Individual Level
By Sarah Maness

Learning Objectives

• Understand how the Individual Level plays a role in the following:
  – Social Ecological Model
  – Determinants of Health

• Discuss Individual Level Factors that can contribute to health outcomes

• Apply examples of health behaviors to the individual level

Outline

• Social Ecological Model
• Determinants of Health
• Individual Level Factors
  - Socio-demographics
  - Psychosocial
  - Lifestyle
  - Psychological
• Health Outcomes Impacted by Individual Factors
  – Risky Sexual Behavior
  – Obesity
Healthy People 2020

A society in which all people live long, healthy lives

Overarching Goals:
- Attain high quality, longer lives free of preventable disease, disability, injury, and premature death.
- Achieve health equity, eliminate disparities, and improve the health of all groups.
- Create social and physical environments that promote good health for all.
- Promote quality of life, healthy development, and healthy behaviors across all ages.

Determinants of Health

- “The conditions in which people are born, live, work and age” – WHO
  - Shaped by money, power, resources
  - Responsible for health inequities
  - Comprised of internal and external factors
Internal and External Factors

- **Internal factors**
  - Characteristics of the individual
  - Inherited or learned
  - May be physical, social, psychological, or behavioral

- **External factors**
  - Characteristics of the community
  - May be physical, social, economic
  - Discuss these factors, included in other levels of the SEM, throughout the semester

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Determinants of Health Disparities

Contextual
- Physical environment
- Social environment
- Health care
- Organizational, institutional
- Economic resources
- Societal, political

Individual-level
- Socio-demographics - age, race, ethnicity, education, income
- Psychosocial - compliance, coping
- Lifestyle - exercise, diet, alcohol, smoking, sexual behavior, illicit drug use
- Psychological - belief, attitudes, personality

Health Disparities
Socio-demographics
- Age
- Race
- Ethnicity
- Education
- Income
- Gender

Psychosocial
- Coping
- Compliance
- Stress
- Depression
- Risk taking
- Social Support

Lifestyle
- Exercise
- Diet
- Alcohol use
- Smoking
- Sexual behavior
- Drug use
Psychological

- Beliefs
- Attitudes
- Personality

Example: Sexual Risk Behaviors

- Adolescent Sexual Risk Behaviors (CDC, 2012)
  - Ever had sexual intercourse
  - Frequency of sexual intercourse
  - Condom or birth control use
  - Number of sexual partners
- Adverse Outcomes (CDC, 2012)
  - HIV
  - STIs
  - Pregnancy

Socio-Demographics

- Age
  - Half of 19 million new STDs each year among people aged 15-24 (CDC, 2012)
- Race/Ethnicity
  - African American and Latino youth more likely to experience teenage pregnancy (CDC, 2012)
- Gender
  - Prevalence of sexual risk behaviors higher in males (Puente et al., 2011; Newman & Zimmerman, 2000)
Psychosocial Sexual Risk Behaviors

- Risk taking behaviors (Ratcliff-Cran et al., 1999)
  - High number of partners
  - Unprotected sex
- Perceived peer norms (Ratcliff-Cran et al., 1999)
  - Perceptions of friends attitudes or behaviors regarding sexual risk taking

Lifestyle Sexual Risk Behaviors

- Alcohol use (Naimi et al., 2003; Weschler et al., 1994)
  - Binge drinking linked to risky sexual behavior
- Sexual behavior (CDC, 2012)
  - Number of lifetime partners
  - Frequency of intercourse
  - Age of initiation

Psychological Sexual Risk Behaviors

- Knowledge
  - Understanding of sexual health
  - Transmission of STIs/HIV
- Beliefs and attitudes
  - Perception of consequences
  - Evaluation of consequences (Ratcliff-Cran et al., 1999)
Applied Example: Obesity

Health Condition Overview

• What is obesity?
  – An adult who has a Body Mass Index (BMI) of greater than 30

• What are some health risks associated with obesity?
  – Coronary heart disease
  – Type 2 diabetes
  – Cancer
  – High blood pressure
  – Stroke
  – Sleep apnea and respiratory problems
  – Gynecological problems (CDC, 2012)

Applied Example: Obesity

It’s your turn!

Can you think of four individual level factors related to obesity?

Applied Example: Obesity
**Applied Example: Obesity**

- **Socio-Demographic**
  - Cultural dishes
  - Regional preferences
  - Age
- **Psychosocial**
  - Stress eating
  - Eating to cope
- **Lifestyle**
  - Fast food
  - Pre-packaged frozen food

- **Psychological**
  - Chronic disease
  - "It won’t happen to me"

Also to consider outside of behavior:

- **Biological**
  - Medical conditions
  - Genetic factors
  - Metabolism

### Social Ecological Model

- **INDIVIDUAL**
  - Gender
  - Age
  - Ethnicity
- **INTERPERSONAL**
  - Family
  - Friends
  - Peers
- **COMMUNITY**
  - Neighbors
  - Special interest groups
- **ORGANIZATIONAL/INSTITUTIONAL**
  - Healthcare providers
  - Workplace
  - School
- **SOCIAL/ECONOMIC**
  - Socio-economic status
  - Income
  - Education
- **CULTURAL**
  - Cultural values

### References