

SOCIAL DETERMINANTS: FACTORS THAT AFFECT YOUR HEALTH

AND WHAT YOU CAN DO TO LIVE A HEALTHIER LIFE

INCOME

HOUSING

EDUCATION

TRANSPORTATION

Student Names:

INCOME

SOCIAL DETERMINANTS FACTORS THAT INFLUENCE YOUR HEALTH

INCOME Your income can determine how healthy you are. How much you earn can influence both your well-being and how long you are expected to live. Income is linked to:

SAVINGS



INEQUALITIES

The richest 1% of Americans can expect to live as many as 14 years longer than the poorest 1% of Americans



CHILD HEALTH



MORTALITY

500+ infant deaths & 2.8K low-weight births could have been prevented if all states had raised their minimum wage by \$1 in 2014



HOUSING



DISPARITIES



Wage gaps persist by gender, race & ethnicity.

Men's wages per hour in 2015:

- Hispanics: \$14
- Blacks: \$15
- Whites: \$21
- Asians: \$24

Women's wages lag behind men's across the board.

OPPORTUNITY



In 2014, 44% of U.S. youth — more than 31 million kids & teens — lived below or just above the poverty level.

1. How does Income affect your health?

- The financial decision people and how much they make can physically and mentally affect your health from the streets to the products you are able to buy

2. What can you do in relation to this factor to improve your health?

- There should be free hygiene product and people should get paid more to live a financially stable life.

HOUSING

SOCIAL DETERMINANTS FACTORS THAT INFLUENCE YOUR HEALTH

HOUSING Housing and health are connected. Where and how people live can influence how healthy they are and how well they live. Housing is linked to:

OPPORTUNITY



LEAD POISONING

About 500K kids ages 1-5 have elevated blood lead levels. High levels are often linked to lead paint & dust in homes.



GOOD HEALTH



EXPENSES

49.3% of renters spent more than 30% of their income on housing in 2014.

26.4% spent more than half of their income on housing.



EQUITY



ASTHMA RISKS



24M Americans have asthma — including 6.3M children.

Asthma can be triggered by pests, indoor allergens & poor ventilation.

COMMUNITY



Follow 8 principles for a healthy home:
Keep it well-ventilated, contaminant-free, clean, safe, pest-free, well-maintained, dry & at a comfortable temperature.

1. How does HOUSING affect your health?

Being in an environment that facilitates not only a positive mood but also a place where you have access to daily essentials like

2. What can you do to counteract this?

Keep your home clean, well-maintained, make sure the house is contamination-free, make sure to look for anything that can harm the people living there etc.

The **NATION'S HEALTH**
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EDUCATION

SOCIAL DETERMINANTS FACTORS THAT INFLUENCE YOUR HEALTH

EDUCATION Education and health are linked. People with better education are healthier. And with more education comes longer lives. Education is connected to:

OPPORTUNITY



BEHAVIOR

Education is linked to healthy behaviors.

21.7% of adults with high school diplomas smoke, vs. 5.4% of adults who also have graduate degrees.



LIFE EXPECTANCY



INCOME

More education means higher incomes.

Every additional year of schooling leads to an 11% increase in income.



LITERACY



EMPLOYMENT



Education means more employment.

People ages 25 and over who lack high school degrees have an 8% unemployment rate, vs. a 2.8% rate among people with bachelor's degrees.

GRADUATION



Education means a longer life.

People who graduate from college live at least 5 years longer than people who don't finish high school.

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1. How does EDUCATION affect your health?

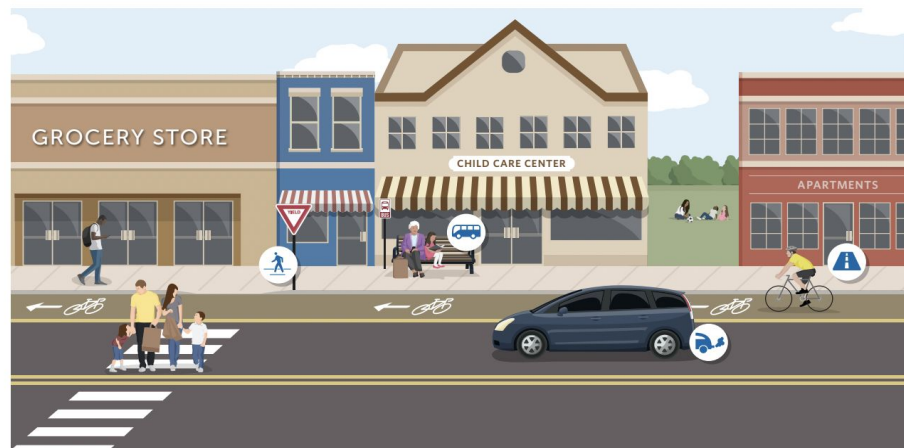
Education can affect your health by not knowing about health risks in class. It can also interfere with their literacy and comprehension levels.

2. What can you do to counteract this?

We can enroll in college to learn more about the risks of diseases or illness that affect people

Transportation Access and Quality Affect Health

Proven policies can promote physical activity and reduce disease



Infrastructure

Sidewalks, bike lanes, and multi-use trails provide safe opportunities for daily physical activity that can reduce cardiovascular disease and obesity while improving community residents' access to health care, employment, and resources such as healthy foods.

Emissions

Infrastructure, laws, and regulations that provide more opportunities for nonmotorized transportation and result in lower emissions from trains, planes, and trucks can reduce pollution, lower childhood asthma rates, and decrease heart disease among adults, especially in communities near major roadways.

Transit

Access to safe, affordable, and reliable public transit can lead to increased physical activity and better access to jobs and services, which may help people—especially those from low-income households—maintain stable employment, meet basic needs, and access healthy foods and other resources. About 42 percent of people earning less than \$25,000 a year depend on public transit to get to work.

Safety

Lowering speed limits, illuminating or raising pedestrian crosswalks, and designing streets to accommodate bikes, pedestrians, and people with disabilities can make transportation routes safer and more accessible for everyone and reduce the rates of serious injury and death.

TRANSPORTATION

1. How does TRANSPORTATION affect your health?

Transportation can affect your health because if you're driving a car every day, you might start to see yourself not walking or running as much anymore, and that's not good on the body as those two things are vital for exercise.

2. What can you do to counteract this?

You can try to balance the two. Drive only to far places and walk to close ones.

SOCIAL DETERMINANTS FACTORS THAT INFLUENCE YOUR HEALTH

The conditions in which you live, learn, work and age affect your health. Social determinants such as these can influence your lifelong health and well-being.

HOUSING



HEALTHY FOOD

6.5 million children live in low-income neighborhoods that are more than a mile from a supermarket.



LITERACY



INCARCERATION

The incarceration rate in the U.S. grew by more than 220% between 1980 and 2014, though crime rates have fallen.



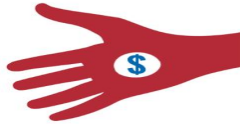
ENVIRONMENT



ACCESS TO CARE



POVERTY



GRADUATION



HEALTH COVERAGE



More than 89% of U.S. adults had health coverage in 2014. But 33 million Americans still lacked insurance.

So, what?

1. What are the main takeaways from what you read? How is this relevant for us and our school community?

With what I read I can conclude that everything involved in this article can affect your health and well being. This involves us because new york works very differently compared to all other states.

2. What can we as journalists do?

We as journalist can spread awareness on these things and make many more people make better decisions for themselves and their health.