



# GLOSSARY OF TERMS

## SEEDs OF HEALTH AND HEALTH EQUITY

of project impact on SEEDs (marked 3 and 2 in Step 1) SEEDs throughout the project period by US

Prioritize SEEDs of Health

the five most project-relevant identified SEEDs (1)

	Step 1 3/indirectly 2/indirectly 1/total at all	Step 2 3/1-high 2/2-medium 1/1-low neg
<b>Social</b>		
Access to leisure services	✓	
Access to quality education		✓
Access to quality essential healthcare services	✓	
and conflict	✓	
protection		
ity and social		✓

01 identify

02 prioritize

03 optimize

04 monitor and evaluate



This glossary compiles working definitions of the 27 social, 14 economic and 24 environmental determinants (SEEDs) of health used in UNDP's SEEDs of health and health equity methodology. As far as possible, the glossary draws on existing definitions of authoritative organisations working in the respective fields. The references are provided at the end of the document.

# SOCIAL DETERMINANTS OF HEALTH

## **Access to leisure services**

Access to leisure services in the context of SEEDs of health and health equity encompasses accessibility and affordability of recreation, entertainment, sports, and tourism services, such as cultural events and exhibitions and sports facilities and programmes, which provide opportunities for individuals to use discretionary time to enhance amusement, comfort or health. Leisure services are distinguished from 'Public amenities' in that they are not necessarily publicly provided and affordable to everyone.

## **Access to quality education**

Provision of 12 years of free, publicly funded, equitable quality primary and secondary education, of which at least nine years are compulsory, leading to relevant learning outcomes. (1)

## **Access to quality essential healthcare services**

Access to essential healthcare services provides safe, effective and affordable prevention and treatment for health conditions identified as national or international priorities. For a definition of quality healthcare services, see below.

## **Armed conflict**

Armed conflicts are disputes involving the use of armed force between two or more parties, either involving two or more states (international armed conflict); or involving government forces and armed insurgents, or solely armed groups (non-international armed forces). (2)

## **Child protection**

Child protection comprises interventions to prevent and respond to violence, exploitation and abuse to protect the fundamental rights of children as per the Convention on the Rights of the Child. This includes protection from economic exploitation and harmful work, from all forms of sexual exploitation and abuse, and from physical or mental violence, as well as ensuring that children will not be separated from their family against their will. (3)

## **Discrimination/Stigma**

Discrimination and stigma refer to negative beliefs, feelings, attitudes and behaviours socially exhibited towards individuals or groups of individuals based on any dimension of inequity. While discrimination and stigma play important roles in attaining the human rights to health, the SEED conceptually includes other spheres of human life, such as employment, education and participation and should not be approached from a pure health perspective. (4)

## **Drug use**

Drug use in the context of SEEDs of health is conceptualized in the context of international drug control. Drug use constitutes the chronic, harmful, or hazardous use of any substance under international control outside therapeutic indications, in excessive dose levels, or over an unjustified period of time. Chronic use refers to prolonged, continuous, frequent, long-term or heavy use of a substance over a certain period of time, leading to severe adverse health effects. Harmful use are defined as patterns of psychoactive substance use that damage physical or mental health, with commonly adverse social consequences. Hazardous use are patterns of use that are of public health significance despite the absence of any current disorder in the individual user. (5)

### **Early childhood development**

Early childhood refers to the period from birth to eight years old, while early childhood development refers to social, emotional and cognitive development. While child protection and access to quality education do affect early childhood development, they are distinct concepts in the context of SEEDs of H/HE. (6)

### **Effective policing**

Effective policing delivers effective prevention, detection and investigation of crime, protection of life and property, and the maintenance of public order. (7)

### **Exposure to violence**

Violence is the intentional use of physical force or power, threatened or actual, against oneself, another person, or against a group or community, that either results in or has a high likelihood of resulting in injury, death, psychological harm, maldevelopment, or deprivation. (8)

### **Harmful use of alcohol**

Harmful use of alcohol is defined as a pattern of alcohol use that causes physical (in cases of liver cirrhosis) or mental (in cases of depressive episodes secondary to heavy consumption of alcohol) to health. (9)

### **Healthcare infrastructure**

Healthcare infrastructure encompasses the basic physical and organizational structures and facilities (e.g. hospitals, laboratories, training facilities and training systems, pharmaceutical supplies etc.) needed for the operation of a health systems. (10)

### **Healthcare quality**

Healthcare quality in the context of SEEDs of H/HE incorporates the acceptability, equity, safety and effectiveness elements of care provision. This includes delivering health care which a) takes into account the preferences and aspirations of individual service users and the cultures of their communities (i.e. acceptable and patient-centred care), b) does not vary because of personal characteristics such as gender, race, ethnicity, geographical location, or socioeconomic status (i.e. equitable), c) minimizes risks and harm to service users (i.e. safe) and d) is evidence based and improves health outcomes.

### **Human rights**

Human rights are fundamental rights inherent to all human beings, regardless of nationality, place of residence, sex, national or ethnic origin, colour, religion, language, or any other status as emphasized in the Universal Declaration on Human Rights in 1948. (11) (12)

### **Level of crime**

Crimes are punishable contraventions or violations of the limits on human behaviour as imposed by national criminal legislation. The level of crime indicates the extent to which a country's criminal code is breached. (13)

### **Maternal health and wellbeing**

Maternal health refers to the health of women during pregnancy, childbirth and the postpartum period, while wellbeing extends beyond the absence of disease or infirmity to capture the complete state of physical, mental and social well-being. (14)

### **Participatory decision-making**

Participatory decision-making refers to the degree to which a society is equipped with appropriate mechanisms that enable their citizens to participate in the decision-making processes that affect their lives, and ultimately shape their common future. (15)

### **Physical inactivity**

Physical inactivity is defined as doing no or very little physical activity at work, at home, for transport or during discretionary time. More specifically, it is defined as less than 60 minutes of moderate to vigorous intensity activity daily for adolescents and less than 150 minutes of moderate-intensity activity per week for adults aged over 18 accumulated across work, home, transport or discretionary domains. (16)

### **Post-conflict resolutions**

Post conflict resolutions include all efforts to reduce a country's risk of relapsing into conflict by strengthening national capacities for conflict management, and to lay the foundations for sustainable peace and development. This includes a broad range of activities, such as monitoring ceasefires; demobilizing and reintegrating combatants; assisting the return of refugees and displaced persons; helping organize and monitor elections of a new government; supporting justice and security sector reform; enhancing human rights protections and fostering reconciliation after past atrocities. (17)

### **Risky sexual behaviour**

Risky sexual behaviours are behaviours that may unintentionally expose intimate partners to unwanted pregnancies and/or sexually transmitted infections including HIV. Risky sexual behavior can be characterised as the type of sexual partner (casual, co-habitant such as a spouse, casual acquaintance), the percentage of condom use, the age at which a person first has sex, the number of partners an individual has, whether they participate in commercial sex and if the sexual relations are with individuals of different ages. The relevance of each indicator depends on the situation. (18)

### **Social connection**

Social connection reflects the degree to which an individual is interconnected and embedded in a community. Social connection has a bearing on the availability of supportive social networks and transactional processes such as emotional or financial assistance. (19)

### **Social policies and access to social services**

Social policy and access to social services: Social policy is defined as public policies and institutions that protect citizens from social contingencies and poverty, and enable them to strive for their own life goals. (20) Social services include personal support, health and educational services provided and/or funded by governments, non-profit organisations and subsidised private organisations. (21)

### **Tobacco use**

Tobacco use includes smoking, sucking, chewing or snuffing products made entirely or partly of leaf tobacco and containing nicotine. (22)

### **Transparency and accountability in governance**

Transparency and accountability means governments, companies, organisations and individuals are open in the clear disclosure of information, rules, plans, processes and actions. This includes free, fair and frequent elections, representative legislatures that make laws and provides oversight, and an independent judiciary to interpret those laws. As a principle, public officials, civil servants, the managers and directors of companies and organisations, and board trustees have a duty to act visibly, predictably and understandably to promote participation and accountability and allow third parties to easily perceive what actions are being performed. (23)

### **Treatment adherence**

Treatment adherence is the extent to which a person's behaviour – taking medication, following a diet, and/or executing lifestyle changes, corresponds with agreed recommendations from a health care provider. (24)

**Unmet need for family planning**

Family planning, through use of contraceptive methods and infertility treatment, allows people to attain their desired number of children and determine the spacing of pregnancies. (25)

Unmet need for family planning is defined as the proportion of women of reproductive age (15-49 years old), who are not currently using contraception, but are either married or in a union, and who are fecund and sexually active, but do not want any more children, or would like to delay the birth of their next child for at least two years. (26)

**Unhealthy diet**

An unhealthy diet is generally defined as a diet high in energy, fats, free sugars or salt/sodium, and a lack of fruit, vegetables and dietary fibre such as whole grains. While the exact make-up of a diversified, balanced and healthy diet varies depending on individual needs including age, gender, lifestyle, degree of physical activity, cultural context, locally available foods and dietary customs, the basic principles of a healthy diet remain the same. A healthy diet for adults contains at least 400 g of fruits and vegetables a day, less than 10% of total energy intake from free sugars, less than 30% of total energy intake from fats, and less than 5 g of salt per day. (27)

# ECONOMIC DETERMINANTS OF HEALTH

## **Affordable housing**

Affordable housing refers to housing that assumes an acceptable proportion of disposable incomes for the majority of the population. (40)

## **Economic accountability in governance**

Economic accountability in governance refers to the concept that individuals, agencies and public, private and civil society organisations are held responsible for reporting their activities and executing their powers properly, in particular those related to money and other entrusted resources. (28)

## **Economic investments in community development and small enterprises**

Economic investments in community development and small enterprises include a range of measures taken to trigger community- or local business-led growth and development. These may include policy advice and capacity building to help governments create enabling regulatory climate for private enterprises; integrating local producers with global value chains; facilitating investments in affordable goods and services needed by the poor; or promoting small-scale entrepreneurs to enter markets as business owners or in management positions. (29)

## **Employment security**

Employment security refers to the protection of workers against fluctuations in earned income as a result of job loss occurring during economic downturns, as part of restructuring, or related to other reasons for dismissals. It also covers the impact of nature of contracts, such as precarious or part-time employment, on fluctuations in earned income. (30)

## **Fiscal measures**

Fiscal measures in the context of SEEDs include instruments used by governments to incentivize healthy behaviours and reduce inequity. These include progressive taxation, subsidies, as well as taxes to raise the prices of tobacco, or foods high in salt, fat and sugar.

## **Food security**

Food security exists when all people, at all times, have physical, social and economic access to sufficient, safe and nutritious food which meets their dietary needs and food preferences for an active and healthy life. (48)

## **Fuel poverty**

Fuel poverty exists in situations, where a household finds it difficult or impossible to ensure adequate heating in the dwelling at an affordable price. (31)

## **Income poverty**

Income poverty exists where a family's income fails to meet a nationally established threshold. Internationally, people living on less than 2 USD per day are in moderate, those earning less than 1 USD a day are in extreme poverty. (32)

## **Job creation**

Job creation means creating activities that generate income, monetary or in kind, without violating human rights. (33)

**Offender rehabilitation**

Offender rehabilitation describes programmes and activities offered to re-integrate criminal offenders into society during or following their imprisonment or punishment. Offender rehabilitation programmes cover broad issues, including mental health, drug use, educational and community services etc. (34)

**Skills development**

Skills are abilities required to perform the roles and tasks of a job. They include cognitive (such as verbal ability, working memory, numeracy, and problem-solving), social (such as teamwork, reliability, discipline and work effort) and technical (enabling the performance of specific tasks) abilities. Skills development may be achieved in various ways and diverse circumstances, including apprenticeships, trade and vocational training, and on-the-job learning. (35)

**Social protection:**

Social protection is an essential public service (along with, for example, health and education) that encompasses a broad range of public actions that provide direct support to people to help them deal with risk, vulnerability, exclusion, hunger and poverty. A working typology distinguishes three major elements of social protection, being social legislation, social insurance and social transfers. (36)

**Trade**

Trade is defined as the movement of goods and services across borders through export and import. (37)

**Workplace safety**

Workplace safety is the anticipation, recognition, evaluation and control of hazards arising in or from the workplace that could impair the health and well-being of workers. Workplace safety also takes into account the possible impact on the surrounding communities and the general environment. (38)

# ENVIRONMENTAL DETERMINANTS OF HEALTH

## **Access to green spaces**

Access to rural and urban spaces include parks and sports fields as well as woods and natural meadows, wetlands and other ecosystems. Representing a fundamental component of any ecosystem, they produce oxygen, filter out air pollution, facilitate physical activity and relaxation, and form a refuge from noise. (39)

## **Biodiversity**

Biodiversity according to the Convention on Biological Diversity, is defined as the variability among living organisms from land, sea and fresh water and the ecological complexes of which they are part. This includes diversity within and between natural and cultivated species, varieties, and diversity of ecosystems. (41)

## **Ecosystem conservation**

Ecosystem conservation means protecting, restoring and promoting sustainable use of terrestrial ecosystems, managing forests sustainably, combating desertification, and halting and reversing land degradation, as well as conserving and sustainably using the oceans, seas and marine resources. (42)

## **Emergency management**

Emergency management is the organization and management of resources and responsibilities for addressing all aspects of emergencies, in particular preparedness, response and initial recovery steps. (43)

## **Energy efficiency**

Energy efficiency means using less energy input to deliver the same service, or, using the same amount of energy input to deliver more service. Energy efficiency is particularly relevant for appliances and equipment, buildings, cities and communities, lighting, transport and motor vehicles, as well as industrial production. (44)

## **Exposure to extreme climate events**

Extreme climate events refer to statistical outliers in a time series of climatic events, including heat waves, altered rains, floods, tornadoes and hurricanes. Being exposed to extreme climate events means living or working in close proximity to areas prone to heat waves, altered rains and natural disasters. (45)

## **Exposure to hazardous substances**

Hazardous substances include chemical, physical, radiation, pollution, pathogens, and other substances that can adversely affect human health. Being exposed to hazardous substances means being in a situation which places the individual at increased risk from hazards. (46)

## **Food hygiene**

Food hygiene is defined as the conditions and measures needed to ensure the safety of food from production to consumption, and to prevent foodborne diseases and death of the consumer. This includes measures taken to prevent food from becoming contaminated at any point during slaughtering or harvesting, processing, storage, distribution, transportation and preparation. (47)

### **Greenhouse gas emissions**

Emission is defined as the production and discharge of gaseous constituents into the atmosphere, while greenhouse gases include carbon dioxide, methane, nitrous oxide, hydrofluorocarbons, perfluorocarbons, sulphur hexafluoride. (49)

### **Housing quality**

Housing quality includes aspects such as where homes are located, how well designed and built they are, and how well they are weaved into the environmental, social, cultural and economic fabric of communities. These aspects impact the daily lives of people, their health, security and wellbeing, and given the long life of dwellings as physical structures, affect both the present and future generations. (50)

### **Indoor and outdoor air quality**

Indoor and outdoor air quality refer to the quality of air within and around buildings and structures, and in open spaces. Key indicators of air quality are the concentration of particulate matter, ozone, nitrogen dioxide and sulfur dioxide in indoor and outdoor air. To reduce adverse health impacts of air pollution, the WHO air quality guidelines define the following thresholds for pollutant concentrations: PM10 20 µg/m<sup>3</sup> annual mean and 50 µg/m<sup>3</sup> 24-hour mean, and PM2.5 10 µg/m<sup>3</sup> annual mean and 25 µg/m<sup>3</sup> 24-hour mean for particulate and fine particulate matter, O<sub>3</sub> 100 µg/m<sup>3</sup> 8-hour mean for Ozone, NO<sub>2</sub> 40 µg/m<sup>3</sup> annual mean and 200 µg/m<sup>3</sup> 1-hour mean for nitrogen dioxide, SO<sub>2</sub> 20 µg/m<sup>3</sup> 24-hour mean and 500 µg/m<sup>3</sup> 10-minute mean for sulfur dioxide. (51)

### **Industrial and public building quality**

Industrial and public building quality refers to the quality of manufacturing, warehouse and distribution buildings, service centers/showrooms, as well as, buildings used by the public for purposes, such as assembly, education, entertainment, or worship. Quality includes aspects such as where buildings are located, how well designed and built they are, and how well they are weaved into the environmental, social, cultural and economic fabric of communities and spaces.

### **Information and communication technology**

Information and communication technology includes radio, television, mobile phones, computer and network hardware and software, satellite systems etc., as well as the various services and applications associated with them, such as videoconferencing and distance learning. Information and communication technologies play increasingly important roles in delivering education, healthcare and government services. (52)

### **Land use**

Land use refers to the arrangements, activities and inputs people undertake in a certain land cover type to produce, change or maintain it for different purposes, including housing, industrial production, transport, recreational use or ecosystem conservation. (53) (54)

### **Noise pollution**

Noise pollution refers to noise that interferes with people's daily activities at school, at work, at home and during leisure time and is emitted by road, rail and air traffic, industries, construction and public works, ventilation systems, office machines, home appliances, neighbours and neighbourhoods. Noise levels under 55dB are currently defined as not disturbing health, and sleeping patterns. (55)

### **Post-conflict physical reconstructions**

Post-conflict physical reconstruction are activities aimed at restoring areas affected by conflict to a previous or improved level of functioning, such as rebuilding destroyed property, re-employing and repairing of other essential infrastructure. (56)

### **Public amenities**

Public amenities are facilities, such as restrooms, information displays, public telephones, rain shelters, drinking fountains etc., which are offered to the general public for use and enjoyment, with or without charge.

### **Safe water and basic sanitation**

Safe drinking water is water with microbial, chemical and physical characteristics that meet WHO guidelines or national standards on drinking water quality. Access to safe drinking water is measured by the proportion of people using improved drinking water sources including household connection; public standpipe; borehole; protected dug well; protected spring; rainwater. Basic sanitation is the lowest-cost technology ensuring hygienic excreta and sullage disposal and a clean and healthful living environment. Basic sanitation coverage is measured by the proportion of people using improved sanitation facilities: public sewer connection; septic system connection; pour-flush latrine; simple pit latrine; and ventilated improved pit latrine. (57)

### **Soil pollution**

Soil pollution is defined as the build-up in soils of persistent toxic compounds, chemicals, salts, radioactive materials, or disease causing agents, with adverse effects on flora and fauna. Soil pollution can occur naturally resulting from build-up of toxic compounds, or due to industrial activities, inadequate waste disposal, mining, military activities, accidents, atmospheric deposition, agriculture, and floods through excessive nutrient and pesticide applications, heavy metals, persistent organic pollutants and other inorganic contaminants. (58) (59)

### **Sustainable agriculture**

Sustainable agriculture means managing and conserving the natural resource base and orienting the technological and institutional change so as to attain and satisfy human needs for present and future generations. This captures the capacity to provide everyone in a country with an adequate, affordable and healthy diet. (60)

### **Transportation and mobility infrastructure**

Transportation and mobility infrastructure is comprised of rural and urban roads, national highways and trans-border links, as well as railways, mass transit and active transport routes. (61)

### **Urban planning**

Urban planning is a decision-making process aimed at realizing economic, social, cultural and environmental goals by developing spatial visions, strategies and plans and applying policy principles, tools, institutional and participatory mechanisms and regulatory procedures. (62)

### **Waste management**

Wastes are substances or objects which are disposed of, intended to be disposed of or required to be disposed of by the provisions of regulations or environment protection policies. This includes substances or objects subject to disposal operations leading to resource recovery, recycling, reclamation, direct re-use or alternative uses. Waste management incorporates the processes of prevention, minimization, collection, treatment and disposal of waste. (63)

### **Water security**

Water security refers to the capacity of a population to safeguard sustainable access to adequate quantities of acceptable quality water for sustaining livelihoods, human well-being, and socio-economic development, for ensuring protection against water-borne pollution and water-related disasters, and for preserving ecosystems in a climate of peace and political stability. (64)

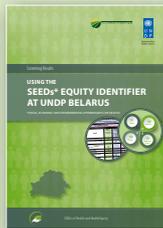
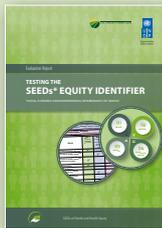
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**This glossary of terms is part of UNDP's Eastern Europe and Central Asia Series on SEEDs of Health and Health Equity**





## SEEDs of Health and Health Equity Glossary of Terms

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