# Health Inequalities Learning Hub Introduction

Welcome to Health Inequalities Learning Hub. This hub is a resource is for anyone with an interest in understanding Health Inequalities in Scotland.

Why is this important?

Health inequalities are the unfair and avoidable differences in people’s health across social groups and between different population groups. They represent thousands of unnecessary premature deaths every year in Scotland, and for men in the most deprived areas, nearly 24 fewer years spent in good health.

Why try to reduce health inequalities in Scotland?

Reducing health inequalities requires a blend of action to undo the fundamental causes. These are the unequal distribution of income, power and wealth. Taking a preventative approach to reducing health inequalities will help to alleviate increasing demands on our public services and result in a more equal society where more and more of Scotland’s population can thrive.

How can you help?

Everyone has a role to play in reducing health inequalities in Scotland. You can help too by following the health inequalities learning hub modules, watching short film clips, reading through case studies, completing learning journals, reflecting and implementing the learning into your practice. This learning hub is an opportunity for you to develop your knowledge of health inequalities in Scotland, the causes and how to make changes to your practice to tackle the health inequalities in your role.