

## Health Impact Assessment (HIA): Population Groups and Wider Determinants of Health and Well-being

*This resource is for use during the Screening and Evidence Appraisal steps of a HIA to identify the wider determinants, and population groups who could be impacted by a policy/project/proposal. This resource is just a guide and is not exhaustive. It is acknowledged that terminology can change over time.*

### Population Groups:

Certain population groups are more vulnerable to health inequalities. In a HIA, sensitivity to impacts—positive or negative—depends on local population traits, context, and the proposal's nature. Focus may be needed on groups facing multiple disadvantages.

#### Sex/Gender related groups

- Female
- Male
- Transgender
- Non-binary
- Other (*please specify*)

#### Age related groups (*Could specify age range for special consideration*)

- Early years (including pregnancy and babies up to age of 2)
- Children and young people
- Working age adult populations
- Older people

#### Employment / Income related groups

- Economically active/inactive
- Economically inactive
- People on low income
- People on temporary contracts or zero hours contracts
- People who are unable to work due to ill health
- Unemployed/workless
- Volunteers
- Young people not in education, employment or training (NEETs)

#### Groups at higher risk of discrimination or other social disadvantage

- Carers
- Ethnic minorities (*please specify*)
- Ex-offenders
- Gypsy, Roma and Traveller
- Homeless or no fixed abode
- Language/culture (*please specify*)
- Lone parent families
- Looked after children or those leaving care
- Offenders
- People with long term health conditions
- People with mental health conditions
- People with physical, sensory or learning disabilities/difficulties
- Refugee groups and asylum seekers
- Religious groups (*please specify*)
- Sex workers
- Sexual orientation groups
- Veterans/military personnel

#### Geographical groups and/or settings

- People in key settings: workplaces/schools/hospitals/care homes/prisons
- People living in areas which exhibit poor economic and/or health indicators
- People living in urban or rural areas
- People living in isolated or over-populated areas
- People unable to access services and facilities

## Wider Determinants of Health and Well-being:

### 1. Behaviours affecting health

- Diet / Nutrition /, nutrition, infant feeding
- Physical activity
- Addictive/risk behaviours (gambling, substance use, vaping, smoking, alcohol)
- Use of non-prescribed medication, and abuse of prescription medications
- Sexual activity
- Sleeping patterns
- Social media use

### 2. Social, community and cultural conditions affecting health

- Adverse childhood experiences
- Anti-social behaviour
- Citizen power and influence
- Community cohesion, identity, pride and resilience
- Displacement
- Family and peer relationships
- Language
- Cultural and spiritual ethos
- Neighbourliness
- Other social exclusion i.e. homelessness, incarceration
- Parenting and infant attachment (strong early bond between infant and primary caregiver)
- Peer pressure
- Racism
- Sense of belonging
- Social isolation/loneliness
- Social capital, support and social networks
- Volunteering
- Violence and harassment

### 3. Mental Health & Well-being

Could there be potential impacts on:

- Emotional well-being, life satisfaction or resilience?
- A sense of control?
- Feeling worthwhile, valued or having a sense of purpose?
- Uncertainty or anxiety?
- Feeling safe and secure?
- Participation in community and economic life?

### 4. Living & environmental conditions affecting health

- Air Quality
- Attractiveness of area
- Community safety
- Access, availability and quality of green and blue space, natural space
- Housing quality, tenure and resilience
- Indoor environment
- Health and safety i.e. falls, home safety, safety of public places
- Light pollution
- Noise
- Quality and safety of play areas (formal and informal)
- Road safety
- Odours
- Transmission of communicable diseases
- Urban/Rural built and natural environment & neighbourhood design
- Waste disposal, recycling and fly-tipping
- Water quality i.e. sea water

## 5. Economic conditions affecting health

- Economic inactivity
- Income levels
- Personal and household debt
- Poverty including food and fuel poverty
- Type of employment i.e. permanent/ temporary, full /part time
- Unemployment / Employment
- Working conditions i.e. work environment, bullying, health and safety

## 6. Access and quality of services

- Careers advice
- Education and training
- Information technology, internet access, digital services
- Leisure services
- Medical and health services
- Other caring services i.e. social care; Third Sector, youth services, childcare
- Public amenities i.e. village halls, libraries, community hub
- Shops and commercial services
- Transport including parking, public transport, active travel

## 7. Macro-economic, environmental and sustainability factors

- Adaptation and mitigation of climate change i.e. flooding, heatwave
- Biodiversity
- Commercial determinants, interest and influence
- Cost of living i.e. food, rent, transport and house prices
- Economic development including trade and trade agreements
- Government policies (UK and devolved) i.e. Well-being of Future Generations Act 2015, Public Health Act (Wales) 2017, Socio-Economic Duty
- Gross Domestic Product
- Inflation
- Regeneration
- Sustainable development
- Human rights

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