

## How & Where Youth Live, Learn, & Play Matters:

The Social-Ecological Health Promotion Model & Social Determinants of Health

# YOUTH 360°



### Social determinants of health

are elements in the environment in which youth live, learn, and play that shape their long-term physical, mental, emotional, and social well-being.

How and where we live, learn, and play matters. These factors affect every one of us—our health and well-being, even our life span.

The social determinants of health (SDH)—factors in the environment in which youth live, learn, and play—shape their long-term physical, mental, emotional, and social health and well-being.

Social determinants of health, such as access to education and quality health services; relationships with peers, family, and educators; or availability of affordable and convenient transportation, strongly determine whether youth will be healthy beyond the influence of biology or genetic factors. Social determinants of health are present everywhere and interact with each other to affect youth health and well-being. To understand how the social determinants of health influence individual behavior and health outcomes, it is important to have an inclusive, or 360°, approach.

### Youth 360° Approach

How and where youth live, learn, and play matters. A 360° approach, using the social-ecological health promotion model, allows communities to recognize, explore, and address the social determinants of health according to the influential spheres—individual, relationship, community, and societal—moving beyond a focus on individual behavior, toward an understanding of the wide range of factors on health outcomes.

Healthy Teen Network promotes a Youth 360° approach using the social-ecological health promotion (SEHP) model. The SEHP model allows communities to recognize, explore, and address the social determinants of health according to the influential spheres—individual, relationship, community, and societal—moving beyond a focus on individual behavior, toward an understanding of the wide range of factors on health outcomes. A Youth 360° approach, using the SEHP model, allows us to increase our impact, building collaboration beyond the adolescent sexual and reproductive health field and achieving better outcomes for youth across diverse populations, including marginalized youth and pregnant and parenting teens.

There are many social determinants that impact health and well-being—too many to include on one fact sheet. Instead, Healthy Teen Network selected a sample of determinants that affect youth in order to illustrate the spheres of influence in which the determinants reside. The circle diagram (page 2) illustrates the spheres and social determinants of health.

Read more about Youth 360° and access related resources online at [www.HealthyTeenNetwork.org/Youth360](http://www.HealthyTeenNetwork.org/Youth360).

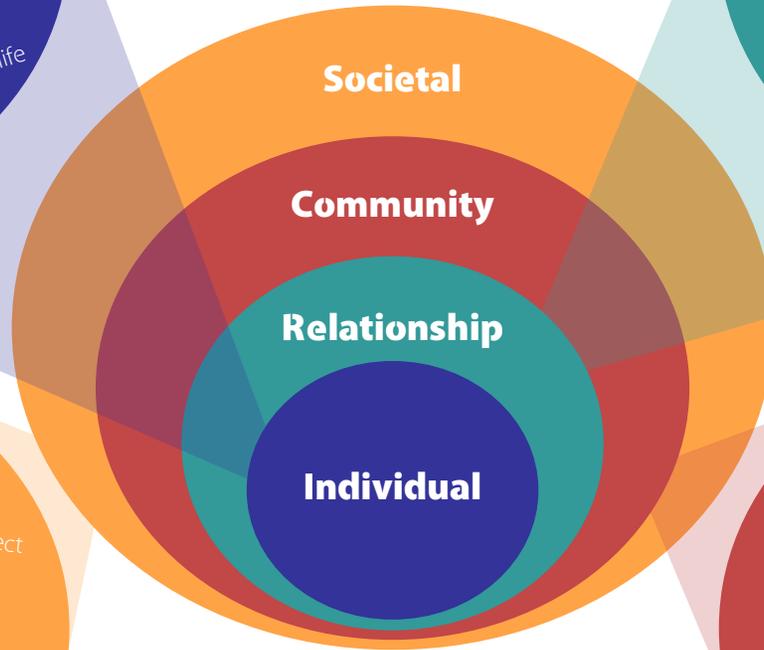
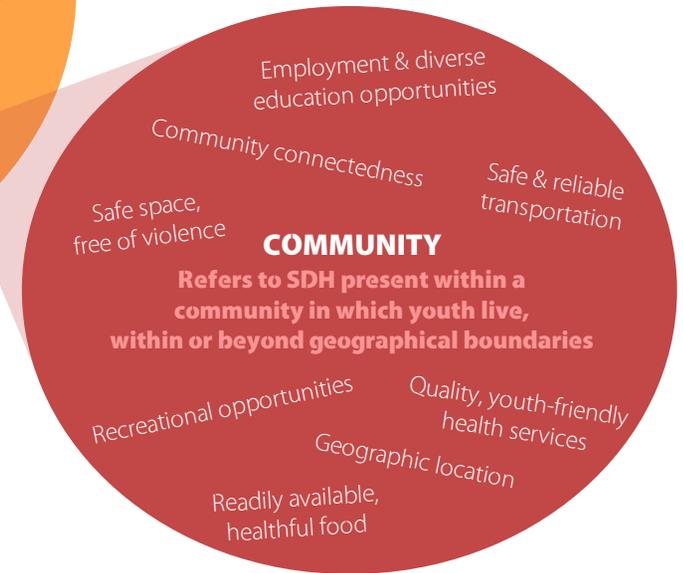
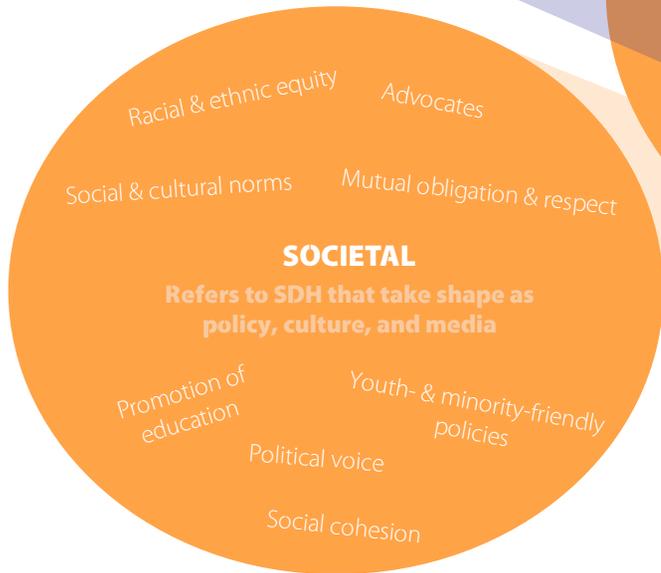
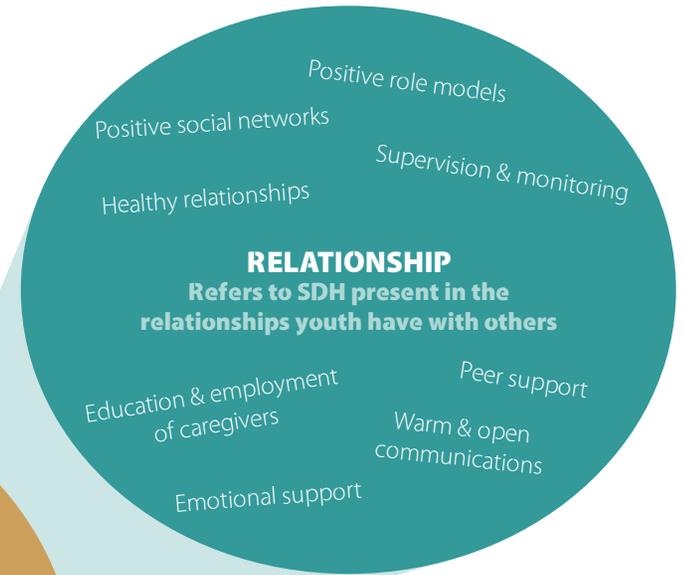
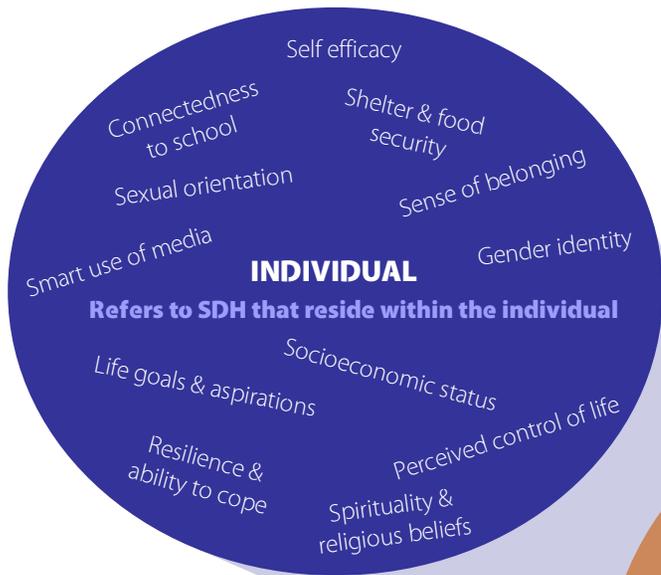
### Resources

1. World Health Organization Commission on Social Determinants of Health. (2008). Closing the gap in a generation: Health equality through action on social determinants of health. Retrieved from [http://whqlibdoc.who.int/publications/2008/9789241563703\\_eng.pdf](http://whqlibdoc.who.int/publications/2008/9789241563703_eng.pdf)
2. Centers for Disease Control and Prevention. (2010). Establishing a holistic framework to reduce inequities in HIV, viral hepatitis, STDs, and tuberculosis in the United States. Retrieved from <http://www.cdc.gov/socialdeterminants/docs/sdh-white-paper-2010.pdf>
3. U.S. Department of Health and Human Services. (2013). Healthy People 2020: Social determinants of health. Retrieved from <http://www.healthypeople.gov/2020/topicsobjectives2020/overview.aspx?topicid=39>



# Social-Ecological Health Promotion Model

The Social-Ecological Health Promotion (SEHP) model illustrates the interrelated spheres—individual, relationship, community, and societal—as well as the social determinants of health (SDH), within those spheres, that influence individual behavior and health outcomes.



Healthy Teen Network

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