

# Social Determinants of Health

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# Social Determinants of Health

## Optum Alaska

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# Social Determinants of Health

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## Social Determinants of Mental Health

- Overview of SDOH
- World Health Organization (WHO) Definition
- Social Determinants of Mental Health (SDOH)
  - SDOMH - the Five Domains
  - Impact of SDOH
  - SDOH and Sustainable Developmental Goals (WHO)
  - SDOH and Population Health Interlaced
  - SDOH Impact Equity in Healthcare, one example: Access

# Social Determinants of Health

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- Optum SLCo taking action
- Referrals to Marc's team
- Review
- Conclusion
- Q and A

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# Overview of Social Determinants of Health (SDoH)

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# World Health Organization Definition

Social Determinants of Health

# Social Determinants of Health

## World Health Organization (WHO) Working Definition

- “The social determinants of health are the conditions in which people are:
  - born, grow, live, work and age.
- These conditions influence a person’s opportunity to be healthy, his/her risk of illness and life expectancy.
- Social inequities in health - the unfair and avoidable differences in health status across groups in society are the result of uneven distribution of social determinants.





# Social Determinants of Health (continued)

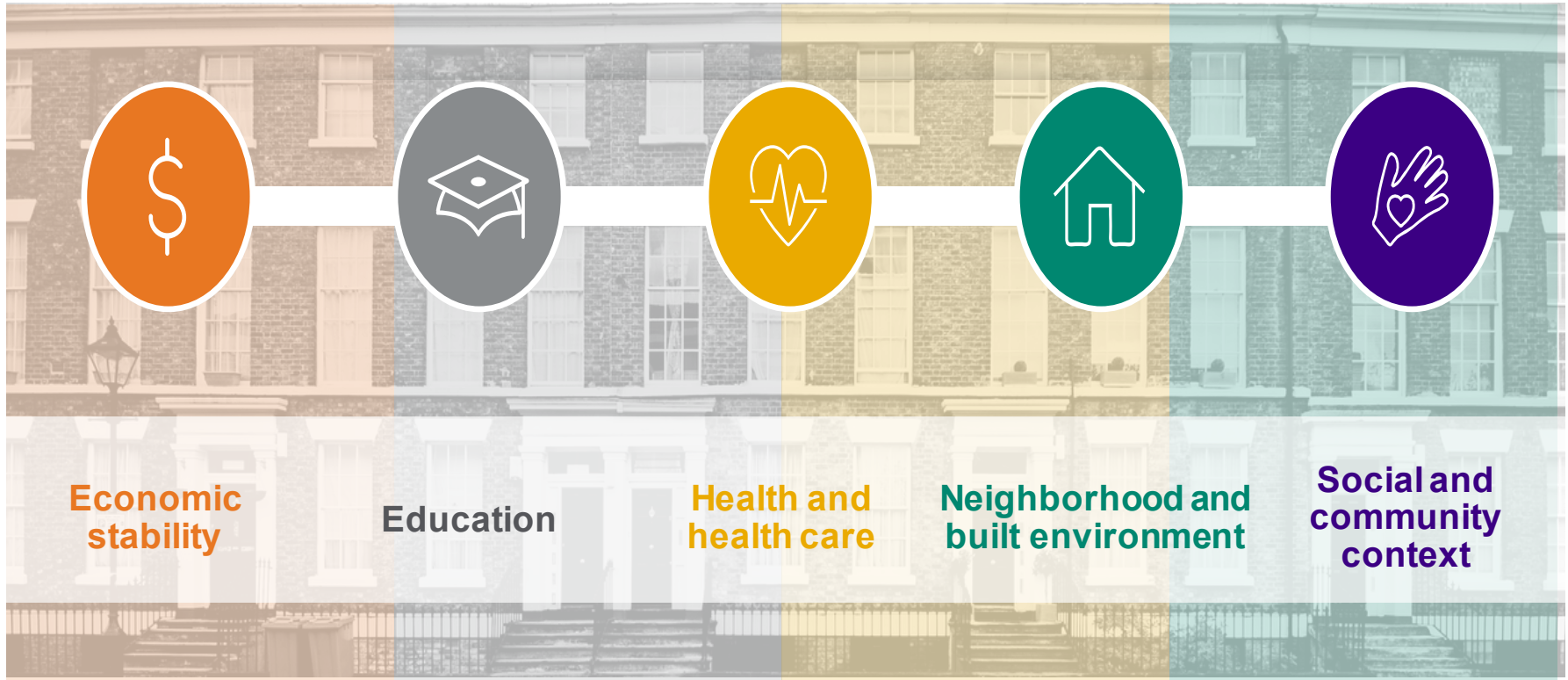
## WHO Working Definition

- These social circumstances create societal stratification and are responsible for:
  - health inequities among different groups of people based on social and economic class, gender and ethnicity.
- Social determinants of health are an underlying cause of today's major societal health dilemmas including:
  - obesity, heart disease, diabetes, and depression.





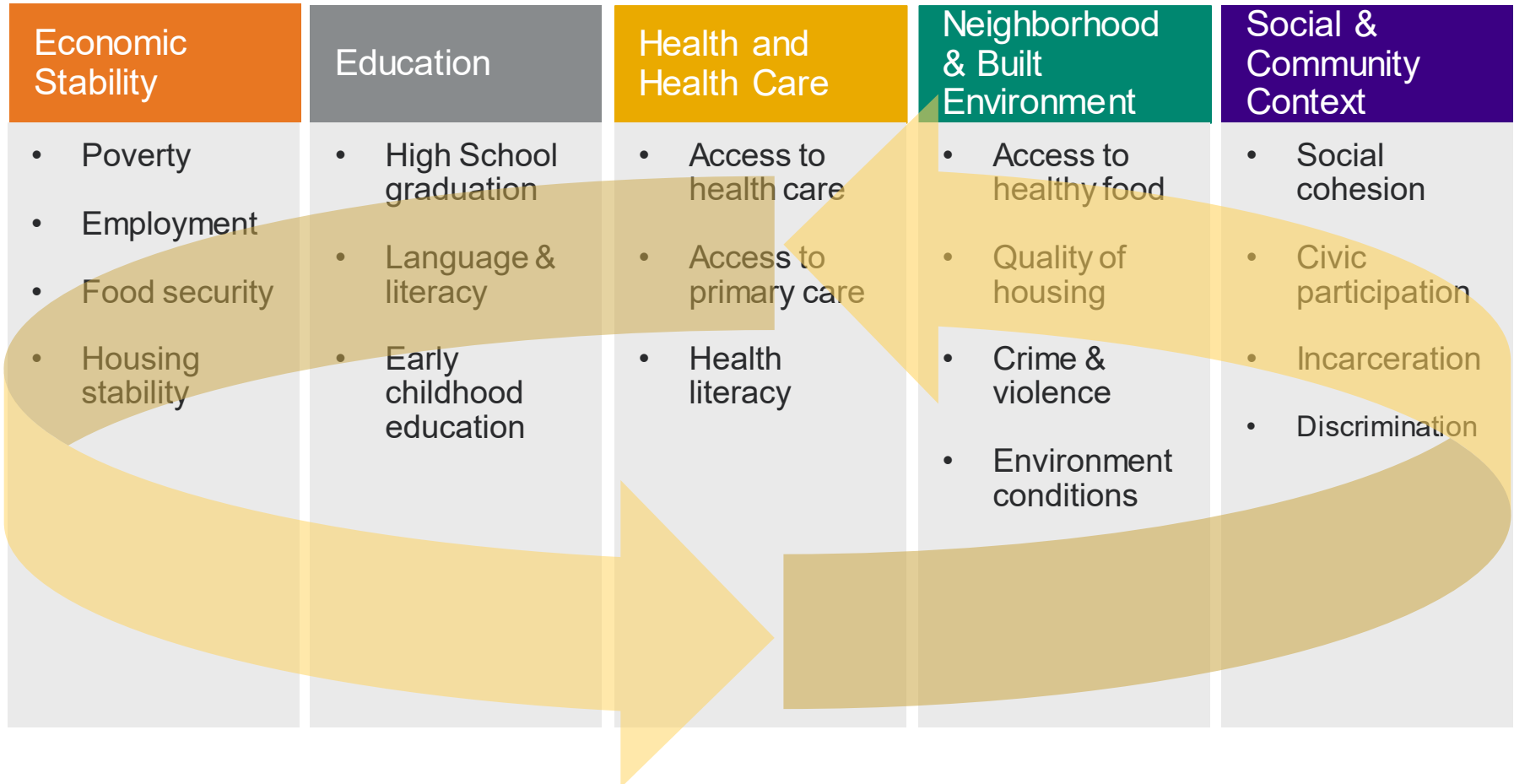
# Five Domains of Social Determinants of Health



Source: HealthyPeople 2020 DPHP Campaign

# In more detail (SDOH)

## Five Domains

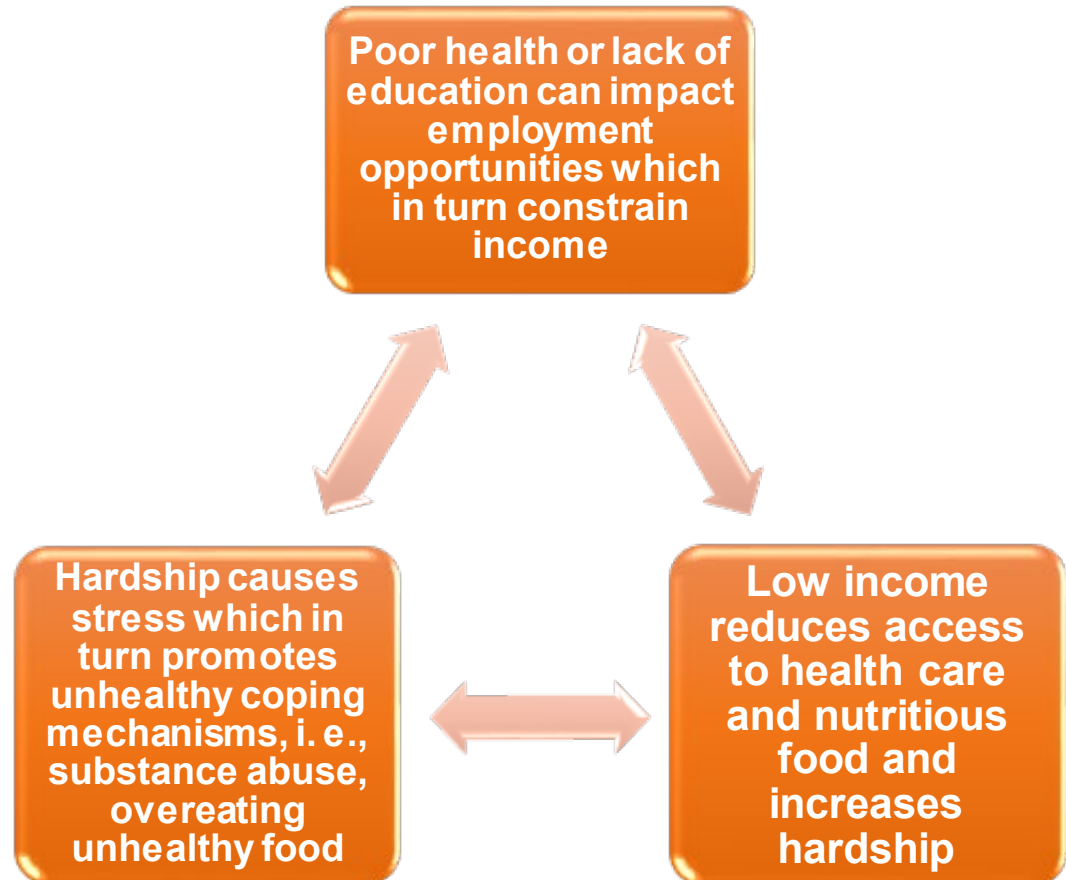


# Social Determinants of Health (continued)

## Impact of SDOH

Complex interactions and feedback loops exist among the social determinants of health

## Complex Interaction



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# Social Determinants of Mental Health

Sustainable Development Goals  
(SDGs)

World Health Organization

# Sustainable Development Goals (SDG)

SDGs framed within social determinants of mental disorders

← Gender Equality Across Lifespan →

Economic Stability	Education	Health and Health Care	Neighborhood & Built Environment	Social & Community Context
<ul style="list-style-type: none"> <li>• No poverty</li> <li>• Decent work and economic growth</li> <li>• Zero hunger</li> <li>• Industry innovation and infrastructure</li> <li>• Reduced inequalities</li> </ul>	<ul style="list-style-type: none"> <li>• Quality education across lifespan</li> <li>• High School graduation</li> <li>• Language &amp; literacy</li> <li>• Early childhood education</li> </ul>	<ul style="list-style-type: none"> <li>• Access to health care</li> <li>• Access to primary care</li> <li>• Health literacy</li> </ul>	<ul style="list-style-type: none"> <li>• Clean water and sanitation</li> <li>• Affordable and clean energy</li> <li>• Sustainable cities and communities</li> <li>• Responsible consumption and production</li> <li>• Climate action</li> <li>• Peace, justice and strong institutions</li> </ul>	<ul style="list-style-type: none"> <li>• Connection to community through engagement</li> <li>• Building personal capital</li> <li>• No individual, group or institutional isolation</li> </ul>

Source: Adapted from: Lund et al. Lancet psychiatry, 2018

# What is the newest social determinant of health?

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# Population health

## Definition of population health



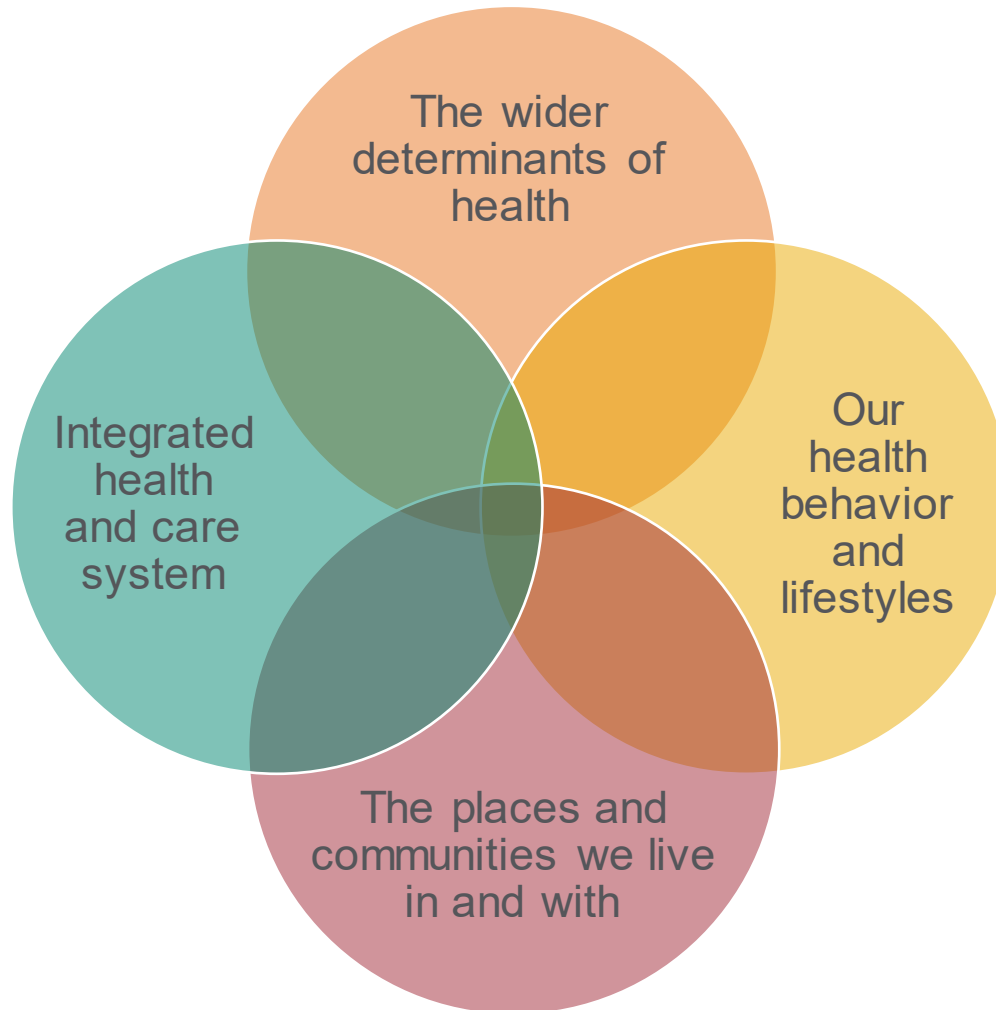
“We propose that the definition be “the health outcomes of a group of individuals, including the distribution of such outcomes within the group,” and we argue that the field of population health includes **health outcomes, patterns of health determinants, and policies and interventions that link these two.**”

[Am J Public Health](#). 2003 March; 93(3): 380–383.



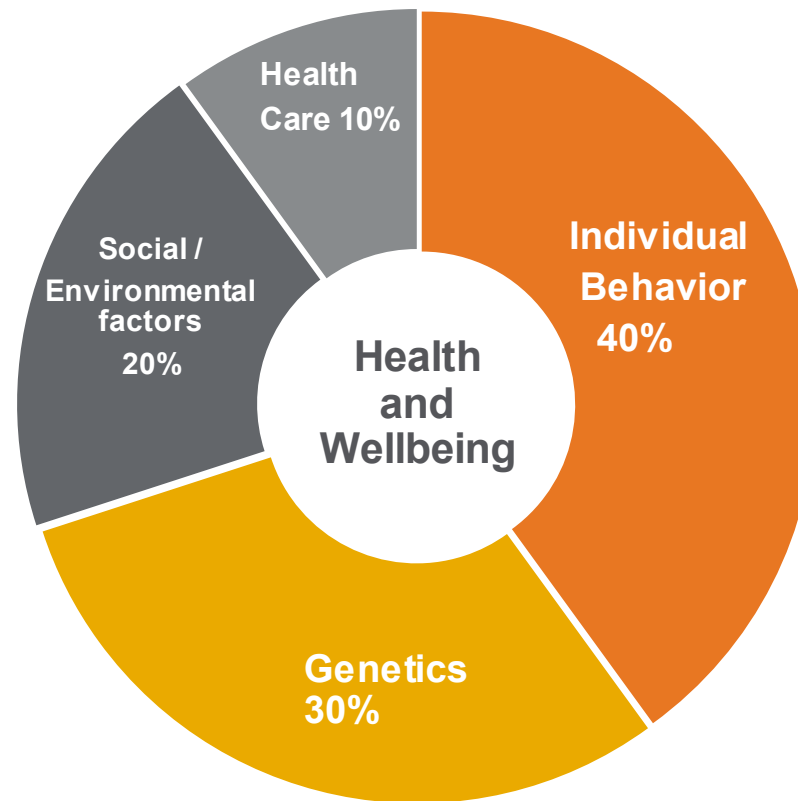
# Social Determinant and Population Health Interlaced

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# What impacts health outcomes?

## Impact of different factors on risk of premature death



Source:  
<https://www.healthypeople.gov/2020/about/foundation-health-measures/Determinants-of-Health>

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## Physical Environment

- Housing & Transit
- Air & Water Quality

## Social and Economic Factors

- Education
- Employment
- Income
- Family & Social Support
- Community Safety

## Clinical Care

- Access to Care
- Quality of Care

## Health Behaviors

- Tobacco Use
- Diet & Exercise
- Sexual Activity
- Alcohol & Drug Use

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# Public Health Indicator Zip Code

# Zip Code as a predictor of health

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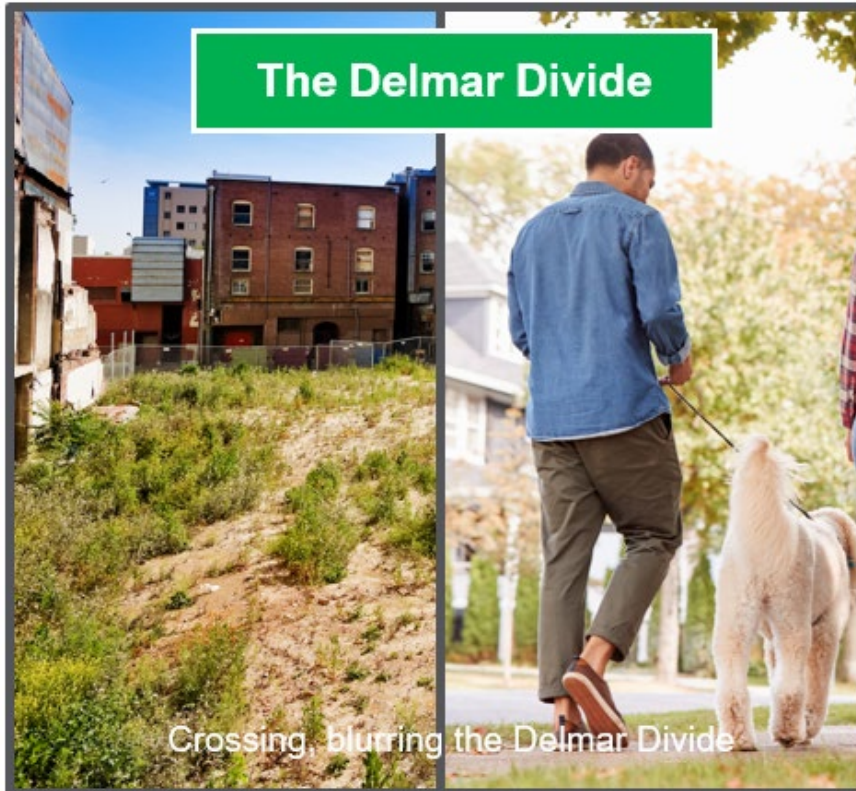
“Truly, in America, your ZIP code is still more important than your genetic code. And as a society, we must ‘change the map’ and finally address health disparities stagnant for generations.... We will never solve our healthcare spending addiction, or our progressive degradation of health, unless we focus on what causes 80 percent of the poor health outcomes in this country.”



Admiral Brett Giroir, Assistant Secretary for Health,  
U.S. Department of Health and Human Services

# Delmar Divide

The Delmar Divide refers to Delmar Blvd. as a socioeconomic and racial dividing line in St. Louis, Missouri



## Neighborhood north of Delmar Blvd

99% Black  
Median income  
\$18,000

Median home  
value \$73,000  
Bachelor's Degree  
70%

## Neighborhood south of Delmar Blvd

73% White  
Median income  
\$50,000

Median home  
value  
\$335,000  
Bachelor's Degree  
10%

# Zip Code as a predictor of health

An individual's **zip code** is more predictive of her **health** than her **genetic code**, but it's not just **zip code** data that can help tackle **social determinants of health**.

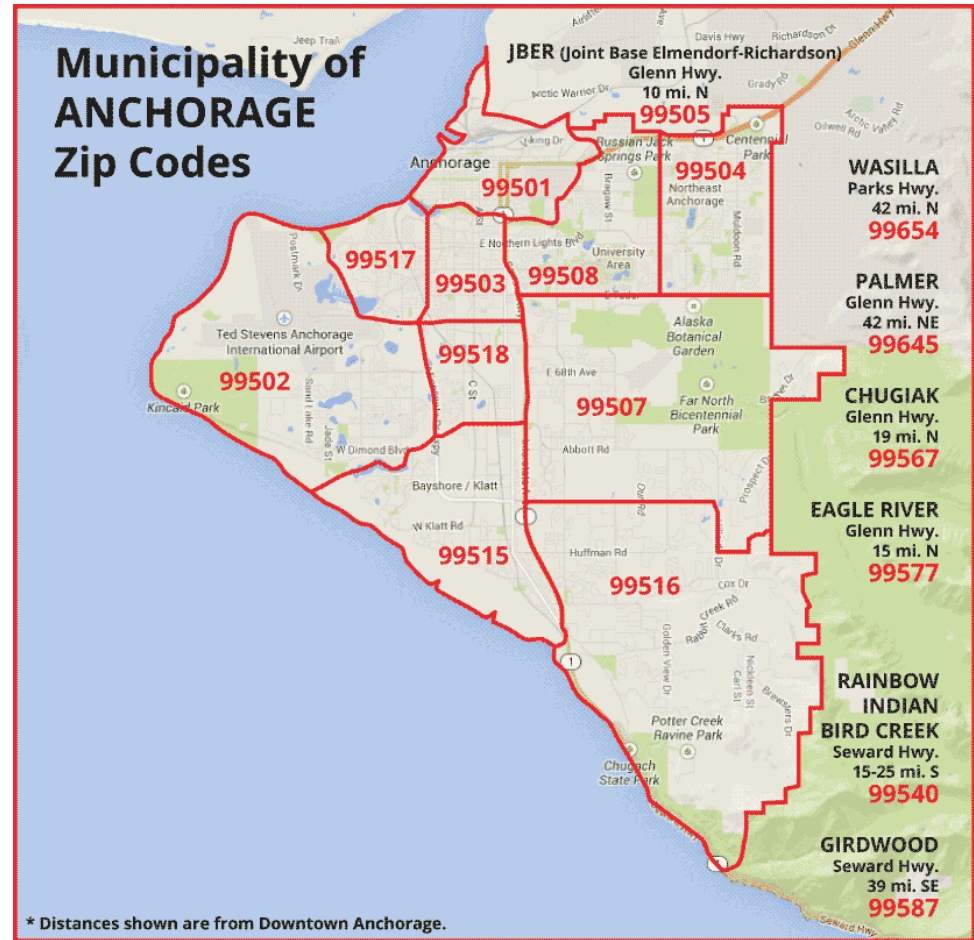
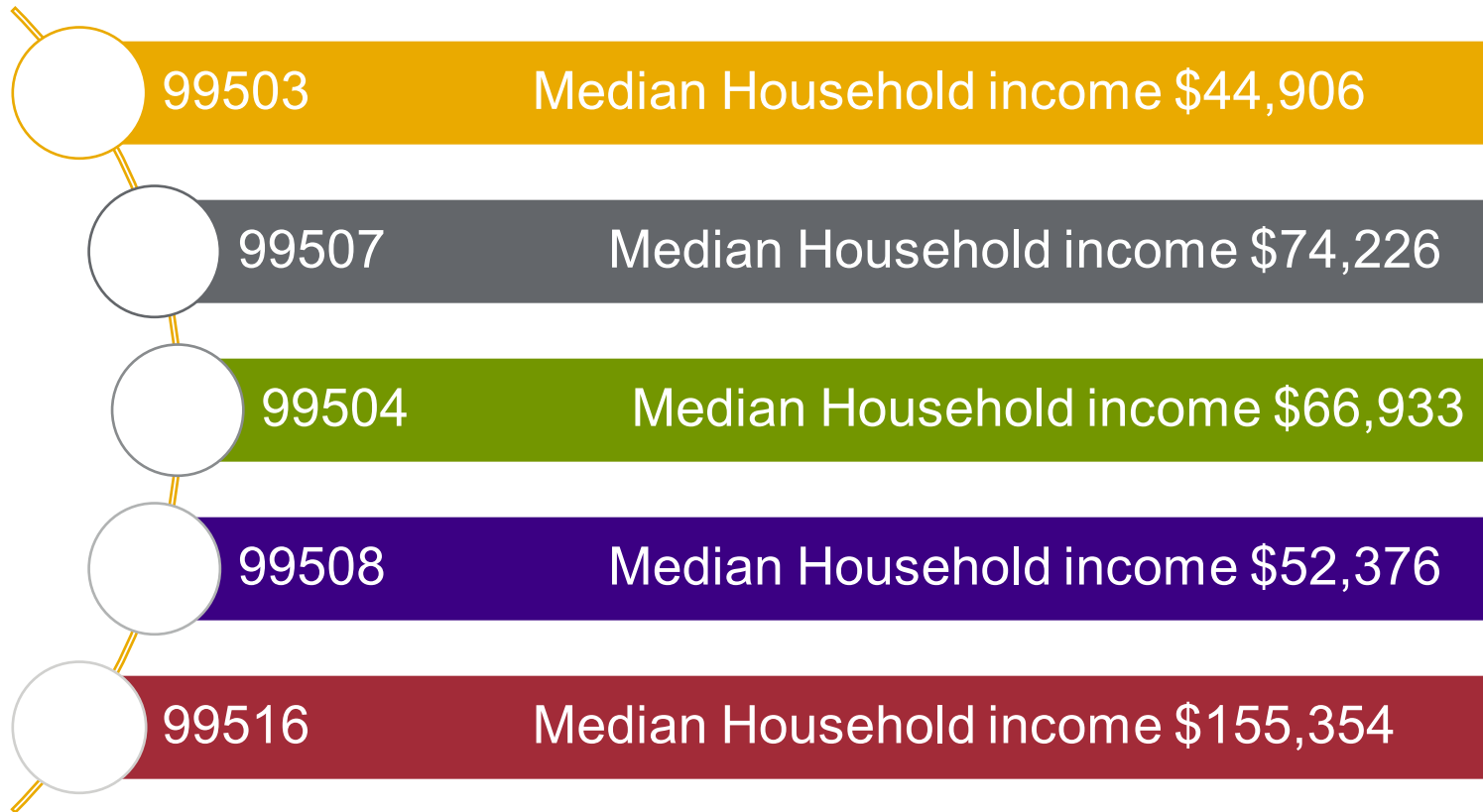


Image credit: [blogspot.com/2017/08/anchorage-ak-zip-code-map.html](https://blogspot.com/2017/08/anchorage-ak-zip-code-map.html)



# Sample of Five Zip codes

Income level profile in neighboring zip code



<https://www.zipdatamaps.com/about.php>

”Disadvantages start before birth and tend to accumulate throughout life, although not all individuals with similar exposures have the same vulnerabilities; some are more resilient or have access to buffers and supports to mitigate the potential mental health effects of disadvantage and poverty.” Excerpt from WHO



# Equity in healthcare can impact access

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## Access

- ✓ Right care
- ✓ Right time
- ✓ Right setting (provider)

# Examples of taking action in Optum Salt Lake County

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Optum SLCo recognizes the importance of SDOH and has created a Clinical Care Coordination Team.

1. Assists with DC planning for challenging member situations & USH
2. Supports initiatives to increase housing options for members in SLCo
3. Provides support in current supportive living and boarding home situations
4. Promotes awareness with employees, providers and other stakeholders
5. Provides consultation to providers with challenging client situations
6. Keeps track of resources that address SDOH in SLCo
7. Collaborates with Medical plans for a holistic approach
8. Provides clinical support to two 3<sup>rd</sup> District MH Courts

# Optum SLCo Clinical Care Coordination Team

Addressing needs individually (person-center approach)

Right Care

Right Time

Right Place



# Member Success Story

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Sam: a 40-year-old male with a history of inpatient hospitalizations for suicidal ideation, PTSD, anxiety, diabetes, chronically homeless



- When CTI met SAM at the hospital, he cried
- Terrified of discharge to the men's shelter
- He closed his eyes when he talked
- He said he wouldn't survive at the shelter
- He expressed fear of everything
- CTI developed good rapport and helped him understand that he would have a team to support him
- He discharged to PC's office on a gurney because he was so resistant to leaving the hospital. He was emotional and very worried about making it through the night
- CTI provider went with him on the bus and stayed with him at the shelter and showed him the process of securing a bed for the night.

# Member Success Story (cont.)

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- The CTI worker taught him to use public transportation and developed a path to safe housing. The team was willing to meet him and model the processes for accessing services
- CTI went with him to Alliance house for an intake and helped him develop a plan to make friends
- Sam began to open his eyes when talking
- He developed connections with the Alliance staff and members
- He often sent texts to the CTI line, reflecting on his fears and on his growing resilience and a desire to help others
- He gained a reputation at the shelter for being the positive guy who helps other people
- He began planning his day around his appointments



# Member Success Story (cont.)

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- Alliance house helped him get a small apartment just as the pandemic hit
- CTI continued to support Sam in connecting with natural supports and he found most of the things he needed for his apartment through his community connections
- He is able to contact his medical providers on his own which has improved his physical health
- Sam keeps his eyes open most of the time
- He said in a recent text, *"When I have thoughts of self-harm I start drawing and doing what I can to maintain a good mental state. I know medication and therapy can help but that I am not my diagnosed conditions. I am just expressing how I feel, I know no one but me can work on how I feel. Thank you for listening and for your support to help me be a better me."*

# Social Determinants of Health Review

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## Social Determinants of Mental Health - Sustainable Development Goals

- “The social determinants of health are the conditions in which people are:
  - born, grow, live, work and age
- These circumstances are shaped by the distribution of:
  - money, power and resources at global, national and local levels
- The social determinants of health are mostly responsible for health inequities
- Assessing social determinants of health provides opportunities for inequities to be addressed
- Knowledge of and addressing WHO’s sustainable development goals will lend to better outcomes for individuals and families (higher quality of life)
- Consideration and referrals to resources that address needs imperative

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# Questions and Answers

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# Thank you

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Integration/Care Coordination Specialist

Optum

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# Appendix

# Resources

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## Links to helpful sites

- RWJF Interactive Zip Code Map
  - [www.rwjf.org/en/library/interactives/whereliveaffectshowlongyoulive.html](http://www.rwjf.org/en/library/interactives/whereliveaffectshowlongyoulive.html)
- City Data (demographics)
  - <http://www.city-data.com/>
  - [Salt Lake City vs Anchorage - Advanced U.S. city comparison tool \(city-data.com\)](#)
- The EveryONE Project™ (SDOH assessment tool)
  - [https://www.aafp.org/dam/AAFP/documents/patient\\_care/everyone\\_project/hops19-physician-guide-sdoh.pdf](https://www.aafp.org/dam/AAFP/documents/patient_care/everyone_project/hops19-physician-guide-sdoh.pdf)