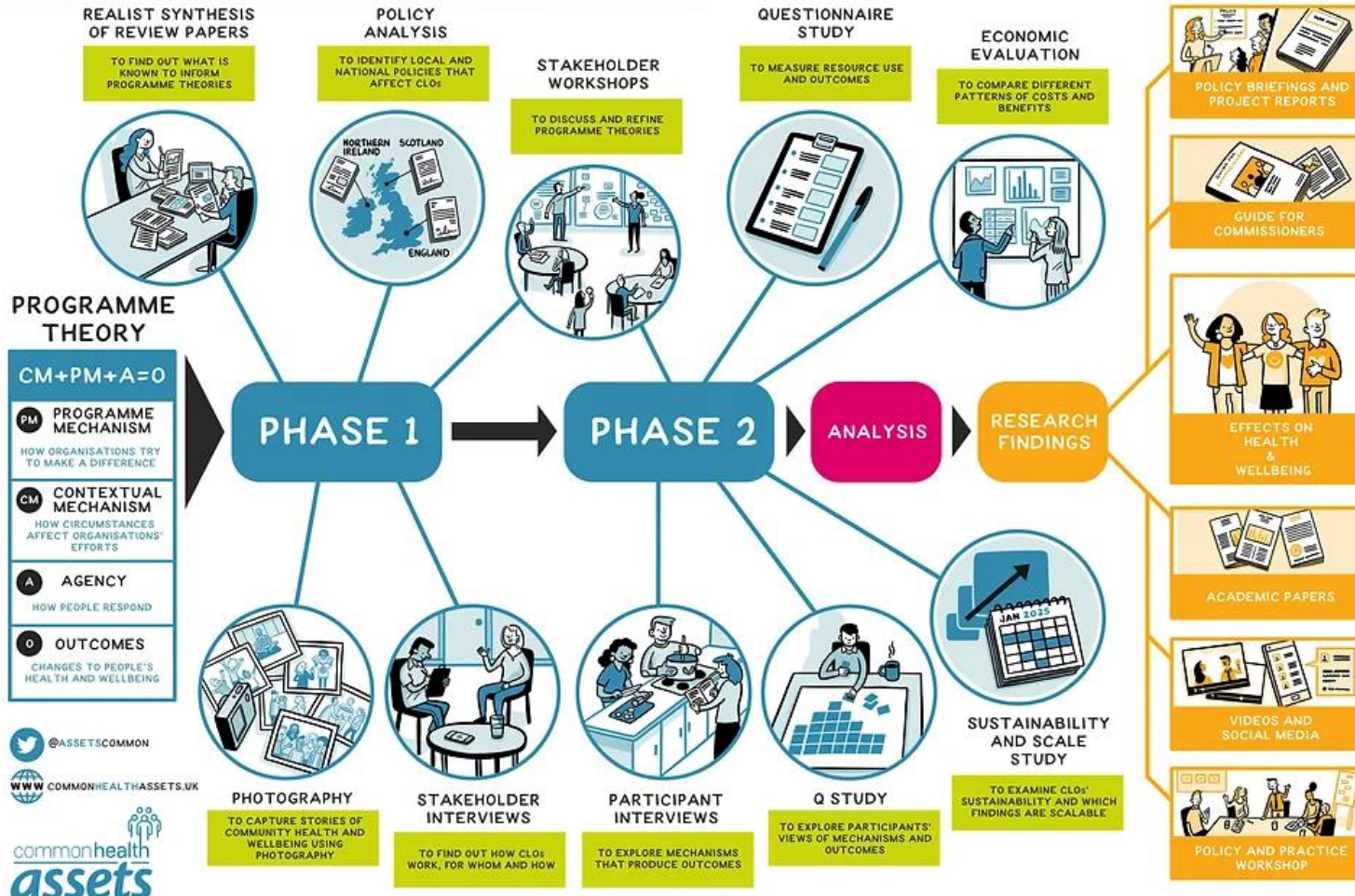
## End Outcomes

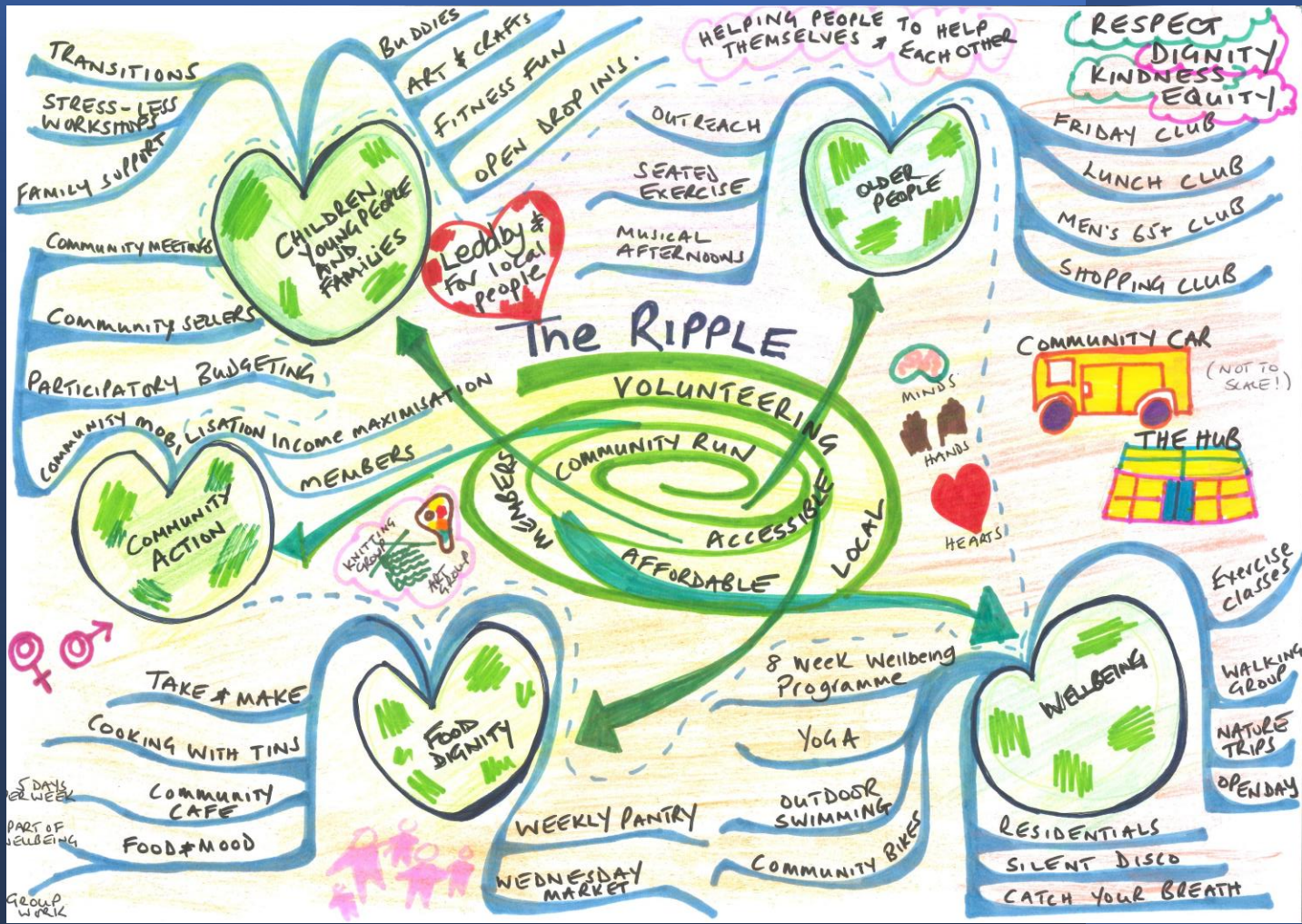


- Increased social capital and cohesiveness
- Greater ownership and stake in community
- Positive employment opportunities



- Leading to improved health and reduction in health inequalities.







# Lunch time!

## 12:15pm - 1pm





## Know and understand the community in which we work

### What

Knowledge, understanding and skills required to identify community needs and issues and help people understand how these relate to the wider context in which communities find themselves.

How understanding communities can influence strategies and services and assist in the setting of priorities and allocation of resources.

### Who

Practitioners involved in assessing community need and capacity as well as those who support communities.

Those involved in strategic planning.



## Build and support groups and relationships

### What

The understanding and skills that involve bringing people together, developing effective organisations, building skills and involvement, and helping them to build social capital.

People within agencies may also need to build their capacity to work effectively with communities.

The co-ordination and effective development of community capacity building support.

### Who

Practitioners who have a role in community capacity building.

Partnerships such as Community Planning Partnerships, Health & Social Care Partnerships or more informal partnerships and voluntary sector networks.



## Build capacity to take action on community health issues

### What

Work that helps people to link community action to health issues and outcomes, effective community engagement and influence.

Understanding links to policy and outcomes, and on developing and using evidence of these links.

### Who

Practitioners who have a role in community capacity building.

Formal partnerships such as Community Planning Partnerships, Health & Social Care Partnerships or more informal partnerships and voluntary sector networks.



## Build equality and tackle inequalities

### What

The range of skills and competences required to work in involving and inclusive ways and to target efforts on those facing greatest disadvantage in order to ensure greatest impact.

Measures and activities aimed at maximum involvement and inclusion of disadvantaged communities.

### Who

Equalities and inequalities are important cross-cutting themes which should underpin every area of practice.



## Develop and support collaborative working

### What

The ability to work with a wide range of partners and stakeholders at local level.

The management and co-ordination of collaborative activity, partnership working on strategic issues and the links to relevant policy and strategy.

### Who

A broad range of practitioners, managers or strategic leaders could be involved in collaborative working to address inequalities caused by the social determinants of health inequalities.



## Develop and support sustainable community influence

### What

Development of community influence in the longer term and support the independence and sustainability of community-led health groups and organisations.

Capacity building support to groups in business and financial planning, or through creating the conditions for sustainable development through funding and commissioning strategies or opportunities for social enterprise.

### Who

Practitioners who have a role in community capacity building or social enterprise development support.

Formal partnerships such as Community Planning Partnerships, Health & Social Care Partnerships or more informal partnerships and voluntary sector networks.



## How can community-led health contribute to my work?

- This exercise is to allow you to think about how you might apply learning from today into your day-to-day work.
- On this side of the sheet there is space for you to identify up to 3 things you will take away from today, things that you plan to do next or things you will do differently. They don't need to be projects or initiatives. It may be a change to how you think or approach something or something you want to learn more about.
- On the other side of this proforma you can break your takeaways from today down into more detail.



My top 3 takeaway actions from today are...

# Thank you for coming!

Visit

[www.chex.org.uk/CLH-resources](http://www.chex.org.uk/CLH-resources)  
for supporting information and to  
download the materials used today.

