



Social Determinants of Health impact on care management

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At the end of this presentation you should:-

- be able to define Social Determinants of Health
- be able to list the 5 key elements of social determinants of health
- Understand how addressing SDoH impact health and cost of care
- Understand how culture impacts SDoH
- Learn the importance of listening to the history



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Pre test questions

1. Which one is not included in the 5 social determinants of health (SDoH)?
 - **A).Economic Stability, B)Education, C) Social and Community Context, D) Health & Health Care, E) Neighborhood & Built Environment F) Culture**
2. The definition of SDoH must include?
 - **A. your social status & where you live only B your age, sex, and race only C. where you were born, live, learn, work, play, worship, and where you age**
3. Does 'genetics' (race, sex) *determine* health?
 - **A. Yes B. No**
4. What are the key components in a definition of culture?
 - **A. knowledge, B. beliefs, C. art, D. morals, E. customs, F. capabilities & habits acquired**
5. Does culture impact health?
 - **A. Yes B. No**
6. Can you be healthy and not well?
 - **A. Yes B. No**



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Healthy vs Wellness



Healthy

- A state of complete physical, mental, and social well-being, not merely the absence of disease or infirmity.
- The enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being without distinction of race, religion political belief, economic or social condition.

• (World Health Organization)
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Wellness

- The **active pursuit** of activities, choices, and lifestyles that lead to a state of **holistic health**, its more than just physical health.
- Active pursuit means that wellness is not passive or static but associates with intentions, choices, and actions working towards wellbeing.

• (Global Wellness Institute)
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- The conditions in which we live explain in part why some Americans are healthier than others and why Americans more generally are not as healthy as they could be.

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The World Health Organization's Commission on Social Determinants of Health in 2008 published the report, *Closing the gap in a generation: Health equity through action on the social determinants of health.* http://www.who.int/social_determinants/en

Addressing the social determinants of health by including "Create social and physical environments that promote good health for all" as one of the four overarching goals for the decade.

Secretary's Advisory Committee on Health Promotion and Disease Prevention Objectives for 2020. Healthy People 2020: An Opportunity to Address the Societal Determinants of Health in the United States. July 26, 2010. Available from: <http://www.healthypeople.gov/2010/hp2020/advisory/SocietalDeterminantsHealth.htm>



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Social Determinants of Health - Definition

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Definition:-

- ❑ Social determinants of health are 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.
- ❑ the patterns of social engagement and sense of security and well-being are also affected by where people live. Resources that enhance quality of life can have a significant influence on population health outcomes.

(Healthypeople.gov)



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Five key areas (determinants) include:

- Economic Stability
- Education
- Social and Community Context
- Health and Health Care
- Neighborhood & Built Environment



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The slide features a dark blue background. In the top left corner, there is a white logo consisting of three vertical bars of varying heights. Centered on the slide is the text "Case review" in a large, bold, white serif font.

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This is Nadege ...

- Nadege is 72 years old widow, she is a Haitian national but has lived in the USA legally for 50 years, she came over on a boat. She dropped out of school in Haiti at 10yrs old to care for her younger siblings.
- Her English is limited but proficient. She has 3 children, one son deceased victim of drugs & gang violence, one son is a successful lawyer in NYC and one daughter lives close with her 5 children.
- Nadege has worked for 30yrs as head of housekeeping at one of the hotel chains and has exhausted savings taking care of deceased spouse & son, putting son through school and helping to care for grandchildren. She lives on SSI funds.



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QUESTION - What are your first impressions of Nadege? What are the SDoH that you see?

- Access to health care services,
- Transportation options,
- Social support,
- Access to educational, economic, and job opportunities,
- Language/Literacy,
- Access to mass media and emerging technologies (e.g., cell phones, the Internet, and social media),
- Culture,
- Socioeconomic conditions (e.g., concentrated poverty and the stressful conditions that accompany it)



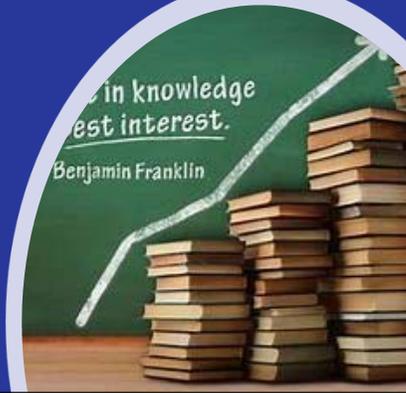
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1. Education

- Early Childhood Education & Development
- Enrollment in Higher Education
- High School Graduation
- Language and Literacy



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2. Economic stability

- **Employment**- retired, no job/money
- **Food Insecurity** – no definite source
- **Housing Instability** -
- **Poverty** – no savings, no income, no resources, no support



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Your Interview with Nadege

- Nadege tells you she has had to move @ 2x per year as she can't always make the payments. She also gets help from her Haitian church to help pay for her light and other bills periodically. She is also afraid of being homeless. Lives in a 3 room clean house. Has few friends and rarely gets out.
- She eats 1-2 meal a day and snacks often. She drinks cokes. She shares what she eats: Labouyi Ble most days, and also Mayi Moulin, Akasan and coffee drinks. Depends on friends for cooked meals and food
- She has no car and can not drive. She enjoys living in the country like it was when she grew up in Haiti. She catches her water. She doesn't like technology.
- You notice she wears a lemon behind her belt and has old teeth hanging on the door nob.
- Her attorney son has distanced himself from her. "he doesn't like how I live my life"

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Question #2 - free text

What concerns you about what Nadege has shared with you?

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3. Neighborhood & Built Environment

- **Access to Foods that Support Healthy Eating Patterns**
 - she eats a lot of Haitian ethnic foods
- **Crime and Violence**
- **Environmental Conditions**
 - lives alone , deserted location, no near support
- **Quality of Housing**
 - small uncertain permanence & utilities



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Nadege's Medical history

Nadege has DM type 2, HTN , hypercholesterolemia and has had mini strokes in the past. She vehemently denied depression but says she has oppression. She walks with a walker and has knee and hip pains. She doesn't sleep well at night and has to get up in the night to go to the bathroom. She has fallen in the past. She has pain all over all the time, she has legs pains and some numbness in the feet, her vision is not good, she feels she has febles and gas. .

Nadege has a PCP who she sees sometimes. You realize she hasn't filled all her meds. She doesn't feel the need to see a lot of doctors.

She doesn't check her sugars or BP regularly. She does not smoke.

Nadege understands her risk of heart and stroke disease/conditions, but she says she is not pregnant.



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Question #3

Nadege is non-compliant?

- A. Yes**
- B. NO**

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Definition of Non-compliance?

1. Failure or **refusal** to comply, or conform to or follow rules (www.medicinenet.com)
2. Defined as a behavior of the person and /or caregiver that fails to coincide with a health-promoting or therapeutic plan **agreed on** by the person /family and the health care professional. In the presence of an **agreed-on**, health-promoting or therapeutic plan, the person's or caregiver's behavior is fully or partially non-adherent (The Medical dictionary)
3. **a negativistic term and synonymous with victimization, powerlessness and the inability to self-determine** (KevinMD.com)



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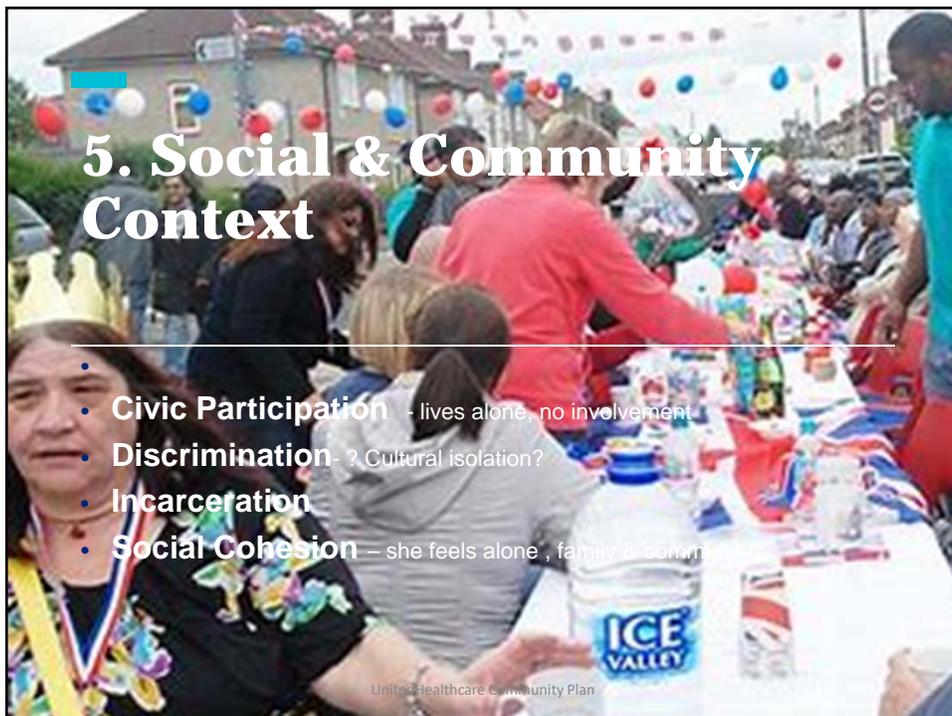


4. Health and Health Care

- **Access to Health Care**
 - - she has no car
- **Access to Primary Care**
 - - she has no car
- **Health Literacy**
 - - she says she understands,

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5. Social & Community Context

- **Civic Participation** - lives alone, no involvement
- **Discrimination** - ? Cultural isolation?
- **Incarceration**
- **Social Cohesion** – she feels alone, family & community

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Examples of Social Determinants

- ❖ Availability of resources to meet daily needs (e.g., safe housing and local food markets)
 - ❖ Access to educational, economic, and job opportunities
 - ❖ Access to health care services
 - ❖ Quality of education and job training
 - ❖ Availability of community-based resources in support of community living and opportunities for recreational and leisure-time activities
 - ❖ Transportation options
 - ❖ Public safety
 - ❖ Social support
 - ❖ Social norms and attitudes (e.g., discrimination, racism, and distrust of government)
 - ❖ Exposure to crime, violence, and social disorder (e.g., presence of trash and lack of cooperation in a community)
 - ❖ Socioeconomic conditions (e.g., concentrated poverty and the stressful conditions that accompany it)
 - ❖ Residential segregation
 - ❖ Language/Literacy
 - ❖ Access to mass media and emerging technologies (e.g., cell phones, the Internet, and social media)
 - ❖ Culture
- (healthypeople.gov)



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Examples of Physical determinants

- ❖ Natural environment, such as green space (e.g., trees and grass) or weather (e.g., climate change)
- ❖ Built environment, such as buildings, sidewalks, bike lanes, and roads
- ❖ Worksites, schools, and recreational settings
- ❖ Housing and community design
- ❖ Exposure to toxic substances and other physical hazards
- ❖ Physical barriers, especially for people with disabilities
- ❖ Aesthetic elements (e.g., good lighting, trees, and benches)

(Healthypeople.gov)



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Social Determinants of Health – culture

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Definition of culture:

- There are many variations of the definition of culture, the first dates back on record to E.B. Taylor 1871:

“That complex whole which includes knowledge, belief, art, morals, customs, and any other capabilities and habits acquired by man as a member of society.”



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SDoH – Culture: Haitian

- says she has oppression
- vehemently denied depression
- feels she has febles and gas.
- She doesn't feel the need to see a lot of doctors
- she says she is not pregnant.
- Haitian church
- she eats: Labouyi Ble most days, and also Mayi Moulin, Akasan
- wears a lemon behind her belt
- old teeth hanging on the door nob.

- strong belief in God's power & ability to heal
- Believe God works through many mediums
- Believe in Voodoo
- A Voodoo priest must find out what the spirits advise is the cure
- Fatalistic view of illness - : "Its all God's will",
- Perceive illnesses as a punishment
- Natural illnesses are ' diseases of the Lord' of Short duration and from the environment
- Supranatural illness are severe and due to the anger of the spirits
- To have Oppression means to have dyspnea
- 'pregnancy' up to 6yrs, believed the devil can hold the baby inside for long time and is the natural cause of some diseases.
- Believe true pregnancy is not an illness and so don't seek prenatal care, children are a blessing from God and that BC or condoms are inappropriate and undesirable
- Fatigue means a physical weakness/ eg, anemia known as febles
- Depression is a stigma & is linked to mental illness which is rarely admitted
- Lemon behind a belt = stop sickness from the devil
- Teeth @ the house or necklace - to stop vomiting



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World Health Organization :

“Social justice is a matter of life and death. It affects the way people live, their consequent chance of illness, and their risk of premature death.

Within countries there are dramatic differences in health that are closely linked with degrees of social disadvantages.

Differences of this magnitude, within and between countries, simply should never happen”



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- For culturally competent care to be effectively developed, and delivered, it must be designed, managed and administered **by the community**. This requires a fundamental shift in how health is viewed and defined.
- Thus **health can be defined as a life lived in balance with all other systems of which an individual is a part.**
- Many communities are combining traditional healing & wellness approaches with the best of Western technology and ideas.
- **Knowledge is essential to positive change.**

• (Culture as a social determinant of health – by James Knibb-Lamouche , 11/14/2012)



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Question #4

The Five key areas (determinants) include all except:

- A. Economic Stability
- B. Education
- C. Genetics
- D. Social and Community Context
- E. Health and Health Care
- F. Neighborhood & Built Environment

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Question #4

The Five key areas (determinants) include all except:

- A. Economic Stability
- B. Education
- C. **Genetics**
- D. Social and Community Context
- E. Health and Health Care
- F. Neighborhood & Built Environment

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**Health is determined by
your zip code not your
genetic code**

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Post test questions/Answers

- 1. What are the 5 social determinants of health (SDoH)?
 - Answer:- Economic Stability, Education, Social and Community Context, Health and Health Care, Neighborhood & Built Environment
- 2. The definition of SDoH must include?
 - Answer:.. where you were born, live, learn, work, play, worship, and where you age
- 3. Does 'genetics' (race, sex) *determine* health?
 - Answer: No
- 4. What are the key components in a definition of culture?
 - Answer::- includes knowledge, beliefs, art, morals, customs, and any other capabilities and habits acquired
- 5. Does culture impact health?
 - Answer:- Yes
- 6. Can you be healthy and not well?
 - Answer: yes



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THANK YOU !!



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