



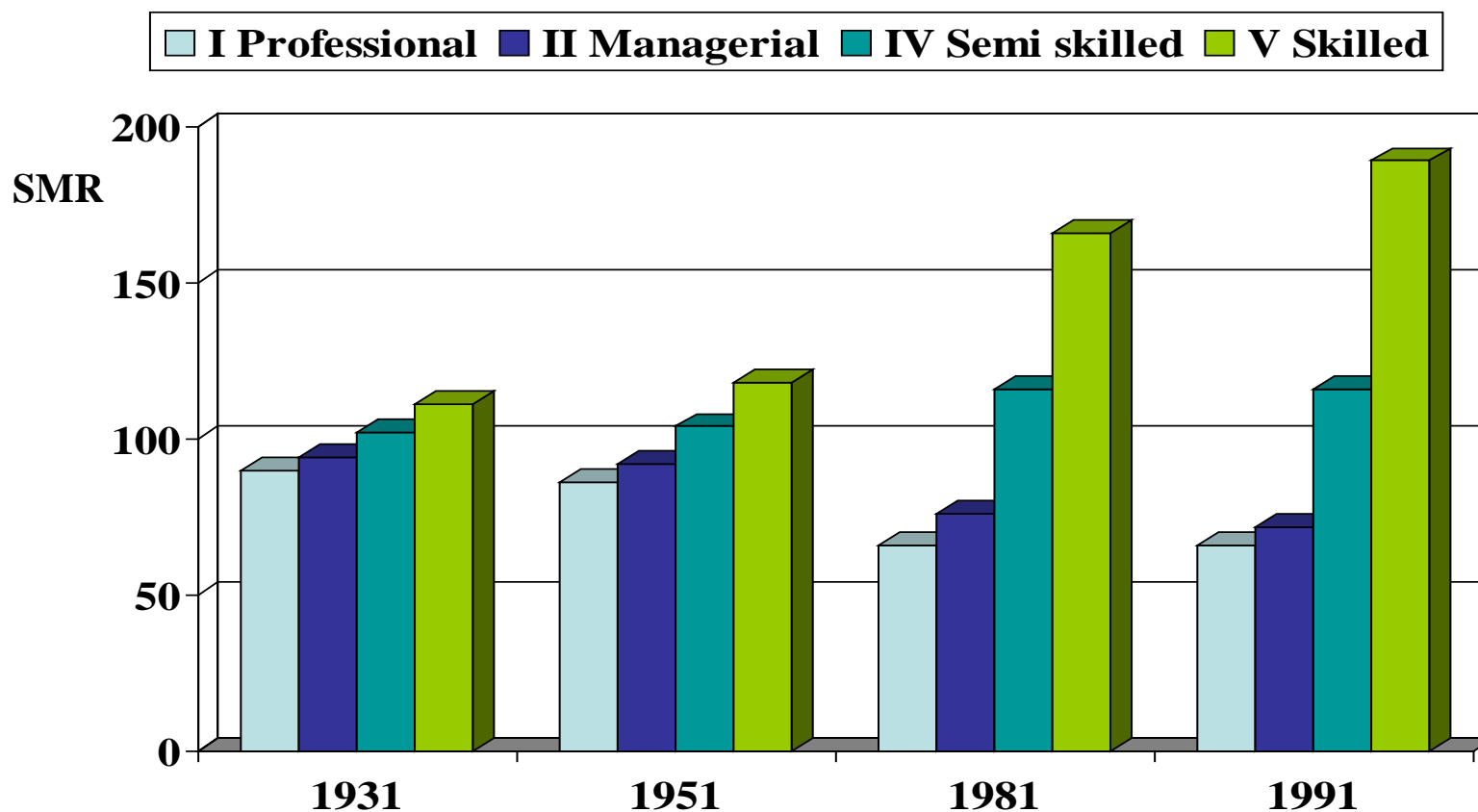
Bridging social and biological sciences
www.ucl.ac.uk/icls

Professor Mel Bartley

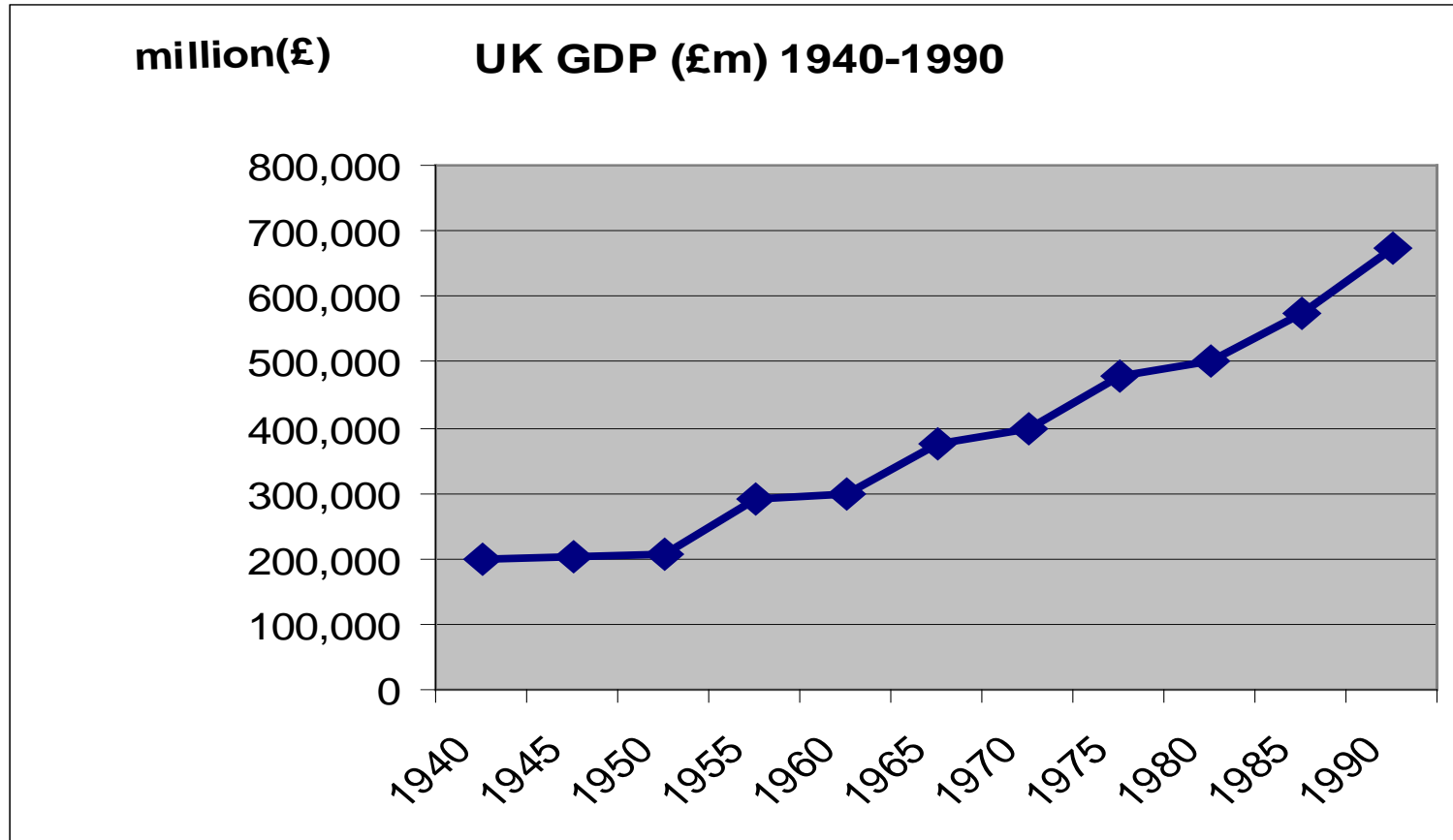
Links between relationship quality and public health The case of health inequality

Inequality in mortality England and Wales 1931-1991

Men 15/16-64

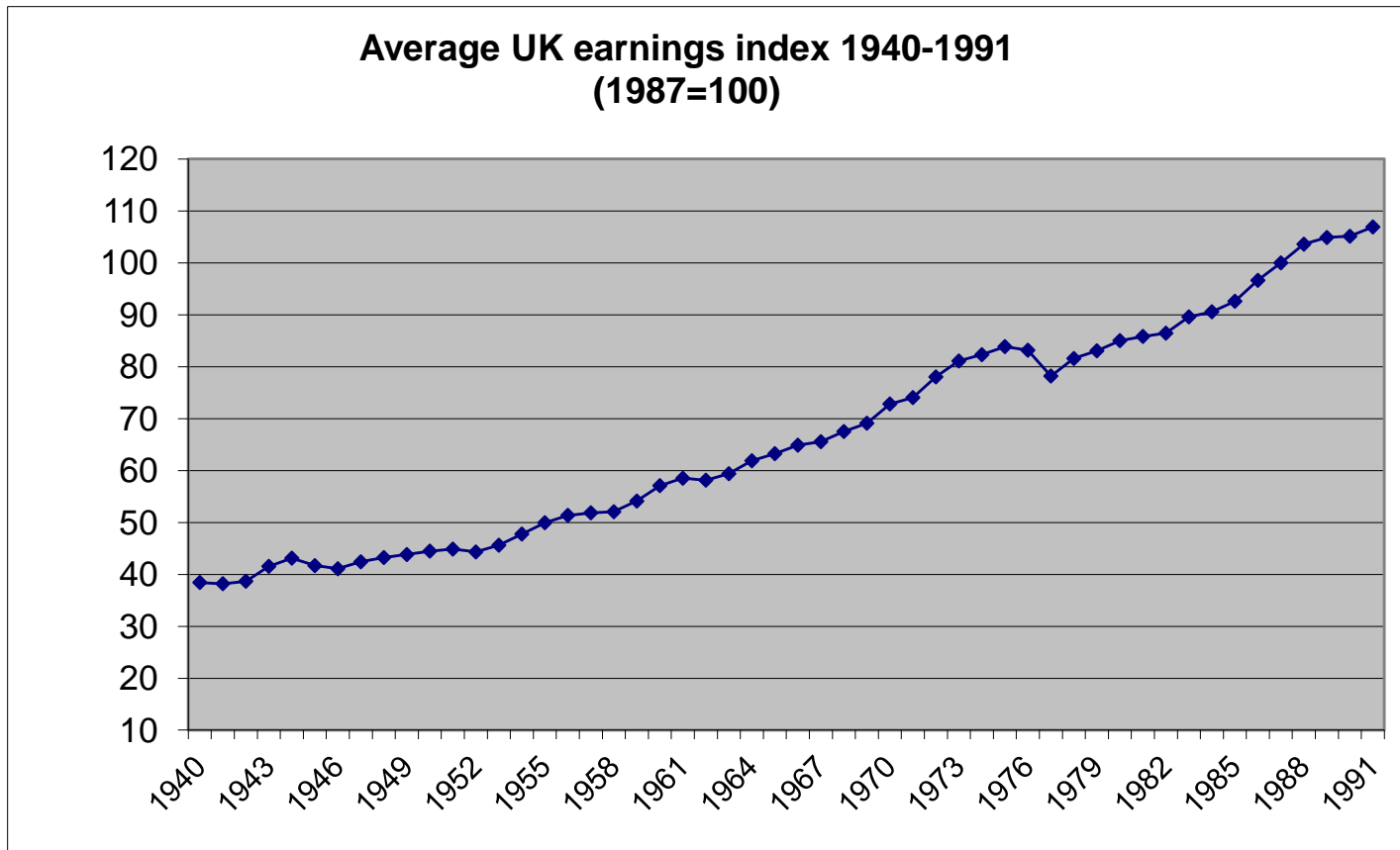


Sources: Wilkinson 1986 table 1.1; Drever et al 1997 table 8.2



At constant 1995 market prices

Source: Labour Market Trends March 2003 p 134



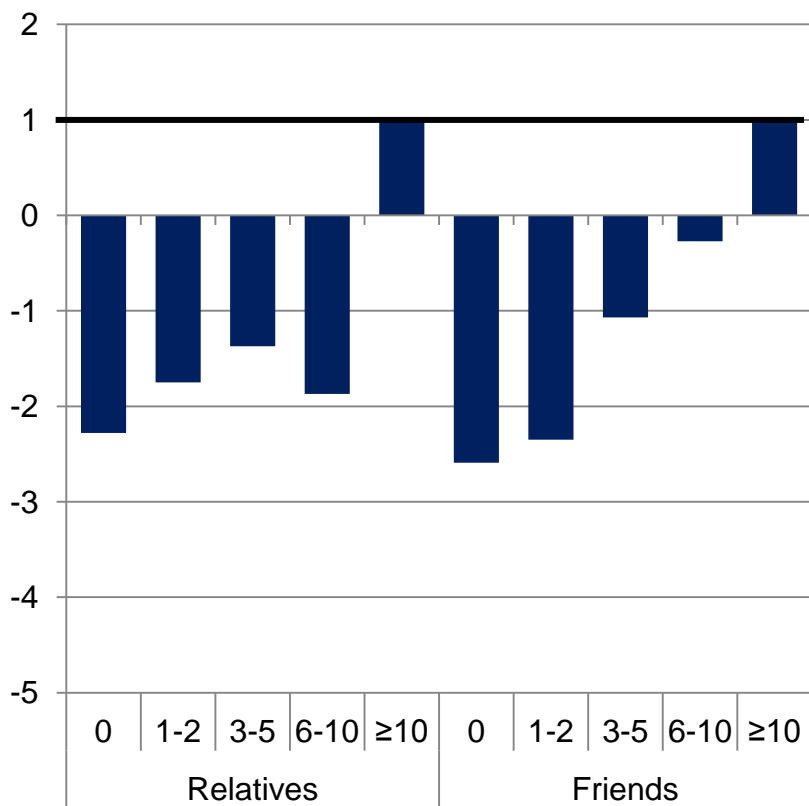
<http://www.measuringworth.com/index.html>

Accessed 10 Sept 2010

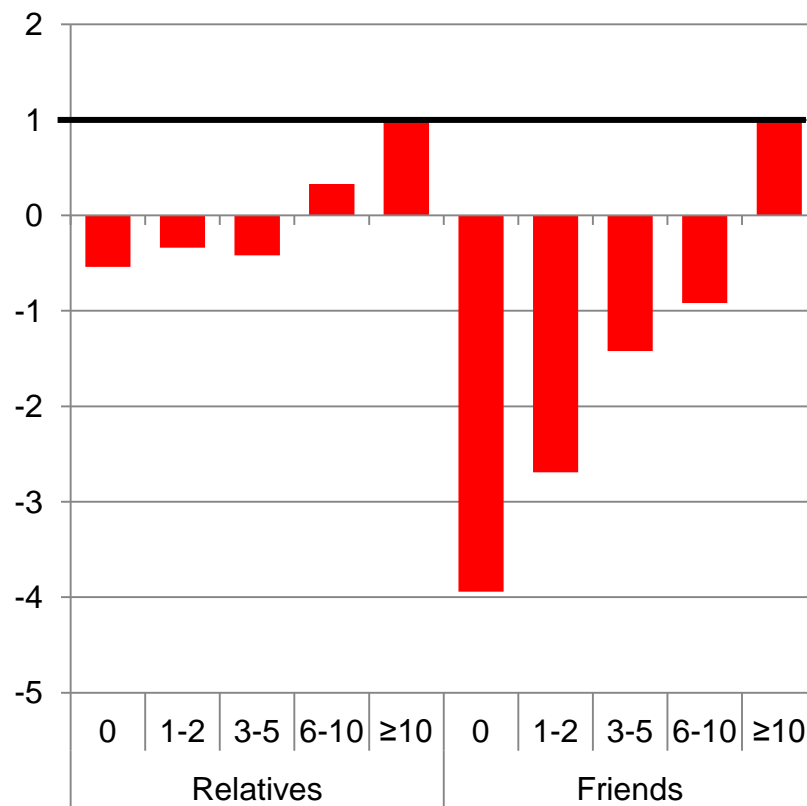
Friends are equally important to men and women, but family matters more for men's well-being

Social network size and psychological well-being

Men



Female



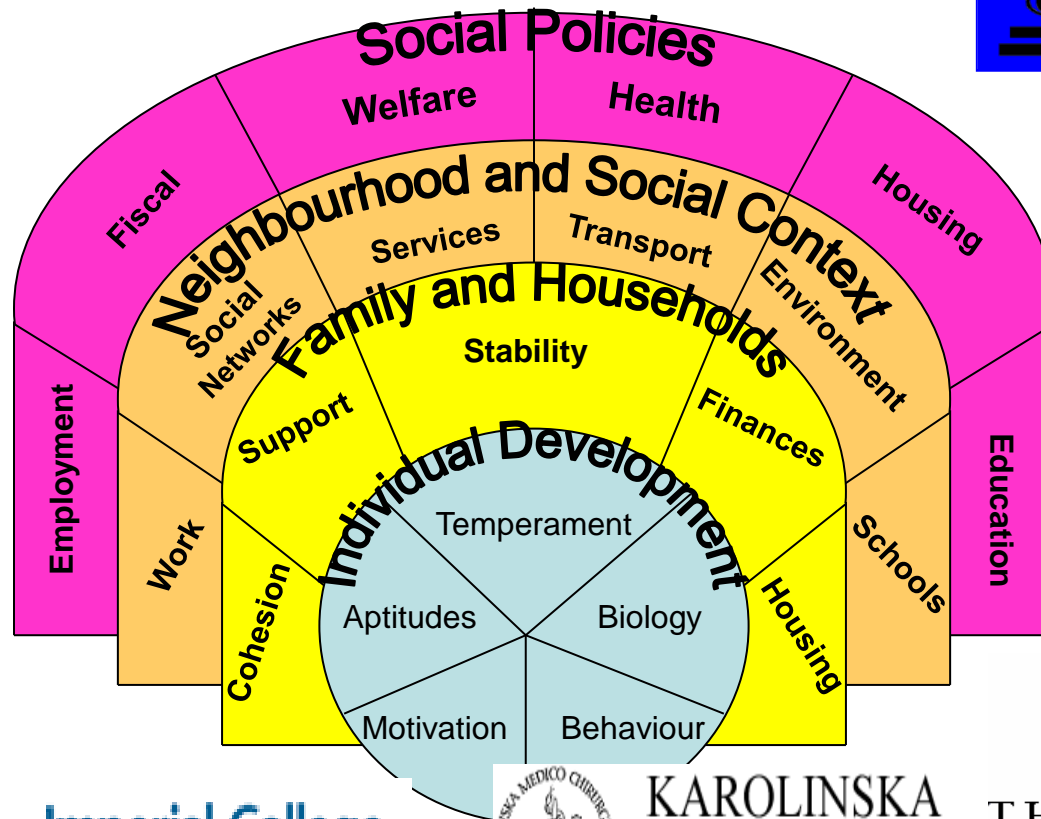
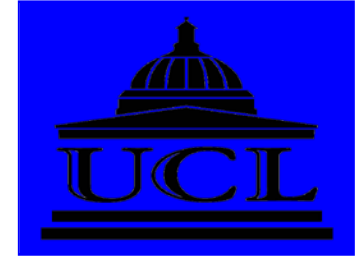
Disappearing health assets as an explanation for health inequality?

- Increasing material standards are often accompanied by increases in health inequality
- The historical data are consistent with data from international comparisons
- Are there lessons for public health policy?

Rising income and decreasing resilience

- This seems to be a reasonable way to look at the trends
- Not so much that there is more adversity
- But that sources of resilience have been weakened
- Social relationships are one such source

ESRC Research Network “Human Capability and Resilience”



2003



2006

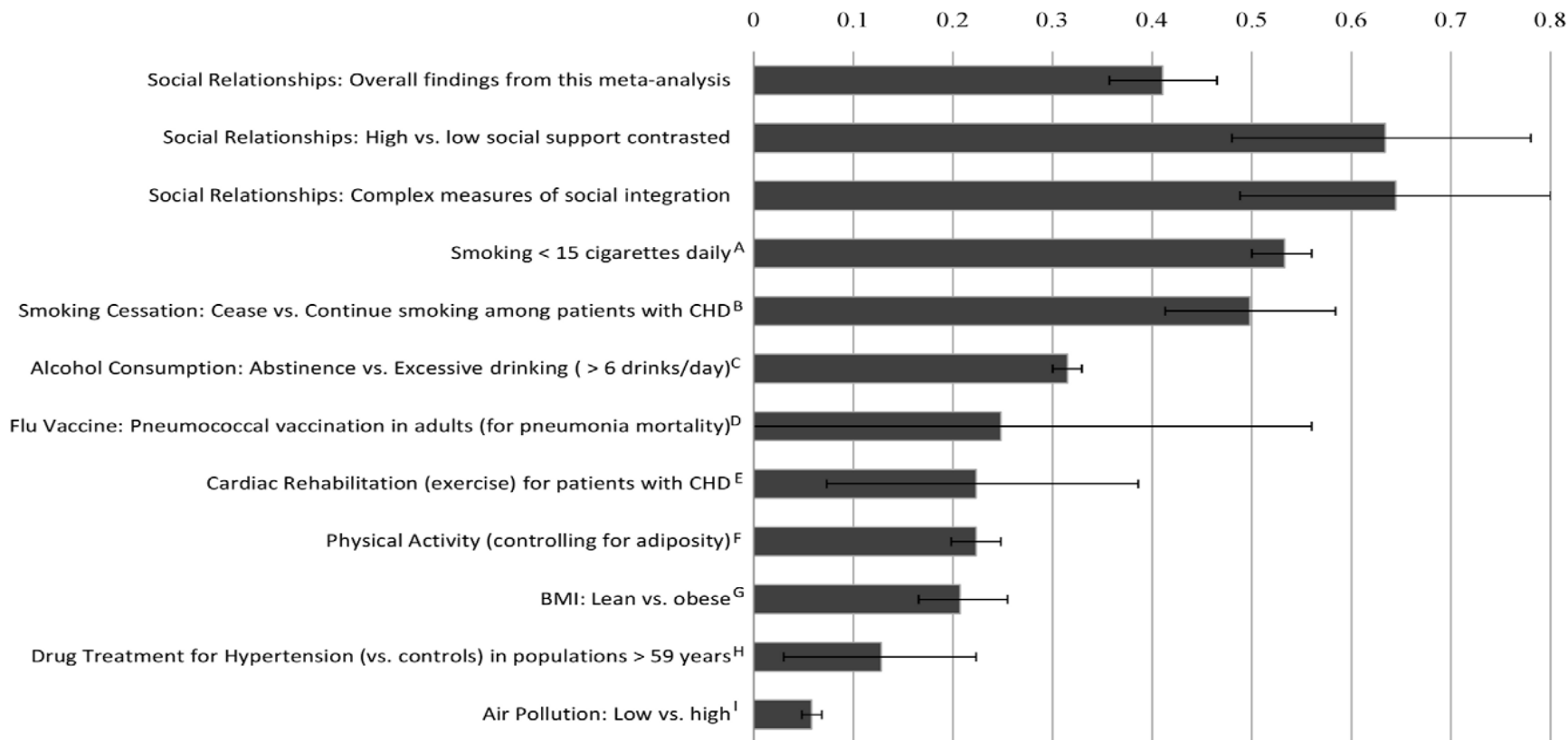


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Relative importance of social relationships and other major risk factors for mortality

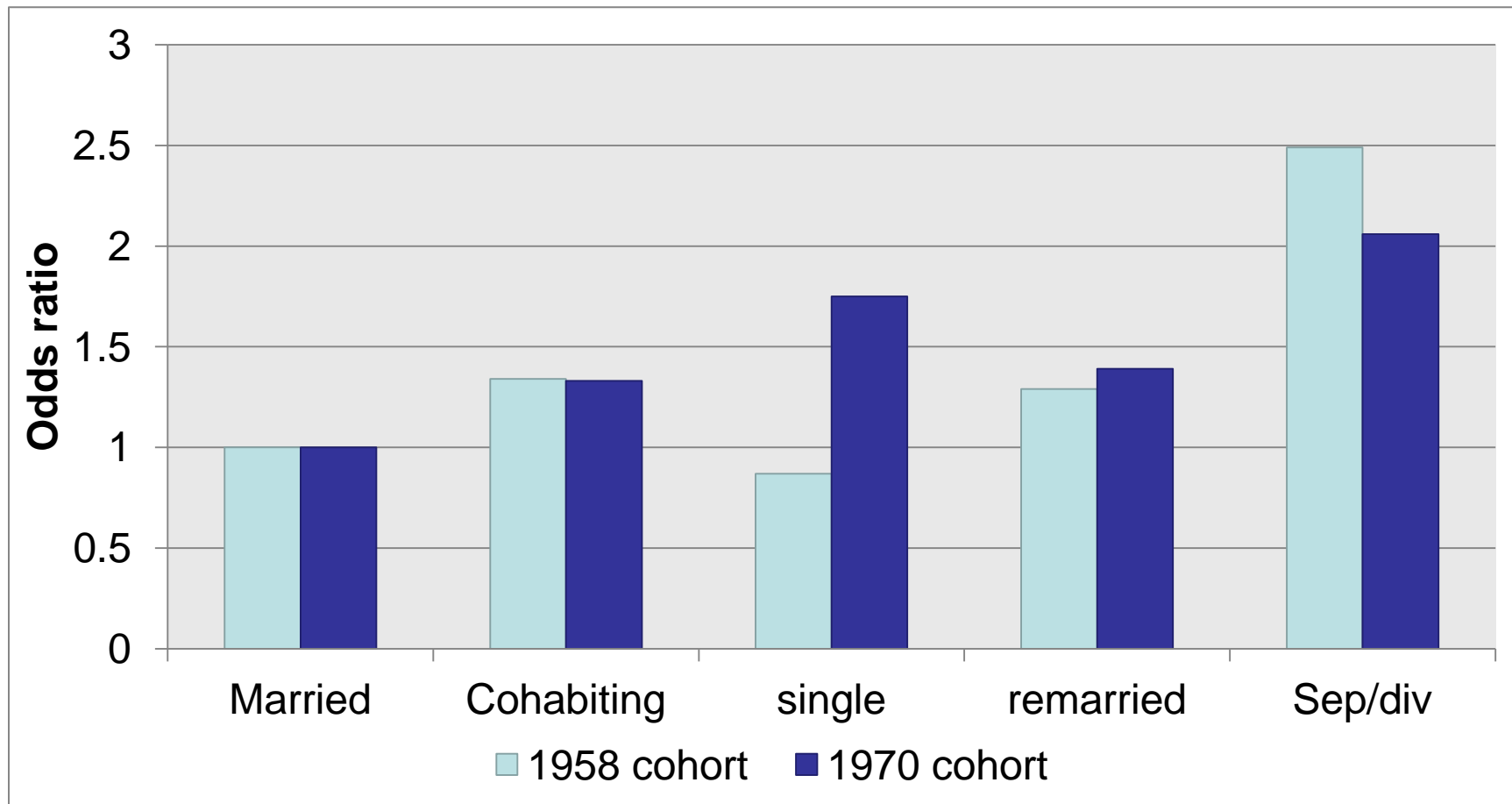


Source: Holt-Lunstad et al PLoS Medicine 2010 vol 7 no 7

PLoS Medicine Editors concluded ...

Although further research is needed to determine exactly how social relationships can be used to reduce mortality risk, physicians, health professionals, educators, and the media should now acknowledge that social relationships influence the health outcomes of adults and should take social relationships as seriously as other risk factors that affect mortality, the researchers conclude.

Risk of psychological distress at age 30-33 years



Marital status at around age 30 in 1991 and 2000 by parental separation

