

# SOCIAL DETERMINANTS OF HEALTH



**THE  
COLORADO  
TRUST**

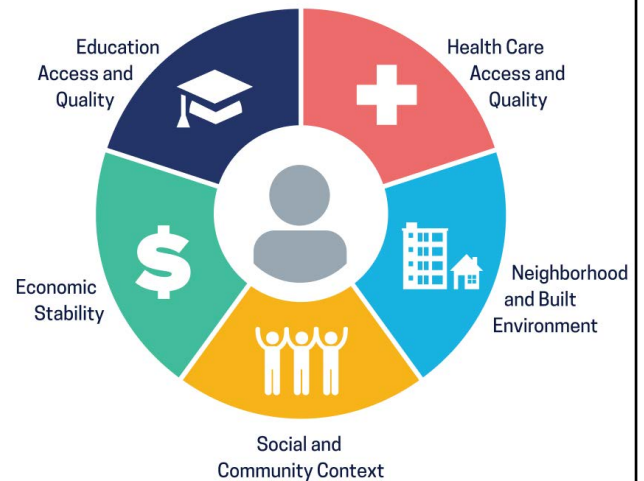
A Health Equity Foundation

DEDICATED TO ACHIEVING HEALTH EQUITY FOR ALL COLORADANS

Your health and well-being are affected by many things other than just the health care you receive. Factors known as the “social determinants of health” can either positively or negatively impact the ability for all Coloradans to lead healthy, productive lives.

The social determinants of health are conditions in the places where people live, learn, work and play that affect a wide range of health risks and outcomes. These circumstances are shaped by the distribution of money, power and resources at local, state, national and international levels. The social determinants of health are largely responsible for health inequities, which are unfair and avoidable differences in health status and outcomes. Some of these social determinants are easier for Coloradans to address than others.

## Social Determinants of Health



Social Determinants of Health  
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Healthy People 2030

### EDUCATION ACCESS AND QUALITY

People with higher levels of education are more likely to have longer and healthier lives. Key issues include graduating from high school, enrollment in higher education, overall educational attainment, language and literacy, early childhood education and child development.

### ECONOMIC STABILITY

People need to earn enough money in order to address their health needs. Key issues include stable jobs that pay livable wages, and being able to afford housing and nutritious food.

### NEIGHBORHOOD AND BUILT ENVIRONMENT

The place where you live has a significant impact on your well-being. Key issues include crime and violence, access to parks and recreation opportunities, air and water quality, and access to safe housing, healthy food and reliable transportation.

### SOCIAL AND COMMUNITY CONTEXT

Interpersonal relationships, being able to rely on friends and neighbors, and having a sense of belonging are essential to overall well-being. Key issues include civic participation, incarceration, discrimination and social cohesion.

### HEALTH CARE ACCESS AND QUALITY

Access to and coverage for high-quality health care is an important part of maintaining or improving health and well-being. Key issues include access to health care providers, health insurance status and health literacy (being able to read, understand and process health-related information in order to make decisions about health care).

**Source:** [Healthy People 2030](#), U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion (last accessed December 2024).