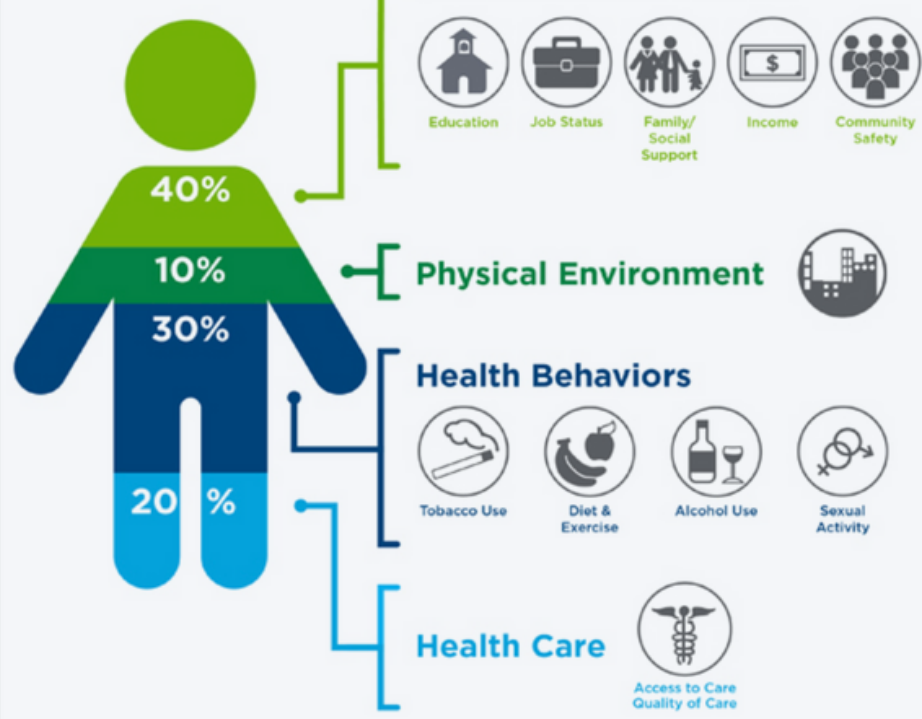


SOCIAL DETERMINANTS OF HEALTH

& SUBSTANCE USE DISORDER

August 2022

What Makes Health?



SOCIAL DETERMINANTS OF HEALTH

Non-medical factors that influence health outcomes

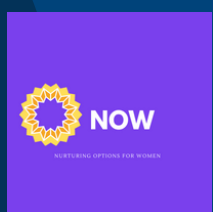
People are born, grow, work, and live in conditions that influence their health. These conditions are social determinants, which can be grouped into five categories: (1) healthcare access and quality, (2) economic stability, (3) education access and quality, (4) social and community context, and (5) neighborhood and built environment.^{1, 2}

What goes into your health?

A person's health is much more than just the physical health behaviors they do or do not engage in. For example, exercise and eating nutritious food are associated with being healthy. But, not everyone is able to afford a personal trainer or has a fresh food store nearby. These factors, the ability to access a gym or purchase healthy food, are dependent on several social conditions. These social conditions are responsible for the majority of a person's health status.

Social Determinants Include:

- FOOD INSECURITY
- RACE
- INCOME
- GENDER
- EDUCATION
- ACCESS TO QUALITY HEALTHCARE
- HOUSING



OPERATING AT MULTIPLE LEVELS

Social determinants of health can shape people's choices and the consequences of those choices. Social determinants can stem from different levels of a person's life, including:

INDIVIDUAL
RELATIONSHIP
COMMUNITY
SOCIETAL

FIGHTING BIAS

Stigma is a mark of disgrace or disapproval based on characteristics or behavior. Stigma based on social determinants can be faced by individuals both inwardly (shame) or outwardly (discrimination).² The stigma surrounding substance use disorders, especially during pregnancy, can be a major barrier to receiving quality healthcare.⁴ When we work to reduce bias, we are working towards improved health for everyone.

For more information on social determinants of health and bias prevention, request a training today.



Visit



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Social Determinants of Health



CONNECTION TO SUBSTANCE USE

Social determinants can influence 35–55% of health outcomes.³ With regards to substance use, social determinants can influence both the motivation to use substances– to alleviate stress from not being able to pay bills, to cope with mental health, or because it is a norm within a society– and the consequence of that choice– loss of pregnancy due to inadequate treatment, loss of social support, or loss of employment.

Offering healthcare-based solutions are not enough to solve problems that are deeply rooted in social determinants. To fight biases and improve health for everyone, more upstream, evidence-based interventions that address societal conditions and cultural norms should be encouraged.

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