

# One STEP Ahead

of your physical, mental and social health



August | Join us by registering at: [ascension.org/GaviniCancer](https://ascension.org/GaviniCancer)

## 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](https://ascension.org/GaviniCancer). For more information, call **248-849-2781**.

