

APPROACH TO TACKLING HEALTH INEQUALITY		LEVEL OF INTERVENTION			
		Individual	Community	Societal	
		<i>Strengthening Individuals</i>	<i>Strengthening Communities</i>	<i>Improving Living and Work Environment</i>	<i>Promoting Healthy Macro Policies</i>
<b>Disadvantage Gap</b>	<i>Targeted</i>	Health education, health promotion and social marketing; Diet and exercise advice and counselling; Weight management advice and monitoring; Conditional cash transfers; Lifestyle counselling; Exercise on prescription.	Community health and fitness centres; Health trainers; Group, work or community based exercise programmes; Group, work or community diet, lifestyle, or weight management advice and/or counselling; Healthy eating campaigns in workplaces; Group or community organised education or support; Localised point of sale social marketing; Neighbourhood based physical activity programmes.		
<b>Gradient</b>	<i>Universal</i>			Access to physical fitness facilities (e.g. gym subsidies); Availability of healthy food; Green spaces, walk-ability and the built environment; Traffic light labelling.	Restrictions on advertising high fat and high sugar foods; Food prices and agricultural subsidies (e.g. changing the Common Agricultural Policy); Fiscal measures to regulate supply and demand (e.g. taxing high fat and high sugar foods).