



Determinants of Health and Health Disparities

Presented by:
The California-Nevada
Public Health Training Center

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Learning Objectives

After this tutorial you will be able to...

1. Define health both narrowly and broadly
2. Describe 5 categories of the determinants of health and provide examples
3. Define health disparities and provide examples of health disparities
4. Describe health equity

Definition of Health

- Narrow definition:
 - *Absence of disease*
- Broader definition:
 - *A state of complete physical, mental and social well being.*
- To achieve the broader definition:
 - *Identify and realize aspirations*
 - *Satisfy needs*
 - *Change or cope with environment*

Determinants of Health

- Biology and genetics
- Individual behaviors
- Physical environment
- Health care systems
- Social environment

Biology and genetics

- Biological and genetic factors: greater or lesser risk of disease
 - Age
 - Sex
 - Genetics
 - Family history

Individual behaviors

- Individual behaviors – positive changes can reduce rates of disease
 - Diet
 - Physical activity
 - Alcohol, cigarette, and other drug use
 - Hand washing

Physical environment

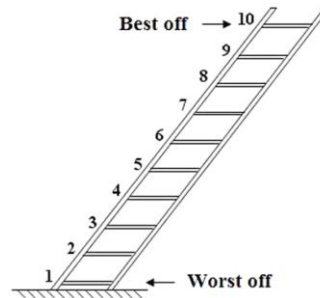
- Physical Environment – natural environment, “built” environment
 - City Design
 - Transportation systems
 - Toxic exposures (cancers)
 - Safety at home and work
 - Housing conditions
 - Violence and crime

Health care systems

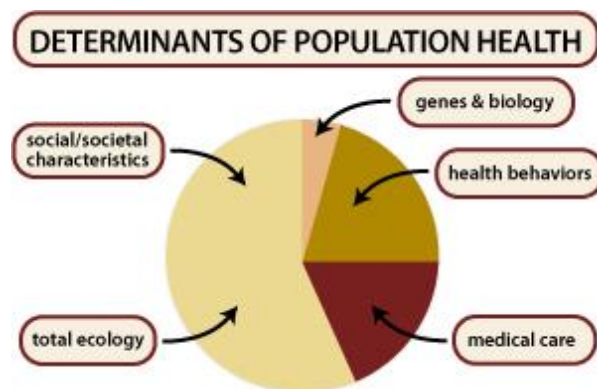
- Health care systems
 - Available and accessible
 - Medically underserved areas
 - Affordable
 - Culturally & linguistically appropriate

Social environment

- Social environment or social characteristics
 - Socioeconomic Status (SES)
 - Income
 - Education
 - Occupation
 - Social support and discrimination



Determinants of Health

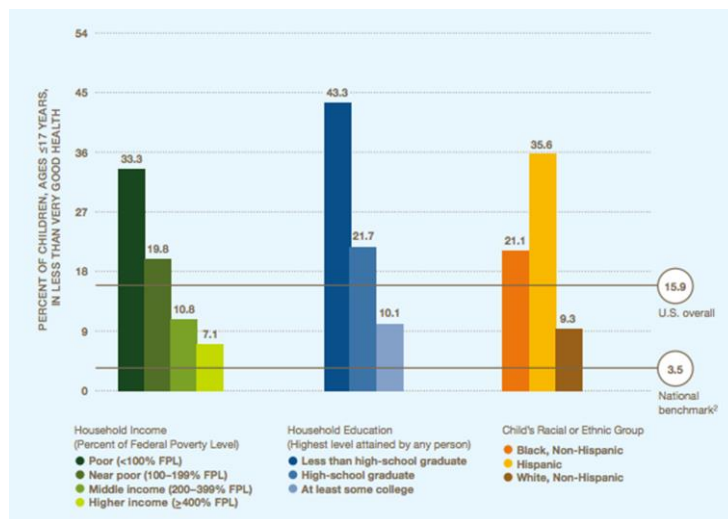


Source: Centers for Disease Control and Prevention

Health Disparities

- Population-specific differences in health outcomes:
 - Presence of disease
 - Quality of health care
 - Health care utilization


Examples of Health Disparities



Source: Robert Wood Johnson Foundation

Examples of Health Disparities

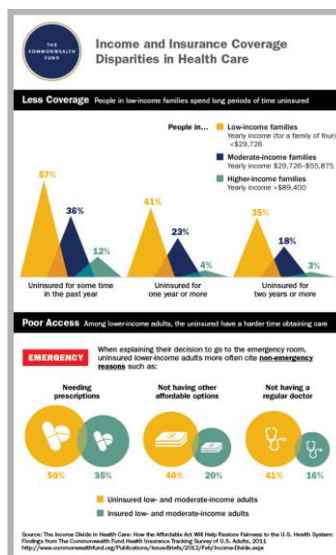
General Health Status among US Adults*, by Race or Ethnicity



Race or Ethnicity	Excellent/ Very Good Health Status	Good Health Status	Fair/Poor Health Status
Non-Hispanic White	59.3%	27.8%	12.9%
Non-Hispanic Black	44.4%	34.6%	21.1%
Hispanic	33.6%	35.4%	31.1%
Asian	55.8%	33.8%	10.4%
Hawaiian/PI [^]	55.4%	29.7%	14.8%
Native American [*]	42.7%	32.8%	24.5%

*Aged 18 years or older, [^]Pacific Islander,
^{*}Includes American Indians and Alaska Natives

Examples of Health Disparities



Source: Commonwealth Fund

Health Equity

- Defined:
 - when everyone has the opportunity to 'attain their full health potential' and no one is 'disadvantaged from achieving this potential because of their social position or other socially determined circumstance'



Conclusion

- Strategies for Eliminating Health Disparities and Health Inequities using core public health functions
 - Assessment – Assess health outcome
 - Assurance – Diversify the public health workforce
 - Policy Development – Monitor health services