Hello!
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Learning Objectives

Define Health
- Recognize the role of Social Determinants of Health
- Understand How Where You Live Can Affect One’s Health

Describe how the U.S. Health Care Dollar is Spent.
- Identify the Difference between Primary and Public Health
- Describe the Changes for Medicaid in 2014
Are you Healthy?

Think of the last time you experienced yourself as “healthy”

Jot down a few words or phrases that describe the feeling, and the context
What is Health?

Scientific View
Health as the absence of disease.
Health as the absence of illness

Definition of Disease – presence of pathology or abnormality in a body part
Illness – feelings of anxiety, pain or distress usually associated with a disease.
Chronic Diseases

- Heart disease
- Cancer
- Diabetes
- High blood pressure
- Asthma
- HIV/AIDS

“Chronic diseases are the leading causes of death and disability in the United States. Chronic diseases account for 70% of all deaths in the U.S., which is 1.7 million each year.”

--Centers for Disease Control and Prevention (CDC), 2012
Different Views of Health

Health as an ideal state of wellness


Health is personal strength or ability

Health is the basis for personal potential.
Holistic View of Health

Health is physical, social, mental, emotional, financial and spiritual fitness (wellness)
Who is the Healthiest?
How does American life expectancy compare to other countries?
(Based on 2005 data reported in the 2007 United Nations Human Development Report)

A. 1st Place
B. Top 10
C. 29th place
D. 15th Place
ANSWER: C. 29th place

At 77.9 years, we are tied with South Korea and Denmark for 29th – 31st place, despite being the second wealthiest country on the planet (measured by per capita GDP).

Japan has the highest life expectancy at 82.3 years
Generally speaking, which group has the best overall health in the U.S.?

A. Recent Latino immigrants

B. Native-born whites

C. Native-born Latinos

D. Native-born Asian Americans
A. Recent Latino immigrants

Recent Latino immigrants have better health outcomes than other U.S. populations despite being, on average, poorer. However, the longer they live here, the worse they fare.
Conditions

- Health doesn’t start at the hospital, clinic or doctors office.
- Health starts where we live, work and play.
- Zip code may be more important to health than genetics
What Determines our Health?

- The Social Determinants of Health: “Where we live, learn, work and play can have a greater impact on how long and how well we live than medical care.”

## The Social Determinants of Health

<table>
<thead>
<tr>
<th>Housing and Neighborhoods</th>
<th>Income and Wealth</th>
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<tbody>
<tr>
<td>Housing quality, exposure to toxins</td>
<td>Financial safety net</td>
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<tr>
<td>Transportation options and accessibility</td>
<td>Credit availability and history</td>
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<tr>
<td>Safe places for recreation</td>
<td>Jobs and Work</td>
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<tr>
<td>Commercial businesses, grocery stores, etc.</td>
<td>Availability of jobs</td>
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<td></td>
<td>Wages</td>
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<td>Education</td>
<td>Maternal Health</td>
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<tr>
<td>Quality of public schools</td>
<td>Prenatal care</td>
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<td>Opportunities for higher education</td>
<td>Nutrition</td>
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<td>Race/Racism</td>
<td>Health status of mother before and during pregnancy</td>
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<tr>
<td>Chronic stress of discrimination</td>
<td>Food Security</td>
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<tr>
<td>Historical legacy of institutional exclusion</td>
<td>Chronic stress of food insecurity</td>
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<td></td>
<td>Nutritional deficiencies</td>
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<td></td>
<td>Social isolation</td>
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<td></td>
<td>Networks of support</td>
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</tbody>
</table>
Intersection of Health, Place & Equity

Health facilities
Access to Healthy Food
Schools/Child care
Community Safety/Violence
Transportation Traffic patterns
Work environments
Parks/Open Space/Playgrounds
Housing

Health
Environment
Equity
Income and education are markers of socioeconomic position.

AND social position influences:
- Exposure to health risks, or
- Resources to buffer health risks

Lower socioeconomic position results in worse access to health care.

Social Position Matters
Children living in poverty are how many times more likely to have poor health, compared with children living in high-income households?

A. 3 times
B. 4 times
C. 5 times
D. 7 times
Children are most vulnerable. Not only are they susceptible to sub-standard housing, poor food, bad schools, unsafe streets and chronic stress, but the impacts of childhood poverty are cumulative, leading to a pile-up of risk that influences adult health and can even affect the next generation.
“Poorer people live shorter lives and are more often ill than the rich. This disparity has drawn attention to the remarkable sensitivity of health to the social environment.”

Race Matters

- Racial discrimination contributes to uneven distribution of income, education, neighborhood poverty, and access to health care.

- Racial discrimination creates chronic stress and contributes to poor health independent of these factors.
Chronic stress is toxic affecting physiological processes that can trigger diabetes, asthma, and heart disease.

People with lower socioeconomic position have higher levels of chronic stress and fewer resources to deal with stress.
Where a person is on the social ladder determines whether a person is surrounded by things that make it easy or difficult to maintain healthy behaviors.
Where you Live Affects how you Live.
What is the greatest difference in life expectancy observed between counties in the U.S.?

A. 7 years  
B. 15 years  
C. 22 years  
D. 25 years
Populations in some wealthy communities live on average well into their 80s, while others in some inner city neighborhoods and Native American reservations barely scratch 60.
Having a Place Matters

Housing is a Social Determinant of Health
Place Matters

Communities of Opportunity
- Parks
- Sidewalks
- Grocery Stores
- Financial Institutions
- Better Performing Schools
- Good Public Transportation

Good Health Status

Low-Income Communities
- Fast Food Restaurants
- Liquor Stores
- Unsafe/Limited Parks
- Poor Performing Schools
- Increased Pollution and Toxic Waste Sites
- Limited Public Transportation

Poor Health Status contributes to health disparities:
- Obesity
- Diabetes
- Asthma
- Infant mortality

Source: PolicyLink
On average, how many more supermarkets are there in predominantly white neighborhoods compared to predominantly Black and Latino neighborhoods?

A. About the same
B. 2 times as many
C. 4 times as many
D. 6 times as many
C. 4 times

Predominantly Black and Latino neighborhoods have more fast-food franchises and liquor stores, yet often lack stores that offer fresh, affordable fruits and vegetables.
ACTIVITY

http://www.unnaturalcauses.org/interactivities_03.php
### Asking the Right Questions

<table>
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<tr>
<th>Instead of only asking….</th>
<th>Perhaps we should also ask…….</th>
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<tr>
<td>Why do people smoke?</td>
<td>What social conditions and economic policies predispose people to the stress that encourages smoking?</td>
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<tr>
<td>Who lacks health care coverage, and why?</td>
<td>What policy changes would redistribute health care resources more equitably in our community?</td>
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<td>How do we connect isolated individuals to a social network?</td>
<td>What institutional policies and practices maintain rather than counteract people’s isolation from social supports?</td>
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<tr>
<td>How can we create more green space, bike paths, and farmers’ markets in vulnerable neighborhoods?</td>
<td>What policies and practices by government and commerce discourage access to transportation, recreational resources, and nutritious food in neighborhoods where health is poorest?</td>
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On average, which of the following conditions is the strongest predictor of your health?

A. Whether or not you smoke

B. What you eat

C. Whether or not you are wealthy

D. Whether or not you have health insurance

E. How often you exercise
The wealthier you are, on average, the better your health, from the bottom all the way to the top. Genes, diet, exercise and other behaviors are important. But a poor smoker still stands a greater chance of getting ill than a rich smoker.
### Alternative Ten Steps for Staying Healthy

<table>
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<th>Step</th>
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<tbody>
<tr>
<td>Don’t be poor. If you can, stop. If you can’t, try not to be poor for long.</td>
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<tr>
<td>Don’t have poor parents.</td>
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<td>Own a car.</td>
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<td>Don’t work in a stressful, low paid manual job.</td>
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<td>Don’t live in damp, low quality housing.</td>
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<td>Be able to afford to go on a foreign holiday and sunbathe.</td>
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<td>Practice not losing your job and don’t become unemployed.</td>
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<tr>
<td>Take up all benefits you are entitle to, if you are unemployed, retired or sick or disabled.</td>
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<tr>
<td>Don’t live next to a busy major road or near a polluting factory.</td>
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<tr>
<td>Learn how to fill in the complex housing benefits/ assistance application forms before you become homeless and destitute.</td>
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</table>

Source: Raphael and Rieder, Community Action for Heart Health Equity not Exercise
5 Minute Break
How much does the U.S. spend per person on health care?

A. Three quarters as much as the other industrialized countries

B. The same as the other industrialized countries

C. More than double other industrialized countries
We spent $6102 per person on medical care in 2004 (estimates for 2007 are $7600). That’s more than double the $2552 median of the 30 OECD countries. Yet our health outcomes are among the worst.
How is the U.S. health care dollar spent?

National Health Expenditures, 2010
Total = $2.3 Trillion

Entering the World of Health

- Medicine
- Public Health
- Safety Net
- Tertiary Care
- Primary Health Care
- Secondary Care
Affordable Care Act (OBAMACARE)

ObamaCare's goal is to provide affordable health insurance for all US citizens, and to reduce the number of uninsured through new coverage options for individuals and families.

ObamaCare does not replace private insurance, Medicare or Medicaid

ObamaCare aims to improve community health care centers in an effort to improve health care for those who cannot afford private health care.

Affordable health coverage means American's and their families pay what they can afford.

Medicaid Expansion

ObamaCare reforms and expands Medicaid in order to help cover more people, especially those below the poverty level.

Beginning in 2014, states have the option to expand Medicaid to nearly all individuals with incomes up to 138% of the federal poverty level ($15,000/year for an individual).

Given their high uninsured rate & limited access to care, individuals who are homeless are one group who could significantly benefit from this expansion.

Source: National Health Care for the Homeless Council
Resources

Unnatural Causes

www.unnaturalcauses.org

PBS Video on U.S. Health Care

http://video.pbs.org/video/2198039605/

Health Reform & Homeless Populations: What Does the Law Do for You?

Connecting Homeless Individuals to Medicaid and Health Care Services: Key Lessons from HCH Administrators and Frontline Workers
CITI CERTIFICATION

- An institutional review board (IRB), an independent ethics committee or ethical review board.

- The Collaborative Institutional Training Initiative (CITI) Program
  [Collaborative Institutional Training Initiative](https://www.citiprogram.org/Default.asp)

- [https://www.citiprogram.org/Default.asp](https://www.citiprogram.org/Default.asp)
To register for CITI online training

- Go to [www.citiprogram.org](http://www.citiprogram.org). Once there, click on "New Users Register Here".

- Under "Select your institution or organization" page, select “National Health Care for the Homeless Council” in the "Participating Institutions" drop down box.

- Next proceed to create your username and password and select the Learner group.

- After going through the registration process, you should be setup as a CITI Learner under the National Health Care for the Homeless Council.

- The following link gives instructions on how to begin your certification process - [https://www.citiprogram.org/citidocuments/citiinstructions.htm](https://www.citiprogram.org/citidocuments/citiinstructions.htm).