



Below is a table containing the Marmot 8 Principles, created by the UCL Institute of Health Equity as a guide to follow to help everyone live healthy, fulfilled lives.

Marmot Principle	What this means
<b>Give every child the best start in life</b>	Ensure parents/families get the support they need for their children to be healthy
<b>Enable all children, young people and adults to maximise their capabilities and have control over their lives</b>	Ensure everyone gets access to good and supportive education, training & employment
<b>Create fair employment and good work for all</b>	Ensure all employers offer good pay and flexible working
<b>Ensure a healthy standard of living for all</b>	Everybody has all of the basic necessities, information & support they need
<b>Create and develop healthy and sustainable places and communities</b>	Everybody lives in warm, dry, homes and has access to places for physical activity
<b>Strengthen the role and impact of ill-health prevention</b>	Everybody gets support live long, healthy lives free from preventable illness
<b>Tackle racism, discrimination and their outcomes</b>	Everybody gets treated with respect and dignity in work, education and public services
<b>Pursue environmental sustainability and health equity together</b>	Everybody can access public transport and all homes are protected against changes to the climate & environment

Below is a list of some recommended actions from the new report for Gwent, written by the UCL Institute of Health Equity, to help make Gwent a fairer and healthier place for everybody to live, work and play.

**Education**

1. Improved childcare provision in areas that need it
2. Make sure all year 11 pupils finish school with at least 5 good GCSEs
3. Improve availability of information about Further Education (college etc) opportunities
4. More affordable travel to school
5. Better careers guidance in schools
6. More mental health support in schools
7. Reduce school absences
8. Increase apprenticeship opportunities
9. Improve adult education opportunities
10. Improve financial management advice in schools and workplaces

**Community:**

11. More youth services
12. Volunteering opportunities for adults
13. Reduce hygiene poverty
14. Eliminate the need for people to use food banks
15. More social welfare, legal and debt advice
16. Address household poverty
17. Revive and create healthy high streets & town centres
18. Improve access to available green spaces and local heritage sites

**Employment:**

19. Better maternity and parental leave policies for public and private sectors
20. All employers in Gwent to pay the real living wage
21. Racism and its outcomes are reduced across public services and employers
22. Work with employers to secure more flexible and good quality work

**Housing & Transport:**

23. Improve quality of housing in private rented sector
24. Reduce the risk of housing causing poor physical and mental health
25. Create new walking & cycling infrastructure
26. Public transport (bus and rail) is made accessible for everybody across Gwent
27. Transport to schools and colleges is made accessible for everybody across Gwent