

Participation for health: Framework for action 2009-2013

Addressing the social and economic determinants of mental and physical health

Key social and economic determinants of mental and physical health

Physical activity	Social connection	Freedom from violence	Freedom from discrimination	Access to economic resources
Active communities Involvement in community sport and active recreation	Supportive relationships Involvement in community and group activities Civic engagement	Social, emotional, physical and economic security Equitable and respectful relationships	Valuing diversity Physical security and respect Equality of opportunity	Work Education Housing Money

Population groups and action areas

Population groups	Health promotion action
Children Young people Women and men Older people	Indigenous communities Culturally diverse communities Rural communities
	Research, monitoring and evaluation Direct participation programs Organisational development (including workforce development) Strengthening communities and community environments Communications and social marketing Advocacy Legislative and policy reform

Settings for action

Housing	Community	Education	Workplace	Sport and recreation	Health	Academic
Transport	Corporate	Public	Arts	Local government	Justice	Technology

Intermediate outcomes

Individual	Organisational	Community	Societal
Projects and programs that facilitate: <ul style="list-style-type: none"> involvement in community and group activities; self efficacy; self determination and control; political and civic efficacy; taking responsibility for others; respectful, supportive and equal relationships; acceptance of diversity; access to education and employment; and mental health literacy. 	Organisations that: <ul style="list-style-type: none"> are inclusive, responsive, safe and supportive; work in partnerships across sectors; implement evidence-informed approaches to their work; and sustain change. 	Environments that: <ul style="list-style-type: none"> are inclusive, responsive, safe and supportive; value civic engagement; are cohesive; promote community responsibility; reflect awareness of mental health and wellbeing issues; and sustain change. 	A society with: <ul style="list-style-type: none"> integrated, sustained and supportive policies and programs; strong legislative platforms for mental health and wellbeing; appropriate resource allocation; and responsive and inclusive governance structures.

Long-term benefits

Individual	Organisational	Community	Societal
<ul style="list-style-type: none"> Increased sense of belonging Improved physical health Less stress, anxiety and depression Less substance misuse Enhanced skill levels 	<ul style="list-style-type: none"> Resources and activities integrated across organisations, sectors and settings 	<ul style="list-style-type: none"> Community valuing of diversity and actively disowning discrimination Less violence and crime Improved productivity 	<ul style="list-style-type: none"> Reduced social and health inequalities Improved quality of life and life expectancy