

Exploring the Social Determinants of Chronic Disease

Priming Action Workshop

for members of the

Ontario Chronic Disease Prevention Alliance

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Ontario Prevention Clearinghouse

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You are looking for information to help you:

- Learn more about determinants of health and their impacts
- Plan programs more effectively
- Explore disease management as a means of prevention
- Network and brainstorm with other professionals
- Explore options for policy change



Our Goals for Today

1. To engage people to make the links between SDoH and chronic disease
2. To learn about the *Primer to Action* and the provincial workshops
3. To share ideas on how to *take action* on the determinants of health as organizations and members of OCDPA.

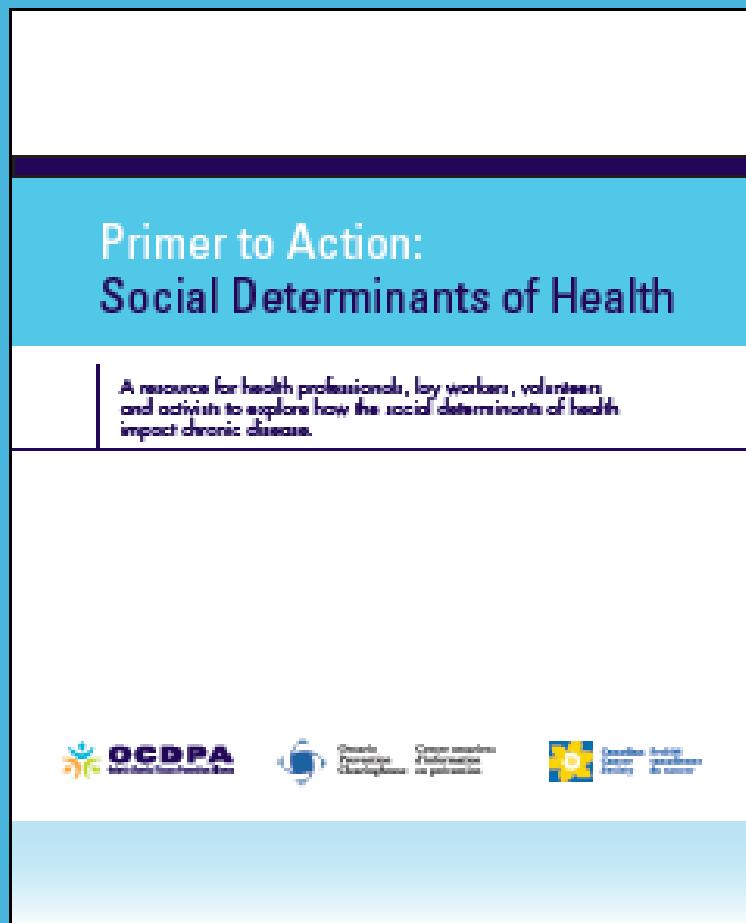


Agenda for today

- The *Primer to Action* story so far...
- Social Determinants of Health and Chronic Disease
- Where does poverty fit?
- Opportunities and barriers
- Learning from one other
- Next steps for the *Primer to Action*



What is the Primer to Action?



- A resource to help those working in different capacities take action on the determinants of health
- Partnership between Ontario Prevention Clearinghouse, Ontario Chronic Disease Prevention Alliance and Canadian Cancer Society, Ontario division.



Priming Action, 2007-2008

Project Phase II: funded by the Public Health Agency of Canada – Ontario and Nunavut

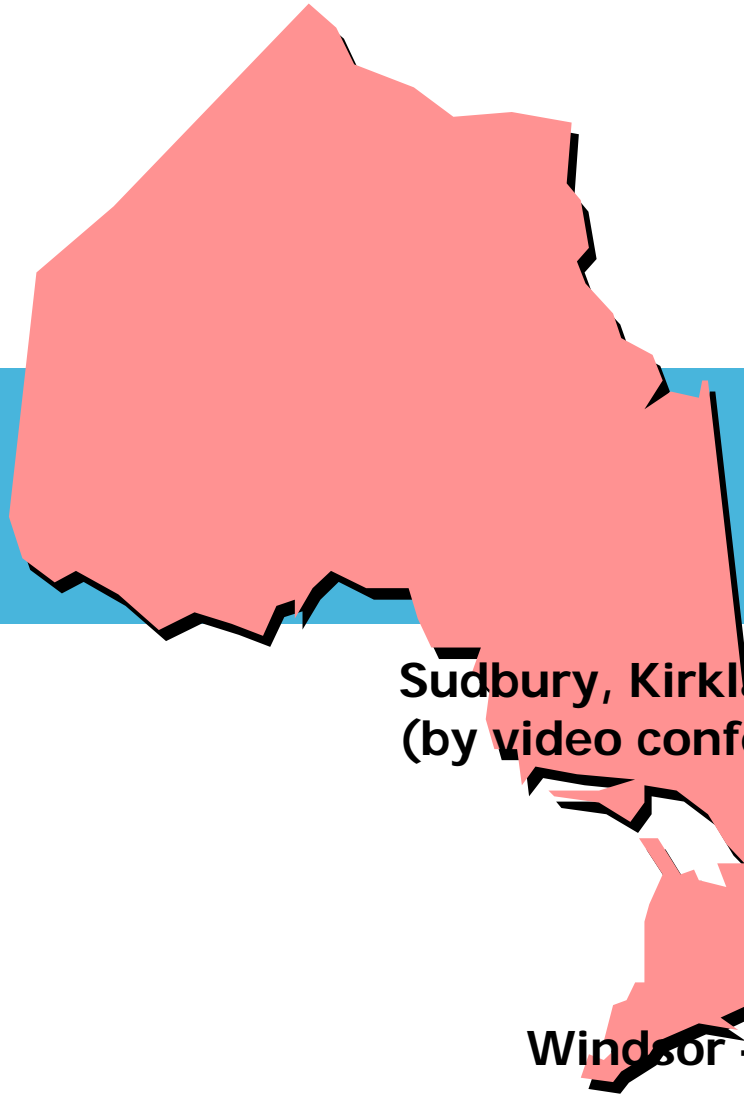
Project partners: OPC and OCDPA

Objectives

- Test, apply and revise Primer document
- Educate non-traditional Ontario health intermediaries
- Support OCDPA member agencies to integrate SDOH into their work
- Disseminate materials and project learnings widely



Where we have been...



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

Ottawa – Eng.

**Toronto – Fr. &
OCDPA-Eng.**

Windsor – Eng.

Getting on the same page...

What is *Health* ?

- Health is:
 - A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. (WHO, 1948)
 - Created and lived by people within the settings of their everyday life; where they learn, work, play and love" (Ottawa Charter for Health Promotion, 1986)



Health

Health Services

Income and
Social Status

Education

Employment
and Working
Conditions

Social
Support
Networks

Physical
Environments

Biology and
Genetic
Endowment

Social
Environments

Healthy Child
Development

VALUES

Culture

Personal
Health
Practices and
Coping Skills

Gender

BELIEFS

ASSUMPTIONS

Context: Shifting Paradigms of Health

- 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



What causes heart disease?

Cardiologist:

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

Public health nurse, nutritionist or fitness instructor:

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

Social worker, social epidemiologist or anti-poverty activist:

- *"Heart disease is caused by stress, poverty, unemployment and social isolation."*

From HP 101, www.ohprs.on.ca



Key research

- ***Social Determinants of Health- Canadian Perspectives.*** Ed. Dennis Raphael
- ***Social Determinants of Health– The Solid Facts-*** Wilkinson and Marmot, World Health Organization
- ***The health of nations: why inequality is harmful to your health -*** Ichiro Kawachi and Bruce P. Kennedy, 2002
- ***The Tides of Change. Addressing Inequity and Chronic Disease in Atlantic Canada.*** A Discussion Paper. (Hayward & Colman)
- ***Inequality is Bad for Our Hearts: Why Low Income and Social Exclusion are Major Causes of Heart Disease in Canada -*** North York Heart Health Network
- ***Key to Women’s Health*** – Ontario Women’s Health Network
- ***Neighbourhood Environments and Resources for Healthy Living: A Focus on Diabetes in Toronto*** – Institute for Clinical Evaluative Sciences
- ***Social Inclusion as a Determinant of Health-*** Galabuzi & Labonte

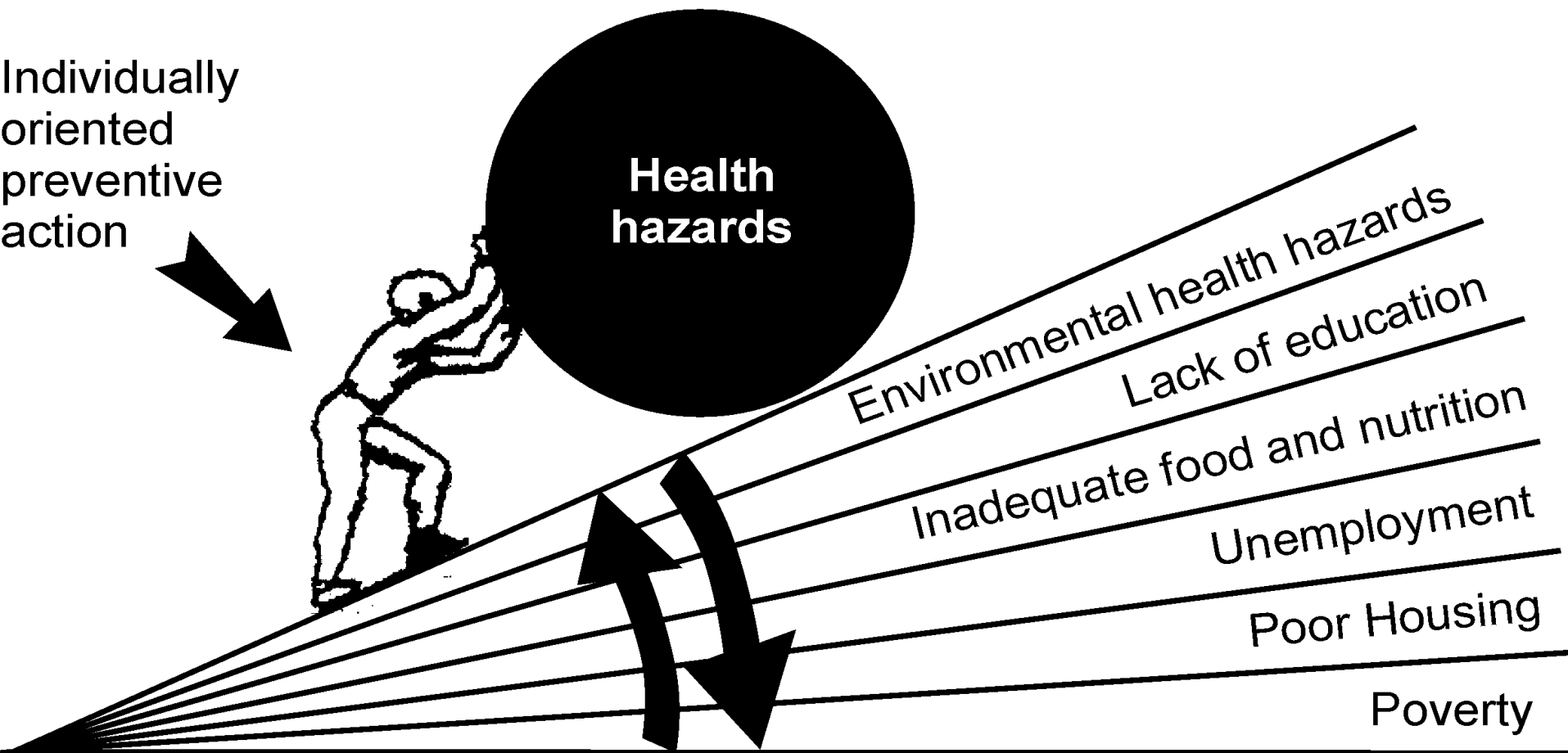


Key Messages from the Research

- Social and economic factors are more influential than lifestyle when it comes to health.
- Chronic disease disproportionately affects vulnerable groups experiencing inequities.
- Inequities in society affect the *entire population*, not just the poor.
- Social and economic pathways are modifiable. Effective strategies must address the root causes of inequities in society.



The Health Gradient



Source: adapted from Making Partners: intersectoral action for health.

What we have been hearing...

- Social determinants of health are linked, but most strongly to income.
- Different groups experience determinants differently-health inequities
- As we head into more challenging economic times, things may get worse
- Many inspiring examples of communities taking action!

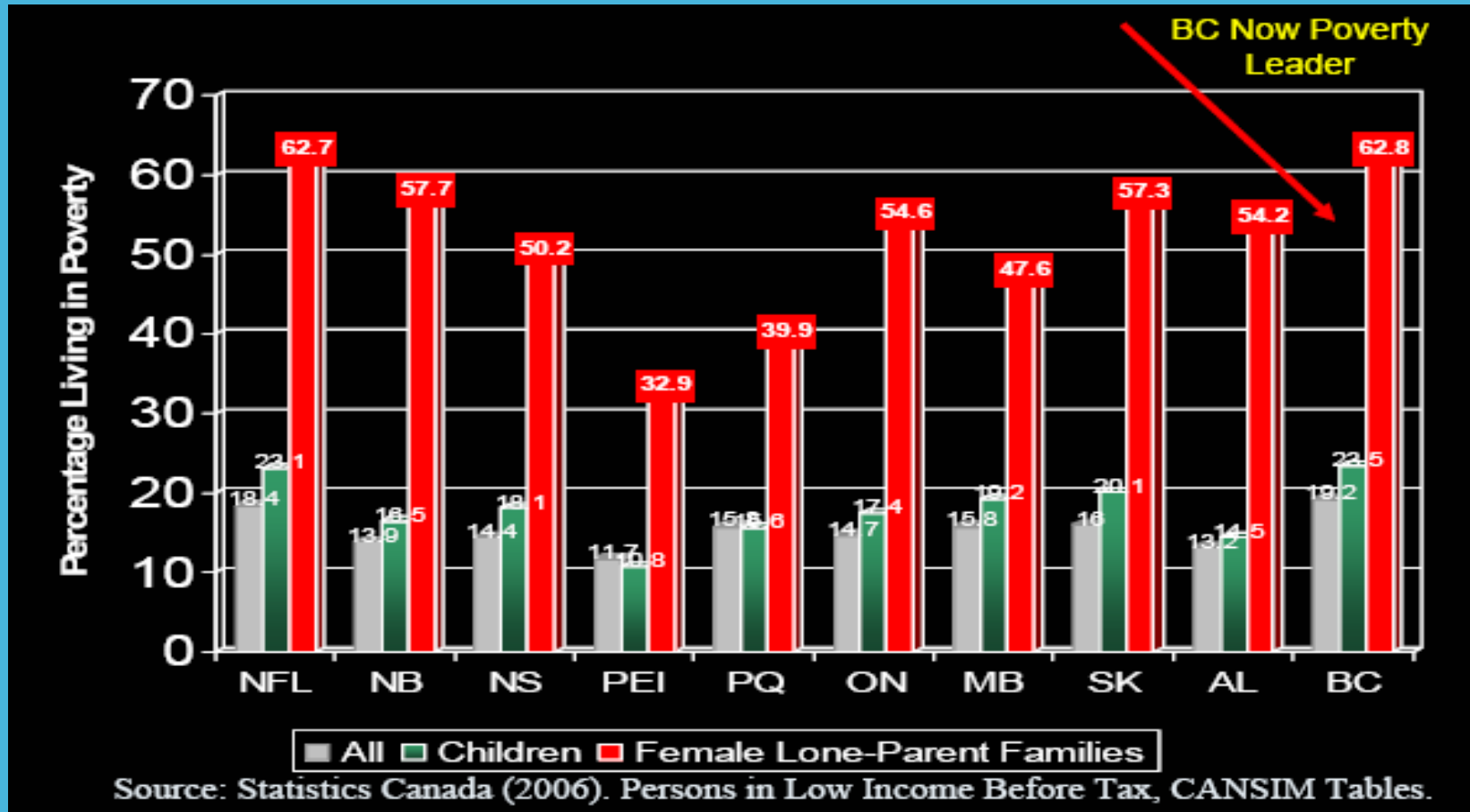


Let's Line Up

How many of you are talking about poverty in your day to day work?



Percentage of Canadians, Children, and Individuals in Female one-Parent Families Living in Poverty, 2004



From Dennis Raphael: Presentation to the University of Waterloo, October, 2007

Where does poverty fit?

- What ideas are bubbling up?
- What questions do we have?
- How can we begin to weave poverty into our work?



Key Behaviour Changes

- 1. Healthy eating**
- 2. Increased physical activity**
- 3. Substance-free living**



The Causes of the Causes



Opportunities and barriers

Small group discussions

1. Healthy eating
2. Increased physical activity
3. Substance-free living



Template from the Primer

	Federal	Provincial	Local	Organizations
What role does each play?				
Who needs to be influenced?				
Who can be your allies?				
What actions can you take?				



Example: HEAL Strategy

Grow Healthy Children & Youth

- Increase Opportunities for Physical Activity & Sport
- Support Healthy Schools
- Improve Access to Healthy Food

Build Healthy Communities

- Partner with Aboriginal Communities
- Promote Healthy Urban Design
- Help Ontarians Access Dietitians

**Healthy Ontarians,
Healthy Ontario**

Champion Healthy Public Policy

- Build Partnerships for Change
- Foster Learning & Innovation
- Invest in Results

Promote Public Awareness & Engagement

- Support Public Education & Marketing Campaigns
- Align Public Awareness Efforts
- Inform Parents, Caregivers & Professionals



Break



What's Inside the Primer to Action?

Six key determinants – income, employment, housing, food, education, inclusion



Why Inclusion?

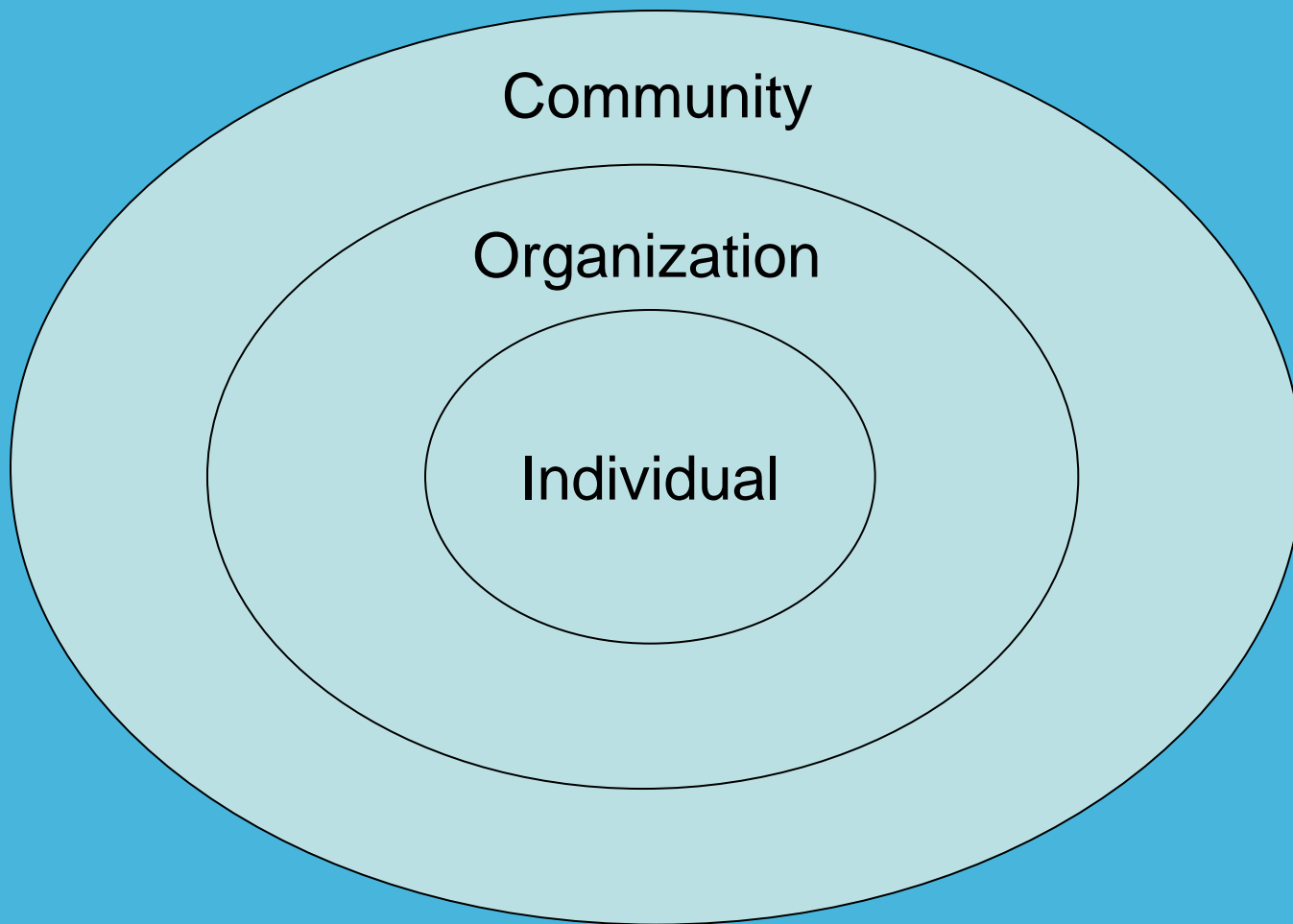
- A lens to help focus on the political, social and economic factors that influence the health of populations
- Inclusion focuses on social structures and conditions, rather than the specific factors that contribute to each individual's social exclusion or inclusion.

Ways to use the Primer- what we've learned...

- 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



Taking action at many levels



Learning from each other...

Examples of organizational action

- **Heart and Stroke Foundation**
- **Cancer Care Ontario**



Power Flower



The Power Flower is adapted from **Introduction to Diversity at CAMH** training curriculum, 2007.

Our Current Timelines

- Online survey closes – March 26
- Final evaluation report – March 31
- Final advisory panel meeting – April 15
- Primer revisions under way – English and French



Ongoing interest in the Primer

Help us make the Primer better!

- **Fill out the on-line survey at www.opc.on.ca by March 31**
- Send us your suggestions for resources
- Send us your stories!
- Check our website for updates.

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