Social Determinants of Health: Looking Upstream for Answers

CANP ANNUAL CONFERENCE
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Shadows of Healthcare
Objectives

• Assess the role of cultural, social and political influences to health and disease

• Review key issues concerning poverty and social inequity in America

• Analyze nursing science in the context of translating findings to enhance the health of individuals and communities
Vulnerable Populations

http://www.slate.com/blogs/behold/2014/07/17/brenda_ann_kenneally_documents_life_below_the_poverty_line_in_troy_york.html
Lia Lee

- Language Barriers
- Cultural Beliefs
- Health literacy
- Social norms
- Past experiences
- Rural environment
- Adherence
The Cambodian Culture

- Khmer Rouge Dictatorship from 1975 – 1979
- Massive social trauma
  - Killed over 2 million Cambodians
- Suffered human rights violations
  - Torture/Rape
  - Enslaved – worked in the rice fields
  - Starvation
  - Reinforced an environment of mistrust
    - Friends would turn on each other
    - Children would turn on parents
    - Families would turn on each other
The Cambodian Culture

- Suffered human rights violations
  - Radically change their lifestyle
  - Loss of religious freedom
    - Mass graves
    - Buddhist ceremonial burial
  - Forced to move from homes – loss of land
- Highest refugee population in Long Beach, CA
Marshall Islands
The Marshallese Culture

- Located between Hawaii and Australia
- US nuclear weapons testing from 1946 – 1958
  - Total destruction of natural food source
  - Fruits & vegetables & fish
- US supplements
  - Canned foods – high fat and high salt
- Compact of Free Association allowed the Marshallese to migrate to US without a visa
The Marshallese Culture

- Mostly concentrated in Arkansas & Hawaii
- Collectivist culture
- Strong distrust of US health care
- Shame and stigma of diabetes
- Cultural insensitivity from providers
- Loss of land
- Massive social trauma
Alaskan Native & Native American

- Health issues
- Alternative Healing Practices
  - Shaman healers
  - Herbal remedies
  - Association of American Indian Physicians (aaip.org)
- Isolation/Loss of history
- Massive social trauma
- Enslaved
- Experienced radical change in lifestyle
White – Latino

- Latino Origin
  - Numerous cultures clumped into broad term
  - Various dialects within this population
  - Numerous cultural beliefs
  - Alternative healing practices
    - *Curanderos* – Healers
    - Massage therapist
  - Spiritual emphasis
    - External locus of control
White – Non-Latino

- Numerous cultures clumped into broad term
- Genetic/Chronic Diseases
- Loss of land
- Enslaved
- Massive social trauma
- Radically changed their lifestyle
• Numerous cultures clumped into broad term
• Genetic/Prevalent diseases
• Enslaved
• Forced to move from rural to urban
• Massive social trauma
• Experienced radical change to lifestyle
Risk Patterns – Social Histories

- Enslaved
- Land taken away
- Forced to move from rural to urban region
- Radically changed their lifestyle
- Massive social change
Poverty & Social Inequalities

Review Key Issues Concerning Poverty and Social Inequity in America

http://www.huffingtonpost.com/2013/09/17/poverty-america-census_n_3940812.html
Figure 6.
**Poverty Rates by Age and Sex: 2014**
(In percent)

- **Aged 65 and older**
  - Female: 12.1%
  - Male: 7.4%

- **Aged 18 to 64**
  - Female: 15.3%
  - Male: 11.6%

- **Under age 18**
  - Female: 21.1%
  - Male: 21.2%

Note: For information on confidentiality protection, sampling error, nonsampling error, and definitions, see <ftp://ftp2.census.gov/programs-surveys/cps/techdocs/cpsmar15.pdf>.

Figure 4: Number in Poverty and Poverty Rate: 1959 to 2014

Note: The 2013 data reflect the implementation of the redesigned income questions. See Appendix D for more information. The data points are placed at the midpoints of the respective years. For information on recessions, see Appendix A.
For information on confidentiality protection, sampling error, nonsampling error, and definitions, see <ftp://ftp2.census.gov/programs-surveys/cps/techdocs/cpsmar15.pdf>.
Poverty

- **West**
  - Migrant Farm Worker
  - Working children
- **Midwest**
  - Industrialization
  - Migration of laborers
- **South**
  - Industrialization
- **East**
  - Displaced laborers
  - Union formation
  - Drug experimentation
Poverty

- Lyndon B. Johnson
  “Our aim is not only to relieve the symptoms of poverty, but to cure it and, above all, to prevent it.“
- Social Security Amendments of 1965
- Food Stamp Act of 1964
- Expansion of AFDC
- Job Corps, Vista Program, Office of Economic Opportunity
- Title I program – target for impoverished students – No Child Left Behind Act
Poverty

- Recession of 2008 & 2012
- Healthy Families
- TANF
- SNAP
- Food pantries
- Homeless
Statistical Data Sources

- Committee on Understanding and Eliminating Racial and Ethnic Disparities in Health Care

- HHS Action Plan to Reduce Racial and Ethnic Health Disparities

- 2013 National Healthcare Quality Report – AHRQ US Department of Health and Human Services
Unequal Treatment

- Healthcare systems
  - Poor cultural match between minority patients and their providers
  - Language barriers – use of family members
  - Lack of continuity in care
    - In-patient to outpatient transition
    - Services are geographically separated
  - Reimbursement
    - Limited trauma units & tertiary NICU
    - Increase liability costs
Unequal Treatment

- Providers of care – clinical encounter
  - Diagnoses influenced by race
    - Chest pain – cardiac or emotional anxiety
  - Categorization of ethnicities – stereotyping
    - Referral to drug rehabilitation – success or failure
  - Self-fulfilling prophecy
    - Expectations based on stereotypes
  - Bring own biases, beliefs, cultural experiences
Unequal Treatment

- Patient
  - Genetic differences
  - Poor historian
  - Unable to explain symptoms
  - Health literacy – medical terminology
  - Mistrust in the healthcare system
  - Misconceptions in the recommendations
  - Religious beliefs and practices
  - Cultural beliefs and practices
  - Poor adherence to medications or recommendations
Enhance the Health of Individuals and Communities

ANALYZE NURSING SCIENCE IN THE CONTEXT OF TRANSLATING FINDINGS TO ENHANCE THE HEALTH OF INDIVIDUALS AND COMMUNITIES

http://www.specialolympics.org/RegionsPages/content.aspx?id=37368
**Goal**

Create social and physical environments that promote good health for all
Healthy People 2020

- Lesbian, Gay, Bisexual and Transgender Health
- Older Adults
- Sleep health
- Social Determinants of Health
Social Determinants of Health

http://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-health
Health Belief Model

- Perceived susceptibility
- Perceived severity of disease
- Perceived self-efficacy
- Perceived barriers
- Perceived benefits

Cues to Action

Individual Behaviors
Stress

McEwen & Gianaros (2011)
Stress

- **Acute time-limited stressors**
  - Laboratory challenges

- **Brief naturalistic stressors**
  - Confronting a real-life short-term challenge

- **Stressful event sequences**
  - A focal event such as natural disaster or loss of spouse

- **Chronic stressors**
  - Pervades a person’s life; forcing restructuring of one’s social role or identity
  - Traumatic injury or chronic disease

- **Distant stressors**
  - Traumatic experiences that occurred in the past
  - Potential to continuously modify immune system due to long lasting cognitive and emotional sequelae
Allostatic Load

- Definition: an imbalance in systems that promote adaptation (McEwen)
- 3 types of physiological responses that make up allostatic load
  - Lack of adaptation or habituation
  - Prolonged response due to shut-down
    - Chronic activity and failure to shut off
  - Inadequate response that leads to hyperactivity
    - Failure to respond to challenge
Recommendations

- Affordable Care Act
  - Signed into law on March 23, 2010 and upheld by Supreme Court on June 28, 2012.
  - Details on website HHS.gov: http://www.hhs.gov/healthcare/about-the-law/index.html
- Improve fragmentation of health care
- Improve gaps in research – clinical guidelines
- Report cards to evaluate quality of care services
Recommendations

• Providers
  o Structural competence
  o Evidence-based practice
    ▪ Ethno-pharmacology
    ▪ Disease prevention
  o Cultural Humility
    ▪ Focus on clinical case
    ▪ Know your biomedical biases
Nursing Science – Areas of Research

- Translate research into practice
- Healthy lifestyles
  - Supportive networks
  - Diet & exercise promotion
- Employers
  - Encourage healthy lifestyles
- Governmental Policies
  - Education, housing, minimum wage
  - Occupational health and safety
  - Environmental pollution
- Communities
  - Community Centers
  - Senior Centers
Social Justice

- Structural violence
  - Political
  - Premature suffering and
  - Institutional violence
- Marginalization
- Exclusion
- Public Health
- Racial disparities
  - Impact on health
- Don’t just treat – get involved


