

Social Determinants of Health in Athletic Healthcare

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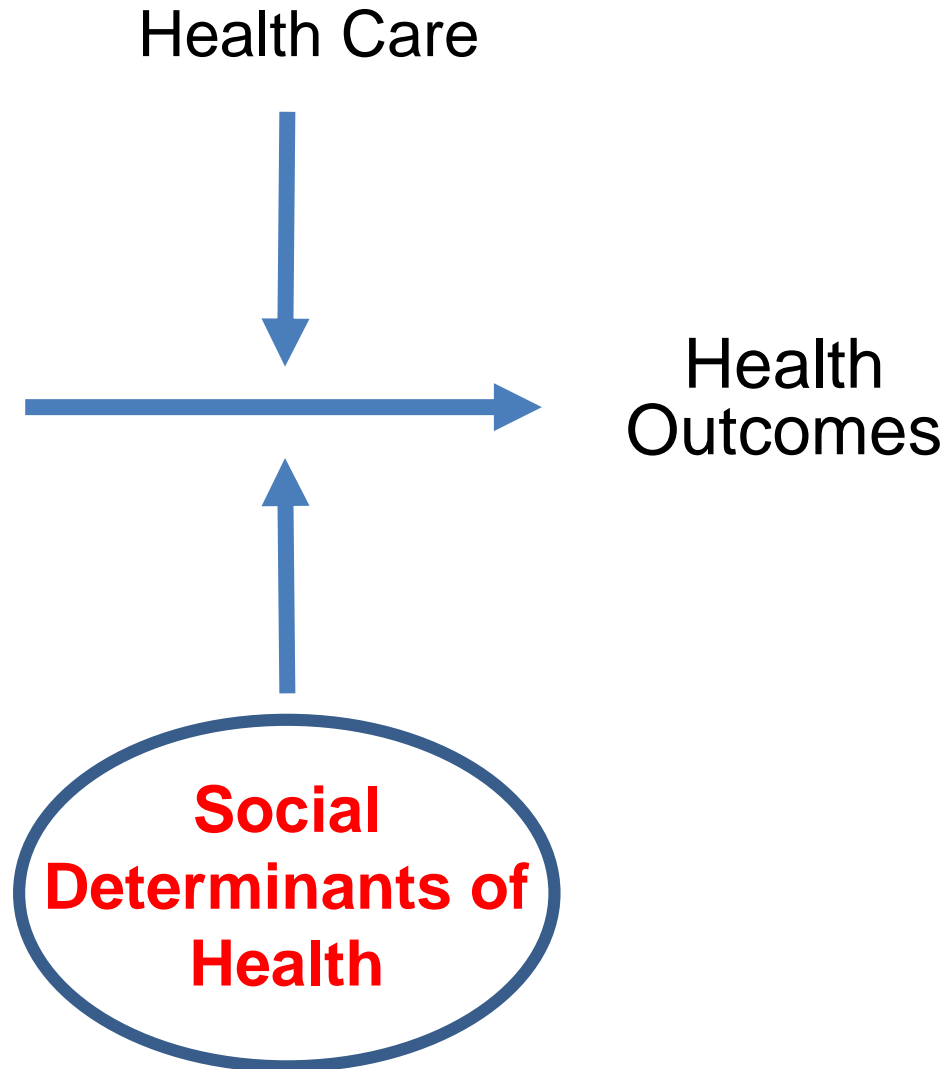
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Objectives

- Understand foundational concepts related to social determinants of health
- Explain their value in athletic healthcare & population health
- Appreciate the role of athletic trainers in identifying, evaluating, & intervening when social determinants of health are observed in patients to promote better patient outcomes



Whole Patient Care

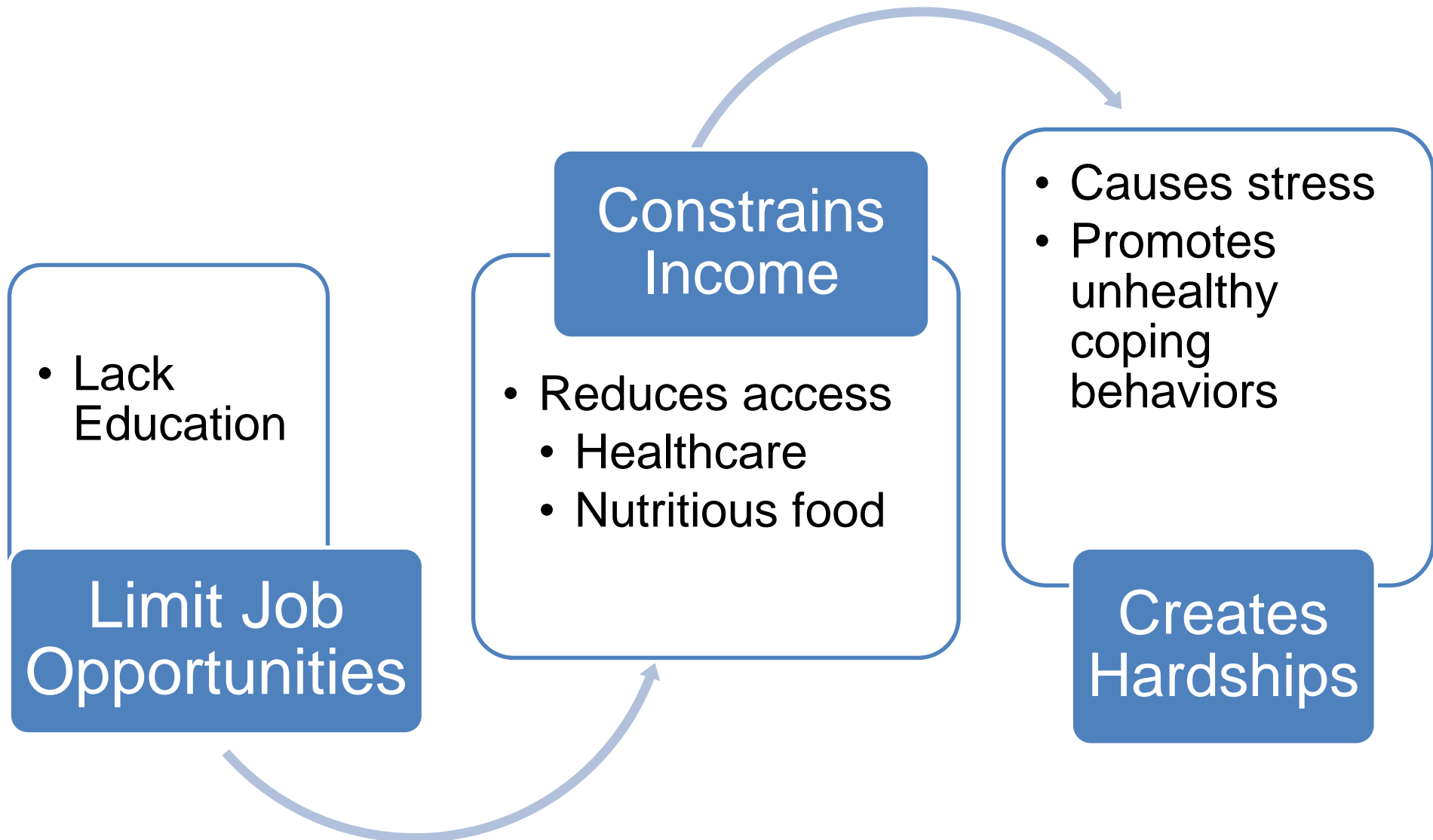


What are Social Determinants of Health?

The conditions in which people are born, grow, live, work, and age

They are complex conditions that shape the overall health of an individual on a continuous basis

Influence of Social Factors



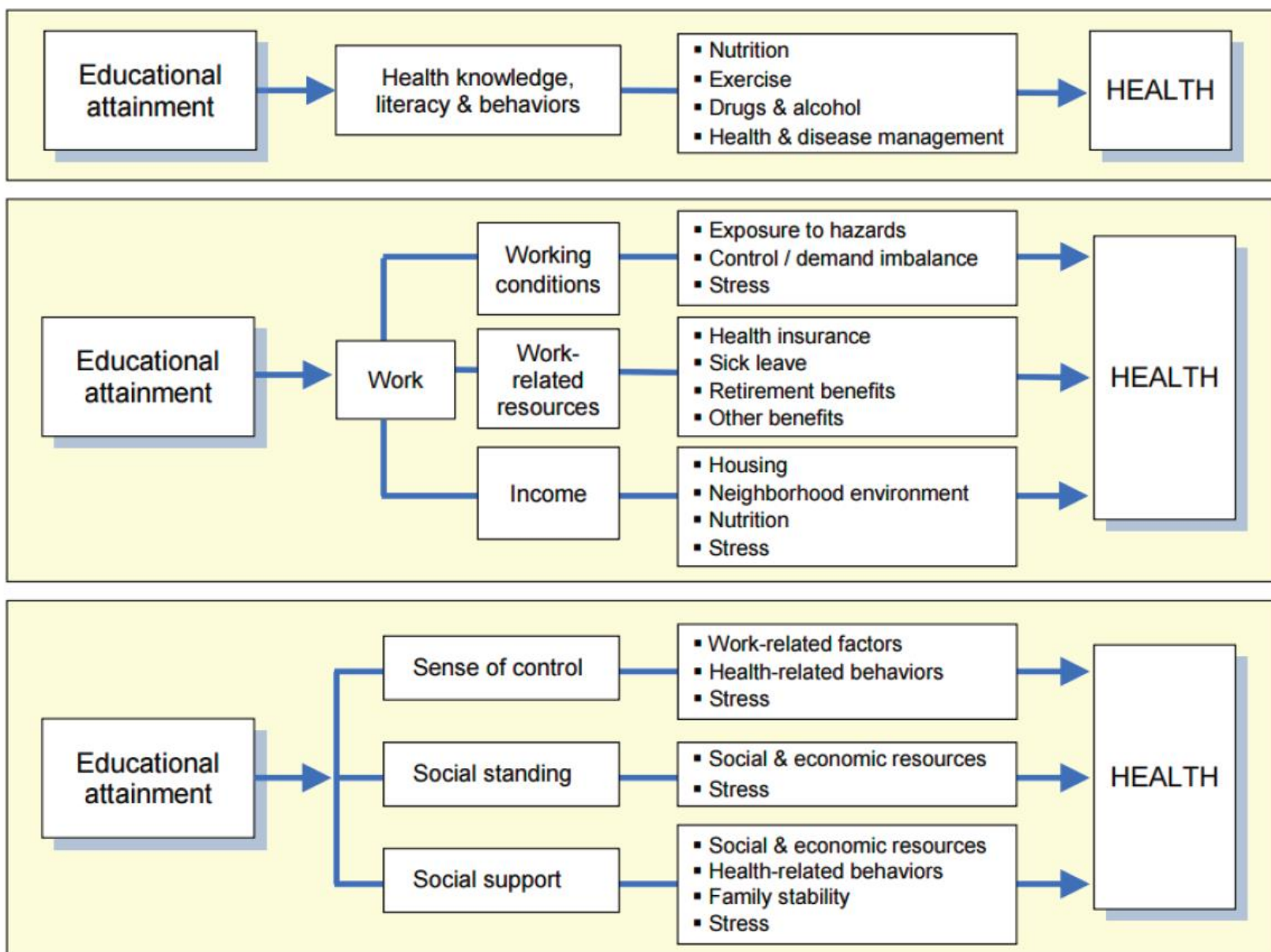


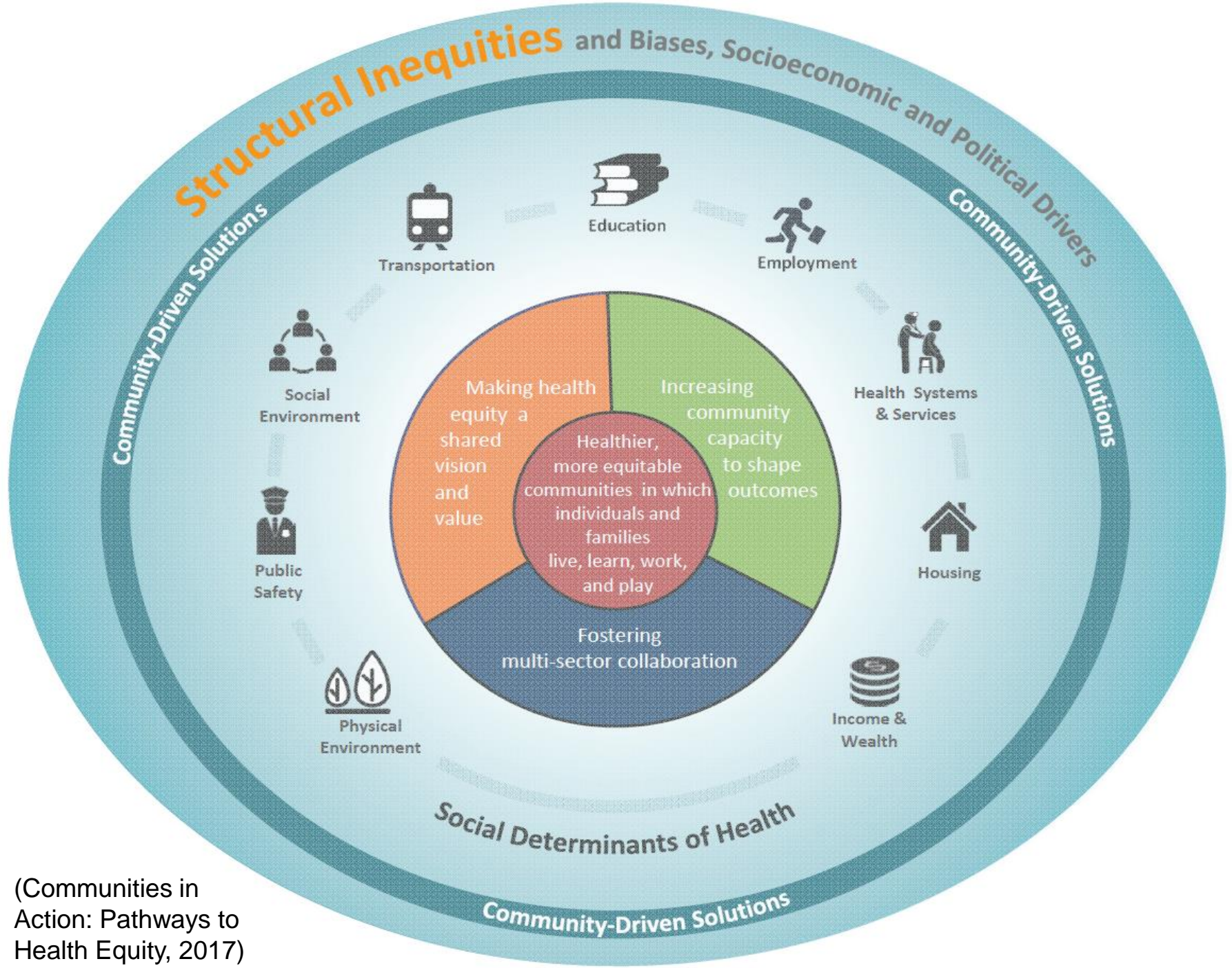
FIGURE 3-6 Pathways through which education can affect health.

SOURCE: Egarter et al., 2011b. Used with permission from the Robert Wood Johnson Foundation.

So what?



(WHO, 2016; Keyes, 2016; NEJM Catalyst, 2017; National Academies of Sciences, Engineering, and Medicine, 2017)



(Communities in Action: Pathways to Health Equity, 2017)

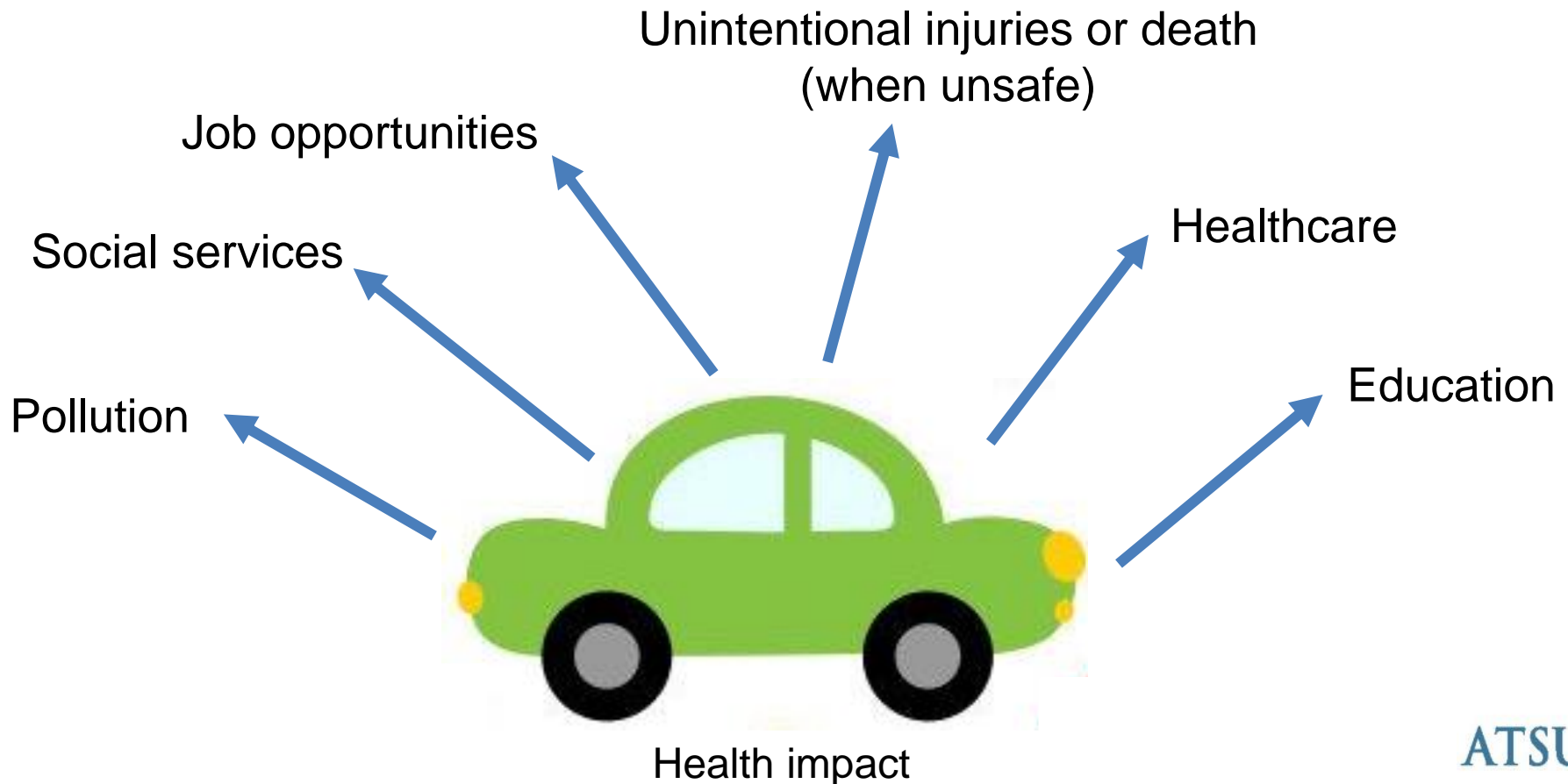
Education

- Access or lack of access to learning opportunities and literacy development
 - Process – home, school, community
 - Product – collective knowledge, skills, capacity (intellectual, emotional, physical, interactive)



Transportation

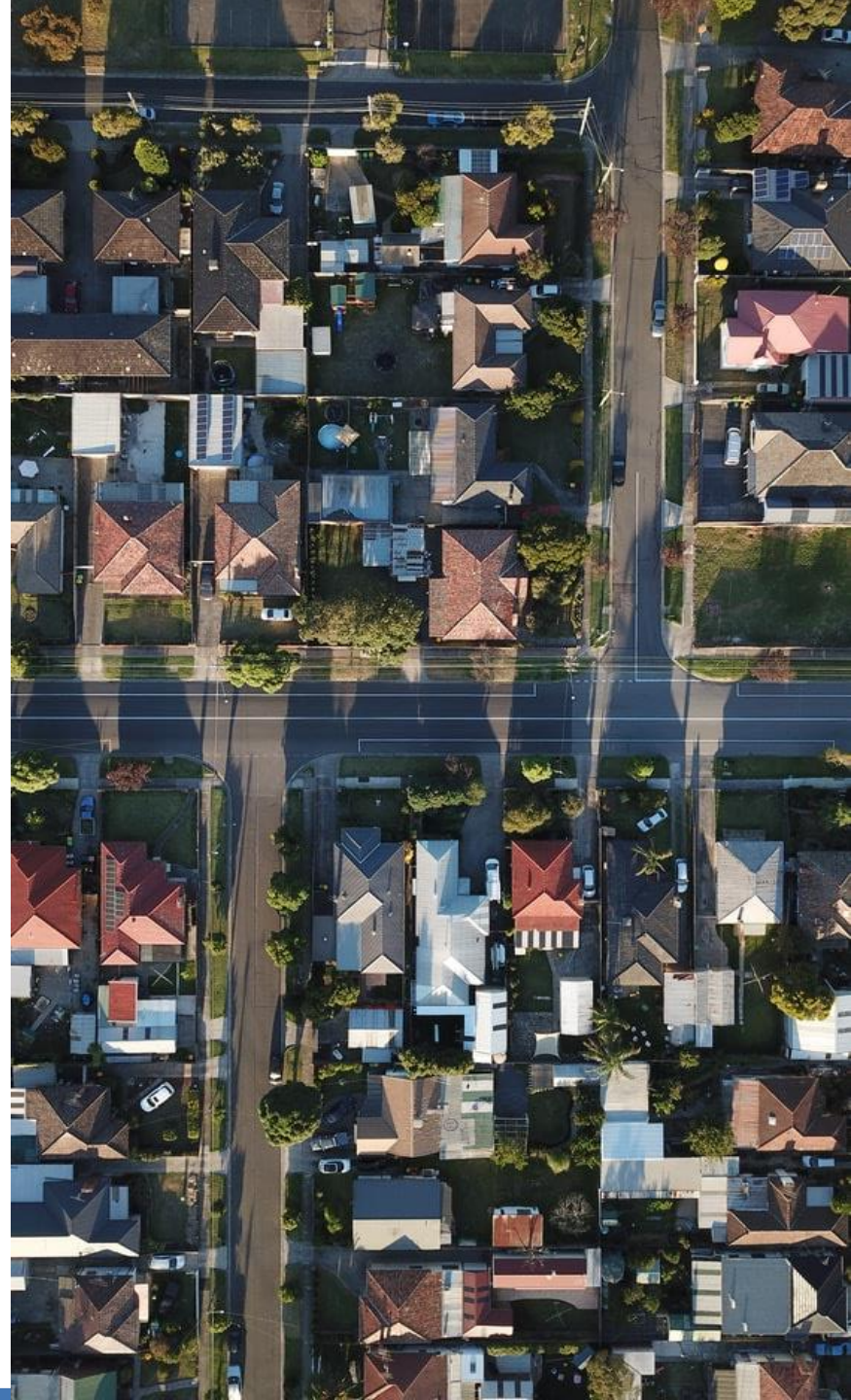
- The infrastructure/services for residents to travel from place to place





Housing

- Availability or lack of high quality, safe, affordable housing
 - Density of housing
 - Level of segregation/diversity





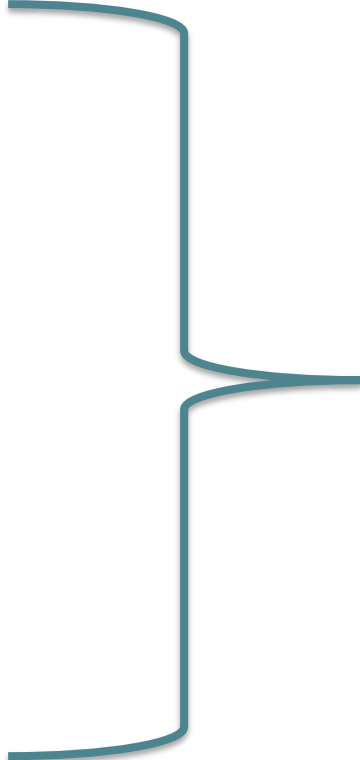
Employment

- Level or absence of adequate participation in the workforce
 - Employment, unemployment, underemployment



Employment in School-Aged Youth

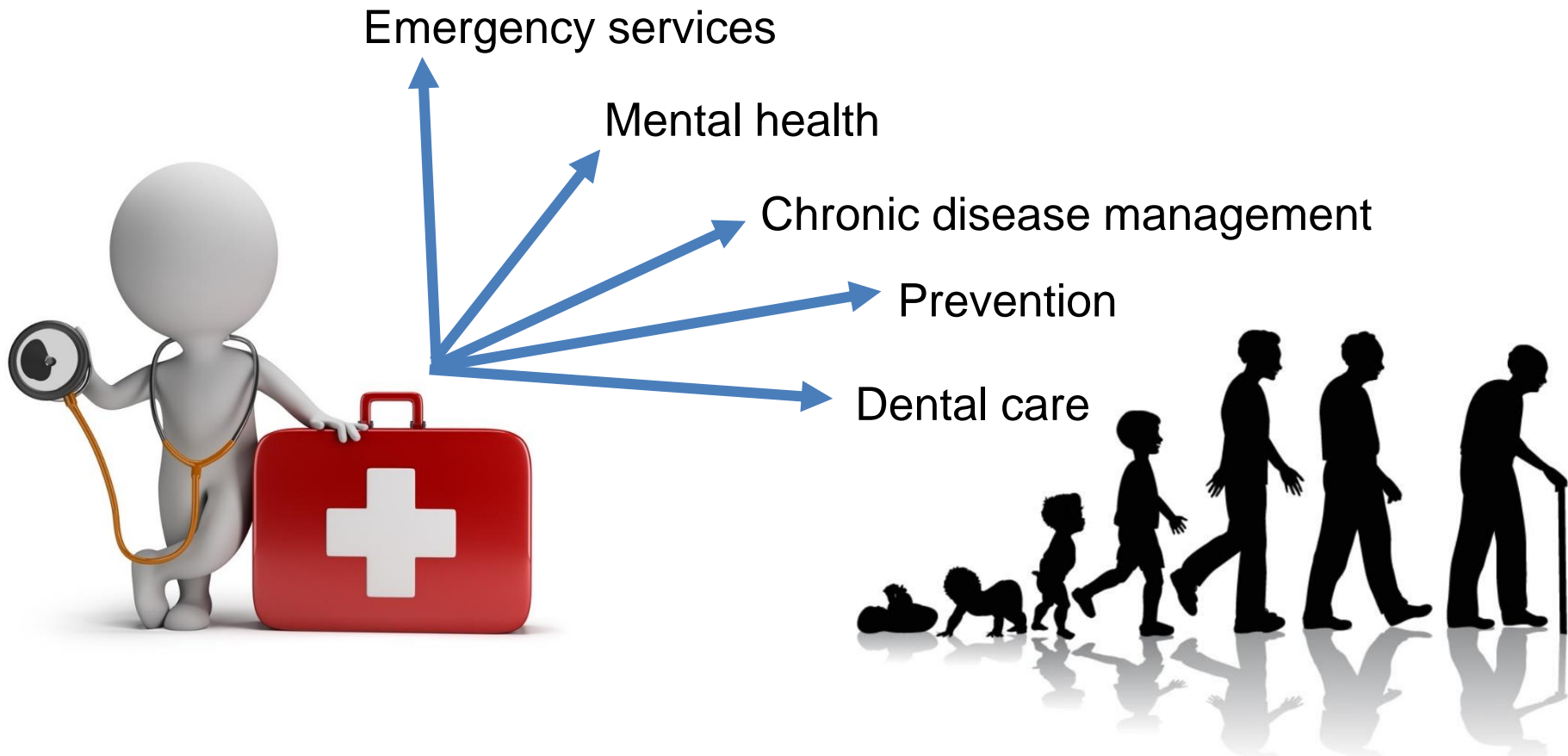
- Job to support family/self
 - Less time for
 - Homework
 - Friends
 - Physical activity/sport
- Job of parent/guardian
 - Challenges
 - Getting to doctor (busy)
 - No health insurance
 - No funds to play sports



**Stress,
anxiety,
depression,
substance
abuse**

Health Services and Systems

- Access or lack of access to effective, affordable, culturally appropriate healthcare



Income and Wealth

- Income
 - Yearly earnings from employment, government assistance, retirement/pension, or investments
- Wealth
 - Measured at a single time point; may provide a more complete picture of a person's economic resources



Physical Environment



The Place

- Physical components and design
- Permitted use of space
- Natural environment

Health impact

- No parks – kids less active
- Limited transportation – isolation

Public Safety

- Protection & safety of general public
 - Absence of violence in public settings
 - Role of the justice system
- Health Impact
 - Intentional use of force that is threatened, actual, or witnessed
 - Leads to risk of injury, death, psychological /emotional harm, trauma



Social Environment

- Interactions of individuals, families, & businesses in a community
 - Ties between them, norms, and culture
 - Social networks, trust, & willingness to act for common good

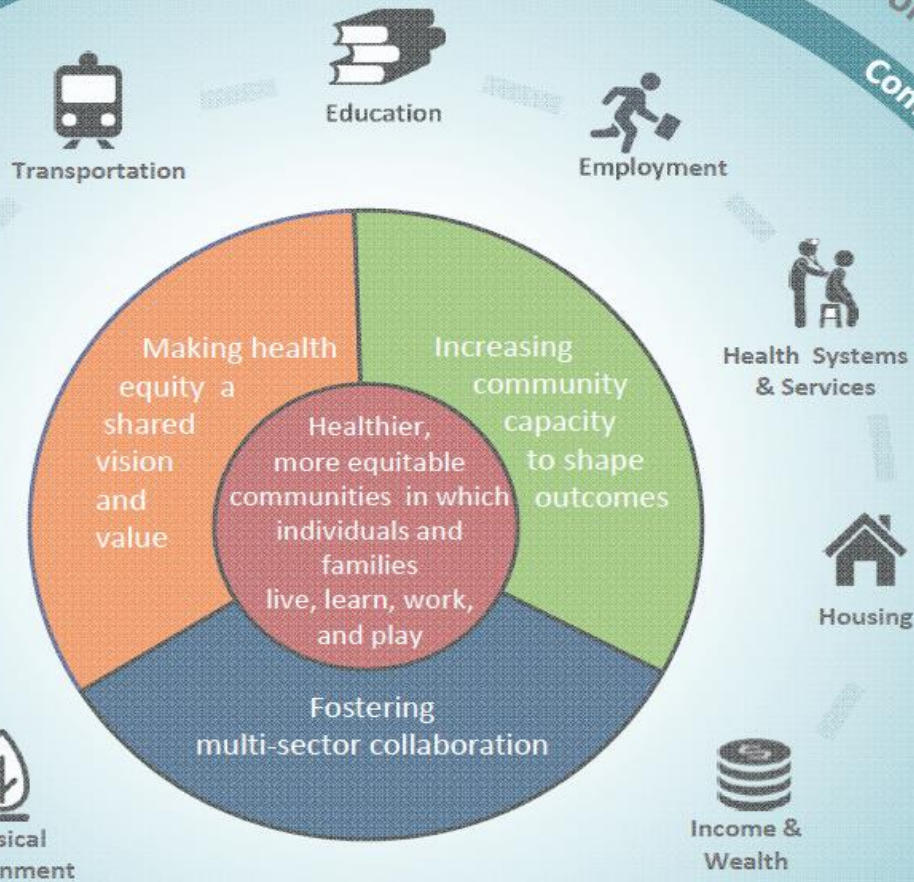


Structural Inequities

and Biases, Socioeconomic and Political Drivers

Community-Driven Solutions

Community-Driven Solutions

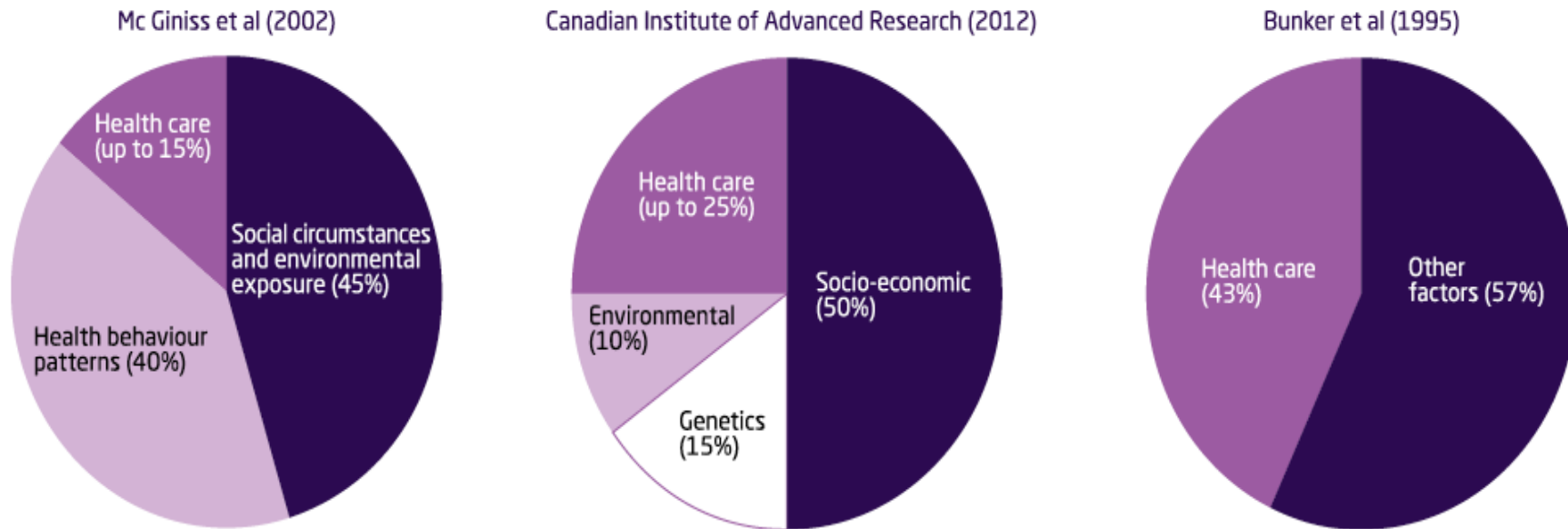


Social Determinants of Health

Community-Driven Solutions

(Communities in Action: Pathways to Health Equity (2017))

Why Social Determinants?



Source. Reprinted with permission from the King's Fund.⁴

FIGURE 1—Estimates of the contribution of the main drivers of health status.

Underlying Cause

(Marmot and Allen, 2014 Editorial; NEJM Catalyst)

- Obesity
- Diabetes
- Heart disease
- Depression

Reality of Social Factors

- Greater impact on population health than healthcare
- Spending on social services more than healthcare improves population health
 - State with more social services spending outperform others
 - Asthma
 - Diabetes
 - Mental health

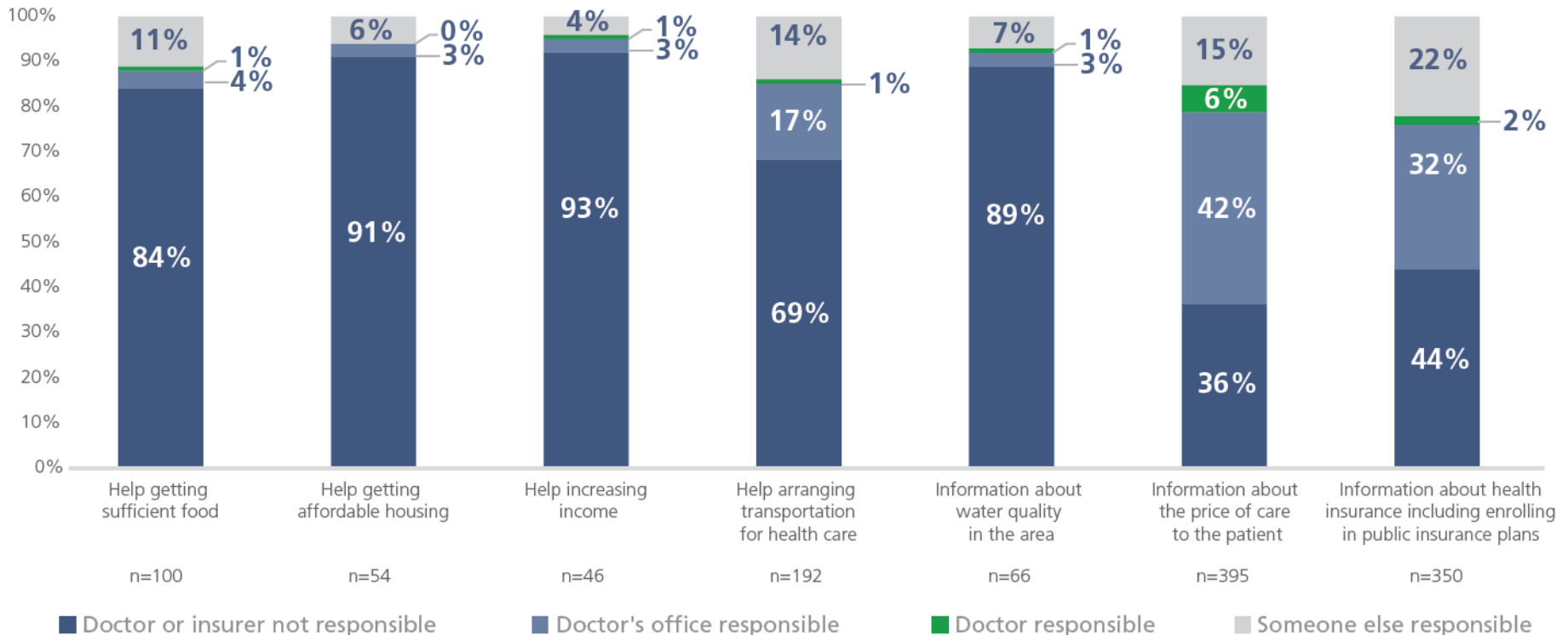
***Social factors
matter more
than
healthcare!***

“Inequities in power, money, & resources give rise to inequities in the conditions of daily life, which in turn lead to inequities in health.”

- Sir Michael Marmot

Who is responsible?

Figure 5: Percent of physicians who believe the following individuals or groups are responsible for helping patients with social needs



(Winfield, 2018)

Social Determinants of Health in Sport

- Only access to healthcare system is through sport
- Low income areas
 - 3xs higher risk of injury hospitalizations
- Location of residence, participation hours, ethnicity, and BMI are equal predictors of sport injury



Access to Athletic Trainers



- Schools without an AT had more students eligible for free/reduced-cost lunch & were in counties with lower median household incomes
 - Health systems and services
 - Income & wealth
 - Education

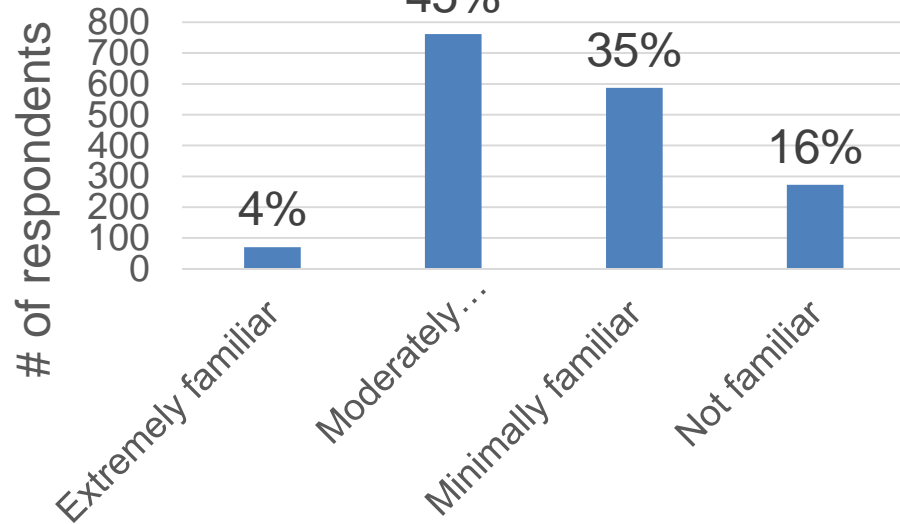
(Pryor, 2014; Post, 2018)

Where do we go from here?

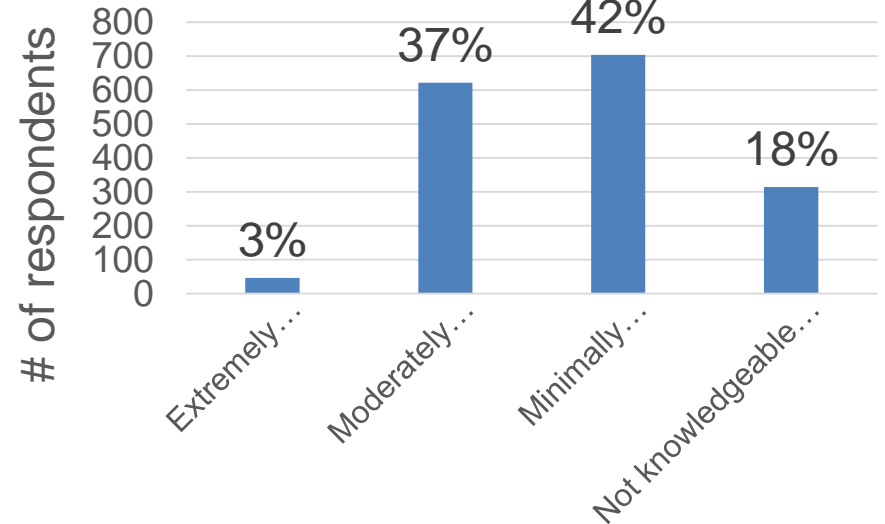


Athletic Trainers' Familiarity with Social Determinants of Health

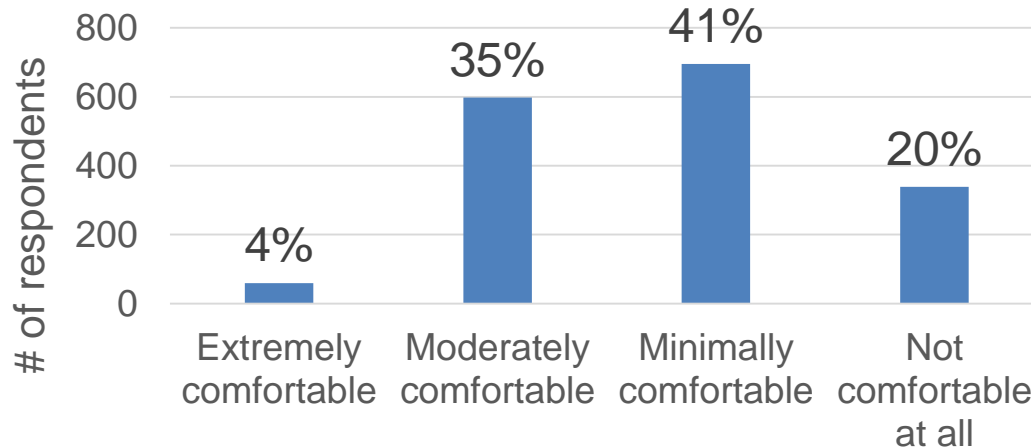
Health
45%



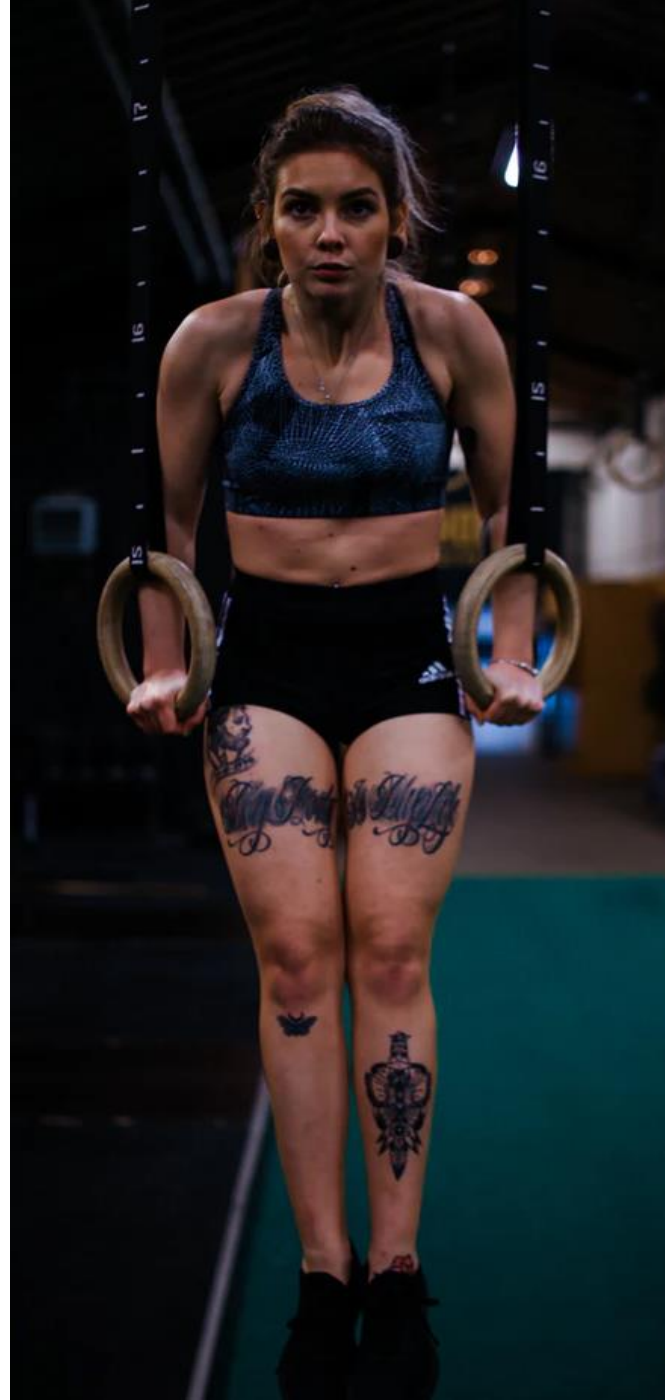
Athletic Trainers' Knowledge about Social Determinants of Health



Athletic Trainers' Comfort with Social Determinants of Health



(Picha et al. in preparation)



What's our role?

- Awareness & advocacy
- Provide social support
 - Connect patients to support resources
- Participate in/promote research related to social determinants of health

Assessment and Identification

- Ask simple questions...
 - How are you doing? Are you stressed out?
How are you handling the stress?
- Inquire about social challenges
 - CLEAR Toolkit
 - AAFP Social Needs Screening Tool

HOUSING

1. Are you worried or concerned that in the next two months you may not have stable housing that you own, rent, or stay in as a part of a household?¹
 - Yes
 - No
2. Think about the place you live. Do you have problems with any of the following? (check all that apply)²
 - Bug infestation
 - Mold
 - Lead paint or pipes
 - Inadequate heat
 - Oven or stove not working
 - No or not working smoke detectors
 - Water leaks
 - None of the above

FOOD

3. Within the past 12 months, you worried that your food would run out before you got money to buy more.³
 - Often true
 - Sometimes true
 - Never true
4. Within the past 12 months, the food you bought just didn't last and you didn't have money to get more.³
 - Often true
 - Sometimes true
 - Never true

TRANSPORTATION

5. Do you put off or neglect going to the doctor because of distance or transportation?¹
 - Yes
 - No

THE CLEAR TOOLKIT

Training frontline health workers to ask about and act upon the social causes underlying poor health

EXAMPLE QUESTIONS:

Do household members have stable work with safe working conditions?

Who cares for your children while household members are working?

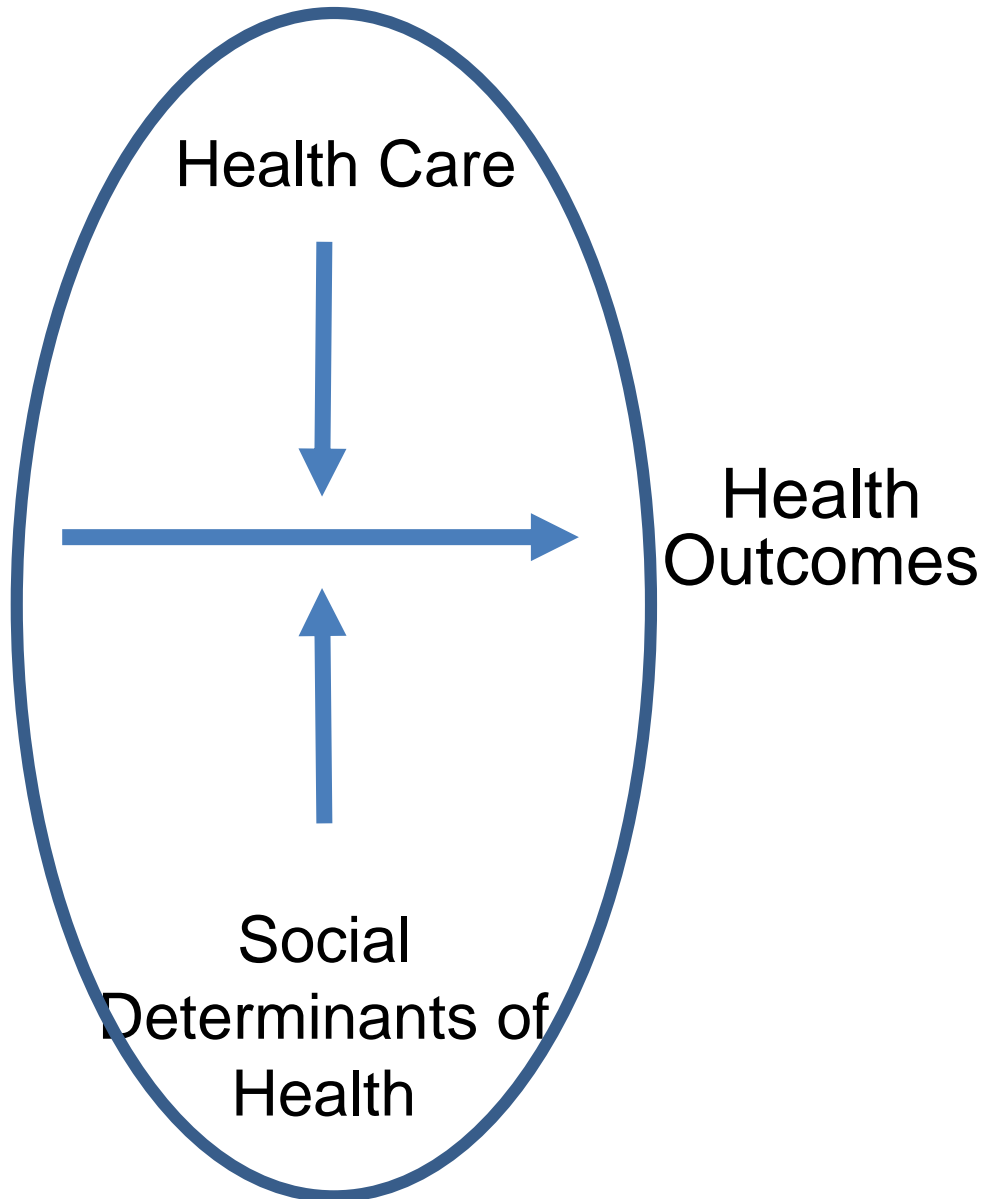
Are school-aged children able to regularly attend school?

Is there always enough to eat at home?

Resources

- Institute for Healthcare Improvement
 - <http://www.ihl.org/resources/Pages/AudioandVideo/Don-Berwick-National-Forum-Keynote-2018.aspx>
- CLEAR Collaboration
 - <https://www.mcgill.ca/clear/>
- 100 Million Healthier Lives
 - <https://100mlives.org/index.html#who>
- Purpose Build Communities
 - <https://purposebuiltcommunities.org/podcast/>
- Arizona Health Care Cost Containment System
 - <https://www.azahcccs.gov/PlansProviders/Demographics/>

Whole Patient Care

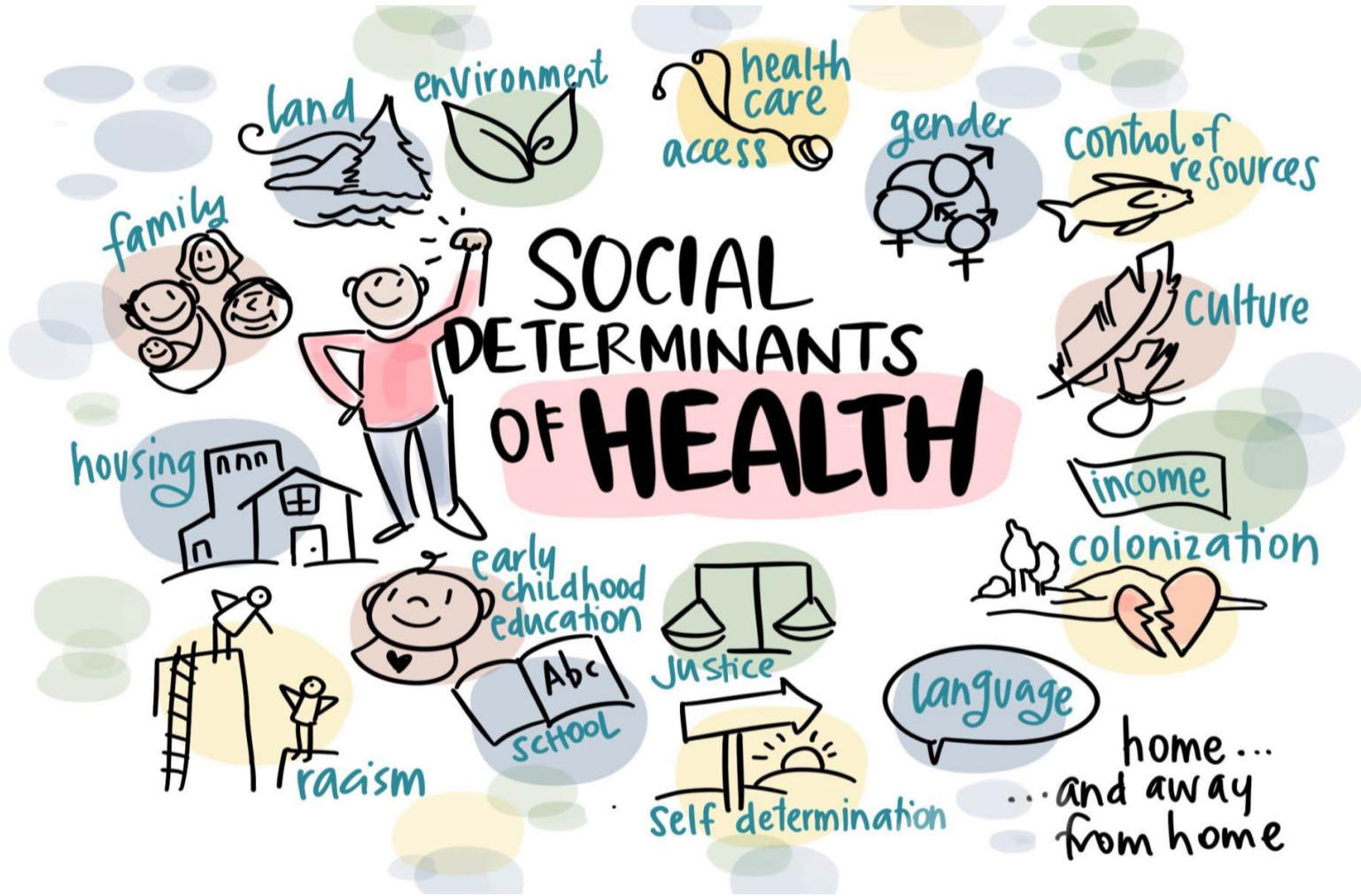


Take Home Messages

- Social determinants of health matter more than healthcare we provide
- Social determinants of health impact population & individual health outcomes
- Athletic healthcare is not immune to social factors

**** But we can help!! ****

Thank you!



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