

Assignment 3: Determinants of Health

This assignment will contribute towards the **40%** of your final grade allotted for course assignments.

Background

This assignment will give you an opportunity to explore how mental health is encouraged and supported for families and communities. You will also have the opportunity to distinguish social determinants of health and the impacts they may have on mental health.

Instructions

Read the following:

What makes people healthy?

Why is Jason in the hospital?

Because he has a bad infection in his leg.

But why does he have an infection?

Because he has a cut on his leg and it got infected.

But why does he have a cut on his leg?

Because he was playing in the junk yard next to his apartment building and there was some sharp, jagged steel there that he fell on.

But why was he playing in a junk yard?

Because his neighbourhood is kind of run down. A lot of kids play there and there is no one to supervise them.

But why does he live in that neighbourhood?

Because his parents can't afford a nicer place to live.

But why can't his parents afford a nicer place to live?

Because his Dad is unemployed and his Mom is sick.

But why is his Dad unemployed?

Because he doesn't have much education and he can't find a job.

But why ...?"

Source: Federal, Provincial and Territorial Advisory Committee on Population Health. (1999). *Toward a healthy future: Second report on the health of Canadians* [PDF file], p. 174. Retrieved from at <http://publications.gc.ca/collections/Collection/H39-468-1999E.pdf>

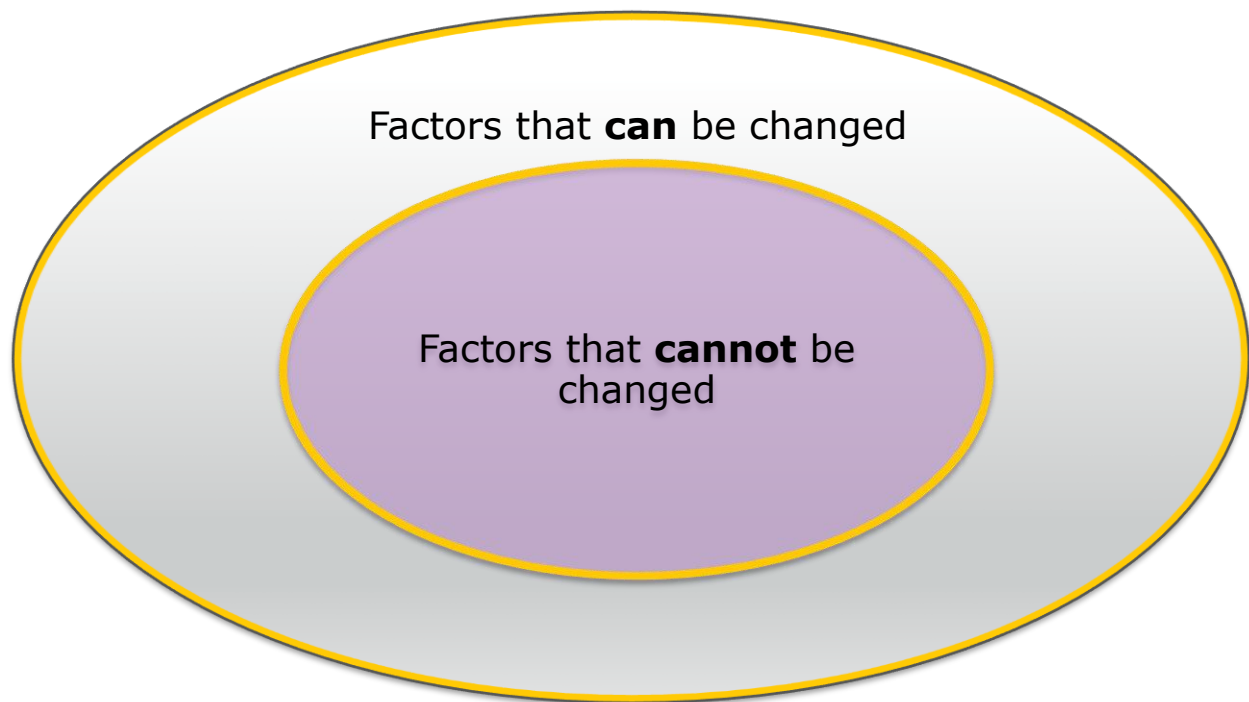
Part I

Using the document Social Determinants of Health: The Canadian Facts as a reference, discuss and identify:

1. Which determinants of health impact Jason?
2. What areas can be changed to promote health and reduce the negative impact on him?

Part II

Complete the graphic below. Indicate which determinants (factors) outlined in the document can be changed and which cannot.



Part III

What do you think is the connection between social determinants of health and mental health?