

JACKSON STATE UNIVERSITY
Jackson Heart Study Community Outreach Center

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Fact Sheet No. 1

Social Determinants of Health

Health begins in our communities.



Even before you step into a doctor's office, the world in which you live, learn, work, and play affects your health. We can think of the ways in which our homes, neighborhoods, and communities are connected to our health as **social determinants of health**.

What are social determinants of health (SDOH)?

SDOH are the conditions in which people live that affect their health, risk for illness, and length and quality of life. These conditions are shaped by income, education, politics, and social policies.

What are examples of social determinants of health?

Does your neighborhood support or not support residents' health? Consider the following **SDOH**:

- Jobs that pay a living wage
- Educational opportunities

- Housing quality
- Neighborhood safety

- Air, water, and soil quality
- Health care availability

Why are social determinants of health important?

Understanding **social determinants of health** can help communities develop programs and policies that support residents' health.

- Sidewalks in good repair • Access to available health care. • Healthy, affordable foods
- Schools and training programs • Affordable local transportation

How are metro Jackson communities addressing social determinants of health?

- Raising awareness about SDOH • Providing recreational facilities to increase physical activity
- Collaborating with policymakers to establish grocery stores in rural communities

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