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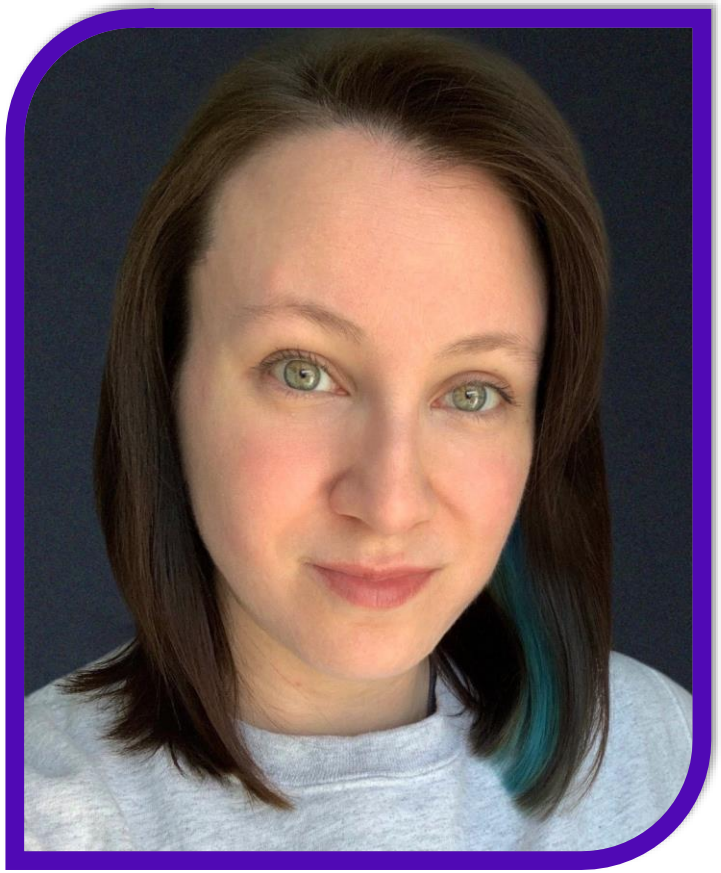
Social Determinants of Health

Implications for Physical and Behavioral Health Care

Today's Facilitator

Meagan Gallagher, MS

- Master of Mental Health Counseling (2016)
- Clinical Training Specialist, Carelon Behavioral Health since 2019
- Previous clinical experience with children, adolescents and adults in behavioral health and substance use settings



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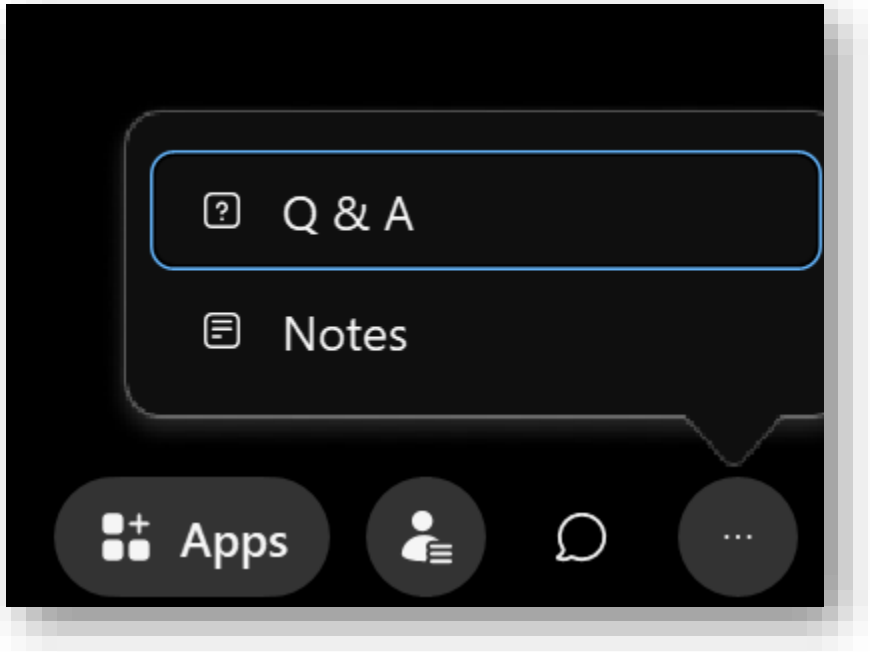
Training Logistics

- Training length: 1 hour
- Participants microphones are muted
- **There will be a Q&A period at the end of the presentation** – please utilize WebEx Q&A feature to submit questions throughout session
- No CE credit or certification
- Copy of slide deck and recording of webinar will be emailed to all participants within 24-hours



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Learning Objectives

1. Explore the five pillars of social determinants / drivers of health (SDoH)
2. Recognize and understand how SDoH impact health inequities and inequalities
3. Describe impact of SDoH on physical and mental health outcomes
4. Identify strategies to assess and address SDoH that may be affecting patient populations

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Agenda

01	Health Equity and Equality
02	Recognizing and Understanding Social Determinants of Health
03	Implicit Bias, Discrimination, and Related Disparities
04	Assessing SDoH in Clinical Populations
05	Addressing SDoH and Disparities in Healthcare
06	Conclusion

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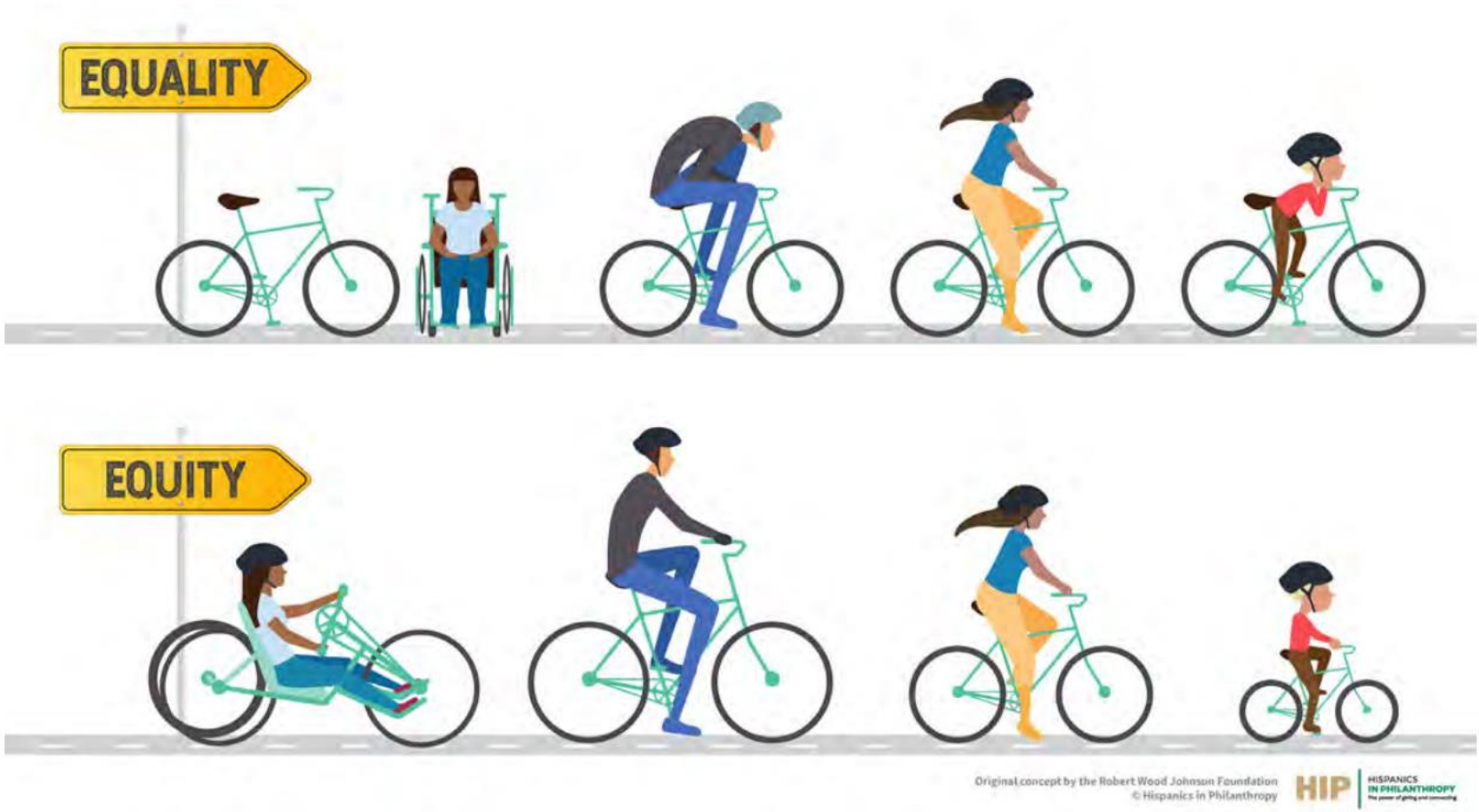
Chapter 1
Health Equity and Equality

Health Equality vs Equity



Health Equality= Everyone receives the same standard of care

Health Equity= Everyone receives individualized care to bring them to the same level of health

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Disparities in Healthcare

Preventable differences in the burden of…

- Disease
- Injury
- Violence
- Opportunities to achieve optimal health

Experienced by disadvantaged populations

- Poverty
- Lack of resources
- Access to care
- These are all “social determinants of health”

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Social Determinants of Health (SDoH)

"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"

(W.H.O., 2020)

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Chapter 2

Recognizing and Understanding Social Determinants of Health

What Goes Into Your Health?

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

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Health Outcomes and the Importance of Screening and Referral for Social Needs in Primary Care

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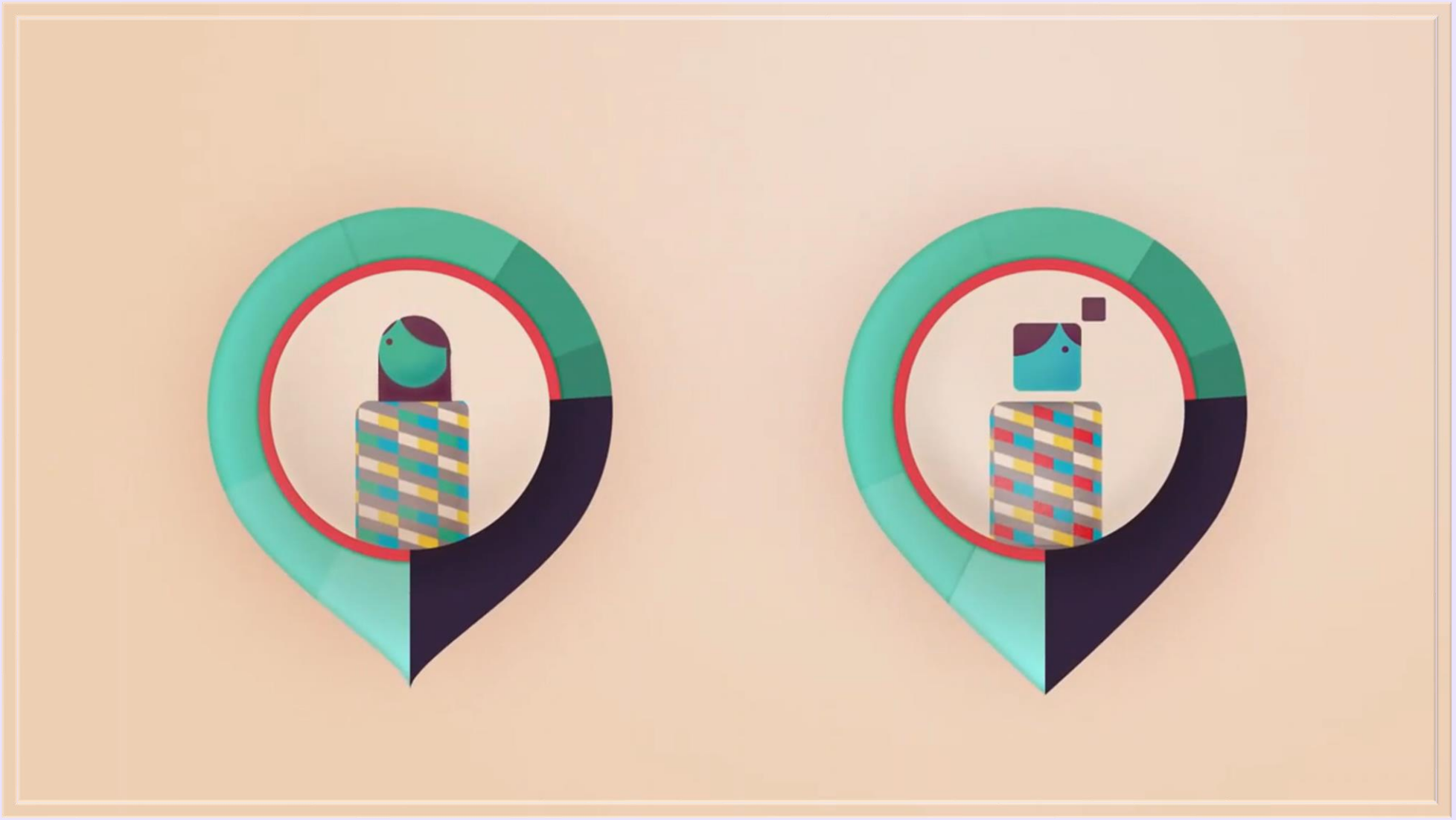
Infographic sourced from Goinvo.com, accessed on 8.8.2023

Click Here to view this video via YouTube

Video: A Tale of Two Zip Codes



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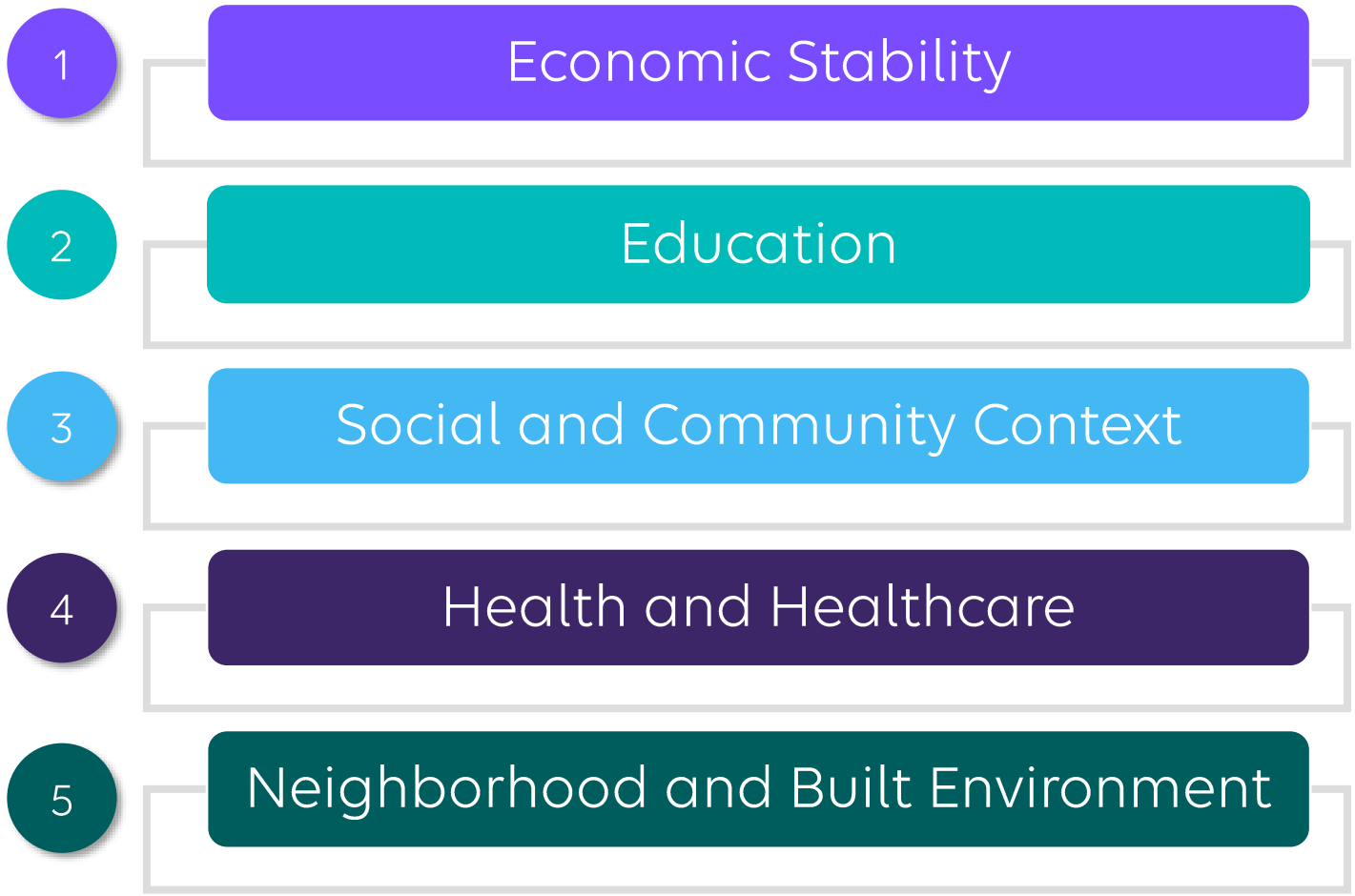
The 5 Pillars of SDoH



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1 Economic Stability

- Income and Employment
- Income levels correlate with
  - chronic illnesses
  - risky behaviors
  - health outcomes
- Economic status affects food security and housing stability
- Income levels relate to job status; access to health insurance

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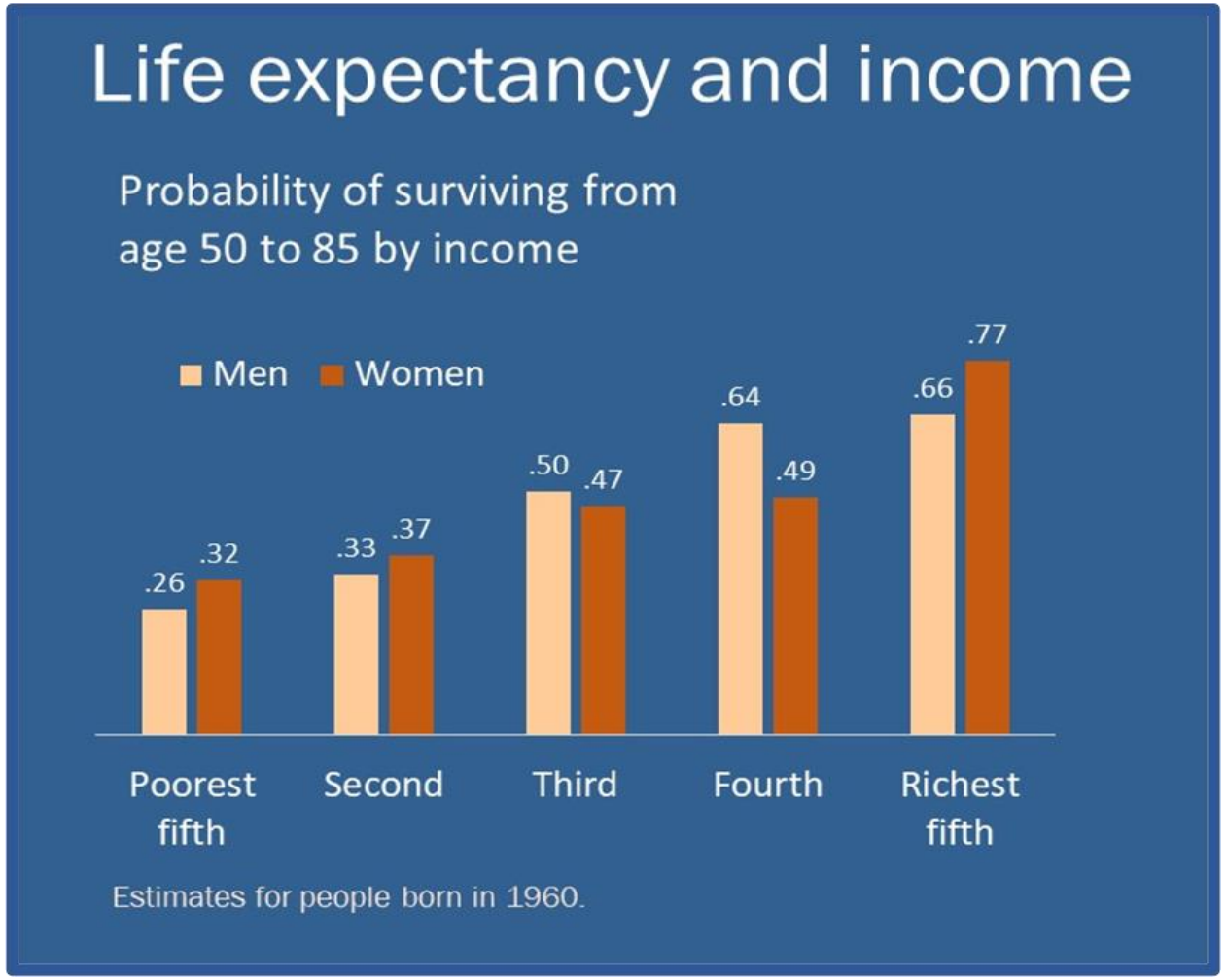
1

Economic Stability



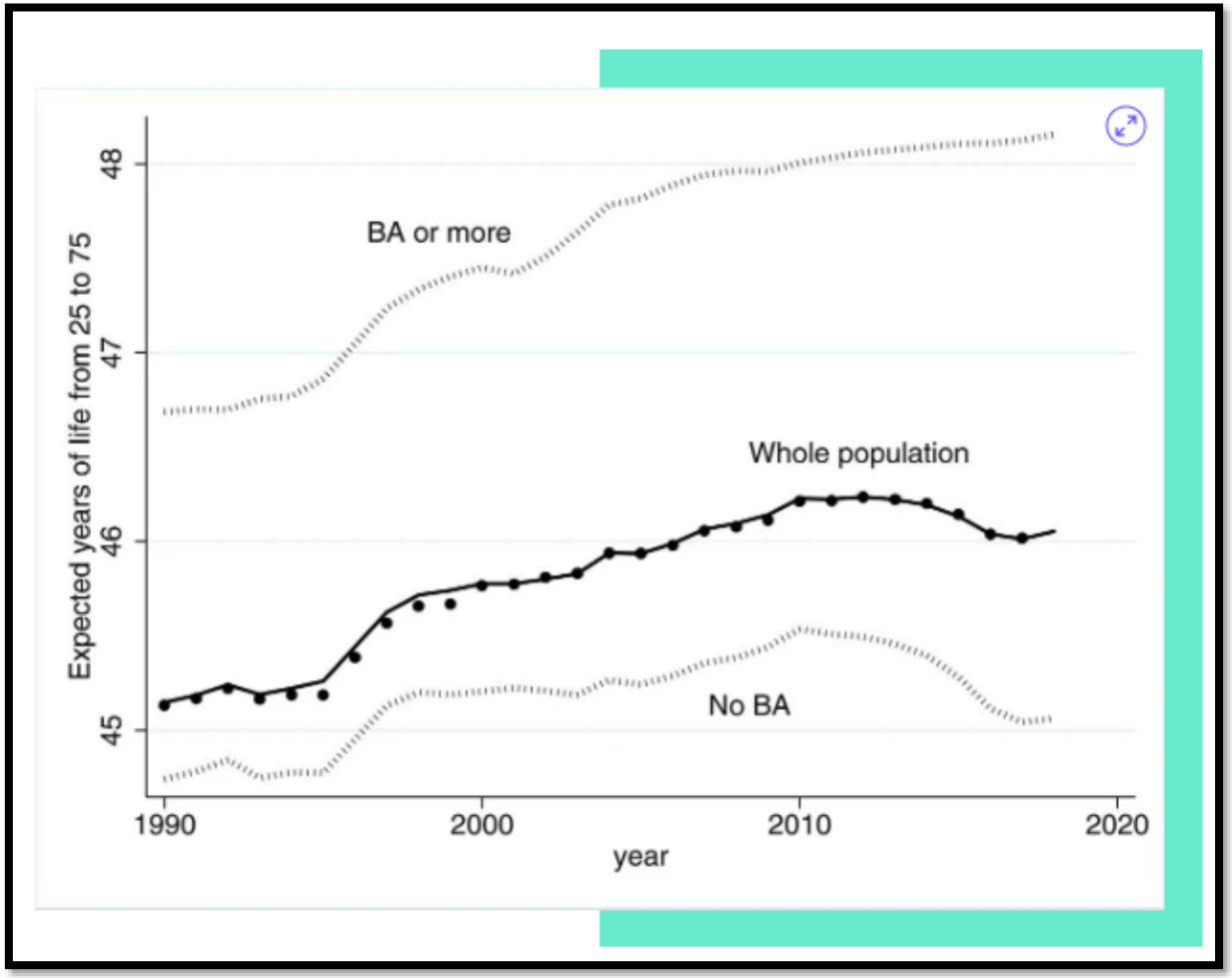
https://familyinequality.wordpress.com/2020/04/21/health-disparities-covid-19-lecture/

2

Education

More educational attainment correlates with better health outcomes

- Increases economic stability
- Increases access to insurance and healthcare
- Strengthens literacy and language skills
- Increases positive health behaviors
- Reduces risky health behaviors



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3

Social and Community Context

Social Cohesion

- Sense of trust and respect
- Belonging within community
- More social cohesion = better health outcomes and vice-versa

Civic Participation

- Voting
- Engagement with local groups and associations
- Volunteer work
- Correlates positively with better self-reported health

Incarceration

- Negative health effects during and after
- Effects other components:
  - Employment
  - Insurance
  - Housing
  - Social stigma

Discrimination

- Leads to negative effects on physical and mental health
- Increases distress, depression, and high-risk behaviors

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Social and Community Context

Discrimination

- Unjust treatment based on traits of people or groups
- Individual or Structural
- **Leads to negative effects on physical and mental health**

- Individual and structural discrimination cause either intentional or unintentional harm.
- Discrimination is a social stressor with physiological effects.

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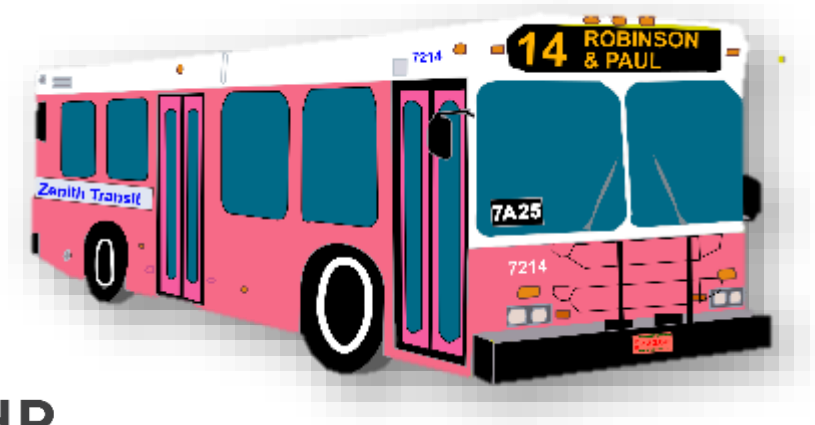
Health and Healthcare

Access to Healthcare

- Location
- Transportation
- Schedule
- Childcare
- Insurance Coverage
- Cost

Quality of Care

- Cultural Competency
- Communication issues
- Discrimination and bias



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Health and Healthcare

Health Literacy

- Ability to gather, process, and understand health information
- Bi-directional correlation with health outcomes

Primary Care (PCP)

- Having a PCP = better health outcomes

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Health and Healthcare

Adults with a primary care provider have

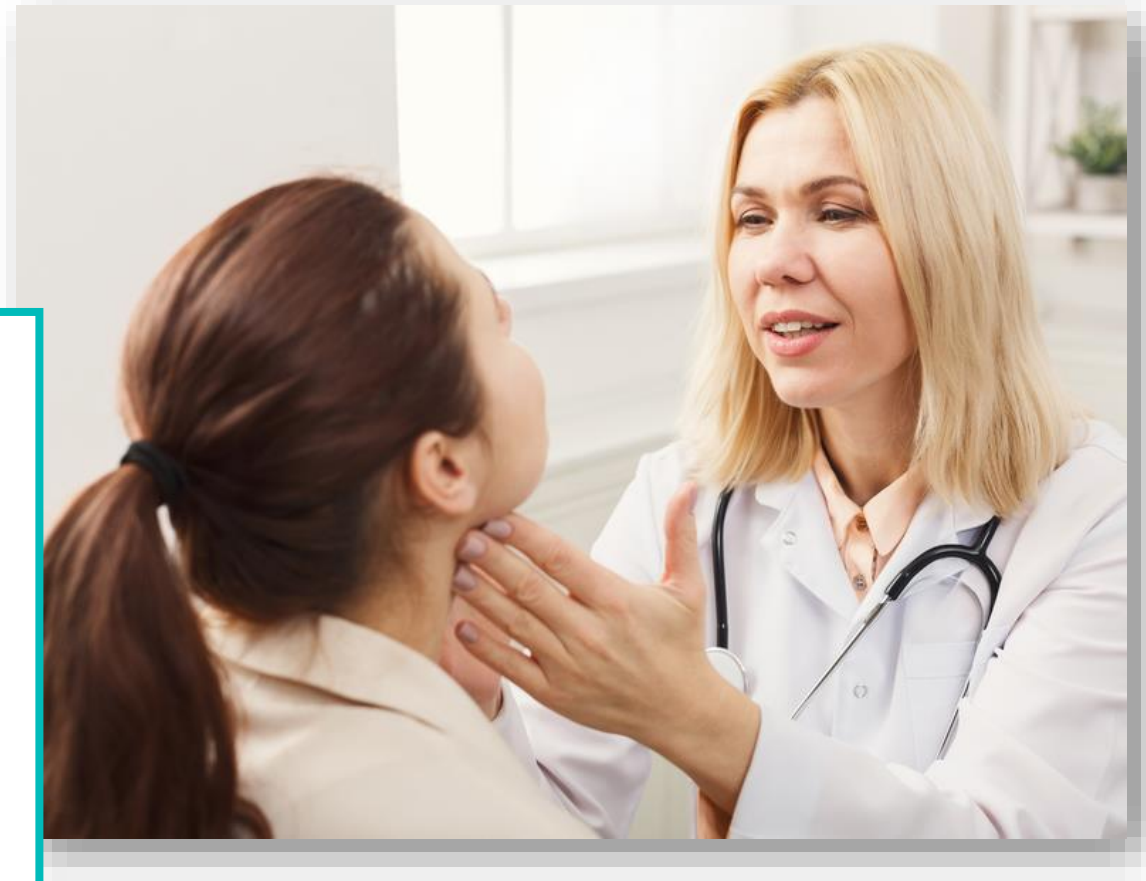
19%

lower odds of premature death than those who only see specialists.

The Value of Primary Care

How much money would the U.S. save in healthcare costs each year if everyone saw a primary care doctor regularly?

a. **$77 Million**
b. **$660 Million**
c. **$32 Billion**
d. **$67 Billion**



Source: Purchaser Business Group on Health (PBGH), 2021

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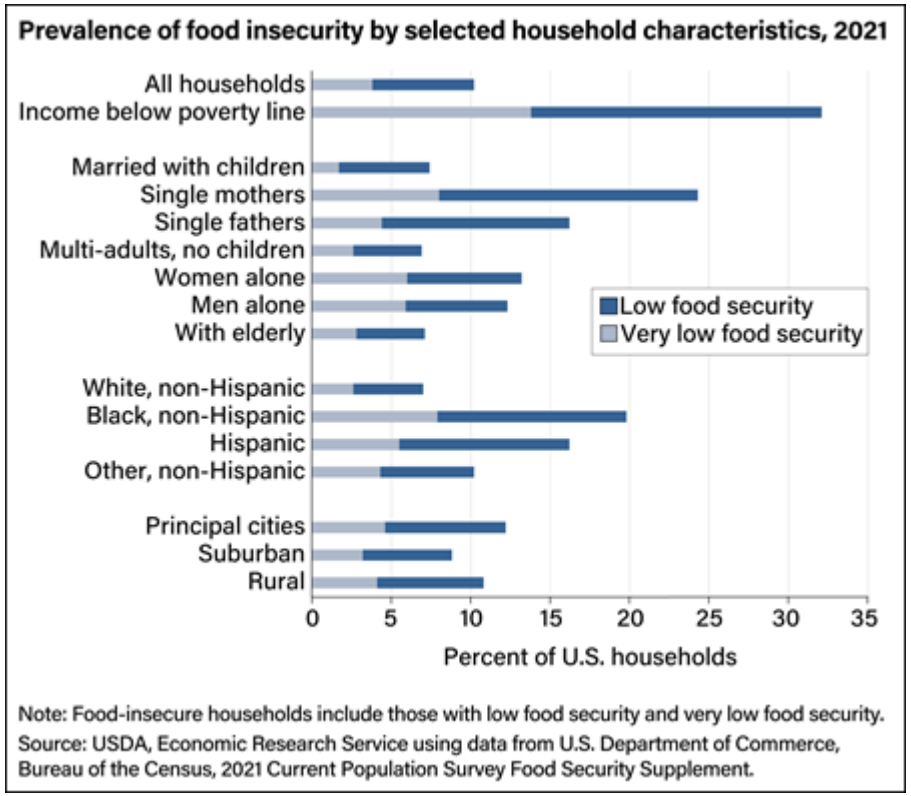
Neighborhood and Built Environment

Access to Healthy Foods

Food Insecurity



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5 Neighborhood and Built Environment

Prevalence of …	Unhoused Adults	Housed Adults
Diabetes	12.3%	8.1%
Tobacco Use	75%	12%
Hypertension	43%	26%
Asthma	24%	20%

Housing Stability

Housing Conditions

Health of Boston Report, Boston Public Health Commission (2023)

5

Neighborhood and Built Environment

Outdoor Space and Sidewalks

Community Crime and Violence

Image via: https://healthbegins.org/

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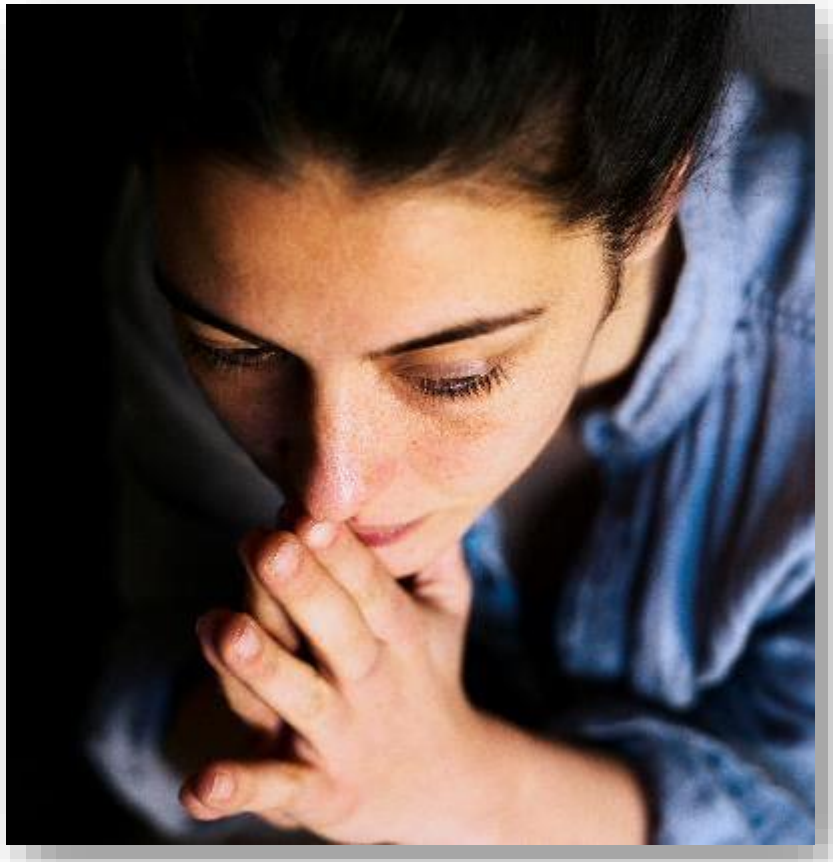
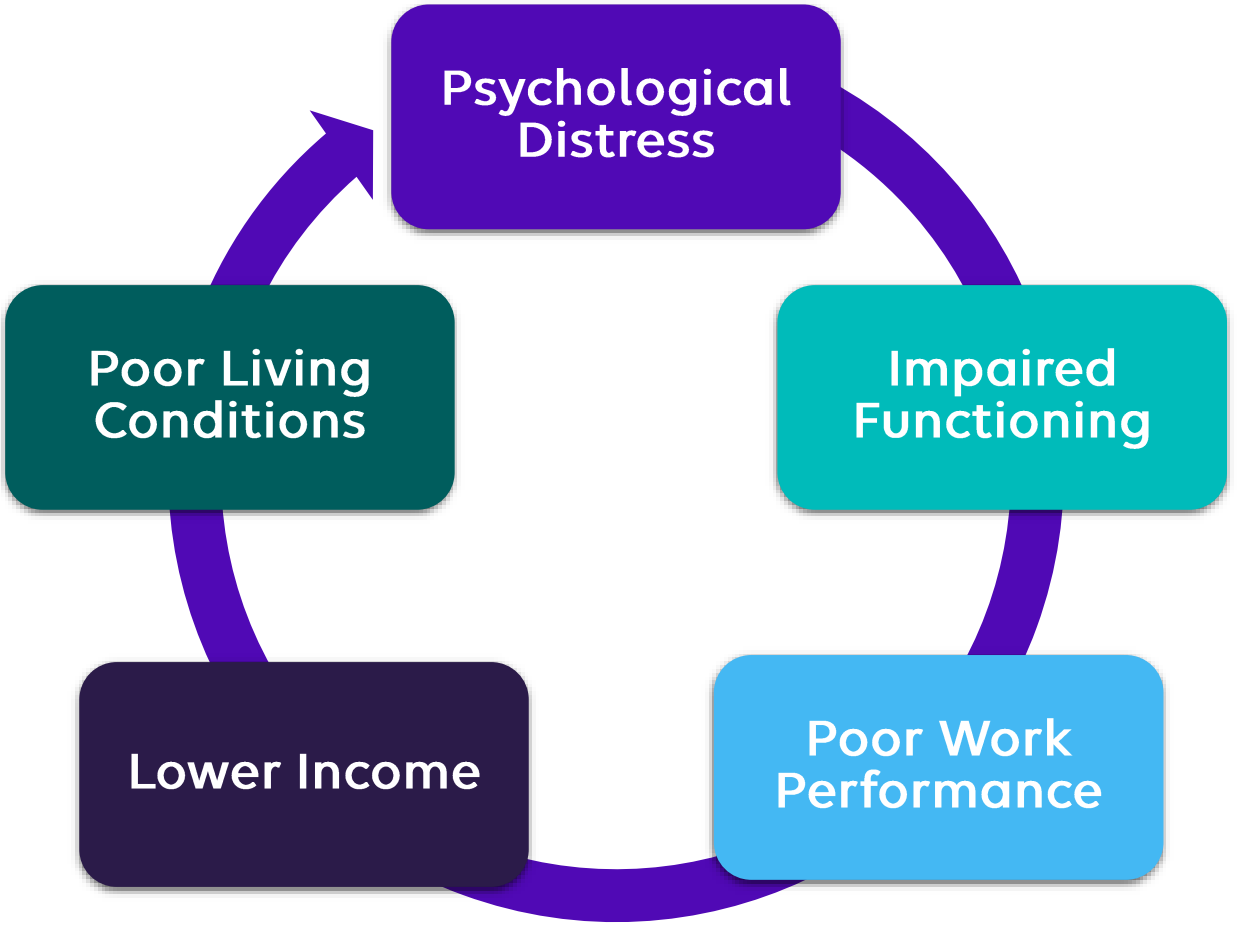
SDoH and Behavioral/Mental Health: A Negative Cycle





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Chapter 3

Implicit Bias, Discrimination, and Related Disparities

Click Here to view this video via YouTube

Video: Understanding Implicit Bias

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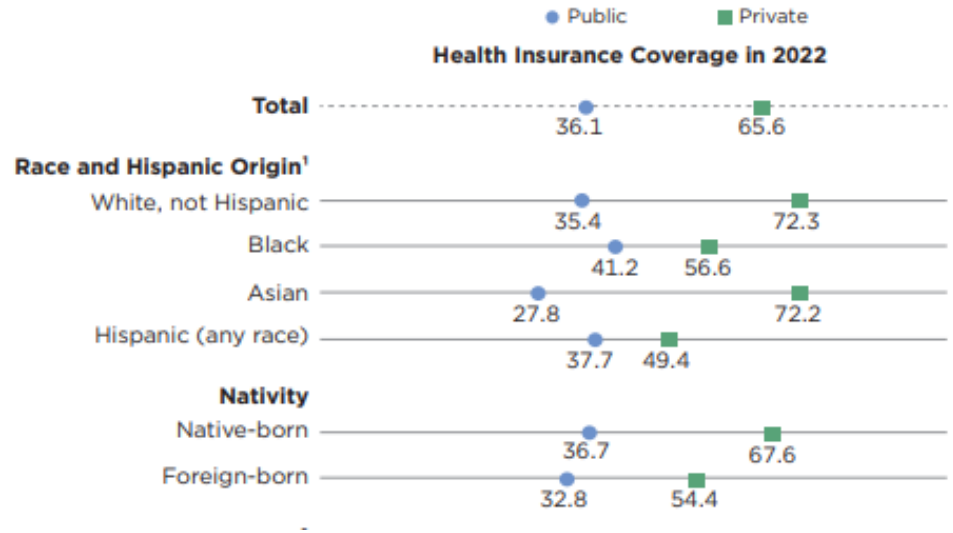
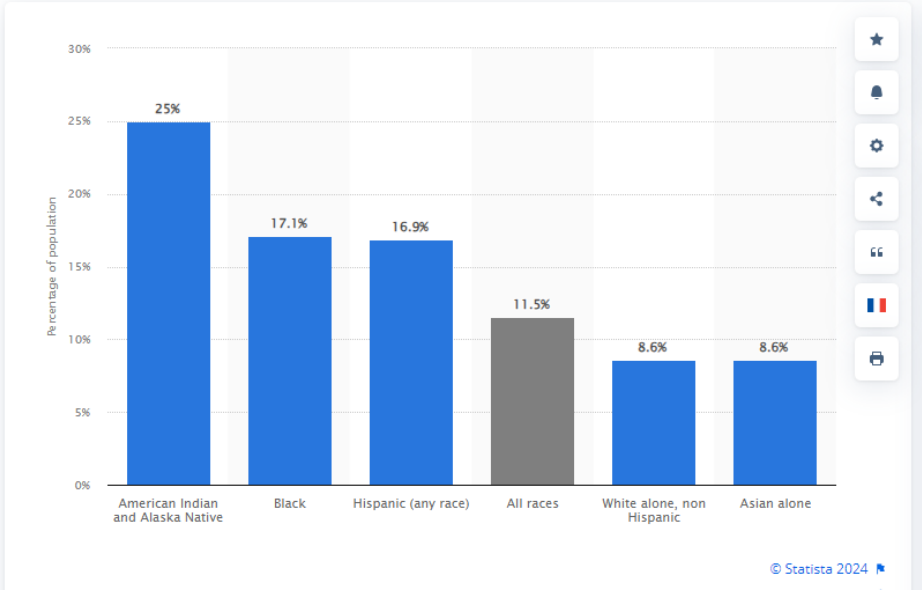
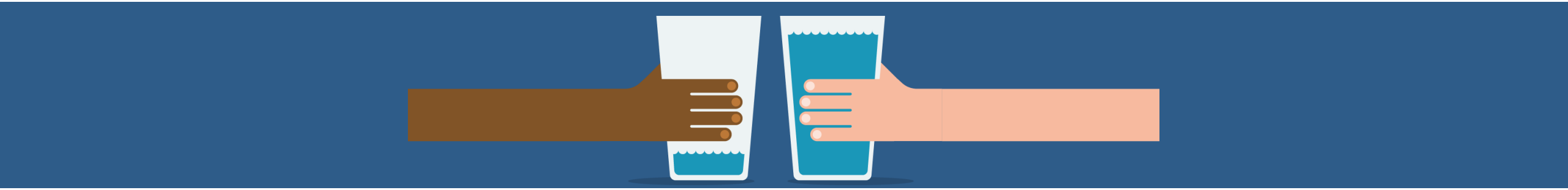
Racial Disparities: Economy and Healthcare

Figure 8.
Health Insurance Coverage Type by Selected Characteristics:
(In percent. Population as of March of the following year)



Poverty rate in the United States in 2022, by race and ethnicity





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Source: U.S. Census Bureau / Statista

Racial Disparities in Massachusetts

In Massachusetts:

- Black and Hispanic/Latino residents report poorer health status and poorer mental health status than White residents.
- Rates of both pregnancy-associated mortality and severe maternal morbidity are higher for Black residents compared to White, Hispanic/Latino, and Asian residents.
- Black and Hispanic/Latino residents have substantially higher infant mortality rates than White and Asian residents.
- Black and Hispanic/Latino residents report higher rates of diabetes and asthma than do White residents.

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The U.S. Transgender Survey (2015) – Healthcare Disparities

1 in 4 experienced insurance problems related to trans status

1 in 3 reported discrimination by a healthcare professional

1 in 4 did not visit a doctor when needed due to fear of mistreatment

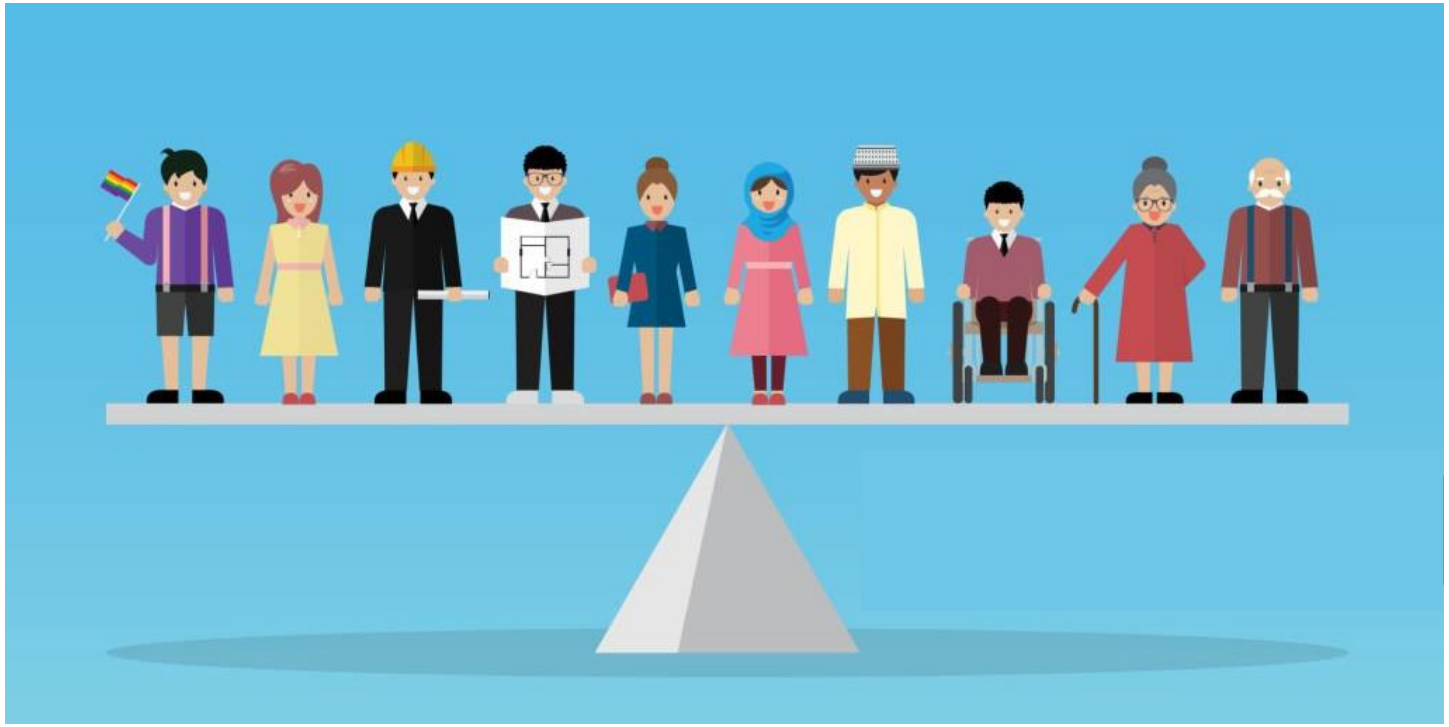
> Multiple medical professionals have misgendered me, denied to me that I was transgender or tried to persuade me that my trans identity was just a misdiagnosis of something else, have made jokes at my expense in front of me and behind my back, and have made me feel physically unsafe. I often do not seek medical attention when it is needed, because I'm afraid of what harassment or discrimination I may experience in a hospital or clinic.
>
> *- Anonymous survey participant*

2015 U.S. Transgender Survey (USTS)

Perceived Discrimination

Perceived discrimination refers to individuals' perception of negative attitude, judgment, or unfair treatment due to their specific characteristics such as gender, race, ethnicity, and social status.

- Negatively effects both mental and physical health
- Harms individuals' willingness to seek care and trust medical professionals



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Implicit Bias

- “Blind spots” can create gaps between good intentions and good outcomes in the healthcare field
- Influences clinical decision making
- Impacts patient experience and perception of care
- Research suggests that we are more likely to rely on our implicit associations when
  - we are under time pressures
  - We have a high cognitive load
  - situations are ambiguous
  - We lack complete information

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Recognizing and Addressing Implicit Bias

- Understand and respect the tremendous power of unconscious bias
- Bring awareness to your own implicit bias
- Have a basic understanding of the cultures your patients come from
- Focus on individualized clinical care – don't fall into habits and stereotyping
- Foster partnership, be on the same "team"

Harvard Implicit Associations Test

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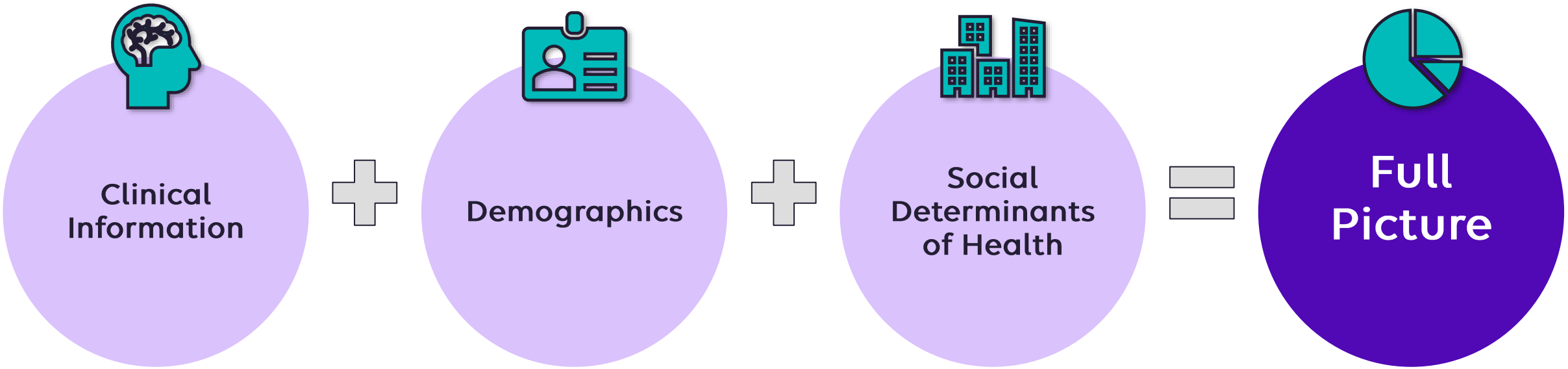
Chapter 4

Assessing SDoH in Clinical Populations

Understanding SDOH is Key to Quality Care



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Patient Assessment Surveys

- Gathers SDoH information efficiently
- Can be utilized for individual treatment/ care planning
- Standardized format allows analysis of data
- Conducted by: physician, counselor, nurse, case worker, receptionist, etc.
- Can be completed on paper, online or via mobile app

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Rapid Assessment Tools

1. Do you have difficulty making ends meet financially?
2. Do you ever run out of food by the end of the month or cut down on what you eat to feed your family?
3. Do you have children under age 18 who lack health insurance?
4. Do you have trouble paying rent or mortgage?
5. Are you worried about the safety of yourself in or around your home?
6. In the past year, has anyone tried to threaten or hurt you or your family?
7. Do you have difficulty finding transportation to appointments, work, etc?

(Oregon Primary Care Association, 2015)

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Positive Patient Response to SDoH Inquiry

- 91% of patients indicated that having conversations about SDoH built stronger relationship with the care team.
- 97% agreed that SDoH screening was a good use of time.
- 80% strongly agreed it was appropriate to be asked about their social needs.
- Over 70% strongly agreed they knew more about how the organization could assist them with non-medical needs.
- Over 50% of patients said they would like to be screened for SDoH at every visit.

OPCA Oregon Primary Care Association (2018)

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Skills and Strategies for Empathic Assessment

- Reflective/Active Listening
- Affirm the individual's responses
- Ask Member if they want assistance with any of the needs
- If they want assistance, ask about Member priorities
- Support the autonomy of the individual
  - "Is it ok to review this with you?"
  - "At any point, you can let me know you'd like to stop."
- Note the strengths of the individual
- Normalize their experience
  - "Did you know that nearly 1 in 5 Massachusetts households experience food insecurity?"

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Chapter 5

Addressing SDoH and Disparities in Healthcare

Offering Practical Assistance: Referrals and Resources

- Check in with Members regularly about access to food, housing, and employment.
- Ask Members directly how they are managing and how you can support them.
- Be in the know about local community resources.
- New resources are emerging daily.

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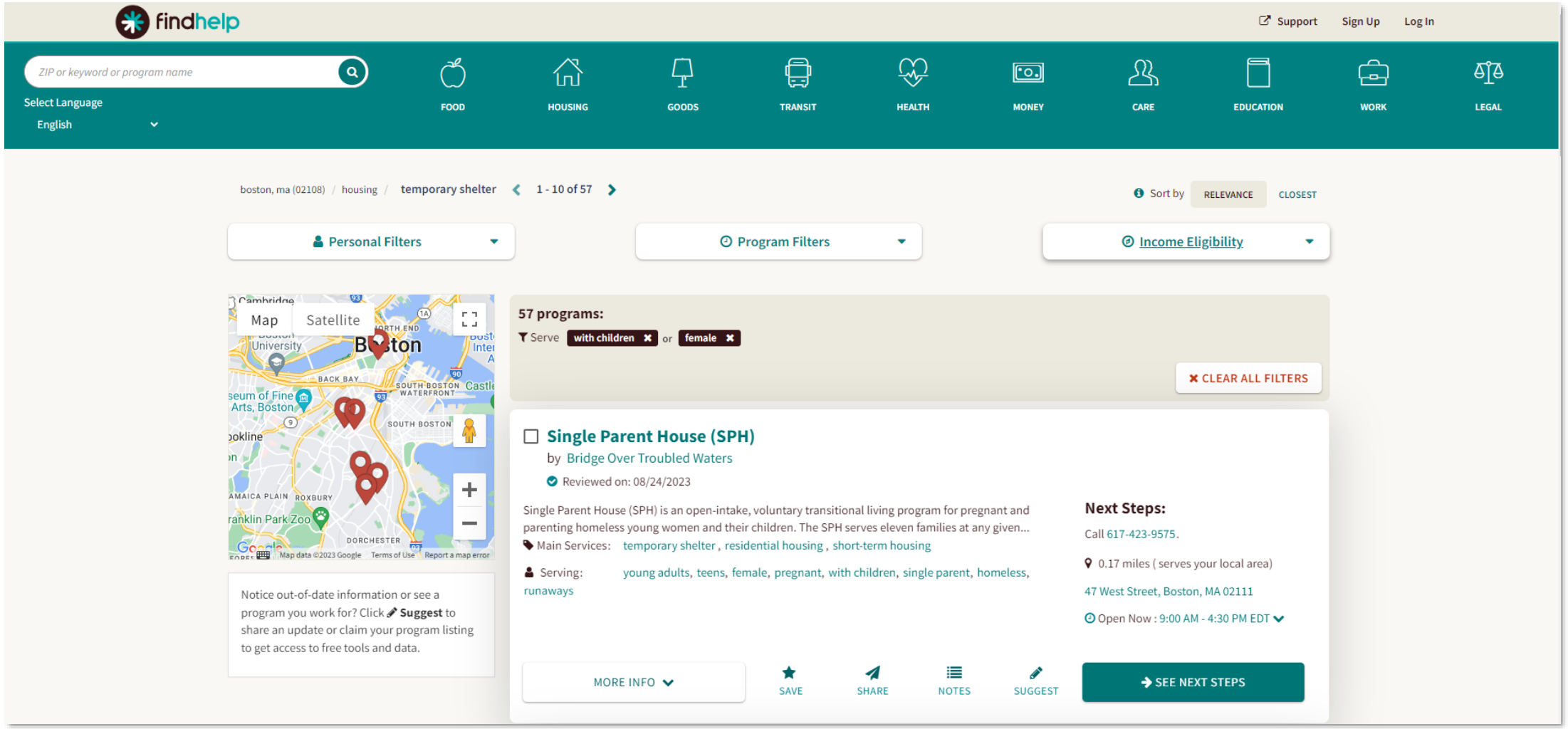
Aunt Bertha: The Social Care Network



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Referral Sources to Address Social Needs

Source	Resource	Link
MBHP Integrated Care Management Program	Integrated Care Management Program (ICMP)- is an enhanced care management program offered to Primary Care Clinician (PCC) Plan Members with complex medical, mental health, and/or substance use disorders. Clinical staff provide integrated medical and behavioral health care management which can include direct, face-to-face care management visits with Members.	https://www.masspartnership.com/pcc/ICMP.aspx ICMP Online Referral Form
Findhelp.org (formerly known as Aunt Bertha)	A free resource, a search engine specializing in locating local resources and services to meet social needs. • Staff can create an account to save and share lists of favorite programs, contact or refer programs directly, keep notes about programs and people you're helping. • Patients can use the tool without logging in. • EHR integration is available but is not free. In 2018 it was integrated with Epic, Cerner, Athenahealth, Altruista Health, and VirtualHealth	https://www.findhelp.org/?ref=ab_redirect findhelp training center: https://organizations.findhelp.com/training/ Attend a webinar, view quick tutorial videos on YouTube

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MASSACHUSETTS BEHAVIORAL HEALTH HELP LINE

365/24/7 Clinical Hotline staffed by trained behavioral health providers and peer coaches

Offers clinical assessment, treatment referrals, and crisis triage services

Help Line staff directly connect callers within their nearest CBHC and provide a warm handoff, when appropriate.

Call or text: 833-773-2445
Web Chat: masshelpline.com

Available in 200+ languages, deaf or hard of hearing contact MassRelay at 711

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Chapter 6
Conclusion

Key Takeaways

- **SDoH** = social and environmental conditions that affect health, functioning, and quality-of-life
- **Health Disparities** = preventable differences in burden and opportunities
- **Addressing SDoH is key to good outcomes**
  - SDOH act as barrier to successful treatment .
  - Without addressing SDOH needs, patients will struggle to achieve goals.

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Thank You!

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All attendees will receive a copy of the slide deck and a link to the webinar recording via email.

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