**STUDY GUIDE:**

**Social Determinants of Health**

**Instructions:** The questions below can be used to guide further individual self-study, or group discussion, after watching **Social Determinants of Health.** If you are leading a group learning experience using this module, you may wish to review the questions with participants in advance of the session and again afterwards to gauge their learning.

1. The World Health Organization defines health as “A state of complete physical, mental and social well-being and not merely the absence of disease or infirmary.” What does this definition mean to you?
2. Social determinants of health are the circumstances where people are born, grow up, live, work, age, and the systems put in place to deal with illness. Reflecting on your own experiences, what life circumstances have contributed the most to your health status and why?
3. Think about the social determinants of health discussed in the module. List three things your group of WCCV can do to make sure these factors are considered as you plan projects and programs.
4. Name one way you personally can address the social determinants of health in your work as a Well Connected Communities Volunteer.

**Additional Resources**

Braveman, P. & Gottlieb L. (2014). The social determinants of health: It’s time to consider the causes of the causes. *Public Health Reports*, 129(Supp2), 19-31. Access at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3863696/>

Brennan Ramirez, L.K., Baker, E.A., Metzler, M. (2008) *Promoting Health Equity: A Resource to Help Communities Address Social Determinants of Health*. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention. Access at: <https://www.cdc.gov/nccdphp/dch/programs/healthycommunitiesprogram/tools/pdf/SDOH-workbook.pdf>

Centers for Disease Control and Prevention (2018). *Social Determinants of Health: Know What Affects Health.* Access at: <https://www.cdc.gov/socialdeterminants/>

Dean, H.D., Williams, K.M., & Fenton, M. (2013). From theory to action: Applying social determinants of health to public health practice. *Public Health Reports*, 128(S3). Access at: <http://journals.sagepub.com/doi/pdf/10.1177/00333549131286S301>

Jones, C.P. (2000). Levels of Racism: A Theoretic Framework and a Gardener’s Tale. *American Journal of Public Health,* 90(8), 1212–1215. Access at: <https://ajph.aphapublications.org/doi/pdfplus/10.2105/AJPH.90.8.1212>

National Association of County & City Health Officials (n.d.) The Roots of Health Inequity: A Web-based Course for the Public Health Workforce. Access at: <http://rootsofhealthinequity.org/>

Robert Wood Johnson Foundation (2010). *A New Way to Talk About the Social Determinants of Health.* Access at: <https://www.rwjf.org/content/dam/farm/reports/reports/2010/rwjf63023>

Rural Health Information Hub (2017). *Social Determinants of Health for Rural People.* Access at: <https://www.ruralhealthinfo.org/topics/social-determinants-of-health>

U.S. Department of Health and Human Services Office of Disease Prevention and Health Promotion (2018). *Healthy People 2020: Social Determinants of Health*. Access at: <https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health>

World Health Organization (2010). *A Conceptual Framework for Action on the Social Determinants of Health*. Access at: <http://www.who.int/sdhconference/resources/ConceptualframeworkforactiononSDH_eng.pdf>