

# Introduction to Social Determinants of Health



## **OBJECTIVES**

**At the end of this unit, participants will be able to:**

- Define social determinants of health for our clients
- Identify how these social determinants contribute to risk factors for HIV



## **INSTRUCTIONS**

1. Prior to the session, prepare a flip chart sheet with the question: "What determines our health?" and three bullet points:
  - Biological
  - Genetic
  - Social
2. Explain that in order for us to discuss the role of CHWs as part of the care team, we will start with a discussion about what factors shape and determine how healthy we are (slide 3).
3. Share handouts about SDOH and review slide 3.
4. Wrap up. CHWs can help address these social determinants by bridging the gap between the community and clinic, and helping a person with HIV address social needs, which can help them live a longer life. In this training we are going to learn about the role of CHWs as part of the care team to support people with HIV, and how we can help them live longer, healthier lives.



## **Related C3 Roles**

Knowledge base

## **Related C3 Skills**

All



## **Method(s) of Instruction**

Group discussion



## **Estimated time**

15 minutes



## **Key Concepts**

Social determinants of health, SDOH



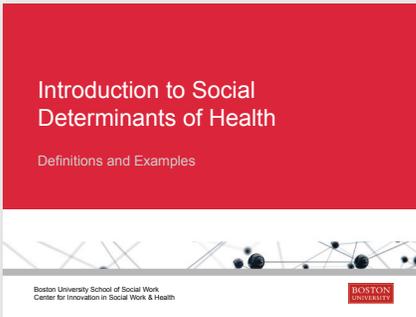
## **Materials**

- Computer with internet access and projector
- PowerPoint slides
- Flip chart
- Markers

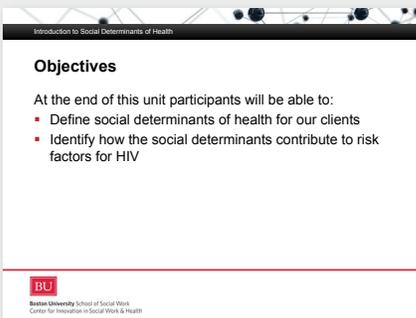
## **Handouts**

- Examples of Social Determinants of Health
- Social Determinants of Health

# Introduction to Social Determinants of Health



## SLIDE 1



## SLIDE 2

Review the objectives.



## SLIDE 3

Explain that in order for us to discuss the role of CHWs as part of the care team, we will start with a discussion about what factors shape and determine how healthy we are.

Ask participants: "What determines our health?" Ask them to share examples based on the 3 bullets. Record responses on flip chart sheet.

Potential responses:

- Biological determinants = parasites, bacteria, and viruses.
- Genetic determinants = characteristics we inherit from our parents like having high cholesterol.
- Social determinants: social and structural conditions that affect the health of groups.

Break participants into pairs. Ask them to name three to five social determinants of health (SDOH) with their partner.

Ask for volunteers to share social determinants and write them on a flip chart sheet.

Potential examples:

- Poverty
- Housing
- Transportation
- Access to health care
- Access to food
- Neighborhood conditions

# Introduction to Social Determinants of Health



## SLIDE 4

Share handouts about SDOH and review the slide.

Ask, “How might these social determinants affect risk for HIV?”

Potential examples:

- People who don't have access to health services or resources to purchase condoms may have unprotected sex and spread HIV.
- People who don't have access to health care may not get the treatment they need if they are with HIV.
- People who don't have access to HIV health education may not know how to protect themselves against HIV.
- People may not be aware that HIV is chronic condition with medications available that can help them live a long life with HIV.
- People with HIV who don't have housing may not have a place to store medications to treat their HIV.
- People with HIV who don't have sufficient food may not be able to take their medications properly to effectively treat their HIV.

# Examples of Social Determinants of Health



- **Economic Stability**
  - Poverty
  - Employment
  - Food Insecurity
  - Housing Instability
- **Education**
  - High School Graduation
  - Enrollment in Higher Education
  - Language and Literacy
  - Early Childhood Education and Development
- **Social and Community Context**
  - Social Cohesion
  - Civic Participation
  - Discrimination
  - Incarceration
- **Health and Health Care**
  - Access to Health Care
  - Access to Primary Care
  - Health Literacy
- **Neighborhood and Built Environment**
  - Access to Foods that Support Healthy Eating Patterns
  - Quality of Housing
  - Crime and Violence
  - Environmental Conditions

Source: <https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health>

# What are the Social Determinants of Health?

The social determinants of health are the conditions in which people are born, grow, live, work, and age, including the health system. These circumstances are shaped by the distribution of money, power and resources at global, national and local levels, which are themselves influenced by policy choices. The social determinants of health are mostly responsible for health inequities—the unfair and avoidable differences in health status seen within and between countries.

Responding to increasing concern about these persisting and widening inequities, WHO established the Commission on Social Determinants of Health (CSDH) in 2005 to provide advice on how to reduce them. The Commission's final report was launched in August 2008, and contained three overarching recommendations:

1. Improve daily living conditions
2. Tackle the inequitable distribution of power, money, and resources
3. Measure and understand the problem and assess the impact of action

Examples of social determinants of health include:

- Income
- Social class
- Race/ethnicity
- Education
- Employment
- Housing
- Environmental conditions
- Respect and dignity

Source: [http://www.who.int/social\\_determinants/en/](http://www.who.int/social_determinants/en/)

# Acknowledgements

This curricula draws from and is adapted from other training curricula for peer educators and community health workers, such as the Building Blocks to Peer Success (<https://ciswh.org/resources/HIV-peer-training-toolkit>) and the Community Capacitation Center, Multnomah County Health Department (<https://multco.us/health/community-health/community-capacitation-center>)

### Team

Serena Rajabiun

Simone Phillips

Alicia Downes

Maurice Evans

LaTrischa Miles

Jodi Davich

Beth Poteet

Rosalia Guerrero

Precious Jackson

Maria Campos Rojo

This project is/was supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number U69HA30462 "Improving Access to Care: Using Community Health Workers to Improve Linkage and Retention in HIV Care" (\$2,000,000 for federal funding). This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.

### Suggested Citation:

Boston University Center for Innovation in Social Work & Health. (2019). A Training Curriculum for Using Community Health Workers to Improve Linkage and Retention in HIV Care. Retrieved from: <http://ciswh.org/chw-curriculum>

**BOSTON  
UNIVERSITY**

**Boston University** School of Social Work  
Center for Innovation in Social Work & Health