



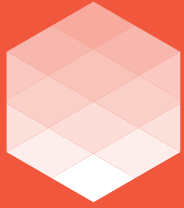
PINELLAS HIGHLIGHTS

SOCIAL DETERMINANTS & POPULATION HEALTH



Foundation for a
Healthy St. Petersburg

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THE FOUNDATION FOR A HEALTHY ST. PETERSBURG (FHSP) IS A PRIVATE FOUNDATION FORMED IN 2013 FOLLOWING THE SALE OF THE NONPROFIT BAYFRONT HEALTH ST. PETERSBURG.

It is the steward of almost \$180 million in assets to support health equity in Pinellas County. Our mission is to end differences in health due to social or structural disadvantages to improve population health. We do this by inspiring and empowering people, ideas, information exchange, organizations and relationships.

ABOUT THE FOUNDATION FOR A HEALTHY ST. PETERSBURG

Not everyone in Pinellas County is able to attain their highest level of health and well-being. Too often, the place where a person is born, grows, lives, works, learns, or ages contains impediments stemming from entrenched social or demographic factors such as race, gender, personal attribute, income, or geography. This is unacceptable and ultimately unsustainable. The Foundation for a Healthy St. Petersburg seeks to address eradicate inequality, achieve health equity and improve population health in Pinellas County.

The Foundation uses a social determinants of health framework to improve population health and achieve equitable health outcomes throughout the geographic area we serve. By paying attention to the root causes of inequality in our community, the Foundation is able to target investments, convening, policy and communications work where they can have the greatest impact. The social determinants of health are the conditions in which people are born, grow up, live, work, and age, and the wider set of forces and systems shaping the conditions of daily life, including economic policies, social policies and norms, and political systems. This broad range of social factors has a significant impact on a community's health outcomes. However, population health is not simply about the overall health of a group of individuals; it is also the distribution of health outcomes among those individuals. The Foundation uses the SDOH framework to measure the impact of these social factors on the quality and quantity of life. A framework for the social determinants of health can be seen below.



Population Health

The Centers for Disease Control and Prevention and World Health Organization define health as, “A state of complete physical, mental, and social well-being and not just the absence of sickness or frailty.” The European Region of the World Health Organization defines health as, “The extent to which an individual or group is able, on the one hand, to realize aspirations and satisfy needs, and, on the other hand, to change and cope with the environment. Health is therefore seen as a resource for everyday life, not the objective of living; it is a positive concept emphasizing social and personal resources as well as physical capabilities.”

In the book, “Population Health: Concepts and Methods,” author T. Kue Young indicates that many other definitions exist and highlights the common components of definitions of health. These include: coping with and managing stress, achieving functional capacity and structural integrity, ability to make valued contributions to the community, and maintaining equilibrium.

Population health is a debated concept. As recently as 2007, the literature on population health acknowledged that the term was relatively new and without consensus on whether the term referred to a concept of health or a field of study of health determinants.

Population health is BOTH an end goal and factor that influences that end goal (health of the population). According to Young, it is, “A conceptual framework for thinking about why some people are healthier than others, and the policy development, research agenda, and resource allocation that flow from this.” According to Kindig and Stoddart, it is, “The health outcomes of a group of individuals, including the distribution of such outcomes within the group.”

David Kindig discusses the idea of population in his paper “Understanding Population Health Terminology,” explaining that a population can be a geographic region or a specific collection

of people with similar demographics, such as an ethnic group, a group of employees, prisoners, or disabled persons (to name a few).

The primary focus of population health is on the measurement of health and health outcomes. However, population health is not simply about the overall health of a group of individuals, it is also the distribution of health outcomes among those individuals. Population health looks at disparities within and between groups and takes into consideration the social determinants of health. These include biological and genetics, individual behavior (e.g. smoking, drinking), social environment (e.g. income, education, employment), physical environment (e.g. housing, transportation), and health services.

Medical care is only a small part of society's well-being. According to National Academies of Science, medical care is estimated to account for only 10 to 20% of the modifiable contributors to healthy outcomes for a population. Other factors such as economic and housing stability, transportation, education, community support, health behaviors, environmental quality, community safety, and employment all play a role in influencing health and well-being. These factors are the social determinants of health. The concept of social determinants of health and how they impact an individual's well-being is illustrated in the following case study.

PINELLAS HIGHLIGHTS

Case Study

A middle-aged African American woman is diagnosed with Type 1 diabetes and high blood pressure. While diabetes runs in her family, her doctor recognizes that with some key behavioral changes, the woman can improve her health. Her doctor outlines a plan to help her become healthy. The doctor suggests that she stop smoking, eat a diabetic friendly diet, and start exercising more. The doctor gives her a referral to a free smoking cessation program in the community that meets once a week for eight weeks. The doctor gives her a resource called "How To Eat If You Have Diabetes," and he gives her a list of cardiovascular exercises she can do, which include walking and bike-riding.

Although at face value, the woman's health issues seem to be purely biological and behavioral, there are several other social determinants in this woman's life which keep her in a state of poor health. When we dig deeper into her history we find that because she only has a high school diploma and no other training, she has always worked a minimum wage job and therefore has a low income. In addition, she is helping to raise her granddaughter. She shares a car with her daughter, who is enrolled in community college and works the night shift.

The woman wants to eat in a healthy way, but the nearest grocery store is five miles away. Therefore, her meals usually consist of fast food, which is cheap and easily available. She wants to quit smoking and likes the idea of attending a free group. However, she is unable to attend the smoking cessation group during the day because she works, and she is unable to attend in the evening because her daughter takes the car to work the night shift. She also cares for her grandchild when her daughter is at work. She is interested in exercising but lives in a neighborhood where there are drug dealers. It is not safe to walk alone. She does not have the resources to purchase a bike.

This case illustrates that transportation, housing/neighborhood, income, education, and food access are all factors in this woman's health. These factors (and other social, political, economic, and environmental factors) along with the biological predisposition to diabetes and behavioral patterns such as smoking and eating poorly are all social determinants of health.

Other Resources

If you are interested in learning more about Social Determinants of Health, the following are valuable resources:

- <https://nam.edu/social-determinants-of-health-101-for-health-care-five-plus-five/>
- <https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health>
- <https://www.kff.org/disparities-policy/issue-brief/beyond-health-care-the-role-of-social-determinants-in-promoting-health-and-health-equity/>

PLEASE NOTE:

This series of Pinellas Highlights is intended to illustrate the Foundation's definitions of the Social Determinants of Health framework and to provide specific data related to the Foundation's geographic focus area. The data presented is not comprehensive.



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