

# **Learning the Lingo: What ‘Social Determinants of Health’ Mean for Extension**

**Megan Arnold, Ph.D.  
Patrice Powers-Barker**



**THE OHIO STATE UNIVERSITY**

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EXTENSION

## WHAT TO EXPECT TODAY

- **Very brief highlight** of Cooperative Extension's National Framework for Health Equity and Well-Being, 2021
- **Vocabulary** – start with 4 terms, common definitions, acronyms and visual models
  - Health and Well-being
  - Social Determinants of Health (SDOH)
  - Policy, Systems, and Environmental Changes (PSE)
  - Health Equity
- Facilitated **group discussion**
- **Follow up:** access to materials (PPT and references, glossary) and summary of today's group discussion

# LEARNING OUTCOMES

- As a result of this session, participants will be able to:
  - Define "social determinants of health" (SDoH) and other related terms
  - Articulate how SDoH are relevant to all Extension program areas
  - Translate the national framework to work in local communities

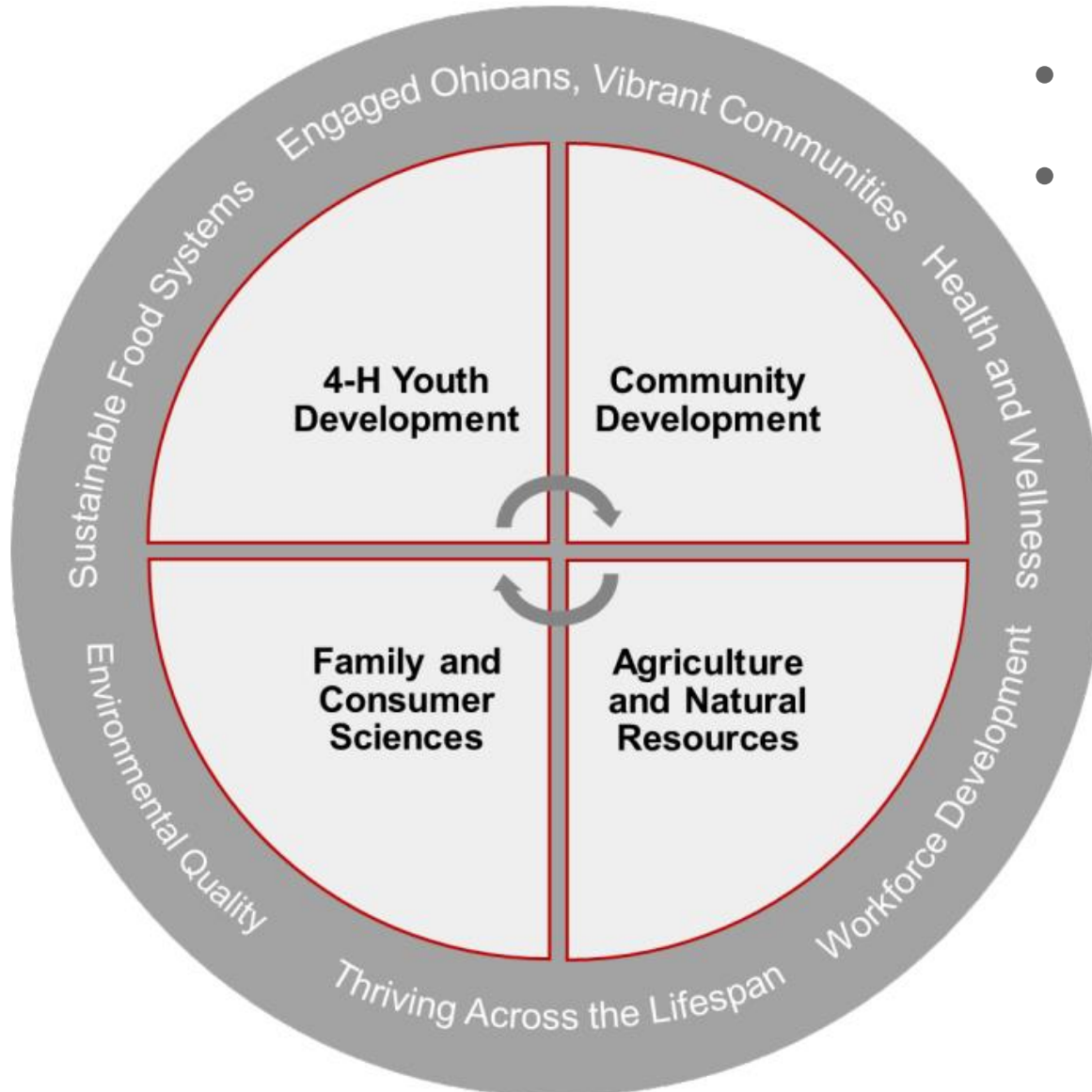
## **ACKNOWLEDGMENTS – NATIONAL WORK**

- **Cooperative Extension's National Framework for Health Equity and Well-Being, 2021**
- Extension Committee on Organization and Policy (ECOP) Health in All Policies Action Team
  - Summary of actions and accomplishments found in Braun and Rogers, 2018 as well as other journal articles
- Cooperative Extension's National Framework for Health and Wellness (March 2014)

## FROM NATIONAL EXTENSION EXPERTS:

- “Extension faculty and staff are **being invited to the ‘table’ of discussions** about how to improve communities’ well-being” (Buys and Koukel, 2018, p103).
- “It is important that Extension be **proactive** with these efforts and consider **what messages will resonate** with its external partners” (Buys and Koukel, 2018, p.104)
- “What can you do as you **personally envision the possible in health and wellness?**” (Braun and Rogers, 2018, 12)

# OUR LINGO



- County focus
- Four program areas
- Extension Educators
- “Invited to the table”



- **Health and Well-being**
- **Social Determinants of Health (SDOH)**
- **Health Equity**
- **Policy, Systems, and Environmental Changes (PSE)**

## URBAN EXTENSION

- “Zip code understood to be a **better predictor of a person’s health** than their genetic code” (Artiga and Hinton, 2018, p.3)
- Health disparities (Healthy People 2020):
  - disproportionately poor health outcomes closely linked with economic, social, or environmental disadvantage
  - adversely affect groups of people who have systematically experienced greater social or economic obstacles to health based on their racial or ethnic group, religion, socioeconomic -status, gender, age, or mental health; cognitive, sensory, or physical disability; sexual orientation or gender identity; geographic location; or other characteristics historically linked to discrimination or exclusion (Healthy People 2020)



## Discussion...

- How would you describe the difference between wellness and well-being?
- Where does health and well-being fit into your role with Extension?

# HEALTH IS MULTIDIMENSIONAL

- “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity” World Health Organization (WHO)
- “A resource for everyday life, not the objective of living. Health is a positive concept emphasizing social and personal resources, as well as physical capacities.” (WHO)
- **Interconnected dimensions**



# WELLNESS OR WELL-BEING?

- **Wellness** refers “to services aimed at an individual”
- **Well-being** includes an individual’s
  - Satisfaction with life as a whole
  - Sense of control over life
  - Sense of purpose in life
  - Belonging to a community
  - Creating equitable opportunities to thrive in every aspect of life
  - Create meaningful futures

## Discussion...

- How would you define the term "Social Determinants of Health?"



# SOCIAL DETERMINANTS OF HEALTH

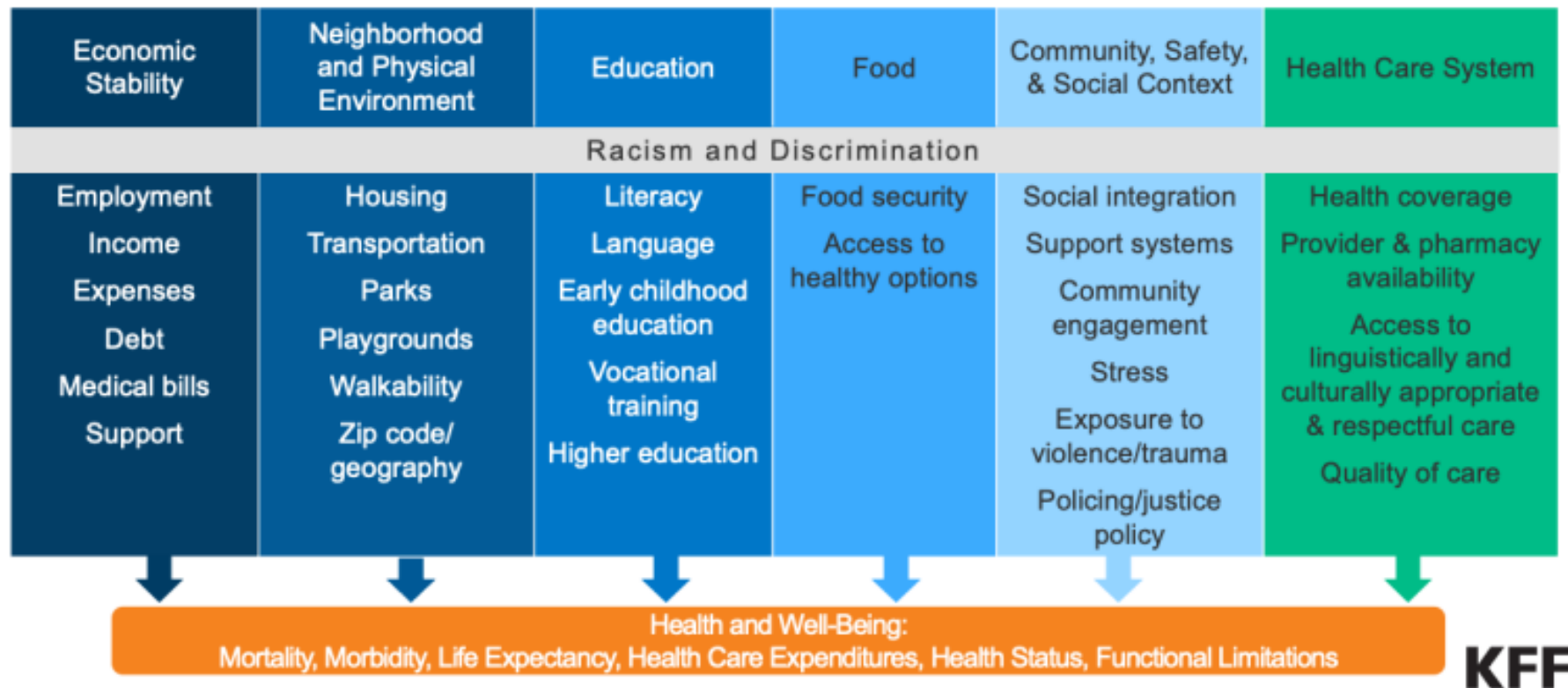
- “Conditions in the places where people live, learn, work, and play that affect a wide range of health and quality-of-life-risks and outcomes” Centers for Disease Control and Prevention (CDC)
- “Social and environmental determinants of health are the full set of social and physical conditions in which people live and work, including socioeconomic, demographic, environmental and cultural factors, **along with the health system**” (World Health Organization, 2012)
- “Social factors which influence the health of an individual” (Cooperative Extension’s National Framework, 2021)

# Social Determinants of Health



Figure 1

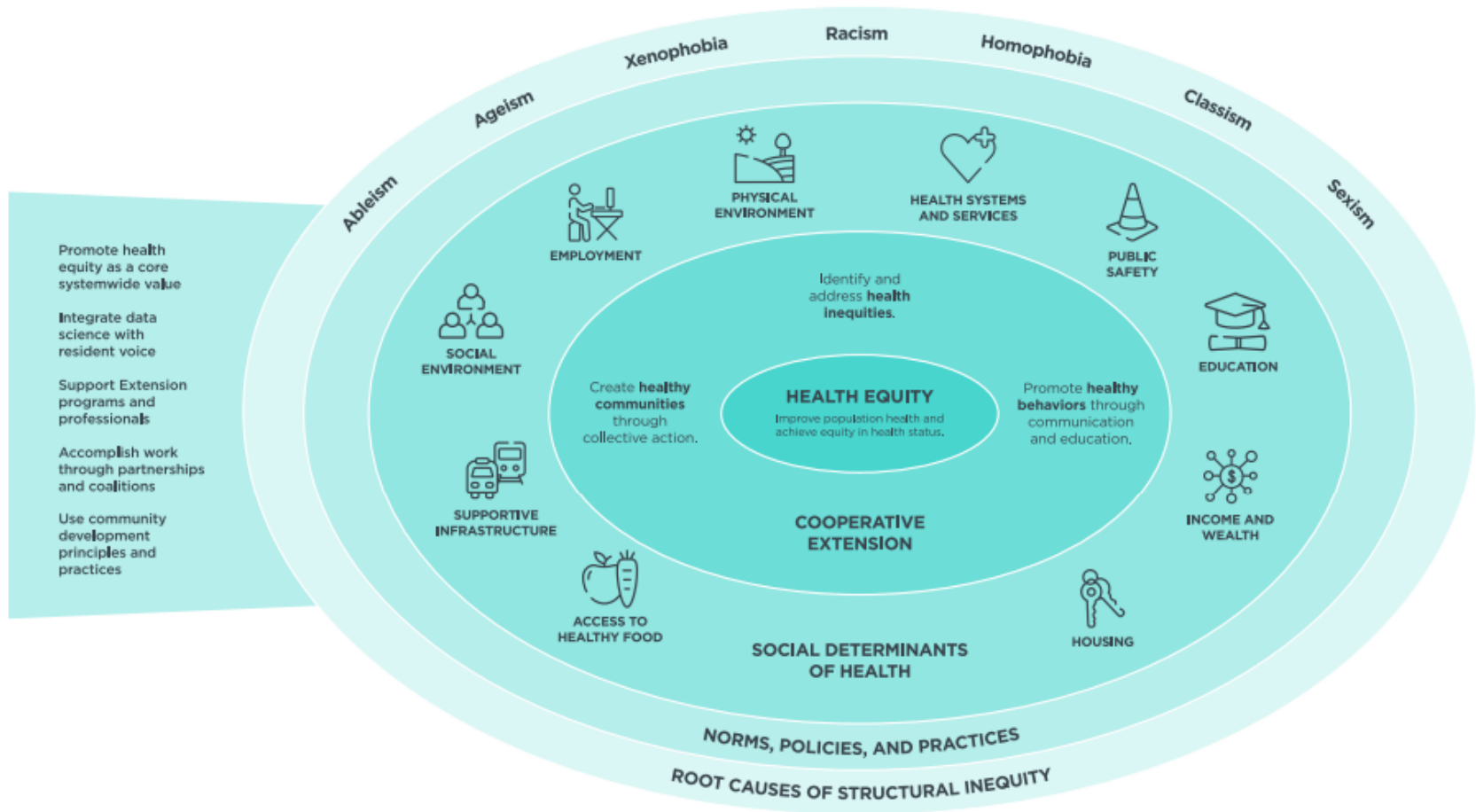
## Health Disparities are Driven by Social and Economic Inequities



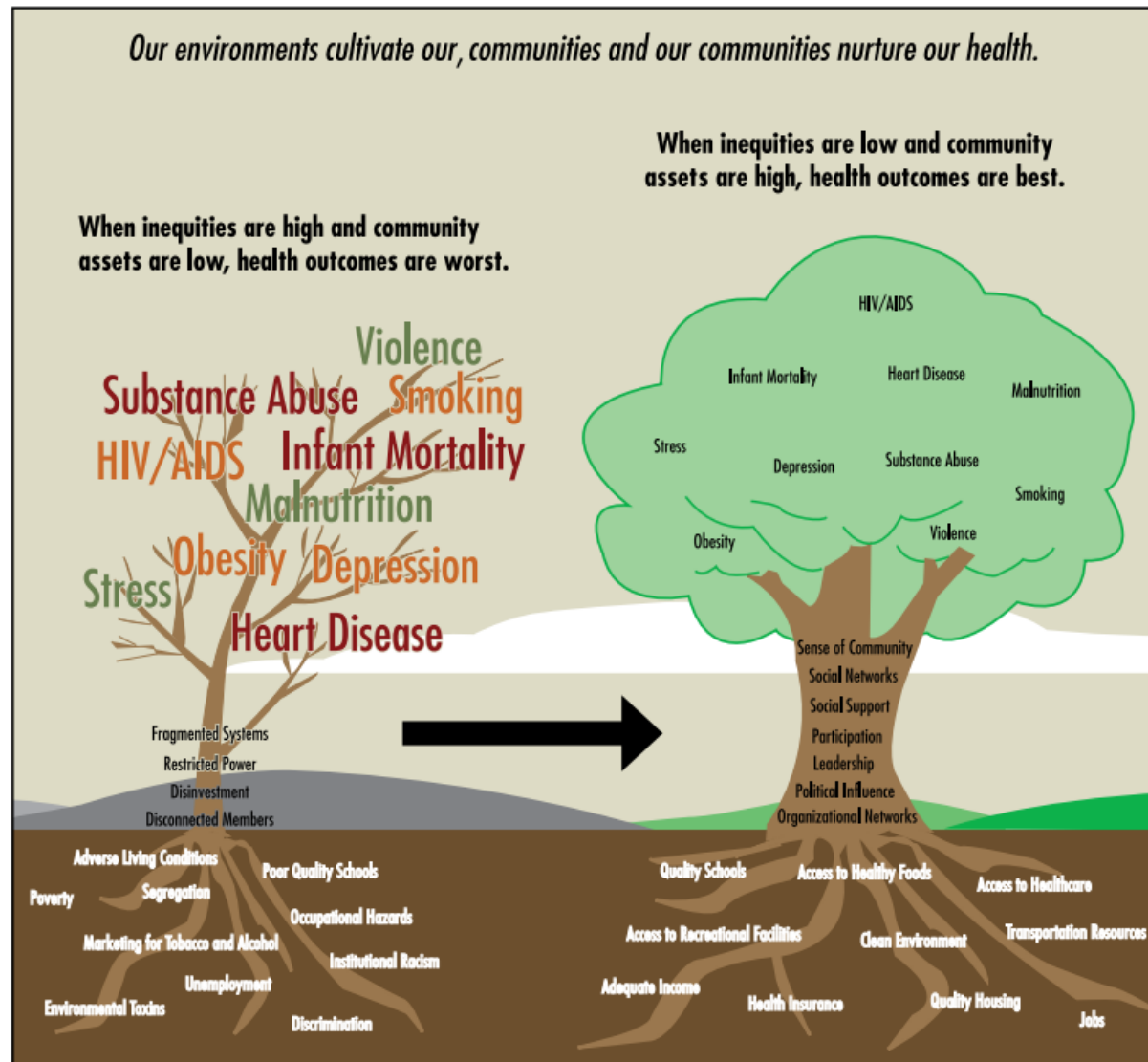
<https://www.kff.org/racial-equity-and-health-policy/issue-brief/disparities-in-health-and-health-care-5-key-question-and-answers/>



# Cooperative Extension Framework 2021



**Figure 1.2: Growing Communities: Social Determinants, Behavior, and Health**



Ramirez, Baker, and Metzler, 2008, Promoting Health Equity: A Resource to Help Communities Address Social Determinants of Health

## HEALTH CARE RECOGNIZES SDOH

- “Medical care alone is insufficient to ensure better health and well-being for all Americans” (Magnan, 2021). **From health care point of view:**
  - New payment models are prompting interest in the SDoH
  - Frameworks for Integrating SDoH are emerging
  - Experiments are occurring at the local and federal level (Magnan, 2017)
- “Zip code understood to be a better predictor of a person’s health than their genetic code” (Artiga and Hinton, 2018, p.3)

# Summarize SDOH Definition

Conditions in which people are born, grow, live, work, and age



# VOCABULARY



# Health Equity

## HEALTH EQUITY

“**Health equity** is achieved when every person has the opportunity to attain their health potential and **no one is disadvantaged** from achieving this potential because of social position or other socially determined circumstance.

**Health inequities are reflected in** differences in length of life; quality of life; rates of disease, disability, and death; severity of disease; and access to treatment” (CDC, 2020)

## HEALTH EQUITY

*the state in which everyone has a fair and just opportunity to attain their highest level of health.*

Achieving this requires ongoing societal efforts to:

- Address historical and contemporary injustices
- Overcome economic, social, and other obstacles to health and health care
- Eliminate preventable health disparities

<https://www.cdc.gov/healthequity/whatis/index.html>

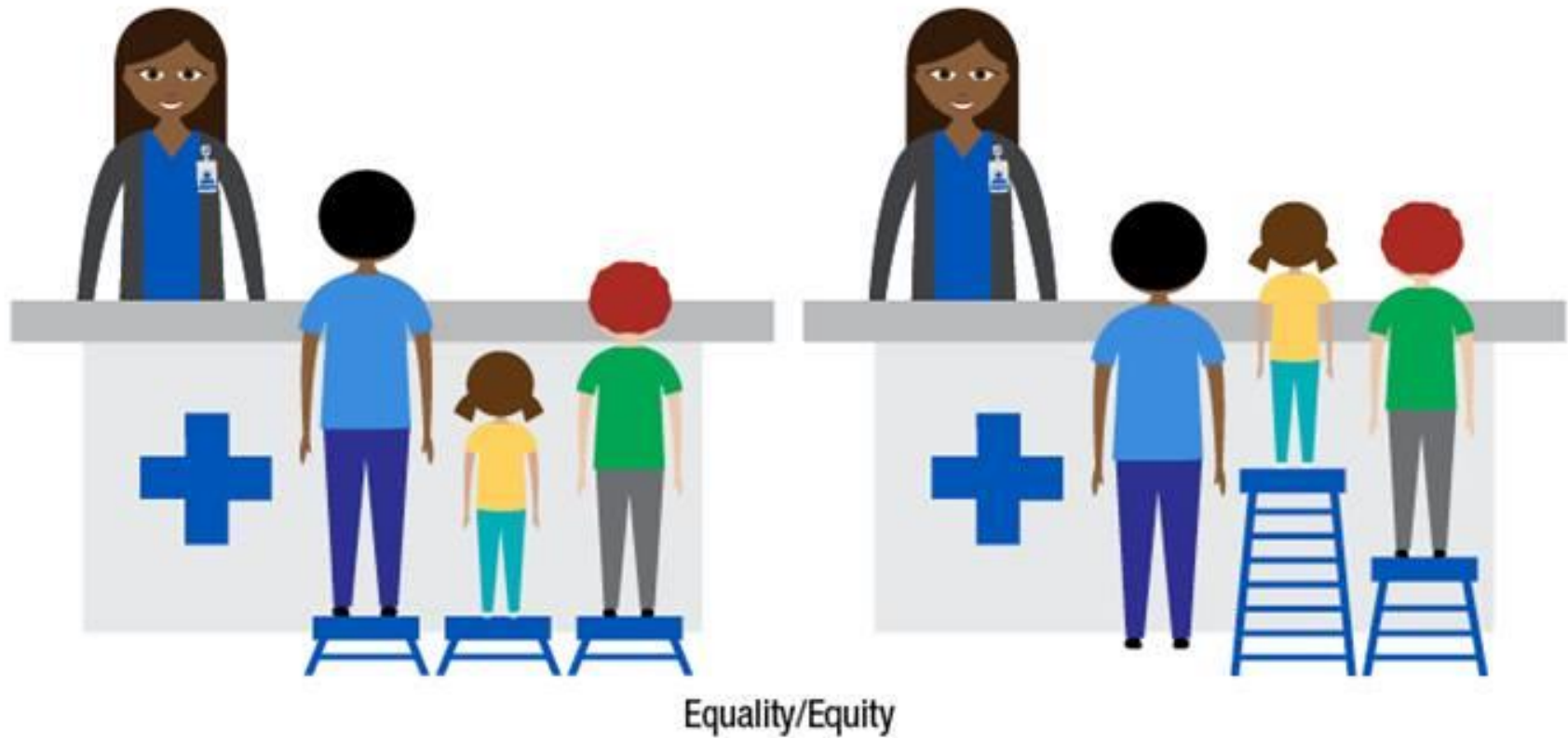
# HEALTH EQUITY

Everyone has fair and just opportunity to be as healthy as possible (Burton et al, 2021)





# WHAT IS HEALTH EQUITY AND WHY IS IT SO IMPORTANT?



# FULL HEALTH POTENTIAL

## Environment affects health more than individual behaviors



Fish 1

Would Fish 1 be as happy, safe, and healthy if its water were dirty? What if its bowl were cracked and the water was leaking out?



Fish 2

No matter how much Fish 2 tries, it may never reach its full health potential due to its dirty water and cracked bowl.

## Discussion...

- How does the concept of health equity connect to our work in Urban Extension?

# VOCABULARY



# Policy, Systems, and Environmental Changes

## PSE (PSEC or PSEs)

## POLICY, SYSTEMS, AND ENVIRONMENTAL CHANGES (PSE)

- A way of modifying the environment to make healthy choices practical and available to all community members
- You simply can't make healthy decisions if healthy options aren't available to you
- PSE changes look at the laws, rules and environments that shape our options and behavior
- "SDOH are greatly influenced by policies, systems, and environments" (Magnan, 2017, p1)

# PSE Change

## (Policy, Systems and Environmental Change)

Policy	Systems	Environmental
<p>laws, ordinances, and rules. They can be formal or informal.</p> <ul style="list-style-type: none"><li>Government bodies (federal, state, local), school districts and schools, parks, healthcare organizations, community institutions</li></ul>	<p><b>Systems interventions</b> are changes that impact all areas of an organization, institution or community, not just policies.</p> <ul style="list-style-type: none"><li>Change made to rules within an organization, often focus on infrastructure</li><li>Systems and policy often work hand-in-hand</li></ul>	<p><b>Environmental interventions</b> involve changes to the economic, social or physical environment</p> <ul style="list-style-type: none"><li>Physical environment</li><li>Simple as placing point of decision prompts (signs)</li></ul>

# Extension and PSE

“Cooperative Extension must learn from this work [SNAP-Ed focus on policies, systems, and environments] and **expand upon nutrition-focused PSE change to influence the other determinants of personal and population health**” (Popular Report, 2021, p4)

## Discussion...

- What are other examples of PSE with Extension?
- What is a topic/issue/challenge in your community and how can the PSE Change model be applied to address it?





- **Health and Well-being**
- **Social Determinants of Health (SDOH)**
- **Health Equity**
- **Policy, Systems, and Environmental Changes (PSE)**

## Scenario for Collaboration

- A community partner approaches you with a grant opportunity focused on health and well-being. They ask your team to create a proposal to address this topic in an urban area.
  - How would you explain Extension's approach to health equity and Social Determinants of Health?
  - How would you incorporate all Extension program areas in the proposal?
  - What type of programming would you include in the proposal?
  - How could you utilize the Policy, Systems, and Environmental Changes framework as part of the proposal?
  - What additional community partners would you invite to the table?

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