



Rural Health and Research Congress #RHRC2019

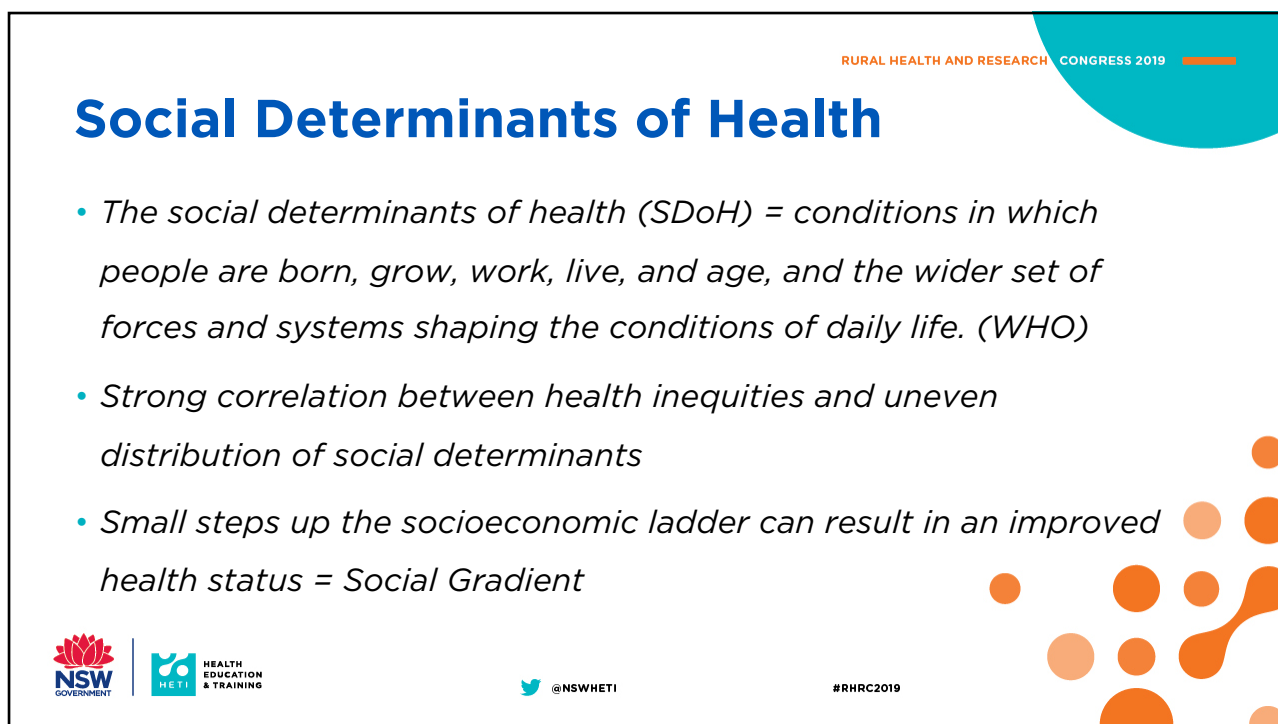
Seeing the whole person:
*addressing the link between
 social determinants and
 health*

Connecting Communities

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16-18 OCTOBER 2019 LISMORE, NSW

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Social Determinants of Health

- *The social determinants of health (SDoH) = conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life. (WHO)*
- *Strong correlation between health inequities and uneven distribution of social determinants*
- *Small steps up the socioeconomic ladder can result in an improved health status = Social Gradient*

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ACI and the Chronic Care Network

- *ACI is one of five Pillars of NSW Health system*
- *Over 40 clinical networks, taskforces and institutes*
- *Chronic Disease Management origins of Network*
- *Innovate and share among the 700 members*
- *Provide examples to showcase*

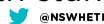


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Chronic Care Network and SDoH

- *Network forum on SDoH ... sense of exasperation – what can we do?*
- *Decided to develop a SDoH ‘microsite’*
- *No desire to re-invent the wheel, recognising past good work and much underway*
- *Encourage broader understanding of tackling SDoH, building on learnings*



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Provides resource for health staff to nurture an understanding

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Why SDoH and Chronic Care?

- *Links between SDoH and chronic conditions well known*
- *Diabetes is more common in low income neighborhoods*
- *Living on low income = food insecurity*
- *Living on low income = less likely to meet targets for cholesterol, blood pressure and glycaemic control*
- *People with unmet social needs more likely to present to ED*



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Rurality has multiplier effect on other social factors compounding the poor health outcomes

- Higher mortality rates and lower life expectancy
- Higher road injury and fatality rates
- Higher prevalence of high blood pressure, diabetes and obesity
- Higher death rates from chronic disease
- Higher prevalence of mental health problems
- Higher rates of alcohol abuse and smoking
- Poorer dental health



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Paying attention

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- *As clinicians witnessing the real impact of social issues on the management of chronic conditions*
- *We need to focus and pay attention*
- *There are examples of good practice – health has a long history of working in this area*
- *Aligns with health literacy, patient centred care, compassionate care, integrated care, patient activation, consumer enablement and engagement*



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The website

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- *Launched by Sir Michael Marmot November 2019*
- *A micro-site on ACI website*
- *A resource that directs people looking for ideas to inform practice*
- *Provides evidence, links to services and examples of work from across NSW, Australia and internationally*
- *Focus on highlighting that we can all do something, no matter how small, to affect change ... it's not 'all too hard'*



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Just the beginning ...

<https://www.aci.health.nsw.gov.au/resources/chronic-care/social-determinants-of-health/sdoh>



The environments in which we are born, grow, live, work and age can have stronger influences on our health than our genetic family history or behavioural risk factors.

Poverty and disadvantage frequently lead to poor health outcomes, particularly in the area of chronic disease and mental illness. The prevalence of chronic conditions such as cardiovascular disease, diabetes and hypertension along with depression and anxiety is much higher in people living in challenging socio-economic circumstances.

This resource has been developed to highlight the links between people's chronic conditions and their social circumstances. It can be used:

- as an educational resource to view evidence and information
- as a guide to services and online resources
- to showcase project initiatives which demonstrate how the health sector can work together with the community to tackle the social determinants of health and health inequality.

This final component can encourage clinicians to view their practice through a different lens.

By thinking about influences outside of health, clinicians can make an enormous difference in people's lives.

ABOUT
(What are the Social Determinants of Health?)



INITIATIVES
(Learn about initiatives and projects that are being undertaken)



RESOURCES
(Links to articles, websites and other materials)



ABORIGINAL HEALTH & WELFARE
(Information specific to Aboriginal health and wellbeing)



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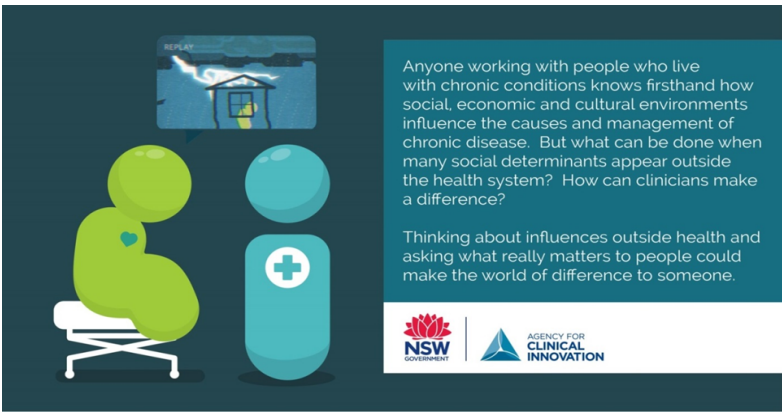
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This animation reflects the intention of the site:

Social Determinants of Health animation: <https://vimeo.com/257813804>



Anyone working with people who live with chronic conditions knows firsthand how social, economic and cultural environments influence the causes and management of chronic disease. But what can be done when many social determinants appear outside the health system? How can clinicians make a difference?

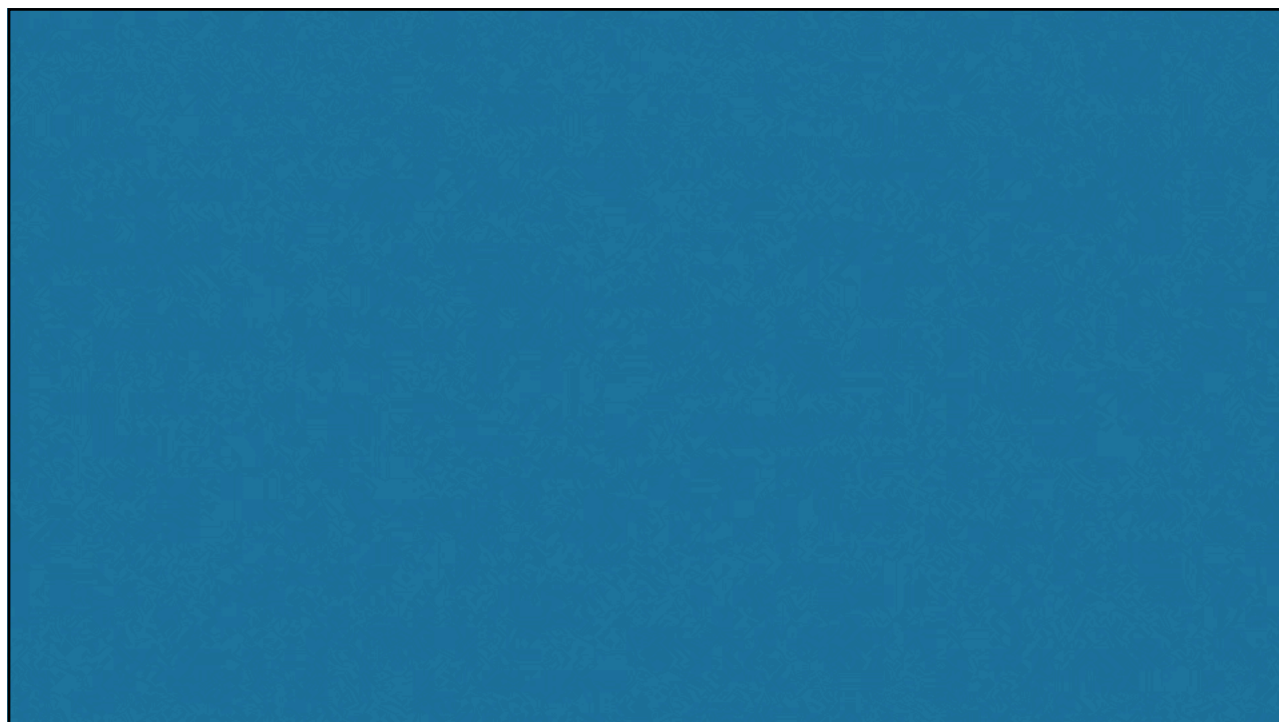
Thinking about influences outside health and asking what really matters to people could make the world of difference to someone.

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Health inequalities and the social determinants of health are not a footnote to the determinants of health. They are the main issue.

— Michael Marmot —

AZ QUOTES

"We have to put reduction of health inequalities at the centre of our public health strategy and that will require action on the social determinants of health."

"The lower you are in the hierarchy the worse your health, the higher you are, the better your health."

"Health and health inequalities tell us a great deal about the good or bad effects of social policies."

"Empowerment of individuals and communities is absolutely central. Getting the community involved in organising their own destiny has got to be a key part of it."

Sir Michael Marmot

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For further information:

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