**Determinants of Health**

Scientists generally recognize five determinants of health of a population:

1. Biological
2. **Socioeconomic**
3. Psychosocial
4. **Behavioral**
5. Social1,2

**Social Determinants of Health (SDOH)**

Social determinants of health such as poverty, **food** insecurity, unequal access to health care, stigma, inadequate **education**, job security, transportation, social exclusion, and **racism** are tangible responses of those complex, integrated social structures and economic systems. 37

**The Social Gradient**

The social gradient is a term that means that life expectancy is shorter and most diseases are more common **the further down** the socioeconomic ladder in each society. 14

**Social Determinants of Health**

The social determinants of health can be grouped into five areas:

1. Economic Stability
2. Neighborhood and Build Environment
3. Health and Health Care
4. Social and Community Context
5. Education36

Consider: 
How could attending to SDOH change how you care for your patients?
What challenges might hinder your ability to attend to SDOH issues?
Remember:
Health is the whole-person, not just symptoms in the exam room

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