



Social Determinants of Health

Examples of the SDoH

- The ability to access resources such as grocery stores or safe housing in order to meet daily needs of each individual.
- Equality in the ability to receive quality jobs, education, or the ability to pursue goals by every person.
- Access to many different health care services.
- High quality education or training for jobs.
- The safety of public roads, housing, and transportation.
- Social support from a variety of people and resources.
- Exposure to crime, violence, and disorder of the community.³

What are the Social Determinants of Health?

Social determinants of health (SDoH) are the environments that we live, work, and play which affect the health of individuals and populations.¹

The estimated number of deaths resulting from social factors in the United States in 2011 was higher than the leading cause of death at that time, which was myocardial infarction at 192,898 deaths, including:

- 245,000 attributed to low education,
- 176,000 to racial segregation,
- 162,000 to low social support, and
- 133,000 to individual level poverty.²

Why Should We Care About the Social Determinants of Health?

- The Social Determinants of Health impact everyone, not just specific groups of people.
- We can prevent chronic disease and premature death by promoting health where we live, work, and play.
- Everyone should have equal opportunity to make good choices for the health and wellbeing of themselves and their families.
- We have control over many of the solutions to improve the Social Determinants of Health by addressing living conditions and organizational or political policies that can promote equity.⁴

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How does this apply to the State Health Improvement Plan (SHIP)?

- The SHIP brings together partners from different sectors (education, public health, health care, law enforcement, etc.) to work together on improving health.
- The SHIP focus areas were prioritized based on the State Health Assessment (SHA), which includes data on SDoH in Montana.
- Each SHIP focus area includes metrics to monitor health equity, which can't be achieved unless the SDoH are taken into consideration.