



Statement of participation

Michael Frank

has completed the free course including any mandatory tests for:

Factors that influence health: An introduction

This 5-hour free course explored how wider social factors, such as friends and family, education, work, income and housing, influence our health.

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www.open.edu/openlearn

This statement does not imply the award of credit points nor the conferment of a University Qualification.
This statement confirms that this free course and all mandatory tests were passed by the learner.

Please go to the course on OpenLearn for full details:

<https://www.open.edu/openlearn/health-sports-psychology/health/factors-influence-health-introduction/content-section-0>

COURSE CODE: **K311_3**

Factors that influence health: An introduction

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Course summary

What factors influence our health? A lot of attention is focused on people's behaviour - their decisions to smoke, drink, over-eat and so on - with strong messages about the changes needed to become healthier. But people's behaviour is influenced by circumstances and events, friends and family, education, job prospects, income, housing and environment. In this free course, Factors that influence health: An introduction, we look at how these factors, these wider social determinants, work together to influence our health for good or ill.

Learning outcomes

By completing this course, the learner should be able to:

- demonstrate a knowledge and understanding of the social determinants of health
- demonstrate an ability to identify, use and critically evaluate different types of health information.

Completed study

The learner has completed the following:

Section 1

Exploring the factors that influence health

Section 2

Age, sex and hereditary factors

Section 3

Individual lifestyle factors

Section 4

Social and community influences

Section 5

Living and working conditions

Section 6

General social and environmental conditions

Section 7

Investigating health inequalities

Section 8

Conclusion