Social

Building and maintaining satisfying relationships comes naturally to us as we are social animals. Being socially accepted is also connected to our emotional well-being. The ability to make and maintain healthy relationships with other people. e.g. being able to relate to parents, friends, teachers in a way that your community finds acceptable. It also includes accepting social standards / norms of behavior, for instance, waiting in queues, behaving appropriately at the cinema. This dimension of health focuses on the process of creating and maintaining healthy relationships that provide support, such as from friends and family. A joint Yale University/University of Utah research study states, “The strongest evidence that social support is related to health or disease comes from studies of large populations demonstrating that social support or social networks are protective against all-cause mortality. It also appears that social support is negatively associated with cardiovascular death and that it protects against recurrent events and death among persons diagnosed with disease.” Making time for positive experiences with friends and family can build emotional reserves and strengthen social connections for times of need. Social wellness is an ability to interact with people, respect yourself and others, develop meaningful relationships and develop quality communication skills. This allows you to establish a support system of family and friends. Those with high social wellness believe that it is important to 1. Live in harmony with the environment and others. 2. Consider the common welfare of the community over their own. 3. Develop interdependent healthy relationships while developing healthy behavior. 4. Create a balance between their community and the environment.

 In 2003, the World Health Organization (WHO) Europe suggested that the social determinants of

health included:

1. Social gradients (life expectancy is shorter and disease is more common further down

the social ladder)

2. Stress (including stress in the workplace)

3. Early childhood development

4. Social exclusion

5. Unemployment

6. Social support networks

7. Addiction

8. Availability of healthy food

9. Availability of healthy transportation