

# Health Promotion and Quality of Life in Canada

## Essential Readings



### Subjects

Sociology of Health  
Sociology  
Sociology  
Social Determinants of Health  
Health Promotion  
Health Studies  
Health Studies

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Health and quality of life are vital social reflections. The way a society distributes resources amongst its population tells us a great deal about the society itself. This unique volume unites readings that explore the integral link between quality of life and public policy choices.

The first section discusses individual perspectives on health promotion and quality of life and provides a conceptual basis for determining an individual's or community's standard. The next section addresses community and policy perspectives to show how quality of life is related both to the health of the population as a whole, and to collective choices that determine how material resources are distributed in society.

Part three places quality of life and population health within a political economy framework and uses the social determinants of health concept to illustrate how societies differ in their willingness to support their members' quality of life and health. Part four examines vulnerable populations and their issues: the Indigenous community, persons with disabilities, women and the gender gap, and the effects of race and immigrant status on employment opportunities.

The final section suggests ways in which health promotion, quality of life, and the social determinants of health agendas can come together. It provides an up-to-date analysis of the barriers facing those attempting to improve quality of life and health, as well as the means to accomplish those goals.

### Author Information

Dennis Raphael

\*\*Dennis Raphael\*\* is a Professor of Health Policy and Management at York University, whose areas of interest include topics in public policy, poverty, and social determinants of health.

### Reviews

"This synthesis is long overdue and will contribute to advancing the field. The introduction of quality of life into this volume represents a new conceptualization."

Kim Raine, School of Public Health, University of Alberta

"The articles are well written, making the work easily accessible to a variety of audiences, including students, practitioners, and researchers. This reader will encourage a broader view of the impact of health determinants on quality of life as experienced in day-to-day living."

Linda Reutter, Faculty of Nursing, University of Alberta

"This urgently needed book will be an excellent addition to current literature in Canada. It will make quite a splash in the somewhat stagnant waters of many current health promotion writings and teachings, and will be very relevant to all who concern themselves with moving a social change agenda forward in Canada."

"The articles are well written, making the work easily accessible to a variety of audiences, including students, practitioners, and researchers. This reader will encourage a broader view of the impact of health determinants on quality of life as experienced in day-to-day living."— Linda Reutter, Faculty of Nursing, University of Alberta

### Table of Contents

\*\*Preface

Introduction\*\*

Chapter 1: Setting the Stage: Why Quality of Life? Why Health Promotion? - Dennis Raphael

\*\*Part I: Individual Perspectives\*\*

Chapter 2: Quality of Life Indicators and Health - Dennis Raphael, Rebecca Renwick, Ivan Brown, and Irving Rootman

Chapter 3: Quality of Life: What Are the Implications for Health Promotion? - Dennis Raphael, Ivan Brown, Rebecca Renwick, and Irving Rootman

Chapter 4: The Quality of Life Profile—Adolescent Version - Dennis Raphael, Ellen Rukholm, Ivan Brown, Pat Hill-Bailey, and Emily Donato

Chapter 5: Measuring the Quality of Life of Older Persons - Dennis Raphael, Ivan Brown, Rebecca Renwick, Maureen Cava, Nancy Weir, and Kit Heathcote

\*\*Part II: Community and Policy Perspectives\*\*

Chapter 6: Making the Links between Community Structure and Individual Well-being - Dennis Raphael, Rebecca Renwick, Ivan Brown, Brenda Steinmetz, Hersh Sehdev, and Sherry Phillips

Chapter 7: Community Quality of Life in Low-income Neighbourhoods - Dennis Raphael, Rebecca Renwick, Ivan Brown, Sherry Phillips, Hersh Sehdev, and Brenda Steinmetz

Chapter 8: What Do Canadian Seniors Say Supports Their Quality of Life - Toba Bryant, Ivan Brown, Tara Cogan, Clemence Dallaire, Sophie Laforest, Patrick McGowan, Dennis Raphael, Lucie Richard, Loraine Thompson, and Joyce Wong

Chapter 9: The Welfare State as a Determinant of Women's Health - Dennis Raphael and Toba Bryant

\*\*Part III: The Role of the Social Determinants of Health\*\*

Chapter 10: Bridging the Gap between Research Findings and Public Policy - Dennis Raphael

Chapter 11: Present Status, Unanswered Questions, and Future Directions - Dennis Raphael

Chapter 14: Indigenous Well-being in Four Countries - \_Martin Cooke, Francis Mitrou, David Lawrence, Eric Guimond, and Dan Beavon\_  
Chapter 15: The Impact of Race and Immigrant Status on Employment Opportunities and Outcomes in Canada - \_Cheryl Teelucksingh and Grace-Edward Galabuzi\_  
Chapter 16: Employment and Persons with Disabilities in Canada - \_Canadian Council on Social Development\_  
Chapter 17: A Call to Combat Poverty and Exclusion of Canadians with Disabilities - \_Council of Canadians with Disabilities\_  
Chapter 18: Economic Gender Equality Indicators 2000 - \_Warren Clark\_

**\*\*Part V: Moving Towards Action\*\***

Chapter 19: Barriers to Addressing the Social Determinants of Health - \_Dennis Raphael, Ann Curry-Stevens, and Toba Bryant\_  
Chapter 20: Income and Health in Canada - \_Dennis Raphael, Ronald Labonte, Ronald Colman, Karen Hayward, Renee Torgerson, and Jennifer Macdonald\_  
Chapter 21: Identifying and Strengthening the Structural Roots of Urban Health in Canada - \_Toba Bryant, Dennis Raphael, and Robb Travers\_  
Chapter 22: Getting Serious about the Social Determinants of Health - \_Dennis Raphael\_

**\*\*Conclusion\*\***

Chapter 23: Can Increasing Concern with Quality of Life Encourage Health Promoting Public Policy? - \_Dennis Raphael\_

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