



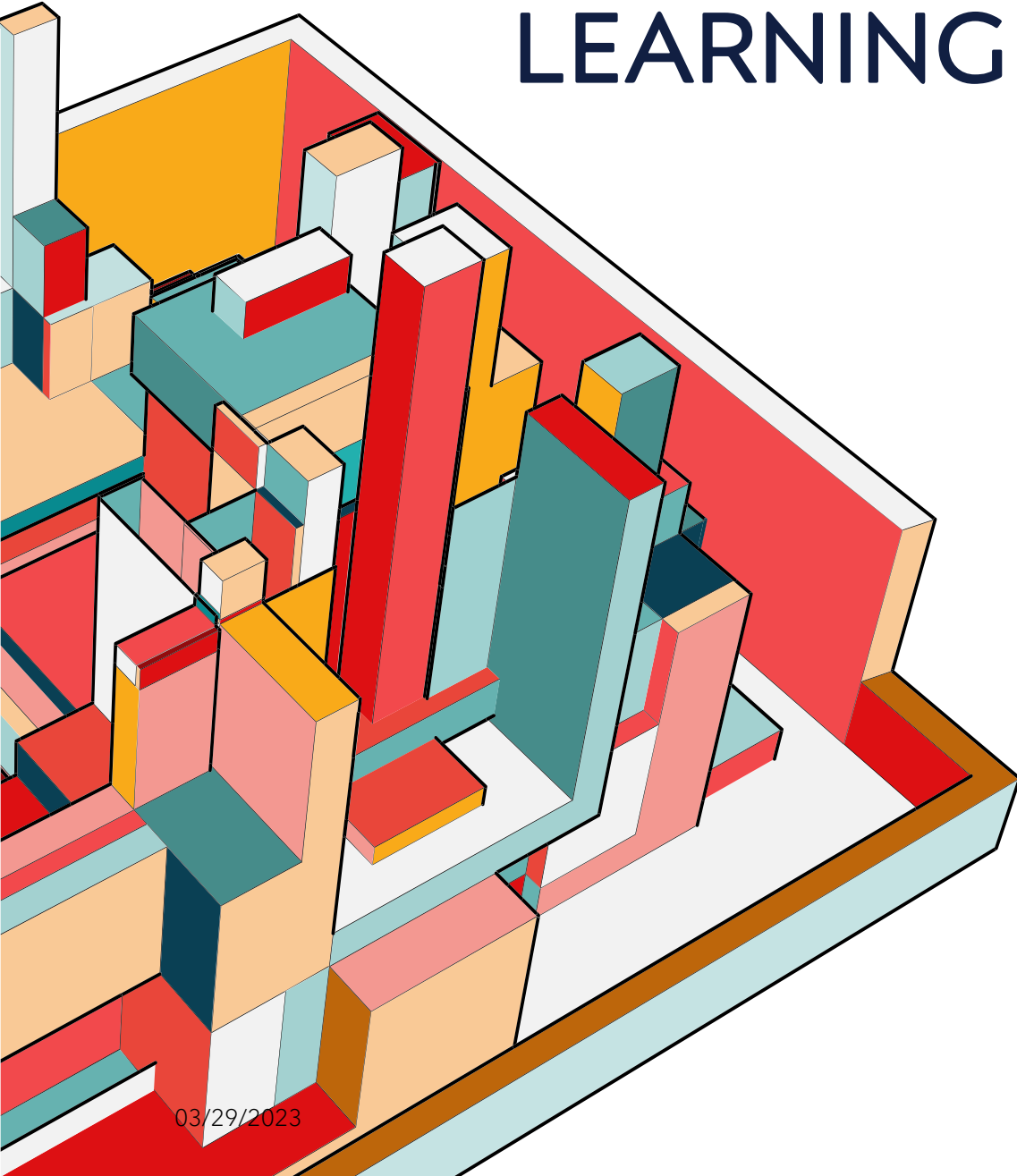
# ADDRESSING **SOCIAL DETERMINANTS OF HEALTH**

## ADVANCES **EQUITY**

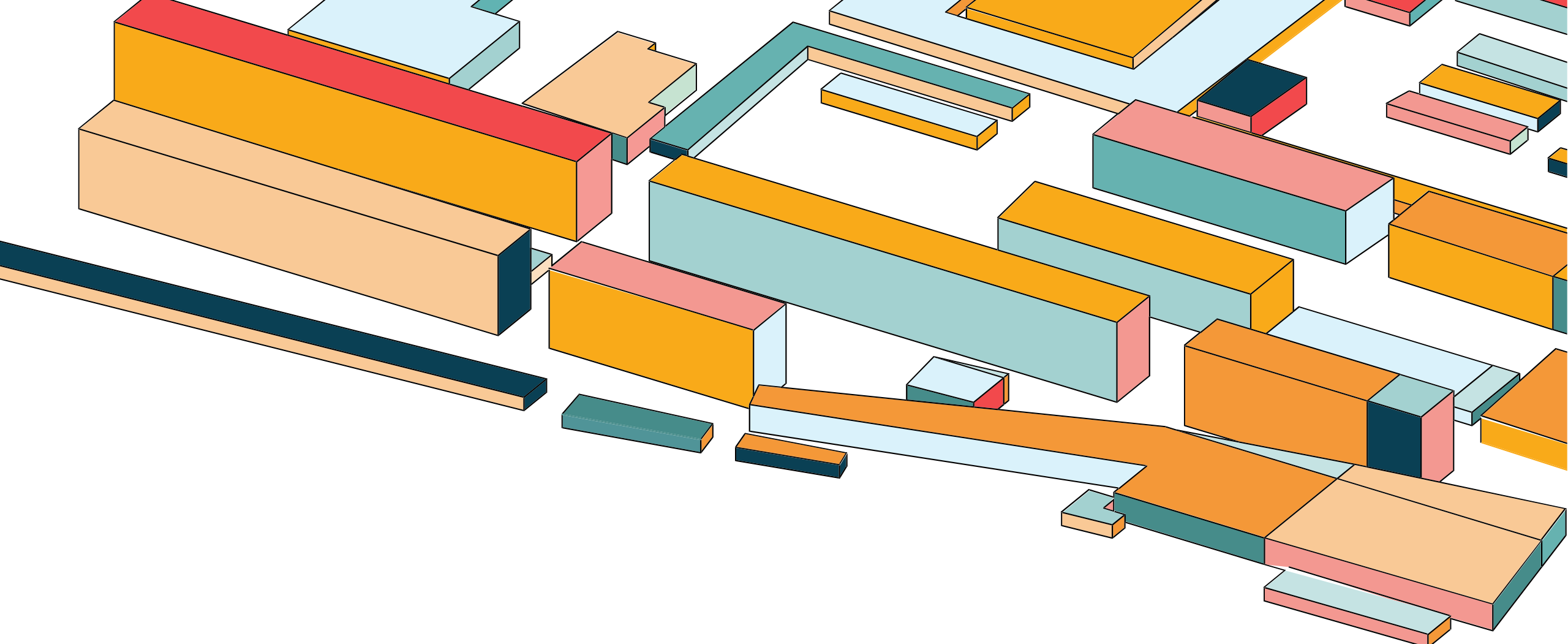
March 29, 2023

Jill Annunziata Debold, MPH, PMP

# LEARNING OBJECTIVES



- Addressing SDOH Advances Health Equity.
- The Built Environment & SDOH.
- Cross-sector data sharing.
- Cross-sector Intervention & Investment.



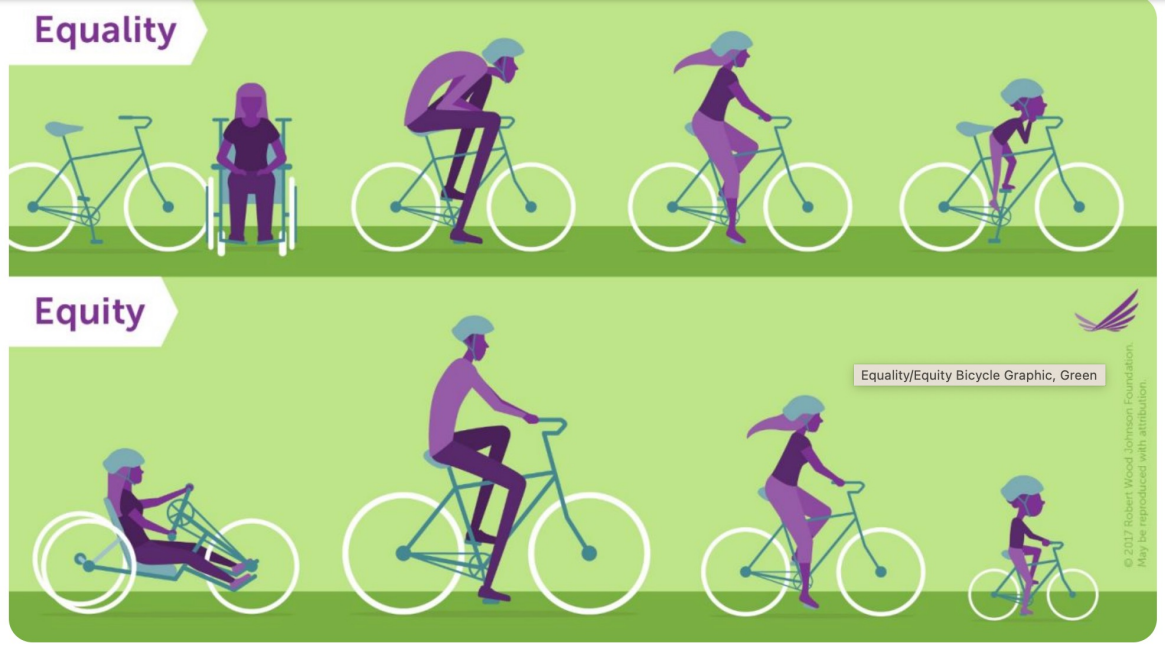
**ADDRESSING SDOH  
ADVANCES HEALTH EQUITY**

# HEALTH

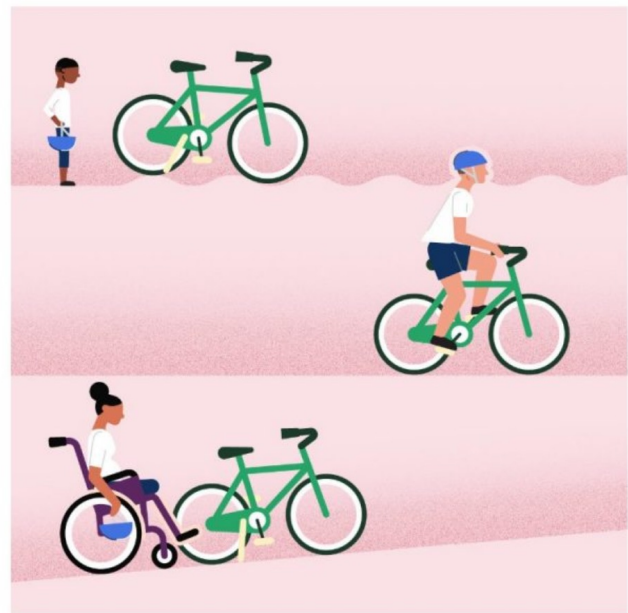
“Health is a state of complete physical, mental, and social well-being and **not merely the absence of disease or infirmity.**”



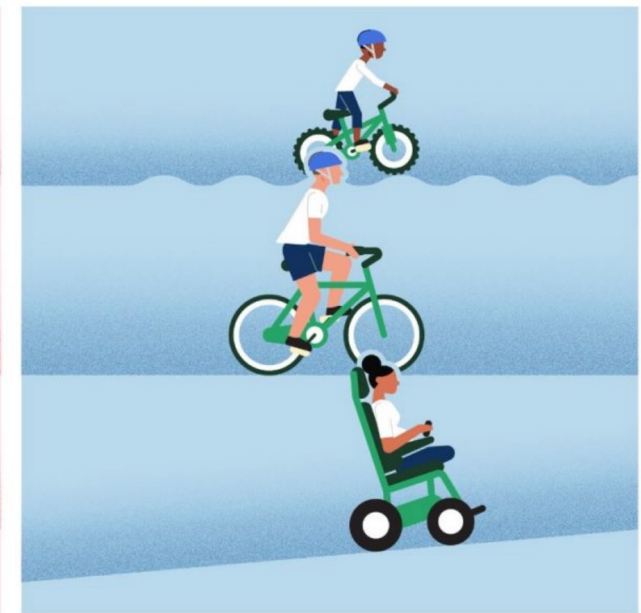
# EQUITY



**EQUALITY:**  
Everyone gets the same—regardless if it’s needed or right for them.



**EQUITY:**  
Everyone gets what they need—understanding the barriers, circumstances, and conditions.





# THE BRIDGE TO HEALTH IS BUILT DIFFERENTLY FOR SOME PEOPLE, OFTEN BASED ON RACE.

When people talk about the connection between structural racism and health, this is what they mean.









# Social Determinants of Health Overview

The strategic approach that the U.S. Department of Health and Human Services (HHS) is adopting to address social determinants of health (SDOH) will guide efforts to make health outcomes more equitable by better coordinating health and human services and by adopting a whole-of-government, multi-sector strategy to address the underlying systemic and environmental factors that affect health status. It is estimated that clinical care accounts for only 20% of the county-level variation in health outcomes, while SDOH account for as much as 50% and are a major driver of health disparities.

## Social Determinants of Health



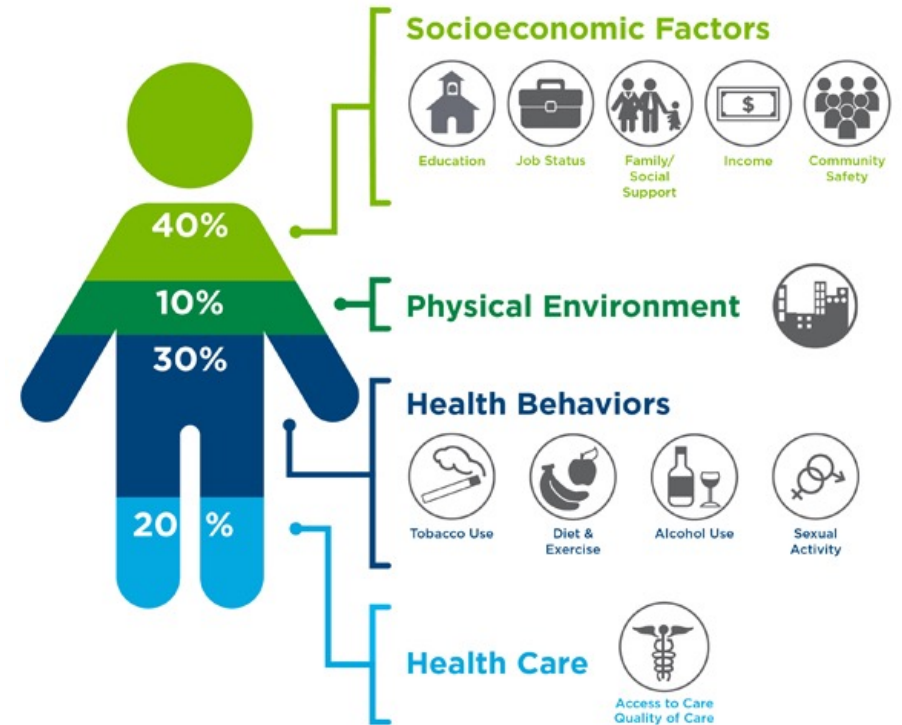
# Why are social needs important?

**Unmet social needs negatively impact health outcomes.**

- **Food insecurity** correlates to higher levels of diabetes, hypertension, and heart failure.
- **Housing instability** factors into lower treatment adherence.
- **Transportation barriers** result in missed appointments, delayed care, and lower medication compliance.

**Addressing social needs is a primary approach to achieve health equity.**

## What Goes Into Your Health?



Source: Institute for Clinical Systems Improvement, Going Beyond Clinical Walls: Solving Complex Problems (October 2014)

The Bridgespan Group

Sourced: Gravity Project

<sup>1</sup><https://www.cdc.gov/nchhstp/socialdeterminants/faq.html>

<sup>2</sup>[https://www.bridgespan.org/insights/library/public-health/the-community-cure-for-health-care-\(1\)](https://www.bridgespan.org/insights/library/public-health/the-community-cure-for-health-care-(1))

# SDOH DOMAINS



Housing Instability  
Financial Security  
Transportation Insecurity  
Job Opportunities



Social Connectedness  
Abuse and Violence  
Stress  
Racism



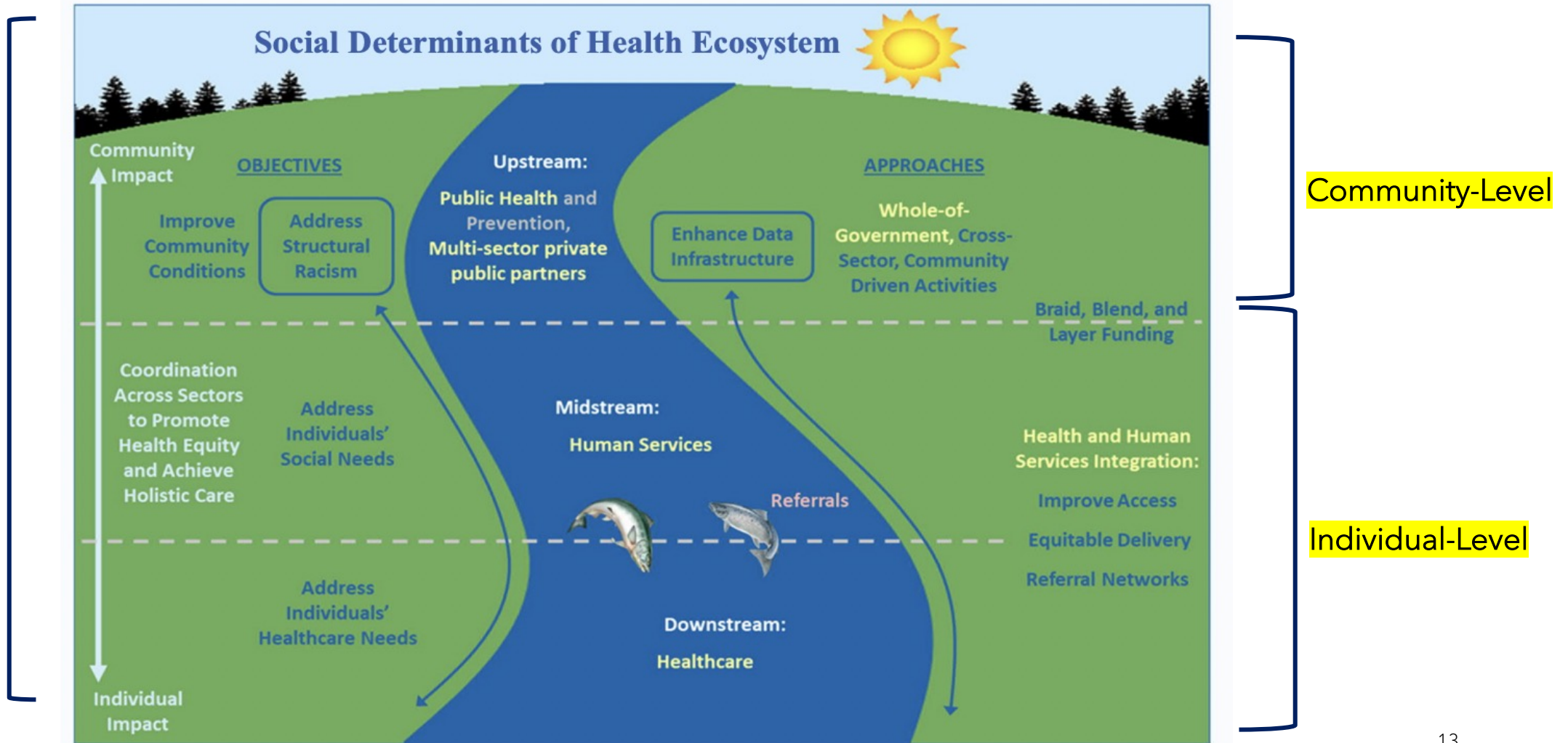
Food Insecurity  
Access to Physical Activity  
Access to Green Space  
Climate Change  
Neighborhood Safety

When we think & act  
**UPSTREAM**  
we create a healthier,  
safer world.





# U.S. DEPT. HEALTH AND HUMAN SERVICES

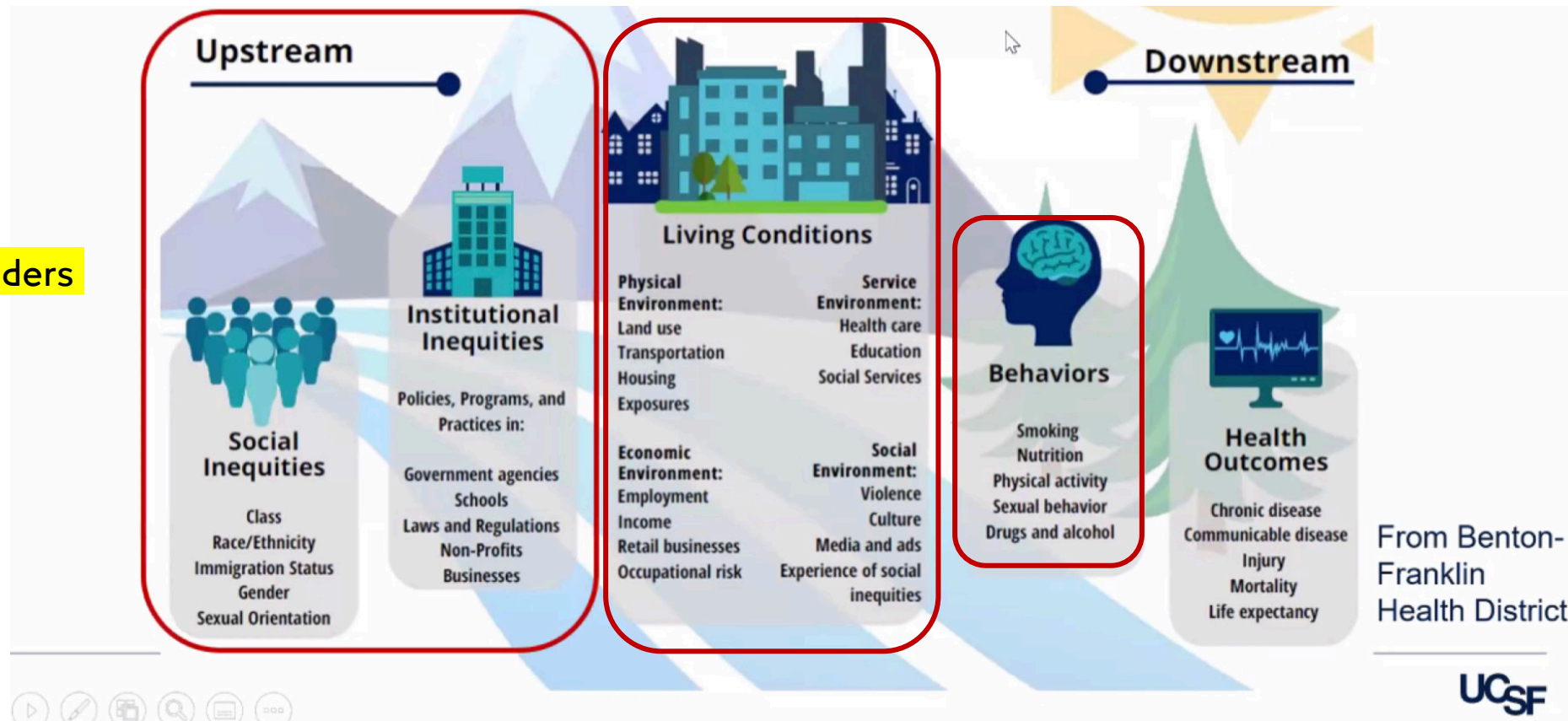


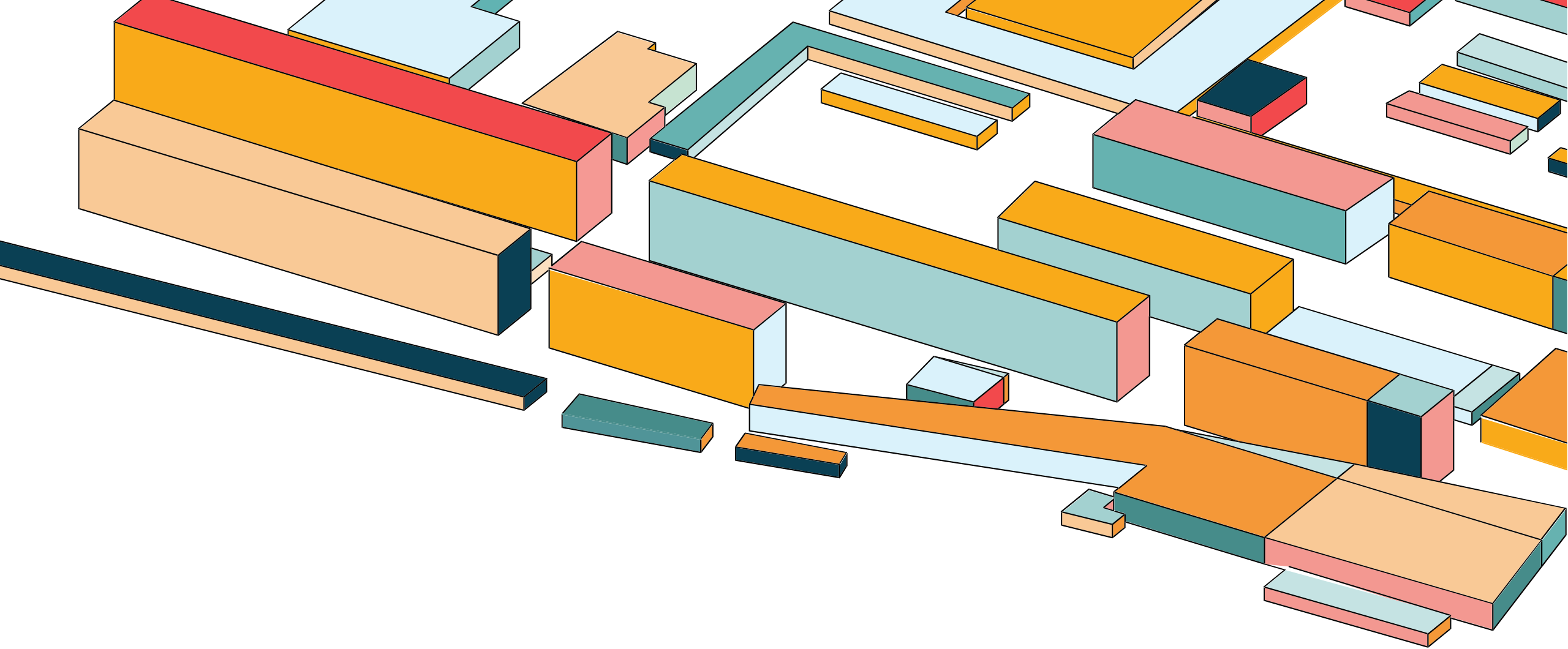
03/29/2023

Note: Adapted from Castrucci B. Auerbach J. Meeting Individual Social Needs Falls Short of Addressing Social Determinants of Health. Health Affairs Blog. January 16, 2019

# DETERMINANTS OF HEALTH OUTCOMES

ULI  
Health Leaders  
Influence





# **THE BUILT ENVIRONMENT AS A SOCIAL DETERMINANT OF HEALTH**

# THE BUILT ENVIRONMENT AND SDOH

## Physical Health

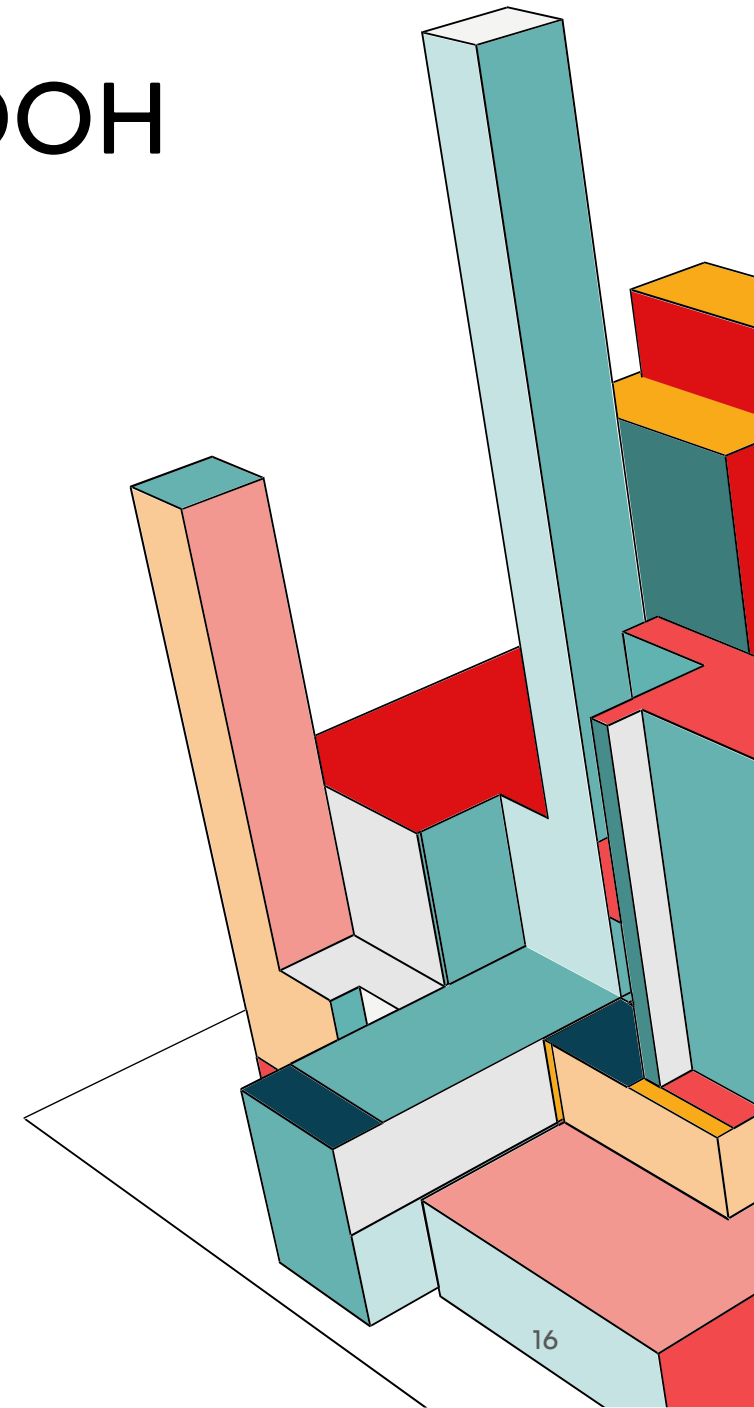
**Lack of access to green spaces and high-traffic areas** contribute to physical health outcomes affected by the built environment such as **obesity, cardiovascular disease, and respiratory illness.**

## Behavioral Health

**Noise pollution, lack of privacy, and social isolation** contribute to mental health outcomes affected by the built environment such as **stress, depression, and anxiety.**

## Health Disparities

Specific health **disparities related to the built environment disproportionately affect low-income communities, and communities of color**, including asthma rates in urban areas and **lack of access to healthy food options in low-income neighborhoods.**



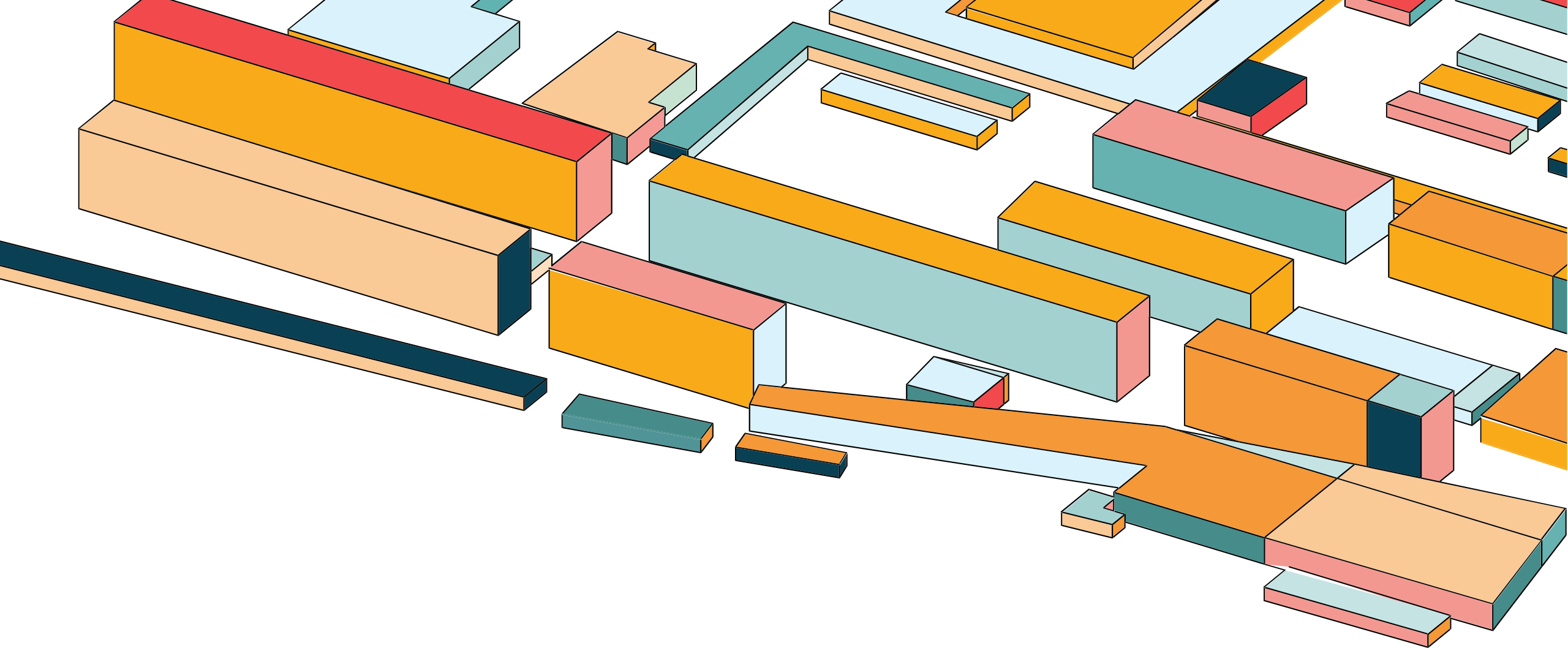


# EXAMPLES

[Greening Vacant Land Effects on Mental Health](#) - Among 342 participants, feeling depressed significantly decreased by 41.5% and self-reported poor mental health showed a **reduction of 62.8% for those living near greened vacant lots.**

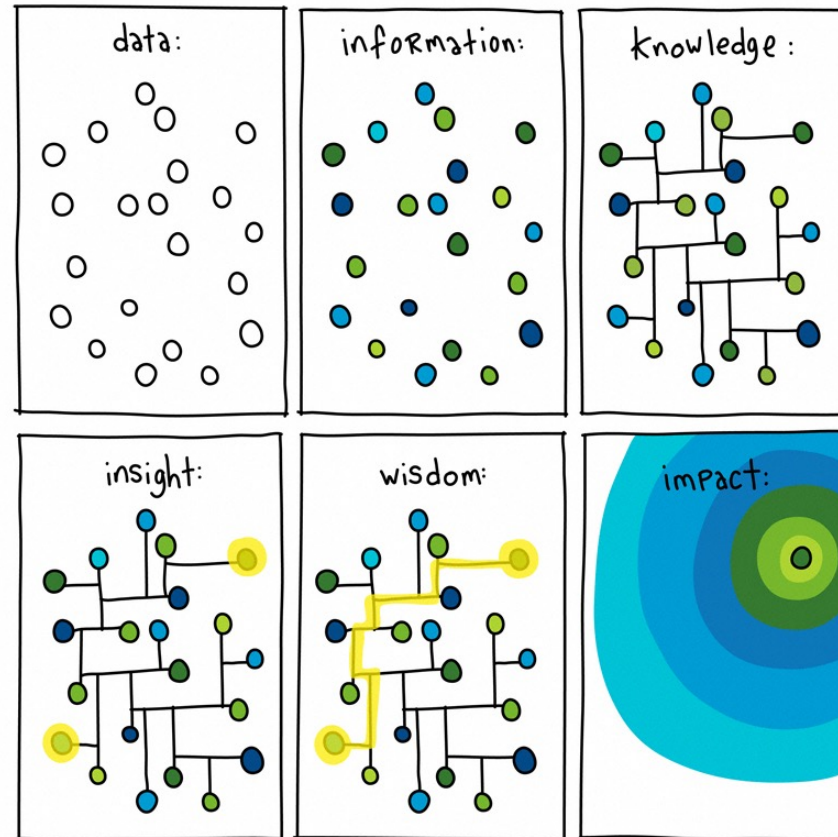
[Greening Vacant Lots Reduces Feelings of Depression](#) - People living within a quarter of a mile radius of greened lots had a **41.5% decrease in feelings of depression** and nearly **63% decrease in self-reported poor mental health.**

[How to Reduce Crime and Gun Violence and Stabilize Neighborhoods](#) – **29% reduction in gun violence in poor neighborhoods** could translate into **hundreds of fewer shootings every year** for cities affected by blighted spaces.



# **CROSS-SECTOR SDOH DATA SHARING**

# DATA INTEROPERABILITY LEADS TO DATA JUSTICE



gapingvoid  
Culture Design Group

@gapingvoid

# DATA SOURCES ON UNMET NEEDS

- US Census Bureau (national database on demographics)
- Community Needs Assessments (local/county health departments/ councils)
- Health Needs Assessments (local hospitals)
- CDC's Behavioral Risk Factor Surveillance System
- Social Determinant of Health Needs Assessments (local health and social service providers)

# INDIVIDUAL-LEVEL NEEDS ASSESSMENT FOOD INSECURITY



1. “Within the past 30 days, we worried whether our food would run out before we got money to buy more.”

Was that ...

- Often true
- Sometimes true
- Never true

... for you/your household?

2. “Within the past 30 days, food we bought just didn’t last and we didn’t have money to get more.”

Was that ...

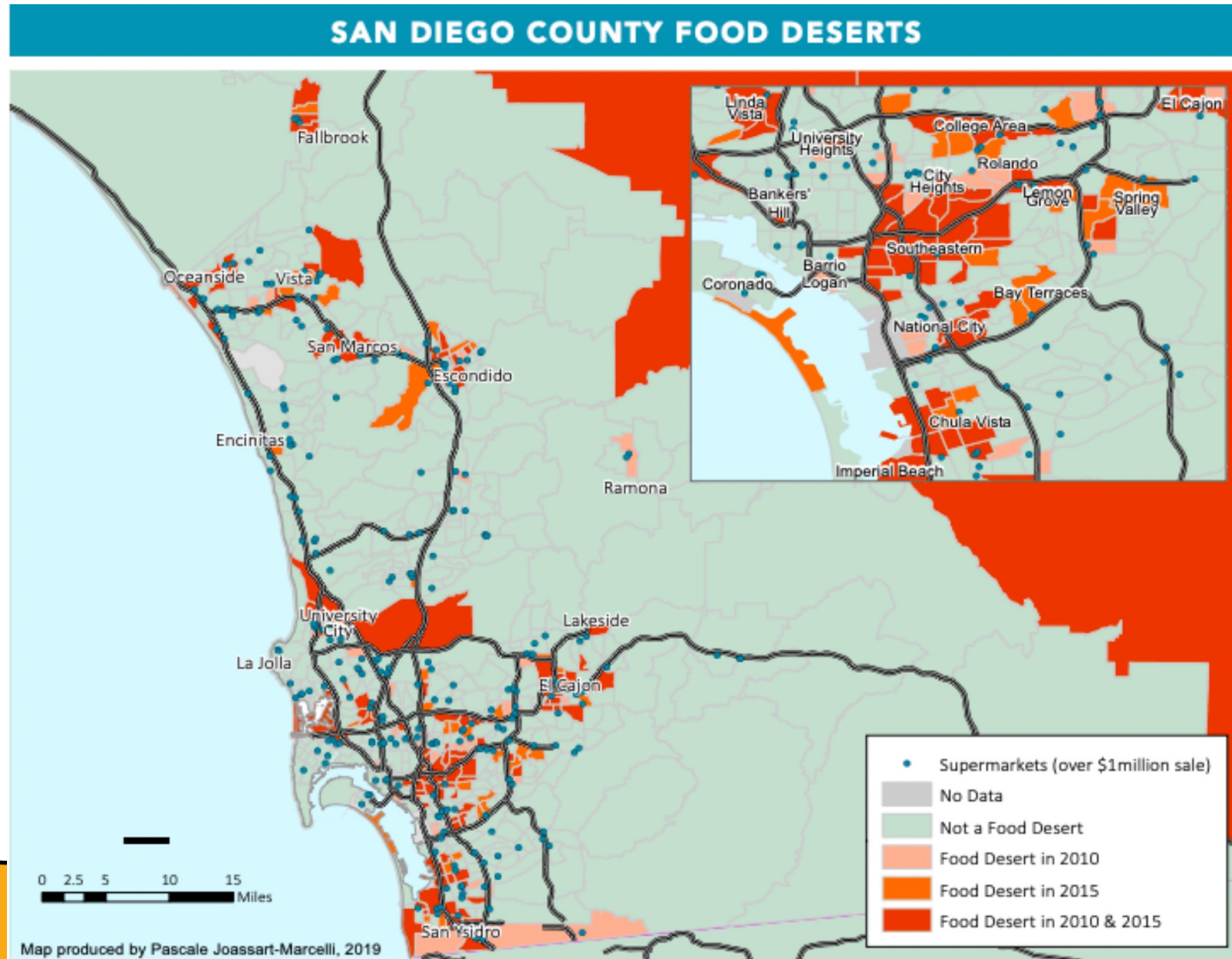
- Often true
- Sometimes true
- Never true

... for you/your household?

**Calculation:** A response of “sometimes true” or “often true” to either question should trigger a referral for food resources.

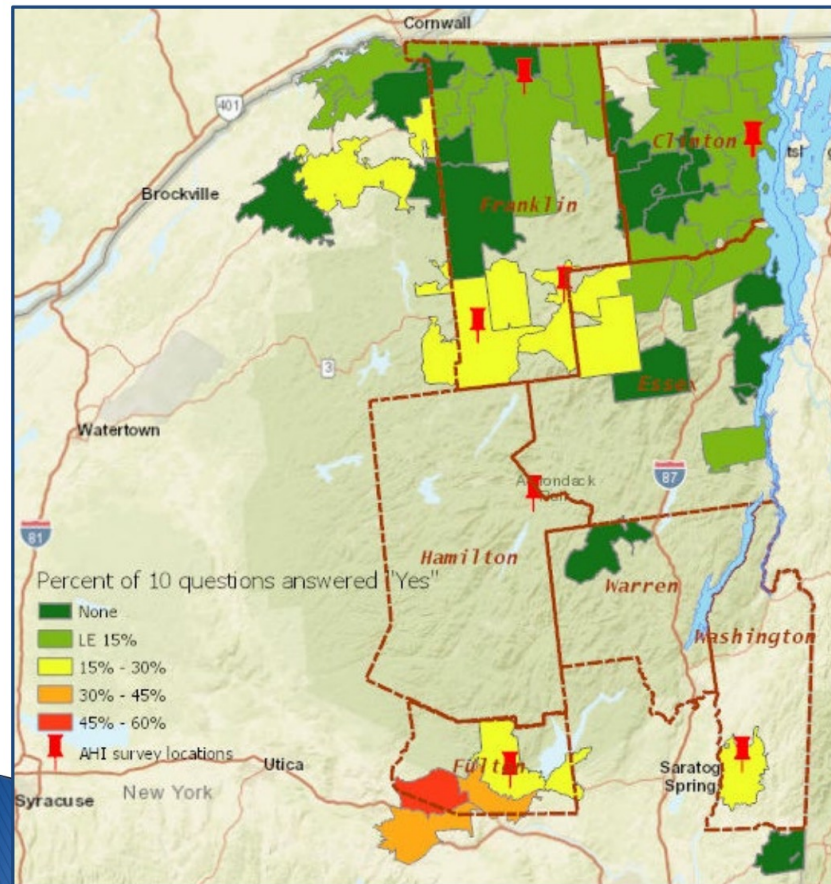
**Frequency:** Screening for food insecurity generally takes one minute or less. It should not be done more frequently than once every 30 days.

# FOOD SECURITY ACCESS MAP



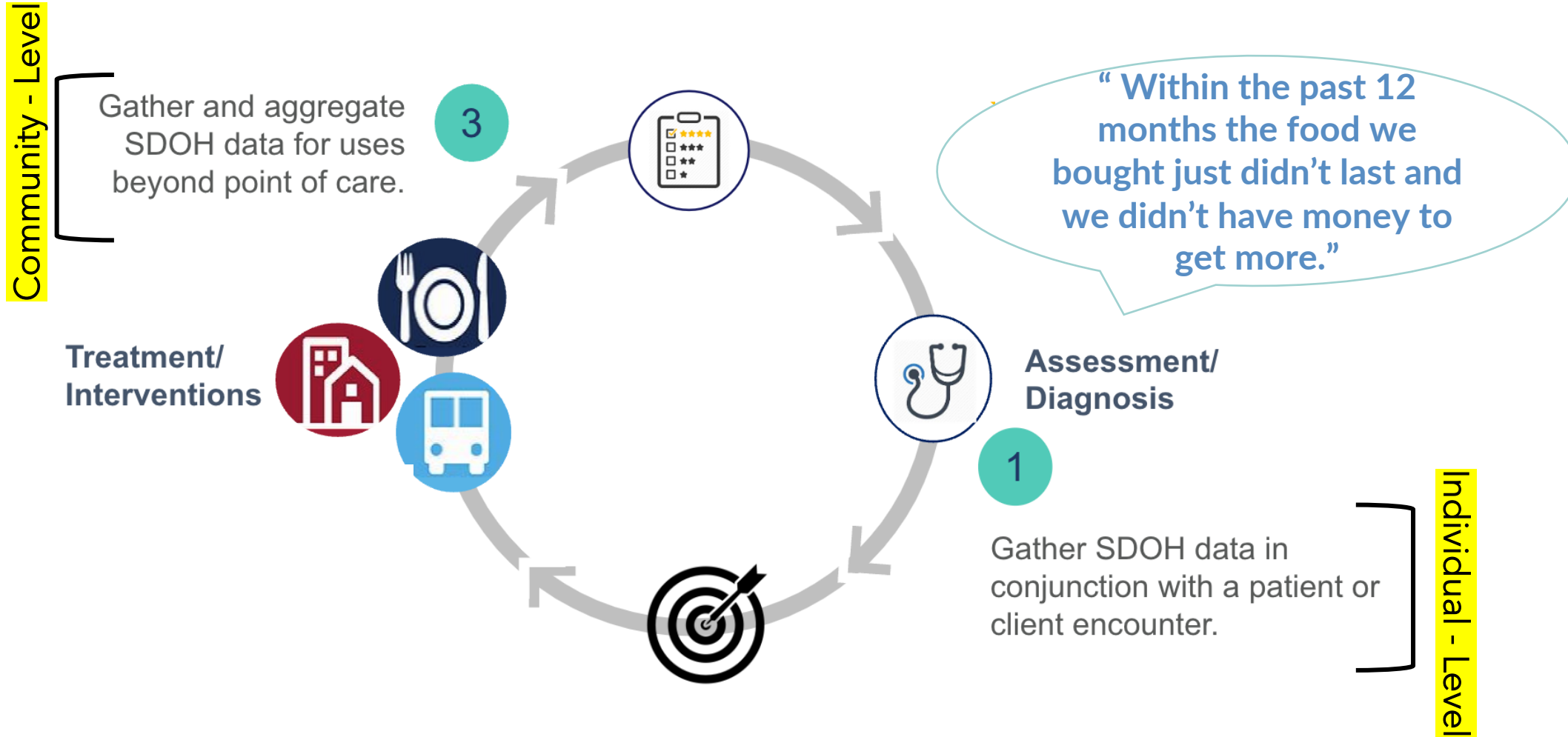
# COMMUNITY-LEVEL NEEDS MAP

## AHI Social Determinants of Health survey: Very early results

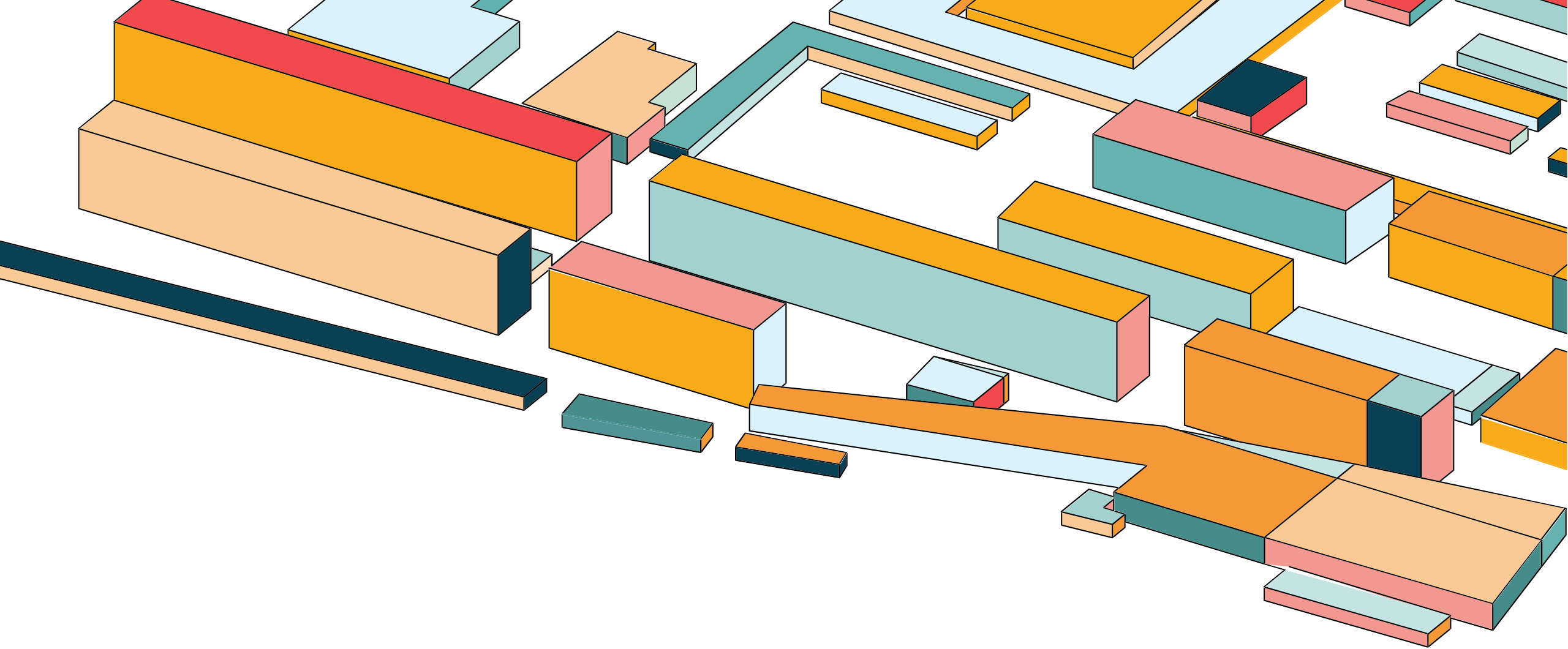


- ▶ % respondents indicating need
- ▶ Red = higher need
- ▶ Green = lower need

# SDOH NEEDS ASSESSMENT







# **CROSS-SECTOR INTERVENTION & INVESTMENT**

# BUILT ENVIRONMENT INTERVENTIONS

- **Creating access** to healthy food options, safe and accessible transportation, and recreational spaces in disadvantaged communities.
- **Developing policies** such as urban agriculture and community gardens, building sidewalks and bike lanes, and promoting mixed-income housing developments.
- **Reducing exposure** to pollutants and environmental hazards, such as by cleaning up contaminated sites and improving air quality, can also contribute to health equity.



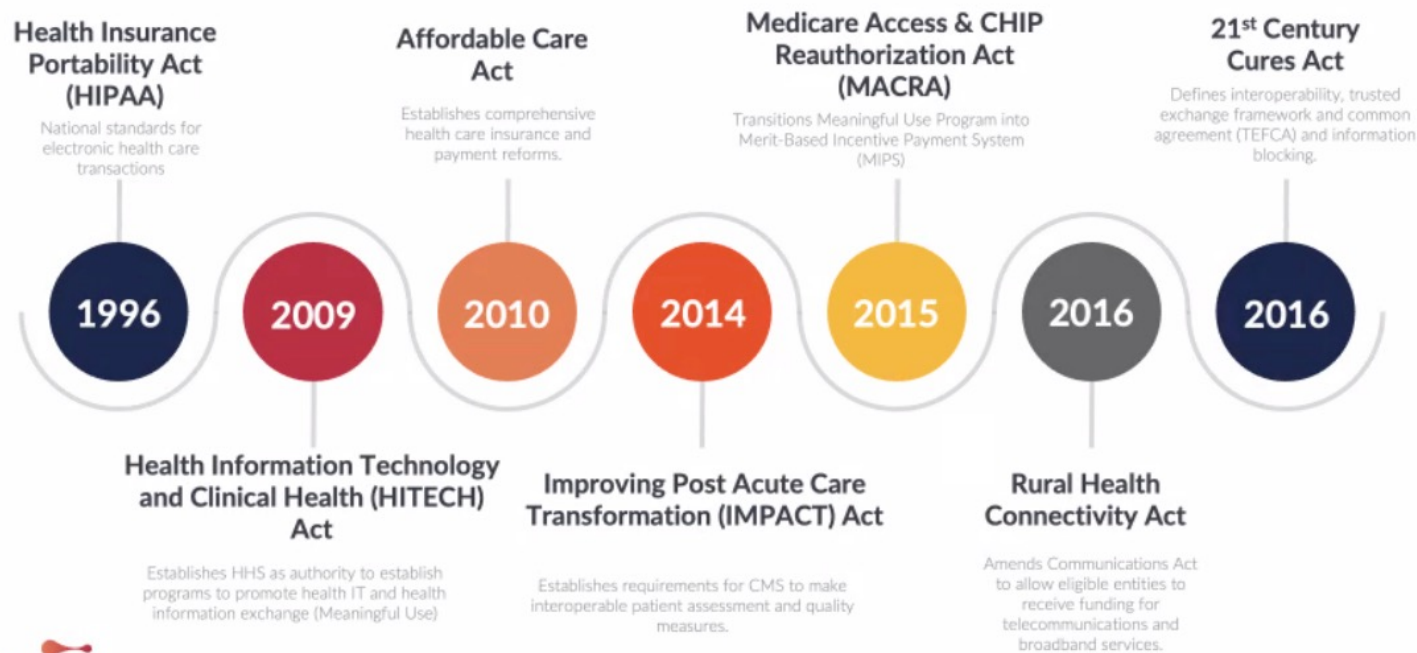
13 months of 3 MTM a day



# SDOH INTEGRATION INTO FEDERAL POLICY

As of 2023, the largest payer of healthcare in the U.S., the Center for Medicare and Medicaid Services, requires standardized questions on **housing stability, food security, and access to transportation** as part of health risk assessments for Medicare Advantage beneficiaries.

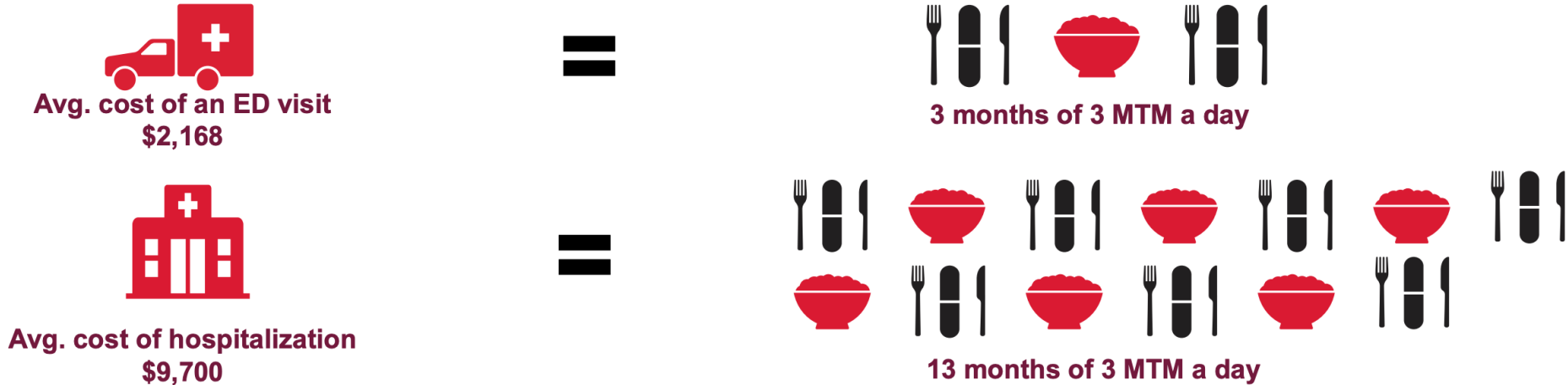
## Health IT Legislation Timeline



# EXAMPLE: FOOD INSECURITY INTERVENTION PUBLIC-PRIVATE INVESTMENT

Medically tailored meals are a low-cost, high-impact intervention.

### Cost of standard healthcare vs medically tailored meals:



# EXAMPLE: HOUSING INTERVENTION PRIVATE INVESTMENT

**Forbes**

**Humana And UnitedHealth  
Want To Invest More Deeply In  
Housing**

- Two of the largest payers of healthcare invest billions in stable, affordable housing, and other social services.
- Being creative with benefits is a win-win for the payer and the beneficiary.
- Acknowledgment that:
  1. Investing in real-estate development is an investment in health and well-being.
  2. Investing in all SDOH needs is critical to health outcomes.
  3. Better health outcomes for the population means lower costs for the company.

# EXAMPLE: HOMELESSNESS INTERVENTION PUBLIC INVESTMENT

HUD No. 23-062  
HUD Public Affairs  
(202) 708-0685

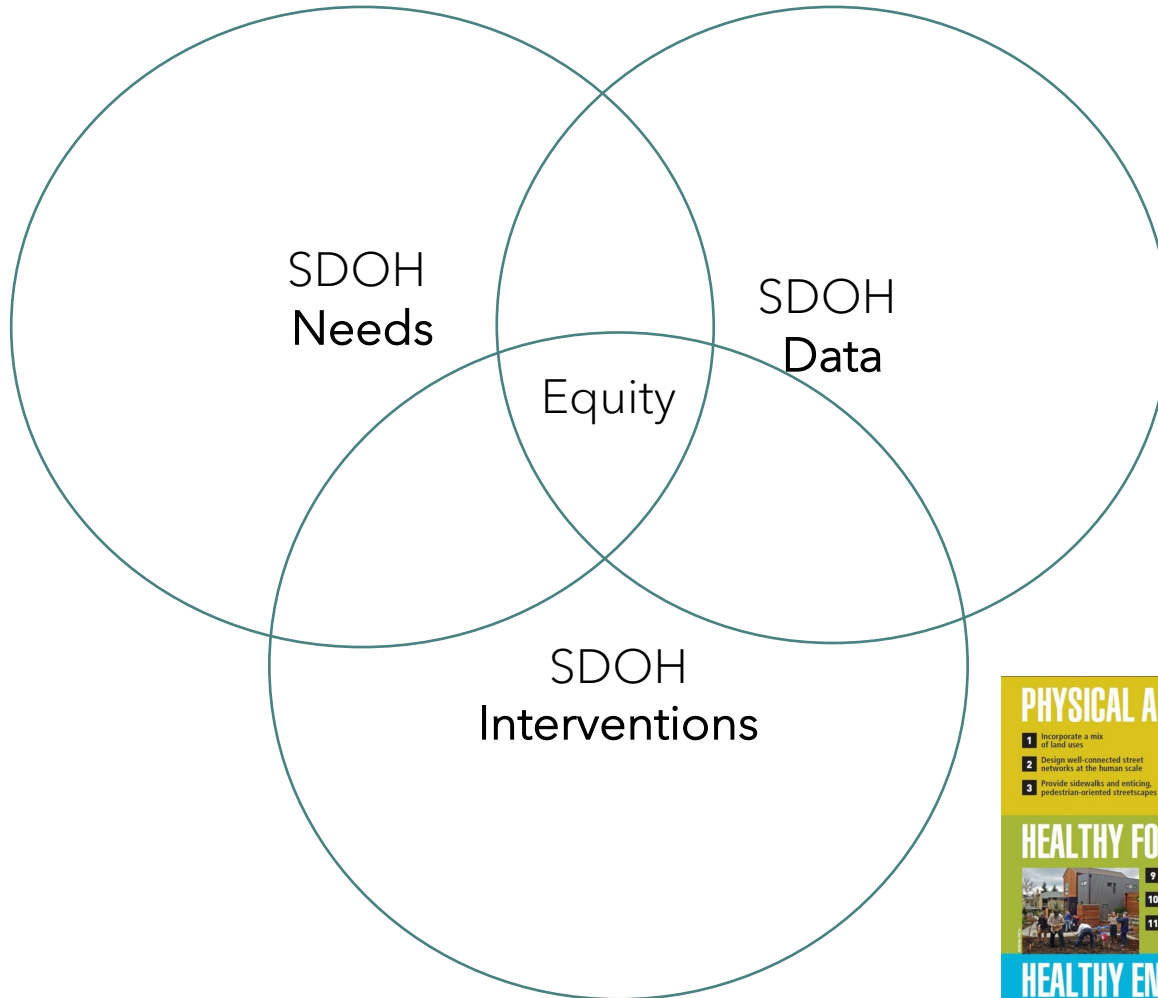


**FOR RELEASE**  
Tuesday  
March 28, 2023

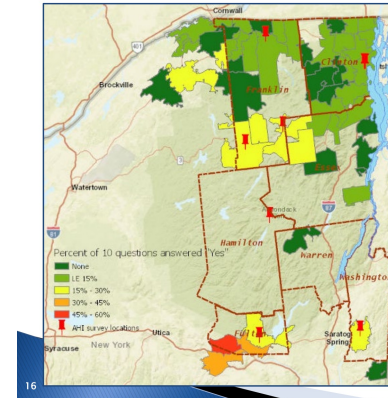
## **HUD ANNOUNCES \$2.8 BILLION IN ANNUAL FUNDING TO HELP PEOPLE EXPERIENCING HOMELESSNESS**

### U.S. Department of Housing and Urban Development

- The Biden-Harris Administration plan sets a goal of reducing homelessness by 25% by 2025 and ultimately ending it.
- \$2.8 billion in Continuum of Care (CoC) Competition Awards for thousands of local homeless service and housing programs across the United States.
- To help individuals and families experiencing homelessness move into permanent housing.



### AHI Social Determinants of Health survey: Very early results



- ▶ % respondents indicating need
- ▶ Red = higher need
- ▶ Green = lower need



#### PHYSICAL ACTIVITY

- Incorporate a mix of land uses
- Design well-connected street networks at the human scale
- Provide sidewalks and enticing, pedestrian-oriented streetscapes
- Provide infrastructure to support biking
- Design visible, enticing stairs to encourage everyday use
- Install stair prompts and signage
- Provide high-quality spaces for multigenerational play and recreation
- Build play spaces for children

#### HEALTHY FOOD AND DRINKING WATER

- Accommodate a grocery store
- Host a farmers market
- Promote healthy food retail
- Support on-site gardening and farming
- Enhance access to drinking water

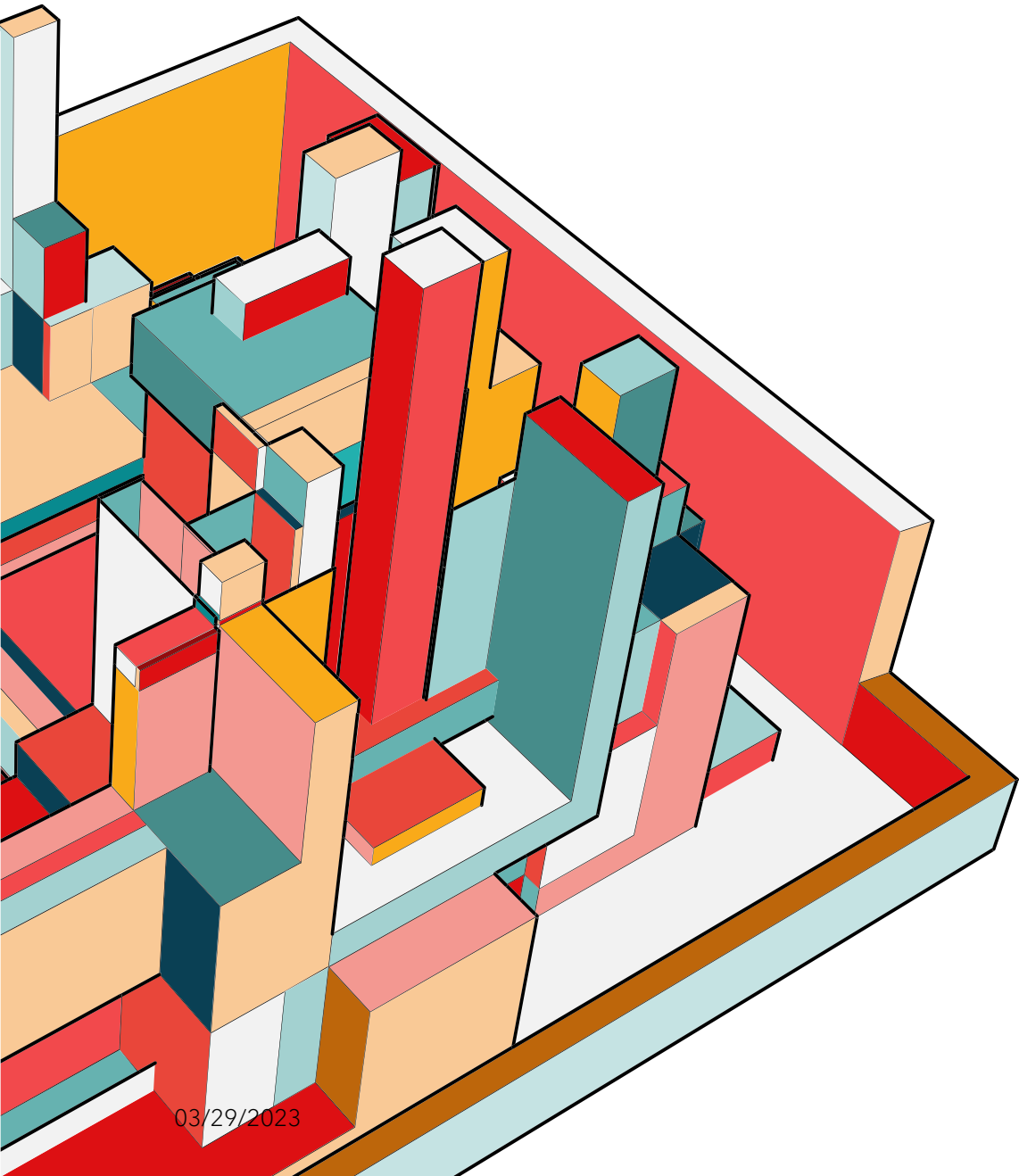
#### HEALTHY ENVIRONMENT AND SOCIAL WELL-BEING

- Ban smoking
- Use materials and products that support healthy indoor air quality
- Facilitate proper ventilation and airflow
- Maximize indoor lighting quality
- Minimize noise pollution
- Increase access to nature
- Facilitate social engagement
- Adopt pet-friendly policies



# ROADMAP

- Policy and Program Levers
- Data on Unmet Needs
- Public-private Funding
- Public-private Partnership
- SDOH Interventions to Address Health Equity



# DISCUSSION

For those of you from other countries, what are examples of policy in place to incentivize cross-sector interventions that address Social Determinants of Health needs?

Have you been involved in a project that addressed some of these factors that impact up to 80% of health outcomes?

# RECOMMENDED READING/LISTENING

## Reading:

- Article: [Greening Vacant Lots Reduces Feelings of Depression in City Dwellers, Penn Study Finds](#)
- Article: [Effect of Greening Vacant Land on Mental Health of Community-Dwelling Adults](#)
- Article: [Public Open space, Green exercise and well-being in Chittagong, Bangladesh](#)

## Listening:

- Podcast: [The Earth Disease: At the Intersection of Climate Change and Health Policy](#)
- YouTube: [Eugenia South, MD, MSHP: The Benefits of Nature](#)
- Audio Article: [Humana And UnitedHealth Want To Invest More Deeply In Housing](#)

# THANK YOU

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