



## **Alpine County Public Health Department**

**Social determinants are in part responsible for the unequal and avoidable differences in health status within and between communities.**

**Social determinants as a Leading Health Topic recognizes the critical role of home, school, workplace, neighborhood, and community in improving health.**



## **Alpine County Public Health Department**

**75 B Diamond Valley Road  
Markleeville, CA 96120  
(530) 694-2146 ext 242  
(530) 694-2252 fax**



# **Alpine County Health & Wellness Coalition**



**Join together and improve your programs capacity and strengthen local advocacy efforts in Alpine County.**

**(530) 694-2146**



## **Join the Effort and Complete the Puzzle**

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### Examples of Social Determinants include:

- Availability of resources to meet daily needs, such as educational and job opportunities, living wages, or healthful foods.
- Social norms and attitudes, such as discrimination.
- Exposure to crime, violence, and social disorder, such as the presence of trash.
- Social support and social interactions.
- Exposure to mass media and emerging technologies, such as the Internet or cell phones.
- Socioeconomic conditions, such as concentrated poverty.
- Quality schools.
- Transportation options.
- Public safety.
- Residential segregation.



## Health Impact of Social Determinants

Social and physical determinants affect a wide range of health, functioning, and quality of life outcomes. For example:

### *Education is associated with:*

- Longer life expectancy.
- Improved health and quality of life.
- Health-promoting behaviors like getting regular physical activity, not smoking, and going for routine checkups and recommended screenings.
- Discrimination can increase blood pressure, heart rate, and stress, as well as undermine self-esteem and self-efficacy.
- Family and community rejection, including bullying can have serious and long-term health impacts including depression, use of illegal drugs, and suicidal behavior.

- Access to parks and safe sidewalks for walking is associated with physical activity in adults.

Social determinants of health reflect social factors and the physical conditions in the environment in which people are born, live, learn, play, work and age. Also known as social and physical determinants of health, they impact a wide range of health, functioning and quality of life outcomes.

