

# Pathways to Wellness in the World Around Us

*"Conditions in the environments in which people are born, live, learn, work, play, worship, and age affect a wide range of health outcomes."*  
*—Healthy People 2020*

**H**istorically, when talking about health, the focus has been on a single chronic disease, lifestyle factor such as nutrition or physical activity, and/or one's personal responsibility for health. However, many other factors influence health. Research shows that individual choices determine a person's health but so do the individual's surroundings. The rainbow model in Figure 1 shows the relationship between people and their environment and health. This model demonstrates how important it is to understand a wider range of social, environmental, and societal factors that affect health and well-being and highlights the importance of moving beyond a focus on personal behavior.

The conditions in which people live, learn, work, and play can positively or negatively influence overall health and life quality. The social, cultural, and environmental settings in which people live influence their choices. These conditions are called social determinants of health. The social determinants of health include factors such as access to food or quality education, income, safe and affordable housing, generational influences, local emergency and health services, safe neighborhoods, the built environment, and the overarching social and political influences on these factors.

## Health Starts in Our Communities

The "built environment" of a community includes all buildings and physical spaces created or modified by people. Physical settings influence health both directly and indirectly. The types of resources to which people have access—such as health care or safe drinking water—directly influence health. Similarly, resources and services—such as the walkability of a community or availability of public transportation—can indirectly influence health behaviors. The design of and the ways in which developed land is used has a large impact on health behaviors and outcomes. For example, if a community has no sidewalks or bicycle or walking paths, it could be harder for people to be safely active.

Local leaders form local policies that affect a community's built environment. These leaders include city planners, employers, school districts, public service agencies, and community organizations. Their decisions shape systems, services, and resources for education, health care, housing, employment, public safety, transportation, and more. Ultimately, these decisions affect health equity, meaning whether all people have a fair and just opportunity to be healthy. Due

**Figure 1.** Placing the influence of neighborhoods and the built environment within the multiple levels of influence on health and wellness.



Adapted from Dahlgren and Whitehead, 1991

# Sickness Wellness Publications

**KJ Lindholm-Leary**



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