

- Dr. Adewale Troutman says that he promotes individual responsibility, but always within the context of social determinants. **Why does he link the two? What is missing if we focus exclusively on individual responsibility? How does this affect possibilities for change?**

Both factors have definite impacts on overall health. Focusing exclusively on individual responsibility ignores that broader social factors that silently undermine health. For instance, a person in an underprivileged community might be more likely to develop hypertension (to some extent) regardless of whether they consume excess salty foods. Pursuing solely dietary changes might neglect the larger issue of a chronically stressful living environment.

On the other hand, relying on medicine to solve all ailments might not be effective if the underlying problem is not addressed. An awareness of the social determinants of health will help both doctors and patients better understand the multifaceted causes of poor health outcomes, and may assist in finding more comprehensive solutions to health problems, rather than relying simply on allopathy.

- Dr. Ichiro Kawachi observes that the ability to avoid smoking and eat a healthy diet depends on access to “income, education, and the social determinants of health.” **What policies shape those conditions?**

Economic policies, including income tax and social programs, impact the number of people living under the poverty line. People living under the poverty line will have difficulty affording healthful food, and are more vulnerable to addiction to smoking (also partly because of their stressful environment). Education (including education about the harms of tobacco) also impacts whether people will smoke. Other social determinants that could be effects of other civic policies include the local community (and their attitude toward smoking and health food) and the availability of fresh food options and healthy recreation.

- Some chronic stressors mentioned in the film are: being on guard all the time, having little control at work, living in an unsafe neighborhood, being uncertain about where food will come from, and worrying about one's children.

#### **What additional stressors can you think of?**

A feeling of subservience (or inferiority) to management at work, not being able to take time off to relax, not being able to afford time or money to take care of themselves physically (i.e. exercising, eating healthful food, or using the heat and A/C as needed), having to live with chronic back/shoulder/etc pain (b/c they can't afford a doctor or chiropractor), or having to work two jobs.

#### **How does exposure to stressors—and resources available to manage them—vary with class position?**

Those in positions of power, though given weighty decisions to make, are net less stressed than those working menial tasks with little to no choice over their destiny. This is influenced by a number of factors. For instance, those in power often have financial and personal freedom and live less stressful lives outside of their work, while those in lower social strata are often in chronically stressful situations outside of work. Those high in the social pyramid often have ways to manage their stress, including work assistants, the ability to exercise, the opportunity to relax in their living environment, and the option to take a vacation when they wish; the poor, however, are often unable to change the situation they are in because of their poverty, and lack the time and money to effectively manage stress.