

## LEARN MORE ABOUT SOCIAL DETERMINANTS AND HEALTH DISPARITIES - SDOH

We hope you find these links useful in learning more about social determinants, as well suggest possible ideas for you and your neighbors to consider for improvement projects to do in your own community.

Have questions or suggestions? Email [David.Hainline@atriumhealth.org](mailto:David.Hainline@atriumhealth.org).

### What Are Social Determinants of Health?

1. "Giving Birth in North Carolina Is Still a Risky Business", NC Child <http://www.ncchild.org/wp-content/uploads/2018/02/FINAL-Birth-Outcomes-Brief.pdf>
2. "Health, United States, 2017 With Special Feature on Mortality," Centers for Disease Control, Data table for Figure 1. Life expectancy at birth, by sex, race, and Hispanic origin: United States, 2006–2016, <https://www.cdc.gov/nchs/data/hus/2017/fig01.pdf>
3. "7 years in Eastern North Carolina," Virginia Commonwealth University Center of Society and Health and Robert Wood Johnson Foundation, <https://societyhealth.vcu.edu/work/the-projects/mapsnorthcarolina.html>
4. "Rural Project Examples: Social determinants of Health," Rural Health Information Hub website, <https://www.ruralhealthinfo.org/project-examples/topics/social-determinants-of-health>, retrieved 7/22/19
5. CDC Health People 2020 website – Social Determinant of Health: <https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health>
6. "Voluntary Sector Action on the Social Determinants of Health - evidence review," Institute of Health Equity website, <http://www.instituteoftheequity.org/resources-reports/voluntary-sector-action-on-the-social-determinants-of-health/voluntary-sector-action-on-the-sdoh-evidence-review.pdf>

### Big Brothers Big Sisters

1. CDC website: Teen Substance Use & Risks: <https://www.cdc.gov/features/teen-substance-use/index.html>
2. County Health Rankings Website: <http://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/big-brothers-big-sisters-bbbs>
3. Youth.gov website: <https://youth.gov/youth-topics/juvenile-justice/prevention-and-early-intervention>
4. National Criminal Justice Reference Service Website: <https://www.ncjrs.gov/html/ojdp/jbul9712-1/substan.htm>
5. Big Brothers Big Sisters of America website <https://www.bbbs.org/>

### Can Lack of Transportation Prevent People From Getting Care That They Need?

1. "The Transportation Barrier," Atlantic Magazine August 2015 <https://www.theatlantic.com/health/archive/2015/08/the-transportation-barrier/399728/>
2. Ahmed S, Lemkau J, Nealeigh N, Mann B, "Barriers to healthcare access in a non-elderly urban poor American population," Health and Social Care in the Community 9(6), 445–453© 2001
3. Guidry JJ, Aday LA, Zhang D, Winn RJ, "Transportation as a barrier to cancer treatment," Cancer Pract. 1997 Nov-Dec;5(6):361-6

4. County Health Rankings Website: <http://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/rural-transportation-services>
5. Nation Public Radio Website: <https://www.npr.org/sections/alltechconsidered/2017/04/17/524339669/ride-hailing-in-rural-america-like-uber-with-a-neighborly-fee>
6. AARP Website: <https://www.aarp.org/home-family/your-home/info-2017/ride-sharing-options-rural-america-fd.html>
7. "Uber Health Launches as Ridesharing Fills Patient Care Access Needs," Patient Engagement HIT website, <https://patientengagementhit.com/news/uber-health-launches-at-ridesharing-fills-patient-care-access-needs>
8. Rural Transportation Toolkit <https://www.ruralhealthinfo.org/toolkits/transportation>
9. "Volunteer Transportation," National Center for Senior Transportation <https://www.n4a.org/files/NCST%20Volunteer%20Transportation%20Info%20Brief.pdf>
10. "Road To Recovery - Get a ride to cancer treatment," American Cencer Society Website, <https://www.cancer.org/treatment/support-programs-and-services/road-to-recovery.html>
11. "Drive a Senior" website, <https://driveasenior.org/volunteer/>

### **Tips for a Successful Community Conversation about Health Disparities**

1. "Eight Tips for a Successful Community Conversation," County Health Rankings Website, <http://www.countyhealthrankings.org/news-events/eight-tips-for-a-successful-community-conversation> , retrieved 6/24/19
2. "A Catalyst for Conversations about Health," County Health Rankings Website, <http://www.countyhealthrankings.org/news-events/a-catalyst-for-conversations-about-health>, retrieved 6/24/19
3. "Building Partnerships: How to Start the Conversation," County Health Rankings Website, <http://www.countyhealthrankings.org/news-events/building-partnerships-how-to-start-the-conversation> , retrieved 6/24/19
4. Cleveland Office of Minority Health - Round 2: Local Conversations on Minority Health, Report to the Community 2016, <https://reducedisparity.org/site/wp-content/uploads/2018/04/OMH-Community-Conversations-Booklet.pdf>

### **Planning Your Community Health Improvement Project**

1. "THE DEFINE, MEASURE, ANALYZE, IMPROVE, CONTROL (DMAIC) PROCESS," ASQ Website, <https://asq.org/quality-resources/dmaic>, retrieved 6/24/19
2. "DMAIC," Wikipedia, <https://en.wikipedia.org/wiki/DMAIC>, retrieved 6/24/19

### **Preconception Education: Helping Babies to Be Born Healthy**

1. County Health Rankings Website: <http://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/preconception-education-interventions>
2. CDC Website - Alcohol and Pregnancy <https://www.cdc.gov/vitalsigns/fasd/index.html>
3. CDC Website - Planning for Pregnancy <https://www.cdc.gov/preconception/planning.html>
4. Preconception education interventions – What Works for Health Website, <http://whatworksforhealth.wisc.edu/program.php?t1=22&t2=16&t3=133&id=566>

5. Preconception Care: A Guide for Optimizing Outcomes, New York Department of Health, <https://www.health.ny.gov/publications/2026/>
6. Preconception Health Nationwide Initiatives, Colorado Department of Public Health and Environment, [https://www.colorado.gov/pacific/sites/default/files/PF\\_Nationwide-Initiatives-Individual-States-Summary%20%281%29.pdf](https://www.colorado.gov/pacific/sites/default/files/PF_Nationwide-Initiatives-Individual-States-Summary%20%281%29.pdf)

### **Some Questions for Planning Your Community Health Improvement Project**

1. "What Works? Social and Economic Opportunities to IMprove Health for All" [www.countyhealthrankings.org/file/14890/download?token=5-4kYfG3](http://www.countyhealthrankings.org/file/14890/download?token=5-4kYfG3)
2. "What Works For Health" <http://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health>
3. "Act on What's Important" <http://www.countyhealthrankings.org/take-action-improve-health/action-center/act-whats-important>

### **Fighting Childhood Inactivity with Walking School Buses**

1. State of Obesity Website – Robert Wood Johnson Foundation <https://www.stateofobesity.org/physical-inactivity/>
2. County Health Rankings Website: <http://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/walking-school-buses>
3. National Center for Safe Routes to School Website: [http://guide.saferoutesinfo.org/encouragement/walking\\_school\\_bus\\_or\\_bicycle\\_train.cfm](http://guide.saferoutesinfo.org/encouragement/walking_school_bus_or_bicycle_train.cfm)
4. "Starting a Walking School Bus," walkingschoolbus.org website, <http://www.walkingschoolbus.org/>

### **Protecting Kids' Health with Dental Sealants**

1. School-Based Sealant Programs Report - NC Child [www.ncchild.org/wp-content/uploads/2018/03/FINAL-Oral-Health-Report.pdf](http://www.ncchild.org/wp-content/uploads/2018/03/FINAL-Oral-Health-Report.pdf)
1. Website of National Maternal and Child Oral Health Resource Center (OHRC) at Georgetown University
  - Be Smart & Seal Them! A School-Based Dental Sealant Manual [https://www.mchoralhealth.org/PDFs/CO\\_Sealant\\_Program\\_Manual\\_2010](https://www.mchoralhealth.org/PDFs/CO_Sealant_Program_Manual_2010)
  - Promoting Oral Health in Schools: A Resource Guide <https://www.mchoralhealth.org/PDFs/resguideschooloh.pdf>
2. CDC online resources
  - <https://www.cdc.gov/vitalsigns/dental-sealants/index.html>
  - <https://www.cdc.gov/vitalsigns/dental-sealants>
  - [https://www.cdc.gov/oralhealth/dental\\_sealant\\_program/sealants-FAQ.htm](https://www.cdc.gov/oralhealth/dental_sealant_program/sealants-FAQ.htm)
3. NC's Oral Health Workforce: Distribution, Diversity, and Access to Care [https://www.shepscenter.unc.edu/wp-content/uploads/2018/02/Spero\\_NCDentistWorkforce\\_NCDentalPublicHealthEdConference\\_May2017.pdf](https://www.shepscenter.unc.edu/wp-content/uploads/2018/02/Spero_NCDentistWorkforce_NCDentalPublicHealthEdConference_May2017.pdf)

### **Can Social Isolation and Loneliness Be Hazardous to Your Health?**

1. DiJulio B, Hamel L, Muñana C, Brodie M, "Loneliness and Social Isolation in the United States, the United Kingdom, and Japan: An International Survey" Henry J Kaiser Foundation (KFF) website

<https://www.kff.org/report-section/loneliness-and-social-isolation-in-the-united-states-the-united-kingdom-and-japan-an-international-survey-introduction/> , retrieved 6/30/19

2. Steptoe A, Shankar A, Demakakos P, Wardle J, "Social isolation, loneliness, and all-cause mortality in older men and women," <https://www.pnas.org/content/110/15/5797> , retrieved 6/30/19
3. "Loneliness Linked to Serious Health Problems and Death Among Elderly." University of California San Francisco Website, <https://www.ucsf.edu/news/2012/06/12184/loneliness-linked-serious-health-problems-and-death-among-elderly> , retrieved 6/30/19
4. Perissinotto CM, Stijacic Cenzer I, Covinsky KE. "Loneliness in older persons: a predictor of functional decline and death," Arch Intern Med. 2012 Jul 23;172(14):1078-83. doi: 10.1001/archinternmed.2012.1993. <https://www.ncbi.nlm.nih.gov/pubmed/22710744>,
5. The Second Fifty Years: Promoting Health and Preventing Disability. Institute of Medicine (US) Division of Health Promotion and Disease Prevention; Berg RL, Cassells JS, editors. Washington (DC): National Academies Press (US); 1992. <https://www.ncbi.nlm.nih.gov/books/NBK235604>
6. Mehta KM, Yaffe K, Covinsky KE. Cognitive impairment, depressive symptoms, and functional decline in older people. J Am Geriatr Soc. 2002;50(6):1045- 1050
7. AARP Loneliness Survey: <https://press.aarp.org/2018-9-25-AARP-Foundation-Survey-Loneliness-Numbers-Rise-Among-Adults-Age-45-Older-Neighborhood-Connections-Key-Countering-Social-Isolation>
8. "1 in 3 U.S. Adults Are Lonely, Survey Shows," AARP website, <https://www.aarp.org/home-family/friends-family/info-2018/loneliness-survey.html>
9. Paul C, Ayis S, Ebrahim, S., Psychological distress, loneliness and disability in old age, Psychol Health Med. 2006 May;11(2):221-32

### **Food Insecurity Can Be Hazardous to Your Health**

1. USDA Website <https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/key-statistics-graphics.aspx#foodsecure>
2. Brookings Institution Website: <https://www.brookings.edu/research/twelve-facts-about-food-insecurity-and-snap/>
3. Seligman H, Laraia B, Kushel M, Food Insecurity Is Associated with Chronic Disease among Low-Income NHANES Participants, J Nutr. 2010 Feb; 140(2): 304–310. doi: 10.3945/jn.109.112573 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2806885/>
4. Ke J, Ford-Jones E, MD, Food insecurity and hunger: A review of the effects on children’s health and behaviour, Paediatr Child Health. 2015 Mar; 20(2): 89–91 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4373582/>
5. <http://www.countyhealthrankings.org/explore-health-rankings/measures-data-sources/county-health-rankings-model/health-factors/health-behaviors/diet-exercise/food-insecurity>
6. Fighting Hunger in America One Volunteer at a Time - Feeding America website, <https://www.feedingamerica.org/about-us/press-room/fighting-hunger-one-volunteer-at-a-time>
7. “10 Ways to End Hunger,” Youth Service America website, <https://ysa.org/10waystoendhunger/>

### **Your Neighborhood Shouldn't be Hazardous to Your Health!**

1. Levi J, Segal LM, Kohn D. The Facts Hurt – A State-by-State Injury Prevention Policy Report. Trust for America’s Health. Robert Wood Johnson Foundation. June 2015.

2. Centers for Disease Control and Prevention, National Center for Injury Prevention and Control. Web-based Injury Statistics Query and Reporting System (WISQARS) Fatal Injury Data. Updated January 18, 2019
3. Morgan RE, Kena G. Criminal Victimization, 2016. Bureau of Justice Statistics (BJS). December 2017. NCJ 251150.
4. National Safety Council Home and Community Overview at <https://injuryfacts.nsc.org/home-and-community/home-and-community-overview/introduction/>
5. National Safety Council Injury facts, <https://www.nsc.org/membership/member-resources/injury-facts>

### **County Health Rankings' Social Determinants of Health Model**

1. "County Health Rankings Model" <http://www.countyhealthrankings.org/county-health-rankings-model>
2. County Health Rankings Model graphics courtesy of County Health Rankings Organization, <http://www.countyhealthrankings.org>

### **How Does Your County Compare on Health?**

County Health Rankings Website, [www.countyhealthrankings.org](http://www.countyhealthrankings.org)

### **Lack of Health Knowledge Can Be Hazardous to Your Health**

1. "America's Health Literacy: Why We Need Accessible Health Information" - US Department of Health and Human Services <https://health.gov/communication/literacy/issuebrief/>
2. County Health Rankings Website: "Health literacy interventions" <http://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/health-literacy-interventions>
3. North Carolina Institute of Medicine website: <http://nciom.org/task-force-on-health-literacy/>
4. Georgia Alliance for Health Literacy website: <https://georgiahealthliteracy.org/>
5. Health-Literacy Partnerships: Working Together Can Make a Difference, healthliteracy.com website <https://healthliteracy.com/2002/10/01/health-literacy-partnerships/>