Heart Health, Stroke and Social Determinants of Health

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Social Determinants of Risk and Outcomes for Cardiovascular Disease:
A Statement From the American Heart Association

- Social determinants of health
  - Socioeconomic position
  - Race, ethnicity
  - Social support
  - Culture and language
  - Access to care
  - Residential environment

What are the Social Determinants of Health?

The social determinants of health are the conditions in which we are born, we grow and age, and in which we live and work. The factors below impact on our health and wellbeing.

- Childhood experiences
- Housing
- Education
- Social support
- Family income
- Employment
- Our communities
- Access to health services
Health Impact Pyramid

Frieden, 2010
Nearly one-fifth of all Americans live in low income neighborhoods that offer fewer opportunities for healthy living than residents in adjacent higher wealthy communities.

Low-income zip codes have 25% fewer chain supermarkets and 1.3 times as many convenience stores compared to middle income zip-codes.

Children from low-income families are less likely to have access to high quality early education and less likely to be prepared to succeed in school.

In distressed urban communities, the large numbers of blighted and vacant homes depress property values.
YOUR ZIP CODE SHOULDN’T PREDICT HOW LONG YOU’LL LIVE, BUT IT DOES.

Your ZIP code isn’t just about your mailing address. It also illustrates how your environment affects your health. Some areas have significantly higher death rates than neighborhoods a few miles away because of numerous societal factors including the availability of healthy food, education levels and crime.
The Weight of SDOH Factors on Health Outcomes

Published online at countyhealthrankings.org, the Rankings help counties understand what influences how healthy residents are and how long they will live. The Rankings are unique in their ability to measure the current overall health of nearly every county in all 50 states.
The overall rankings in health outcomes represent how healthy counties are within the state. The healthiest county in the state is ranked #1. The ranks are based on two types of measures: how long people live and how healthy people feel while alive.
The map shows the distribution of Arizona’s health outcomes, based on an equal weighting of length and quality of life. Lighter shades indicate better performance in the respective summary rankings.
Let’s Talk – Health Equity

“What’s the matter? Stop complaining; it’s the same distance.”
Let’s Talk – Health Equity

Equality = Everyone benefits from the same supports: being treated equally

Equity = Different supports make it possible for them to have equal access: equitable

Ultimate Goal = Removal of the Systemic Barrier
We need a new way of thinking. What does that mean?

**IMPACT STRATEGY:**

Engage individuals and organizations to build an **equitable, sustainable culture of health** in communities so that all Americans live healthfully in environments that support healthy behaviors, timely and quality care, and well-being.

**KEY PRINCIPLES:**

- Scalability
- Sustainability
- Equity Improving
- Science-based

A Culture of Health
Community Focus & Collective Impact

Many of the underlying risk factors that contribute to health disparities are the result of where we live, learn, work and play. These factors, commonly called "social determinants of health," interact to impact health and contribute to health disparities. Eliminating health disparities will necessitate behavioral, environmental, and social-level approaches to address issues such as insufficient education, inadequate housing, exposure to violence, and limited opportunities to earn a livable wage.

The American Heart Association/American Stroke Association strives to address social determinants of health by aligning with key partners to support initiatives, programs and resources that safeguard health equity.
Socioecological Model

- Global, Federal Legislative/Regulatory and Industry Environments
- Local, State Legislative/Regulatory and Industry Environments
- Community (Work, School, Religious, Neighborhood)
- Family, Friends, Social Networks
- Individual
Impact Strategy & Key Principles

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ACTION STRATEGIES:
- Policy, Systems, and Environmental Change
- Transformational Relationships
- Targeted Universalism & Twin Approach
Heart Health in Arizona
Heart Health in all Native American Populations

• Heart disease is the leading cause of death for all Americans, including American Indians and Alaska Natives (AI/AN). More AI/AN men and women over age 45 die from Cardiovascular Disease than any other disease.

• CVD is the second leading medical cause of death after cirrhosis for Indian men and women ages 15-44. However, it is a relatively recent phenomenon among native populations.

• The prevalence of CVD has increased as more people adopt Western lifestyles characterized by high-fat, high-calorie diets and low levels of physical activity. Complicating efforts to combat risk factors is the lack of access many Native Americans have to clinical preventive services and health education. (NHLBI)

• Stroke is the fifth leading cause of death among American Indians and Alaska Natives.

• American Indians and Alaskan Natives die from heart disease at younger ages – with 36% dying under the age of 65 versus 17% in the overall US population.

• Diabetes, which often accompanies heart disease, is more prevalent in Blacks, Mexican-Americans, American Indians and Alaskan Natives than in non-Hispanic whites.
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