



# Understanding the key components Social Determinants of Health

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# Background

Social determinants of health (SDOH) are conditions in the places where people live, learn, work, and play that affect a wide range of health risks and outcomes. There are six key areas of SDOH what REACH has identified.

REACH is aiming to:

- Define the impact of the key areas of SDOH
- Use the unique vantage point of clinical care to land and expand digital technology
- Bring forth a position statement reflecting policies, regulations & outcomes.

## Our Approach

We engage with Reach KOL faculty (n=10) who can provide clarity around the Social Determinants of Health. Reach Faculty were able to give their insight on each of the different Social Determinant areas as well as the pro's and con's of technology in this space, and the future uses of SDOH in a health assessment risk scale



KOL faculty mainly think about employment as a key component when mentioning Social Determinants of Health. In addition, 'Race', 'Education' and 'Housing' were also mentioned



Top of mind components of Social Determinants of Health (n=10)





# What are the Social Determinants of Health?

There are six key areas of Social Determinants of Health



# Healthcare Access and Quality

Connection between peoples access to, and understanding of, health services and their own health

Sometimes people don't get the recommended health care services they need, because they don't have a primary care provider. Other times, it's because they live too far away from health care providers who offer them.

Access to healthcare services can affect your health.





# Education Access and Quality

## Connection of education to health and wellbeing

People with higher levels of education are more likely to be healthier and live longer.

In addition, some children live in places with poorly performing schools, and many families can't afford to send their children to college. The stress of living in poverty can also affect children's brain development, making it harder for them to do well in school.





## Social and Community Context

Connection between characteristics of the contexts within which people live, learn, work and play and their health and wellbeing and the care that is delivered to them

People's relationships and interactions with family, friends, co-workers, and community members can have a major impact on their health and well-being.

Many people face challenges and dangers they can't control — like unsafe neighbourhoods, discrimination, or trouble affording the things they need. This can have a negative impact on health and safety throughout life.

Positive relationships at home, at work, and in the community can help reduce these negative impacts

Source: CDC







# Environment

The connection between where a person lives and their health and well-being e.g. air quality

Many people live in neighbourhoods with high rates of violence, unsafe air or water, and other health and safety risks.

Racial/ethnic minorities and people with low incomes are more likely to live in places with these risks. In addition, some people are exposed to things at work that can harm their health, like second-hand smoke or loud noises which all affect health.





## Behaviour and Lifestyle Choice

The individual behavior and lifestyle choices people make which will affect their health

While sometimes there is no real choice. When people actually have the option to choose their diet, how much they exercise and where they live, it can affect their health in negative and positive ways

Source: CDC





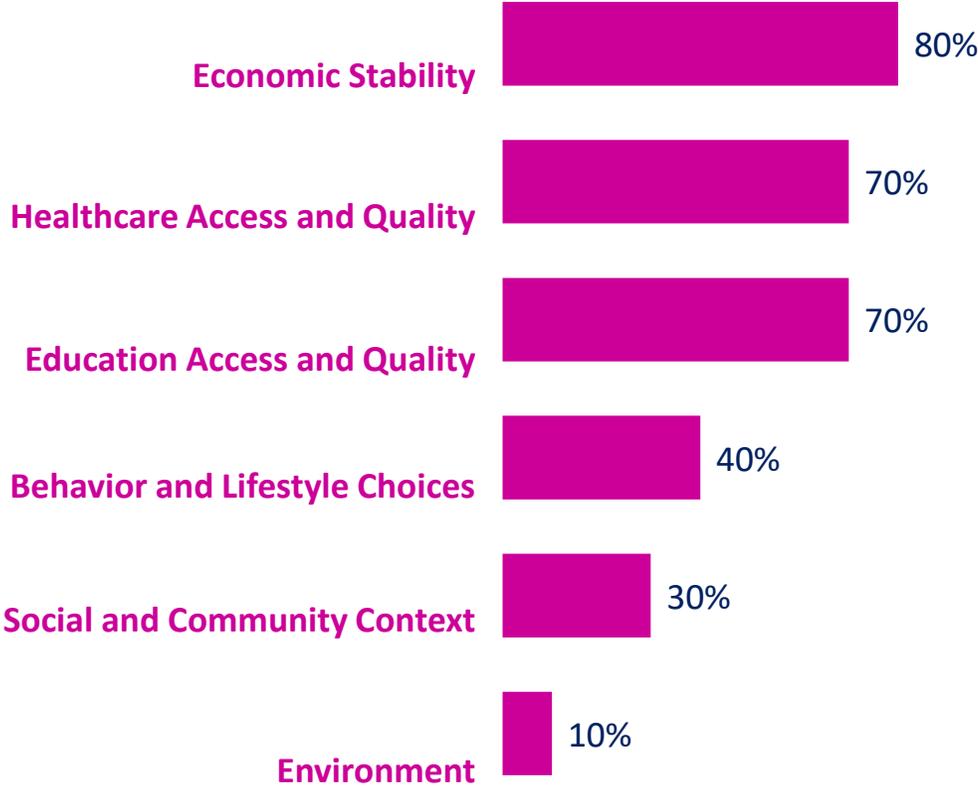
# Technology and the importance of Social Determinants of Health

Economic stability leads as an important area for Physicians, followed by access and education. Environment is considered less important, possibly due to the lesser degree of control one has on this aspect



### Most important Social Determinant for a physician

% Physicians rating outcomes in Top 3 (n=10)



“A lack of economic stability can negatively effect all other Social Determinants so it is the most important”  
*Pediatrician*

“When patients are well integrated within their health system they have greater access to resources, education, outreach and support”  
*General Practitioner*

“SDOH begins with education, Education is a fundamental value asset for the language and literacy of health.”  
*Pharmacist*

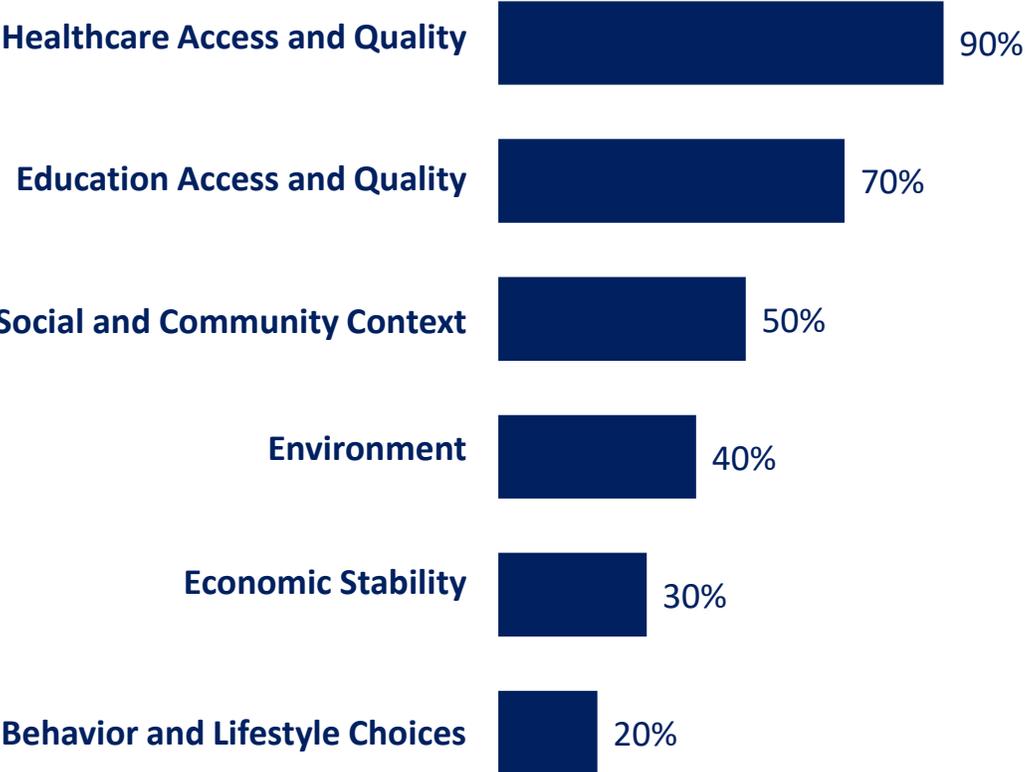


For providers, the most important social determinant is considered to be healthcare access and quality since they (providers) can play a pivotal role in this determinant



**Most important Social Determinant for a provider/institutions**

% Physicians rating outcomes in Top 3 (n=10)



“Healthcare Access and quality is the determinant institutions have the most control over”  
*Paediatrician*

“Healthcare Access provides an opportunity to engage with the system”  
*Gynaecologist*

“For providers it is helpful if their patients are equally invested in their health and that starts with basic education on a patients health and well-being”  
*General Practitioner*



# 7 in 10 KOLs are aware of current technology being leveraged by providers to improve SDOH. All KOLs believe technology can bring value to SDOH



Current usage of tech that is leveraged by providers/institutions (n=10)



**70%** of KOLs are aware of technology that is currently being leveraged by providers/institutions that help meet the needs of their patient population by using SDOH



Value of technology in SDOH – T2B (Extremely and very valuable) (n=10)



Q6a. Are you aware of any technologies that are being leveraged by providers/institutions that help meet the needs of their patient population by integrating and supporting attributes of SDOH?

Q7. How much value do you feel technology can bring to each of the SDOH areas? Scale 1-5, not at all valuable-extremely valuable



Technology can provide better access, and combine data which can enhance areas in SDOH by providing better overall care; however technology must be affordable and inclusive

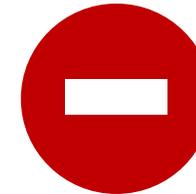
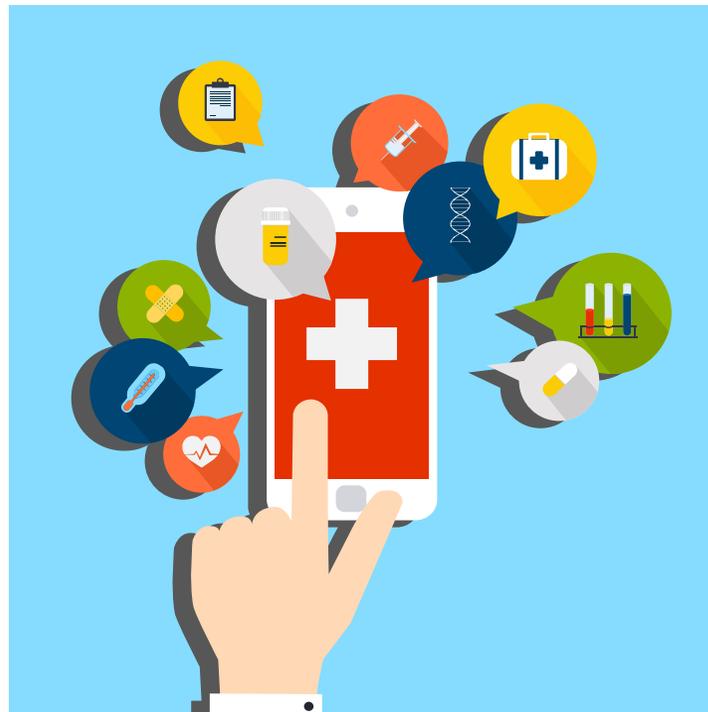
### Advantages and disadvantages of technology within Social Determinants of Health



Provides better access to care

Improves collaboration with care teams

Can combine data to provide more context for care



Affordability for patient

Affordability for provider – infrastructure cost

Language and culture limitations

Q6b. Thinking of utilizing technology to improve these Social Determinants of Health. What do you think are the advantages of technology in this space? Base (n=10)

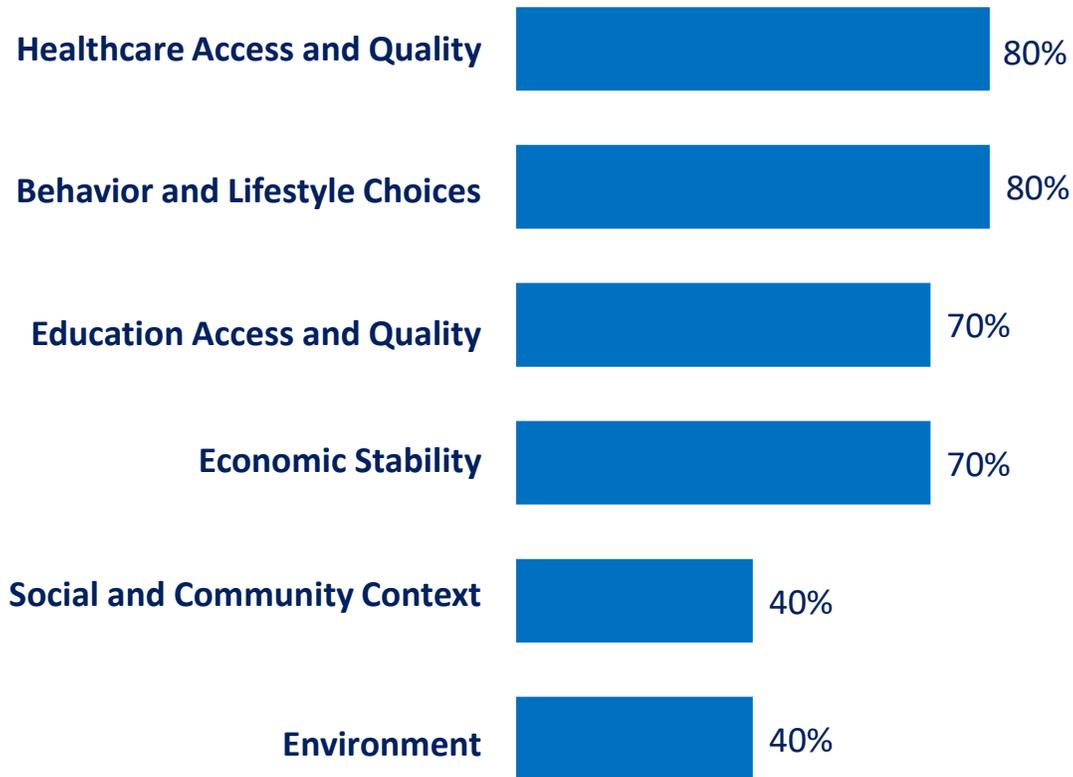
Q6c. What do you think are the disadvantages of using technology with Social Determinants of Health



# Behavior / lifestyle choices, and healthcare access, are the main determinants to add to a health risk scale with questions around diet and access to transport for health



## Social Determinant to add to health risk scale (n=10)



## Example questions to add to the health risk scale

Do you have insurance?

Do you have access to fresh fruit and vegetables and are they affordable for you?

Are you currently employed?

Do you have sufficient access to non-emergency medical transportation?

Q8b. From the list below; if any, please select what social determinant you would add to the risk assessment?

Q8c. Please provide an SDOH example question that could be asked in the risk assessment?

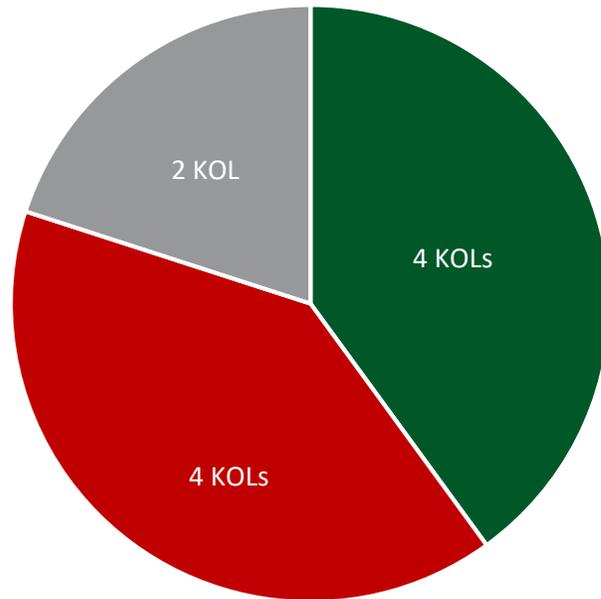


# There is an opportunity to increase use of SDOH measures in practice



## Current use of social determinants (n=10)

- Yes, my organization does use social determinants of health measures
- No, my organization does not use social determinants of health measures
- I don't know



## Measures organization takes to identify at risk populations



“We use our own scale to identify at risk populations, along with the PHQ-9 scale (for depression)”

*Physician, Internal Medicine*



My organization utilizes social workers and case managers on a case by case basis to identify at risk patients

*Pharmacist*



We conduct an environmental assessment and economic assessment to identify at risk populations.

*General Practitioner*



Q9. Does your institution/organization use social determinant measures to identify and assess at risk populations? Base: (n=10)

Q10. What measures does your institution/organization use to identify and assess risk of populations? Base: (n=4)

# Understanding the key components Social Determinants of Health (SDOH)

## Value of Social Determinants of Health

- KOLs believe the top 3 most important SDOH are economic stability, healthcare access and education.
- Environment is less important due to the inability of the KOLs to have much control over this
- For providers/institutions the top 3 most important social determinants are healthcare access, education and social and community context where their role can be pivotal in these areas
- KOLs believe providers have responsibility to accommodate for Social Determinants, particularly in areas such as healthcare access, where communication can increase (via remote care)



## Technology and Uses of Social Determinants of Health

- 7 in 10 KOLs were aware of technology currently leveraged by providers that support the attributes of SDOH
- All KOLs thought technology does bring value to the SDOH, as it will provide better access and collaboration however there are some concerns about cost and inclusivity
- More than half of KOLs are not using SDOH measures to identify and assess at-risk populations
- KOLs did believe that social determinants such as healthcare access and behaviour and lifestyle choices can be added to a risk scale to identify at risk populations

**Reach**



# Thank you.

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