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by Ww Ww

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Hello Lazaro

You have made an excellent post this week on the social determinants of Health for Older adults.

I would concur that the quality of life is majorly impacted whenever it becomes a challenge in accessing better nutrition, income, or generally basic needs. If the society does not benefit from its social, economic, and environmental conditions, it is clear that that society is already exposed to social determinants of health. Notably, older adults are most vulnerable to the social determinants of health since they are more prone to poor health and a high mortality rate.

According to your literature, the population living in low-income households offers valid evidence to prove their inability to cater to the monthly bills. The inability to pay for the monthly bills indicates how this particular population struggles to maintain a normal lifestyle like buying food, housing, and paying medical expenses. In reality, the social determinant of health impacts the old adult in America, especially in healthcare utilization. Those with at least 60 years need to be prepared to manage the challenges faced by old adults.

As a society, we need to develop better approaches to handle social determinants of health (SDOH). There is always a need to look at how financial health and economic security support SDOH because that sounds like the best way to protect the health and wellbeing of the aging population. For example, before the Covid -19 Pandemic the 14% of old adults aged between 50 and 80 suffered from food insecurity following inadequate resources to acquire healthy food (Wolfson et al., 2020).

References

Wolfson, J. A., Leung, C. W., & Kullgren, J. T. (2020, July). Food as a critical social determinant of health among older adults during the coronavirus disease 2019 (COVID-

19) Pandemic. In *JAMA Health Forum* (Vol. 1, No. 7, pp. e200925-e200925). American Medical Association.

Bueno

I have read your discussion on the social determinants of health for an older adult. Health and wellbeing depend on the economic security of an individual. However, unless social, economic, and environmental conditions are structured to support economic security, the societies will always find it difficult to secure stable employment, healthy diets, better housing, and reliable transportation. To ensure poverty does not affect social determinants of health, societies need to ensure financial resources are available. This is because they are essential resources required to fight poverty, avoid food insecurity, acquire healthy nutrition, and treat life-threatening illnesses like Diabetes and cancer that mostly affect old adults. I support your idea that many older adults living in poverty are at risk of developing chronic illnesses like heart disease and obesity, and thus, you will find that they are also likely to suffer depression. Sensibly, due to their financial insecurities, I would say that the aging population suffers most when catering to healthcare bills. I also support your idea that a large percentage of the aging individual is highly malnourished in hospitals because they cannot access a healthy diet.

Research by Vives et al. (2013) reveals that the unemployment rate contributes to social determinants of health. Besides, when people lose jobs, they also end up losing their health. This means that the continued loss of jobs and unemployment clearly indicates that people, the most aged population, would get into depression hence affecting their health.

Reference

Vives, A., Amable, M., Ferrer, M., Moncada, S., Llorens, C., Muntaner, C., ... & Benach, J. (2013). Employment precariousness and poor mental health: evidence from Spain on a new social determinant of health. *Journal of environmental and public health*, 2013.

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