Determinants of Health

SOCIAL - PHYSICAL - BIOLOGICAL - BEHAVIOURAL
What are Determinants?

- Anything that effects a person’s health or wellbeing can be categorised as a determinant of health. The effect could be positive or negative.

- Determinants of health can be defined as: ‘factors that raise or lower the level of health in a population or individual.’

- Determinants can be classified in many ways such as biological, behavioural and those relating to the physical and social environment.
1. View the following images and they have to write a response after viewing the image to determine if the image can have a positive or negative impact on mental health.
IMAGE ONE:
IMAGE THREE:
IMAGE 4:
What do we know? (In pairs brainstorm)

What do you think each of these cover?
This includes social networks such as family and friends and how one interacts with them.

The social environment refers to the ‘social situation’ in which people live.
The places we live, play, go to school and work all impact on our health, also the quality of environmental aspects such as water and air.

Aspects of the physical environment can directly impact on health by affecting the body’s systems.
Biological

• Some things are out of our control in relation to our health, we are products of our parents. Genetics plays a big part of who we are.
The choices we make impact on our health also, decision’s be positive or negative. For example deciding to take drugs.

Others include, sun protection, participating in physical activity, the use of various substances, skills in developing and maintaining friendships and seeking help from health professionals.