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)

- All Races: 84.2
- Hispanic: 86.1
- White: 83.1
- Black: 75.6
- Asian: 86.7
- Pacific Islander: 76.8
<table>
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<th>Race</th>
<th>Low-birth Weight</th>
<th>Infant Mortality (1990-2008)</th>
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<td>5</td>
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<tr>
<td>All Races</td>
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Percentage of Adults who are Overweight or Obese in San Mateo County, 2013

- San Mateo County
- High school or less
- More than high school
- <200% FPL*
- 200%-400% FPL*
- >400% FPL*
- Asian/Pacific Islander
- Black
- Latino
- White
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.
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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