

## Social and Community Context

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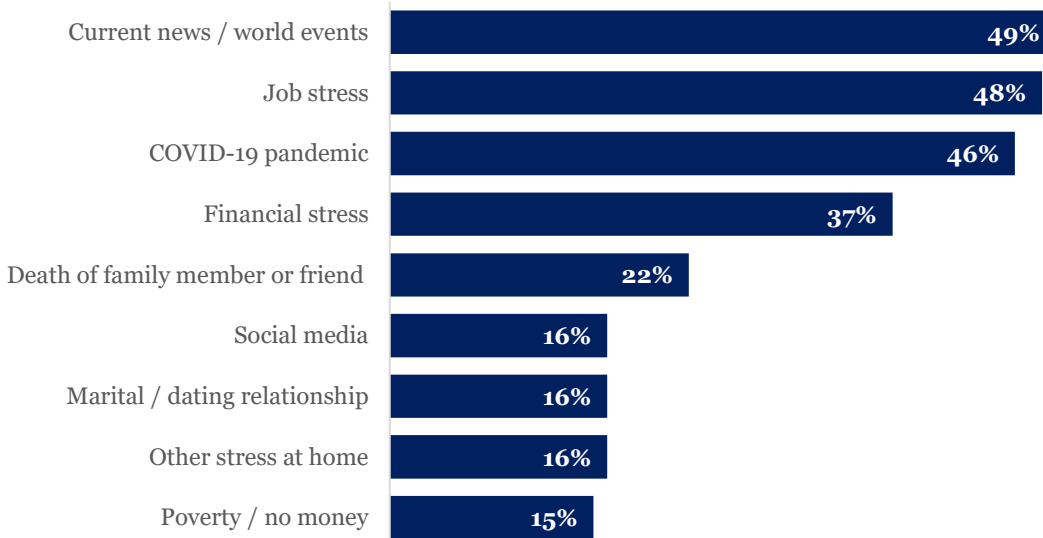
Social determinants of health (SDOH) are the social, economic, and environmental conditions that affect everyone’s health and quality of life. They are grouped into five domains: health care access and quality, education access and quality, social and community context, economic stability, and neighborhood and built environment. This report focuses on the social and community context aspect of SDOH.

#### Social Determinants of Health



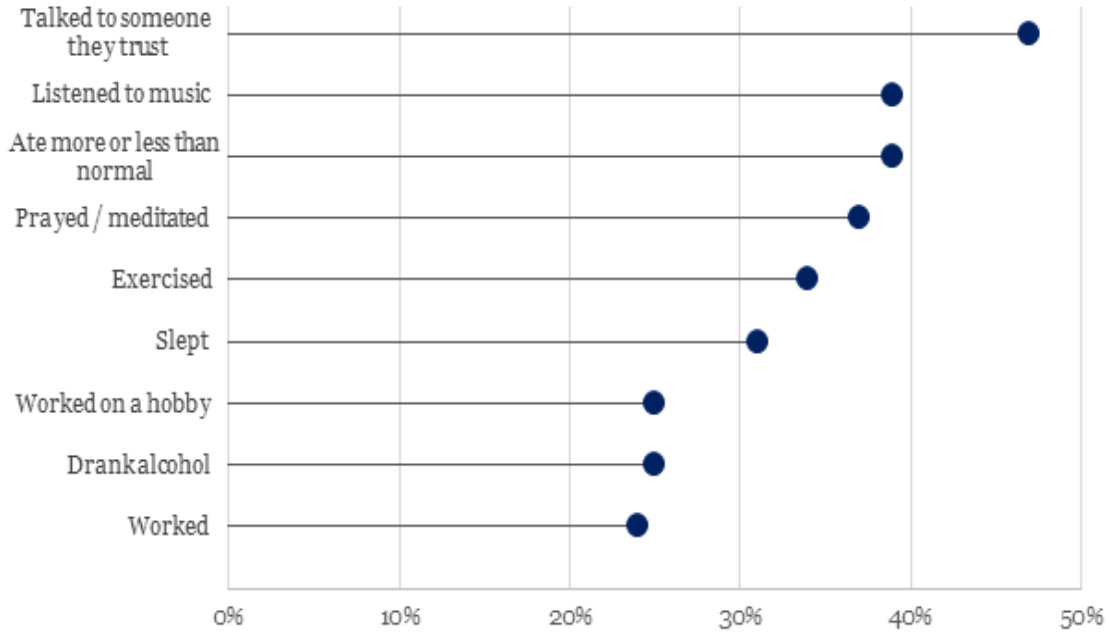
### Adults

**Current news and world events** were the most commonly reported stressor for Wood County adults.

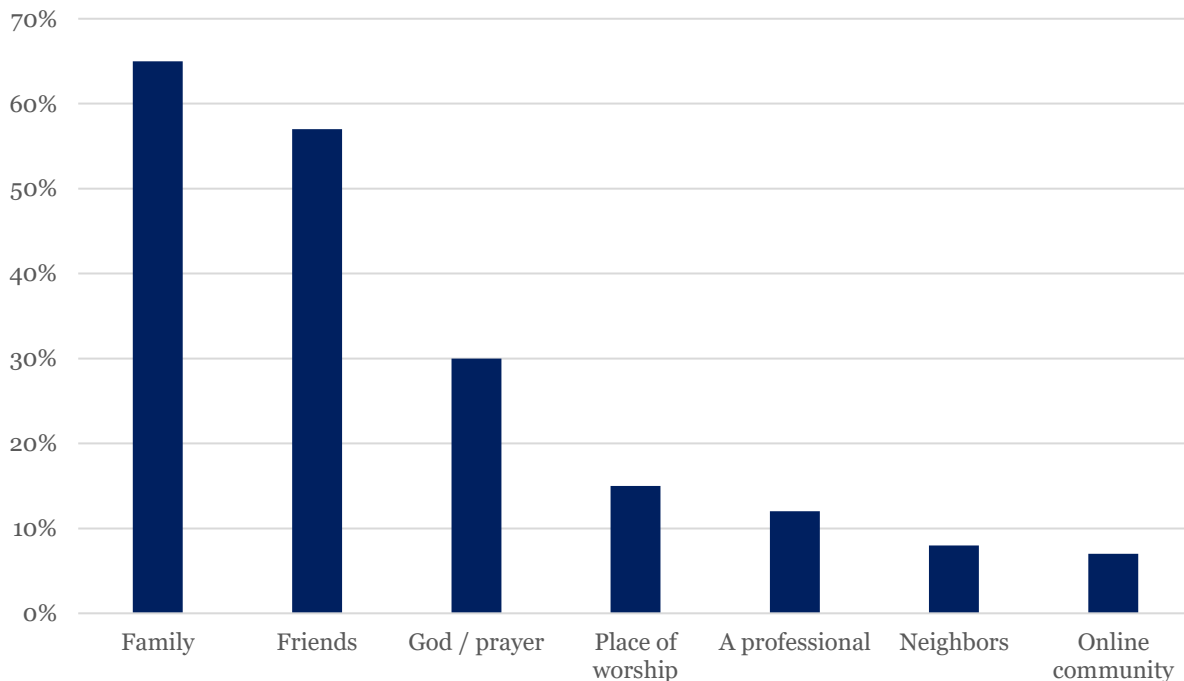




Wood County adults **talked to someone they trusted, listened to music, and ate more or less than normal** in order to cope with stress.

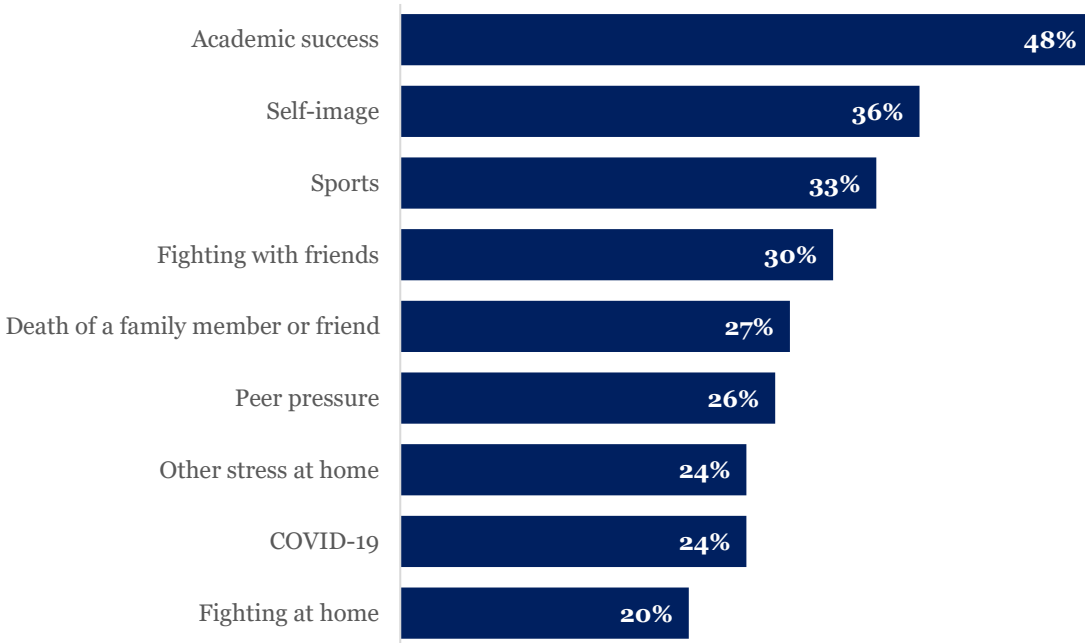


Many Wood County adults turned to **family and friends** for social and emotional support.

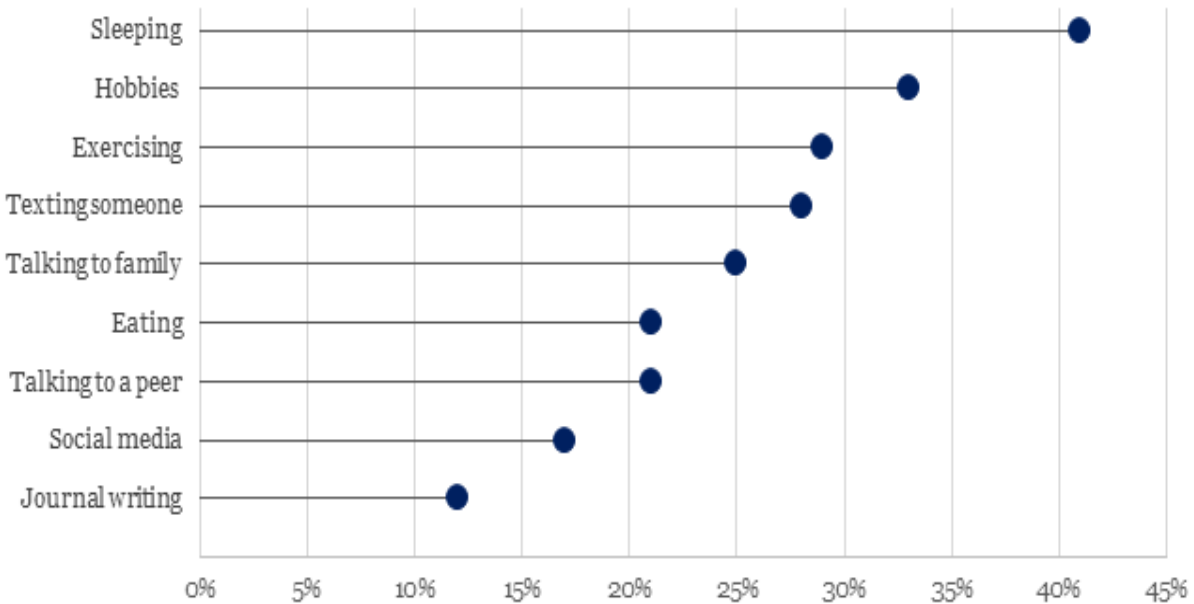


Youth

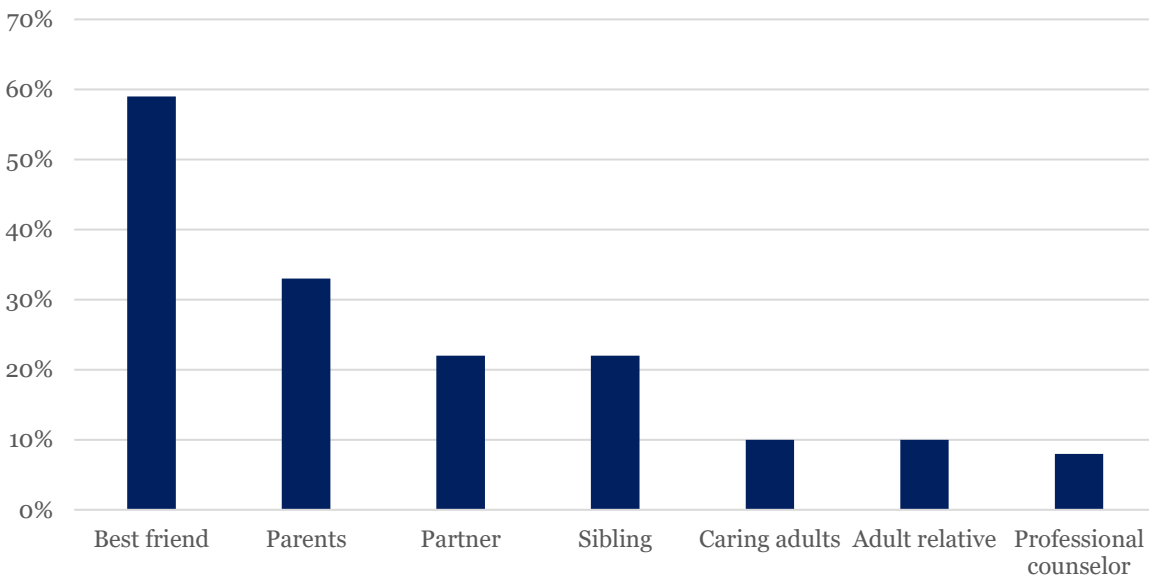
**Academic success** was the top stressor for Wood County youth.



**Sleeping, hobbies, and exercising** are the most common ways Wood County youth coped with stress.



Many Wood County youth turned to their **best friend** and **parents** for social and emotional support.



## Social and Community Context: Why It Matters

Many Wood County residents experienced stress and anxiety regarding various events, both adults and youth alike. Stress is a constant in life and must be managed properly to prevent negative effects on health. Unresolved stress can lead to poor mental health such as anxiety and depression as well as poor physical health such as high blood pressure and diabetes.

## Social and Community Context: What Can Be Done

Strengthening community resources and access to assistance especially mental health care is of highest importance. The Wood County community should be open to seeking professional help if they have significant trouble handling the stressors in their lives.

## Social and Community Context: Resources

- Project Connect: Wood County Resources: <https://wamhelps.org/wp-content/uploads/2021/04/Project-Connect-April-2021-Resource-Guide.pdf>
- National Alliance on Mental Illness (NAMI): phone and text numbers for mental health crises, local and national mental health programs: <https://namiwoodcounty.org/resources/>