

# SOCIAL EXCLUSION AND HEALTH INEQUALITIES

# Session objectives

- To understand the meaning of social exclusion
- How does Social Exclusion Operate or function?
- How does social exclusion impact health?

# Learning outcomes

- The participants will be able to explain the meaning of social exclusion
- The participants will be able to relate to their work contexts regarding the way social exclusion operates in social structures and social relations
- The participants will be able to assess the impact of social exclusion processes on the vulnerable communities and individuals

# What is Social Exclusion?

- Social exclusion is a process
  - certain groups are systematically disadvantaged
  - they are discriminated against
  - on the basis of their ethnicity, race, religion, sexual orientation, caste, descent, gender, age, disability, HIV status, migrant status or where they live.
  - This discrimination occurs in social and cultural systems, relationships, public institutions, public services (e.g. legal system, education, health services)

# What does social exclusion mean

- It has got multiple meanings
- The term 'social exclusion' has been used to describe:
  - groups at risk of being excluded from decision making, from benefitting from schemes or policies
  - what people are excluded from;
  - the conditions associated with exclusion;
  - the processes involved and
  - levels at which they operate; and
  - the actors/stakeholders involved.

# Characteristics of social exclusion

- Multidimensional: social, political, cultural and economic dimensions; operate at different social levels;
- Dynamic: It impacts the life of many people in different ways, to differing degrees, at different social levels, OVER A PERIOD OF TIME, OVER GENERATIONS;
- Relational: (a) the rupture of social relationships - lack of social participation, social protection, social integration and power; (b) exclusion is the product of unequal social relationships- unequal power i.e. the product of the way societies are organised.
- Intersectional : social exclusion experienced as discrimination intersects with various aspects of vulnerability (e.g. caste, gender, disability, sex, class –poor etc.)

**SOCIAL EXCLUSION – IS A PROCESS WHERE GROUPS AND COMMUNITIES FEEL THEY ARE LEFT OUT, DEPRIVED, DISADVANTAGED, OPPRESSED, LESSER THAN OTHERS, UNEQUAL AND FEEL DISCRIMINATED .**

The discrimination occurs not only at the individual level or as personal deprivation but becomes part of societal institutions and systems. It becomes the cause of poverty, ill-health, discrimination.

**SOCIAL EXCLUSION → DISCRIMINATION → EXCLUSION → GREATER DISCRIMINATION**

**IT IS A LENS AND PERSPECTIVE FOR US TO UNDERSTAND DISCRIMINATION AND HUMAN RIGHTS VIOLATION**

# How do we experience social exclusion in our society?

- Group exercise: From your experience write at least two examples where people have experienced that they are unequal OR left out and discriminated?
- At what level these discriminations Occur: individual, community, public institutions or policy
- What do you think are the causes or reasons for such discrimination?

# How does Social Exclusion impacts health?

- ACTIVITY – POWER WALK, PINKI'S STORY
- Social exclusion is rooted in social inequality – caste, class, patriarchy
- It is rooted in social, economic, cultural and political system of inequality
- It institutionalises and legitimises discrimination, human rights violation, unequal access, violence.

# Impact on Health Status

Decision making power of people – choice, autonomy, to negotiate, to bargain

Social determinants of health : Access to resources – employment, quality education, age of marriage, economic power/capacity, access to nutrition

It becomes the cause of discrimination in accessing public services – health care, food, water

Resulting in unequal health outcomes, ill-health, mortality, morbidity and greater poverty

# How do we know this?

- Evidence : Certain communities (Dalits, Adivasis), certain sections (women, unorganised labourers, rural folk) and people in certain areas (hilly areas, drought / flood areas) have low human development and health status indicators.
- Data: on IMR, MMR, life-expectancy

# What Can we Do?

- A general group discussion with participants:  
Suggest two ways you suggest to fight social exclusion and discrimination:
  - Individual level
  - Community (society) level
  - Health delivery Institution level
  - Policy level