

# Social Determinants of Health

The circumstances in which people are **born, grow, live, learn, work, play,** and **age** that influence access to resources and opportunities that promote health.



- The social determinants of health are social factors include housing, education, employment, environmental exposure, health care, public safety, food access, income, and health and social services.
- As public health advocates, educators, and leaders, we must encourage people to make healthy choices, but must also **remember that people can only make healthy choices if they have healthy options.** ([Robert Wood Johnson Commission to Build a Healthier America](#))