Keeping healthy on a minimum wage

Is not easy in the United Kingdom

The national minimum wage was a flagship policy of the United Kingdom’s Labour party during the 1997 election campaign—a century after Fabians Sidney and Beatrice Webb first advanced the idea.1 From April 1999 the policy set a minimum wage of £3.00 per hour for those aged 12 and older and a lower rate of £2.00 for those aged 11 and under. Annual reviews by the Low Pay Commission fixed the new rates in line with the inflation rate in the previous year. The policy was extended to cover those aged 16 and 17 from April 2000. By 2005 the national minimum wage had increased to £5.05 for a 30 hour week.

The minimum wage and working tax credits are important policies in the government’s anti-poverty strategy. Yet the latest estimate shows that wages in 250 000 jobs held by people aged 18 or over in the United Kingdom are still below the minimum rates.2 Furthermore, although these “welfare to work” policies stemmed from beliefs in social justice and in “making work pay,” the overall effect of the minimum rates on income inequality appears small.3

The national minimum wage and working tax credits have raised the earnings of the lowest paid workers. However, progress towards a minimum income for healthy living has been slow and patchy. The health community did not participate in decisions on setting minimum incomes and calculations to set the rates did not consider requirements for personal health.4 Arguing that policies on social welfare should take account of the minimum income needed to maintain healthy living has been slow and patchy. The health community did not participate in decisions on setting minimum incomes and calculations to set the rates did not consider requirements for personal health.4

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health, Morris et al have identified several basic needs for health and wellbeing and have calculated a minimum income for healthy living. They based their calculations on the needs of a healthy single man aged 18–30 who has left the family home, although a single healthy woman may have been a more appropriate choice because two out of three beneficiaries of the minimum wage in 1999 were women.

To calculate the minimum income for healthy living, Morris et al derived minimum prices for nutritional requirements from consensus guidelines on diet. They budgeted for physical activity, choosing the least expensive dynamic aerobic exercise but including expenditure spread over a year for items such as training shoes or a bicycle, helmet, and cycling kit. The psychosocial budget covered a variety of expenditures for social participation: on telephone bills, postage, the occasional gift, and subscriptions for clubs and trade unions. For essential items such as clothing and the costs of renting a home the researchers used data from the Office for National Statistics’ family expenditure survey on average weekly expenditure by the 30% of the population on the lowest incomes. The minimum income for healthy living was £132.00, but the take home pay of the average young single man working 37.5 hours a week on the minimum wage was £120.00. Hence there was a shortfall of £12.00 each week between what such a man earned and what he needed to stay healthy (April 1999 prices).

The researchers point out that their budget has some gaps and excludes any allowance for personal choice and development, contingencies, or emergencies. Thus, their budget is an underestimate of the real minimal costs for healthy living. Inevitably too, there are inefficiencies in purchasing. For example William Beveridge, the British economist and social reformer whose recommendations paved the way for the NHS, allowed 6% for inefficiencies when he was setting social security budgets in 1942. Allowing for these margins and bringing the calculations up to date by correcting for inflation, a single healthy man aged 18–21 working a 37.5 hour week (the national median) on the lower rate of national minimum wage currently has £20.00 less a week, on average, than he needs to live healthily. Those aged 22–24 on the main rate may just about manage. A single man aged 25–30, if he gets working tax credits, should receive an income sufficient to maintain health—on average £11.00 above the basic amount.

Of course the government also has to consider economic implications when setting the national minimum wage. Given that the government has recently committed to helping people to achieve healthier lifestyles, can politicians afford to ignore the evidence for a minimum income standard that would offer all those in low paid work a better opportunity for choosing health?

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Services for liver disease in the United Kingdom

Need improving urgently as hepatic morbidity and mortality rise

Mortality from liver disease is increasing in the United Kingdom. In 2000 liver disease killed more men than Parkinson’s disease and more women than cancer of the cervix. The average mortality among patients admitted to hospital with a diagnosis of liver disease was 18.2% in 2004 with a large range, which suggests (once clinical factors have been accounted for) that the standard of care may vary widely from place to place.1

Liver disease has many causes, almost all of them increasing in prevalence. Mortality from alcoholic liver disease has doubled in the past 10 years and, as the chief medical officer pointed out in 2001,2 these deaths occur mainly among men aged 40-60. Fewer than 10% of an estimated 300 000 cases of infection with hepatitis C virus have been diagnosed and the prevalence of the related chronic liver disease is expected to treble by 2020. Moreover 6000 people who are hepatitis B positive are coming into the United Kingdom each year through legal immigration alone. The incidence of primary hepatocellular cancer is increasing, and so is that of cholangiocarcinoma. Steatohepatitis arising from obesity and diabetes—both increasingly prevalent—is also becoming more common and is being referred to in the United States as the new epidemic of cirrhosis.3

But are there enough specialist staff and facilities in the United Kingdom to manage these projected increases in liver disease, or even the current workload? One fifth of the 15 000 cases of cancer seen each year with liver metastases may be suitable for resectional surgery, but too few surgeons have expertise in hepatic resections. Management with new antiviral agents of chronic infections with hepatitis C and B viruses is increasingly complex, and in a recent survey only 40% of consultants were providing a fully comprehensive service for people with hepatitis C infection (W Rosenberg, personal communication, 2003). Despite national recommendations on treating hepatitis B and C, practice still varies substantially around the country (so called postcode prescribing). Moreover, the managed clinical networks for delivering care for people with...