

Introduction To Social Determinants of Health

What do we mean when we say social determinants of health?

- Social determinants are social factors within our environment that play a large role in determining our health. Social factors are those that are
- Social factors include:
 - Race/Racism
 - Access to resources such as health care
 - Social Class/Income
 - Education

Health Disparities

- What are Health Disparities?
- Health disparities are differences in health between two or more groups of people.
- Those groups can be determined by many different demographics, such as:
 - Income
 - Gender
 - Geographic location
 - Race, Ethnicity
 - Age

What Leads to Health Disparities?

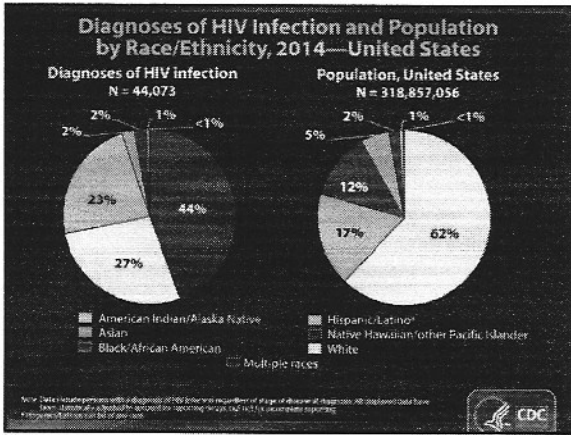
- Health disparities are often confused with social determinants.
- It is important to keep in mind that social determinants are the environmental risk factors that often lead to health disparities or differences in health.
- These health disparities are often the cause of years of social injustice, mistreatment or lack of education.

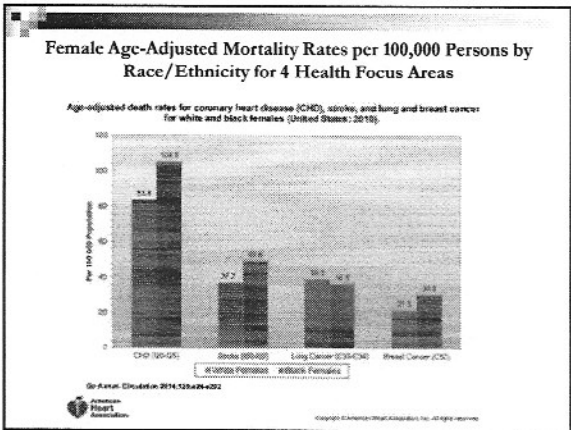
Statistics

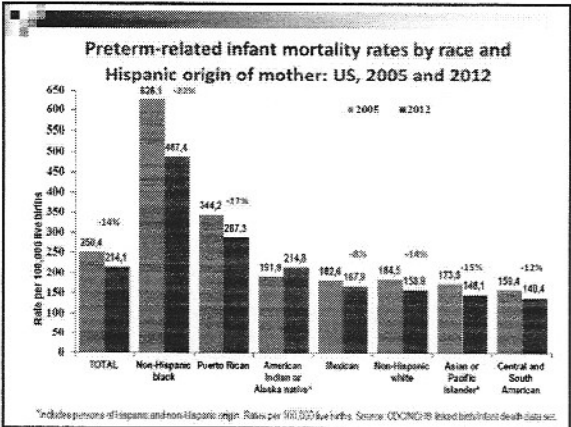
- What are statistics?
 - It is important to remember that statistics identify risk factors within communities; this does not mean that someone is determined to get a particular disease, but they may be at risk.
- What do they mean?

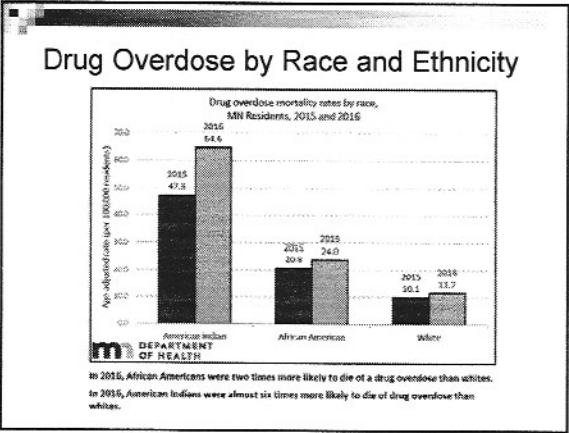
Health Disparities

- There are large disparities in health outcomes between White Americans and minorities in many different areas including:
 - Infant mortality and low birth weight (LBW)
 - Diabetes
 - Cardiovascular disease (heart, blood pressure)
 - Cancers such as prostate and breast cancer
 - HIV and other sexually transmitted diseases

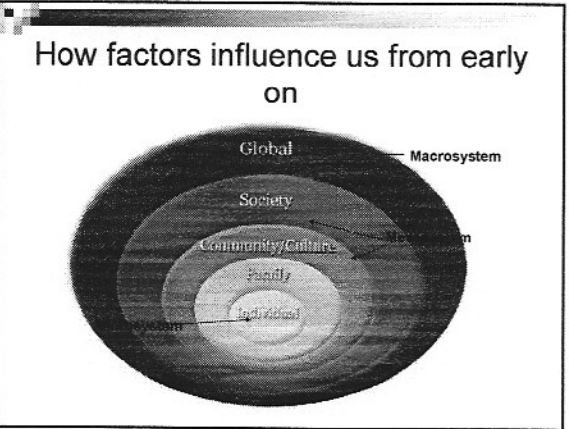








- ### Why do these disparities exist
- Racism/Unfair treatment for example, job placement.
 - Stress/lack of social support
 - Living conditions/working conditions
 - Income
 - Unequal opportunities
 - Lack of resources
 - Health insurance
 - Education
- How do these factors influence health?



Lets take a closer look.

- Activity: First figure out what social factors are having an effect on each individuals health health, then place them on the diagram.

Your Role as A CHW

- Reduce the burdens on individuals by connecting them to resources
