

## Topic 2 DQ 1

**What are social determinants of health? Explain how social determinants of health contribute to the development of disease. Describe the fundamental idea that the communicable disease chain model is designed to represent. Evaluate the steps a nurse can take to break the link within the communicable disease chain.**

**Resources within your text covering international/global health, and the websites in the topic Resources, will assist you in answering this discussion question.**

Social determinants of health (SDOH) are the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks according to Healthy People 2020 (2022). For example; “safe housing, transportation, and neighborhoods, racism, discrimination, and violence, education, job opportunities, and income, access to nutritious foods and physical activity opportunities, polluted air and water, language and literacy skills,” Healthy People 2020 (2022).

According to Healthy People 2020 (2022), SDOH contributes to wide health disparities and inequities, for example, people with no access to grocery stores with healthy foods are less likely to have good nutrition which raises their risk of health conditions like heart disease, diabetes, and obesity and even lowers life expectancy relative to people who do have access to healthy foods. Public health organizations and their partners in sectors like education, transportation, and housing need to take action to improve the conditions in people's environments.

According to CDC (2019), communicable diseases are illnesses that spread from one person to another or from an animal to a person, or from a surface or a food. Transmission occurs when the agent leaves its host through a portal of exit, is conveyed by some mode of transmission, and enters through an appropriate portal of entry to infect a susceptible host. An infectious agent can be transmitted in different ways like direct contact, droplet spread, or indirectly through airborne. This is called the chain of infection and this communicable disease chain model explains the spread of a communicable disease from one person to another but the fundamental idea of this is that the chain of infection can be broken or the risk of infection can be reduced and the spread of the disease can be prevented.

Nurses can break the chain with good hand hygiene by cleaning your hands frequently, staying current with the vaccines and the flu shot, covering coughs and sneezes and staying home when sick, following the rules for standard and contact isolation, using personal protective equipment correctly, cleaning and disinfecting the environment, (Infection Prevention and You, 2022).

## References

Healthy People 2020 (2022). *Social Determinants of Health*.

<https://health.gov/healthypeople/priority-areas/social-determinants-health>

Center for Disease Control and Prevention, (2022).

<https://www.cdc.gov/niosh/topics/aircrew/communicablediseases.html#:~:text=Communicable%20diseases%20are%20illnesses%20that,sick%20person%20sneezing%20or%20coughing>