

Public health

Lecture 3 : Determinants of health



Brain storming

Q1. Allocation of health resources to one geographic area or group is an example of:

- a) Health inequity
- b) Health equity
- c) Health inequality
- d) Health justice

Q2. Health equity refers to the:

- a) Right to fair distribution of health services
- b) Disparities in health status among individuals
- c) Discrimination inherent in health care
- d) Statistical differences in health between groups

Q3. Social determinants of health:

- a) Are constant between similar populations
- b) Refer specifically to the characteristics of health
- c) May vary between similar populations
- d) Refer specifically to methods that can be used to measure health



Brain storming

Q4. Which of the following best describes the principles that underlie the social health model?

- a) Individualized technologies and responsibilities
- b) Separation of health from the environment and spiritual beliefs
- c) Reduction of individual risk factors and individual or community- based education
- d) Reduction of inequality and empowerment within individuals and communities

Q5. Health literacy is best defined as the capacity of a person to:

- a) Read health-related literature
- b) Follow medical instructions for a specific health care problem
- c) Recognize and know how to find information about a health problem
- d) Access the internet



Health definition

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.
(WHO)



Introduction

- Complex social phenomena as health status of the population are not the simple addition of single phenomena. It should not be considered as the simple addition of different health individuals.
- Health status of population defined as “the degree of equilibrium that results from a complex process of dynamic interaction between people’s constitutional factors and the natural and the social environment surrounding them
- This means that man interacts not only with the natural environmental factors but also with the rest of the people surrounding him and this interrelation is manifested in his health through biological, psychological and social factors.

Determinants of health

- The term ‘determinants of health’ was introduced in the 1970s and it refers to those factors that have a significant influence, whether positive or negative, on health.
- The term should not imply a cause–effect relationship between a risk factor and a health status. Health is the result of multiple factors including those genetic, biological, and lifestyle factors relating to the individual and those factors relating to the structure of society and its policies.
- The context of people’s lives determine their health, and so blaming individuals for having poor health or crediting them for good health is inappropriate.
- Individuals are unlikely to be able to directly control many of the determinants of health



Determinants of health

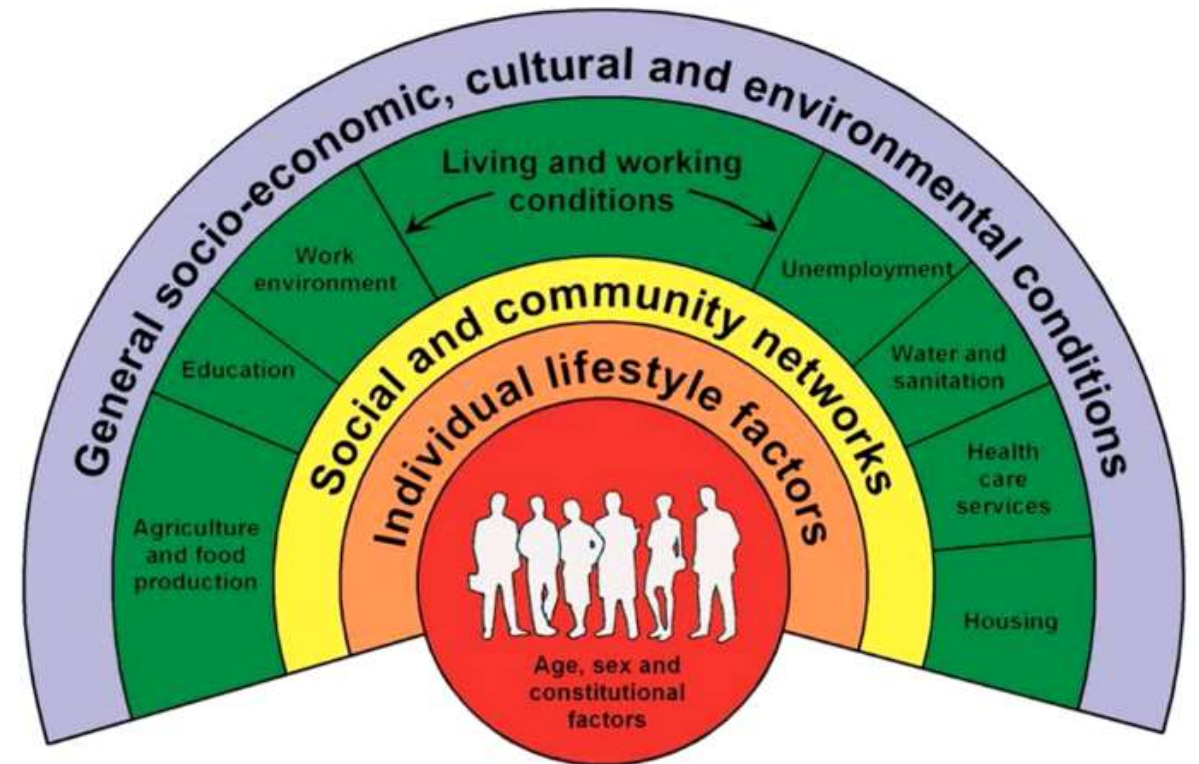
- Generally, the determinants of health can be classified into:
 - ✓ Social and economic environment,
 - ✓ Physical environment, and
 - ✓ Person's individual characteristics and behaviors
- There are many models that summarized the health determinants.
- Dahlgren-Whitehead rainbow is a model for determining health inequalities that maps the relationship between the individual, their environment and health.
- The model remains one of the most effective illustrations of health determinants, and has had widespread impact in research on health inequality and influences.
- It has helped researchers develop a range of hypotheses about the determinants of health, explore the relative influence of these determinants on different health outcomes and plot the interactions between the various determinants.

Determinants of health

Dahlgren and Whitehead Model

It was developed in 1991 by Göran Dahlgren and Margaret Whitehead and places individuals at the center, with various layers of influences on health surrounding them, such as;

- Individual Constitutional Factor
- Individual lifestyle factors,
- Community influences,
- Living and working conditions
- General social conditions.



Determinants of health

- **Biological Determinants**

Some biological and genetic factors affect specific populations more than others.

Examples of biological and genetic determinants of health include age, sex, inherited conditions and genetic make-up.

- **Behavioral Determinants**

Individual behaviors such as diet, physical activity, alcohol, tobacco and other drug use also play a role in health outcomes.

Determinants of health

Social determinants :

- Are the non-medical factors that influence health outcomes.
- They are the conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life.
- These forces and systems include economic policies and systems, development agendas, social norms, social policies and political systems.
- Research shows that the social determinants can be more important than health care or lifestyle choices in influencing health, where they account for between 30-55% of health outcomes.
- Addressing SDH appropriately is fundamental for improving health and reducing longstanding inequities in health, which requires action by all sectors and civil society

Social Determinants of Health



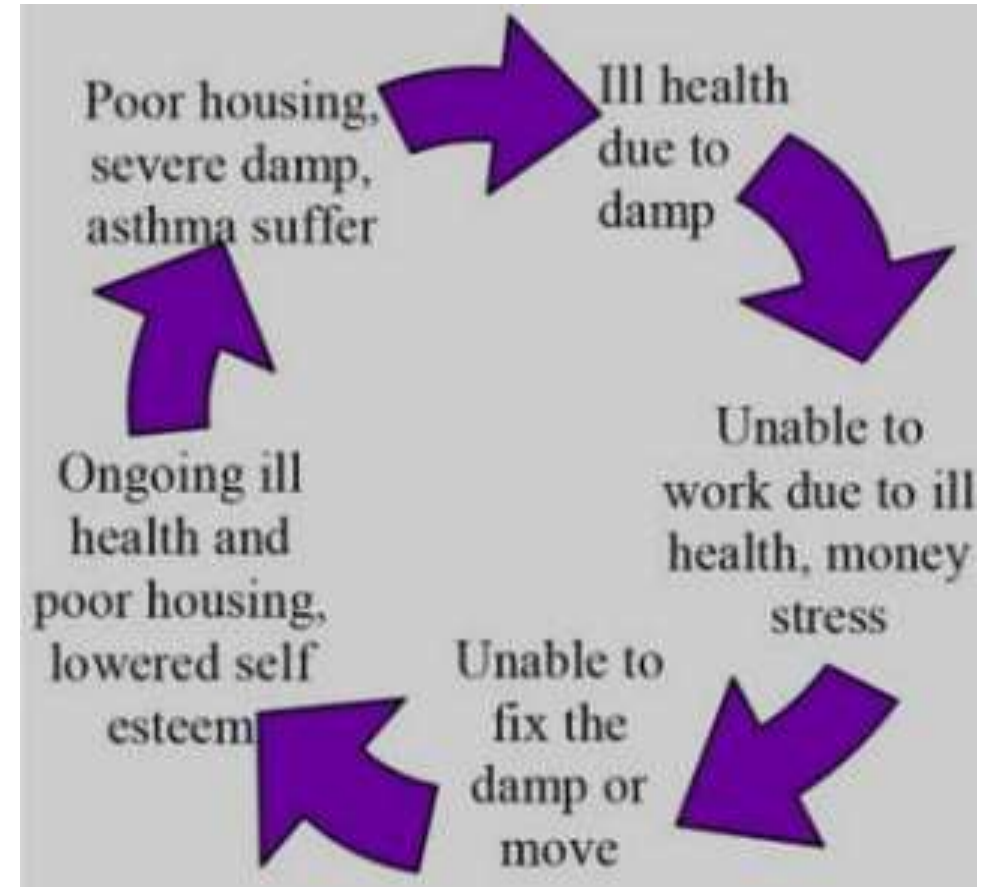
Determinants of health

▪ Social determinant

The social model of health :

The social model of health examines all the factors which contribute to health such as social, cultural, political and the environment. It was developed in the late 1970's 1980's.

- It is an approach that recognizes improvements in health and wellbeing can only be achieved by directing efforts towards addressing the physical, sociocultural and political environments of health that have an impact on individuals and population groups.



Determinants of health

- The 5 principles of the social model of health = AREAI or IDEAR;
 1. Addresses the broader determinants (FACTORS) of health
 2. Involves intersectoral collaboration
 3. Acts to reduce social inequities
 4. Acts to enable access to healthcare
 5. Empowers individuals and communities

Health equity

- Health equity means that each person gets what they need to achieve optimal health. Some people need more than others to reach the same level of health. Health equity is the attainment of the highest level of health for all people.
- Disparities are differences in health outcomes that may arise due to health inequities. Racial and ethnic minority groups are often disproportionately affected by health inequities.
- Health equity is achieved when no one is disadvantaged from achieving their full health potential because of social position or other socially determined circumstances.

Health equity affects:

- ✓ Length of life
- ✓ Quality of life
- ✓ Rates of disease, disability, and death
- ✓ Severity of disease
- ✓ Access to treatment

Equity and equality are not the same thing!



Equity

Equality

Health Literacy

- The definition of health literacy was updated in August 2020 with the release of the U.S. government's Healthy People 2030 initiative.
- The update addresses personal health literacy and organizational health literacy and provides the following definitions:
 1. **Personal health literacy** : is the degree to which individuals have the ability to find, understand, and use information and services to inform health-related decisions and actions for themselves and others.
 2. **Organizational health literacy**: is the degree to which organizations equitably enable individuals to find, understand, and use information and services to inform health-related decisions and actions for themselves and others



Health literacy elements

1. Knowledge of health, health care and health systems.
2. Processing and using information in various formats in relation to health and healthcare.
3. Ability to maintain health through self-management and working in partnerships with health providers

MCQs

Q1. Health differences between those in their 20s versus 60s can be considered:

- a) Health inequity
- b) Health equity
- c) Health inequality
- d) Health justice

Q2. One component of Dahlgren-Whitehead Model:

- a) Knowledge of health and health systems
- b) Community influences
- c) Empowers individuals and communities
- d) Acts to enable access to healthcare

Q3. All of the followings are biological determinants except:

- a) Sex
- b) Immune susceptibility
- c) Age
- d) Economic stability

THANK YOU

