



## Role in Advancing Health Equity: Addressing Social Determinants of Health

Luis Costa\*

Department of Nursing, University of Murcia, El Palmar, Murcia, Spain

\*Corresponding Author: Luis Costa, Department of Nursing, University of Murcia, El Palmar, Murcia, Spain; E-mail: Costalu@is.es

Received date: 19 February, 2024, Manuscript No. JNPC-24-134925;

Editor assigned date: 21 February, 2024, PreQC No. JNPC-24-134925 (PQ);

Reviewed date: 11 March, 2024, QC No. JNPC-24-134925;

Revised date: 20 March, 2024, Manuscript No. JNPC-24-134925 (R);

Published date: 29 March, 2024, DOI: 10.4172/2573-4571.1000056.

### Description

Health equity, defined as the attainment of the highest level of health for all individuals, is a fundamental principle of public health and healthcare delivery. However, variation in health outcomes persist, driven by Social Determinants of Health (SDOH) such as socioeconomic status, race/ethnicity, education, and neighborhood conditions. Nurses, as frontline healthcare providers, plays an important role in addressing these social determinants and promoting health equity. This article explores the role of nursing in addressing social determinants of health and advancing health equity for all individuals and communities.

Social determinants of health are the conditions in which people are born, grow, live, work, and age, and they significantly influence health outcomes and disparities. Factors such as income, education, employment, housing, transportation, access to healthcare services, and social support networks shape individuals' health behaviors, access to resources, and exposure to risk factors for illness. Addressing social determinants of health requires a comprehensive approach that goes beyond medical care to address the underlying social, economic, and environmental factors that contribute to health disparities.

Nurses are uniquely positioned to address social determinants of health and promote health equity through their roles in direct patient

care, community engagement, advocacy, and policy development. In clinical practice, nurses assess patients' social determinants of health, including social and economic challenges that impact their health outcomes and access to care. By conducting thorough assessments, nurses can identify patients' unmet needs and connect them with resources, support services, and community-based organizations to address social determinants and improve health outcomes.

In addition to direct patient care, nurses play key roles in community health promotion and disease prevention efforts. Nurses engage with diverse communities to identify local health priorities, develop culturally tailored interventions, and address social determinants of health at the population level. Through community partnerships, health education programs, and outreach initiatives, nurses empower individuals and communities to make informed decisions about their health, access resources, and advocate for policies that promote health equity and social justice.

Nurses are advocates for health equity, working to advance policies and practices that address social determinants of health and eliminate health disparities. Nurses' expertise in patient care, public health, and policy makes them effective advocates for evidence-based interventions, legislation, and funding priorities that promote health equity and address the root causes of health disparities. By raising awareness, mobilizing stakeholders, and influencing decision-makers at the local, state, and national levels, nurses can drive systemic changes that improve health outcomes and promote health equity for all individuals and communities. Nurses are involved in a wide range of initiatives aimed at addressing social determinants of health and advancing health equity.

### Conclusion

Nurses play a vital role in addressing social determinants of health and promoting health equity for all individuals and communities. Through their roles in clinical practice, community engagement, advocacy, and policy development, nurses advocate for equitable access to healthcare, address underlying social and economic factors that influence health outcomes, and work collaboratively to eliminate health disparities. By recognizing and addressing social determinants of health, nurses can contribute to creating a healthier, more equitable society where everyone has the opportunity to achieve their full health potential.

**Citation:** Costa L (2024) Role in Advancing Health Equity: Addressing Social Determinants of Health. J Nurs Patient Care 9:1.