

Recession and Health

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Recession and Health

- **Mental health: increasing unemployment linked to depression.**
- **Increase in stress-related illness, anxiety and depression.**
- **Some evidence of increase in drug and alcohol related abuse; also homelessness.**

Recession and Health

- **More debt, more families on benefits, more family breakdown, more need for counselling and social care.**
- **High levels of population working in the public sector in Wales could be protective?**

Unemployment and Health

- **Impact of unemployment more likely in the more deprived areas**
 - **links to inability to heat house adequately and associated respiratory conditions and cold-related stress on cardio-vascular system.**

Unemployment and Health

- **However Ruhm suggests that there may be short term changes in modifiable health behaviour and environmental risk factors.**
- **1% increase in unemployment associated with 0.3-0.5 % decrease in total mortality as driving fewer miles and decrease in motor fatalities.**

Unemployment and Health

- **Ruhm also describes decrease in drinking and alcohol-related vehicle mortality.**
- **Severe obesity, smoking, dietary fat and physical inactivity decline,**

Unemployment and Health

- **Eating fruit and veg increases.**
- **There may therefore be a decrease in the morbidity and death from certain conditions,**
 - **eg cardiovascular disease as some individuals adopt a healthier lifestyle.**

Conclusion

- **A mixed picture, with certain disadvantaged groups more vulnerable than others, and potential for increasing health inequality.**

