

SOCIAL ECOLOGY , NUTRITION AND CHILDHOOD OBESITY IN UNDERSERVED POPULATIONS

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Determinants of Health



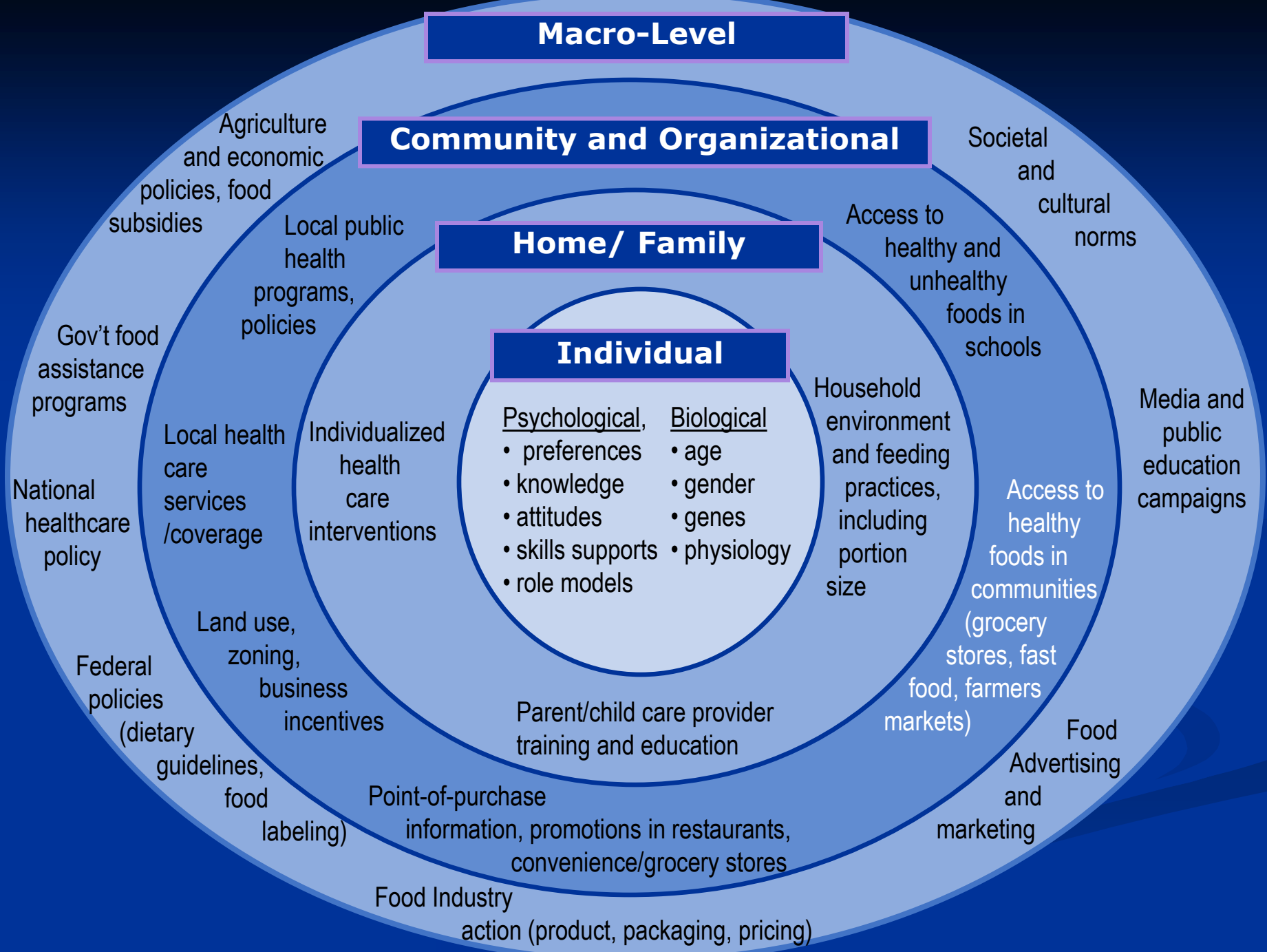
Determinants of Health

■ Definition:

- Broad classes of factors that are powerful in their cumulative and aggregate effects on health
- They are forces that shape behavioral and environmental risk factors

■ Categories of factors:

- Personal determinants
- Social determinants
- Economic determinants
- Environmental determinants
- Cultural determinants



Lifestyle Factors

- Practicing healthy habits can significantly decrease our chances of developing chronic disease (USDHHS, 1990).
- “Genes load the gun. Lifestyle pulls the trigger” by Dr. Elliot Joslin
- Of all the health determinants, lifestyle factors are among the most controllable and influential factors

Multi-influences on Food Choices

The “moment” of food choice, for humans and other animals, is a step in a series of behaviors organized for the quest for food.

There is a arousal by biological and cultural motives, detection of food, decision to accept food...

Biological influence

Psychological influence

Social Influence

Cultural influence

Biological Influence

■ Two forms:

1. Physiological mechanisms--

- What is going on in the body when a food choice occurs

2. Brain

- How and where information about metabolic state is integrated with information about the environment, other motives

Psychological Influence

■ Origin of preferences:

■ Individuals vary widely in their food preferences

1. Genetics
2. Early experience with parents
3. Peer influence
4. External influence, like media

■ Acquisition of preferences:

1. Exposure to cultural traditions,
2. family practices

■ Food choice in the moment:

1. Physical arrangement of food
2. Beliefs about food
3. Knowledge about the food—taste and health values

Social Influence

- **Age:**

- **Digesting system**

- **Gender:**

1. **Meat avoidance is more common in women**
2. **Women is more concerned with weight**

- **Social status:**

1. **Income**
2. **Living environment**

Cultural Influence

- What is your culture?
- What is the traditional food?
- Meaning of food?