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## *Social Determination of Health.*

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Social determinants of health refer to circumstances in which people are born, live, grow and work that affect their health and well-being (Braveman, Egerter & Williams, 2011). These factors include unemployment, education, food security, social support networks, socioeconomic status and access to affordable and quality health services. Social determinants of health have significant impacts on health equity. These impacts can be in positive or negative ways. Therefore, this essay will discuss how the social determinants of health can impact health equity and why it is important.

Health equity refers to the achievement of the highest level of quality health for everyone, where individuals have the opportunity to access good health care regardless of their socioeconomic status, education, adverse childhood events, race or any other factor that influences access to quality health services (Marmot & Allen, 2014).

Poverty is one social determinant of health that has a significant impact on health equity. People living in poverty are more likely to suffer from different health issues as they are exposed to poor living conditions that pose risks for diseases (Braveman & Gottlieb, 2014). Poverty leads to lack of important amenities such as clean water, a balanced diet, proper housing and health insurance that are essential for good health. People who do not have health insurance are unable to access better health services that are expensive. Braveman & Gottlieb (2014) acknowledges that people who do not have health insurance often forgo important health care due to its cost and are also unable to access preventive care.

Education is an essential social determinant of health that greatly impacts health equity. According to (Marmot & Allen, 2014), educated people have lower chances of suffering from health problems than those who lack education. Education equips individuals with the

knowledge needed to take care of one's health. Through education, people learn the importance of preventive care, health insurance, hygiene and other essential health practices (Braveman, Egerter & Williams, 2011). Therefore, access to education promotes healthy lifestyles and overall personal well-being.

Health equity is essential as it promotes a healthy community which is vital in the growth of any nation (Braveman & Gottlieb, 2014). Enhancing health equality translates into growth in the nation's economy as healthy people have a high rate of productivity and efficiency (Marmot & Allen, 2014). Therefore, health equity is vital in ensuring the fundamental national growth, security and prosperity of the nation.

In conclusion, this discussion has revealed that social determinants of health have a significant influence on health equity. It is important to ensure that people can access good health care without being disadvantaged by the social circumstances surrounding them. These will enhance the growth of the nation at large as a healthy population means high production.

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## *References*

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