

Surveillance of risk factors for chronic diseases

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Introduction

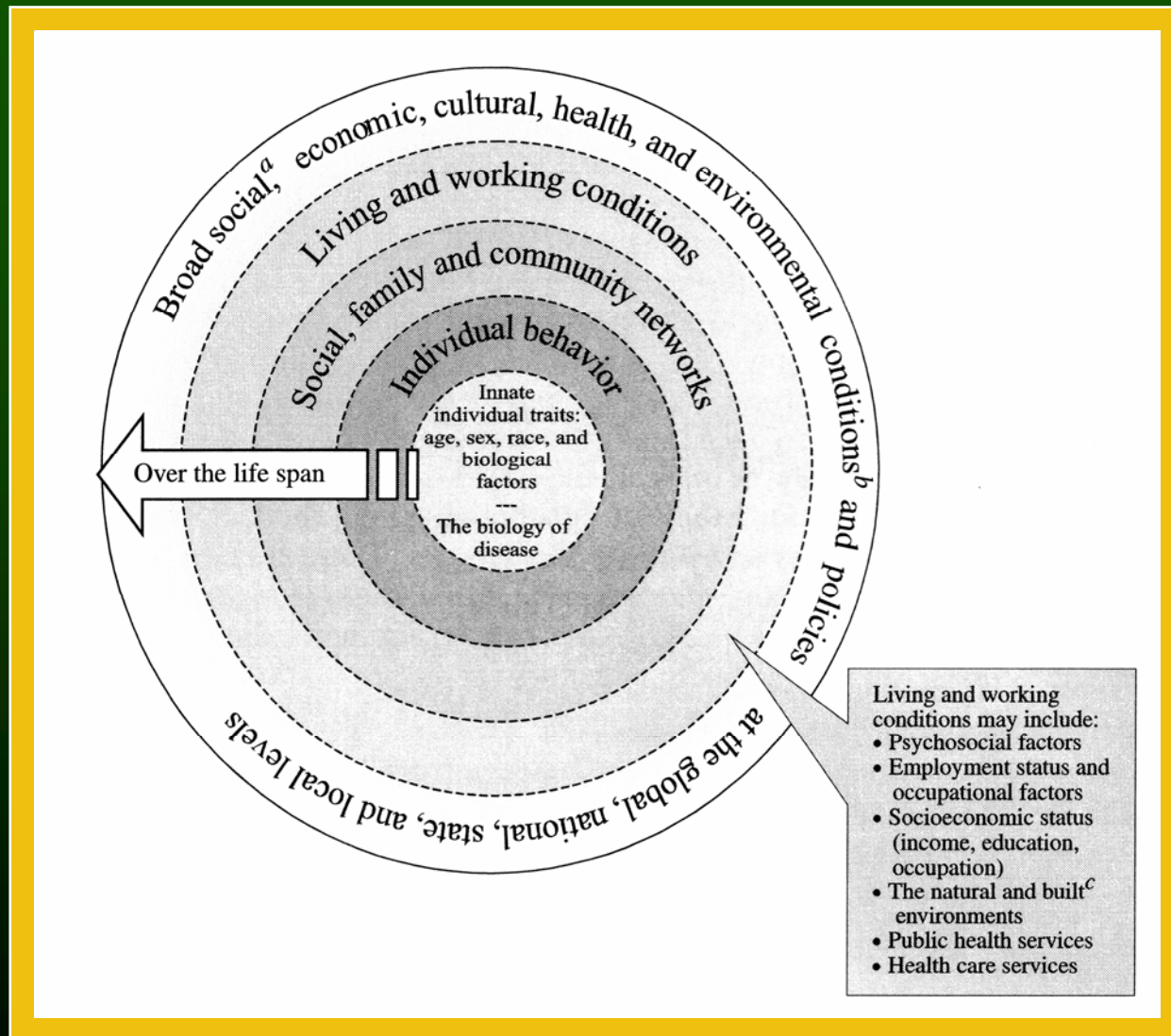
1. Critical assessment of Health Behaviour Monitoring (HBM) today
2. Why do HBM systems need to consider social context?
3. The socio-ecological context of HB
4. Urban sprawl and lifestyle changes: an example
5. Conclusions for theory and practice of HBM

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A guide to thinking about the determinants of population health (from „The future of the Public’s Health“, IOM 2003)



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Social context, behaviours and health

Social Context

Determinants of Health
and Health Behaviour

Health related Behaviours

Risk B. Prom.
+ Prev. B. Illness
B. Other

Health Status

Selfperc.
Health QoL Other

Three Reasons to include social context in Health Behaviour Monitoring (HBM):

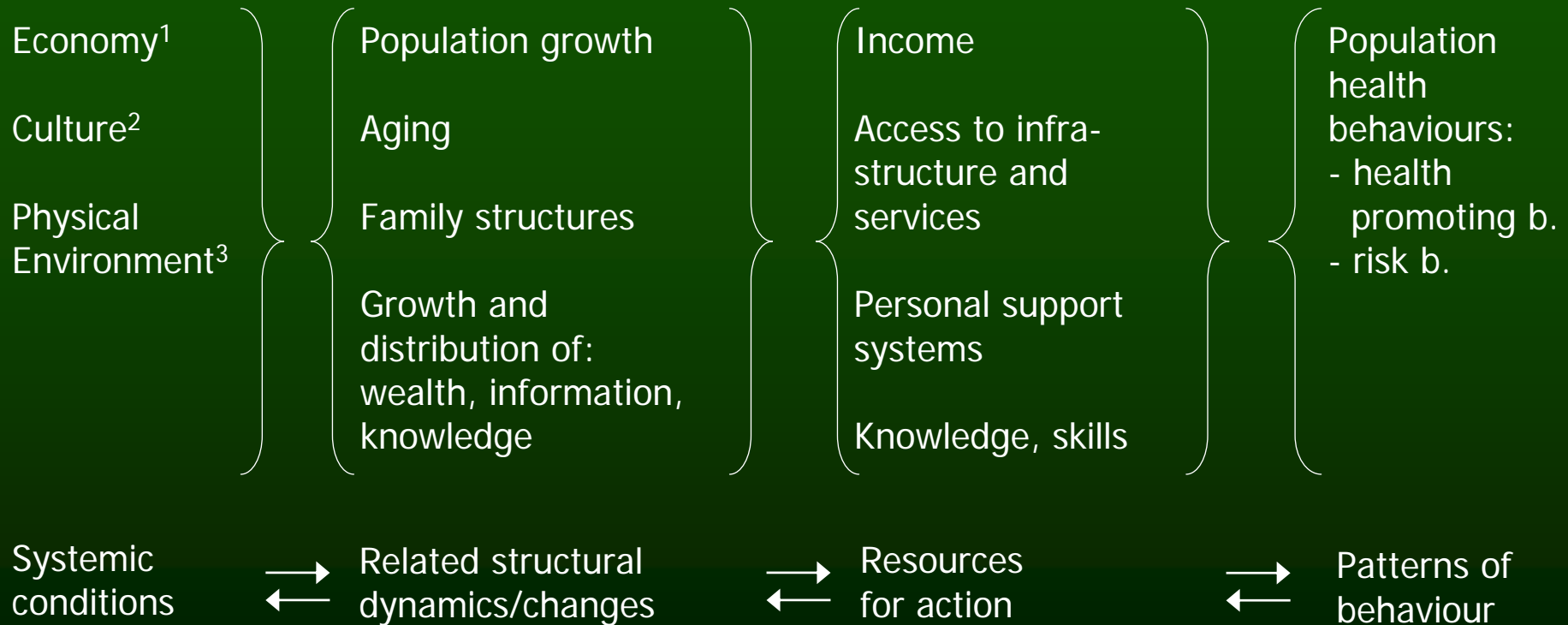
1. the patterning of HB cannot be understood without its social determinants or co-factors
2. the effect of HB on health is partly dependent on the social conditions
3. HP needs to evaluate its impact on the social conditions that effect HBs

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The social-ecological context of population health behaviours (examples)



1 prosperity, jobs etc.

2 value systems, norms, habitus etc.

3 healthy living and work environment

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Health Lifestyles

Health lifestyles comprise interacting patterns of health related behaviours, orientations and resources adapted by groups of individuals in response to their social, cultural and economic environment

Abel et al., 2000

How might sprawl affect health?*

Related to automobile dependency

- ↑ air pollution
- climate change contribution
- ↑ car crashes
- ↑ pedestrian injuries

Related to land use

- ↓ physical activity
- water quantity and quality
- ↑ heat island effect

Related to social processes

- mental health impact
- ↓ social capital

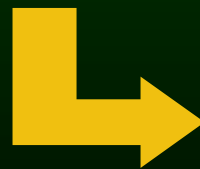
*attributed to Howie Frumkin
IUHPE Presentation Atlanta

Urban sprawl, physical activity, overweight*

- ↓ population density
- ↓ employment density



- ↑ trip distances
- ↑ vehicle trips
- ↓ walking



- ↑ overweight
- ↑ obesity

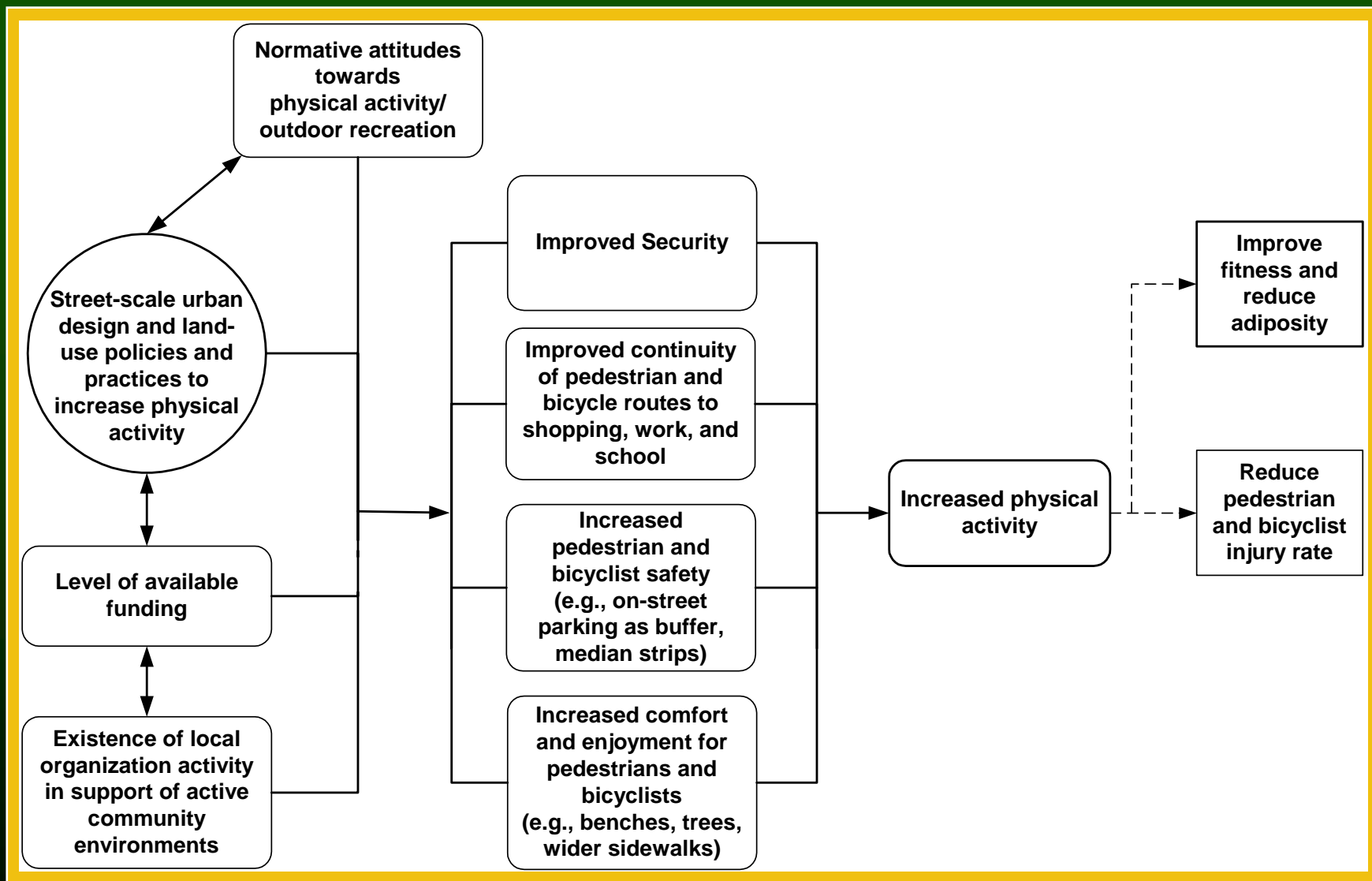
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Want to take a walk?



Social context and physical activity



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A comprehensive HBM-System

Theory

Surveys on behaviour and conditions
cross-sectional or longitudinal data

S_1

S_2

S_3

S_n

Health Behaviour Surveillance System

continuous data stream on health and risk behaviour

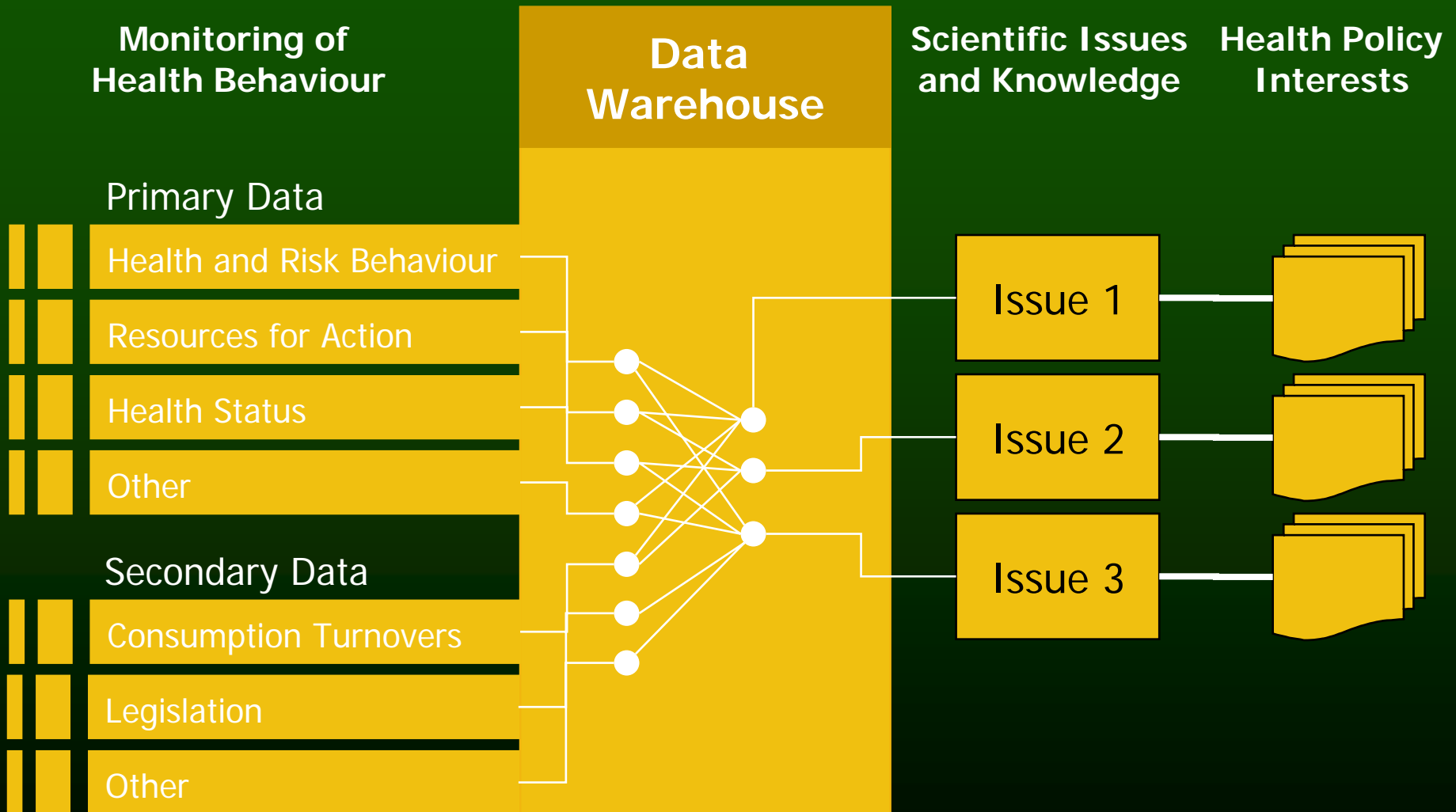
Policy analyses

e.g. on law changes,
market regulations

Secondary statistics

e.g. urbanization, price trends
on tobacco, housing

Process of Data Warehousing



Key components of Health Behaviour Monitoring:

1. **a surveillance system:** the core data set
2. **a consideration of social context:** as an indispensable part of explanation and evaluation
3. **an analytical strategy:** relating the surveillance data to the social context; addressing central issues e.g. time, complexity, causation/probability
4. **an overarching theory:** addressing the social and cultural structuring of population health behaviour

Social context of health behaviour

- relatively stable patterns of factors outside the individual that affect behaviour
- denotes factors external to the individual but interpreted by the individual
- provides options and limitations for action
- includes man made material and non-material conditions (e.g. sidewalks or behavioural norms)

Intervention characteristics

- Policy measures such as roadway design standards
- Expanding public transportation services
- Subsidizing public transportation
- Providing bicycle lanes and racks
- Increasing the cost of parking