

# Social Determinants of Health

## Understanding the things that impact your well-being

Your health is about more than just seeing a doctor or taking medicine. Where you live, where you work, and the people who support you are also important. These things can affect your body and mind, so it's important to understand them to stay healthy.

Here are some important things to consider that impact the overall quality of your life:

-  **Having enough food:** Eating a balanced diet keeps you healthy. You can find healthy food at local food banks, nutrition assistance programs, and community gardens.
-  **Housing:** Safe and affordable housing keeps you healthy and lowers the need for costly medical care. If you might lose your home, contact local housing programs, shelters, or rental assistance services for help.
-  **Transportation:** Being able to get to work, doctor's appointments, and other places is important for your overall health. Check out public buses, carpooling options, or transportation assistance programs.
-  **Financial Stability:** Having a regular income helps you pay for healthcare, food, and housing, and it can reduce stress. Look for financial counseling and local programs that help with rent or utility payments.
-  **Education:** Education helps you get better jobs, earn more money, and understand healthcare better. Try adult learning programs, online classes, or free health resources.
-  **Social Support:** Building relationships gives you support, reduces stress, and is good for your mental health. Try joining community groups, support networks, or online groups that focus on helping you feel better.

For more information, visit the Community Resource Desk online at  
[ProvidenceHealthPlan.com/CRD](https://ProvidenceHealthPlan.com/CRD)