# **One STEP Ahead**

# of your physical, mental and social health



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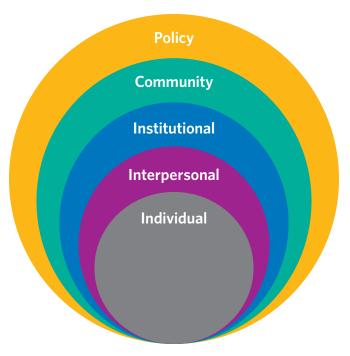
## The Social-Ecological Model of Health

The success or failure of addressing your health concerns is complex. Created by the World Health Organization in 1947, the Social-Ecological Model of Health addresses the many factors that play a role in the development of both problems and solutions to health issues.

## A comprehensive approach to wellness

Positive health outcomes are most likely to be effective when they address the multiple levels of influence on health behaviors.

Integrating action at each level of the model is key to disease prevention and promoting your physical, mental and social health.



### Levels of influence on health behaviors

Level 1: Individual

Individual factors influence behavior such as knowledge, attitudes, beliefs and personality.

#### Level 2: Interpersonal

Interpersonal factors, or interactions with other people, can provide social support or create barriers to interpersonal growth that promote healthy behavior.

#### Level 3: Institutional/Organizational

Institutional and organizational factors include the rules, regulations, policies and informal structures that constrain or promote healthy behaviors.

#### **Level 4: Community**

Community factors are formal or informal social norms that exist among individuals, groups or organizations. They can limit or enhance healthy behaviors.

#### Level 5: Societal

Public policy factors — including local, state and federal policies and laws — regulate or support health actions and practices for disease prevention, early detection, control and management.

#### **Next steps:**

To register for the August STEP Ahead virtual seminar, scan the QR code or visit ascension.org/GaviniCancer. For more information, call 248-849-2781.



