

Social Determinants of Health

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Objectives

- By the end of this presentation, you should know:
 - What is meant by the term Social Determinants of Health (SDOH)
 - How social determinants of health impact a person's health status
 - Why it is important to address SDOH

Introduction

- The Social Determinants of Health were introduced to the public through the Healthy People 2020 initiative.
- Healthy People 2020 Goal: Create social and physical environments that promote good health for all.
- Healthy People 2020 Social Determinants of Health definition, “Conditions in the environments in which people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks.”
- According to the World Health Organization, “The social determinants of health are mostly responsible for health inequities –the unfair and avoidable differences in health states within and between countries.”
- National Academies of Sciences, Engineering and Medicine, “Many people face barriers that prevent or limit access to needed health care services, which may increase the risk of poor health outcomes and health disparities.”

SDOH Categories

- Healthy People 2020 social determinants can be condensed into the following categories:
 - Economic Stability
 - Education
 - Social and Community Context
 - Health & Health Care
 - Neighborhood and Built Environment
- The theory is that in order to fix health care, you have to fix these items first



Economic Stability

- Included in this category are:
 - Employment
 - Food Insecurity
 - Housing Instability
 - Poverty
- Employment barriers to consider
 - Persons who are unemployed or underemployed will most likely not have access to health insurance
 - Persons who are unemployed or underemployed may also have issues with food insecurity, inadequate housing, access to medical services and transportation
- Food insecurity barriers to consider
 - Adults who are food insecure are more likely to be obese and suffer from chronic diseases
 - Children who do not eat regularly or do not eat a variety of healthy foods are at risk for developmental and mental health issues, as well as obesity

Economic Stability

- Housing instability barriers to consider
 - Families that pay too much for housing have less money for necessary expenses and health insurance
 - Pregnant women who are homeless are more likely to have low birth-weight and preterm births.
 - Home foreclosures and evictions can lead to suicides
 - Children who are moved frequently have more chronic conditions
- Poverty barriers to consider
 - Poverty can lead to issues with health insurance, food insecurity, inadequate housing, access to medical services and transportation

Education

- Included in this category are:
 - Early Childhood Education and Development
 - Enrollment in Higher Education
 - High School Graduation
 - Language and Literacy
- Early childhood education and development barriers to consider
 - Children who do not receive early childhood education are less likely to read at grade level. This can lead to literacy and health literacy issues later in life.
- Enrollment in higher education barriers to consider
 - Lack of higher education can mean lesser-paying jobs with more safety hazards
 - Lack of higher education can result in lower quality housing
 - If literacy level is low, knowledge about health is also low
 - If parents did not attend college, it is less likely that the child will

Education

- High school graduation barriers to consider
 - Persons who do not graduate from high school are less likely to obtain employment that will support them and/or their families.
 - High schools with less funding rarely provide advanced or honors classes
- Language and literacy barriers to consider
 - Health literacy is linked to overall literacy

Social and Community Context

- Included in this category are:
 - Discrimination
 - Incarceration
 - Social Cohesion
- Discrimination barriers to consider
 - Discrimination can affect employment opportunities, access to care and access to adequate housing
 - Discrimination can result in toxic stress which leads to negative infant outcomes and cardiovascular issues
- Incarceration barriers to consider
 - Persons who were incarcerated have less chance of obtaining gainful employment
 - Persons who were incarcerated and have addictions issues may have health issues related to the addiction
- Social cohesion barriers to consider
 - Social networks can spread health behaviors, also known as social contagion. Examples are smoking, drinking and eating behaviors
 - Lack of social cohesion can lead to isolation, insomnia and emotional stress

Health and Health Care

- Included in this category are:
 - Access to Health Care
 - Access to Primary Care
 - Health Literacy
- Access to health care barriers to consider
 - Inadequate health insurance can result in lack of health care
 - Lack of insurance and/or high out-of-pocket costs means less preventive care
 - Lack of transportation means emergency only care
 - Physician shortages can mean longer wait times and delayed care
- Access to primary care barriers to consider
 - Limited or no access to primary care means less preventive health services and no early detection of health care issues
- Health literacy barriers to consider
 - Persons who do not speak English are less likely to receive health care services and preventive screenings

Neighborhood and Built Environment

- Included in this category is:
 - Crime and Violence
 - Environmental Conditions
 - Quality of Housing
- Crime and violence barriers to consider
 - Violence can lead to premature death, physical pain, mental distress and reduced quality of life
 - People who fear crime may not go out to exercise
 - Child and adolescent exposure to violence can result in greater risk for substance abuse, risky sexual behavior
 - Sexual partner violence can lead to physical injuries and mental health issues such as eating disorders, depression and suicide

Neighborhood and Built Environment

- Environmental conditions barriers to consider
 - Poor water quality can lead to illnesses such as Giardia
 - Poor air quality can lead to cardiovascular issues
 - Poor air quality can lead to issues with fetal and child development
 - Lack of air conditioning can lead to heat-related disease and death
- Quality of housing barriers to consider
 - Substandard housing may have health risks like vermin, water leaks, mold, heat and AC issues

Why is SDOH important?

