Preamble

Numerous general and specialized health promotion glossaries exist. However, the aim of this Annotated Glossary is to provide a clear and useful set of terms and definitions related to health disparities, health inequalities and health inequities in one accessible document for use within Population and Public Health (PPH). We are confident that the Annotated Glossary will contribute to building knowledge capacity with respect to these concepts.

The Annotated Glossary is the outcome of the combined efforts of two teams within Health Promotion, Disease and Injury Prevention (HPDIP) and one team within Surveillance and Health Status Assessment (SHSA) in the PPH Division of Alberta Health Services. The three teams, known as the Tri-Project Glossary Working Group (TPGWG), collaborated to produce three deliverables: the Glossary, the Annotated Glossary and the Glossary Methods. The teams’ respective work intersects along the lines of research, policy and practice, and these efforts connect the concepts of health disparities, health inequalities and health inequity as they relate to population and public health.

Glossaries aim to provide neutral definitions of a term; however, the meaning of a word ultimately depends on the context in which it is used. For some terms, a Context section was added to help illustrate the more complex terms, whereas context information was not provided for terms deemed more straightforward. This Annotated Glossary is a “living document.” This implies that an evolution of understanding will occur as the organization and its components learn and develop. The intention is for this document to be revised and updated on a regular basis to better reflect changes in use of the terms contained within it and overall societal change.

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Aboriginal People(s)

**Definition**  
Aboriginal peoples is a collective name for the original peoples of North America and their descendants. The *Constitution Act of 1982* recognizes three groups of Aboriginal peoples – First Nations, Inuit and Métis.

**Context**  
Each group has a unique heritage, language, cultural practice and set of spiritual beliefs. The Constitution does not define membership in the three groups.

**Sources**  


**See also**  
First Nations, Inuit, Métis

Access

**Definition**  
Access is the right or privilege to approach, enter or make use of something. In health care access is also defined as the fit between individual or group needs and the health care system’s ability to meet those needs.

**Context**  
Access is also known as accessibility; there are four overlapping components of access and they are as follows non-discrimination, physical accessibility, economic accessibility (affordability) and information accessibility.

**Sources**  

**See also**  
Disability, Disadvantaged Populations, Health Inequalities, Health Literacy, Downstream

Advocacy

**Definition**  
Advocacy represents the strategies devised, the actions taken and the solutions proposed to advise or influence decision making.
Context


See also  Collaboration, Healthy Public Policy, Population Health Approach, Public Policy, Social Determinants of Health

Collaboration

Definition  Collaboration is the active relationship between groups based on shared goals. Collaborations are formed to take action to achieve improvements in population health outcomes.

Context  Collaborative efforts are more effective, efficient and/or sustainable than actions taken by one sector alone.


See also  Advocacy, Intersectoral Action, Population Health Approach, Public Health

Community

Definition  Community is a specific group of people who share a common bond based on place, culture, interests, beliefs, values and/or norms.

Context  Communities exhibit some awareness of their identity as a group, share common needs and a commitment to meeting those needs.


See also  Community Capacity Building, Community Development, Community Engagement,
Healthy Communities

**Community Capacity Building**

**Definition** Community capacity building is any activity that builds on strengths among individuals, organizations and communities. The aim of community capacity building is to achieve and sustain optimal health outcomes, social environments, well-being and/or quality of life for all.

**Context** Community capacity building is one type of community development strategy. Examples of activities include training, identifying community assets (i.e., strengths), sharing talents and strengthening partnerships.

**Sources**

**See also** Collaboration, Community, Community Development, Community Engagement, Healthy Communities, Population Health Approach, Well-Being

**Community Development**

**Definition** Community development is a process whereby community members come together to take action on common problems and generate solutions to benefit the community.

**Context** Community development problems include various aspects of community well-being such as economic, social, environmental and cultural well-being. Central to the philosophy of community development is engagement and collaboration with community members which may take many forms. Ultimately, partners expand the knowledge or skills of community members for the benefit of the whole community.


**See also** Collaboration, Community, Community Capacity Building, Community Engagement, Culture, Healthy Communities, Well-Being

**Community Engagement**

**Definition** Community engagement is a broad practice of two-way interaction guided by a set of
principles, processes and activities that provide an opportunity for interested parties (known as stakeholders) to be involved in meaningful interactions.

**Context**

**Sources**


**See also**

Collaboration, Community, Community Capacity Building, Community Development, Healthy Communities

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**Context**

**Definition**

Context is a broad set of social, economic, political and cultural aspects of a society.

**Context**

Key aspects of context include governance, socio-economic policy, societal values and populations demographics. Context influences patterns of social stratification and thus individual and population health outcomes.

**Sources**


**See also**

Culture, Determinants of Health, Healthy Public Policy, Population Health Approach, Social Determinants of Health, Social Stratification

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**Culture**

**Definition**

Culture is the set of shared attitudes, values, goals, and practices that characterize an institution, organization or group. Culture is transmitted and reinforced through tradition, art, language and ritual.

**Context**

**Sources**


**See also**

Aboriginal People(s), Community, Determinants of Health, Diversity, Ethnicity, Immigrant, Minority Populations, Refugee, Social Determinants of Health

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**Deprivation**

**Definition**

Deprivation is a state of observable and demonstrable social and/or material
disadvantage. Deprivation is relative to the local context, wider society and/or nation to which a group belongs.

**Context**
Material deprivation involves deprivation of the goods and conveniences that are part of modern life, such as adequate housing, food, transportation and recreation.

**Sources**

**See also**
Context, Disadvantaged Populations, Employment, Food Insecurity/Security, Living Wage, Marginalized Populations, Poverty, Social Exclusion, Socio-economic Status, Vulnerable Populations

### Determinants of Health

**Definition**
Determinants of health are the range of personal, social, economic and environmental factors that influence the health of individuals and populations.

**Context**
Determinants of health do not exist in isolation from each other. At every stage of life, health is influenced by complex interactions between the various health determinants. There are many lists of health determinants, the number and type of determinant is dependent on the list of chosen factors and may include the following.

- Income and income distribution
- Education
- Employment and job security
- Early childhood development
- Ethnicity/Aboriginal status
- Social exclusion
- Gender
- Social safety network
- Food insecurity
- Housing
- Human biology and genetics
- Health behaviours
- Health care system

**Sources**
**Disability**

**Definition**
Disability is having an impairment, activity limitation or participation restriction that substantially affects one or more life activities.

**Context**
Disabilities may include restrictions to mobility, agility, visual, speech, hearing, learning, cognition and other challenges. Individuals with disabilities may experience discrimination and may or may not be disadvantaged and/or marginalized.

**Sources**

**See also**
Access, Disadvantaged Populations, Discrimination, Health Inequalities, Human Rights, Marginalized Populations, Prejudice, Vulnerable Populations

**Disadvantaged Populations**

**Definition**
Disadvantaged populations are groups of people who do not have the same access to social and material resources compared to more advantaged social groups.

**Context**
The term disadvantaged populations is sometimes correctly used interchangeably with the terms marginalized populations and vulnerable populations.

**Sources**

**See also**
Access, Deprivation, Disability, Health Inequalities, Marginalized Populations, Minority Populations, Social Determinants of Health, Social Exclusion, Social Gradient, Social Stratification, Socio-economic Status, Vulnerable Populations


**See also**
Aboriginal People(s), Education level, Employment, Gender, Health Inequalities, Housing Continuum, Income, Population Health Approach, Social Determinants of Health, Social Exclusion, Social Gradient, Social Stratification, Socio-economic Status
Discrimination

Definition
Discrimination is the process of making distinctions among groups of people, usually with the implication that some prejudice has been applied in making these decisions.

Context
Discrimination relates to the practice of dominant groups attempting to maintain privileges and status through intentional or unintentional subordination of other groups.

Sources


See also
Prejudice, Social Exclusion, Social Stratification

Diversity

Definition
Diversity includes all the ways people are unique and different from others.

Context
Dimensions of diversity may include the following: ethnicity, religion and spiritual beliefs, culture, colour, physical appearance, gender, sexual orientation, ability, education, age, ancestry, place of origin, marital status, family status, socio-economic status, profession, language, health status, geographic location, group history, upbringing and life experience.

Sources

See also
Ethnicity, Diversity Competency, Socio-economic Status

Diversity Competency

Definition
Diversity competency is the ability of individuals and systems to respond respectfully and effectively to individuals, families and communities of all diverse backgrounds.

Context
Diversity competency includes a set of congruent behaviours, attitudes, programs and policies that enables an individual or an organization to respond effectively to the needs of diverse and vulnerable populations.

Sources
**Downstream**

**Definition**
Downstream refers to factors and interventions that directly influence individual and population health outcomes.

**Context**
Commonly associated with interventions to address individual risk behaviours (e.g., diet, physical activity, tobacco and alcohol use) and access to health care services. A synonym is *proximal*.

**Sources**

**See also**
Access, Health Behaviours, Health Indicators, Lifestyle, Upstream

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**Education Level**

**Definition**
Education level is the highest level of schooling attained by an individual or group.

**Context**
Statistics Canada employs the following categories of educational attainment: 0-8 years; some high school; high school graduate; some post-secondary; post-secondary certificate or diploma; some post-secondary; trades certificate or diploma from vocational college or apprenticeship training; non-university certificate or diploma from community college, CEGEP or school of nursing; university certificate below bachelor’s degrees; bachelors degree; university degree or certificate above bachelor’s degree.

**Sources**

**See also**
Determinants of Health, Social Determinants of Health, Social Gradient, Social Stratification, Socio-economic Status
**Employment**

**Definition**
Employment is a formal arrangement to exchange labour (work) for pay, goods or services and shaped by the relationship between workers and employers. Worker-employer relations vary depending on the social, economic and political context.

**Context**
There are three inter-related components of employment: employment relations, employment conditions and working conditions.

*i. Employment relations* refers to the formal or informal relationship between an employer that hires workers who perform labour to sell a profitable good or service, and an employee who contributes labour to that enterprise, in exchange for payment of wages and/or other benefits. Employment relations vary greatly within and between countries. The most common indicator used to represent employment is income;

*ii. Employment conditions* may include: unemployment, precarious employment, informal employment and jobs, child labour, and slavery/bonded labour; and

*iii. Working conditions* are related to the tasks performed by workers, the way the work is organized, the environment (physical, chemical, social, psychological) ergonomics, and technology being used.

**Sources**

**See also**
Context, Income, Living Wage, Social Determinants of Health, Social Gradient, Social Stratification, Socio-economic Status

**Empowerment**

**Definition**
Empowerment is a process through which individuals, groups or communities gain greater control over decisions and actions affecting their health and well-being.

**Context**
Empowerment may involve social, cultural, psychological or political processes. Empowerment enables individuals and groups to express their needs and concerns; devise strategies for decision-making; and political, social and cultural action.

**Sources**

**See also**
Community, Community Capacity Building, Community Development, Culture, Health Literacy, Public Health, Resilience, Well-being
Ethnicity

**Definition**
Ethnicity includes multi-faceted characteristics of a group sharing certain traits in common. Ethnicity is associated with ancestry, cultural traditions and languages. Ethnicity is based on self-identification, whereas race is imposed on a population by society.

**Context**
The term ethnicity and race are sometimes incorrectly interchanged. While the term ethnicity refers to elements associated with many facets of a group’s traits, race is based on an arbitrary classification of individuals and is imposed by society. Ethnicity and race are not synonymous terms.

**Sources**

**See also**
Aboriginal People(s), Community, Culture, Discrimination, Diversity, Race

First Nations

**Definition**
*First Nations Peoples* generally refers to the original Peoples of Canada. Though the term First Nations is widely used no legal definition exists.

**Context**
The term First Nations became commonly used in the early 1970s to replace the less acceptable term *Indian*; and is preferred by many Aboriginal peoples. There are over 600 First Nations groups across Canada.

**Sources**

**See also**
Aboriginal People(s), Inuit, Métis

Food insecurity/Security

**Definition**
*Food insecurity* is the inability to acquire or consume an adequate diet quality or sufficient quantity of food in socially acceptable ways, or the uncertainty that one will be able to do so consistently.

*Food Security* is the condition in which all people can at all times acquire safe, nutritionally adequate, and personally acceptable foods in a manner that maintains human dignity.

**Context**
Food insecurity refers to the inability to obtain nutritionally adequate and safe foods due to a lack of money to purchase them, or the limited availability of these foods in geographically isolated communities.

**Sources**
The Journal of Nutrition, 121(3), 408-415.


See also Access, Community, Determinants of Health, Disadvantaged Populations, Physical Environment, Poverty, Remote Populations, Social Determinants of Health, Socio-economic Status, Vulnerable Populations

G

Gender

Definition Gender is the characteristics of women and men which are socially constructed, whereas sex designates those characteristics that are biologically determined.

Context


See also Diversity, Gender and Sexually Diverse Persons, Social Determinants of Health

Gender and Sexually Diverse Persons

Definition This designation refers to all people who identify themselves as being gender and/or sexually diverse.

Context This term includes, but is not limited to, people who self-identify as Lesbian, Gay, Bisexual, Queer, Inter-sexed, Transgender or Two-Spirited.


See also Community, Diversity, Gender
Health

**Definition**  
Health is a resource for living, not the objective of living; a positive concept emphasizing social and personal resources as well as physical capabilities and assets.

**Context**  
Health corresponds to the notion of pursuing one’s goals, acquiring skills and education, and the ability to grow. This broader notion of health recognizes the range of social, economic and physical environmental factors that contribute to health. The best articulation of this concept of health is “the capacity of people to adapt to, respond to, or control life’s challenges and changes (Frankish et al 1996).”

**Sources**  

**See also**  
Health Behaviours, Health Indicators, Health Inequalities, Health Inequities, Health Outcomes, Health Status, Healthy Communities, Healthy Public Policy, Mental Health, Mental Illness, Population Health, Population Health Approach, Resilience, Social Determinants of Health

Health Behaviours

**Definition**  
Health behaviours are activities engaged in by individuals that promote, protect, maintain or harm their health.

**Context**  
The term health behaviour is correctly used interchangeably with risk or protective factors. Common health behaviours are physical activity, nutrition, tobacco and alcohol use. Individual health behaviours are strongly influenced by the context in which people live. Unhealthy behaviours are often associated with maladaptive coping mechanisms.

**Sources**  
Health Equity

Definition
Health equity means that all persons have fair opportunities to attain their health potential to the fullest extent possible.

Context
Health equity is the absence of socially produced unfair and unjust inequalities in health between groups with different levels of social advantage/disadvantage (social stratification). Assessing health equity requires comparing health and its social determinants between more and less advantaged social groups.

Sources

See also
Disadvantaged Populations, Health Inequalities, Health Inequities, Health Outcomes, Healthy Public Policy, Human Rights, Public Policy, Social Determinants of Health, Social Exclusion, Social Gradient, Social Justice, Social Stratification, Unfair, Unjust

Health Impact Assessment

Definition
Health impact assessment (HIA) is a combination of procedures, methods and tools used to assess the potential effects of a policy, program or project on the health of a population.

Context
Assessing the health and social impact of programs and policies is an important aspect of population health. Policies or programs of any nature may directly affect the health of a population, or may indirectly affect their health by altering, influencing or affecting the determinants of health.
Health Indicators (Population Based)

Definition Health indicators include the various signs, counts, rates and statistics through which assessment and interpretation of the health of a population is conducted.

Context Health indicators are used to measure changes in the health status of the population.


See also Health Status, Population Health, Population Health Approach

Health Inequalities

Definition Health inequalities is a generic term used to designate differences or variations in health outcomes between population groups. Some health inequalities reflect random variations (i.e., unexplained causes), while others result from individual biological endowment, the consequences of health behaviours, social stratification, economic opportunity or access to health care. The term health disparities is more commonly used in the U.S. while health inequalities is used more often in the Canadian context.

Context A broad range of factors influence the development and persistence of inequalities in health; these factors are commonly referred to as the social determinants of health (see SDOH). The terms disparities and inequalities are often correctly used interchangeably.

Sources


See also: Access, Determinants of Health, Health Equity, Health Inequities, Health Outcomes, Social Exclusion, Socio-economic Status

**Health Inequities**

**Definition**

Health inequities refer to differences in health outcomes between population groups that are socially produced, unfair and unjust.

**Context**

The crux of the distinction between inequality and inequity is that the identification of health inequities entails value judgment premised upon ones theories of (a) social justice, (b) how society is organized and (c) the root causes underlying health inequalities. These differences systematically place vulnerable populations at further risk for poor health outcomes. Assessing health inequities requires comparing health and its social determinants between more and less advantaged social groups.

**Sources**


See also: Deprivation, Disadvantaged Populations, Health Equity, Health Inequalities, Health
Health Literacy

Definition Health literacy is the ability to access, understand, evaluate and communicate information as a way to promote, maintain and improve health in a variety of settings across the life-course.

Context


See also Access, Health Behaviours

Health Outcomes

Definition Health outcomes are changes in the health of an individual or group which may or may not originate from health system interventions.

Context The health system typically reports health outcomes relevant to the services or interventions it provides.


See also Health, Health Behaviours, Health Indicators, Health Status, Mental Health, Mental Illness, Public Health, Population Health Approach

Health Status (Individual & Population)

Definition Health status is a description and/or measurement of the health of an individual or population at a particular point in time.

Context


See also Health, Health Behaviours, Health Indicators, Health Outcomes, Population Health Approach

Healthy Communities

Definition A healthy community strives to continually improve its physical and social environments,
and its community resources. Healthy communities enable people to mutually support each other in performing life functions.

**Context**  
There is an international movement called *Healthy Communities* which takes a holistic view of communities. Healthy community initiatives are intersectoral collaborations that integrate social, economic, political and environmental goals to benefit the whole community.

**Sources**  

**See also**  
Community, Community Capacity Building, Community Development, Community Engagement, Determinants of Health, Empowerment, Health Literacy, Health Outcomes, Physical Environment, Social Environment

**Healthy Public Policy**

**Definition**  
Healthy public policy includes decisions or actions enacted by various levels of government and other public actors intended to have a positive effect on the health of a population.

**Context**  
Healthy Public Policy is one of five key strategies in the Ottawa Charter (1986). Healthy Public Policy strives to make physical and social environments health enhancing and is characterized by a concern for equity and accountability for health impacts. These polices may be embedded in legislation, by-laws, regulations, standards, direction setting strategic plans and institutional norms and practices.

**Sources**  
**Homeless**

**Definition**
Homeless refers to people who do not have a permanent residence to which they can return whenever they choose.

**Context**
Homelessness is at one end of the housing continuum. Homelessness can be categorized as:

1) **absolute** – persons living outdoors in areas not anticipated for human occupancy and/or in community shelters;
2) **“couch surfing”** – persons temporarily staying with family and friends;
3) **at risk of homelessness** – persons living in inappropriate or unsafe housing as well as those who spend more than 50% of their total income on housing.

**Sources**

**See also**
Deprivation, Determinants of Health, Disadvantaged Populations, Health Inequities, Housing Continuum, Marginalized Populations, Poverty, Social Determinants of Health, Socio-economic Status, Vulnerable Populations

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**Housing Continuum**

**Definition**
The housing continuum is a framework for understanding the housing needs and the range of housing choices (rental and ownership, market and non market) available to households with varying socio-economic status.

**Context**
The ideal housing mix is one that accommodates the housing needs and preferences from a variety of income levels, age groups and household types by offering a range of housing forms, ownership/rental opportunities and price ranges. The complete range would include emergency shelters, transitional and supportive housing, social housing, assisted living market rental and ownership housing (both entry level and luxury). Typically, the complete housing continuum is found only in larger urban centres where specialized facilities are located to serve a broader regional market.

**Sources**
Human Rights

Definition: Human rights include individual rights and social rights, and provide a universal frame of reference for deciding questions of equity and social justice.

Context: The right to health as set forth in the WHO Constitution and international human rights treaties is the right to the highest attainable standard of health understood as the standard of health enjoyed by the most socially advantaged group in society.

Sources:

See also: Discrimination, Health, Health Equity, Health Outcomes, Prejudice, Racialization, Racism, Social Determinants of Health, Social Justice, Social Stratification, Unfair, Unjust

Immigrant

Definition: Immigrants are people born outside of Canada who currently reside within the nation and who have sought permanent residence in Canada. Known as landed immigrants, these individuals have been granted the right to live in Canada permanently by immigration authorities.

Context

Sources:

See also: Discrimination, Diversity, Ethnicity, Prejudice, Race, Racialization, Racism, Refugee
**Income**

**Definition**
Income is the gain or benefit received usually for goods and services derived from labour or capital.

**Context**
Income is a determinant of health and a strong predictor of health outcomes; it is the indicator of socio-economic status that most directly measures material resources. Synonyms include wages, earnings, salary, annuity, interest and/or earnings.

**Sources**

**See also**
Employment, Living Wage, Determinants of Health, Social Determinants of Health, Socio-economic Status

**Intersectoral Action**

**Definition**
Intersectoral collaborative action is the joint action taken by health and other government sectors, as well as representatives from private, voluntary and non-profit groups, to improve the health of populations. Intersectoral action achieves more effective, efficient or sustainable outcomes than could be accomplished by one sector acting alone.

**Context**
The following sectors are considered to fall within the broad public sector (or government) category: health, environment, education, finance/treasuries, defense and natural resources. The non-government sector includes actors from the private sector, including professional and media organizations.

**Sources**

**See also**
Collaboration, Health Outcomes, Population Health Approach, Public Health

**Inuit**

**Definition**
Inuit are the Aboriginal people of arctic Canada who self-identify as Inuit.

**Context**

**Sources**

**See also**
Aboriginal People(s), First Nations, Métis
L

Lifestyle

Definition  Lifestyle is synonymous with identifiable patterns of behavior which are determined by
the interplay between an individual’s personal characteristics, social interactions and
socio-economic and environmental conditions.

Context  The concept has come to suggest that individuals freely choose their health habits with
little or no consideration of the physical and/or social environment.

  http://www.who.int/hpr/NPH/docs/hp_glossary_en.pdf

See also  Downstream, Health, Health Behaviours, Health Indicators, Social Determinants of Health

Living Wage

Definition  Living wage is the amount of income an individual or family requires to meet their basic
needs, maintain a safe, decent standard of living and to save for future needs and goals.

Context  The concept is based on basic human needs not market driven factors.

2011 from the Edmonton Social Planning Council website:
  http://www.edmontonsocialplanning.ca/content/view/963/271/

See also  Employment, Food Insecurity/Security, Health Equity, Housing Continuum, Income,
Poverty, Social Determinants of Health, Socio-economic Status, Well-being

M

Marginalized Populations

Definition  Marginalized populations refer to populations that are not fully integrated into all aspects
of society.

Context  Marginalized populations may or may not be disadvantaged. The term is sometimes
correctly used interchangeably with disadvantaged and vulnerable populations. Marginalization is closely related to social exclusion.


See also Discrimination, Disadvantaged Populations, Minority Populations, Prejudice, Racilization, Racism, Social Exclusion, Social Stratification, Vulnerable Populations

**Mental Health**

**Definition** Mental health is defined as “[a] state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community (Herrman, Saxena, & Moodie, 2005).”

**Context** This term is not to be considered synonymous with mental illness.


See also Determinants of Health, Empowerment, Health, Resilience, Mental Illness, Well-being

**Mental Illness**

**Definition** Mental illness disturbs a person’s thoughts, emotions and/or behaviours, and may interfere with day-to-day functioning. A person can have a mental health problem or concern without having a diagnosable mental illness.

**Context** Some mental illnesses or disorders include depression, bipolar disorder, anxiety disorders, schizophrenia, substance use disorders, eating disorders and personality disorders. Each affects people in different ways. Individuals with mental illness may be discriminated against, be the subject of prejudice or judgments, and may be disadvantaged and/or marginalized.


See also Discrimination, Health, Mental Health, Prejudice, Social Exclusion, Vulnerable Populations

**Métis**

**Definition** Métis refers broadly to people with mixed First Nations and European ancestry who self-identify as Métis.
| **Context** | Métis are distinct from First Nations, Inuit or non-Aboriginal people. The Métis are recognized as Aboriginal people in the Constitution Act of 1982. |
| **See also** | Aboriginal People(s), First Nations, Inuit |

### Minority Populations

**Definition** Minority populations are populations or groups with similar ethnic, racial, cultural, religious or linguistic characteristics and are a smaller proportion to the rest of the population in a given area.

**Context** A minority population or group may or may not be disadvantaged.


**See also** Culture, Diversity, Disadvantaged Populations, Ethnicity, Marginalized Populations, Prejudice, Race, Racialization, Racism, Vulnerable Populations

### Organizational Capacity

**Definition** Organizational capacity is the ability of an organization to facilitate, support and fulfill an initiative, program, mandate or common goal.

**Context** Organization capacity encompasses resources (financial, staff), leadership support, internal champions, workload assessment, and social and political support for a common goal.


**See also** Diversity Competency, Policy, Social Environment

### Pathways

**Definition** Pathways are the courses of biological and social development.
Towards an Understanding of Health Equity: Annotated Glossary

**Context**
There are four main pathways (or mechanisms) through which health outcomes are produced: material circumstances (living and working conditions, food security), psychosocial factors (stress), health behaviours and biological factors.

**Sources**

**See also**
Health, Health Behaviours, Health Outcomes, Employment, Food Insecurity/Security, Income, Mental Health, Physical Environment, Social Environment

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**Physical Environment**

**Definition**
The physical environment consists of two main components the natural environment (air, water and soil) and the built environment (housing, indoor air quality, community design, transportation and food systems).

**Context**
The physical environment is an intermediary determinant of health.

**Sources**

**See also**
Community, Determinant of Health, Pathways, Social Determinants of Health

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**Policy**

**Definition**
Policy includes the decisions and actions that maintain or change what would otherwise occur. Policy sets priorities and guides resource allocation to achieve a desired objective.

**Context**
Any person, group or organization engaging in these activities may be considered a policy maker.

**Sources**

**See also**
Advocacy, Healthy Public Policy, Population Health Approach, Public Health, Public Policy
Population Health

**Definition**  
Population health is a term that describes the health of the population and can be measured by health status indicators and other indicators.

**Context**  
The distinction between population health and public health is that population health describes the condition of the population, where as public health is the practices, procedures, institutions and disciplines required to achieve the desired state of population health.

**Sources**  

**See also**  
Health, Health Impact Assessment, Health Indicators, Health Outcomes, Health Status, Healthy Public Policy, Public Health, Population Health Approach

Population Health Approach

**Definition**  
A population health approach is an approach to health that aims to improve the health of the entire population and to reduce health inequities among population groups.

**Context**  
To reach these objectives, population health looks at and acts upon a broad range of factors and conditions that have a strong influence on individual and population health.

**Sources**  

**See also**  
Health, Health Equity, Health Indicators, Health Inequalities, Health Inequities, Health Outcomes, Health Status, Healthy Public Policy, Population Health, Public Health

Poverty

**Definition**  
Poverty is the condition of not having sufficient economic and other resources to live with the dignity, choices and power that enable full participation in society.

**Context**  
“In Canada, the assumption[s] underlying the definitions of poverty are frequently implicit rather than explicitly stated... The various measures used in Canada are not even called measures of poverty by Statistics Canada but rather indicators of low income (Raphael, 2007).”

**Sources**  

**Prejudice**

**Definition** Prejudice is a preconceived judgment, preference or idea formed without accurate knowledge or examination of appropriate facts.

**Context** Prejudice is socially learned and perpetuated, and grounded in misconceptions or inflexible generalizations. While prejudiced opinions may be positive, they are more often hostile and in either case are based on false or incomplete conclusions. Prejudice based on ethnicity, race, gender and sexually diversity, disability, geography, religion, socio-economic status or other characteristics may lead to discriminatory action.

**Sources**

**See also** Disability, Discrimination, Diversity, Ethnicity, Health Inequities, Race, Racialization, Racism, Social Exclusion, Unfair, Unjust

**Public Health**

**Definition** Public health is a professional practice aimed at improving health, prolonging life and enhancing the quality of life among whole populations.

**Context** Public health is achieved through health promotion and protection, disease prevention and other forms of health intervention including policy advocacy.


**See also** Access, Advocacy, Collaboration, Community Capacity Building, Health, Health Status, Healthy Public Policy, Intersectoral Action, Population Health, Population Health Approach, Public Policy, Social Determinants of Health
Public Policy

**Definition**
Public Policy, also known as government policy, is the broad framework of ideas and values that guide decisions, action or inaction that governments take with respect to matters affecting the population.

**Context**
Public policies are developed by federal, provincial, territorial and municipal levels of government and government agencies. Components may include analysis, decision-making and outcomes.

**Sources**

**See also**
Advocacy, Healthy Public Policy, Policy, Population Health Approach

Race

**Definition**
Race is an arbitrary classification of individuals and groups based on physical and cultural characteristics. Race includes socially constructed differences among people based on characteristics such as accent or manner of speech, name, clothing, diet, beliefs and practices, leisure preferences and/or places of origin. The concept of race is imposed on populations whereas ethnicity is based on self-identification.

**Context**
The terms race and ethnicity are sometimes incorrectly interchanged. Race and ethnicity are not synonymous terms.

**Sources**

**See also**
Culture, Discrimination, Diversity, Ethnicity, Immigrant, Minority Populations, Prejudice, Racialization, Racism, Refugee

Racialization

**Definition**
Racialization is the process by which societies construct races as real, different and
unequal in ways that matter to economic, political and social life.

**Racialization**

**Context**
Racialization is to put a racial connotation on information or policy. This implies that measured average biological differences between members of diverse racial/ethnic groups are assumed to reflect innate, genetically determined differences.

**Sources**

**See also**
Diversity, Discrimination, Ethnicity, Healthy Public Policy, Immigrant, Minority Population, Prejudice, Policy, Public Policy, Race, Racism, Refugee

**Racism**

**Definition**
Racism is an ideology, action or conduct that either directly or indirectly conveys that one racial group is inherently superior to another. Racial classifications are socially constructed views of arbitrary physical and cultural distinctions.

**Context**
Racism has the effect of imposing burdens on an individual or group and/or withholding or limiting access to benefits available to other members of society.

**Sources**

**See also**
Discrimination, Diversity, Ethnicity, Immigrant, Minority Population, Prejudice, Race, Racialization

**Refugee**

**Definition**
Refugee refers to an individual or group who leave their country of origin or habitual residence due to a well-founded fear of persecution based on race, religion, nationality, social group and/or political affiliation.

**Context**
Refugees are considered landed immigrants and permanent residents in Canada.

**Sources**
- The 1951 Refugee Convention, The Office of the UN High Commissioner for Refugees (1951).

**See also**
Discrimination, Diversity, Immigrant, Racialization, Racism, Vulnerable Populations
Remote Populations

Definition
Remote populations include groups that are geographically isolated and may have limited access to some resources and services for all or part of the year.

Context

Sources

See also
Aboriginal People(s), Access, Community, Determinants of Health, Food Insecurity/Security, Physical Environment, Rural-Urban Continuum, Vulnerable Populations

Resilience

Definition
Resilience is the capacity of individuals, families, groups, communities and societies to cope successfully in the face of significant adversity or risk.

Context
Resilience develops and changes over time. It is enhanced by health behaviours and contributes to the maintenance or enhancement of health.

Sources

See also
Community, Empowerment, Health, Health Behaviour, Mental Health

Rural-Urban Continuum

Definition
The rural urban continuum is a classification scheme that distinguishes urban settlements from rural settlements and can be thought of as the degree of urbanization and proximity to metropolitan/urban areas. Rural-urban continuum captures the concentration of population, service, governance, and economic activity in a physical environment, as well as the way people live in these settlements.

Recognizing the shift from viewing urban and rural as opposites, Alberta Health Services’ Geographic Working Group, in partnership with Alberta Health & Wellness, developed an official definition of rural-urban continuum for the Alberta context. Lead by the AHS Geographic Working Committee, the definition is comprised of seven categories: (1) metro (Edmonton and Calgary); (2) urban (Fort McMurray, Grand Prairie, Red Deer,
Lethbridge, and Medicine Hat); (3) geographies with moderate metropolitan influence; (4) geographies with moderate urban influence; (5) rural (6) rural remote and (7) rural centre areas.

**Context**
The classifications are based on population density and local geographic areas (aggregation of Dissemination Areas, local travel patterns, knowledge about local populations, services utilization, etc). As all of the circumstances that influence the rural-urban continuum can influence multiple health behaviours, access and determinants of health, people living in more rural or remote areas may experience higher risks of negative health outcomes.

**Sources**

**See also**
Access, Determinants of Health, Health Outcomes, Remote Populations

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## Social Determinants of Health (SDOH)

**Definition**
Social determinants of health are the social conditions and processes that promote and/or undermine the distribution of health outcomes among population groups.

**Context**
Not all health determinants are equal in impact. It is important to distinguish between the structural and intermediary determinants as they play different roles in the creation of population health outcomes and require different interventions. Social determinants of health can be divided into the two following groups.

1. *Structural determinants* sort (or socially stratify) individuals and groups into social classes with resulting unequal distribution of and access to resources for living. The structural determinants are:
   - Education
   - Employment
   - Early childhood development
   - Ethnicity/Aboriginal status
   - Social exclusion
   - Gender
   - Social safety network

Some synonyms for structural determinants of health are causes of the causes, root causes, systemic factors, primordial factors, underlying conditions, pre-requisites for health and social determinants of health. This list is not exhaustive.
2. *Intermediary determinants* do not sort populations into ranked groups or social classes. The main categories and corresponding intermediary determinants of health include the following:

- Material (intermediary determinants: housing, workplace, food security)
- Psychosocial circumstances (intermediary determinant: stress)
- Health behaviours (intermediary determinants: tobacco use, alcohol use, physical activity, healthy eating)
- Human biology and genetics
- Health care system (intermediary determinant: access to health care services)

**Sources**

**See also**
- Aboriginal People(s), Determinants of Health, Discrimination, Education Level, Employment, Ethnicity, Food Insecurity/Security, Gender, Health, Health Equity, Health Inequalities, Health Inequities, Income, Poverty, Social Environment, Social Exclusion, Social Gradient, Social Stratification, Socio-economic Status

**Social Environment**

**Definition** The social environment includes the groups to which individuals belong, the neighbourhoods in which they live, the organization of their workplace and the policies created to order individual’s lives.
Towards an Understanding of Health Equity: Annotated Glossary

### Context

Sometimes used interchangeably with the concept of social determinants of health; often cited as a determinant of health.

### Sources


### See also

Community, Context, Healthy Public Policy, Public Policy, Social Determinants of Health

### Social Exclusion

**Definition**

Social exclusion is an expression of unequal relations of power among groups in society that determine unequal access to economic, social, political and cultural resources. Social exclusion limits full participation in social life.

**Context**

Social exclusion is closely related to marginalization.

**Sources**


**See also**

Deprivation, Discrimination, Health Inequalities, Health Inequities, Marginalized Populations, Racialization, Racism, Social Determinants of Health, Social Stratification, Unfair, Unjust

### Social Gradient

**Definition**

The social gradient is the linear decrease or increase in health outcomes that corresponds with social stratification whether measured by income, occupation or education levels.

**Context**

The impact of the social gradient is sometimes expressed as a shortfall in health, i.e., the number of lives that would have been saved if all groups had the same level of health as the most advantaged group.

**Sources**


**See also**

Health, Health Outcomes, Income, Healthy Public Policy, Public Policy, Social Exclusion, Social Stratification, Socio-economic Status

### Social Justice

**Definition**

Social justice includes ideas and actions towards creating a society or institution that is based on the principles of equality and solidarity. Proponents of social justice understand and value individual and collective human rights and recognize the dignity of every
individual and group.

Context
Sources


See also
Health Equity, Human Rights, Unfair, Unjust

Social Stratification

Definition
Social Stratification is the process of sorting people into different social groups according to their access to prized societal values and resources (e.g., social status, class, power and community respect).

Context
Sources

- Healthy Public Policy (HPP), Health Promotion, Disease and Injury Prevention (HPDIP), and Alberta Health Services (AHS). (2011). *Social environments and health*. [Concept paper]. Edmonton: Healthy Public Policy, Alberta Health Services.

See also
Discrimination, Social Determinants of Health, Social Exclusion, Social Gradient, Socio-economic Status, Racialization

Socio-economic Status (SES)

Definition
Socio-economic status is a composite measure of individual and group income, education, occupation and social status.

Context
Socio-economic status is one of the strongest predictors of health.

Sources


See also
Deprivation, Disadvantaged Populations, Education Level, Employment, Health Inequities,
## Towards an Understanding of Health Equity: Annotated Glossary

Income, Poverty, Social Determinants of Health, Social Gradient, Social Stratification

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#### Unfair

**Definition**
Unfair can be defined as not based on or behaving according to the principles or equality and justice.

**Context**

**Sources**

**See also**
Health Inequities, Social Justice, Unjust

#### Unjust

**Definition**
Unjust can be defined as not based on or behaving according to what is morally right and fair.

**Context**

**Sources**

**See also**
Health Inequities, Social Justice, Unfair

#### Upstream

**Definition**
Upstream refers to a broad array of factors or conditions that influence individual and population health usually characterized as beyond an individual’s direct control.

**Context**
Upstream can be thought of as addressing the problem at the source and may include societal structures, public policy and the social determinants of health. A synonym is *distal*.

**Sources**

**See also**
Advocacy, Downstream, Health, Health Outcomes, Healthy Public Policy, Policy, Population Health Approach, Public Health, Public Policy, Social Determinants of Health
Vulnerable Population

**Definition**
Vulnerable populations refer to groups that have increased susceptibility to adverse health outcomes as a result of inequitable access to the resources needed to address risks to health.

**Context**
The following groups have been identified by *Reducing Disparities, HPDIP, AHS* as vulnerable populations: people living in poverty; Aboriginal peoples, immigrants and temporary foreign workers; refugees; people with disabilities; people who are gender and sexually diverse; people experiencing homelessness (or people who lack affordable housing); people with low literacy skills; and people living in poor, rural or remote communities.

**Sources**

**See also**
Access, Determinants of Health, Deprivation, Disadvantaged Populations, Marginalized Populations, Social Exclusion

Well-Being

**Definition**
Well-being is a self-perceived satisfactory state of existence. Well-being is subjective but may include the presence of health and a sense of empowerment enabling an individual to influence their determinants of health.

**Context**
Well-being is a difficult term to accurately define as it is based in an individual’s perception of their current lifestyle and ability to affect their future.

**Sources**

**See also**
Empowerment, Health, Lifestyle, Resilience, Social Determinants of Health, Social Stratification, Socio-Economic Status