

# SQ: Social Determinants of Health (SDOH)

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Welcome to **SQ: Social Determinants of Health (SDOH)**.

Select START MODULE to begin.

**Be sure to select the interactive elements to advance.**



Introduction



Overview of Social Determinants of Health (SDOH)



The Five Domains of SDOH



SDOH and Health Outcomes



Module Conclusion

# Introduction

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This module will review the following:

- The definition of social determinants of health (SDOH)
- The five domains of SDOH

- The importance of addressing SDOH
- Health outcomes related to SDOH

Please look at these important terms.

Select "+" to expand.

## Glossary —

### Accessible

Easy for anyone to use

### Built environment

Human-made spaces and objects in a community (e.g., buildings, roads, and parks)

### Chronic illness

An illness that continues for a long period of time

### Domain

An area or part of something

### Discrimination

Unfair treatment based on something about who a person is (for example, their race or gender)

### Economic

Related to money

### Economic stability

Consistently having the money and resources one needs

### Gender-based violence

When one person hurts another person because of their gender

**Health inequity**

When some groups are more likely to have better health than others

**Human immunodeficiency virus (HIV)**

A virus that attacks the immune system

**Preventative care**

Healthcare that keeps people healthy and finds health problems early

**Racism**

Unfair treatment of people based on their race

**Redlining**

Unfairly limiting funds and resources for a neighborhood that has a large population of people from a racial or ethnic minority group

**Tuberculosis**

An infection that affects the lungs

Let's begin!



Complete the content above before moving on.

# Overview of Social Determinants of Health (SDOH)

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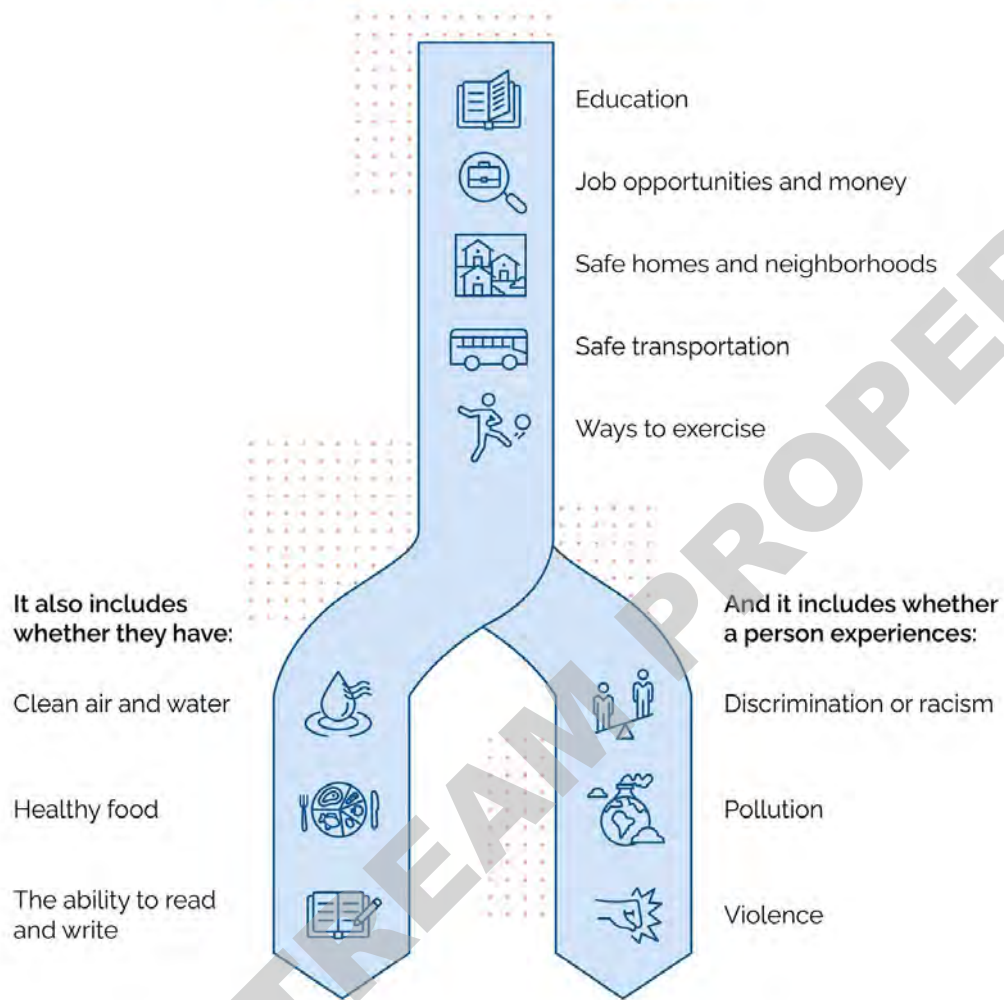
## What are SDOH?

Social determinants of health (SDOH) are non-medical factors that affect the health risks and outcomes of a person. They include the conditions in which a person is born, works, lives, and grows older. They also include the forces and systems that shape the life of a person.

SDOH have a strong impact on:

- Health
- Well-being
- Quality of life

## Examples of SDOH include:



SDOH have a greater effect on health than genes or access to healthcare services. Social factors—including the effects of years of racism—cause health inequity in communities of color.

Health inequity is a deep part of society. It has created unfair differences in access to:



Education

Employment

Housing

Wealth

This unfairness puts people at a higher risk of poor health. Addressing SDOH gets the country closer to health equity.

Health equity is when every person has the same chance to be as healthy as possible.

### Five Domains of SDOH

The **Healthy People Initiative** was created to guide national health efforts. The U.S. Department of Health and Human Services (HHS) releases it every 10 years. The Initiative includes the following:

- Actions people can take to be healthy
- Actions people can take to prevent disease
- Actions people can focus on and monitor to improve health

The name of the most recent Healthy People Initiative is **Healthy People 2030**.

Healthy People 2030 outlines five main health goals. One of these goals is related to SDOH.

Healthy People 2030 has placed the SDOH into five domains:



Complete the content above before moving on.



# The Five Domains of SDOH

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## Economic Stability

Economic stability impacts health.

Healthy People 2030 focuses on helping more people become economically stable.

Select each tab to learn more.

INCOME

JOB

Many people have low income. They cannot afford:

- Healthy foods
- Healthcare
- Housing



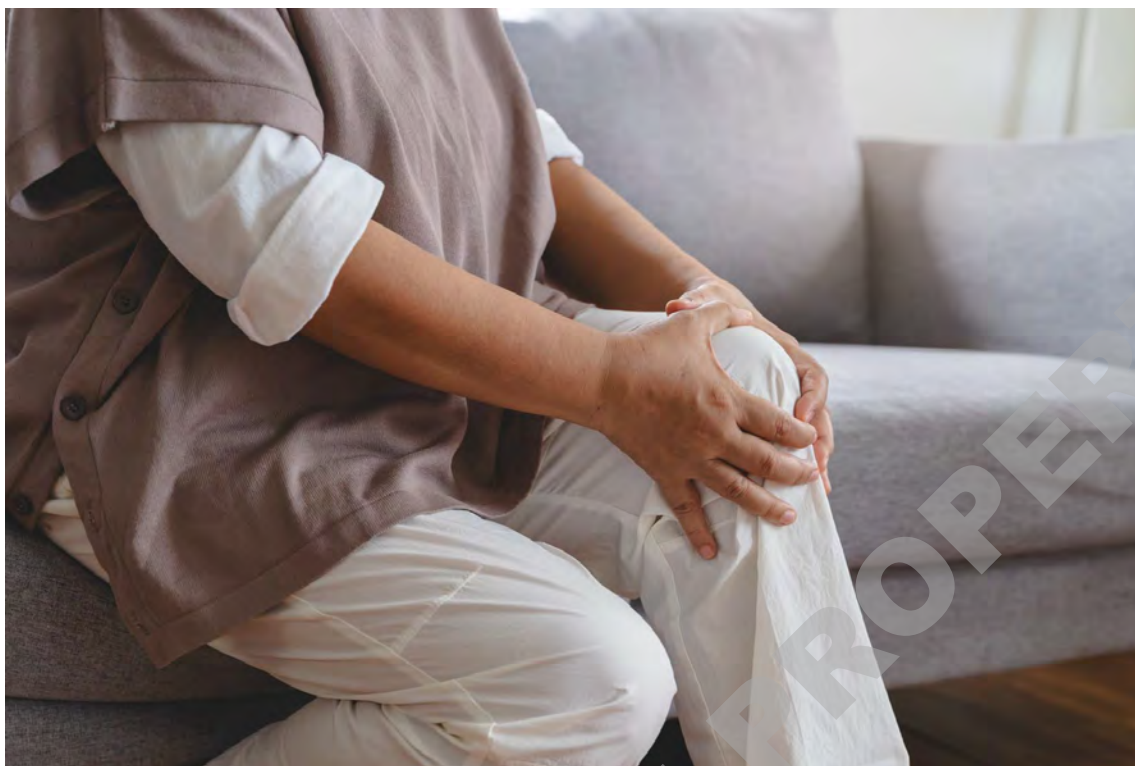
## INCOME

## JOB

Many people also have trouble finding and keeping a job. Their ability to work may be limited. This includes:

- People with disabilities
- People with injuries
- People with certain conditions, like arthritis

And sometimes, people with steady jobs still do not have enough money for the healthy items they need.



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People with steady jobs are more likely to have good living conditions and good health.

More people can find and keep jobs with:

- Employment programs
- Career counseling
- Access to good childcare



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## Education Access and Quality

Access to education impacts health.

Healthy People 2030 focuses on making sure children and teens have access to good

education. It also focuses on helping them do well in school.

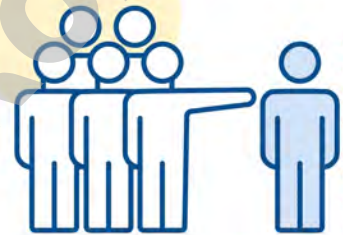
Some children are less likely to graduate from high school or go to college. This includes children who:



Are from low-income families



Have disabilities



Experience social discrimination



Not getting a good education can lead to unsafe, low-paying jobs. This can make it more likely for a person to have health problems.



Some children live in places with low-performing schools. Some cannot afford to go to college. Also, experiencing low income as a child can create stress. This stress can affect brain development. It can make it hard for children to do well in school.

Support programs can have long-term health benefits. This includes the following:

- Programs that help children and teens do well in school
- Programs that help families pay for college

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## Healthcare Access and Quality

Access to healthcare impacts health.

Healthy People 2030 focuses on helping people get good healthcare when they need

it.

Many people in the U.S. do not get the healthcare services they need. Some Americans do not have health insurance.

People without health insurance are less likely to have a regular doctor. They may not be able to afford the services and medicine they need.

It is important to come up with ways to make sure as many people as possible have health insurance. When people have health insurance, they get the care they need. This includes:



Preventive care



Treatment for  
chronic illness

Programs that increase access to healthcare providers can increase health. This includes the following:

- In-person doctor visit programs
- Remote doctor visit programs
- Programs that improve communication between providers and people

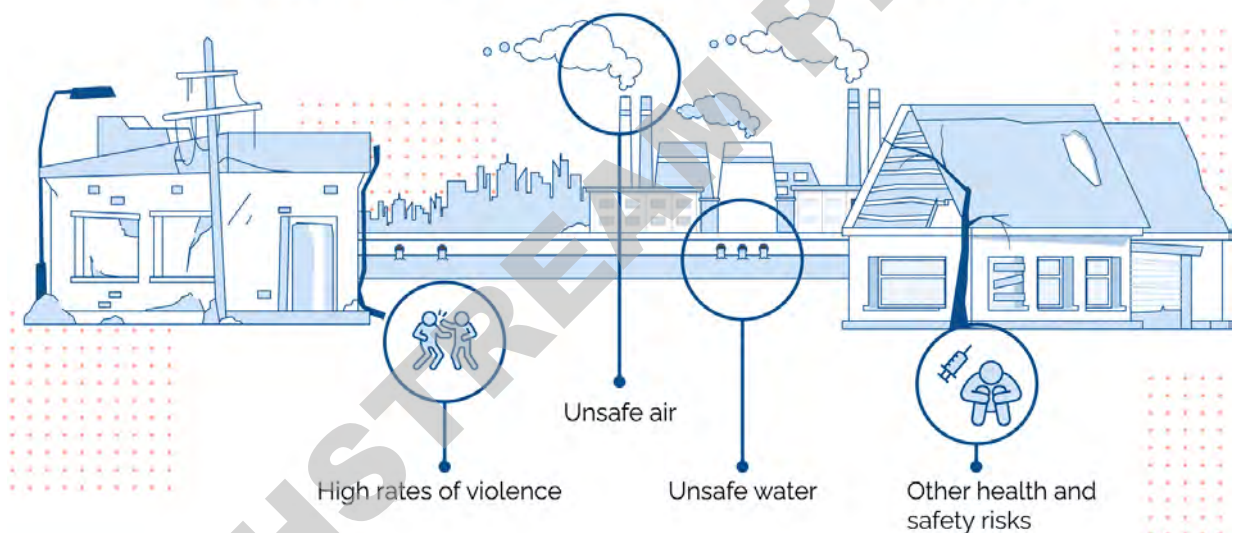


## Neighborhood and Built Environment

Neighborhoods impact the health and well-being of the people who live there.

Healthy People 2030 focuses on improving neighborhood health and safety.

Many people in the U.S. live in neighborhoods with:



Members of racial or ethnic minority groups are more likely to live in neighborhoods with risks. People with low incomes, too.

It is important to improve health and safety in the places where people are born, live, learn, work, play, worship, and age.



Programs and policy changes at every level of government can have an impact. They can help



reduce health and safety risks. They can also promote health.

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## Social and Community Context

Social support impacts health.

Healthy People 2030 focuses on helping people get the social support they need.

Many people experience challenges and dangers they cannot control. This includes:

- Discrimination
- Unsafe neighborhoods
- Trouble affording the things they need

These challenges can make health and safety difficult throughout life. Good relationships at home and work can make these challenges less difficult. Good community relationships can help, too. Time with family, friends, coworkers, and community members can impact well-being.



Programs that help people get the social and community support they need are important. They improve health and well-being.

Choose the best option and select **SUBMIT**.

A family is considering moving to a new neighborhood.

What should they consider about the neighborhood that may impact the health of their children?

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- ☐ Whether the neighborhood is in a sunny or rainy part of town
- ☐ Whether the neighborhood schools are high-performing or low-performing
- ☐ Whether or not the neighborhood allows pets
- ☐ Whether or not the neighborhood has too many trees

**SUBMIT**



Complete the content above before moving on.

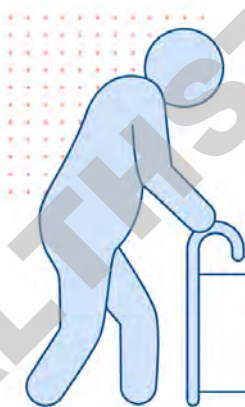
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## SDOH and Health Outcomes

Research shows that programs that address SDOH can improve health outcomes. They can also lower healthcare costs.

### SDOH and Older Adults

SDOH have a big impact on the health of older adults.



The number of people who are over the age of 65 will continue to grow. This will lead to a greater need for:

- Healthcare services
- Family and professional caregivers

There are many social factors that affect health as people age:

Select each "+" to learn more.

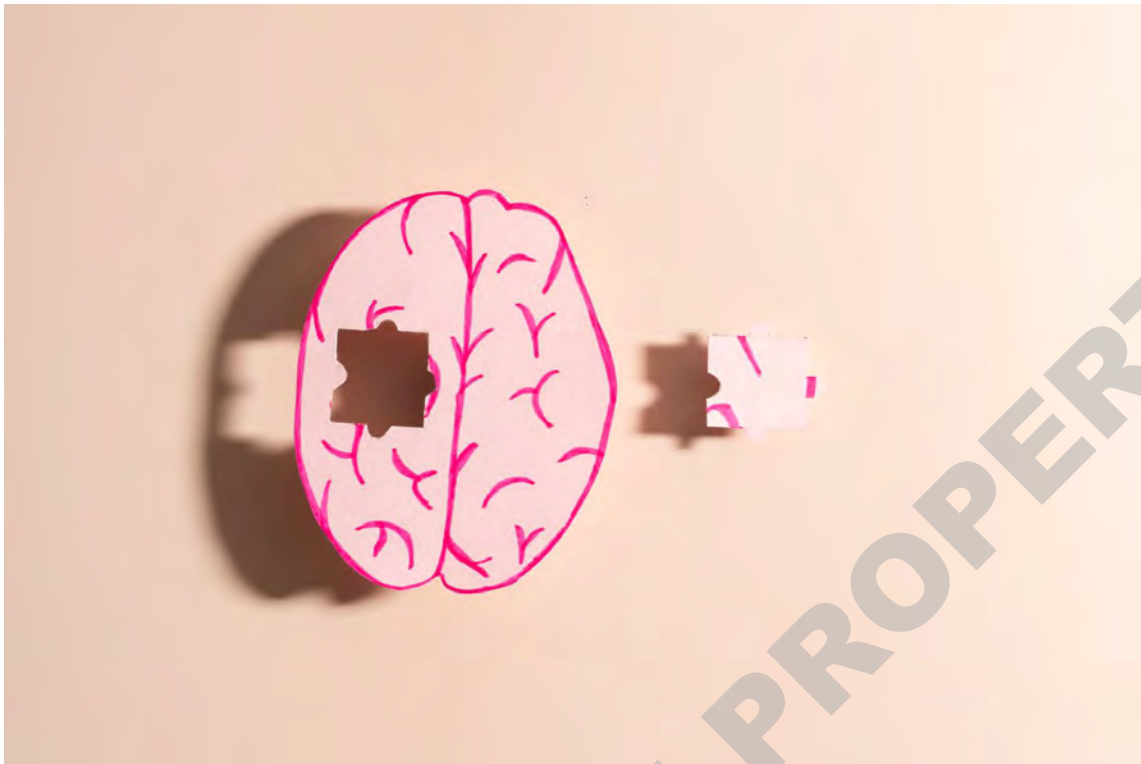
## Economic

Older adults with lower incomes are more likely to have disabilities. They are also more likely to die younger.



## Social

Older adults who are lonely have a higher risk of dementia and other serious health problems.



### Access to healthcare —

Most older adults find medical documents like forms and charts hard to use. This can affect their ability to make informed health decisions.

Most older adults have at least one chronic health condition. This means affordable, quality healthcare is important. Some factors make it difficult for older adults to get good care. They include:

- A lack of healthcare options in rural areas
- High healthcare costs
- Moving from private insurance to government insurance



## Environment —

Some older adults are less mobile. They need accessible neighborhoods to stay healthy. Easy access to grocery stores is important. Safe places to exercise are important, too.





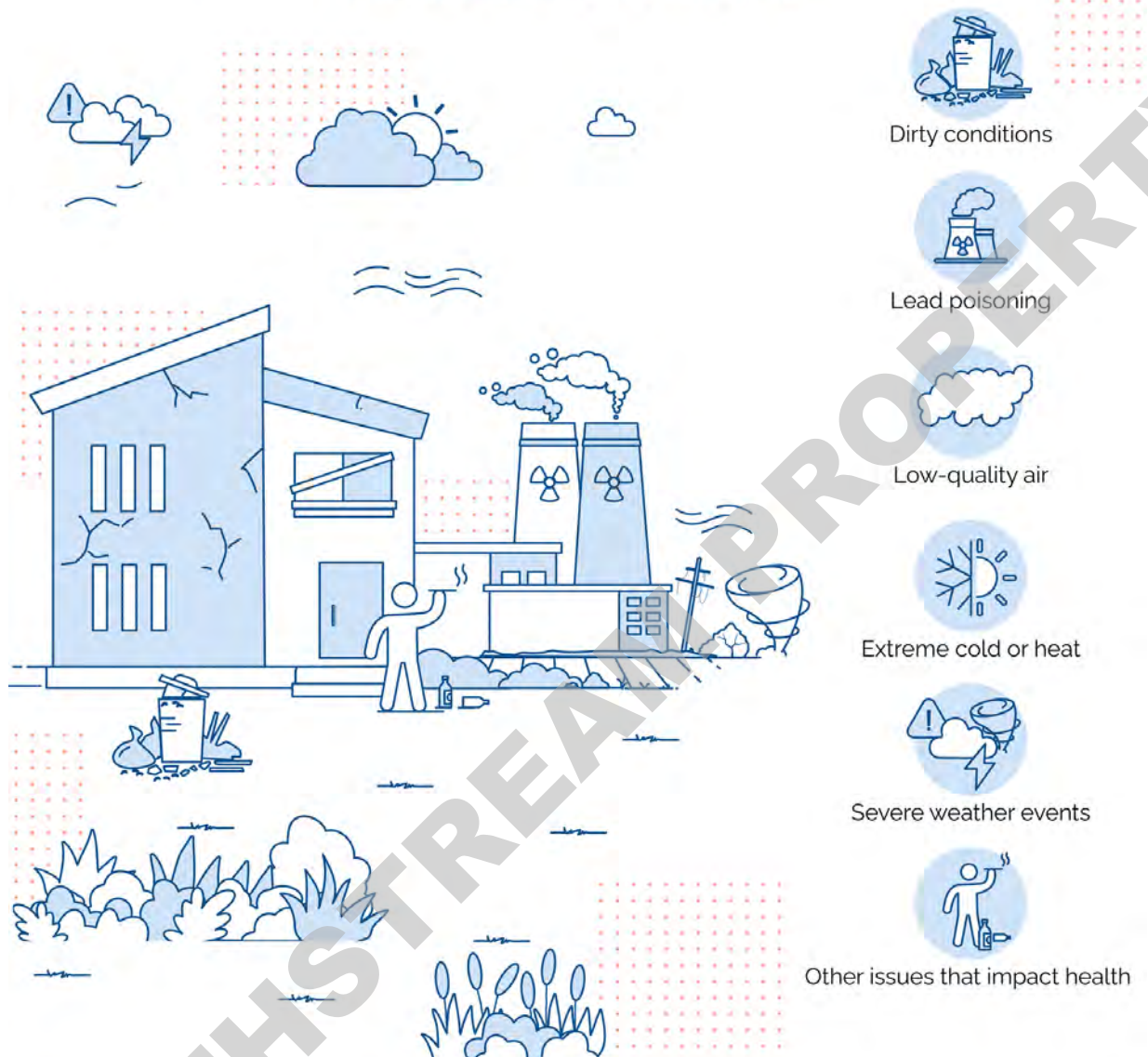
Improving SDOH for people of all ages, backgrounds, and ability levels is important. It can positively impact health and well-being later in life.

### **Housing Security**

Housing impacts health and well-being. The safety and quality of the home of a person has a big impact on their health.



Bad housing can increase the chances a person will experience the following:



When affordable housing is not widely available, there is a greater chance that people will experience being unhoused. A large portion of these people are Black.



Addressing the challenges that certain groups face can reduce housing insecurity and improve housing.

If a person experiences other challenges related to SDOH, they can affect their housing. People who owe money for medical bills or treatment costs are more likely to experience being unhoused. Medical debt can keep a person from finding a stable home.

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Families and children who experience gender-based violence are more likely to experience being unhoused.

Many kinds of unstable housing can lead to poor health. Certain health conditions can lead to unstable housing.

People with housing insecurity are more likely to:



Have mental health challenges.

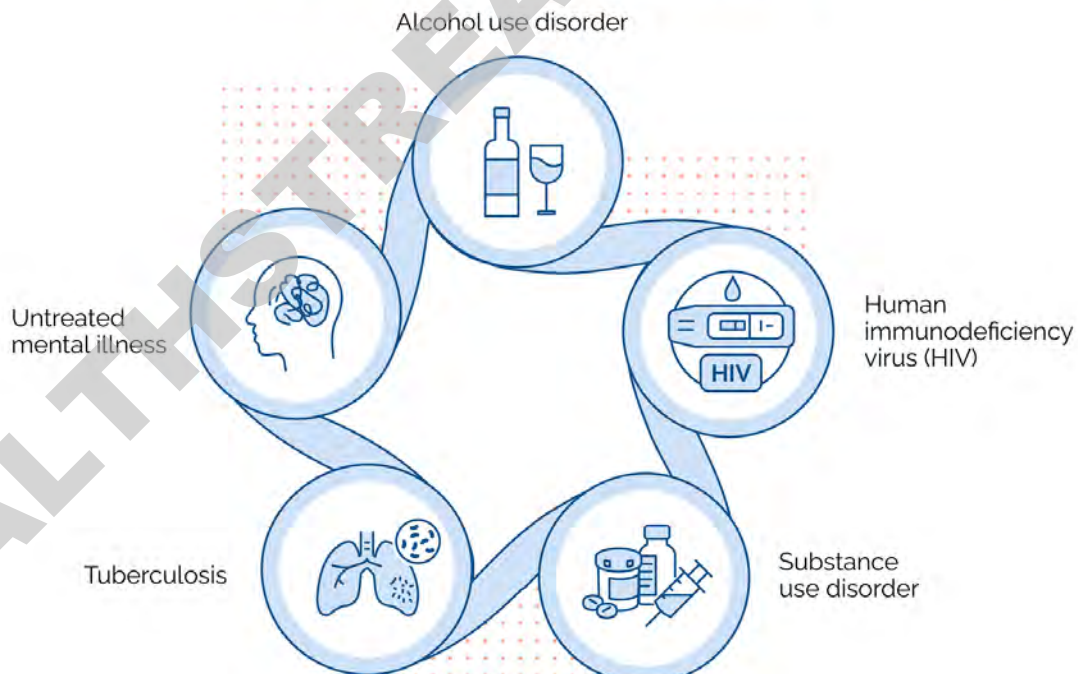


Have complications during pregnancy.



Die from various causes.

People who are unhoused are also more likely to experience certain health problems, including:



These health problems can decrease quality of life. They can also cut a life short. Making sure people have good housing can reduce the risk of poor health.



## Food Security

According to the United States Department of Agriculture (USDA), **nutrition security** is regular and fair access to healthy, safe, and affordable food.

Many things affect food security:

Select each card to learn more.



How close a person lives to  
grocery stores selling healthy  
food



How much money a person  
has



Whether a person has transportation

People who do not have access to healthy foods are more likely to experience:

- Hunger
- Diabetes
- Heart disease
- Obesity

Food insecurity has dipped a little in the U.S. in recent years. However, certain groups have higher rates of food insecurity than others.

Most Americans do not eat enough fruits, vegetables, and whole grains. Many Americans do not get enough exercise. A diet low in healthy foods can lead to:



Diabetes



Heart disease



Obesity



Other chronic illnesses

These conditions can lead to early death. It is very important to make healthy food easy to access. Healthy food helps people lead healthy lives. It also lowers healthcare costs.

Government programs that address food insecurity are:

- The Supplemental Nutrition Assistance Program (SNAP)
- Food pharmacies

These programs have been related to the following:

- Lower healthcare costs
- Less hospital stays
- Fewer emergency department visits

## Education Access



## Health Environment

A safe environment that can support the people who live there impacts health. A healthy environment where people can live, work, learn, play, and worship is important for all communities.

Hazards in the environment can affect health outcomes. Areas with lots of pollution, waste, or toxic material can be harmful to human health.

Communities with environmental justice concerns often face challenges based on historic problems. The challenges they face are based on discriminatory practices like:

- Racial segregation
- Redlining
- Biased zoning practices
- Other discriminatory land use decisions

Communities may also struggle to:



Find safe,  
affordable housing.



Find services and  
resources to  
support safe  
homes.



Access safe  
drinking water.



Access good  
sewage  
management.

These things can make community health worse. The combined impact of these challenges can hurt communities. They especially harm communities with environmental justice concerns.

## Taking Action

Public health organizations can take the following actions:



Select each card to learn more.

## **Gather**

They can bring people and organizations together to talk about local concerns.

## **Use data**

They can collect public health data. They can use the data to create strategies and set direction for the community.

### **Influence**

They can help develop policies and solutions. They can also find ways to get money for important community projects.

### **Help create change**

They can work with others to find new solutions and put them into place.



Complete the content above before moving on.

## Module Conclusion

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This module has reviewed the following:

- The definition of SDOH
- The five domains of SDOH
- The importance of addressing SDOH
- Health outcomes related to SDOH

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This is the end of the module. To exit and return to the Activity Details, select **EXIT**.



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