

Determinants of Health

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1. Introduction

- Determinants of health are factors that influence the health of individuals and populations.
- They interact to shape health outcomes and inequalities.

2. Social Determinants

- **Social determinants of health:** conditions in which people are born, live, work, and age.
- Income, education, and employment strongly affect health.
- Housing, food security, and social support also play key roles.

3. Other Categories

- Biological and genetic factors such as age and inherited traits.
- Behavioral factors including diet, physical activity, and substance use.
- Environmental factors like air quality, water, and sanitation.

4. Health System Factors

- Access to quality healthcare services and affordability.
- Availability of preventive care and health information.

5. Significance

- Most health outcomes are shaped by factors outside the clinic.
- Addressing determinants reduces inequities and improves population health.