Existing Knowledge

- National Panel Meeting
  - Composed of 33 researchers, practitioners and community members.

- Review of the Literature
  - Inclusive of grey literature, nontraditional research, and practice based-evidence
“One thing of course we must expect to find, and that is a much higher death rate at present among Negroes than among whites. This is one measure of the difference in their social advancement…”

~ W. E. B. DuBois~
Interventions have focused on healthcare systems and individual behaviors.

Health status is a function of a myriad of factors.

To promote health equity must address the root causes of poor health outcomes.
Public Health Models

- Conditions that foster disparities:
  “Social determinants of health are life-enhancing resources such as food supply, housing, economic, and social relationships, transportation, education, and health care whose distribution across populations effectively determines length and quality of life.”
Social Determinants

- local economy
- transportation
- access to healthcare providers
- education
- health insurance
- employment opportunities
- access to healthy food
- security and safety
- recreation and leisure activities
- quality/affordable housing
Ethnic/racial underutilization of services

- Socioeconomics/lack of health insurance
- Poor quality of care – SES, geographic factors
- Lack of cultural fit – linguistic and culturally competent providers
- Provider bias/discrimination
- Mistrust of institutions and traditional providers
- Stigma
Whole-Stream Approach

- Upstream determinants – change policies and environmental conditions to promote health.
- Downstream determinants – individual interventions
Similar determinants of chronic conditions

- Environments plays a larger role in the onset of conditions.
- Progression of conditions is impacted more by access and quality of care.
Health is …

“a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity that enables people to lead socially and economically productive lives” (World Health Organization, 1979).
## Resiliency Paradigm

<table>
<thead>
<tr>
<th>RISK FACTORS</th>
<th>PROTECTIVE FACTORS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poverty</td>
<td>Hope/optimism</td>
</tr>
<tr>
<td>Community disorganization/violence</td>
<td>Social competence</td>
</tr>
<tr>
<td>Inadequate schools</td>
<td>Supportive family relationships</td>
</tr>
<tr>
<td>Trauma - racism</td>
<td>Parental structure/monitoring</td>
</tr>
<tr>
<td>Low birth weight</td>
<td>Availability of resources</td>
</tr>
<tr>
<td>Genetic vulnerability</td>
<td>Social norms</td>
</tr>
<tr>
<td>Family conflict</td>
<td>Sense of community/social connection</td>
</tr>
<tr>
<td>Maternal mental disorder</td>
<td>Spirituality/Religion</td>
</tr>
<tr>
<td>Dysfunctional childrearing environment</td>
<td>Bicultural orientation</td>
</tr>
<tr>
<td>Chronic health conditions</td>
<td></td>
</tr>
<tr>
<td>Direct and Indirect</td>
<td>Poor physical health</td>
</tr>
<tr>
<td>--------------------</td>
<td>---------------------</td>
</tr>
</tbody>
</table>

- Poor physical health
- Poor mental health
- Substance Use
Research documents the association between religion/spirituality and positive mental health, less substance use and better physical health.

Numerous studies document the protective effects of social connections.
Effective Interventions

- Comprehensive community interventions
- Integrated Care
- Promotoras de salud/CHWs
- Culturally and linguistically relevant and evidenced-based interventions
- Early Childhood Programs
- Policy Initiatives
Comprehensive Community Interventions

- Effective in changing environmental conditions that are linked to chronic physical and mental health conditions
  - Should be guided by best available evidence
Action Model

Social Determinants of Health

Interventions
- Policies
- Programs
- Prevention Interventions
- Health Literacy

Outcomes
- Behavioral outcomes
- Specific risk factors
- Health-related quality of life
- Health equity

Assessment, evaluation, and dissemination

(Adapted from Healthy People 2020)
Integrative Care

“The systematic coordination of physical and behavioral health services”

- Co-location
- Coordination
- Engage consumers in the treatment process
- Evidence-based guidelines
- Clinical information systems
Promotoras/Community Health Workers

“Lay members of communities who work either for pay or as volunteers in association with the local health care system and usually share ethnicity, language, socioeconomic status, and life experiences with the community they serve.”
Empirically supported treatments culturally adapted interventions, and culturally grounded interventions are effective/promising.

Consumers prefer and report increased satisfaction with culturally congruent interventions/staff – connected to increased engagement, retention and favorable outcomes.
Culture and Evidence-Based Practice

- **Universal**
  - Evidenced-Based Interventions

- **Culturally Adapted**
  - Surface & Deep Cultural Adaptations

- **Culturally Grounded**
  - Cultural is primary
Early Childhood Programs

- Early childhood interventions are an effective strategy for reducing adult health disparities
  - Head Start & the Nurse-Family Partnership are directly linked to improved outcomes in childhood achievement scores, social emotional behaviors, and IQ scores
  - Some studies have followed children long enough to document higher educational attainment and employment status among those who receive early childhood interventions.
Policy Initiatives

- Early childhood programs
- Tobacco Control Legislation
- Health Care Coverage
- Income Supplement Programs
  - Earned Income Tax Credit
  - Income Supplements
Next Steps

- Develop advanced competencies and practice guidelines for addressing behavioral health disparities.
- Proposal development – to develop and implement content into curricula in various schools of social work across the country.