Social Determinants Of Health And Health Equity

1

WHAT ARE SOCIAL DETERMINANTS OF HEALTH (SDOH)?

Factors external to an individual that shape the conditions in which people live, work, and grow in ways that can both promote well-being and confer disease risk

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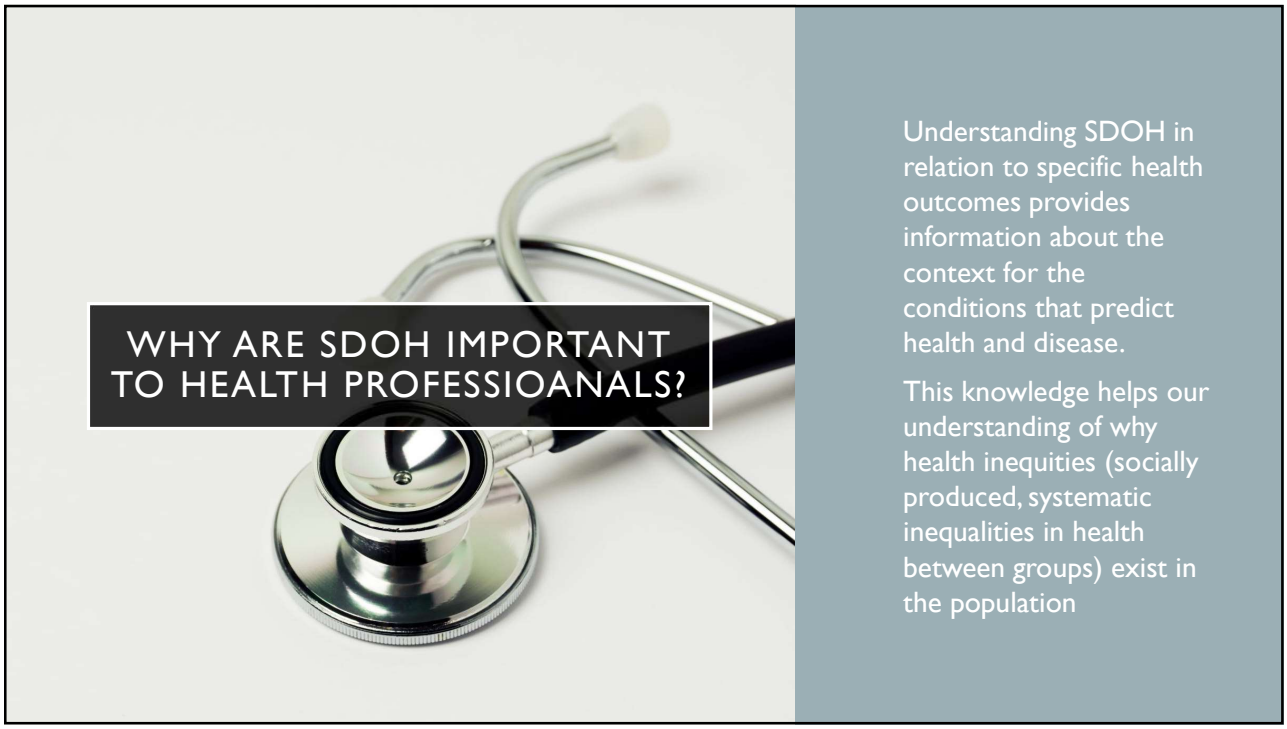
WHY ARE SDOH IMPORTANT TO HEALTH PROFESSIOANALS?
Understanding SDOH in relation to specific health outcomes provides information about the context for the conditions that predict health and disease.
This knowledge helps our understanding of why health inequities (socially produced, systematic inequalities in health between groups) exist in the population

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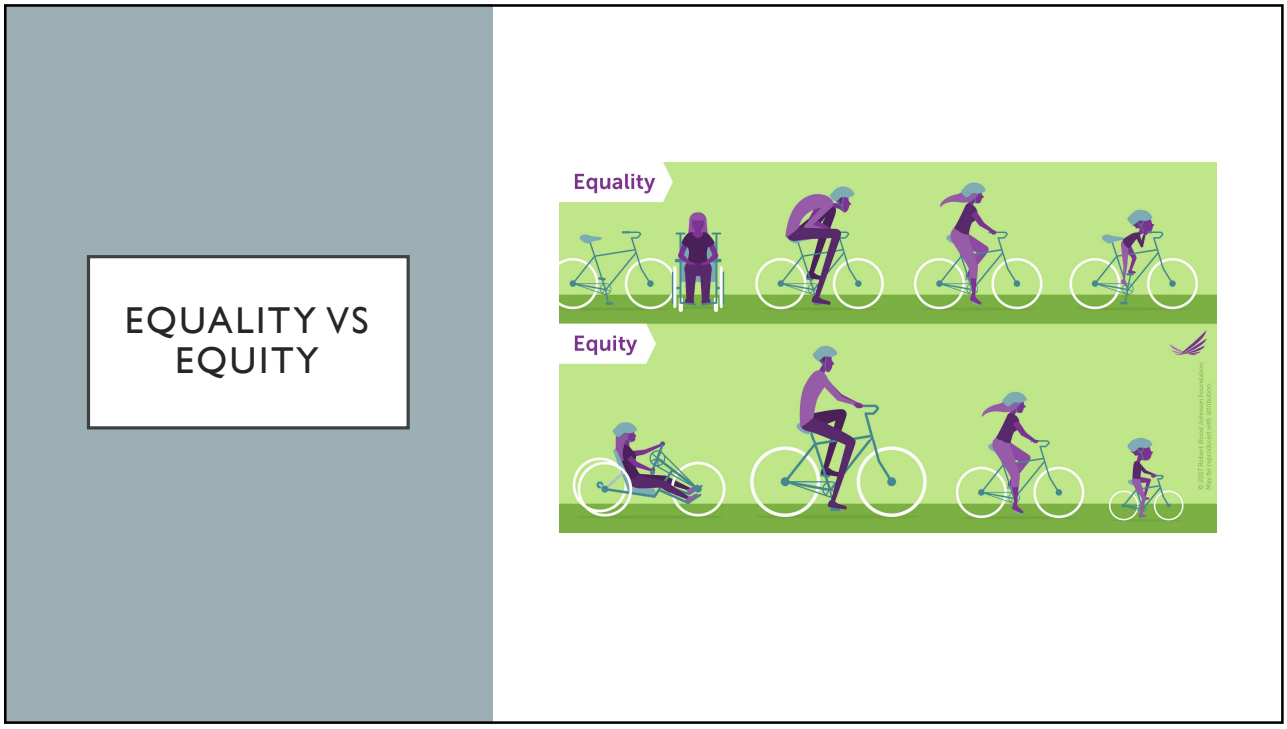

EQUALITY VS EQUITY
Equality
Equity

4

DISPARITY VS INEQUITY

Disparity means there is a difference

Inequity means that an injustice or unfairness is driving the difference

5

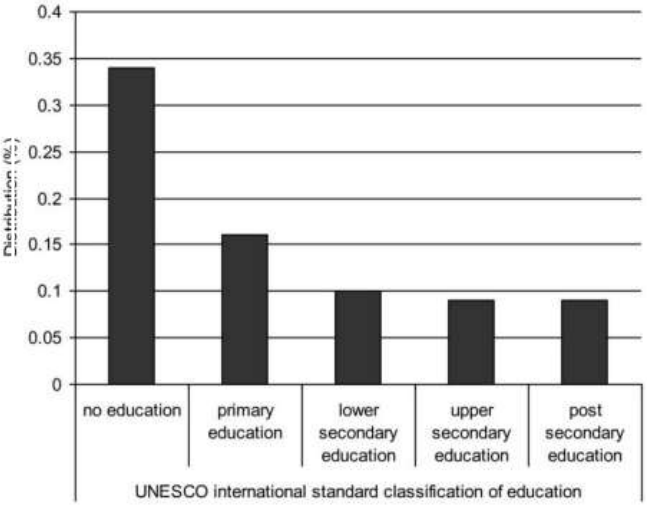
AN EXAMPLE

- Disparity: HIV/AIDS is more prevalent in low-income, marginalized communities
- Inequity: structural factors (i.e., political, cultural, and societal), socioeconomic conditions (i.e., social class, gender, race/ethnicity), and environmental factors (e.g., living and working conditions, neighborhood context) that contribute to HIV/AIDS risk
- A social gradient refers to the fact that socially disadvantaged people typically have worse health outcomes than those who are more advantaged

6

countries from the WHO Global Survey on Maternal and Perinatal Health

DISPARITY IN MATERNAL DEATHS



Source: Karlsen S et al. The Relationship Between Maternal Education and Mortality Among Women Giving Birth in Health Care Institutions: Analysis of the Cross Sectional WHO Global Survey on Maternal and Perinatal Health. BMC Public Health 2011; 11: 606. DOI: https://doi.org/10.1186/1471-2458-11-606.

7

APPLICATION EXERCISE
WHAT ARE SOME INEQUITIES THAT MAY DRIVE MATERNAL DEATHS?

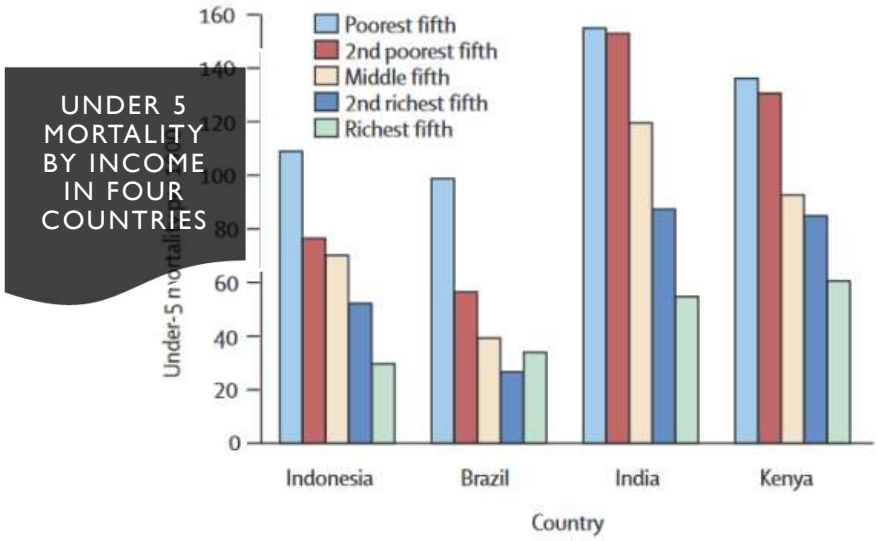
Structural factors (i.e., political, cultural, and societal)

Socioeconomic conditions (i.e., social class, gender, race/ethnicity)

Environmental factors (e.g., living and working conditions, neighborhood context)

8

UNDER 5 MORTALITY BY INCOME IN FOUR COUNTRIES



rce: Marmot M. Social Determinants of Health Inequalities. The Lancet 2005; 365(9464): 1099-1104. : https://doi.org/10.1016/S0140-6736(05)71146-6. Based on data from the USAID Demographic and Health veys (DHS).

9

APPLICATION EXERCISE
WHAT OTHER INEQUITIES MAY DRIVE UNDER 5 DEATHS?

Structural factors (i.e., political, cultural, and societal)

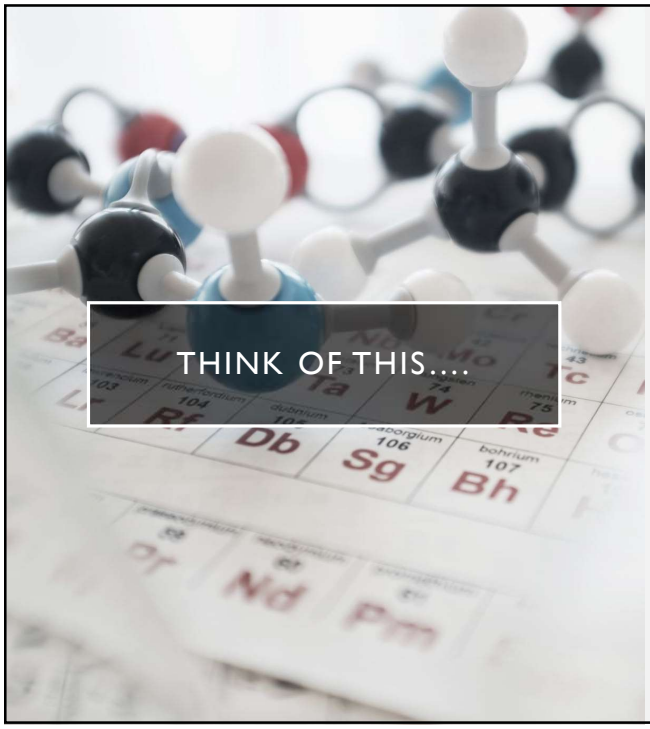
Socioeconomic conditions (i.e., social class, gender, race/ethnicity)

Environmental factors (e.g., living and working conditions, neighborhood context)

10

CLINICAL CARE AND SDOH

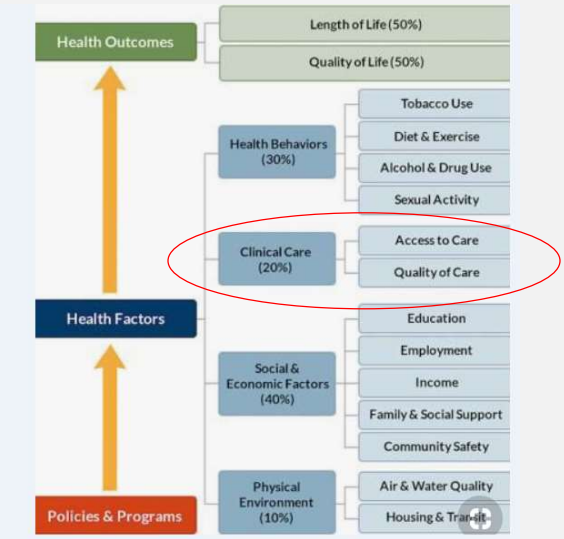
11



- According to the National Academy of Medicine (aka IOM), what portion of the modifiable contributors to population health is attributable to medical clinical care?
  - a. 65-75%
  - b. 40-50%
  - c. 25-35%
  - d. 10-20%

12

MODIFIABLE CONTRIBUTORS TO POPULATION HEALTH OUTCOMES



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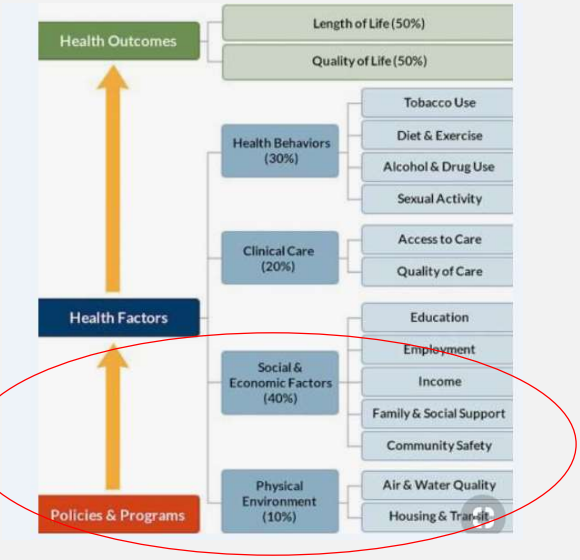
MODIFIABLE CONTRIBUTORS TO POPULATION HEALTH OUTCOMES



14

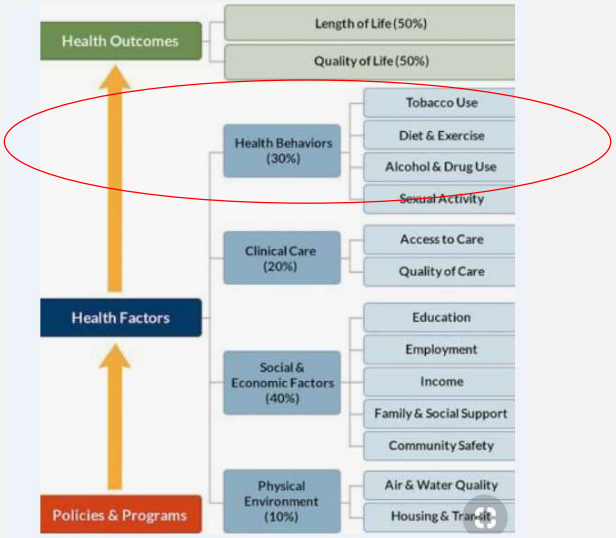
SDH INFLUENCED BY "UPSTREAM" SOCIETAL FORCES

- Political priorities and policies
  - Economic policies and inequities
  - Environmental policies
  - Social Service Funding
- Life circumstances
  - Geography
  - Resources
  - Culture
- Social structures and inequities

- Difficult to Measure
- Often temporally and spatially distant from ultimate health outcome

15

MODIFIABLE CONTRIBUTORS TO POPULATION HEALTH OUTCOMES



16

"DOWNSTREAM" FACTORS

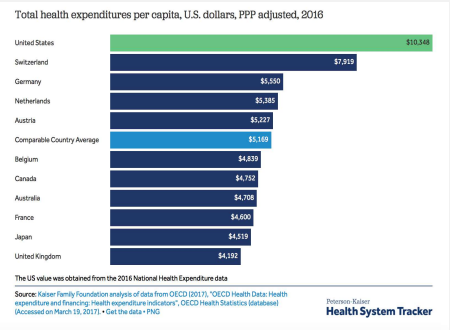
- Personal behavior and choices
- Medical intervention

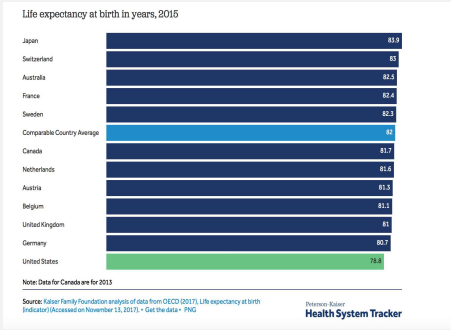
→

- Relatively apparent
- Temporally and spatially close to health outcome
- Easy to measure

17

EXAMPLE: PER CAPITA HEALTH CARE SPENDING USA IS HIGH…





BUT US LIFE EXPECTANCY LOW COMPARED TO COMPARABLE COUNTRIES

18

Disparity	Native AI/AN	Asian	Black	Hispanic	White
Maternal death/100,000 live births		8	26	5	7
Gonorrhea/100,000 population	96	18	570		24
Cervical cancer/100,000 pop	7	7	10	11	7
Breast cancer deaths/100,000 pop	15	11	31	15	22
Diabetes-related deaths/100,000 pop	22	11	33	13	24
Prenatal care in 1st trimester (% of live births)	69	84	75	76	89
Preterm birth (% of live births)	13	10	17	12	10

SDH EXAMPLE: RACIAL DISPARITIES*

ACOG CO #649* Editors note these data are subject to many limitations described in document.

19

LEVELS OF CAUSATION

Distal

Intermediate

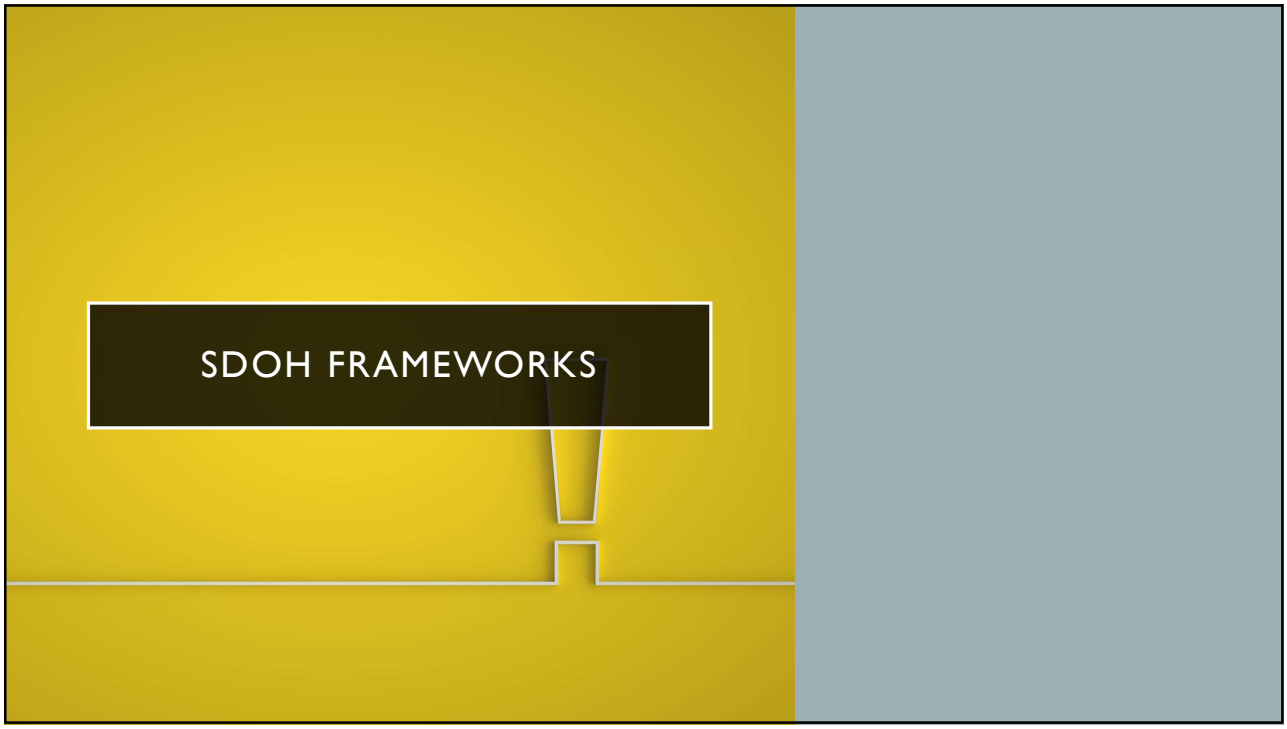
Proximal

20

Table 1 – Causes of health inequities at three levels

Level of the Cause	Description	Examples
Distal (farthest away from an individual's health status) or societal	Cultural, political, and infrastructural causes	Education, income, housing conditions, air quality, access to food and water, road safety
Intermediate	Relationships, social contexts	Community factors, including those related to work, school, family, and peer environments
Proximal (closest to an individual's health status) or individual	Behaviors, capabilities, attitudes, and direct biological threats to health	Hygiene habits, exposure to disease vectors that cause diarrhea, dengue, malaria

21



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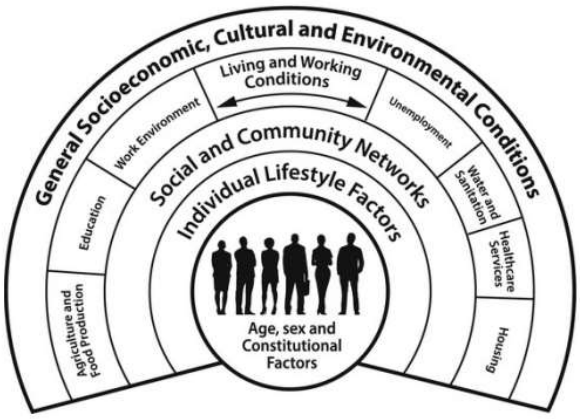

Source: Dahlgren G, Whitehead M. Policies and Strategies to Promote Social Equity in Health. Institute for Future Studies 1991. https://openi.nlm.nih.gov/detailedresult.php?img=PMC2921286_jech082743.f1&req=4.

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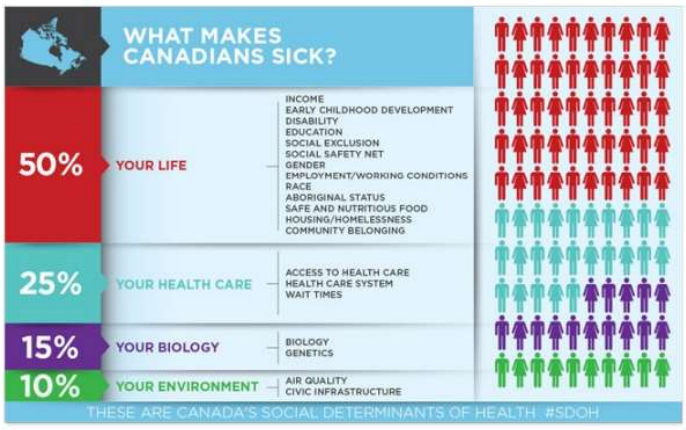

Source: Health Equity and the Social Determinants of Health. Canadian Medical Association 2017.

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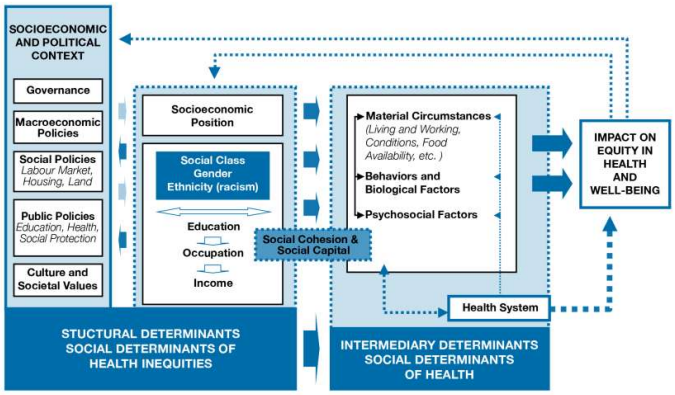
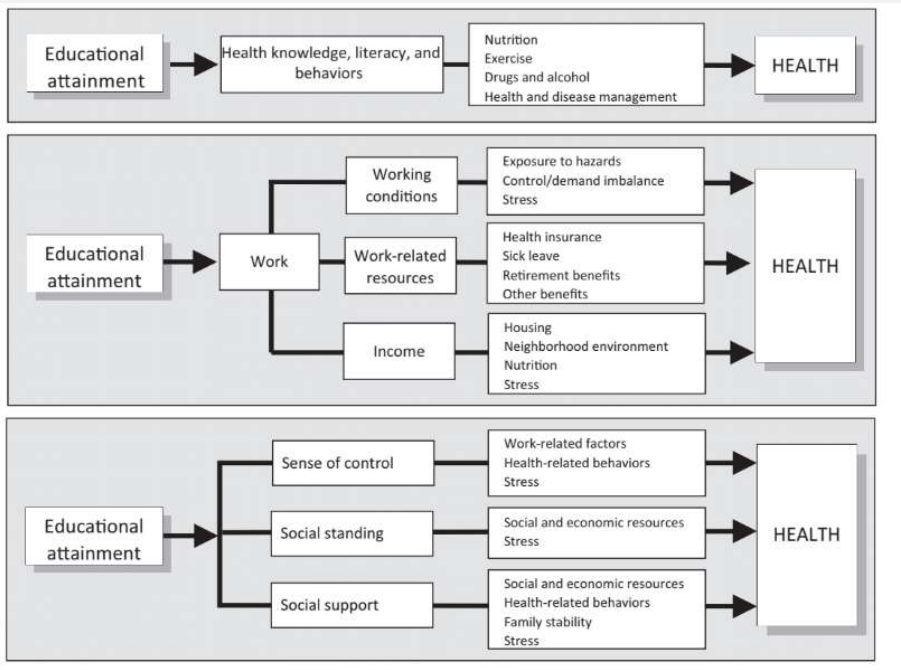


Source: Solar O, Irwin A. A Conceptual Framework for Action on the Social Determinants of Health: Social Determinants of Health Discussion Paper 2. World Health Organization 2010.
https://www.who.int/publications/i/item/9789241500852.

25

SDH Example: Educational Attainment



Braveman, P. Egerter, S and Williams D. Annu.Rev.Public Health 2011.32:381-398

26

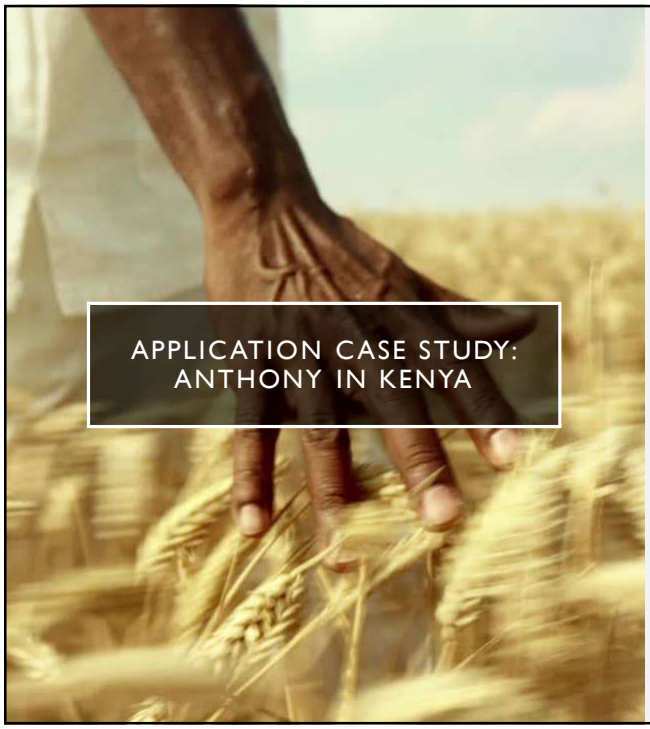
SDH EXAMPLE: HOUSING

- Heat
- Electricity
- Safety
- Accessibility
- Age of dwelling
  - Lead
- Water supply
  - Contaminated wells
- Toxic exposures
  - Pesticides
  - Radon

27

ANTHONY IN KENYA CASE STUDY

28



APPLICATION CASE STUDY: ANTHONY IN KENYA

- Anthony is a street vendor in Mombasa. He lives in a dense, urban neighborhood. He is lucky enough to have a small apartment in a permanent housing unit for his family and himself, but his neighborhood does not have access to clean water, fresh food, or toilet facilities.
- Although his seven-year-old son and an eleven-year-old daughter attend school, Anthony only attended school until second grade, and his wife never attended.
- Because Anthony works vending on the streets during the day, he often purchases, barters for, and handles the food his family uses in meal preparations.
- These social and neighborhood factors impact Anthony's day-to-day life in various ways that shape his and his family's health.

29

APPLICATION CASE STUDY: ANTHONY IN KENYA

Anthony's family barely has enough income to feed itself. This prevents them from moving to a less densely populated area with more community resources.

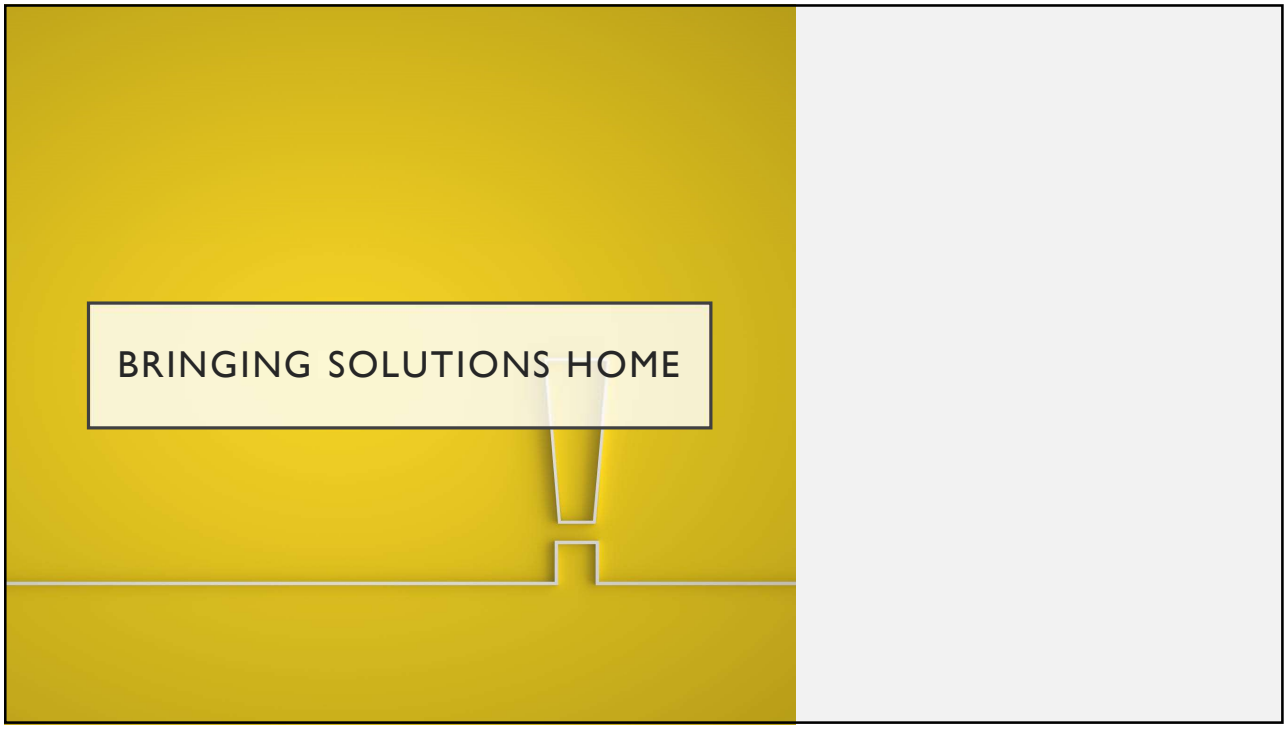
As a result, they face all of the health risks associated with living in a poorer neighborhood, including exposure to high volumes of mosquitoes that carry malaria and dengue, and a lack of access to adequate health facilities to treat diseases if family members get sick.

Therefore, the social determinant of low income has hindered Anthony's family's mobility, which in turn results in increased exposure to disease agents in the environment and limited ability to receive proper health care services if necessary.

30

APPLICATION CASE STUDY: ANTHONY IN KENYA
• Due to the social circumstances in which Anthony grew up, he has limited knowledge about health and hygiene.
• As a result, he does not wash his hands with soap after using the toilet, and his family often gets diarrhea due to the bacterial contamination in the food he handles and cooks.
• What can we do?

31


BRINGING SOLUTIONS HOME

32

IDENTIFYING LOCAL DISPARITIES

Your own experience – what are the unmet needs of your patients that adversely impact their health?

Examples:

- Access to health care
- Nutritional counseling/Healthy food options
- Transportation to appointments
- Limited health literacy

33

LOCAL RESOURCE IDENTIFICATION

- Learn what resources are already available within your community to combat health disparities
  - Examples
    - Nutritional Support
    - Literacy support

34

LOCAL RESOURCE IDENTIFICATION

- Who can help me learn about this?
  - Your own exploration and web searches

35

IMPORTANT SUMMARY

- https://www.youtube.com/watch?v=u_loBt7Nicw&ab_channel=CentersforDiseaseControlandPrevention%28CDC%29

36