

Social determinants of health:

Important insights to help close gaps and improve care

Follow-up Guide



Social determinants of health: The circumstances in which people are born, grow up, live, work and age, and the systems put into place to deal with illness.

Five Key Areas to consider

- 1 Economic Stability
- 2 Neighborhood and Built Environment
- 3 Health and Health Care
- 4 Social and Community Context
- 5 Education

Source: *HealthyPeople.gov*, 2019

How can **YOU** help?

- Understand the needs and challenges of your employees
- Ensure your policies allow your employees to have the time and resources to maintain their health
- Educate your employees about local access for healthy food, transportation, and other community resources available to them
- Spur a culture of well-being and community involvement
- Partner with local public health departments for affordable or free health resources for your business and your employees
- Contact your Blue Cross representative for more information



Community public health departments offer a variety of services to:

- Prevent the spread of disease
- Ensure a safe and clean environment
- Promote and encourage healthy behaviors
- Prepare for emergencies
- Ensure accessibility of health service

Partner with a public health department in your community to explore what services are available for you and your employees.



Learn more with additional resources

- MiBluesPerspectives: [Exploring the Unique Health Care Challenges of Homeless, LGBTQ and Immigrant Communities](#)
- MiBluesPerspectives: [Michigan Safety Net Clinics Receive Grants to Help Uninsured Patients Get Health Care, Address Opioid and Prescription Drug Misuse](#)
- MiBluesPerspectives: [Supporting Communities Through the Michigan Health Endowment Fund](#)
- MiBluesPerspectives: [Food as Medicine: How the BCBSM Foundation Supports Produce Prescription Programs](#)
- MiBluesPerspectives: [Social Needs and Their Impact on Health Care: Research Identifying Best Screening Methods](#)