



# Socio Cultural Factors Related to Health and Disease

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# HEREDITY

- A number of diseases are known to be of genetic origin, e.g. – epilepsy, mental retardation, diabetes, cancers etc. Genetic factors are also responsible for certain abnormal types of responses to drugs or different metabolic patterns such as succinylcholine apnea, hemolysis caused by antimalarials.



# ENVIRONMENT

- The environment directly influences the physical, mental and social well-being of the human population. The environmental factors range from housing, water supply, air, noise, psychological stress and family structure through social and economic support system to the organization of health and social welfare services in the community.



# LIFESTYLE

- Lifestyle denotes the way that people live, reflecting social values, attitudes and activities. It consists of cultural and behavioral patterns and life-long personal habits like smoking and alcoholism. Many health problems encountered today such as coronary heart disease, obesity, lung cancer etc. are associated with life style.



# SOCIO-ECONOMIC CONDITIONS

- a. **Economic status:** Economic status determines the purchasing power, standard of living, quality of life, family size and attention towards health care.
- b. **Education:** Education greatly influences the healthcare status. Illiteracy closely coincides with poverty, malnutrition, ill health and high mortality rates.
- c. **Occupation:** Suitable employment in productive work promotes health. Job satisfaction is an important factor contributing to mental health and well being
- d. **Political System:** Political decision and political will concerning resource allocation, manpower policy, choice of technology, environmental protection and the extent to which health services are made available and accessible to different segments of the society are the means through which the political system can shape the health of the people in a country.





# HEALTH SERVICES

- The purpose of effective health services is to improve the health status of the population. Example: Provision of safe water and healthy environment, immunization of prospective mothers, infants and children etc.



# EDUCATION

- Education gives us the tools you need to make good decisions about your health. People with more education are more likely to live longer. Education also tends to lead to higher-paying jobs. These often come with benefits, such as health insurance, healthier working conditions, and the opportunity to make connections with other people. All of these things add up to better health.





# INCOME

- The amount of money you make has an effect on your health. People with higher incomes tend to be healthier and live longer than people with low incomes. More likely to live in safe neighborhoods. Access to grocery stores and healthy foods. They usually have more access to safe spaces for exercise or other activities. People with low incomes are more likely to live in a community of poverty. They are more likely to face situations that can lead to poor health. These can include unsafe housing, more challenges in getting healthy food, and less time for exercise or physical activity.



# HOUSING

- Where you live has a significant impact on your health. People who are continually exposed to poor living conditions have a higher risk of developing health problems. It is important that your home is safe. Housing can contribute to your health when it provides you with a safe place to be.
- Neighborhood conditions are an important part of housing, and can also affect your health. A neighborhood that is free from violence, crime, and pollution gives children and adults a safe place for physical activity. A home that is close to grocery stores makes it easier for families to buy and eat healthy foods.



THANK YOU