

SOCIAL DETERMINANTS OF HEALTH

are conditions in the places where people live, learn, work, and play that affect a wide range of health risks and outcomes. **Such as:**

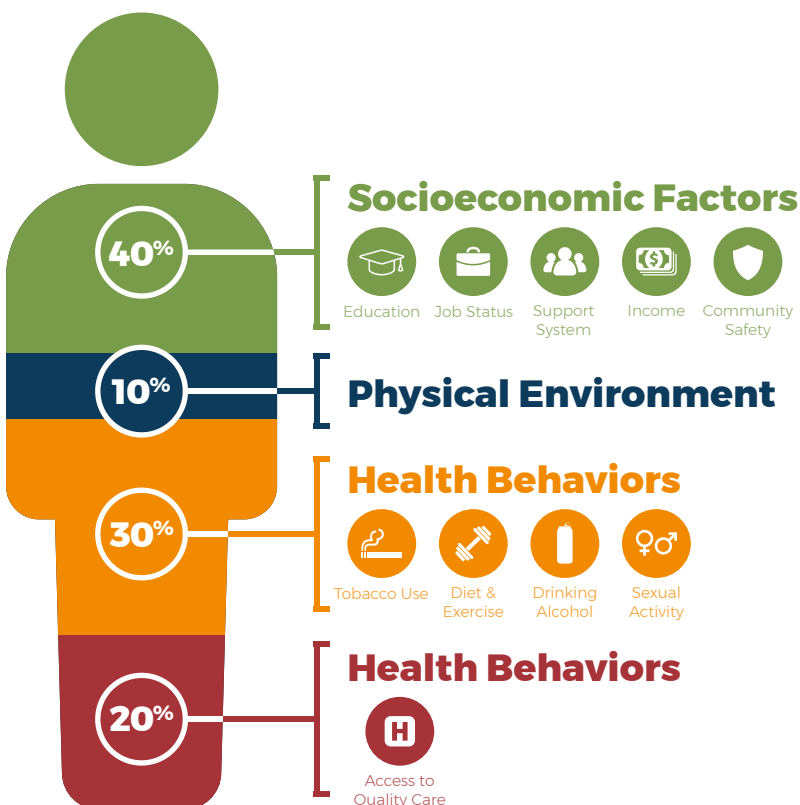
- Health Care Access and Quality
- Education Access and Quality
- Social and Community Support
- Economic Stability
- Neighborhood Environment

Factors determining health

- Clinical care is important but socioeconomic factors and the physical environment are just as important and influence a person's health and well-being.
- Whether people are healthy or not, is determined by their circumstances and environment - the social, economic, and environmental conditions which affect the health of the population.

FACTORS OF SOCIAL DETERMINANTS OF HEALTH (SDOH)

Social determinants have tremendous affect on an individual's health regardless of age, race or ethnicity.



SDOH IMPACT

- **20%** of a person's health and well-being is related to access of care and quality of services.
- The physical environment, social determinants and behavioral factors drive **80%** of health outcomes.

Impacted health outcomes:

- Mortality
- Life expectancy
- Health care expenditures
- Health status
- Functional limitations

CURRENT ENVIRONMENT



1.5 million people experience homelessness.

3.6 million can't access healthcare due to lack of transportation.

40 million people face hunger.

11.8 percent of households are food insecure.

What does good health look like?

- Eating well
- Not smoking
- Staying active
- Getting enough sleep
- Receiving routine health care visits

Good health also looks like...

- Available resources to meet daily needs
- Access to quality education, jobs and health care
- Community-based resources for recreational and leisure-time activities
- Reliable transportation
- Positive social norms and attitudes
- Public safety
- Language/Literacy



HISPANIC ADULTS

were 2x as more likely than white adults to say they **went without seeing a doctor** because of cost.



In Connecticut, babies born to **black mothers** are more than **4x** as likely to **die before their first birthday** as babies born to white mothers.

RESOURCES

- There are over **40,000** programs available to help improve social determinants of health. **2,157** local programs are in the Manchester, CT area.
 - Food
 - Housing
 - Goods
 - Transit
 - Health
 - Money
 - Care
 - Education

Go to findhelp.org to learn more or go to aafp.org and use the **Neighborhood Navigator** to find the right programs for you.