

Primary Care Providers: Addressing Social Determinants of Health

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Training Overview

- Exercise: Making the Connection
- Get Healthy SMC Overview
- Social Determinants of Health
- Health Inequities in SMC
- 4 Key Priorities & Action Steps
- Policy as an Important Strategy
- Your Role as a Provider
- Advocacy Exercise
- Next Steps & Closing

Tree Exercise (10 mins)

- What are some of the issues that come up for your patients/clients that you're unable to do much about but contribute to the health outcomes you're treating?



The Health System touches people in many ways

Place and policy

- Environments facilitate health and opportunities (complete streets/housing)

Education

- Individual behavioral change (cooking demos, flyers, exercise classes)

Prevention Services

- Healthcare and other services (screenings, preventative care, early detection)

Treatment and Ongoing Support

- Healthcare, support and social services, medical transport

Social Determinants of Health

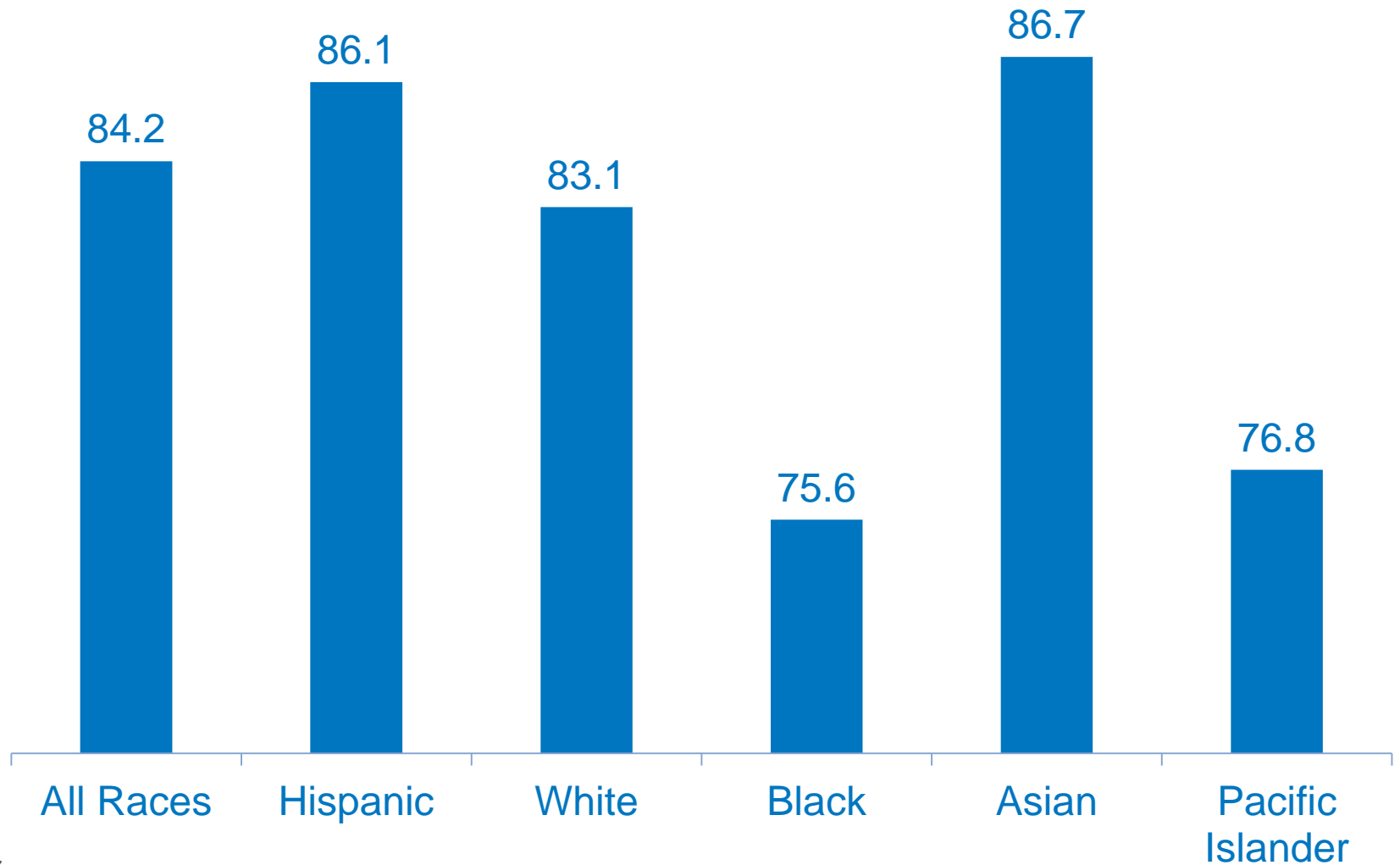
Conditions in the environments in which people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks.

- Healthy People 2020



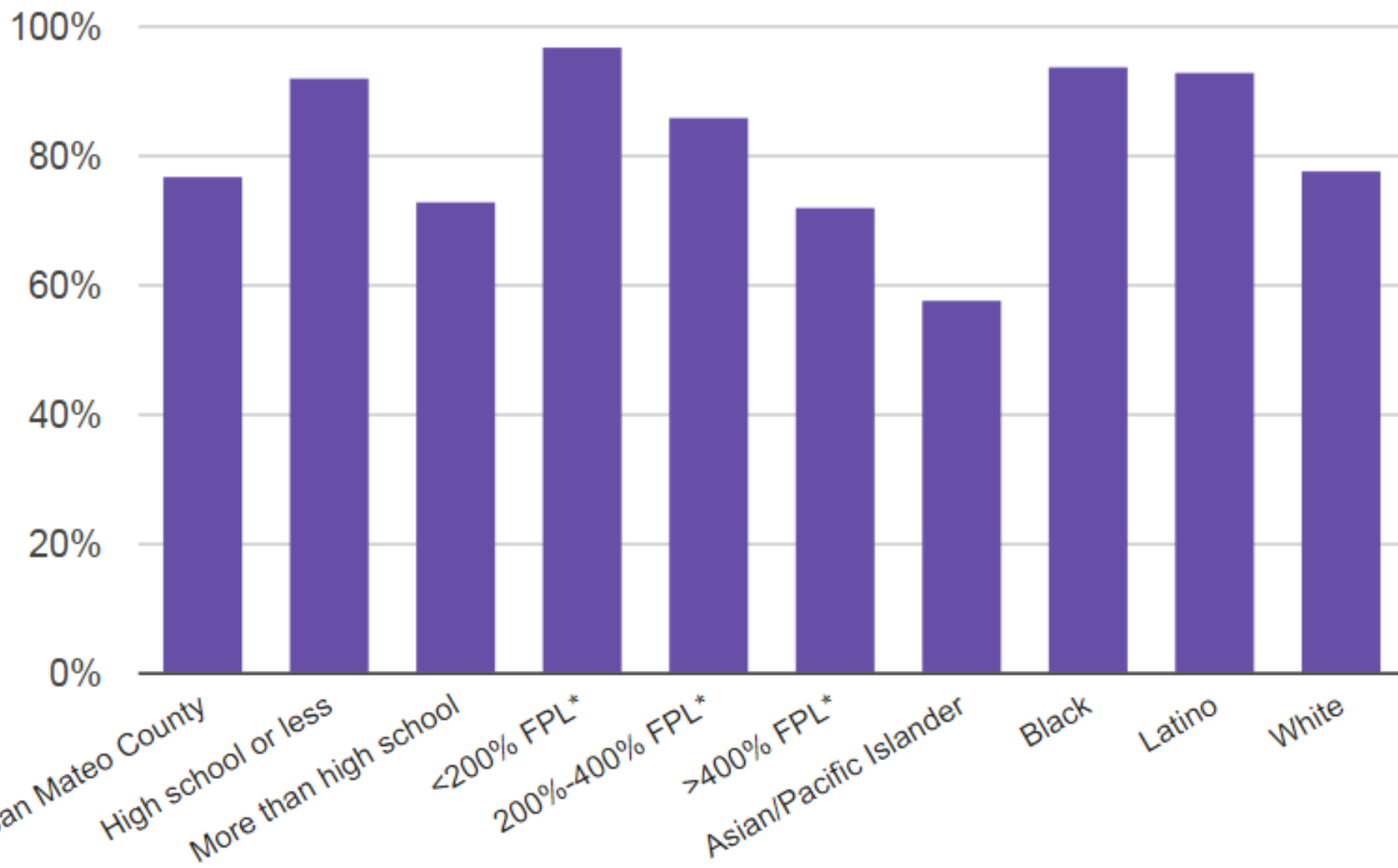
Health Inequities in San Mateo County

Life Expectancy by Race in SMC (2013)



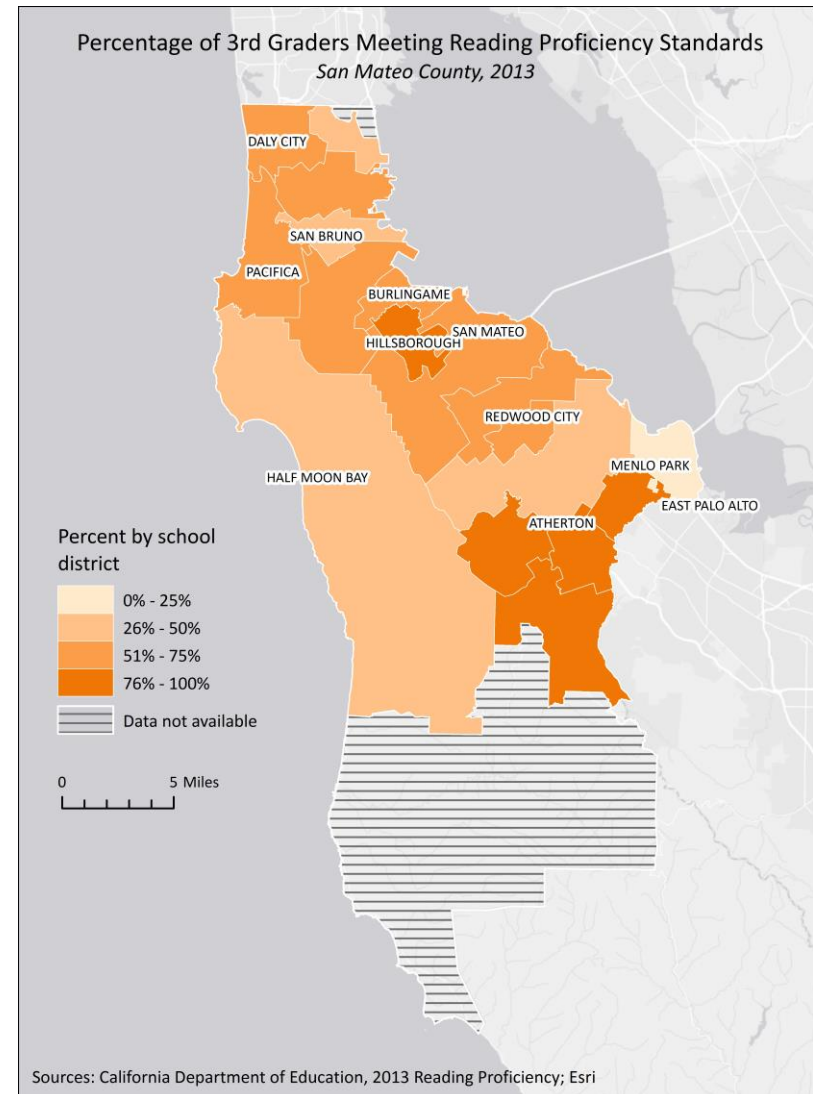
	Low-birth Weight	Infant Mortality (1990-2008)
White	5.9	5
Latino	6.2	5.2
Asian	7.8	3.4
Black	11.5	11.2
All Races	6.8	4.9

Percentage of Adults who are Overweight or Obese in San Mateo County, 2013



Place Matters

- Average age of death in East Palo Alto (\$54K) is 19 years younger than Atherton (\$240K)
- 22% of 3rd graders in the Ravenswood City School District in East Palo Alto are reading at grade level, compared to 89% of 3rd graders in Hillsborough City Elementary School District.



Key Priorities

- **Stable and affordable housing** protects health and provides the ability to engage in healthy opportunities
- **Complete neighborhoods** make it easy for residents to be healthy everyday in their communities
- **High-quality education** in healthy places creates pathways to better health
- **A strong local economy** builds household financial security for all and promotes everyone's health

Why is policy important?

- Can change environments
- Can make healthy choices easier to make for individuals and families
- Can have long-term impact
- Removes focus from the individual
- Educates community members, the public, and policymakers
- Is a pathway to demand accountability and change
- Empower people
- Examples: Tobacco, seat belts, menu labeling, soda tax

Brief Discussion (5 mins)

- What impact could engaging in policy efforts have on:
 - You?
 - Your clients?
 - Your community or your city?

Provider Role: You're important

- Respected expert
- Direct connection to clients
- Unlikely player
- Unquestioned intentions

Provider Role: Types of Engagement

- Get the word out: Present/share issue with your network
- Media/Communications work
- Public testimony
- Written comments
- Sign-ons
- Connect with advocacy work

Exercise (15 mins)

- Write down a 90 second story you would share to connect your experience with a policy outcome (5 mins)
- Practice with a neighbor (5 mins)
- Reflections (5 mins)

Questions?

Next Steps

- Interested in being more engaged?
- Interested in more training?
- Interested in being called on?

Thank you!

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