

# The Marmot Challenge

Dr Kevin Lewis

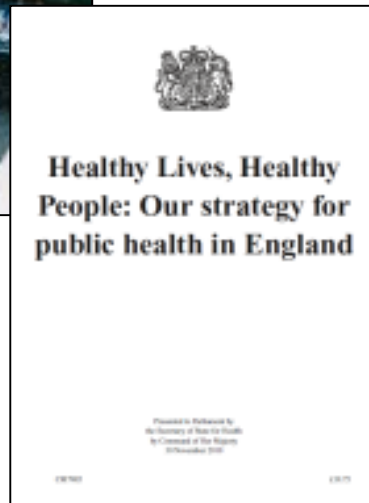
Director of Preventive Health Programmes

Department of Public Health

Shropshire Partnership Standing Conference

1st December 2011

# Focus on Prevention



“Nearly all the NHS budget goes, either directly or indirectly, on the treatment and care of illness rather than on ill health prevention.”

“This is potentially one of the great challenges of our generation – how we can create a public health service, not just a national sickness service.”

# The Burden of Chronic Disease

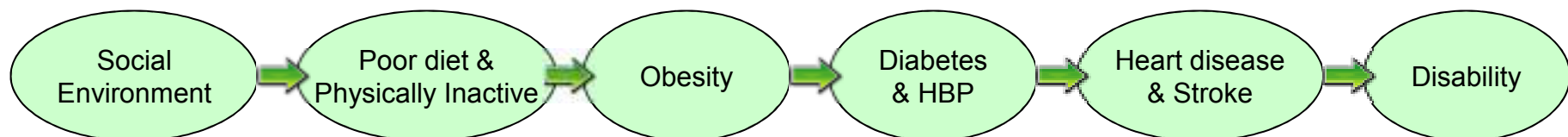
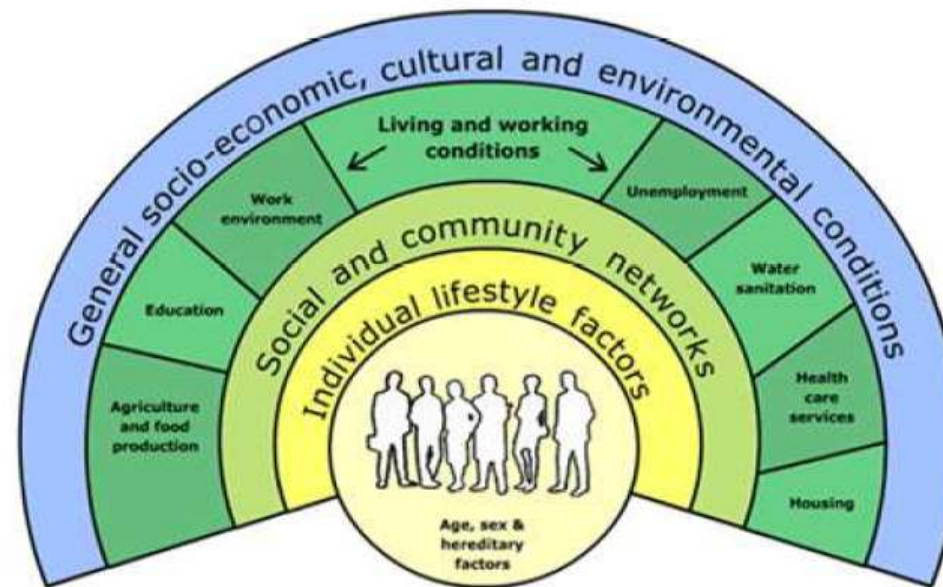
- Cardiovascular disease
- Diabetes
- Cancer
- Respiratory disease
- Musculoskeletal disease
- Liver disease
- Mental illness
- Dementia



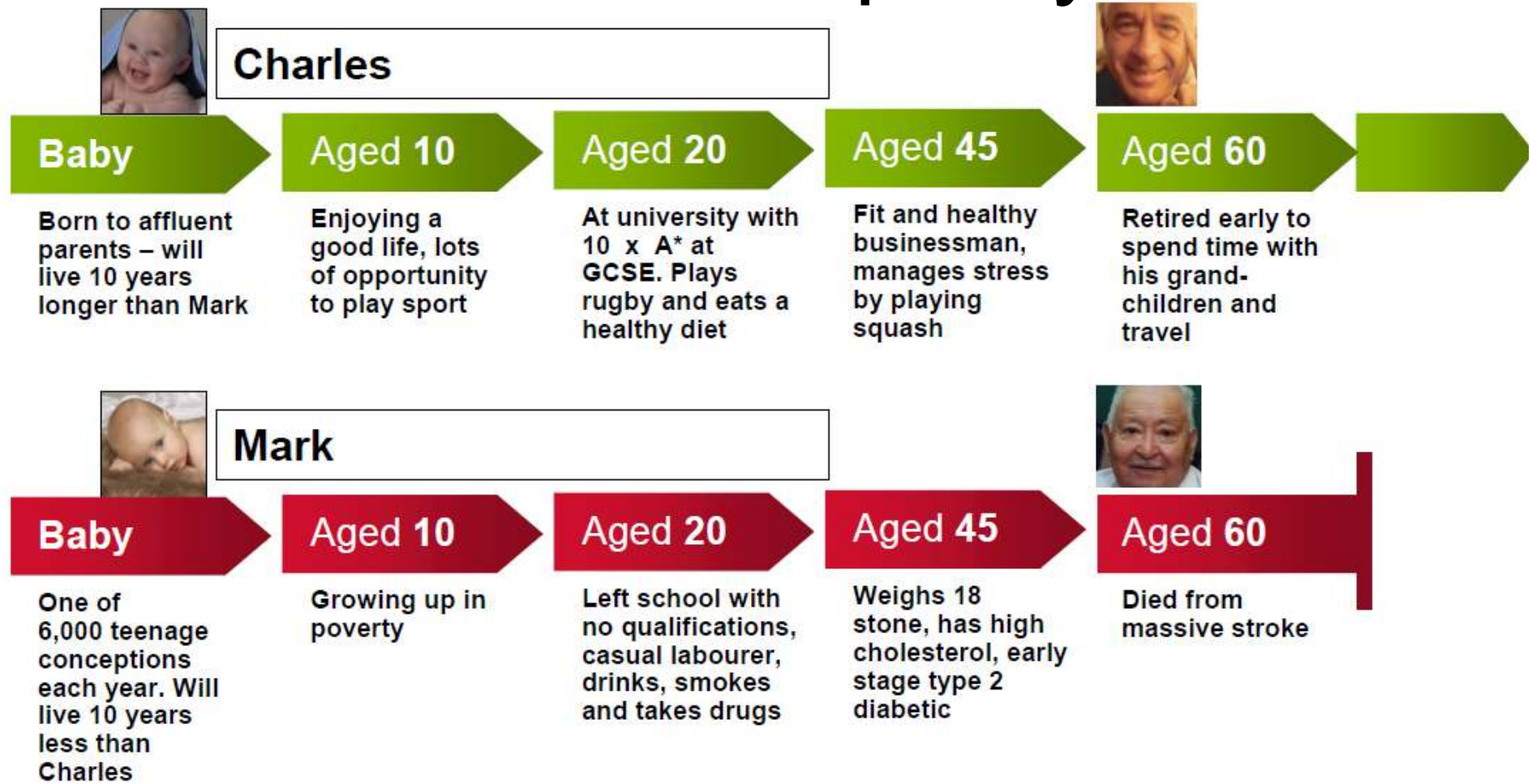
"At least 80% of all premature heart disease, stroke and type 2 diabetes could be prevented through healthy diet, regular physical activity and avoidance of tobacco products."

(World Health Organisation)

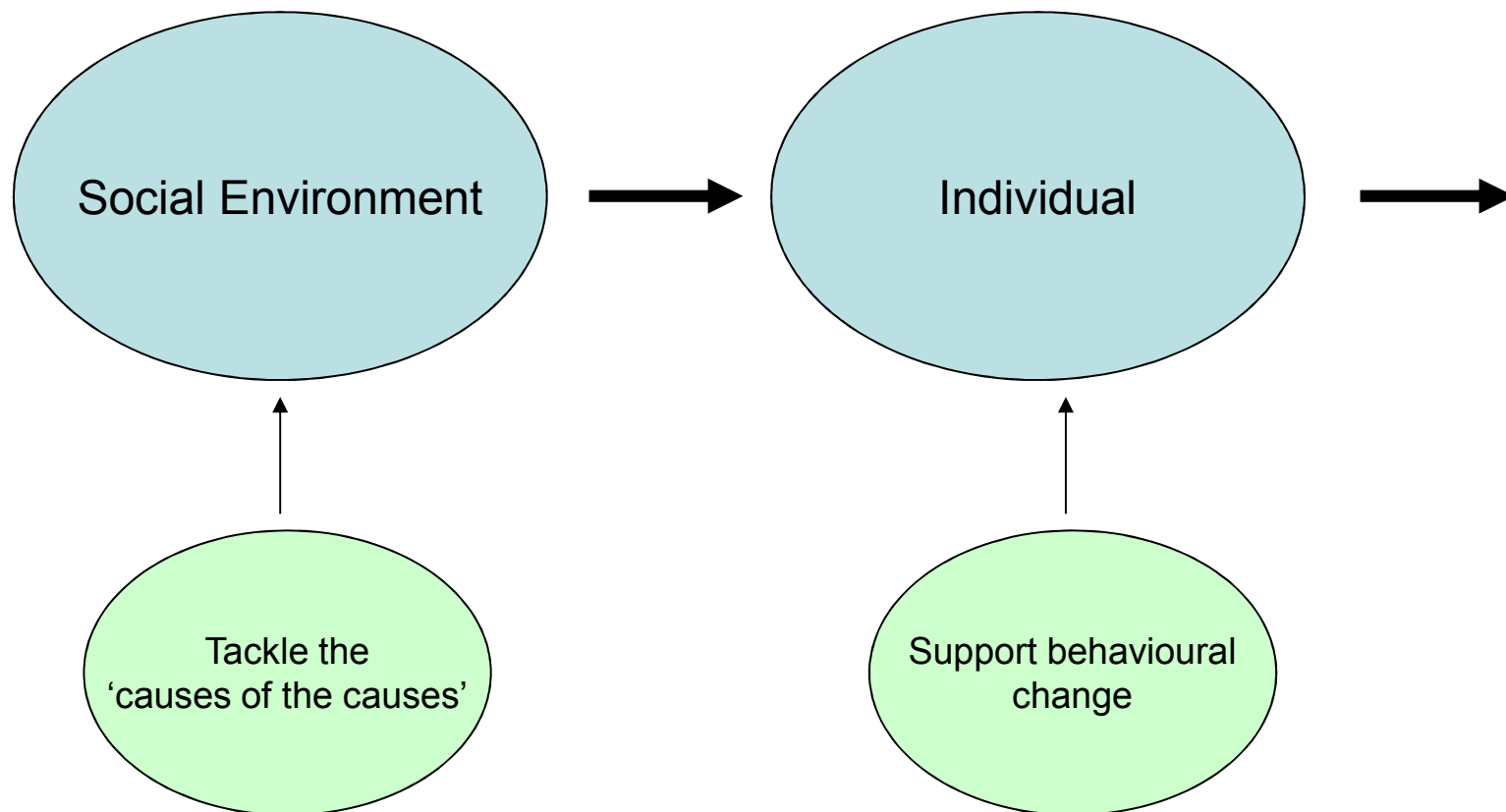
# The Chain of Causation



# Health Inequality



# Preventive Health



# Behavioural Change Services



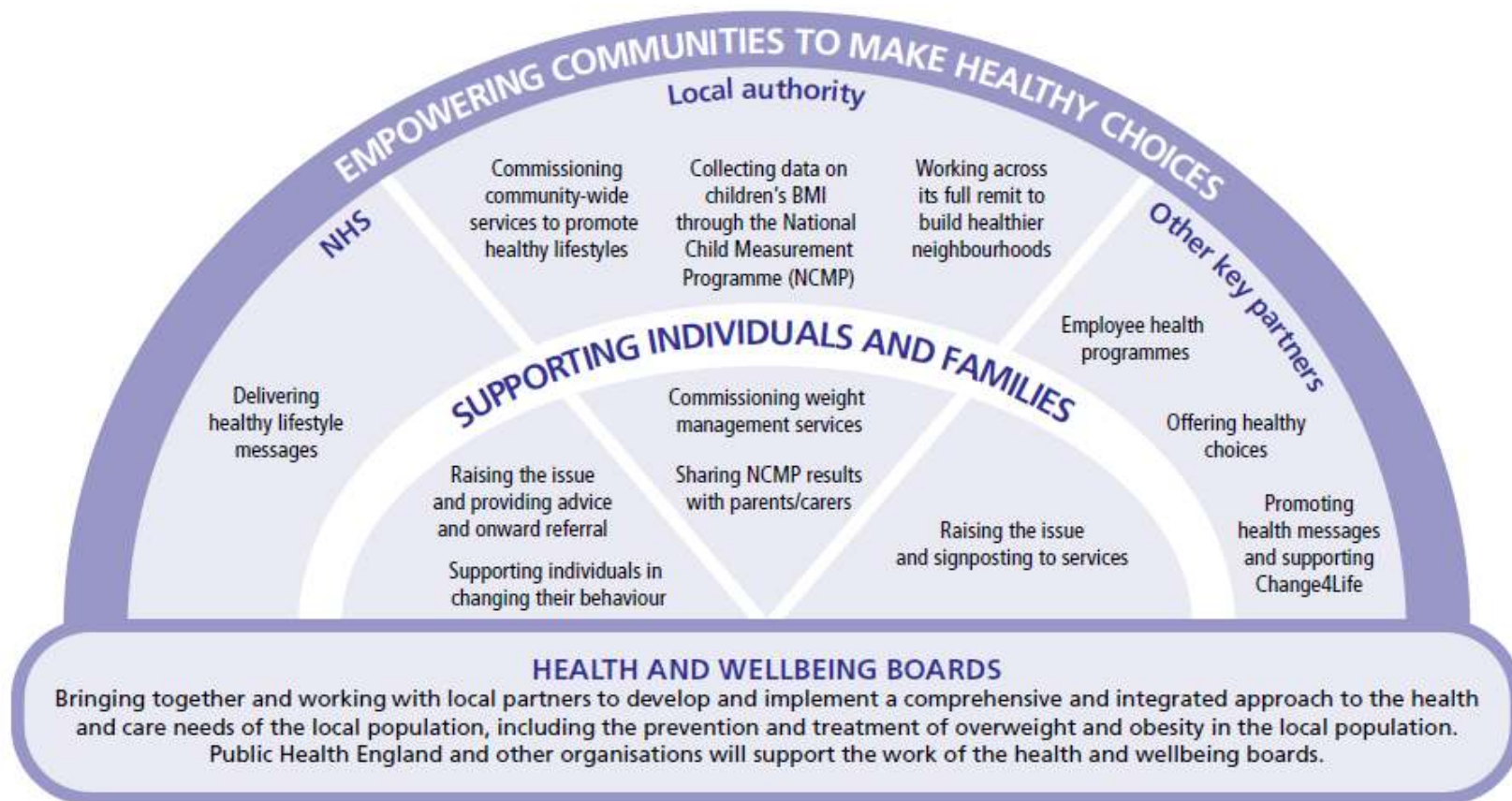


# 'Causes of the Causes'

- Key factors in the social environment influencing health are:
  - The right start in life
  - Education and opportunities to control your life
  - Satisfying work
  - Adequate income
  - Place and community



# Working in Partnership: Obesity



# Thank you

[kevin.lewis@shropshirepct.nhs.uk](mailto:kevin.lewis@shropshirepct.nhs.uk)