Social Determinants of Health

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Optimal Health

“The greatest state of aliveness that an individual can achieve that will allow them to reach his or her highest potential and do their greatest good.”

- John T. Chissell, MD

- Physical Health
- Intellectual Health
- Socioeconomic Health
- Emotional Health
- Spiritual Health

(Chissell, 1993)
Structural Racism

“macrolevel systems, social forces, institutions, ideologies, and processes that interact with one another to generate and reinforce inequities among racial and ethnic groups”

(Gee, G., & Ford, C., 2011)
Health Inequities

“avoidable inequalities in health between groups of people within countries and between countries. These inequities arise from inequalities within and between societies. Social and economic conditions and their effects on people’s lives determine their risk of illness and the actions taken to prevent them becoming ill or treat illness when it occurs.”

(World Health Organization, 2013)
Critical Influences that Determine the Health of Individuals and Communities
A Public Health Framework for Reducing Health Inequities

(Bay Area Regional Health Inequities Initiative, 2020)
WHO Social Determinants of Health Conceptual Framework

Socioeconomic & political context
- Governance
- Policy (Macroeconomic, Social, Health)
- Cultural and societal norms and values

Social position
- Education
- Occupation
- Income
- Gender
- Ethnicity/Race

Material circumstances
- Social cohesion
- Psychosocial factors
- Behaviors
- Biological factors

Health Care System

Distribution of health and well-being

SOCIAL DETERMINANTS OF HEALTH AND HEALTH INEQUITIES

Source: Amended from Solar & Irwin, 2007

(World Health Organization Commission on Social Determinants of Health, 2008)
WHO Social Determinants of Health Conceptual Framework

(World Health Organization Commission on Social Determinants of Health, 2007)
The Determinants of Health

- the social and economic environment,
  - circumstances are shaped by the distribution of money, power and resources at global, national and local levels.

- the physical environment, and

- the person’s individual characteristics and behaviours.

(World Health Organization, 2017)
The context of people’s lives determine their health...

- **Income and social status**
  - higher income and social status are linked to better health.
  - The greater the gap between the richest and poorest people, the greater the differences in health.

- **Education**
  - low education levels are linked with poor health, more stress and lower self-confidence.

(World Health Organization, 2017)
Physical environment

- safe water and clean air, healthy workplaces, safe houses, communities and roads all contribute to good health.

Employment and working conditions

- people in employment are healthier, particularly those who have more control over their working conditions

(World Health Organization, 2017)
Social support networks
- greater support from families, friends and communities is linked to better health.

Culture
- customs and traditions, and the beliefs of the family and community all affect health.

(World Health Organization, 2017)
Genetics

- inheritance plays a part in determining lifespan, healthiness and the likelihood of developing certain illnesses.

Personal behaviour and coping skills

- balanced eating, keeping active, smoking, drinking, and how we deal with life’s stresses and challenges all affect health.

(World Health Organization, 2017)
Health services

- access and use of services that prevent and treat disease influences health

Gender

- men and women suffer from different types of diseases at different ages.

(World Health Organization, 2017)
Essential Public Health Services

(Office for State, Tribal, Local and Territorial Support Centers for Disease Control and Prevention, 2014)
(American Public Health Association, 2020)
Three Overarching Factors that impact the social determinants of health

Income inequality

- economic and social equality within the society is a greater determinant of death rates and average lifespan than the country’s position with regard to others.

- most deaths come not from infectious diseases (tuberculosis, dysentery, cholera, malaria, flu, pneumonia, etc.)

- chronic diseases (heart disease, diabetes, cancer), the economic and social equality within the society is a greater determinant of death rates and average lifespan than the country’s position with regard to others.

(Center for Community Health and Development at the University of Kansas, 2014)
Three Overarching Factors that impact the social determinants of health

Social connectedness
- “belonging” is related to longer life and better health, as well as to community participation.

Sense of personal or collective efficacy.
- sense of control over their lives.
- higher sense or stronger history of efficacy = longer life, better health maintenance, and more vigorous civic life.

(Center for Community Health and Development at the University of Kansas, 2014)
Social Determinants of Health

"The social determinants of health are the circumstances in which people are born, grow up, live, work and age, and the systems put in place to deal with illness. These circumstances are in turn shaped by a wider set of forces: economics, social policies, and politics."

(World Health Organization, 2013)
Healthy People 2020

Social Determinants of Health

Create social and physical environments that promote good health for all.

(Office of Disease Prevention and Health Promotion, 2020)
There are five key areas (determinants):

- Economic Stability
- Education
- Social and Community Context
- Health and Health Care
- Neighborhood and Built Environment

(Office of Disease Prevention and Health Promotion, 2020)
Economic Stability
- Poverty
- Employment
- Food Security
- Housing Stability

Social and Community Context
- Social Cohesion
- Civic Participation
- Discrimination
- Incarceration

Education
- High School Graduation
- Enrollment in Higher Education
- Language and Literacy
- Early Childhood Education and Development

(Office of Disease Prevention and Health Promotion, 2020)
Neighborhood and Built Environment
- Access to Healthy Foods
- Quality of Housing
- Crime and Violence
- Environmental Conditions

Health and Health Care
- Access to Health Care
- Access to Primary Care
- Health Literacy

(Office of Disease Prevention and Health Promotion, 2020)
Examples of social determinants

- Availability of resources to meet daily needs (e.g., safe housing and local food markets)
- Access to educational, economic, and job opportunities
- Access to health care services
- Quality of education and job training
- Availability of community-based resources in support of community living and opportunities for recreational and leisure-time activities

(Office of Disease Prevention and Health Promotion, 2020)
- Transportation options
- Public safety
- Social support
- Social norms and attitudes (e.g., discrimination, racism, and distrust of government)
- Exposure to crime, violence, and social disorder (e.g., presence of trash and lack of cooperation in a community)

(Office of Disease Prevention and Health Promotion, 2020)
Socioeconomic conditions (e.g., concentrated poverty and the stressful conditions that accompany it)

Residential segregation

Language/Literacy

Access to mass media and emerging technologies (e.g., cell phones, the Internet, and social media)

Culture

(Office of Disease Prevention and Health Promotion, 2020)
Examples of physical determinants

- Natural environment, such as green space (e.g., trees and grass) or weather (e.g., climate change)
- Built environment, such as buildings, sidewalks, bike lanes, and roads
- Worksites, schools, and recreational settings
- Housing and community design

(Office of Disease Prevention and Health Promotion, 2020)
○ Exposure to toxic substances and other physical hazards

○ Physical barriers, especially for people with disabilities

○ Aesthetic elements (e.g., good lighting, trees, and benches)


Resources


Resources


Limited resources for community health mean that what is available must be used as efficiently as possible.

The Community Guide synthesizes a vast amount of research into findings of what works in public health.

The Community Guide can help you justify your choices of programs and make stronger arguments in funding requests.

Community Tookbox

http://ctb.ku.edu/en/