

Summarizing SDOH

The Centers for Disease Control and Prevention (CDC) define SDOH as conditions in places where people live, learn, work and play that affect a wide range of health risks and outcomes. Factors such as income, living conditions, and education have an impact on health outcomes. We need to address SDOH in order to achieve long-lasting improvements on health outcomes.

Healthy People 2030 has outlined [five key areas of SDOH](#):

- **Healthcare Access and Quality.** This includes access to healthcare (including primary care), health insurance coverage, and health literacy.
- **Education Access and Quality.** This includes access to quality education (from early childhood through higher education), language, and literacy.
- **Social and Community Context.** This includes the ability to belong to a community, civic participation, workplace conditions, ties to the justice system, and freedom from discrimination.
- **Economic Stability.** This includes adequate income, cost of living, socioeconomic status, employment, food security, housing stability, and freedom from poverty.
- **Neighborhood and Built Environment.** This includes quality housing, access to transportation, availability of healthy foods, air and water quality, neighborhood crime, and violence rates.

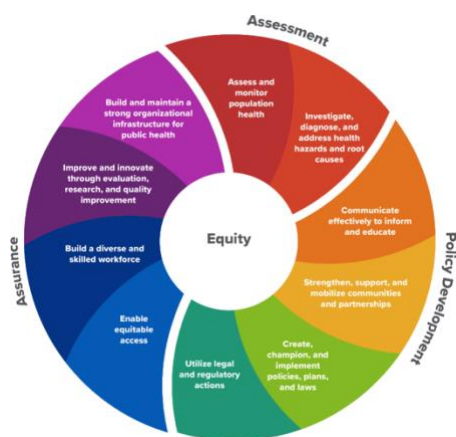
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Healthy People 2030

Identifying a Framework, Strategies, and Resources to Address SDOH



The [10 Essential Public Health Services \(EPHS\)](#) framework promotes policies, systems, and overall community conditions that enable optimal health for all and seeks to remove systemic and structural barriers that result in health inequities.

This document updates and builds on the CDC document, [Ten Essential Public Health Services and How They Can Include Addressing Social Determinants of Health Inequities](#).

Use the following chart to identify activities recommended by the CDC and resources identified by the [MCH Evidence Center](#).

Aligning the Ten Essential Public Health Services to SDOH Activities and Resources

1. Assess and monitor population health status, factors that influence health, and community needs and assets.

Activities Recommended by the CDC:

- Use [data related to SDOH measures](#) as a basis for addressing community health problems and inequities.
- Ensure that [health improvement planning and community health assessments](#) include SDOH measures and engage communities and multi-sectoral partners during all steps of the process.

Resource Identified by the MCH Evidence Center:

- [County Health Rankings & Roadmaps \(CHR&R\)](#). This tool measures important health factors in communities by providing a ranking system and overall snapshot of the community's health. The rankings are provided at the county level and available for nearly every state. In addition to providing data, evidence, and guidance, the tool also provides examples to help build awareness of the multi-faceted complex factor that influence health. Developed by the University of Wisconsin Population Health Institute.

2. Investigate, diagnose, and address health problems and hazards affecting the population.

Activities Recommended by the CDC:

- Include community-level determinants of health in investigations, as well as [policies and practices](#) that involve other sectors to support them.

Resources Identified by the MCH Evidence Center:

- [Health Impact Assessments \(HIA\) Resource and Tool Compilation](#). This resource consists of an inventory of available HIA resources and tools to help practitioners, community stakeholders, and organizations assess risk and assist in decision making. Developed by the Environmental Protection Agency (EPA), with support from the CDC, University of Washington School of Public Health, Oregon Health Authority, and Santa Clara University.
- [Core Set Of SDOH Screening Questions](#). This tool consists of two iterations of a set of 18 questions which can form a core set for screening for SDOH (across material, personal, social, and parenting well-being). These could be used as a separate screen or as a part of other screeners (e.g., child health status, family medical history, parent concerns). Developed by the Child and Adolescent Health Measurement Initiative.

3. Communicate effectively to inform and educate people about health, factors that influence it, and how to improve it.

Activities Recommended by the CDC:

- Ensure [outreach and education efforts](#) address social and structural determinants of health inequities.
- Ensure access to culturally and linguistically appropriate approaches to community health (e.g., [REACH](#)) to help address SDOH. Approaches should take into account such challenges as [structural racism](#) and [stigma against population groups](#), both of which can decrease likelihood of seeking needed health care.

Resources Identified by the MCH Evidence Center:

- [Public Health Reports: Data Systems and Social Determinants of Health](#). This issue consists of articles that focus on how data can increase our understanding of SDOH. These articles describe ways to link national- and state-level surveillance data with data on labor, housing, and policy.
- [National Equity Atlas](#). This tool for community leaders and policymakers provides data on demographics, racial inclusion, and economic equity at the city, state and national level. The Atlas is produced by PolicyLink and the USC Equity Research Institute (ERI).

4. Strengthen, support, and mobilize communities and partnerships to improve health.

Activities Recommended by the CDC:

- Engage and collaborate with community members and [non-traditional partners](#) associated with SDOHs, such as housing authorities, law enforcement, schools, and community organizations.

Resources Identified by the MCH Evidence Center:

- [The Health-Related Social Needs \(HRSN\) Screening Tool](#). This standard screening tool can be used to determine if systematically screening for health-related social needs has an effect on total healthcare costs and health outcomes. It includes ten items categorized into five domains: housing instability, food insecurity, transportation problems, utility help needs, and interpersonal safety. Developed by the Centers for Medicare & Medicaid Services Center for Medicare and Medicaid Innovation (CMMI).

5. Create, champion, and implement policies, plans, and laws that impact health.

Activities Recommended by the CDC:

- Leverage evidence-based policies in [non-health sectors](#) that affect SDOH and health outcomes, such as:
 - Safe and affordable housing that can reduce risk for asthma, lead poisoning, homelessness.
 - Full-day kindergarten that can reduce adverse health prospects such as teenage pregnancy.
- Develop and implement [state/community health improvement plans](#) that include and address the SDOH in collaboration with community partners.

Resources Identified by the MCH Evidence Center:

- [Promoting Health Equity: A Resource to Help Communities Address Social Determinants of Health](#). This workbook provides tools to develop, implement, and evaluate interventions that target SDOH. Examples of programs and strategies are provided by topics (e.g., infant mortality, cancer, diabetes). Developed by the CDC.
- [SDOH and Practice Improvement](#). This resource contains tools to help healthcare organizations address SDOH by assessing patient social risk and needs. Developed by the Agency for Healthcare Research and Quality.

6. Utilize legal and regulatory actions designed to improve and protect the public's health.

Activities Recommended by the CDC:

- Develop strategies to ensure enforcement of existing regulations and laws that affect health, such as:
 - Housing and health codes to prevent [childhood lead poisoning](#).
 - [Batterer intervention program laws](#) to prevent violence against women and children.

Resources Identified by the MCH Evidence Center:

- [Opportunity Index](#). This index examines the economy, education, health, and community factors at the county, state, and national levels. The index includes indicators within four dimensions of community well-being. Developed by Opportunity Nation and Child Trends.
- [Screening for Social Determinants of Health in Populations with Complex Needs: Implementation Considerations- \(TCC\)](#) This document summarizes how organizations participating in the RWJF-funded [Transforming Complex Care \(TCC\)](#) Initiative are working to identify and address SDOH for populations with complex needs. Includes considerations for selecting, adapting, and adopting assessment tools; collecting and integrating SDOH information; and creating workflows to track patients' needs. Developed by the Center for Health Care Strategies.

7. Assure an effective system that enables equitable access to the individual services and care needed to be healthy.

Activities Recommended by the CDC:

- Educate community members about their eligibility for and access to entitlement programs, such as Medicaid, TANF, and SNAP.
- Ensure that essential health benefits and the [free preventive services provisions of the Affordable Care Act](#) are correctly and equitably implemented.

Resources Identified by the MCH Evidence Center:

- [Achieving Health Equity by Addressing the Social Determinants of Health](#). This webpage provides examples of SDOH interventions that address healthy behaviors and chronic disease prevention. [Healthy Tribes](#) and [REACH](#) are two examples of public health initiatives addressing SDOH. Developed by CDC's National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP).
- [PRAPARE Implementation and Action Toolkit](#). This toolkit compiles resources, best practices, and lessons learned from health centers focused on how to implement a SDOH data collection initiative. The toolkit is accompanied by an [assessment tool](#). Developed by the National Association of Community Health Centers.

8. Build and support a diverse and skilled public health workforce.

Activities Recommended by the CDC:

- Support staff [training and development efforts](#) that help the workforce incorporate SDOH inequities into their job responsibilities.
- Promote hiring of workforce that reflects population being served.

Resources Identified by the MCH Evidence Center:

- [HealthBegins Screening Tool](#). This resource was developed to spark discussions among healthcare providers about incorporating SDOH data to better inform patient care. The tool consists of questions on topics such as

education, employment, social support, immigration, and violence. Developed by the Association of American Medical Colleges.

- [EveryONE Project Toolkit](#). This resource provides information to help healthcare providers better understand and address SDOH in their patient community. It includes resources to embed equity into healthcare settings, as well as tools to be able to assess and screen for SDOH. Developed by the American Academy of Family Physicians.

9. Improve and innovate public health functions through evaluation, research, and continuous quality improvement.

Activities Recommended by the CDC:

- Ensure [evaluation and research designs](#) include interventions that address SDOH inequities.
- Use [performance management and quality improvement methods](#) to explore and address more effectively the root causes of issues, which often include SDOH.

Resource Identified by the MCH Evidence Center:

- [Data Set Directory of Social Determinants of Health at the Local Level](#). This directory contains an extensive list of data sets that include SDOH. The directory includes 12 domains of the social environment (e.g., economy, education, employment), a list of components within each domain (e.g., income, educational attainment, occupational safety), and data sources and variables (e.g., economic segregation, graduation rates, job quality) that can be used to measure the components. Included data sets mostly contain information for metropolitan statistical areas (MSAs). Developed by the US Department of Health and Human Services and the CDC.

10. Build and maintain a strong organizational infrastructure for public health.

Activities Recommended by the CDC:

- Expand [research agendas](#) to include SDOH and related health outcomes, especially in evaluation of natural experiments where a project is already addressing SDOH but is not studying health effects (e.g., implementation of the [Essentials for Childhood Framework](#)).
- Use [community-based participatory research designs](#).
- Apply [evidence-based practices](#) to address health inequity and demonstrate improved health outcomes.

Resource Identified by the MCH Evidence Center:

- [Area Deprivation Index \(ADI\)](#). This tool has been refined, adapted, and validated by the [Census Block Group](#) over a 30-year period. The ADI provides rankings of neighborhoods by socioeconomic disadvantage at the state or national level. It includes factors for the theoretical domains of income, education, employment, and housing quality. Developed by the Health Resources and Services Administration (HRSA).