

## Assessing Determinants of Health in your Community

### Description:

This tool provides a checklist of community determinants of health.

### How it can be used:

The determinants of health are the economic and social conditions which determine the health of people.

They include:

- the social and economic environment
- the physical environment
- the individual characteristics and behaviours

For your community, assess the following determinants of health that have a direct impact on physical, spiritual, emotional, and mental health. When you have finished your assessment, identify those determinants that are 'somewhat of an issue' and 'a serious issue'. These will be the priority areas for community planning and can be used by health managers and community leaders to assess which areas of their community are strong and which require extra attention.

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Determinants	Not an issue in our community	Somewhat of an issue in our community	A serious issue in our community
<b>Health Behaviours</b>			
Abuse of alcohol			
Abuse of drugs			
Excessive smoking			
Adequate pre-natal care			
Access to adequate exercise facilities			
<b>Physical Environments</b>			
Sufficient housing (i.e., is there overcrowding)			
Good quality housing (i.e., are there significant issues such as mold)			
Access to safe water in homes			
Sanitation and waste management facilities are sufficient			

<b>Determinants</b>	<b>Not an issue in our community</b>	<b>Somewhat of an issue in our community</b>	<b>A serious issue in our community</b>
<b>Employment and Income</b>			
Access to meaningful employment			
The majority of employable community members are employed			
Average incomes close to regional norms			
<b>Education</b>			
Students are completing high school			
Community members are pursuing post-secondary education			
<b>Food Security</b>			
Community is considered remote			
Community has access to affordable healthy foods			
Community members access traditional foods through hunting/fishing/trapping			
<b>Health System</b>			
Sufficient access to health services (e.g., physician, nurses, dental, mental health, physical therapist, etc.)			
Reasonable access to acute care facility			
<b>Community Infrastructure</b>			
Community programs are targeted at community needs			
Access to community programs for community members			
Economic development is a community priority			
<b>Environment</b>			
Community has ties to the land			

<b>Determinants</b>	<b>Not an issue in our community</b>	<b>Somewhat of an issue in our community</b>	<b>A serious issue in our community</b>
<b>Cultural Continuity</b>			
Social cohesion in the community			
Community maintains cultural practices			
Community practices self-determination in health, social, education, security, cultural facilities			
Elders are engaged in the community			
Inter-generational connectedness			
Traditional native language is spoken			
Residential school effects are being addressed in the community			

**Source:**

*First Nations Health Managers – Governance, Strategy, Policy and Decision-Making Toolbox*  
 First Nations Health Managers Association