Examining the Social Determinants of Child Health

Alice Kuo, MD, PhD
Chief, Medicine-Pediatrics
UCLA
Disclosures

- None
Current State of Child Health

- Children are not faring well in this country
- Almost a quarter of all children live in poverty
- 16 million do not have consistent access to food
- One-third are overweight or obese
- Almost 20% have a mental health condition
- 10 million have asthma
Consequences of Poor Child Health

- Economic burden of cardiovascular disease tops $450 billion/year; many adults with heart disease have dietary and physical activity habits that formed in childhood.
- Most adult smokers started smoking in adolescence.
- 2/3 of adult mental health disorders originated in childhood.
What are Social Determinants of Health?

- WHO (2008)
  - “complex, integrated and overlapping social structures that are responsible for most health inequities”

- Economic systems, social environment, physical environment, health services, societal factors

- Shaped by the distribution of money, power, resources
What are Social Determinants of Child Health?

- Social and economic context in which children are born, grow up, live and eventually work

- Factors that bring about positive or negative changes in health or change the risk of disease

- Distinct from medical care, can be influenced by social policies
Pediatricians are True Family Doctors

- Children live in the context of their families
- Solutions should be family-based, not just child-based
- Pediatricians are positioned to recognize parental stress, parental depression, an overwhelmed parent
- Giving parent support may be the most important thing you can do for that child
The Council on Community Pediatrics (COCP) promotes community pediatrics through policy, practice, and education.

Community pediatrics is the practice of promoting and integrating the positive social, cultural, and environmental influences on children’s health as well as addressing potential negative effects that deter optimal child health and development within a community.
AMERICAN ACADEMY OF PEDIATRICS

POLICY STATEMENT
Organizational Principles to Guide and Define the Child Health Care System and/or Improve the Health of All Children

Committee on Community Health Services

The Pediatrician’s Role in Community Pediatrics
Community Pediatrics: Navigating the Intersection of Medicine, Public Health, and Social Determinants of Children's Health

COUNCIL ON COMMUNITY PEDIATRICS

*Pediatrics* 2013;131;623; originally published online February 25, 2013;
DOI: 10.1542/peds.2012-3933
Providing Care for Immigrant, Migrant, and Border Children
COUNCIL ON COMMUNITY PEDIATRICS

Pediatrics 2013;131;e2028; originally published online May 6, 2013;
DOI: 10.1542/peds.2013-1099
Providing Care for Children and Adolescents Facing Homelessness and Housing Insecurity

COUNCIL ON COMMUNITY PEDIATRICS

Pediatrics 2013;131;1206; originally published online May 27, 2013;
DOI: 10.1542/peds.2013-0645
Health Equity and Children's Rights
Council on Community Pediatrics and Committee on Native American Child Health
Pediatrics 2010;125;838; originally published online March 29, 2010;
DOI: 10.1542/peds.2010-0235
Promoting Food Security for All Children

COUNCIL ON COMMUNITY PEDIATRICS and COMMITTEE ON NUTRITION

*Pediatrics*; originally published online October 23, 2015;
DOI: 10.1542/peds.2015-3301
**TABLE 2** Screening for Food Insecurity

1. Within the past 12 mo, we worried whether our food would run out before we got money to buy more. (Yes or No)

2. Within the past 12 mo, the food we bought just didn’t last and we didn’t have money to get more. (Yes or No)

Adapted from Hager et al.\textsuperscript{35} Although an affirmative response to both questions increases the likelihood of food insecurity existing in the household, an affirmative response to only 1 question is often an indication of food insecurity and should prompt additional questioning.
Mediators and Adverse Effects of Child Poverty in the United States

John M. Pascoe, David L. Wood, James H. Duffee, Alice Kuo, COMMITTEE ON PSYCHOSOCIAL ASPECTS OF CHILD AND FAMILY HEALTH and COUNCIL ON COMMUNITY PEDIATRICS

*Pediatrics*; originally published online March 9, 2016;
DOI: 10.1542/peds.2016-0340
• Screen for risk factors within social determinants of health during patient encounters. Practices can use a brief written screener or verbally ask family members questions about basic needs, such as food, housing, and heat. Screening for basic needs can help uncover not only obvious but also less apparent economic difficulties experienced by families. As patient-centered medical homes continue to develop, care coordinators will fulfill the role of community liaison for families in poverty, connecting them with needed resources.
APA Poverty Task Force,
Health Care Delivery Committee,
Financing Subcommittee

Policy Statement on Financing Clinical Practice to Reduce Child Poverty and
Improve Population Health
Social Gradients

- Not just an issue of poverty
- Affluent families spend six times more on education-related activities than working class
- 2/3 preschoolers don’t have access to high-quality child care
- 2/3 public school students don’t meet math or reading proficiency in 8th grade
- 2/3 high school graduates aren’t ready for college
Op-Ed  Will having kids soon be out of reach economically for many American families?

“
The cost of raising a child from birth to adulthood is now a quarter of a million dollars and projected to double by the time today’s toddlers reach their teens.
”

Child care, on average, consumes $1 of every $5 in a family’s budget. (Los Angeles Times)

By ADAM SCHICKEDANZ AND NEAL HALFON
In your 20s, 30s, or 40s and feeling squeezed? You’re not alone, and governments are failing to adapt.

Lobby (n.): A group of persons engaged in trying to influence legislators or other public officials in favor of a specific cause.

So we’re building a national lobby to squeeze back.
Canadian Governments Spend

$33,000+ per citizen over age 65

< $12,000 per citizen under age 45

Young Canadians have to save up to 3 times longer for a 20% down payment

1976: 5 yrs
TODAY (Canada): 10 yrs
TODAY (B.C.): 15 yrs
Taking care of children has nothing to do with politics. I think perhaps with time, instead of there being a politicization of humanitarian aid, there will be a humanization of politics.

Audrey Hepburn
Medicine-Pediatrics Comprehensive Care Center

- Main clinic for Medicine-Pediatrics at UCLA

- Only clinic at UCLA open 365 days a year

- Extended hours: 8 AM to 9 PM weekdays; 9 AM to 5 PM weekends and holidays

- Advanced nursing services
Patient Health Advocates
UCLA MPCCC

After your appointment, a Patient Health Advocates volunteer will help connect you to these resources either through email, phone, or in person. Patient Health Advocates are available in person from Wednesday through Friday, 1 to 5 PM.

1. Do you have difficulty accessing any of the following services?
   - Healthcare: □ Yes □ No
   - Dental care: □ Yes □ No
   - Vision care: □ Yes □ No

2. Are you interested in any of the following?
   - Mental health services: □ Yes □ No
   - Support for a chronic condition or disease: □ Yes □ No
   - Support for an addiction/dependency: □ Yes □ No

3. Do you have dietary, nutritional, or weight loss concerns? □ Yes □ No

4. Is transportation (i.e. personal vehicle, public transportation, ACCESS) readily available to you? □ Yes □ No

5. Are you enrolled in any food assistance programs, or do you feel you need food assistance? □ Yes □ No

6. Are you experiencing trouble maintaining or finding housing? □ Yes □ No

7. Do you have any legal concerns (i.e. immigration, divorce, accident)? □ Yes □ No
   If yes, please specify: ____________________________________________

8. Do you have any problems concerning domestic violence or safety? □ Yes □ No

9. Please list any other needs you may have: ____________________________________________
   ____________________________________________

For parents of children 18 and under:

10. Are you interested in finding any of the following?
    □ After school programs □ Special needs programs
    □ Daycare □ Other: ____________________________________________
    □ Academic services

11. Would you be interested in parenting classes or information? □ Yes □ No
Summary

- Three principles for understanding child health
  - Children live in the context of their families
  - Social determinants play a large part in child health outcomes
  - What happens in childhood affects life course health development trajectories

- Pediatricians have a new role to play in integrated health systems:
  - Prevention experts
  - Total family health experts
Questions?