Determinants *of* Health

Each factor that influences health is important in its own right.

At the same time, the factors are inter-related.

The combined influences of these factors together determine health status.

Following are the commonly recognized Determinants of Health:

Health Services

- Health is influenced by having access to services that are structured to restore, maintain and promote health, and prevent disease.

A Healthy Start - Early Childhood Development

- Early child development influences health throughout the life span. Factors that influence child development include healthy birth weights, positive parenting, and safe, friendly neighbourhoods.

Income and Social Status

- Income and social status influence people's access to housing and food, and their sense of control over life decisions. Health status generally improves as people's income and social status improve.

Biology and Genetic Endowment

- People's genetic endowment contributes to their predisposition to certain diseases. Biology influences their response to sources of stress, such as viruses or emotional strain.

Employment and Working Conditions

- People with a steady job that provides sufficient income and a safe workplace are generally healthier.

Education

- People's level of education influences their opportunities for job selection and security, and a sufficient income.

Physical Environments

- The natural environment, which includes air, water and soil, influences health. The human-built environment, which includes housing, workplaces, and road design, also influences health.

Personal Health Practices and Coping Skills

- People's knowledge, behaviours and abilities to handle outside influences and stressors affect health.

Social Support Networks

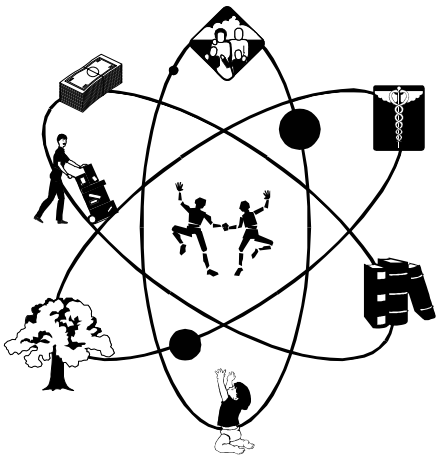
- Support from family, friends and the community contribute to better health.

Gender

- Men and women do not always have equal roles, power and influence in society. Measures to address gender inequity and gender bias can improve health.

Culture

- Language and beliefs influence people's health-related behaviours, access to health information, and the way people interact with the health system.



Social Environments

- Social stability, recognition of diversity, good working relationships and cohesive communities contribute to healthy social environments.