The impact of social class on health 1) Poverty e.g. not enough money to buy proper food, being forced to live in poor quality housing in unhealthy or high crime areas. 2) Lower-class people are less well-educated and have less knowledge of healthy lifestyles.o Thus, we conclude that good health depends on more than just access to medical services.3) Class differences in health-related behaviour.5) More .stressful lives of lower-class people. 4) More dangerous jobs for lower-class people