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| **Determinants of Health** | **Examples of positive influence on my health** | **Examples of negative influence on my health** |
| **Individual factors**Definition -  | **Knowledge and skills** |  |  |
| **Attitudes** |  |  |
| **Genetics** |  |  |
| **Sociocultural factors**Definition -  | **Family** |  |  |
| **Peers** |  |  |
| **Media** |  |  |
| **Religion** |  |  |
| **Culture** |  |  |
| **Socioeconomic factors**Definition -  | **Education** |  |  |
| **Employment** |  |  |
| **Income** |  |  |
| **Environmental factors**Definition -  | **Geographic location** |  |  |
| **Access to health services** |  |  |
| **Access to technology** |  |  |