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# Determinants of Health



**ACTIVE  
LIVING  
ALLIANCE**

FOR CANADIANS  
WITH A DISABILITY

**ALLIANCE  
DE VIE  
ACTIVE**

POUR LES CANADIENS/  
CANADIENNES AYANT  
UN HANDICAP

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# Overview of Determinants of Health

This overview consists of the following:

- Health Well Being and Quality of life
- Physical Activity
- Health risks of inactivity
- Environment
- Nutrition
- Socioeconomic Factors

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# Health Well Being and Quality of life:

## Factors Influencing Health

Income and social status	Social support networks
Education	Employment and working conditions
Physical environment	Biology and genetic endowment
Personal health practice	Coping skills
Healthy child development	Access to health services
Self Esteem	Diet

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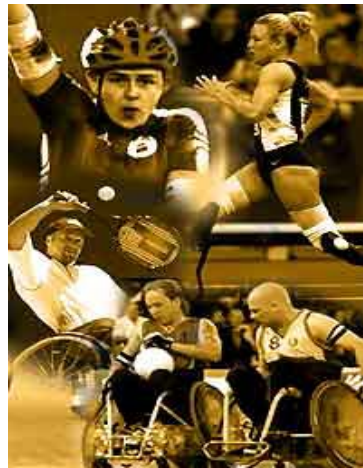
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# Physical Activity

Active Living...is a lifestyle that values physical activity and incorporates it on a daily basis.

Whether it's gardening, walking the dog or taking the kids out to fly a kite... active living encourages everyone... to get up and get moving."

*(Health Canada, 2003)*



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# Physical Activity

- Active living emphasizes our ability to do activities, unique to our interests and abilities that benefit our health. Walking or wheeling is just as valued as running,
- carrying groceries or doing household chores is comparable to traditional exercises programs.



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## Health risks of inactivity:

There are very significant health risks from an inactive lifestyle.

For example, physical inactivity is as dangerous as smoking.

*(Health Canada & Canadian Society for Exercise Physiology, 2000)*



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# Environment

“Health is a result of much more than medical care; people are healthy when they live in nurturing environments and are involved in the life of their community, when they live in healthy cities”

*(IHFC, 2003)*

There is a clear link between factors such as buildings, transportation, housing and health. The environment has a strong effect on us. By changing the environment people with disabilities can take control of their own health and make choices that impact their health behaviors.

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# Equal Access

Inaccessible housing and transportation continue to exist for people with disabilities, limiting the choices as to where to live, the standard or type of housing & where they can travel.



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# Nutrition

"Research indicates a strong association between disability and nutritional status.

For example, 73% of individuals with a limitation of one activity of daily living had a high level of nutritional risk.

*(Sharkey, Haines & Zahoori, 2000)*



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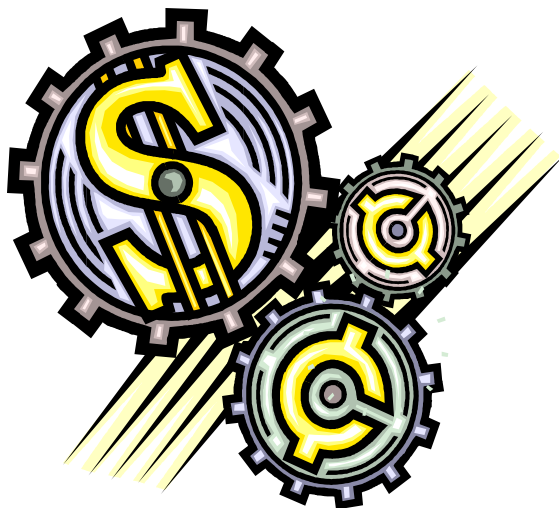


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# Barriers to Nutrition

The most frequent barrier to good nutrition reported by people with disabilities (men 64%, women 71%) was that “food costs too much”

*(Hendy & Nagle, 20002)*



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# Socioeconomic Factors

Research on the relationship between socioeconomic factors and health has examined factors such as age, gender, ethnicity

(Crespo et al, 1999)



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# Achieving a Healthy Lifestyle

Regardless of ability, all individuals can improve their success for good health through the implementation of a healthy lifestyle.



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# Thank You

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