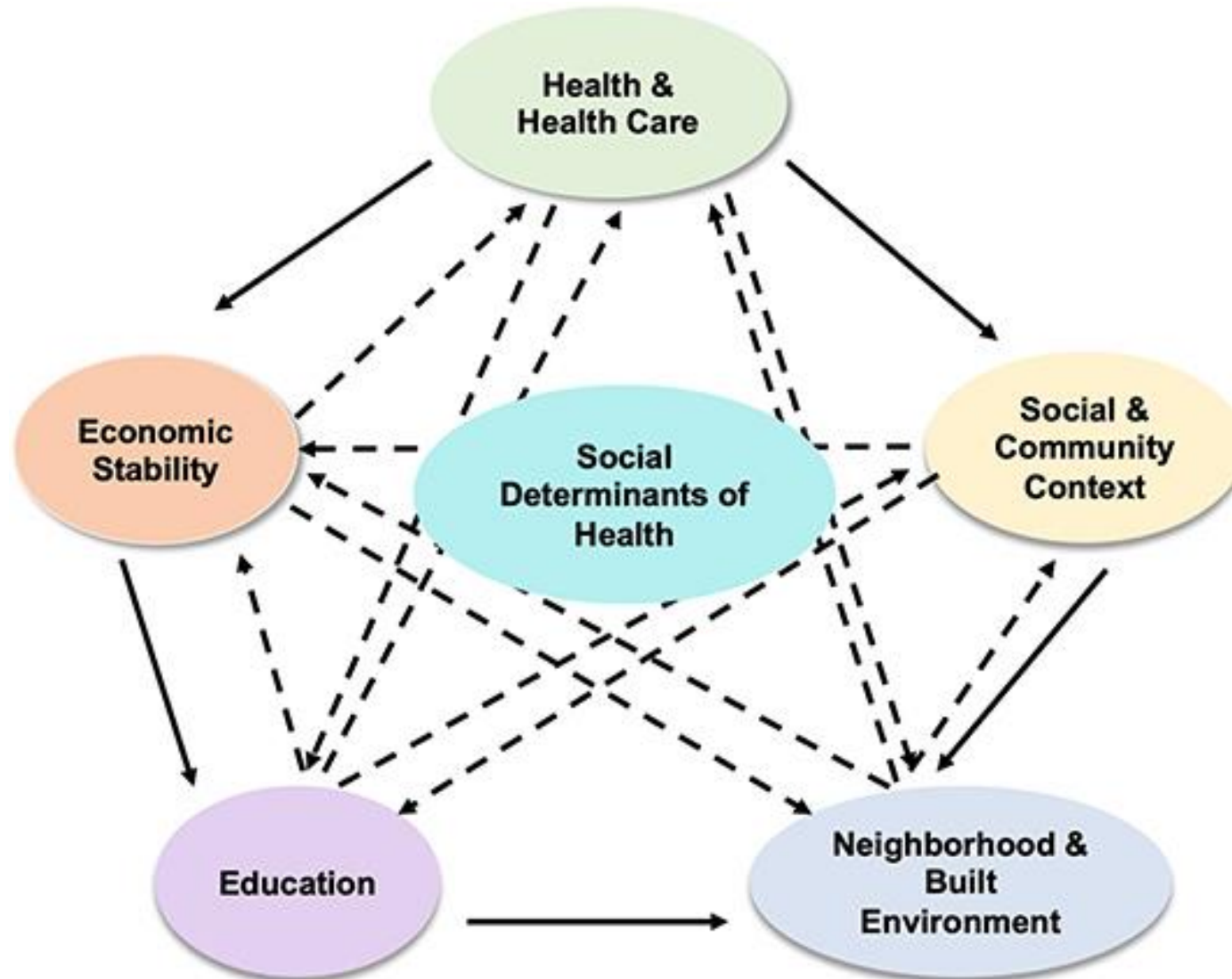


# Community & Social Context

We Thrive Together



# Social Determinants of Health





## **Social & Community Context**

- Means the settings and relationships in which people live and work
- Connections between people and institutions

### **Aspects**

Social integration, Social support, Discrimination, Incarceration, and Civic engagement



# **Social & Community context**

Can affect people's mental and physical health,  
health behaviors, and mortality risk



# **Active Community Involvement**

**Can reduce the risk of depression**

**Increase a sense of purpose**

\* Negative factors like discrimination and incarceration can harm a person for their entire life.





# HEALTHY PEOPLE 2030

- People's relationships and interactions with family, friends, co-workers, and community members can have a major impact on their health and well-being
- Healthy People 2030 focuses on helping people get the social support they need in the places where they are born, live, learn, work, play, worship, and age.



# Healthy People

## 2030

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- Many people face challenges and dangers they can't control – like unsafe neighborhoods, discrimination, or trouble affording the things they need. This can have a negative impact on health and safety throughout life.
- Positive relationships at home, at work, and in the community can help reduce these negative impacts. But some people often don't get support from loved ones or others.
- Interventions to help people get the social and community support they need are critical for improving health and well-being.

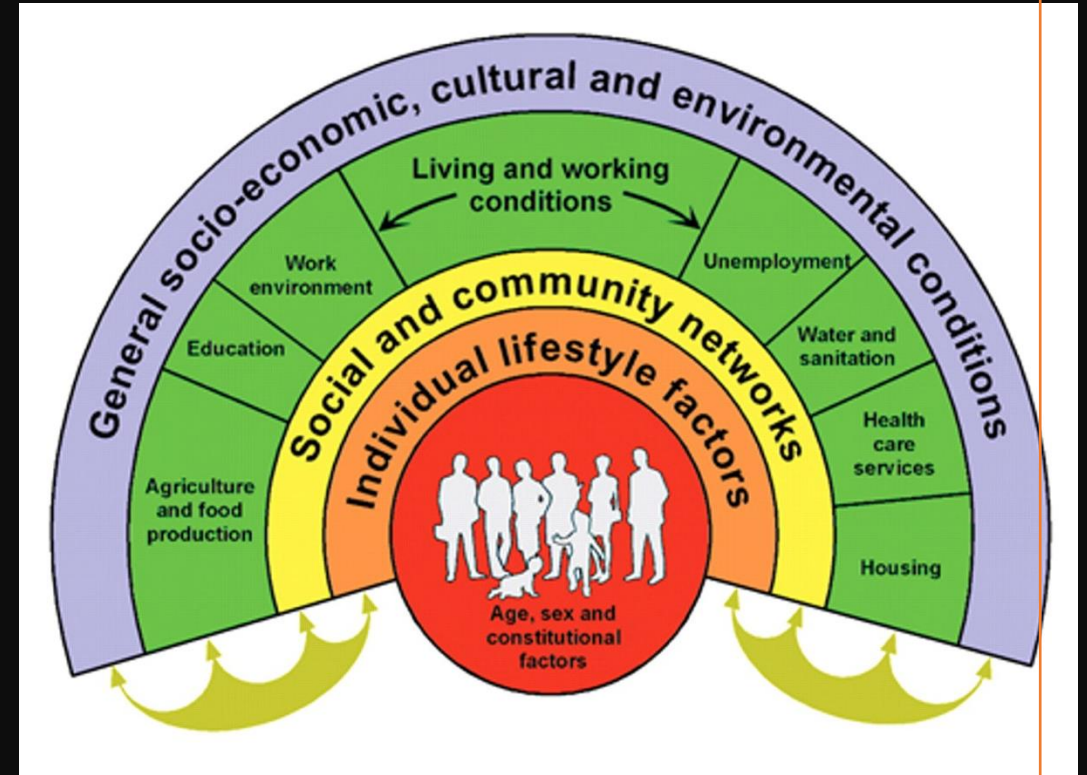




# Social Wellness

Social wellness refers to **the relationships we have and how we interact with others**. Our relationships can offer support during difficult times. Social wellness involves building healthy, nurturing, and supportive relationships as well as fostering a genuine connection with those around you.

From the time you're born, your relationships help you learn to navigate the world. You learn how to interact with others, express yourself, conduct everyday health habits, and be a part of different communities from those around you. Positive social habits can help you build support systems and stay healthier mentally and physically.





## **Build Social Connections**

Social connections might help protect health and lengthen life. Scientists are finding that our links to others can have powerful effects on our health. Whether with family, friends, neighbors, romantic partners, or others, social connections can influence our biology and well-being. Look for ways to get involved with others.

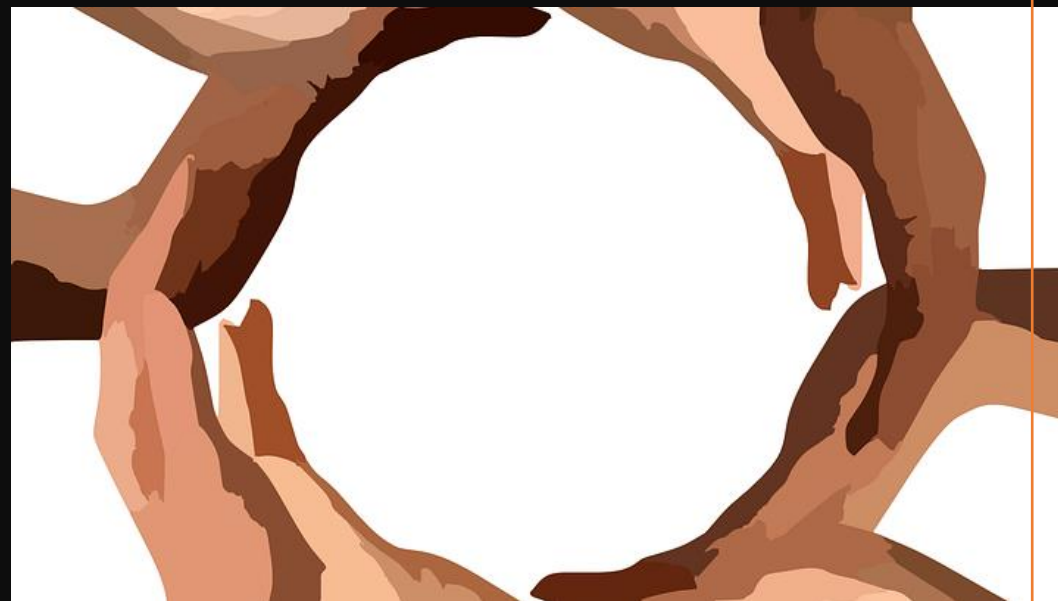
# To find new social connections:

- 
- Join a group focused on a favorite hobby, such as reading, hiking, painting, or wood carving.
  - Learn something new. Take a cooking, writing, art, music, or computer class.
  - Take a class in yoga, tai chi, or another new physical activity.
  - Join a choral group, theater troupe, band, or orchestra.
  - Help with gardening at a community garden or park.
  - Volunteer at a school, library, hospital, or place of worship.
  - Participate in neighborhood events, like a park clean-up through your local recreation center or community association.
  - Get active in your community. Helping others can reduce feelings of loneliness.
  - Travel to different places and meet new people.
- 



## **Take care of yourself while caring for others**

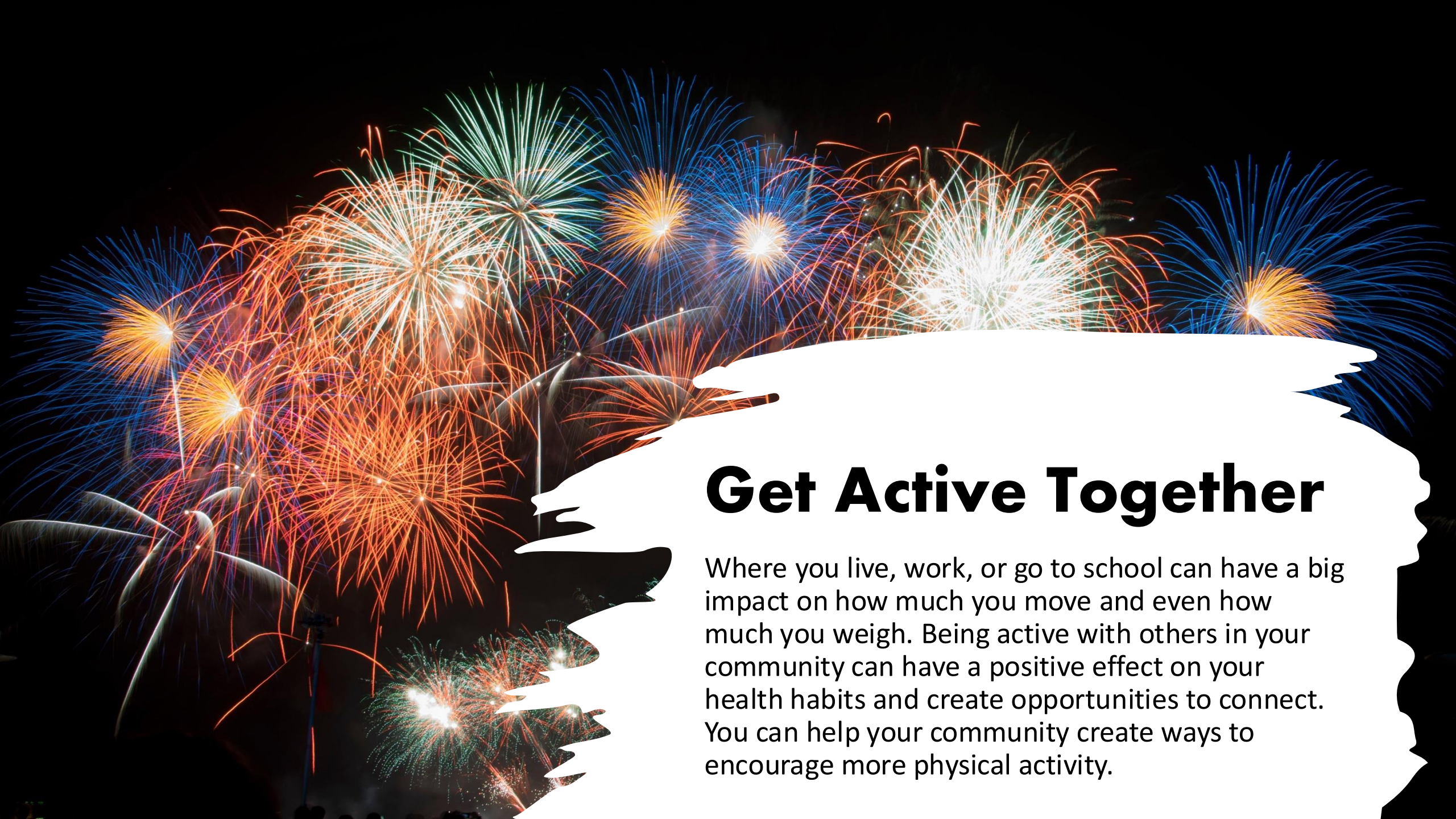
Many of us will end up becoming a caregiver at some point in our lives. The stress and strain of caregiving can take a toll on your health. It's important to find ways to care for your health while caring for others. Depending on your circumstances, some self-care strategies may be more difficult to carry out than others. Choose ones that work for you.



# To take care of yourself while caring for others:

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- **Get organized.** Make to-do lists, and set a daily routine.
- **Ask for help.** Make a list of ways others can help. For instance, someone might sit with the person while you do errands.
- **Try to take breaks each day.** Finding respite care can help you create time for yourself or to spend with friends.
- **Keep up with your hobbies and interests** when you can.
- **Join a caregiver's support group.** Meeting other caregivers may give you a chance to exchange stories and ideas.
- **Eat healthy foods, and exercise as often as you can.**
- **Build your skills.** Some hospitals offer classes on how to care for someone with an injury or illness. To find these classes, ask your doctor or [contact your local Area Agency on Aging\(link is external\)](#)



# Get Active Together

Where you live, work, or go to school can have a big impact on how much you move and even how much you weigh. Being active with others in your community can have a positive effect on your health habits and create opportunities to connect. You can help your community create ways to encourage more physical activity.



## **To help make a more active community:**

- **Start a walking group with friends, neighbors, or co-workers.**
- **Make the streets safer for walking by driving the speed limit and yielding to people who walk.**
- **Consider joining a low- or no-cost exercise group or an office sports team such as softball or kickball, and enroll kids in community sports teams or lessons.**
- **Participate in local planning efforts to develop walking paths, sidewalks, and bike paths.**
- **Work with parents and schools to encourage kids to safely walk or ride bikes to school.**
- **Join other parents to ask for more physical activity at school.**
- **Try different activities to find the ones you really enjoy, and have fun while being active!**



# Build Healthy Relationships

Strong, healthy relationships are important throughout your life. They can impact your mental and physical well-being. As a child you learn the social skills you need to form and maintain relationships with others. But at any age you can learn ways to improve your relationships. It's important to know what a healthy relationship looks like and how to keep your connections supportive.

# To build strong relationships:

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- Catch people showing good behavior and offer specific praise and words of affirmation
- Meaningful tasks at home or at work with positive recognition afterward helps others improve their skills one step at a time.
- Use kind words, tones, and gestures when giving instructions or making requests of others.
- Spend some time every day in warm, positive, loving interaction with your family. Look for opportunities to spend time as a family, like taking after-dinner walks or reading books together.
- Brainstorm solutions to problems at home or school together. Be available for advice and support, especially for [teens](#).
- Set limits for yourself on mobile device use and other distractions. For instance, check your phone after your family members go to bed.
- Ask about your loved one's concerns, worries, goals, and ideas.
- Participate in activities that your family and friends enjoy. Help out with and attend their events, games, activities, and performances.

# To build healthy relationships:

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- Recognize how [other people influence you](#).
- Share your feelings honestly.
- Ask for what you need from others.
- Listen to others without judgement or blame. Be caring and empathetic.
- Disagree with others respectfully. Conflicts should not turn into personal attacks.
- Avoid being overly critical, angry outbursts, and violent behavior.
- Expect others to treat you with respect and honesty in return.
- Compromise. Try to come to agreements that work for everyone.
- Protect yourself from violent and abusive people. Set boundaries with others. Decide what you are and aren't willing to do. It's okay to say no.
- Learn the differences between healthy, unhealthy, and abusive ways of relating to others.  
Visit [www.thehotline.org/healthy-relationships/relationship-spectrum](http://www.thehotline.org/healthy-relationships/relationship-spectrum)

# Benefits of Positive Relationships

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- Behavioral – Social bonds like those with partners and friends can influence our health habits and behaviors, which can influence our health and longevity
- Psychosocial – Social support can reduce stress and enhance emotional and psychological well-being, positively influencing health behaviors and physical health
- Physiological – Positive relationships can boost cardiovascular, immune, and endocrine responses, which can affect longevity and health in the long run.



# Trivia

# True or False

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**You can improve your mental health by exercising**



# True!

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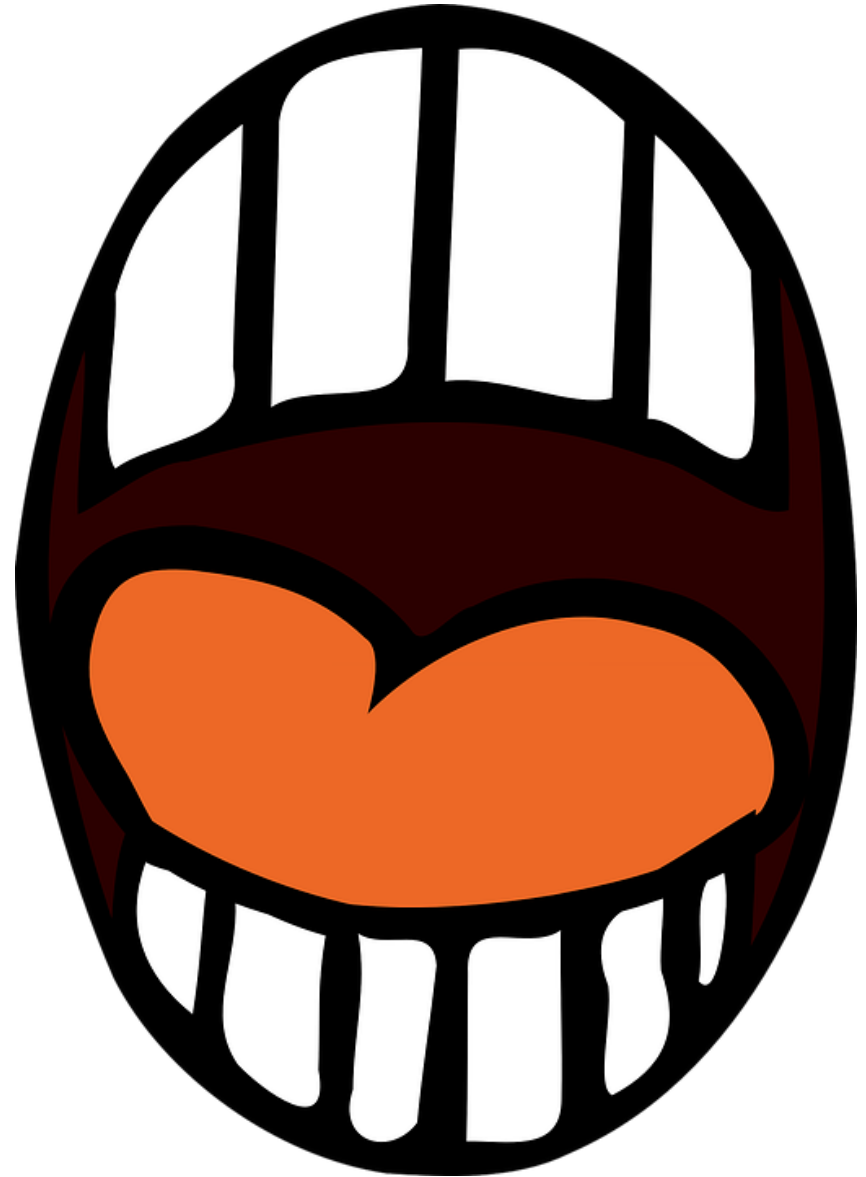
It's a well-known fact that exercise is good for your physical health, but did you know that it can also boost your mental health? Exercise releases endorphins, which are hormones that make you feel good.



# True or False?

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Laughing is good for  
your health

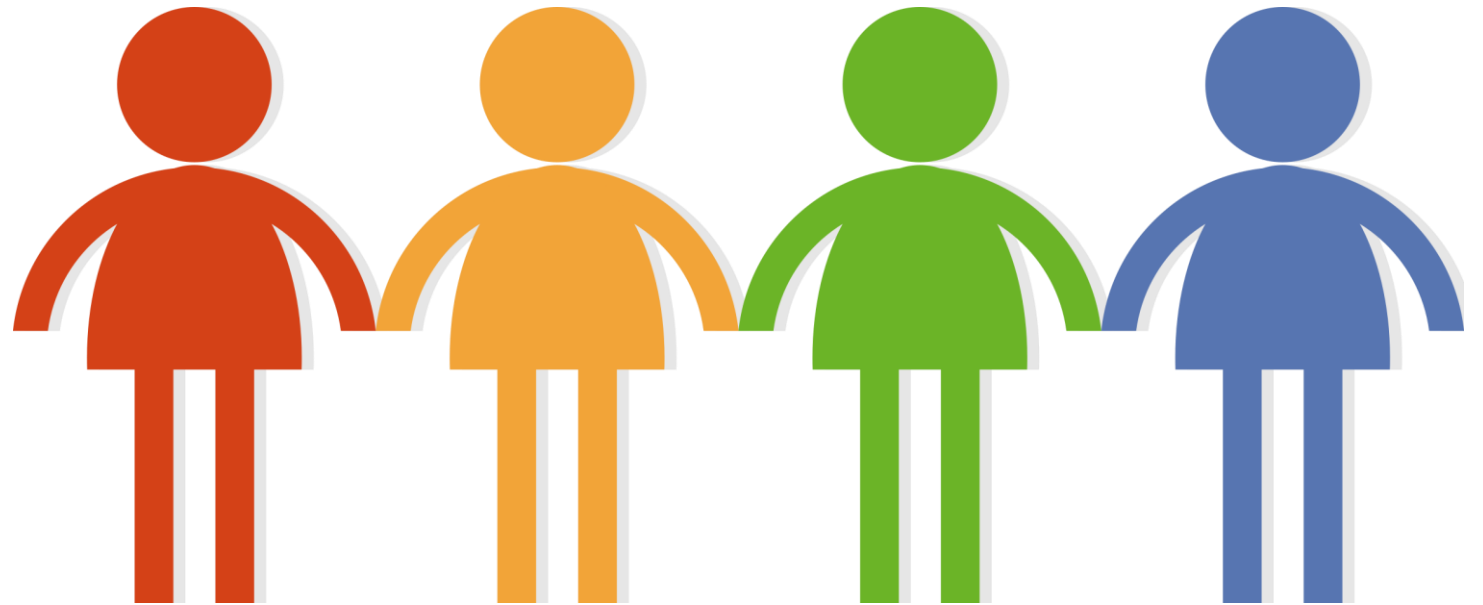


# True!

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When you laugh, your body releases endorphins, which are hormones that make you feel happy and relaxed. Laughter can also help burn some calories, improve your immune system and increase your lifespan.

Health tip : Always remember to take a break and do something that makes you laugh.



**Thank you for being here today!**

