Student Resource 7.5

Personal Analysis: Culture as a Health Determinant

Student Name: Date:

Directions: Complete this resource to look at the ways that your culture determines your health.

Cultures You Identify With

Most people identify with more than one cultural group. List two to four cultural groups that you identify with. Then underline the cultural group that you would like to focus on.

1.

2.

3.

4.

Elements That Make Up Your Culture

Think about some of the elements that make up the culture you underlined. Fill in the chart with your ideas.

|  |  |
| --- | --- |
| What customs and rituals are parts of the culture? |  |
| What recreational activities are parts of the culture? |  |
| Are religious beliefs a part of the culture? Explain. |  |
| What language(s) do people in the culture speak? |  |

|  |  |
| --- | --- |
| How are art and music a part of the culture? |  |
| What are the cultural beliefs about relationships, family, and community? |  |
| What distinguishing types of food are eaten in the culture? |  |

Examples of Your Culture as a Health Determinant

Give two examples of how the culture affects your health behaviors. First give one example about how the culture enhances your health behavior, and then give one example about how the culture does not. Next, explain one way that you could address the negative health behavior while still respecting your culture. Examples are shown.

|  |  |  |
| --- | --- | --- |
| **Positive Health Behavior Example** | **Negative Health Behavior Example** | **One Way to Address Negative Behavior** |
| In my culture, there is an emphasis on team sports, so I’ve been athletic from a young age. I get plenty of physical activity. | People in my culture encourage overeating. They push seconds—or even thirds—on the young people. I worry that I’m going to be overweight like my relatives when I get older. | I can still enjoy the wonderful, festive family meals with people from my culture but politely refuse more food. I can explain that I’m full and that I’ll eat more later if I feel hungry. |
|  |  |  |

Student Resource 7.6

Worksheet: Personal Health Determinants

Student Name: Date:

Directions: Use this worksheet to identify health determinants that apply to your community, your family, and yourself. The worksheet is divided into three sections:

1. Socioeconomic, Environmental, and Geographic Health Determinants
2. Social and Cultural Health Determinants
3. Behavioral, Biological, and Medical Health Determinants

Each section has some questions to help you determine which health determinants affect your community, your family, and you, and then a chart where you can fill in your personal health determinants. Examples of health determinants are given in each chart.

Socioeconomic, Environmental, and Geographic Health Determinants

Use the questions below to help you determine which health determinants affect your community, your family, and yourself, and use this information to fill in the chart on the next page. You don’t need to write answers to the questions; they are designed to help you think carefully about health determinants.

Socioeconomic, Environmental, and Geographic Factors to Consider

* Education and Employment
  + Is there a high level of unemployment in your community? Do the adults in your family have stable and fulfilling work?
  + Do young people in your community need to work to make a family financial contribution?
  + Are work-related issues a source of stress?
  + Do people typically receive health insurance through their work?
  + How has the level of education affected the employment opportunities for people in your family and community? Has a lack of education prevented people from obtaining employment?
  + What workplace dangers do people face? Do people do sedentary work, like office jobs? Do they do work that is physically taxing, like farm work? Are they exposed to dangerous chemicals or conditions at work?
* Health Services
  + Do you, your family, and people in your community have access to quality health services? Is there anything holding people back from accessing health services?
  + Are there specific types of health services, such as dental care, that aren’t accessible or affordable?
  + Do people seek preventive care or do they typically wait until a problem develops before seeking care?
* Physical Environment
  + Is there violence in your home or community? How does the violence affect people?
  + Do people in your family and community have safe housing?
  + Is there clean drinking water and excellent sanitation?
  + Are there places to get healthy, affordable food?
  + Are there clean and safe places to exercise and play?
  + Do people use public transportation? Is it affordable, reliable, and safe?
* Geography
  + Is there air, water, or soil pollution where people live and work?
  + Do you live in an area that has extreme climates, either really cold or really hot, that put people at risk for conditions like frostbite, hypothermia, or heat exhaustion?
  + Do certain insects thrive in the area where you live, putting people at risk for diseases like malaria or West Nile virus?

|  |  |  |
| --- | --- | --- |
| Health Determinants Common to Most People in My Community | Health Determinants Common to Most People in My Family | Health Determinants that Affect Me Specifically |
| Most people in my community have a relative who has a chronic respiratory condition from working in the paint factory. |  |  |

Social and Cultural Health Determinants

* Support Networks
  + Are there strong support networks, such as community centers, clubs, or church groups, that help people develop healthy coping skills and encourage people to make healthy choices?
  + Are elderly people looked after in your community?
  + Are there good infant and day-care options in your community?
  + Are there good afterschool programs for school-aged children and teens?
* Cultural Beliefs
  + Does your culture enhance people’s health behavior?
  + Is healthy eating and physical activity part of your culture?
  + What is your culture’s perception of illness?
* Discrimination
  + Are people discriminated against because of their sexual orientation? Do gay people feel safe in your community?
  + Is racism a problem in your community? Are certain racial groups discriminated against? Is there racial violence?

|  |  |  |
| --- | --- | --- |
| Health Determinants Common to Most People in My Community | Health Determinants Common to Most People in My Family | Health Determinants that Affect Me Specifically |
|  | Most people in my family believe that you should keep your problems to yourself. |  |

Behavioral, Biological, and Medical Health Determinants

* Personal Behavior
  + Do you make healthy food and drink choices?
  + Are you physically active?
  + Do you make healthy choices about smoking, drinking, and using drugs?
  + Do you feel informed about how to protect yourself from sexually transmitted diseases and unwanted pregnancy?
* Genetics
  + Do people in your family typically have a long life span? What is the general level of health for people in your family?
  + Are you at risk for developing certain diseases or conditions that have a genetic correlation, like alcoholism or heart disease? Are you knowledgeable about your family’s medical history?
  + What is your general health like? Do you have any chronic illness?
* Gender
  + Are there some conditions or health-related issues that are more common to your gender? Do you feel informed about those issues?

|  |  |  |
| --- | --- | --- |
| Health Determinants Common to Most People in My Community | Health Determinants Common to Most People in My Family | Health Determinants that Affect Me Specifically |
|  |  | I am a vegetarian and carefully plan my diet to be healthy and balanced. |