

## Introducing health inequalities: Covid-19 and the social determinants of health

**Zoom activity** – 45 minutes (not including warm up, video or wrap up), suited for 4-10 participants, aged between 14 – 20 years old.

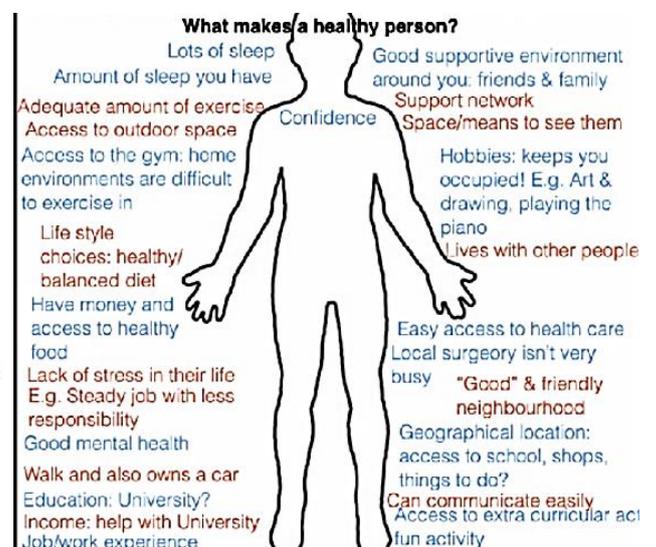
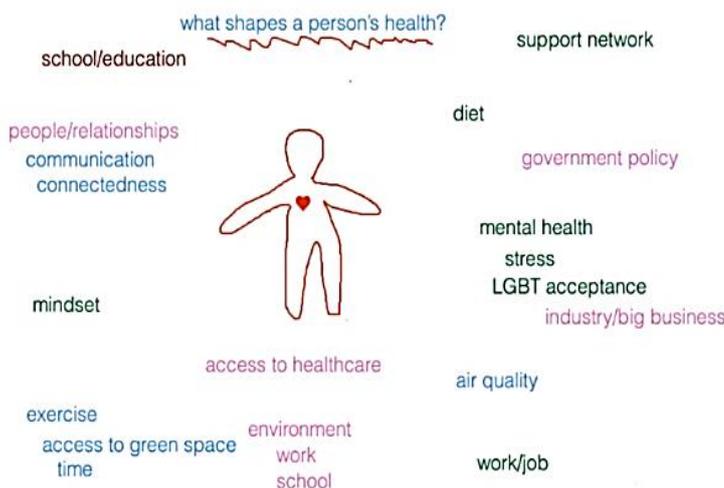
**Two facilitators** – one to scribe on whiteboard and one to lead discussion/questions.

**Aim of the discussion** is to 1) gain insights into young people’s understanding of health, and 2) to encourage young people to think about how individual health is shaped by the social determinants of health.

**Warm up activity** – short fun activity that gets people talking and establishes Zoom etiquette (e.g. turn-taking and mute) e.g. facilitator asks two questions (and puts in chat) “pineapple on pizza: yes or no?” and “what one thing did you miss during lockdown?” then nominate a person in the group to go next.

### Discussion

- Co-facilitator shares whiteboard screen and draws a stickman.
- Facilitator asks one of the young people to name the person.
- Facilitator poses the questions: What things have shaped how healthy this person is? What things might make a difference to how well they have fared during the pandemic?
- Co-facilitator takes notes on each idea/comment.
- Facilitator probes on each issue raised, particularly where issues of inequality are not immediately raised, e.g.:
  - Participant answers “the food they eat, how healthy their diet is, how much junk they eat”, facilitator follows up with “what might impact what food people have available to them?”, encouraging young people to discuss inequalities surrounding access to food.
  - Participant answers “how much exercise they get”, facilitator follows up with “what do we need to be able to exercise?”, prompting discussions around public/green spaces and neighbourhood safety.
  - Co-facilitator groups and colour-codes answers to reflect individual social determinants of health.



- At the end of the discussion, the facilitator shares screen of the [Covid-19 online tool](#) which serves as a visual aid to systematically summarise and link discussion to the social determinants of health.
  - Facilitator hovers over each tile (access to food, access to healthcare, housing, relationships, transport, education, employment and income, mental health and environment) and recaps what ideas/comments were made in relation to each issue.
  - If participants have not mentioned anything relating to a particular issue, facilitator can click through and give time for independent reading or read aloud or ask participants to volunteer to read out.



## How has the COVID-19 response influenced health and wellbeing across society?

Starting conversations around COVID-19 and inequalities. [More about this tool.](#)

### Sum up

- Facilitator thanks all for participating – highlights participants’ pre-existent understanding of health inequalities and the social determinants of health, and gives encouragement of the range of really important issues the participants have engaged with
- Co-facilitator can share link – <https://covid19tool.sphsu.gla.ac.uk/> - and encourage young people to look through pages and complete polls.

### Supporting video

Video to support understandings for before or after activity  
<https://www.facebook.com/watch/?v=2536146659978974>

This video from BBC Newsnight from early in the pandemic (May 2020) explores how coronavirus might have been making unfair differences in people’s health and wellbeing worse.

