

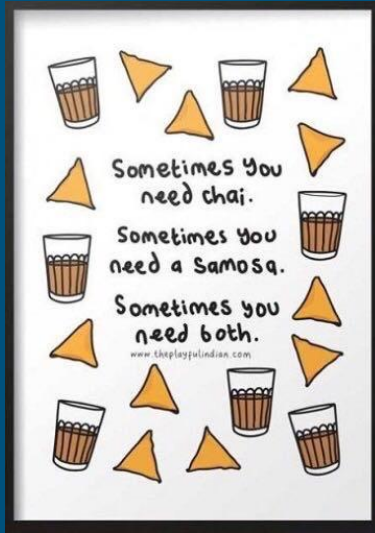


# Day 2: What is HEALTH?

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Healthcare Career Exploration  
Fellowship (HCEF)





# Culture

A “system of interrelated values [that] influence and condition perception, judgment, communication, and behavior.”

How does culture inform your understanding of health and healing?

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Citation: Airhihenbuwa CO. Health & Culture: Beyond the Western Paradigm. Thousand Oaks, Sage, 1995.

# Culture & Care

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- **Cultural Awareness:** Knowledge of another cultural group
- **Cultural Sensitivity:** Knowledge as well as experience with another culture
- **Cultural Competence:** Acknowledges and responds to the unique worldviews of different people and communities
- **Cultural intelligence:** Capability to relate and work effectively across cultures
- **Cultural Humility:** A lifelong commitment to self-evaluation to redress power imbalances and develop mutually beneficial partnerships in care.  
Acknowledges limits in knowledge - we can never be expert in another person's culture, but we can be open and humble to the cultural identities of other people.

What is HEALTH?

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Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.



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What is MENTAL HEALTH?

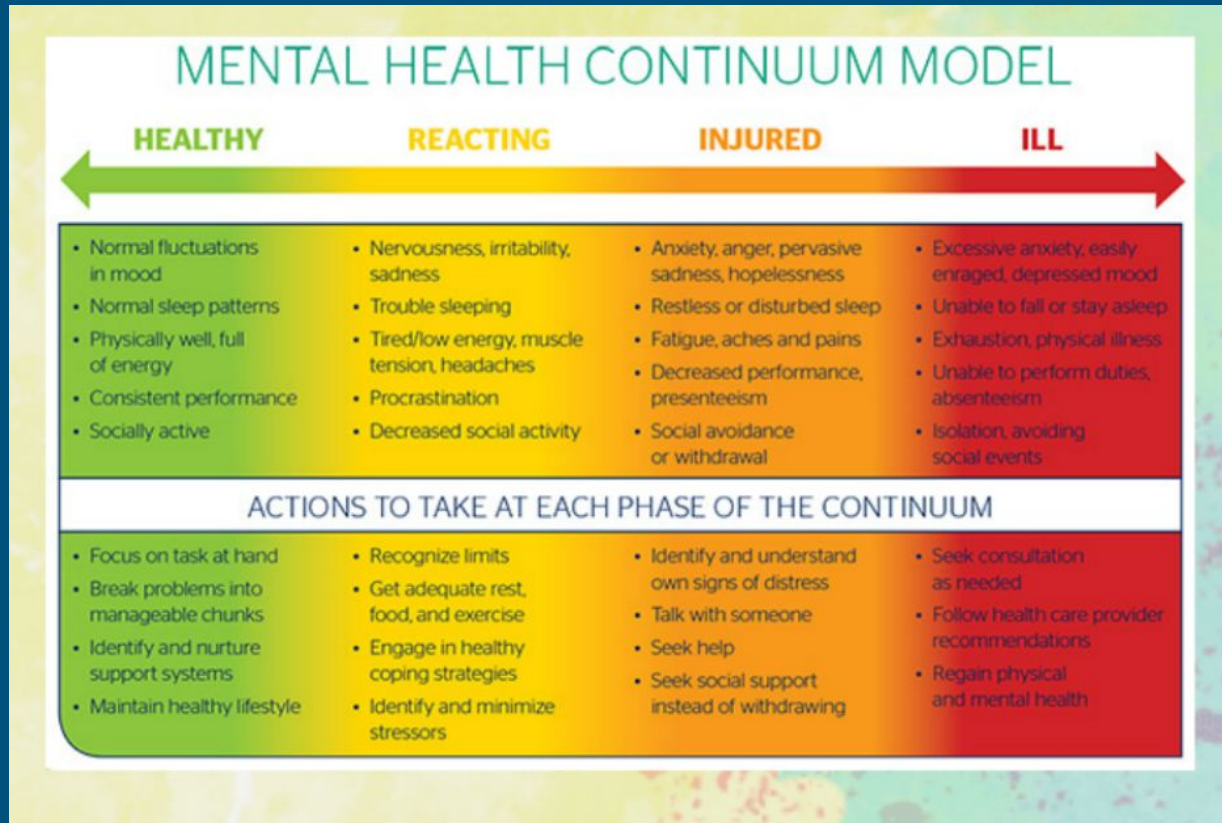
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Mental health is a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.



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# Mental health as a continuum





# Determinants of health

What are factors that influence our health status?

Determinants of health include:

- The social and economic environment,
- The physical environment, and
- The person's individual characteristics and behaviors.



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# Video:

## UNNATURAL CAUSES

...is inequality making us sick?

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A seven-part documentary series exploring racial & socioeconomic inequalities in health.

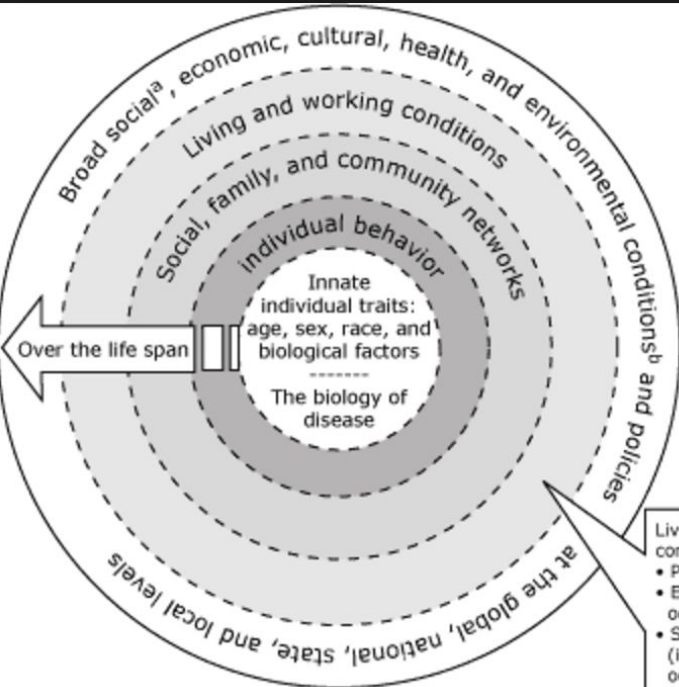
**Social determinants of health** are the conditions in which people are born, grow, live, work and age. These circumstances are shaped by the distribution of money, power, and resources at global, national and local levels.



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A public health  
parable: upstream  
v. downstream

Institute of  
Medicine



Living and working conditions may include:

- Psychosocial factors
- Employment status and occupational factors
- Socioeconomic status (income, education, occupation)
- The natural and built environments
- Public health services
- Health care services

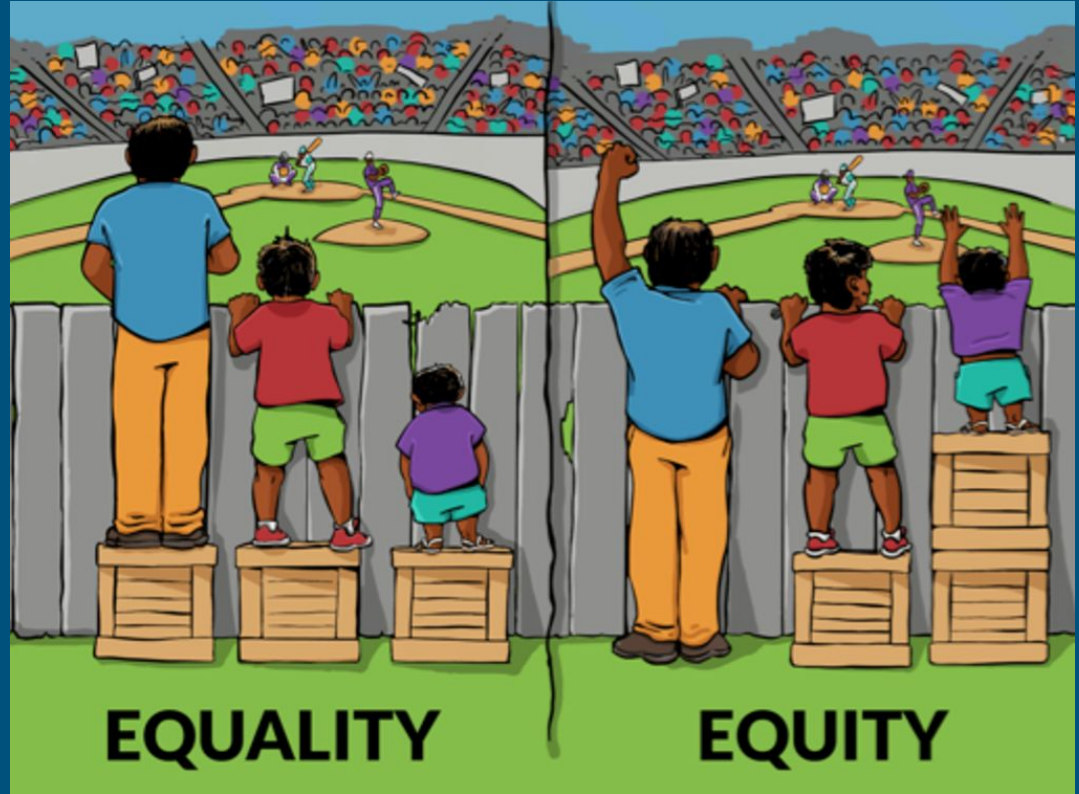
# Ecological models

The Main Determinants of Health



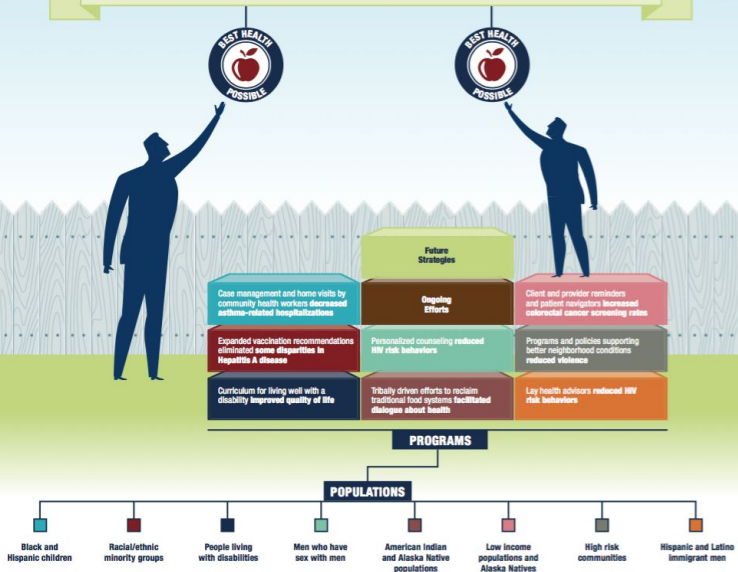
## Health equity

Health equity is when everyone has the opportunity to be as healthy as possible.



# REACHING FOR Health Equity

Reducing health disparities brings us closer to reaching health equity. The programs below are examples of how addressing disparities can advance health equity.



**HEALTH EQUITY** is when everyone has the opportunity to be as healthy as possible.

**HEALTH DISPARITIES** are differences in health outcomes and their causes among groups of people.

**EXAMPLE:** African American children are more likely to die from asthma compared to non-Hispanic White children.

Learn more about these programs at:  
<http://www.cdc.gov/minorityhealth/strategies2016/>



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention