

## SOCIO-CULTURAL DETERMINANTS OF HEALTH CARE SERVICES UTILIZATION IN NORTHERN NIGERIA

Yusuf Dambo and Bashar Hamisu

Kaduna State College of Nursing and Midwifery, Kaduna  
Sociology Department, Federal University, Birnin-Kebbi

Corresponding Author's email: [ydambo94@gmail.com](mailto:ydambo94@gmail.com)



### Abstract

*This paper examined socio-cultural determinants of health care services utilization in northern Nigeria. The paper argues that, health is bedrock through which a society progresses, and it is cherished by all human species. Health care services are the instruments through which sufficient health status is achieved and remained healthy by either preventive or curative services. Therefore, effective healthcare services remain one of the infrastructural provisions of any responsive government. Health care facilities ranging from clinics, dispensaries, primary health care, general, specialist and teaching/tertiary hospitals are built across the northern region aimed at preventing various diseases and treatment of ailments in order to have a healthy society for socio-economic development. Maternal and child health such as pregnancy complications, death during delivery, malaria, measles, malnutrition, polio, tuberculosis, hypertension and the like have become some of the health challenges in the region. Thus, these diseases are preventable through effective health care services utilization. However, many of these services are not utilized by many people, and reasons for non utilization may be connected with high level of illiteracy, unequal distribution of health care facilities, cultural belief on the disease causation, inaccessibility to the services and high intense of insecurity in the region. The paper utilized secondary data drawn from various sources, and subjected to content analysis. Thaddeus and Maine's Three Phases Delays Model of health care utilization was used as a theoretical frame work to guide the study. The study discovered low health care utilization in the northern region, as such it recommends intensive sensitization campaign to correct the misconception embeds in the people's culture, couple with provision of more accessible health care services to people in the region.*

**Key words:** Health care, Socio-cultural determinants, Utilization and Northern-Nigeria