

# The Sociology of Health and Wellness in Urban Environments

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**Abstract.** This research explores the intersection of sociology and health in urban environments. It examines how urban living conditions influence health and wellness. The study identifies key social factors that contribute to health disparities and suggests strategies for improving urban health outcomes. The findings underline the importance of sociological perspectives in addressing public health issues within cities.

**Keywords:** Sociology of Health, Urban Health, Wellness, Public Health, Health Disparities

## Introduction

Urban environments present unique challenges and opportunities for health and wellness. This article investigates the sociological aspects of health in urban settings, focusing on how social factors influence health outcomes. By examining various urban contexts, the study identifies critical factors contributing to health disparities and offers strategies to enhance health and wellness in cities. The research emphasizes the role of sociology in understanding and addressing urban public health challenges.

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## References

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