HEALTH HAPPENS

where we live, learn, grow, work and play...



To know what makes us healthy, we need to look at the 'big picture'. But, because of the social determinants of health, the picture looks different for everyone.



the

SOCIAL DETERMINANTS



INCOME

OF HEALTH



EDUCATION



EARLY CHILD DEVELOPMENT





HOUSING



JOBS & WORKING CONDITIONS

SOCIAL SUPPORT



ACCESS TO HEALTH SERVICES



FOOD



SEXUAL ORIENTATION



CULTURE, RACE ETHNICITY



DISABILITY

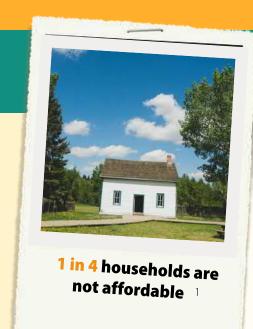


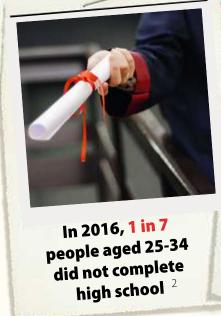
GENDER IDENTITY



ENVIRONMENT









People need access to housing that is safe, affordable, warm and stable. If housing costs too much, people don't have enough money left over to buy what they need to be healthy, such as good food, transportation and education.

Equipping people with

knowledge, skills and education

increases
opportunities to find
a job and also
improves our ability
to access and
understand
information that can
help keep us healthy.

Connecting with others is an important part of being healthy.
People who are more
socially connected to their family,
friends or
community tend to be healthier and live longer.

We should all have a fair opportunity to be as healthy as possible, regardless of our income, education or social status.

December 2019

Grey Bruce Health Unit. (2017). Census release V: Housing. Owen Sound, Ontario: Grey Bruce Health Unit.
 Note: A household is considered to have unaffordable shelter costs if 30% or more of the household's total income is spent on shelter costs (mortgage payments, rent payments, utilities, taxes, etc.).

^{2.} Grey Bruce Health Unit. (2017). Census release VI: Education. Owen Sound, Ontario: Grey Bruce Health Unit.