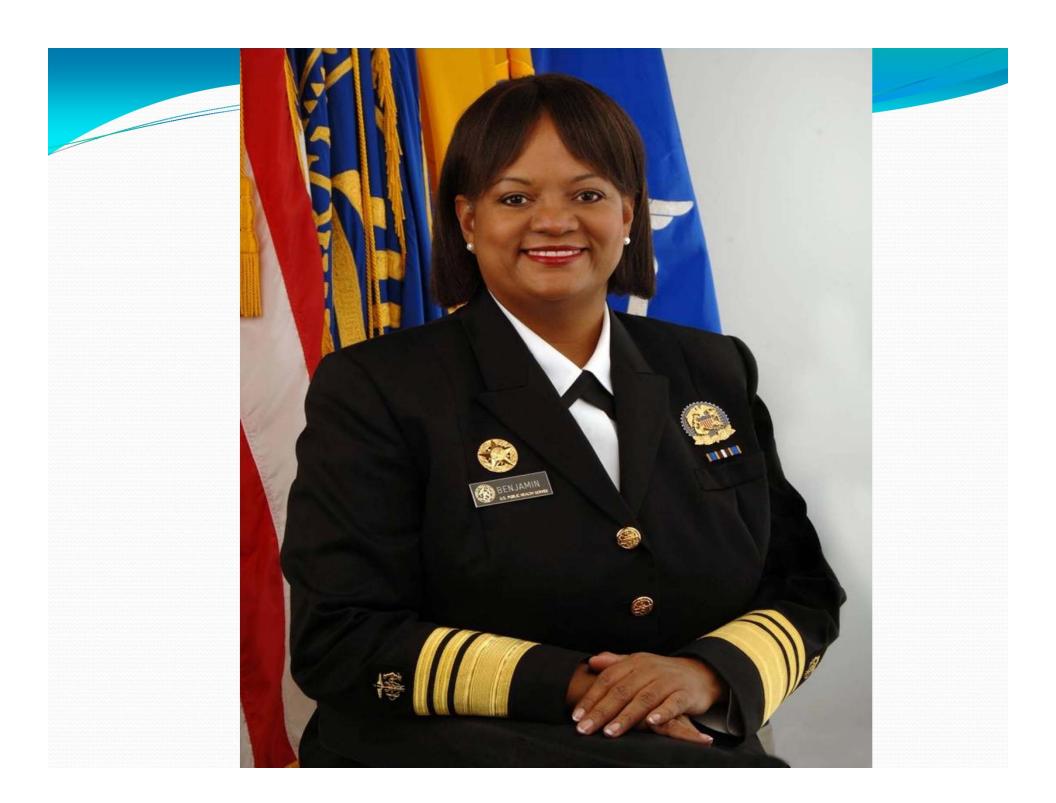# THE SOCIAL DETERMINANTS OF MENTAL HEALTH

Captain Jose H. Belardo

Regional Health Administrator

U.S. Department of Health and Human Services

Key Priorities

- Putting PREVENTION First
  Promoting healthy lifestyles and behaviors

- Emergency Preparedness and Response
  Pandemic Flu preparedness
  All-Hazards preparedness

- Eliminating Disparities in health
  Racial
  Ethnic
  Economic

LEADING CAUSES OF DEATH

- HEART DISEASE
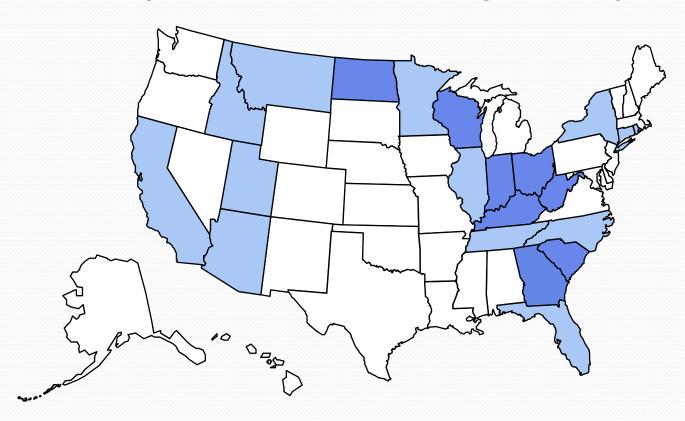- CANCER
- HIV/AIDS
- INFLUENZA
- UNINTENTIONAL INJURY

HEART DISEASE BEHAVIOR

- Tobacco Use
- Diet
- Obesity
- Physical Activity
- Alcohol

Obesity Trends* Among U.S. Adults
BRFSS, 1985

(*BMI ≥30, or ~ 30 lbs. overweight for 5' 4" person)
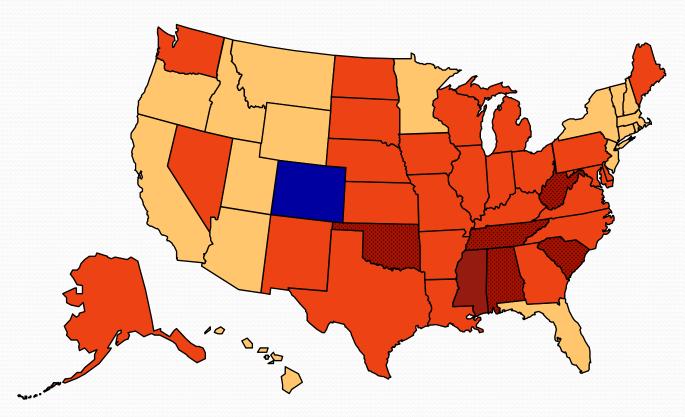

No Data   <10%   10%–14%

Obesity Trends* Among U.S. Adults
BRFSS, 2008

(*BMI ≥30, or ~ 30 lbs. overweight for 5' 4" person)

| | No Data | | <10% | | 10%–1 | | 15%– % | | 20% 4% | | 25 29% | | ≥30% |

Social Determinants of Health (SHD)

- The World Health Organization has 2 Definitions.

  - SDH are complex, integrated, and overlapping social structures and economic systems that include social environment, physical environment, and health services. *SDH are influenced by policies and are shaped by money, power, and resources.*

  - SDH are circumstances in which people are born, grow up, live, work and age, and the systems put in place to deal with illness. *SDH are shaped by economic, social, and political forces.*
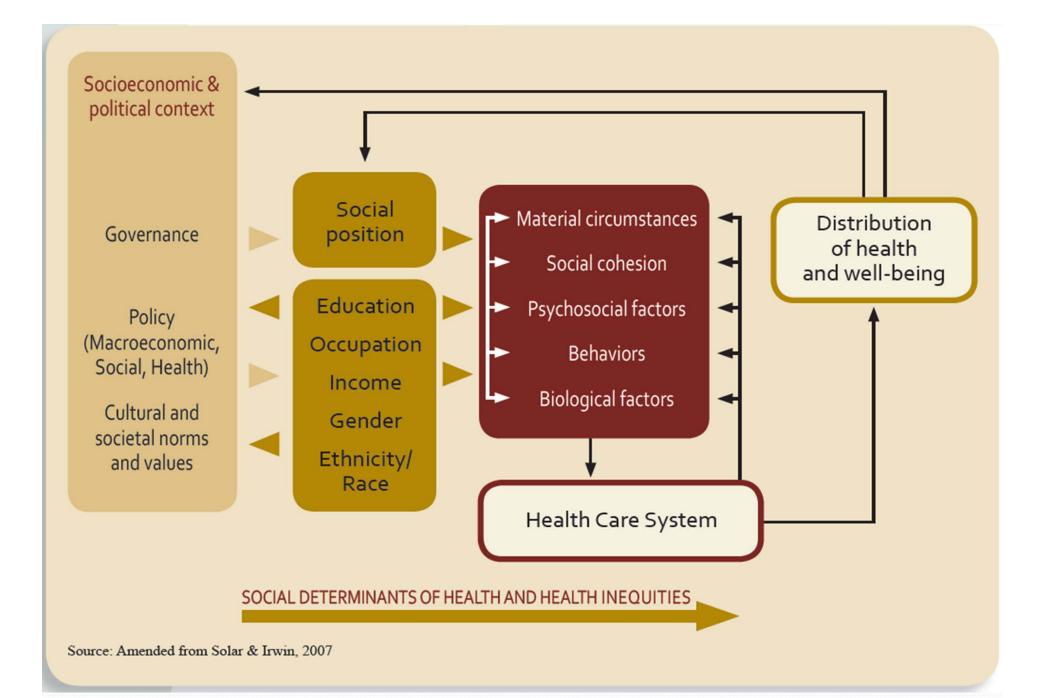
Key Terms

- Health Disparity
  - Specific types *of health differences* that is closely linked with *social* and *economic disadvantages*
- Health Equity
  - DHHS definition: valuing everyone equally with focused and ongoing societal efforts to address avoidable inequalities, historical and contemporary injustices, and the *elimination of health and health care disparities*
- Health Inequity
  - Negative health outcomes that are a result of social and economical injustices

Social Determinants of Health

- 3 Categories of Social Determinants of Health
  - **Social environment (i.e. discrimination, income, education)**
  - **Physical environment (i.e. buildings, spaces, and transportation)**
  - **Health Services (i.e. access and quality care)**

- These 3 categories are beyond the individual's control but affects the individual's environment.

Social Determinants of Health

- Example 1 - Infant Mortality

  - In Bolivia, babies born to women with no education have infant mortality rates greater than 100 per 1000 live births, while the infant mortality rate of babies born to mothers with at least secondary education is under 40 per 1000

- Example 2 - HIV/AIDS

  - Heterosexual men and women in 23 major U.S. cities living below the poverty line were twice as likely to have HIV infections, and other social determinants of health such as homelessness, unemployment, and low education level were independently associated with HIV infections[1]

Socioeconomic &
political context

Governance

Policy
(Macroeconomic,
Social, Health)

Cultural and
societal norms
and values

Social
position

Education
Occupation
Income
Gender
Ethnicity/
Race

Material circumstances

Social cohesion

Psychosocial factors

Behaviors

Biological factors

Distribution
of health
and well-being

Health Care System

SOCIAL DETERMINANTS OF HEALTH AND HEALTH INEQUITIES

Source: Amended from Solar & Irwin, 2007

THE NOTION OF MENTAL HEALTH

- "Successful performance of mental function, resulting in productive activities, fulfilling relationships with others, and the ability to adapt to change and to cope successfully with adversity."

SOCIAL DETERMINANTS OF MENTAL HEALTH, WORKING DEFINITION

- Income inequality
- Food security
- Housing quality
- Social Status
- Violence
- Education
- Employment Conditions

- Social Exclusion
- Political disadvantage
- Cultural Norms
- Discrimination
- Literacy

THE GENESIS OF THE SOCIAL DETERMINANTS OF HEALTH

- Publications: 1939
- Early Evidence to support how social environment impacts mental health
- Lower Socioeconomic Status associated with mood and anxiety disorders.
- Link between ecological factors and prevalence of mental illness.

ECONOMIC CONDITIONS AS SOCIAL DETERMINANTS

- Does employment promote mental well being?
- Research Study (Denise Zabkiewicz, Ph.D): Employment, Family Structure, and Depression in Poor Women.
- Two Questions: 1) Is current unemployment among poor US women associated with reduced depression?; 2) Does the relationship between employment and depression vary by family context?
- Findings: Depression rates significantly lower among employed women; depression rates varied as a function of family demands.

ECONOMIC CONDITIONS AS SOCIAL DETERMINANTS

- "Work does not work for all women"
- Five year limit for TANF benefits
- Lack of affordable childcare
- TANF benefits/vouchers that are insufficient, temporary, and difficult to obtain in a timely manner
- Economics and Employment do not yield the same trends for middle class women.
- Zivin: "Economic downturns correlated with increased psychological distress, particularly vulnerable subgroups of the general population.

RACIAL/ETHNIC/GENDER-BASED BIAS AS SOCIAL DETERMINANTS OF MENTAL HEALTH

- Anderson: "Bisexual mental health outcomes are poorer than those of gay or lesbian people, especially in areas like anxiety, depression, self-harm, suicide, and self rated access to mental health services."

- Nakamura: High suicide rates among Asian Americans who are under pressure to perform and succeed. High pressure and expectation to succeed academically to secure a valuable career. Reluctant to access mental health services, Emotional illness viewed as shameful, concern that mental illness diagnosis would negatively impact one's social network.

HEALTHY AND SAFE COMMUNITY ENVIRONMENTS

- Health and Wellness are influenced by the places in which people live, learn, pray, and play.

MENTAL HEALTH CONSIDERATIONS IN LATINO COMMUNITIES

Gonzales:

- Barriers impeding Health Literacy
- Lack of bilingual/bicultural mental health providers
- Characteristics of treatment that are insensitive to culture.
- Lack of awareness of treatment
- Lack of family support due to stigma
- Socio-economic status limiting access to services.

ACTION: PREVENTION

- Frost and Stone: Described behavioral health guiding action in Austin, TX.

- Establishment of a Community Task Force

- Collection of community data and Mapping system developed to identify available mental health services.

- Shak: Looked at Environmental Structures that influenced mental health and have adverse implications for psychological health.

- Emphasized a prevention continuum

- San Mateo, California: Four Prevention Strategies

INTERVENTION

- Jackson: Studied High African-American Infant Mortality Rates and its impact on physical and mental health.

- Studied stressors of racism and sexism among African American women and concluded that stressors of racism revealed a link between anger, anxiety, and depression.

- Save 100 Babies Campaign: address African-American infant mortality reduction initiative.

- Satcher: "Mental Health: A Report of the Surgeon General" and its supplement, "Mental Health: Culture, Race, and Ethnicity (2001)"

ENGAGING POLICY & DECISION MAKERS

- Public Private Partnerships
- Outreach/Education

STRATEGIES:

- HEALTHY EATING
  - **Local Foods in Schools**
  - **Healthy Eating in Schools AND Workplace**
  - **Community Gardens/Urban Agriculture**
  - **Church Meals**

STRATEGIES:

- ACTIVE LIVING
  - **Walking School Bus**
  - **Safe Recreational Areas**
  - **Walkable Communities**
  - **Let's Move**

PROJECT HIGHLIGHT

- PARTNERSHIP FOR SUSTAINABLE COMMUNITIES

HUD-DOT-EPA - HHS Sustainable Communities Partnership

Partnership Mission

To *coordinate our policies, programs, and resources to help urban, suburban, and rural areas and regions to build sustainable communities*, and to make sustainable communities the leading style of development in the United States.

HUD-DOT-EPA

sustainable communities partnership

Livable Communities Can Provide **Transportation Options**

Livable Communities Can Provide **Housing Options**

Livable Communities Can Provide Options That **Best Fit Their Citizens' Needs**

Environmental and Social Benefits of Sustainable Communities

- Reduced Emissions and Improved Air Quality

- Reduced Water Demand and Water Impacts

- Reclaimed Abandoned and Hazardous Lands

- More Walkable, Healthier Neighborhoods

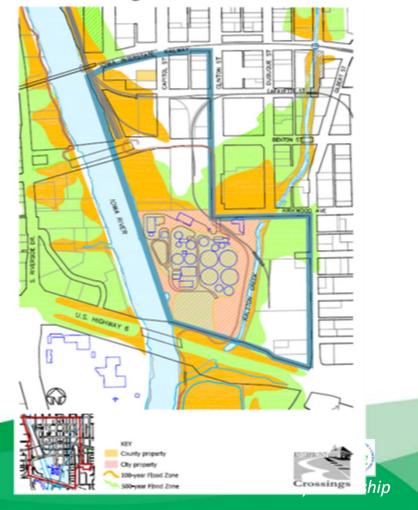- Enhanced Quality of Life and Strengthened Social Fabric

Atlantic Station, a 139-acre redevelopment in midtown Atlanta, avoided 50 million VMT, 33 million cu/ft of runoff, and protected 1000+ acres from development compared with conventional development patterns.

HUD-DOT-EPA

sustainable communities partnership

Partnership Project – Iowa City

- Iowa City's Riverfront Crossings District is led by EPA with assistance from FTA, FHWA, HUD, and Iowa Department of Natural Resources.

- Iowa City has requested assistance in transforming a 10-square block area south of their downtown that presently consists of brownfield properties into an urban park and high density mixed use neighborhood

- This project is building on a previous EPA-led project that provided assistance for redeveloping areas impacted by flooding in 2008.

Riverfront Crossings District - Brownfields Subarea

KEY
- County property
- City property
- 100-year Flood Zone
- 500-year Flood Zone

Riverfront Crossings

Partnership Project – Iowa City

- EPA is in the process of accessing urban design experts to develop a conceptual plan for the area.

- The revitalized District will become a Smart Growth urban neighborhood that will emphasize walkablility and the use of public transit.

- It will provide a mix of uses including affordable housing, ground floor retail and office space, pedestrian-oriented streetscapes, entertainment and recreational facilities, and public open space including trails and other amenities along the Iowa River.

Livable Communities Example
Dubuque, Iowa

The Sustainable Dubuque Program established a holistic approach for sustainable community development.   <u>Major Accomplishments</u> include:

- Upgrades to pedestrian-friendly streetscapes and bike paths

- Energy Efficient Street Lighting

- New Unified Development Code with updated zoning and historic preservation regulations for sustainable design.

- New transit computer software for improved route efficiency

- Energy efficient modifications for homes in low to moderate-income neighborhoods

Mental Health Impact Assessment Tool

- Adler Institute on Social Exclusion: Developing a Mental Health Impact Assessment (MHIA)
- Models the Health Impact Assessment (HIA)

HHS: THE AFFORDABLE CARE ACT

- Preventive care with no co-payments or deductibles
  - Mammograms and colonoscopies
  - Annual Wellness Exam
  - Immunizations
  - Breast Cancer Chemoprevention counseling for women
  - Cervical Cancer screening
  - Folic Acid Supplements
  - Tobacco Use screening and interventions.

Health Recommendations

- Moderate Physical Activity

- Eat 5 Servings of Fruits and Vegetables a day

- Avoid Toxins (tobacco, illicit drugs, alcohol abuse)

- Engage in Responsible Sexual Behavior

- Participate in daily relaxing and stress reducing activities.

- IT'S THE INTEGRATION OF PERSONAL, FAMILY, AND SOCIAL RESPONSIBILITY THAT RESULTS IN GOOD MENTAL HEALTH!!

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9. Frost, L. and Stone, S. Using Community Behavioral Health Indicators to guide action on the Social Determinants of Mental Health.

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1. Shak, L. A Primary Prevention Framework for Mental Health: An Environmental Approach.
2. Jackson, F. The Measurement and Translation of the Social Determinants of Racial and Gendered Stress: Concepts, Measurement , Intervention and Advocacy.