

SOCIAL COHESION



Domain of Social and Community Context

social cohesion is the quality of social relationships and the existence of trust, mutual obligations and respect in communities or in wider society – helps to protect people and their health.

Social Cohesion

feels like...

VALUED

LOVED



ESTEEMED

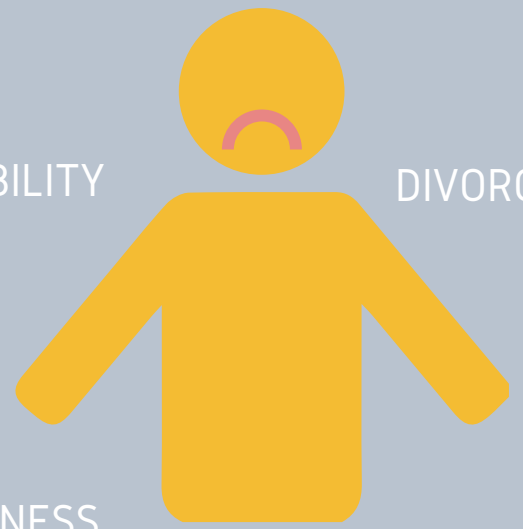
CARED FOR

Social Exclusion

looks like...

ISOLATION

DISABILITY



DIVORCE

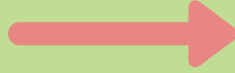
ILLNESS

ADDICTION

CAUSE & EFFECT OF SOCIAL COHESION

POSITIVE CAUSES

- STRONG SOCIAL SUPPORT
- POSITIVE SOCIAL RELATIONS

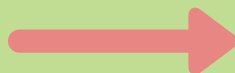


EFFECTS

- HEALTH OUTCOMES
- EDUCATIONAL ATTAINMENT
- EMPLOYMENT RATES
- MORTALITY RATES
- CRIME RATES

NEGATIVE CAUSES

- INCOME INEQUALITY
- DISCRIMINATION



What to ask

Yes or No

I feel safe at school

My parents get along with the teachers

I trust my neighbors

The students at my school stay together

The students at my school stay together

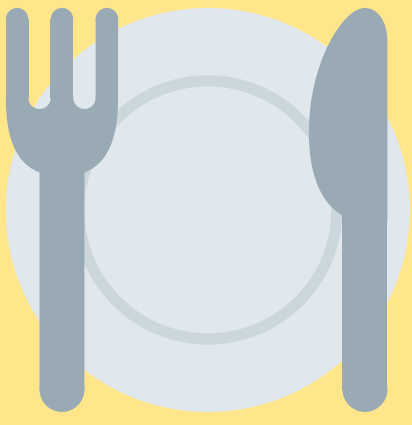
I feel like I belong at this school, like it were mine

CREATED BY KATHRYN DOWNS, ATC

POVERTY

Domain of Economic Stability

Absolute Poverty is defined as when a household income is below a level that allows a family or person to meet the basic needs of life including food, shelter, safe drinking water, education, or healthcare



30.4 million

children receive free or reduced lunches based on their family's income

21%

Of all children are from families living in poverty



Income equality negatively impacts the quality of services children have access to; like schools and childcare

The outcomes of poverty have been associated with lower levels of educational achievement

Children with exposure to the stresses of poverty have increased chances of physical, cognitive, and social development



What to ask

- Does your family have trouble making ends meet?
- Does your family struggle to pay the bills? (rent, electric, etc.)
- Have there been times where your family could not afford food?
- Do you have to work to support your guardians financially?
- Is stable housing a problem for you?
- Do you worry that you won't have money for basic needs? (lunch, school materials, clothing)

CREATED BY KATHRYN DOWNS, ATC

Sources: II AMA. Annual Update of the HHS Poverty Guidelines. National Archives. 2020.20. Morris AS, Robinson LR, Hays-Grudo J, Claussen AH, Hartwig SA, Treat AE. Targeting Parenting in Early Childhood: A Public Health Approach to Improve Outcomes for Children Living in Poverty. Child Dev. 2017;88(2):388-397.21. Kalil A. Restoring Opportunity: The Crisis of Inequality and the Challenge for American Education. Journal of Policy Analysis & Management. 2015;34(3):728-730.22. Pediatrics AaO. IHELLP Pocket Card In.23. Humanity Hf. Relative vs Absolute Poverty. Accessed.

NEIGHBORHOOD CRIME & VIOLENCE

Domain of Neighborhood & Built Environment

All individuals can experience crime in violence in different ways; direct victimization, witnessing violence or property crimes, or even hear about crime and violence

WHAT TO KNOW

- Repeated exposure to violence is known to disrupt development in adolescents
- Traumas may lead to self-destructive behaviors, emotional dysregulation, self-blame, and distrust
- Reduced physical activity and increased BMI has been attributed to those who perceive their environment to be unsafe



STATISTICS

IN A SAMPLE OF 4000 CHILDREN: 0-7 YEARS OLD

ASSAULT

- 37.3% experienced physical assault
- 12.6% reported physical intimidation

SEXUAL ASSAULT IN GIRLS 14-17 y/o

- 16.4% experienced sexual offense
- 4.4% experienced sexual abuse

PROPERTY CRIME

- 7.4% reported vandalism
- 7.8% reported theft
- 6.5% reported robbery



What to ask

During the last 12 months...

- ▲ Have you been in a fight with a weapon?
- ▲ Are you aware of robbery in your neighborhood?
- ▲ Have you experienced physical intimidation?
- ▲ Do you feel safe in your neighborhood?
- ▲ Are you aware of theft in your neighborhood?
- ▲ Have you changed your activity habits based on feeling unsafe?

CREATED BY KATHRYN DOWNS, ATC

HOUSING STABILITY

DOMAIN OF ECONOMIC STABILITY



SPENDING INCOME ON HOUSING



MOVING FREQUENTLY

STAYING WITH RELATIVES

CHALLENGES SURROUNDING HOUSING STABILITY



OVERCROWDING



TROUBLE PAYING RENT

WHAT TO KNOW

Children who move 3 or more times in one year are known to be associated with poor health outcomes



Those who live in overcrowded environments are likely to have affected mental health, stress levels, relationships, sleep, and increased risk for infectious disease

WHAT TO ASK

Do you move homes frequently?

Do you often times stay with friends or relatives?

Have you ever temporarily moved-in with another family?

Do you know if your family struggles to pay bills and/or rent each month?

CREATED BY KATHYRN DOWNS, ATC

FOOD SECURITY

Domain of Economic Stability

Food Security is defined as access by all people at all times to enough food for an active, healthy life

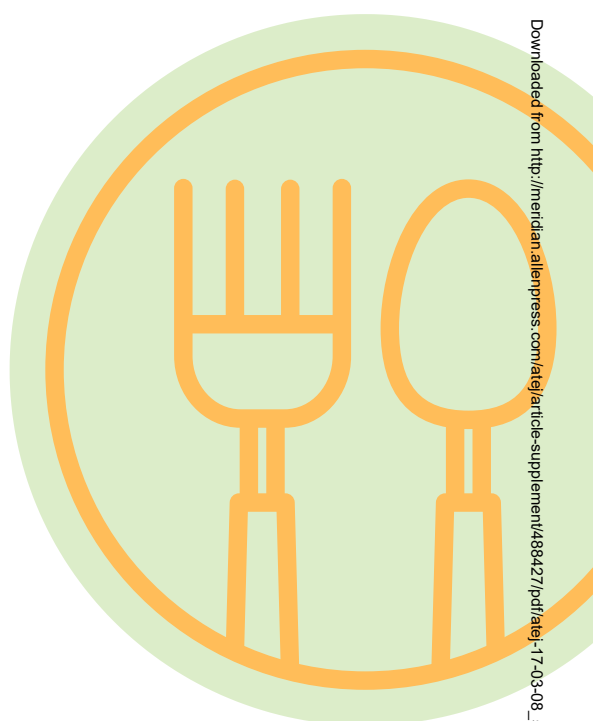


COMPLEXITY OF FOOD INSECURITY

- Food insecurity may be masked by intake of nutrient poor but calorie rich foods and present as obesity, diabetes, or other chronic diseases
- This highlights the importance of screening for food insecurity among patients

BIG PICTURE

Food insecurity represents a health inequity that must be addressed in order to support the movement of healthy lifestyles, decreasing chronic diseases, and decreasing healthcare costs



FOOD SECURITY & HEALTH OUTCOMES

- Food insecurity has been linked to poor physical health and mental distress
- Developmental consequences like impaired social skills and reading performance in children are linked to food insecurity

What to ask

How many times in the last 12 months..

- | | |
|--|--|
| <input type="checkbox"/> Were you hungry but did not eat because there wasn't food at home | <input type="checkbox"/> Did you eat "unhealthy" food for a meal because it was a cheaper option |
| <input type="checkbox"/> Did you eat less than three meals a day | <input type="checkbox"/> Did you cut back the portions of a meal because there was not enough |
| <input type="checkbox"/> Did you worry about where your next meal would come from | <input type="checkbox"/> Have you ever lost weight because there was not food at home |

CREATED BY KATHRYN DOWNS, ATC

ENVIRONMENTAL CONDITIONS

Domain of Neighborhood and Built Environment

Environmental conditions are defined as physical, chemical, and biological factors external to a person and all related behaviors



ELEMENTS OF ENVIRONMENTAL CONDITIONS

1. Outdoor air quality
2. Surface and ground water quality
3. Toxic substances and hazardous wastes
4. Homes and communities
5. Infrastructure and surveillance
6. Global environmental health

STATISTICS

Unhealthy environments are linked to an estimated 12.6 million deaths a year

22%

of musculoskeletal diseases

35%

of lower respiratory diseases

44%

of asthma cases

are be attributed to environmental causes

WHAT TO KNOW

- Environmental impacts lead to poor health outcomes
- Children and minorities are more vulnerable to adverse health outcomes due to environmental exposures



What to ask

- Describe your exposure to tobacco smoke?
- Describe where you live
 - House, apartment, other?
 - How old is it?
 - Are there smoke detectors?
 - Is there mold or mildew?
- Are there parks or community centers in your area?
- Are there accessible grocery stores in your area?
- Describe the community you live in?

CREATED BY KATHYRN DOWNS, ATC

EARLY CHILDHOOD EDUCATION AND DEVELOPMENT

Domain of Education

Early childhood education (ECE) is focused on cognitive and social development in children

Early childhood education benefits include:

improved cognitive development

improved emotional development

improved academic achievement

Development in early childhood is shown to reduce risky behaviors

High quality ECE supports educational attainment and is associated with increased income potential

Lower rates of heart disease, obesity, high blood pressure, high blood sugar, and high cholesterol are linked to high-quality ECE

What to ask

- Did you attend an early childhood care and education program?
- Do you know if you were breastfed as an infant?
- Do you know if you received your vaccines when you were a child?
- Do you know if your mother had a safe pregnancy and childbirth with you?
- Did you grow up in safe and cohesive neighborhoods?



CREATED BY KATHRYN DOWNS, ATC

ACCESS TO PRIMARY CARE

Domain of Health and Health Care

Primary Care is defined as the provision of integrated, accessible health care services by clinicians who are accountable for addressing a large majority of personal health care needs, developing a sustained partnership with patients, and practicing in the context of family and community

WHAT TO KNOW

Primary care providers' role is care detection, and treatment



Access to primary care increases health outcomes

Primary care is a major key in improving population health

FACTORS THAT LIMIT ACCESS TO PRIMARY CARE

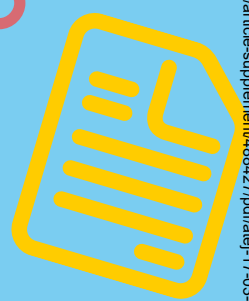
Lack of health insurance

Language related behaviors

Disabilities

Inability to obtain leave from work

Transportation and geographic barriers



WHAT TO ASK

Do you receive yearly checkups?

Do you routinely see the same doctor when visiting the office?

Where do you go for healthcare when you become ill?

Is getting to-and-from the doctor usually a source of frustration for you and your family?

CREATED BY KATHRYN DOWNS, ATC

ACCESS TO HEALTH CARE

DOMAIN OF HEALTH & HEALTHCARE

Access to health care is defined as the timely use of personal health services to achieve the best health outcomes.

Barriers to accessing health services

- High cost of care
- Inadequate or no insurance coverage
- Lack of availability of services
- Lack of culturally competent care

Outcomes of limited access to health services

- Unmet health needs
- Delays in receiving appropriate care
- Lack of preventative services
- Financial burdens
- Preventative hospitalizations

Why is access to quality health care important?

PROMOTING AND MAINTAINING HEALTH



PREVENTING AND MANAGING DISEASE



ACHIEVING HEALTH EQUITY FOR ALL AMERICANS

What to ask

Do you know how to obtain health services if needed?

Have you or a family member ever forgone healthcare due to cultural beliefs?

Do you and your family have financial difficulties as a result of spending in healthcare?

Have you or a family member ever forgone medical services due to financial difficulties?

CREATED BY KATHRYN DOWNS, ATC

DISCRIMINATION

Domain of Social & Community Context

Civil rights law discrimination refers to unfair or unequal treatment of an individual or groups based on certain characteristics including: age, disability, ethnicity, gender, marital status, national origin, race, religion, and sexual orientation.

OUTCOMES OF REPEATED STRESS IN RESPONSE TO DISCRIMINATION

PHYSICAL

- Impaired immunity
- Obesity
- Artherosclerosis
- Bone demineralization
- Atrophy of nerve cells in brain

MENTAL

- Major depressive illness
- Chronic anxiety disorders
- Post-traumatic stress disorders

PHYSICAL & MENTAL HEALTH OUTCOMES



EDUCATIONAL OUTCOMES



ENGAGEMENT IN RISKY BEHAVIORS

RESULTS OF DISCRIMINATION

WHAT TO ASK

How often do these things happen in your day-to-day life?

At least everyday, week, month, year, less than a year?

- You are treated with less respect than other
- People act as if you are not smart
- People act as if they are afraid of you
- People act as if they are better than you
- You are called names/insulted
- You are threatened or harassed

Do you think the main reason for this is due to any of the following?

- Ancestry or National Origins
- Gender
- Race
- Age
- Religion
- Height
- Weight
- Aspect of Physical Appearance
- Sexual Orientation
- Education or income level
- Physical disability

HEALTH LITERACY

Domain of
Health
and
Healthcare

HEALTH LITERACY is the degree to which an individual has the capacity to obtain, communicate, process, and understand basic health information and services to make appropriate health decisions.

What does HEALTH LITERACY help us do?

FIND INFORMATION
AND SERVICES

COMMUNICATE NEEDS
AND PREFERENCES AND
RESPOND TO INFORMATION AND
SERVICES

PROCESS THE
MEANING AND USEFULNESS OF
THE INFORMATION AND
SERVICES

UNDERSTAND THE CHOICES,
CONSEQUENCES AND
CONTEXT OF THE
INFORMATION AND SERVICES

Why is HEALTH LITERACY important?



77 million people have difficulty with common health tasks

Increased health literacy decreases recovery time



Increased health literacy will decrease over cost of health care

How to ask about HEALTH LITERACY

- How often do you have someone help you read medical materials?
- How often do you have problems learning about your medical condition because of difficulty understanding written information?
- How often do you have a problem understanding what is told to you about your medical condition?
- How confident are you filling out medical forms by yourself?

LANGUAGE & LITERACY

Domain of Education

HEALTH OUTCOMES



To ensure effective health communication clinicians must consider patient's literacy, cultural diversity, and language barriers. Clinicians must then use that information to improve patient communication and management

Poor health outcomes were **1.5 - 3x more likely** in those with low literacy levels

Racial and ethnic minority groups make up **45 PERCENT** of American residents with limited health literacy

60% of people in American prisons cannot read

75% of people on welfare cannot read

85% of juvenile offenders have trouble reading

TIPS FOR SUCCESSFUL COMMUNICATION

- Convey empathy
- Promote trust
- Encourage open dialogue
- Allot more time for interactions
- Increase diversity in workforce



What to ask

Ask open ended questions to allow for description in the patient's own words

Language Questions

- What is your ethnicity?
- What language do you use most often?
- Do you speak any other languages?
- What language do you use at home?

Literacy Questions

- In regards to English how well do you...
 - Understand it when its spoken to you
 - Read it
 - Write it