

“Social Determinants of Health”

*“It is easier to build strong children
than repair broken men.”*

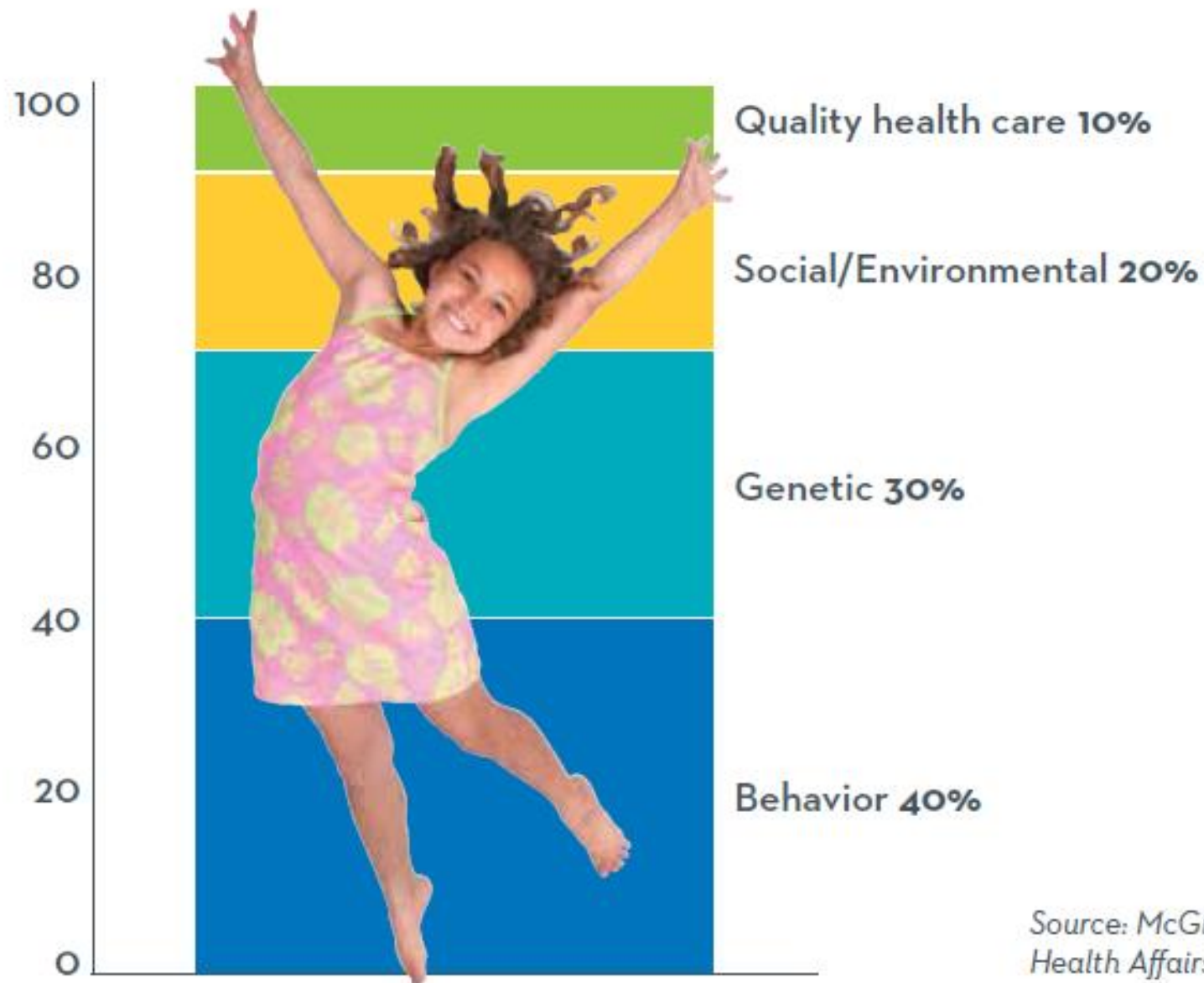
—Frederick Douglass

Bertram Lubin, MD
President and CEO
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DETERMINANTS OF HEALTH



Source: McGinnis, J.M. et al.
Health Affairs 2002;21(2):78-93

WORLD=

1/3

ARE

CHILDREN

The Rise of Asian Americans

- AAPI the fastest growing minority group in the US
- Most of the growth driven by new immigration
- Compared to other racial/ethnic minorities, have higher median income and education levels
- Currently 5.4% of the US population. By 2015, will be 9.7% of US population¹

Heterogeneity among AAPI's

- As an overall category, AAPI's have lower rates of poverty and higher median income compared to other racial and ethnic groups
- However, when AAPI subgroups are disaggregated, important differences emerge
- Small numbers for some AAPI sub-groups make data collection and epidemiological study difficult
- Disaggregated & targeted data collection critical

To address the Social Determinants
of Health in Asian American Pacific
Islander (AAPI) Communities
we must disaggregate the numbers
for more effective action

Linguistic Isolation

- **74%** of Asian Americans Pacific Islanders (AAPI) adults (18+) are foreign born¹
- **53%** of AAPI adults (18+) report speaking English “well”²
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- Need for interpretation especially acute for smaller, newer language groups (e.g., Burmese, Bhutanese), since their small numbers make it difficult to find and fund quality interpretation
- Federal mandates accompanied by lack of funding for interpretation

Difficulties Accessing Health Insurance

- Lack of insurance
 - Before the ACA (2004-2006), 31% of Korean Americans and 24% of Native Hawaiians/Pacific Islanders were uninsured¹
 - Changes under the ACA (Medicaid expansion, subsidies under ACA exchanges, and extensive outreach) reduced the numbers who are uninsured
 - New immigrants (present in US < 5 years) not eligible for Medicaid
 - California currently pays for Medicaid services for recent immigrants
 - Some proposals now to shift new immigrants onto the health insurance exchanges (Covered California), with lower reimbursement rates and higher out-of-pocket costs
- Documentation
 - 12% of undocumented immigrants in the US are of Asian origin & deportations also affect the AAPI community

1. Asian Pacific Islander Health Forum: <http://www.apiahf.org/policy-and-advocacy/focus-areas/h>

New Epidemics Mainly Among School-age Children and Youth

- Obesity
- Type II diabetes
- Asthma
- ADHD
- Depression/Anxiety
- Autism Spectrum Disorder

**Population estimates, late 2000s
80 million children/youth in US*

Childhood Obesity

- **Obesity is among the biggest drivers of preventable diseases and health care costs in the United States.**
- **Costs range from \$147 billion to nearly \$210 billion annually**
- **Type 2 diabetes secondary to obesity is now a childhood illness**
- **40% of CA school children are overweight or obese**

**AVG 5-YR-OLD CONSUMES
64.6 LBS ADDED SUGAR/YEAR**

**60% MORE SUGAR THAN
HIS BODY WEIGHT**



Children are Less Physically Active

- Limited recreation, parks, playgrounds, sports programs
- Dangerous neighborhoods
- Decreased school physical education
- Lower rates of walking, bicycling



Television and Media Affect Child Health

75% of children have TV in room

- **35% of children < 2 years old**

Advertising fast, high-calorie food

Replaces tasks requiring more attention

- **Reading, model-building**

**Violence presented as harmless;
gratification immediate**

Early Brain and Child Development

**During first 1,000 days of life,
strong, stable nurturing
relationships critical to healthy
brain development**

**A child's brain creates
approximately
2 million synaptic connections
PER SECOND during the
first 3 years of life**

Key Findings about the “Word Gap”

- In the 1970s, all parents were spending a similar amount of “Goodnight Moon” time with their children. But today, less formally educated parents are engaging with their children for 30 minutes less time daily than formally educated parents.
- Only 43% of African American families and 29% of Hispanic families are reading with their young children daily, compared with 59% of white families.
- Only 50% of Oakland families reported talking, reading or singing daily with their young children, and African American parents were less likely to engage in these activities every day.



Social Determinants of Health

Where children live, eat, sleep, play, pray and go to school profoundly impacts their health



Compared to a White child born in the affluent Oakland Hills...

WEST OAKLAND
LIFE EXPECTANCY

71



OAKLAND HILLS
LIFE EXPECTANCY

85

...an African American child born in West Oakland can expect to live 14 fewer years.

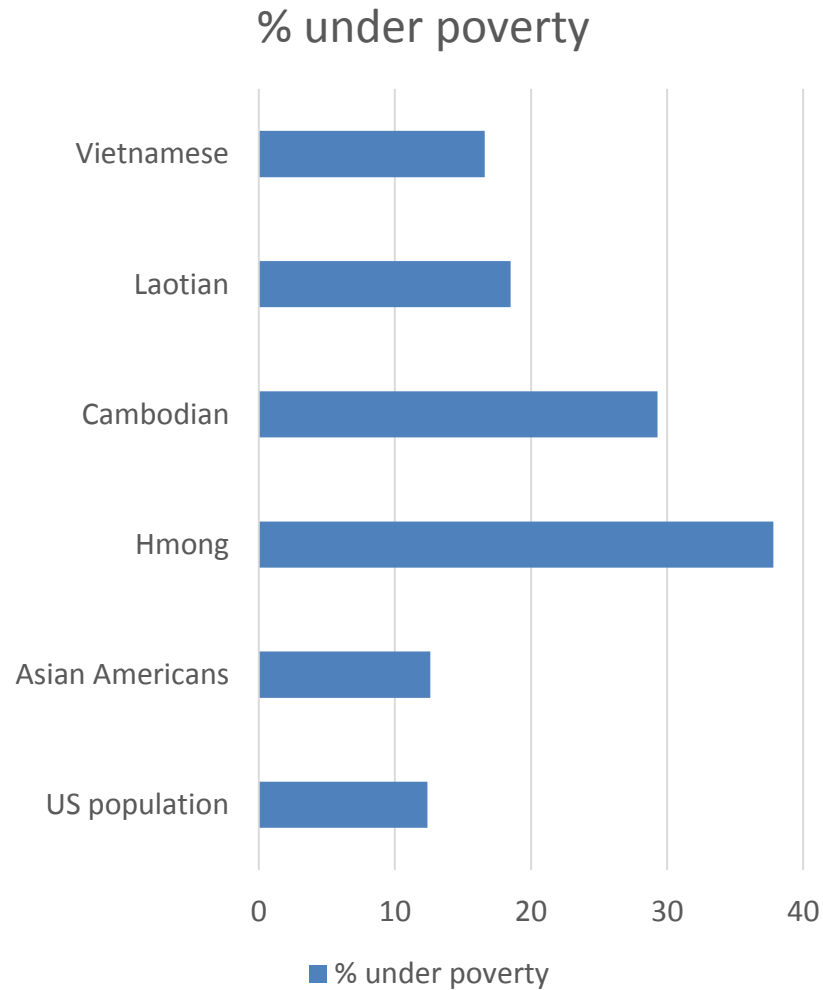
Photo Source: The California Endowment, [Health Happens Here](#)

Health Consequences of Poverty



- Increased infant mortality
- Low birth weight, subsequent problems
- Chronic diseases: asthma, obesity, MH, development
- Food insecurity, poorer nutrition and growth
- Less access to quality health care
- Increased accidental injury, mortality
- Higher exposure to toxic stress

Important AAPI Subgroup Differences in Poverty



Source: White House Initiative on AAPI

The Future of Health Care for Children

- Social determinants of disease must be incorporated into the delivery of health care to the children in our society.
- We must consider poverty and its consequences as a disease
- To address the Social Determinants of Health in Asian American Pacific Islander (AAPI) Communities we must disaggregate the numbers.