Population Health: Promoting Health and Preventing Disease Summary

The role of the GP in promoting health and preventing disease

The defining role of the GP is enacted in the consultation with the patient. However, GPs also have an essential role in the health of communities. Optimising the public's health requires co-ordination across three areas: health improvement, health protection, and health services.

As a GP, your role is to:

- Take part in all three of these areas, for example by promoting healthy living, delivering screening and immunisation programmes, and using resources and services appropriately
- Understand the social determinants of health, from pre-birth to old age
- Assess the needs of local population groups
- Advocate for measures that promote good health in populations as well as individuals
- Address health inequalities
- Assess and communicate risk.

Key Areas for Exam preparation

Health improvement
- The concepts of 'health' and 'wellbeing'
- The multiple determinants of health
- The relationship between social determinants of health and health inequalities
- Socio-economic, political and cultural factors affecting people's lifestyle choices
- The impact on health of factors such as alcohol and substance misuse, poor diet, smoking, inadequate exercise and risky sexual behaviour, including in specific populations such as pregnant women, people with mental ill health, and other vulnerable groups
- Approaches to behaviour change and their relevance to health promotion and self-care
- Actions to address lifestyle factors that affect health (e.g. nutrition, sleep, physical activity) and implement behaviour change
- Pharmacological approaches to addressing lifestyle risk factors (e.g.weight management medications, treatments for alcoholism etc.)
- Clinical, social, and environmental risk factors in healthy individuals for a range of common/important conditions (e.g. cancer, heart disease, diabetes, falls)
- Doctor-patient partnership in conversations relating to self-care
- Effects of an individual's health behaviours on their wider social network
- Ethical issues around prevention, pre-symptomatic testing, therapy in asymptomatic individuals, lifestyle choices, and tensions between individual and community needs
- Risk factors and safeguarding for different patient groups (e.g. the frail elderly, children at risk of accidents, and people at risk of abuse including at home, in institutions etc.).

Health protection
- Disease prevention programmes for common and important communicable and non-communicable diseases
- NHS screening and immunisation programmes
- Health surveillance systems that have involve GPs (e.g. RCGP Weekly Returns Service)
- Notifiable diseases and the role of the Health Protection Agency
- Risk-benefit conversations in relation to health protection, (e.g. child immunisation)
- Health benefits of being in work
- Occupational hazards and risk factors (e.g. occupational cancers, respiratory diseases, musculoskeletal disorders)
- Return to work and rehabilitation after illness or accident
- Fitness for work certification and guidance on its use
- Support and encouragement of disabled patients in the workplace
- Roles of other health professionals (e.g. occupational health staff, physiotherapists and counsellors) in managing work and health issues.

Service issues
- Resource allocation and prioritisation in healthcare, including legal responsibilities for care provision
- Ways of implementing and evaluating locally agreed health programmes (e.g. exercise on prescription, alcohol and substance misuse, smoking cessation, psychological therapies)
- Health needs assessment of local populations and sub-groups (e.g. working families, 'sedentary' children, smokers, pregnant women, the elderly, those living in poverty, homeless people)
- Audit and clinical governance
- Role of the GP in service redesign and commissioning
- Structure of health services in the UK
- Role of public health organisations in the UK
- Role of third sector, voluntary, and non-governmental organisations in population health
- Effect on health of government policies (e.g. housing, environment, infrastructure, taxation, tobacco control).

Evidence and epidemiology (see also Topic Guide Evidence based practice, research and sharing knowledge)

- The scientific discipline applied to healthy people as well as to those who are sick
- The evidence base for and against interventions in healthy people, compared with the evidence for and against treatments in those who are sick
- Risks and benefits of specific screening programmes for individuals and groups
- Concept of the hierarchy of evidence in relation to patients requesting Interventions Not Normally Funded (INNF)
- Sources of routinely available data about the health of local populations.

Additional important content

- The influence of ageing, dependency, multiple co-morbidities, and frailty on individual and population-level healthcare needs
- The health of minorities and marginalised populations (including but not limited to refugees, asylum seekers, institutionalised groups, sex workers, the homeless, travellers, undocumented migrants, and victims of trafficking and torture)
- Global factors affecting the health and wellbeing of individuals and populations (e.g. climate change, air quality and pollution, health systems, pandemics, conflict and migration (including migration of health workers))
- Global institutions with a health remit (e.g. World Health Organisation)
- The WHO global burden of disease
- Models of healthcare delivery and financing.

Suggested resources:

General Information

- Acheson D. *Independent Inquiry into Inequalities in Health* London: HMSO, 1998
- Birch K, Field SJ, Scrivens E. *Quality in General Practice* Oxford: Radcliffe Medical Press, 2000
- Black C. *Working for a healthier tomorrow* London: Department of Work and Pensions, 2008 www.gov.uk/government/uploads/system/uploads/attachment_data/file/209782/hwwb-working-for-a-healthier-tomorrow.pdf
- Black D (Chair of working group). *Inequalities in Health* London: DHSS, 1980
- Britton J. *ABC of Smoking Cessation* London: BMJ Books, 2004
- Bury M. *Health and Illness in a Changing Society* London: Routledge, 1997
- Chambers R. *Involving Patients and the Public: how to do it better* Oxford: Radcliffe Medical Press, 2003
- Chambers R and Mohanna K. *Risk Matters in Healthcare: communicating and explaining risk* Oxford: Radcliffe Medical Press, 2001
- Chief Medical Officer. *Annual Report of the Chief Medical Officer 2004* London: Department of Health, 2005
- Department of Health. *Immunisations against Infectious Disease* London: HMSO, 1996 (and later updates)
- Department of Health. *Health Promotion England* London: Department of Health, 2001
- Department of Health. *Tackling Health Inequalities: a programme for action* London: Department of Health, 2003
- Department of Health. *Living well for longer: a call to action to reduce avoidable premature mortality.* Department of Health, 2013
- Farmer R. *Lecture Notes on Epidemiology and Public Health Medicine* Oxford: Blackwell Science, 1996
- Health Inequalities Standing Group of the Royal College of General Practitioners. *Hard Lives: improving the health of people with multiple problems* London: Royal College of General Practitioners, 2003
- Jones R, Britten N, Culpepper L, *et al* (eds). *Oxford Textbook of Primary Medical Care* Oxford: Oxford University Press, 2004
- Marmot Review. *Fair Society, Healthy Lives. Strategic Review of Health Inequalities.* www.instituteofhealthequity.org/Content/FileManager/pdf/fairsocietyhealthylives.pdf
- Pencheon D, Guest C, Melzer D, Muir Gray JA. *The Oxford Handbook of Public Health Practice* Oxford: Oxford University Press, 2001
- Sackett DL, Haynes BR, Guyatt G, Tugwell P. *Clinical Epidemiology: a basic science for clinical medicine* Boston: Lippincott, Wilkins & Williams, 1991
- Tudor Hart J. *New Kind of Doctor* London: Merlin Press, 1988
- Wanless D. *Securing Good Health for the Whole Population: final report* London: HSMO, 2004
- Warrell D, Cox TM, Firth JD, Benz EJ (eds). *Oxford Textbook of Medicine (4th edn)* Oxford: Oxford University Press, 2004
- Undergraduate Medical Competencies in Occupational Health, www.fom.ac.uk/education/resources-for-medical-schools-medical-students/competency-framework
- www.fph.org.uk
- www.hse.gov.uk
- www.gov.uk/topic/population-screening-programmes
- https://www.gov.uk/government/organisations/public-health-england
- www.e-GP.org.

Health improvement
The concepts of 'health' and 'wellbeing'
- https://www.cdc.gov/hrqol/index.htm
- https://www.healthknowledge.org.uk/public-health-textbook/medical-sociology- policy-economics/4a-concepts-health-illness
- https://www.healthknowledge.org.uk/public-health-textbook/medical-sociology- policy-economics/4a-concepts-health-illness/section2/activity3

The multiple determinants of health
- https://jech.bmj.com/content/64/4/284.full
- https://www.who.int/hia/evidence/doh/en/

The relationship between social determinants of health and health inequalities
- https://www.gov.uk/government/publications/independent-inquiry-into-inequalities- in-health-report#attachment-2983471-accessibility-request
- https://www.local.gov.uk/marmot-review-report-fair-society-healthy-lives

Socio-economic, political and cultural factors affecting people's lifestyle choices
- https://www.ncbi.nlm.nih.gov/books/NBK19924/
- https://www.healthknowledge.org.uk/public-health-textbook/organisation- management/5b-understanding-ofs/assessing-impact-external-influences

The impact on health of factors such as alcohol and substance misuse, poor diet, smoking, inadequate exercise and risky sexual behaviour, including in specific populations such as pregnant women, people with mental ill health, and other vulnerable groups
- https://www.nice.org.uk/Media/Default/About/what-we-do/Into-practice/ measuring-uptake/NICEimpact-mental-health.pdf
- https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2139915/
- https://www.who.int/mental_health/mhgap/ risks_to_mental_health_EN_27_08_12.pdf
- https://www.drugabuse.gov/related-topics/health-consequences-drug-misuse
- https://www.mentalhealth.org.uk/a-to-z/d/drugs-and-mental-health
- https://www.nhs.uk/common-health-questions/lifestyle/what-are-the-health-risks- of-smoking/
- https://www.cancerresearchuk.org/sites/default/files/ policy_december2014_inequalities_briefing.pdf
- https://www.gov.uk/government/publications/misuse-of-illicit-drugs-and- medicines-applying-all-our-health/misuse-of-illicit-drugs-and-medicines-applying- all-our-health
- https://www.nhs.uk/news/lifestyle-and-exercise/lack-of-exercise-as-deadly-as- smoking/
- https://www.bhf.org.uk/what-we-do/news-from-the-bhf/news-archive/2017/april/ new-report-assesses-impact-of-physical-inactivity-on-uk-heart-health-and- economy
- https://www.nice.org.uk/guidance/ph3/chapter/2-Public-health-need-and-practice
- https://www.lancashire.gov.uk/media/899794/sexual-health-updated-links- oct-16.

Approaches to behaviour change and their relevance to health promotion and self- care
- https://www.nice.org.uk/media/default/About/what-we-do/NICE-guidance/NICE-guidelines/Public-health-guidelines/Additional-publications/Special-report-health- systems-and-health-related-behaviour-change.pdf
- https://www.nice.org.uk/guidance/ph6/resources/behaviour-change-general- / approaches-pdf-55457515717

Actions to address lifestyle factors that affect health (e.g. nutrition, sleep, physical activity) and implement behaviour change

- https://www.nice.org.uk/guidance/ph53/documents/overweight-and-obese-adults- lifestyle-weight-management-draft-guidance2
- https://academic.oup.com/jpubhealth/article/38/3/e292/2239840
- https://publichealthmatters.blog.gov.uk/2016/09/02/our-support-for-population- behaviour-change/

Pharmacological approaches to addressing lifestyle risk factors (e.g.weight management medications, treatments for alcoholism etc.)

- https://www.nice.org.uk/guidance/cg189/chapter/1-Recommendations
- https://bnf.nice.org.uk/treatment-summary/alcohol-dependence.html

Clinical, social, and environmental risk factors in healthy individuals for a range of common/important conditions (e.g. cancer, heart disease, diabetes, falls)

- https://www.cancerresearchuk.org/health-professional/cancer-statistics/risk/ preventable-cancers
- https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5999161/
- https://www.nhs.uk/news/cancer/cancer-and-risk-factors-the-evidence/
- https://oem.bmj.com/content/60/2/150
- https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/648190/cardiovascular_disease_prevention_action_plan_2017_to_2018.pdf
- https://www.bhf.org.uk/informationsupport/risk-factors
- https://www.nice.org.uk/guidance/ph35/evidence/ep-3-socioeconomic-status-and- risk-factors-for-type-2-diabetes-pdf-433771165
- https://www.diabetes.org.uk/professionals/resources/shared-practice/prevention
- https://www.nice.org.uk/guidance/cg161/evidence/falls-full-guidance-190033741
- https://www.bgs.org.uk/resources/12-cga-in-primary-care-settings-patients-at- risk-of-falls-and-fractures

Doctor-patient partnership in conversations relating to self-care

- https://www.england.nhs.uk/blog/better-conversations-are-the-key-to-better- health/
- https://qualitysafety.bmj.com/content/early/2019/07/20/bmjqs-2019-009485
- https://www.health.org.uk/sites/default/files/ Person Centred Care From Ideas To Action.

Effects of an individual's health behaviours on their wider social network

- https://www.health.org.uk/sites/default/files/The-social-determinants-of%20- young-peoples-health_0.pdf
- https://www.google.com/search?client=safari&rls=en&q=social+determinants+health.pdf&spell=1&sa=X&ved=0ahUKEwjc1sH0u8blAhXBilwKHc0vApkQBQgt KAA
- https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/744672/ Improving_Peoples_Health_Behavioural_Strategy.pdf

Ethical issues around prevention, pre-symptomatic testing, therapy in asymptomatic individuals, lifestyle choices, and tensions between individual and community needs

- https://www.alzheimer-europe.org/Ethics/Ethical-issues-in-practice/2016-Ethical-issues-linked-to-the-changing-definitions-use-of-terms-related-to-Alzheimer-s-disease/Ethical-issues-linked-to-diagnosis-healthcare-and-research
- https://www.researchgate.net/publication/224918977_Ethical_Issues_in_Cancer_Screening_and_Prevention
- https://jme.bmj.com/content/31/11/625
- https://www.sciencedirect.com/science/article/abs/pii/S0749208197800113
- http://www.ukcen.net/uploads/docs/ethical_issues/resource.pdf
- https://www.rsph.org.uk/uploads/assets/uploaded/2b1ded34-d847-4530-b2fdaf692f3b3969.pdf

Risk factors and safeguarding for different patient groups (e.g. the frail elderly, children at risk of accidents, and people at risk of abuse including at home, in institutions etc.).

- https://www.nice.org.uk/guidance/ng76
- https://www.ageuk.org.uk/globalassets/age-uk/documents/factsheets/fs78_safeguarding_older_people_from_abuse_fcs.pdf
- Safeguardingvulnerableadults.pdf BMA
- https://patient.info/doctor/safeguarding-children-how-to-recognise-abuse-or-a-child-at-risk
- https://www.england.nhs.uk/wp-content/uploads/2017/02/adult-pocket-guide.pdf
- https://www.scie.org.uk/publications/reports/report41/identifyingpeopleatrisk.asp

Health protection
Disease prevention programmes for common and important communicable and non- communicable diseases

- https://www.gov.uk/topic/health-protection/infectious-diseases
- https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/831439/PHE_Infectious_Diseases_Strategy_2020-2025.pdf
- https://www.open.edu/openlearn/ocw/mod/oucontent/view.php?id=8537&printable=1
- https://www.kingsfund.org.uk/projects/time-think-differently/trends-disease-and-disability-non-communicable-diseases
- https://publichealthmatters.blog.gov.uk/2014/02/27/tackling-the-epidemic-of-non-communicable-diseases/

NHS screening and immunisation programmes

- https://www.nhs.uk/conditions/nhs-screening/
- https://www.england.nhs.uk/wp-content/uploads/2013/05/del-frame-local-op-model-130524.pdf

Health surveillance systems that involve GPs (e.g. RCGP Weekly Returns Service)

- https://www.rcgp.org.uk/clinical-and-research/our-programmes/research-and-surveillance-centre.aspx
- https://www.gov.uk/government/collections/syndromic-surveillance-systems-and-analyses

Notifiable diseases and the role of the Health Protection Agency

- https://www.gov.uk/government/collections/notifications-of-infectious-diseases-noids
- https://www.gov.uk/guidance/notifiable-diseases-and-causative-organisms-how-to-report

Health benefits of being in work

- https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/209510/hwwb-is-work-good-for-you-exec-summ.pdf

Occupational hazards and risk factors (e.g. occupational cancers, respiratory diseases, musculoskeletal disorders)

- http://www.hse.gov.uk/cancer/
- http://www.hse.gov.uk/statistics/causdis/cancer.pdf
- https://www.cancerresearchuk.org/about-cancer/causes-of-cancer/cancer-risks- in-the-workplace

Risk-benefit conversations in relation to health protection, (e.g. child immunisation)

- https://www.rsph.org.uk/uploads/assets/uploaded/58510d9a-c653-4e7a-a90133fc4c7b192e.pdf
- http://www.wales.nhs.uk/sitesplus/documents/888/11.%20Vaccine%20hesitancy.pptx%20conference%202019%20%282%291.pdf
- https://www.rsph.org.uk/uploads/assets/uploaded/ f8cf580a-57b5-41f4-8e21de333af20f32.pdf
- http://www.hse.gov.uk/statistics/causdis/respiratory-diseases.pdf
- http://www.hse.gov.uk/aboutus/occupational-disease/respiratory-disease.htm
- http://www.hse.gov.uk/msd/index.htm
- http://www.hse.gov.uk/statistics/causdis/msd.pdf
- https://www.qcs.co.uk/wp-content/uploads/2015/12/Work-related- Musculoskeletal-Disorder-WRMSDs.pdf

Return to work and rehabilitation after illness or accident

- http://www.hse.gov.uk/pUbns/priced/hsg249.pdf
- https://fitforwork.org/blog/phased-return-to-work-after-sickness-absence/
- https://www.acas.org.uk/index.aspx?articleid=3904
- https://iosh.com/media/3683/ps0335-good-practice-rehabilitation-document- new.pdf

Fitness for work certification and guidance on its use

- https://www.gov.uk/government/collections/fit-note
- https://www.gov.uk/government/publications/fit-note-guidance-for-employers-and- line-managers

Support and encouragement of disabled patients in the workplace

- https://www.gov.uk/government/publications/employing-disabled-people-and- people-with-health-conditions/employing-disabled-people-and-people-with-health- conditions
- http://www.givewithconfidence.org.uk/helping-people-with-disabilities-into-work/
- https://www.disabilityrightsuk.org/careers-and-work-disabled-people

Roles of other health professionals in managing work and health issues.

- https://fitforwork.org/blog/the-role-of-occupational-health/
- http://www.hse.gov.uk/pUbns/priced/hsg249.pdf
- https://fitforwork.org/blog/occupational-health-physiotherapy-and-its-benefits-in- the-workplace/
- https://www.bacp.co.uk/media/2136/bacp-role-of-counselling-psychotherapy-in-improving-public-health-wellbeing-report-2013.pdf

Service issues
Resource allocation and prioritisation in healthcare, including legal responsibilities for care provision

- https://onlinelibrary.wiley.com/doi/full/10.1111/1758-5899.12387
- https://www.nhsconfed.org/-/media/Confederation/Files/Publications/Documents/ Priority-setting-an-overview.pdf?dl=1
- https://www.england.nhs.uk/wp-content/uploads/2013/04/cp-01.pdf
- https://blackwells.co.uk/extracts/9780199230662_herring_med.pdf

Ways of implementing and evaluating locally agreed health programmes (e.g. exercise on prescription, alcohol and substance misuse, smoking cessation, psychological therapies)

- https://bmjopen.bmj.com/content/7/2/e012156
- https://www.evidence.nhs.uk/search?ps=250&q=exercise+prescription
- http://www2.nphs.wales.nhs.uk:8080/PubHObservatoryProjDocs.nsf/0/ d8aba77d02cf471c80258148002ad093/$FILE/Social%20prescribing%20summary%20report%20v1%20GROUPWARE.pdf
- https://www.nice.org.uk/guidance/cg115/chapter/1-guidance
- http://www.dldocs.stir.ac.uk/documents/alcoeffective.pdf
- https://assets.publishing.service.gov.uk/government/uploads/system/uploads/ attachment_data/file/673978/clinical_guidelines_2017.pdf
- https://findings.org.uk/PHP/dl.php?file=NICE_4.txt

Health needs assessment of local populations and sub-groups (e.g. working families, 'sedentary' children, smokers, pregnant women, the elderly, those living in poverty, homeless people)

- https://assets.publishing.service.gov.uk/government/uploads/system/uploads/ attachment_data/file/181688/DFE-RR045.pdf
- https://www.local.gov.uk/sites/default/files/documents/Young%20Carers%20needs%20assessment.pdf
- https://assets.publishing.service.gov.uk/government/uploads/system/uploads/ attachment_data/file/833151/dh_128225.pdf
- https://www.gov.uk/government/publications/physical-activity-applying-all-our-health/physical-activity-applying-all-our-health
- https://www.health.org.uk/sites/default/files/AHealthierLifeForAll.pdf
- https://www.kpho.org.uk/
- https://www.wyhpartnership.co.uk/application/files/6815/6413/0093/HNA.pdf
- https://www.carersuk.org/help-and-advice/practical-support/getting-care-and-support/needs-assessment
- https://www.which.co.uk/later-life-care/carers-and-caring/needs-assessment/ getting-a-needs-assessment-af55g5x4xhf0
- https://www.luton.gov.uk/Environment/Lists/LutonDocuments/PDF/Planning/ Observatory/luton-poverty-needs-assessment-2018.pdf
- https://www.homeless.org.uk/our-work/resources/homeless-health-needs-audit
- https://www.gov.uk/government/publications/homelessness-applying-all-our-health/homelessness-applying-all-our-health

Audit and clinical governance

- https://www.gov.uk/government/publications/newborn-hearing-screening-programme-nhsp-operational-guidance/4-clinical-governance
- https://www.uhb.nhs.uk/clinical-governance-components.htm
- https://improvement.nhs.uk/resources/safety-clinical-audit-and-clinical- governance-during-major-change/
- https://www.england.nhs.uk/clinaudit/

Role of the GP in service redesign and commissioning

- https://www.kingsfund.org.uk/sites/default/files/field/field_publication_file/ Clinical_commissioning_web_pdf.pdf
- https://knowhow.ncvo.org.uk/funding/commissioning/commissioning-1/ influencing-commissioning-1/clinical-commissioning-groups-1/roles-and- responsibilities
- https://www.england.nhs.uk/wp-content/uploads/2012/06/NAPC-and-UHUKs- essential-guide-to-GP-commissioning.pdf

Structure of health services in the UK

- https://www.themedicportal.com/application-guide/the-nhs/structure-of-the-nhs/
- https://www.gov.uk/government/publications/the-health-and-care-system- explained/the-health-and-care-system-explained

Role of public health organisations in the UK

- https://www.gov.uk/government/organisations/Public-health-england
https://www.cqc.org.uk/directory-care/providers/public-health-england

Role of third sector

- https://www.local.gov.uk/sites/default/files/documents/1.35_VCS_v4_update.pdf
- https://blogs.ncvo.org.uk/2017/08/23/why-voluntary-organisations-are-essential- to-health-service-transformation-get-involved/
- https://www.local.gov.uk/sites/default/files/documents/BH044%20-%2010_%20Role%20of%20the%20third%20sector%20and%20care%20providers- V6-2_1.pdf
- https://research.birmingham.ac.uk/portal/files/18170970/ The_role_of_the_third_sector_in_delivering_social_care.pdf

Effect on health of government policies

- https://www.gov.uk/government/publications/smoking-and-tobacco-applying-all- our-health/smoking-and-tobacco-applying-all-our-health
- https://assets.publishing.service.gov.uk/government/uploads/system/uploads/ attachment_data/file/714365/tobacco-control-delivery-plan-2017-to-2022.pdf
- https://www.gov.uk/government/collections/housing-for-health
- https://www.kingsfund.org.uk/sites/default/files/2018-03/ Housing_and_health_final.pdf
- https://www.gov.uk/government/publications/health-matters-air-pollution/health- matters-air-pollution
- https://www.gov.uk/government/publications/2010-to-2015-government-policy-environmental-quality/2010-to-2015-government-policy-environmental-quality
- https://assets.publishing.service.gov.uk/government/uploads/system/uploads/ attachment_data/file/693158/25-year-environment-plan.pdf
- https://assets.publishing.service.gov.uk/government/uploads/system/uploads/ attachment_data/file/520086/2904569_nidp_deliveryplan.pdf
- https://assets.publishing.service.gov.uk/government/uploads/system/uploads/ attachment_data/file/743118/Fiscal_and_Pricing_Policies_report_FINAL.pdf
- https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-017-4497-z

Evidence and epidemiology
- The scientific discipline applied to healthy people as well as to those who are sick
- https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3789163/
- https://acmedsci.ac.uk/file-download/41399-5807581429f81.pdf

Sources of routinely available data about the health of local populations.
- https://www.ons.gov.uk/census-data on make up of local populations-type in town etc
- https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/ causesofdeath- huge specific database on health and disease

The evidence base for and against interventions in healthy people, compared with the evidence for and against treatments in those who are sick
- https://www.kingsfund.org.uk/sites/default/files/field/field_document/health-promotion-ill-health-prevention-gp-inquiry-research-paper-mar11.pdfRisks and benefits of specific screening programmes for individuals and groups
- https://www.ncbi.nlm.nih.gov/books/NBK115655/
- https://www.health.org.uk/newsletter-feature/three-projects-aimed-at-preventing-ill-health-%C2%A0Concept of the hierarchy of evidence in relation to patients requesting Interventions Not Normally Funded (INNF)

Additional important content-
- The influence of ageing, dependency, multiple co-morbidities, and frailty on individual and population-level healthcare needs
- https://www.who.int/news-room/fact-sheets/detail/ageing-and-health
- https://www.kingsfund.org.uk/sites/default/files/field/field_publication_file/making-health-care-systems-fit-ageing-population-oliver-foot-humphries-mar14.pdf
- https://cdn.ps.emap.com/wp-content/uploads/sites/3/2015/11/041115_The-effect-of-ageing-on-health-inequalities.pdf
- https://www.ageing.ox.ac.uk/files/Future_of_Ageing_Report.pdf

The health of minorities and marginalised populations
- https://www.hhrguide.org/2014/03/18/how-is-minority-health-a-human-rights-issue/
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