Neighborhood approaches to reduce health inequities

Learning objectives

- Demonstrate importance of "place" on health outcomes

- Explore relationship between social determinants and health outcomes in Minnesota

- Highlight examples of promising efforts made to reduce health inequities

Our work exploring health inequities

Our work exploring health inequities

Our work exploring disparities

Peta Wakan Tipi

Peta Wakan Tipi helps American Indian men and women transition from chemical dependency and homelessness to a healthy, self-sufficient life. They provide culturally-based supportive services, housing, and living wage jobs. Native youth also learn indigenous gardening and cultural medicinal practices, which increases their sense of belonging.

Our work exploring promising approaches

Safe Routes efforts in Minneapolis Public Schools

July 2011

Promoting student walking and biking in three pilot schools

Why look at "Social determinants"?

Programs and policies ➡ **Health factors** ➡ **Health outcomes**

Health factors:

- **Physical environment** **10%**
- **Social and economic factors** **40%**

What we are talking about today

- **Clinical care** **20%**
- **Health behaviors** **30%**
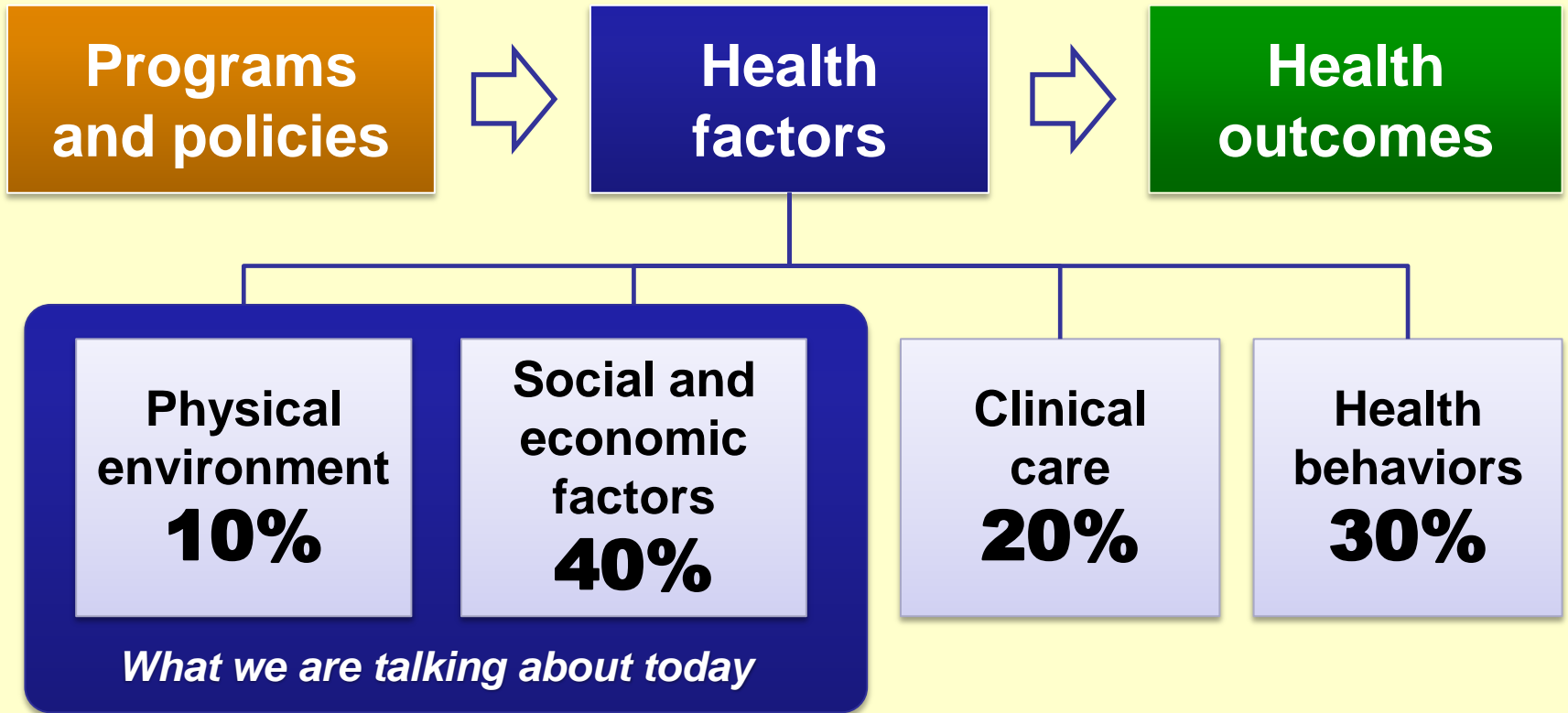
Source: *University of Wisconsin Population Health Institute*

In Minnesota, place matters to health

Life expectancies at birth, by census tract (2007)

Anoka County

Washington County

Hennepin County

Ramsey County

Carver County

Dakota County

Scott County

Legend:
- 83 or more years
- 79 years to < 83 years
- 75 years to < 79 years
- < 75 Years
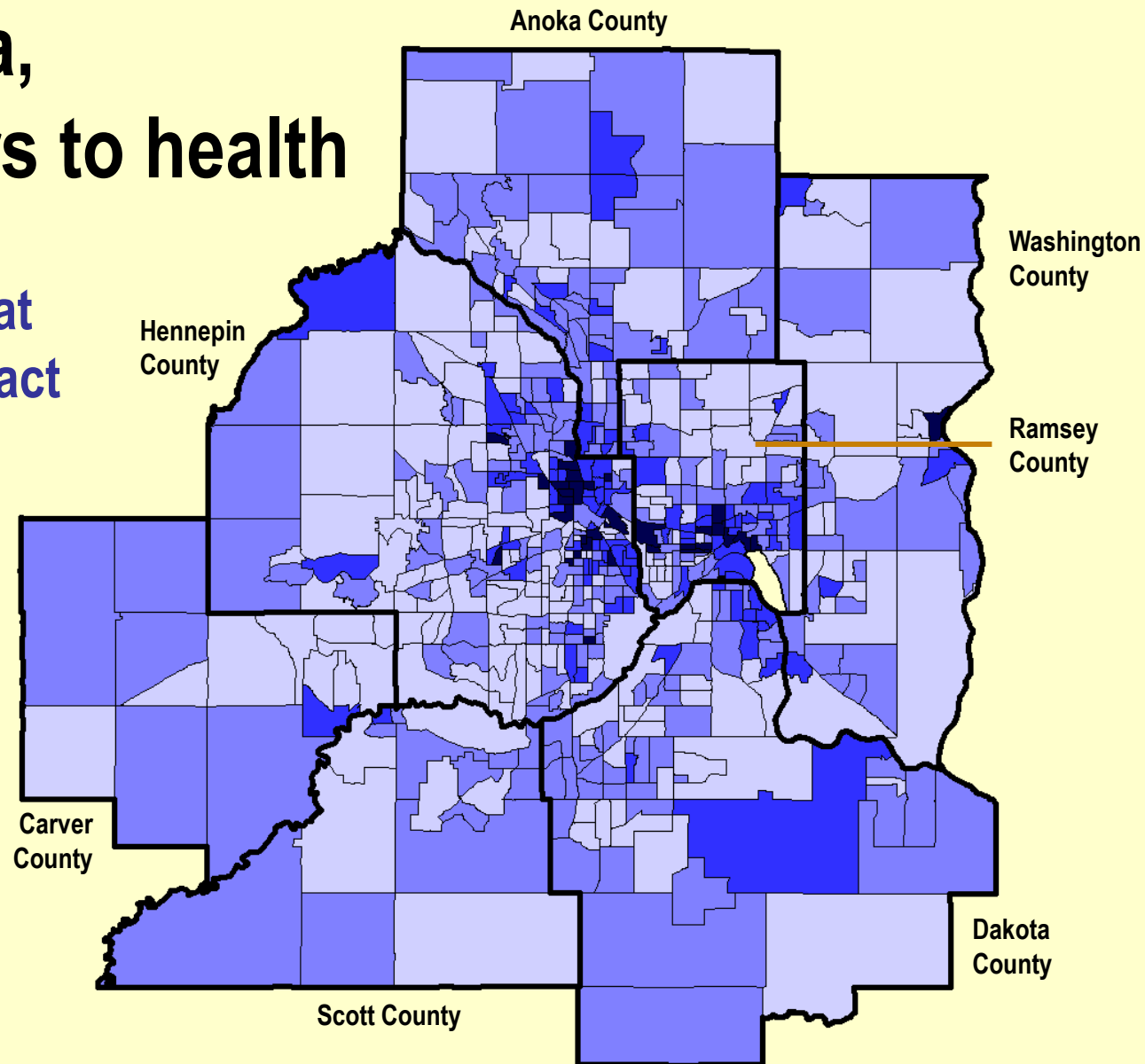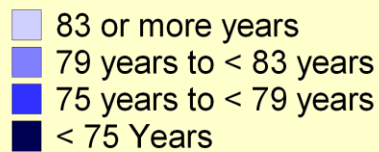
Income and education matter to health

Life expectancy by median household income groups of census tracts

Average life
expectancy
81.0

76.4 — Less than $35000
79.5 — $35,000-$44,999
80.8 — $45,000-$59,999
82.6 — $60,000-$74,999
83.7 — $75,000 or higher
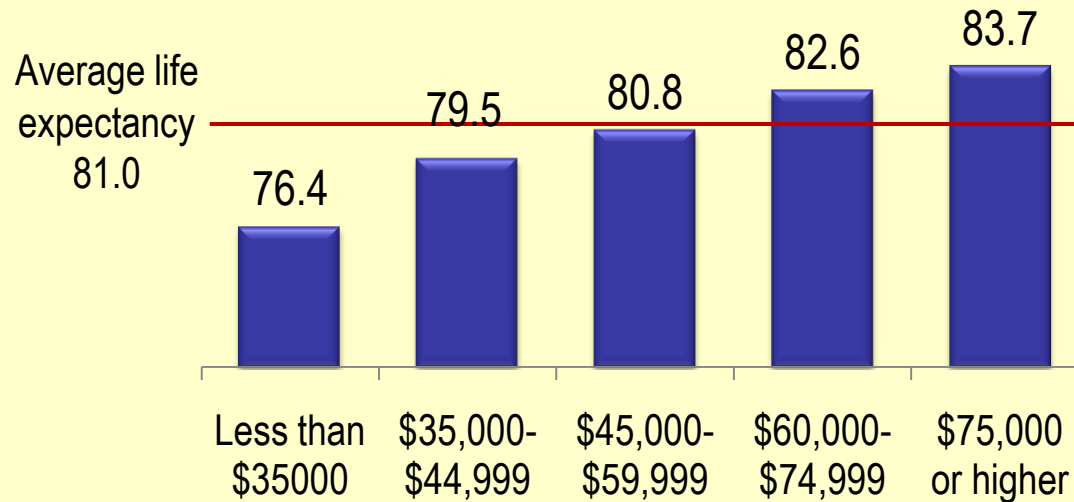
Income and education matter to health

Life expectancy by poverty rate group of census tracts

Average life expectancy 81.0

76.5 — 20.0% or higher
79.3 — 10.0% - 19.9%
81.8 — 4.0% - 9.9%
82.4 — 2.0% - 3.9%
83.1 — Less than 2.0%
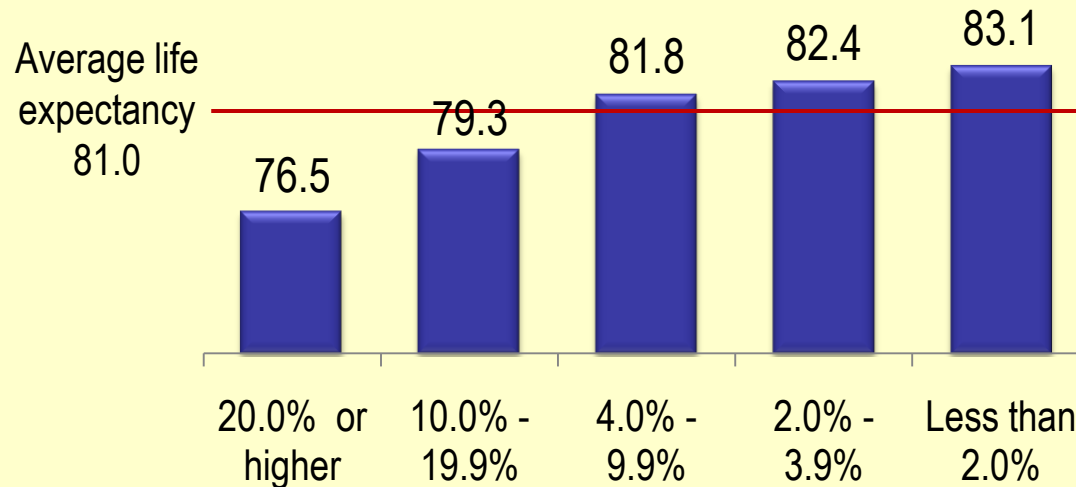
Percentage of households living below the federal poverty level

wilderresearch.org

Income and education matter to health

Life expectancy by educational attainment group of census tracts

Average life expectancy 81.0

77.4 — Less than 15.0%
78.8 — 15.0 - 24.9%
80.7 — 25.0% - 39.9%
82.0 — 40.0% - 54.9%
83.6 — 55.0% or higher
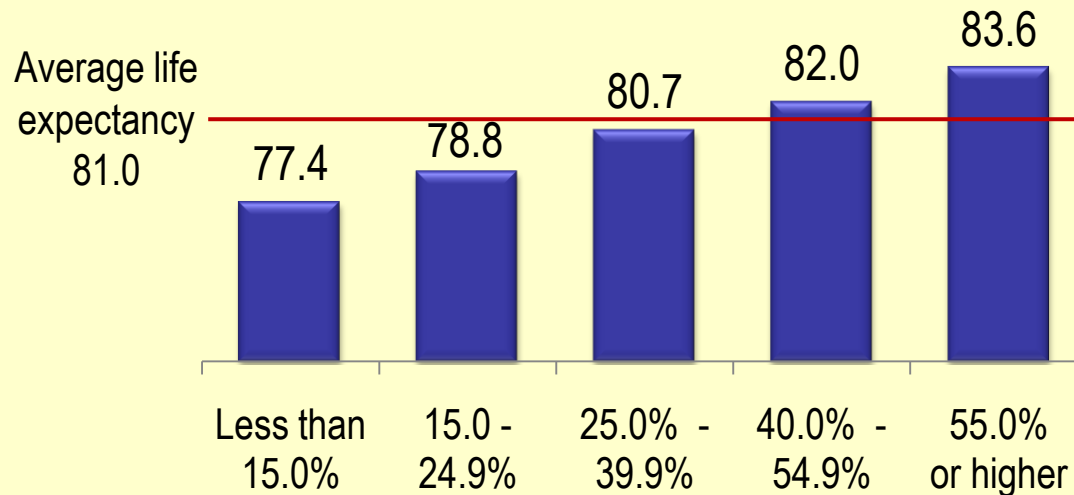
Percentage of adults (25+) with bachelor's degree or higher

Race and ethnicity matters to health

Age-adjusted mortality rates per 100,000 residents

Category	Rate
American Indian	869
Black (U.S. born)	701
Total	244
SE Asian (foreign-born)	243
White (non-Hispanic)	230
Black (foreign-born)	199
Hispanic (any race)	197
Asian (other)	130
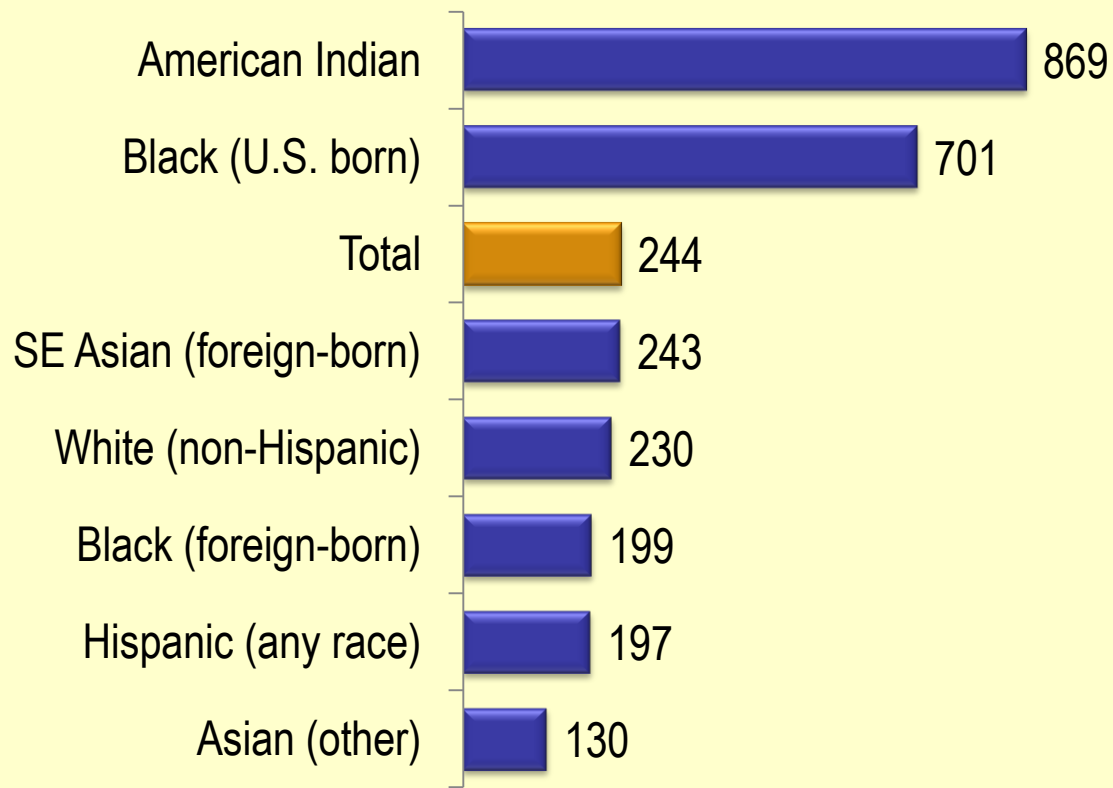
Racial inequities persist across income levels

Age-adjusted mortality rates per 100,000 residents

Legend:
- White (Non-Hispanic)
- African American
- American Indian
- Asian
- Hispanic (All Races)

X-axis: Less than $35000 | $35,000-$44,999 | $45,000-$59,999 | $60,000-$74,999 | $75,000 or higher

Median household income groups of census tracts

wilderresearch.org
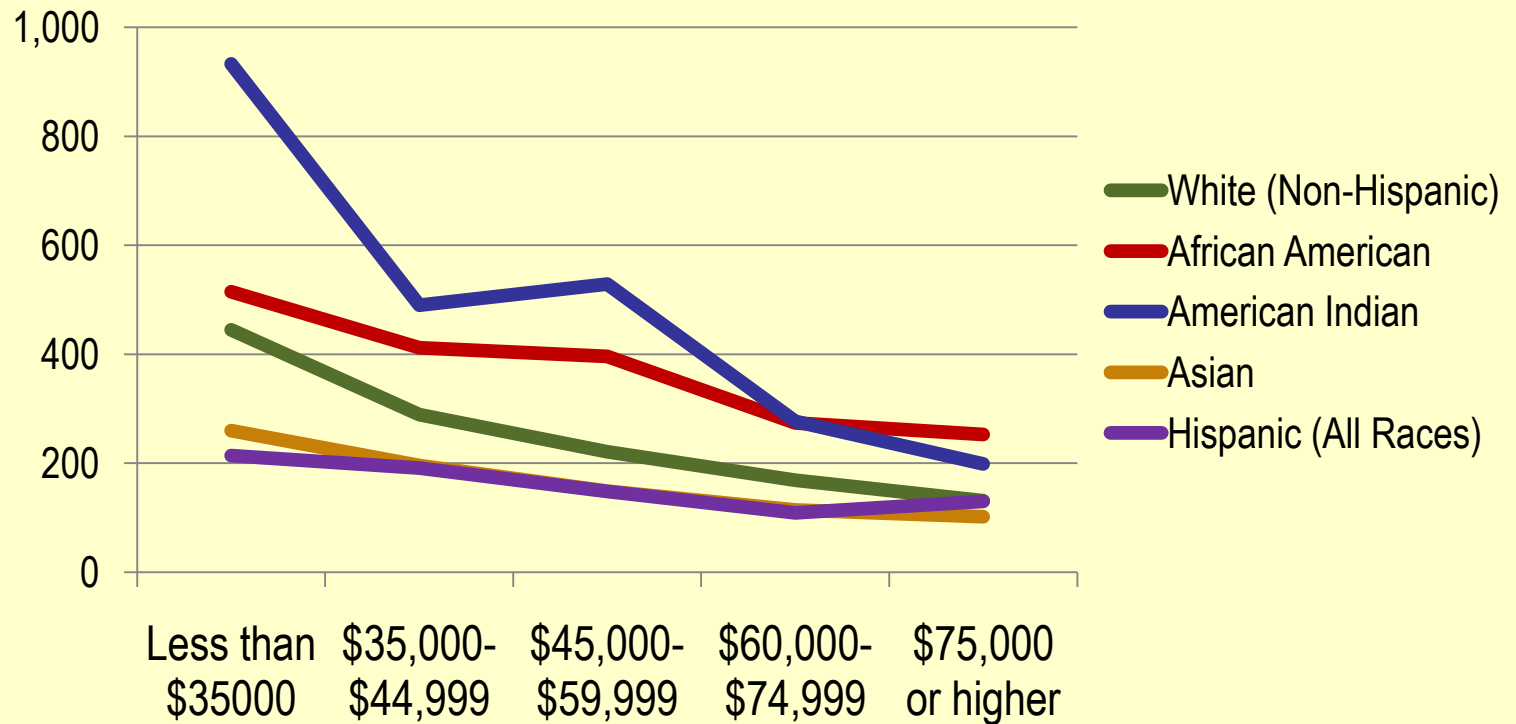
Using data to drive action: Grantmaking

- Establish targeted grantmaking programs:
  How do we direct funds toward areas with highest needs?

- Encourage grant applicants to use data to demonstrate need:
  What is the current status of the community?

- Identify outcomes to measure progress towards long-term goals:
  What works? What does not? What should we change?

Using data to drive action: Community action

- Highlight disparities

- Build community consensus

- Reassess regularly to measure progress

COMMUNITY AT THE CORE:
Backyard Initiative
Assessment Report

INTERVIEWING
DIALOGING
FACILITATING
DOCUMENTING
IMPLEMENTING
DESIGNING
LISTENING
PLANNING
LEARNING
BACKYARD INITIATIVE COMMUNITY MEMBERS
REPORTING
ENGAGING
PARTNERING
RECRUITING
INTERPRETING
ANALYZING
TRAINING

CULTURAL WELLNESS CENTER
ALLINA

Statewide Health Improvement Program

MINNESOTA'S
VISION
A Better State of Health

Statewide Health Improvement Program | SHIP

- Focused on implementing evidence-based strategies that change neighborhood conditions, making the healthy choice the easy choice

Promising implementation approaches

- **School setting**
  - Farm to School
  - Safe Routes to School

- **Community setting**
  - Active living policies
  - Trail enhancements
  - Tobacco-free apartment buildings
  - Improved access to healthy foods

- **Worksite setting**
  - Nutrition policies
  - Smoke-free grounds

Lessons learned

- Policy changes can occur in communities of all sizes, regardless of geography

- Local public health departments play key roles in facilitating change; can also impede efforts

- Buy-in is needed among key decision-makers at all levels, including community residents

Future challenges

- Obtaining buy-in from new policymakers (e.g., freshman legislators)

- Securing funding to implement policies

- Building community partnerships

- Targeting interventions to focus on eliminating health inequities

- Demonstrating short-term impact for interventions designed for long-term change

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