

# Income inequality and socioeconomic differences in adolescents' health and health-behavior in post-Communist countries of Europe

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# **Income inequality and socioeconomic differences in adolescents' health and health-behavior in post-Communist countries of Europe**

Armen Torchyan

1. Low socioeconomic position (SEP) has a major negative influence on adolescent health in many post-Communist countries of Europe (PCCE), where neoliberal reforms have substantially increased income inequality. **(dissertation)**
2. Many low-SEP adolescents in PCCE engage in risky health behaviors as a way of coping with or compensating for the negative health influences of their low SEP. **(dissertation)**
3. Substance use and bullying perpetration are prevalent among high-SEP adolescents, too, especially in PCCE with high income inequality. **(dissertation)**
4. High-SEP adolescents use risky health behaviors, particularly those symbolizing high social standing in PCCE, as a means of demonstrating their high social status. **(dissertation)**
5. High income inequality within a country/society affects population health and behavior by creating a harmful psychosocial environment. **(discipline)**
6. When income inequality is high, people become overly concerned about their position in the social hierarchy and standing in the community, experiencing heightened status anxiety. **(discipline)**
7. Investing in adolescent health leads to healthier and more productive adults, making it essential for public health efforts to prioritize this age group. **(discipline)**
8. Promoting healthier ways of seeking social status is essential to reduce the prevalence of risky health behaviors among adolescents in PCCE. **(impact)**
9. Transitioning from neoliberal policies to a strong welfare state and reducing income inequality is crucial for preventing risky health behaviors and improving the health of adolescents in PCCE. **(impact)**
10. “Strive not to be a success, but rather to be of value.” – Albert Einstein
11. “As long as poverty, injustice, and gross inequality persist in our world, none of us can truly rest.” – Nelson Mandela