

Social Determinants of Health and Mental Health

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1

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2

Presentation Goals

Provide an overview of social determinants of health that propel people into certain outcomes

Present information for judges to recognize these determinants, mitigate risks and improve life trajectories

3

Background

4

According to the World Health Organization...

- Social determinants of health encompass “the conditions in which people are born, grow, work, live and age, and the wider set of forces and systems shaping the conditions of daily life, and are mostly responsible for health inequities which are the unfair and avoidable differences in health status seen within and between countries.”

5

Relevance for Judges

- Context related to pre-sentence evaluations
- Dispositions of individuals and families that may be influenced by favorable or unfavorable determinants
- Considerations for probation
- Considerations of aggravating and mitigating circumstances

6

CDC- 5 Domains of SDOH

- Healthcare access and quality
- Education access and quality
- Social and community context
- Economic stability
- Neighborhood and built environment



<https://health.gov/healthypeople/objectives-and-data/social-determinants-health>

7

Health Care Access and Quality

- Healthy People 2030 Goal: Increase access to comprehensive, high-quality health care services
 - 1 in 10 people in the US do not have health insurance and may not be able to afford medical care or medications
 - Preventive care often not covered service

<https://health.gov/healthypeople/objectives-and-data/browse-objectives/health-care-access-and-quality>

8

Education and Access Quality

- Healthy People 2030 Goal: Increase educational opportunities and help children and adolescents do well in school
 - Increased education linked with greater health and longer lifespan
 - Poorly performing schools, lack of means to attend college, poverty that impacts brain development all can impact educational attainment

<https://health.gov/healthypeople/objectives-and-data/browse-objectives/education-access-and-quality>

9

Social and Community Context

- Healthy People 2030 Goal: Increase social and community support
 - Unsafe neighborhoods, discrimination, social isolation all can negatively impact health
 - Children and adults alike need connections and social support

<https://health.gov/healthypeople/objectives-and-data/browse-objectives/social-and-community-context>

10

Economic Stability

- Healthy People 2030 Goal: Help people earn steady incomes that allow them to meet their health needs
 - 1 in 10 people live in poverty
 - People with steady employment less likely to live in poverty

<https://health.gov/healthypeople/objectives-and-data/browse-objectives/economic-stability>

11

Neighborhood and Built Environment

- Healthy People 2030 Goal: Create neighborhoods and environments that promote health and safety
 - Neighborhoods with high rates of violence, unsafe air or water contribute to health risks
 - Persons of racial and ethnic minorities and with low incomes are more likely to live in these neighborhoods

<https://health.gov/healthypeople/objectives-and-data/browse-objectives/neighborhood-and-built-environment>

12

Environment affects health more than individual behaviors

Fish 1
Would Fish 1 be as happy, safe, and healthy if its water were dirty? What if its bowl were cracked and the water was leaking out?

Fish 2
No matter how much Fish 2 tries, it may never reach its full health potential due to its dirty water and cracked bowl.

<https://nam.edu/programs/culture-of-health/young-leaders-visualize-health-equity/what-are-the-social-determinants-of-health/>

13

Consider an Individual Before the Court

What choices are available to that individual?

“Choices we make can depend on the choices that are available to us” (National Academy of Medicine)

14

Brief History

15

WHO and Social Determinants of Health

19th century: Studies from the mid-19th century showed political influences on typhoid and cholera

1918: Disparities in 1918 influenza pandemic

2010: WHO notes Social Determinants as “Upstream factors with downstream effects” in 2010

16

Supporting Evidence

17

Whitehall I

- Examined British civil servants
- Whitehall I: Began in 1967
- Examination of mortality rates among men ages 20-64
- Found an inverse relationship between the level of employment and mortality and other causes (lower grade, higher mortality)
 - Messengers, doorkeepers had 3x mortality compared to administrators
- Some relation to smoking, obesity, less leisure time and physical activity as well as higher blood pressure and baseline illnesses, but not all differences were accounted for by this.
- Lowest job grades still had higher mortality compared to higher grade jobs

(Marmot, Shipley and Rose, 1984)

18

Whitehall II

- British civil servants (men and women) ages 35-55
- Level of employment was associated with work control and varied work as well as pace (job demands)
- Prevalence of ischemia continued to be seen based on employment category
- Poor health indicators (smoking, weight, level of physical activity) more common in lower status jobs

Marmot MG, et al. Health inequalities among British civil servants: the Whitehall II study. *Lancet* 1991

19

Recent Concepts and Research

- Upstream more nuanced now- e.g., upstream lack of economic opportunity leads to downstream poor living conditions
- Social determinants as “any nonmedical factors influencing health” including gender, race/ethnicity, occupation
 - Highlights impact of racism and pervasive daily stress
- Considerations now include mental health as a health outcome also considered Social Determinants of Mental Health

(Braveman et al 2011; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6181118/#>)

20

Social Determinants of Mental Health

- Unemployment/precarius employment linked to psychological distress
- Public healthcare work strain and mental health
- Financial strain linked to mental health challenges
 - Lower income linked with suicide attempts and depression
- Poor mental health linked to:
 - poor quality housing (inadequate heat, overcrowding)
 - Food insecurity
 - Discrimination
 - Negative familial relationships
 - Etc.

(Curr Psychiatry Rep. 2018; 20(11): 95. doi:10.1007/s11920-018-0969-9)

21

Community Policies and Practices

22

Community Health Improvement Navigator

- Identifies and assesses SDOH by region
- Examines factors such as poverty, livability, healthcare access
- CDC hosts a website that helps community health with a variety of tools and resources to explore how to make changes and how to utilize resources

<https://www.cdc.gov/chinav/index.html>

23

INVEST IN YOUR COMMUNITY

4 Considerations to Improve Health & Well-Being for All

WHOLE Know What Affects Health

WHERE Focus on Areas of Greatest Need

WHEN Collaborate with Others to Maximize Efforts

HOW Build a National Portfolio of Interventions for Greatest Impact

• Address in one area they produce positive outcomes in another

• Start by using these resources that work across all four action areas

• Open new, unmet demand in interventions leaders for the greatest impact on health and well-being for all

Four Action Areas: SOCIOECONOMIC FACTORS, PHYSICAL ENVIRONMENT, HEALTH BEHAVIORS, CLINICAL CARE

www.cdc.gov/CHInav For tools and resources to address your community's health and well-being

CDC NATIONAL CENTER FOR COMMUNITY HEALTH PROMOTION AND PREVENTION

24

Health Impact Assessment

Supported by WHO

CDC cosponsored the 2011 National Research Council report *Improving Health in the United States: The Role of Health Impact Assessment*.

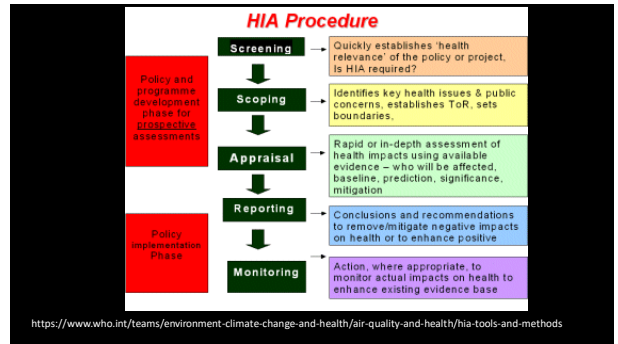
Tool measures how a specific policy or practice might affect population health especially health for those already at risk for poor outcomes

HIA holds promise for incorporating aspects of health into decision making as it applies broadly to policies and programs

Fosters engagement of communities and stakeholders in a deliberative process.

https://www.who.int/health-topics/health-impact-assessment#tab=tab_1 and <https://www.cdc.gov/healthyplaces/hia.htm>

25



26

A Health Impact Assessment Looks at All-Day Kindergarten in Nevada

Researchers at the University of Nevada, Las Vegas (UNLV) conducted a health impact assessment (HIA) in 2013 to examine the potential health benefits of implementing full-day kindergarten across the state.

ARTICLE May 21, 2018

Research Underway to Evaluate Health Impact Assessment Process

Factors such as housing, transportation, and education can all affect people's health, but decision makers in these and similar sectors might not know about or act on these connections. A tool known...

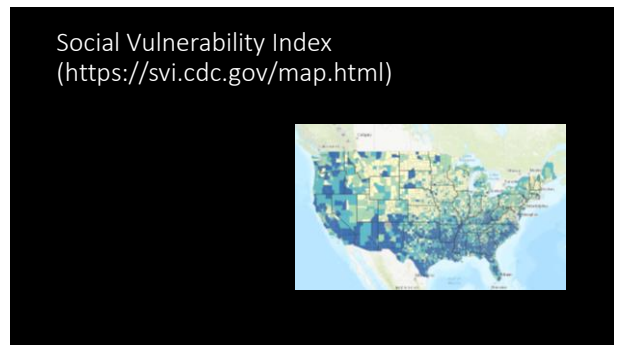
REPORT September 5, 2017

Healthier Nutrition Standards Benefit Kids

Each day across the United States, more than 4 million children, many from...

<https://www.pewtrusts.org/en/projects/health-impact-project/health-impact-assessment>

27

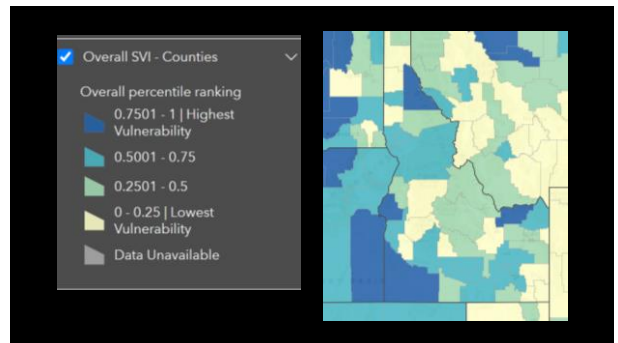


28

Social Vulnerability Index

- Uses data to assist public health officials be better prepared for emergency events
- Considers socioeconomic factors, household composition, race/ethnicity/language, housing/transportation
- Helps identify needs for a community in an emergency response
- Helps decide staffing needs for response


29



30

Minority Health SVI

- Office of Minority Health (OMH) and CDC launch Minority Health SVI in 2021
- Aimed to enhance resources to support the identification of racial and ethnic minority communities at greatest risk for disproportionate impact related to COVID-19



<https://www.minorityhealth.hhs.gov/minority-health-svi/>


31

Minority Health and SVI

- Combines 15 social factors with factors associated with COVID-19 outcomes related to six themes
 - Socioeconomic status
 - Household composition and disability
 - Minority status and language
 - Housing type and transportation
 - Health Care infrastructure and access
 - Medical vulnerability

32

Judicial Considerations



33

What information is available to the court about the individual's past social and physical environment, access to health care, socioeconomic status and other recognized determinants of health and mental health?

What social, community, and environmental factors are still relevant and can be addressed in the court's handling of the case (e.g., by linking the individual to social services, education, benefits or treatment)?

34

To what extent does an individual have the means to make gains in personal health and mental health goals (e.g., access to exercise, green spaces, nutrition)?


What social programs exist in the individual's community to help the individual make these gains (e.g., group therapy, telehealth, peer supports, youth groups)? What mechanisms does the court have for connecting the individual to them?

35

What community policies or practices exist that identify and improve outcomes of SDOH for the local population (e.g., poverty reduction, affordable housing development, transit subsidies to treatment)? What mechanisms are available to the court to see that they are implemented?

What opportunities exist for judges to convene or collaborate with stakeholders to impact SDOH factors in the community?

36



- Many factors influence an individual's health and well-being
- Social determinants of health and mental health use biological, psychological and social models to consider health outcomes through the lens of environmental factors
- Consideration of SDOH for judges may help improve outcomes and reduce the revolving door of some individuals with complex conditions who repeatedly come before the court

37

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38