# **Contents**

#### 1 Introduction 1

- 1.1 More illness within shorter lives 1
- 1.2 The great paradox of public health 3
- 1.3 The need for a broader picture 6
- 1.4 Preview: this book's main conclusions 9

#### 2 Patterns of health inequalities 13

- 2.1 Measurement issues 13
- 2.2 Generalized, but uneven 23
- 2.3 Persistent, but dynamic 33
- 2.4 Ubiquitous, but variable 40
- 2.5 Health inequalities outside Europe 42

### 3 Explanatory perspectives 48

- 3.1 Methodological issues 48
- 3.2 Education, occupation, income, and health 55
- 3.3 Six groups of contributing factors 62
- 3.4 Theories about the explanation of health inequalities 86

## 4 Patterns of health inequalities explained 97

- 4.1 Set-up of the analyses 97
- 4.2 Changes in social stratification 99
- 4.3 Rapid but differential health improvements 105
- 4.4 Differential effects of factors driving population health change 118
- 4.5 Continued social patterning of health determinants 126
- 4.6 Understanding the European experience 133

#### 5 A broader picture 141

- 5.1 Why social inequality persists in modern welfare states 141
- 5.2 Health inequalities and welfare state reform 146
- 5.3 Health inequalities and social justice 149

## 6 Policy implications 163

- 6.1 Proposals for tackling health inequalities 163
- 6.2 National attempts at tackling health inequalities 167
- 6.3 Realistic expectations 171
- 6.4 Final reflections 178

Appendix 183 Notes 185 References 191 Index 227