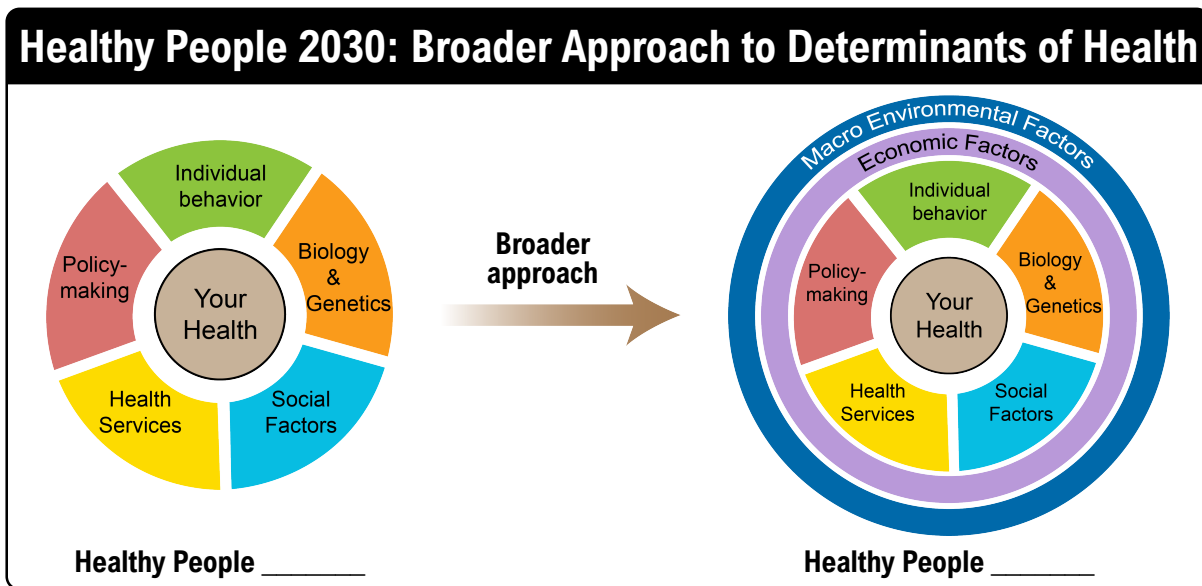


CONCEPT: INTRODUCTION TO DETERMINANTS OF HEALTH

- ◆ **Recall:** Health is the state of *complete* physical, mental, and social well-being, not just the absence of disease.
 - An individual's _____ with their physical and social environment affects their health.
 - **Determinants of Health** _____ this interaction and affect one's ability to get healthy and stay healthy.
- ◆ *Healthy People 2030* initiative lists the following determinants of health. [1]

Health Determinants

A range of personal, social, economic, and environmental factors that affect an individual's health.



- ◆ The health of an individual is a _____ outcome of these determinants of health.

EXAMPLE

Jessica is a 30-year old woman who works as an accountant for an international company. Which one of the following could be a determinant that adversely affects Jessica's health?

- Her company did some restructuring, but her position in the company remained the same.
- Jessica lives near a train station and doesn't get a good night's sleep.
- She recently bought extra coverage for her health insurance.
- She quit smoking 3 years ago.