This video aims to give health care providers a sense of what barriers patients may face in maximizing their health and receiving care, and how some providers have employed different strategies to address those difficulties. These barriers are also known as social determinants of health (SDOH) and can be particularly challenging, but there are more tools than ever before that can assist providers and patients. With these tools, providers can be empowered to work with patients to help address SDOH, achieve better health outcomes, and ultimately be more effective as health care providers.

DISCUSSION QUESTIONS

1. What did you already know about the social determinants of health? What was new information?

2. What was your gut reaction to the video? What stood out to you?

3. Discuss the impact of social determinants of health on the patient in the video. What would have made the patient’s experience easier?

4. This video only covered a few examples of social determinants of health. What other social determinants can you think of? What ones might be particularly significant in your patient population, neighborhood, or community?
EXAMPLES OF SOME SOCIAL DETERMINANTS OF HEALTH

**CHILDCARE**

**FACT:**
Coloradans pay an average of $12,400 a year for childcare\(^1\)

**RESOURCES:**

---

**FOOD ACCESS**

**FACT:**
Nearly 1 in 8 Coloradans struggle with hunger\(^4\)

**RESOURCES:**
- Hunger Free Hotline: (855) 855-4626
- Data: [http://www.hungerfreecolorado.org/resources/hungerfacts.html](http://www.hungerfreecolorado.org/resources/hungerfacts.html)

---

**EDUCATION**

**FACT:**
30% of Coloradans without a high school degree are in fair/poor health\(^2\)

**RESOURCES:**
- Reports: [http://www.commissiononhealth.org/Education.aspx](http://www.commissiononhealth.org/Education.aspx)

---

**GEOGRAPHY**

**FACT:**
17 Colorado counties do not have a hospital\(^6\)

**RESOURCES:**
- Data: [http://coloradohealthinstitute.org/COAccessindex](http://www.coloradohealthinstitute.org/COAccessindex)

---

**EMPLOYMENT**

**FACT:**
11% of Coloradans have difficulty taking time off work for health care\(^3\)

**RESOURCES:**

---

**HOUSING**

**FACT:**
47% of Colorado’s renters pay more than 30% of their income on rent and utilities\(^5\)

**RESOURCES:**
- Issue Brief: [http://www.rwjf.org/content/dam/farm/reports/issue_briefs/2011/rwjf70451](http://www.rwjf.org/content/dam/farm/reports/issue_briefs/2011/rwjf70451)
- Data: [http://housingcolorado.org/?page=affordablehousingconsumer](http://housingcolorado.org/?page=affordablehousingconsumer)
- Reports: [http://www.commissiononhealth.org/Housing.aspx](http://www.commissiononhealth.org/Housing.aspx)
**FACT:**
18% of Coloradans have difficulty paying medical bills

**RESOURCES:**
- **Issue Brief:** [http://www.centerforhealthprogress.org/blog/publications/health-income/](http://www.centerforhealthprogress.org/blog/publications/health-income/)

**FACT:**
47% of uninsured Coloradans didn’t seek care because they were uninsured

**RESOURCES:**
- **Issue Brief:** [http://www.centerforhealthprogress.org/blog/publications/health-insurance/](http://www.centerforhealthprogress.org/blog/publications/health-insurance/)

**FACT:**
In Colorado, **24% of Hispanics** are in fair/poor health compared to 10% of whites

**RESOURCES:**
- **Issue Brief:** [http://www.centerforhealthprogress.org/blog/publications/health-race/](http://www.centerforhealthprogress.org/blog/publications/health-race/)

**DISCUSSION QUESTIONS**

5. What is the relationship between social determinants of health and personal responsibility?

6. What is the importance of this topic? How does it affect how providers practice medicine?

7. Beyond commonsense solutions to address these issues, there are opportunities for creative thinking to invent new solutions for these old problems. What are some ideas you have for providers to address SDOH in the care of their patients?

**RESOURCES:**
- **Cultural Competence Works:** [http://health-equity.pitt.edu/278/](http://health-equity.pitt.edu/278/)

8. Given the influence of SDOH on patient outcomes, what should the collective health care community consider doing to affect change?
With patients and providers thinking creatively, we can find new solutions to old problems and help patients achieve better health outcomes. Ultimately, that is what patients, providers, and all Coloradans want.

ADDITIONAL RESOURCES

- Continuing medical education: http://sdcme.musc.edu

DATA SOURCES