

A Seat at the Picnic

A RESOURCE CREATED BY



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SOCIAL AND STRUCTURAL DETERMINANTS OF HEALTH

Social and structural determinants of health are non-medical factors such as housing, education, employment, and gender, as well as the wider hierarchies of power and access to resources which shapes peoples' health outcomes. To be successful at preventing HIV, and supporting those living with HIV, we need to understand what these factors are and have strategies to address them.

This illustration was designed to be a visual tool and ongoing reminder of the social and structural determinants of health. The accompanying booklet can be found on the WHAI website.

Legend

The following symbols can be used as analogies to explore the impacts of social and structural determinants of health.

ANTS

Small but persistent, ants may disrupt the picnic by seeking food and going where they aren't wanted. This mirrors the challenges **women** face when accessing HIV prevention and care; individually, each barrier may seem manageable, but together create a challenge that requires a more thoughtful strategy to overcome.

UTENSILS

Depending on the food, utensils are essential for enjoying your picnic. Similarly, when it comes to **women** in your community, and **women** supporting themselves, access to tools like information, trainings, and community supports can make the process smoother. Different people may also use different types of utensils, the same way different **women** will require different tools for their unique situation.

INVITATIONS

Invitations let people know they are welcome and valued. Without them, people may feel left out. In the same way, including **women** in HIV prevention and care means actively inviting them to be part of the conversation. Consider who else you want at the picnic. Just like a good picnic involves friends, family, and neighbours, you may also want to invite healthcare providers, organizations, and other community members to the conversation.

ATTENDEES

At the picnic, each **woman** has their own unique background and abilities, and each deserve a comfortable place at the blanket. The person planning the picnic should consider everyone's needs; the accessibility of the location, food that respects cultural preferences, and space for everyone to connect. Similarly, social supports, culturally inclusive services, and accessibility are essential to creating thoughtful and inclusive care.

FOOD

Just as food is necessary for a picnic, meeting one's basic needs is necessary for **women** to effectively engage in HIV prevention, treatment, and care. One dish is not enough on its own either; rather, main dishes, side dishes, and drinks are all necessary to have a truly fulfilling picnic, just as housing, income, and nourishment all help support and empower individuals.

PICNIC BASKET

The picnic basket holds what people have to offer, and ideally it should be filled with the necessities, have diverse contributions, and be packed in a considerate way. When reflecting on your response to the impacts of social and structural determinants of health, consider what you can commit to contributing.



➤ See more of Jessica Campbell's work at [instagram.com/campjess](https://www.instagram.com/campjess)

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