

# Social Determinants of Health:

## Social Health and the Care of the Active & Athletic Patient

Tim Ho, MD, MPH, FAAFP, CPHQ  
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# Disclosures

Tim Ho, MD, MPH, FAAFP, CPHQ

- Has no relationships to disclose

At a conference focused on the care of active & athletic patients,  
why do we need to talk about social health  
and social determinants of health?

# Social Determinants of Health:

## Social Health and the Care of the Active & Athletic Patient

- What are Social Determinants of Health?
- Digging Deeper into Social Determinants of Health
- The Case for Social Health Screening & Intervention
- What Does Success Look Like?
- Case Presentation
- Discussion

# What are Social Determinants of Health?

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.

Source: Office of Disease Prevention & Health Promotion (ODPHP), US Department of Health & Human Services (HHS)

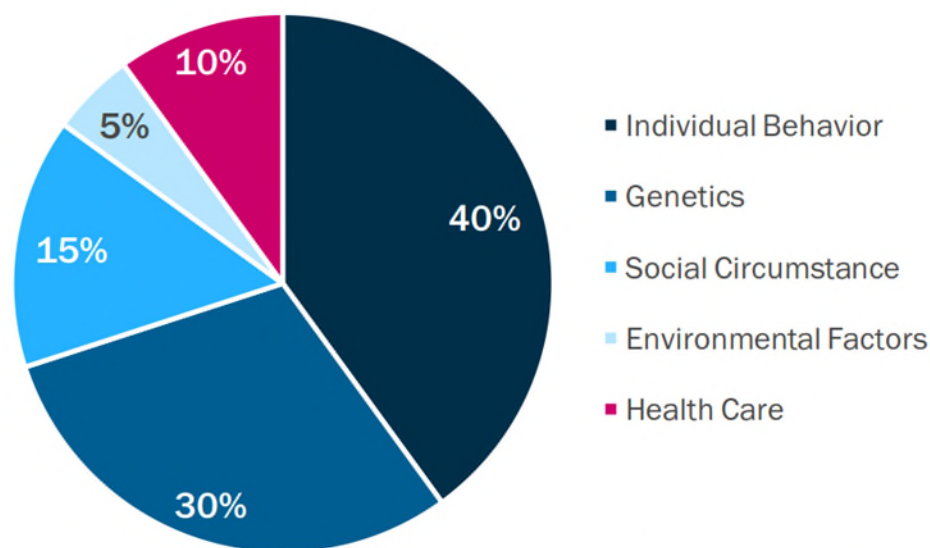
# What are Social Determinants of Health?



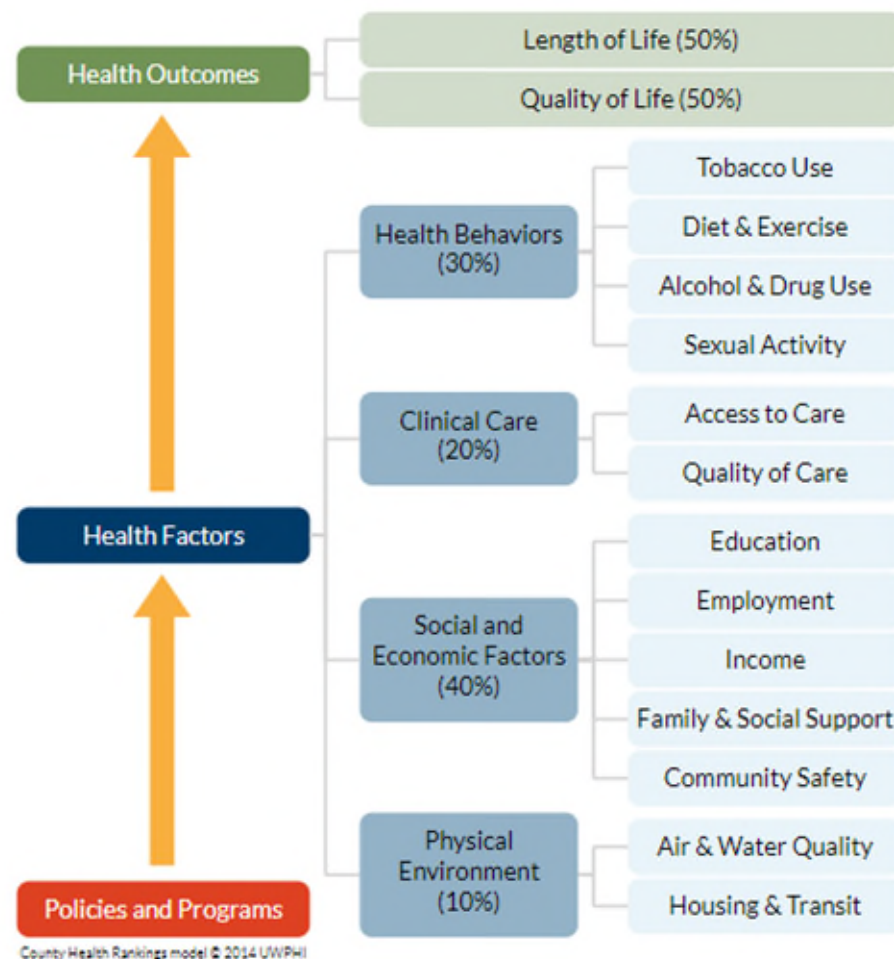
Attributed to Unknown from about late 1990's to early 2000's

# Digging Deeper into Social Determinants of Health

Determinants of Overall Health



Source: *We Can Do Better — Improving the Health of the American People*, The New England Journal of Medicine, September 2007



# The Case for Social Health Screening & Intervention

- We stand for the total health of the patients that we serve, including social health
- Clinical care delivery accounts for only approximately 20% of health outcomes



- NCQA HEDIS
- CMS
- TJC
- Medicaid (Medi-Cal)
- California's AB 85



# What Does Success Look Like?



Screen

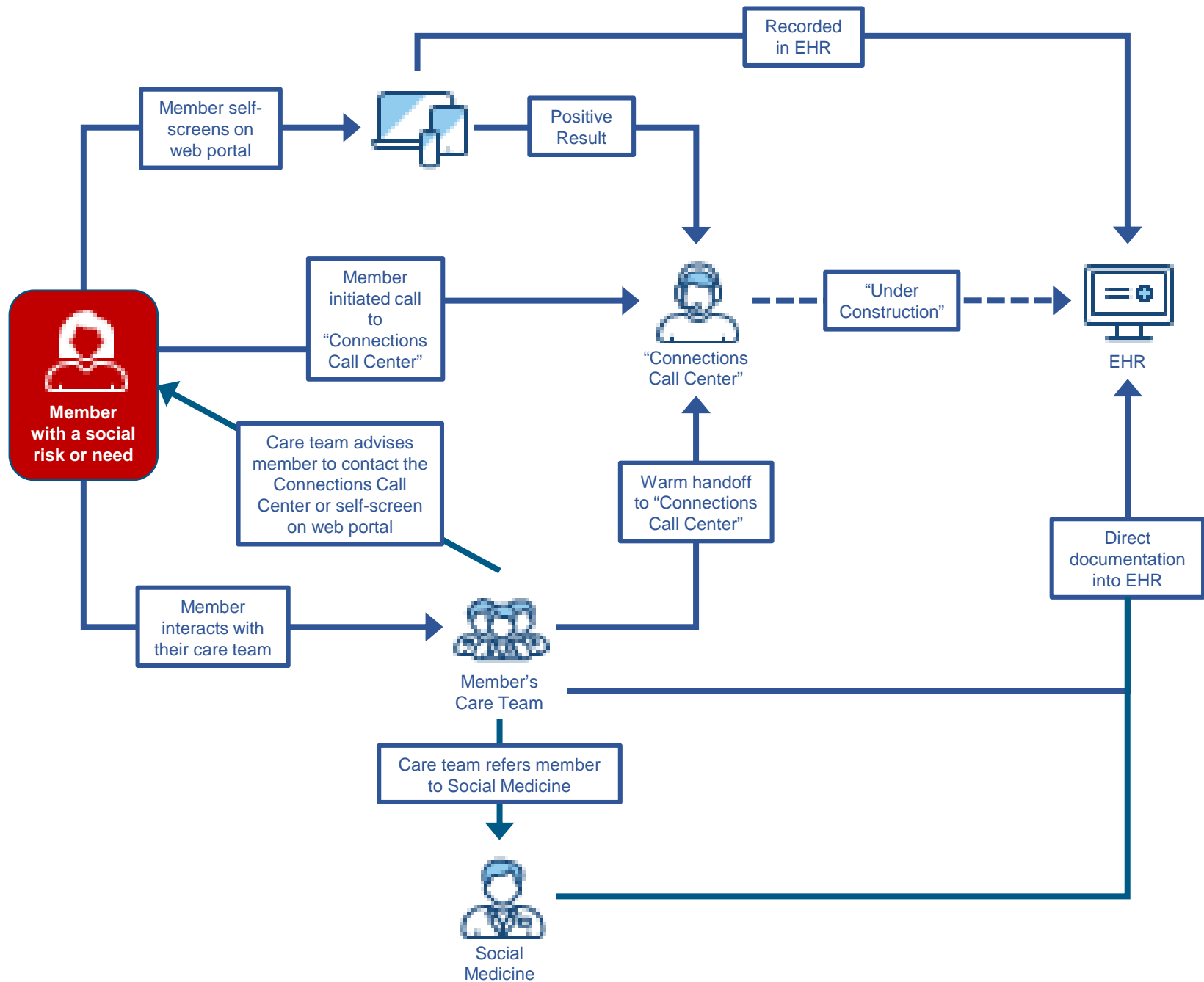


Document  
(Code)



Intervene

Code	Description
Z55.0	Illiteracy and low-level literacy
Z58.6	<i>Inadequate drinking-water supply</i>
Z59.00	<i>Homelessness unspecified</i>
Z59.01	<i>Sheltered homelessness</i>
Z59.02	<i>Unsheltered homelessness</i>
Z59.1	Inadequate housing (lack of heating/space, unsatisfactory surroundings)
Z59.3	Problems related to living in residential institution
Z59.41	<i>Food insecurity</i>
Z59.48	<i>Other specified lack of adequate food</i>
Z59.7	Insufficient social insurance and welfare support
Z59.811	<i>Housing instability, housed, with risk of homelessness</i>
Z59.812	<i>Housing instability, housed, homelessness in past 12 months</i>
Z59.819	<i>Housing instability, housed unspecified</i>
Z59.89	<i>Other problems related to housing and economic circumstances</i>
Z60.2	Problems related to living alone
Z60.4	Social exclusion and rejection (physical appearance, illness or behavior)
Z62.819	Personal history of unspecified abuse in childhood
Z63.0	Problems in relationship with spouse or partner
Z63.4	Disappearance & death of family member (assumed death, bereavement)
Z63.5	Disruption of family by separation and divorce (marital estrangement)
Z63.6	Dependent relative needing care at home
Z63.72	Alcoholism and drug addiction in family
Z65.1	Imprisonment and other incarceration
Z65.2	Problems related to release from prison
Z65.8	Other specified problems related to psychosocial circumstances (religious or spiritual problem)



# Case

B (member) was contacted by D (agent) on 2/17/2023. She was in danger of having her utilities turned off and had no food in her home. The member was very distraught, since she had no food and was facing termination of her utility services. D provided a referral through Thrive Local to St. Vincent De Paul and scheduled a follow-up call for 2/28.

When D reached B, she was very excited to share that the St. Vincent De Paul was able to pay her utility bills, preventing the pending disconnection, and also provided her with food. The member has successfully established herself within St. Vincent De Paul's system and they will now be assisting the member with food on an ongoing basis. They told the member that they are prepared to assist her further with her utilities, should the need arise.

The member is very happy with all the help that she received and she stated that she feels a great weight has been lifted from her.

# Summary

- Social determinants of health (SDOH) are the conditions in the environments in which people exist and can profoundly impact health, functioning, and quality-of-life
- Social determinants of health (SDOH) are important because they can impact the health of the patients we serve more than the care that we provide
- Health care, or clinical care, is expected to screen for, and intervene upon, social risks and needs
  - Health care, or clinical care, could benefit from the outcomes
  - Screen, Document (Code) and Intervene
  - Look for systems, structures, and workflows to minimize disruption to the delivery of health care, or clinical care

Thank You  
Timothy.S.Ho@kp.org