

# Understanding the Social Determinants of Chronic Disease

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**Subha Sankaran**

**Suzanne Schwenger**

**Making Healthy Communities Count**

**OPHA / aPHa Conference**

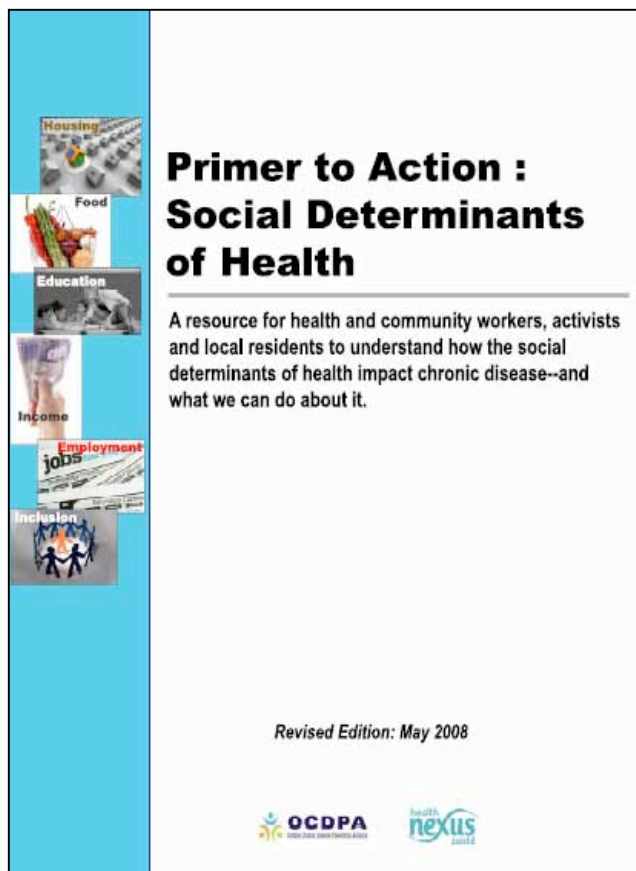
**Niagara Falls, Ontario**

**October 29, 2008**



*your health promotion specialist  
votre spécialiste en promotion de la santé*

# Primer to Action



A resource to help  
those working in  
different capacities  
*take action* on the  
determinants of health

Partnership between:

**Health Nexus**  
**Ontario Chronic Disease  
Prevention Alliance**  
**Canadian Cancer Society**



# Why such a resource?

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- Wide-spread awareness of and concern about social determinants of health in public and community health
- Desire to move beyond rhetoric in planning documents
- Frequent barriers to taking action
- Health practitioners, volunteers, community members seeking ideas and pathways to action



# What causes heart disease?

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## Clinical focus:

***“Heart disease is caused by hypertension, family history, and a build-up of arterial plaque.”***

## Lifestyle focus:

***“Heart disease is caused by smoking, physical inactivity, excess alcohol consumption and a high fat diet.”***

## Determinants focus:

***“Heart disease is caused by stress, poverty, unemployment and social isolation.”***

*Adapted from HP 101, [www.ohprs.on.ca](http://www.ohprs.on.ca)*

# Context: Shifting Paradigms of Health

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- Bio medical
- Lifestyle
- Social determinants of health – the causes of the causes
- Not mutually exclusive, each relevant in its own sphere, **BUT** for large scale improvements in population health, need to operate at level of social determinants



# Project Overview

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## **Phase 1: March, 2007**

- Develop the resource

## **Phase 2: March, 2008**

- Test, apply and revise Primer document
- Educate non-traditional Ontario health intermediaries & support chronic disease prevention alliance members to integrate SDOH into their work
- Disseminate the resource and project learning

**Project partners:** Health Nexus, Ontario Chronic Disease Prevention Alliance, and Canadian Cancer Society – Ontario Division

**Funders:** Partners & the Public Health Agency of Canada – Ontario and Nunavut



# What's in the *Primer*?

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## Understand:

- links between social determinants of health and chronic disease

## Act:

- practical e-resource to take action on determinants of health
- Includes section on '*Where do I fit in?*'

## Connect:

- hundreds of links and references

# Focus on 6 key determinants

- Income, employment, housing, food, education, inclusion





# Each section contains

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- Summary about the determinant and health – what we know currently.
  - New section on the determinant and chronic disease
  - More deliberate health equity focus
- Find out more page
- Learn from others page
- Table to analyze what's possible depending upon jurisdiction: federal, provincial, local/region, organizational



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	Federal	Provincial	Local	Organizational
<b>What role does each play?</b>				
<b>Who needs to be influenced?</b>				
<b>Who can be your allies?</b>				
<b>What actions can you take?</b>				



# Workshops

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- Educate about SDOH, and link to chronic disease
- Engage participants from various organizations and backgrounds – create network opportunity
- Share ideas, experiences & how to use the Primer in participants' work
- Test, apply & help revise the Primer

# Workshops across Ontario



A map of Ontario, Canada, is shown in a light red color with a black outline. A horizontal blue bar is positioned behind the map. Four workshop locations are marked with text labels in a teal color. The locations and their associated languages are: Sudbury, Kirkland Lake, and North Bay (by video conference) in French; Ottawa in English; Toronto in French and English, with OCDPA also in English; and Windsor in English.

**Sudbury, Kirkland Lake, North Bay  
(by video conference) – French**

**Ottawa – English**

**Toronto – French &  
OCDPA – English**

**Windsor – English**



# Evaluation

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- Assessment with advisory committee
- Workshop participants – questionnaires, on-line survey; 2 post-workshop focus groups
- Key informant reviewers of the *Primer* overall and specific sections



# Potential audiences

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- **Community based organizations**-e.g health, housing, settlement, mental health, poverty action.
- **Primary health care**- e.g. Community Health Centres and Family Health Teams.
- **Chronic disease professionals**- e.g. cancer, stroke, heart disease, diabetes, mental illness, arthritis and lung disease.
- **Provincial**-level organizations working for change.
- **Policy makers**, e.g. Local Health Integration Networks and government.



## Ways to use the *Primer*

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- Good introduction to idea of determinants of health
- Key websites for writing a proposal for funding
- Great examples of *lessons learned* from other communities
- Good place to start when planning a community initiative
- Helps you think systematically about how to address issues in your work



# Link to the *Primer* and learn more...

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## Health Nexus

[www.healthnexus.ca](http://www.healthnexus.ca) OR

[www.nexussanté.ca](http://www.nexussanté.ca)

## Ontario Chronic Disease Prevention Alliance

[www.ocdpa.on.ca](http://www.ocdpa.on.ca)

## To book a workshop or webinar:

[Primertoaction@healthnexus.ca](mailto:Primertoaction@healthnexus.ca)

[Pretpourlaction@nexussante.ca](mailto:Pretpourlaction@nexussante.ca)



# Health Nexus Santé

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- Formerly Ontario Prevention Clearinghouse (OPC)
- Ontario's leading bilingual health promotion organization.
- builds health promotion capacity and fosters the development and implementation of effective prevention and health promotion strategies to improve the health of Ontarians and Canadians.
- builds the capacity of health promoters to implement health promotion strategies, based on the [Ottawa Charter for Health Promotion](#), that address the [determinants of health](#).



**Thank You**