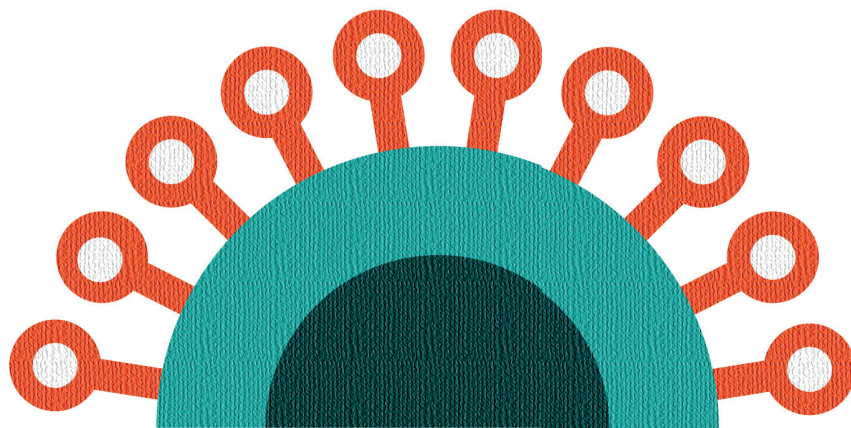
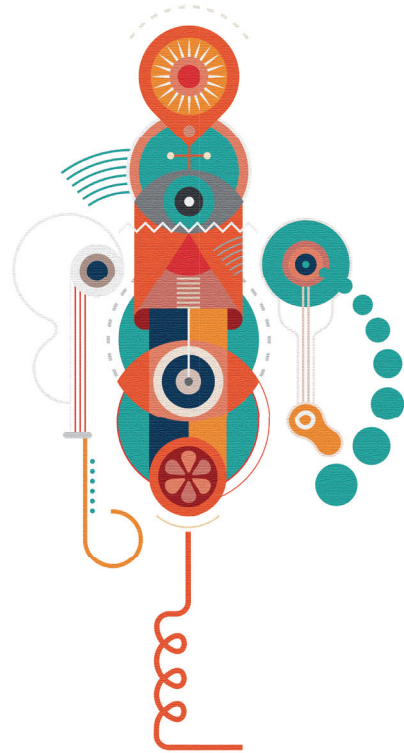


GET STARTED WITH A FEW ACTIVITIES





These activities offer some ideas to use the A-Z Alphabet to promote critical thinking and learning around health inequalities



ACTIVITY 1



- Facilitator asks participants to explain health inequalities in their own words.
- Facilitator writes key words in a flipchart, whiteboard or collaborative PowerPoint (for online workshops).
- Then the group contrast their explanation with the explanation given on one of the A-Z Alphabet of Health Inequalities cards. What are the similarity and differences? What are the assumptions?
- Facilitator leads a short discussion about myths and stereotypes frequently encountered in relation to health inequalities (use the fact sheet 'ten things to know about health' developed by [Unnatural Causes.org](https://unnaturalcauses.org) to guide discussion, pages 6-7). Why have these myths and stereotypes developed? Can these be changed?

FACILITATOR'S NOTES

- Bring copies of the fact sheet '[ten things to know about health](#)' developed by [unnaturalcauses.org](#) (pages 6 and 7).
- It is important to stress some key messages:
 - Inequalities in health are caused by socio-economic inequalities that influence access to health enhancing resources and opportunities.
 - The choices that people make are shaped by the choices they have.



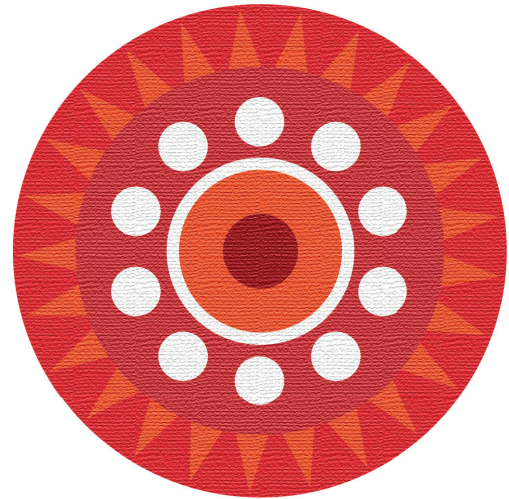
ACTIVITY 2



- Divide the group in smaller groups.
- Make sets of the A-Z Alphabet of Health Inequalities cards for each group.
- Facilitator reads aloud a case study or article from the press, highlighting the impact of socio-economic inequalities in health.
- Ask each group to sort the cards which best reflect the inequalities described in the case study.
- Bring the groups together and ask each to report back.
- If time allows have small groups to discuss potential next steps for taking action on the local social determinants of health. Each group report back.
- Facilitator leads a short discussion.

FACILITATOR'S NOTES

- Bring copies of the fact sheet 'ten things to know about health' developed by [Unnatural Causes.org](http://UnnaturalCauses.org) (pages 6 and 7).
- It is important to stress some key messages:
 - Inequalities in health are caused by socio-economic inequalities that influence access to health enhancing resources and opportunities.
 - The choices that people make are shaped by the choices they have.



ACTIVITY 3



- Divide the group in smaller groups.
- Make sets of the A-Z Alphabet of Health Inequalities cards for each group.
- Ask individuals to reflect on two incidents in their lives: one where they themselves felt disempowered or were prevented from accessing resources and opportunities; and another where they felt empowered and able to participate, access resources and opportunities.
- In the small groups participants share their experiences and work out which cards best capture some of the common themes and elements.
- Ask each group to present the key points of their discussion.
- End the session asking participants to conclude how do social determinants of health empower and disempower people to impact on their health?

Notes



Notes



CONTRIBUTORS

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