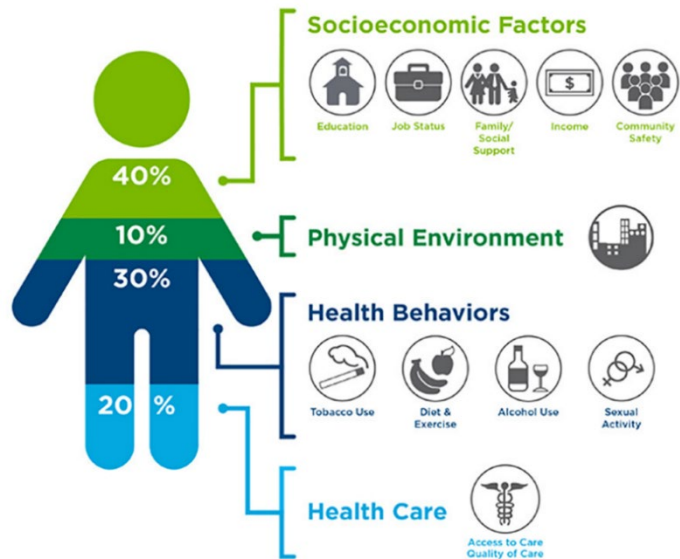


# Social Determinants of Health (SDOH) Fact Sheet

Eighty-percent of what makes up someone’s health is determined by what happens outside of the hospital and health clinic. Of that 80%, the largest segment is made up of social determinants of health, or socioeconomic factors. These factors are conditions in the environment where people live, learn, work, play, worship, and age.

SDOH include, but are not limited to: <sup>1</sup>

- Food insecurity,
- Social isolation,
- Housing stability,
- Transportation,
- Physical activity,
- Economic stability,
- Employment,
- Education,
- Access to healthcare, and
- Mental health access.



## Iowa SDOH Facts <sup>2</sup>

2,647 people experience homelessness on any given day.

An estimated 49.5% of adolescents (ages 13-18) have a mental disorder.

Iowa’s unemployment rate is currently 2.9%.

Iowa residents aged 65+ have a higher risk of social isolation than younger populations in the same community.

22.6% adults in Iowa do not have a regular primary care provider in Iowa.

238,290 individuals in Iowa face hunger. Of that number, 68,990 are children.

**SDOH can affect the health and quality of life of your patients. By identifying and addressing these barriers, either directly or through timely referrals, you can help improve health outcomes for your patients. Iowa Total Care has resources to help address these barriers.**

## Resources

- The Housing & Resource Team assists members by locating resources and options to address **social determinants of health (SDOH)** needs.
  - Contact our Housing Specialist: [Housing\\_ITC@IowaTotalCare.com](mailto:Housing_ITC@IowaTotalCare.com)
  - Contact our Resource Specialist: [ITC\\_Resource\\_Referral@IowaTotalCare.com](mailto:ITC_Resource_Referral@IowaTotalCare.com)
- [iowatotalcare.findhelp.com](https://iowatotalcare.findhelp.com): Find programs and assistance for food, shelter, healthcare, work, financial needs, and more.
- Members earn My Health Pays® rewards when you complete healthy activities like a yearly wellness exam, annual screenings, tests, and other ways to protect your health.  
[iowatotalcare.com/members/medicaid/benefits-services/healthy-rewards-program](https://iowatotalcare.com/members/medicaid/benefits-services/healthy-rewards-program)
- Members may be able to get no-cost rides to your non-emergency doctor visits, even a monthly bus pass. For more information: [iowatotalcare.com/members/medicaid/benefits-services/transportation](https://iowatotalcare.com/members/medicaid/benefits-services/transportation)
- Iowa Total Care has partnered with Teladoc Health to provide 24/7 virtual care for non-emergency issues and services at no added cost to members. Easy to connect to our members by phone or video.  
[teladochealth.com](https://teladochealth.com)
- Your Life Iowa: Offered by the Iowa Department of Public Health, this program is available to all Iowans. It provides free, confidential support and connects members to resources meant to help get their lives back on track. Visit [yourlifeiowa.org](https://yourlifeiowa.org).
- myStrength offers personalized resources to help overcome challenges and build mental strength.  
[web-ui.mystrength.livongo.com/go/epc/iowa](https://web-ui.mystrength.livongo.com/go/epc/iowa)
- Iowa Total Care provides free aids and services to help our members communicate effectively.  
[iowatotalcare.com/providers/resources/language-services](https://iowatotalcare.com/providers/resources/language-services)
- Healthy People 2030: [health.gov/healthypeople](https://health.gov/healthypeople)
- Visit [iowatotalcare.com/bewelleatwell](https://iowatotalcare.com/bewelleatwell) for:
  - Cooking classes with kid-friendly, budget-friendly, and diabetes-friendly options.
  - Healthy recipes perfect for all seasons.
  - Locations of community gardens near you.
- Access educational tools and discover community organizations that help support literacy in Iowa's youth. Visit [iowatotalcare.com/literacyprogram](https://iowatotalcare.com/literacyprogram) to get started!

## Sources

1. Institute for Clinical Systems Improvement, Going Beyond Clinical Walls: Solving Complex Problems (October 2014); The Bridgespan Group.
2. Iowa's State Health Assessment  
<https://hhs.iowa.gov/about/performance-and-reports/healthy-iowans>