Health determinants: Key terms and sentences


**The social gradient**
"The social gradient in health reflects material disadvantage and the effects of insecurity, anxiety and lack of social integration" (page 8).
"Poor social and economic circumstances affect health throughout life" (page 8).

**Stress**
"Stress harms health" (page 10).
"Lack of control over work and home can have powerful effects on health" (page 10).

**Early life**
"The effects of early development last a life-time; a good start in life means supporting mothers and young children" (page 12).

**Social exclusion**
"Social exclusion creates misery and costs lives" (page 14).
"People living on the streets, who may suffer a combination of...problems, suffer the highest rates of premature death" (page 15).

**Work**
"Stress in the workplace increases the risk of disease" (page 16)
"Jobs with both high demand and low control carry special risk" (page 17).

**Unemployment**
"Job security increases health, wellbeing and job satisfaction" (page 18).
"...unemployed people and their families suffer a substantially increased risk of premature death" (page 18).

**Social support**
"Belonging to a social network...makes people feel cared for..." (page 21).
"Friendship, good social relations and strong supportive networks improve health at home, at work and in the community" (page 20).

**Addiction**
"People turn to alcohol, drugs and tobacco to numb the pain of harsh economic and social conditions" (page 22).

**Food**
"Healthy food is a political issue" (page 24).
"A good diet and adequate food supply are central for promoting health and wellbeing" (page 24).

**Transport**
"Cycling, walking and the use of public transport promote health in four ways" (page 26).
"Healthy transport means reducing driving..." (page 26)