

Sacramento Promise Zone

Mind, Body, & Spirit Health Series



Social Determinants of Health and Relationship to Health and Well-Being

Digital Guide



Samuel Merritt
University



Sacramento Promise
ZONE
Connecting partners and resources

Intro

The Sacramento Promise Zone has partnered with Samuel Merritt University to host a bimonthly *mind, body, & spirit* webinar series that features medical professionals sharing information focused on improving health outcomes and eliminating disparities.

This digital guide offers the valuable information from the webinar series in a convenient, accessible, and printable format. Just like the webinars themselves, the guide is completely free to download, re-upload, and share with others. We encourage you to share it with all of your networks, family, and friends. Together, we can make an impact on the health disparities that our communities face.

For more information, please visit the official website [here](#).

Presenter

Myika Ramirez MSN, RN

Assistant Professor, Samuel Merritt University



Myika Ramirez has 26 years of healthcare experience. She received her Bachelor of Science in Nursing (BSN) degree from Seton Hall University. She obtained her Master's (MSN) degree from the University of Pennsylvania where she studied Nursing Administration and Healthcare Management. She has been a member of the College of Nursing faculty at Samuel Merritt University since 2008. Her professional areas of focus include nursing leadership, health policy and public health nursing. Her clinical areas of focus include Labor & Delivery, Postpartum and Neonatal ICU nursing practice.

She is the proud parent of 2 young daughters and actively volunteers in the San Jose Unified School District as a parent volunteer. She also serves as a troop leader for the Girl Scouts of America organization for the past five years with a focus on health, wellness and leadership development in young girls.

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Social Determinants of Health and Relationship to Health and Well-Being



[Click here to watch the presentation.](#)

Myika's Story:

- Myika shares her experience of having a stroke at the age of 47 and relates it to the Social Determinants of Health.
- 5 days after the image on the left, Myika collapsed in the lobby of her church. The middle photo is Myika in the ICU 2 days after her stroke. The right side of her body was still turned off. The image on the right is Myika in the rehab facility, finally able to stand on her own.
- Myika credits the success of her recovery in part to the resources she has access to including education, healthcare knowledge and field experience, good health insurance, and her network.

“When we look at Social Determinants of Health what we’re really talking about are what are the things that are out of peoples’ control that impact their level of health, their quality of life, and the outcomes that they will experience.”



There are 5 key domains in which the Social Determinants of Health can be categorized:

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

The CDC has identified these 5 areas as key origins of the health disparities in the United States. In order for an individual to change their outcome, health disparities and inequities must be addressed on a systemic level.

In healthcare, we often fail to look at the Social Determinants of Health when treating someone for health issues. Lack of employment, poverty, food insecurity, language barriers, early childhood education, childcare, and lack of transportation have a direct impact on an individual's health outcome.

“One of the ways we let people down the most in healthcare is when we see people coming into the system over and over again that are not thriving, not doing well... we send them home and we give them nutritional education, we give them the medication that they’re supposed to take, we teach them how to take the medication. We do all of these things, and then they come back two to three weeks later... and we label them as being non-compliant. To me, that is the biggest slap in the face because you can make a plan for somebody, but if that plan is unattainable then it’s not a plan worthy of that person.”

Social Determinants of Health and Relationship to Health and Well-Being



The ideal healthy environment provides:

- Clean air
- Clean water
- Low noise pollution
- Safe roads and walkways
- An environment free of toxins

Yet so many people live in environments that contain:

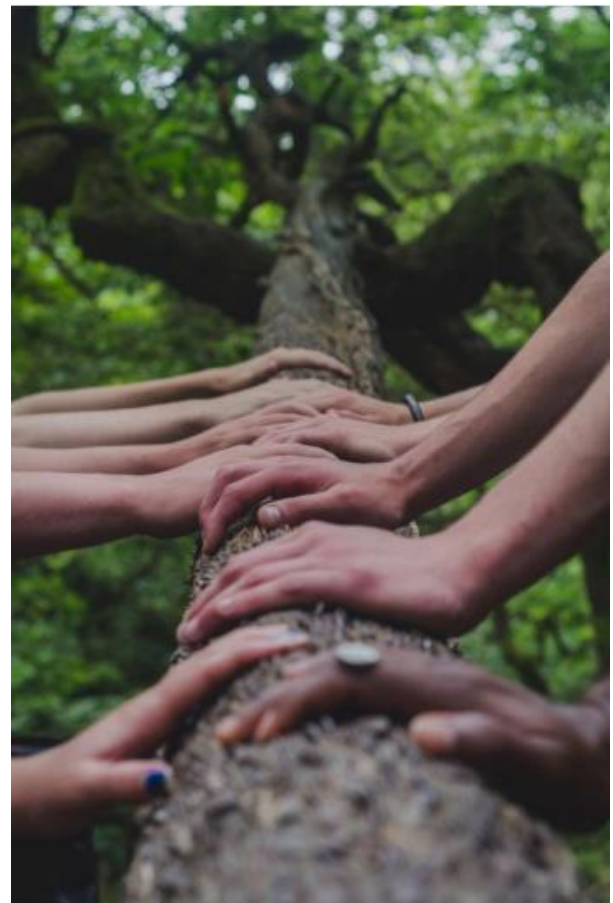
- Polluted air
- Contaminated water
- Extreme heat
- Lead

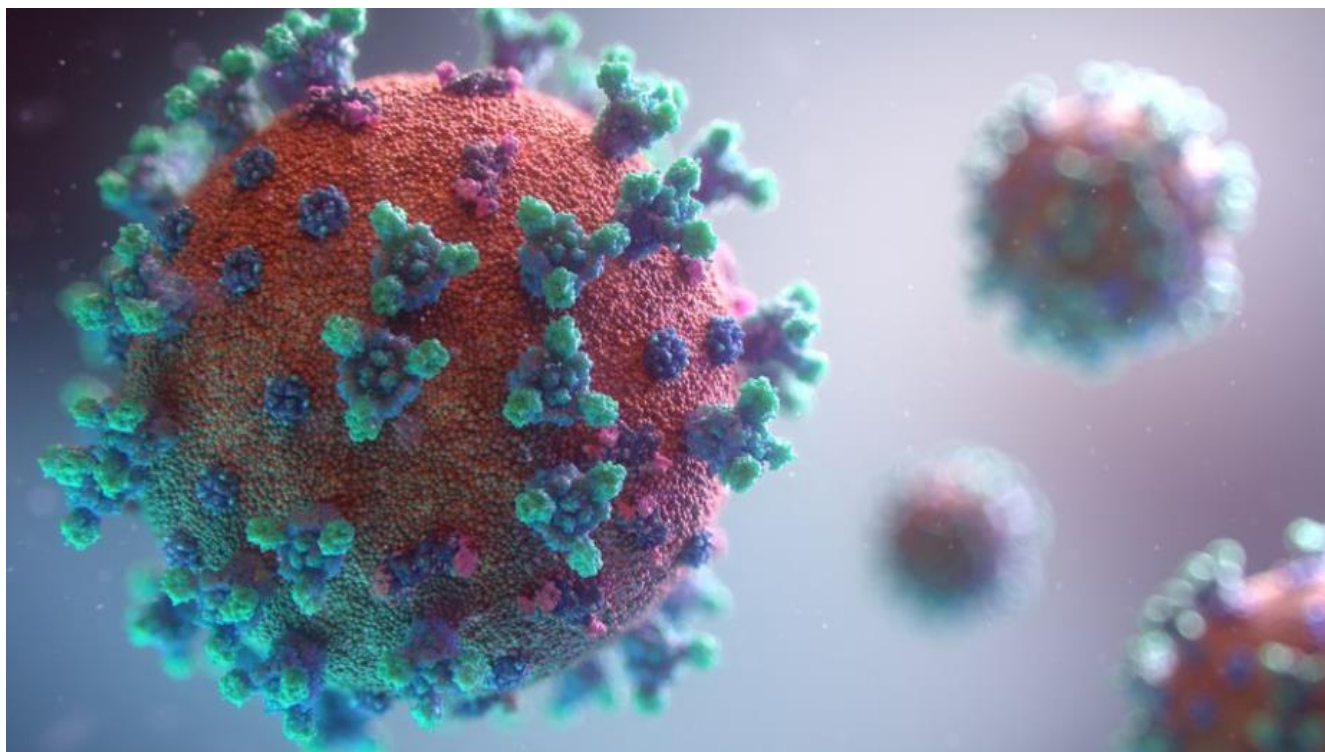
Social and Community Considerations:

Addressing these 4 considerations can lessen the cumulative stress that an individual experiences.

1. Social Cohesion
2. Social Capital
3. Discrimination
4. Incarceration

There are disproportionately more Black and Hispanic Americans being incarcerated. Increasing reintegration efforts after incarceration can reduce risk of families experiencing poverty, food instability, and long term unemployment.





“COVID has really revealed the cracks in our system in terms of health disparity.”

COVID and the Social Determinants of Health

A higher percentage of those who have contracted COVID are among racial/ethnic minorities compared to white American counterparts.

The same disparity can be seen in the overall deaths resulting from COVID-19.



CDC COVID

[Click Here](#)



Healthy People 2030

[Click Here](#)



CDC SDOH

[Click Here](#)

Special Thanks



Dr. Alice Vestergaard
Instructor, Samuel Merritt University



Julius Austin
*Promise Zone Coordinator, Sacramento
Housing and Redevelopment Agency*



AmeriCorps



The Mind, Body, & Spirit series is also made possible by the AmeriCorps VISTA members of the [Sacramento Promise Zone](#).

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