

Leeds, Grenville and Lanark District Health Unit MEDIA RELEASE

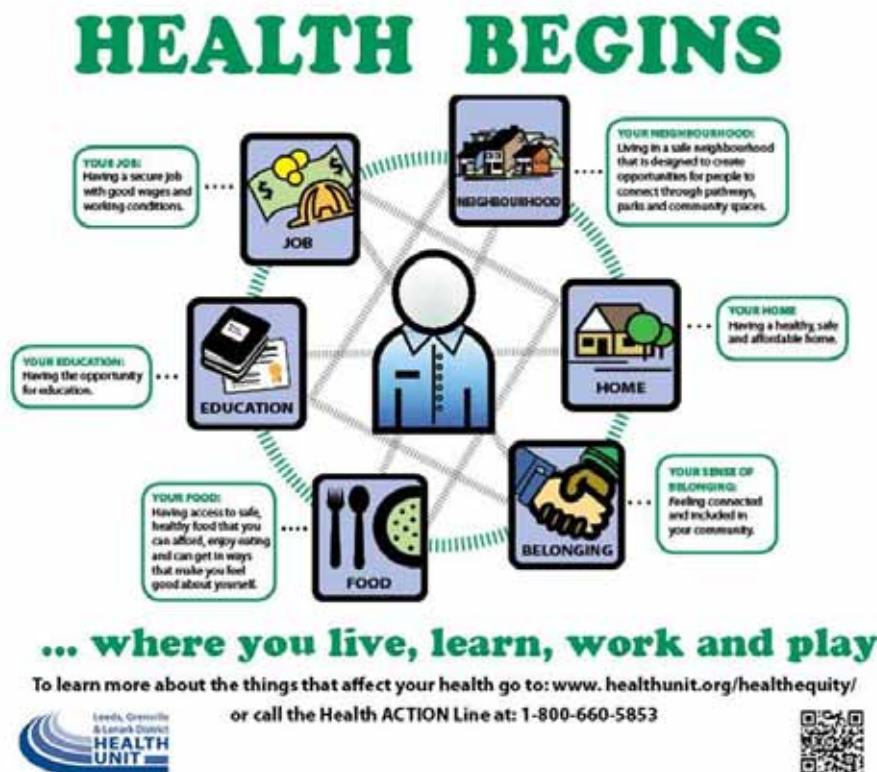
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There are many things that affect our health. Often, our attention has focused on healthcare. But **HEALTH** is about much more than something we get at the doctor's office or from using hospital services. Researchers have found that the conditions in which we live, learn, work and play are all interconnected and affect our health in a very big way.

Because our health is influenced by our living conditions, not everyone has the same opportunities to be healthy. Research shows that people with lower incomes and education, those who are unemployed or have poor working conditions, or those who don't feel connected and included in their communities have poorer health outcomes. By addressing these living conditions, we can improve health and well-being for everyone.

To learn more about how these and other living conditions affect your health, visit www.healthunit.org/healthequity/



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For more information, contact: Joanne Desormeaux, Public Health Nurse 613-345-5685

Or Susan Healey, Communications Co-ordinator, 613-802-0550

For a high resolution version of this infographic, contact susan.healey@healthunit.org