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HOUSE DEMOCRATIC POLICY COMMITTEE
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EMAIL: policy@pahouse.net
@PADemPolicy

House of Representatives
COMMONWEALTH OF PENNSYLVANIA

HOUSE DEMOCRATIC POLICY COMMITTEE ROUNDTABLE

Topic: Social Determinants of Health

Schuylkill Center for Environmental Education– Philadelphia, PA

January 8, 2020

AGENDA

2:00 p.m. Welcome and Opening Remarks

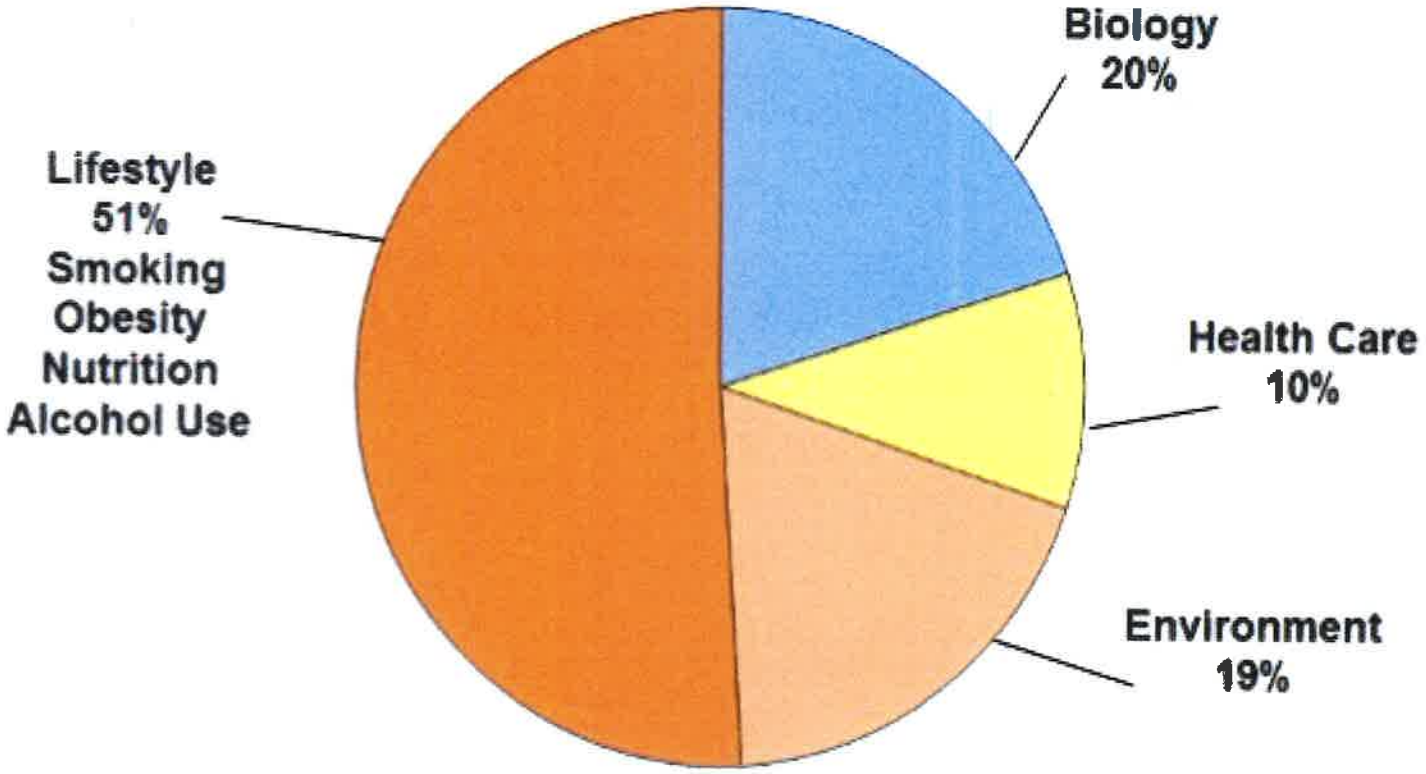
2:10 p.m. Discussion with Panelists:

- Terri Lipman, PhD, CRNP, FAAN
  Assistant Dean for Community Engagement
  University of Pennsylvania School of Nursing

- Tarik Khan, MSN
  Family Nurse Practitioner-Board Certified

3:50 p.m. Closing Remarks

Factors Commonly Understood to Influence Modern Health Status



Source: McGinnis, J.M and Foege, W.H. (1993). "Actual Causes of Death in the United States," Journal of the American Medical Association.

Social Determinants of Health

Terri Lipman, PhD, CRNP, FAAN
University of Pennsylvania, School of Nursing
Children's Hospital of Philadelphia

Penn Nursing

Children's Hospital of Philadelphia

What are Social Determinants of Health?

The social determinants of health are the conditions in which people are born, grow, live, work and age.

These circumstances are shaped by the distribution of money, power and resources at global, national and local levels.

(WHO, 2008)

Why should Social Determinants of Health be Addressed by Health Professionals?

Without addressing the underlying causes of disease and ill health, the risk of perpetuating a cycle of ***inequity, disparity, and inequality*** will remain for generations to come.

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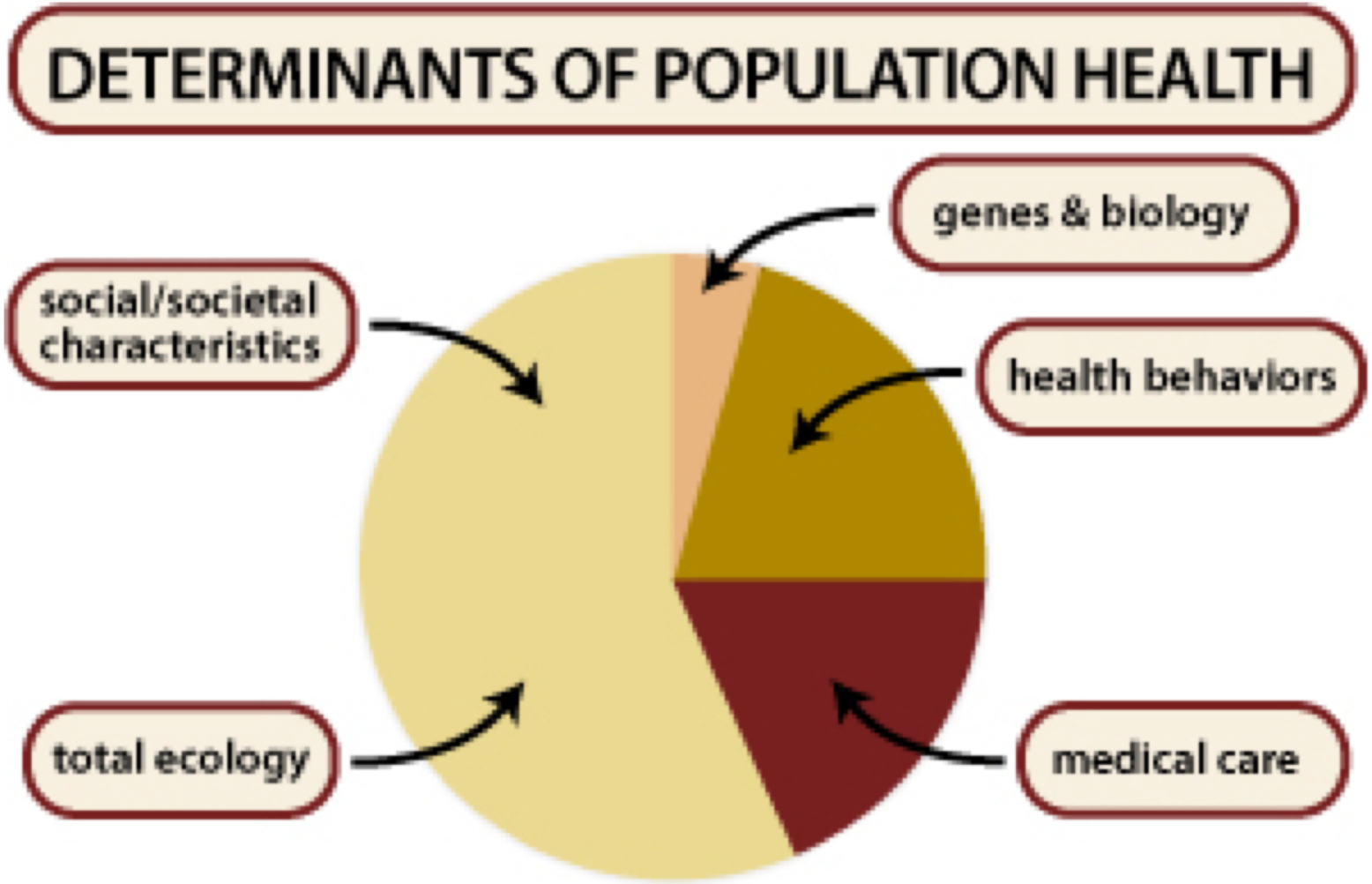
What are determinants of health and how are they related to social determinants of health?

Determinants of health are factors that contribute to a person's current state of health. These factors may be biological, socioeconomic, psychosocial, behavioral, or social in nature. Scientists generally recognize five determinants of health of a population:

- Genes / biology:- For example- family history of disease
- Health behaviors: For example- alcohol use, recreational drug use, excess caloric intake, unprotected sex, and smoking
- **Social environment or social characteristics: for example, discrimination, income, and gender**
- **Physical environment or total ecology: for example, where a person lives and crowding conditions**
- **Health services or medical care: for example, access to quality health care and having or not having insurance**


DETERMINANTS OF POPULATION HEALTH
genes & biology
social/societal characteristics
health behaviors
total ecology
medical care

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“Your longevity and health are more determined by your ZIP code than they are by your genetic code”

Tom Frieden, the director of the

Centers for Disease Control and Prevention

2014

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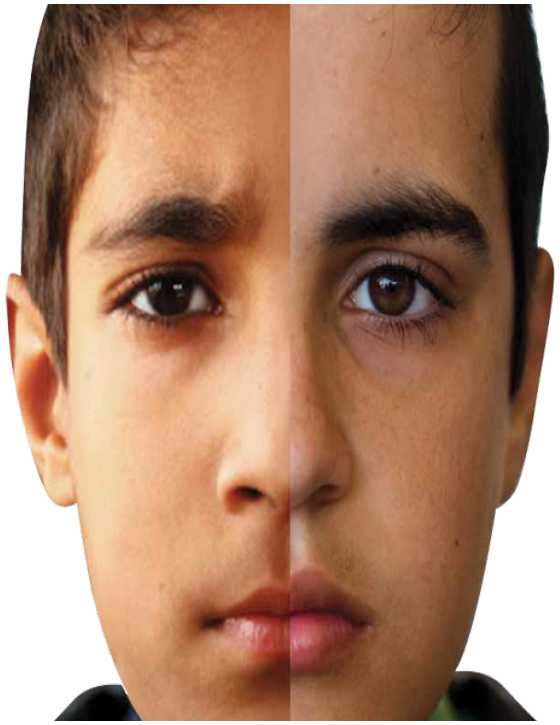
STOCKTON
95202
Life Expectancy
73



IRVINE
92606
Life Expectancy
88

Your **ZIP Code** shouldn't predict **how long you'll live,** but it does.

www.calendow.org

health happens here

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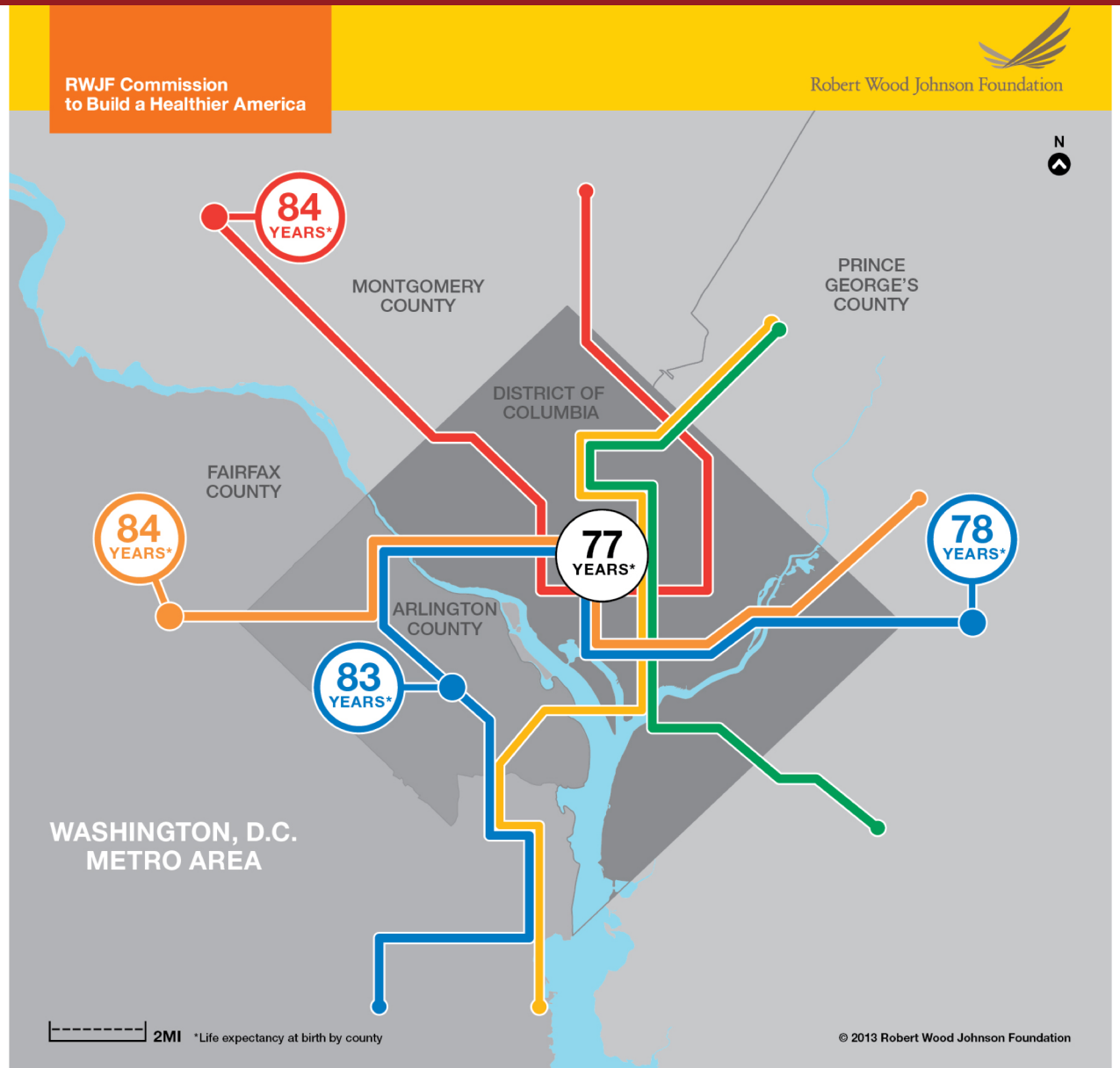
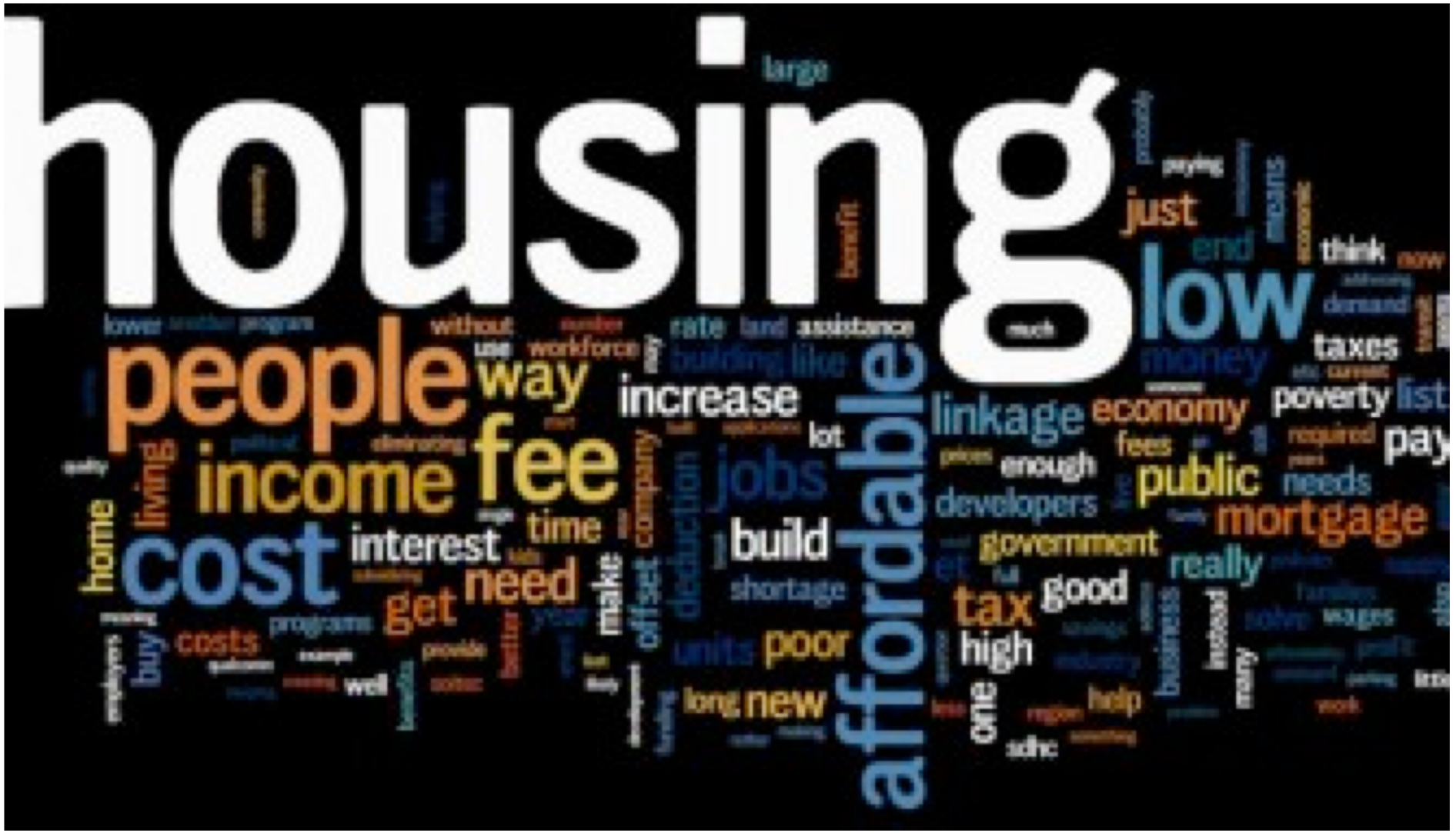


Life expectancy West Philadelphia (men)

	County	Philadelphia
University City	76.5	72.3
Cobbs Creek	64.9	72.3
Paschall-Kingsessing	67.4	72.3
Mill Creek- Parkside	67.7	72.3

How do social determinants impact health?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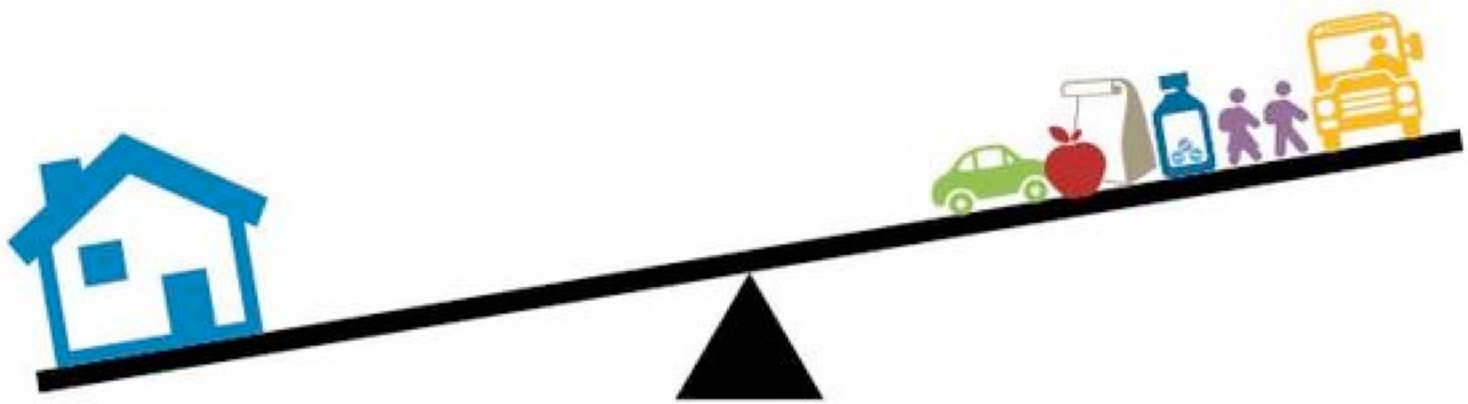

One in **four** renters pay **more than 50%** of their income on rent, leaving less money for other important expenses like transportation, food, health care or education.

Housing Insecurity

- Nearly 19 million low-income U.S. households pay over half of their income on housing, and more than 600,000 people have no home at all.
- housing insecurity make it difficult for these families to move out of poverty, but its side effects ripple through other aspect of their lives and communities.

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Food Insecurity

- In 2015: 42.2 million Americans lived in **food insecure** households, including 29.1 million adults and 13.1 million children
- 13% of households (15.8 million households) were **food insecure**
- 5% of households (6.3 million households) experienced very low **food security**

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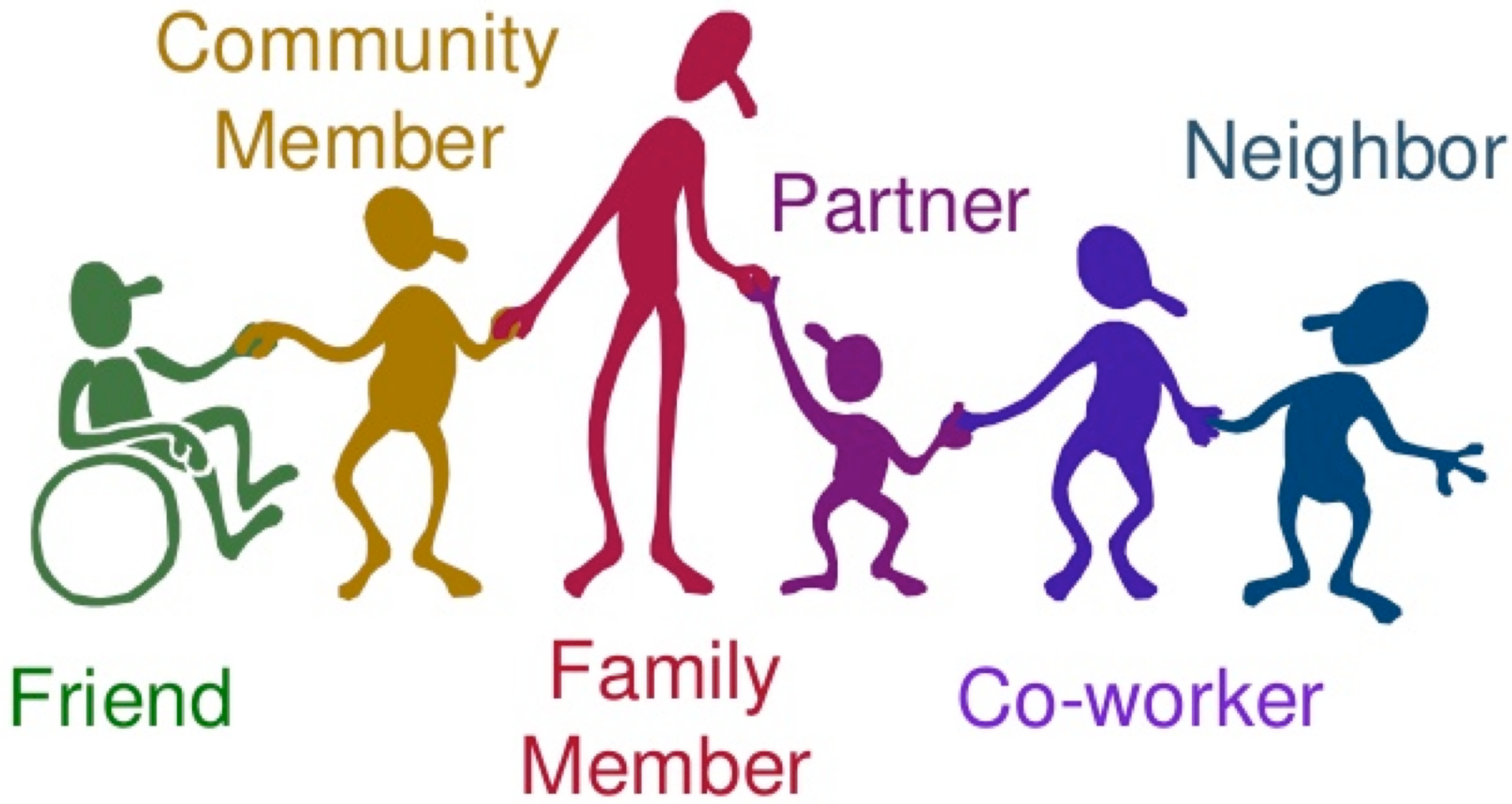
Social Support Network



Social Support

- Social support is an important factor in immune, endocrine, and cardiovascular functioning; recovery from illness and injury; and health maintenance
- The precise means by which social support contributes to health and the factors that moderate and mediate this relationship are not completely understood

- (Uchino, Cacioppo, & Kiecolt-Glaser,1996; Wallston, Alagna, DeVellis, & DeVellis, 1983, Stone et al., 1999; Vitaliano et al., 2001).

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patients with low

HEALTH LITERACY...

Are more likely to visit an **EMERGENCY ROOM**

Have more **HOSPITAL STAYS**

Are less likely to follow **TREATMENT PLANS**

Have higher **MORTALITY RATES**

www.cdc.gov/phpr

CDC

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State of Health in Philadelphia

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CLOSE TO HOME:

The Health of Philadelphia's Neighborhoods

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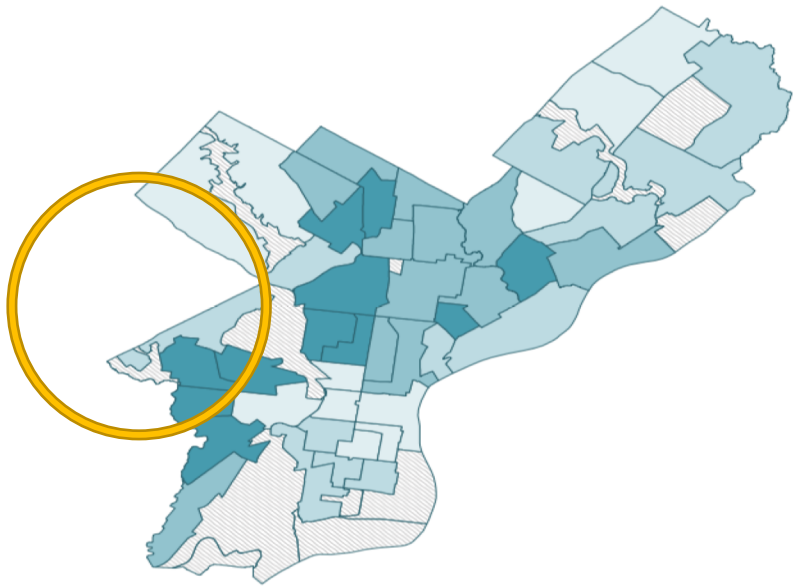
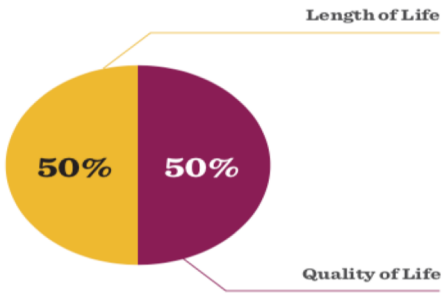
HEALTH OUTCOMES RANKINGS



Health Outcomes ranking is based on two factors:



QUARTILES

1 — Rank 1–11 — ★★★★

1. Center City East
2. Center City West
3. Roxborough-Manayunk
4. University City ★
5. Pennsport-Queen Village
6. Southwark-Bella Vista
7. Bustleton
8. Chestnut Hill-West Mount Airy
9. Fairmount-Spring Garden
10. Somerton
11. Oxford Circle

2 — Rank 12–23 — ★★★☆

12. Rhawnhurst-Fox Chase
13. South Broad-Girard Estates
14. Lower Kensington
15. Torresdale South-Pennypack Park
16. Torresdale North
17. East Falls-Westside
18. Schuylkill-Point Breeze
19. Mayfair-Holmesburg
20. Overbrook Park-Wynnefield Heights
21. Richmond-Bridesburg
22. Grays Ferry-Passyunk
23. Snyder-Whitman

3 — Rank 24–35 — ★★☆☆

24. East Mount Airy
25. Oak Lane-Fernrock
26. Northern Liberties-West Kensington
27. Wissinoming-Tacony
28. Eastwick-Elmwood
29. Olney-Feltonville
30. West Oak Lane-Cedarbrook
31. Lawndale-Crescentville
32. Juniata Park-Harrowgate
33. Poplar-Temple
34. Hunting Park-Fairhill
35. Logan

4 — Rank 36–46 — ★☆☆☆

36. Germantown
37. Cobbs Creek ★
38. Haddington-Overbrook
39. Paschall-Kingsessing ★
40. Sharswood-Stanton
41. Ogontz
42. Frankford
43. Mill Creek-Parkside ★
44. Strawberry Mansion
45. Nicetown-Tioga
46. Upper Kensington

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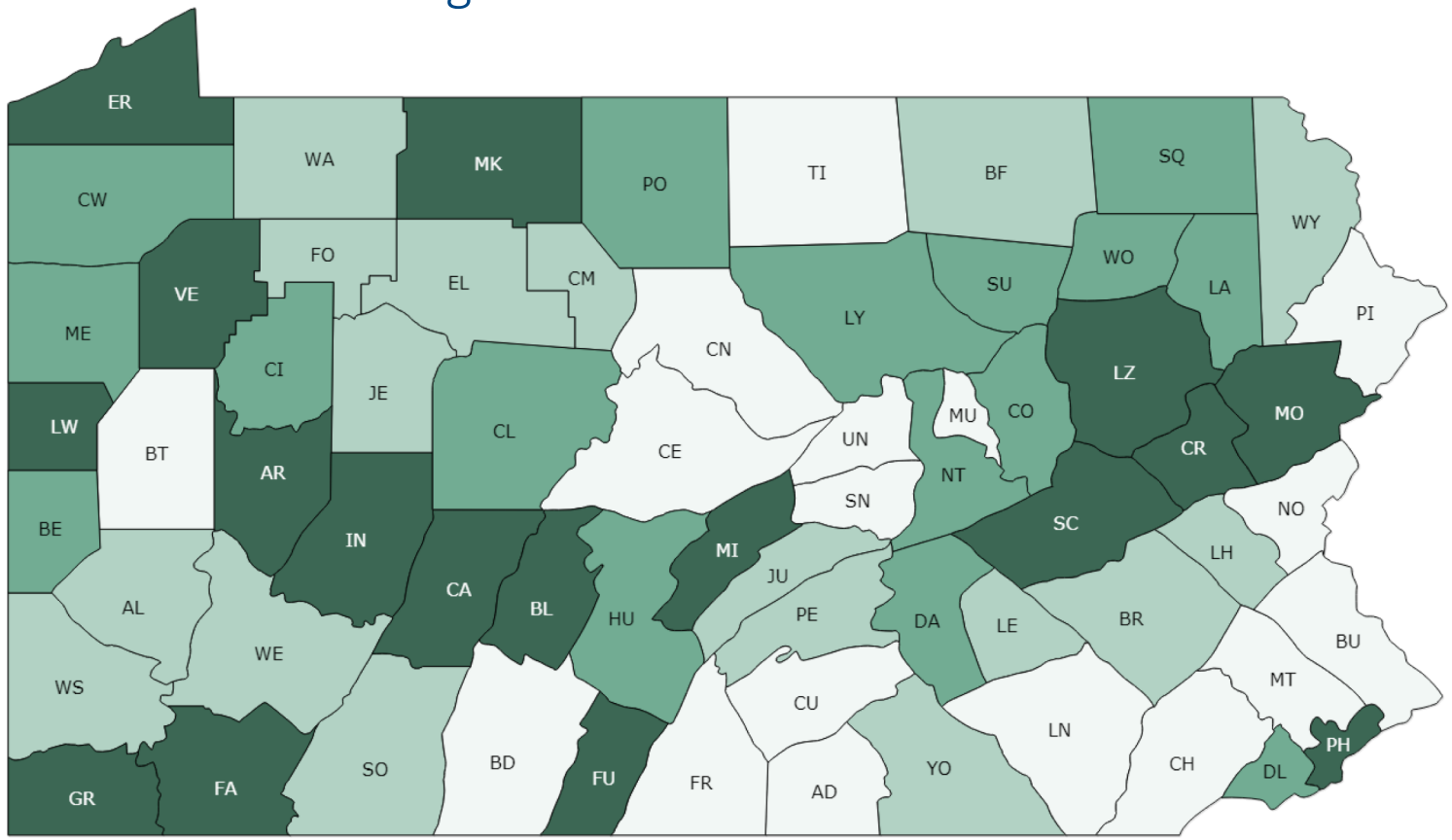
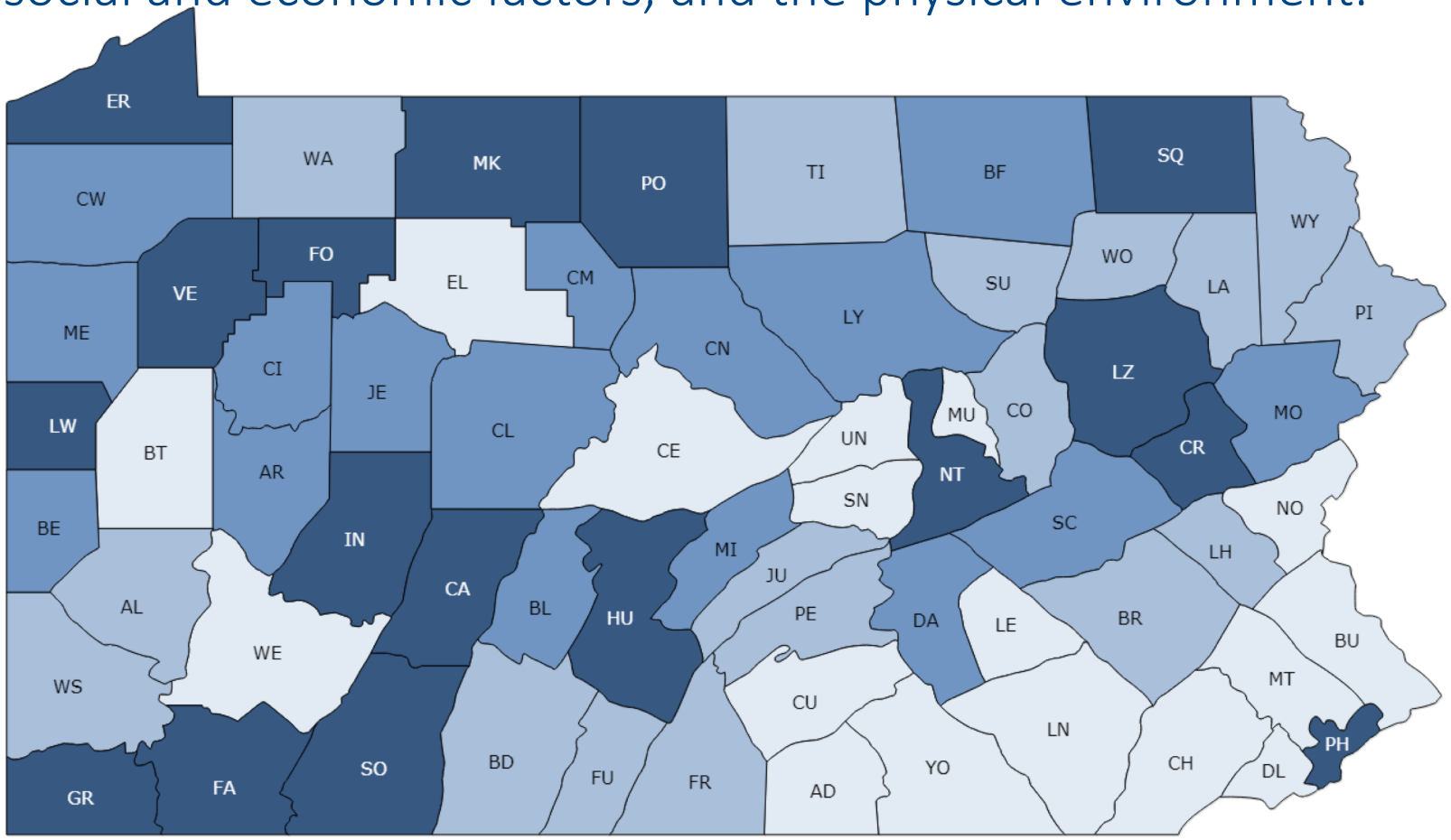
State of Health in Pennsylvania

Rankings represent measures of how long people live and how healthy people feel. Length of life is measured by premature death (<75) and quality of life is measured by self-reported health status and the % of low birth weight newborns.



The distribution of health factors based on weighted scores for health behaviors, clinical care, social and economic factors, and the physical environment.



Selected Social Determinants of Health for Rural Pennsylvania

- 6% of Pennsylvania residents lack health insurance
- Average per capita income for Pennsylvania residents in 2017 was $53,300
  - Rural per capita income lagged at $39,895
- Poverty rate in rural Pennsylvania is 13.5%, compared with 12.4% in urban areas of the state.
- 11.9% of the rural population has not completed high school, while 9.9% of the urban population
- 2015 unemployment rate in rural Pennsylvania is 4.8%, while in urban Pennsylvania it is 4.2%

How can health in Pennsylvania be improved?

Health care and social care spending are both related to health outcomes.

- Countries that spend a higher proportion of their GDP on social services than on health care have better health outcomes
- Among industrialized countries, the United States has the lowest ration of social-to-health spending:
  - In the US- for every $1 spent on health care, about $0.90 is spent on social services
  - Countries with better health outcomes- every $1 spent on health care, an average of $2 is spent on social services
- US states with higher ratios of social-to-health spending to have better health outcomes than those with lower ratios (Bradley et al., 2016).

Health in All Policies- CDC

- Health in All Policies is a collaborative approach to improving the health of all people by incorporating health considerations into decision-making across sectors and policy areas

General socioeconomic, cultural and environmental conditions
Living and working conditions
Work environment
Unemployment
Social and community networks
Education
Water and sanitation
Individual lifestyle factors
Health care services
Agriculture and food production
Housing
Age, sex and constitutional factors

Upstream Interventions

- **Upstream** interventions and strategies focus on improving fundamental social and economic structures in order to decrease barriers and improve supports that allow people to achieve their full health potential. (National Collaborating Centre for Determinants of Health)

Community Health Worker (CHW) Initiative: Enhanced Care Management for Complex Patients

Colin Hawkes, MD; Terri Lipman, PhD CRNP; Rachel Biblow, MSW; Kim Smith-Whitley, MD; Sophia Jan, MD, MSHP; Symme Trachtenberg, MSW; Leigh Wilson, MSW

Funded by the Chair's Initiative, Children's Hospital of Philadelphia

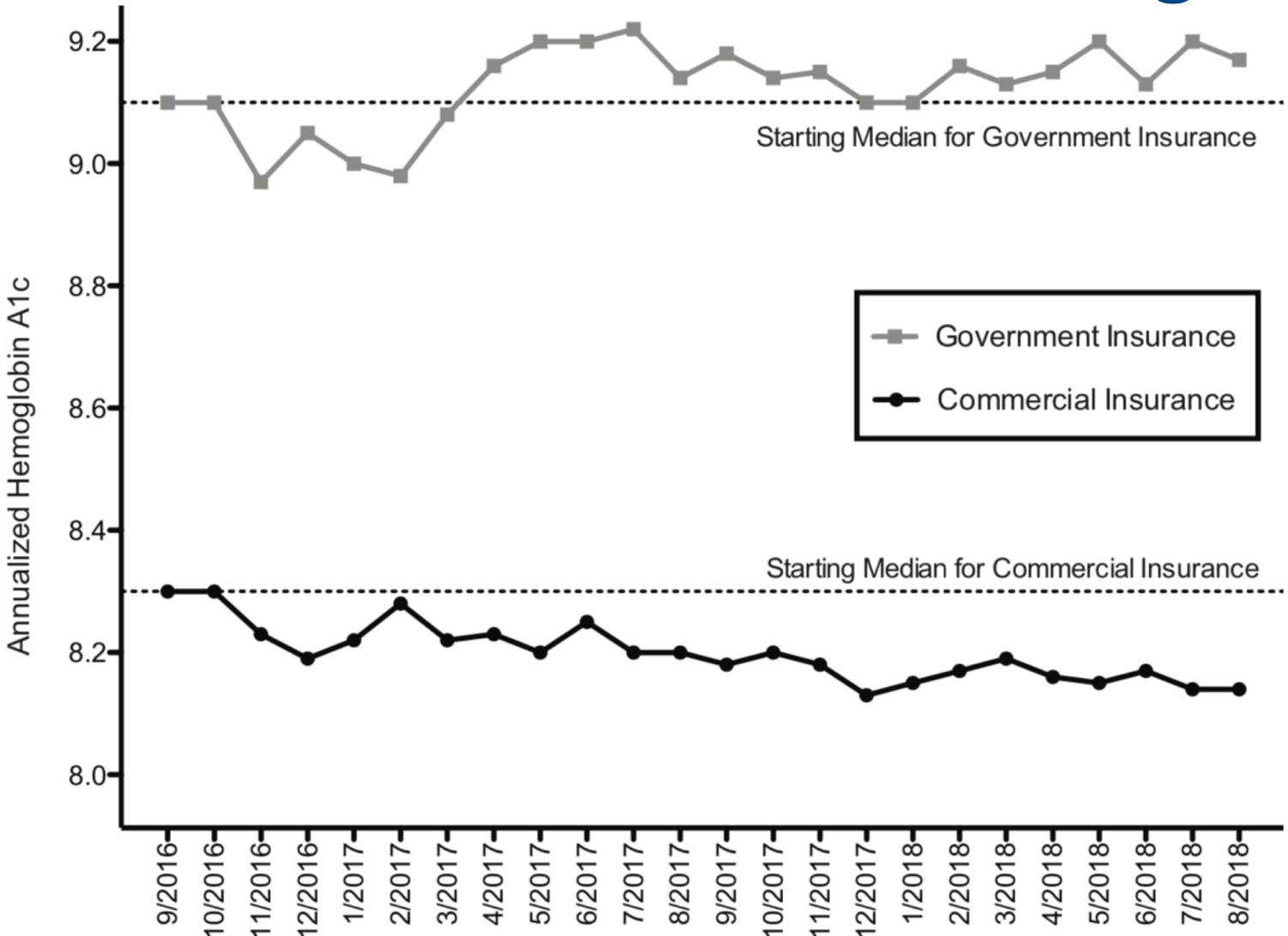
Integrating Community Health Workers into the Care of Children With Type 1 Diabetes

Terri Lipman, PhD CRNP FAAN; Colin Hawkes, MD; Jennifer Morone, BS-RN, MA-ATR

Funded by the Office of Nursing Research, University of Pennsylvania School of Nursing

J. Smith, MPH, G Hedler, MSW, T. Casey, K Huskey, A. Tuttle, MSW

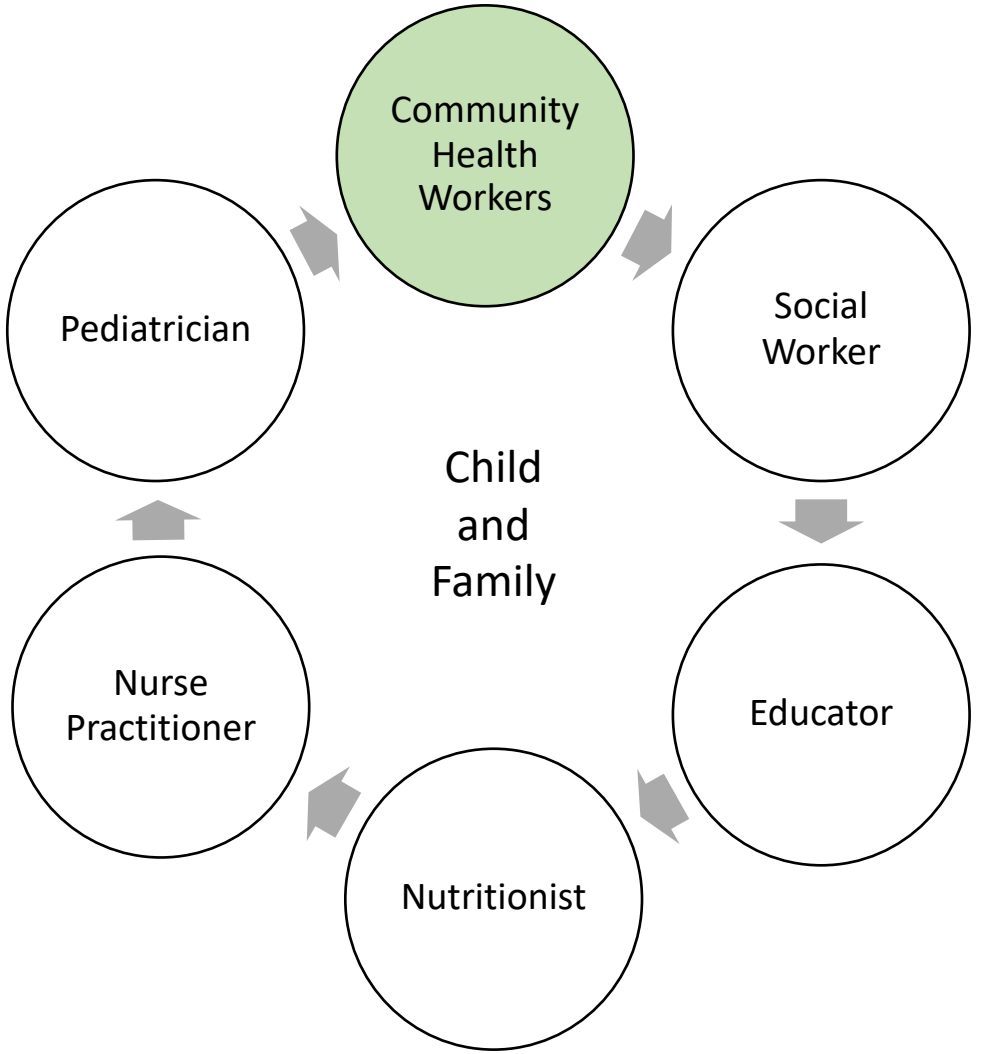
Role of Socioeconomic Status: Team Program



CONCLUSIONS

- Current hospital-based interventions for socially complex children with chronic illnesses
  - Have not been effective in improving the health outcomes
  - Are reliant on health professionals addressing needs they are ill prepared to address

The Diabetes Team



Community Health Workers

- Historically used to provide culturally-relevant services that address health disparities and families' social determinants of health critical to managing their child's chronic condition.
- Existing studies on CHW interventions for pediatric chronic disease show promising results on
  - reducing hospitalizations and length of stay
  - reducing emergency department visits
  - increasing parental confidence
  - cost savings

Palfrey, J.S. et al2014. National Center on Ease of Use of Community Based Services for CHCN & The HSC Foundation.

Raphael JL, et al *Acad Pediatr*. 2013;13(5):408-420

Bryant-Stephens T, et al *J Public Health*. 2009;99 Suppl 3:S657-665.

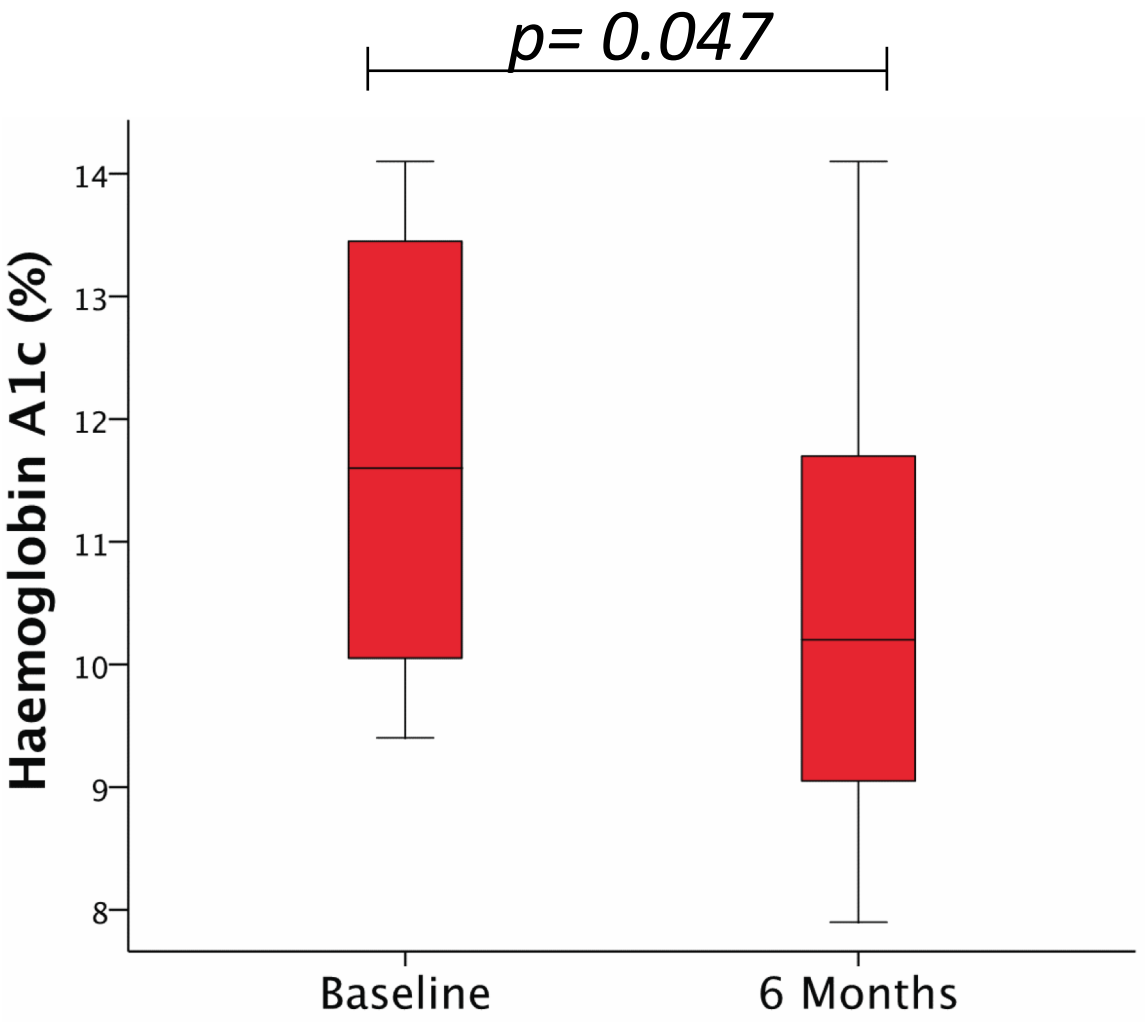
- **SPECIFIC AIMS**
  1. The **primary aim** of this study is to determine if the integration of Community Health Workers (CHW), for one year, into the care of patients with poorly controlled type 1 diabetes (T1D) or high healthcare utilization, is associated with an improvement in diabetes control as defined by a reduction in glycosylated hemoglobin (HbA1c).
- 2. The **secondary aims** are to determine if if the integration of CHW is also associated with:
  - More effective healthcare utilization as measured by, 1) reduced hospital admissions, 2) reduced Emergency Department (ED) visits, 3) increased attendance at scheduled outpatient diabetes appointments.
  - Improved self-reported psychosocial outcomes by primary caregiver as measured by, 1) quality of life, 2) self efficacy, and 3) satisfaction with healthcare team

Preliminary Results: Demographics

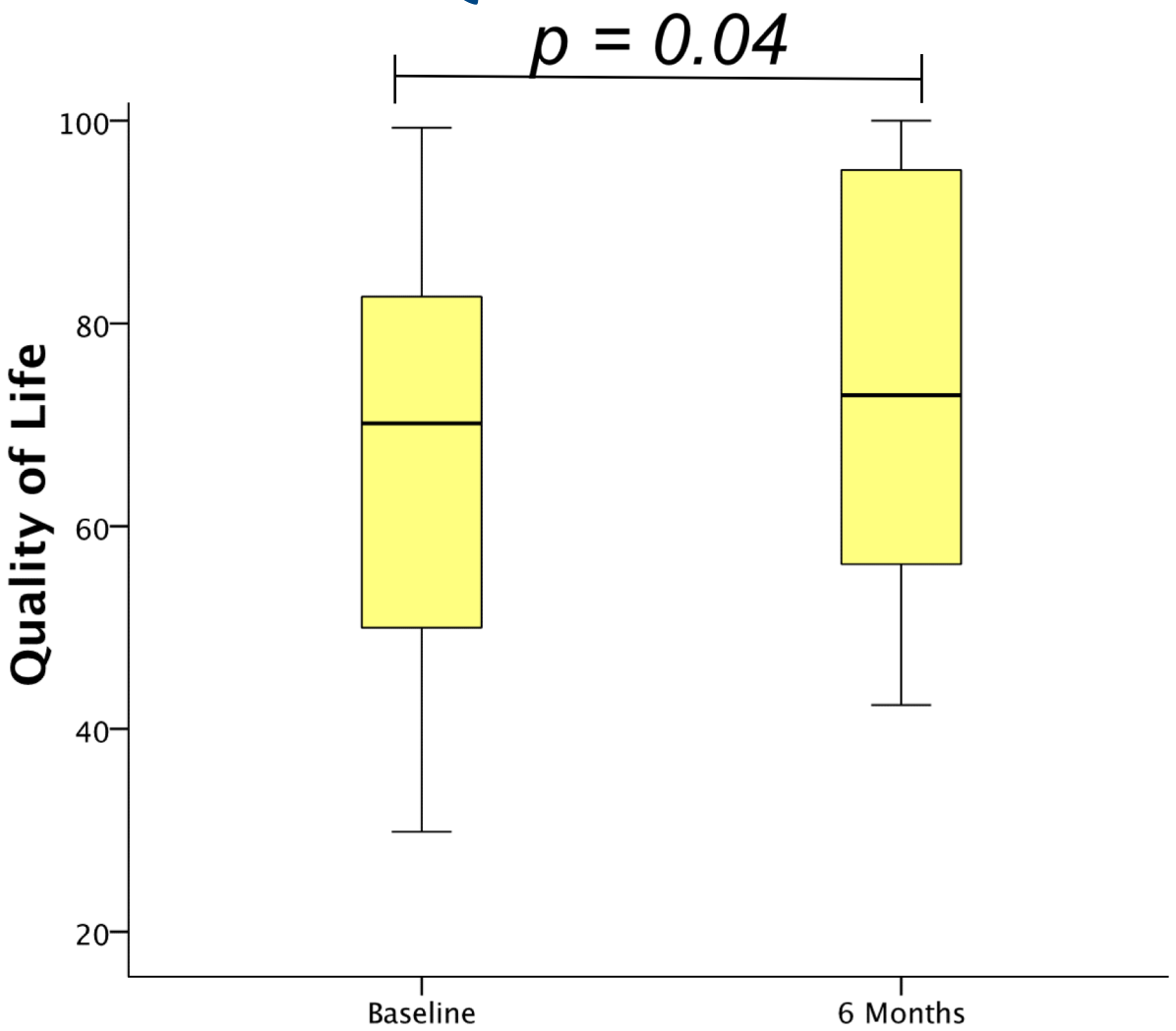
N= 21

- 9 male
- Median age of 13.7 (12.2, 15.9) years
- Median T1D duration of 6.2 (4.9, 8.2) years
- Median of 7 (5, 10) home visits completed

Preliminary Results: HbA1c



Preliminary Results: QOL



Preliminary Results: SDOH

	Baseline	6 month	p
Food insecurity	43%	29%	**p=0.002**
Utility bills	38%	24%	**p=0.047**
Housing insecurity	29%	19%	**p=0.05**

Impact on Social Determinants of Health

- Grant for 60 winter coats
- Funding for a new roof
- Decreased monthly student loan payments
- Teaching a patient to read
- Patient receiving BH support tailored to LGBTQ teens
- Coordinated BH appointments for several parents
- Advocated on behalf of patients to set up 504 plans
- Encouraged and empowered 4 parents to find work in full-time positions

Feedback

"The community health worker visit was the best thing the Diabetes Center has ever done for my child in the 10 years they have been followed." - Parent

"I love Tawana. It is great that she comes to my house – that is what I have always needed." - Parent

"Our community health worker has been able to help us with better diagnostic insight, and in some cases serves as a therapeutic agent in ways that have convinced me that such a person can be as useful a part of the diabetes team as the dietician or physician." – Provider

"…they keep their pulse on the community. They are aware of what challenges are impacting our families and do their best to bring these challenges to light for the other members of the diabetes care teams…we are lucky to have Karen and Tawana" – Social Worker

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CLOSE TO HOME:

The Health of Philadelphia's Neighborhoods

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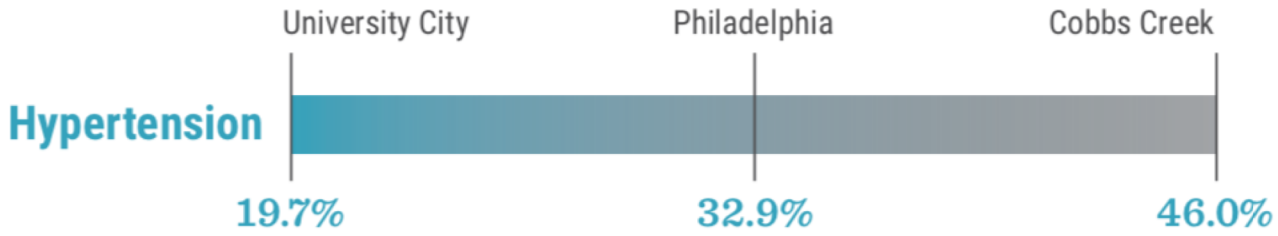
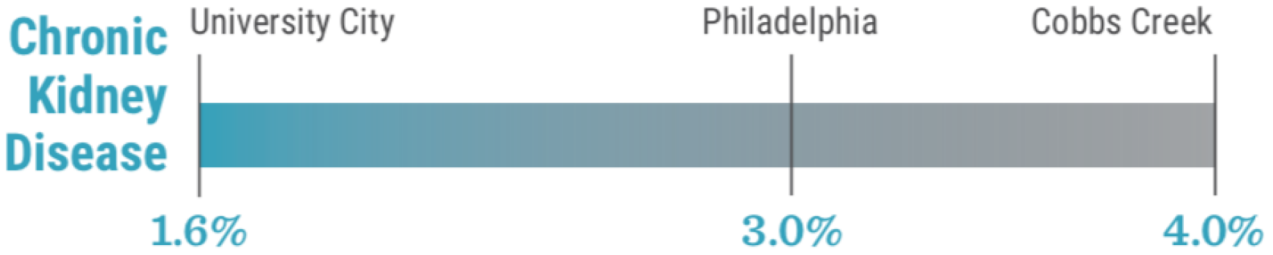
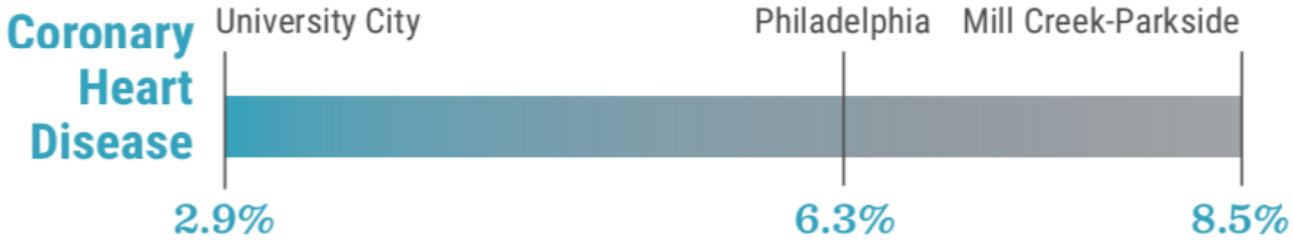
Overview

Our overview of health outcomes and health factors in Philadelphia shows the city average against the best and worst neighborhood statistics, and underscores the impact of location on health.







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Children's Hospital of Philadelphia

Neighbor is not a geographic term. It is a moral concept. It means our collective responsibility for the preservation of man's dignity and integrity.

Dr. Joachim Prinz

August 28, 1963, Washington , DC

thank you
danke
謝謝
ngiyabonga
teşekkür ederim
gracias
merci
obrigado
dziękuję
bedankt
спасибо
Баярлалаа
рахмат
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