The determinants of health

The determinants of health are a range of personal, social, economic and environmental factors which affect the health of individuals and communities. The context of people’s lives affects their health and people are not often able to directly control many of these factors such as; where they live, the condition of their physical environment, their genetics, their education and occupation and their social and interpersonal relationships. Therefore, health promotion directs action at both those determinates of health outside a person’s direct control such as environmental hazards and those within their control which include individual health behaviors such as smoking, diet and personal fitness.