What makes us healthy?

Good health matters, to individuals and to society. But we don’t all have the same opportunities to live healthy lives.

To understand why, we need to look at the bigger picture:

- Good work
- Our surroundings
- The food we eat
- Transport
- Money and resources
- Housing
- Education and skills
- Family, friends and communities

The healthy life expectancy gap between the most and least deprived areas in England is over 18 years.

Find out more: health.org.uk/what-makes-us-healthy

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