



***Beyond Medicine:  
Social Determinants of Health  
and the Quest for Complete Health***

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Chief Medical Officer MCS**



# Social Determinants of Health (SDOH)

## HHS Definition:

“The conditions in the environments where people are born, live, learn, work, play, worship, and age that affects a wide range of health, functioning, and quality-of-life outcomes and risks.”



# What are Social Determinants of Health?

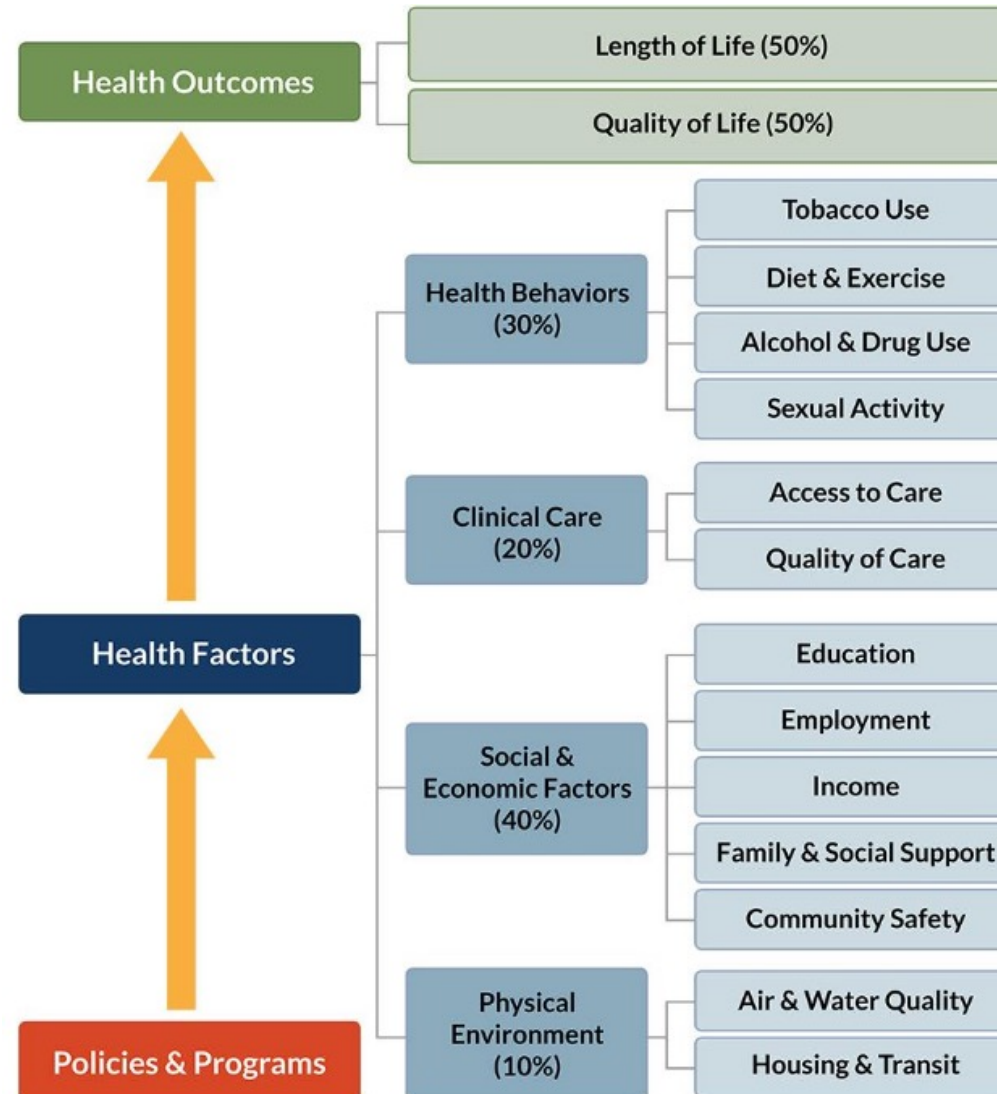
Figure 1  
Social Determinants of Health

Economic Stability	Neighborhood and Physical Environment	Education	Food	Community and Social Context	Health Care System
Employment	Housing	Literacy	Hunger	Social integration	Health coverage
Income	Transportation	Language	Access to healthy options	Support systems	Provider availability
Expenses	Safety	Early childhood education		Community engagement	Provider linguistic and cultural competency
Debt	Parks	Vocational training		Discrimination	Quality of care
Medical bills	Playgrounds	Higher education		Stress	
Support	Walkability				
	Zip code / geography				

**Health Outcomes**  
 Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations

# Social Determinants of Health (SDOH)

Going Beyond Clinical Walls: Solving Complex Problems. Institute for Clinical Systems Improvement. Robert Wood Johnson Foundation October 2014.



# Since when are we working with SDOH?

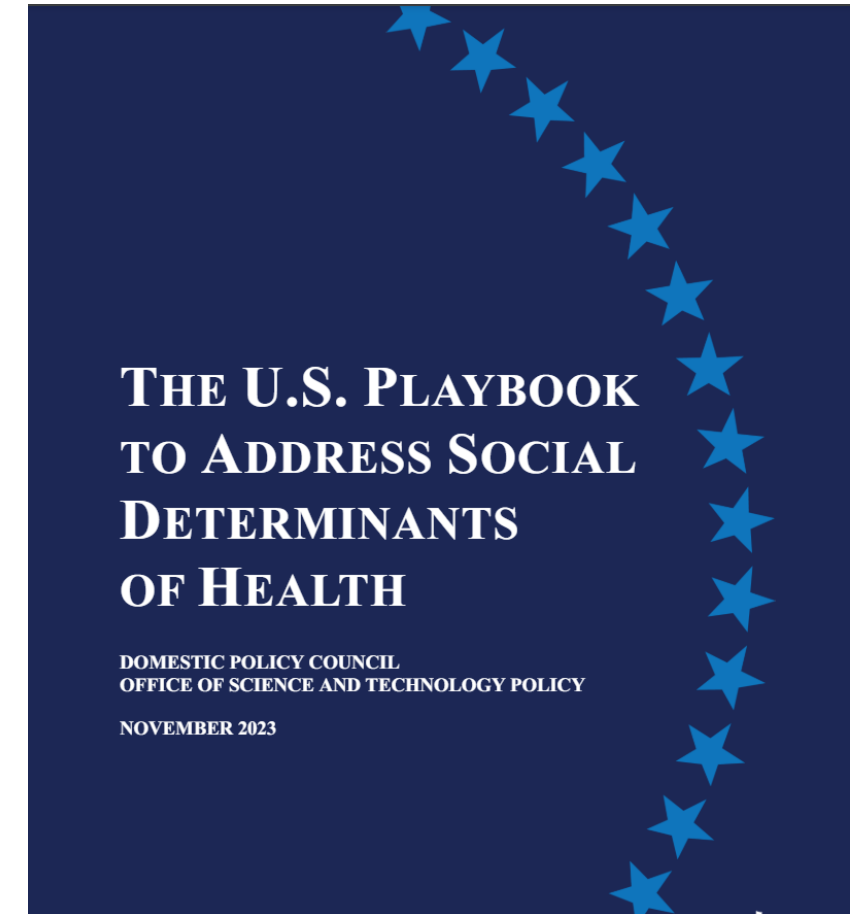
*“The cure of many diseases remains unknown to the physicians of Greece because they do not study the whole person”*

– Socrates (469-399 B.C.)

- Worldwide
  - *“A state of complete physical, mental and social well-being and not merely the absence of diseases” [WHO, 1948]*
- US
  - Healthy People 2010
    - Access to Quality Healthcare Services
    - Environmental Health
- MCS
  - Community Outreach Program 2007

# Social Determinants of Health National Policy

- Pillar 1 - Expand Data Gathering and Sharing
- Pillar 2 – Support Flexible Funding to Address Social Needs
  - Medicaid
  - ACOs
  - Veterans
- Pillar 3 – Support Backbone Organizations





# Healthy People 2030

- Data-driven national objectives to improve health and well-being over the next decade.
- SDOH is an area of focus:
  - Safe housing, transportation, and neighborhoods
  - Racism, discrimination, and violence
  - Education, job opportunities, and income
  - Access to nutritious foods and physical activity opportunities
  - Polluted air and water
  - Language and literacy skills

# How does Medicare Addresses SDOH?

- April 24, 2019 – SSBCI
  - “... MA organizations have broad discretion in developing items and services they may offer as SSBCI provided that the item or service has a *reasonable* expectation of improving or maintaining the health or overall function of the chronically ill enrollee”. (Kathryn Coleman, Director, Medicare Drug and Health Plan Contract Administration Group)
  - VBID
    - Health Equity Plan
  - Final Rule 2024
    - Health Literacy Program



# Social Determinants of Health and Medicare Advantage

- Cost Sharing
  - Part B Premium
  - Copays, coinsurances, and deductibles
  - Evidence:
    - Greater access to care, preventive services, and immunizations\*

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\*Finkelstein, Harding, Paulsell, English, Hijjawi, and Ng'andu. (2022). Economic Well-Being And Health: The Role Of Income Support Programs In Promoting Health And Advancing Health Equity. *Health Affairs*. Vol 41, No. 12.

# Social Determinants of Health and Medicare Advantage

- Housing Safety and Quality
  - Aging in Place
- Transportation



Figure 1

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- Health Literacy
- Digital Literacy

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Figure 1

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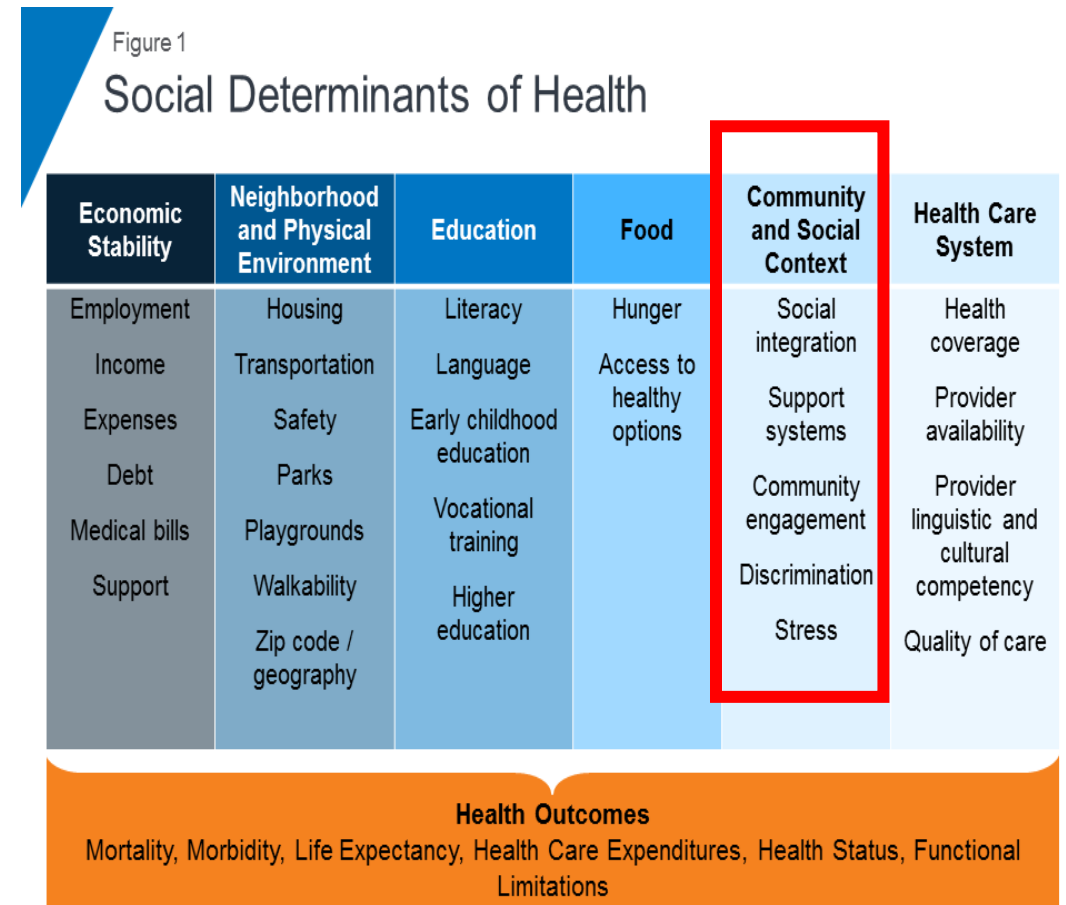
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- MCS Classicare Te Paga Card
- Expanded dietitian benefit
- Nutritional education

# Social Determinants of Health and Medicare Advantage

- Community Events
- Transportation for places of worship and wellness events
  - Treating isolation
- Caregiver support



# Social Determinants of Health and Medicare Advantage

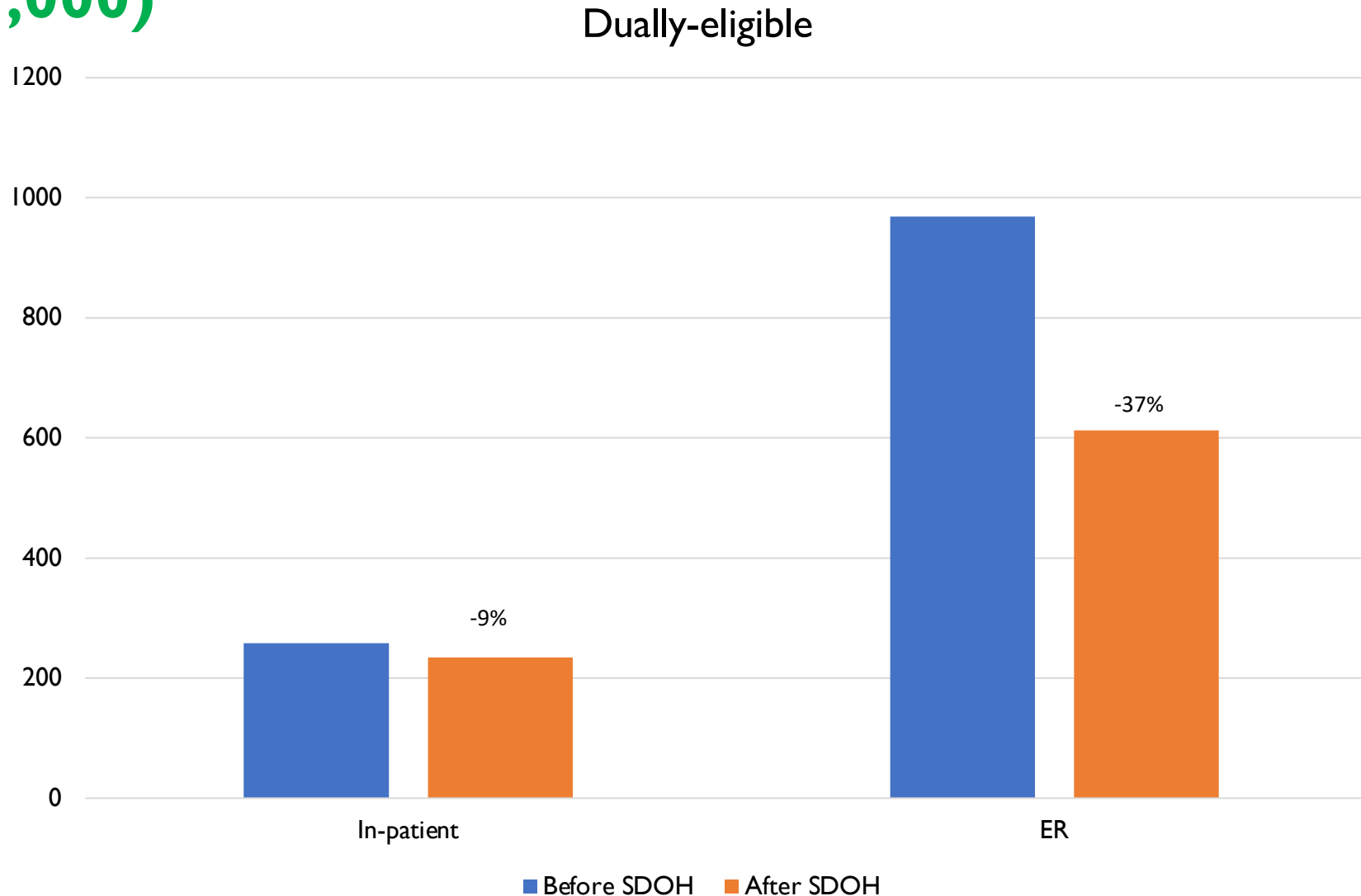
- Health Plan benefits
- Provider Network Adequacy
- Quality of Care
- Care Coordination

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# Medical Utilization Comparison with and without SDOH Benefits (services/1,000)





## Contacto

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