

Appendix 1: Glossary of terms

Determinants of Health: The contextual factors of people's lives that can influence their health and wellbeing, including:

Physical Environmental Determinants

- Physical living environment – safe water and clean air, safe houses, communities and roads all contribute to good health.
- Employment and working conditions – people in employment are often healthier, particularly those who have more control over their working conditions.
- Access to health services – access and use of services that prevent and treat disease influences health.

Social and Cultural Determinants

- Social support networks – greater support from families, friends and communities is linked to better health.
- Culture – customs and traditions, and the beliefs of the family and community all affect health.
- Education – low education levels are linked with poor health, more stress and lower self-confidence.
- Income and social status – higher income and social status are linked to better health. Oftentimes, the greater the gap between the richest and poorest people, the greater the differences in health.

Individual Determinants

- Genetics – inheritance plays a part in determining lifespan, healthiness and the likelihood of developing certain illnesses.
- Personal behaviour and coping skills – balanced eating, keeping active, smoking, drinking, and how we deal with life's stresses and challenges all affect health.
- Gender – men and women suffer from different types of diseases at different ages.

For further clarity on the wider determinants of health, please refer to the World Health Organization's webpage on the [Determinants of Health](#) or Public Health England's detailed overview of the [Wider Determinants of Health](#).

- **Health** is defined by [The World Health Organisation](#) as ‘a state of complete physical, mental, and social wellbeing and not merely the absence of disease or infirmity’. Building on this, The World Health Organisation has stated that ‘the enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being without distinction of race, religion, political belief, economic or social condition’.
- **Health impact** is defined by [The World Health Organisation](#) as something that ‘can be positive or negative. A positive health impact is an effect which contributes to good health or to improving health. For example, having a sense of control over one's life and having choices is known to have a beneficial effect on mental health and wellbeing, making people feel "healthier". A negative health impact has the opposite effect, causing or contributing to ill health. For example, working or living in unhygienic or unsafe conditions or spending a lot of time in an area with poor air quality is likely to have an adverse effect on physical health status.’
- **Health inequalities** have been defined by [NHS England](#) as the ‘unfair and avoidable differences in health across the population, and between different groups within society. These include how long people are likely to live, the health conditions they may experience and the care that is available to them.
- **Protected Characteristics:** Identity characteristics that are protected by the Equality Act 2010 – discrimination against a person's protected characteristics or their association with people that have protected characteristics can lead to criminal prosecution. Characteristics that are protected by the Equality Act 2010 include:
 - Age
 - Disability
 - Gender reassignment
 - Marriage or civil partnership (in employment only)
 - Pregnancy and maternity
 - Race
 - Religion or belief
 - Sex
 - Sexual orientation.

Further guidance on protected characteristics has been published on by the Government ([Discrimination: Your Rights](#)).

- **Protected Groups:** Sections of a population that are more susceptible to experiencing harm, discrimination, or disadvantage due to a range of factors, including their social, economic and physical circumstances. Protected groups have limited access to resources or opportunities or may require support to ensure equal participation in society. Protected groups include:
 - Children and young people
 - Older people
 - Disabled people
 - Women and girls
 - People from minoritised ethnic and racial groups
 - LGBTQIA+ people
 - Refugees and asylum seekers.

Additional guidance on protected groups has been published by various organisations. Links to available data and further reading have been provided in Appendix 2.