

# Moving Upstream

Marathon County where all people enjoy the opportunities to live, learn, work, and play in a healthy community

# 40%

Social and economic factors are main drivers of the conditions in which people live, learn, work, and play. In order to work towards Marathon County's vision of being the healthiest, safest, and most prosperous county, our work must be upstream - focused on social and economic factors, which account for over 40% of all health outcomes.

## Employment

Employment is a main source of income for families and provides benefits, such as health insurance and social connections. Positive physical and social conditions of workplaces have the ability to promote physical health and reduce stress.

## Social Support

Positive relationships with family and friends as well as with neighbors and the community promote healthy behaviors and choices. Communities with high social capital are less prone to violence and often have sufficient resources.

## Education

More schooling and training leads to higher incomes and better employment opportunities. In addition, parents' education is linked to their children's health and educational attainment.

## Housing

Homes that are safe and free from physical hazards promote health as do neighborhoods free from crime, violence, and pollution. Other neighborhood characteristics include employment opportunities, public resources, and social connectedness among residents. The affordability of housing shapes these home and neighborhood conditions which influence the options families have to make healthy choices.

## Income

Income enables families and individuals to live in adequate housing and safe neighborhoods as well as provides access to a greater number of resources. Furthermore, children's economic conditions can influence their health later on in life.

## Discrimination

Discrimination, such as racism, leads to chronic stress which adversely affects individuals' health.

Health disparities can be reduced by addressing the root causes of our community health priorities

For more information visit [marathoncountyhealthpriorities.org](http://marathoncountyhealthpriorities.org)