

Individual in Society Cheat Sheet by bellabbala via cheatography.com/151676/cs/32754/

Determinants of health

- · Health is "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity"
- Individual determinants: biological (e.g. genes; age; sex) and behavioural (diet; exercise; habits)
- Environmental determinants: physical environment (climate; climate change; natural disasters); built environment (housing; infrastructure)
- · Social determinants: cultural, economical, political

Social- responsible for health inequities

- Sometimes we tend to think of inequities in health as being those that affect people in other countries
- · But inequities can be found in almost every country, including ours

Social Deterinants

- · Poverty and deprivation
- Education
- · Where you live (housing and neighbourhood)
- Environment
- · Employment and
- working conditions
- Transport
- · Early years of life
- · Social support
- Personal health practices and
- Social exclusion
- coping skills
- · Health systems and services
- Food
- Health systems and services
- · Violence, discrimination, racism and social disorder
- · Gender and gender equity



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