

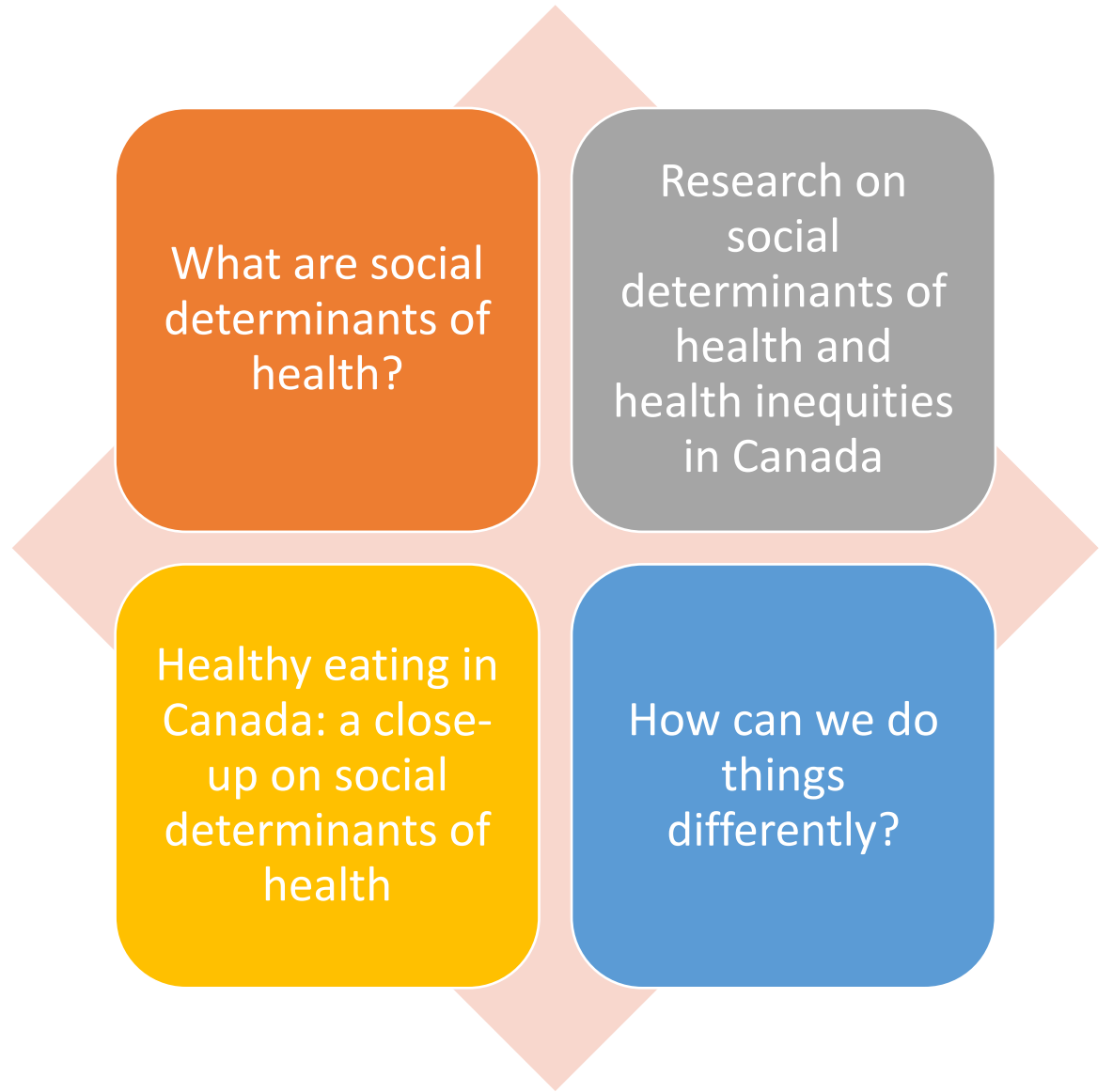


Social Determinants of Health: the research

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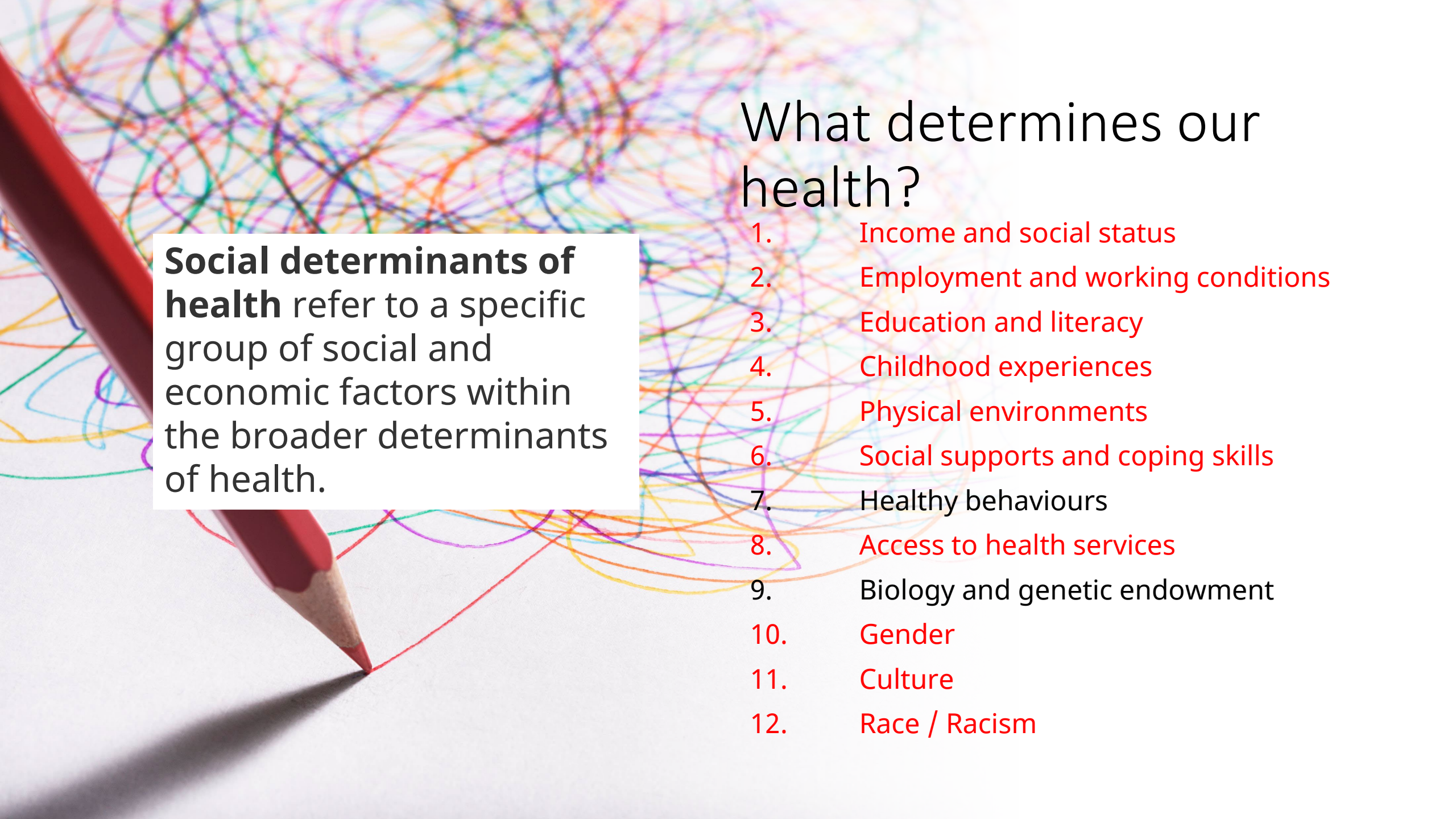
Outline





What determines our health?

1. Income and social status
2. Employment and working conditions
3. Education and literacy
4. Childhood experiences
5. Physical environments
6. Social supports and coping skills
7. Healthy behaviours
8. Access to health services
9. Biology and genetic endowment
10. Gender
11. Culture
12. Race / Racism



Social determinants of health refer to a specific group of social and economic factors within the broader determinants of health.

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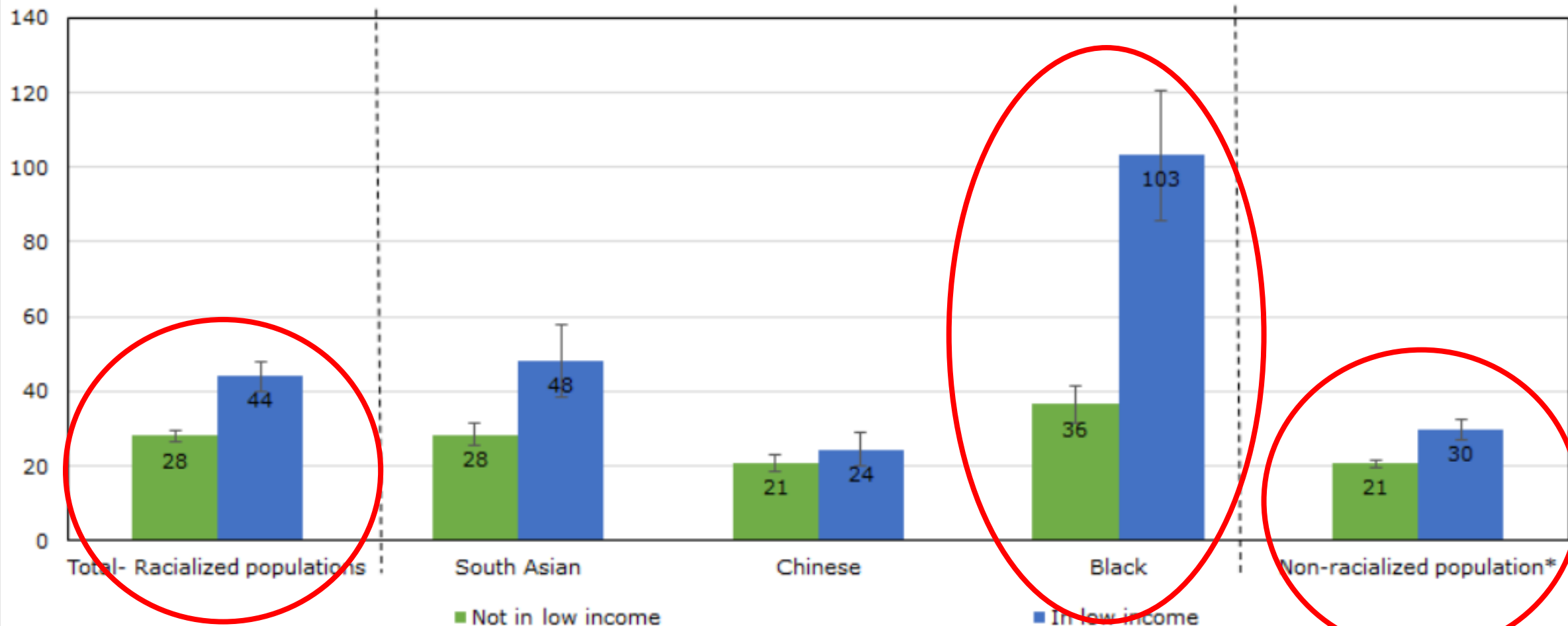
Health Inequities

Health inequalities that are *unjust* AND *modifiable*



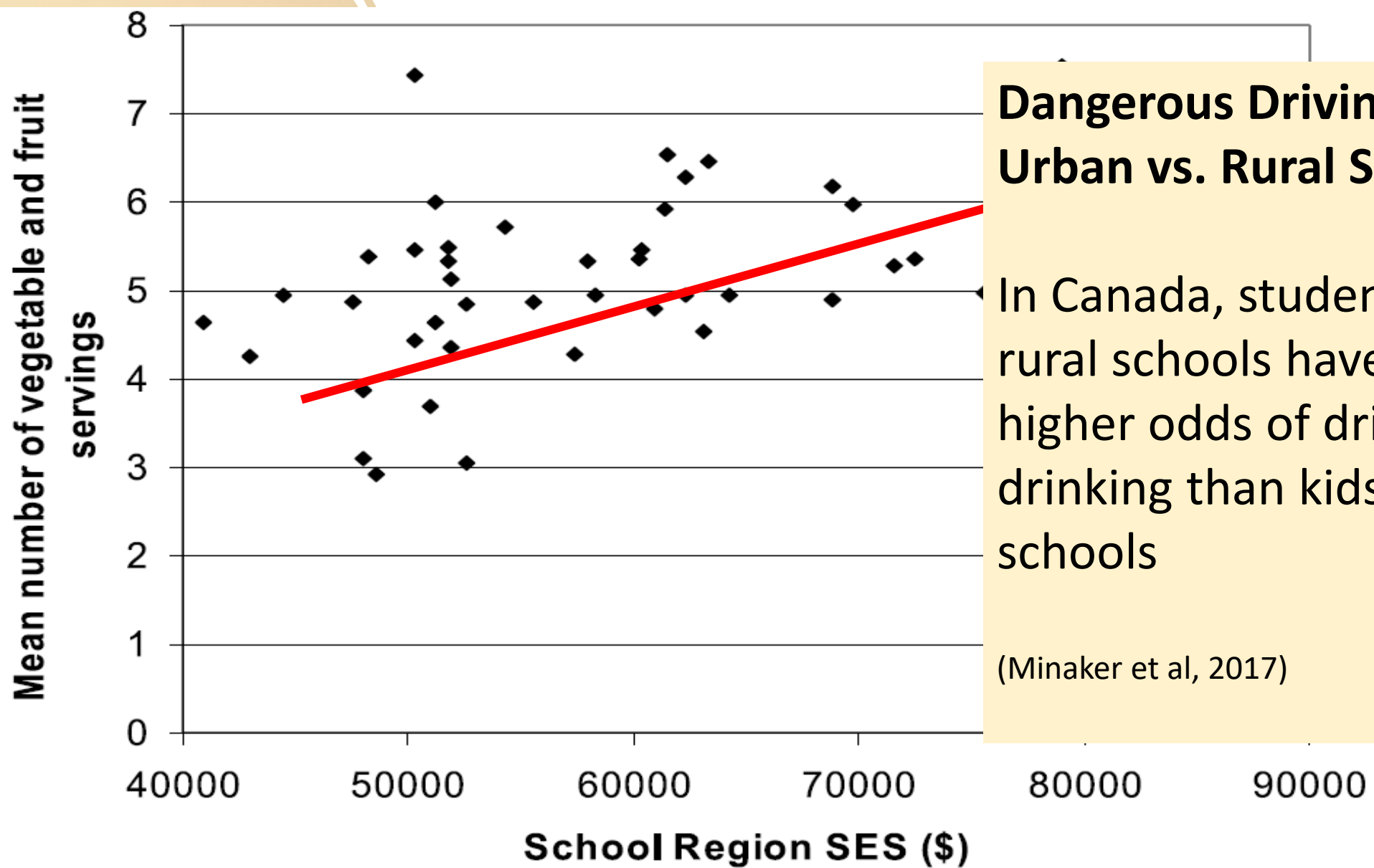
Age-standardized COVID-19 mortality rates in Canada between January 1, 2020 and December 31, 2020, by racialized groups and low income status (low-income measure (LIM) – after tax) in 2016

Age standardized mortality rate (per 100,000)



Note: *Non-racialized population excludes Indigenous people.

Source: Canadian Census Health and Environmental Cohort 2016 linked to Canadian Vital Statistics – Death Database from 2016-2020 (#3233).



Dangerous Driving and Urban vs. Rural Schools:

In Canada, students from rural schools have almost 2x higher odds of driving after drinking than kids in urban schools

(Minaker et al, 2017)

Figure 1. Mean vegetable and fruit intake (◆) varies by median family income of the school region

Minaker et al, 2006

Traditional 5 Tips for Better Health

1. Don't smoke. If you can, stop. If you can't, cut down
2. Follow a balanced diet with plenty of fruit and vegetables
3. Keep physically active
4. Manage stress by, for example, talking things through and making time to relax
5. If you drink alcohol, do so in moderation.





Social Determinants of Health: 5 Tips for Better Health

1. Don't be poor. If you can, stop. If you can't, try not to be poor for long
2. Don't have poor parents
3. Own a car
4. Don't work in a stressful, low-paid manual job. Practice not losing your job and don't become unemployed
5. Don't live next to a busy major road or near a polluting factory. Instead, live in a well-designed neighbourhood with lots of trees and green space.



Reframing Health

Let's start thinking about life **chances**
rather than life **choices**



Healthy Eating in Canada: an example

- Impacts of poor diets cost almost \$16 billion per year in Canada!
- For both adults and kids, diet quality in Canada is poor and inequitably patterned - gaps are remaining stable or widening (Olstad et al, 2021)

Eat Less



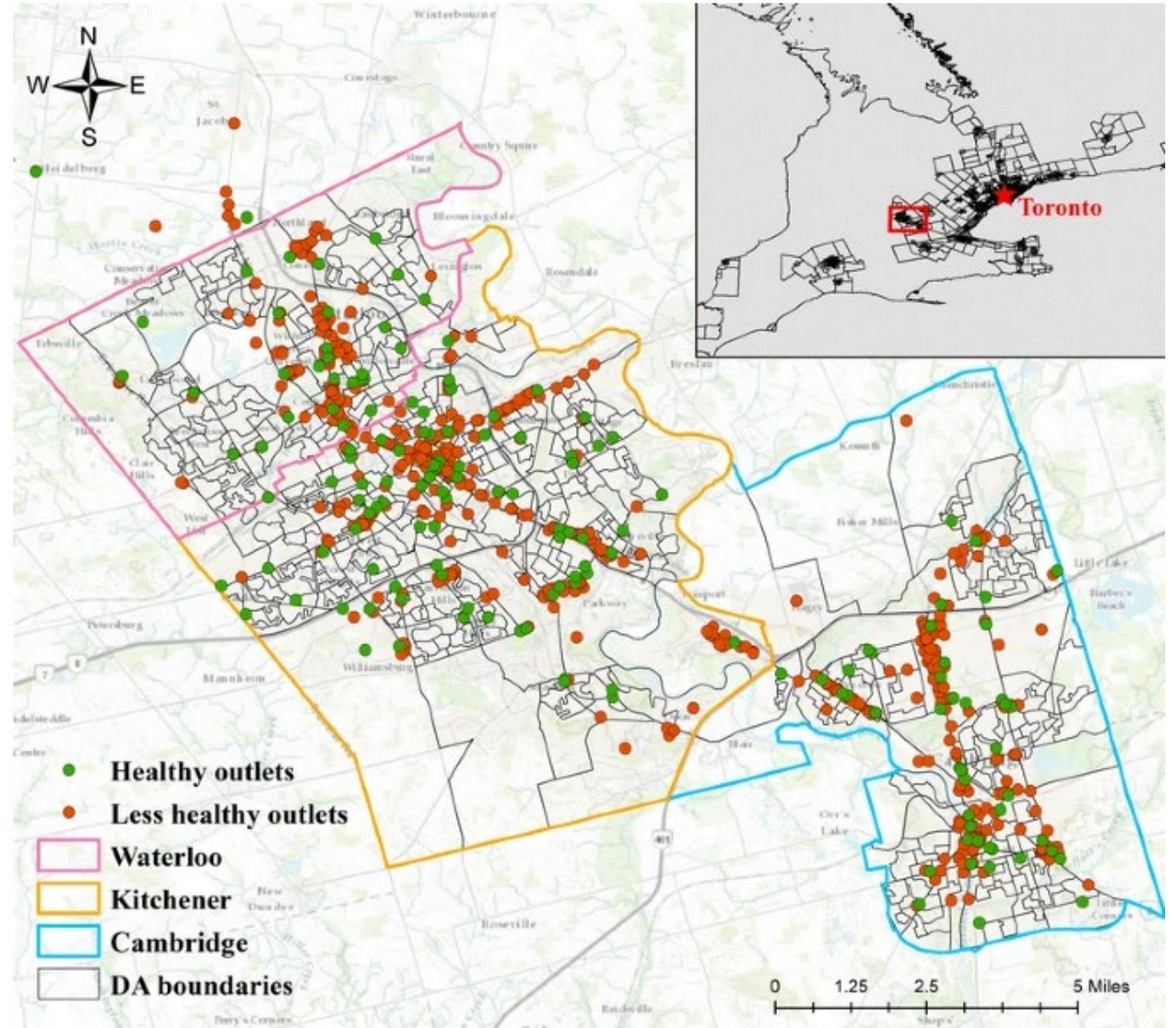
Eat More



Local Research

In 2009/2010:

1. Most people in Kitchener, Cambridge and Waterloo do not eat a healthy diet.
2. Rather than food deserts (gaps in access to healthy food), we have food swamps (overabundance of unhealthy food) in Waterloo Region.



Poor nutrition is a logical response to our current food environment

Today's food environments exploit people's biological, psychological, social, and economic vulnerabilities, making it easier for them to eat unhealthy foods
(Lancet Obesity Series, 2015)



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The unbearable bureaucrats

Waterloo Region Record
By Peter Taylor

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Nothing says election time like a s
But this one isn't for candidates. It
voters.

- Did you eat 10 servings of fruits and vegetables yesterday?
- How about the day before?
- Why not?

Any candidate who went door-to-door
demanding voters eat more leafy greens
probably wouldn't stand a chance at the
ballot box. Voters expect to be the ones

So who gave public health
officials the right to tell us
how to live our lives? And
what can we do to shut
them up?



Fresh vegetables



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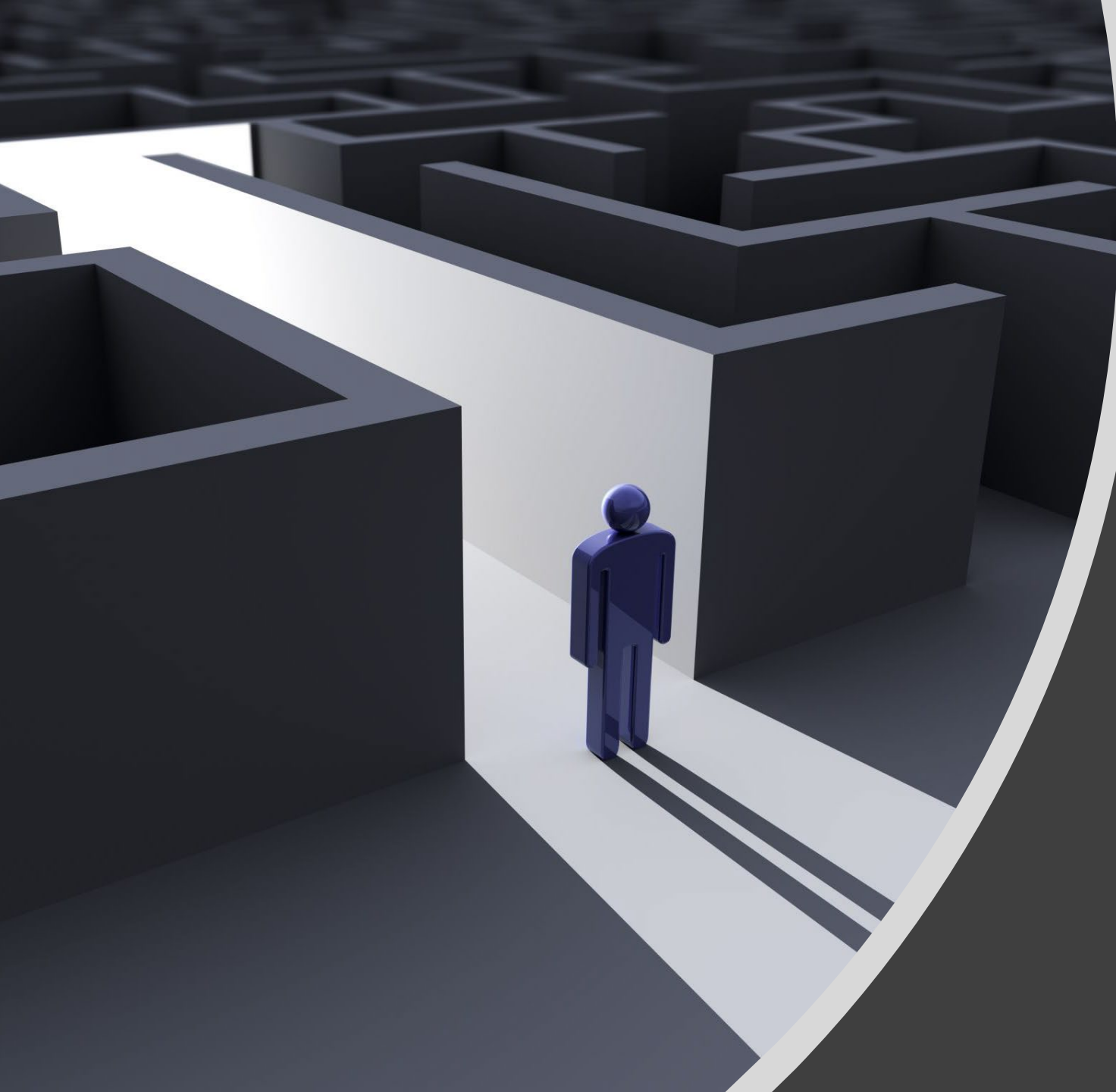


D'Amato: Trudeau takes risk snubbing Trump



D'Amato: Nothing pure in CBC's Mennonite series

Keep it low in east Kitchener



Complexity
breeds
despair



Acceptance and Responsibility

- Accept: This is how things are right now.
- Inward-facing responsibility:
 - Who is responsible for solving this problem? (Which level of government? Which sector?)
 - How can I contribute?
 - Who do I need to work with to make this better?

Build Differently

- Listening to people who don't typically attend community consultation meetings

As the gentrification of the Downtown is occurring, we're losing churches which is one of the primary sources of food ... [Social service program] is a collection of churches ... A couple have dropped out ... The Downtown Kitchener ones were very heavily utilized ... As the food opportunities locate further ... it's becoming more of a burden to have your food security ... If you're an individual who's dealing with addiction and mental health issues, and you're pulling everything in a two wheel cart ... do you have the capability to secure the food even if it's available? — Robert, male in his 40s, moderately food insecure

You know what happened if you rely on food bank ... it's not balanced diet ... Processed food actually puts you more weight ... and I decided to eat that instead of giving to my child. I use the money to buy fruit and veggies for him ... People with low income ... they're going to get sick, and they don't have the money for the medication ... it's gonna be a cycle of problem in there. — Josie, female in her 40s, moderately food insecure.

Build Differently

- Listening to people who don't typically attend community consultation meetings

Walking in a street that's pretty narrow and just concrete walls, I think you feel a little anxious, nervous, not the happiest" (girl/14 years)

"[Victoria park lake] is calming. I can hear the water going around. I can see the ducks swimming around... I can almost stay here for a day and just watch whatever is happening out on the lake" (boy/15 years)

"[The open field in Victoria park] can be used for a lot of stuff... there are so many different possibilities and there are so many different types of people that come" (girl/10 years)

Simple problems
have already
been solved.



Thanks for listening

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