

Social Determinants of Health



Social Determinants of Health
Copyright-free

Healthy People 2030



What are the Social Determinants of Health (SDOH)

- Are the conditions in the environments where people are born, live, work, play, and age that affect a wide range of health functions and quality-of-life outcomes.
- SDOH can be grouped into the 5 domains:
 - Economic Stability
 - Education Access and Quality
 - Health Care Access and Quality
 - Neighborhood and Built Environment
 - Social and Community Context

The following data is provided by: U. S. Department of Health and Human Services – Office of Disease Prevention and Health Promotion.

Economic Stability



Goal: Help people earn steady incomes that allow them to meet their health needs.

This domain focuses on key issues such as poverty, employment, food security and housing stability for the individual/family.

Research demonstrates the connection between financial resources (income, socioeconomic status) and health.

Translation: People with steady employment are less likely to live in poverty, and to be more healthy. Employment, affordable housing, social connections, quality education and access to health care one of many factors that may have long term impact on health outcomes.

Education Access and Quality



Goal: Increase educational opportunities and help children /adolescents do well in school.

The connection of education to health and wellbeing has been researched widely. This domain supports key issues:

- Graduating from high school
- Enrollment in higher education / technical training
- Language support / literacy; and
- Early childhood education and development.

Translation: little or no education means you earn less, more likely to live in an unsafe / unhealthy environment. Health correlation to co-morbidities- heart disease, diabetes and depression.

Health Care Access and Quality



Goal: Increase access to comprehensive, high quality health care services.

The connection between people's **access to and understanding of** health services and their own health is critically important. This domain focuses on improving health by helping people get timely, quality health care services.

Translation: Diabetes, Obesity, Heart disease and Cancer continue to be major health concerns that the population of all ages face.

Neighborhood and Built Environment



Goal: Create neighborhoods and environments that promote health and safety.

The neighborhoods people live in and places where they work, learn and play have a major impact on their health and well being. This domain focuses on topics such as quality of housing, access to transportation, availability of healthy foods, air and water quality, and neighborhood crime and violence.

Translation: We all want for ourselves and our families sidewalks / parks/ bike lanes / safe quality affordable housing / healthy food/ safe air to breathe and water to drink.

Social and Community Context



Goal: Increase social and community support.

The relationships and interactions with family, friends coworkers and community members can have a major impact on the health and wellbeing of an individual/family unit. Developing a social support network where people live, work, learn and play is central to a healthy outcome.

Translation: Interventions that build community / social networks for children and adults with emotional/social support while teaching and engaging families are critical for improving health and well being.