

Using Social and Behavioral Determinants of Health to Improve Health in Low Socioeconomic Populations

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ABSTRACT

Overall health is often linked with the socioeconomic status of an individual. To combat this problem and to increase the overall health of low-socioeconomic groups, the Social and Behavioral Determinants of Health (SBDOH) workgroup created the *One Degree* Program. *One Degree* offers a free and accessible way in which patients of all levels of income can receive help with access to medical, legal, financial, housing, food, and everyday family needs. In addition to resources, *One Degree* was created to address one of the main challenges to SBDOH, which is staffing. Through an electronic screening across different clinical settings, *One Degree* can improve patient health while decreasing the need for direct patient screening. This easily accessible website allows for patients to be screened electronically (similar to Apples' Siri technology) to access a wide variety of resources through the convenience of their handheld devices. In addition to expanding *One Degrees*' resources, the program allows health care organizations to add information to customize the medical resources available to their patients while limiting staff time to locate these resources. Finally, the program allows patients to create, "Health Plans," which further promote their SBDOH and contribute to an increase in overall health.

Accessible medical care is a necessity that often is unavailable to poor individuals who lack the quality of care necessary for a healthy life. The *One Degree* program hopes to fill this gap by connecting at risk people with free and or affordable care and resources.

Key Words: Social and Behavioral Determinants of Health (SBDOH), One Degree, socioeconomic status.

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