



# Social determinants of health

Impact member care with in-home assessments

Social determinants of health (SDOH) are conditions in the environments in which people are born, live, learn, work, play, worship and age that affect a wide range of health, functioning and quality-of-life outcomes and risks.<sup>1</sup>

**While there are as many as 35 different social determinants, the following 8 are the most common:**



**8 most common**

**It's clinically important to create programs to help members affected by SDOH. Research shows:**

Medical care accounts for only an estimated **10% of health outcomes**.<sup>2</sup>

**68% of Americans have at least one social determinant challenge** and **52% have moderate to high SDOH risk** in at least one SDOH category.<sup>3</sup>



## The value of HouseCalls in-home assessments

In-home assessments may help address and document SDOH either in homes or virtually. Being in a member's home offers a unique opportunity to identify SDOH and document barriers to better health. Clinicians performing in-home assessments can spend more time with members and create referrals to address SDOH they observe.

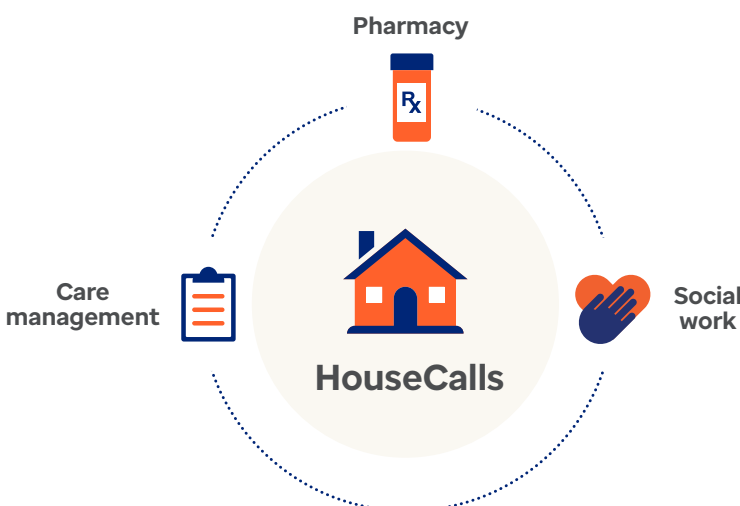


## In an in-home setting, a HouseCalls clinician assesses the member for SDOH. Assessment topics include:

- Personal characteristics, including U.S. Armed Forces discharge and Veterans Affairs support
- Family and home, including living situation and at-home assistance
- Income and resources, including current work situation, transportation support and access to the following:
  - Food
  - Clothing
  - Utilities
  - Child care
  - Prescriptions
  - Medical care
  - Dental care
  - Mental health care
  - Vision care
  - Phone
- Social needs, including financial assistance
- Social and emotional health, including the frequency of communication with loved ones

## HouseCalls referrals

Based on the member's responses to the assessment, referrals are generated to HouseCalls teams or transmitted to the health plan for coordination and patient outreach, as appropriate. HouseCalls referral resources include:



# Over 760K

clinical and social referrals generated in 2022<sup>4</sup>

**Contact Optum to learn more today.**

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[optum.com/housecalls](https://optum.com/housecalls)

1. Office of Disease Prevention and Health Promotion. [health.gov/healthypeople/priority-areas/social-determinants-health](https://health.gov/healthypeople/priority-areas/social-determinants-health). Accessed February 15, 2023.

2. Schroeder SA. We can do better – Improving the health of the American people. *N Engl J Med*. 2007; 357:1221-1228.

3. AJMC. Survey highlights high prevalence of social determinant challenges, need to better address them. [ajmc.com/view/survey-highlights-high-prevalence-of-social-determinant-challenges-need-to-better-address-them](https://ajmc.com/view/survey-highlights-high-prevalence-of-social-determinant-challenges-need-to-better-address-them). December 14, 2018. Accessed February 15, 2023.

4. 2022 HouseCalls program data.



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