

## How College Students Can Help with Social Determinants in Health

College/university students have little to no time on their hands. From going to class to trying to work a job to help pay off their tuition. They have little to no time to spare but, there are still ways they can help contribute efforts to social determinants of health. From helping the neighbourhood and build environment to helping with education access and quality. There are little things that college students can do to help make efforts towards social determinants of health.

Something that a college student can do to help with neighbourhoods is help create safe walking and bike routes. Doing this will help with putting physical activity into their daily routines. Also, if a college student does not feel like that is enough, they can advocate for bike lanes. Bike lanes help provide safe spaces for people on bicycles to ride instead of taking up a sidewalk that consists of people walking. College students could even advocate to get bike paths at their college or university campuses if they already do not have them. Doing these things in their neighbourhoods would help promote health in their area.

When it comes to helping with education access and activity a college student can always go help tutor. The college student can go to a local school and start an after-school program to help students out. Another thing they could do is even tutor at their college for other students. Something else a college student can do is give advice to high school students about college. Such as telling them when they should start to apply, what they should do when applying etc. A college student could also do a book drive, which where they could have people bring books that they do not read anymore (donate them), and the college student could bring them to a school that might not fortunate enough to have a lot books. A college student helping with education would make an impact on kids and the community.

College students can do several things to help contribute efforts to social determinants of health. Even if all the college student does is little things to help others. Whatever the college student does to help their community would help leave an impact on everyone.