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Chapter 6

Key policies over the life course

Pre-birth and early years (up to age five)

Give every child the best start in life	— Increase investment in early years development — Holistic support for families from before birth — Priority for maternal health interventions — Increase paid parental leave in the first year — Evidence-based parenting support programmes, children's centres, advice, assistance — Provision of good quality early years education and childcare — Improve quality of early years workforce — Support the transition to school
Enable all children, young people and adults to maximise their capabilities and have control over their lives	— Schools develop a 'whole child' approach with extended school services
Create fair employment and good work for all	— Better jobs suitable for lone parents, carers, people with mental/physical health problems
Ensure healthy standard of living for all	— Minimum income for healthy living — Review systems to remove 'cliff edges' to facilitate flexible employment
Create and develop healthy and sustainable places and communities	— Mitigate effects of climate change — Improve active travel — Improve access and quality of green and open spaces — Improve the food environment — Reduce fuel poverty — Integrate local delivery systems to address social determinants of health — Improve community capital and reduce social isolation
Strengthen the role and impact of ill health prevention	— Increase investment in ill health prevention — Reduce social gradient in obesity — Focus public health efforts to reduce social gradient

Children and young people in full-time education (ages 5–16)

Give every child the best start in life

- Holistic support for families from before birth
- Evidence-based parenting support programmes, advice and assistance
- Support the transition to school

Enable all children, young people and adults to maximise their capabilities and have control over their lives

- Reduce the inequalities in educational outcomes
- Schools develop a ‘whole child’ approach with extended school services
- Develop school-based workforce, working across school-home boundaries
- Increase access to lifelong learning, including work based learning and apprenticeships

Create fair employment and good work for all

- Better jobs suitable for lone parents, carers, people with mental/physical health problems

Ensure healthy standard of living for all

- Minimum income for healthy living
- Review systems to remove ‘cliff edges’ to facilitate flexible employment

Create and develop healthy and sustainable places and communities

- Mitigate effects of climate change
- Improve active travel
- Improve access and quality of green and open spaces
- Improve the food environment
- Reduce fuel poverty
- Integrate local delivery systems to address social determinants of health
- Improve community capital and reduce social isolation

Strengthen the role and impact of ill health prevention

- Increase investment in ill health prevention
- Increase availability and quality of drug treatment programmes
- Reduce social gradient in obesity, smoking, alcohol
- Focus public health efforts to reduce social gradient

Early adulthood (ages 17–24)

Give every child the best start in life

- Holistic support for families from before birth
- Priority for maternal health interventions
- Increase paid parental leave in the first year
- Evidence-based parenting support programmes, advice and assistance

Enable all children, young people and adults to maximise their capabilities and have control over their lives

- Reduce inequalities in educational outcomes
- Schools develop a ‘whole child’ approach with extended school services
- Develop school-based workforce, working across school-home boundaries
- Increase access to lifelong learning, including work based learning and apprenticeships
- Resources for 16–25 year olds on life skills, training and employment advice

Create fair employment and good work for all

- Intervene early with active labour market programmes
- Improve quality of work
- Workplaces adhere to equality legislation
- Effective prevention of physical and mental health problems at work
- Improve flexibility in employment.
- Better, more suitable jobs for lone parents, carers, people with mental/physical health problems

Ensure healthy standard of living for all

- Minimum income for healthy living
- Review systems to remove ‘cliff edges’ to facilitate flexible employment
- Implement progressive taxation

Create and develop healthy and sustainable places and communities

- Mitigate effects of climate change
- Improve active travel
- Improve access & quality of green & open spaces
- Improve the food environment
- Reduce fuel poverty
- Integrate local delivery systems to address social determinants of health
- Improve community capital and reduce social isolation

Strengthen the role and impact of ill health prevention

- Increase investment in ill health prevention
- Increase availability and quality of drug treatment programmes
- Reduce social gradient in obesity, smoking, alcohol
- Focus public health efforts to reduce social gradient

Adults of working age (ages 25–64)

Give every child the best start in life

- Holistic support for families from before birth
- Priority for maternal health interventions
- Increase paid parental leave in the first year
- Evidence-based parenting support programmes, advice and assistance

Enable all children, young people & adults to maximise their capabilities and have control over their lives

- Schools develop a ‘whole child’ approach with extended school services.
- Develop school-based workforce, working across school-home boundaries.
- Increase access to lifelong learning, including work based learning and apprenticeships

Create fair employment & good work for all

- Intervene early with active labour market programmes.
- Improve quality of work.
- Workplaces adhere to equality legislation.
- Effective prevention of physical and mental health problems at work.
- Improve flexibility in employment.
- Better, more suitable jobs for lone parents, carers, people with mental/physical health problems

Ensure healthy standard of living for all

- Minimum income for healthy living.
- Review systems to remove ‘cliff edges’ to facilitate flexible employment.
- Implement progressive taxation

Create and develop healthy and sustainable places and communities

- Mitigate effects of climate change
- Improve active travel
- Improve access and quality of green and open spaces
- Improve the food environment
- Reduce fuel poverty
- Integrate local delivery systems to address social determinants of health
- Improve community capital and reduce social isolation

Strengthen the role and impact of ill health prevention

- Increase investment in ill health prevention
- Increase availability and quality of drug treatment programmes
- Reduce social gradient in obesity, smoking, alcohol
- Focus public health efforts to reduce social gradient

Adults of retirement age (65+)

Give every child the best start in life

Enable all children, young people and adults to maximise their capabilities and have control over their lives

- Increase access to lifelong learning, including work based learning and apprenticeships

Create fair employment and good work for all

- Improve quality of work
- Workplaces adhere to equality legislation
- Effective prevention of physical and mental health problems at work
- Improve flexibility in employment and retirement
- Better, more suitable jobs for lone parents, carers, people with mental/physical health problems

Ensure healthy standard of living for all

- Minimum income for healthy living
- Review systems to remove ‘cliff edges’ to facilitate flexible employment
- Implement progressive taxation

Create and develop healthy and sustainable places and communities

- Mitigate effects of climate change
- Improve active travel
- Improve access and quality of green and open spaces
- Improve the food environment
- Reduce fuel poverty
- Integrate local delivery systems to address social determinants of health
- Improve community capital and reduce social isolation

Strengthen the role and impact of ill health prevention

- Increase investment in ill health prevention
- Increase availability and quality of drug treatment programmes
- Reduce social gradient in obesity, smoking, alcohol
- Focus public health efforts to reduce social gradient