Paths to Population Health: Staying Upstream on the Social Determinants of Health

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Population Health
(Kindig and Stoddard)

Patterns of health determinants over the life course

Health outcomes and their distribution in a population

Policies and interventions at individual and societal levels
WHO Conceptual Framework of Social Determinants of Health

Socioeconomic and political context
- Governance
- Macroeconomic policies
- Social policies (labour market, housing, land)
- Public policies (education, health, social protection)
- Culture and societal values

Socioeconomic position
- Social class
- Gender
- Ethnicity (racism)

Material circumstances (living and working, conditions, food availability, etc.)
- Behaviors and biological factors
- Psychosocial factors

Social cohesion & social capital
- Education
- Occupation
- Income

Health system

Impact on equity in health and well-being

Structural determinants of health inequities

Intermediary determinants of health
Conflation of a number of different fields of inquiry and practice

- Population health
- Public health
- Preventive medicine
- Population medicine
- Population health management
- Precision medicine
- Precision health/precision public health
Patterns of health determinants over the life course

Health outcomes and their distribution in a population

Policies and interventions at societal and individual levels that contribute to both good health and health equity

Population Health Management
Patterns of health determinants over the life course (independent variables)

Health outcomes and their distribution in a population (dependent variables)

Policies and interventions at societal and individual levels that contribute to both good health and health equity
Summary

- SDOH or health factors influence health more than clinical care.
  - The discussion of “population health management” has brought some new attention to SDOH and health equity.

- We need the right balance of upstream and downstream efforts to improve population health. Upstream efforts will have a greater influence.
  - Otherwise, as Sharfstein laments, “we may find ourselves awash in population health efforts, without meaningful progress in the health of our population.”
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