



RNAO's mission

is to foster knowledge-based nursing practice, promote quality work environments, deliver excellence in professional development, and advance healthy public policy to improve health. We promote the full participation of present and future registered nurses in improving health, and shaping and delivering health-care services.



Getting involved

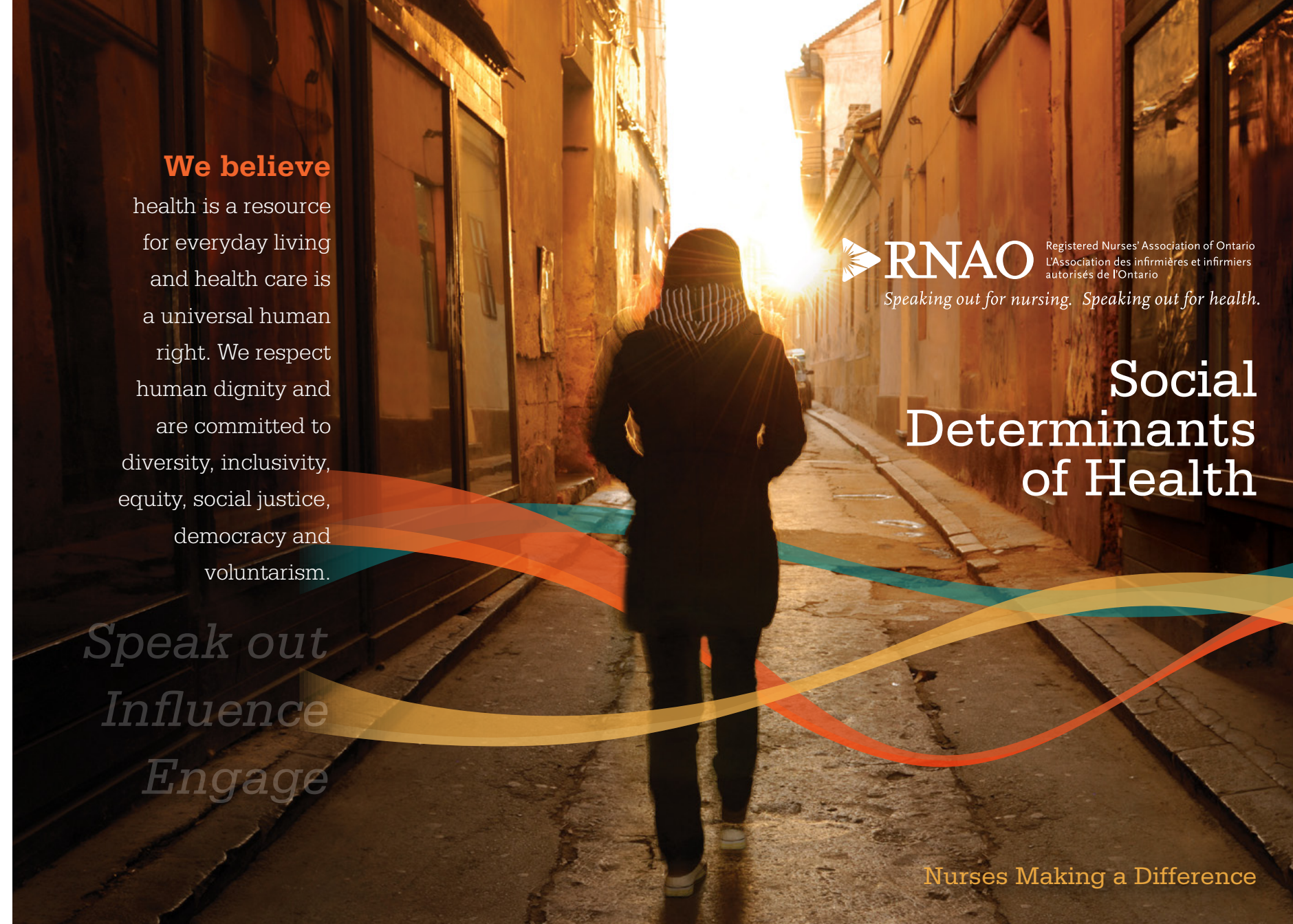
RNAO Resources:

- ▶ Best Practice Guidelines
- ▶ e-learning Modules
- ▶ RNAO Communities
- ▶ Policy & Political Action

External Resources:

- ▶ WHO Commission on Social Determinants of Health
- ▶ Social Determinants of Health: The Canadian Facts
- ▶ Canadian Nurses Association
- ▶ Health Providers Against Poverty
- ▶ 25 in 5 Network for Poverty Reduction

For additional information on ways to get involved, please go to: www.RNAO.ca/sdh



Social Determinants of Health

*Speak out
Influence
Engage*

Nurses Making a Difference

Teresa is a 32-year-old woman in your practice who frequently misses her appointments, and at other times shows up without an appointment, often in crisis. She currently uses alcohol and tobacco, and has started to use street drugs. As you have developed a therapeutic relationship with Teresa, you learn that she grew up in a household with a violent father who frequently assaulted her mother, her siblings and herself. Although now estranged from her father, the impact of his violence presents itself on a daily basis as Teresa struggles to cope with the trauma she experienced. Teresa left school early, has few marketable skills and has never been able to hold a job for more than three months. Teresa receives \$606 per month from Ontario Works and has no money left for food or other essentials at the end of the month. She is currently in a relationship with a man whom you suspect may be violent.

“...Teresa struggles to cope with the trauma she experienced.”

Applying the Social Determinants of Health to Teresa’s situation:

As her nurse and/or health-care provider, what are some interventions you could take to improve Teresa’s health in this situation?

What are the interventions that would tackle the structural drivers of the conditions of daily life, such as the inequitable distribution of power, money and resources?

For more information go to: www.RNAO.ca/sdh

What are the Social Determinants of Health?

The social determinants of health are the *“circumstances in which people are born, grow up, live, work and age, and the systems put in place to deal with illness.”*

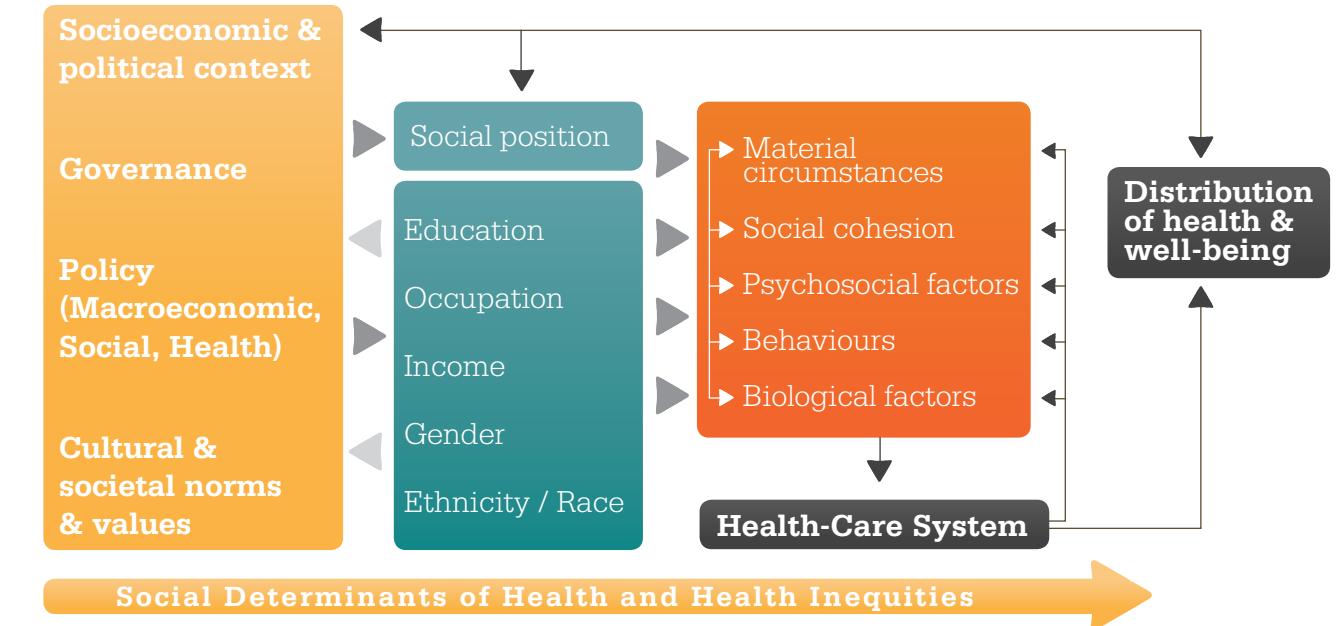
These circumstances are shaped by a wider set of political, economic, social, cultural, and environmental conditions and forces.

Social Determinants of Health include:

- ▶ income and income distribution
- ▶ social inclusion and exclusion
- ▶ employment and working conditions
- ▶ unemployment and job security
- ▶ early childhood development
- ▶ education
- ▶ food security
- ▶ housing
- ▶ social safety nets
- ▶ health services
- ▶ Aboriginal status
- ▶ racialized status
- ▶ gender
- ▶ disability

Conceptual Framework on the Social Determinants of Health and Health Inequities

Developed by: The World Health Organization’s Commission on Social Determinants of Health



The Commission on the Social Determinants of Health’s analysis of the evidence leads to **Three Principles of Action:**

- 1 Improve the conditions of daily life – the circumstances in which people are born, grow, live, work and age.
- 2 Tackle the inequitable distribution of power, money, and resources – the structural drivers of those conditions of daily life – globally, nationally, and locally.
- 3 Measure the problem, evaluate action, expand knowledge base, develop a workforce that is trained in the social determinants of health, and raise public awareness about the social determinants of health.