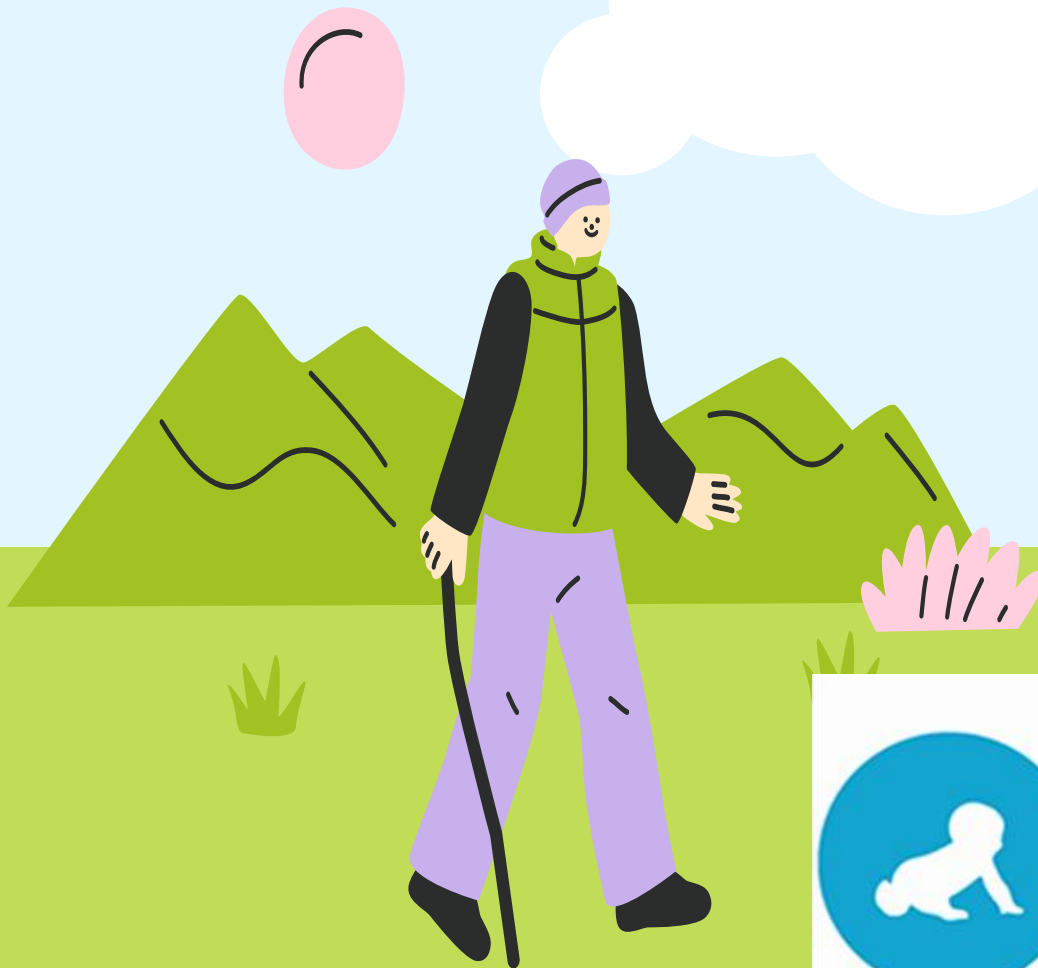
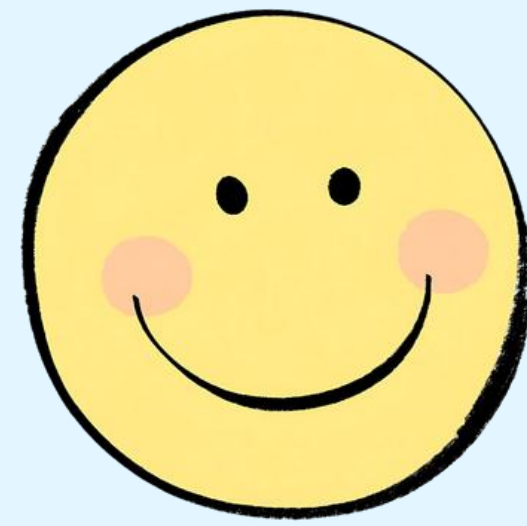


Sally James
2208030

HOW EARLY LIFE AND LIFESTYLE CHOICES SHAPE HEALTH ACROSS THE LIFE COURSE



Introduction



Hello, I'm Sally

Today I will present to you:

- **How Health is shaped across the life course, not just in adulthood**
- **The life course approach explains how early life, lifestyle, and social factors influence health**
- **This presentation explores how health develops across different life stages and how interventions can help**

What the life course approach means

Health is a lifelong process shaped by early experiences and social and biological conditions.

Health is shaped from before birth to old age

Life stages are connected

Early life factors affect adulthood and later life

Health is influenced by social, environmental and lifestyle factors

Examples: Income, Education, Housing, Family support

Impact of Early Life Experiences

Early life experiences lay the foundation for lifelong health and inequalities.

- Early experiences affect physical, mental and social health

Examples of Early Influences

- Income and poverty
- Parenting and family support
- Housing and environment
- Education and early development

Long-Term Impact:

- Increased risk of poor mental health and chronic disease
- Lower life expectancy in more deprived groups
- Early disadvantage linked to worse adult health outcomes

Adverse Childhood Experiences (ACEs)

Abuse, neglect, household dysfunction

Linked to:

- Poor mental health
- Substance misuse
- Chronic disease

Higher ACE exposure is associated with increased health risks

Long-term impact across the life course



Lifestyle Behaviours Across the Life Course

Lifestyle choices influence health but are shaped by wider social and economic conditions.

- Behaviors such as diet, physical activity, smoking and alcohol use impact long-term health
- Social and economic factors influence lifestyle choices
- Patterns of behavior often develop early in life and continue into adulthood

- Lifestyle is not just individual choice
- People in deprived areas may have less access to healthy options
 - Highlights the link between inequality and health behaviours

- Long-Term Impact
- Smoking → increased risk of cancer and heart disease
- Poor diet → obesity, type 2 diabetes
 - Physical inactivity → reduced life expectancy
- Alcohol misuse → liver disease and mental health issues

Wider Determinants of Health

Health inequalities arise from the unequal distribution of social and economic resources.

- Health is shaped by the conditions in which people are born, grow, live and work
- These factors create health inequalities between different groups
- Often referred to as the social determinants of health

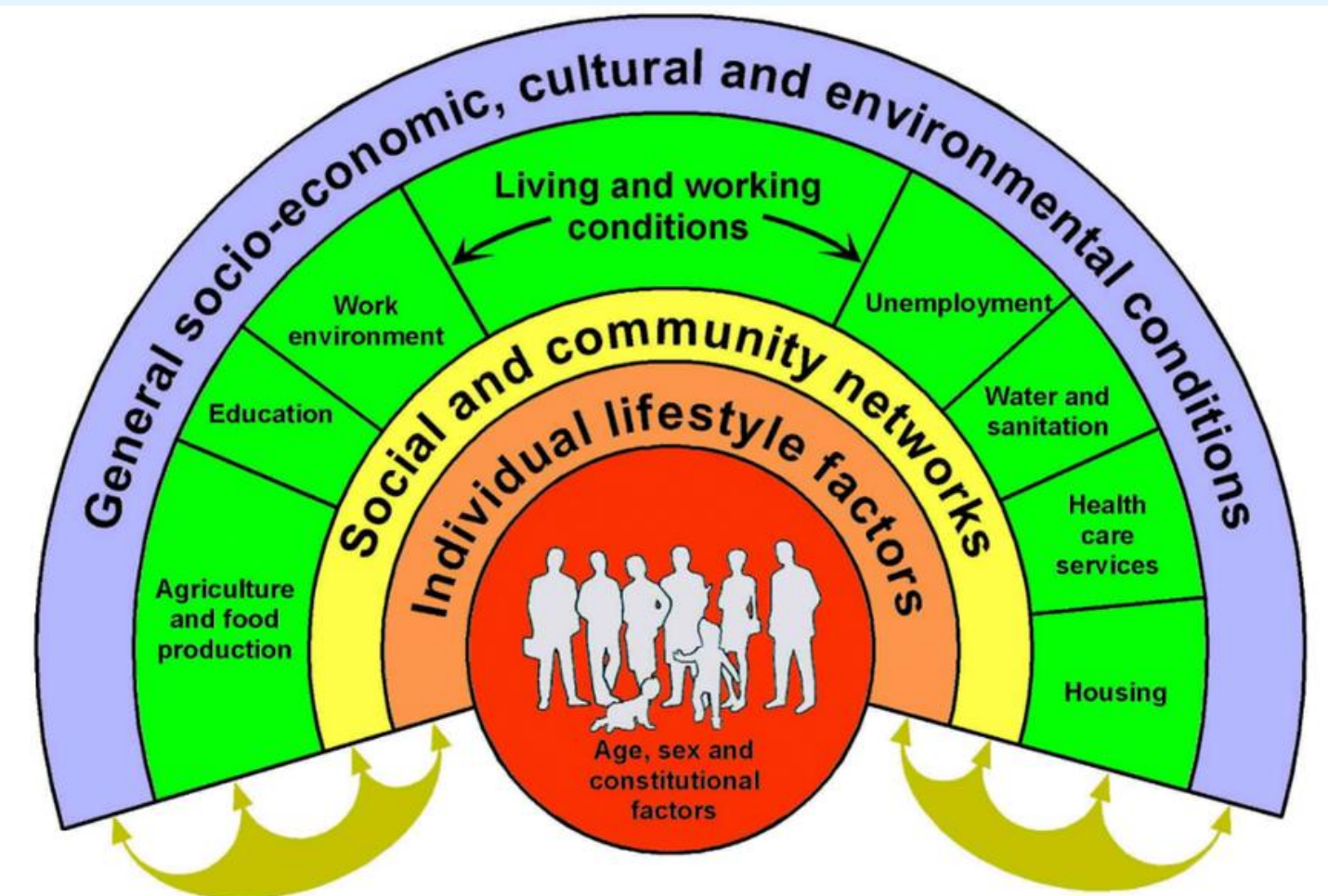
Examples

- Income and employment
- Education
- Housing and living conditions
- Access to healthcare
- Environment (air quality, neighborhoods)

Impact on Health

- Lower income linked to shorter life expectancy
- Poor housing → respiratory illness and poor mental health
- Education improves health literacy and life chances

The Dahlgren and Whitehead rainbow model shows that health is influenced by more than individual choices. It includes layers such as lifestyle, social networks, living conditions (like housing and education), and wider economic and environmental factors. This highlights how health is shaped by a range of social determinants, not just personal behaviour.

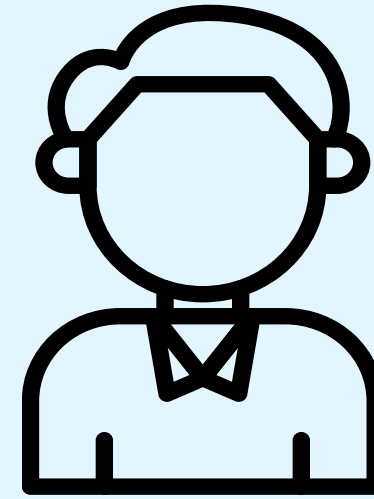


Health Across Life Stages



Early life → foundation

Childhood → habits develop



Adulthood → exposure accumulates

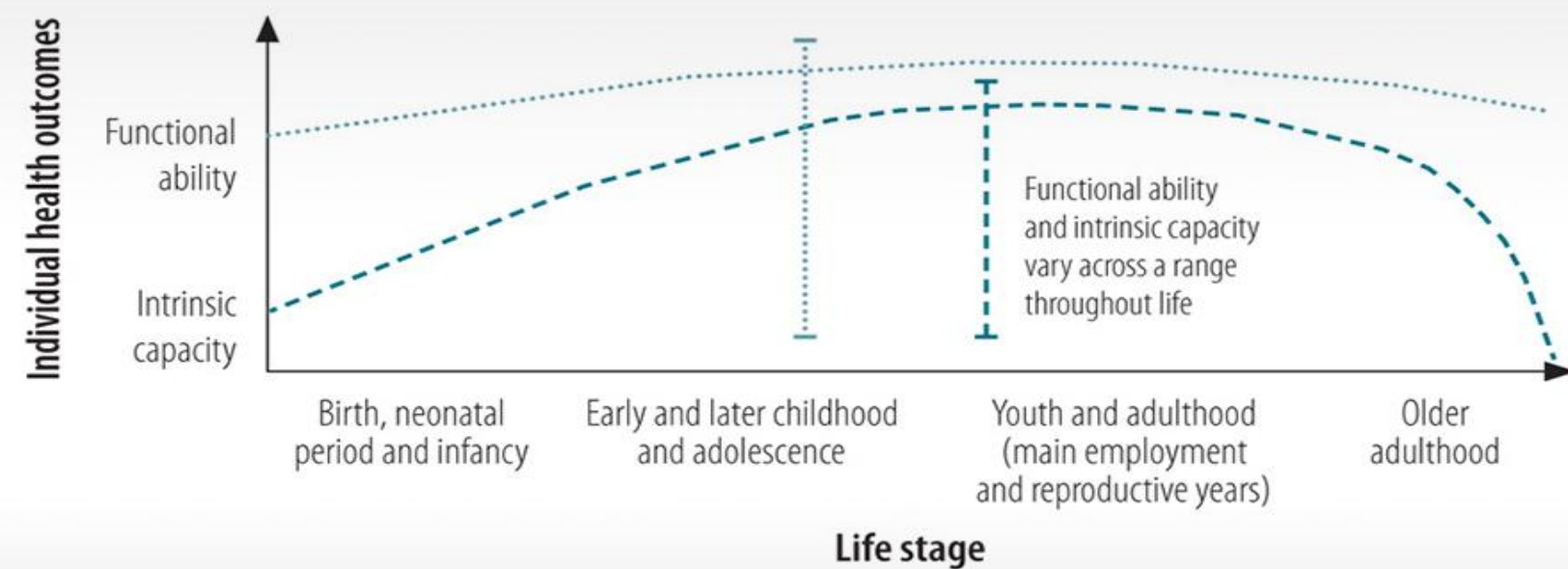


Later life → outcomes appear

Public Health England

Health Matters

Conceptual framework for a life course approach to health



Adapted from: World Health Organization, 2018

(Public Health England, 2019; McMunn et al., 2019; Elder et al., 2003)

health interventions

Childhood vaccination

- Protects against infectious diseases and improves long-term health outcome
 - High uptake reduces inequalities and prevents outbreaks

Health education

- Encourages healthy behaviours (diet, exercise, avoiding risky behaviours)
 - Supports prevention and informed lifestyle choices across life stages

Smoking cessation programs

- Reduce major causes of disease and early death from smoking
- NHS programs improve quit rates and reduce health problems

Mental health support

- Improves wellbeing and can support physical health outcomes
 - Integrated services (e.g. CAMHS) can improve overall health

Healthy ageing programs

- Promote independence and reduce risk of chronic illness
- Prevention strategies support a better quality of life in later years



conclusion

Health is shaped across the life course

Early experiences have a long-term impact

Inequalities influence lifestyle and outcomes

Prevention and early intervention are key

Reducing inequalities improves population health

Thank you for listening



reference list

Dahlgren, G. and Whitehead, M. (2006) *European strategies for tackling social inequities in health: levelling up part 2*. Copenhagen: World Health Organization Regional Office for Europe. Available at: <https://iris.who.int/bitstream/handle/10665/107791/E89384.pdf> (Accessed: 22 March 2026).

Department of Health and Social Care (2019) *Advancing our health: prevention in the 2020s*. London: Department of Health and Social Care. Available at: <https://www.gov.uk/government/consultations/advancing-our-health-prevention-in-the-2020s/advancing-our-health-prevention-in-the-2020s-consultation-document> (Accessed: 22 March 2026).

Elder, G.H. Jr., Johnson, M.K. and Crosnoe, R. (2003) 'The emergence and development of life course theory', in Mortimer, J.T. and Shanahan, M.J. (eds.) *Handbook of the life course*. New York: Springer, pp. 3–19.

Marmot, M. et al. (2020) *Health equity in England: the Marmot review 10 years on*. London: Institute of Health Equity. Available at: <https://www.instituteofhealthequity.org/resources-reports/marmot-review-10-years-on> (Accessed: 22 March 2026).

McMunn, A. et al. (2019) 'Life course influences on health inequalities', *Journal of Epidemiology and Community Health*, 73(10), pp. 973–980.

Naidoo, J. and Wills, J. (2016) *Foundations for health promotion*. 4th edn. London: Elsevier.

NHS (2023) *Live well*. Available at: <https://www.nhs.uk/live-well/> (Accessed: 22 March 2026).

NHS England (2024) *Tobacco dependence programme*. Available at: <https://www.england.nhs.uk/long-read/nhs-tobacco-dependence-programme/> (Accessed: 20 March 2026).

Office for Health Improvement and Disparities (2022) *Health profile for England*. London: Office for Health Improvement and Disparities. Available at: <https://www.gov.uk/government/statistics/health-profile-for-england> (Accessed: 22 March 2026).

Public Health England (2019) *Health matters: prevention – a life course approach*. London: Public Health England. Available at: <https://www.gov.uk/government/publications/health-matters-life-course-approach-to-prevention> (Accessed: 22 March 2026).

Wilkinson, R.G. and Pickett, K.E. (2010) *The spirit level: why equality is better for everyone*. London: Penguin.

World Health Organization (2020) *Basic documents*. 49th edn. Geneva: World Health Organization. Available at: https://apps.who.int/gb/bd/pdf_files/BD_49th-en.pdf (Accessed: 22 March 2026).