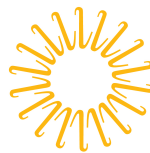




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Lifespan

Delivering health with care.®



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Social Determinants of Health

The conditions in which people are born, grow, live, work and age, and the fundamental drivers of these conditions.

- *World Health Organization*

This diagram is a model of all factors correlated with health outcomes for an individual

This diagram is a model of all factors correlated with health outcomes for an individual



SOCIAL DETERMINANTS

FACTORS THAT INFLUENCE YOUR HEALTH

The conditions in which you live, learn, work and age affect your health. Social determinants such as these can influence your lifelong health and well-being.

HOUSING



HEALTHY FOOD

6.5 million children live in low-income neighborhoods that are more than a mile from a supermarket.



LITERACY



INCARCERATION

The incarceration rate in the U.S. grew by more than 220% between 1980 and 2014, though crime rates have fallen.



ENVIRONMENT



ACCESS TO CARE



POVERTY



GRADUATION



HEALTH COVERAGE



More than 89% of U.S. adults had health coverage in 2014. But 33 million Americans still lacked insurance.



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www.thenationshealth.org/sdoh

SOCIAL DETERMINANTS

FACTORS THAT INFLUENCE YOUR HEALTH

EDUCATION

Education and health are linked. People with better education are healthier. And with more education comes longer lives. Education is connected to:

OPPORTUNITY



BEHAVIOR

Education is linked to healthy behaviors.

21.7% of adults with high school diplomas smoke, vs. 5.4% of adults who also have graduate degrees.



LIFE EXPECTANCY



INCOME

More education means higher incomes.

Every additional year of schooling leads to an 11% increase in income.



LITERACY



EMPLOYMENT



Education means more employment.

People ages 25 and over who lack high school degrees have an 8% unemployment rate, vs. a 2.8% rate among people with bachelor's degrees.

GRADUATION



Education means a longer life.

People who graduate from college live at least 5 years longer than people who don't finish high school.



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SOCIAL DETERMINANTS

FACTORS THAT INFLUENCE YOUR HEALTH

INCOME

Your income can determine how healthy you are. How much you earn can influence both your well-being and how long you are expected to live. Income is linked to:

SAVINGS



INEQUALITIES

The richest 1% of Americans can expect to live as many as 14 years longer than the poorest 1% of Americans



CHILD HEALTH



MORTALITY

500+ infant deaths & 2.8K low-weight births could have been prevented if all states had raised their minimum wage by \$1 in 2014



HOUSING



DISPARITIES



Wage gaps persist by gender, race & ethnicity.

Men's wages per hour in 2015:

- Hispanics: \$14
- Blacks: \$15
- Whites: \$21
- Asians: \$24

Women's wages lag behind men's across the board.

OPPORTUNITY



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BEING SERIOUSLY ILL IN AMERICA TODAY

October 2018



The New York Times



HARVARD
T.H. CHAN
SCHOOL OF PUBLIC HEALTH

Adequacy of Health Insurance Coverage

Table 1. Problems seriously ill adults have in paying medical bills (in percent)

Had a serious problem paying...	
Hospital bills	34
For prescription drugs	29
Dental care bills	27
Emergency room bills	26
Bills for doctor's office visits	23
For ambulance services	20
For home care services	15
For medical equipment for use at home	15

Source: The Commonwealth Fund/The New York Times/Harvard T.H. Chan School of Public Health, Being Seriously Ill in America Today, July 6 – August 21, 2018. N= 749 seriously ill adults.

Financial, Employment, and Psychological Consequences

Table 6. Problems experienced by seriously ill adults as a result of the financial cost of dealing with their medical or health condition (in percent)

Each of the following happened	Total seriously ill	Age 18-64	Age 65+
(You/He/She/They) used up all or most of (your/his/her) savings	37	42	30
(You were/He/She was/They were) contacted by a collection agency	31	40	17
(You were/He/She was/They were) unable to pay for basic necessities like food, heat, or housing	23	29	13
(You/He/She/They) borrowed money or got a loan or another mortgage on (your/his/her/their) home	13	15	8
(You/He/She/They) couldn't buy health insurance because of having that medical or health condition	11	14	7
(You/He/She/They) declared bankruptcy	4	4	4

Source: The Commonwealth Fund/The New York Times/Harvard T.H. Chan School of Public Health, Being Seriously Ill in America Today, July 6 – August 21, 2018. N= 746 seriously ill adults.

Role of Family & Friends



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Table 10. Problems experienced by friends or family members who help seriously ill adults at home with their medical or health condition (in percent)

Friends or family members had each of the following problems providing care	
It was a problem for the family member/friend to provide care	36
It was emotionally stressful on them	31
It was a physical strain on them	25
It caused them financial problems	23
It caused him or her emotional or psychological problems	22
It caused him or her to have a lower income	21
It caused conflicts among family members	18
It was affecting their health	16
It caused him or her to lose or change a job or have to work fewer hours	15
It was not a problem for the family member/friend	62
Don't know/Refused	2

Source: The Commonwealth Fund/The New York Times/Harvard T.H. Chan School of Public Health, Being Seriously Ill in America Today, July 6 – August 21, 2018. N= 639 seriously ill adults whose family or friends help them at home with their medical or health condition.

Coping Strategies by Patients & Families



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Table 11. Advice and help used by seriously ill adults to deal with the health care system (in percent)

Sought advice or help from a family member or friend who is a doctor, nurse, or other health professional	34
<i>Among those who sought advice/help, what that person did</i>	
Tried to identify the doctors most qualified to deal with medical or health condition	56
Talk to your doctors or nurses	50
Take notes and keep records about what doctors were telling you about your care	44
Directly tried to arrange health care services needed outside of a hospital	37
Sought advice or help from a former patient who had a similar medical or health condition	23

Source: The Commonwealth Fund/The New York Times/Harvard T.H. Chan School of Public Health, Being Seriously Ill in America Today, July 6 – August 21, 2018. N= 614 seriously ill adults.



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Factors we can influence include...

- Increase Protective Factors, Diminish Risk Factors
- Appreciation of Allostatic Load (wear & tear) and Epigenetics
- Introduce routine procedures to assess and respond to social needs through referrals and/or on-site social and legal services
- Public health approaches to influence living and working conditions
- Advocacy for financial and social policies that will protect and promote health



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Thank you.