



Physicians & the Social Determinants of Health

Developed By:

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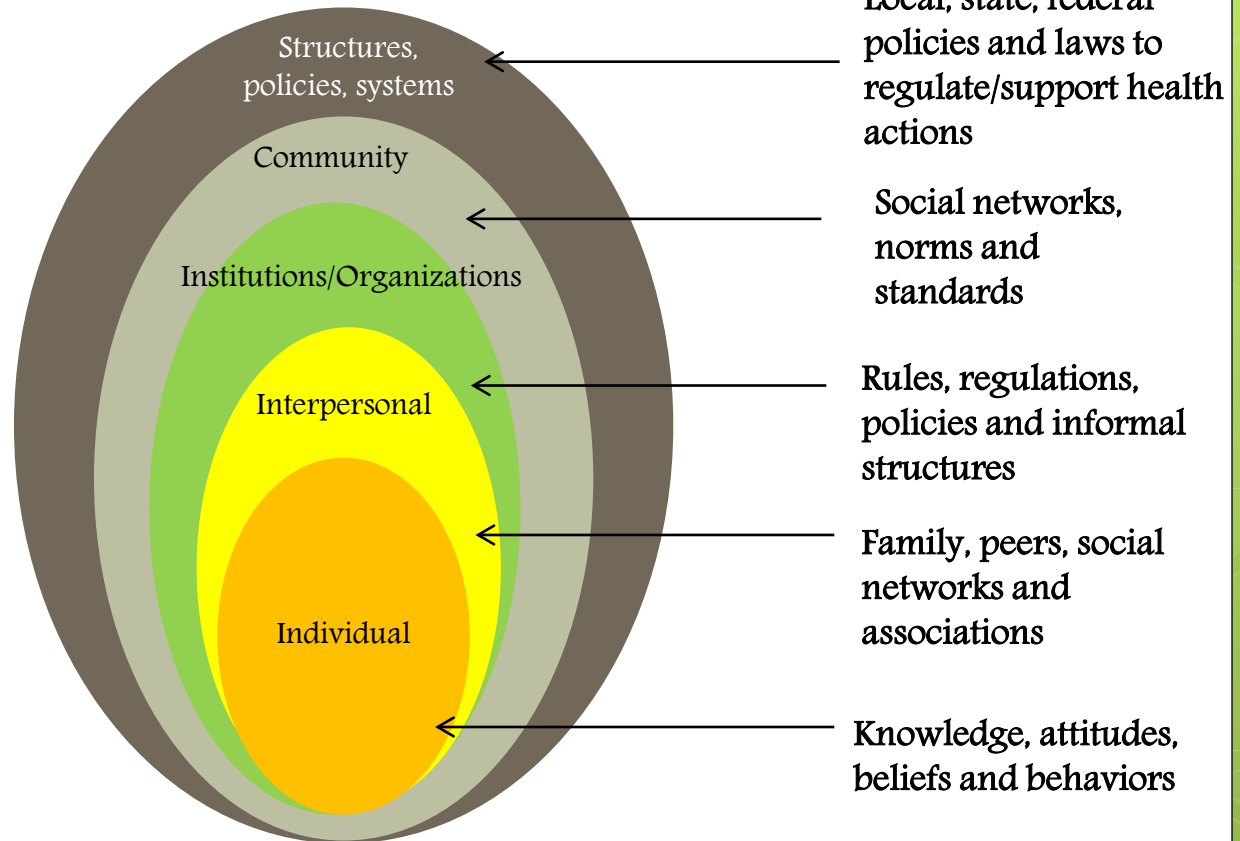
UW Population Health Service Fellow

What impacts health?

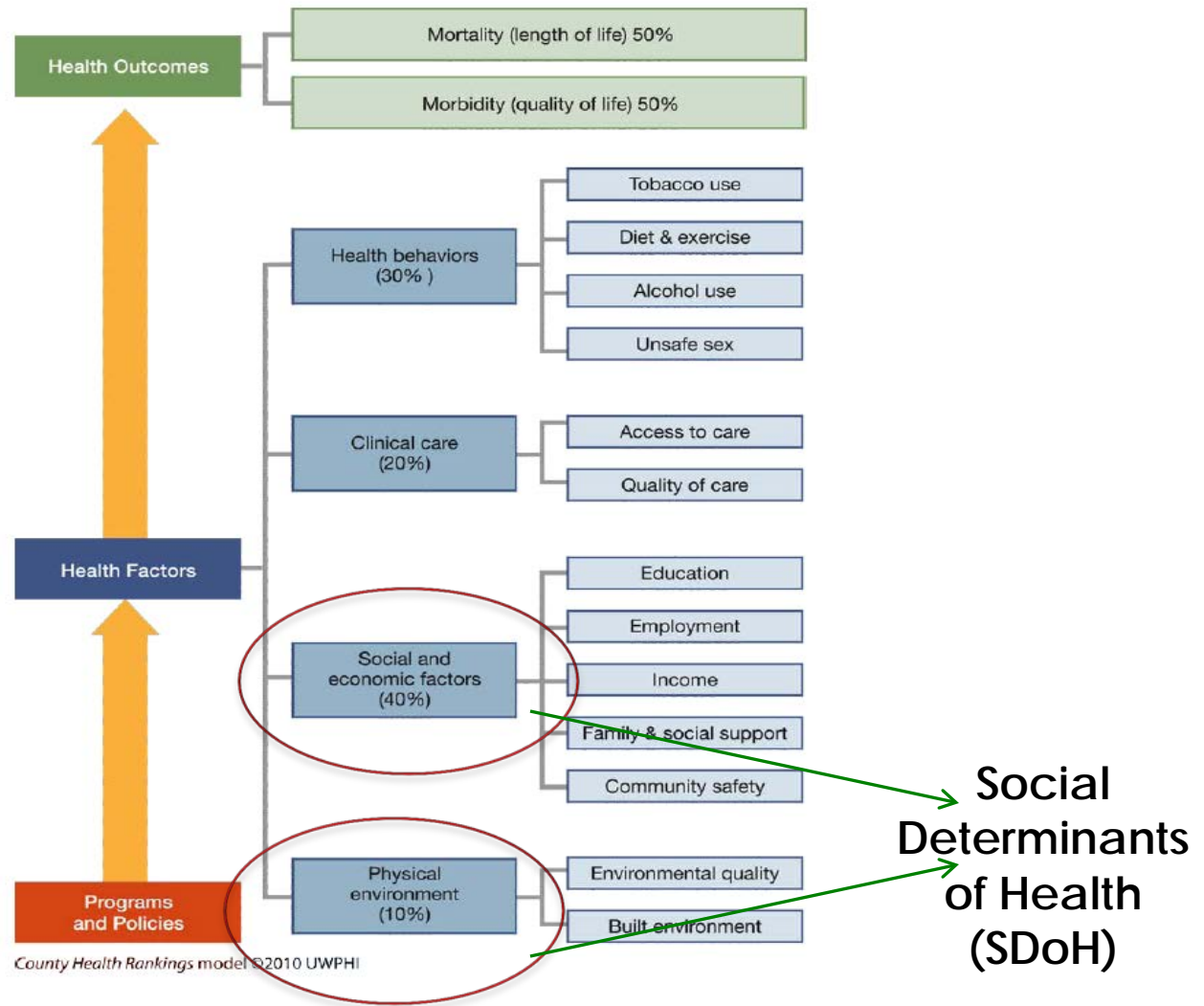
Broadest impact



Narrowest impact



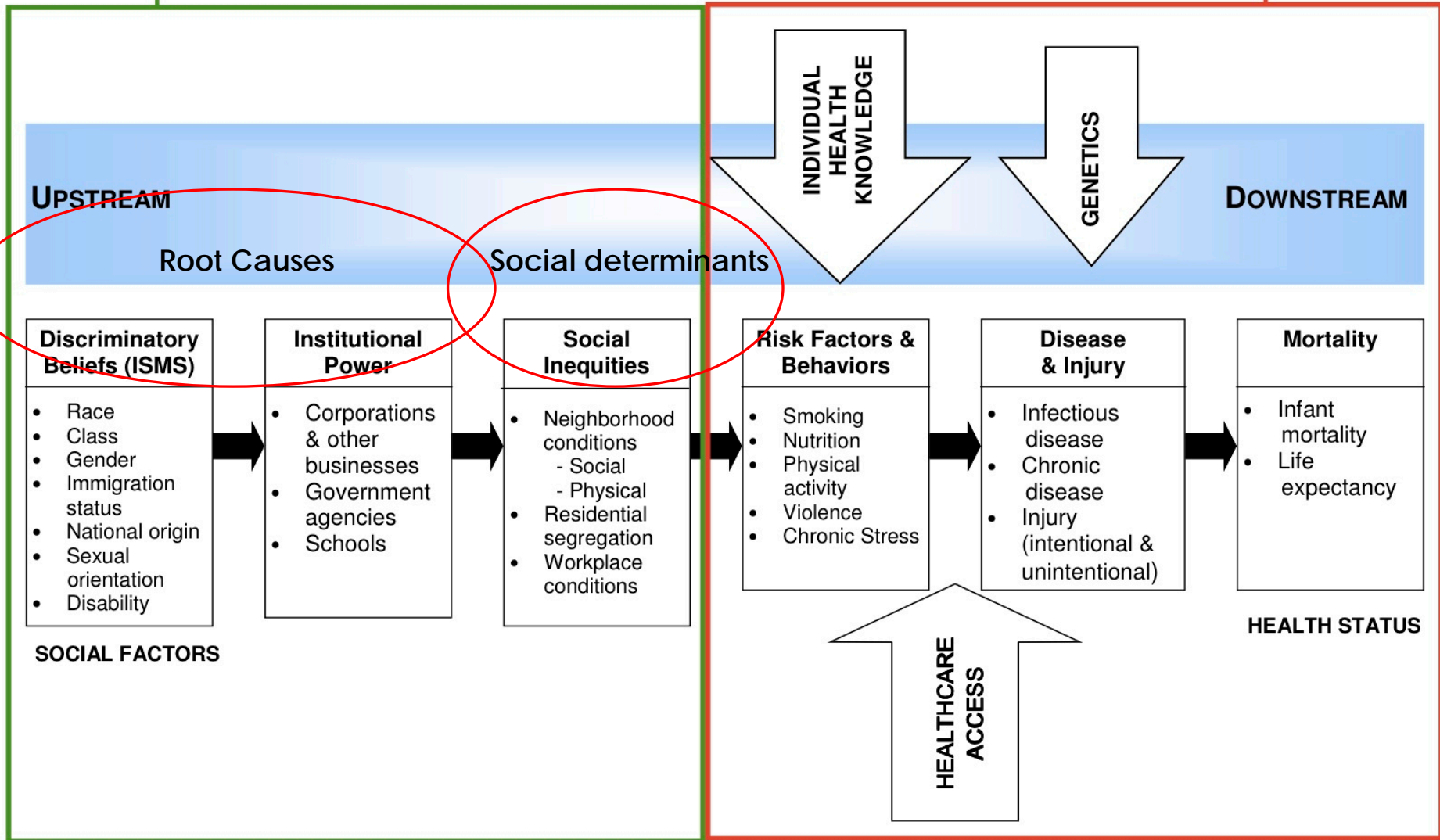
What impacts health?



A Framework for Health Equity

Socio-Ecological

Medical Model



Employment

**A STABLE JOB WITH FAIR PAY
LEADS TO BETTER HEALTH**

For most Americans, employment is the sole or primary source of income, which enables individuals to provide their families with²:



**Nutritious
Foods**



**Quality
Childcare**



**Educational
Opportunities**



**Healthier Homes
& Neighborhoods**



+6 YEARS FOR HIGHER-INCOME EARNERS



+1.3 YEARS FOR LOWER-INCOME EARNERS

Unemployment has also been linked to⁶:



**Loss of
Health
Insurance**



**Increased
Stress &
Blood
Pressure**



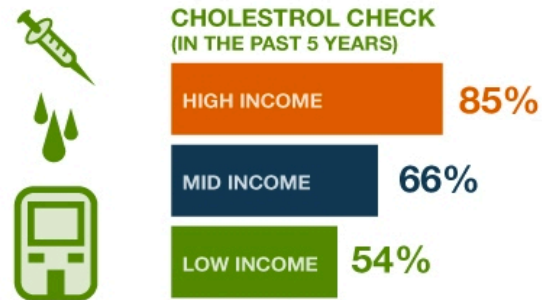
**Unhealthy
Coping
Behaviors**



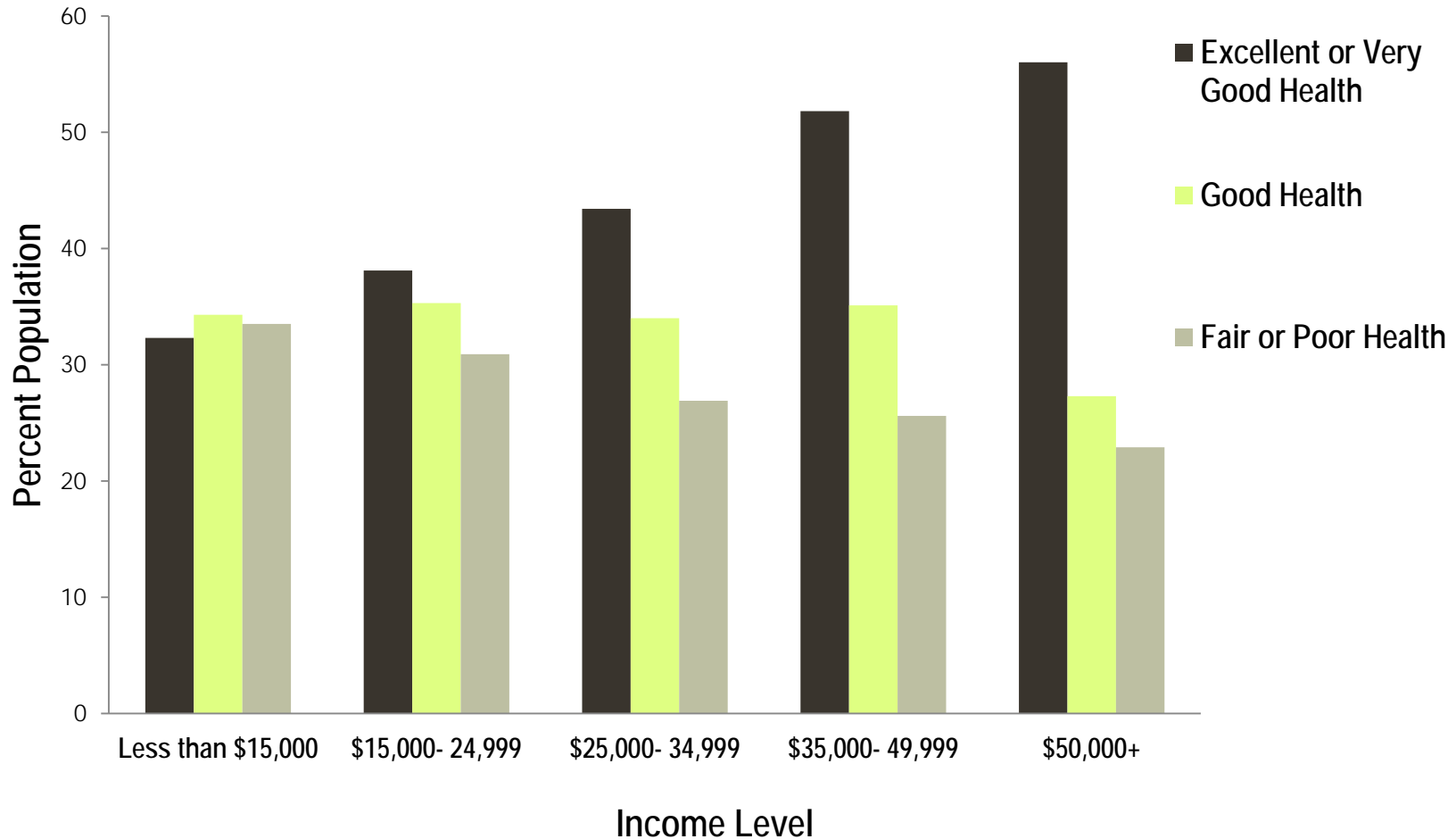
**Increased
Depression**

Income

- Access to health promoting goods and services
- Psychosocial effects linked with economic resources
- Cumulative effects over time and at critical periods.



General Health of Wisconsin Adults by Income Level

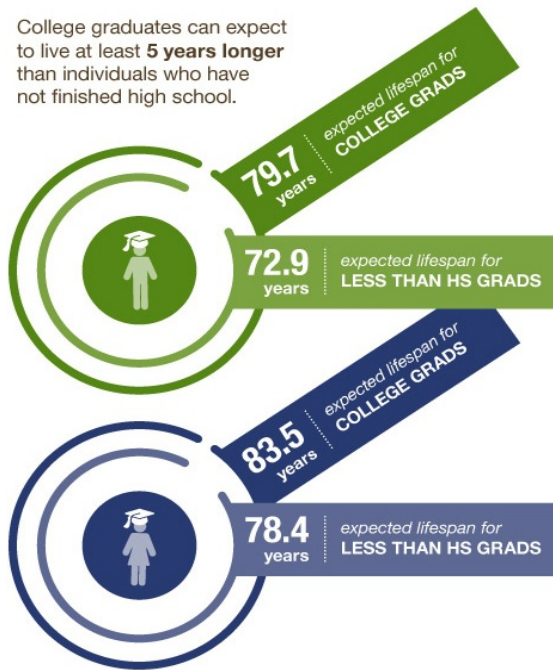


Source: Centers for Disease Control, Behavioral Risk Factor Surveillance System 2012
<http://apps.nccd.cdc.gov/bfss/income.asp?cat=HS&yr=2012&qkey=8001&state=WI>

Education

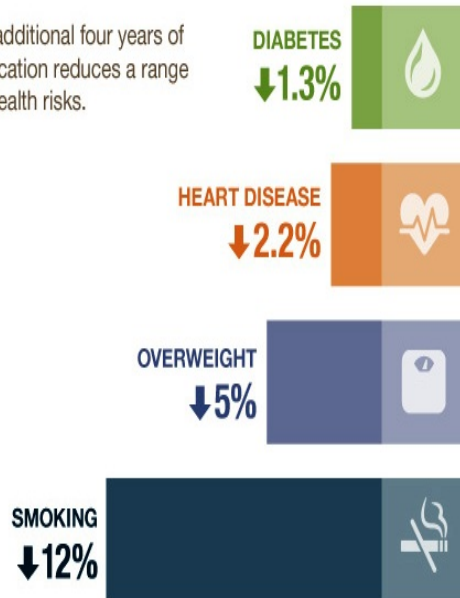
LIVING LONGER

College graduates can expect to live at least **5 years longer** than individuals who have not finished high school.



REDUCED RISKS

An additional four years of education reduces a range of health risks.



THE INCOME GAP

Each additional year of schooling represents an 11% increase in income. **High earnings increase access to healthier food and safer homes, and can even lower uncertainty and stress.**

LIFETIME EARNINGS
in 1999 dollars based on 40-yr full-time work life



Ways Education Impacts Health

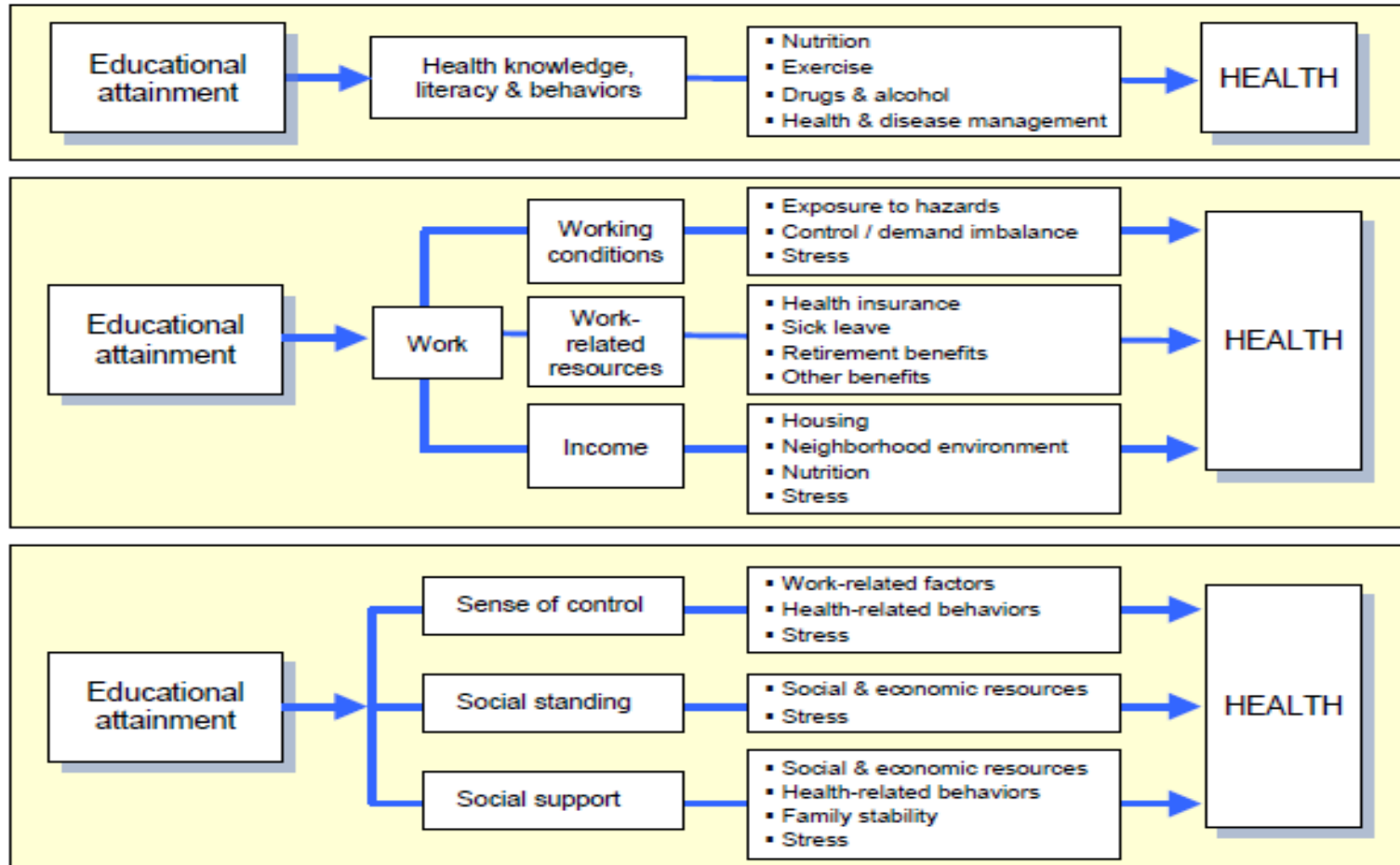
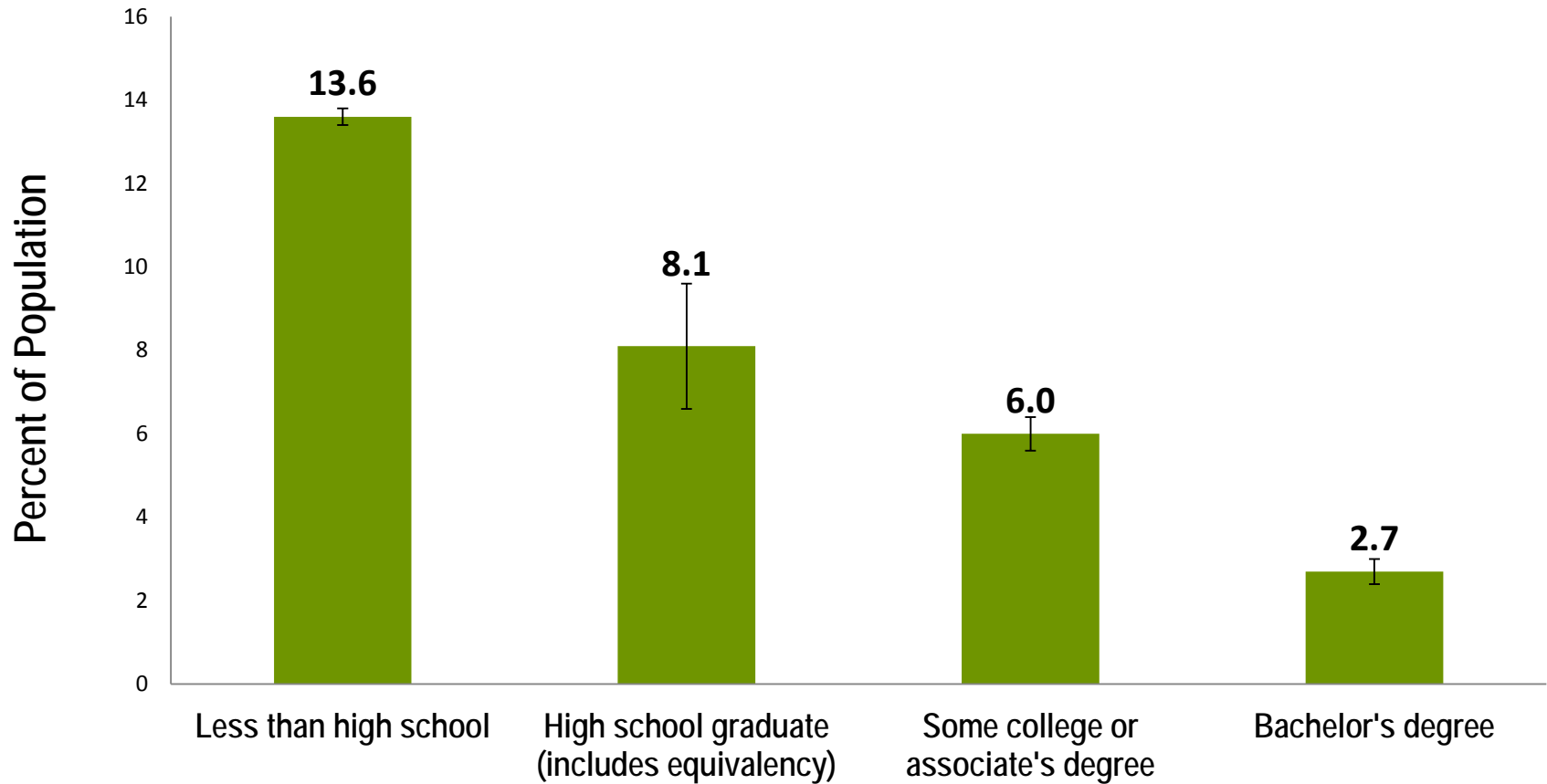


Figure 6. Interrelated pathways through which educational attainment affects health.

Wisconsin Unemployment Rates by Education Level



Source: US Census Bureau-2012 American Community Survey

http://factfinder2.census.gov/faces/tableservices/jsf/pages/productview.xhtml?pid=ACS_12_1YR_S1501&prodType=table

Housing

- Access to affordable options.
- Ability to meet other basic needs.
- Privacy and security.
- Stability and sense of control.
- Toxin-free air and water, injury free structure.

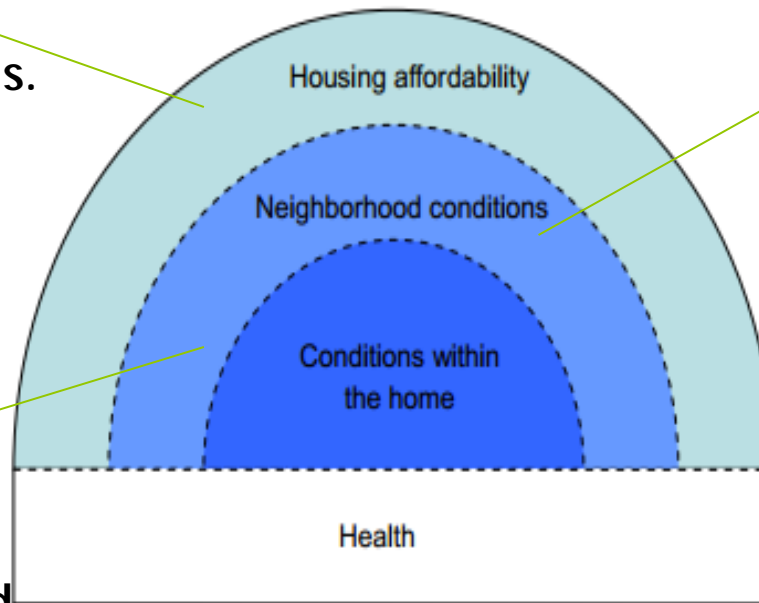
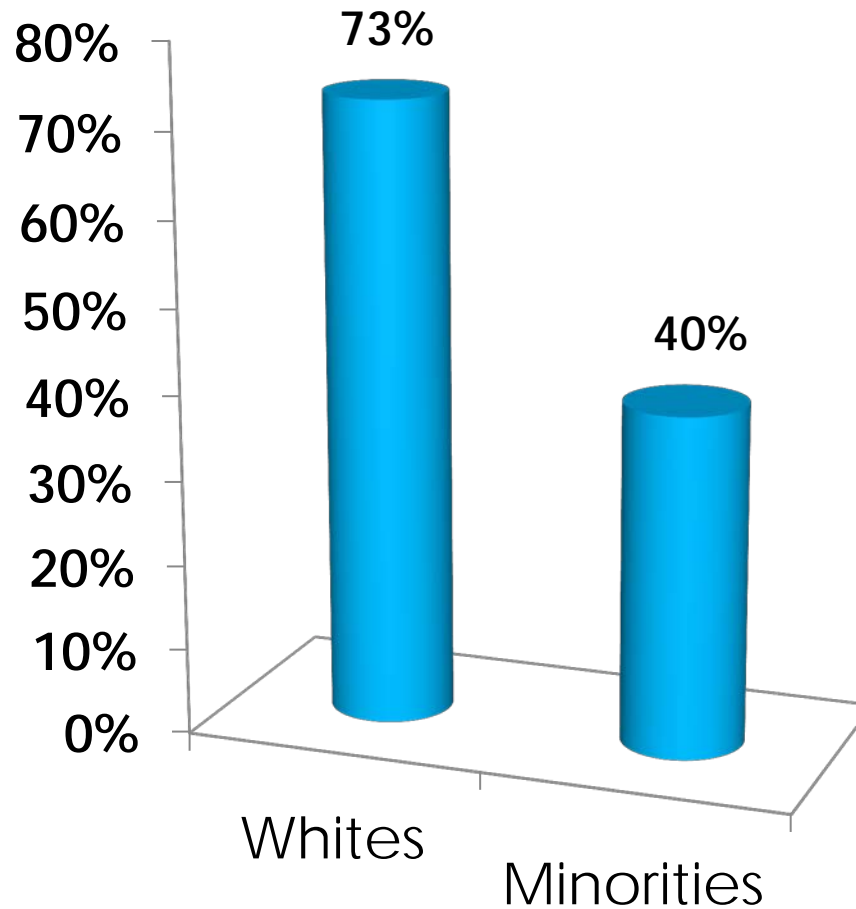


Figure 1. Housing influences health in many ways.

- Safe, clean air and water.
- Access to public resources: transportation, police force, good schools.
- Access to healthy food.
- Options for exercise.

Wisconsin Homeownership Rates



So why physicians?

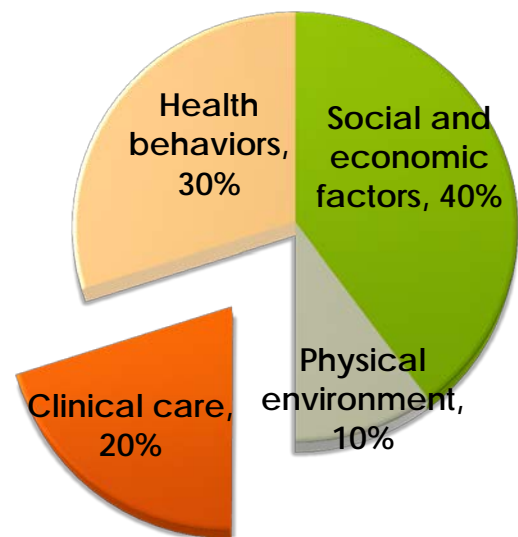
4 in 5

physicians believe that unmet social needs are leading to worse health among Americans.

yet...

4 in 5

physicians feel unable to address their patients health concerns caused by unmet social needs.



Research shows...

- Efforts to incorporate health equity in clinic:
 - Link patients to community.
 - Learn patient's SES background.
 - Integrate SES into treatment.
- Barriers to health equity in clinic practice:
 - Payment models
 - Stigmatization.
 - Lack of knowledge on programs/services.
- Facilitators to health equity in clinic practice:
 - Training
 - Interdisciplinary team-based practice settings.
 - Relationship with community resources.

What can physicians do?

- **Patient level:**

- Link patients to community services.
- Record social, economic patient information.
- Be innovative.

- **Population level:**

- Meet legislator(s).
- Write a Letter-to-the-Editor
- Be involved in local community organizing.
- Share SDoH with professional associations.

How can physicians do this?

- Learn:

- Impact of Social Determinants of Health.
- Advocacy tools.

- Practice:

- Analyzing clinic's patient panel.
- Connecting patients to accessible resources.

Take-Aways

- Social Determinants of Health drive 50% of health outcomes.
- Physicians are powerful.

“As a physician, I generally cannot discuss health with a patient who lives in poverty without talking about the areas where community development works: affordable housing, access to nutritious food, and safe places to play and exercise.”

~Risa Lavizzo-Mourey, MD MBA
President and CEO, Robert Wood Johnson Foundation

Thank you!

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