

Social Determinants of Health

~~You are what you eat.~~

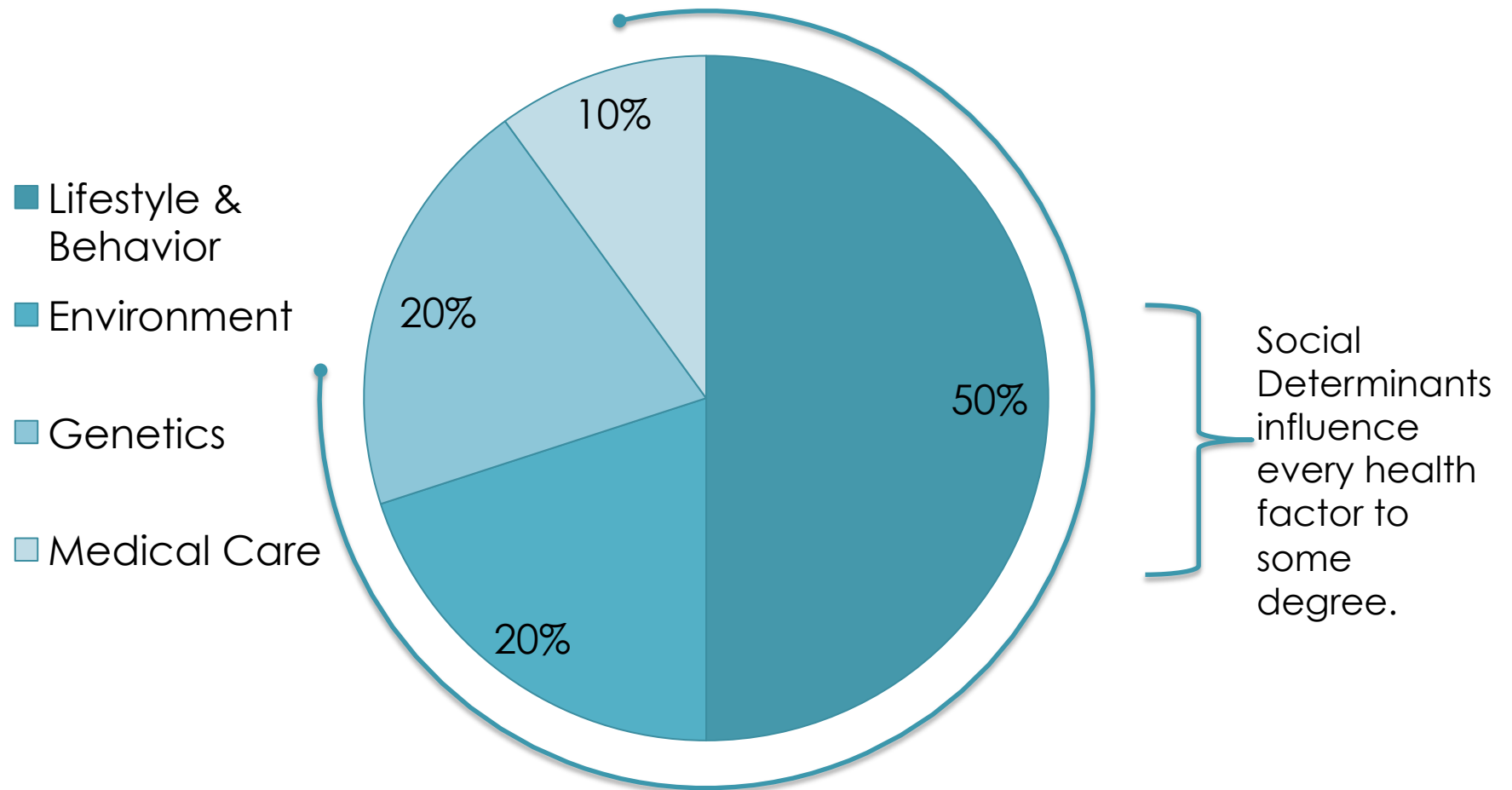
You are where you live.

Social Determinants of Health is a framework for explaining what we already know:

Health is in large part determined by the intricacies of where we're born, live, learn, work and play.

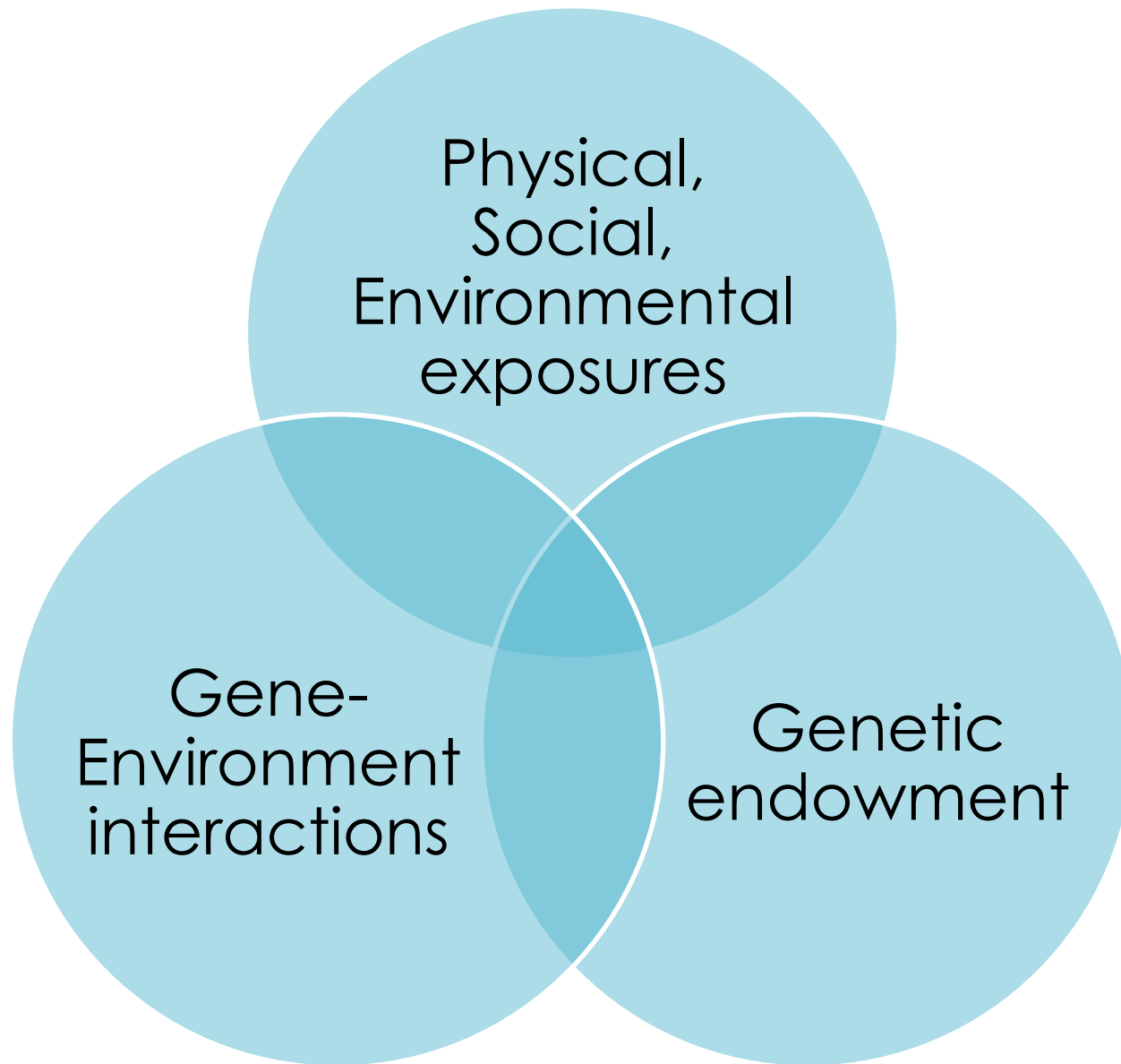
These intricacies are shaped by the distribution of resources, power and opportunity at global, national and local levels.

What determines health?



Dividing lines in the chart
aren't real.

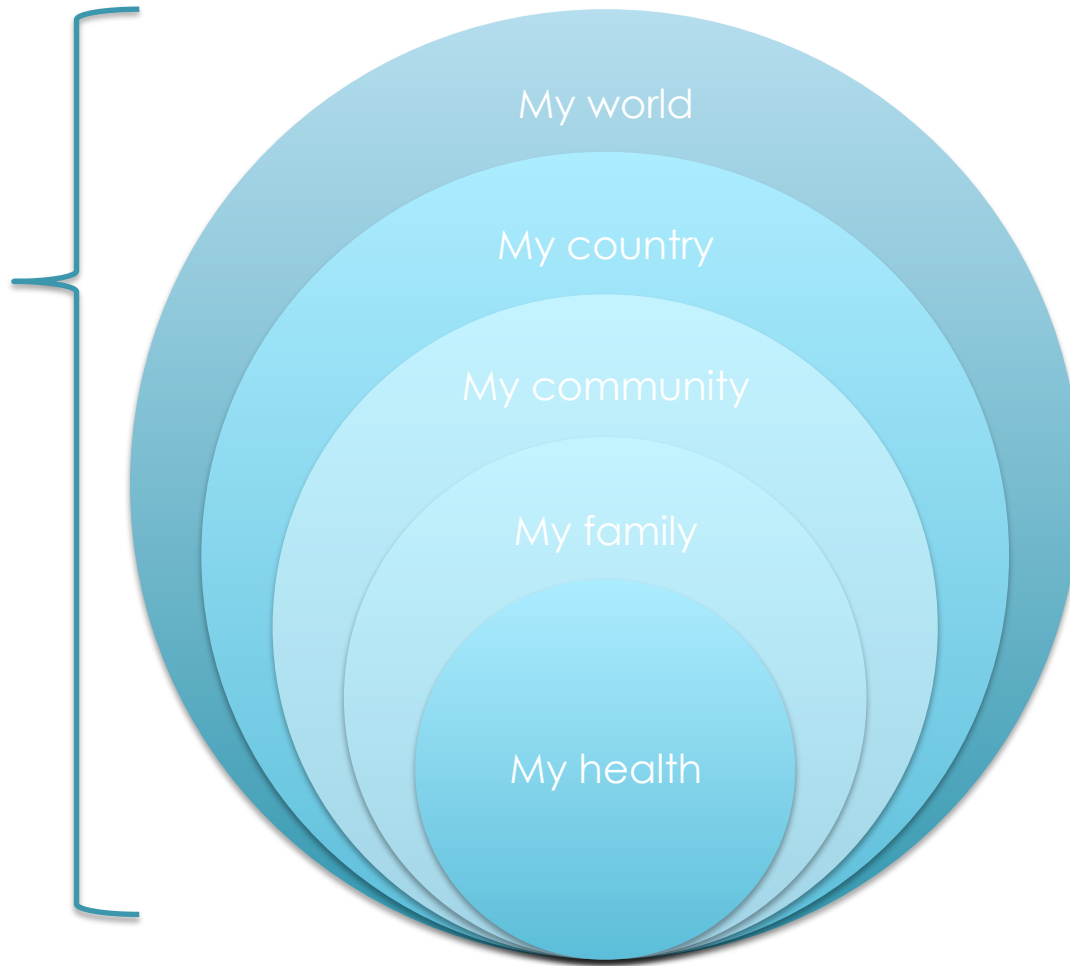
Health factors can't be
compartmentalized.



We're (re)learning

- Stress can affect genetic expression, and health outcomes, for at least three generations.
- First 1400 days after conception can set the stage for long-term healthier individuals (for generations).
- “Lifestyle & Behavior” are not as simple as individual choices.

Forces
Affecting
Health
Political
Social
Cultural
Economic



Where
changes are
most
impactful.

Where most
health
interventions
happen.

Americans believe health is primarily
an individual's responsibility.

Emphasizing family and
communities role in supporting
health is crucial.

“Just make better choices.”

1. Don't be poor. If you can, stop. If you can't, try not to be poor for too long.
2. Don't have poor parents.
3. Don't live in a poor neighborhood.
4. Own a car – but use only for weekend outings. Walk to work.
5. Practice not losing your job and don't become unemployed.
6. Don't be illiterate.
7. Avoid social isolation.
8. Try not to be part of a socially marginalized group.