

Inequality and Exclusion

Richard Wilkinson

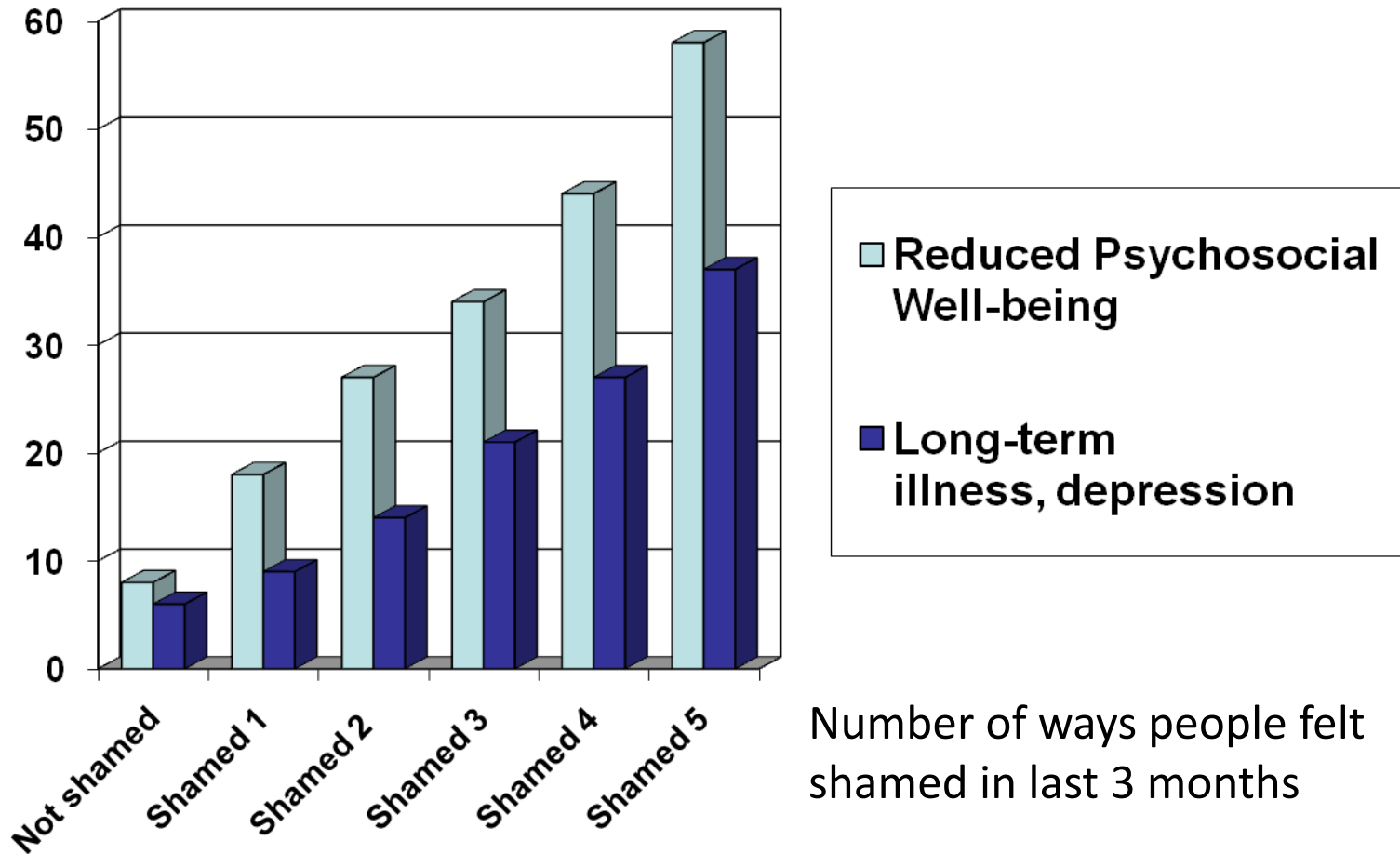
Emeritus Professor of Social Epidemiology

The Aidan Halligan Address

Faculty of Homelessness and Inclusion Health



Well-being and long-term illness in relation to feeling shamed

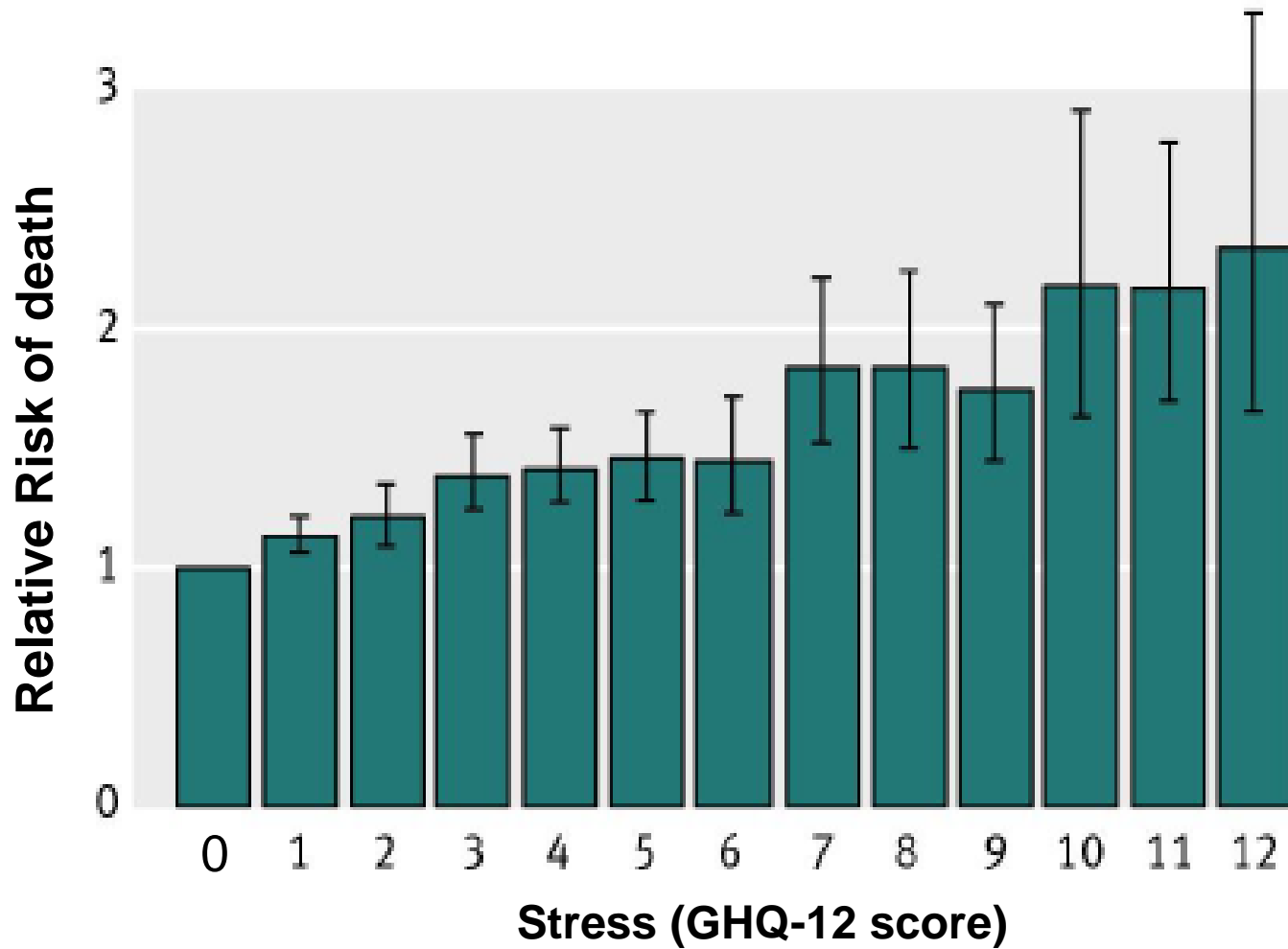


Number of ways people felt shamed in last 3 months

Data from Swedish *Liv & Halsa* survey 2004. Starrin B, Wettergren A. Shame and humiliation in narrative social life. (forthcoming).

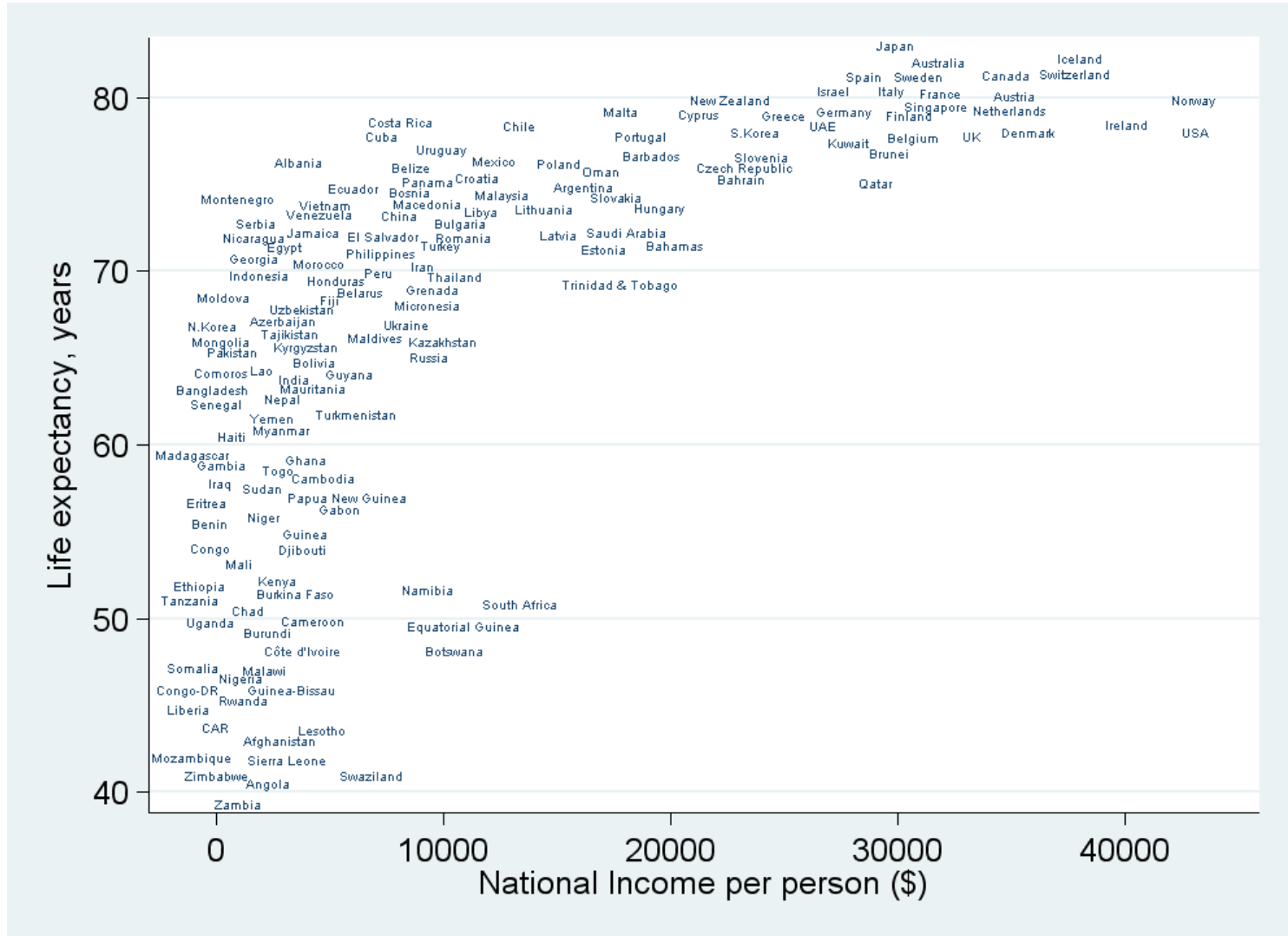
Even low levels of stress increase death rates

Health Survey for England 1994-2004. n=68,222; deaths = 8365



Russ TC, Stamatakis E, Hamer M, Starr JM, Kivimäki M, Batty GD.
Distress and mortality. *BMJ* 2012;345:e4933.

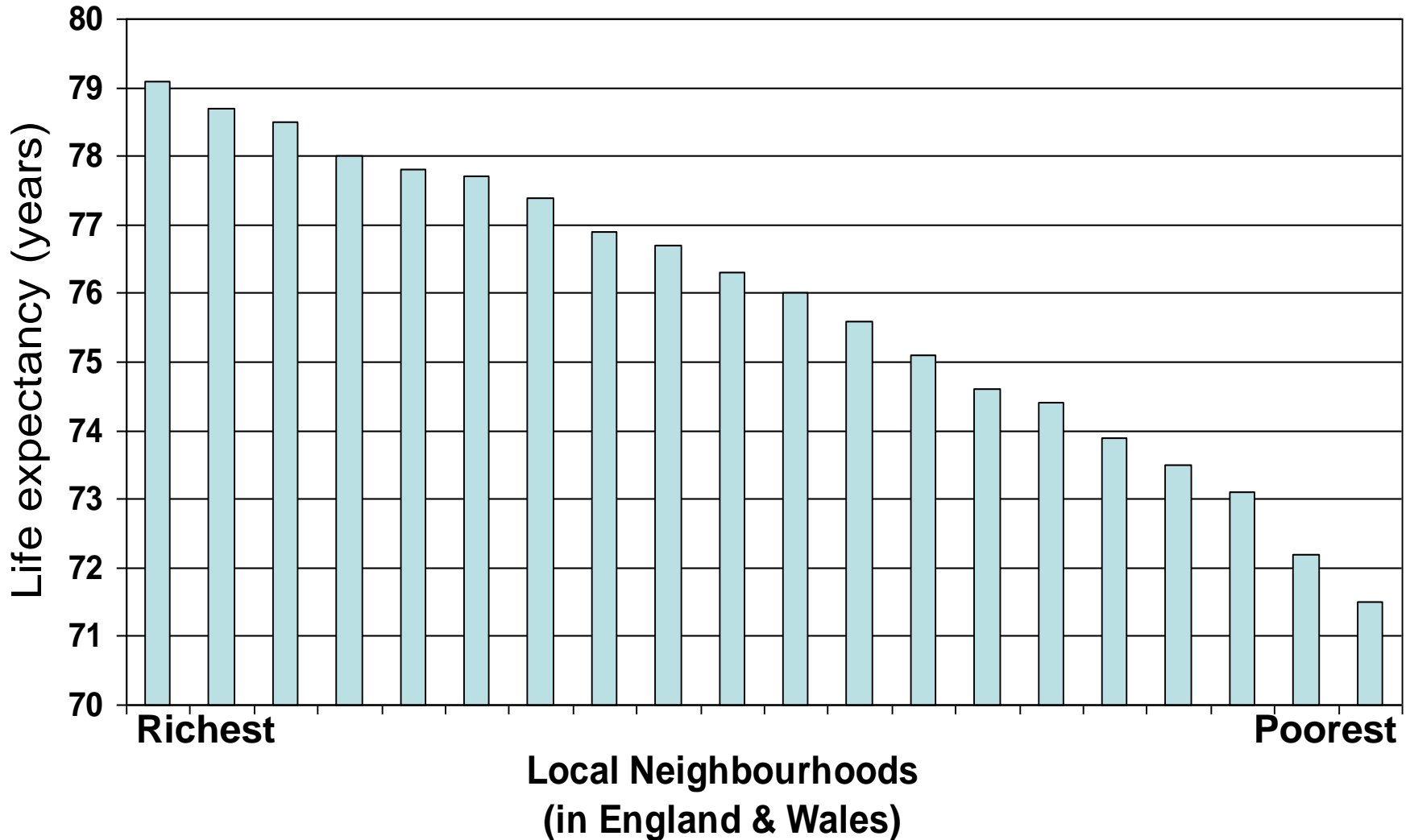
Income per head and life-expectancy: rich & poor countries



Life expectancy in rich countries is no longer related to National Income per head

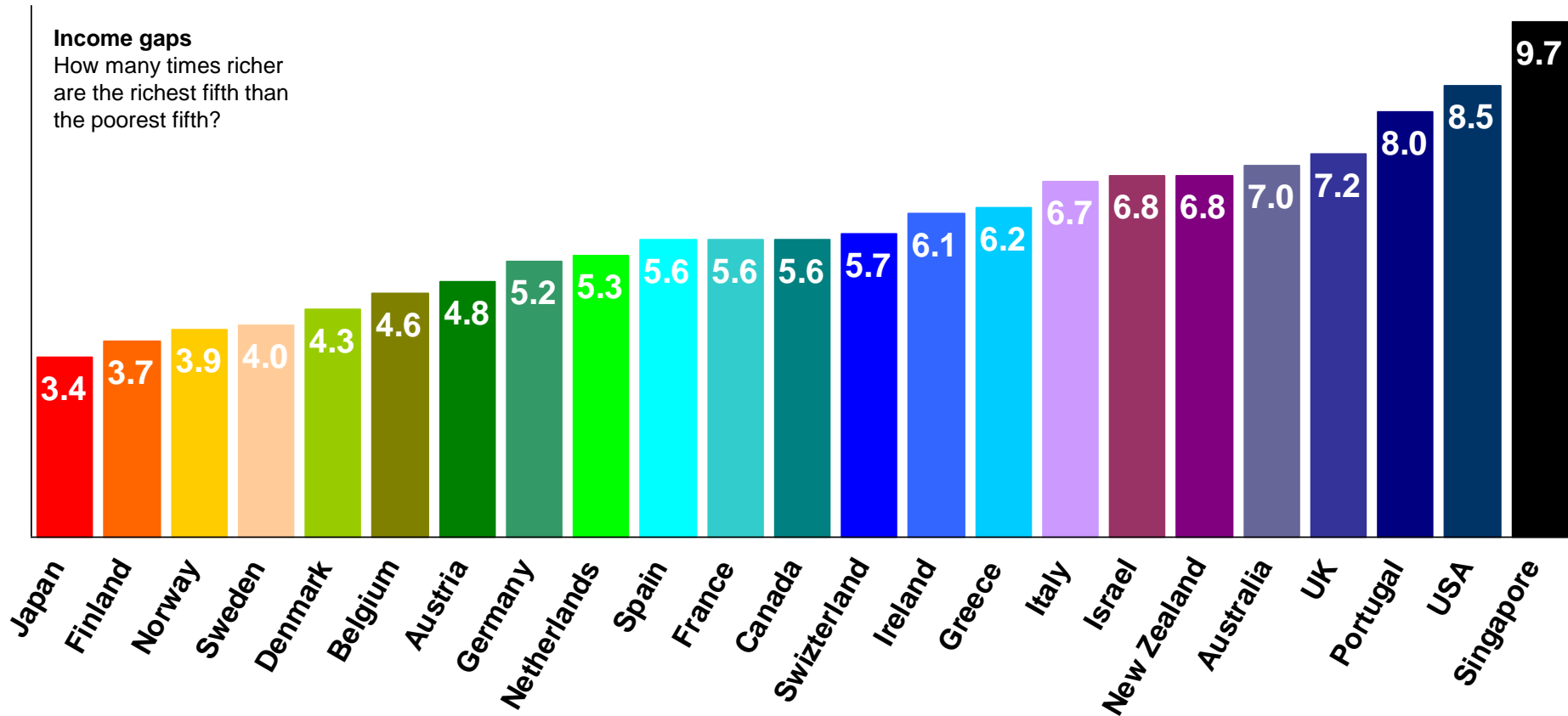


Life expectancy is strongly related to income within rich countries



Inequality...

How much richer are the richest 20% in each country than the poorest 20%?



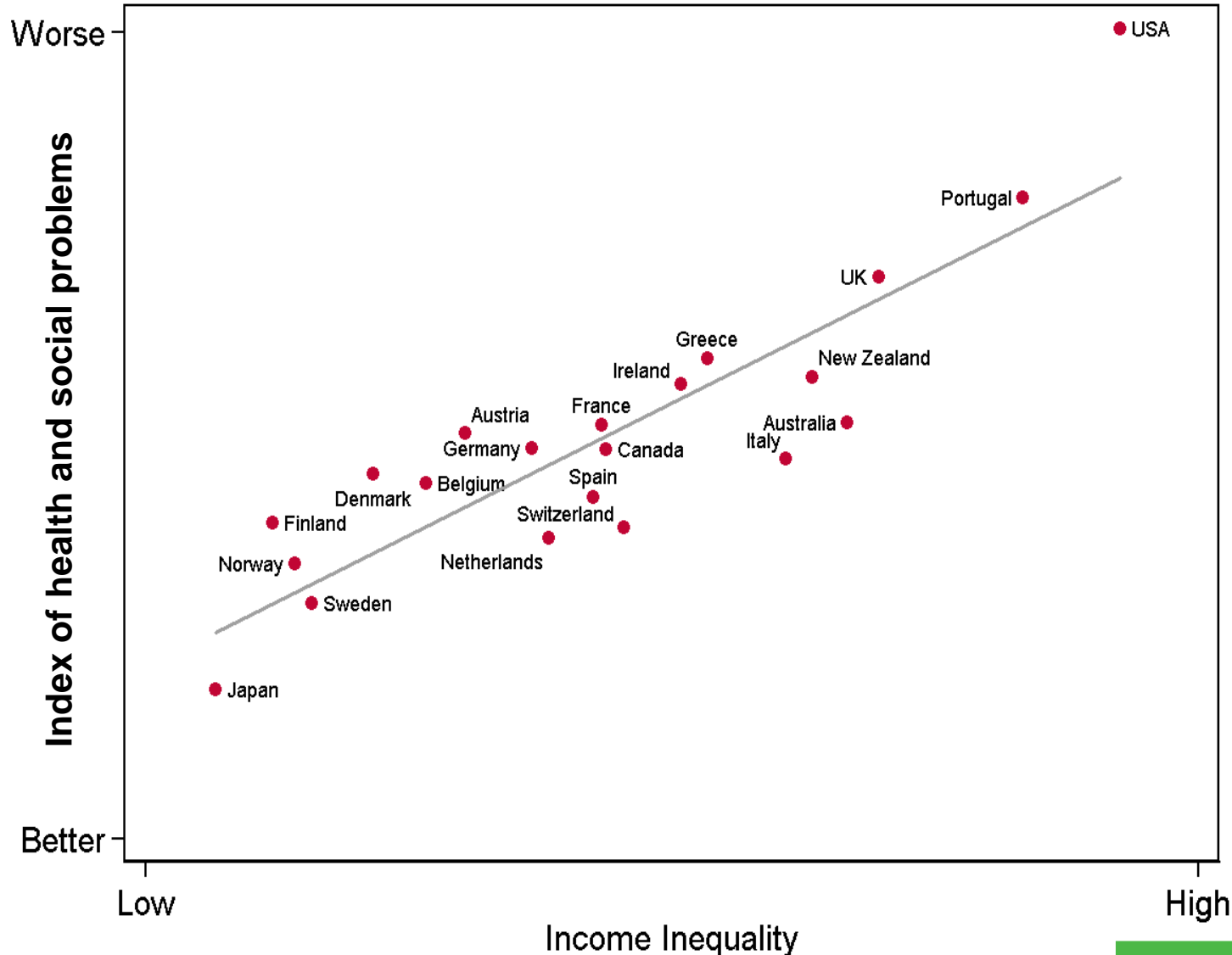
Health and social problems with social gradients and internationally comparable data

- **Life expectancy**
- **Math & Literacy**
- **Infant mortality**
- **Homicides**
- **Imprisonment**
- **Teenage births**
- **Trust**
- **Obesity**
- **Mental illness – incl. drug & alcohol addiction**
- **Social mobility**

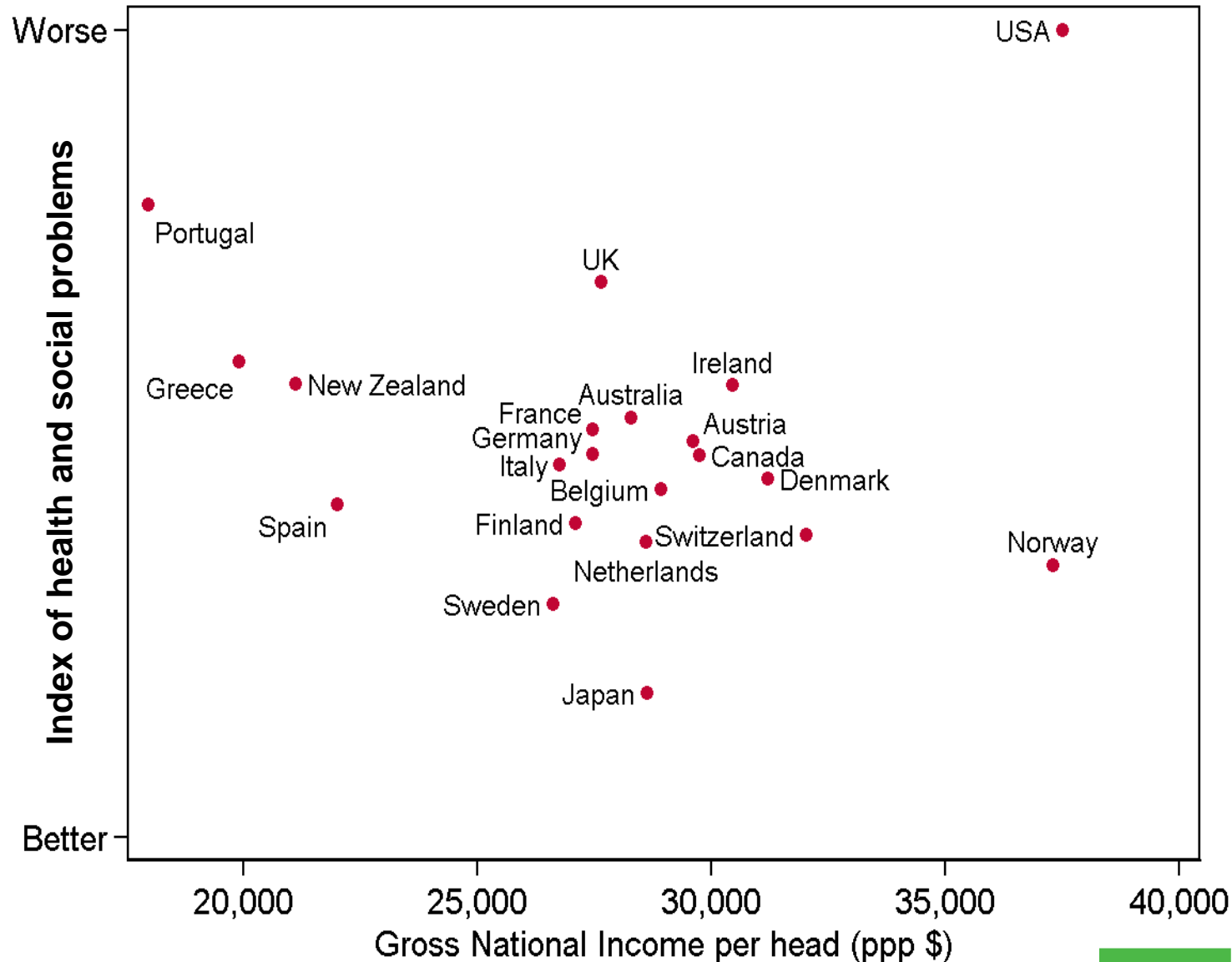
Health and social problems are worse in more unequal countries

Index of:

- Life expectancy
- Math & Literacy
- Infant mortality
- Homicides
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- Teenage births
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- Obesity
- Mental illness – incl. drug & alcohol addiction
- Social mobility



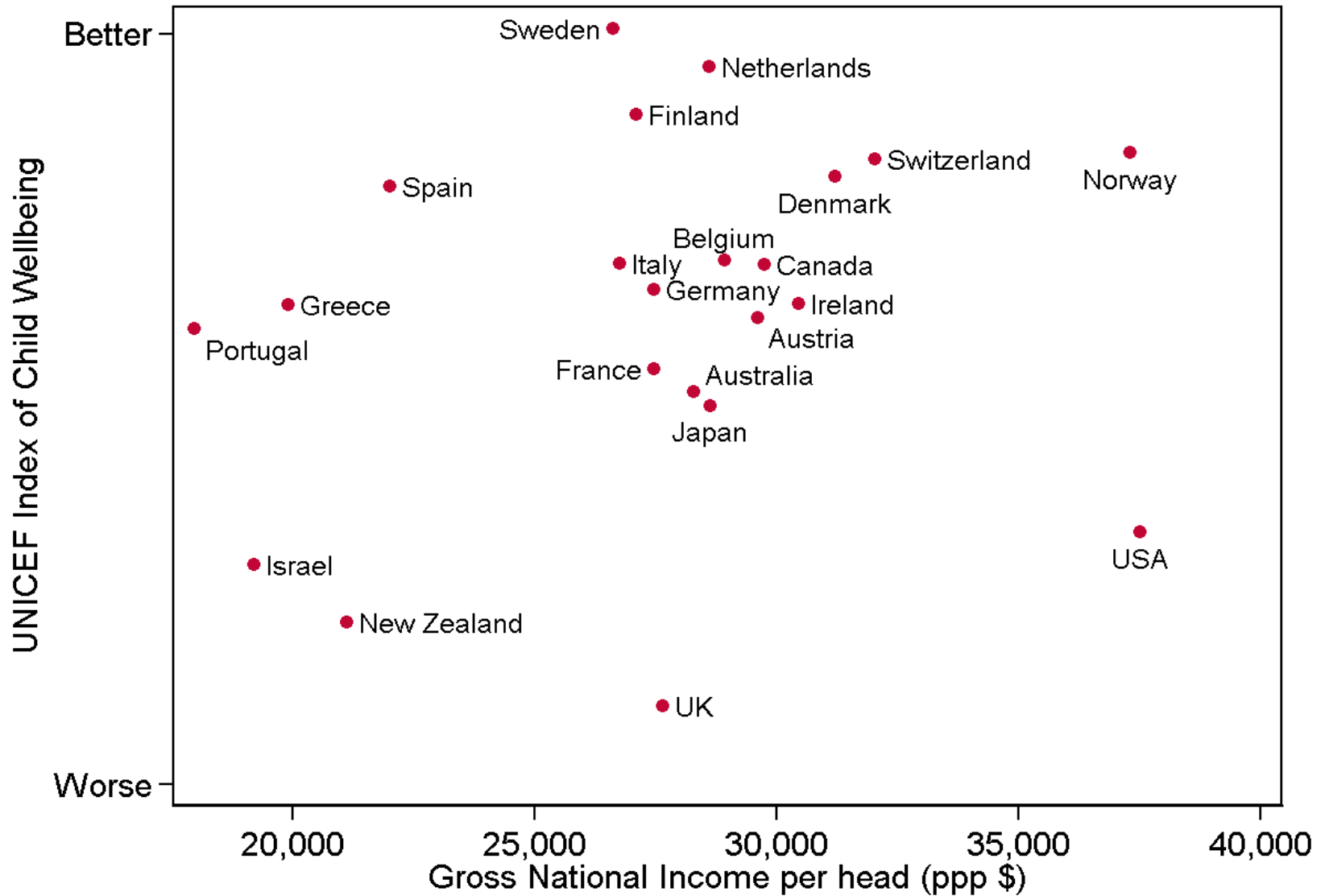
Neither health nor social problems are related to national income per head



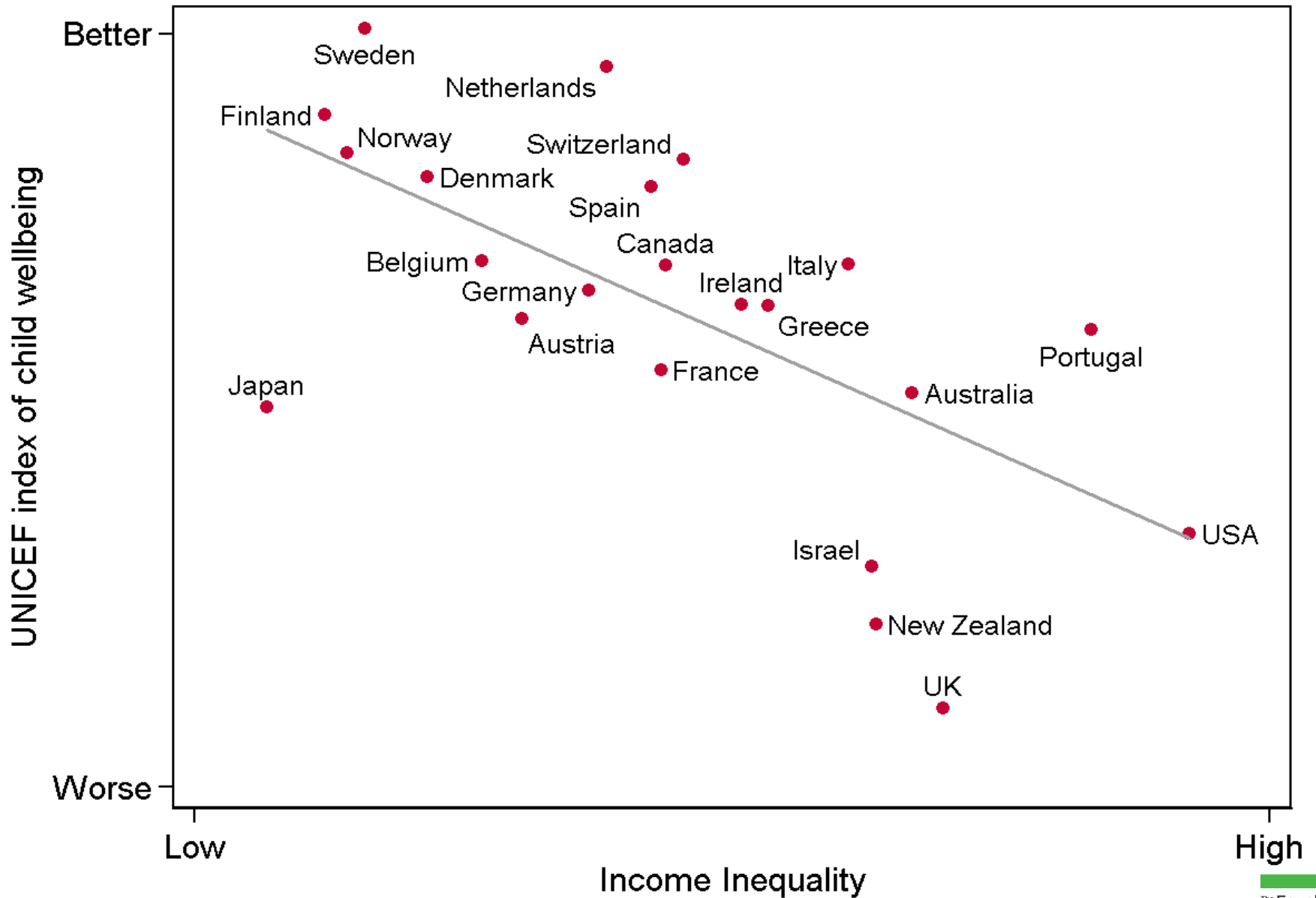
Index of:

- Life expectancy
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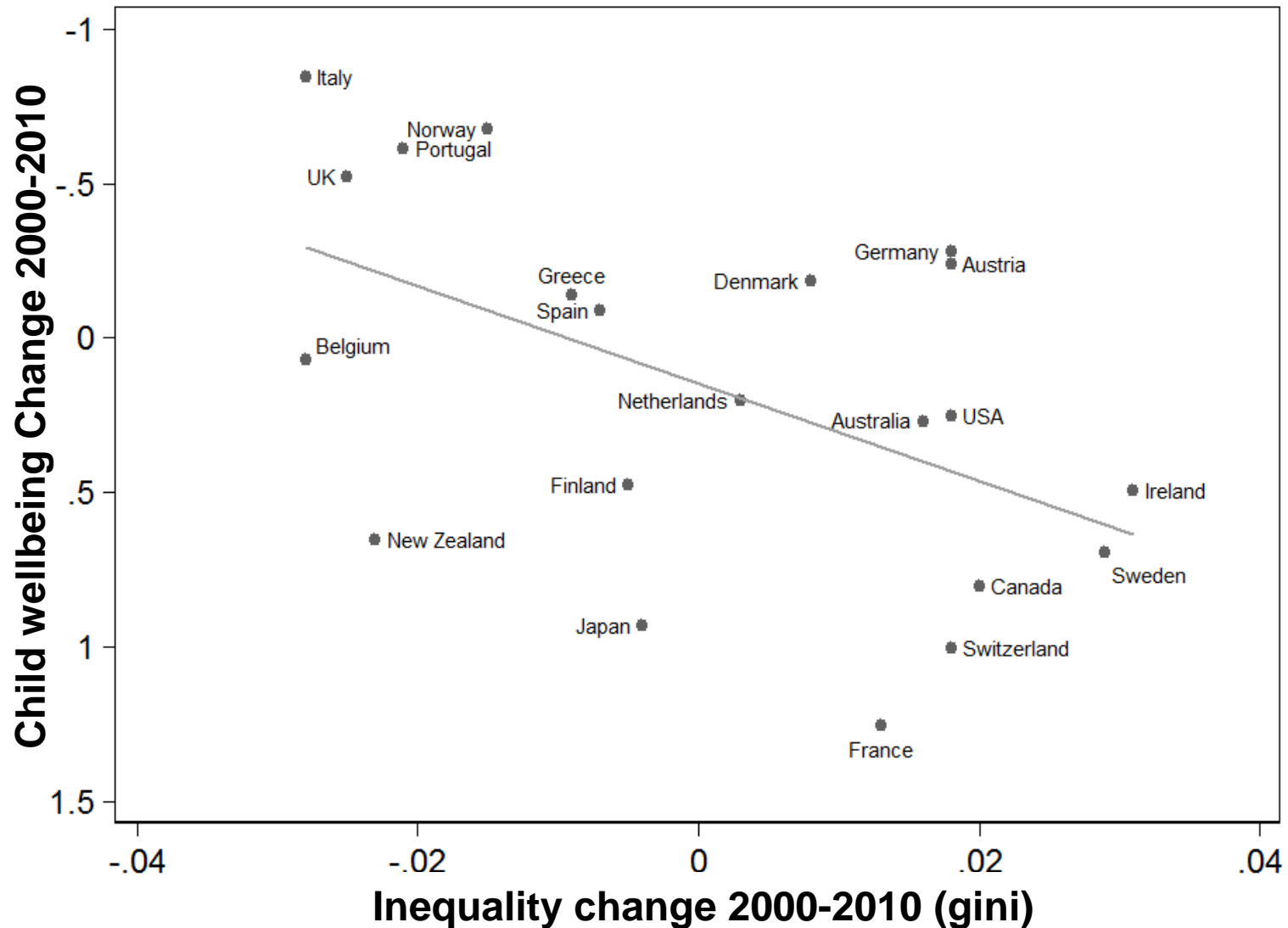
Child Wellbeing is not related to National Income per head



Child well-being is better in more equal countries



Changes in inequality and child wellbeing (UNICEF Index)



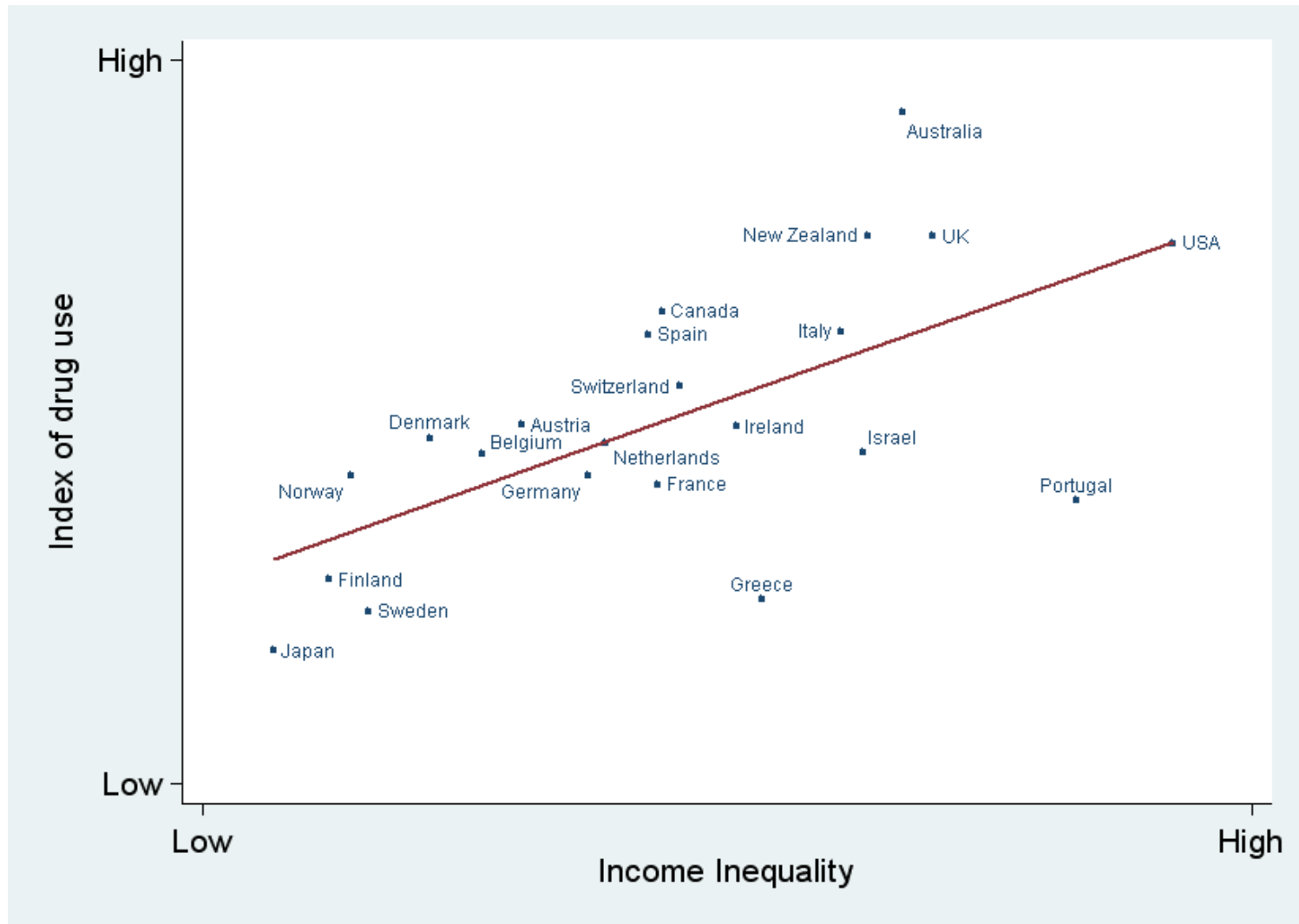
Mental illness is more common in more unequal societies



Teenage Birth Rates are Higher in More Unequal Rich Countries



Drug Use is More Common in More Unequal Countries

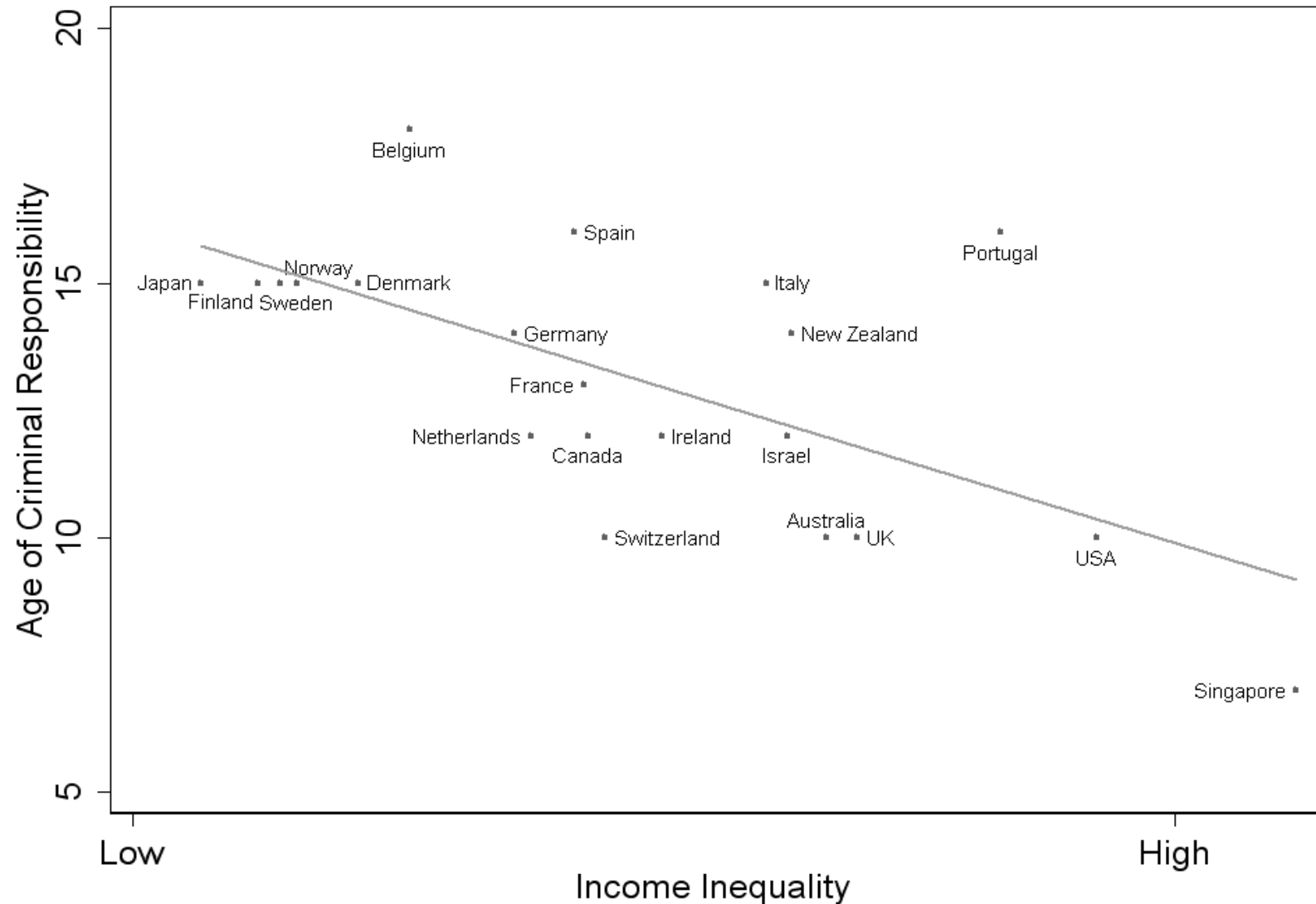


Index of use of: opiates, cocaine, cannabis, ecstasy, amphetamines

Imprisonment rates are higher in more unequal countries



The age of criminal responsibility is lower in more unequal societies

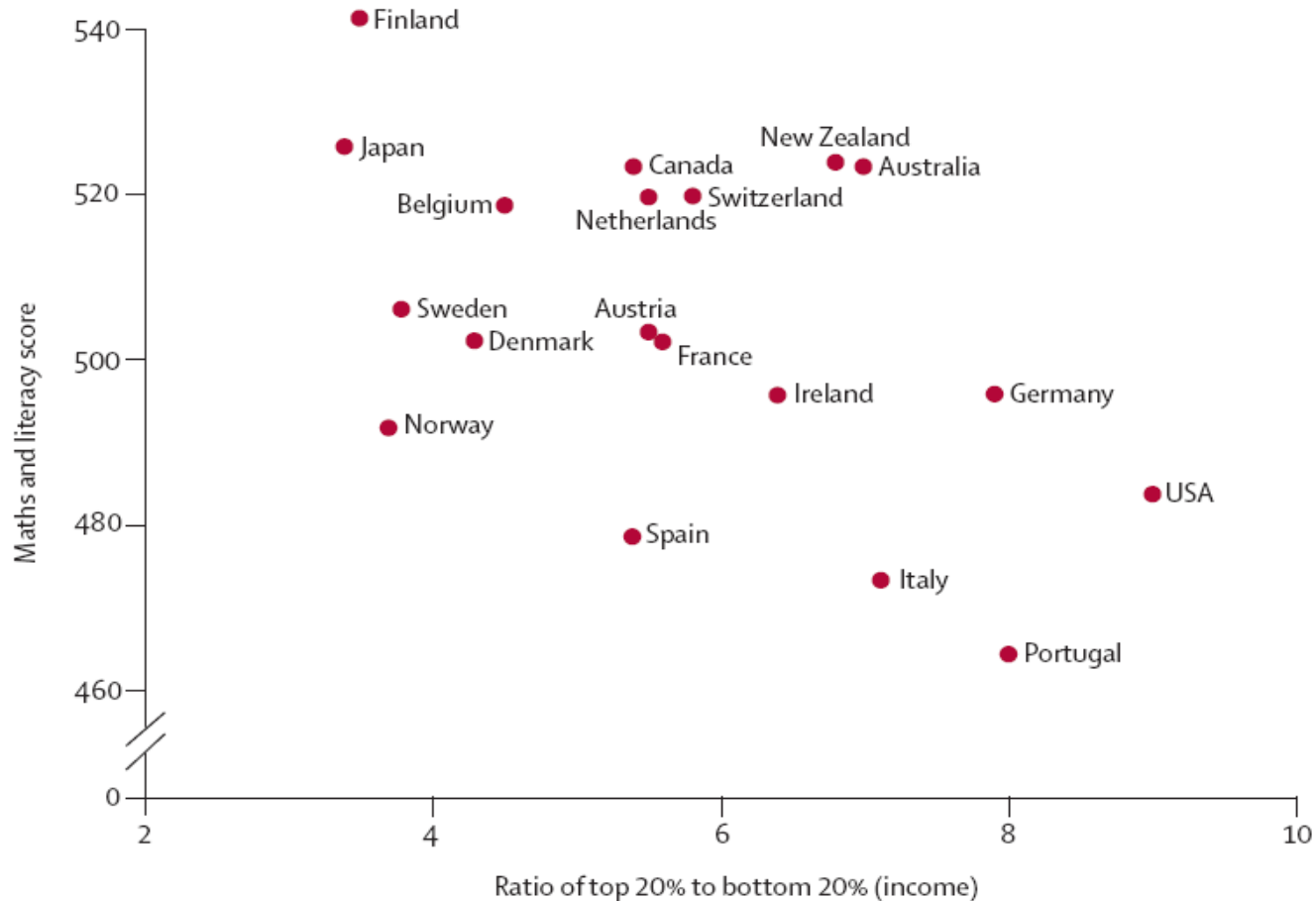


What the Government regards as the causes of poverty are the effects of inequality:

- addiction
- mental illness
- family break down

- and ex-prisoners

Maths & Literacy scores and Income Inequality

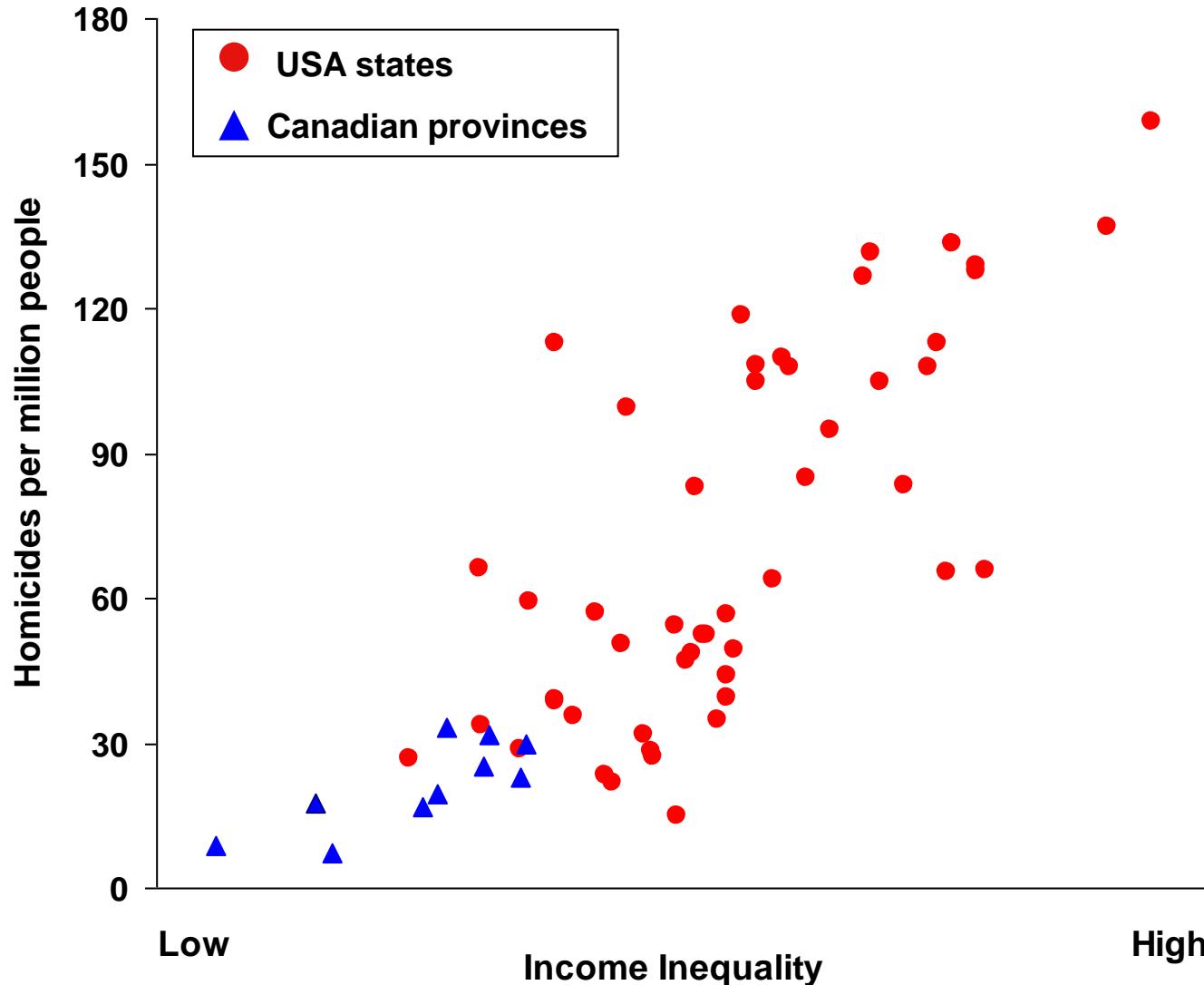


Source: Wilkinson and Pickett. *Lancet* 2006; 367:1126-8. Data from: OECD (2004), *Learning for Tomorrow's World: first results for PISA 2003*.

People in more unequal countries trust each other less



Homicide rates are higher in more unequal US states and Canadian provinces



Wall built in 1934 to divide rich and poor ends of a street in Oxford – demolished in 1959



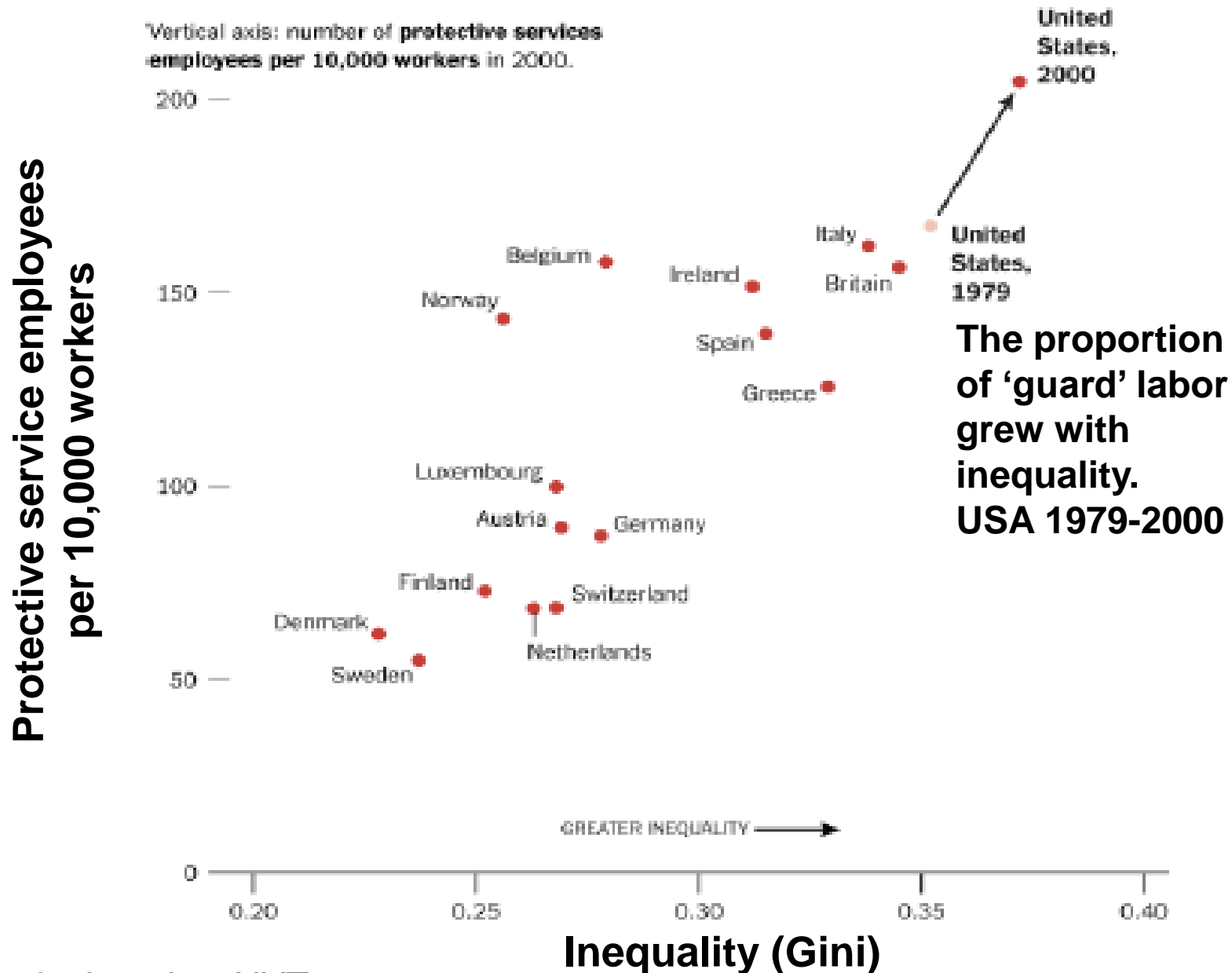
Cuernavaca, Mexico



'Armed Response' - Pretoria, South Africa.



Societies with wider Income differences need more “guard labor”



DECEMBER 9, 1995

\$1.95

TIME

SPIES SPY EVERYWHERE
The U.S. Roundup
Accelerates



Children Having Children

Teen Pregnancy In America



SHATTERED LIVES



Portraits From America's Drug War

by Mikki Norris
Chris Conrad &
Virginia Resner

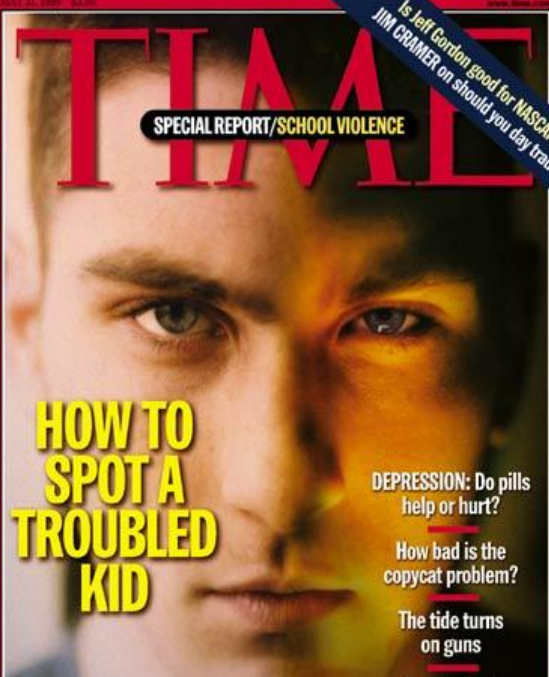


TIME

SPECIAL REPORT/SCHOOL VIOLENCE

Is Jeff Gordon good for NASCAR?
JIM CRAMER on should you day trade

HOW TO SPOT A TROUBLED KID



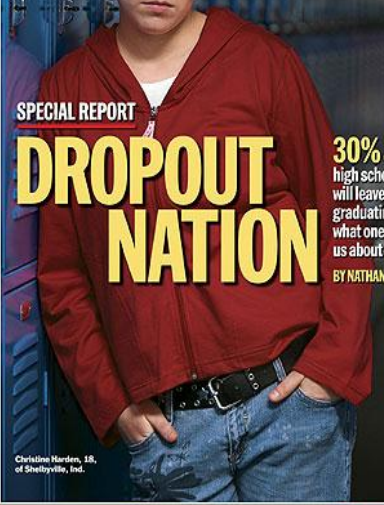
- DEPRESSION: Do pills help or hurt?
- How bad is the copycat problem?
- The tide turns on guns

APRIL 17, 2001

JOE KLEIN: HOW CONSULTANTS RUINED POLITICS

TIME

FLIGHT 93: THE MOVIE
EXCLUSIVE FIRST LOOK



SPECIAL REPORT

DROPOUT NATION

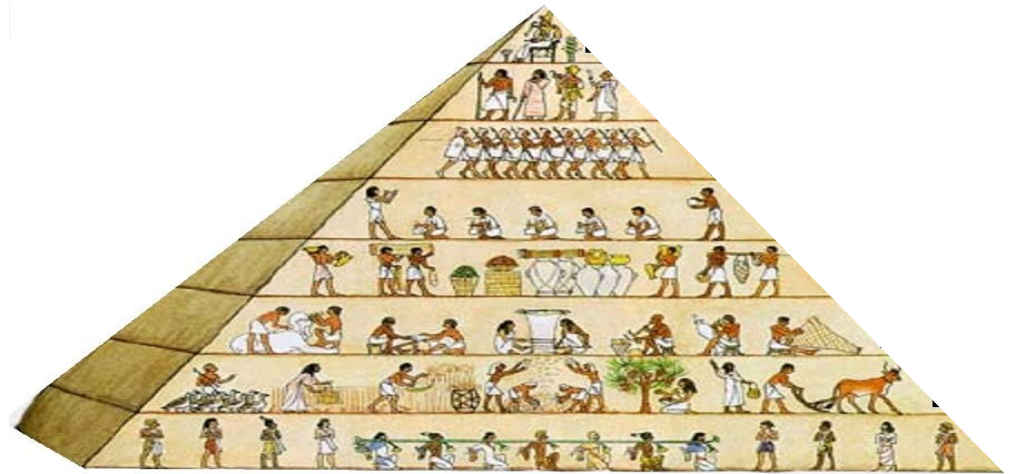
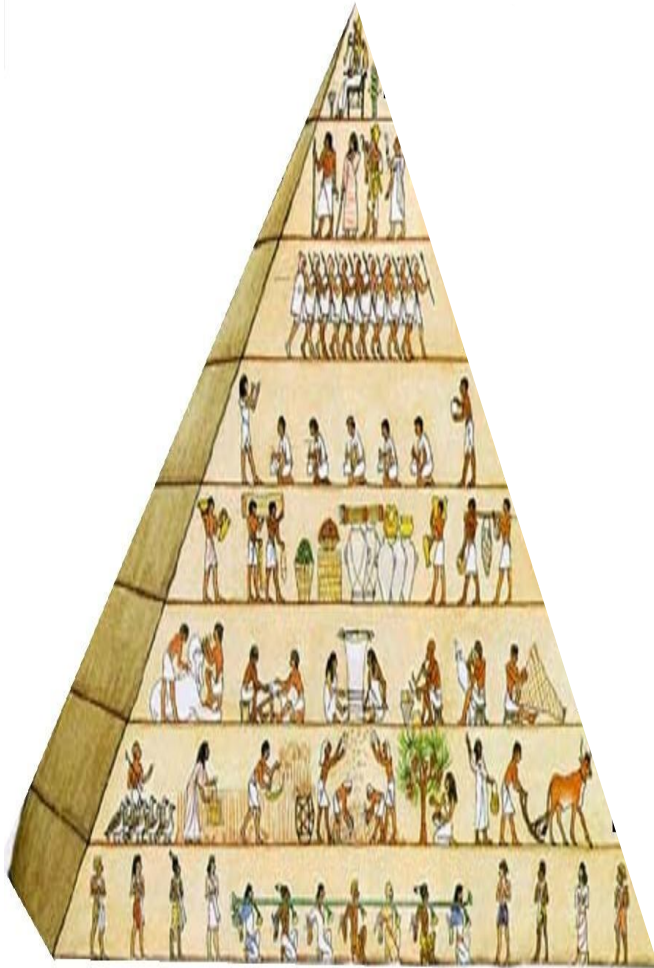
30% of America's high school students will leave without graduating. Here's what one town tells us about the crisis
BY NATHAN THORNBURGH

Christine Horden, 18, of Shelbyville, Ind.

Income differences increase social class differentiation

Bigger income differences:-

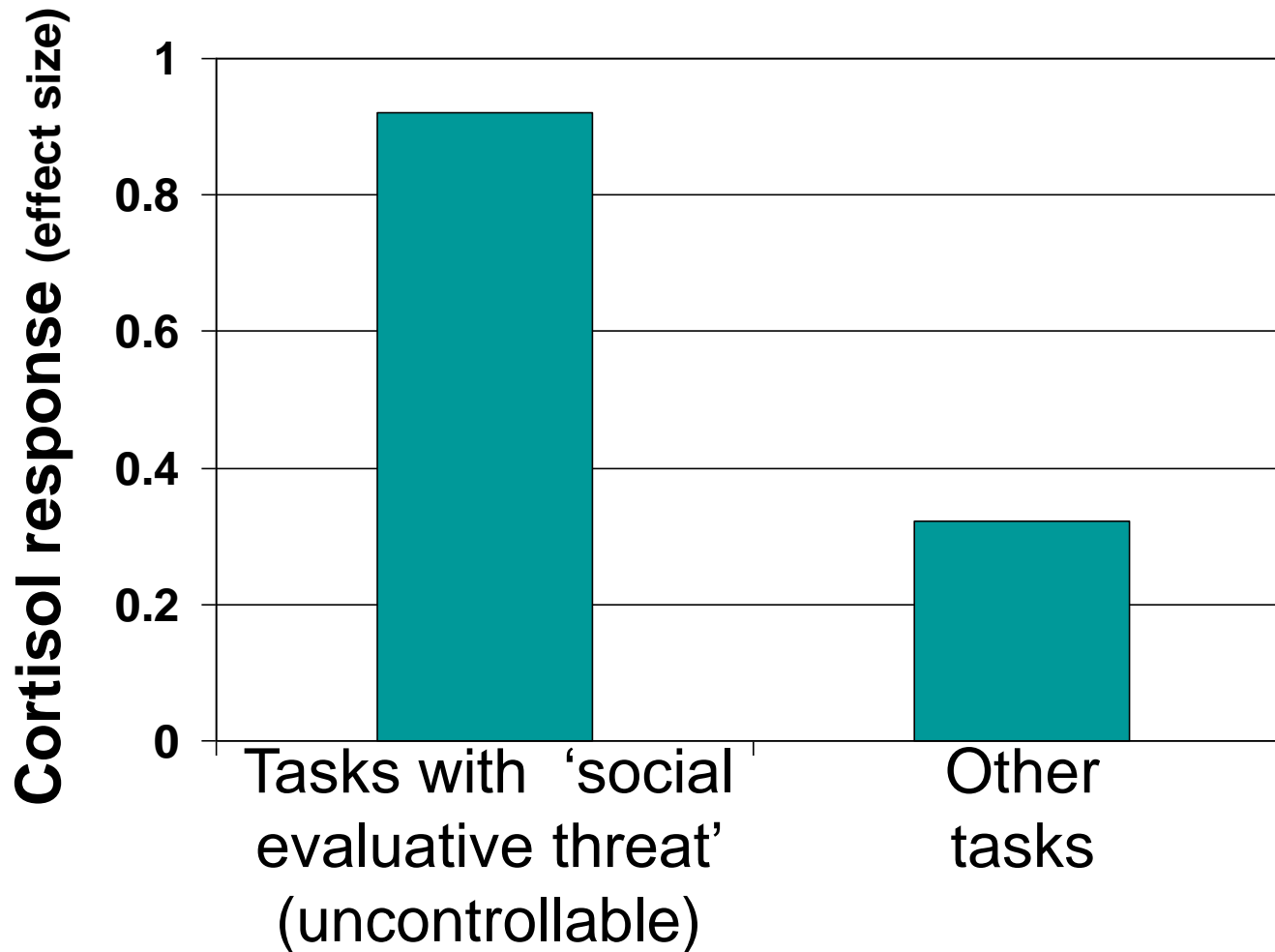
- **Class becomes more important**
- **The social pyramid is higher and more hierarchical**
- **The quality of social relations deteriorates**



Social mobility is lower in more unequal countries



What kind of stressful tasks raise stress hormones most?



Dickerson SS, Kemeny ME. Acute stressors and cortisol responses. *Psychological Bulletin* 2004; 130(3): 355-91.

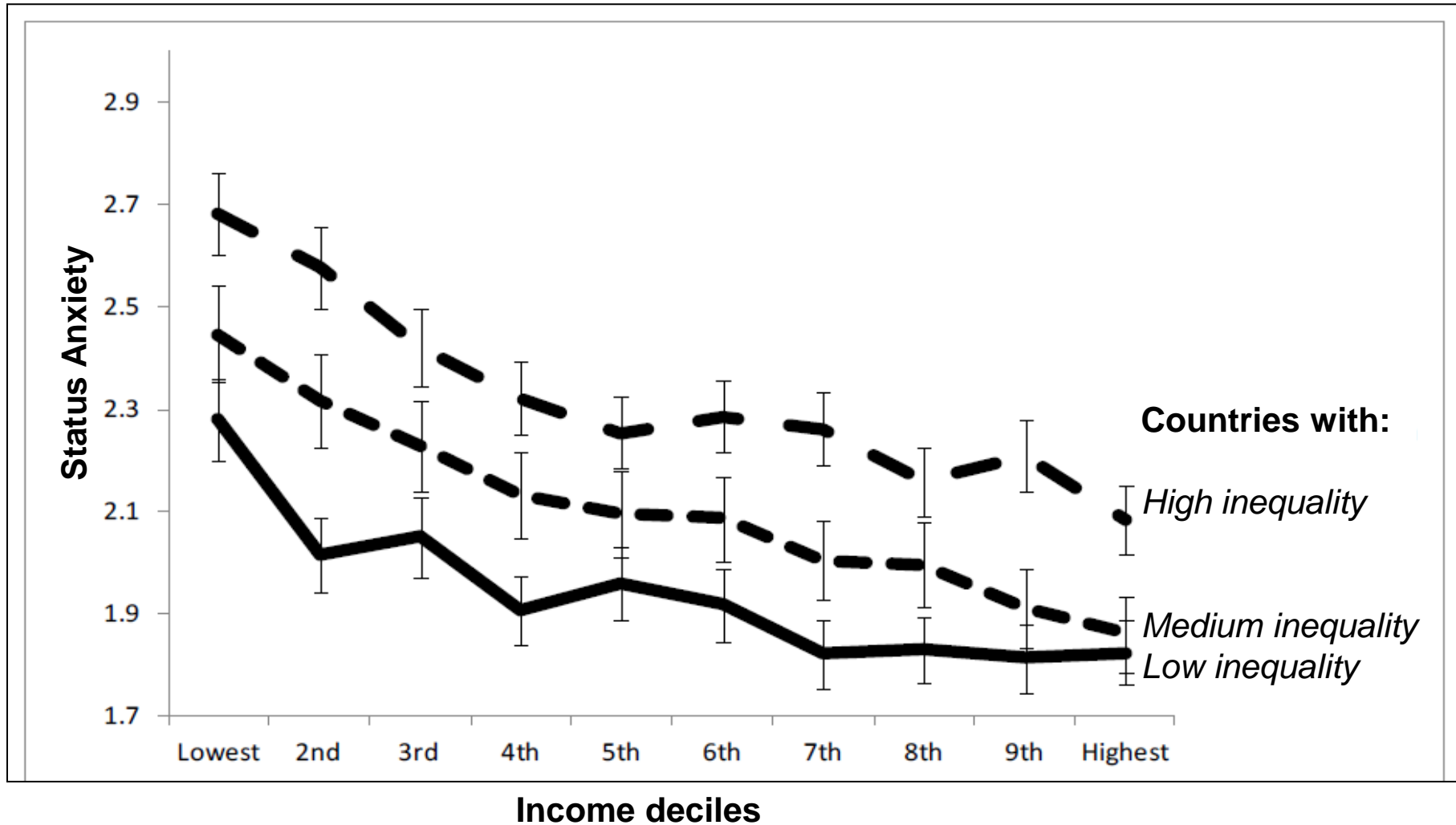
The Dominance Behavioural System

Research on the *Dominance Behavioural System*, (using self-reports, observational, experimental and biological methods), shows that:-

- Externalizing disorders, mania proneness, and narcissistic traits are related to heightened dominance motivation and behaviour.
- Mania and narcissistic traits are also related to inflated self-perceptions of power.
- Anxiety and depression are related to subordination, submissiveness and the desire to avoid subordination.

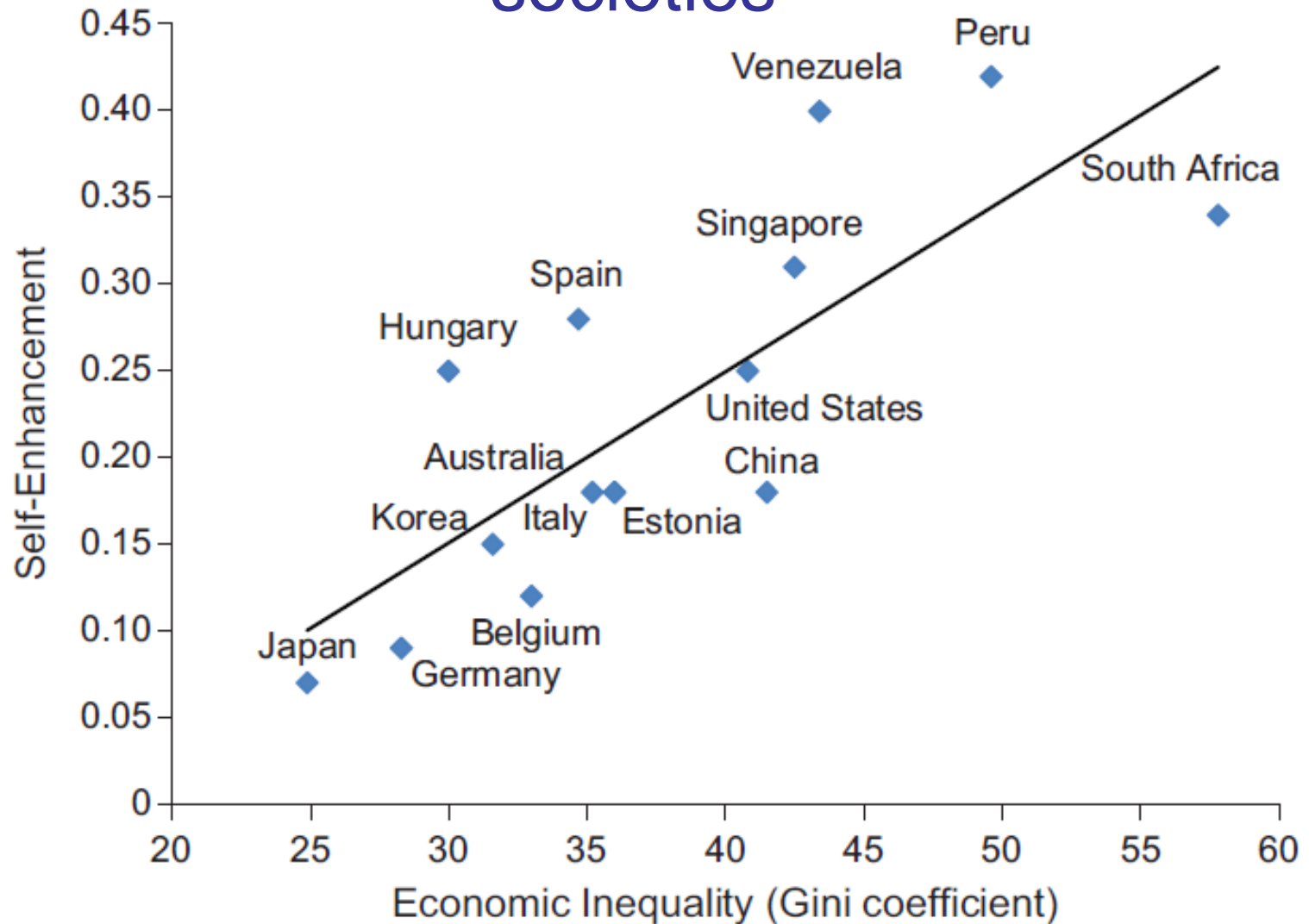
Johnson SL, Leedom LJ, Muhtadie L. The Dominance Behavioral System and Psychopathology. *Psychological Bulletin*, 2012; 138(4): 692-743.

Status Anxiety across income deciles for high, medium and low inequality countries



Layte R, Whelan CT. Who Feels Inferior? A Test of the Status Anxiety Hypothesis of Social Inequalities in Health. *European Sociological Review*, 2014.

Self enhancement increases in more unequal societies

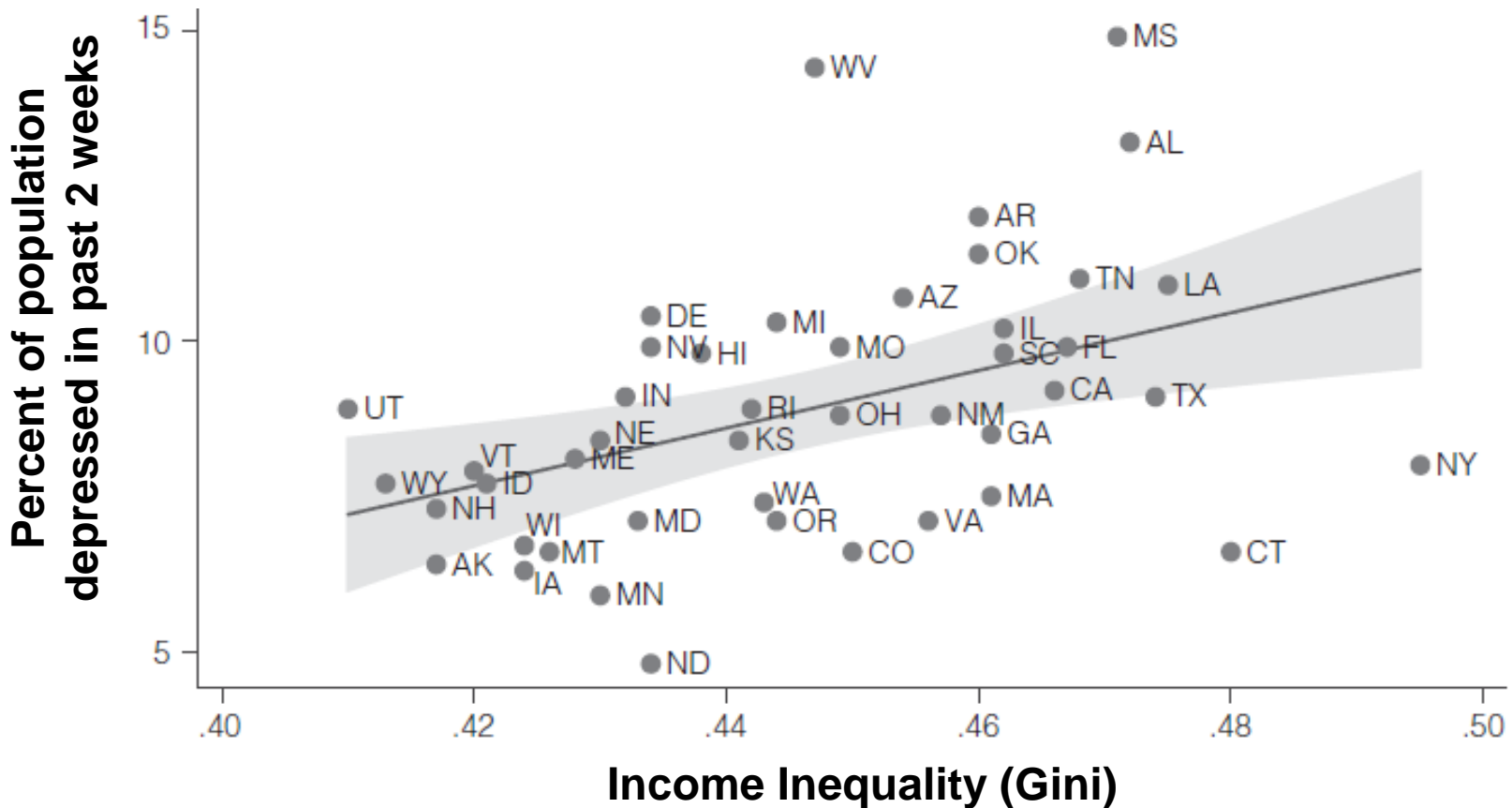


Loughnan S, et al. Economic Inequality is linked to biased self-perception.
Psychological Science, 2011; 22: 1254

Two recent studies show that inequality increases conspicuous consumption and consumerism

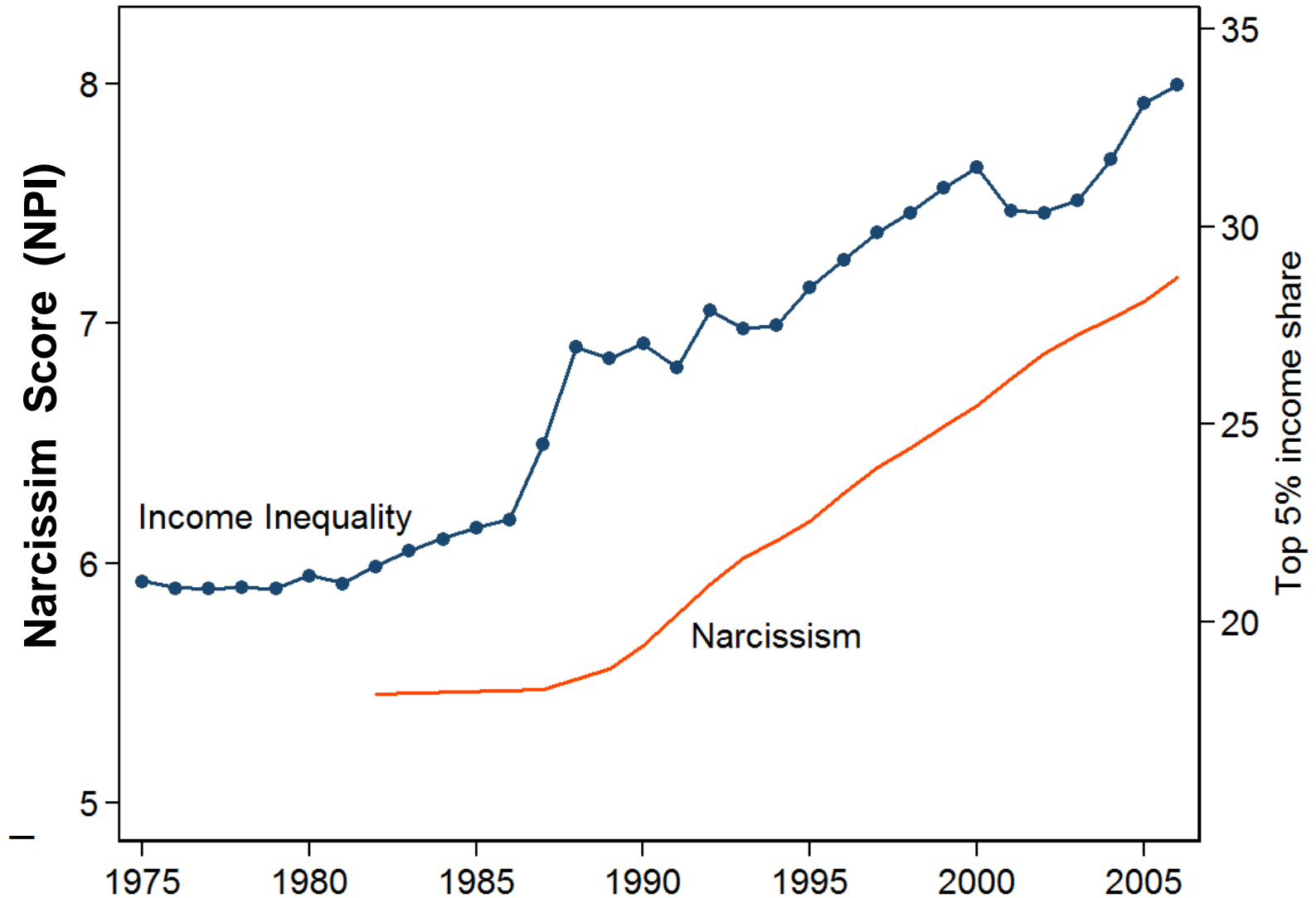
- **People in more unequal areas of the USA are more likely to buy high status cars**
- **Data from Google searches shows that people in more unequal states and more unequal countries are more likely to search for status goods**

Depression is more common in more unequal states



Messias E, Eaton WW, et al. . Economic grand rounds: Income inequality and depression across the United States: an ecological study." Psychiatric Services, 2011; 62(7): 710-2.

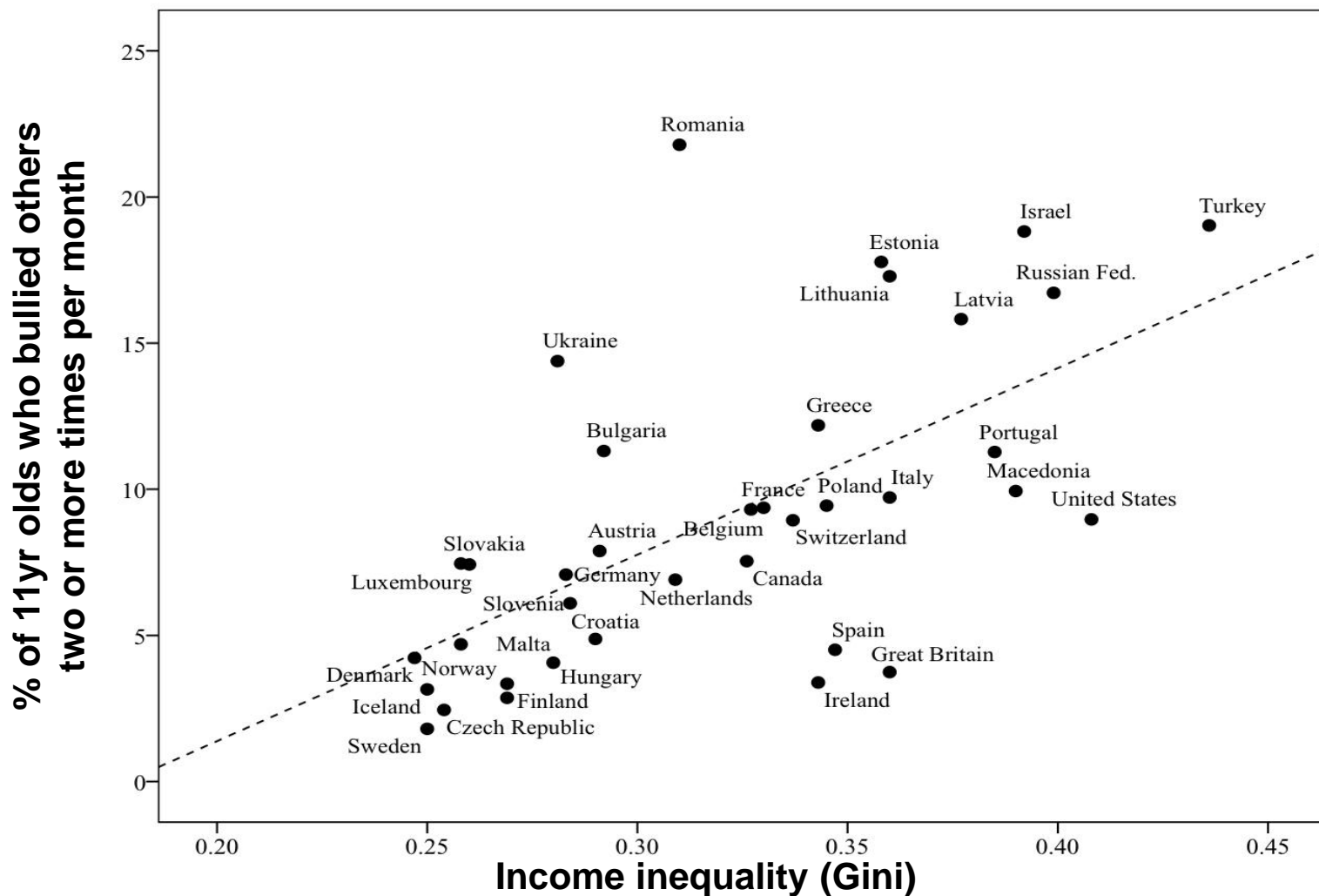
Rising Narcissism & Income Inequality in the USA



Inequality data from World Top Incomes Database
Narcissism data from Twenge JM, et al., Journal of Personality 2008; 76(4): 875-901.

School bullying is much more common in more countries with bigger income differences.

11-year-olds in 37 countries ($r = .62$)



Alan Bennett, *Untold Stories*, Faber/Profile, 2005

“(My parents) put...down...most of their imagined shortcomings to their not having been educated, education (was) to them a passport to everything they lacked: self-confidence, social ease and above all the ability to be like other people.

Put simply and as they themselves would have put it, both my parents were shy, a shortcoming they thought of as an affliction while at the same time enshrining it as a virtue.

I assured them, falsely, that everybody felt much as they did but that social ease was something that could and should be faked.

‘Well, you can do that,’ Dad would say, ‘you've been educated,’ adding how often he felt he had nothing to contribute. ‘I'm boring, I think. I can't understand why anybody likes us. I wonder sometimes whether they do, really.’

NOT PRETTY
ENOUGH

NOT SMART
ENOUGH



NOT GOOD
ENOUGH

NOT FUNNY
ENOUGH



The Jekyll & Hyde of Public Health?

- **Social status** (dominance hierarchies, pecking orders) are orderings based on power, coercion and privileged access to resources – regardless of the needs of others.
- **Friendship** in contrast, is based on reciprocity, mutuality, social obligations, sharing and a recognition of each other's needs.

Companion

Spanish: Compañero;

French: Copain

from the Latin “Con” (with)

and “Pan” (bread)

- someone with whom you eat bread

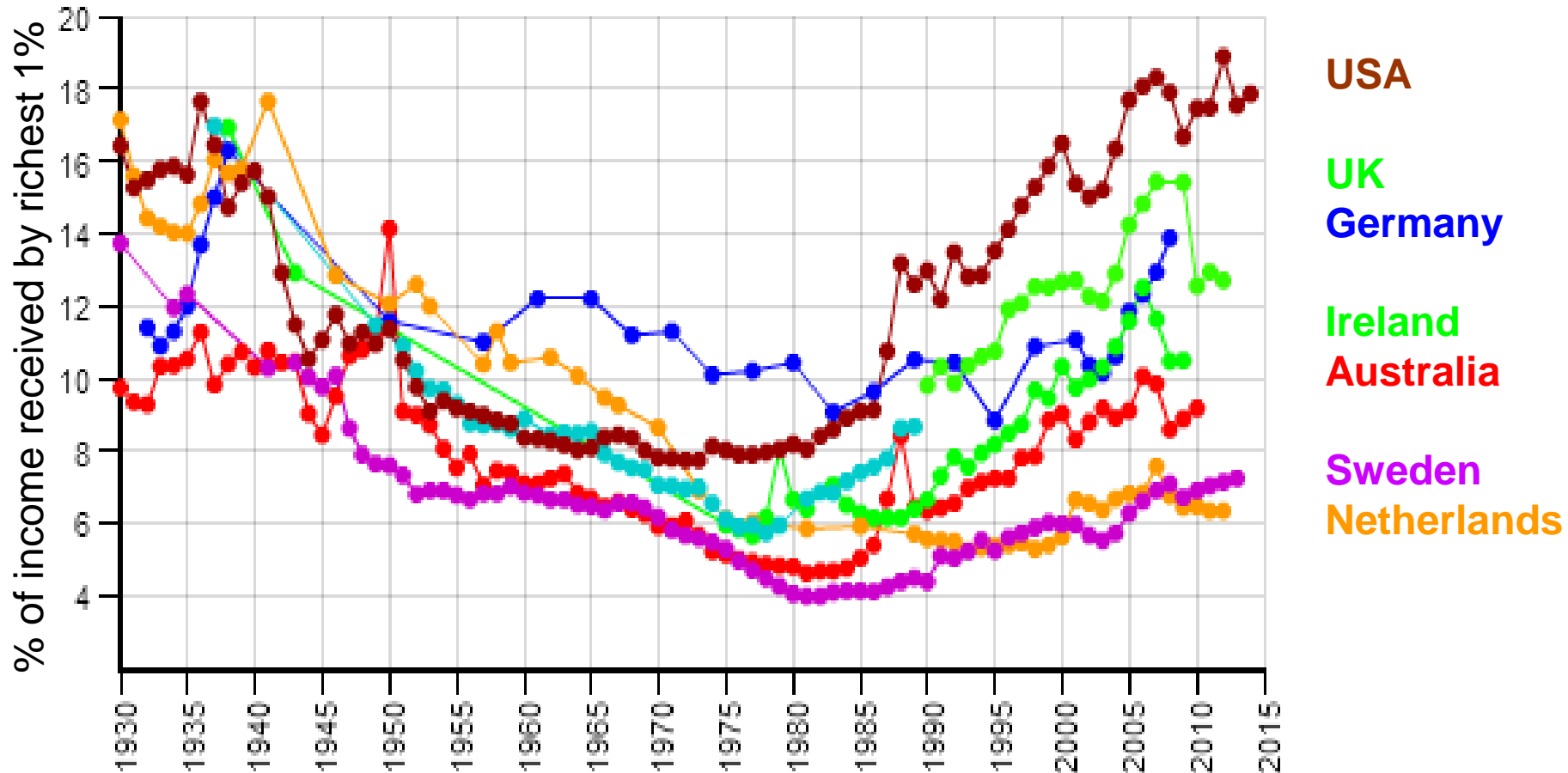
“Gifts make friends and
friends make gifts”

***Stone Age Economics* (1974)**



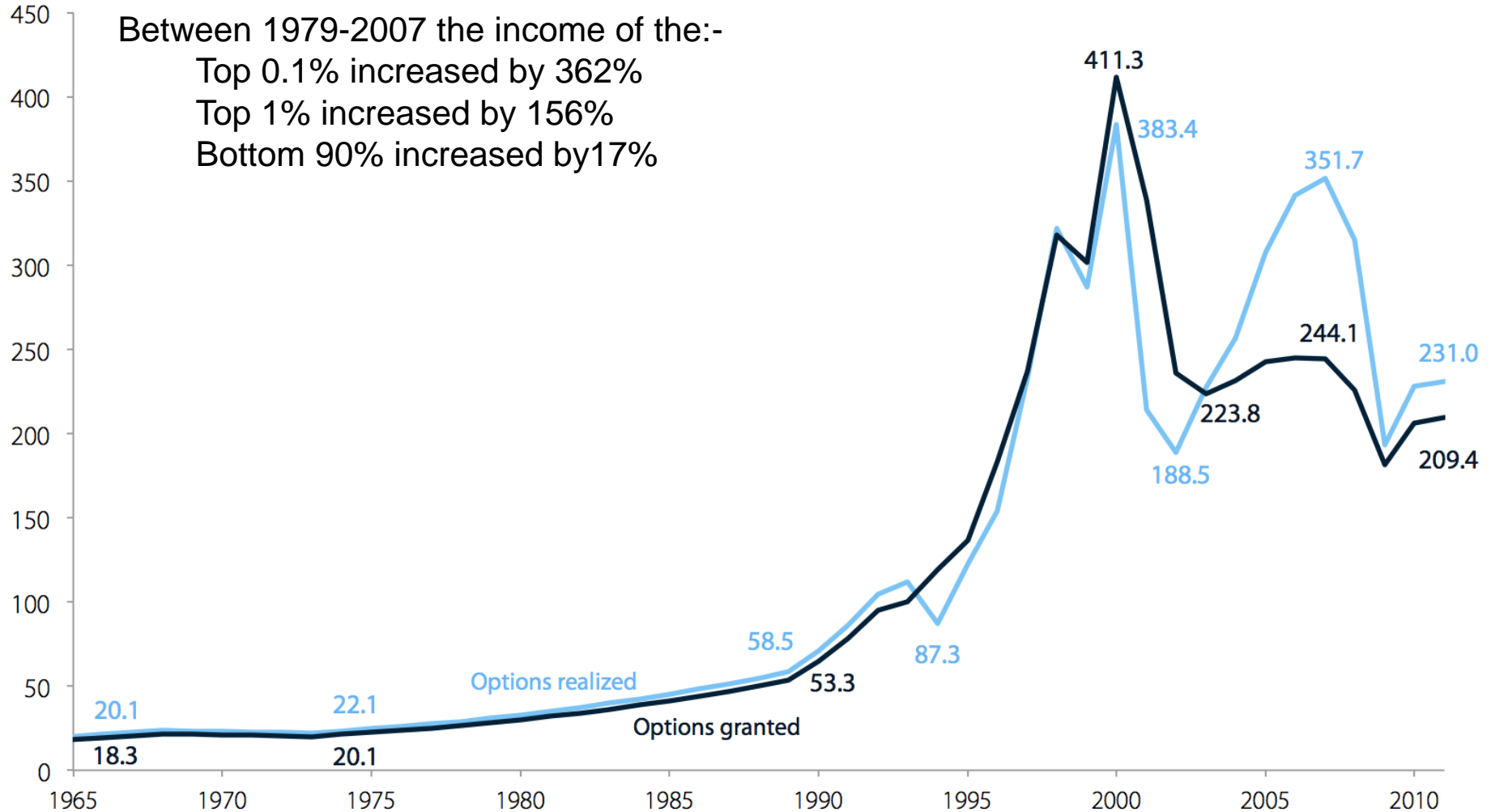
**Marshall
Sahlins**

Percent of all income going to top 1% 1930-2014



Source: World Top Incomes Database

Changing ratio of CEO pay to average pay of production & non-supervisory workers in top 350 US companies



Trade Unions membership (% workforce) and Share of Income going to top 10% (USA, 1918-2008)



Colin Gordon's analysis of Historical Statistics for the US, unionstats.com, Piketty and Saez 2003, and World Top Incomes Database. Economic Policy Institute, Washington DC.



The Spirit Level

Why Equality is Better for Everyone

Richard Wilkinson and Kate Pickett

'A big idea, big enough to change political thinking'
Sunday Times

'A sweeping theory of everything' *Guardian*



For more information:
... a book

and a
website...

The **Equality Trust**

<http://www.equalitytrust.org.uk>

**FABIAN
SOCIETY**

**FRIEDRICH
EBERT
STIFTUNG**



A CONVENIENT TRUTH

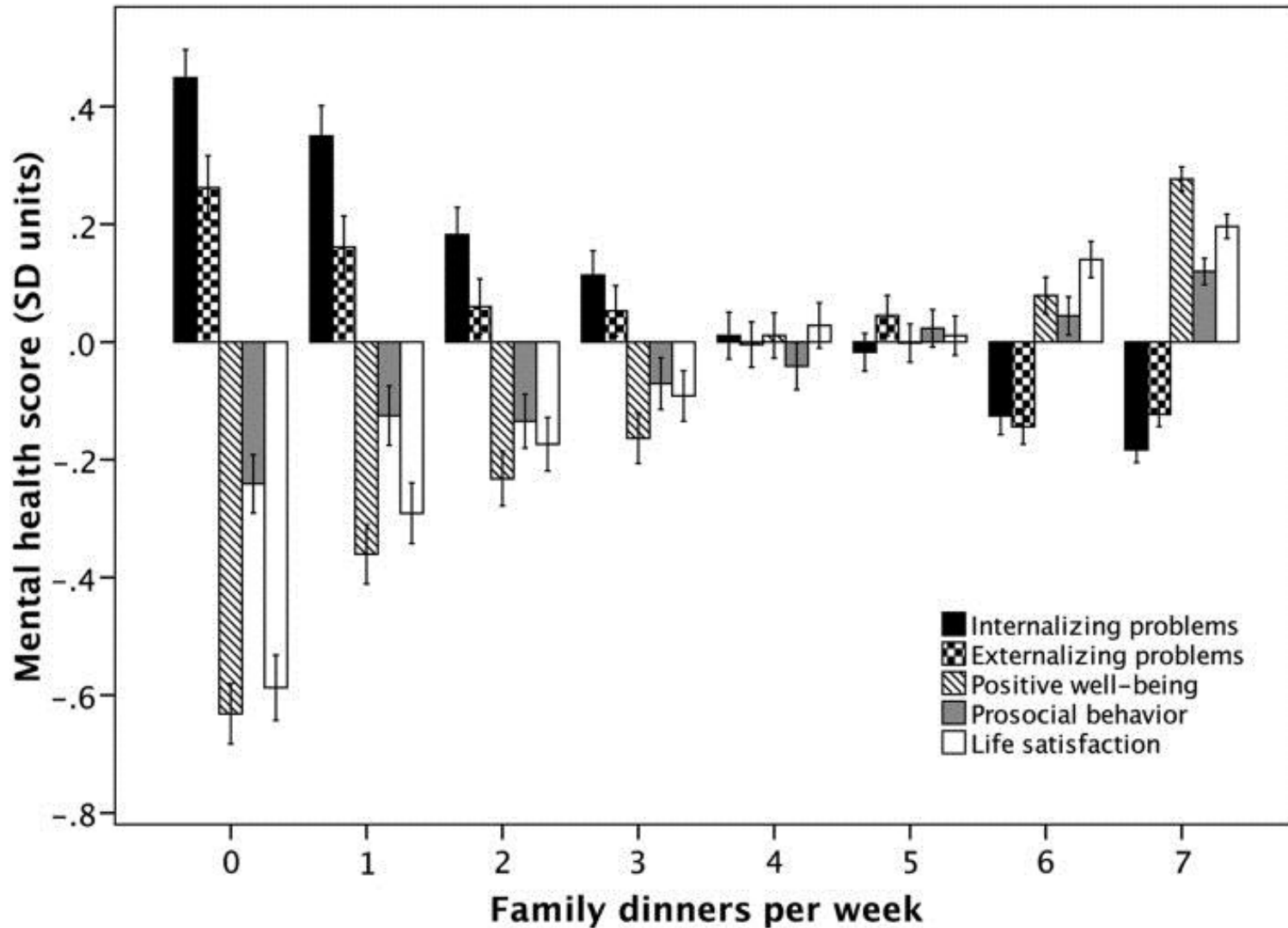
A BETTER SOCIETY FOR
US AND THE PLANET

**by Richard Wilkinson
and Kate Pickett**

Fabian Ideas 638

<http://www.fabians.org.uk/publications/a-convenient-truth/>

Children in families that eat together have better mental health



A two stage process: parental experiences of inequality shape child development

Parenting styles prepare children for the kind of social relations they may have to deal with in adulthood

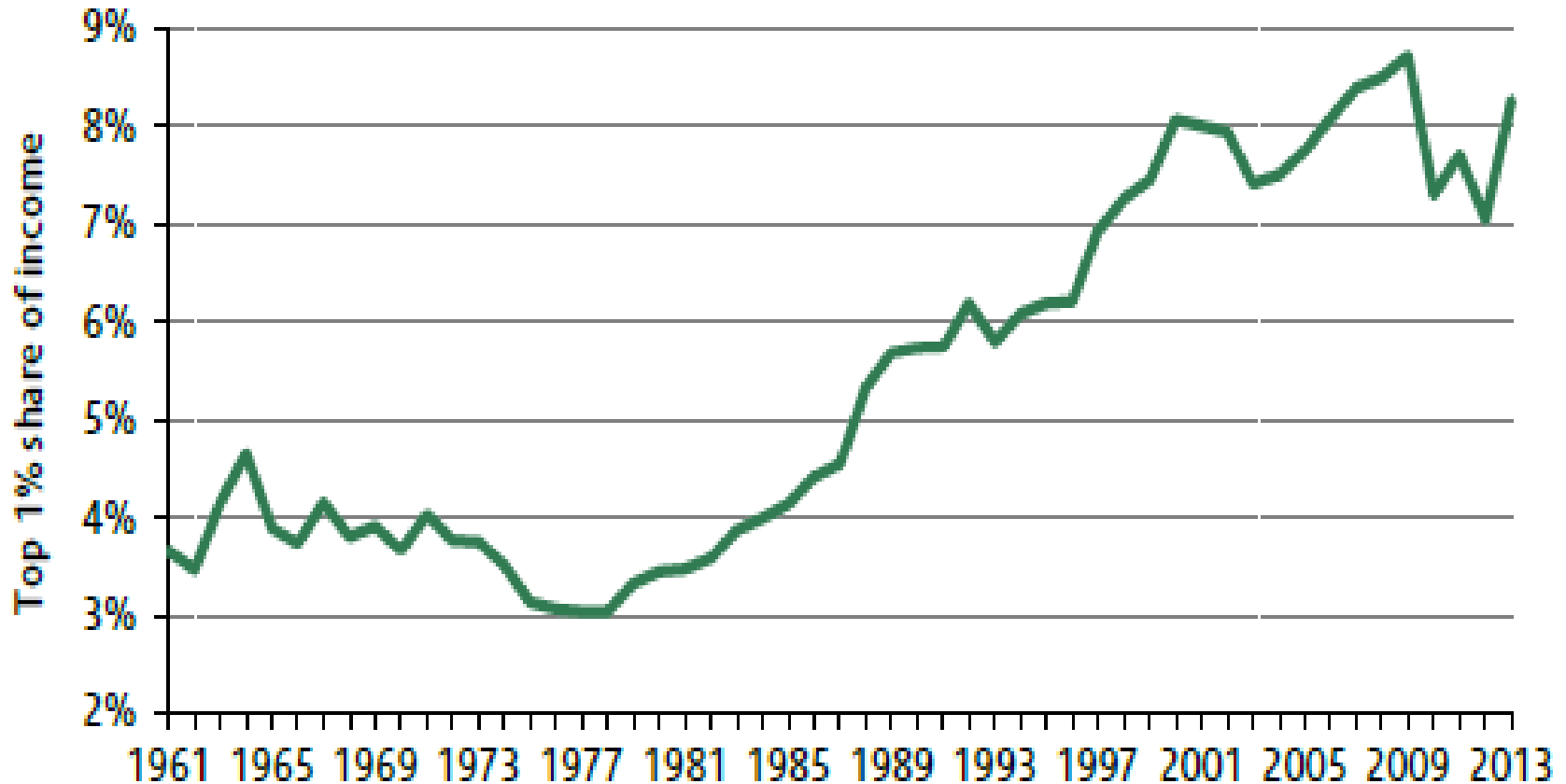
Preparation for a society dependent on:-

- **trust, cooperation, reciprocity, empathy?**

or:

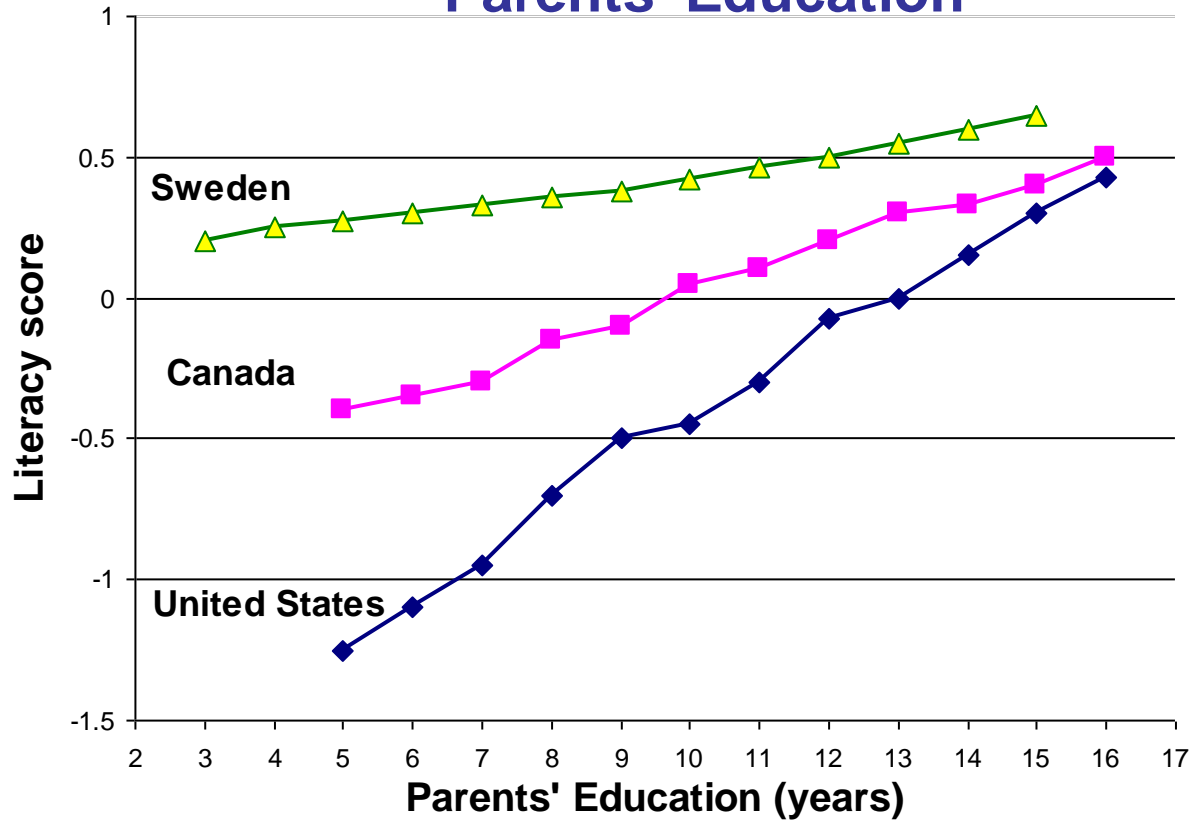
- **fending for yourself, not trusting others?**

The growing income share of the richest 1%



**Belfield et al, Living Standards, Poverty & Inequality.
Institute of Fiscal Studies, 2015**

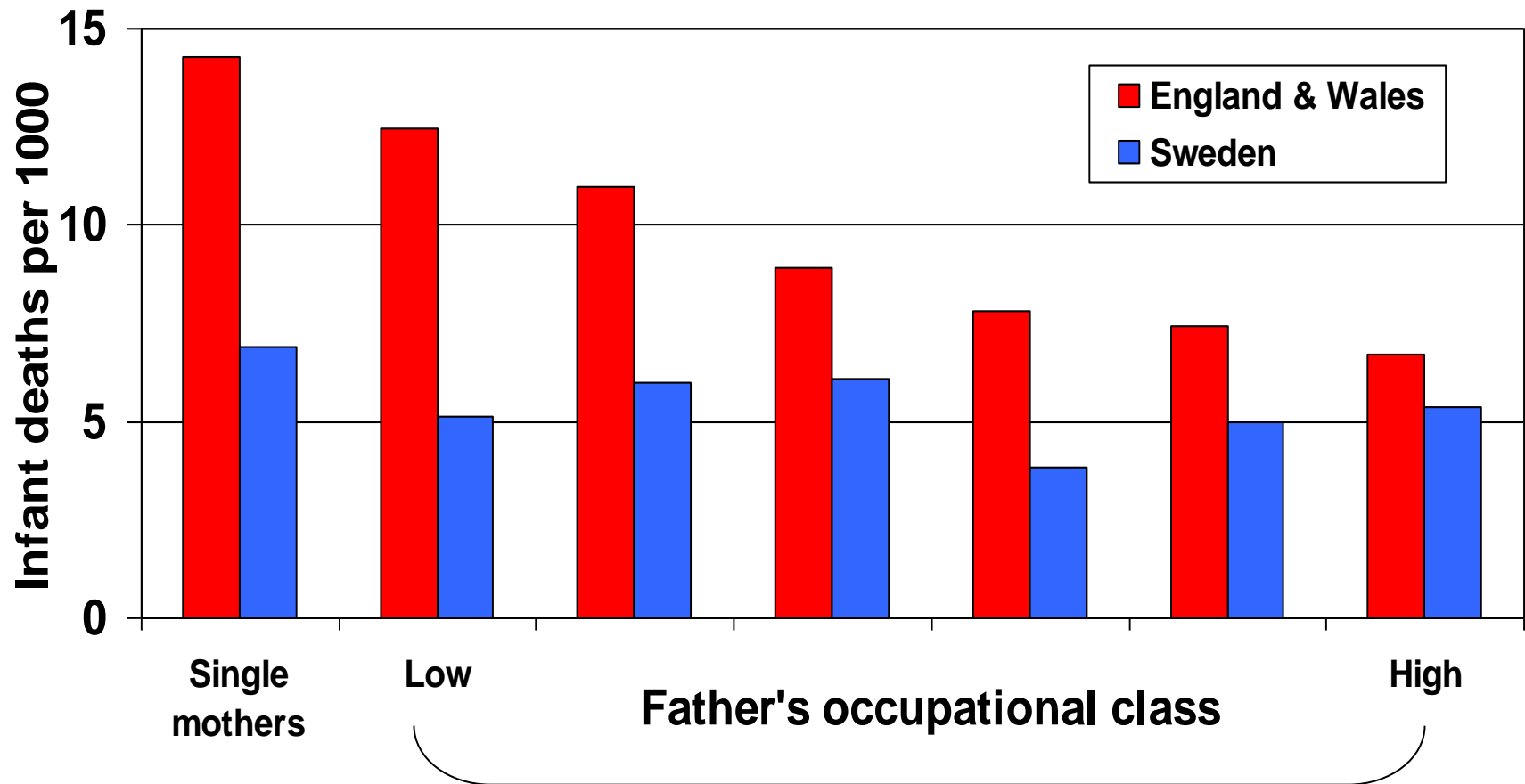
Literacy Scores of 16-25 year olds by Parents' Education



Source: Willms JD. 1997. Data from OECD Programme for International Student Assessment.

The benefits of greater equality are not confined to the poor but extend to all social classes

Infant mortality by class: Sweden compared with England & Wales



Leon, D. A., D. Vagero, et al. (1992). "Social class differences in infant mortality in Sweden: comparison with England and Wales." Brit Med J 305(6855): 687-91.