**Social Ecological Model (SEM) Worksheet**

Complete each section of the table below.

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| **Social-Ecological Model: Framework of Prevention Activities** |
| Identify the health problem: Hypertension |
| Identify the target population affected by the health problem: African-Americas |
| **Level of Influence** | **Factors That Contribute to the Health Problem (Risk Factors)** | **Evidence –Based Prevention Strategies by Level of Influence** |
| **Individual**Biological and personal history factors that put someone at risk for a health condition. Prevention strategies address attitudes, beliefs, and behaviors. | High salt intake alters the diurnal of blood pressure Less physical activities | Promoting beliefs, attitudes, and behaviors.Health awareness to change lifestyle |
| **Relationship**Close relationships such as social circle-peers, partners, and family members who influence behavior that may increase the risk for a health condition. Prevention strategies promote healthy relationships, mentoring, skill building. | Blacks have been found to have smaller social networksFamily members RelationshipsWeak social support | Offering family-oriented health programsDesigning peer programs for the individuals |
| **Community**Settings such as schools, workplaces, and neighborhoods where social relationships occur and seek to identify characteristics of these settings associated with a health condition. Prevention strategies impact the social and physical environment to support positive behavior change or prevention of the health condition. | African Americans experience involuntary job lossLower-skill employment and lower wagesOverreliance on social security for retirementAdverse poor lifestyles and health outcomes | Promoting equality for all racesPromoting education for African AmericansImproving housing and economic opportunities. |
| **Societal**Broad societal factors, such as social and cultural norms, socioeconomic policies, or health disparities, which help create a climate for a health condition. Prevention strategies target changes in those factors such as changing social norms and changing policies to support health. | Chronic discrimination, Low socioeconomic statusRelationship stressPoor access to health care services | Psychosocial strategies that address disparities in social-economic status at the neighborhood levelsIncreasing access and the level of social support |