

Annotated Bibliography

Multi-level Models of Health

Canadian Council on Social Determinants of Health. (2015, May 20). A Review of Frameworks on the Determinants of Health. Retrieved from http://ccsdh.ca/images/uploads/Frameworks_Report_English.pdf

This report is a review of 36 frameworks that depict social determinants of health to raise awareness about the determinants of health; inform understanding of complex problems; and support policy-development. A selection of 7 frameworks were identified from among the 36 for an in-depth review based on the inclusion of features that are relevant for the Canadian context.

Cohen, D. A., Scribner, R. A., & Farley, T. A. (2000). A structural model of health behavior: A pragmatic approach to explain and influence health behaviors at the population level. *Preventive Medicine*, 30(2), 146-154. Retrieved from <https://www.sciencedirect.com/science/article/pii/S0091743599906096?via%3Dihub>

This paper examines the social and environmental factors that influence behavior. Four categories of structural factors are identified that effect change in individual health behaviours: (1) availability of protective or harmful consumer products, (2) physical structures (or physical characteristics of products), (3) social structures and policies, and (4) media and cultural messages.

Dahlgren G., Whitehead M. (2007). European strategies for tackling social inequities in health: levelling up, Part 2. Copenhagen: WHO Regional Office for Europe. Retrieved from http://www.euro.who.int/_data/assets/pdf_file/0018/103824/E89384.pdf

This paper introduced the Dahlgren-Whitehead model. The Dahlgren-Whitehead model, developed in 1991, is one of the most widely used models to illustrate the multilevel influences on health. It is known as the 'rainbow model'. In this model, the individuals are placed at the centre with the four other layers of influence

(individual lifestyle factors, community influences, living and working conditions, general social conditions) surrounding the individual.

Godrich, S. L., Davies, C. R., Darby, J., & Devine, A. (2018). Which ecological determinants influence Australian children's fruit and vegetable consumption? *Health Promotion International*, 33(2), 229–238. doi: 10.1093/heapro/daw063

This article investigates determinants of fruit and vegetable consumption among regional and remote Western Australian children. It uses an Ecological Model of Health Behaviour. Attitude and food literacy, parental role modeling and food literacy, school nutrition education and food skills programs, fruit and vegetable availability and health promoting spaces and store policies were found to be influences of fruit and vegetable consumption across the ecological model.

Institute of Medicine. (2003). *The Future of the Public's Health in the 21st Century*. Washington, DC: The National Academies Press. Retrieved from <https://www.nap.edu/catalog/10548/the-future-of-the-publics-health-in-the-21st-century>

This report reviews how American public health systems has worked in the past and suggestions to improve the delivery of public health. More specific to multiple levels of health influence, chapter 2 presents a framework to illustrate that the health of populations and individuals is shaped by a wide range of factors in the social, economic, natural, built, and political environments. Specifically figure 2-2 on page 52 helps readers visualize the multi-levels of influence on health. In addition, appendix A shows three other models to illustrate the determinants of health and the ecological nature of health (Dahlgren and Whitehead [1991], Evans and Stoddart [1990] and Institute of Medicine [2000]).

Robinson, T. (2008). Applying the Socio-ecological Model to Improving Fruit and Vegetable Intake Among Low-Income African Americans. *Journal of Community Health*, 33 (6).

pp. 395-406. ISSN 0094-4 5145. Retrieved from:

<https://www.ncbi.nlm.nih.gov/pubmed/18594953>

This paper uses a socio-ecological perspective to examine fruit and vegetable intake of low-income African Americans in the United States. It also provides guidance on how to integrate socio-ecological concepts into health promoting programs intended to improve dietary behaviors among this population.