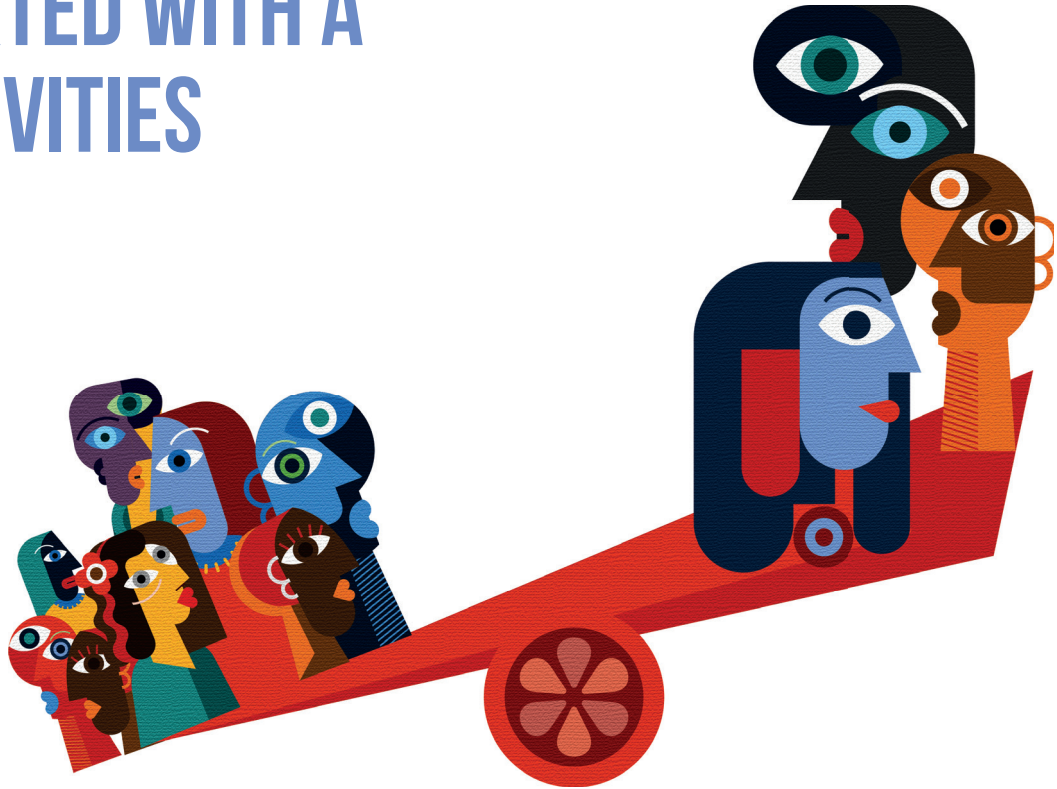
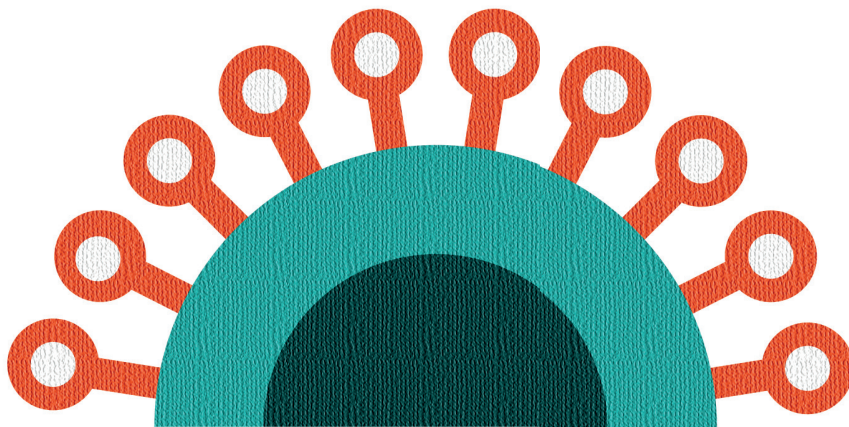
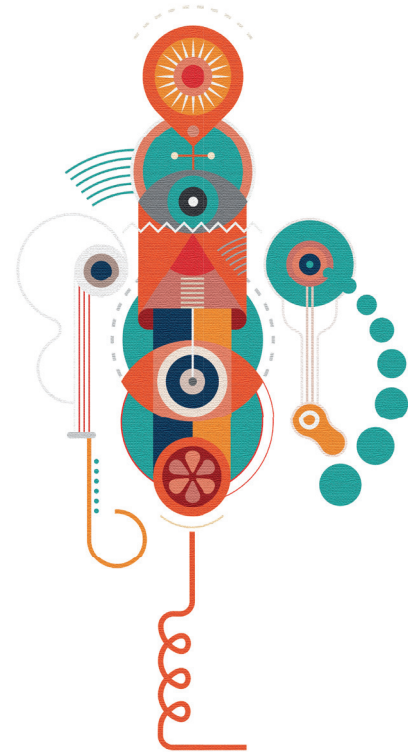


GET STARTED WITH A FEW ACTIVITIES





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 to guide discussion'). 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.



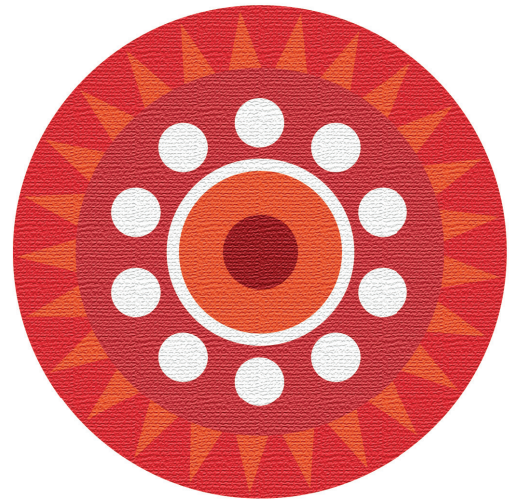
ACTIVITY 2



- 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 (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

Dawn Allen, Liz Fuller, Alan Griffiths, Shaima Hassan, Keith Holt, Jamie Hunter, Neil Joseph, Ana Porroche-Escudero, Sandra Smith and Paula Wheeler

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