

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 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 coping skills
- Social exclusion
- Health systems and services
- Food
- Health systems and services
- Violence, discrimination, racism and social disorder
- Gender and gender equity

Social- responsible for health inequities

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- 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

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Page 1 of 1.

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