

What are Social and Structural* Determinants of Health (SDOH)?

Social and structural determinants of health are nonmedical factors that affect the health status and lives of the people in the community. These factors will influence health outcomes and, ultimately, health disparities.

Social and structural determinants of health are the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks.

*Source: Crear-Perry, J., Correa-de-Araujo, R., Lewis Johnson, T., McLemore, M. R., Neilson, E., & Wallace, M. (2021). Social and Structural Determinants of Health Inequities in Maternal Health. *Journal of Women's Health*, 30(2), 230-235.





Economic Stability

Economic Stability: The ability to afford health-supporting purchases, such as clothing, food and housing. People with steady employment are less likely to live in poverty and more likely to be healthy. Many people have trouble finding and keeping a job or may have a job but still cannot earn enough to afford things to stay healthy.



Education Access & Quality

Education Access and Quality: The ability to obtain a high-quality education is directly related to risk factors for high-risk behaviors and addiction. Research shows that Problem Gambling most affects people with a high school degree or less. Low educational attainment has been associated with increased likelihood of substance use and addictive behaviors.



Health Care Access & Quality

Health Care Access and Quality: The ability to obtain and afford high-quality health care services. People without health insurance often do not have a primary care provider, miss health screenings or live too far from affordable services. Evidence shows us that how healthy a person is relates directly to health care access and quality.



Neighborhood & Built Environment

Neighborhood and Built Environment: The neighborhoods people live in correlate to their health and wellness outcomes. The ability to live safely, access to healthy water, safe housing and absence of violence are some factors that affect health. Health inequities are a direct result of the built environment.



Social & Community Context

Social and Community Context: Relationships at the individual and community level with family, friends, coworkers and community members all impact individual health and wellbeing. People need social support in the places they live, work play, worship and in all stages of the lifecycle.

THE SDOH AND IMPACTS ON PROBLEM GAMBLING

The social determinants of health play an important role in driving the risk and protective factors and the populations most impacted by problem gambling and underage gambling.

Populations Most Impacted by Problem Gambling and the SDOH:

- People with a high school degree or less: **Educational Access and Quality SDOH Domain**
- People with an annual income of < \$15,000 and unemployed people: **Economic Stability SDOH Domain**
- People who misuse substances: **Health Care Access and Quality SDOH Domain**
- People who have a mental health disorder: **Health Care Access and Quality SDOH Domain**

RISK FACTORS

- Parental Gambling: **Social and Community Context Domain**
- Financial Issues: **Economic Stability SDOH Domain**

PROTECTIVE FACTORS

- Family Connectedness: **Social and Community Context Domain**
- Healthy Social Connections: **Social and Community Context Domain**
- Knowledge and Access to Supports: **Health Care Access and Quality Domain**

How Massachusetts Is Addressing the SDOH Through Prevention Approaches



Source: Center for Disease Control and Prevention, Public Health Professionals Gateway, Social Determinants of Health

Ambassador Project: A strategy that trains men of color with a history of substance misuse to lead conversations about the intersection of problem gambling and substance misuse.

Community Wellness Project: An initiative that trains community health workers to educate local neighborhoods about gambling risks and available support services.

Youth Photovoice: A strategy centered on storytelling and photography by young individuals, tackles the issue of underage gambling, highlighting community concerns and inspiring action.

Project RISE (Resilient Immigrants Striving for Equity): Empowering immigrant communities to support emotional wellness and create a sense of belonging and togetherness.

CLHP Springfield: Social marketing campaign aiming to decrease discrimination and prejudice around behavioral health problems that can keep young people and families from seeking treatment.