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# Social Determinants of Health, Diet, and Health Outcome

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This reprint compiles research examining the intersections among social determinants of health (SDOHs), diet, and health outcomes. Although it is well established that socioeconomic factors influence health and that a healthy diet contributes to overall well-being, the role that SDOHs play in shaping both dietary patterns and health has not been well explored. In this reprint, scholars from ten countries investigate how diverse socioeconomic factors, including poverty, education, occupation, geographic location, race/ethnicity, birthplace, immigration and refugee status, disability, and public policy, affect food insecurity, diet quality, and food choices across diverse populations. Social contexts such as parent feeding and meal setting are also shown to influence dietary behavior. Several studies also examine related health outcomes, including metabolic health and anemia in children, as well as obesity and cardiovascular disease in adults. Collectively, these studies indicate that SDOHs could influence health outcomes in part through their effects on diet. Future research could explore a broader spectrum of preventable health conditions in relation to socioeconomic factors, social context, and diet, with the potential to deploy novel strategies for promoting health and reducing health inequities.



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