

Social Determinants of Health

Understanding How We Live Shapes Our Health



Education
Access and
Quality



Health Care
and Quality



Neighborhood
and Built
Environment



Social and
Community
Context



Economic
Stability

Health Begins Where We Live

Definition

- ✓ The conditions in which people are born, grow, work, live, and age
- ✓ The World Health Organization (WHO) emphasizes the importance of these conditions in determining our health
- ✓ These circumstances shape our health choices and health outcomes
- ✓ Social determinants have a much greater impact on our health than healthcare alone



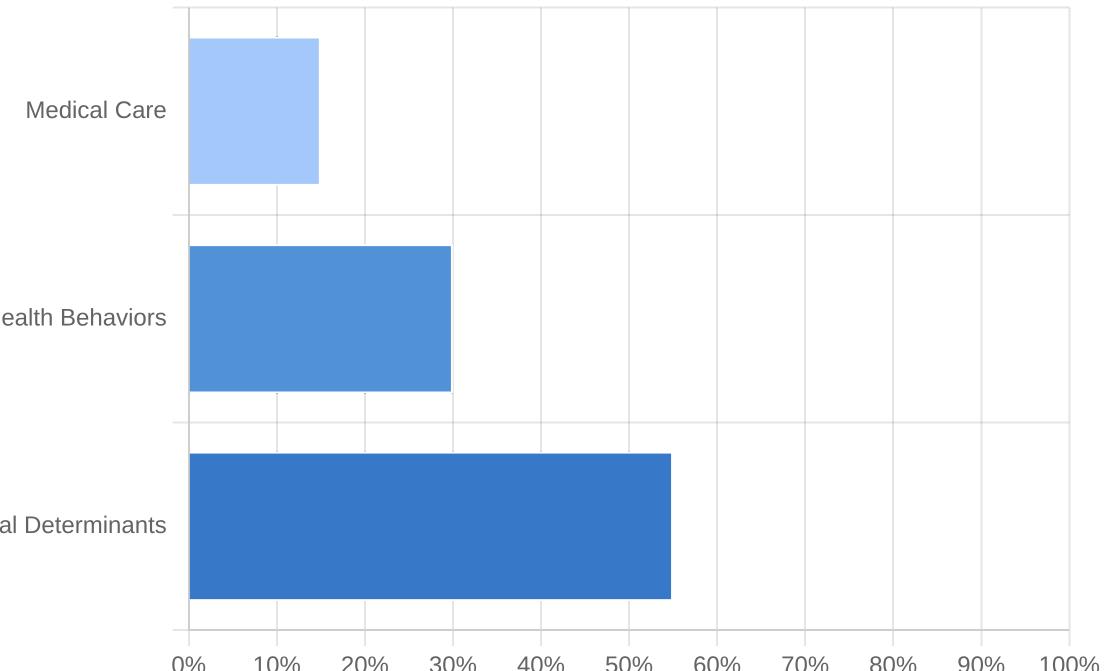
Social Determinants Have Greater Impact Than Medical Care

FACTORS AFFECTING HEALTH

- Medical Care: 10-20% — Healthcare services, clinics, and hospitals represent only a small portion of overall health
- Health Behaviors: 30% — Smoking, nutrition, and exercise have important effects on our health
- Social Determinants: 50-60% — Economic, social, and environmental conditions have the greatest impact on our health

Key Finding

Social determinants account for more than half of all factors affecting our health, making them the most critical area for intervention.



Source: WHO Health Determinants Framework

Five Key Areas That Shape Our Health

MAIN CATEGORIES

Social determinants of health fall into five main categories that directly influence our health and daily lives. Understanding these categories helps us identify problems and work toward solutions.

Economic Stability

Income, employment, and financial resources

Education

Knowledge, awareness, and educational opportunities

Social Environment

Support, relationships, and community

Physical Environment

Housing, safety, and clean environment

Healthcare Access

Quality, affordable, and accessible healthcare

Social Determinants of Health



Money and Health: A Close Connection

ECONOMIC STABILITY

Income and economic stability directly affect the ability to purchase healthy food, pay rent, and cover medication and healthcare costs.

Poverty is one of the greatest health risks

Income and Poverty

Direct impact on health choices and access to resources

Food Security

Ability to purchase nutritious and healthy food

Working Conditions

Stress, job security, and workplace safety

Financial Resources

Access to healthcare, medications, and preventive services



Education Opens Doors to Health

EDUCATION

Education plays a crucial role in determining health. People with higher education levels enjoy better health and longer lifespans.

Education is the most powerful weapon you can use to change the world

Education Level

Direct link to better health outcomes and longevity

Health Literacy

Understanding health information and making smart decisions

Job Opportunities

Better education leads to better employment prospects

Economic Stability

Higher income and improved healthcare access

Social Determinants of Health



The Power of Relationships and Social Support

SOCIAL SUPPORT

Social support and strong human relationships have a significant impact on both physical and mental health. People with strong support networks live healthier and longer lives.

Humans are social beings by nature, and isolation harms health

Social Support

Family, friends, and community connections

Mental Health

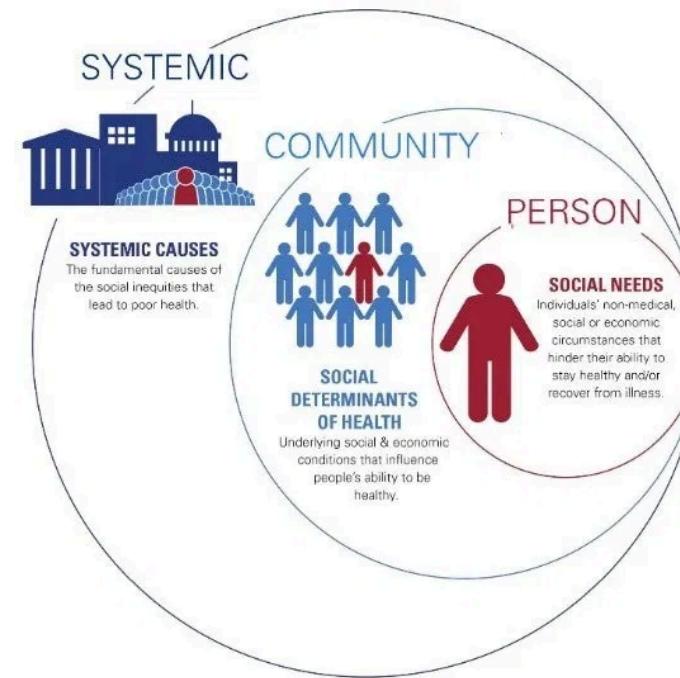
Reducing stress, anxiety, and depression

Discrimination

Negative impact on mental and physical health

Civic Participation

Belonging and feeling valued in community



Where We Live Determines Our Health

PHYSICAL ENVIRONMENT

The neighborhood and built environment where we live significantly impact our health. Housing quality, air quality, access to green spaces, and neighborhood safety all matter.

A healthy neighborhood creates healthy people

Housing Quality

Safe, stable, and adequate housing

Air and Water Quality

Clean environment free from pollution

Neighborhood Safety

Low crime and safe streets

Access to Green Spaces

Parks, recreation areas, and nature



Access to Quality Healthcare

HEALTHCARE ACCESS

Access to quality, affordable, and timely healthcare is essential for maintaining and improving health. However, not everyone has equal access to healthcare services.

Healthcare is a right, not a privilege

Healthcare Quality

Access to high-quality and evidence-based care

Affordability

Healthcare costs that people can afford

Availability

Healthcare services available in the community

Preventive Care

Focus on prevention, not just treatment

Social Determinants of Health



Two People: Different Circumstances, Different Health Outcomes

PRACTICAL EXAMPLE

Ahmed

Income: Low-income family, struggling financially

Education: High school graduate

Housing: Lives in a crowded neighborhood with poor air quality

Healthcare: Limited access to healthcare, relies on emergency room

Health Outcome: Chronic diseases, frequent illnesses, shorter lifespan

Sarah

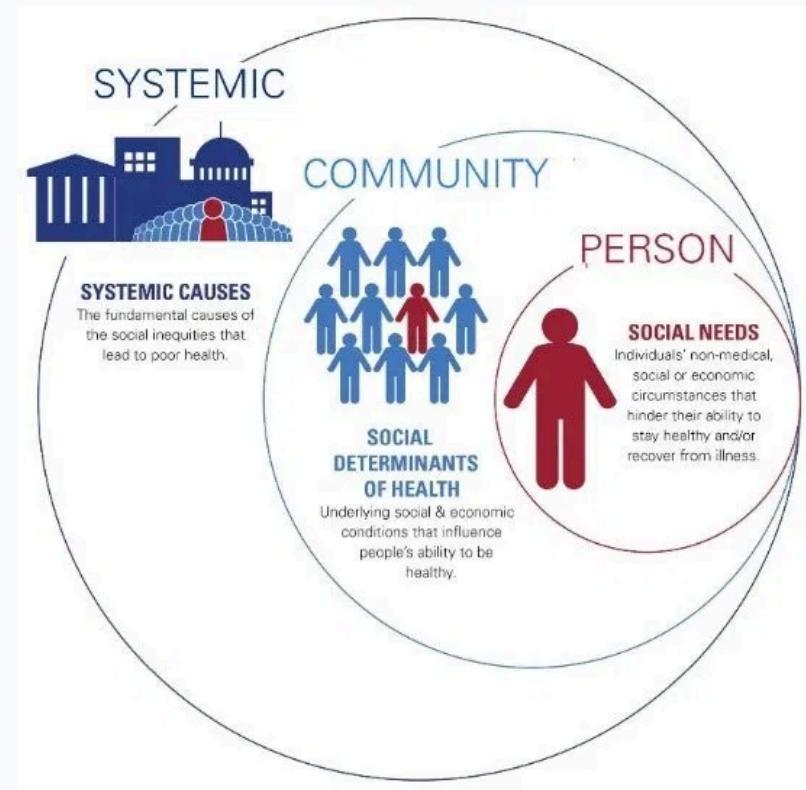
Income: Stable, middle-class family

Education: University degree

Housing: Lives in a safe neighborhood with good schools

Healthcare: Regular check-ups and preventive care

Health Outcome: Good health, active lifestyle, longer lifespan



Working to Change Circumstances, Not Just Treat Diseases

SOLUTIONS AND ACTIONS

To improve health, we must focus on changing the social determinants themselves, not just treating the diseases that result from them.

"Prevention is better than cure, and social change is better than medicine"

Solutions at different levels:

Government Level:

- Comprehensive education policies
- Economic support for the poor
- Improve environment and housing

Community Level:

- Social support programs
- Reduce discrimination and racism
- Promote civic participation

Healthcare Level:

- Comprehensive and affordable care
- Health education
- Disease prevention

Individual Level:

- Awareness of determinants
- Participate in change
- Advocate for health equity

Thank You

Final Word: Health is Everyone's Responsibility

Social determinants of health are not just an academic concept, but a reality that affects the lives of millions of people every day.

Key Takeaways:

- Health goes beyond medicine to social and economic circumstances
- Everyone deserves an equal opportunity to live in good health
- Government, community, and individuals are all responsible
- We can improve social determinants of health

Call to Action: Start Making Change Today

Learn more • Share knowledge • Support policies • Be part of the solution