

ACHIEVE

Brought to you by Juniata College and our
Huntingdon County Community Partners



ADVANCING



COMMUNITY



HEALTH



INNOVATION

THROUGH



EDUCATION



VISION

AND



EMPOWERMENT

Factors that Affect Health

Module Goal

This module will introduce the concept of health and explain how it is influenced by a range of factors.

Learning Objectives

- Define health and discuss its multiple dimensions.
 - Describe the Social Determinants of Health (SDoH).
-

Notes

1. What words come to mind when you think about health? Brainstorm with people around you.
Students' answers will vary.
1. Fill in the blanks to complete the World Health Organization's definition of health.
"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."
2. What conditions in people's lives do you think could affect health? Discuss with people around you.
Students' answers will vary. Examples: poverty, family history of diabetes
3. What healthy habits could you practice to support each dimension of health? Discuss with people around you.
Students' answers will vary. Example:
 - A. Emotional health: Taking a break when I feel stressed.
 - B. Intellectual health: Looking up information on something I'm curious about, like how big a shoenibill bird is.
 - C. Spiritual health: Taking some time to think about my career goals and how I want other people to perceive me as a person; how I show others that I am caring.

- D. Social health: Going out to get Meadows with my best friend.
- E. Physical health: Doing yoga in my room a couple of nights per week.

4. Fill in the 5 Social Determinants of Health (SDoH) and record examples in each area.

- A. Neighborhood and built environment
Examples: unclear air from factories, lack of trees, parks, and playgrounds
- B. Economic Stability
Examples: unemployment, housing instability
- C. Education
Examples: not graduating high school, having a high reading level
- D. Social and Community Context
Examples: Students' answers will vary. Examples: having a good relationship with your parents, unaccepting community because of racial discrimination
- E. Health and Healthcare
Examples: Students' answers will vary. Examples: having health insurance, not having transportation to doctor's appointments