

Social determinates of health (SDOH) contributing to the family's health status

The social determinants of health (SDOH) have grown in importance as a core concept for community and population health in scholarly literature and policy statements around the world in recent decades (Lucyk & McLaren, 2017). To define SDOH, all non-medical factors which can contribute to or influence individual health is collectively known as SDOH. It may include the socio-economic condition, the education level, housing, self-perception, access to proper health care services, coping strategies etcetera.

In the current scenario of the family interviewed, the social determinates of health that are contributing to the family's health status were mainly the socio-economic status, proper availability of nutrition, and role relationship played by family members. These factors were contributing to the health of the family. Some determinants were also there which needed to be looked upon for good overall health. The first is the amount of time spent exercising, which is insufficient for adult females and their offspring. Physical activity is important for an individual's entire health and, in the long run, it maintains our mental and physical health in check for a higher quality of life. These factors may be prevalent in the family because of some economic needs due to which the working scenario of both adults is that they get little or no time for their health. Also, with much more business comes increased stress, which may be beneficial in acute situations, but when coping mechanisms are ineffective, chronic stress has a negative impact on both physical and emotional wellbeing. For good dynamic personal health, the family might work on these areas.

Based on the information gathered through the family health assessment, there is a need for age-appropriate screening for each family member. Age is one of the factors upon which the determinants of social health will vary. For example the access to quality education

is a must or rather a very important factor for a child's social health whereas economic stability, employment, and sexual health all can be more appropriate factors for the adults of a community or a family whereas factors like the neighborhood, social environment, access to quality healthcare these all are necessary for all population irrespective of age. So, separate screening or assessment questionnaire can be developed for different age groups based on the factors or determinants which have more importance for that group.

The alignment of numerous levers is required to develop and implement effective programs and policies on any subject. Democratic will and widespread public backing are two of these levers. Understanding SDoH as basic causes of wellness, which can assist stimulate activity on SDoH, is required for public support to adopt measures to promote population health outside of the healthcare industry (Abdalla et al., 2022). This can aid in the establishment of a degree of responsibility for governmental decisions affecting health budget distribution.

Families and individual people make up communities and groups, and their combined health has an impact on the community. Since members can support and nourish each other through phases of life, the family structure is an unrivalled player in sustaining health and averting disease for population health. Family-centred promotion of health and illness prevention are potential techniques, according to studies (Barnes et al., 2020), since the family component is indeed a resource as well as a prioritized group in need of preventative and therapeutic interventions throughout life. Different perspectives can be considered while building a family-centred health promotion programmes like frame family health as a priority for legislative and financing decisions, work collaboratively with families to show optimism and belief in their ability to enhance health and wellbeing, more priority in empowering family mentors of a community, strengthening the capacity of families to model lasting and

healthy lifestyle habits, Encourage families to evaluate their requirements, capacities, and problem-solving strategies (Barnes et al., 2020).

Despite abundant evidence on the effects of social determinants on population lives, public discourse & political interventions are restricted in their recognition of the role that socioeconomic elements such as accommodation, schooling, welfare, and employment play in molding a person's long-term wellbeing. There is a myriad of explanations for all this, but one that deserves special emphasis is how the evidence is presented to and comprehended by the general public (Elwell Sutton et al., 2019). Increasing public awareness and comprehension is a vital first step toward achieving social change. A variety of 'culture models,' or prevalent yet implicit ideas and thought patterns, have been established through study and surveys, which provide further understanding of how people believe as to what renders them healthy. Identifying which model encourage – or obscure – folk's awareness regarding the significance of social determinants is a crucial first step toward designing effective evidence-based framing strategies (Elwell Sutton et al., 2019). The media has the ability to represent and influence public opinion. Analysis of health-related media narratives revealed that they seemed to encourage individualistic perspectives on health.

References

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