

Abstract

This thesis aims to offer comprehensive overview of fundamental causes of chronic diseases with focus on social determinants of health, and brief detour to the evolution of approaches to health and illness from the beginning of 20th Century, where the biomedical model dominated, till now where his place took psychosocial model which considers the health from holistic approach. As the main determinants of health are considered: stress, with focus on frustration from physically or mentally demanding job with low reward (*high-effort/low-reward model*); social gradient and related relative deprivation, according to which it is not essential how much we have for constitute our feeling of self-worth, but how much we have *in reference to others*; social support and social cohesion which functions as buffer against the stressor; and the early life development, effects of which can be seen later in life. There could be many more determinants listed but for the purpose of this paper, I chose only these few which I consider universally valid. In conclusion I argue whether one's health is his/her own responsibility or if in today's world this responsibility became society's.