DETERMINANTS OF HEALTH: SOCIAL ENVIRONMENT

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SOCIAL ENVIRONMENT

People’s lifestyles and the conditions in which they live and work strongly influence their health.
SOCIAL ENVIRONMENT

- Human lives in an environment where both abiotic and biotic factors affect him.
  - Adapt to their environment through several ways.

- There is also another kind of environment, which plays an important role in man’s living conditions, this is the social environment.
DEFINITION

- Social environment includes cultural norms and values.

- Political, economic and religious institutions constitute an important part of the social environment and often decide how the environmental resources will be utilized by people and for whose benefit these will be utilized.

- As such, these factors put constraints on resource utilization.
DEFINITION

- Social environment can be understood in terms of broad **structural arrangements of the society**.

- Social structure has been described as the **network of social institutions**. It is a complex of various groups and institutions, which constitute the society.
SOCIAL DETERMINANTS OF HEALTH

- The social gradient
- Stress
- Early life
- Social exclusion
- Work
- Unemployment
- Social support
- Addiction
- Food security
- Transport
SOCIAL GRADIENT

- Poor social and economic circumstance affect health throughout life.
  - Twice the risk of serious illness, premature death

- Due to:
  - Having few family assets.
  - Having poorer education
  - Having insecure employment
  - Stuck in hazardous dead-end job
  - Living in poor housing
  - Trying to bring up a family in difficult circumstance
  - Living on an inadequate retirement pension.
Poor social and economic circumstances affect health throughout life
STRESS

- Stressful circumstances making people
  - Feel worried
  - Anxious
  - Unable to cope
  - Are damage to health and many lead to premature death.

- Long term stress.
  - Continuing anxiety
  - Insecurity
  - Low self esteem
  - Social isolation
  - Lack of control over work and home live
  - Affect health
Lack of control over work and home can have powerful effects on health.
STRESS

● Why Psychosocial factors affect physical health?
  ○ In emergencies-hormones and nervous system prepared to deal with an immediate physical threat – i.e., raising the heart rate, mobilizing stored energy, diverting blood to muscles.

● Stress in modern life cause long-term health affect
  ○ People fell tense too often
    • Become more vulnerable to infection, diabetes, high blood pressure, stroke, depression.
EARLY LIFE

- Adults health are defend in early childhood and before birth
- Slow growth and poor emotional
  - risk of poor physical health
  - reduce physical development
  - cognitive and emotional functional in adulthood.

- Poor circumstances during pregnancy can lead to less fetal development due to
  - Deficiencies in nutrition during pregnancy
  - Maternal stress
  - Maternal smoking and misuse of drugs and alcohol
  - Insufficient exercise and inadequate prenatal care
SOCIAL EXCLUSION

- Poverty, deprivation and social exclusion have a major impact on health and premature death

- Absolute poverty – a lack of the basic maternal necessities of life (food, shelter, water, clothes)
  - Unemployment, ethnic minority, guest workers, disable people, refugees and homeless

- Relative poverty
  - Being much poor than most people in society and is often defined as living on less than 60% of the national medium income.
  - Denies to access get housing, education, transport
  - It become stress

- Social exclusion also results
  - Racism (i.e., Black and white)
  - Discrimination
  - Stigmatization
  - Hostility
  - Unemployment
People living on the streets suffer the highest rates of premature death.
WORK

- Social organization of work, management styles and social relationships in the workplace are affect to health

  - Stress in work plays important role in contributing to sickness, premature death.
Stress in work place
UNEMPLOYMENT

- Unemployment are linked to both its psychological consequences and the financial problems – especially debt.

  - The health effect start feel threatened ----anxiety.

  - Finally, effects on mental health (anxiety, depression), self reported illness, heart disease.
Unemployed people and their families suffer a much higher risk of premature death
SOCIAL SUPPORT

- Friendship, good social relations and strong supportive networks improve health at home, at work and in the community.

  - Social support give people the emotional and practical resources.

  - Social network of communication makes people feel cared for, loved, esteemed and valued

  - Protective effect on health and encourage healthier behavior patterns.
Belonging to a social network makes people feel cared for
ADDICTION

- Alcohol, drugs and tobacco cause:
  - social breakdown
  - important factor in worsening the resulting inequalities in health.
  - Associated with social and economical disadvantages.
People turn to alcohol, drugs and tobacco to numb the pain of harsh economic and social conditions.
FOOD SECURITY

- Food security
  - access by all people at all times to enough food for an active, healthy life

- Food insecurity
  - Food insecurity is defined, as “whenever the availability of nutritionally adequate and safe foods or the ability to acquire acceptable foods in socially acceptable ways is limited or uncertain”.
Local production for local consumption
RISK FACTORS FOR A POOR DIET
- Demographic and socioeconomic
- Poverty
- Natural hazards
- Health and sanitation

RISK FACTORS FOR SECONDARY MALNUTRITION
- Alcoholic-related diseases
- Anorexia in cancer
- Obesity secondary to steroid treatment
- Kidney and liver diseases
- Uremia

DIET
- Food insecurity
- Food intake patterns

NUTRITIONAL STATUS
- Anthropometric
- Biochemical
- Clinical

FUNCTIONAL OUTCOMES
- Health physical social & mental well-being
- Quality of life

DIRECT INDICATORS OF NUTRITIONAL STATE
<table>
<thead>
<tr>
<th><strong>CHRONIC FOOD INSECURITY</strong></th>
<th><strong>TRANSITORY FOOD INSECURITY</strong></th>
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<tr>
<td>is...</td>
<td>long-term or persistent.</td>
</tr>
<tr>
<td>occurs when...</td>
<td>people are unable to meet their minimum food requirements over a sustained period of time.</td>
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<tr>
<td>is...</td>
<td></td>
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<tr>
<td>long-term or persistent.</td>
<td>short-term and temporary.</td>
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<tr>
<td>occurs when...</td>
<td></td>
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<tr>
<td>people are unable to</td>
<td>there is a sudden drop in</td>
</tr>
<tr>
<td>meet their minimum</td>
<td>the ability to produce or</td>
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<tr>
<td>food requirements over</td>
<td>access enough food to</td>
</tr>
<tr>
<td>a sustained period of</td>
<td>maintain a good nutritional</td>
</tr>
<tr>
<td>time.</td>
<td>status.</td>
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CONSEQUENCES OF FOOD INSECURITY

- Adverse consequences of food insecurity for children can be grouped into:
  - health consequences
  - Psychosocial and behavioral impacts
  - Learning and academic outcomes

- Elderly persons from food insecure households have been reported to have:
  - low nutrient intakes
  - lower skinfold thickness
  - physiological and social obstacles to obtain a healthful diet, poorer health
  - depression and impaired functional status that affected quality of life
CONSEQUENCES OF FOOD INSECURITY

- Women from food insecure households have been reported to have
  - low intakes of micronutrient
  - at increased risk of overweight and obesity
  - disordered eating patterns
  - poor mental health,
  - adverse social repercussions
  - and social capital nutrients and higher rates of chronic disease
TRANSPORT

- Health transport means less driving and more walking and cycling, backed up by better public transport.

- Cycling, walking and the use public transport promote health through:
  - Provide exercises
  - Reduce accidents
  - Increase social contact
  - Reduce air pollution
Roads should give precedence to cycling
THANK YOU