## ARCHE | Allies for Reaching Community Health Equity

A project of the Center for Global Policy Solutions

## Culture of Health Institute for Leadership Development
## Online Training Resource Guide

### Understanding How the Social Determinants of Health Impact Health Outcomes

**Course Description**

The conditions in which we are born, live, learn, play and age exercise a powerful influence on the health of individuals and communities. By critically examining the role of neighborhood conditions, education, income and wealth, and the socio-political climate, this training will strengthen participants' understanding of the social determinants of health and their role in shaping health outcomes of diverse populations. Examples of programmatic, structural and policy interventions will be discussed to illustrate how public health practitioners, advocates and policymakers can effectively address social determinants and advance equity for populations and communities that have experienced persistent barriers to good health.

**Learning Outcomes**

By the end of this module, participants will be able to:
- Define the social determinants of health;
- Explain how inequities in neighborhood conditions, education, income and wealth, and socio-political climate affect health outcomes and health disparities;
- Understand how differential access to wealth-building policies and structures (beyond income) create unequal conditions for good health in communities across the United States; and
- Identify examples of effective local, regional, and national strategies for improving systems and policies that affect the social determinants of health.

<div align="center">**Module Outline**</div>

**Unit 1:  The Social Determinants of Health (SDOH)**
- I.    Social Determinants of Health (SDOH)
- II.   Structural Determinants of Health framework
- III.  ACEs and life course effects
- IV.  Percent of health impacted by SDOH
- V.   Connection to health equity definition and cliff analogy
- VI.  Family scenarios

*Reflection Question 1: What determines health?*
- Make a mental list of as many things as you can to answer this question.
- Did you include work environment?  Housing?  Access to health care services?

*Reflection Question 2: Where to intervene to improve health and reduce inequities?*
- Imagine you have $100 million dollars to improve health and reduce health inequities in the U.S.; where would you put the money?
- Where do you get the most impact for your investment in improving health?
- What is the strongest or most important determinant of health?

*References and Suggested Readings*
- Center for Disease Control. 2016. "About the CDC-Kaiser Adverse Childhood Experiences (ACE) Study." https://www.cdc.gov/violenceprevention/acestudy/about.html.
- County Health Rankings and Roadmaps. n.d.[1] http://www.countyhealthrankings.org/our-approach.
- Economic and Social Research Council. n.d. "Dahlgren-Whitehead Rainbow." http://www.bridgingthegap.scot.nhs.uk/understanding-health-inequalities/introducing-the-wider-determinants-of-health.aspx.
- Jones, Camara. 2016. "Achieving Health Equity: Tools For A National Conversation On Racism." Dornsife School of Public Health. http://drexel.edu/dornsife/news/latest-news/2016/May/camara-jones-mann-lecture-health-equity-racism/.
- Jones, Camara P., Clara Y. Jones, Geraldine S. Perry, and Gillian Barclay. 2009. "Addressing The Social Determinants Of Children's Health: A Cliff Analogy." *Journal of Health Care for the Poor and Underserved* 20(4):1-12. http://www.hawaiipublichealth.org/resources/Documents/2-Jones-cliff-2009.pdf.
- NHS Education for Scotland. n.d. "Introducing the Wider Social Determinants of Health." Retrieved June 16, 2017 http://www.esrc.ac.uk/about-us/50-years-of-esrc/50-achievements/the-dahlgren-whitehead-rainbow/.
- Pinderhughes Howard, David R. Williams, and Myesha Williams. 2015. "Adverse Community Experiences and Resilience: A Framework for Addressing and Preventing Community Trauma." Prevention Institute. https://www.preventioninstitute.org/publications/adverse-community-experiences-and-resilience-framework-addressing-and-preventing.

---

[1] n.d., no publication data available.

- Solar, O. and A. Irwin. 2010. "A Conceptual Framework for Action on the Social Determinants of Health." World Health Organization. http://apps.who.int/iris/bitstream/10665/44489/1/9789241500852_eng.pdf.
- U.S. Department of Health and Human Services Healthy People 2020. n.d. "Determinants of Health." https://www.healthypeople.gov/2020/about/foundation-health-measures/Determinants-of-Health#social.
- World Health Organization. n.d. "Social Determinants of Health." http://www.who.int/social_determinants/en/.

### Unit 2:  Neighborhood Conditions

  I.   Direct causal pathway: air quality and pollution, race/ethnicity, and asthma
 II.   Indirect causal pathway: resource distribution
III.   Highlighted case: Moving to Opportunity
 IV.   Other strategies for change
  V.   Family scenarios

*Reflection Question 3: Think about a specific neighborhood where you lived growing up.  Check any determinant where the way your neighborhood was built or structured allowed all people to achieve maximum health, regardless of their family financial situation.  Check all that apply.  It's also OK if you are unsure.*

- Neighborhood structured for walkability
- Access to nutritious food
- Affordable housing
- Safety
- Air/water quality

*References and Suggested Readings*

- Arkin, Elaine, Paula Braveman, Susan Egerter, and David Williams. 2014. "Time to Act: Investing in the Health of Our Children and Communities, Recommendations From the Robert Wood Johnson Foundation Commission to Build a Healthier America." Robert Wood Johnson Foundation. http://www.rwjf.org/content/dam/farm/reports/reports/2014/rwjf409002.
- Centers for Disease Control and Prevention. n.d. "Healthy Community Design Checklist." https://www.cdc.gov/healthyplaces/factsheets/healthy_community_checklist.pdf.
- Centers for Disease Control and Prevention. n.d. "Planning and Health Resource Guide for Designing and Building Healthy Neighborhoods." https://www.cdc.gov/healthyplaces/toolkit/planning_for_health_resource_guide.pdf.
- Chetty, Raj, Nathaniel Hendren, and Lawrence F. Katz. 2015. "The Effects of Exposure to Better Neighborhoods on Children: New Evidence from the Moving to Opportunity Experiment." Harvard University and NBER. http://www.equality-of-opportunity.org/images/mto_paper.pdf.

- Healthbeat. n.d. "Strengthen Relationships for Longer, Healthier Life." Harvard Health Publications. http://www.health.harvard.edu/healthbeat/strengthen-relationships-for-longer-healthier-life.
- Kneebone Elizabeth and Natalie Holmes. 2016. "*U.S. Concentrated Poverty In The Wake Of The Great Recession.*" The Brookings Institute. https://www.brookings.edu/research/u-s-concentrated-poverty-in-the-wake-of-the-great-recession/.
- PolicyLink/PERE. n.d. "National Equity Atlas." www.nationalequityatlas.org.
- Sanbonmatsu, Lisa, Lawrence E. Katz, Jens Ludwig, Lisa A. Gennetian, Greg J. Duncan, Ronald C. Kessler, Emma Adam, Thomas W. McDade, and Stacy T. Lindau. 2012. "Moving to Opportunity for Fair Housing Demonstration Program - Final Impacts Evaluation." https://www.huduser.gov/portal/publications/pubasst/MTOFHD.html.
- Waldinger, Robert. "What Makes a Good Life? (Harvard Happiness Study)." http://robertwaldinger.com.

**Unit 3:  Education**
  I.   Health effects of education
  II.  Effects of socio-economic status → education → health
  III. Intergenerational inequalities in education and health
  IV.  Race/ethnicity → education and link back to residential segregation → neighborhood resources and opportunity
  V.   Highlighted case: Harlem Children's Zone
  VI.  Other strategies for change
  VII. Family scenarios

*Reflection Question 4: Think about the community or region where you live right now.  Can you easily identify the name of a public school that everyone knows provides the highest quality education?*
- Who goes there?
- What strategies do people use to give their kids a shot at good health?
- How can we switch to thinking about more community-oriented strategies?
- What would it look like to rebuild neighborhoods around a culture of health?

*References and Suggested Readings*
- Carpenter, Z. 2017. "What's Killing America's Black Infants? Racism is Fueling a National Health Crisis." *The Nation*, February 15. https://www.thenation.com/article/whats-killing-americas-black-infants/.
- Harlem Children's Zone. n.d. http://hcz.org.
- The Heller School. n.d. "Diversity Data – Data For Diverse And Equitable Metropolitan Areas." www.diversitydata.org.
- Robert Wood Johnson Foundation. 2008. "Overcoming Obstacles to Health." http://www.commissiononhealth.org/PDF/ObstaclesToHealth-Report.pdf.

- Robert Wood Johnson Foundation. 2013. "Infographic: Better Education = Healthier Lives." http://www.rwjf.org/en/library/infographics/infographic--better-education---healthier%2520lives.html#/download.
- Unnatural Causes. n.d. "When the Bough Breaks." http://www.unnaturalcauses.org/episode_descriptions.php?page=2; accessible on demand at https://vimeo.com/ondemand/unnaturalcauses/.
- Wilcox, K. 2016. "Infant Mortality Rates Vary by Race." The Build Health Challenge. 7 http://buildhealthchallenge.org/news/infant-mortality-rates-vary-by-race/.

## Unit 4:  Income and Wealth

    I.      Education, earnings, and quality of work
   II.    Wealth v. income, racial wealth gap, gender
 III.   How assets over life course build wealth and drive inequality if not equitably distributed
 IV.   Effects on physical and mental health
  V.   Highlighted case: SEED OK
 VI.   Other strategies for change

*Reflection Question 5: What are the structural wealth-building mechanisms that have enabled you to build assets at different stages of your life?  Check all that apply.*

- Matched retirement savings accounts offered through an employer
- Parental wealth (either inheritance or smaller gifts throughout life)
- Personal, public, or family savings for higher education
- Homeownership, home equity, mortgage interest deductions, etc.
- Health insurance provided through an employer

*References and Suggested Readings*

- Center for Global Policy Solutions. 2014. "Beyond Broke Infographic: Financial Emergencies." http://globalpolicysolutions.org/beyond-broke-financial-emergencies-infographics/.
- Center for Global Policy Solutions. 2014. "Beyond Broke Infographic: Housing Crisis Infographic." http://globalpolicysolutions.org/beyond-broke-housing-crisis-infographics/.
- Center for Global Policy Solutions. 2015. *"The Wealth Gap for Women of Color.* Retrieved from http://globalpolicysolutions.org/the-wealth-gap-for-women-of-color-infographic/.
- Center for Global Policy Solutions. 2014. "Wealth Matters – It's Not Just Income Inequality." http://globalpolicysolutions.org/infographic-wealth-matters/.
- Loya, Rebecca, Judith Garber, and Jessica Santos. 2017. "Levers for Success: Key Features and Outcomes of Children's Savings Account Programs." Institute on Assets and Social Policy. https://iasp.brandeis.edu/pdfs/2017/CSA%20LEVERS%20FOR%20SUCCESS_2017.pdf
- Robert Wood Johnson Foundation. 2008. "Overcoming Obstacles to Health." http://www.commissiononhealth.org/PDF/ObstaclesToHealth-Report.pdf.

- Robert Wood Johnson Foundation. 2013. "Infographic: Better Education = Healthier Lives." http://www.rwjf.org/en/library/infographics/infographic--better-education---healthier%2520lives.html#/download.
- Sondra G. Beverly, Margaret M. Clancy, Jin Huang, and Michael Sherraden. 2015. "The SEED for Oklahoma Kids Child Development Account Experiment: Accounts, Assets, Earnings, and Savings." Center for Social Development Research Brief. https://csd.wustl.edu/Publications/Documents/RB15-29.pdf.
- Tippett, Rebecca, Avis JonesDeWeever, Maya Rockeymoore, Darrick Hamilton, and William Darity. 2014. "Beyond Broke Why Closing The Racial Wealth Gap Is A Priority For National Economic Security." Center for Global Policy Solutions. http://globalpolicysolutions.org/wpcontent/uploads/2014/04/Beyond_Broke_FINAL.pdf.
- Woolf, Steven H., Laudan Aron, Lisa Dubay, Sarah M. Simon, Emily Zimmerman, and Kim X. Luk. "How are Income and Wealth Linked to Health and Longevity?" The Urban Institute and Virginia Commonwealth University. http://www.urban.org/sites/default/files/publication/49116/2000178-How-are-Income-and-Wealth-Linked-to-Health-and-Longevity.pdf.

**Unit 5:  Socio-political climate**
  I.    Climate for LGBT youth
  II.   Bullying and link to health
  III.  Climate for people of color, Muslims, and unauthorized immigrants
  IV.  Highlighted case: Sanctuary Cities
  V.   Welcoming America
  VI.  Other strategies for change
  VII. Family scenarios

*Reflection Question 6: To the best of your knowledge, which of the following strategies are included in your community's public health policies or programs?  Check all that apply*
- Sanctuary city / state policies
- Anti-racism efforts
- Bullying prevention
- Welcoming efforts for New Americans
- Programs to address mental health effects and trauma caused by bullying or hate crimes

*References and Suggested Readings*
- Aboii, Sheyda, M. 2014. "Undocumented Immigrants and the Inclusive Health Policies of Sanctuary Cities." *Harvard Public Health Review*. http://harvardpublichealthreview.org/undocumented-immigrants-and-the-inclusive-health-policies-of-sanctuary-cities/.
- Children's Safety Network. n.d. "Preventing Bullying: The Role of Public Health and Safety Professionals." https://www.childrenssafetynetwork.org/resources/preventing-bullying-role-public-health-safety-professionals.

- Galea, Sandra. 2015. "The Public Health Consequences of Hate." Boston University School of Public Health. https://www.bu.edu/sph/2015/01/18/the-public-health-consequences-of-hate/.
- Griffith, Bryan and Jessica Vaughan. 2017. "Map: Sanctuary Cities, Counties and States." Center for Immigration Studies. http://cis.org/Sanctuary-Cities-Map.
- Human Rights Campaign. n.d. "Growing Up LGBT in America." http://www.hrc.org/youth-report/view-and-share-statistics.
- Kille, Leighton W. 2013. "Impact Of Bullying In Childhood On Adult Health, Wealth, Crime And Social Outcomes." Journalist Resources. https://journalistsresource.org/studies/society/education/childhood-bullying-adult-health-wealth-crime-social-outcomes-longitudinal.
- Kosciw, Joseph G., Emily A. Greytak, Neal A Palmer, and Madelyn J. Boesen. 2013. "National School Climate Survey: The Experiences of Lesbian, Gay, Bisexual and Transgender Youth in Our Nation's Schools." GLSEN. https://www.glsen.org/sites/default/files/2013%20National%20School%20Climate%20Survey%20Full%20Report_0.pdf.
- Lisi, Jon. 2016. "Does the Digital Classroom Increase Cyber-Bullying?" Life Tiles. https://www.livetiles.nyc/blog/does-the-digital-classroom-increase-cyber-bullying/.
- National Institute of Child Health and Human Development. n.d. "How Does Bullying Affect Health And Well-Being?" https://www.nichd.nih.gov/health/topics/bullying/conditioninfo/Pages/health.aspx.
- PACER's National Bullying Prevention Center. n.d. "Bullying Statistics." http://www.pacer.org/bullying/resources/stats.asp.
- NoBullying.com. n.d. "What Are the Common Causes of Bullying." https://nobullying.com/what-are-the-causes-of-bullying/.
- Potok, Mark. 2016. "Anti-Muslim Hate Crimes Surged Last Year, Fueled By Hateful Campaign." Southern Poverty Law Center. https://www.splcenter.org/hatewatch/2016/11/14/anti-muslim-hate-crimes-surged-last-year-fueled-hateful-campaign.
- Geddes, Raymond. 2016. "Stats and Effects of Bullying Infographic." http://www.raymondgeddes.com/stats-and-effects-of-bullying.
- U.S. Department of Justice, Federal Bureau of Investigation. 2016. "Hate Crime Statistics, 2015." Uniform Crime Report. https://ucr.fbi.gov/hate-crime/2015/topic-pages/incidentsandoffenses_final.pdf.
- Southern Poverty Law Center. n.d. SPLC Hate Map. Retrieved June 16, 2017 https://www.splcenter.org/hate-map.
- Stein, Fernando. 2017. "AAP Statement on Protecting Immigrant Children." American Academy of Pediatrics. https://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/AAPStatementonProtectingImmigrantChildren.aspx.
- Welcoming America. n.d. https://www.welcomingamerica.org/programs/our-network.
- Wong, Tom K. 2017. "The Effects of Sanctuary Policies on Crime and the Economy." Center for American Progress. https://www.americanprogress.org/issues/immigration/reports/2017/01/26/297366/the-effects-of-sanctuary-policies-on-crime-and-the-economy/.

### Unit 6:  Strategies for Change

I.    How most policies and practices to address SDOH and intentionally link to health equity solutions are cross-sector

II.   Rebuilding neighborhoods around a culture of health

III.  Cliff analogy

*Reflection Question 7: What else determines health?*

• After participating in this training, what else can you add to your definition?

• List any new factors, determinants, or insights that you have gained about what determines health from this module.

*References and Suggested Readings*

• Centers for Disease Control. n.d. "Ten Essential Public Health Services and How They Can Include Addressing Social Determinants of Health Inequities." https://www.cdc.gov/stltpublichealth/publichealthservices/pdf/ten_essential_services_and_sdoh.pdf.

• Weinstein, James N., Amy Geller, Yamrot Negussie, and Alina Baciu (eds). 2017. "Communities in Action: Pathways to Health Equity." National Academies of Sciences, Engineering, and Medicine. https://www.nap.edu/read/24624/chapter/2.

■ ■ ■

CGPS | Center for Global Policy Solutions

Center for Global Policy Solutions
1300 L Street, NW, Suite 975
Washington, D.C. 20005