

## Lec 02 Social Determinants

Determinants of health

- proximal: direct influence at the micro or macro level (downstream) includes lifestyle and behavioural factors
- distal: indirect influence on health at the macro level (upstream) includes policies and laws.

Solid Fact

Data from rich developed countries (not underdeveloped/third world countries)

### Social determinants

- mostly responsible for health inequities
- link with climate change
- GFC has caused (will continue) hardship— mental & physical health declines (Current financial models and approaches to profiteering are not working)
- many SDOH intertwine and overlap

### Social gradient

- social position (money for clinic)
- the lower you are in the hierarchy the higher the risk of disease
- Absolute poverty (different to 'relative' poverty) refers to living below the poverty line.
- Relative poverty is about how the wealth is distributed in the society and not about the absolute amounts held by each person. Relative poverty is also bad for health.

### Stress

#### Early life

- mothers and children
- education lasts a lifetime

#### Social exclusion

#### Work

#### Unemployment

#### Transport

- health transport means less drive and more walking and cycling backed up by better public transport

#### Addiction

- alcohol, drugs, tobacco

#### Food

- because global market forces control the food supply, healthy food is a political issue.

#### Social Support

### Principles for action

- Improve daily living condition: healthy kids/workers/communities
- tackle the inequitable distribution of power, money, resources
- measure and understand the problem and assess the impact of action: health equity surveillance, Equity focused health impact assessment, research, increasing awareness of SDOH