



Social Determinants of Health: Lesson Plan

Topic	
<p>Social Determinants of Health. Social determinants of health are factors in the environment that affect a person’s health outcomes. The five major categories include healthcare access and quality, education access and quality, social and community context, economic stability, and built environment. These factors affect what people put into their bodies, if and when they seek healthcare, the amount of stress their body faces, etc. The quality of one’s environment is often determined by socioeconomic factors and race. Given the differences in life expectancy between different classes in society, it is evident social determinants of health have an important impact on individual health.</p>	
Possible subjects/classes	Time needed
Public Health, Government	45-50 mins
Video link:	
https://academy4sc.org/video/social-determinants-of-health-beyond-biology/	
Objective: <i>What will students know/be able to do at the end of class?</i>	
<p>Students will be able to...</p> <ul style="list-style-type: none"> • Define social determinants of health • Explain how various social factors can affect health outcomes • Explain how socioeconomic status can affect life expectancy 	
Key Concepts & Vocabulary	
Health outcomes, de facto segregation	
Materials Needed	
Computer, worksheet	
Before you watch	
<p>Turn and Talk. Ask the class to generate a list with a partner of what they think can lead to diabetes or another chronic disease. Make sure they include different</p>	



behaviors they think will lead to the disease. Have each pair share with the class and generate a class list.

While you watch

1. How can poor access to healthcare cause negative health outcomes?
2. Why is education so important for future health outcomes?
3. Which social determinant of health underlies the rest of them?

After you watch/discussion questions

1. Can you think of some other social factors that affect a person's health? How do they affect health outcomes?
2. Do you think that medical practitioners should focus more on relevant social factors when treating patients? Why or why not?
3. Do you think that preventative medicine should work to address social issues? Why or why not?

Activity Ideas

- Have students play the game [SPENT](http://playspent.org/). In the game, players have \$1000 to get them through a month. Throughout the month they have to make tough decisions about how to spend their money. The game provides information about how those in poverty end up with worse health outcomes. Then have a class discussion about what they learned about poverty and health.
- Have students complete the worksheet below. Then pretend each group is given a million dollar grant to solve their chosen topic. Have them come up with how the money would be best utilized to help improve health outcomes.

Sources/places to learn more

1. Centers for Disease Control and Prevention. (2021, March 10). *About Social Determinants of Health (SDOH)*. Centers for Disease Control and Prevention. <https://www.cdc.gov/socialdeterminants/about.html>.
2. Public Broadcasting Service. (2008). *UNNATURAL CAUSES*. PBS. <https://www.pbs.org/unnaturalcauses/index.htm>.
3. SPENT. (n.d.). <http://playspent.org/>.