**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 networks  Family members Relationships  Weak social support | Offering family-oriented health programs  Designing 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 loss  Lower-skill employment and lower wages  Overreliance on social security for retirement  Adverse poor lifestyles and health outcomes | Promoting equality for all races  Promoting education for African Americans  Improving 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 status  Relationship stress  Poor access to health care services | Psychosocial strategies that address disparities in social-economic status at the neighborhood levels  Increasing access and the level of social support |