

Can the lifecourse approach help shape public health policy?

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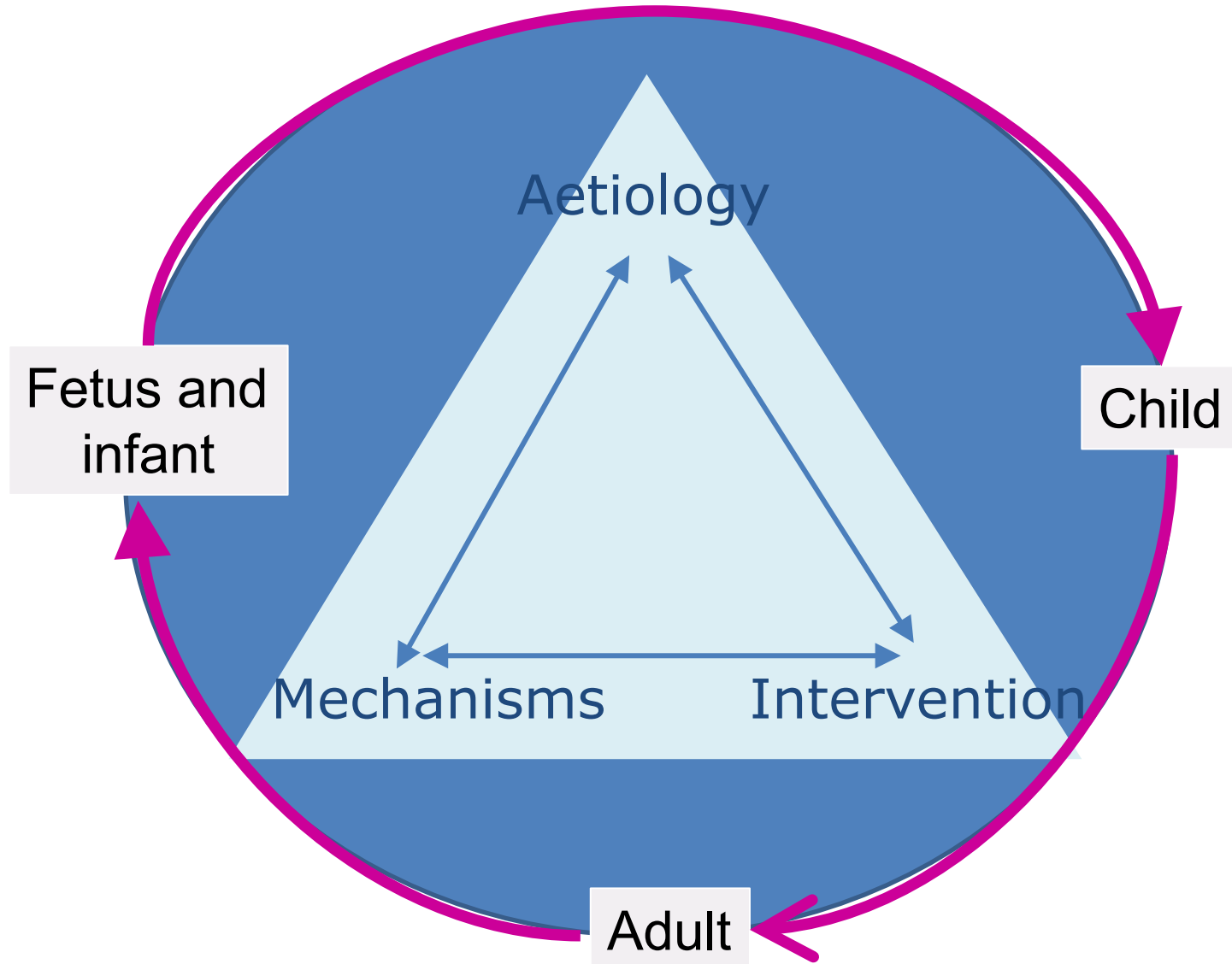
16th National Health Promotion Conference

Promoting good health throughout the lifecourse

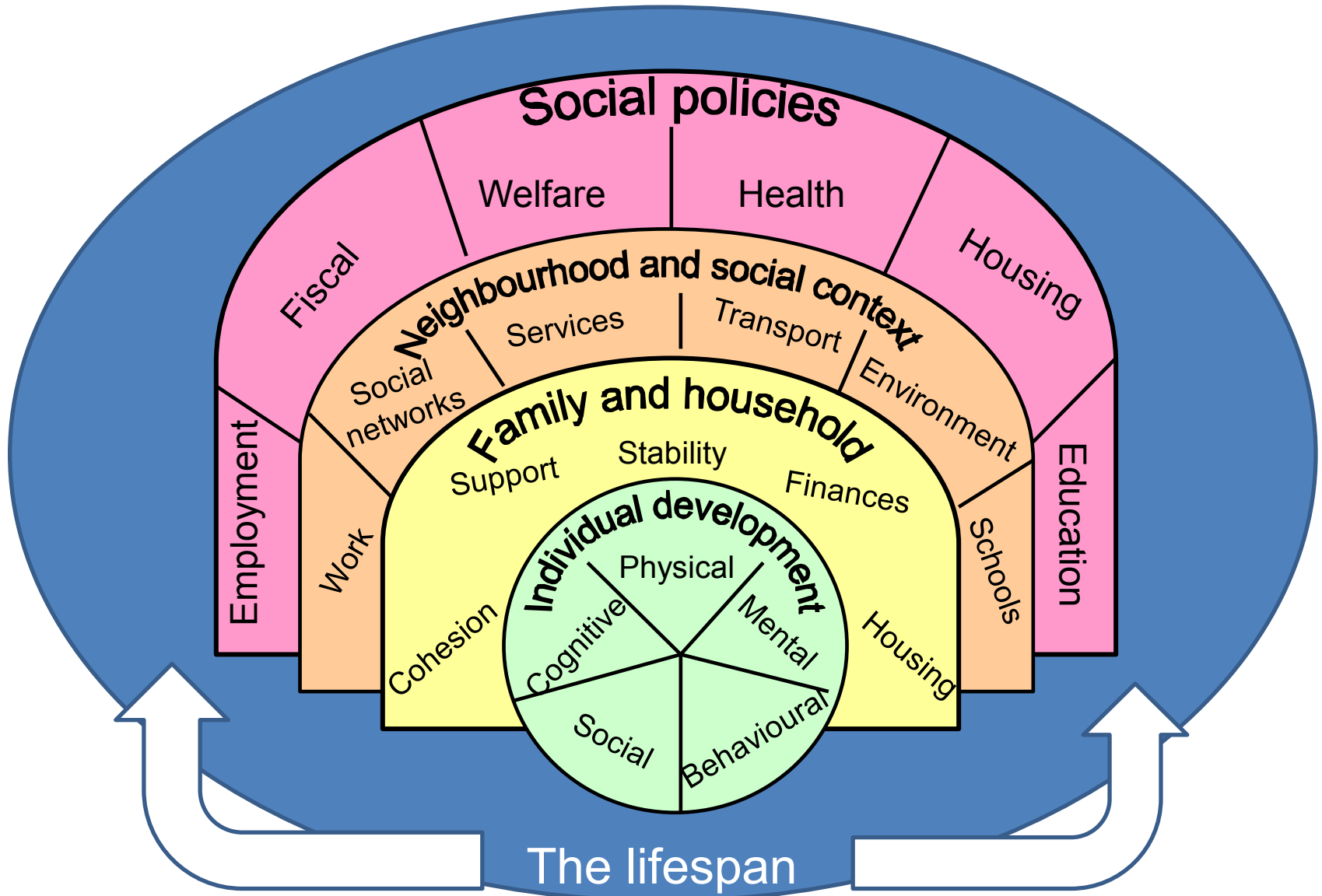
Thursday 29th June 2015

Messe Lucerne

Lifecourse epidemiology



Ecological model of health across the lifecourse

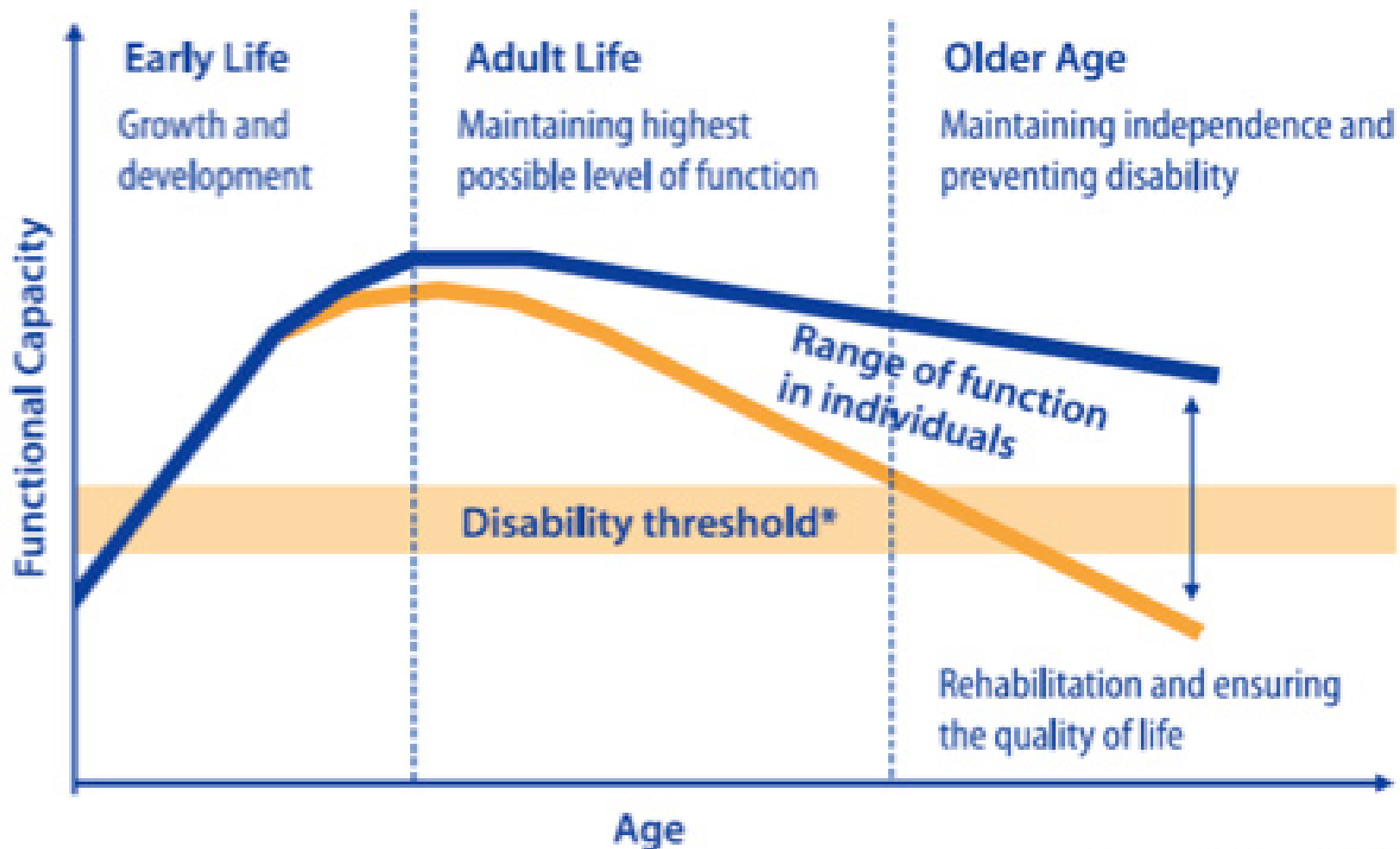


Intervening

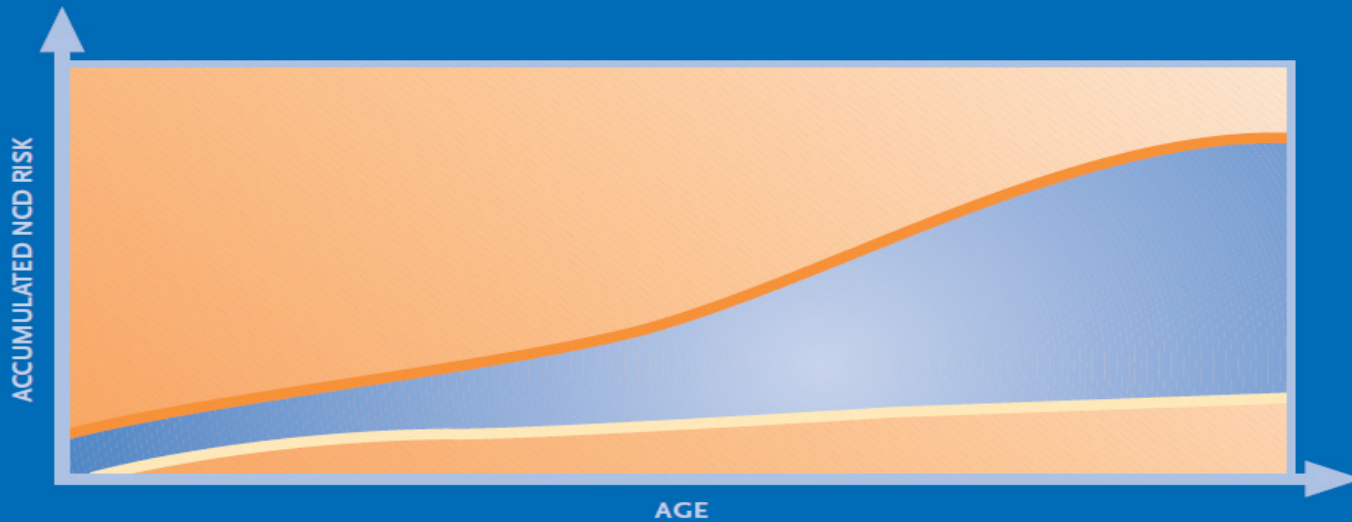
- When?
- Where?
- Who?
- How?

WHEN?

Functional capacity across the lifecycle



Life course perspectives on coronary heart disease, stroke and diabetes



The evidence and implications for policy and research

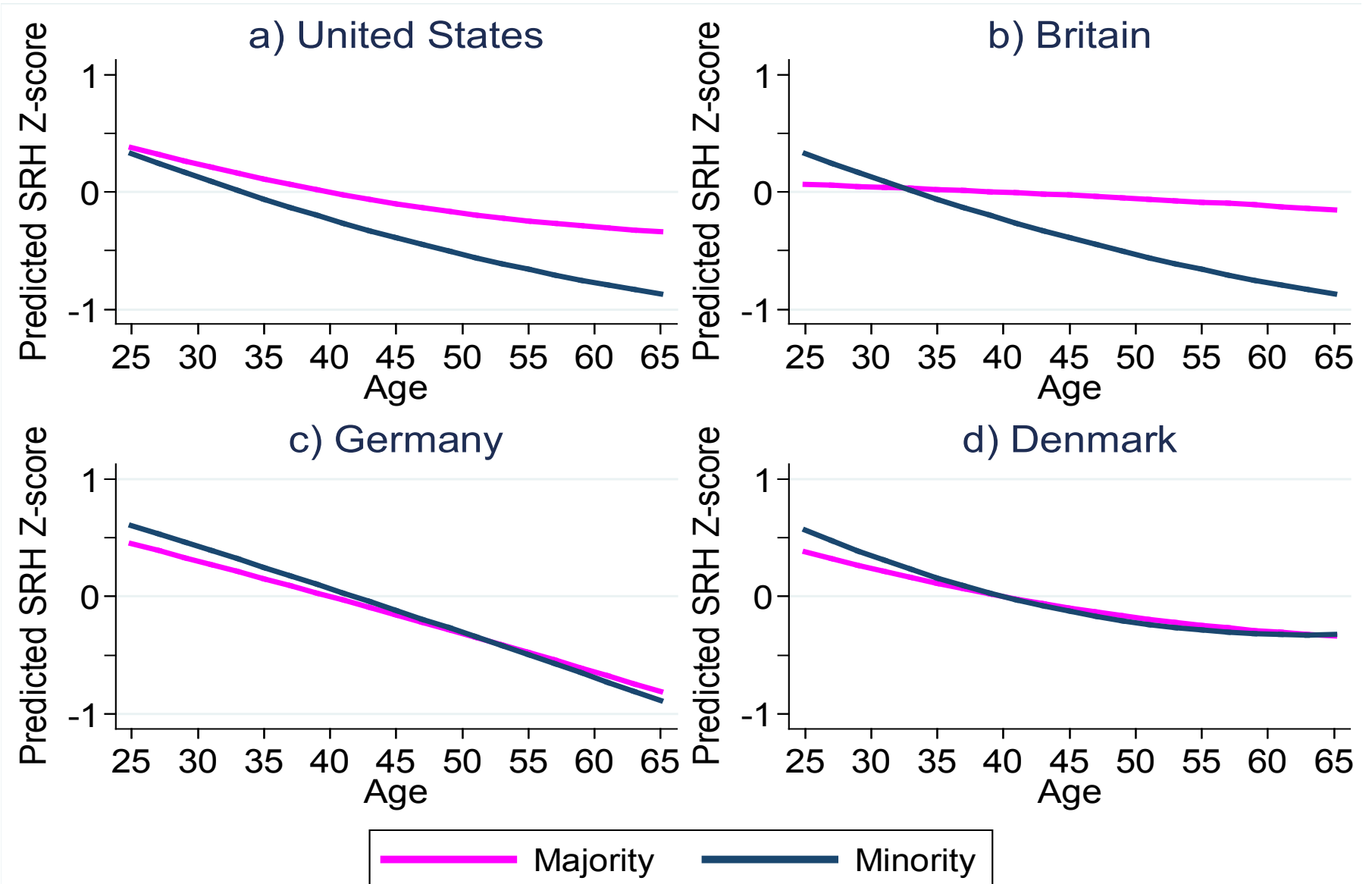


WHERE?

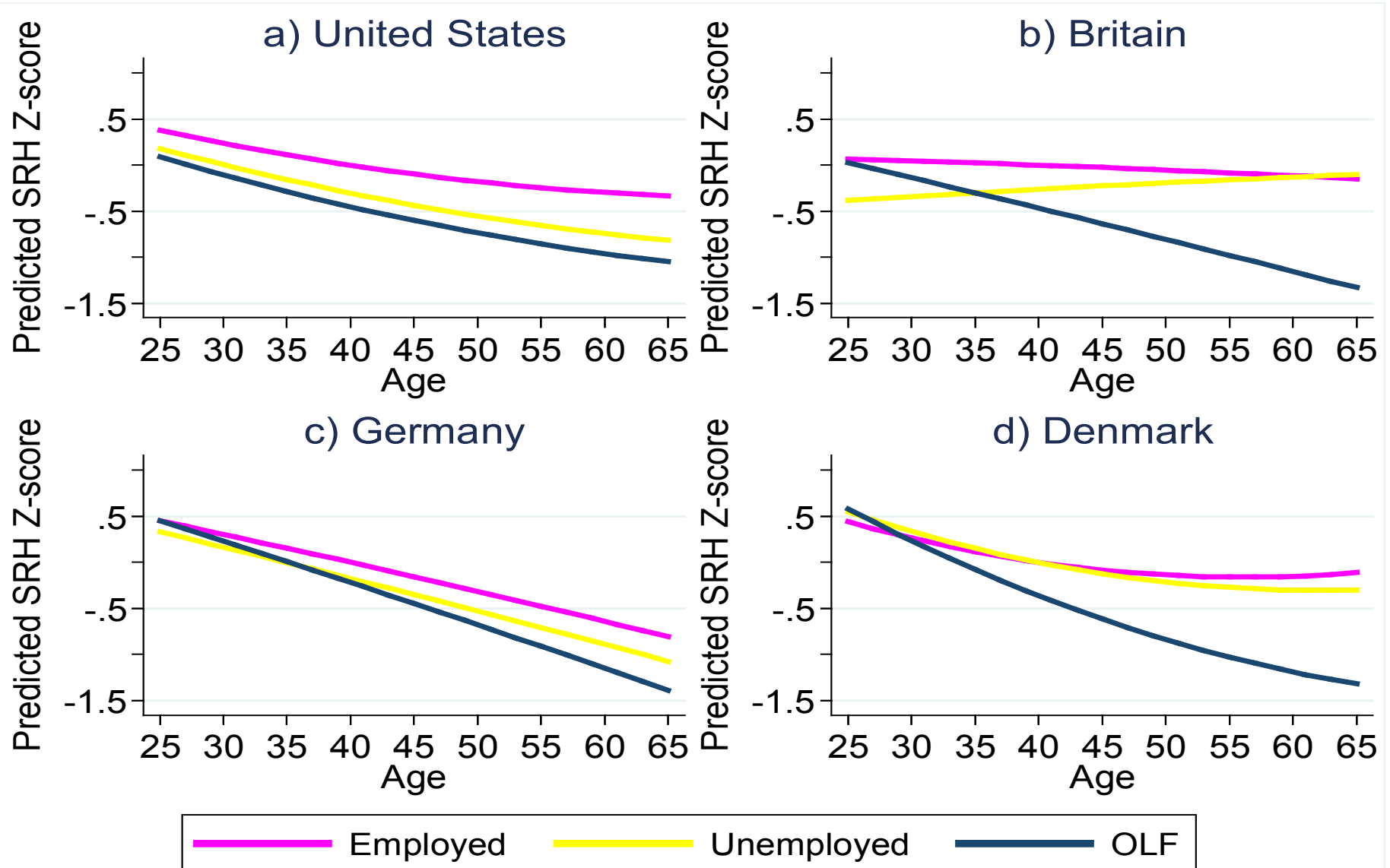
i) Lessons from cross-national lifecourse research

- Generality of findings
 - From one society to others
- Impact of variation in
 - Institutional settings
 - Social structures
 - Historical development
 - Welfare provision

Health decline by minority status

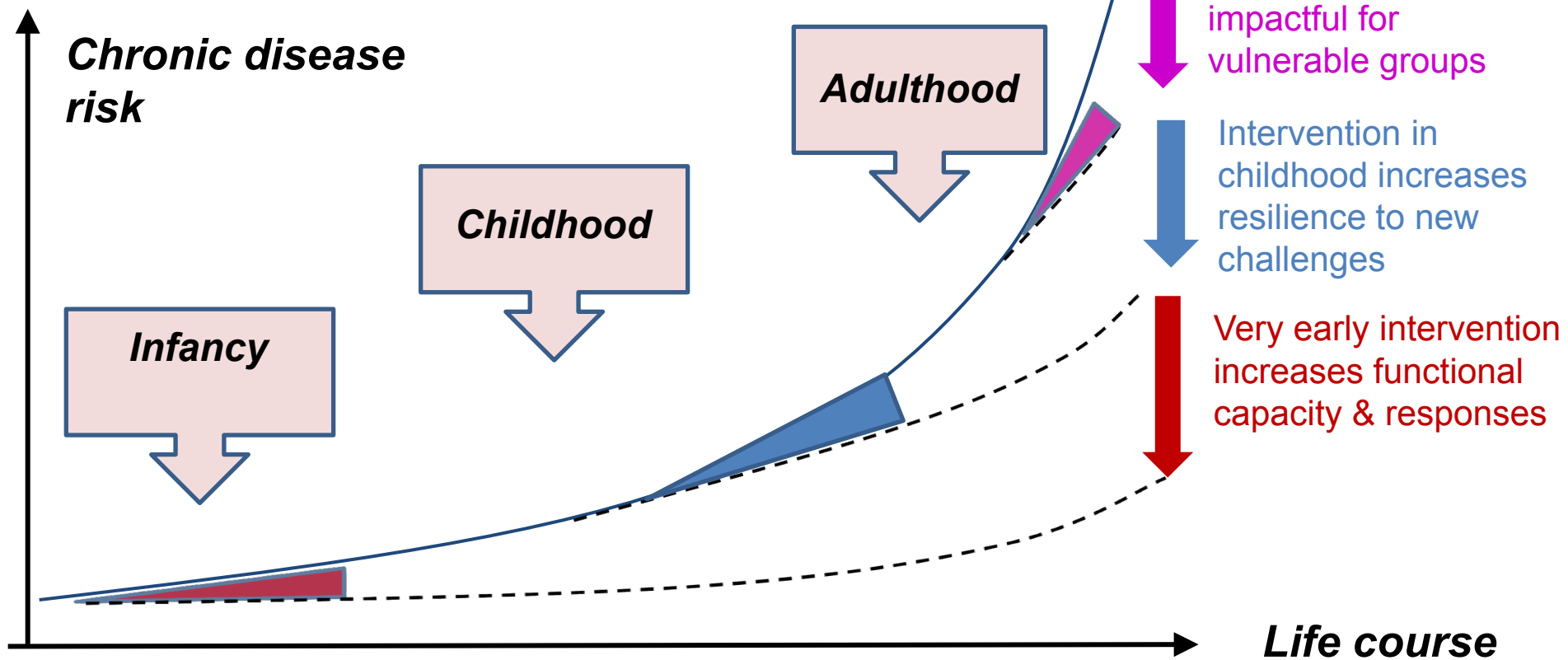


Health decline by employment status



WHO?

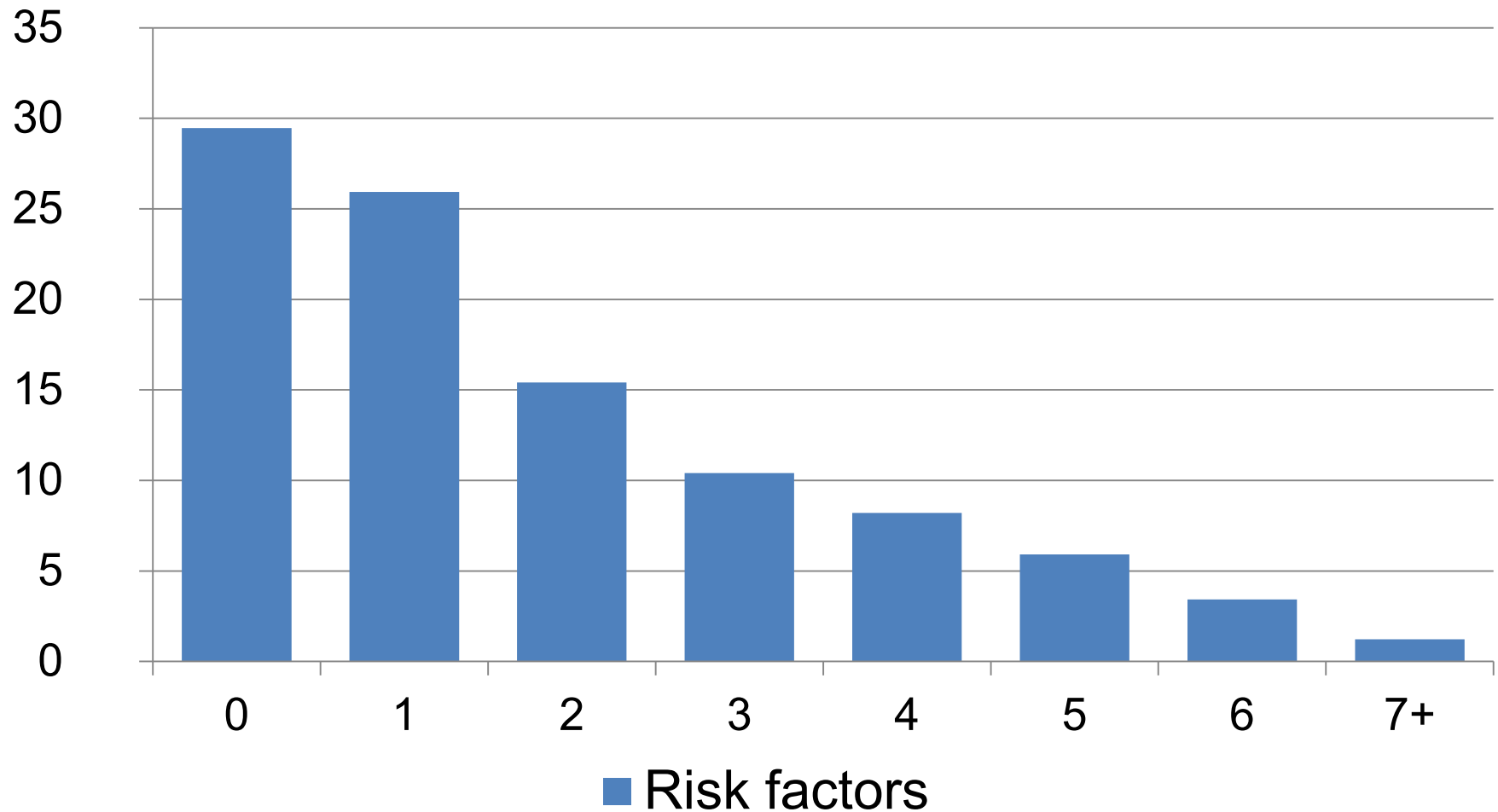
Lifecourse strategy for disease prevention



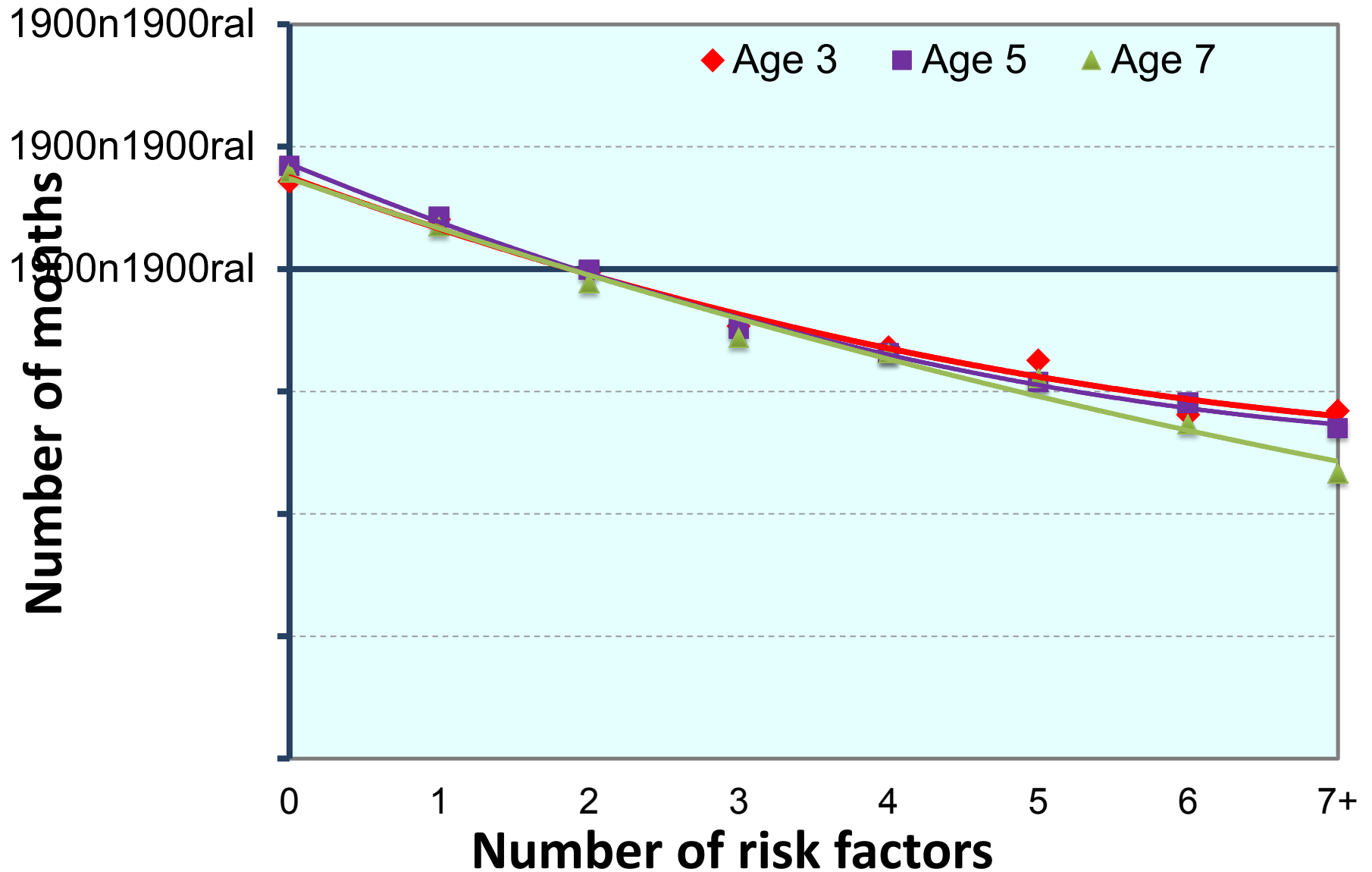
Plasticity

Inadequate response to new challenges

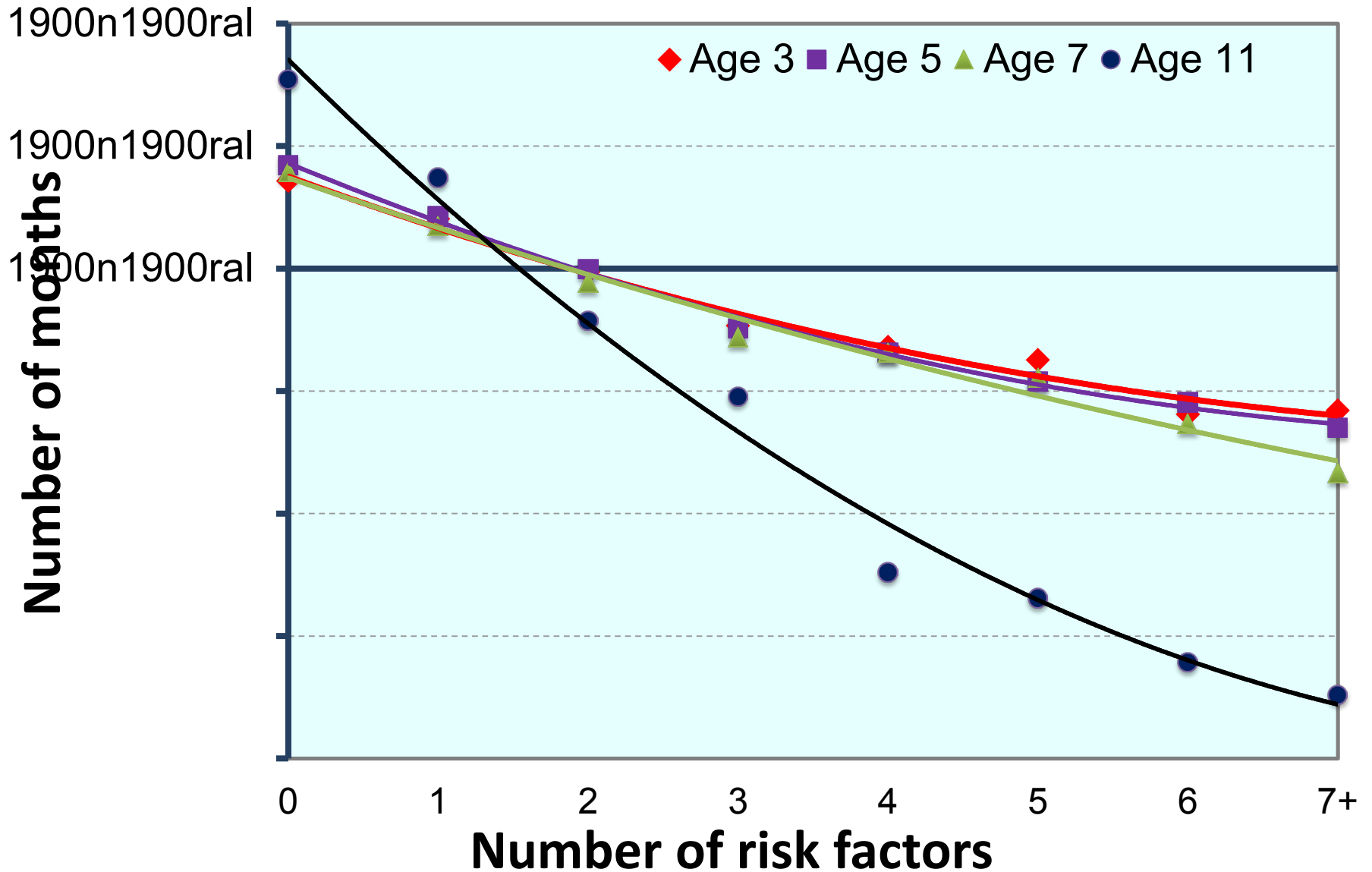
Percentage of children exposed to risk factors at age 3



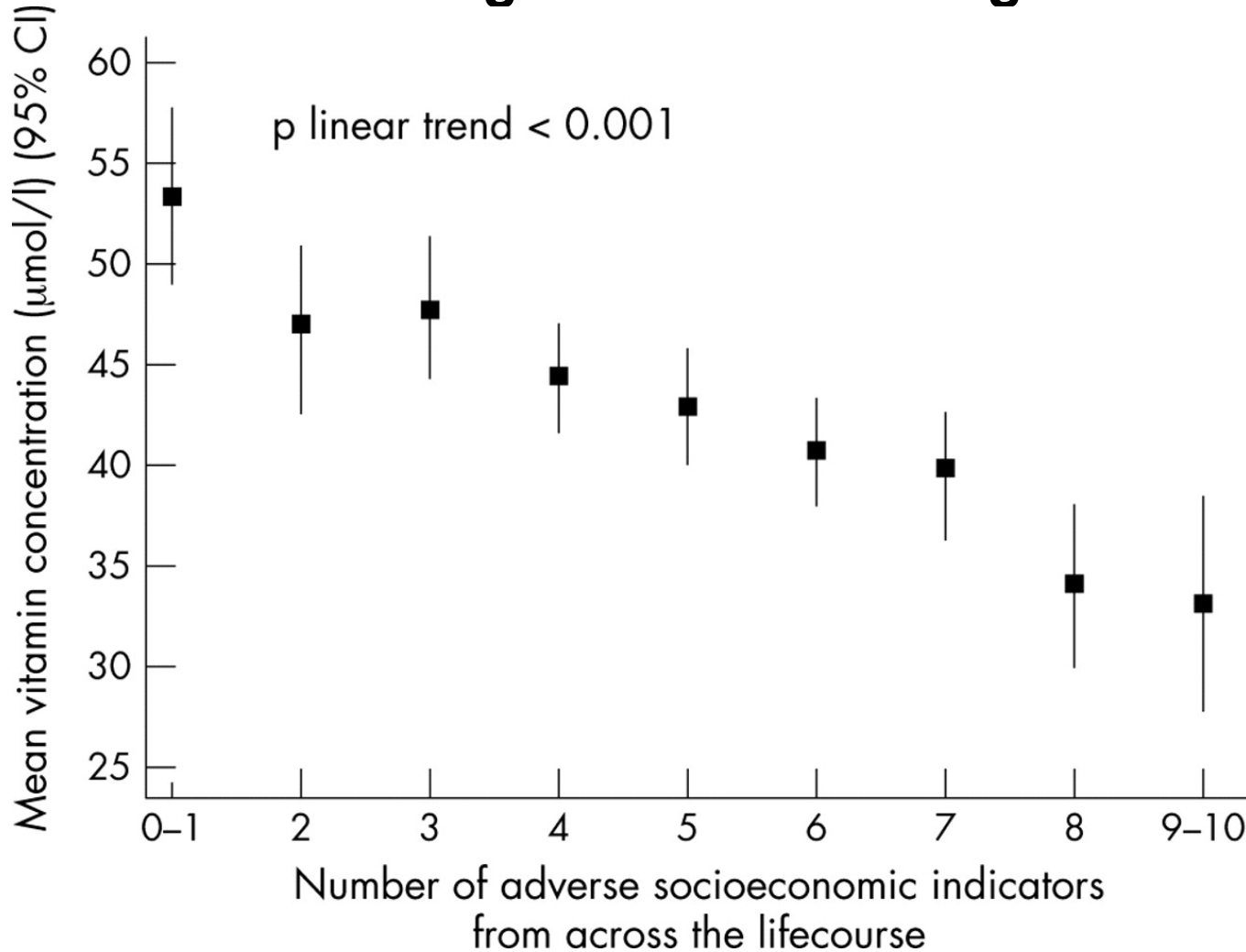
Verbal ability: months ahead or behind by no. of risk factors



Verbal ability: months ahead or behind by no. of risk factors



Mean vitamin C concentrations by number of adverse life course indicators among British women aged 60–79 years.

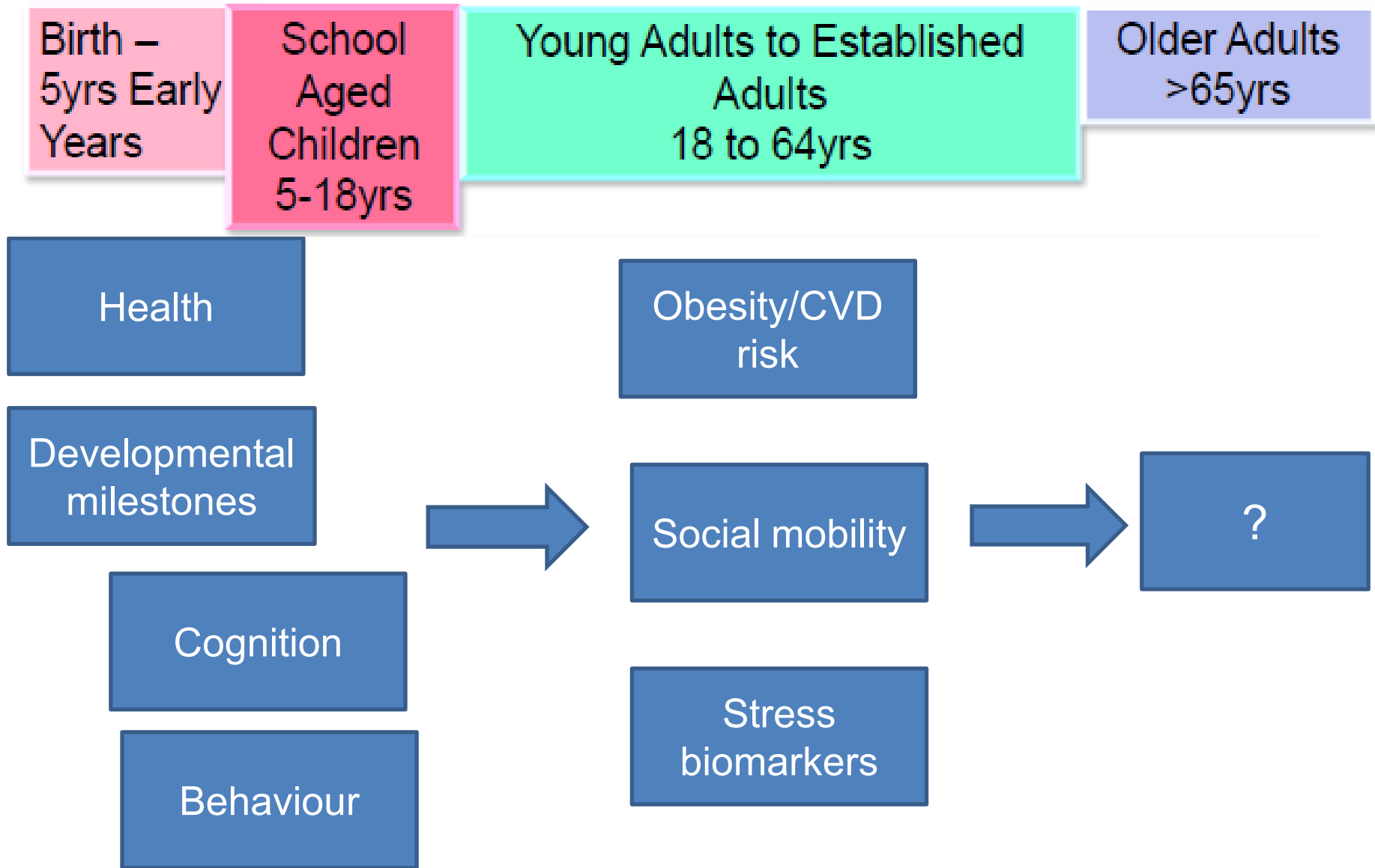


Lawlor D A et al. *Heart* 2005;91:1086-1087



HOW?

Breastfeeding associations over the lifecourse



Summary

Shown that the lifecourse perspective by considering

- Social, physical and psychological hazards
- Behavioural, biological and psychosocial processes
- Risks at all stages of the life span
- Specificity of influences across populations

Can inform policy makers on the

- Targeting, timing, setting and mode of interventions

Summary

- More research to be done on
 - The importance and process of intergenerational transmission of risk
 - The interplay between genetic and environmental exposures
 - How the social “gets under the skin” to affect our biology

Life Gets Under Your Skin

Edited by
Professor Mel Bartley



Available from
<http://www.ucl.ac.uk/icls/publications/booklets/lguys.pdf>



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