

# Social Determinants of Health

Top 3 Things for Lifestyle Coaches to Know



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# Top 3 Things for Lifestyle Coaches to Know

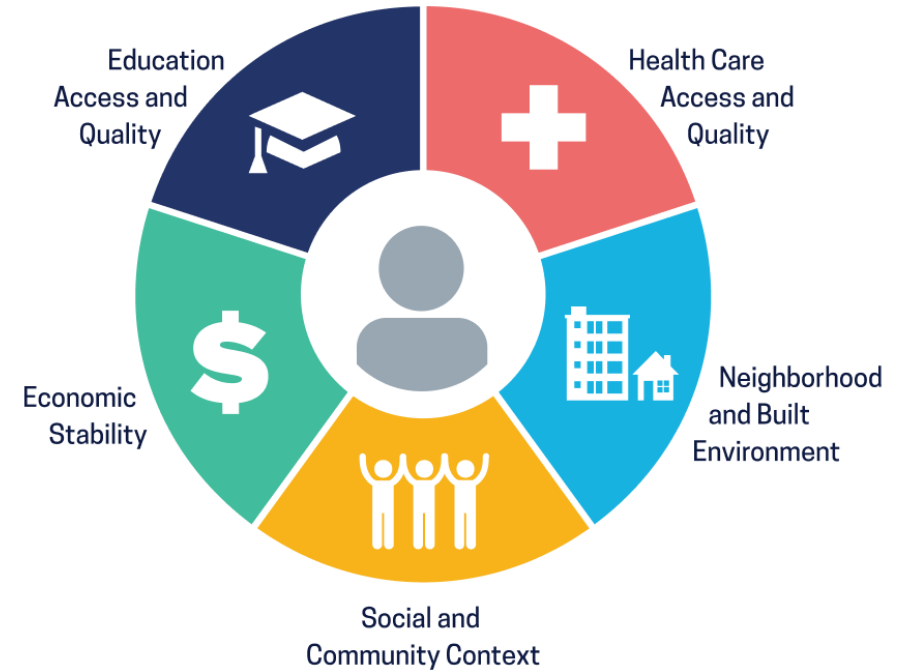
1. What are social determinants of health (SDOH)?
2. How does SDOH impact participant realities?
3. How can a lifestyle coach use SDOH to support participants success?

# What are the Social Determinants of Health (SDOH)?

## 5 Domains:

1. Economic Stability
2. Education Access and Quality
3. Health Care Access and Quality
4. Neighborhood and Built Environment
5. Social and Community Context

## Social Determinants of Health

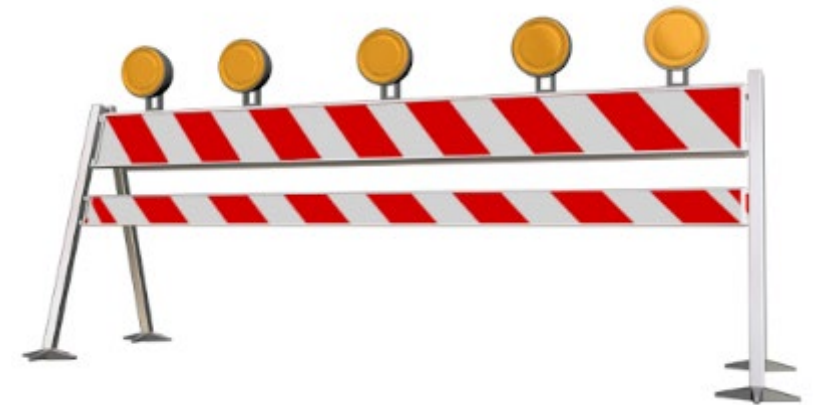


Social Determinants of Health  
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 Healthy People 2030

# What are barriers?

- An obstacle that prevents movement or access
- Decreases participants ability to participate in the National DPP or limits their ability to prevent or delay type 2 diabetes.



# Barriers that may impact your participants



*Participant A*

Barriers:

- Transportation
- Time
- Childcare
- Money
- Access to Food



*Participant B*

Barriers:

- Childcare
- Time

# Uncovering Needs and Realities

- Formal screening tool for Social Determinants of Health (SDOH)
- Informal screening for SDOH
- Needs assessment/landscape assessment data
- Coach insights and information from participants
- Referring providers
- Other

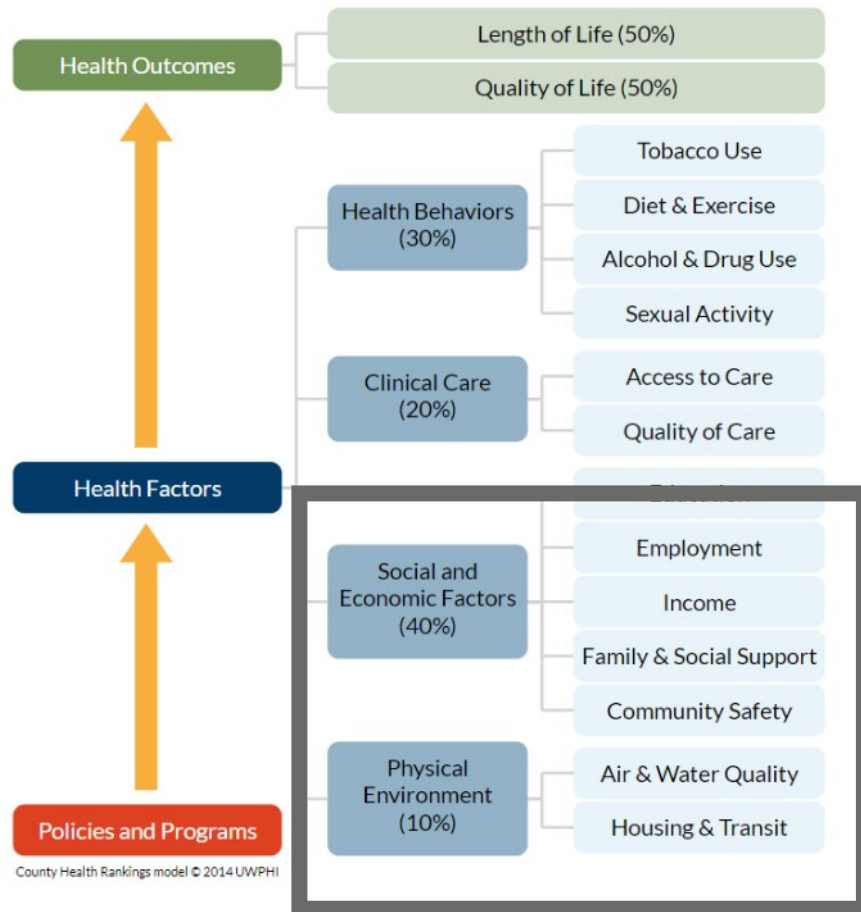


# PRAPARE Example

- Personal Characteristics such as race, ethnicity, and language
- Family Life such as number of people in your home, your living situation (housed or unhoused) and if you're concerned about losing your housing
- Money & Resources such as education level, work situation, health insurance status, transportation, and income
- Social & Emotional Health such as frequency of social activities and stress level
- Other questions related to criminal history, refugee status, physical and emotional safety in environment, and fear of partner or spouse

To see the assessment visit [prapare.org](https://prapare.org)

# Impact of Social Determinants

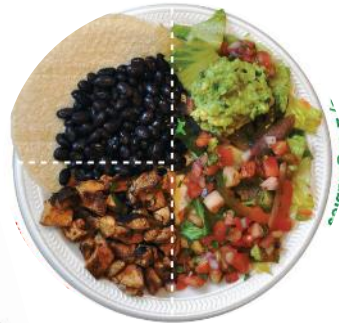


Social determinants of health make up 50% of what is considered health

# Changing Behavior in a Social Environment



# Guiding Principle: Take into Account Participant Needs and Realities



Se Habla Español



# Lifestyle Coaches Recognize and Respond to Participants Realities and Needs

## Lifestyle Coaches respond with:

- Attitude of helpfulness
- Empathy
- No judgment
- Cultural humility
- Resourcefulness
- Sensitivity to the group dynamic
- Tailoring conversations, examples and visuals to the diversity in the room



# Participant Realities

“Fresh and frozen veggies are healthy options to incorporate into your eating plan.

What do you know about choosing and preparing canned veggies and fruits?”



# Addressing Barriers

- Aligned Incentives
  - Transportation vouchers
  - Cooking tools
  - Fresh fruit and vegetables
- Cost of program
  - Sliding scale fee
  - No/Low cost programs



# Addressing Barriers

- Logistics
  - Location
  - Time of day
- Education
  - Tools for low literacy
  - Visual aids
  - Materials available in native languages





# Key Takeaways

- Take into account participant needs and realities
  - Barriers may include:
    - Transportation
    - Access to safe physical activity
    - Access to healthy food
- Need to focus on the whole picture, including built environment and access to resources to change behavior
- Social Determinants of Health
  - Conditions in the environments in which people are born, live, learn, work, play, worship, and age
- There are various ways to screen for SDOH needs
- Lifestyle Coach roles include being empathetic, nonjudgmental, and practicing cultural humility