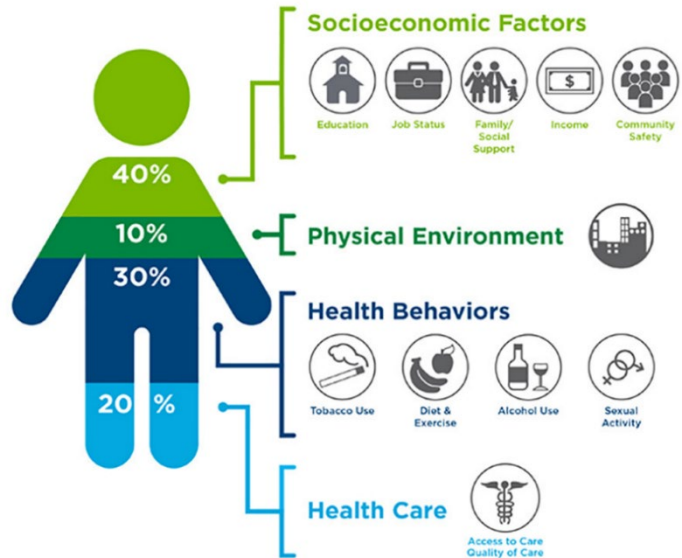


Social Determinants of Health (SDOH) Fact Sheet

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

SDOH includes, but are not limited to ¹

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



Iowa SDOH Facts ²

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 members' **social determinants of health (SDOH)** needs.
 - Contact our Housing Specialist: Housing_ITC@IowaTotalCare.com
 - Contact our Resource Specialist: ITC_Resource_Referral@IowaTotalCare.com
- 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
- 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
- Iowa Total Care has partnered with Babylon to offer 24/7 access to complete health care at no cost to members. Talk to a doctor, therapist and more from our app or website.
iowatotalcare.com/members/medicaid/benefits-services/telehealth1
- **Your Life Iowa**: Offered by the Iowa Department of Public Health, this program is available to all Iowans. It offers free, confidential support and connects you to resources meant to help you get your life back on track.
Yourlifeiowa.org
- **myStrength** offers personalized resources to help overcome challenges and build mental strength.
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
- Healthy People 2030 health.gov/healthypeople
- Visit iowatotalcare.com/bewelleatwell, to get resources on;
 - 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 our 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/sites/default/files/portals/1/userfiles/291/healthy-iowans/sha2021.pdf>