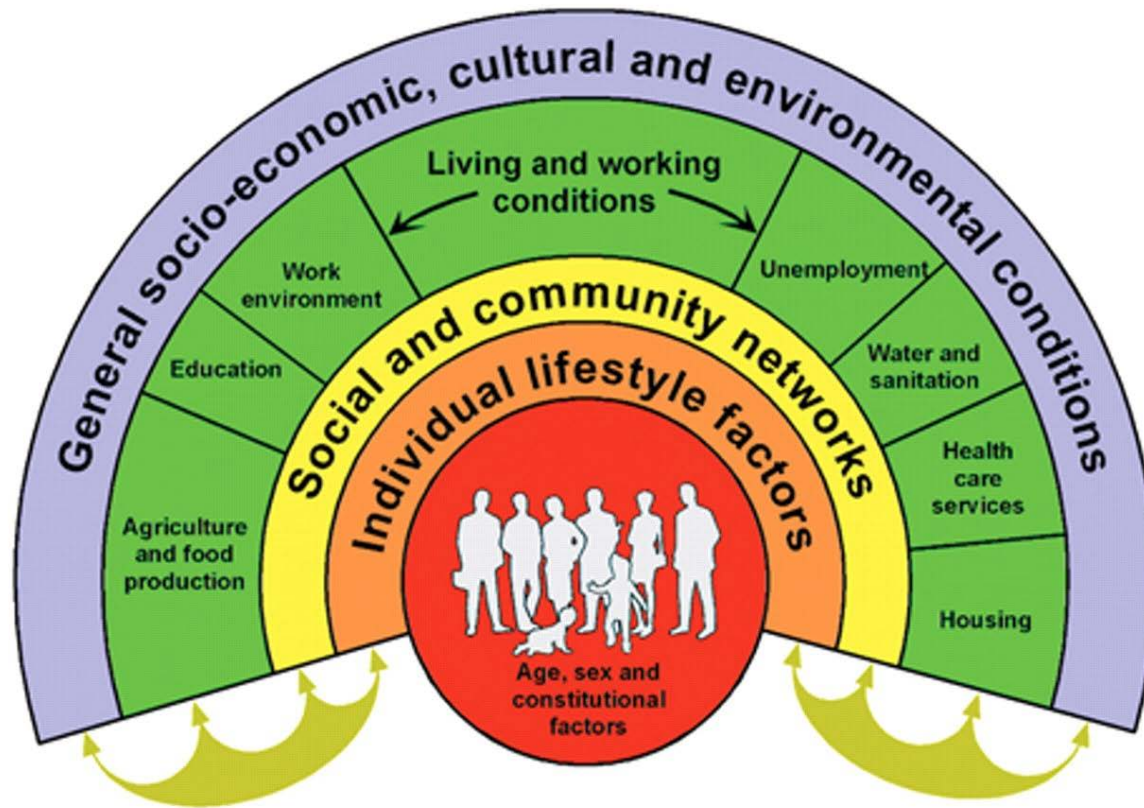


SOCIAL DETERMINANTS OF HEALTH CEUTÍ



Social determinants of health



General socio-economic, cultural and environmental conditions

- **Negative:**
 - **Culture of going everywhere by car**
 - **Low culture of participation**
 - **People from other cultures – very difficult to get to them**
 - **Crisis and high debt (low offer of activities)**

General socio-economic, cultural and environmental conditions

- **Positive:**
 - **Weather. Children spend a lot of time playing outdoors in parks.**
 - **Many sport facilities and cycling paths.**
 - **Less pollution than in a city.**
 - **More relationships with other citizens than in a city**

Living and working conditions (1)

- **High unemployment rate: 15% (25% in 2013)**
- **Health care services: Free and accessible system to everybody. ACTIVE and ARGOS Programs.**
- **Housing: social houses for people without income.**
- **Water and sanitation: Good.**

Living and working conditions (2)

- **Agriculture and food production: big offer of fruits and vegetables. Not too expensive.**
- **Education: good offer.**
- **Work environment. Not too much worry devoted to workers' well-being**

Social & community networks

- **Whatsapp groups for everything.**
- **Class whatsapp group – meetings at the park.**
- **Parents’ association. Quite efficient to spread information, but low participation.**
- **Alábega association. Offer of healthy activities. Promoted by a few.**

Individual lifestyle factors (1)

- **Food. Children do not eat enough fruits and vegetables. Interesting school initiatives.**
- **Too sedentary lives. Excessive use of cars. Digital Media.**
- **Alcohol. Freedom on big gatherings to drink alcohol (youngsters & Southamericans)**
- **Role models. Parents are not aware of the “Children see – children do” effect**

Individual lifestyle factors (2)

- **Too stressful lives. Too many extracurricular activities for children (stress for parents and children), homework (to be discussed in healthy school topic)**

Age, sex, constitutional factors

- **Women between 35-50 years old, very limited their healthy lifestyle (more stressed that women – chauvinist society, few time to do a physical activity)**
- **Older people used to make less sport, but eat more healthy (less processed food)**