

WHAT ARE SOCIAL DETERMINANTS OF HEALTH?



Social Determinants of Health are the conditions in which people live, work, learn, and age. These conditions affect how healthy people are and how long they live. Health is not only about doctors or medicine. Many things outside of a doctor's office affect health every day.

THE MAIN SOCIAL DETERMINANTS OF HEALTH

HOUSING

- Safe, stable housing
- No mold, pests, or overcrowding
- Affordable rent and utilities



Why it matters: Poor housing can cause asthma, injuries, stress, and frequent illness.

INCOME & EMPLOYMENT

- Steady income
- Fair wages
- Job stability



Why it matters: Low income can make it hard to pay for food, medicine, rent, and transportation.

FOOD ACCESS

- Enough healthy food
- Grocery stores nearby
- Ability to afford food



Why it matters: Poor nutrition can lead to diabetes, heart disease, and low energy.

TRANSPORTATION

- Reliable transportation
- Ability to get to work, school, and medical appointments



Why it matters: Without transportation, people may miss doctor visits or delay care.

HEALTH CARE ACCESS

- Health insurance
- Doctors and clinics nearby
- Language and cultural support



Why it matters: Without access to care, small health problems can become serious.

EDUCATION & HEALTH LITERACY





- Understanding health information
- Knowing how to use insurance
- Knowing where to get help






Why it matters: People who understand their health are better able to manage it.

HOW SOCIAL DETERMINANTS AFFECT HOUSING & PHYSICAL HEALTH

When basic needs are not met:

-  Stress increases
-  Chronic illnesses get worse
-  Emergency room visits increase
-  Mental health can decline

Examples:

-  Cold or unsafe housing can lead to respiratory illness
-  Housing instability can cause anxiety and depression
-  Lack of income can delay medical care

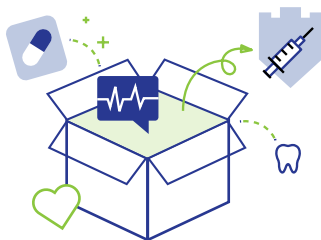
WHY ADDRESSING SOCIAL DETERMINANTS MATTERS

Improving Social Determinants of Health helps people:

-  Stay healthier longer
-  Avoid emergency care
-  Maintain stable housing
-  Improve quality of life

Health and housing are connected. Supporting basic needs supports better health.

HOW A HEALTH NAVIGATOR CAN HELP



A Health Navigator helps connect people to:

- Health insurance
- Medical and dental care
- Food and housing resources
- Transportation and community programs

Health navigation helps reduce barriers and supports whole-person health.