

Social Determinants



Social Determinants of Health (SDOH) are the conditions in which people are born, grow, live, work, and age. This includes access to various services, opportunities, and rights, which can positively or negatively influence individuals' quality of life. There is a direct relationship between these determinants and factors such as chronic diseases, mental health, and life expectancy. Some of these social determinants are beyond individual control, as they are closely tied to the social and governmental structure of each country.

TYPE	EXAMPLES
Economic	The lack of a stable income or employment can lead to conditions of poverty.
Educational	The lack of access to education reduces opportunities to develop the skills and abilities needed for daily life.
Environmental /housing	The lack of safe housing, along with insufficient access to basic services and transportation, significantly limits quality of life.
Social/ Community Isolation	The lack of a support network can increase hopelessness, discrimination, and violence in the environment.
Access to health services	Limited access to medical services and medications increases the risk of illnesses or complications.

- Learn about government programs and other agencies that offer employment opportunities.
- Participate in community, cultural, sports, or volunteer activities.
- Promote respect and inclusion.
- Use the services available from government agencies, such as clinics, assistance programs, transportation services, or community centers.

Social and Emotional Aspect

For tips, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your medical treatment, please visit your primary care physician or call the following phone lines:

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Health: 787-641-9133

Recommendations for addressing social determinants and improving quality of life:

- Stay informed about public policies that help reduce inequalities in access to services.
- Support community projects that promote healthier living, such as health fairs, educational workshops, or wellness programs.
- Identify opportunities to educate yourself or improve access to existing educational services.

References

<https://www.paho.org/es/temas/determinantes-sociales-salud>

Prepared by certified health educators.

Created in September 2025.

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