



Social Determinants of Health Categories and Resources

Economic Stability

In the United States, 1 in 10 people live in poverty, and many people cannot afford things like healthy foods, health care, and housing.

People with steady employment are less likely to live in poverty and more likely to be healthy, but many people have trouble finding and keeping a job. People with disabilities, injuries, or conditions like arthritis may be especially limited in their ability to work. In addition, many people with steady work still do not earn enough to afford the things they need to stay healthy.

Healthcare Access & Quality

Many people in the United States do not get the health care services they need. About 1 in 10 people in the United States do not have health insurance.

People without insurance are less likely to have a primary care provider, and they may not be able to afford the health care services and medications they need. Strategies to increase insurance coverage rates are critical for making sure more people get important health care services, like preventive care and treatment for chronic illnesses.

Sometimes people do not get recommended health care services, like cancer screenings, because they do not have a primary care provider. Other times, it is because they live too far away from health care providers who offer them.

Education Access & Quality

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

Children from low-income families, children with disabilities, and children who experience forms of bullying are less likely to graduate from high school or go to college. This means they are less likely to obtain jobs with good insurance coverage, or earn enough to pay for needed care for health problems like heart disease, diabetes, and depression.

In addition, some children live in places with poorly performing schools, and many families cannot 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.

Neighborhood and Built Environment Safety

Many people in the United States live in neighborhoods 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 conditions at work that can harm their health, like secondhand smoke or loud noises.

Social and Community Context

This includes relationships and interactions with family, friends, co-workers, and community members.

Many people face challenges and dangers they cannot control — like unsafe neighborhoods, discrimination, or difficulty 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. But some people — like children whose parents are in jail and adolescents who are bullied — often do not get support from loved ones or others.



Examples of Resources to Address Social Determinants

Economic Stability	Healthcare Access & Quality	Education Access & Quality	Neighborhood and Built Environment Safety	Social and Community Context
<ul style="list-style-type: none"> ▪ Employment programs ▪ Career counseling (Webinars, etc.) ▪ Childcare opportunities ▪ Low-cost housing and assisted living facilities ▪ Local charities ▪ Foundations/grants (some for loss of work and income from disease) ▪ Financial assistance programs ▪ Food pantry phone number ▪ Have patients check with utility company to ask if they have programs to assist with chronic illness 	<ul style="list-style-type: none"> ▪ Community health clinics (see “Health Care Clinics” links at bottom of HCMS webpage) ▪ Low-cost transportation ▪ Financial assistance programs ▪ Drug manufacturer co-pay assistance programs ▪ Transportation services, such as MTM (Medicaid) - Texas Non-Emergency Medical Transportation ▪ Other interventions to increase access to health care professionals and improve communication — in person or remote 	<ul style="list-style-type: none"> ▪ Translation services ▪ Bilingual staff ▪ Translation software for emails/instructions ▪ Interventions to help children and adolescents do well in school and help families pay for college. ▪ Financial assistance programs ▪ List of scholarships ▪ Assistance with paperwork for grants/scholarships for patients or children of patients (ex. FMLA) ▪ Give resources at the appropriate educational level of the patient and family if there are learning disabilities 	<ul style="list-style-type: none"> ▪ Patient assistance transportation ▪ Dietitian referrals or nutritional services ▪ Food pantries ▪ List of parks, trails, playgrounds, or areas nearby with sidewalks and bike lanes ▪ Low-cost housing/temporary housing ▪ Financial assistance programs for housing and daily expenses ▪ YMCA 	<ul style="list-style-type: none"> ▪ Local organizations and Support Groups (local hospitals, centers of worship, senior centers, civic centers) ▪ Online Support Groups (some tailored to illness) ▪ Religious organizations and church groups ▪ Social and community support services ▪ Domestic violence hotline ▪ Domestic violence shelters ▪ Local shelters ▪ Houston Mobile Assessment Team ▪ Alcoholics Anonymous ▪ Addiction Rehab. Treatment Recovery