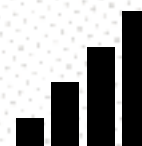


Health . . . by the Numbers

The **social determinants of health** refer to nonmedical factors such as employment, income, housing, transportation, child care, education, discrimination, and the quality of the places where people live, work, learn, and play, which influence health. They have a major impact on people's health, well-being, and quality of life. <https://health.gov/healthypeople/objectives-and-data/social-determinants-health>

1. Find out about the health ranking of your county.

State: _____ County: _____



Go to the County Health Rankings webpage: <https://www.countyhealthrankings.org/explore-health-rankings>

Where does your county rank among the counties in your state? ___ out of ___ counties

2. Find out how life expectancy in your state and the U.S. compares with life expectancy in your area.

Address _____ Zip Code _____



Go to the Robert Wood Johnson Foundation website and enter your address:

<https://www.rwjf.org/en/library/interactives/whereliveaffectsshowlongyoulive.html>

What is the life expectancy in your area? _____ years (your area)

Is it: _____ Higher _____ Lower _____ The same

How does your area compare to the county? _____ years (your county)

Is it: _____ Higher _____ Lower _____ The same

How does it compare to your state? _____ years (your state)

Is it: _____ Higher _____ Lower _____ The same

How does your area compare to the U.S.? _____ years (the U.S.)

Is it: _____ Higher _____ Lower _____ The same



3. Keeping in mind the social determinants of health, what do you think contributes to what you found?



Created by Theresa M. Ferrari, PhD, Extension Specialist, for January Mental Health Month, 01/2021



THE OHIO STATE UNIVERSITY
COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES



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