



**NHATA EDAC & LGBTQ+ ADVISORY COMMITTEE PRESENTS:**  
**SOCIAL DETERMINANTS OF HEALTH  
AND THE IMPACT ON THE HEALTH AND  
WELLBEING OF LGBTQIA+ PATIENTS**  
**LECTURE BY: JENNIFER STURTEVANT & SEAN ROGERS**

**OBJECTIVES:**

- Describe the Social Determinants of Health model and how it relates to Athletic Training.
- Identify a correlation between Social Determinants of Health, health and healthcare disparities, and positive and negative patient outcomes.
- Current events, laws, and legislation that impact LGBTQ community .

**WHAT ARE SOCIAL DETERMINANTS OF HEALTH  
(SDOH)?**

*"Conditions of the environments where people are born, work, play, worship, and grow older."*

- There are 5 factors that affect a wide range of health, functioning, and quality of life outcomes and risks. Those factors include:
  - Economic Stability
  - Neighborhood and Built Environment
  - Education Access and Quality
  - Social and Community Context
  - Healthcare Access and Quality



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## **SDOH (CONT.) ECONOMIC STABILITY**

**LECTURE BY: JENNIFER STURTEVANT & SEAN ROGERS**

### **ECONOMIC STABILITY**

***"Ability to maintain a stable employment, avoid food insecurity, maintain adequate housing, and avoid experiencing poverty"***

- **Those that lack economic stability:**
  - **Live in geographical areas lacking public resources/support program**
  - **Lack access to healthy food options**
  - **Lower healthcare literacy**
  - **Inadequate or overcrowded housing**
  - **Experience homelessness**
- **Patient intervention:**
  - **Work alongside administration to identify co-curricular work opportunities through the school**
  - **Identify LGBTQIA specific scholarships through Human Rights Campaign scholarship database**
  - **Locate free wifi hotspots or an establishment with free computer access**



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# **SDOH (CONT.) NEIGHBORHOOD AND BUILT ENVIRONMENT**

**LECTURE BY: JENNIFER STURTEVANT & SEAN ROGERS**

## **NEIGHBORHOOD AND BUILT ENVIRONMENT**

**"A person's physical environment can have a direct impact on their health and well-being in addition to their ability to access healthcare."**

- **Factors of a person's environment can include;**
  - **Access to food that supports healthy eating patterns**
  - **Quality and affordability of housing**
  - **Level of crime and violence within an area**
  - **Feeling safe and secure in your home**
  - **Resiliency of environmental conditions**
- **61% of transgender or non-conforming individuals experienced differential treatment when searching for housing. Some differential treatment includes;**
  - **Denied being shown amenities**
  - **Being quoted higher rental prices**
- **Patient intervention:**
  - **Access to local shelters and affordable housing**
  - **Local LGBTQIA+ community support groups**
  - **Local food banks and affordable farmer's markets**
  - **Public transportation**



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## **SDOH (CONT.) EDUCATION ACCESS AND QUALITY**

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### **EDUCATION ACCESS AND QUALITY**

*"Access to quality education is key component when assessing for social determinants of health."*

- **Adequate access includes:**
  - Availability of early childhood education
  - High school graduation rates
  - Availability of post-secondary education opportunities
  - Healthcare literacy
  - Access to evidence-based sex, gender, and health education
- **Inadequate access includes:**
  - Lower economic stability and lifelong earnings
  - Lower likelihood to pursue post-secondary education opportunities
  - Low healthcare literacy
- **LGBTQIA students feel unsafe in school because of their sexual orientation, gender expression, and gender identity**
  - LGBTQIA reported that 81-82% of school staff did not intervene when hearing a negative remark about gender expression or homophobic remarks
- **Patient intervention:**
  - Seek out the presence of an inclusive club or student support group
  - Connecting the student with supportive faculty/staff
  - Advocating for the development of anti-harassment policies and regular trainings
  - Identify tutoring programs through public avenues
    - Local libraries/shelters
  - Connecting the student with LGBTQIA+ mentoring programs
    - Big Brother Big Sister



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# **SDOH (CONT.) SOCIAL AND COMMUNITY CONTEXT**

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## **SOCIAL AND COMMUNITY CONTEXT**

"This is important to an individual's feeling of belonging and to provide a support network integral to overall health and well-being."

- **Factors include:**
  - **Ability to engage in civic participation**
  - **Prevalence of discrimination, harassment, and hate crimes**
  - **Rates of incarceration for non-violent crimes**
  - **Social cohesion and community support groups**
- **Those who lack support experience:**
  - **Social exhaustion and isolation**
  - **Low self-esteem**
  - **Poor mental and physical health**
  - **Fewer opportunities for personal and professional advancement**
- **Patient Interventions:**
  - **Identify community resources within the immediate area - "safe spaces"**
  - **Connecting the patient with LGBTQIA specific community support groups**
    - **Pridecorps (youth)**
    - **GLBT Near Me**
      - **Online national database (new project)**
    - **The Trevor Project**
      - **phone: 866-488-7386**
    - **Trans Lifeline**
      - **phone: 877-565-8860**

**For NATA members, complete Safe Space Ally Training for the  
Athletic Trainer through link  
<https://pdc.nata.org/courses/safespace>**



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# **SDOH (CONT.) HEALTHCARE ACCESS AND QUALITY**

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## **HEALTHCARE ACCESS AND QUALITY**

**"The lack of access to quality of healthcare services impacts health outcomes and results in health and healthcare disparities."**

- **Health literacy**
  - **minimal education and understanding of signs/symptoms of major illness and injuries**
- **Health insurance**
  - **Those who lack access will have no health insurance or limited coverage**
- **LGBTQIA population often endure discriminatory experiences such as:**
  - **Disrespectful treatment from staff**
  - **Denial of care**
  - **Harsh language**
  - **Being told their gender identity or sexual orientation is the cause of the their illness**
- **Inadequate training on specific needs lead to:**
  - **Subpar care**
  - **Lack of patient education**
  - **Inadequate interventions**
  - **Poor patient outcomes**
  - **Ultimately discrimination**



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## **HEALTHCARE ACCESS AND QUALITY**

**"The lack of access to quality of healthcare services impacts health outcomes and results in health and healthcare disparities."**

- **Patient intervention:**
  - **Vector health and wellness**
  - **Out Health**
    - **Online resources to locate LGBTQIA friendly healthcare providers**
  - **Governmental Insurance**
  - **Children's Health Insurance Program (CHIP)**
  
- **Screening tool from American Academy of Family Physicians that can be used during pre-participation examination in order to:**
  - **Identify deficits in a patient's social determinant of health**
  - **Provide early intervention and referrals to improve patients outcomes.**
  - **Encourage early and regular collaborative practice**
  - **Better understand your patient population.**