



SOCIAL DETERMINANTS OF HEALTH

SOCIAL INCLUSION AND NON-DISCRIMINATION

HOW...

SOCIAL INCLUSION & NON-DISCRIMINATION RELATES TO HEALTH

Social inclusion means creating a society where **everyone feels valued** and has the **opportunity to participate fully**.

- Promotes **positive** mental health and **reduces** stress.
- **Improve access** to resources and opportunities for healthy living.

Discrimination excludes individuals and groups from **participating fully** in society and can lead to **poor health outcomes**.

- Can lead to **negative** mental health outcomes such as **depression** and **anxiety**.
- It can **create barriers to accessing healthcare** and other resources needed for good health.

"Building **inclusive communities** and **addressing discrimination** can **improve health outcomes** for all [...] this can be achieved through policies that promote **diversity, equity, and inclusion**, and through community **programs** that provide **education** and **resources**."

- Health Canada -

RESOURCES

Canadian Centre for Diversity and Inclusion:

A forward-looking social organization whose mission is to help those we work with be inclusive, free of prejudice and discrimination

<https://ccdi.ca/>

Waterloo Region Rainbow Coalition:

Advocates for the rights and well-being of LGBTQ+ people in the region, and provides support and resources for individuals and families dealing with discrimination or social exclusion based on their sexual orientation or gender identity.

<https://www.rainbowcoalition.ca/>

Extend-A-Family Waterloo Region:

This organization provides support to people with disabilities and their families, including social and recreational opportunities and advocacy for inclusion.

<https://www.eafwr.on.ca/>