Public Health 101: Social Determinants of Health & Health Equity

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Objectives

- Discuss public health terminology
- Examine social determinants of health
- Evaluate various models of health
- Brief examination of health equity
- Relevance to health in all policies
- Highlight resources.
Public Health Terminology
<table>
<thead>
<tr>
<th>Health Disparities</th>
<th>Health Inequities</th>
<th>Health Equity</th>
<th>Social Determinants of Health (SDOH)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Differences in the incidence and prevalence of health conditions and health status between groups based on:</td>
<td>• Systematic and unjust distribution of social, economic, and environmental conditions needed for health.</td>
<td>• Opportunity for everyone to attain his or her full health potential.</td>
<td>Life-enhancing resources whose distribution across populations effectively determines length and quality of life.</td>
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<tr>
<td>• Race/ethnicity</td>
<td>• Unequal access to quality education, healthcare, housing, transportation, other resources (e.g., grocery stores, car seats)</td>
<td>• Social position or other socially determined circumstance does not disadvantage from achieving health potential</td>
<td>• Food supply</td>
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<tr>
<td>• Socioeconomic status</td>
<td>• Unequal employment opportunities and pay/income</td>
<td>• Equal access to quality education, healthcare, housing, transportation, other resources</td>
<td>• Housing</td>
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<td>• Sexual orientation</td>
<td>• Discrimination based upon social status/other factors</td>
<td>• Equitable pay/income</td>
<td>• Economic relationships</td>
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<tr>
<td>• Gender</td>
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<td>• Equal opportunity for employment</td>
<td>• Social relationships</td>
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<td>• Disability status</td>
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<td>• Absence of discrimination based upon social status/other factors</td>
<td>• Transportation</td>
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<td>• Geographic location</td>
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<td>• Education</td>
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<td>• Combination of these</td>
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<td>• Health Care</td>
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<td>Conditions in the environments in which people are:</td>
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<td>• Worship</td>
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<td>• Age</td>
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</tbody>
</table>
Social Determinants of Health
Our environments cultivate our communities and our communities nurture our health.

When inequities are high and community assets are low, health outcomes are worst.

Violence  Smoking  Substance Abuse  Malnutrition  Infant Mortality  Heart Disease  Obesity  Depression  Stress

When inequities are low and community assets are high, health outcomes are best.

HIV/AIDS  Infant Mortality  Heart Disease  Malnutrition  Stress  Depression  Substance Abuse  Smoking

Roots:
- Fragmental Systems
- Restricted Power
- Disinvestment
- Disconnected Members

Leaves:
- Sense of Community
- Social Networks
- Social Support
- Participation
- Leadership
- Political Influence
- Organizational Networks

Stems:
- Adverse Living Conditions
- Poverty
- Segregation
- Marketing for Tobacco and Alcohol
- Unemployment
- Environmental Toxins

Nourishment:
- Quality Schools
- Access to Healthy Foods
- Access to Healthcare
- Access to Recreational Facilities
- Clean Environment
- Transportation Resources
- Adequate Income
- Health Insurance
- Quality Housing
- Jobs
of what influences life expectancy happens outside of the healthcare system
Social Determinants of Health Framework

SDOH
Addressing SDOH in the County

Neighborhood & Built environment
Addressing SDOH in the County

Economic Stability

Free Mortgage Workshop II

March 16, 2019
10:00am
First New Hope Baptist Church
4818 Suitland Road
Suitland, MD 20746

Financial institutions will be on site to provide financial education as well as share tips on saving and deciding the road to home ownership. You will also learn more about Prince George's County Redevelopment projects happening right here in District 7.

Refreshments will be provided.
For more information please contact Monica Watson at 9083046302 or (301) 952-3090.

2019 Prince George’s County Housing Fair
Saturday, June 8th
9AM-3PM
Sports and Learning Complex
Pleasant Plains Baptist Church
1500 Center Road, Capitol Heights, MD

Free Admission
Home Sweet Home

LEADERSHIP

GREAT WASHINGTON

Housing Fair Information: 301-952-3090

For more information please visit http://housingfair.princegeorgescountymd.gov/
Addressing SDOH in the County

Education
Addressing SDOH in the County
Social and Community Context
Addressing SDOH in the County
Health and Health Care
Models of Health
Action Model to Achieve Healthy People 2020 Overarching Goals

Determinants of Health

Interventions
- Policies
- Programs
- Information

Broad social, economic, cultural, health, and environmental conditions
Living and working conditions
Social, family, and community networks
Individual behavior
Innate individual traits: age, sex, race, and biological factors
Across life course

Outcomes
- Behavioral outcomes
- Specific risk factors, diseases, and conditions
- Injuries
- Well-being and health-related Quality of Life
- Health equity

Assessment, Monitoring, Evaluation & Dissemination
Social-Ecological Models
Health is political

- “The struggle over the allocation of scarce and precious social goods”
- Power matters at individual and community-level
Health ≠ Health care

Where You Live Matters A Lot
Place Matters!

Adopted from Dr. Tony Iton’s “Tackling the Root Causes of Health Inequity”
SocioNeeds Index

The SocioNeeds Index is calculated from several social and economic factors, including poverty and education, that may impact health or access to care. The ZIP codes are ranked based on the index, with 1 being the best ranking, and 5 being the worst. The Index is calculated by Health Communities Institute. The ZIP codes with the highest ranking are concentrated within the D.C. metro area.
Health is an Investment

- Investment in social spending improves health outcomes
- The more invested in health, less is expended on health care
- U.S. spends about $0.50; in other countries, for every $1 spent on healthcare, $2 is spent on social services
When the External Becomes Internal
How we internalize our environment

- Inadequate Transportation
  - Long Commutes
- Housing
- Lack of social capital
- Racism
- Stress

Stress

High Demand-Low Control Jobs

Lack of access to stores, jobs, services

Crime

Adopted from Dr. Tony Iton’s “Tackling the Root Causes of Health Inequity”
Stress Response

- STRESSOR
  - Hypothalamus
    - CRH
    - Pituitary Gland
      - ACTH
      - Adrenal Glands
        - CORTISOL
  - AFFECTS MULTIPLE ORGANS & SYSTEMS
    - Diabetes
    - Hypertension
    - Heart Disease

Adopted from Dr. Tony Iton’s “Tackling the Root Causes of Health Inequity”
Stressed vs. Stressed Out

**Stressed**
- Increased cardiac output
- Increased available glucose
- Enhanced immune functions
- Growth of neurons in hippocampus & prefrontal cortex

**Stressed Out**
- Hypertension & cardiovascular diseases
- Glucose intolerance & insulin resistance
- Infection & inflammation
- Atrophy & death of neurons in hippocampus & prefrontal cortex
Resources

WHO Commission on SDOH:  
www.who.int/social_determinants/thecommission/en/index.html

Unnatural Causes documentary:  
www.unnaturalcauses.org/

NACCHO Health Equity and Social Justice Committee:  
www.naccho.org/topics/justice/mission.cfm

RWJ Commission on SDOH:  
www.rwjf.org/pr/product.jsp?id=41008

CDC Expert Panel on SDOH

IOM Committee in SDOH:
www.iom.edu/Activities/SelectPops/HealthDisparities.aspx

Healthy People 2020 Report:  
www.healthypeople.gov/hp2020/advisory/PhaseI/PhaseI.pdf

PolicyLink:  
https://www.policylink.org/resources-tools/why-place-and-race-matter
It is health that is real wealth and not pieces of gold and silver.  
Mahatma Gandhi
Thanks!

Any questions?