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INTRODUCTION TO STRDOH

At a Glance:

| What are the structural determinants of health (StrDOH)?	Which written and unwritten rules are affected by StrDOH?	What are the implications of StrDOH in terms of public health?
• The **written and unwritten rules** that create, maintain, or eliminate the durable and hierarchical patterns of advantage between socially constructed groups in the conditions that affect power. • The **manifestation of power relations** in that people and groups with more power based on current social structures work to **maintain their advantage** by reinforcing or modifying these rules.	• Values, beliefs, worldviews, culture, and norms • Governance • Laws, policies, regulations, and budgets • Institutional practices	• To advance health equity • Change community conditions (Social DOH) • Transform the written and unwritten rules (Structural DOH) • Shift power relations

Defining Power

Power is the ability to **achieve a purpose** by influencing rules from the reinforcement or modification of conduct, actions, or beliefs.

Communities most impacted by structural inequities' ability to grow an organized base of people who act together to shift discourse, set agendas, influence decision makers, and cultivate ongoing relationships of accountability are able to **influence these rules by their shared power**.

Community power is the ability of communities most impacted by structural inequity to develop, sustain, and grow an organized base of people who act together through democratic structures to set agendas, shift public discourse, influence those who make decisions, and cultivate ongoing relationships of mutual accountability with decision makers that change systems and advance health equity.

Power Analysis

A **power analysis** is a tool that allows us to understand **where power sits within a community**, along with agenda strengths and weaknesses. Power analyses are crucial for identifying factors that drive health disparities, health systems challenges, and inequities.
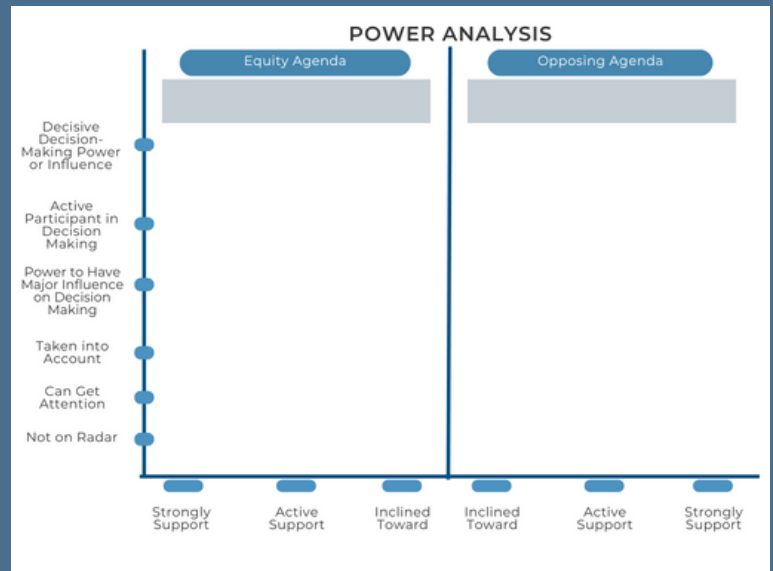
Strategies & Actions to Shift Power Relations

• Use data to support policy change that advances equity.
• Build relationships that support an equity agenda.
• Work to shift narratives and worldviews.

Looking Ahead

• What action strategies could you take based on this power analysis?
• What individual or organizational relationships do you currently have that you can leverage?
• What relationships do you need to cultivate?