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## Editorial Article

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# Why Focusing on Social Determinants of Health?

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Health is a basic need for human and it is directly related to social conditions people live in, grow, and work. During the last few decades parallel changes has occurred. In 1980s the most important problems in health were in rural areas. With the development of primary health care services in the expansion of access to the basic needs, health indicators have been improved massively. During 80s migration from rural areas to urban areas increased because of industrialization, and the need for human power. Most of the immigrants did not have enough money or income to provide a decent life condition. They choose to live in sub-urban areas; in which, they faced with tremendous inequalities and challenges. Their housing situation, nutrition, and other life style indices were not suitable. The low income rate perhaps leads this population to be susceptible to violence, addiction, prostitution, and other social abnormalities.

This issue may have been exaggerated, when new sub-urban area is more extensive than previous rural area. These immigrants are anonymous and nobody would care or even know them in the new environments. The new social condition can affect different aspects of their health directly or indirectly including: Infections, strokes, depression, and other psychological disorders; STIs including: HIV/AIDS, obesity and overweight; immobility and malnutrition are some examples of these direct effects. The good examples of indirect effects include: high frequency of divorce, jobs with bad condition, low income, bad housing situation, limited access to safe drinking water, and not a proper sewerage

system. The new socio-economic status could be a source for inequality and affect the immigrant's health status (1)(2). On the other hand, aging is another challenge of the new world.

Following improvement in health care and preventive services, the mortality rate in childhood has been decreased dramatically during the last four decades. The survival rate for different diseases and the life expectancy of people has been increased. The outcome is directly related to social determinants of health (3). In the coming year, the most important public health challenges could appear in sub-urban areas. Most of these problems have social related roots including: poverty, education, early life (childhood), addiction, violence, unemployment, and etc. There is a known social gradient in health indices; the worth socio-economic status, the worth health indices (4). This official journal of Social Determinants of Health Research Center of Shahid Beheshti University of Medical Sciences is going to provide a base for publishing evidences of health related effects of social determinants of health. These evidences could be used in policy making and improving community health.

### References

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