

# 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

## OF

## HEALTH



INCOME



INDIGENOUS IDENTITY



JOBS & WORKING CONDITIONS



EDUCATION



EARLY CHILD DEVELOPMENT



HOUSING



SOCIAL SUPPORT



ACCESS TO HEALTH SERVICES



FOOD



SEXUAL ORIENTATION



CULTURE, RACE ETHNICITY



DISABILITY



GENDER IDENTITY



ENVIRONMENT

# THE **BIG** PICTURE



...in Grey Bruce



**1 in 4 households are not affordable** <sup>1</sup>

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.



In 2016, **1 in 7** people aged 25-34 did not complete high school <sup>2</sup>

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.



**1 in 5** of residents do not feel a strong sense of **belonging** in their community <sup>3</sup>

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.**

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1. 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.  
3. Grey Bruce Health Unit. (2018). *Canadian Community Health Survey Indicators: 2015-2016: CANSIM Table Content*. Owen Sound, Ontario: Grey Bruce Health Unit.