
Social Determinants of Health: Key Factors Influencing Well-being

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Disclaimer

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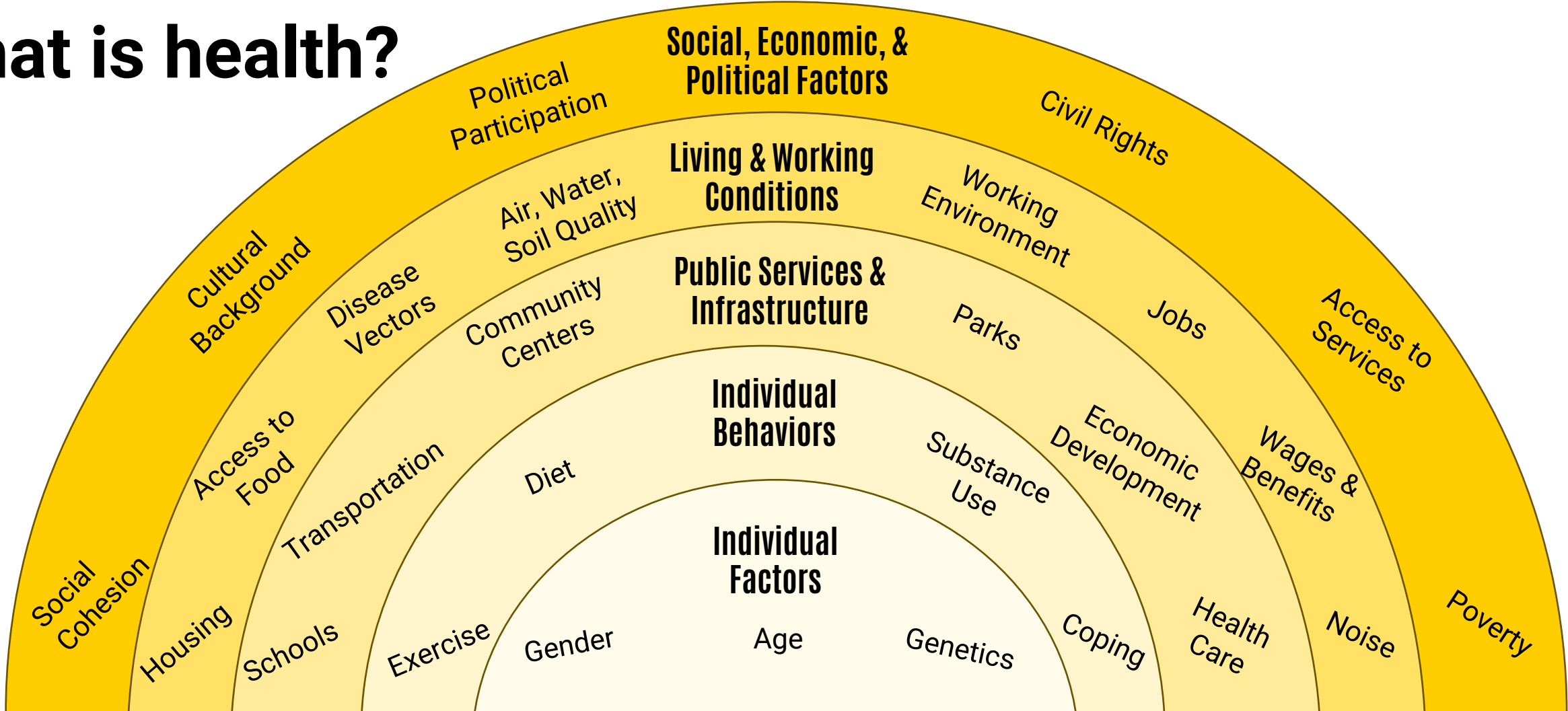
Learning Objectives

- Define the five social determinants of health
- Analyze the impact of the social determinants of health
- Brainstorm strategies to address the social determinants of health



What brought you here today?

What is health?



Introduction of Social Determinants of Health (SDOH)



Key Categories of SDOH

Neighborhood & Built Environment



Housing stability and quality

Access to healthy food and water

Environmental safety

Healthcare Access, Quality



Health insurance coverage

Prevention services

Availability of culturally informed care

Economic Stability



Access to financial resources

Income level

Employment

Education Access, Quality



Early childhood education

Higher education opportunities

Literacy and high school graduation rates

Social & Community Context



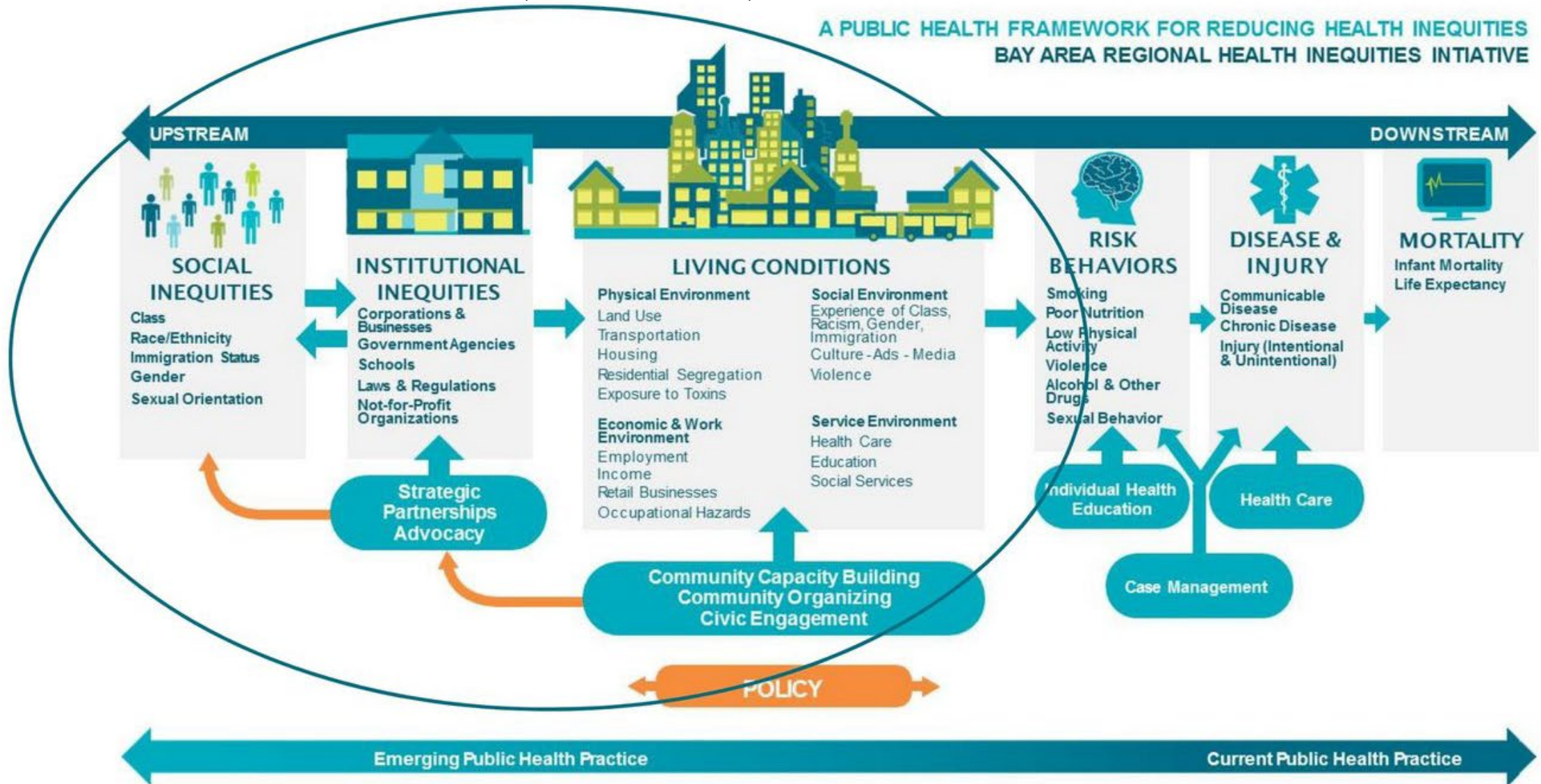
Social support networks

Community engagement

Experiences with discrimination or bias

Bay Area Regional Health Inequities Initiative (BARHII) Framework

A PUBLIC HEALTH FRAMEWORK FOR REDUCING HEALTH INEQUITIES
BAY AREA REGIONAL HEALTH INEQUITIES INITIATIVE



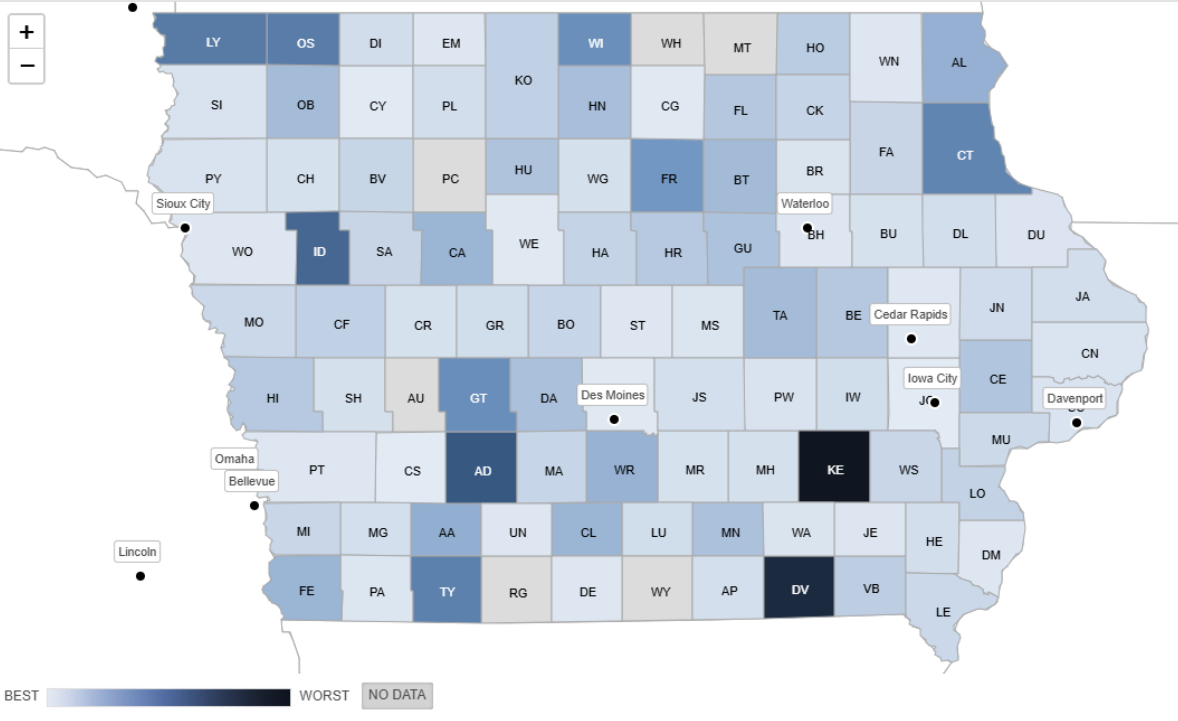
The Groundwater Approach



**Is your zip code more important
than your genetic code?**

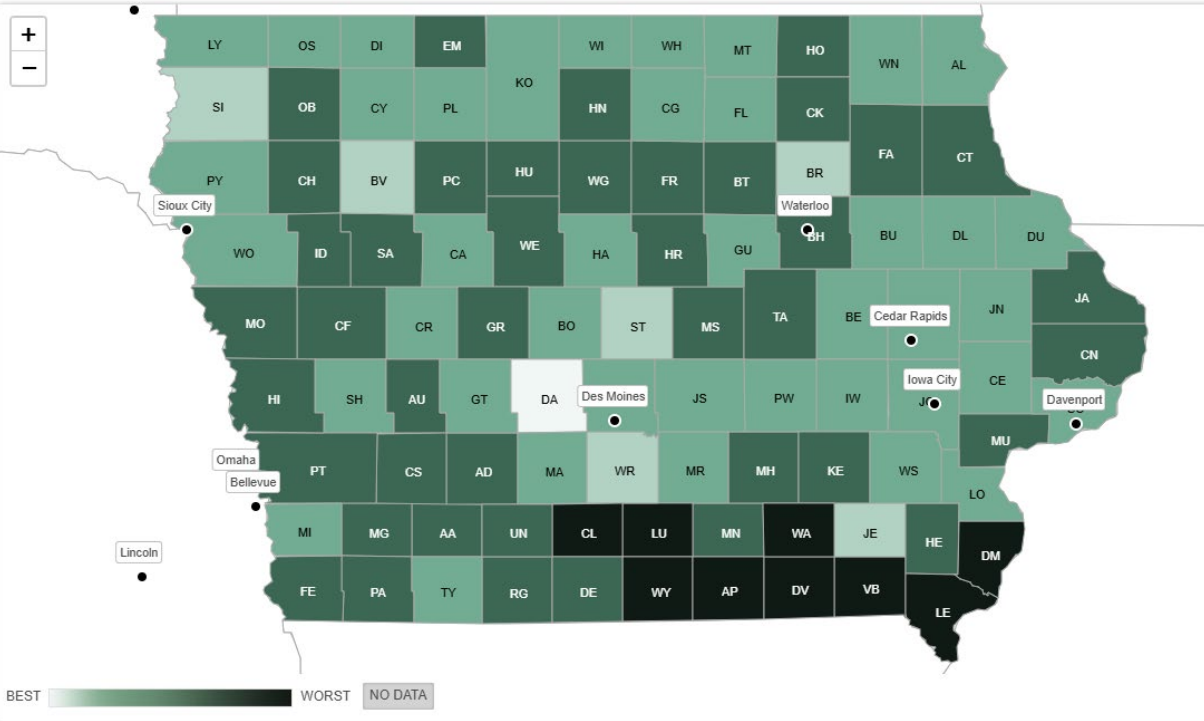
Factors influencing mental health

County Health Rankings & Roadmaps 2024 Mental Health Providers - Iowa



Cities Congressional District Lines ([Learn More](#))

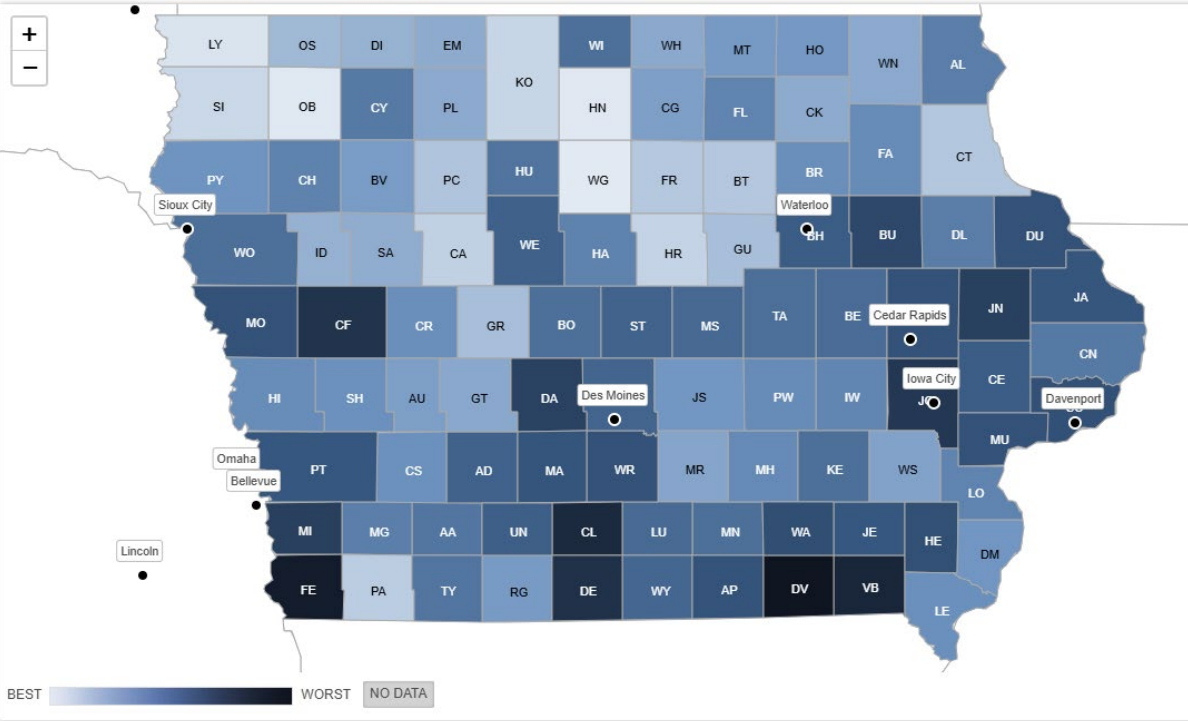
County Health Rankings & Roadmaps 2024 Frequent Mental Distress - Iowa



Cities Congressional District Lines ([Learn More](#))

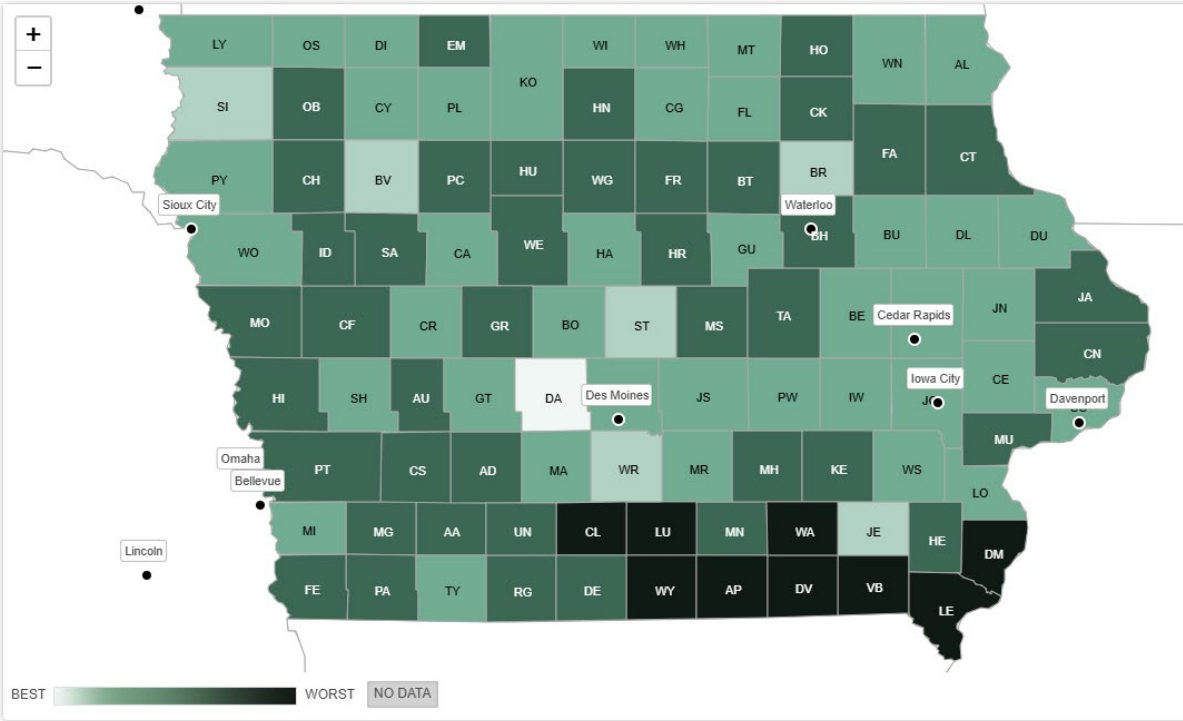
Factors influencing mental health

County Health Rankings & Roadmaps 2024 Social Associations - Iowa



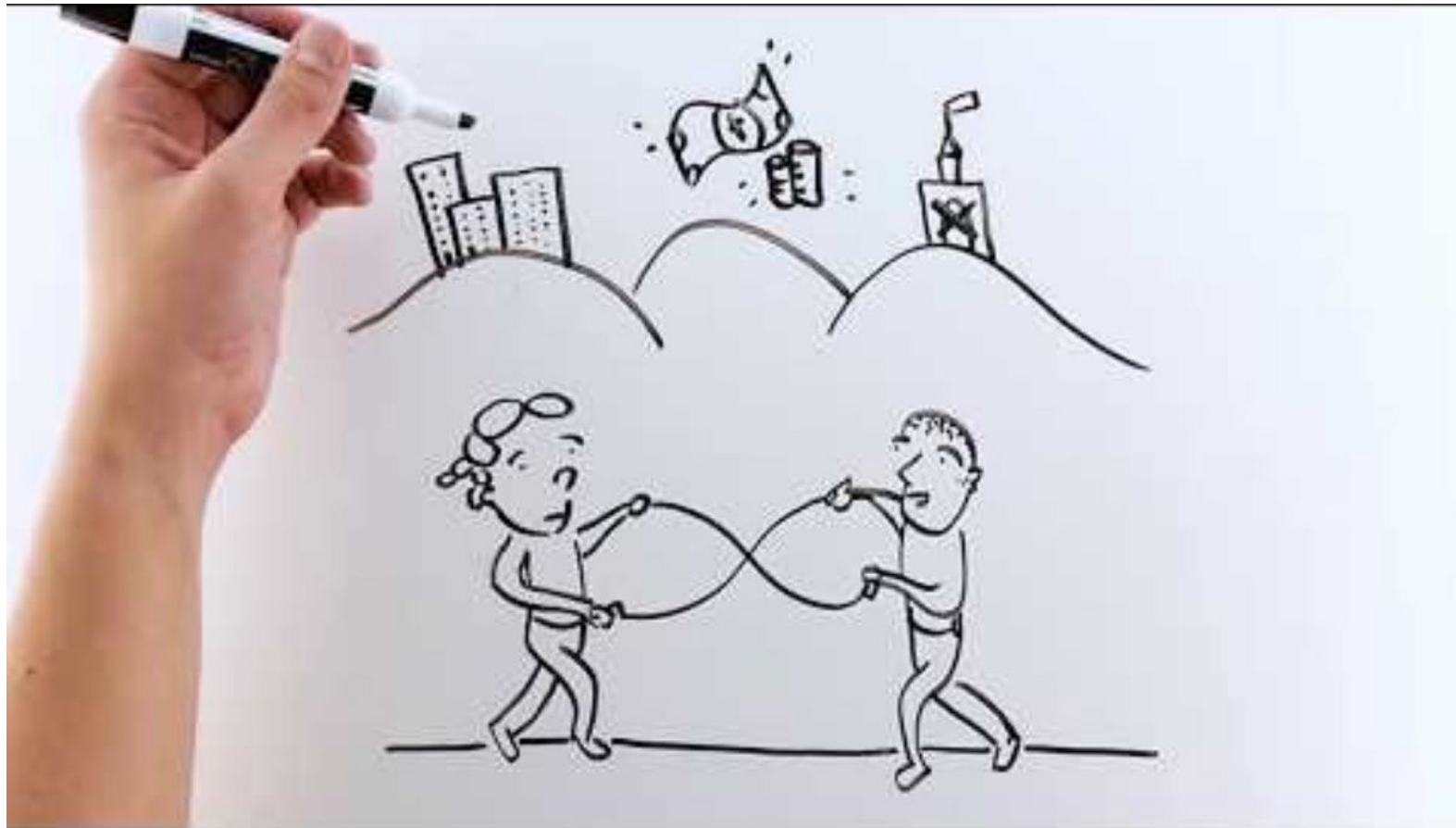
Cities Congressional District Lines ([Learn More](#))

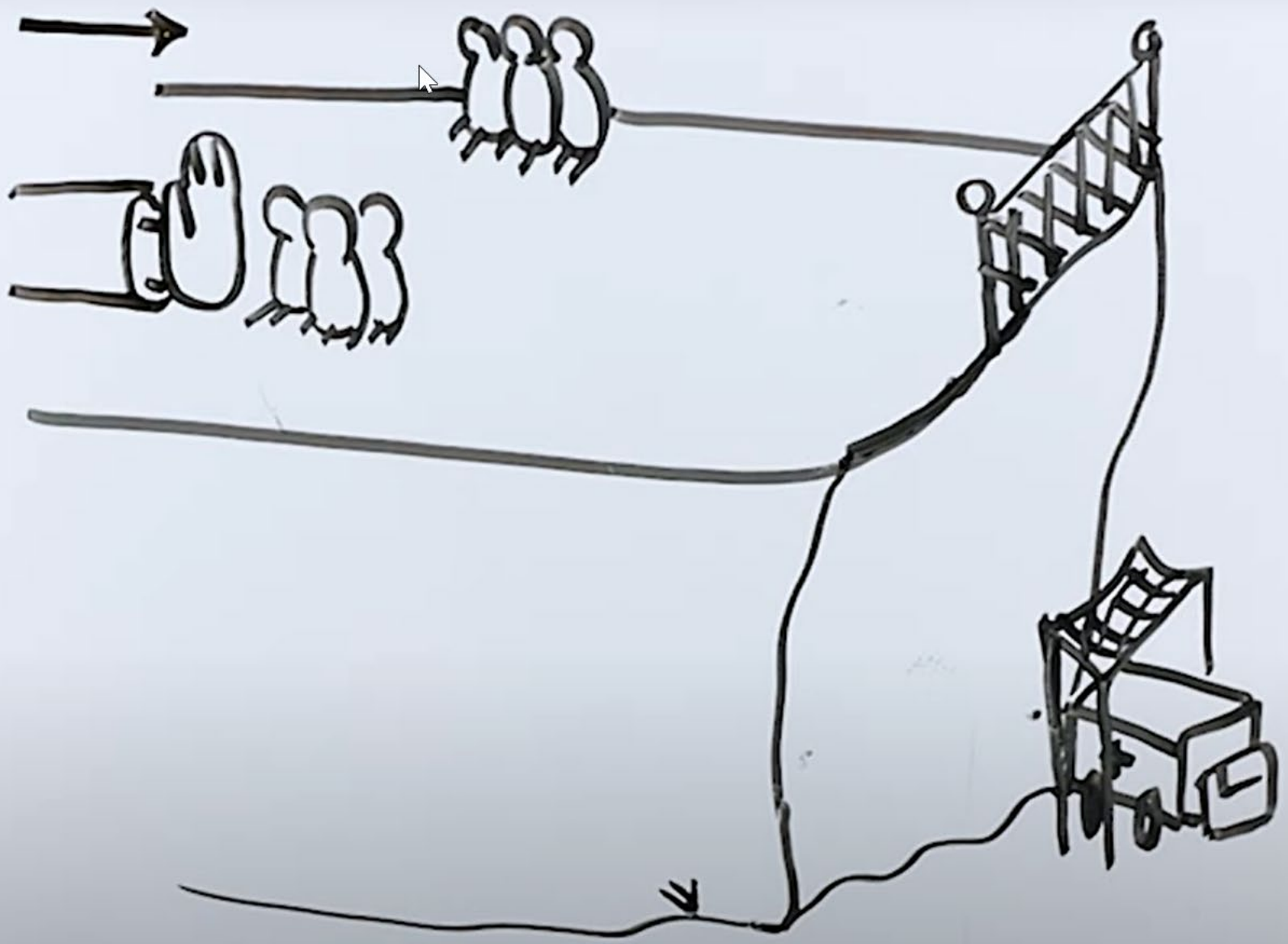
County Health Rankings & Roadmaps 2024 Frequent Mental Distress - Iowa



Cities Congressional District Lines ([Learn More](#))

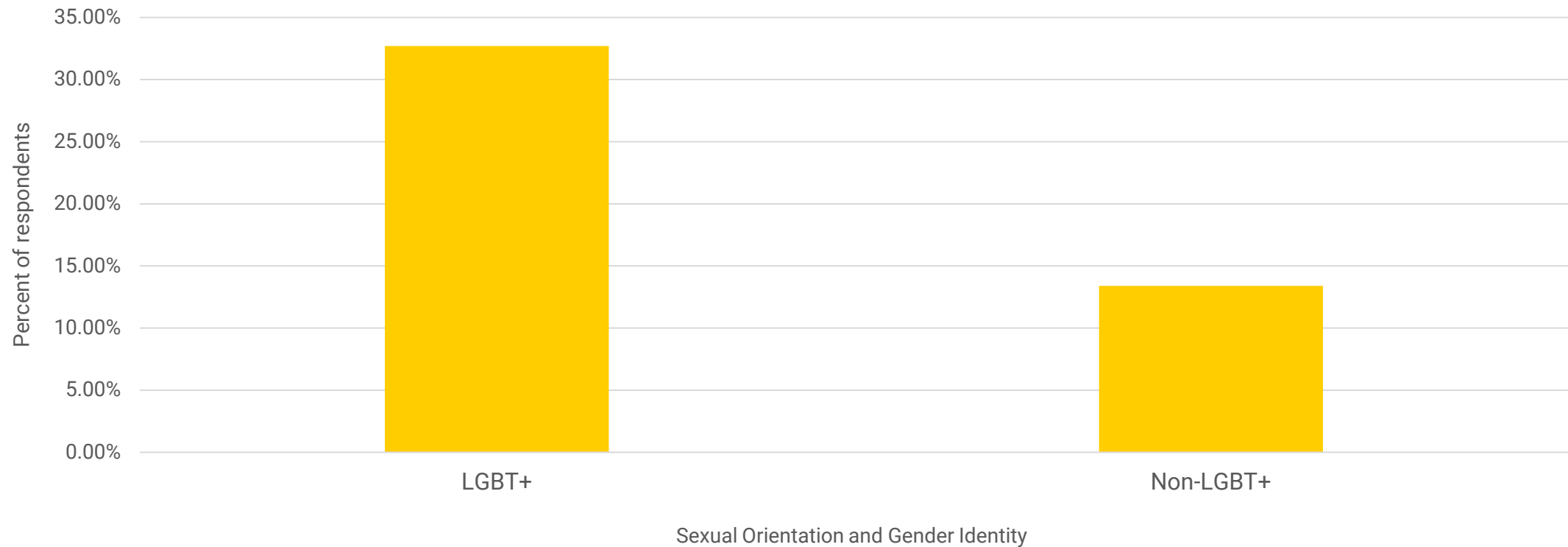
The Cliff of Good Health – Dr. Camara Phyllis Jones





Iowa BRFSS, 2025

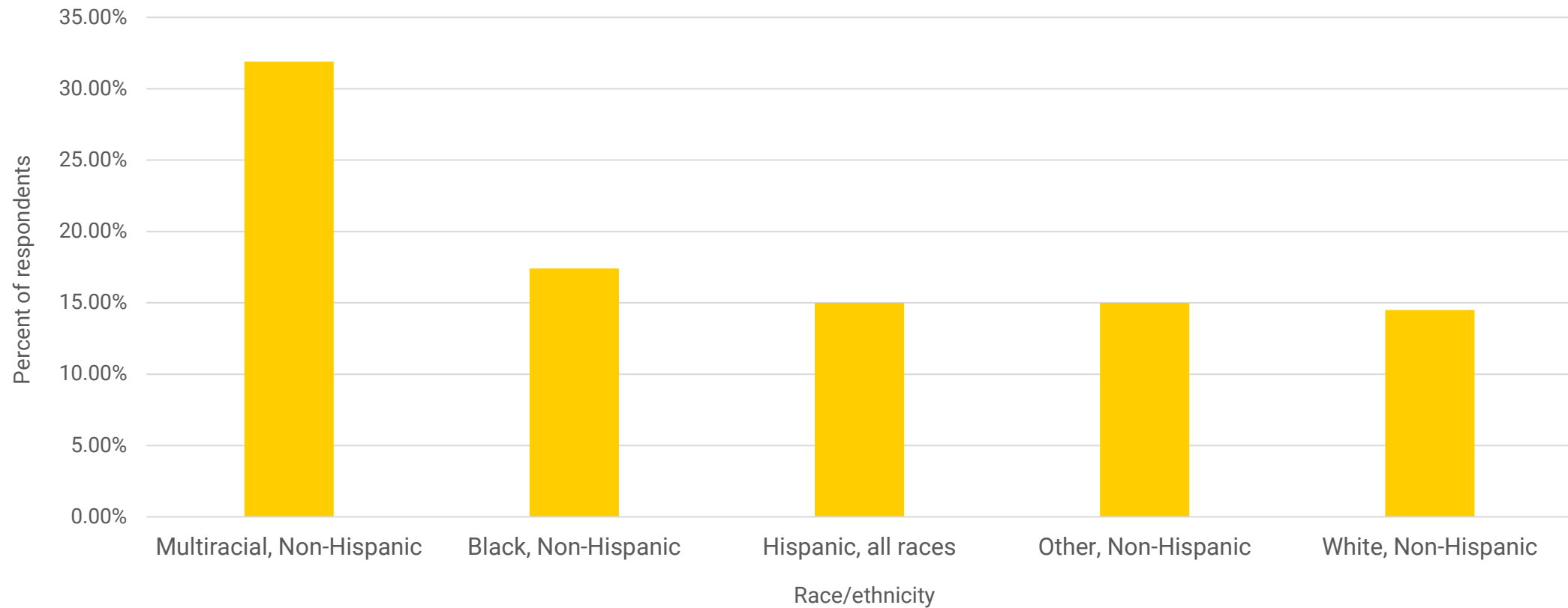
Prevalence of Frequent Mental Distress by Sexual Orientation and Gender Identity



Data source: Iowa Behavioral Risk Factor Surveillance System (2025).

Iowa BRFSS, 2025

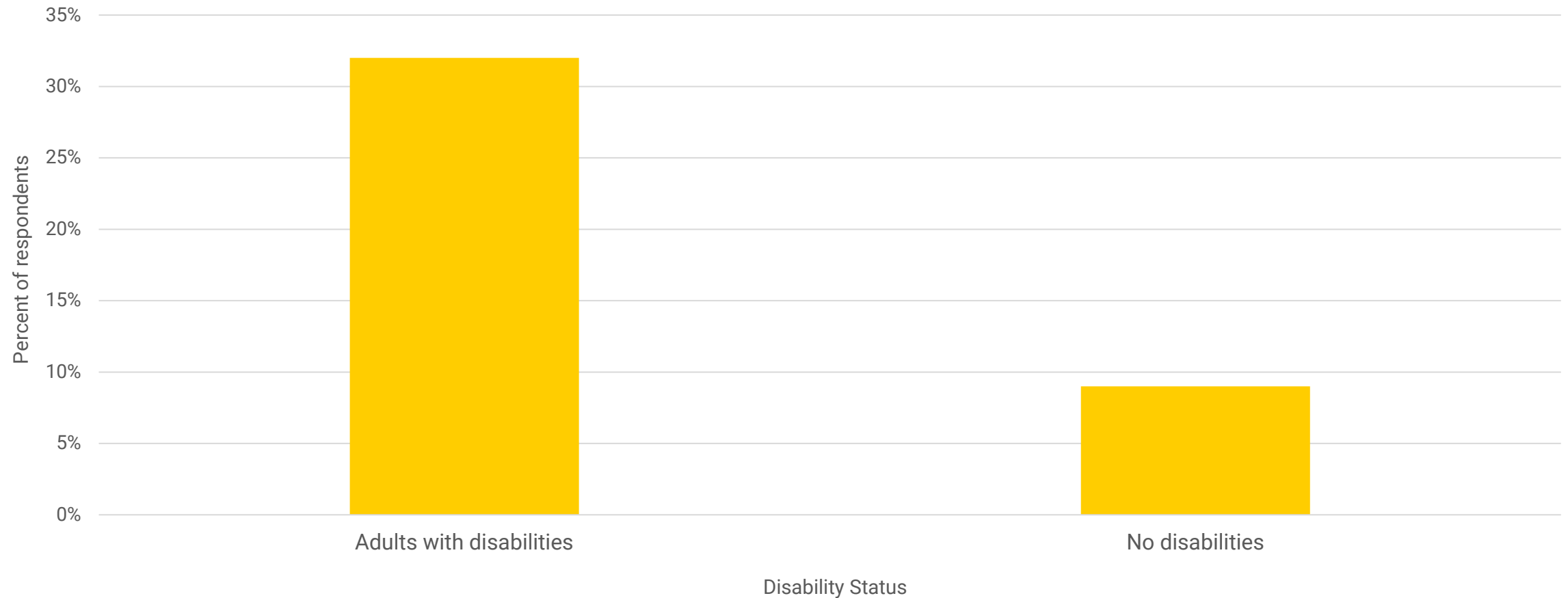
Prevalence of Frequent Mental Distress by Race/Ethnicity



Data source: Iowa Behavioral Risk Factor Surveillance System (2025).

Iowa BRFSS, 2025

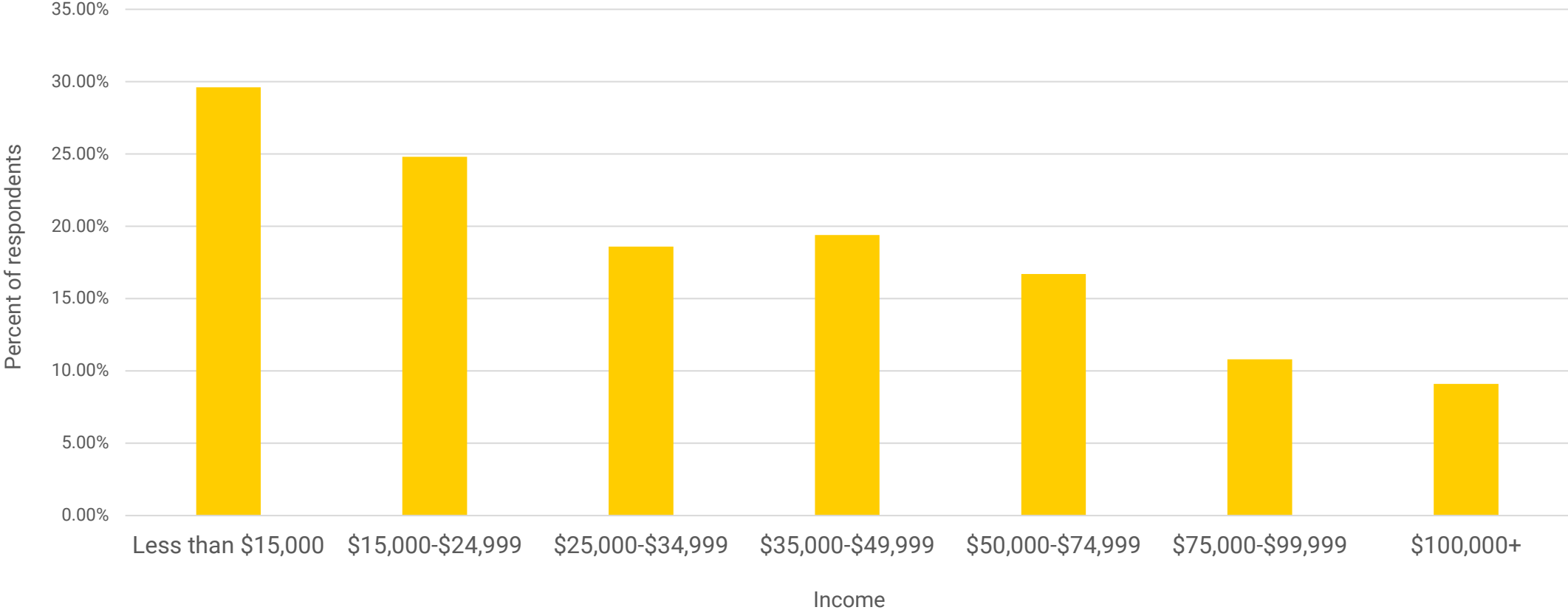
Prevalence of Frequent Mental Distress by Disability Status



Data source: Iowa Behavioral Risk Factor Surveillance System (2025).

Iowa BRFSS, 2025

Prevalence of Frequent Mental Distress by Household Income



Data source: Iowa Behavioral Risk Factor Surveillance System (2025).



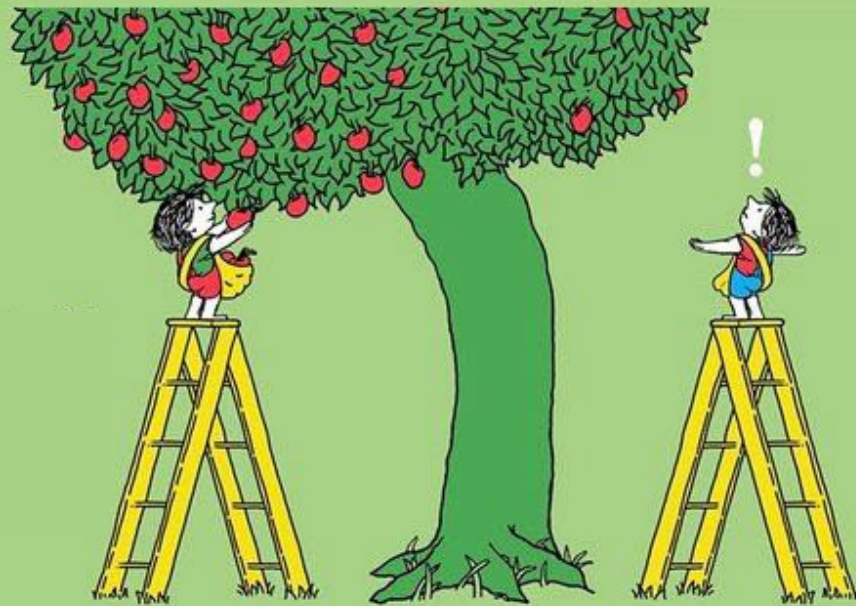
With apologies to Shel Silverstein from @lunchbreak

2019 Design in Tech Report | Addressing Imbalance



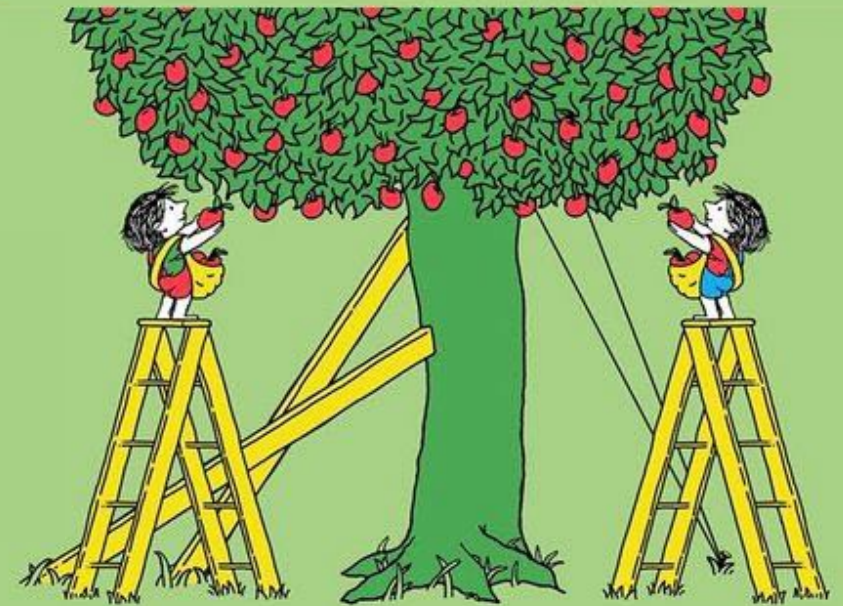
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Break

5 minutes

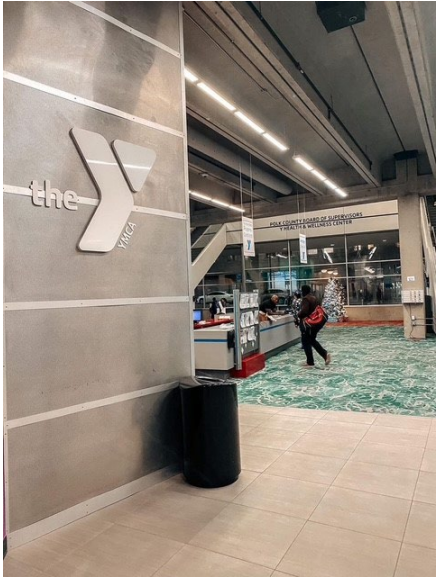
See you back soon!

Taking stock

- Social determinants of health and key categories
- Environmental factors/resources and how they're distributed
- Health indicators and outcomes and how they're distributed



Meet MJ



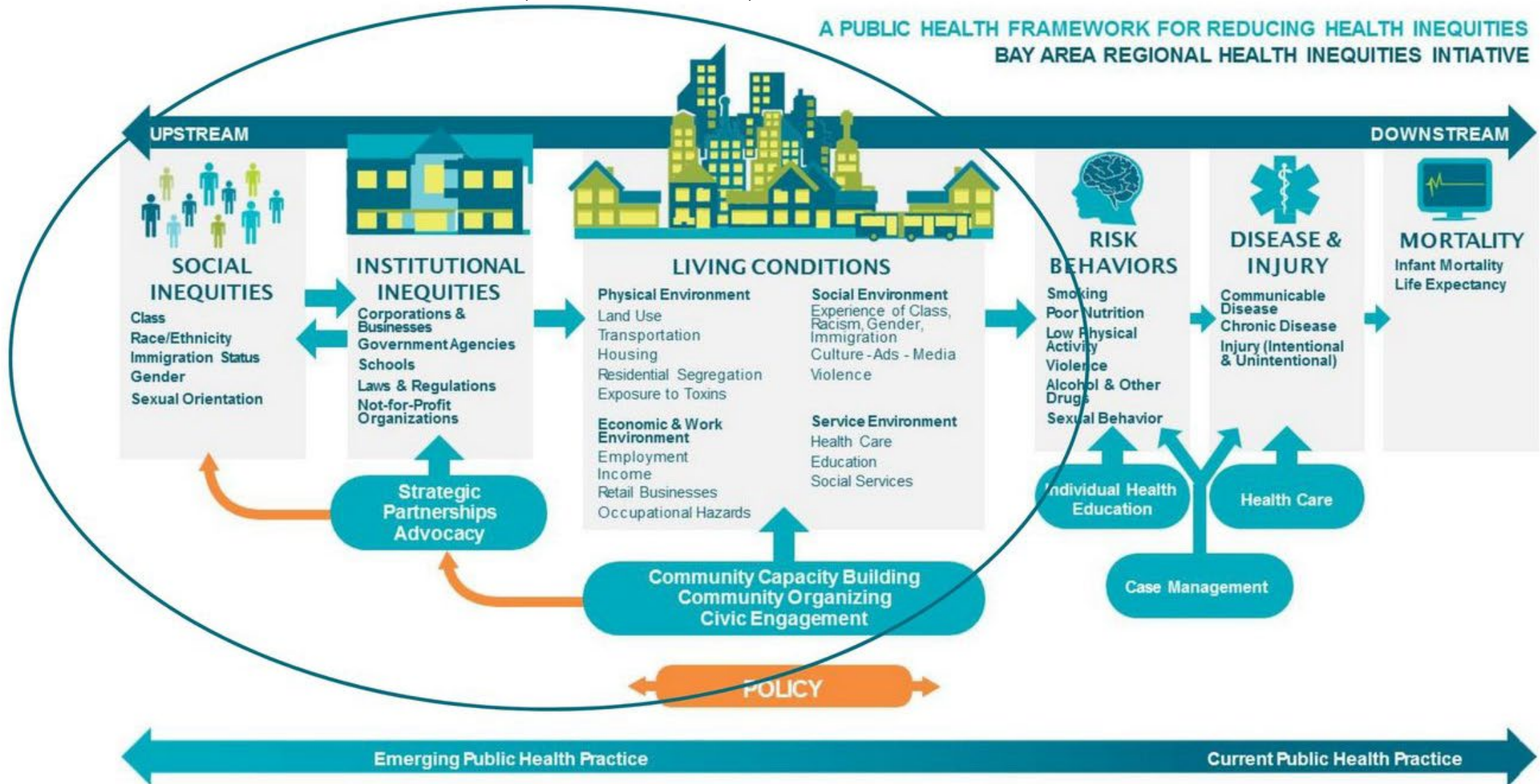


Breakout Recap

What we learned and where to go from here

Bay Area Regional Health Inequities Initiative (BARHII) Framework

A PUBLIC HEALTH FRAMEWORK FOR REDUCING HEALTH INEQUITIES
BAY AREA REGIONAL HEALTH INEQUITIES INITIATIVE

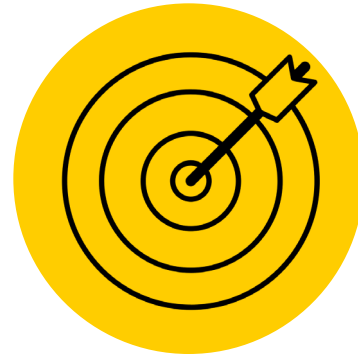


Strategies to Address the Social Determinants of Health



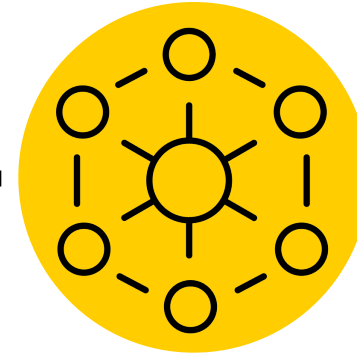
Identification of Need

- Screening Tools
- Using data to identify and prioritize needs



Community-Based Interventions

- Objectives
- Methods
- Action Plan
- Outcomes



Cross-Sector Partnerships

- Collaboration to help reach the targets and agents of change



Policy and Advocacy Initiatives

- Targets of Change
- Agents of Change

Education Access and Quality

Identify Needs

- What have you heard?
- What information is already collected?
- Where can you get more information?
- With whom can you share this information?

Cross-Sector Partnerships

- Barriers to your services
- Partnerships that make services possible
 - Housing
 - Transportation
 - Health and Nutrition

Community-Based Interventions

- Early ACCESS
- Head Start
- School-Based Health Centers
- School Food Program
- Farm to School & Early Care

Policy and Advocacy Initiatives

Historical Policies

- 1954 – Brown v. Board of Education
- 1973 – Rehabilitation Act of 1973
- 1975 – Congress passes Education of Handicapped Children Act

Health Care Access and Quality

Identify Need

- What have you heard?
- What information is already collected?
- Where can you get more information?
- With whom can you share this information?

Community-Based Interventions

- Iowa Healthiest State Initiative
- Healthy Iowans
- Live Healthy Iowa
- Partners in Action

Cross-Sector Partnerships

- Barriers to your services
- Partnerships that make services possible
 - Transportation
 - Education
 - Social Services

Policy and Advocacy Initiatives

Historical Policies

- 1935 – Social Security Act of 1935
- 1965 – Social Security Act of 1965
- 1996 – Health Insurance Portability and Accountability Act
- 2010 - Patient Protection and Affordable Care Act

Neighborhood and Built Environment

Identify Need

- What have you heard?
- What information is already collected?
- Where can you get more information?
- With whom can you share this information?

Community-Based Interventions

- Blue Zones Project Iowa
- Community Food Systems
- Broadband Equity, Access, and Deployment Program (BEAD)
- Hope and Opportunity in Many Environments (HOME)

Cross-Sector Partnerships

- Barriers to your services
- Partnerships that make services possible
 - Employment
 - Education
 - Social Services

Policy and Advocacy Initiatives

Historical Policies

- 1968 – Civil Rights Act -> Fair Housing Act -> Housing and Urban Development
- 1974 – Equal Credit Opportunity Act
- 1974 – Safe Drinking Water Act
- 1977 – Community Reinvestment Act



Social and Community Context

Identify Need

- What have you heard?
- What information is already collected?
- Where can you get more information?
- With whom can you share this information?

Cross-Sector Partnerships

- Barriers to your services
- Partnerships that make services possible
 - Education
 - Employment
 - Criminal Justice

Community-Based Interventions

- Carrie Chapman Catt Award
- Read to Succeed
- Family Development & Self-Sufficiency (FaDSS)
- Money Follows the Person (MFP)

Policy and Advocacy Initiatives

Historical Policies

- 1964 – Civil Rights Act of 1964
- 1965 – Voting Rights Act of 1965
- 1988 – Civil Rights Restoration Act
- 2013 – Combat Exclusion Policy lifted

\$ Economic Stability

Identify Need

- What have you heard?
- What information is already collected?
- Where can you get more information?
- With whom can you share this information?

Cross-Sector Partnerships

- Barriers to your services
- Partnerships that make services possible
 - Health and Nutrition
 - Housing
 - Education

Community-Based Interventions

- UpLift – Iowa Basic Income
- Workforce Innovation and Opportunity Act (WIOA)
- Food Bank Iowa
- Iowa Home Investment Partnerships Program American Rescue Plan (HOME-ARP)

Policy and Advocacy Initiatives

Historical Policies

- 1938 – New Deal
- 1963 – Equal Pay Act of 1963
- 1964 – Economic Opportunity Act
- 1964 – Civil Rights Act
- 1970 – Occupational Safety and Health Act
- 2000 – Office of Disability Employment Policy

Action Planning and Implementation



Developing goals around the social determinants of health

Examples

- Organizational level
- Community level



Building interdisciplinary teams

Examples

- Community health workers
- Community advisory boards



Evaluation and continuous improvement

Turning to One Another

by Margaret Wheatley

Questions?

→ iowacebh.org

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