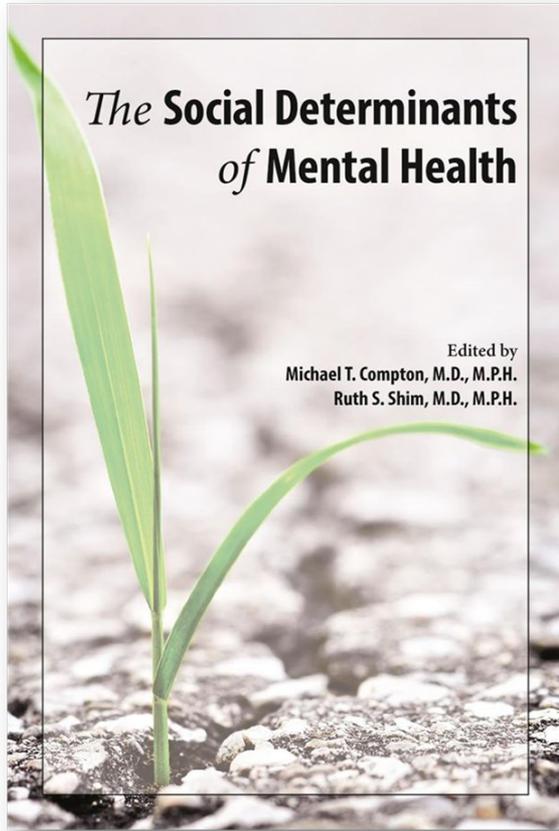




The Social Determinants of Mental Health

Michael T. Compton, M.D., M.P.H.



- The societal, environmental, and economic conditions that impact and affect mental health outcomes across various populations
- These conditions are shaped by the distribution of money, power, and resources at global, national, and local levels, which are themselves influenced by policy choices
- The social determinants of health are prominently responsible for health disparities and inequities seen within and among populations

World Health Organization: Closing the Gap in a Generation: Health Equity through Action on the Social Determinants of Health: Commission on the Social Determinants of Health, 2008.

The social determinants of health are prominently responsible for **health disparities and inequities.**

Health disparities: differences in health status among distinct segments of the population including differences that occur by gender, race or ethnicity, education or income, disability, or living in various geographic localities

Health inequities: disparities in health that are a result of systemic, avoidable, and unjust social and economic policies and practices that create barriers to opportunity

The Social Determinants of Health



LIVE



LEARN



WORK



PLAY

Health begins where we live, learn, work, and play.

Your zip code may be more important to your overall health than your genetic code.



Social Justice

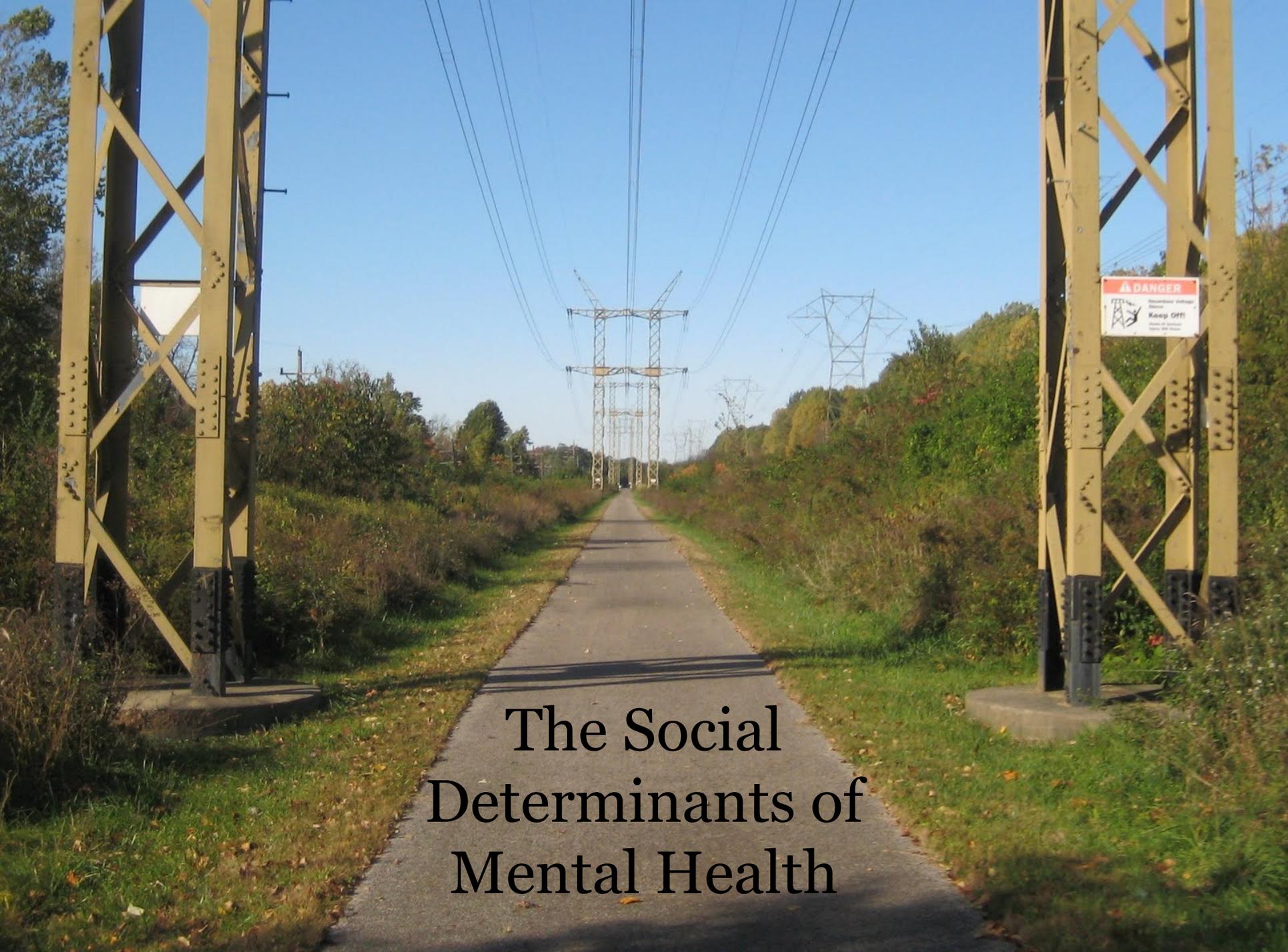
Defining Social Justice

Assuring the protection of equal access to liberties, rights, and opportunities, as well as taking care of the least advantaged members of society.

John Rawls

How Does Social Justice Relate to Health?

- Social justice is considered the moral foundation of public health.
- It strives to ensure that individuals in a society have equal opportunities to lead healthy, meaningful, and productive lives.

A paved path leads through a utility corridor. On either side of the path are tall, yellow metal lattice towers. In the distance, several high-voltage power line towers are visible against a clear blue sky. The ground is covered with green grass and some fallen leaves, suggesting an autumn setting. A warning sign is attached to the tower on the right.

The Social Determinants of Mental Health

⚠ DANGER
High Voltage Electricity
Keep Off!
State of Michigan
Department of Energy

Not distinctly different from the social determinants of *physical* health

But deserve special emphasis, because:

- mental illnesses and substance use disorders are highly prevalent and highly disabling
- behavioral health conditions are high-cost illnesses
- *they likely have more powerful effects on mental health than on physical health conditions*
- *unlike most physical health conditions, mental illnesses are not only created in part by social determinants, but also lead to social “determinants” that worsen course and outcomes*

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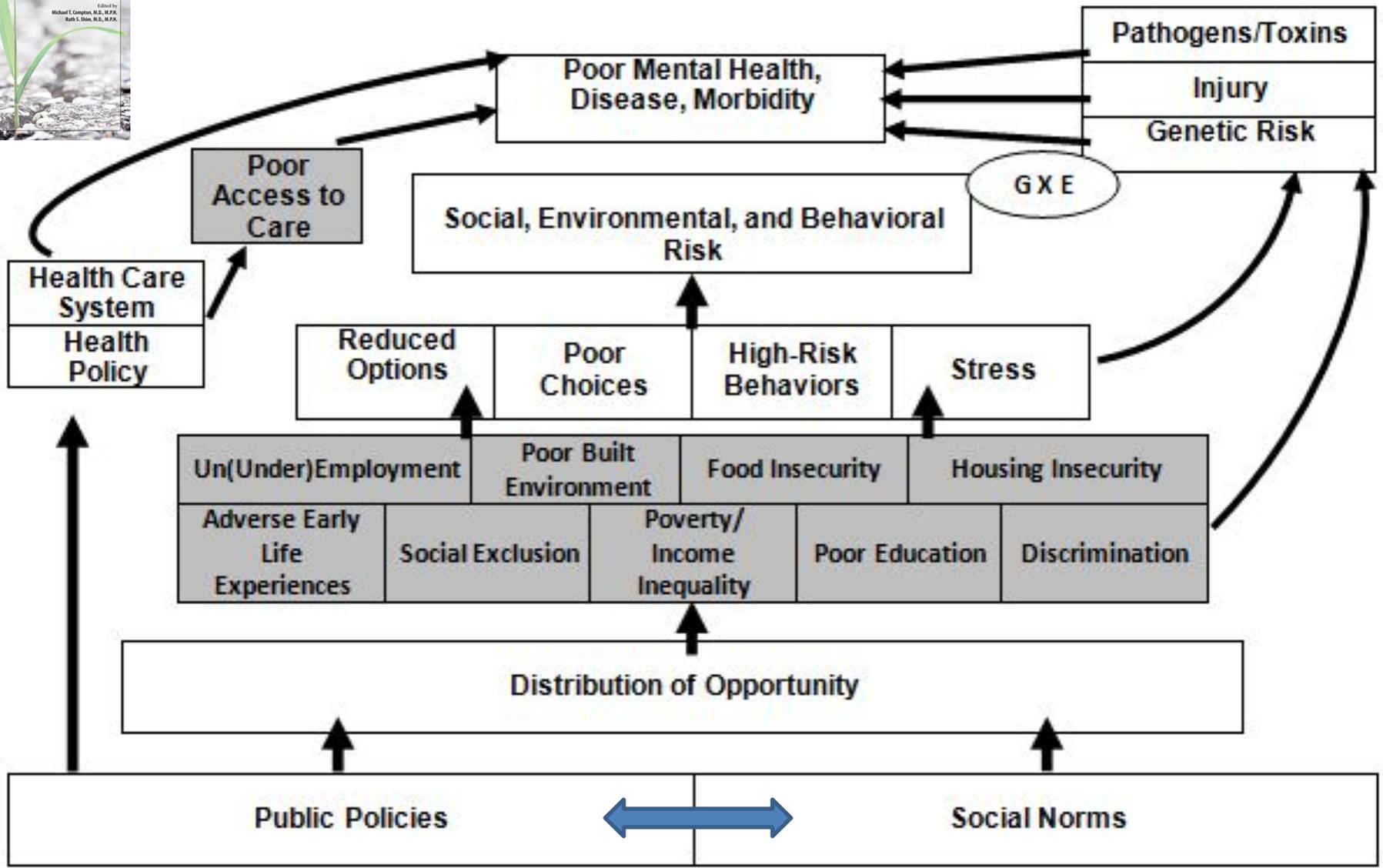
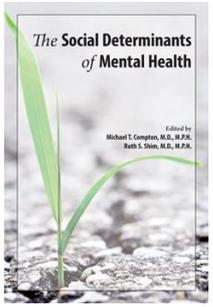
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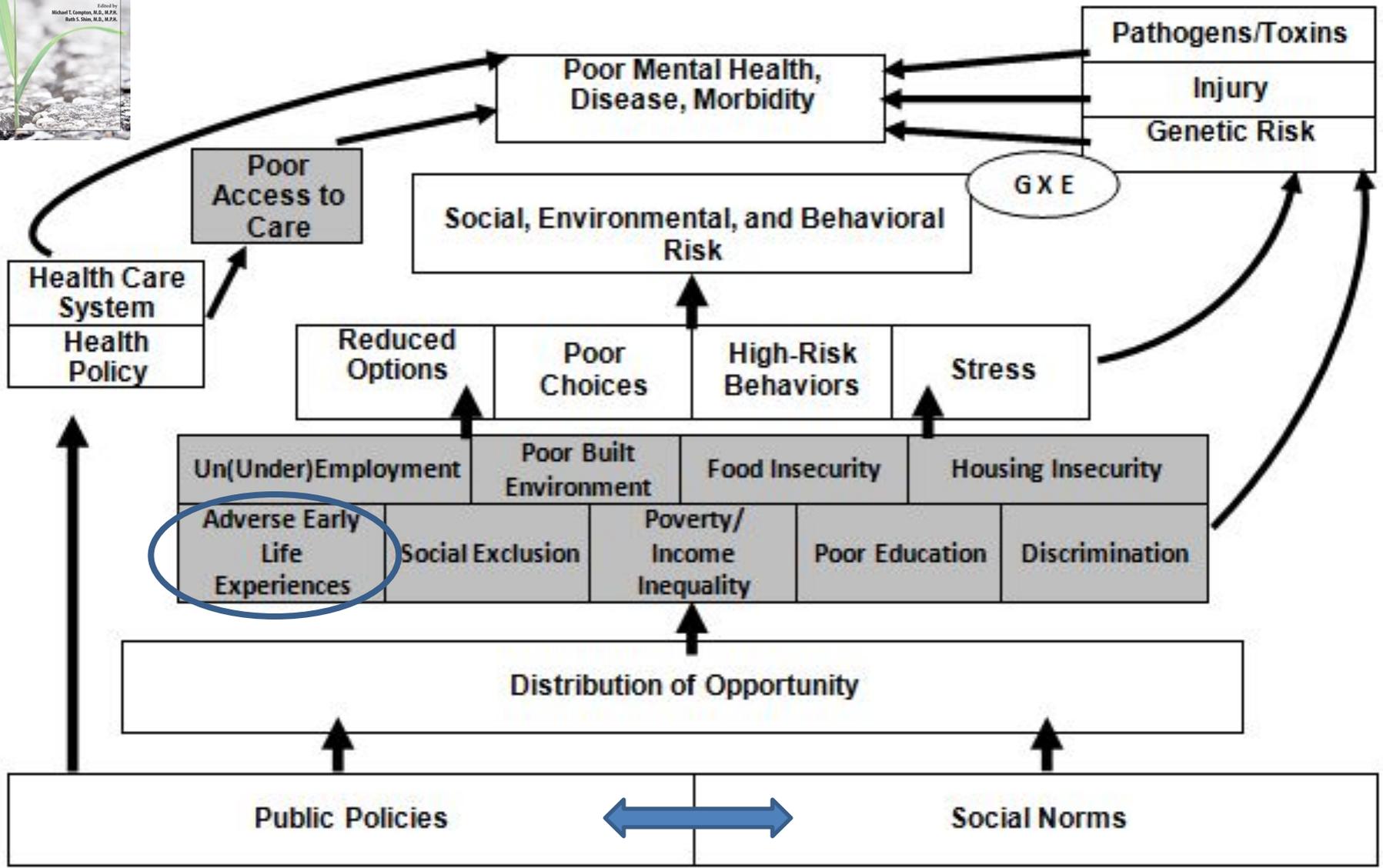
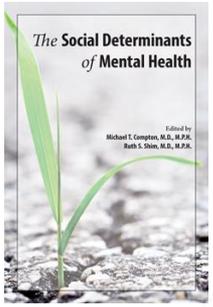
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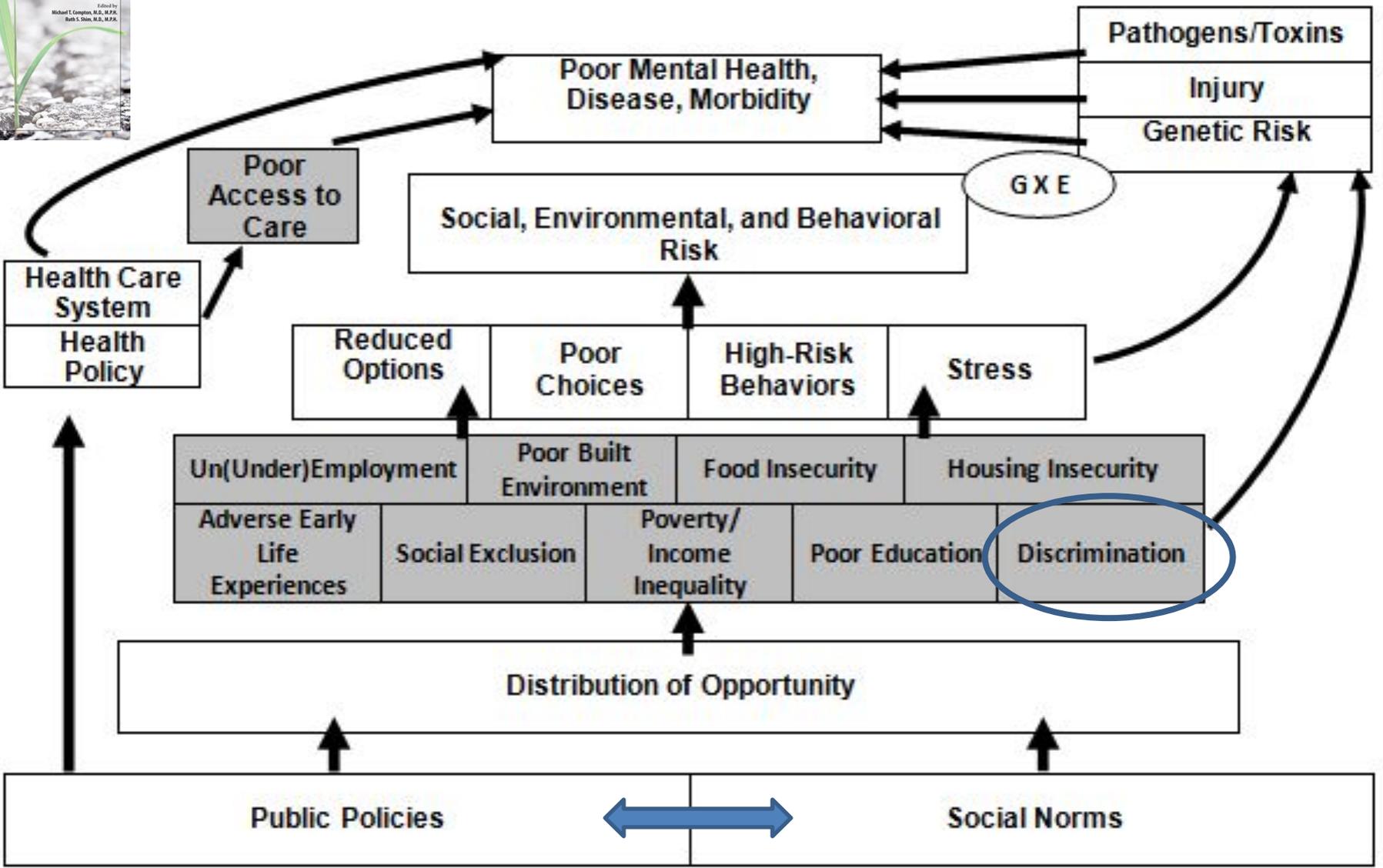
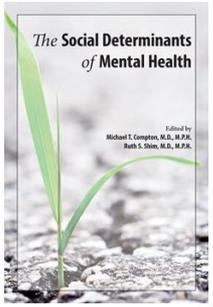
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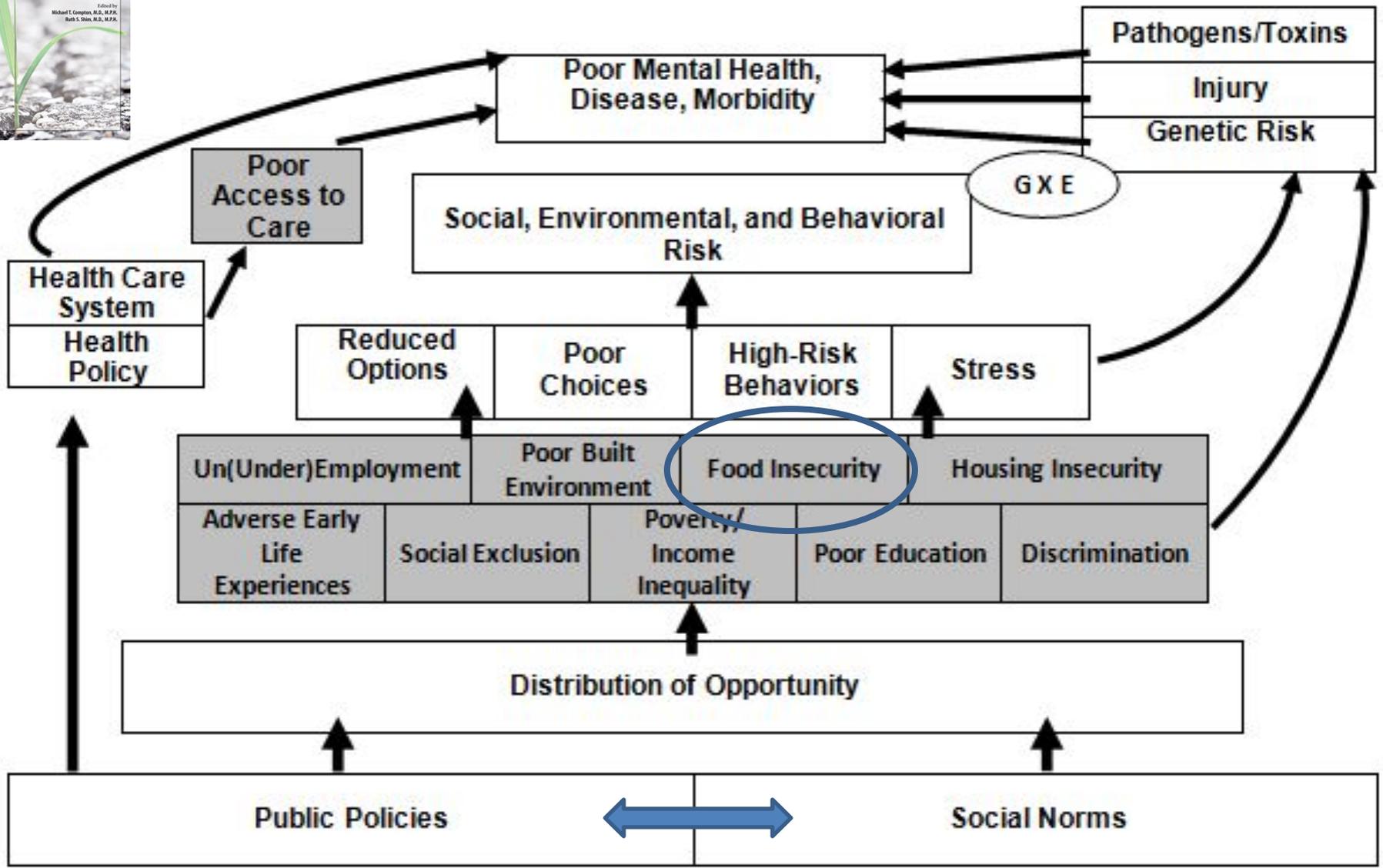
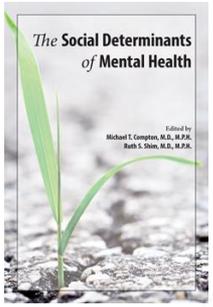
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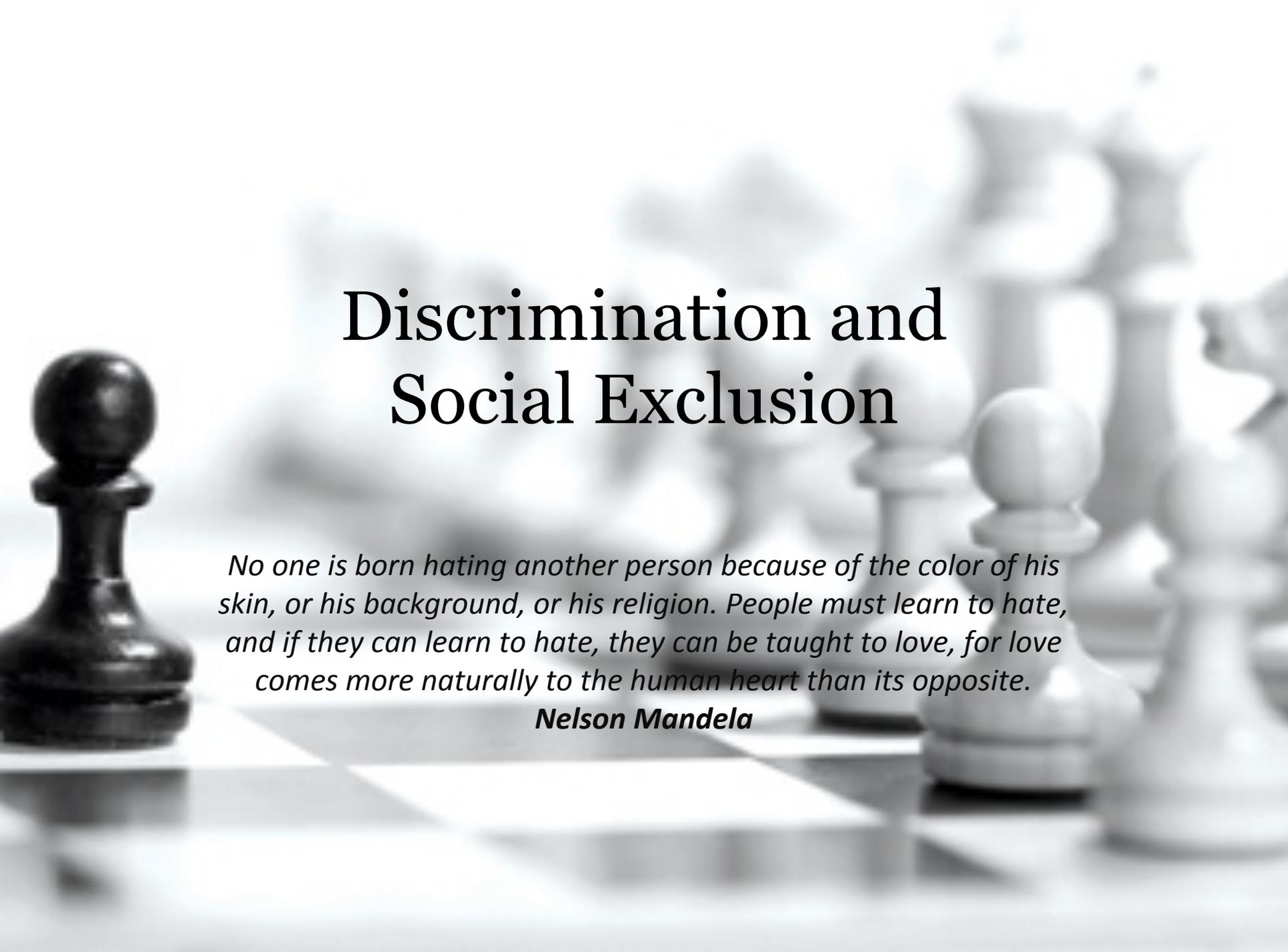
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Discrimination and Social Exclusion

No one is born hating another person because of the color of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite.

Nelson Mandela



Adverse Early Life Experiences

The Child is father of the Man.

William Wordsworth

Poor Education and Educational Inequality

The school is the last expenditure upon which America should be willing to economize.

Franklin D. Roosevelt

drop-out

ping out.

a course
from high school after having

so.

4.

a person who wishes
to pursue an alternative
from a conventional
the pre

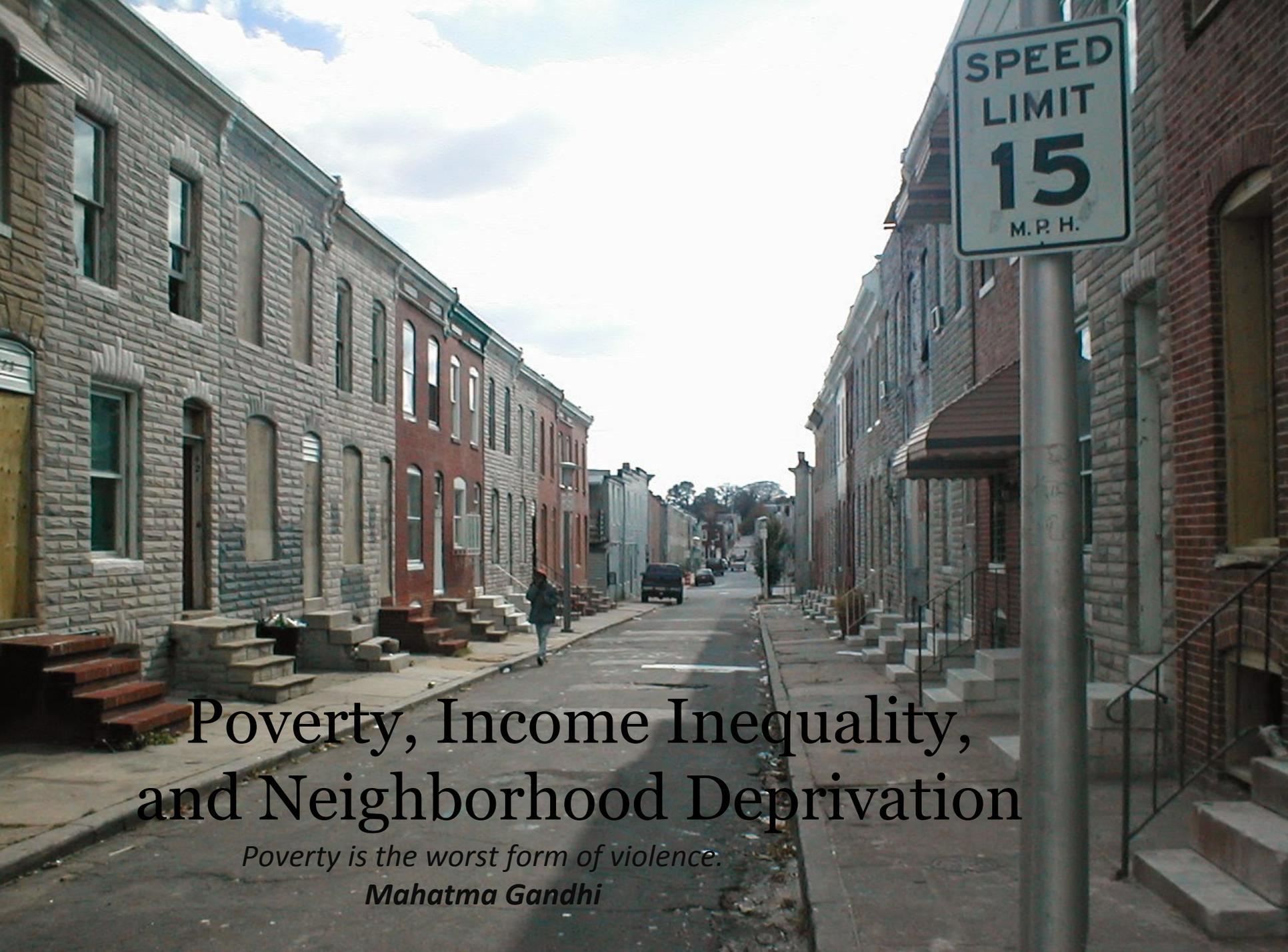
Unemployment, Underemployment, and Job Insecurity

*If a man doesn't have a job or an income,
he has neither life nor liberty nor
the possibility for the pursuit of happiness.*

He merely exists.

Martin Luther King, Jr.





Poverty, Income Inequality, and Neighborhood Deprivation

Poverty is the worst form of violence.

Mahatma Gandhi

An open refrigerator with a few items on a shelf. The items include a yellow bag of 'WOODSTOCK' brand produce, a blue bag, and some other food items. The refrigerator is otherwise empty, with a white wire shelf and a white plastic crisper drawer visible. The background shows the interior of the refrigerator with some vents.

Food Insecurity

*There will never cease to be ferment in the world
unless people are sure of their food.*

Pearl Buck

A photograph of a residential area featuring several two-story brick apartment buildings. A paved walkway leads through a grassy area between the buildings. There are trees and a utility pole in the background. The sky is overcast.

Poor Housing Quality and Housing Instability

The connection between health and the dwelling of the population is one of the most important that exists.

Florence Nightingale

Adverse Features of the Built Environment

Where you stand depends on where you sit.

Nelson Mandela





I'M UNINSURED

Poor Access to Health Care

*Of all the forms of inequality, injustice in health care
is the most shocking and inhumane.*

Martin Luther King, Jr.

The Causes of the Causes

- “The Fundamental Causes of Disease”
- If risk factors are the precursors of disease, then the environmental and contextual factors that precede or shape these risk factors are the causes of the causes.

The Causal Chain

“Why is Jason in the hospital?”

Because he has a bad infection in his leg.

But why does he have an infection?

He has a cut on his leg and it got infected.

But why does he have a cut on his leg?

He was playing in a junk yard next to his apartment building and fell on some sharp, jagged steel there.

But why was he playing in a junk yard?

His neighborhood is run down. Kids play there and there is no one to supervise them.

But why does he live in that neighborhood?

His parents can't afford a nicer place to live.

But why can't his parents afford a nicer place to live?

His dad is unemployed and his mom is sick.

But why is his dad unemployed?

Because he doesn't have much education and he can't find a job.

But why?



Example 1:
Adverse
Early Life
Experiences

Adverse Early Life Experiences

Inconsistent, threatening, hurtful, traumatic, or neglectful social interchanges experienced by fetuses, infants, children, or adolescents.

The Adverse Childhood Experiences (ACE) Study

- Surveyed over 17,000 adults about childhood issues and current health status.
- ACEs (occurring in the first 18 years of life): abuse (emotional, physical, or sexual), neglect (emotional or physical), and household dysfunction (mother treated violently, household substance abuse, household mental illness, parental separation or divorce, incarcerated household member). Created the ACE Score.

Felitti VJ, Anda RF, Nordenberg D, et al. Relationship of childhood abuse and household dysfunction to many of the leading causes of death in adults. The Adverse Childhood Experiences (ACE) Study. *Am J Prev Med.* 1998 ;14(4):245–58.

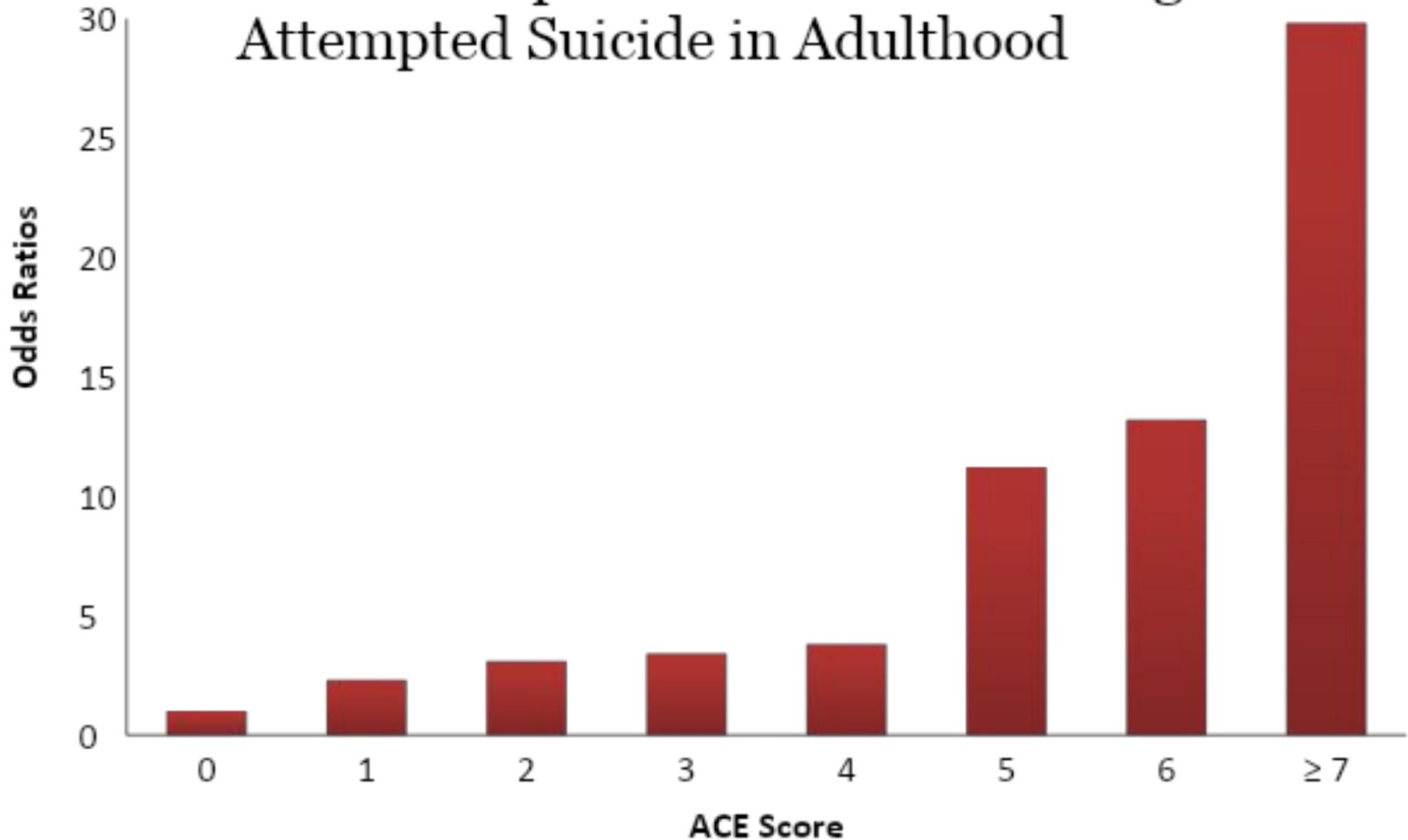
ACEs are Highly Prevalent

More than 60%
of the population
surveyed reported
one or more ACEs.

Health Problems Associated with ACEs

- Alcohol use disorders
- Depression
- Illicit drug use
- Suicide attempts
- Teen pregnancies
- Smoking
- COPD
- Fetal death
- Ischemic heart disease
- Liver disease
- Hearing voices
- Risk for intimate partner violence
- Multiple sexual partners
- STDs
- Unintended pregnancies
- Early initiation of smoking
- Early initiation of sexual activity
- Early mortality

Relationship of ACE Score to Having Attempted Suicide in Adulthood



Dube SR, Anda RF, Felitti VJ, et al. Childhood Abuse, Household Dysfunction, and the Risk of Attempted Suicide Throughout the Life Span. *JAMA* 2001;286(24):3089.



**Example 2:
Discrimination
and Social
Exclusion**

SOCIAL EXCLUSION

- Results from racism, discrimination, stigmatization, hostility, and unemployment
- These processes are socially and psychologically damaging, materially costly, and harmful to health
- People who live in, or have left, institutions, such as jails and prisons, children's homes, and psychiatric hospitals, are particularly vulnerable

TYPES OF DISCRIMINATION

- Interpersonal (individual)
- Institutional (organizational)
- Structural (systemic)
- Legal
- Illegal
- Overt (blatant)
- Covert (subtle)
- Can be *de jure* – mandated by law
- Or *de facto* – not sanctioned by law, but the standard practice

HEALTH & MENTAL HEALTH DISPARITIES

“African Americans have higher incarceration rates, higher unemployment, lower incomes, lower home and business ownership, less education, less healthcare, more disease, and lower life expectancy than whites. If you believe blacks are naturally dumb, sick, criminal, you have your answer for these discrepancies. *If, however, you resist using stereotypes to make sense of your world*, institutional racism provides a very practical (and very traceable) explanation for the inferior societal position of African Americans.”

HOW RACISM AFFECTS HEALTH

- 1) Can lead to truncated socioeconomic mobility, differential access to desirable resources, and poor living conditions that can adversely affect health
- 2) Experiences of discrimination can induce physiological and psychological reactions that can lead to adverse changes in health and mental health status
- 3) In race-conscious societies, the acceptance of negative cultural stereotypes can lead to unfavorable self-evaluations that have deleterious effects on psychological well-being

SELF-REPORTED RACISM ASSOCIATIONS

Increased negative mental health outcomes

- Depression
- Anxiety
- Psychological Distress
- Negative Affect
- PTSD

Decreased positive mental health outcomes

- Self-Esteem
- Life Satisfaction
- Control
- Mastery
- Well-Being



Example 3:
Food
Insecurity



Imagine:
Increasing
Risk for
Diabetes

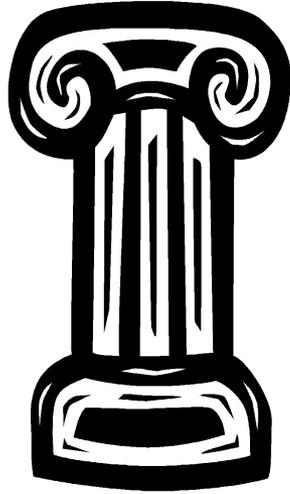


Imagine:
Increasing
Risk for
Depression

Food Insecurity

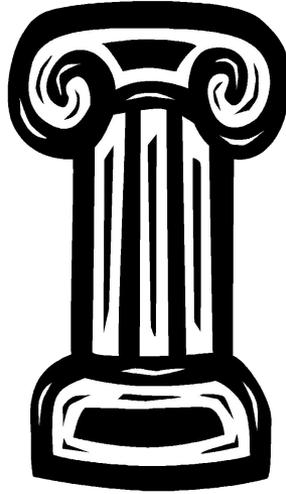
- A condition at the household level wherein the availability of nutritionally adequate and safe foods, or the ability to acquire such foods in socially acceptable ways, is limited or uncertain, oftentimes due to constrained economic resources.
- In 2007, 6.2 million U.S. households (15.8% of households with children) were food insecure at some time during the year.

Food Availability



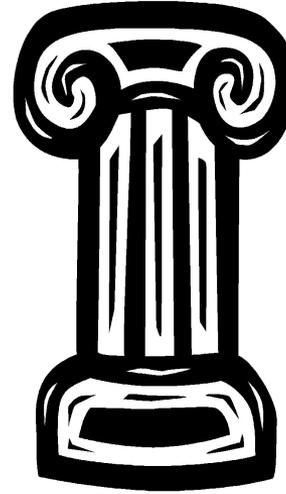
**sufficient quantities of
food available on a
consistent basis**

Food Access



**sufficient resources to obtain
appropriate foods
for a nutritious diet**

Food Use



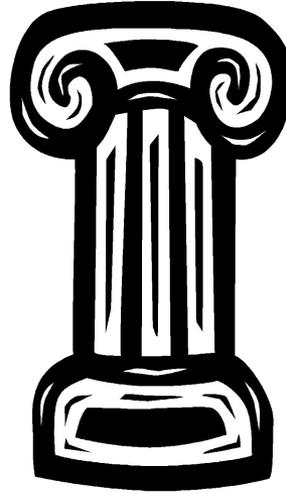
**appropriate use based on
knowledge of basic
nutrition and care**

Food Availability



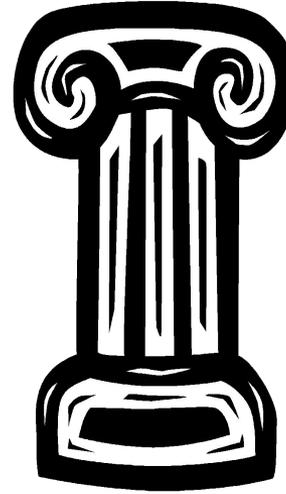
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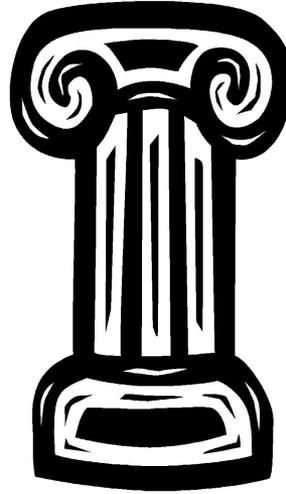


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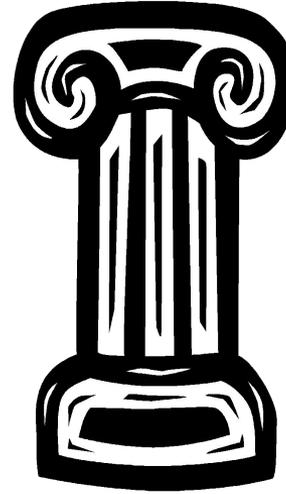
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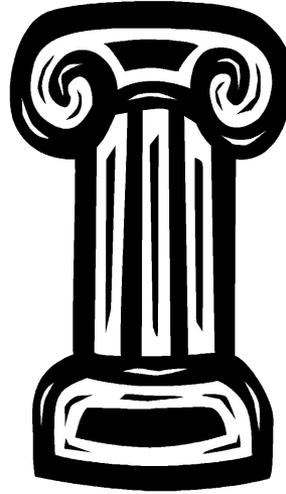
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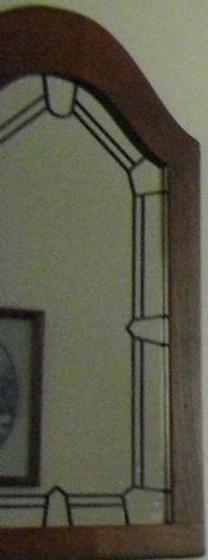


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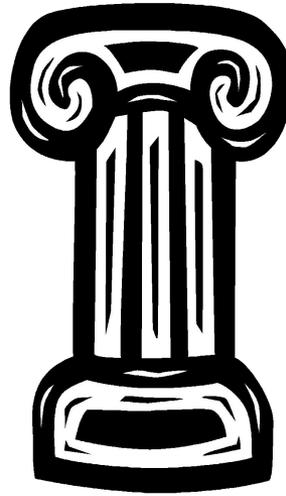


Food Availability



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consistent basis**

Food Access



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Food Use



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nutrition and care**

Food Insecurity and Mental Health

- Clear linkages to depression.
- Also related to generalized anxiety disorder and poor self-reported mental health status.
- Affects academic performance and social skills.
- Can cause behavioral problems, hyperactivity, and inattention in children.
- Can lead to increased suicidal ideation in adolescents.

The Food Insecurity-Obesity Paradox

- The two seemingly contradictory states of food insecurity and obesity coexist in economically vulnerable populations.
- This effect is particularly observed in women and children.
- Possible explanations for the food insecurity ~ obesity association include a diet consisting of inexpensive but energy-dense foods.

Rally's
HAMBURGERS


McDonald's
The Restaurant

QUALITY IS OUR RECIPE

Wendy's

Subway

LOUISIANA
P
KITCHEN

POPEYES

Hardee's

OLD FASHIONED
HAMBURGERS
TRY OUR NEW
FLATBREAD CHICKEN
SANDWICHES

WE ♥ SPRINGFIELD

9 Pp. Max
2.99 - 4.99
\$12.99

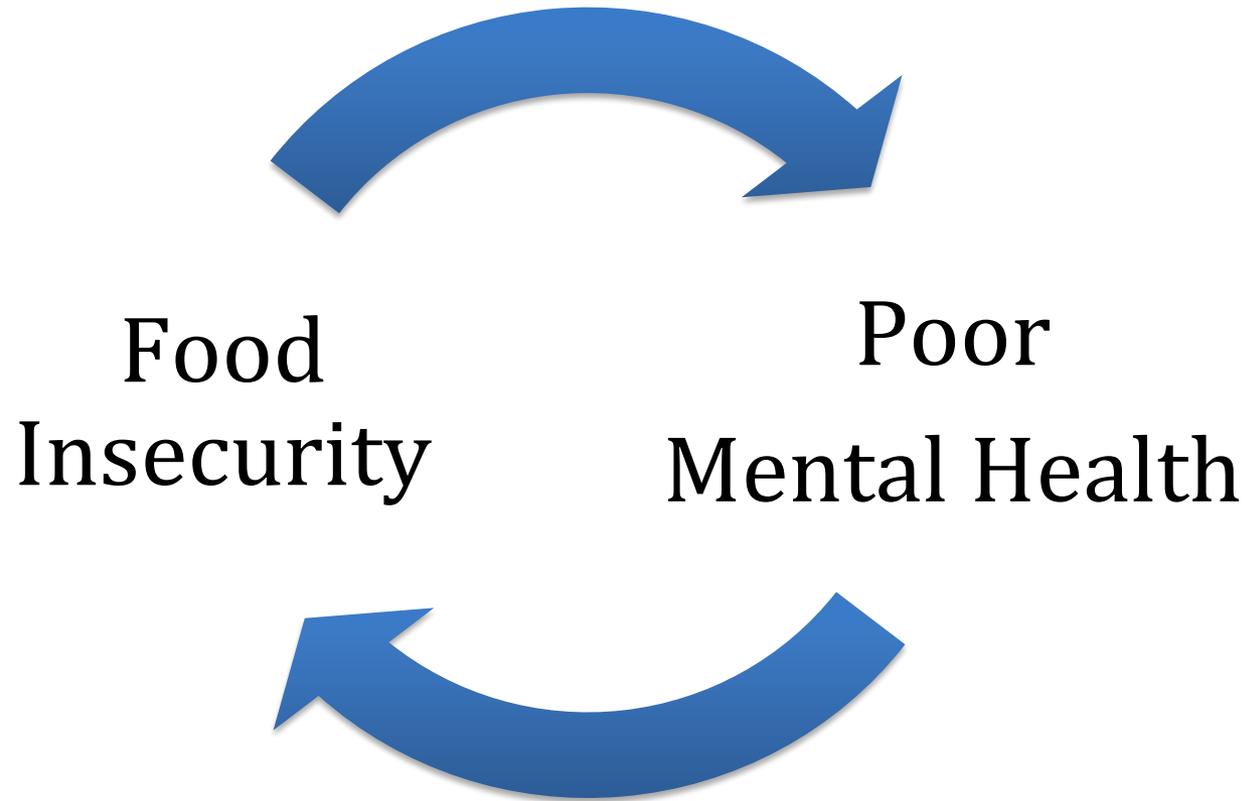
RUDY'S
SMOKE HOUSE
BARBEQUE

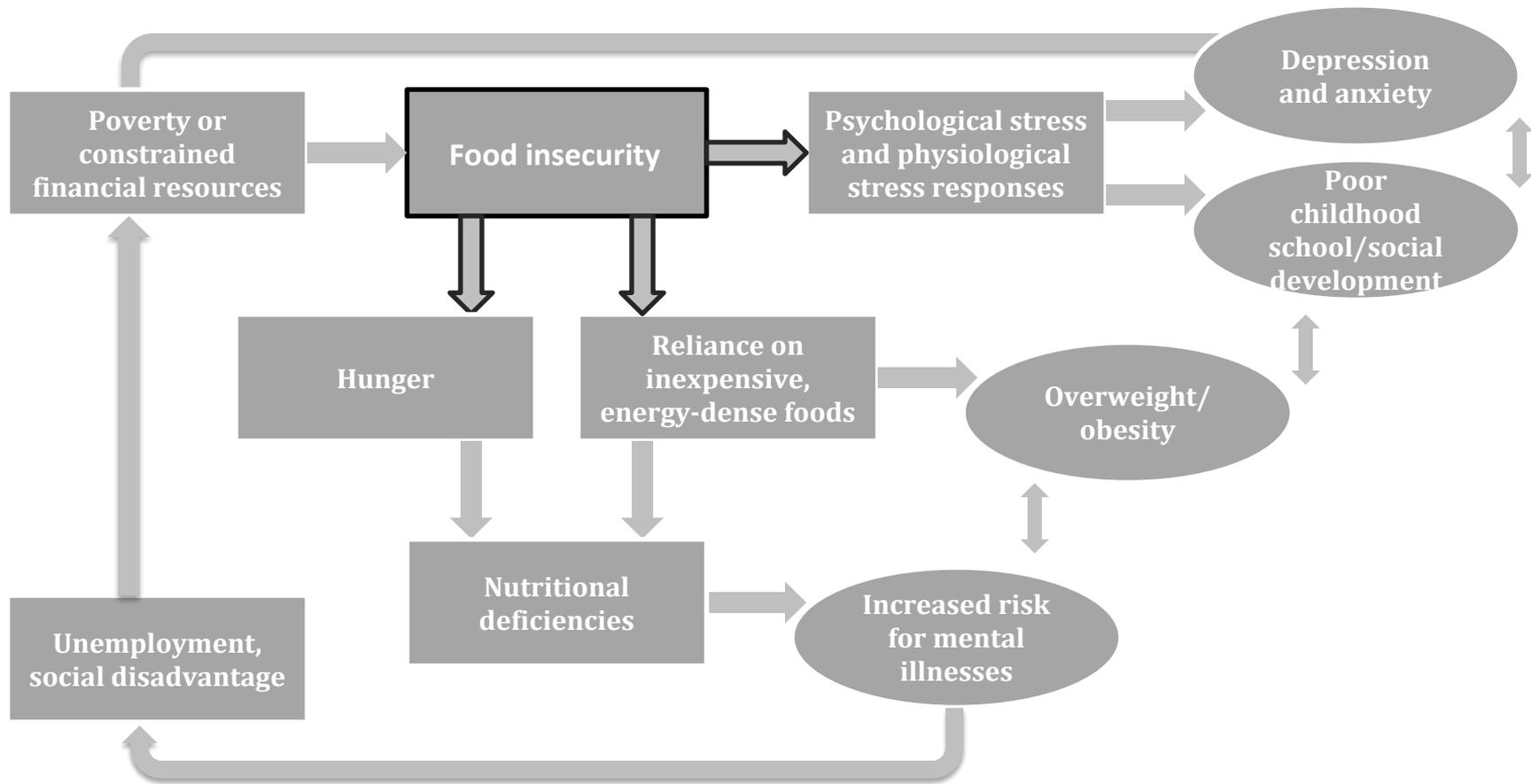
CHOP GRAY
PISCIFIT

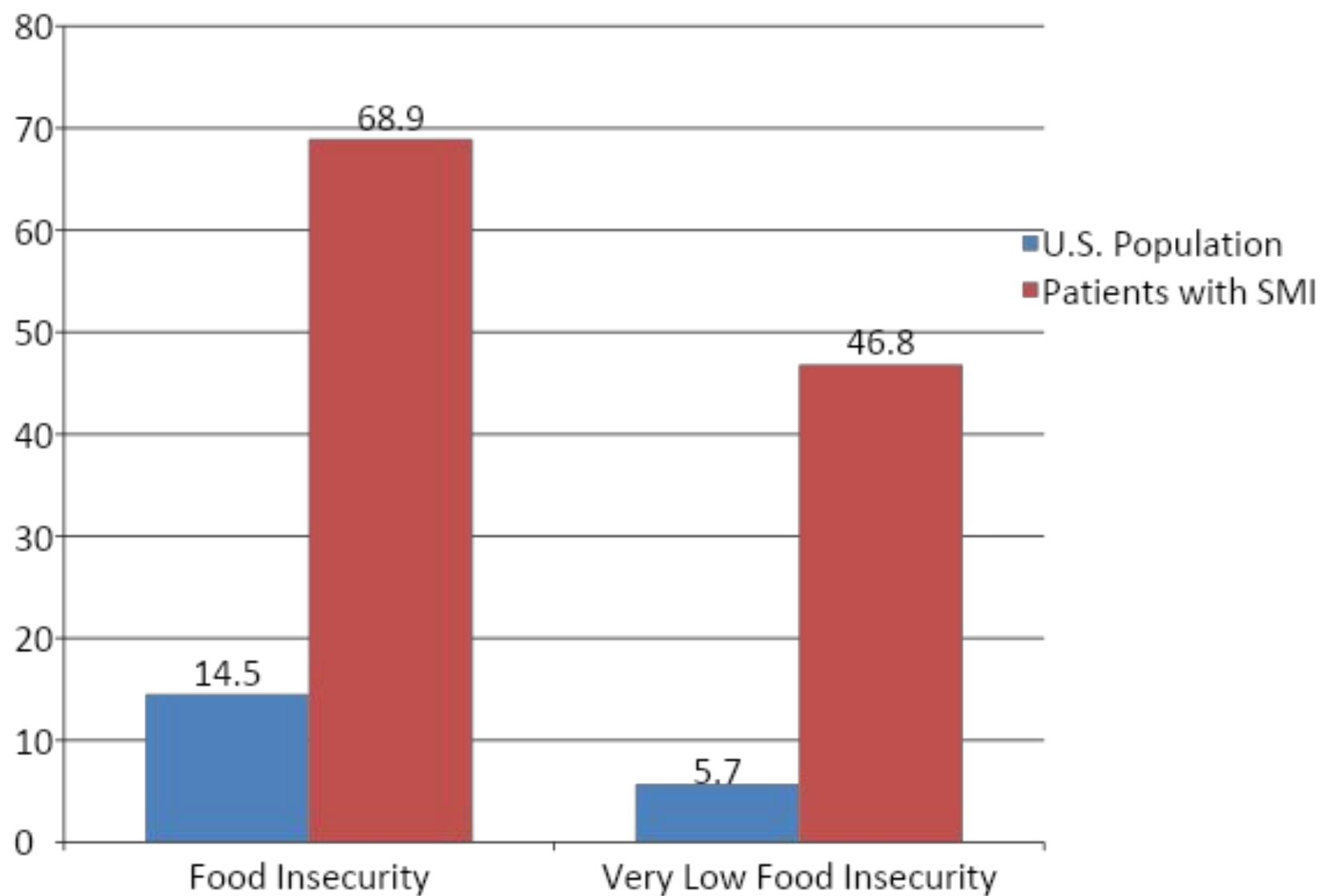
GRUYERE
SOUP
CAPRESE

bp
38.2
40.5

298

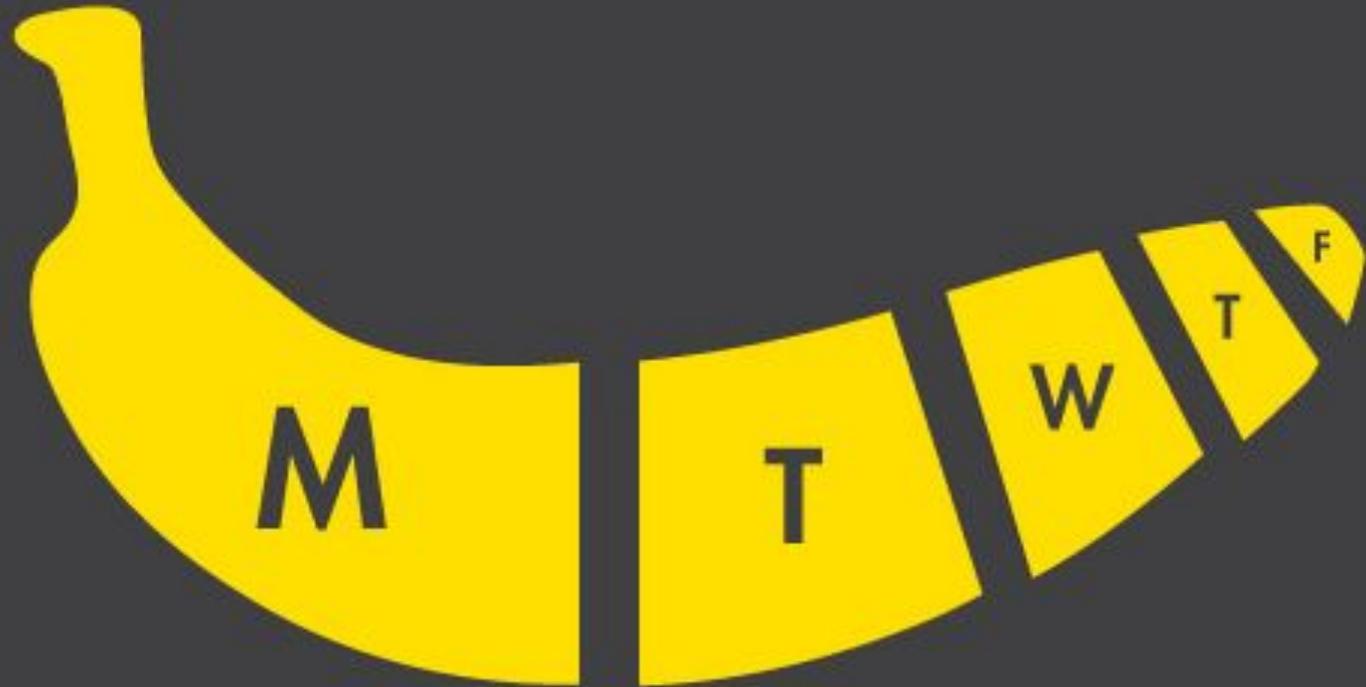








Imagine:
Worsening
Outcomes of
Diabetes



Imagine:
Worsening
Outcomes of
Depression

Clinical Measures

Discrimination and Social Exclusion	Use the DSM-5 Cultural Formulation Interview during all diagnostic evaluations
Adverse Early Life Experiences	Screen for adverse early life experiences (using the ACE Score calculator)
Poor Education	Implement supported education in practice setting
Unemployment/Underemployment/ Job Insecurity	Implement a supported employment program in your practice setting
Poverty, Income Inequality, and Neighborhood Deprivation	Create a local resource list for your practice setting to help support individuals experiencing poverty or financial crisis
Food Insecurity	Conduct the one- or two-item food insecurity screening at all initial assessments
Poor Housing Quality and Housing Instability	Screen patients with the I-HELP screening tool
Adverse Features of the Built Environment	Educate your clinic/community about mental health impact assessments
Poor Access to Care	Consider expanding available appointments in your practice or clinic to outside of traditional work hours (evenings or weekends) one or two days each week

(Mental) Health in All Policies

Energy policies

Housing policies

Education policies

Employment policies

Food and farm policies

Transportation policies

Environmental policies

Minimum wage policies

Income and taxation policies

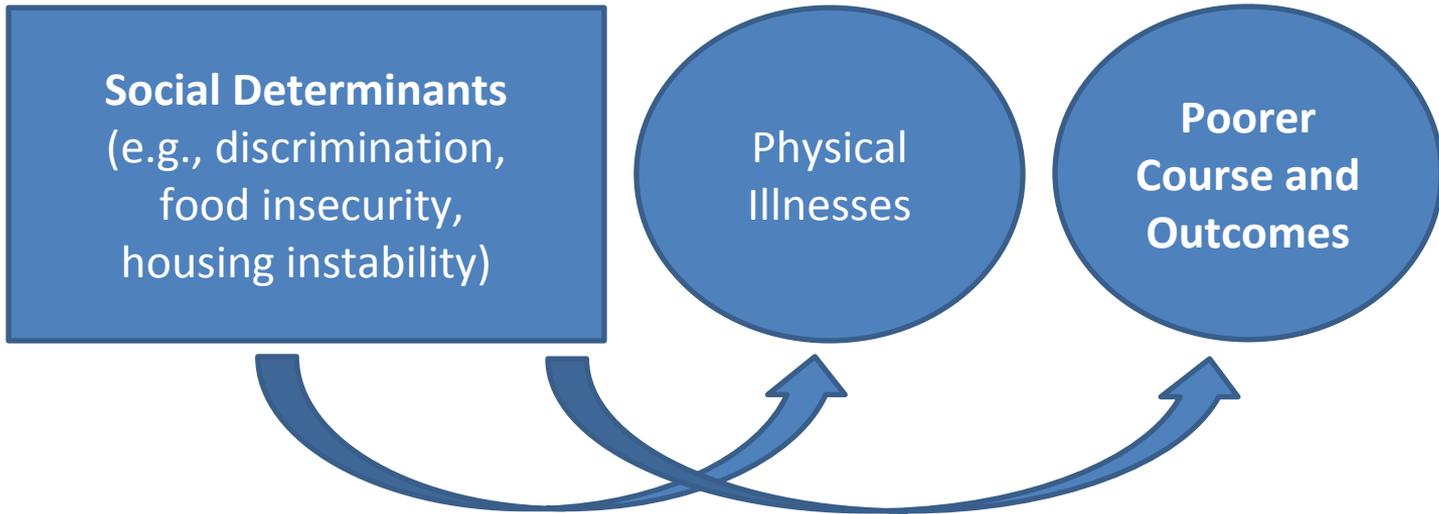
The Social Determinants of Health

- problems within and created by society that have major impacts on health and disease
- they predate, predict, and cause poor health in diverse domains, as well as increased risk for virtually all physical and mental illnesses
- akin to “social causation”
- food insecurity *leads to* inattention and behavioral problems in school; job insecurity *leads to* substance use disorders; some adverse features of the built environment *lead to* anxiety disorders

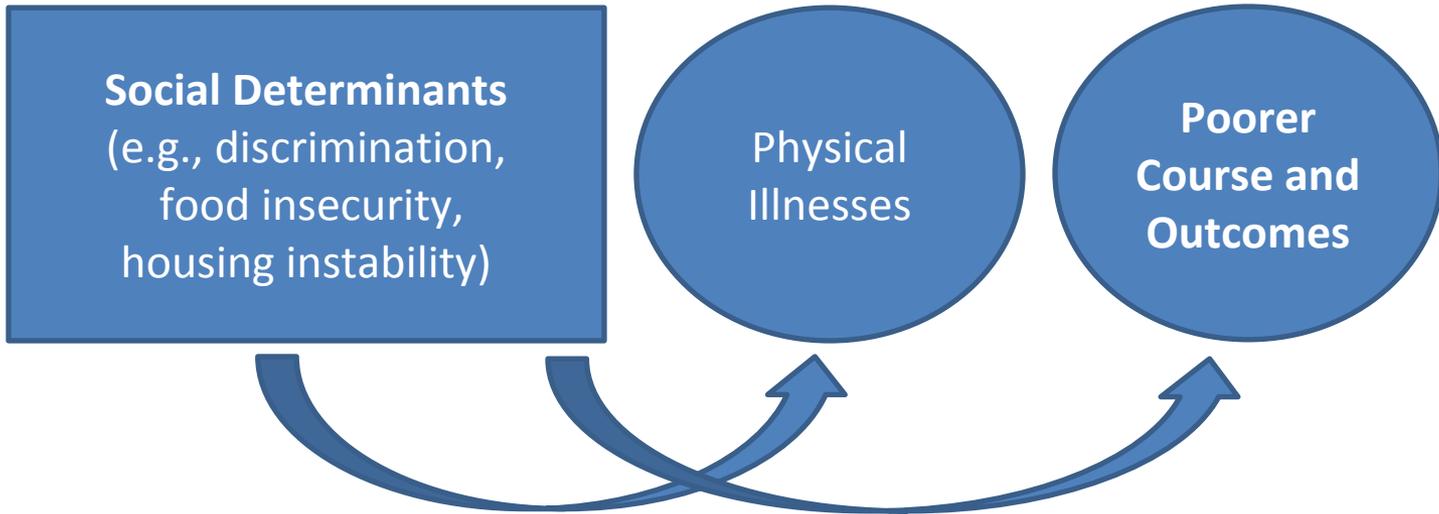
The Social Determinants of Health also Impact Health Outcomes

- among people with existing health conditions (including mental illnesses), these same factors can worsen course and outcomes; in that respect, they again serve as social “determinants” of health and illness
- adversely impact treatment engagement, medication adherence, disease self-management, etc.

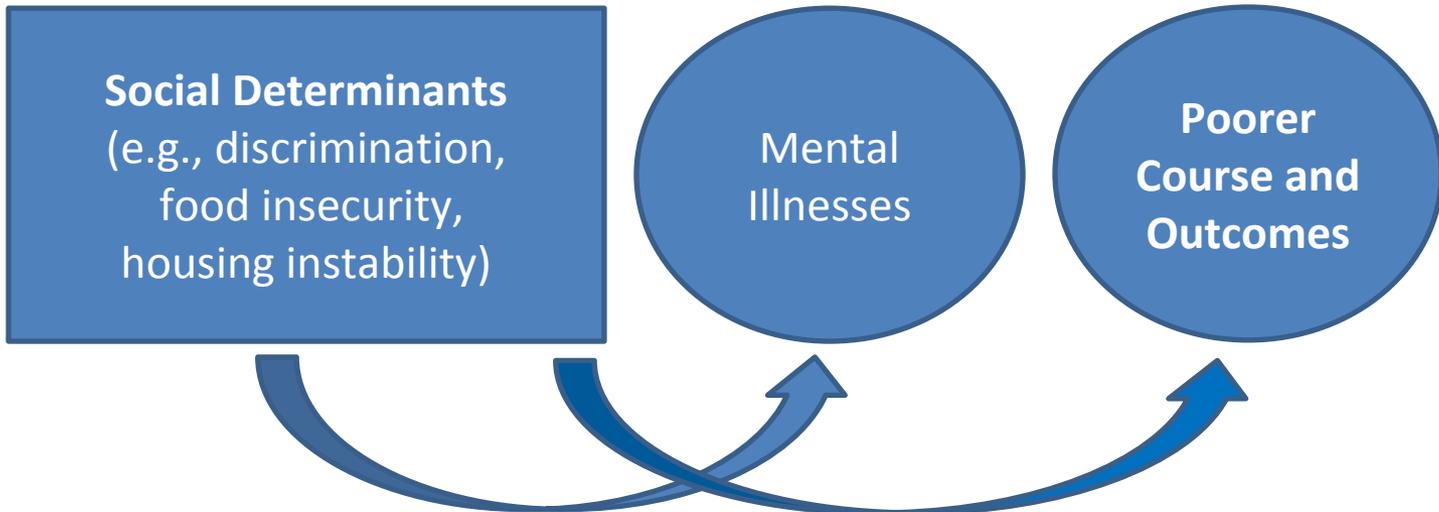
Physical Health / Illnesses



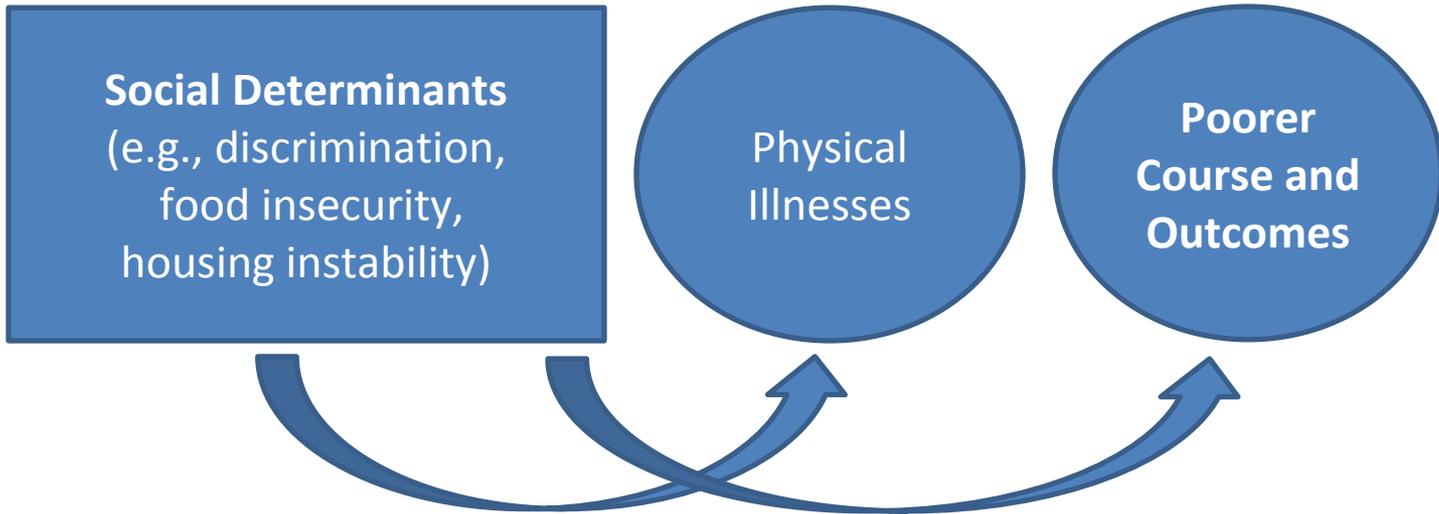
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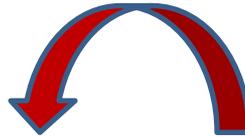
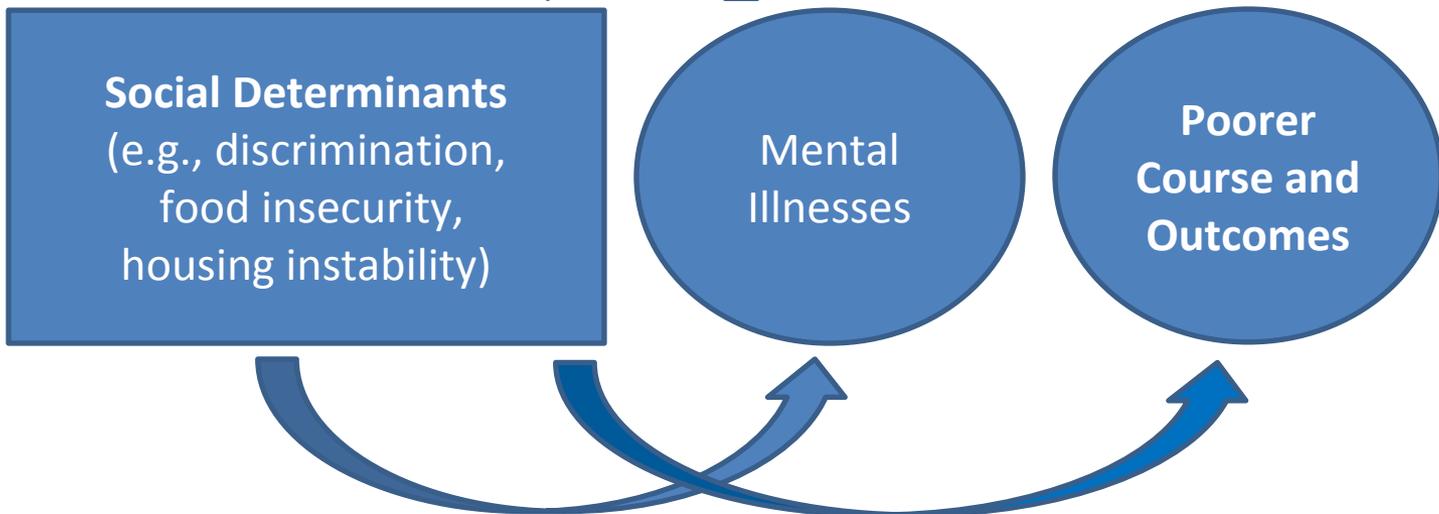
Mental Health / Illnesses



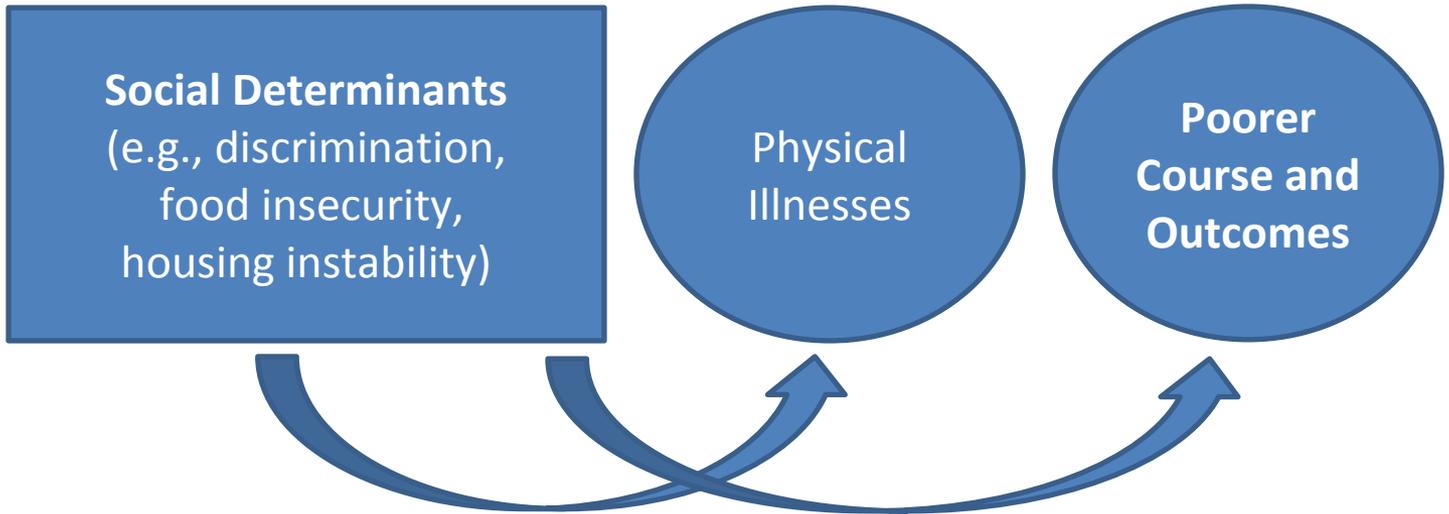
Physical Health / Illnesses



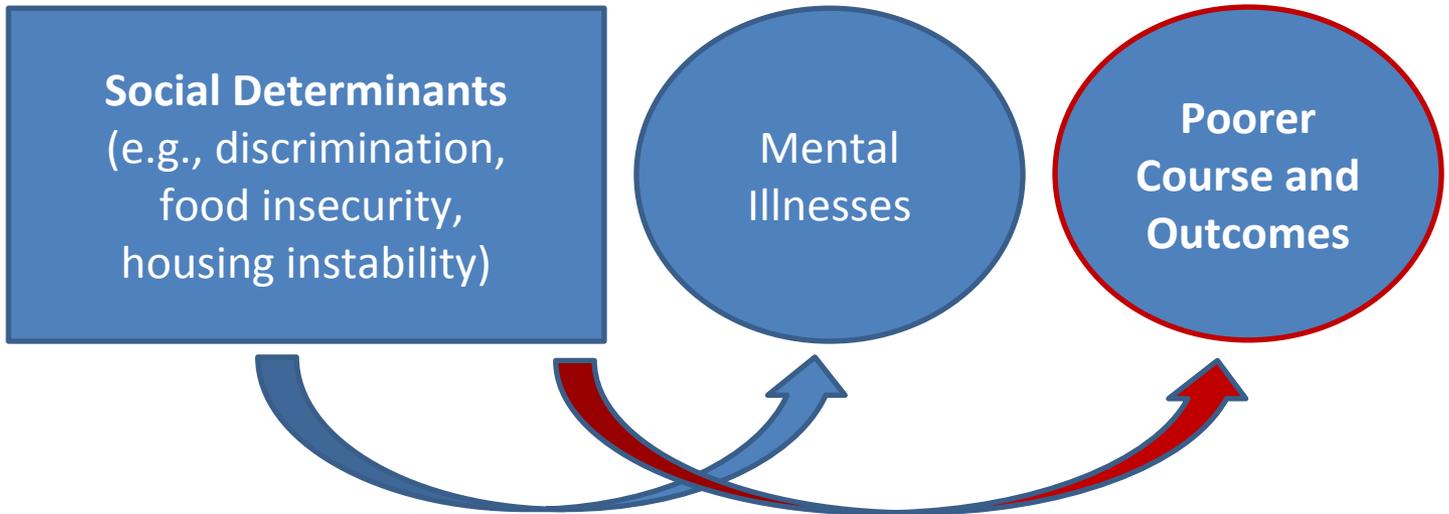
Mental Health / Illnesses



Physical Health / Illnesses



Mental Health / Illnesses



Social Sequelae / Social Drift

- a lowering of social class attainment *caused by the illness*
- having a serious mental illness *leads to* food insecurity, it *leads to* job insecurity and underemployment/unemployment, it *leads to* poor housing quality and housing instability/homelessness, etc.
- But how?

Social Sequelae / Social Drift

- such illnesses cause social sequelae / social drift (which then adversely impacts course and outcomes) in part because of the *nature of their symptoms*, but in large part because of *the way that society has structured itself* with regard to people with mental illnesses (e.g., social exclusion, discrimination (“stigma”), entitlements that assist but also ensure poverty)

Social Sequelae / Social Drift

- serious mental illnesses lead to social problems (e.g., discrimination (“stigma”), victimization (and structural violence), unemployment, impoverishment, poor housing quality homelessness) *to a much greater extent* than do physical illnesses
- in part because of symptomatology, but largely because we have collectively decided (through social norms and public policies) that it should be that way

