



## THE SOCIAL DETERMINANTS OF HEALTH

Health is often seen as a result of individual choices – nutrition, exercise, sleep – coupled with genetics – predisposition to illnesses inherited from our parents. This film confronts these as just a smaller piece of the puzzle when addressing the health of individuals and society as a whole. The bias being addressed is a western medicine perspective, ignoring the holistic views of well-being.

### Questions:

1. Reflect on your perception of health, disease, and diagnosis. Does it include Social Determinants of Health?
2. What is your personal and professional approach to illness? Do you consider social determinants of health in your approach to assisting patients? Do you seek to address SDOH in your practise? Why or why not? Are there unexplored opportunities to liaise with public health initiatives in your practising community?
3. Can you define the Social Determinants of Health?
4. How could you adapt and improve your communication approach to patients to reveal and address Social Determinants? Could this approach be widened to consider a specific or more generalized patient population?
5. What does well-being look like?

[Go to the Video](#)

*Click the button to go to the Red Cedar is Medicine video on YouTube.*

 THE UNIVERSITY OF BRITISH COLUMBIA  
**Faculty of Medicine**

*This project is part of the Hearts-based Education and Anti-colonial Learning resource, an initiative of the Health Arts Research Centre, and funded in part by Indigenous Services Canada.*



 National Collaborating Centre  
for Indigenous Health

