

Slide 1



Slide 2

Objectives

Today we will discuss how conditions in places where people live, work, learn, and play affect health outcomes.

- Identify root causes of common health issues
- Describe examples of interventions/programs addressing social determinants of health
- Using social determinants of health to determine priorities for WCCMV work.

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well
CONNECTED
COMMUNITIES

Slide 3


What is a determinant?

Determinant:
A factor that decisively affects the nature or outcome of something

Social:
Relating to society or its organization



The background features a network diagram with several grey circles of varying sizes connected by thin grey lines. In the center of this network is a stylized black silhouette of a person standing with their arms crossed. The person's head is a solid black circle, and their body is a black outline. The network extends outwards from the central figure, with some circles being larger than others.



The logo consists of a cluster of green dots of different sizes connected by thin green lines, forming a molecular or network-like structure. Below this cluster, the word "well" is written in a blue, lowercase, sans-serif font. Underneath "well", the words "CONNECTED" and "COMMUNITIES" are written in a smaller, blue, uppercase, sans-serif font, stacked on two lines.

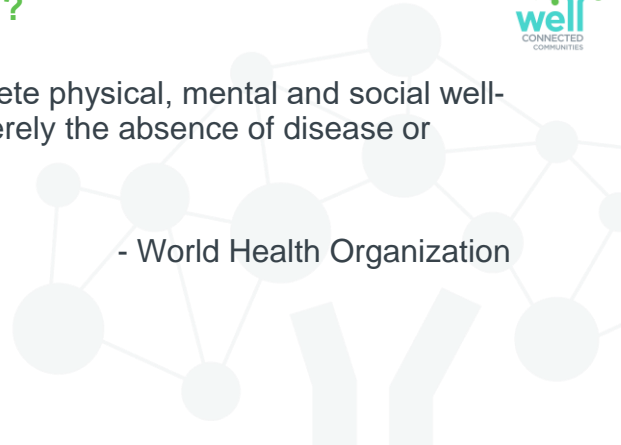
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Slide 4


What is health?

“A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

- World Health Organization



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What is a Social Determinant of Health?

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Slide 6



Social determinants of health are:

Circumstances in which people are:

- Born
- Grow up
- Live
- Work
- Age, and
- The systems put in place to deal with illness

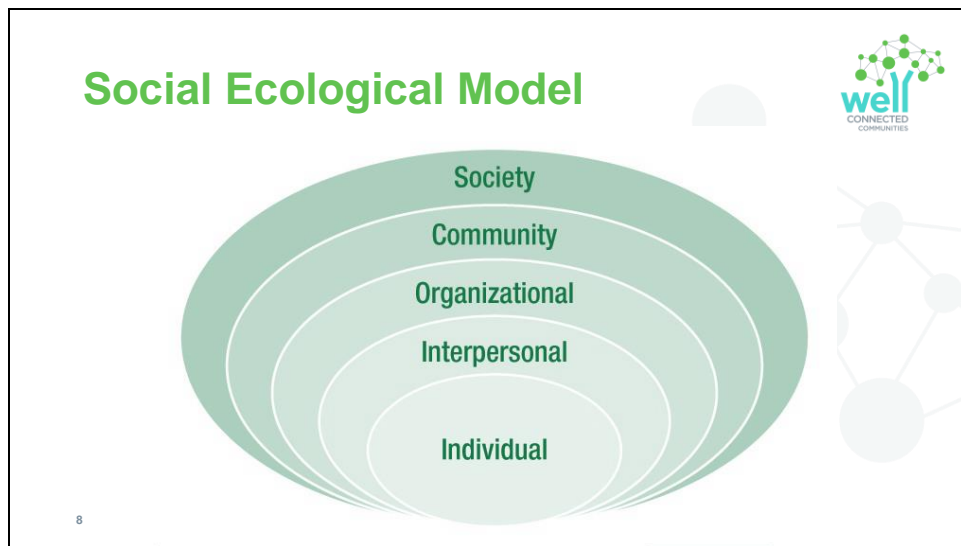
-World Health Organization

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Slide 8



Slide 9

How does U.S. life expectancy compare to other countries?





- A. #1
- B. In the top 5
- C. In the top 10
- D. 20th place
- E. 29th place

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Where did the U.S. rank in life expectancy 50 years ago?




- A. #1
- B. In the top 5
- C. In the top 10
- D. 20th place
- E. 30th place

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On average, which of the following is the best predictor of one's health?




- A. Whether or not you smoke
- B. What you eat
- C. Whether or not you are wealthy
- D. Whether or not you have health insurance
- E. How often you exercise

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Chronic stress increases risk of all of the following except:



- A. Hypertension
- B. Obesity
- C. Sickle cell anemia
- D. Pre-term birth
- E. Diabetes

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Slide 13




Many community initiatives do not address social determinants of health.

Social determinants of health are complex.

Focusing on the individual level is often easier but may not be most effective.


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Slide 14



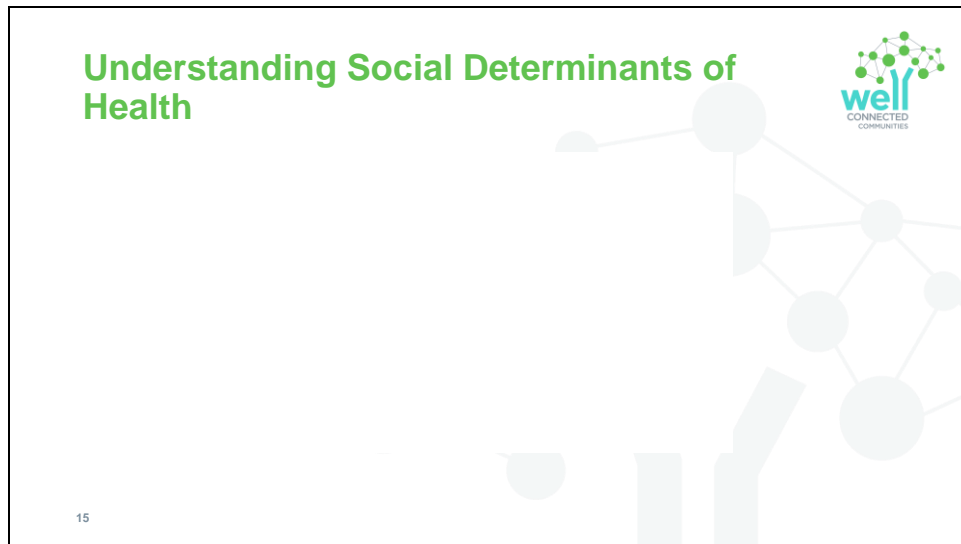
What does this sentence mean to you?

Health starts in our schools, homes and communities.

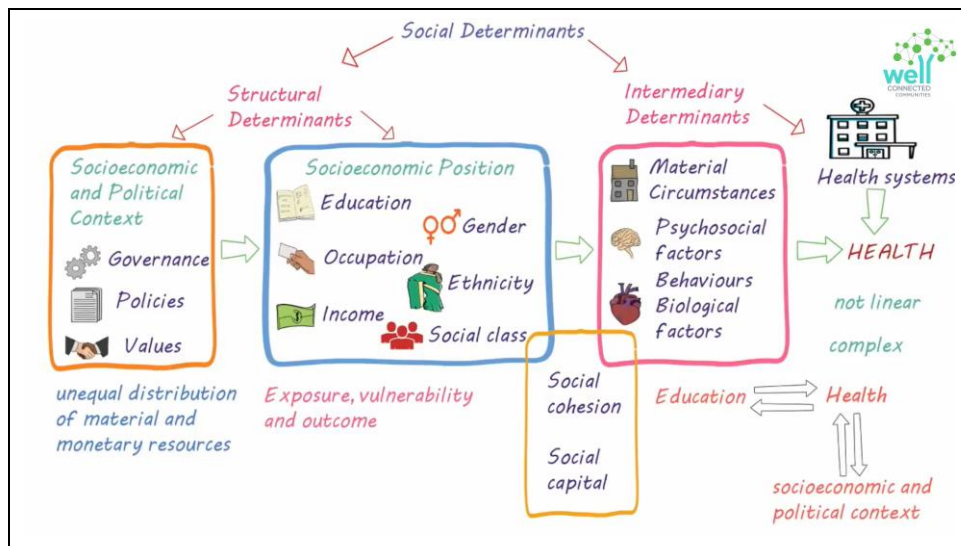


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Slide 17

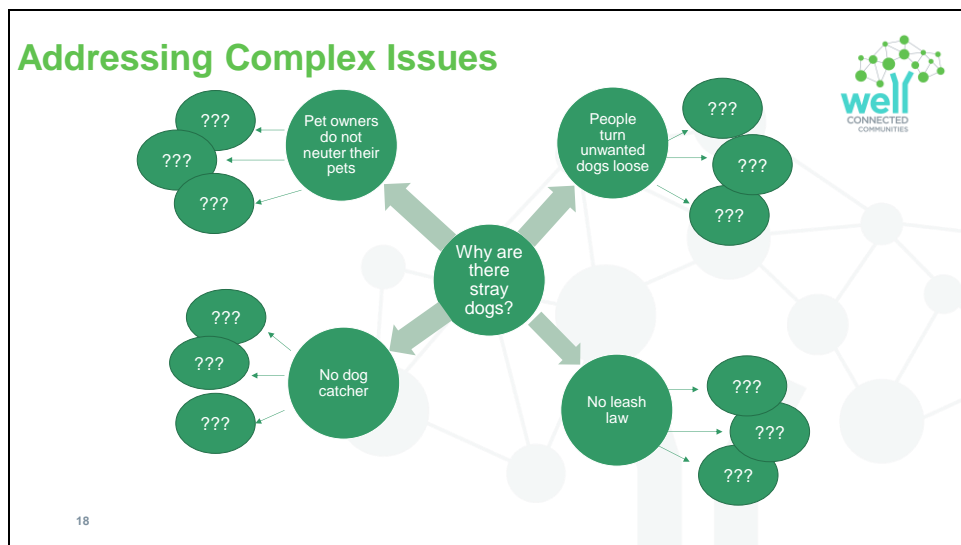
How can volunteers address social determinants of health?





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What do stray dogs have to do with diabetes?



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Project Example: Food Pantry





- **Situation:**
 - Rural community, high poverty, 15 miles to nearest grocery store
- **Solution:**
 - Food pantry, healthy food focus
 - Assistance applying for SNAP benefits
 - Transportation to grocery store in town



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Project Example: Linking Community Resources





- **Situation:**
 - Service providers in rural communities often saw clients with needs they could not meet
 - No list of resources or referral sources existed
 - Underutilized resources, unmet needs
- **Solution:**
 - Engaged local hospital as sponsor
 - Community scan
 - Created resource guide; on hospital web site

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Project Example: Opioid Abuse



- **Situation:**
 - High opioid prescribing rates
 - No non-drug treatment options for chronic pain available locally
 - Healthcare providers had limited treatment options; chronic pain sufferers had no alternatives to manage pain
- **Solution:**
 - Identify evidence-based chronic pain self-management program
 - Arrange leader training
 - Offer in rural communities in partnership with healthcare providers

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Project Example: Hypertension

- **Situation:**

- High rates of stroke
- Undiagnosed hypertension
- People with diagnosed hypertension were not monitoring their blood pressure
- Low-income, lacked transportation to places with blood pressure monitoring

- **Solution:**

- Raise funds to install blood pressure monitoring stations in libraries
- Provide education and referral
- Evaluate results



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You can impact social determinants of health!

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