

# Determinants of Health Final Exam

## WEEK 2:

### What are Determinants of Health? -

Social and economic environment

Physical environment

Person's individual characteristics and behaviours

**Ex. Income, Education, Geography, Gender, Culture**

**Intentions. Describe health status of Canadians, 7 Dimensions of health,**

### Canada Health Act - The Canada Health Act (1984)

There are five main principles :

**Public Administration:** All administration of provincial health insurance must be carried out by a public authority on a non-profit basis. They also must be accountable to the province or territory, and their records and accounts are subject to audits.

**Comprehensiveness:**All necessary health services, including hospitals, physicians and surgical dentists, must be insured.

**Universality:** All insured residents are entitled to the same level of health care.

**Portability:** A resident that moves to a different province or territory is still entitled to coverage from their home province during a minimum waiting period. This also applies to residents which leave the country.

**Accessibility:**All insured persons have reasonable access to health care facilities. In addition, all physicians, hospitals, etc, must be provided reasonable compensation for the services they provide.

**What is Health? -** The dynamic, ever-changing process of trying to achieve individual potential in the physical, social, mental, occupational, emotional, environmental, and spiritual dimensions.

### Dimensions of Health - PEEMOSS

Physical

Emotional

Environmental

Mental

Occupational  
Social  
Spiritual

**Behaviour** - Behaviour change is time-consuming and difficult

Gradual change may enhance success

Different approaches may be effective for different people

**Predisposed** - sex, race, income

**Enabling** - skills, ability, physical, emotional, mental capabilities

**Reinforcing** - support and reinforcement from others

**Stress** -

Our mental and physical responses to the demands placed upon us

-in itself, stress is neither positive or negative

-our response to it can be positive or negative

**Positive** - positive stress can be a drive to become better and get shit done

**Negative** - Can cause health issues, and halt any productivity

**General Adaptation Syndrome** - Our physiological and psychological response to stress:

Alarm - Autonomic response, fight or flight

Resistance - regain balanced physical and mental state

Exhaustion - depleted energy due to stress response, over time can lead to extreme exhaustion.

## **WEEK 3:**

**Health Promotion** -

**Canadian Healthcare System** - Free healthcare (paid through taxes)

Free healthcare was not always wanted, doctor were afraid they would lose control of what treatment they could and could not provide or to make their own decisions.

This system is comprised of :

health care professionals

Institutions

Community agencies (homeless shelters)

Funders (gov funders)

Industry (Tobacco and Pharmaceutical)  
The Public

Fed Govt - greatest taxing power

### **Canadian Health Act -**

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- UCAPP

**Private or Public?** Most hospitals are private, non for profit corporations, most doctors are in private practices, those working in hospitals are not employed by the hospital.

Provincial gov't has the most power in allocating spending dollars

### **Medical Care -**

#### **Strengths of our system**

Very well resources, relative to most countries

Minimal financial barriers to access; one-tier system contributes to equity

Probably provides a rather high quality of services

Our most popular social program, central to our Canadian identity

#### **Weaknesses of our system**

Inefficient

Fragmented

Still rather institutionally dominated

Does not emphasize prevention

Not very accountable to the public

Not very well equipped to address population health

## **Two tiered system -**

1. Free for everyone
2. Better service if you can pay for it

**Self Help vs Self Care** - Knowing when to help yourself or when to seek professional help from the hospital or healthcare provider

Waste of hospital space for minor injuries that could be taken care of by yourself

1836

## **WEEK 4:**

### **Population Health -**

The health of a population as measured by health status indicators and as influenced by social, economic and physical environments, **personal health practices**, individual capacity and coping skills, human biology, early childhood development, and health service.

Population health focuses on the interrelated conditions and factors that influence the health of populations over the life course, identifies systematic variations in their patterns of occurrence, and applies the resulting knowledge to develop and implement policies and actions to improve the health and well-being of those population

Everybody is a little responsible in helping overall population health

### **Public Health - The factors that influence pop health**

#### **Five Key Functions of Public Health**

Health promotion (washing your hands sign)

Disease preventions

Health protection (vaccine stations)

Surveillance (monitoring global, continental, countries and provincial sickness)

Population Health Assessment (Health status of individuals in a population and predicted outcomes.)

**Health Equity** - Equity in health implies that ideally everyone could attain their full health potential and that no one should be disadvantaged from achieving this potential because of their social position or other socially determined circumstance. Fairness, everyone gets what they need.

## **WEEK 5:**

### **Biological Determinants of Health -**

Bio factors are either endogenous or exogenous

**Endogenous** - basically genetics

**Exogenous** - living things we interact with, most importantly microorganisms

Aging

Cardiovascular disease

## **WEEK 6:**

**Psycho-Behavioural Determinants of Health** - How thoughts influence action

### **Six C's -**

**CONSTRUCT**- a clear picture of what must be decided upon

**COMPILE**- a list of requirements that must be met

**COLLECT**- information on alternatives that meet the requirements

**COMPARE**- alternatives that meet the requirements

**CONSIDER**- the "what might go wrong" factor with each alternative

**COMMIT**- to a decision and follow through with it

**Physical Activity** - 50% of Canadians are considered inactive

**Diet** - Vegetarianism (4% of Canadians) health benefits, not extreme

**Addiction** - persistent compulsive dependence on a behaviour or Substance.

## **Alcohol -**

### **Type I**

75% of all alcoholics

Older than 25

Psychological dependance

Men and Women

Helps reduce anxiety

### **Type II**

Younger than 25

Genetic

Strongly men

Also tend to abuse drugs

## **WEEK 7:**

### **Socio-political Determinants of Health - •**

**The social determinants of health are the conditions in which people are born, grow, live, work and age, including the health system.**

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**These circumstances are shaped by the distribution of money, power and resources at global, national and local levels.**

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**The social determinants of health are mostly responsible for health inequities**

**- the unfair and avoidable differences in health status seen within and between countries**

### **Violence -**

## **WEEK 9:**

**Over population -**

**Environmental Determinants -**

**Pollution -**

**Water -**

**Air -**

## **WEEK 10:**

**Global Health -**

**Health Status -**

**Health Patterns -**

**Cholera -**



