



- **Determinants of health:**

- **Age, gender and constitutional factors.**
- **Individual lifestyle factors.**
- **Social and community networks.**
- **Living and working conditions:**
 - ✓ **Education:** education is strongly linked to health and to the determinants of health such as health behaviors, risky contexts and preventive service use.
 - ✓ **Unemployment.** Employment has a significant effect in a person's physical, mental and social health. Indicators of work-related health problems include the following:
 - ❖ Stress.
 - ❖ Backache.
 - ❖ Overall fatigue.
 - ❖ Headache.
 - ❖ Sleeping problems.
 - ✓ **Agriculture and food production.**
 - ✓ **Work environment.**
 - ✓ **Water and sanitation.**
 - ✓ **Health care services.**
 - ✓ **Housing.**
- **General socioeconomic, cultural and environmental conditions**

- **Social view of health:**

- **Support networks:** family and friends. Experts in the field have concluded that the health effect of social relationships may be as important as established risk factors such as smoking, physical inactivity, obesity and high blood pressure.
- **Employment:** wages and unemployment.
- **Family structures:** functional or dysfunctional.
- **Culture:** values and traditions. Values of a society influence in different ways the health and well being of individuals and populations. In addition, social stability, recognition of diversity, safety, good working relationships and cohesive communities provide a supportive society that reduces or avoids many potential risks to good health.
- **Faith/religion:** guiding or ruling.
- **Social structures:** laws and politics.
- **Social factors:** community expectations.
- **Economics:** community and personal.
- **Social relationships:** peer influence.

- **Income and social status:** there is a strong and growing evidence that higher socio-economic status is associated with better health.

- **Physical environment:** it is an important determinant of health. At certain levels of exposure, contaminants in air, water, food and soil can cause a variety of adverse health effects including:

- Cancer.
- Birth defects.
- Respiratory illness.
- Gastrointestinal diseases.

- **Personal health practices and coping skills:**

- Refer to actions by which individuals can prevent diseases and promote self-care. Cope with challenges, develop self-reliance (الاعتماد على الذات), solve problems and make choices that enhance health.



- **Health and child development:**

- New evidence on the effects of early experiences on brain development, school readiness and health in later life has sparked a growing consensus about early child development as a powerful determinant of health in its own right.

- **Health promotion and health education:**

- **Health promotion:** involves the empowerment of the community (تمكين المجتمع) through education, provision of preventive health services and improvement of the social, physical and economic environments. Health promotion begins with people who are basically healthy and seeks the development of community and individual measures which can help them to develop lifestyles that can maintain and enhance their state of well-being. Health promotion target areas involve the following:

- ✓ Smoking.
- ✓ Alcohol.
- ✓ Nutrition.
- ✓ Exercise.
- ✓ Sexuality.

Health promotion tools include the following:

- ✓ Mass media.
- ✓ Social marketing (through attractive products, affordable price... etc).
- ✓ Community mobilization (culture as strength).
- ✓ Health education.
- ✓ Policy communication.

- **Health education:** empowerment of individuals through increased knowledge and understanding but does not involve the political health support necessary in health promotion.

Note: health promotion = health education x appropriate services x healthy public policies. Example:

	Education to individuals / communities	Improvements in services	Advocacy / agenda setting for policy change
Road safety	Public education on road safety	Improved emergency services	<ul style="list-style-type: none"> • Road safety laws • Compulsory seat belts • Crash helmets for motorcyclists • Improved car safety design

- **Disease prevention:** begins with a threat to health –a disease or environmental hazards- and seeks to protect as many people as possible from the harmful consequences of that threat (levels of prevention will be discussed in clinical note).