

Resources related to social determinants of health are available

Do you know what social determinants of health (SDOH) are? SDOH are the economic and social conditions that impact health.¹ They include the environment in which people are born, grown, live, and work in, and are shaped by wealth distribution, power, and resources on the global, national, and local levels.² In order to help our communities live healthy, vibrant lives, we should look to incorporate ways to identify and consider SDOH throughout all aspects of health care.

SDOH encompass a wide range of factors, including the following categories:³

Housing instability/Homelessness: having difficulty paying rent or affording a stable place of one's own, living in overcrowded or run-down conditions.

Food insecurity (hunger & nutrition): not having reliable access to enough affordable, nutritious food.

Transportation: not having affordable and reliable ways to get to medical appointments or purchase healthy foods.

Education: not having access to high school or other training that might help someone gain consistent employment.

Utility needs: not being able to regularly pay utility bills (e.g. electricity, gas, water, phone), and/or afford necessary maintenance or repairs.

Interpersonal violence: being exposed to intentional use of physical force or power, threatened or actual, that results in or has a high likelihood of resulting in injury, death, psychological harm, etc.

Family and social supports: not having relationships that provide interaction, nurturing, and help in coping with daily life.

Employment and income: not having the ability to get or keep a job, or gain steady income.

How to access local resources

Our [website](#) includes over 100 community resources, along with other county-specific resources. Many of these resources can help with the SDOH-related categories listed above. If you have any suggestions for additional resources to be added, please send an email to MBHofPA@magellanhealth.com.

1. Raphael D. Introduction to the social determinants of health. In: Raphael D, editor. *Social determinants of health: Canadian perspectives*. Toronto: Canadian Scholar's Press; 2004
2. World Health Organization, "What Are the Social Determinants of Health?," accessed September 07 2016, available at http://www.who.int/social_determinants/sdh_definition/en
3. "Social Determinants of Health" presentation by the PA Department of Human Services during the Magellan Health Conference in Lancaster, PA on Sept. 6, 2018.