

# Beyond Health Care

The Impact of social determinants of health on health equity.



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## What Ensures Good Health?

Our health is dependent on the degree to which we practice healthy behaviors, the environmental determinants to which we are exposed, our educational and economic status, and our opportunities.

Population health efforts to improve patient outcomes start with a recognition that clinical care is only part of the key to ensuring health.

- Clinical care accounts for only 20% of the modifiable contributors to overall health.
- Non-biomedical influences like social and economic factors account for 80%.
- Poverty (40%), health behavior (30%), and the physical environment (10%).



# Social Determinants of Health

**“Good health begins in the places where we live, learn, work and play”.  
– Robert Wood Johnson Foundation**

What are Social Determinants of Health?

- World Health Organization:  
*Conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life.*
- Healthy People 2030:  
*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.*

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## Social Determinants of Health Domains

Economic Stability	Neighborhood and Built Environment	Education Access and Quality	Social and Community Context	Health Care Access and Quality
Employment Housing Instability Food Insecurity Poverty  <b>HP 2030 Goal</b> Help people earn steady incomes that allow them to meet their health needs.	Access to Foods that Support Healthy Eating Patterns  Quality of Housing  Environmental Conditions  Crime & Violence  <b>HP 2030 Goal</b> Create neighborhoods that promote health & safety	Early Childhood Ed  High School Graduation  Enrollment in Higher Education  Literacy  <b>HP 2030 Goal</b> Increase educational opportunities and help children and adolescents do well in school.	Social Cohesion  Civic Participation  Discrimination  Incarceration   <b>HP2030 Goal</b> Increase social and community support.	Health Coverage  Access to Health Services & Quality  Health Literacy  Provider Linguistic and cultural competency  <b>HP2030 Goal</b> Increase access to comprehensive, high-quality health care services.
<b>Health Outcomes</b> Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations				

<https://files.kff.org/attachment/issue-brief-beyond-health-care>  
 Healthy People 2030, U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion.  
 Retrieved [01/27/2022], from <https://health.gov/healthypeople/objectives-and-data/social-determinants-health>

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# The science of SDOH and their health impact

Individuals with higher socioeconomic status consistently experience better health outcomes than those with lower socioeconomic status, and this occurs across a social gradient.

Examples:

- The death rate in 2007 was more than 2.5 times greater for individuals without a high school diploma compared to those with at least some college, and the disparity had increased since 1989. Miech et al, *Am Social Rev.* 2011
- Income inequality is associated with greater health care expenditures, health care use,<sup>16</sup> and death from cardiovascular disease and suicide. Kin D, *Prev Med.* 2016

## Why is addressing SDOH important?

- A growing body of research highlights the importance of upstream factors that influence health and the need for policy interventions to address those factors—in addition to clinical approaches and interventions aimed at modifying behavior.
- Addressing SDOH benefit
  - Enhances patient-centered care
  - Enhances provider knowledge and clinical care quality
  - Better assesses a population's health care needs
  - Reduces health care cost and utilization
  - Necessary for value-based care payment models (Services, Outcomes & Patient Experience)

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