economic groups. The DHSSPSNI regional strategy (1997-2002) classed 25% of adults over the age of 16 physically inactive or sedentary. When results were compared between low socio-economic groups and high socio-economic groups it was discovered that only 25% of those in low socio-economic groups had taken a walk of 2 miles or more in the last 4 weeks compared with 47% of those in higher socio-economic groups. Even though there are a higher percentage of those in a higher socio-economic exercising more, there are still 70% of males and 80% of females in Northern Ireland that do not carry out the recommended levels of exercise, so the whole population needs to be targeted.

It is widely believed that there is a direct link between educational attainment, poor health and poverty. Research carried out by HAZ(2003) has shown us that in the 10% most deprived areas throughout NI only one third of school leavers obtained 5 or more GCSE's grade A-C. As a whole more than 50% of school leavers through NI obtained these grades so this shows us a significant difference of children from deprived areas. Throughout the UK, NI also has the largest percentage (24%) of the population with literacy problems compared with other countries such as Scotland (21%), England (21%) and Wales (24%). When we look further a field we can see that 24% is relatively high compared with other EU countries. For instance Sweden only has 7% of its population with literacy problems. Some would argue that there are many explanations for this but similarities between the link of health and education are still evident.

Now that we can see the views and evidence that lead us to believe that ‘the more disadvantaged peoples social and economic circumstances are, the worse their health status’, I can now look at ways the matter has been addressed previously and also suggest what steps could also be taken to tackle the main issues. A number of programmes to tackle inequalities in health have already been put in place, these include, The Belfast Agreement (1998), The NI Act (1998), Investing For Health (2002) and The Wanless Report (2004). These reports have engaged with people to live healthier lifestyles so they can see both