

# Education and Social Support as Determinants of Health

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# The Effects of Education on Health

- Deaton (2002) argues that policies to increase education and income in low- and middle-income countries are very likely to have larger payoffs in terms of health than those that focus on health care.



# The Effects of Education on Health

- The same proposition can be found in other studies since more education typically leads to higher income, policies to increase the former appear to have large returns on health.

# The Effects of Education on Health

- The positive correlation between mother's schooling and child health in numerous studies was one factor behind the World Bank's campaign to encourage maternal education in developing countries.



# The Effects of Education on Health

- Education is widely held to be a key determinant of fertility and infant health.
- Education raises a woman's permanent income through earnings and leads to optimal fertility choices toward fewer offspring of higher quality



# The Effects of Education on Health

- Woman's education is connected to her mate's education (Behrman and Rosenzweig 2002), so that the effect of education on household permanent income is augmented through a multiplier effect.



# The Effects of Education on Health

- Education may improve an individual's knowledge of, and ability to process information regarding, fertility options, healthy pregnancy and health seeking behaviors.



# Culture

- Set of values, beliefs, attitudes, languages, symbols, rituals, behaviors, customs of a group of people
- Learned, shared and reflects traditions having been passed down through generations.



# Culture

- Culture is not necessarily consciously expressed.
- Culture drives a person's beliefs and behaviors.
- Culture is dynamic and changes over time.
- People can belong to many different subcultures



# Culture and Health

- The predominating attitudes and behaviour that characterise the functioning of a group or organisation influence health
- Marginalisation and vulnerability due to race, gender and ethnicity



# Culture and Health

- Beliefs about health
  - e.g. epilepsy – a disorder of neuronal depolarisation vs a form of possession by devil.
  - Psychoses – a mental illness versus an evil eye that can be treated by a traditional healer/spiritualist



# Cultur and Health

Traditional practices such as

- Female Genital Mutilation in Somalia, Sudan and rural Egypt leads to *Physical, Sexual and psychological health problems*
- Male Circumsision among Muslims and Jews is associated with *HIV prevention*
- *Home delivery under the supervision traditional healers "unskilled" in Africa leads to complications and maternal mortality*



# Cultural Diversity

- Ethnicity: Classification of people based on national origin or culture.

Examples: African American or Middle Eastern, Arabic American, Jordanian, Palestinian, Syrian.

- Race: Classification of people based on physical or biological characteristics

Ex: Black, White



# Areas of Cultural Diversity

- Family organization
- Language
- Eye contact
- Religion
- Health care beliefs
- Spirituality
- Beliefs

وصفة من الطب النبوي للأمراض المستعصية :

(شفاء من كل داء)



السواك



السنا (مكة)



حبة البركة



الكمون



العسل



سورة الفاتحة

الحجامة



# Cultural Diversity Impacts Beliefs about:

- Birth
- Death
- Health
- Illness
- Health Care



# Social support

- During the last 30 years, researchers have shown great interest in the phenomena of social support, particularly in the context of health.

Prior work has found that those with high quality or quantity of social networks have a decreased risk of mortality in comparison to those who have low quantity or quality of social relationships, even after statistically controlling for baseline health status



# Social support

- Social Networks refers to people's social ties between each other, and the structure of those social ties.
- “perception that one is cared for and loved or has a confident or intimate friend”. Bloom
- “may be seen as the emotional, instrumental and financial aid that is obtained from one's social network.” Berkman



# Types of social support

**Emotional Support:** The provision of care, love, trust, empathy, respect and admiration.

**Instrumental Support:** Providing tangible support and services, such as money, food, goods, assisting in tasks assigned to someone else or use of one's car or home.



# Types of social support

**Informational Support:** Providing information or advise to another in a time of need, especially problems solving situations. E.g., Health Professionals , etc. However informational support can also be provided by friends and family.

**Appraisal Support:** Often included as part of informational support. It Involves the communication of key information that is relevant in self-evaluation situations.



# BENEFITS OF SOCIAL CONNECTION



## Higher Self-esteem

Positivity leads to increased in self-efficacy, confidence, and interpersonal connectedness



## Better Social, Emotional and Physical Well-being

Social support and connections are critical for overall health



## Decreased Risk of CVD

Lower rates of anxiety, depression, and loneliness can decrease risk of developing coronary heart disease



## Stronger Immunity

Higher psychological well-being = lower risk of metabolic dysfunction



## Increased Longevity

Promotion of well-being is relevant to increased quality of life and function



**Thank you**