

SOCIAL DETERMINANTS OF HEALTH

Health and Healthcare

Health Disparities affect groups of people limiting their access to health based on factors like religion, race, ethnicity, socioeconomic status, gender age, sexual orientation, disability and geographic location among others.

In other words, health and healthcare disparities refers to a higher burden of disease, illness, mortality or disability that occurs in one group over another.

Multiple efforts continue to be made to eliminate disparity and improve health equity.

Health disparities bring high economic costs to the US every year.

The creation of **social and physical environments** supports the promotion of health and wellness among Americans.

Health Starts Where the Person Is

EDUCATION

- Increased Education and knowledge about:
 - Access to Health Care
 - Access to Primary Care
 - Health Literacy
 - Significance of Environmental Factors (lead paint, factories, etc.)
 - Access to High-Quality, Low-Cost Food (food desert issue)

SELF-ADVOCACY

- Leads to empowerment of people to:
 - Make informed health care decisions
 - Advocate for self
 - Connect to services and address healthcare needs

RESOURCES

Access resources:

- Programs such as Medicaid provide medical, mental health, and housing benefits
- Access to foods: Programs such as TANF <https://www.acf.hhs.gov/ofa/programs/tanf>
SNAP <https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program>
- Health Care Quality Resources <https://health.gov/our-work/health-care-quality/trainings-resources/resources>
- Public Health Resources <https://www.hrsa.gov/get-health-care/resources/index.html>

How Providers Can Help

PRIMARY CARE SUPPORTS BEHAVIORAL CHANGE

Early detection and prompt diagnosis of physical and mental health conditions by primary care providers promotes behavior and lifestyle changes and improved quality of life.

HEALTH LITERACY

knowing how to read food labels can help a person make better choices when it comes eating healthier. Being able to read the labels of their medication can reduce errors.

WELLNESS

knowing how to read food labels can help a person make better choices when it comes eating healthier. Being able to read the labels of their medication can reduce errors.

References:

- <https://www.cdc.gov/socialdeterminants/tools/index.htm>
- https://www.cdc.gov/publichealthgateway/publichealthservices/pdf/ten_essential_services_and_sdo.pdf
- <https://health.gov/healthypeople/objectives-and-data/browse-objectives/mental-health-and-mental-disorders>
- <https://www.uspreventiveservicestaskforce.org/uspstf/document/RecommendationStatementFinal/depression-in-children-and-adolescents-screening>
- <https://www.uspreventiveservicestaskforce.org/uspstf/>
- https://www.nimh.nih.gov/health/statistics/suicide.shtml#part_154969
- <https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-health/interventions-resources/health-literacy>
- <https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health>