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Social determinant of health

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Social determinant of health

The social determinants of health comprise conditions valid for old adults to maintain health and wellbeing throughout their lifespan (2018). These are linked to social, economic, and environmental factors that have the most impacts on their lives. The availability of these conditions is critical in supporting the health of old adults as they provide and ensures there is access to better nutrition, proper housing, employment, and stable income and social connections. The unavailability of favorable social, economic, and environmental conditions due to poverty hinders the accessibility of suitable housing, nutrition, and financial resources, impacting the aging population living below the poverty line. The disparities in social determinants among old adults have significant impacts on their health. The issue-level of education, Environmental conditions and neighborhoods, and social-economic status significantly contribute to how old adults achieve their good health.

The social-economic status and race of old adult

There are certain behaviors associated with people of low socioeconomic status. For instance, people living in poverty are of low socioeconomic status and are associated with less physical exercise, heavy smoking, and most of them take very poor diets. Therefore there is a very close connection between this class of people and certain diseases like cancer, diabetes, stroke and heart disease, and obesity, especially those who hardly carry out physical activities. Besides, this also translates to a shorter lifespan because of unhealthy behavior. Old adults living in poor economic conditions strain a lot in accessing stable income; hence the financial resources are a challenge. Economic instability determines among old adults living in poverty shows the connection between health and finance. If the economy is unfavorable, they can't

secure employment, and this population ends up having a poor housing system and food insecurity. Besides, it is difficult for people aging living in poverty to enjoy healthcare and equity. Due to limited financial resources, it is difficult for them to pay for health insurance coverage because this population consists of older adults facing economic hardship; hence they don't access primary healthcare. Due to the poverty caused by the poor financial system, the aging adult hardly gets access to healthy nutrition. Besides, an environmental condition that discourages education and safe neighborhoods hinders excellent health among aging adults.

Level of education

The level of education achieved by individuals has a very critical impact on health. ² The study conducted by Hsu et al. (2019) to assess ¹ equity in active aging across social determinants among older Taiwanese shows disparity in the level of education translated to the employment of old adults aged 60-64 with excellent access to transportation, social support, and less risk to poverty. The highly educated population is less exposed to crime and violence than those with a low education level. This implies that individual who went through the educational system have better health outcome even if are old and living in poverty compared those who did not achieve better education. For instance, many people who have achieved better education have the best healthcare outcome because education exposes them to better health behavior. In many societies, you find that educated people have a reduced mortality rate, smoke, and drink less hence better and positive health outcome. However, this is not the case among old adults who did not have good access to education. They lack healthy behavior, and thus, as they age, their health deteriorates, especially when living in poverty. Therefore they usually show an adverse health outcome due to limited knowledge on healthy behavior.

Environmental conditions and neighborhoods

The living conditions for the old adults also matter a lot in their health and wellbeing. There are disparities in residential areas among this population, translating to different health outcomes (Hsu et al., 2019). Some of them have been exposed to poverty to live in poor-quality housing, crime and violence, poor transport, unhealthy water, and problems in accessing healthy food lead to adverse health outcomes. Old adults living in poverty require housing, security, social support, and better nutrition because they all support good health. Generally, the aged population is impacted by living conditions since it affects both safety and health. For example, suppose a fostering negative relationship towards them at home evokes undesired health outcomes. In that case, it is always to foster a positive relationship with old adults, especially those living in poverty. At the workplace, the working conditions brings different health outcome.

Compensation for the employee, health insurance, and retirement benefits are suitable for the aged employee. However, when there are no benefits and health insurance for the old adult employees living in poverty, this implies an adverse health outcome.

In conclusion, it is paramount to consider and recognize the implication of social determinants of health of old adults because some of these social determinants bring about health disparities due to social, socioeconomic status, environmental condition, and level of education, among other factors. Social determinants affect the health outcome for the vulnerable population, especially those living in poverty. It is always to ensure that this great care is taken in treating and caring for them by considering health education and income level in environmental conditions where they live. Lastly, it is good to understand that social determinants of health are always active throughout one's life. Therefore, the old adult living in poverty need more outstanding care and social support from the community.

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