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Social Determinants of Health
(Young Adult Low-Income Sub-Population)

A Literature Review

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I. INTRODUCTION

This works/literature review will analyze the need for intervention methods pertaining to combating the social determinants of health within the young adult subpopulation varying from 18-35 years of age. The purpose of this review is to establish a sound need and problem as within the public health arena, research is necessary. The public health issue or concern that will be addressed throughout proposed intervention program or method is the disparities that lie within the low-income young adult population that have a negative impact or correlation on one's health status. This review focuses on the evidence-based approach to public health.

The proposed intervention that this works will aid in substantiating is the community and the concept of education using social media, and radio campaigns in accordance as awareness and promotion. The intervention program will be following the Precede-Proceed model. This model is best-suited due to its' focus on predisposing, enabling, and reinforcing factors. This framework will be essential to proposed intervention program due to the focus on community. The Precede component involves assessing social factors and their impact, i.e. environment and education while proceed is pilot testing and evaluation of implementation.¹ The social determinants of health within this subpopulation have been narrowed down to the lack of resources, access to healthy foods/security, lack of education, and lack of community support. Data throughout this review was collected from previous researchers, journal articles and their findings, spanning from the 20th century to now. The research strategy within this works/review was searching databases such a PubMed and Medline selecting those within the past 10 years. The data originated or derived from multiple communities within the United States that are of low income. Developing countries were excluded due to the extremities of deeming one "low-income" within those areas or communities.

Essentially, the problem throughout this review will be elaborated on through analyzing of previous research methodology, study findings, and limitations. The established problem will be examined using substantiated support from similar studies/articles that agree with the sense of urgency or need. There will also be recommendations provided for the future pertaining to combating said established need. This review was systematic in order to get a general grasp on the need and the importance of an effective communication tool such as social media. A perspective of this study was to identify, summarize, and analyze the specific risk factors pertaining to the individual, socioeconomic/behavioral factors, and demographic factors in accordance with social media use. Overall, this study/review revealed that there is a sound need for those within the low-income young adult subpopulation to be addressed more frequently within the public health arena pertaining to awareness of health status and it's contributing factors/ramifications.

II. BODY OF EVIDENCE

For the purpose of the intervention program, the young adult population spans from the age of 18-35 years. This systematic review can be summarized to identifying that there is an increased risk of a negative health status for those within the low-income young adult population relating to social determinants.^{2,3} The use of outside scholarly materials is inevitable pertaining to identifying, tracking trends, providing recommendations, and overall implementation. The bias risk is there but the use of such resources links the developments of research in general within the public health arena.

Social determinants can simply be defined as one's environment and how it shapes behavior, lifestyle, and habits. The specific problem that needs to be alleviated is the health disparities that occur if one is from a low-income family as a "young adult". These two characteristics are a double edge sword as there are clear disadvantages regarding education, awareness, trust, and overall genetics as

these populations are more prone to carry health lifestyles and diseases from generation to generation. Awareness is essential when it comes to combating public health phenomena as mentioned earlier and it is especially true within this sub-population. The contributing or risk factors of: lack of resources, access to healthy foods/security and lack of education have been identified and will be substantiated through a collaborative brief review and discussion of previous studies, policies, and findings (found below).

The risk factors of the individual being low income w/linkage to lifestyles, habits, behaviors reflecting in the individual having a negative health status score:^{2,3} A similar observation was made by the Center on Society and Health. “The greater one’s income, the lower one’s likelihood of disease and premature death. Studies show that Americans at all income levels are less healthy than those within incomes higher than their own.”⁴(pg.2) The relationship between income and health has been deemed gradient or causal by many. There is a clear connection between these two elements. The US Department of Justice recently led an initiative in 2014 on the need of aid for those of low-income having access to healthcare. The obstacles have been defined as “high costs, lack of insurance, cultural and linguistic barriers, lack of knowledge or awareness of available information, and limited community-based preventative services, primary care, and mental health and substance abuse treatment”.⁵

The risk factors of the lack of resources pertaining to access to health foods/security: The socioeconomic levels of the affected subpopulation indeed relate to one having inadequate access to healthy food sources. There was a recent study conducted that studied the differences in accessibility of fast food outlets vs. fresh foods.⁶ The concept of environmental justice was brought forth within this study. The study was conducted across various cities within the United States such as New York, Maryland, and North Carolina. It was concluded that “neighborhoods where economically disadvantaged and minority populations reside were more likely to have abundant sources of foods that promote unhealthy eating.”⁶(pg.153)

The risk factors of one’s lack of education in accordance with social media use as a tool of demise: There has been a trend in questions arising on the frequent use and type of social media use that

contributes to one's emotional and physical health habits/patterns. There was a journal review done that made a similar observation exhibiting the benefits, risk, and best practices of those whole involved including professionals.⁷ Social media has become a tool used to enhance communication of health programs in the areas of education, promotion and awareness. The risks associated with this method are evident, but the costs and benefits are tremendously superior. "When used wisely and prudently, social media sites and platforms offer the potential to promote individual and public health, as well as professional development and advancement."⁷(pg.519)

III. SUMMARY AND CONCLUSIONS

Essentially, the theme throughout this literature review is that those in lesser socio-economic status are more prone to being lowest one the spectrum pertaining to health status. There have been social determinants identified within the young adult subpopulation that coincide with the total low-income population. Due to the dependence of the young adult population being primarily environmental, a broader population view of sources was selected. Within the public health arena, the contemplation and analysis/review of research, is at the core of many discoveries.⁸ The trends identified by researchers results in the success of a positive and thriving public health status in communities domestically and globally.⁸ This systematic review was successful in its' objective of synthesizing various research in order to summarize the major risk factors or need of proposed intervention problem of the social determinants within the young adult subpopulation and its' impact on health status. There are an abundance of recommendations that can be made but this intervention or program is Healthy Social Healthy Pop⁹- purpose is to:

1. By Thanksgiving 2020, there will be an increase in the usage of health-related apps on mobile devices by 50 %.

2. By Thanksgiving 2020, there will be a decrease in fast food intake by 30%.

3. To increase awareness of the impact of the lack of resources, access to healthy foods/security, lack of education and community support on health status for 12 consecutive months.

4. To increase health related posts on social media platforms by 25% by Thanksgiving 2020.

The barriers to the success of this program would be preconceived notions such as the cultural practices and misinformation on certain lifestyle behaviors and practices, and their impact such as low income, excessive social media use, bad eating habits, tobacco/alcohol use and peer pressure. Overall, the social and economic factors have been identified as a need to be addressed within the low-income young adult population. Most of those within this age group share the same psych pertaining to values and the belief of opinions and attitudes as being greatly influenced by their surroundings and peers.

Research within the public health arena should not be taken lightly!

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