Tackling the Root Causes of Health Inequity

Ventura Health Equity Forum: Healthiest County By 2030

March 27, 2020

Tony Iton, M.D., J.D., MPH
The California Endowment

“Physicians are the natural attorneys of the poor, and social problems fall to a large extent within their jurisdiction”

— Rudolph Virchow 1821-1902

Health is Behavioral

Health is Transactional

(~frequency & quality of medical services)

Health is Genetic

Individual Frames

Health is political

"*The struggle over the allocation of scarce and precious social goods*"

Power matters, individual and community-level

Health ≠ Health care

Where You Live Matters

It Matters A LOT!

Health is an Investment

Countries with strong social compacts appear to have better health

IN THIS TEMPLE
AS IN THE HEARTS OF THE PEOPLE
FOR WHOM HE SAVED THE UNION
THE MEMORY OF ABRAHAM LINCOLN
IS ENSHRINED FOREVER

FOUR SCORE AND SEVEN YEARS AGO OUR FATHERS BROUGHT FORTH ON THIS CONTINENT A NEW NATION CONCEIVED IN LIBERTY AND DEDICATED TO THE PROPOSITION THAT ALL MEN ARE CREATED EQUAL.

NOW WE ARE ENGAGED IN A GREAT CIVIL WAR TESTING WHETHER THAT NATION OR ANY NATION SO CONCEIVED AND SO DEDICATED CAN LONG ENDURE. WE ARE MET ON A GREAT BATTLEFIELD OF THAT WAR. WE HAVE COME TO DEDICATE A PORTION OF THAT FIELD AS A FINAL RESTING PLACE FOR THOSE WHO HERE GAVE THEIR LIVES THAT THAT NATION MIGHT LIVE. IT IS ALTOGETHER FITTING AND PROPER THAT WE SHOULD DO THIS.

BUT IN A LARGER SENSE WE CAN NOT DEDICATE - WE CAN NOT CONSECRATE - WE CAN NOT HALLOW - THIS GROUND. THE BRAVE MEN LIVING AND DEAD WHO STRUGGLED HERE HAVE CONSECRATED IT FAR ABOVE OUR POOR POWER TO ADD OR DETRACT. THE WORLD WILL LITTLE NOTE NOR LONG REMEMBER WHAT WE SAY HERE BUT IT CAN NEVER FORGET WHAT THEY DID HERE. IT IS FOR US THE LIVING RATHER TO BE DEDICATED HERE TO THE UNFINISHED WORK WHICH THEY WHO FOUGHT HERE HAVE THUS FAR SO NOBLY ADVANCED. IT IS RATHER FOR US TO BE HERE DEDICATED TO THE GREAT TASK REMAINING BEFORE US - THAT FROM THESE HONORED DEAD WE TAKE INCREASED DEVOTION TO THAT CAUSE FOR WHICH THEY GAVE THE LAST FULL MEASURE OF DEVOTION - THAT WE HERE HIGHLY RESOLVE THAT THESE DEAD SHALL NOT HAVE DIED IN VAIN - THAT THIS NATION UNDER GOD SHALL HAVE A NEW BIRTH OF FREEDOM - AND THAT GOVERNMENT OF THE PEOPLE BY THE PEOPLE FOR THE PEOPLE SHALL NOT PERISH FROM THE EARTH.

...OULD ACCEPT WAR RATHER
...ISH AND THE WAR CAME
...HE WHOLE POPULATION WERE
...OT DISTRIBUTED GENERAL -
...ON BUT LOCALIZED IN THE
...F IT. THESE SLAVES CONSTI-
...ND POWERFUL INTEREST.
...IS INTEREST WAS SOMEHOW
...WAR. TO STRENGTHEN PER-
...D THIS INTEREST WAS THE
... THE INSURGENTS WOULD
...EN BY WAR WHILE THE GOV-
... NO RIGHT TO DO MORE
...THE TERRITORIAL ENLARGE-
...IER PARTY EXPECTED FOR
...GNITUDE OR THE DURATION
...EADY ATTAINED. NEITHER
...HE CAUSE OF THE CONFLICT
...OR EVEN BEFORE THE CON-
... CEASE. EACH LOOKED FOR
...AND A RESULT LESS FUN-
...OUNDING. BOTH READ THE
...Y TO THE SAME GOD AND
...AID AGAINST THE OTHER.
...GE THAT ANY MEN SHOULD
...T GOD'S ASSISTANCE IN
...EAD FROM THE SWEAT OF
... BUT LET US JUDGE NOT
...GED. THE PRAYERS OF BOTH
...VERED - THAT OF NEITHER
...D FULLY. THE ALMIGHTY
...SES. "WOE UNTO THE WORLD
... FOR IT MUST NEEDS BE
...HE BUT WOE TO THAT MAN
...NSE COMETH."

IF WE SHALL SUPPOSE THAT AMERICAN SLAVERY IS ONE OF THOSE OFFENSES WHICH IN THE PROVIDENCE OF GOD MUST NEEDS COME BUT WHICH HAVING CONTINUED THROUGH HIS APPOINTED TIME HE NOW WILLS TO REMOVE AND THAT HE GIVES TO BOTH NORTH AND SOUTH THIS TERRIBLE WAR AS THE WOE DUE TO THOSE BY WHOM THE OFFENSE CAME SHALL WE DISCERN THEREIN ANY DEPARTURE FROM THOSE DIVINE ATTRIBUTES WHICH THE BELIEVERS IN A LIVING GOD ALWAYS ASCRIBE TO HIM. FONDLY DO WE HOPE - FERVENTLY DO WE PRAY - THAT THIS MIGHTY SCOURGE OF WAR MAY SPEEDILY PASS AWAY. YET IF GOD WILLS THAT IT CONTINUE UNTIL ALL THE WEALTH PILED BY THE BONDSMAN'S TWO HUNDRED AND FIFTY YEARS OF UNREQUITED TOIL SHALL BE SUNK AND UNTIL EVERY DROP OF BLOOD DRAWN WITH THE LASH SHALL BE PAID BY ANOTHER DRAWN WITH THE SWORD AS WAS SAID THREE THOUSAND YEARS AGO SO STILL IT MUST BE SAID "THE JUDGMENTS OF THE LORD ARE TRUE AND RIGHTEOUS ALTOGETHER."

WITH MALICE TOWARD NONE WITH CHARITY FOR ALL WITH FIRMNESS IN THE RIGHT AS GOD GIVES US TO SEE THE RIGHT LET US STRIVE ON TO FINISH THE WORK WE ARE IN TO BIND UP THE NATION'S WOUNDS TO CARE FOR HIM WHO SHALL HAVE BORNE THE BATTLE AND FOR HIS WIDOW AND HIS ORPHAN TO DO ALL WHICH MAY ACHIEVE AND CHERISH A JUST AND LASTING PEACE AMONG OURSELVES AND WITH ALL NATIONS.

Abraham Lincoln

- “Our republican system was meant for a homogeneous people. As long as blacks continue to live with the whites they constitute a threat to the national life. Family life may also collapse and the increase of mixed breed bastards may some day challenge the supremacy of the white man.”

EXCLUSION

Narrative of Exclusion

- Intentionally ***dehumanizes*** target. *["They're bringing drugs. They're bringing crime. They're rapists. " OR "Makers vs. Takers" ,OR " the 47%", OR Welfare Queen, super-predator, crack-baby…….]*
- Exaggerates the notion of scarcity. Posits a **zero-sum competition** for resources between groups.
- Looks to the past with nostalgia and to the future with fear.

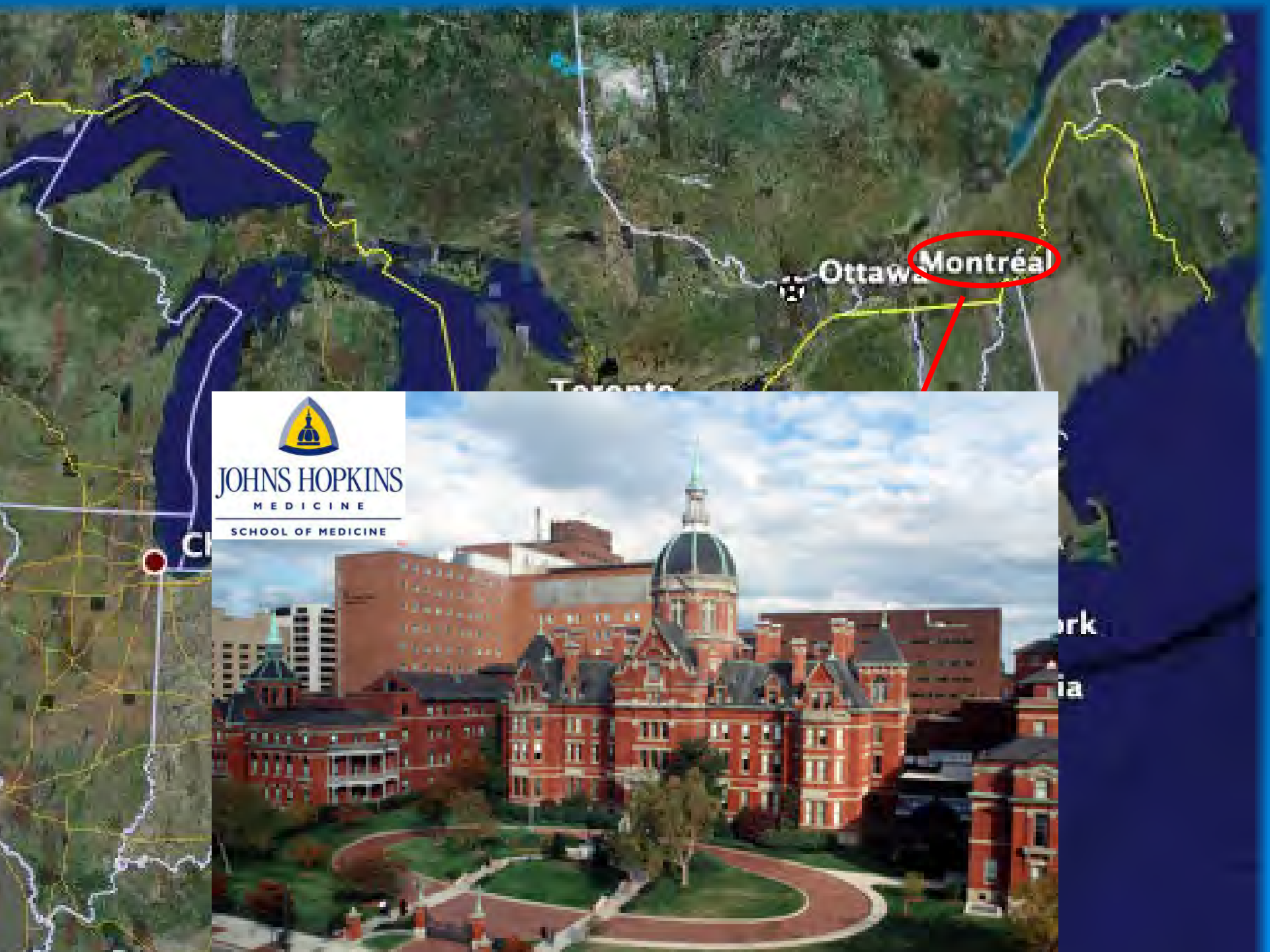
Narrative of Inclusion

- Changes the narrator allowing people to tell their own story, speaking to shared humanity.
- Broadens the lens to show mutual dependence and interconnected fates. Highlights abundance.
- Looks to the past with realism and to the future with purpose and hope.

Why Place Matters

Canadian Social Contract

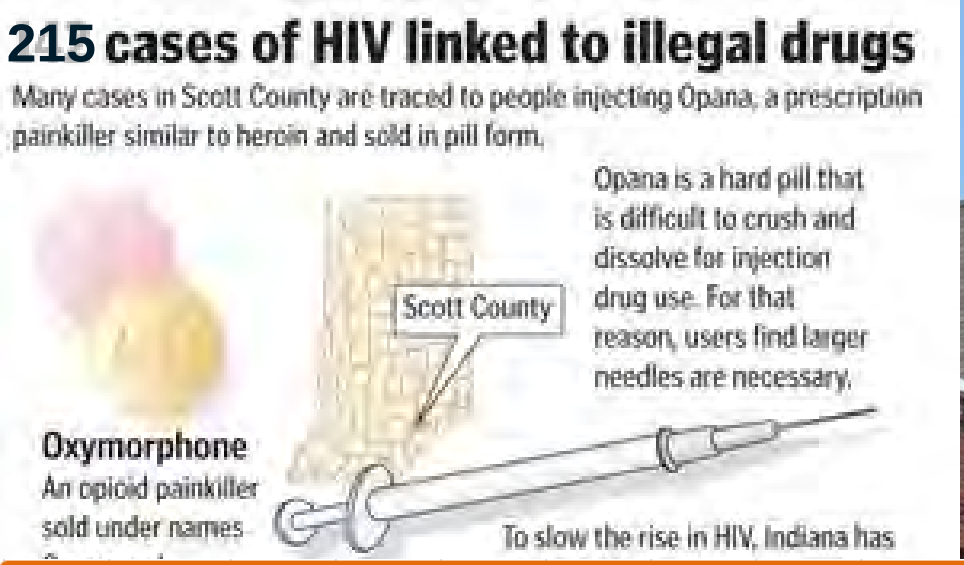
- Universal health insurance-Canada Health Act
- Universal dental care to age 10
- Universal child care benefit
- Paid sick leave and vacation
- State of the art public transportation
- Highly subsidized post secondary education
- High quality community resources-parks, sports leagues, libraries, community centers

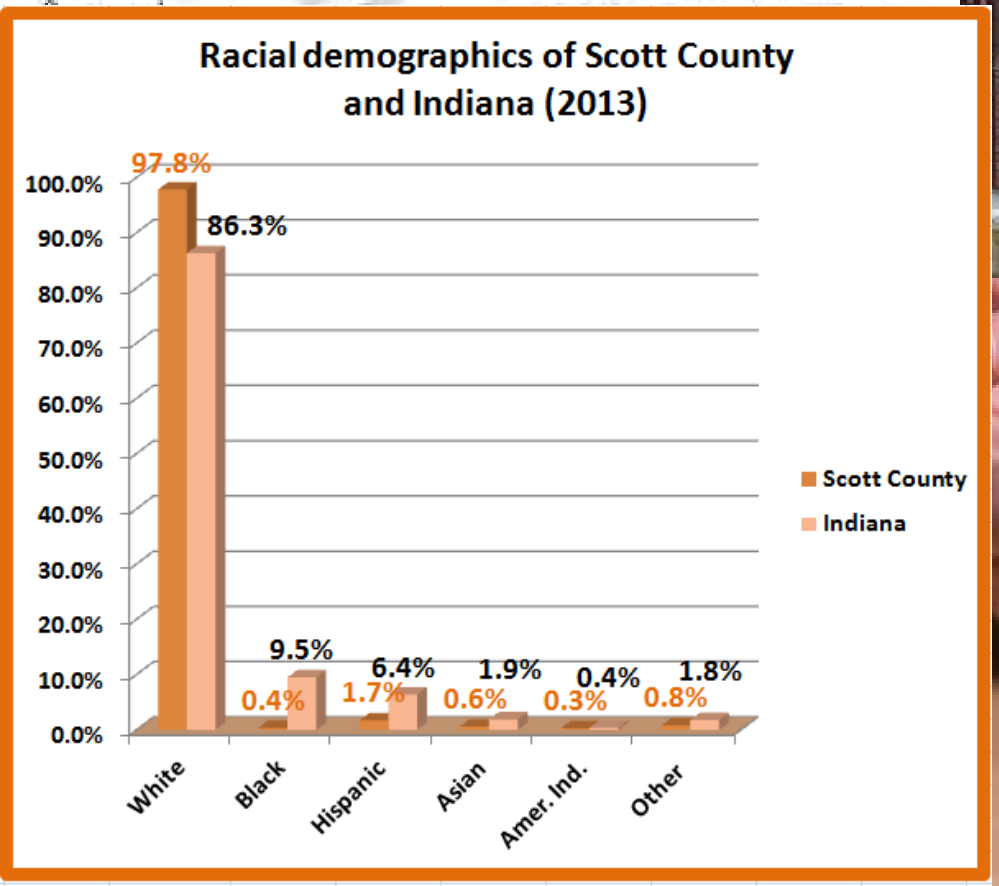

Ottawa
Montréal
JOHNS HOPKINS
MEDICINE
SCHOOL OF MEDICINE

LIFE

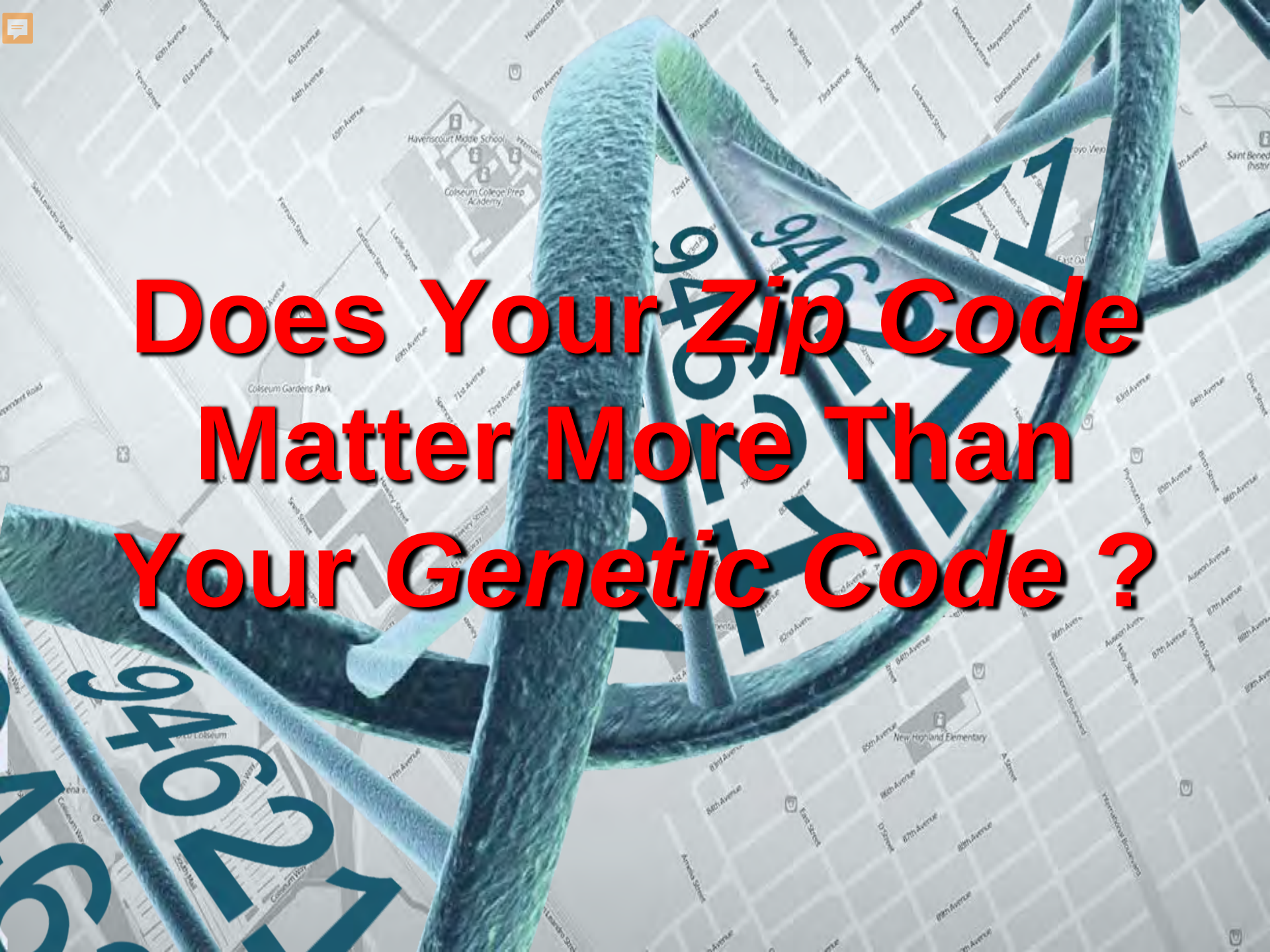
215 cases of HIV linked to illegal drugs

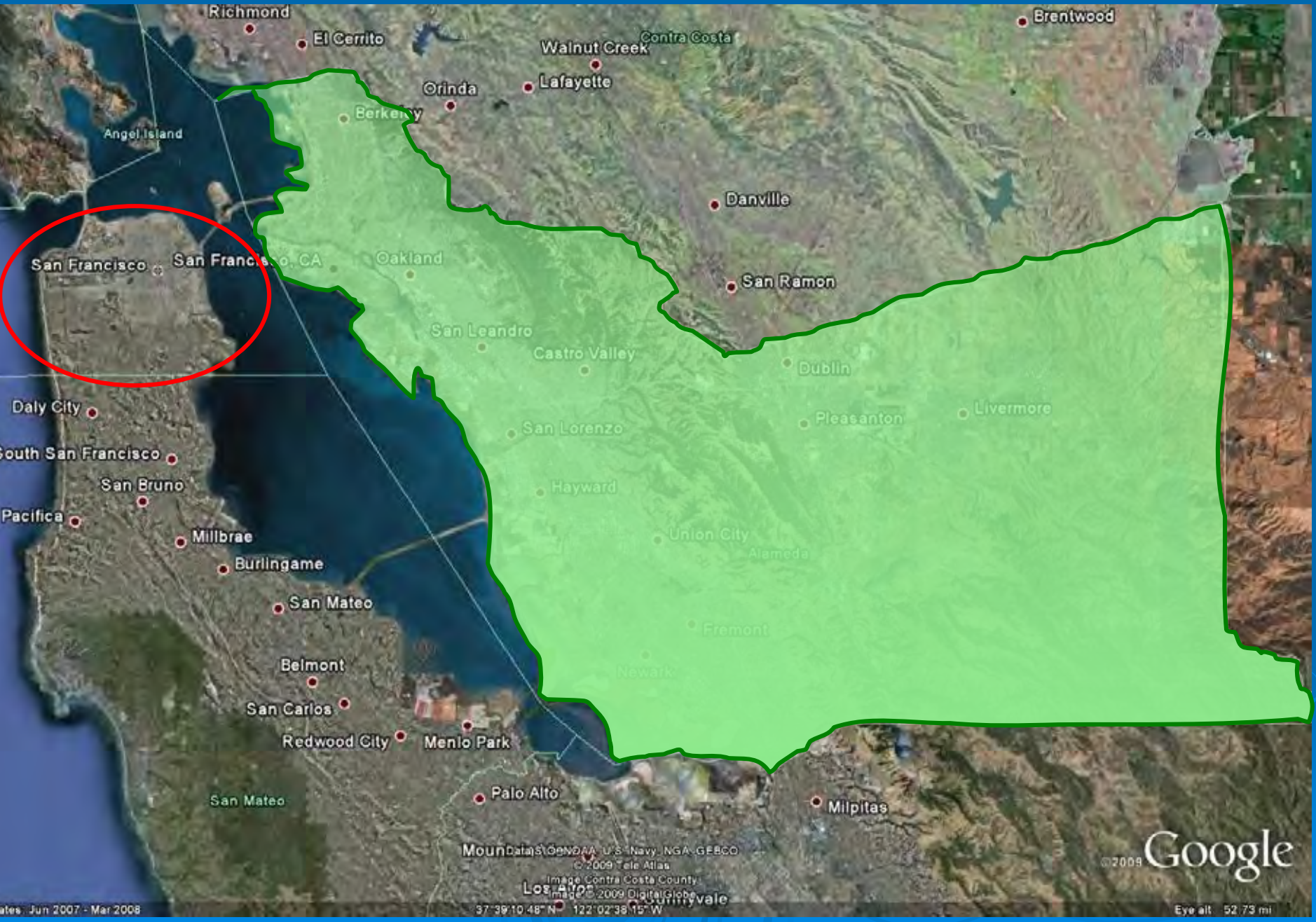
Many cases in Scott County are traced to people injecting Opana, a prescription painkiller similar to heroin and sold in pill form.



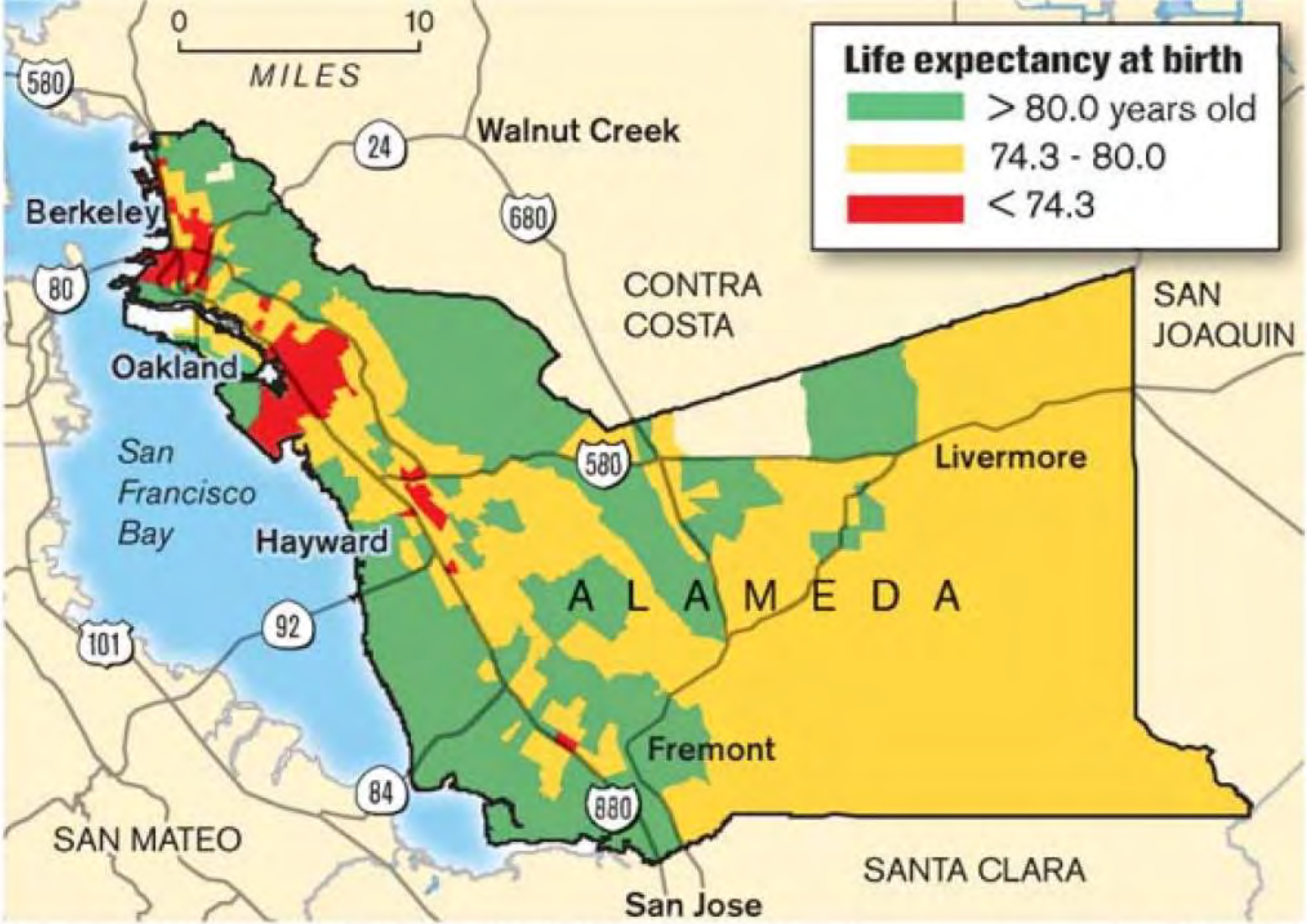


AMERICA'S
SOCIAL
COMPACT


Does Your Zip Code
Matter More Than
Your Genetic Code ?

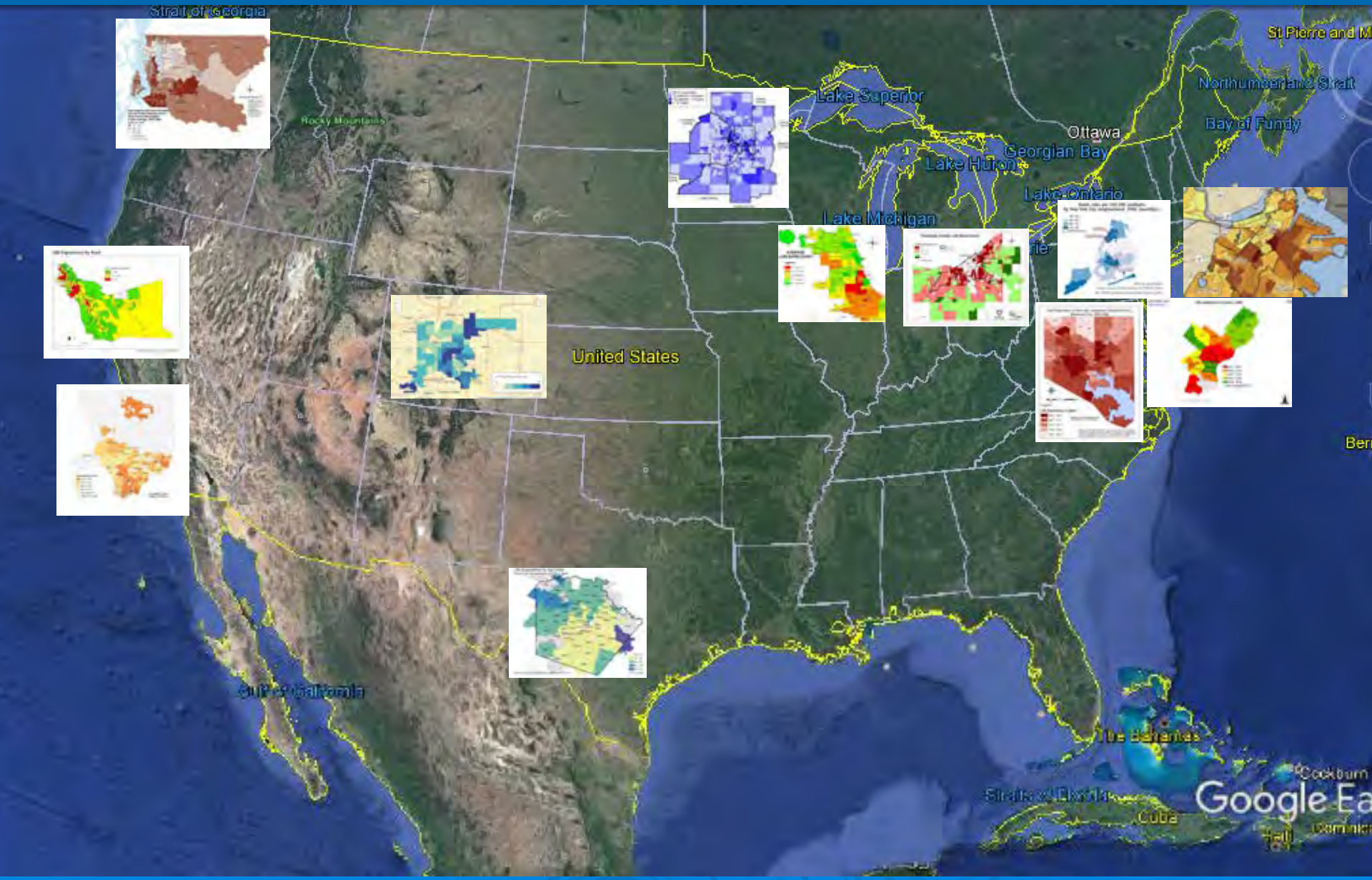

Richmond
El Cerrito
Walnut Creek
Contra Costa
Brentwood
Orinda
Lafayette
Berkeley
Angel Island
Danville
San Francisco
San Francisco, CA
Oakland
San Ramon
San Leandro
Castro Valley
Dublin
Daly City
Pleasanton
Livermore
San Lorenzo
South San Francisco
San Bruno
Hayward
Pacifica
Millbrae
Union City
Alameda
Burlingame
San Mateo
Fremont
Belmont
Newark
San Carlos
Redwood City
Menlo Park
Palo Alto
San Mateo
Milpitas
Mountain View
Los Altos
Sunnyvale
Data SIO, NOAA, U.S. Navy, NGA, GEBCO
© 2009 Tele Atlas
Image Contra Costa County
Image © 2009 DigitalGlobe
©2009 Google
Jun 2007 - Mar 2008
37°39'10.48" N 122°02'38.15" W
Eye alt 52.73 mi

MY DEAR HUSBAND
LEONARD SIMPSON
WHOM GOD CALLED HOME JUNE 7TH 1906
AGED 68 YEARS
"SAFE HOME" SAFE HOME AT LAST.
"FOR EVER WITH THE LORD."
ALSO OF
JANE.
DEVOTED WIFE OF THE ABOVE.
CALLED HOME AUGUST 20TH 1910
AGED 73 YEARS.
SACRED TO THE MEMORY OF
CATHERINE
ALSO
JOHN SMITH.
HUSBAND OF THE ABOVE,
WHO DEPARTED THIS LIFE



Sources: ESRI, Alameda County Public Health Department

The Chronicle


Strait of Georgia
Rocky Mountains
Lake Superior
Ottawa
Georgian Bay
Lake Huron
Lake Michigan
Lake Ontario
St Pierre and M
Northumberland Strait
Bay of Fundy
United States
Gulf of California
The Bahamas
Strait of Florida
Cuba
Cockburn
Google Ea

National Vital Statistics System
About NVSS
What's New
Revisions of the U.S. Standard Certificates and Reports +
Training and Instructional Materials +
Birth Data +
Mortality Data +
Fetal Death Data
Linked Birth and Infant Death Data
Vital Statistics Rapid Release +
Data Release Policy for Vital Statistics
e-Vital Standards Initiative +
Bridged Race Categories +
Modernizing the National Vital Statistics System
Marriages and Divorces
National Maternal and Infant Health Survey

National Vital Statistics System

U.S. Small-area Life Expectancy Estimates Project - USALEEP

usaleep Neighborhood Life Expectancy Project

On This Page
- Methods

Statistically reliable, abridged, period life tables were produced for 88.7% of U.S. census tracts (65,662). A battery of tests revealed that the census-tract life table functions followed expected patterns; their distribution about state and U.S. values showed no aberrations; and their weighted mean values compared well with state- and national-level estimates.

ZIP CODE
94621
LIFE EXPECTANCY
74

ZIP CODE
94611
LIFE EXPECTANCY
84

Your **ZIP CODE** shouldn't predict **how long you'll live**

www.calendow.org

ZIP CODE
94621
LIFE EXPECTANCY
74

ZIP CODE
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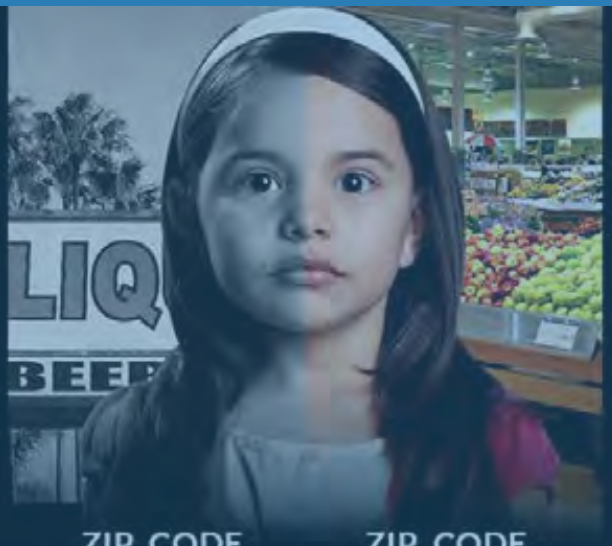
LIFE EXPECTANCY
84

Your **ZIP CODE** shouldn't predict **how long you'll live**

buildinghealthycommunities.org



ZIP CODE
93706
LIFE EXPECTANCY
69

ZIP CODE
93730
LIFE EXPECTANCY
81

Your **ZIP CODE** shouldn't predict **how long you'll live**

www.calendow.org

WHY PLACE MATTERS

- People commonly believe that health happens in a doctor's office
- Zip code is more important than genetic code when it comes to health
- Health happens in schools, neighborhoods and in prevention

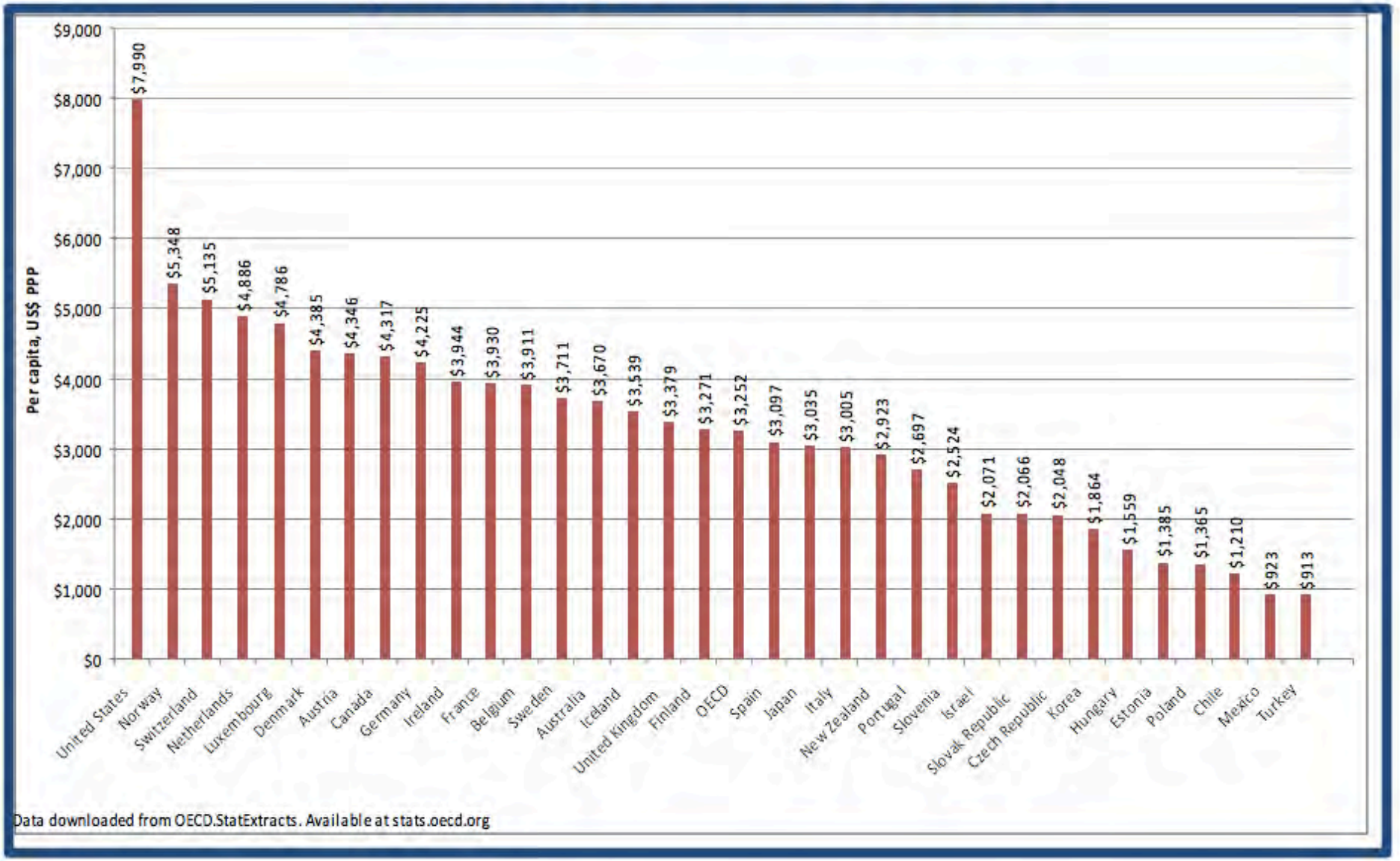
CITY HEIGHTS

LONG BEACH

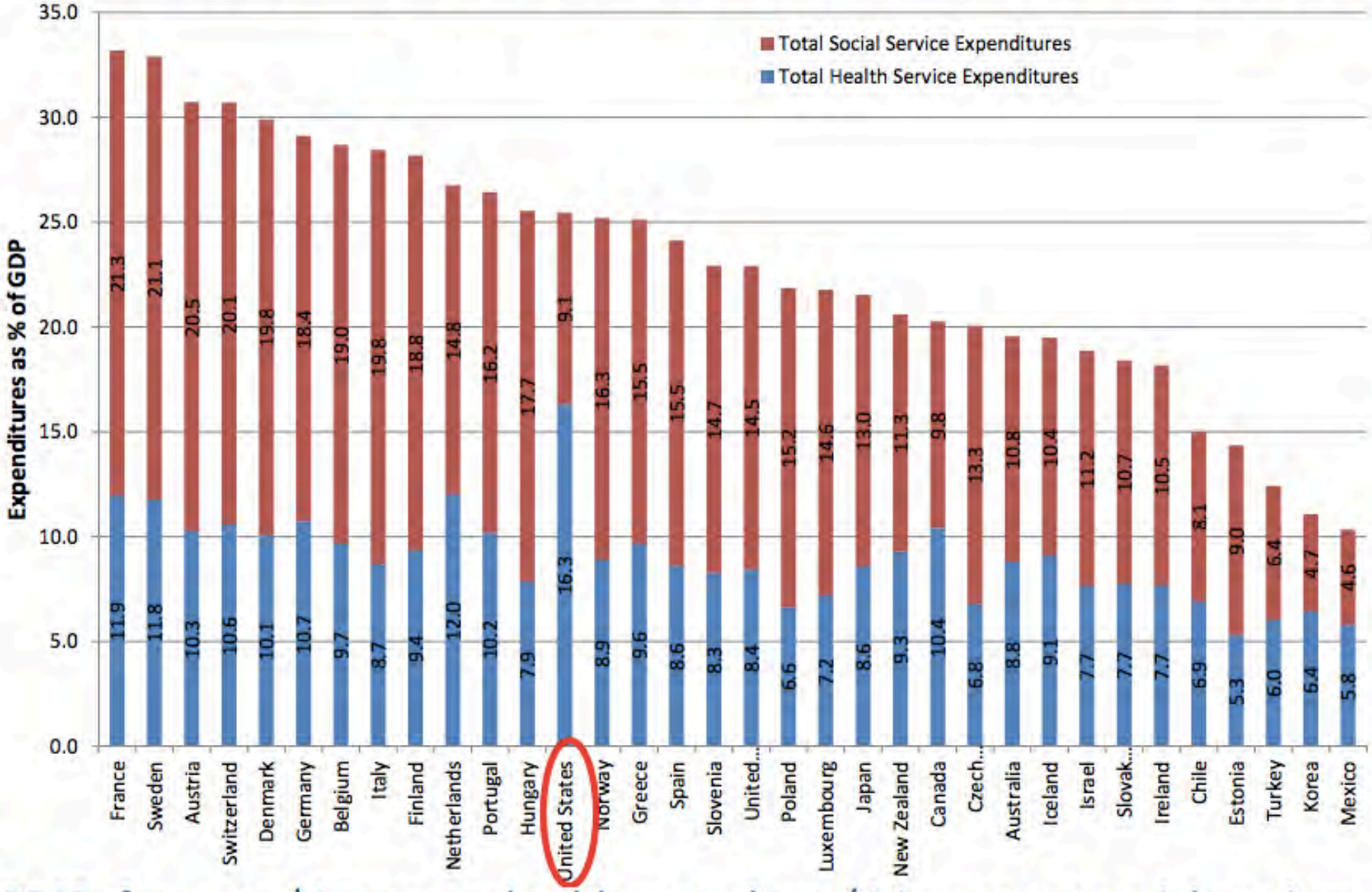
Hov Ve?

Why Obama Wants a Team Of Rivals
Justin Fox On How to Save GM
Should You Buy a Windmill?
TIME
Ahhh...
Ohhh...
Annual Checkup
The Sorry State of American Health
Despite advances in medicine, Americans are less healthy than we used to be, and the next generation may be even worse off. How to reverse the trend—before it's too late
PLUS: The Year in Medicine A-Z

Spending on health care



Total health care investment in US is *less*



In OECD, for every $1 spent on health care, about $2 is spent on social services

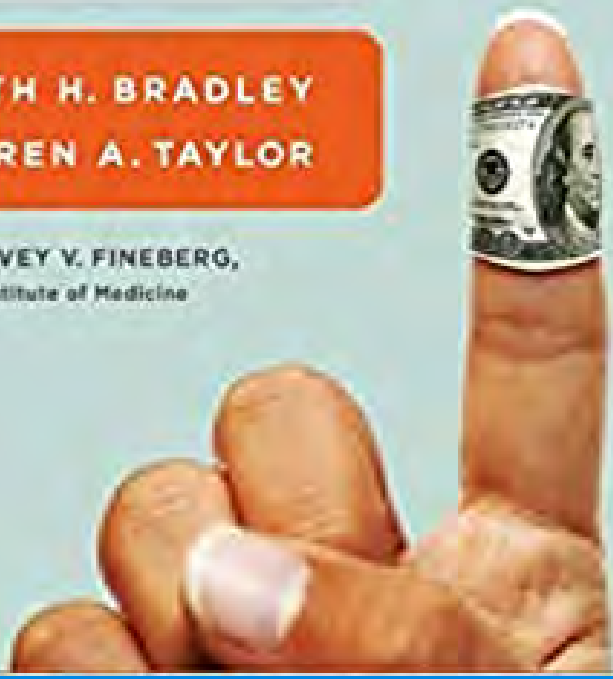
In the US, for $1 spent on health care, about 55 cents is spent on social services

THE AMERICAN HEALTH CARE PARADOX

WHY SPENDING MORE IS GETTING US LESS

ELIZABETH H. BRADLEY
AND LAUREN A. TAYLOR

Foreword by HARVEY V. FINEBERG,
President of the Institute of Medicine



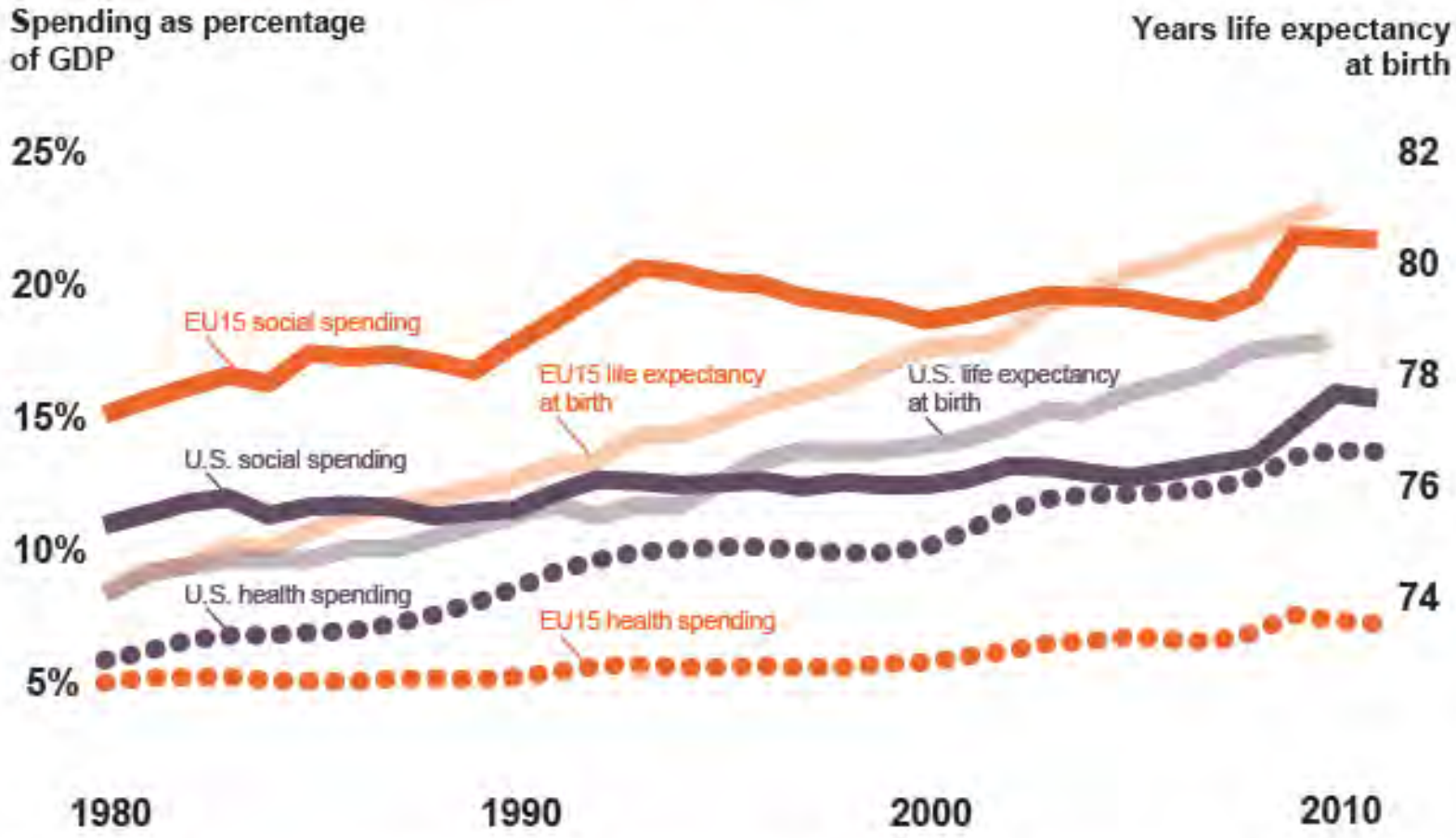
In OECD, for every $1 dollar spent on health care, $2 is spent on Social Services:

- Unemployment benefits
- Social assistance
- Housing benefits
- Family benefits
- Lone-parent benefits
- Employment-conditional benefits
- Tax treatment of benefits
- Childcare Policies

In the US, for every $1 dollar spent on health care, 55 cents is spent on Social Services:

- Prevention
- Pension
- Paid Sick Leave
- Public Education
- Child Care

Different approaches, different results



While health expenditures in the United States have risen significantly more than those in the EU15, life expectancies in these European countries have consistently stayed higher. One difference between the U.S. and the EU15 is found in expenditure on social programmes, with EU15 countries spending significantly more than the United States over the 30 years covered in this study. (EU15 refers to the 15 countries that have been members of the European Union since before its May 2004 enlargement.) NOTE: OECD spending figures include public, mandatory private and voluntary private expenditures. These figures do not include exclusively private spending with no social component. Social spending has been defined as the total of all of these expenditures in all spending categories with the exception of health. Source: OECD SOCX database.

What the data tell us

- Higher levels of social spending are strongly associated with better health.
- The association is particularly strong for public, as opposed to private, social spending.
- Spending on old age programmes demonstrated the strongest association with better health outcomes, including in unexpected areas, such as infant mortality and low birth weight.
- The association between social spending and better health strengthens over time.
- Social factors, such as income inequality and social capital (a measure of how much people trust each other in a population), are associated with health outcomes.
- The association between social spending and health outcomes is strongest where income inequality is greatest. In other words, social protection may be more important for health outcomes in more unequal societies.
- The associations observed across countries hold across regions of a single country, the United States.

Life Expectancy of White Americans

US Whites

	Life Expectancy
US White	**79 years***
Qatar	79 years
Costa Rica	79 years
Nauru	79 years

WHO World Health Statistics 2015, CDC/NCHS 2015

US Whites Living Shorter Lives Than:

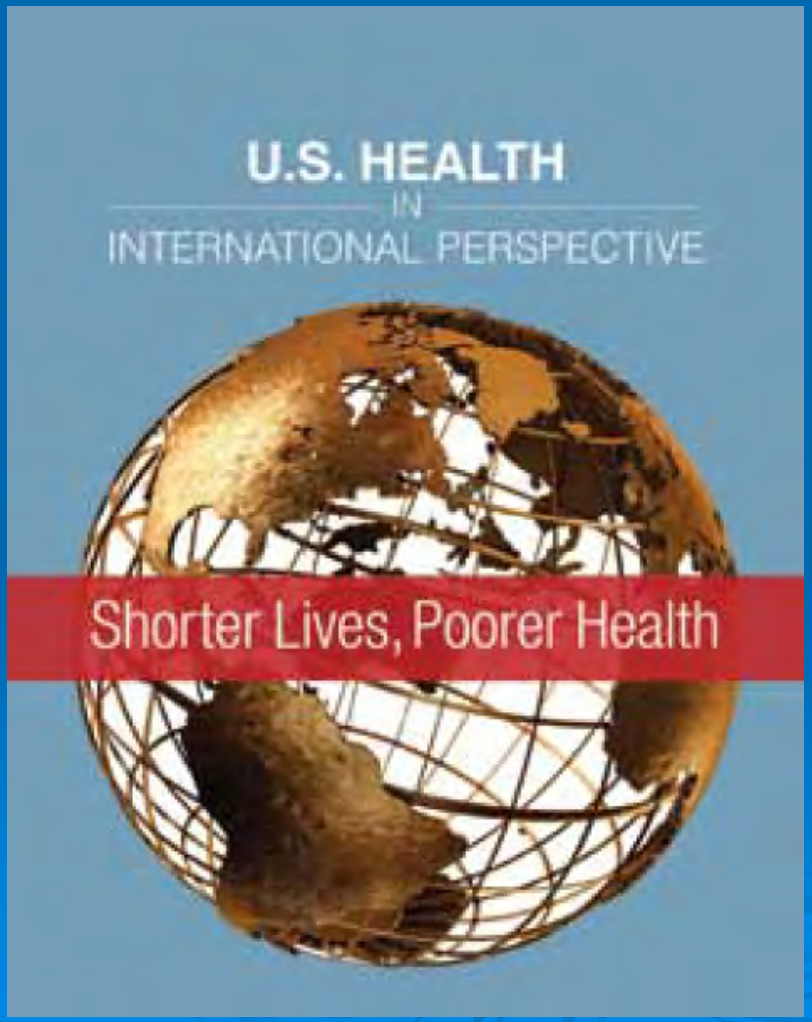
- 80 years: Belgium, Chile, Denmark, Lebanon, Slovenia
- 81 years: Austria, Finland, Germany, Greece, Ireland, Malta, Netherlands, Portugal, UK
- 82 years: Canada, Cyprus, France, Iceland, Israel, S. Korea, Luxembourg, Monaco, New Zealand, Norway, Sweden
- 83 years: Andorra, Australia, Italy, San Marino, Singapore, Spain, Switzerland
- 84 years: Japan

- 33 countries (only 17 in 1990)

WHO World Health Statistics 2015

“Shorter Lives, Poorer Health”

January 2013 IOM Report on US Health Compared to 17 peer countries



“Shorter Lives, Poorer Health”

January 2013 IOM Report on US Health Compared to 17 peer countries

- “ ***The panel was struck by the gravity of its findings***. For many years, Americans have been dying at younger ages than people in almost all other high-income countries. This disadvantage has been getting worse for three decades, especially among women.

“Shorter Lives, Poorer Health”

January 2013 IOM Report on US Health Compared to 17 peer countries

- “The US health disadvantage cannot be fully explained by the health disparities that exist among people who are uninsured or poor, as important as these issues are. Several studies are now suggesting that even advantaged Americans-those who are white, insured, college-educated, or upper income—are in worse health than similar individuals in other countries.”

PBS NE

WSJ VIDEO

THE RUND

SECTIONS HOME SEARCH

HEALTH

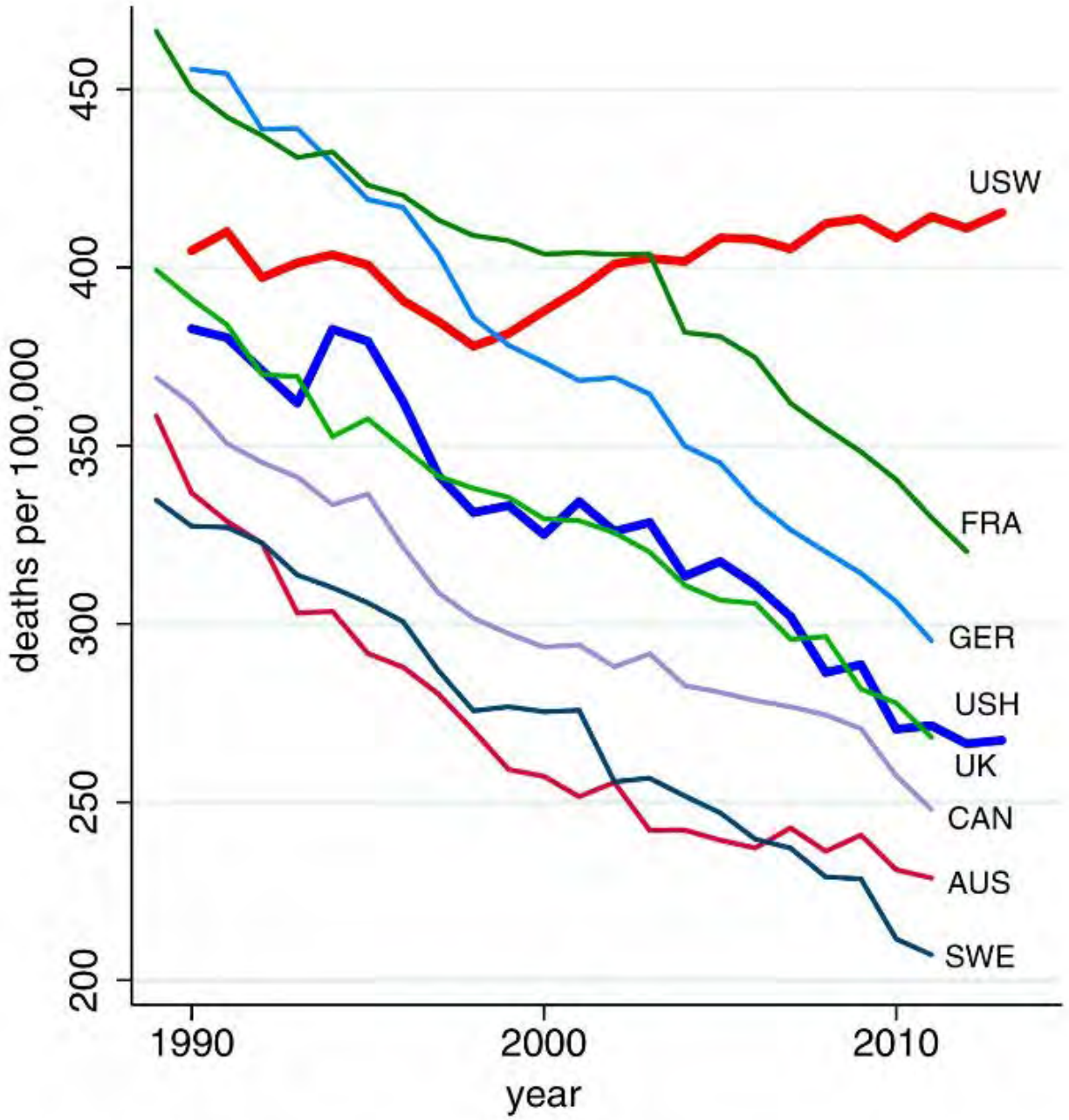
Death Rates Rising fo

By GINA KOLATA NOV. 2, 2015

2014 and remained
Betsy McKay explai
Mike Blake/Reuters

A 15-year study
and Hispanics i

Drug and alc
of white Ame
gains experie



Death rate for U.S. non-Hispanic whites (USW), U.S. Hispanics and six comparison countries, aged 45-54. (Source: Proceedings of the National Academy of Sciences.)

Bloomberg

Economics

American Life Expectancy Falls Again as Opioid Deaths, Disease Rise

By Alexandre Tanzi
November 28, 2018 9:01 PM

- Deaths from drug overdoses top
- The 10 leading causes of death

TIME

U.S. Life Expectancy Dropped for the Third Year in a Row. Drugs and Suicide Are Partly to Blame

U.S. life expectar
and drug overdo

The average Am
2018, according
Prevention's Nat
it marks the thir

HEALTH 11/29/2018 06:42 am ET | Updated 3 hours ago

U.S. Life Expectancy Continues To Fall As Overdose And Suicide Rates Soar

It's the longest-running decline in U.S. history since World War I, when a flu pandemic killed almost 700,000 people nationwide.

By Willa Frej

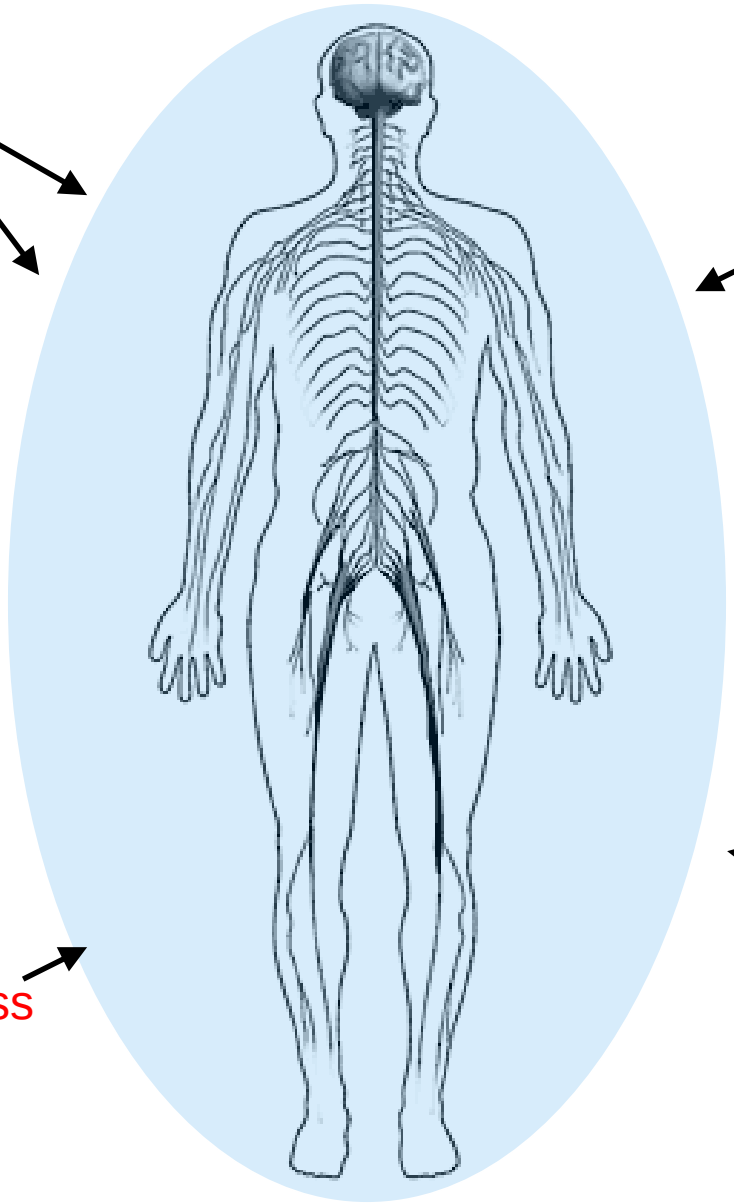
Exhibit Hall
BUILDING HEALTHY
WELCOMES
APHA 2018
Your ZIP CODE shouldn't predict how long you'll live
APHA 2018

80%

of what influences your life expectancy happens outside of the healthcare system

When the External Becomes Internal:

How we internalize our environment



Allostatic Load

Inadequate Transportation Long Commutes — Stress

Housing — Stress

Stress — Lack of social capital

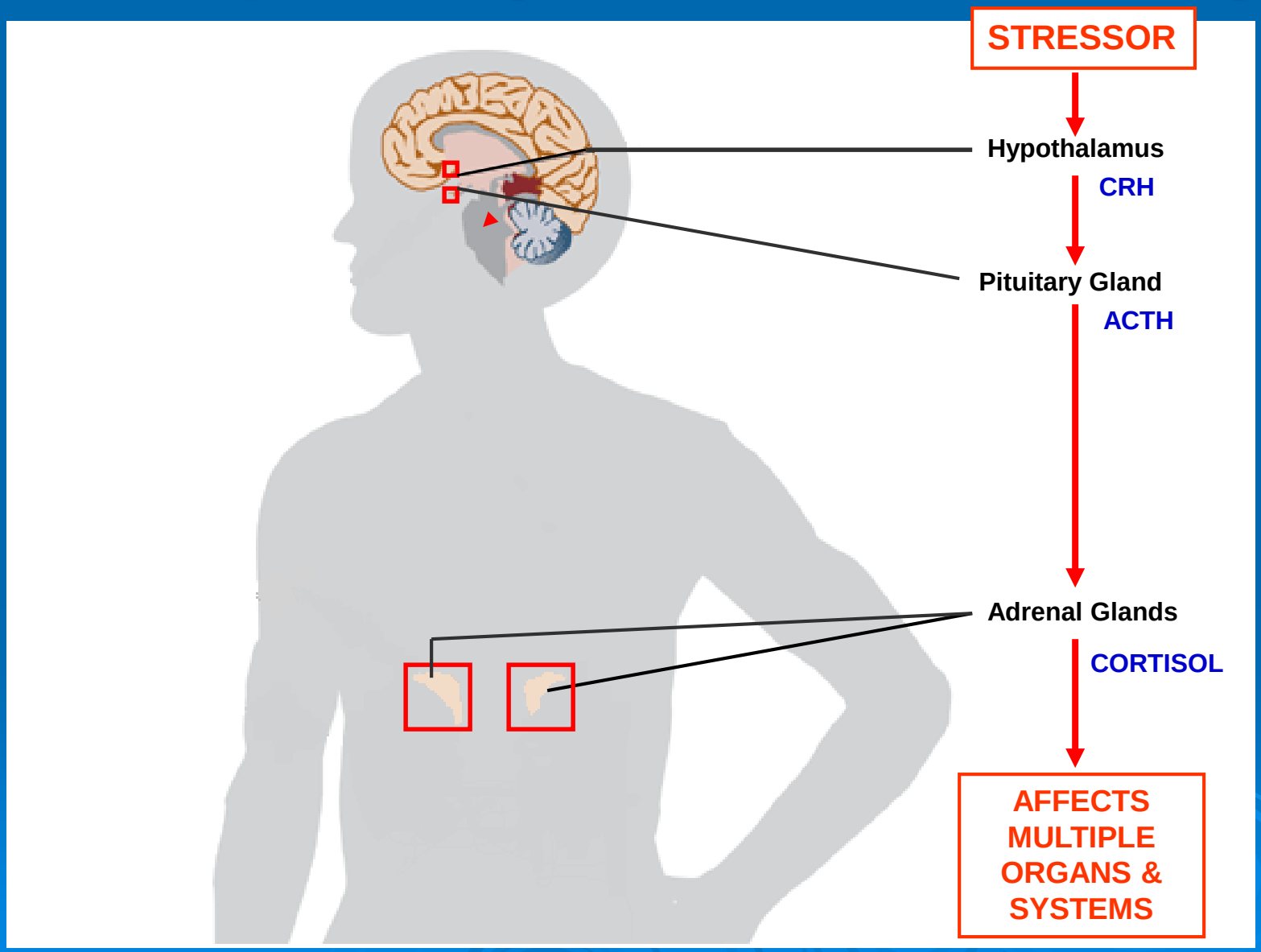
Stress — Racism

High Demand-Low Control Jobs — Stress

Stress — Lack of access to stores, jobs, services

Stress — Crime

Stress pathway from Brain to Body

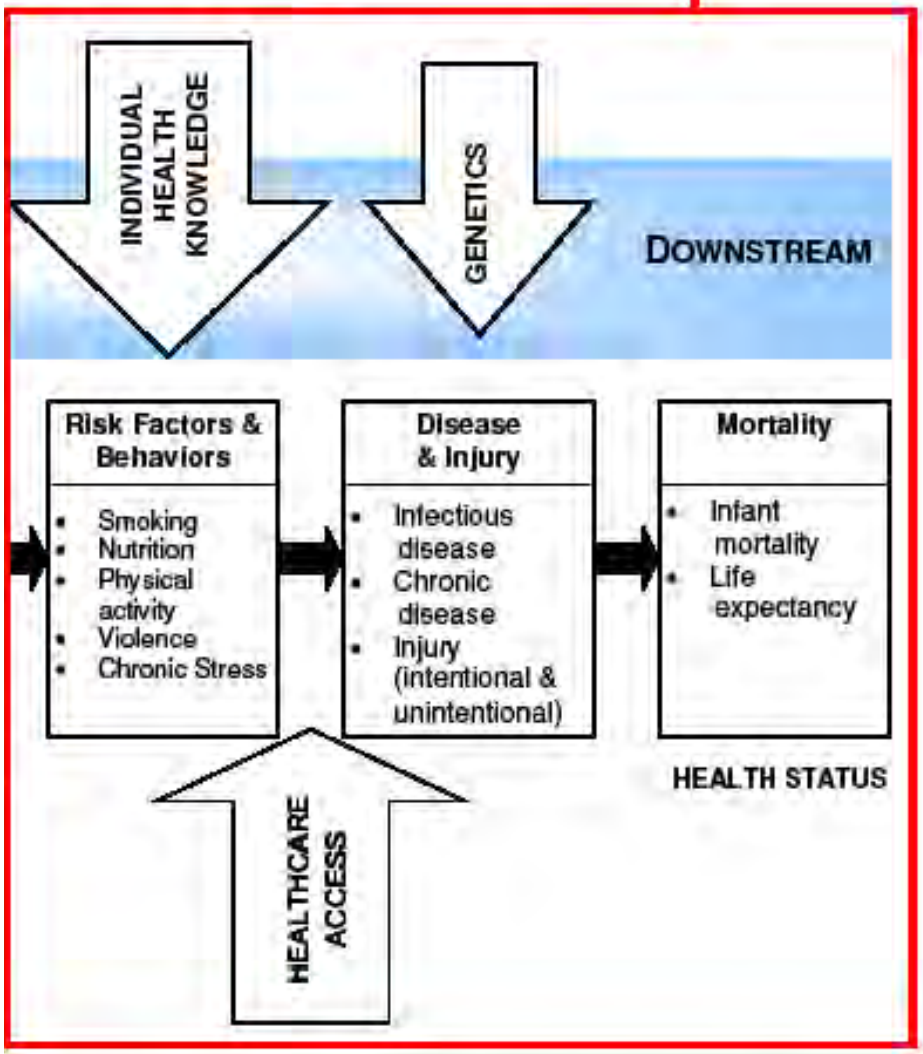


Stressed vs. Stressed Out

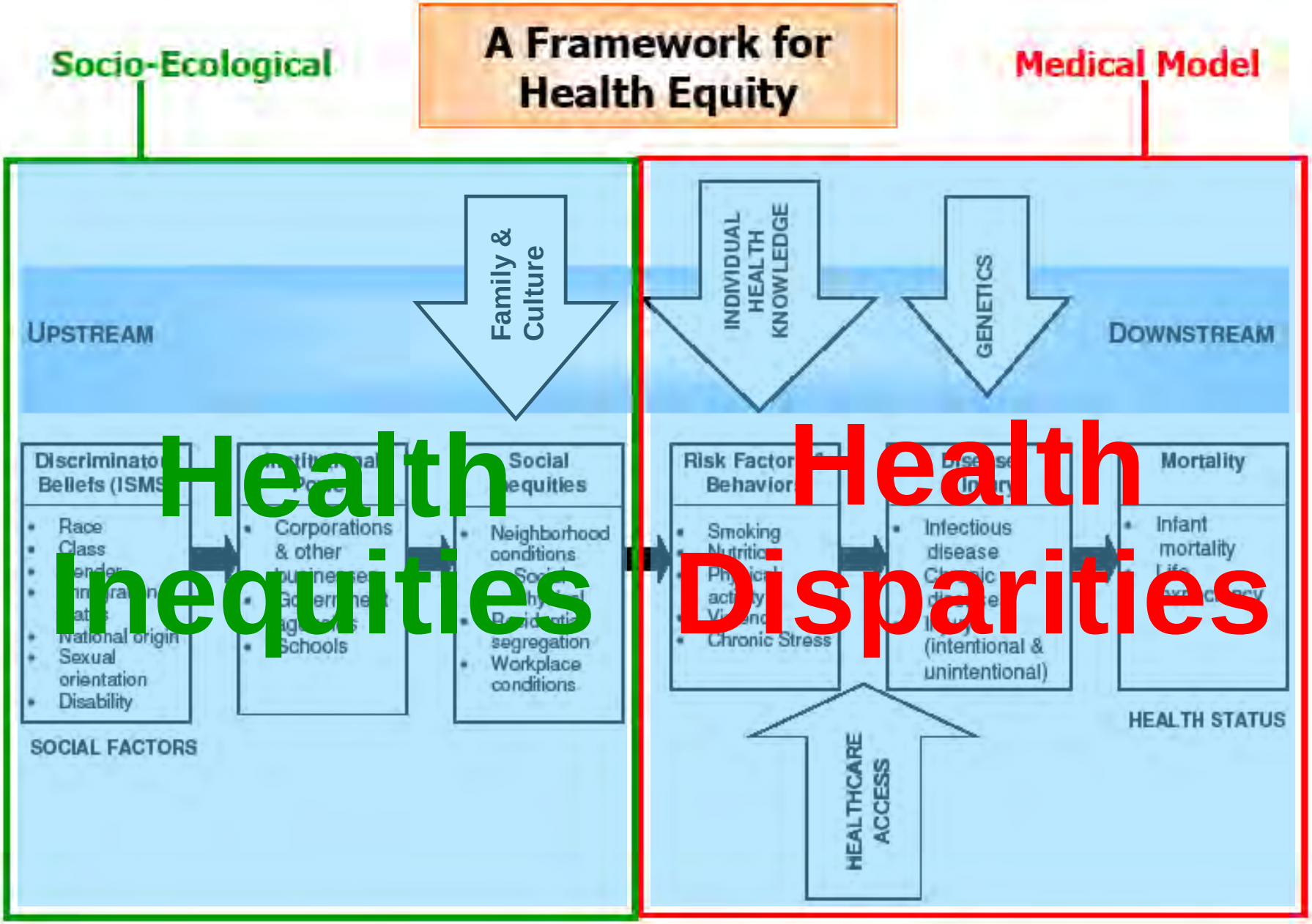
- Stressed
  - Increased cardiac output
  - Increased available glucose
  - Enhanced immune functions
  - Growth of neurons in hippocampus & prefrontal cortex
- Stressed Out
  - Hypertension & cardiovascular diseases
  - Glucose intolerance & insulin resistance
  - Infection & inflammation
  - Atrophy & death of neurons in hippocampus & prefrontal cortex

A Practitioner's Framework

A Framework for Health Equity



- Adapted by ACPHD from the Bay Area Regional Health Inequities Initiative, Summer 2008



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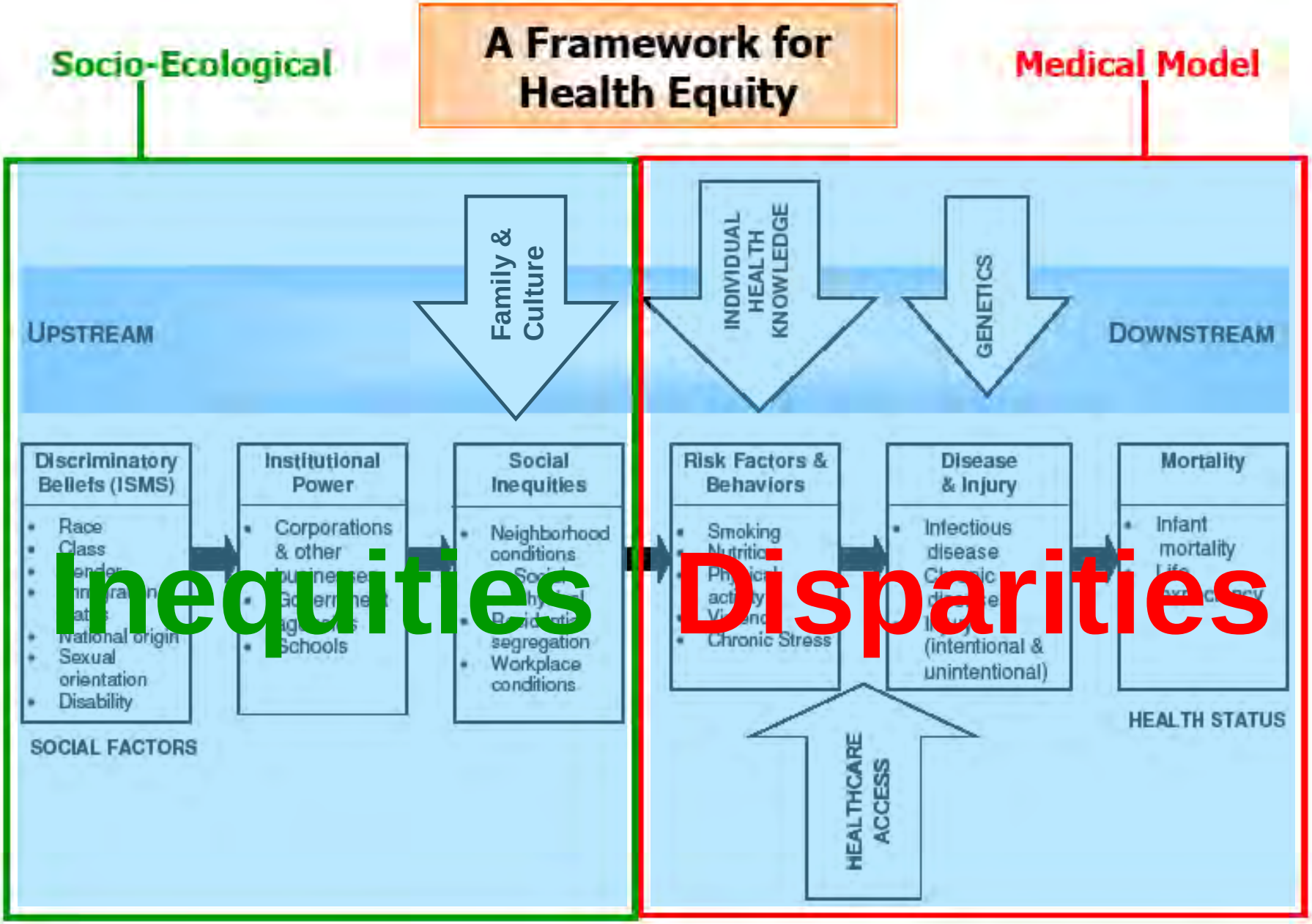

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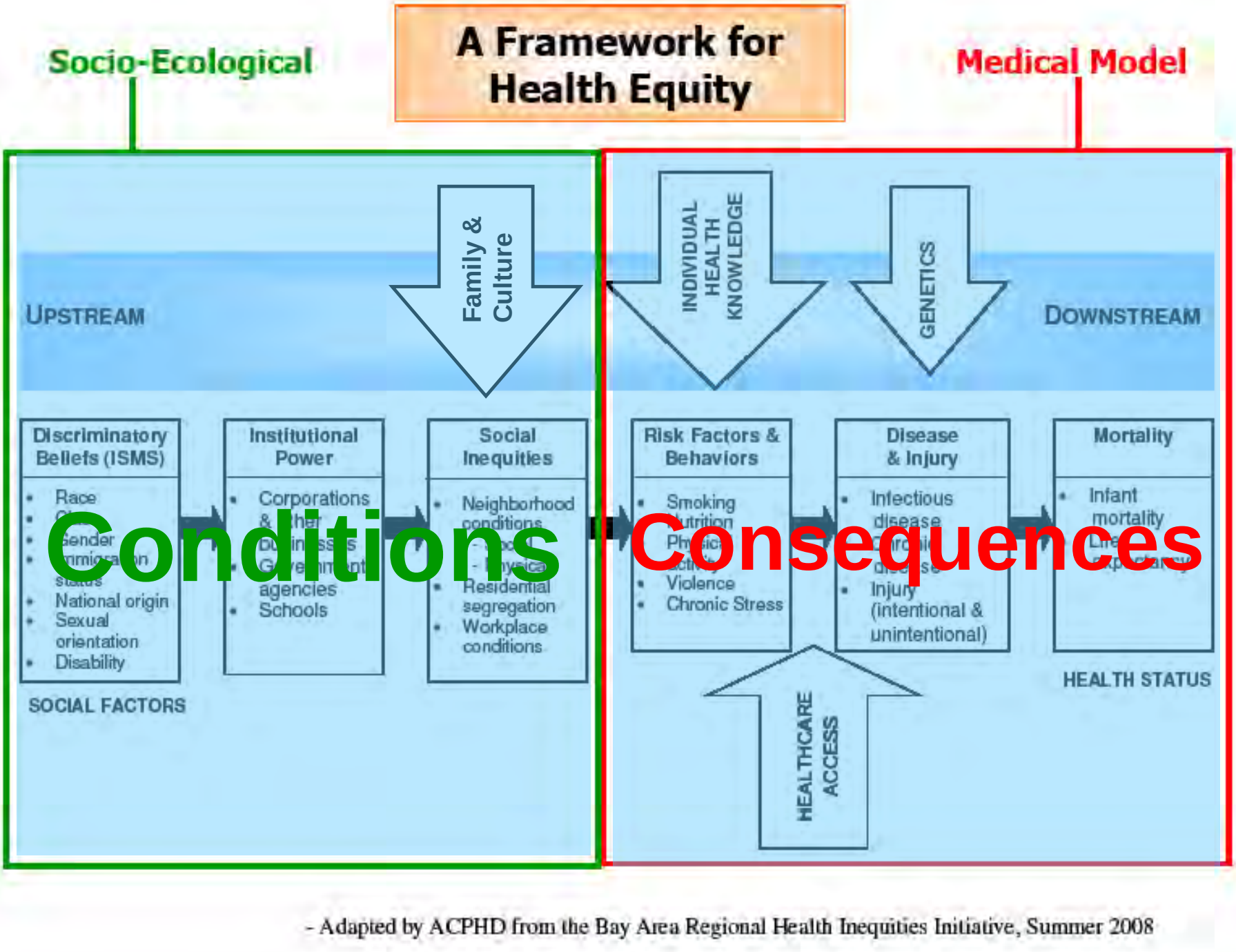

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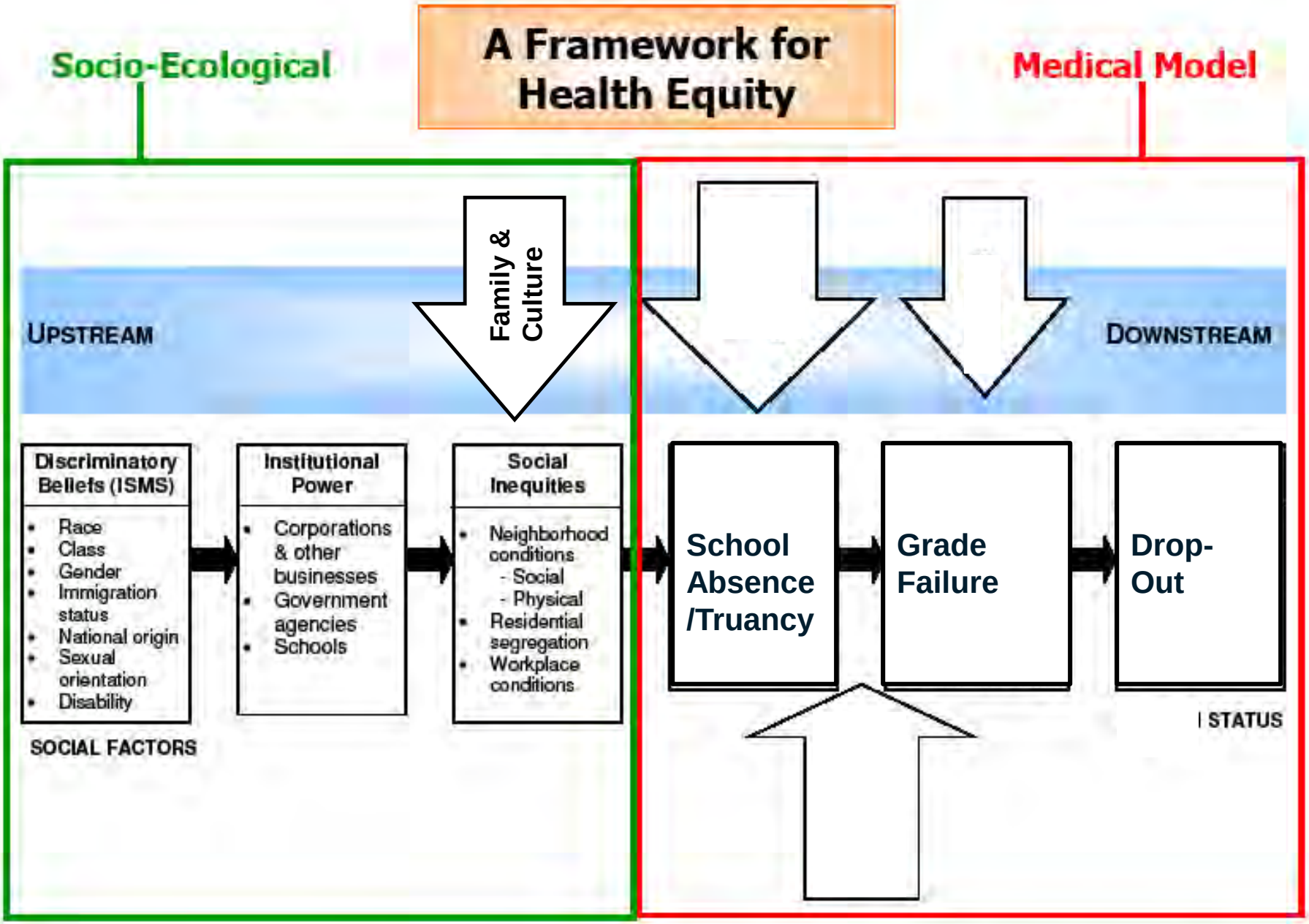
A Framework for Health Equity



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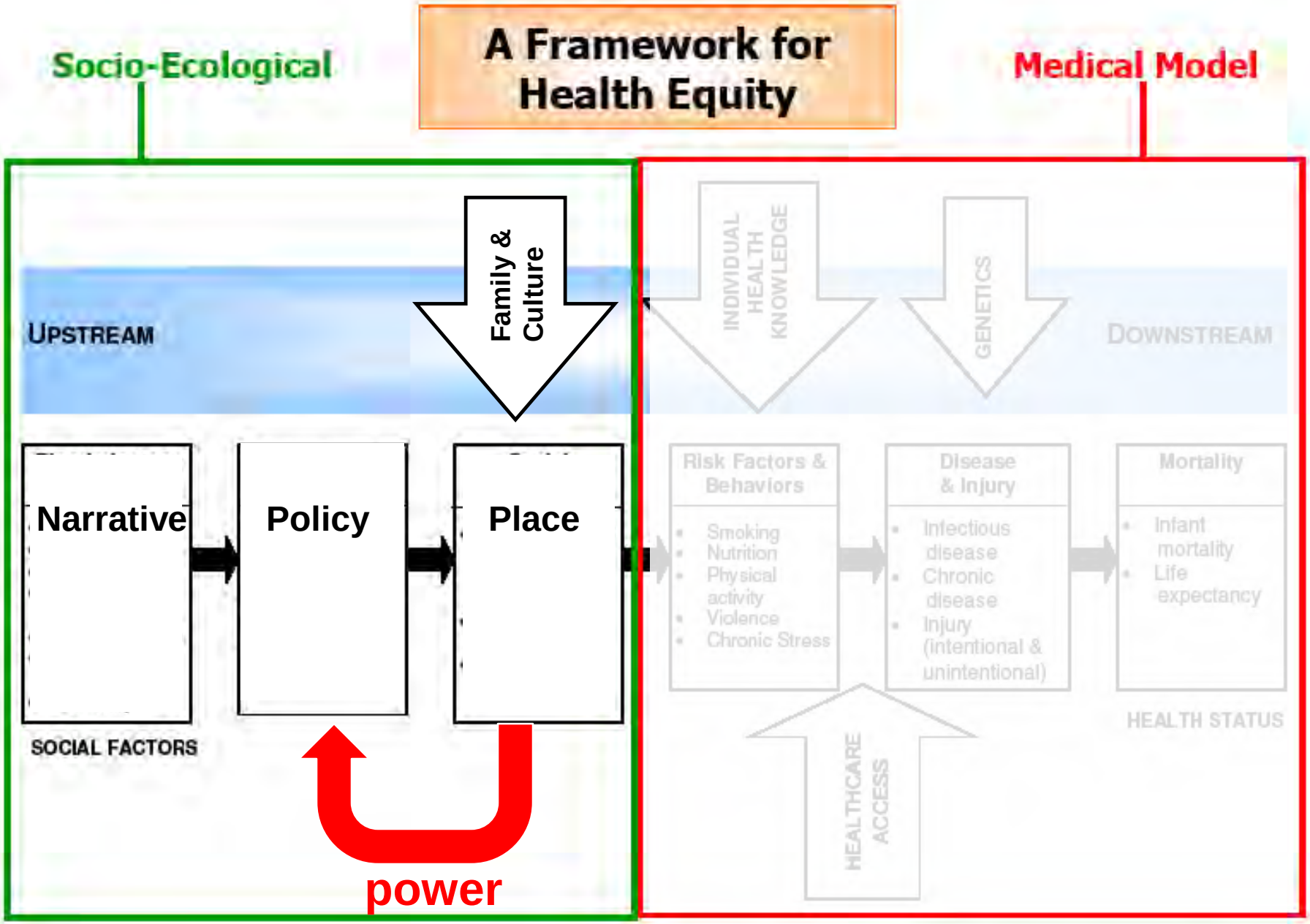

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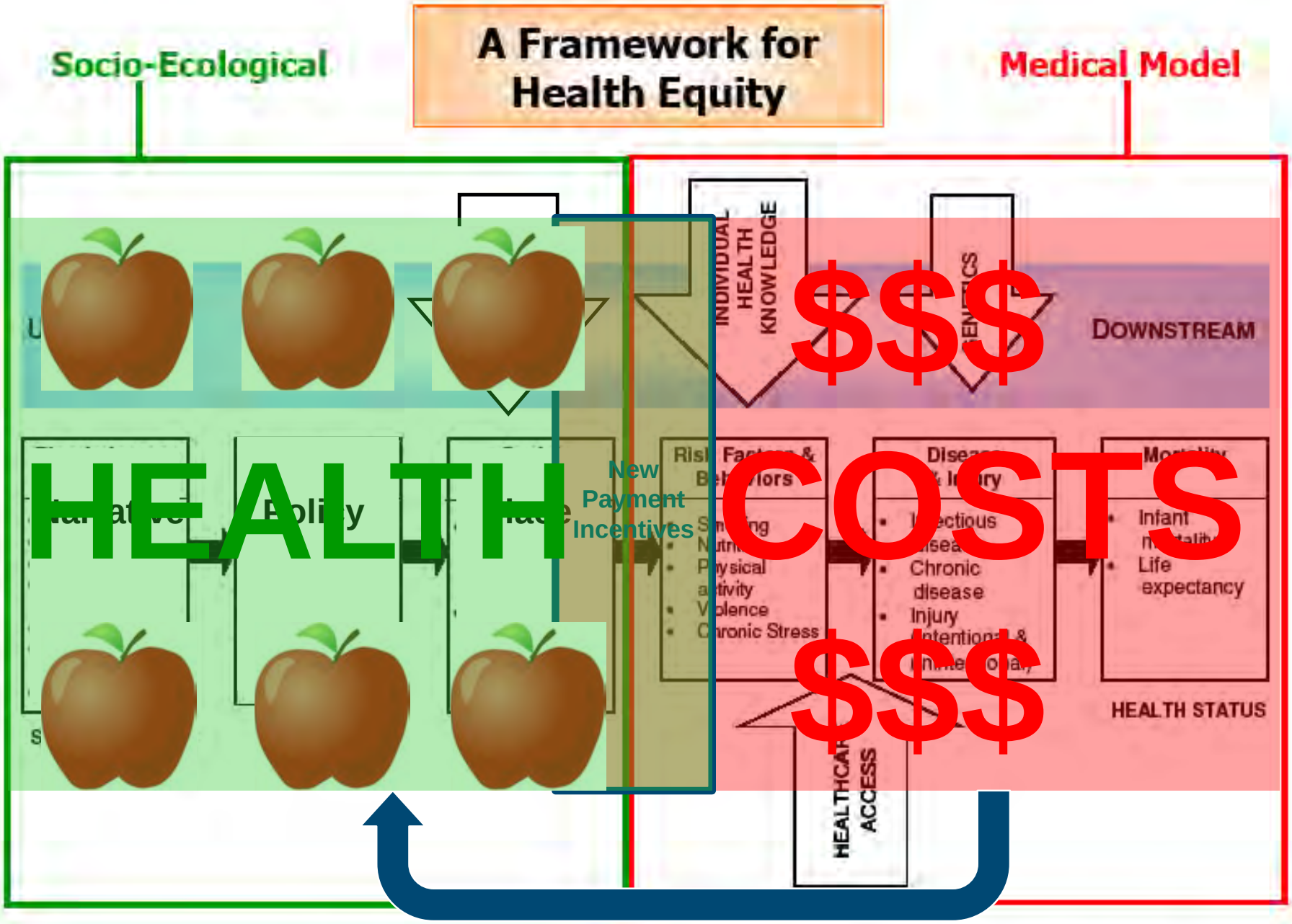
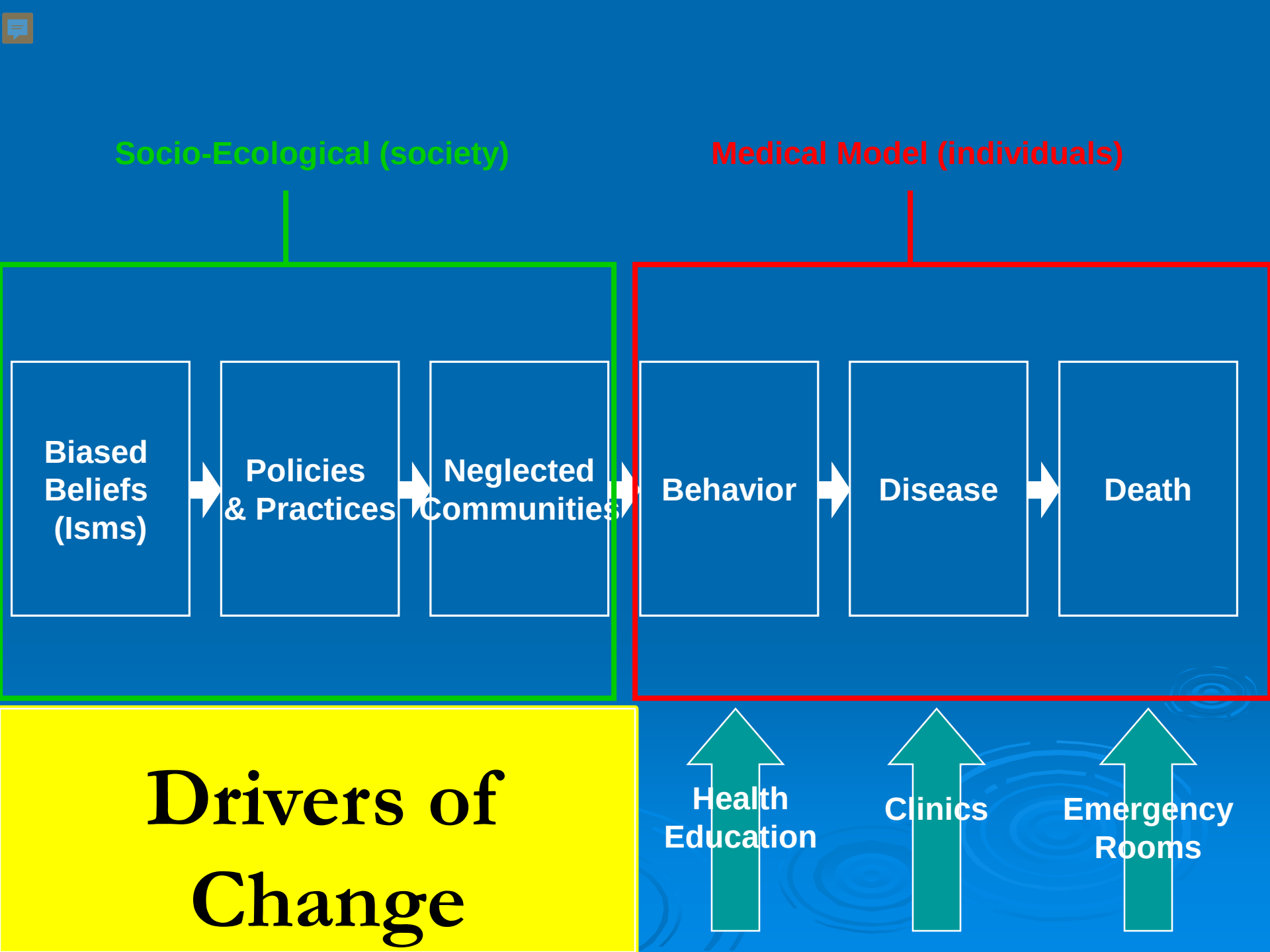

Socio-Ecological
A Framework for Health Equity
Medical Model
INDIVIDUAL HEALTH KNOWLEDGE
$$$
DOWNSTREAM
HEALTH
New Payment Incentives
COSTS
Chronic disease
Life expectancy
$$$
HEALTH STATUS
ACCESS
- Adapted by ACPHD from the Bay Area Regional Health Inequities Initiative, Summer 2008


Socio-Ecological (society)
Medical Model (individuals)
Biased Beliefs (Isms)
Policies & Practices
Neglected Communities
Behavior
Disease
Death
Drivers of Change
Health Education
Clinics
Emergency Rooms

Socio-Ecological (society)

Medical Model (individuals)

Behavior → Disease → Death

Drivers of Change

Health Education

Clinics

Emergency Rooms

health happens here
health happens here

Formerly Incarcerated Undocumented Boys and Men of Color

- **A**gency
- **B**elonging
- **C**hanging the Odds

ABC

- A = AGENCY ~ Power.

The ability to exert voice and power in community leaders.

If equity is the goal, we have to address power differentials. Build social, political and economic power in a critical mass of residents. (Critical mass ~1%).

ABC

- B = BELONGING.

The dominant narrative is one of exclusion. We have to create, with community partners, a strong narrative of inclusion. Address trauma and create space for healing.

The spirit of inclusion provides for a shared sense of purpose in community.

ABC

- C=Change the Conditions. **Change the Odds**. Opportunity structures are critical particularly schools and criminal justice system in the lives of young people of color.
- Health inequities are structurally and systematically manufactured by the conditions that families and communities struggle against.

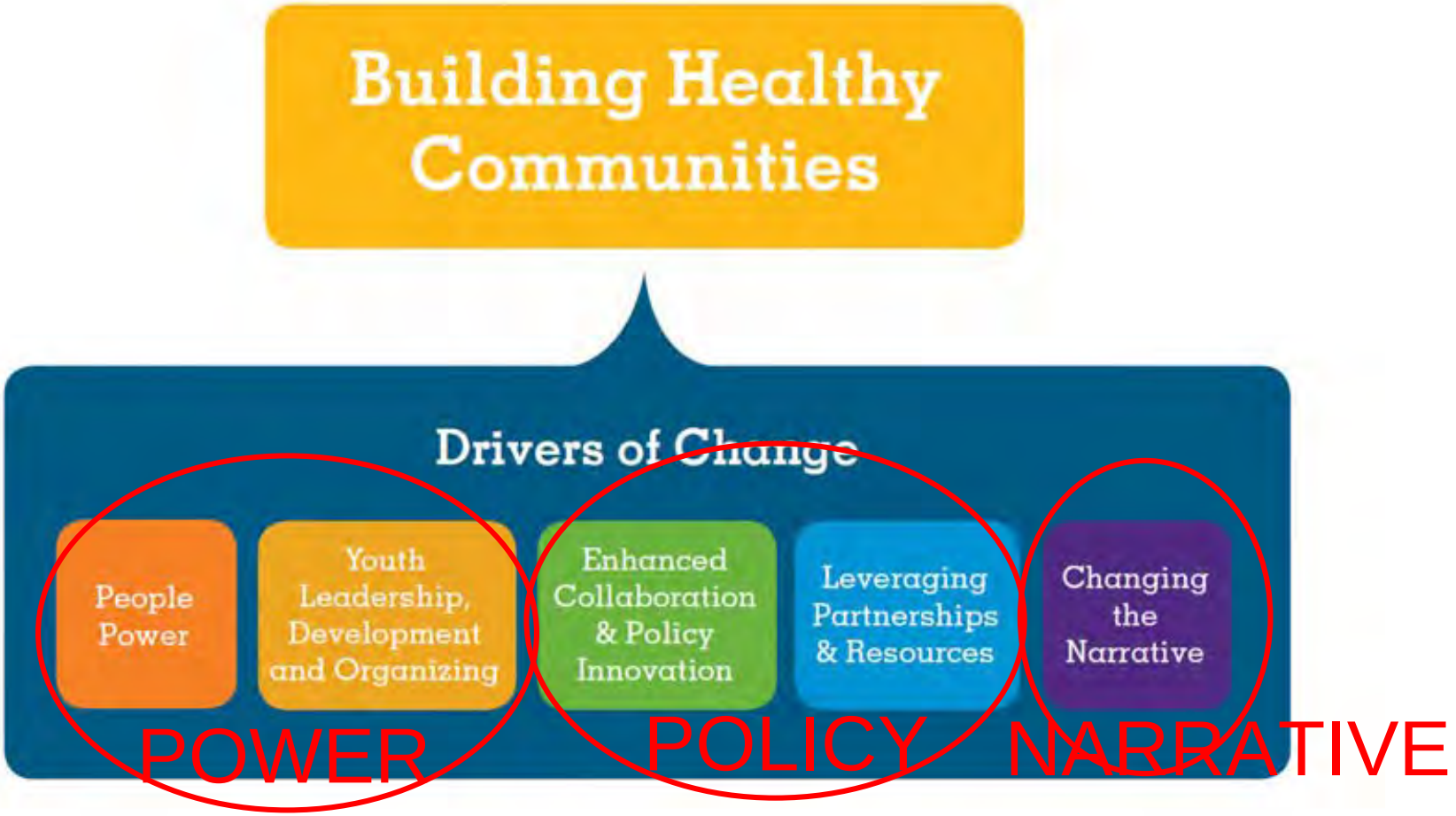
BHC: The HOW

health happens aquí

Building Healthy Communities | **Theory of Change**

Health Status Change

health happens here


Building Healthy Communities
Drivers of Change
People Power
Youth Leadership, Development and Organizing
Enhanced Collaboration & Policy Innovation
Leveraging Partnerships & Resources
Changing the Narrative
POWER
POLICY
NARRATIVE

BHC: The WHAT

health happens aquí

PREVENTION

SCHOOLS

NEIGHBORHOODS

"Transformative Twelve" Policy Domains

Healthy People 2020
Social Determinants of Health Framework

Results

FRESNO COUNTY SHOULD CARE
FOR POOR PEOPLE
Health Care for all
FOR
ALTH CARE IS
Invest in people!
Health Care
For All!

PRISON
$62,300
SCHOOL
$9,100
#DoTheMath

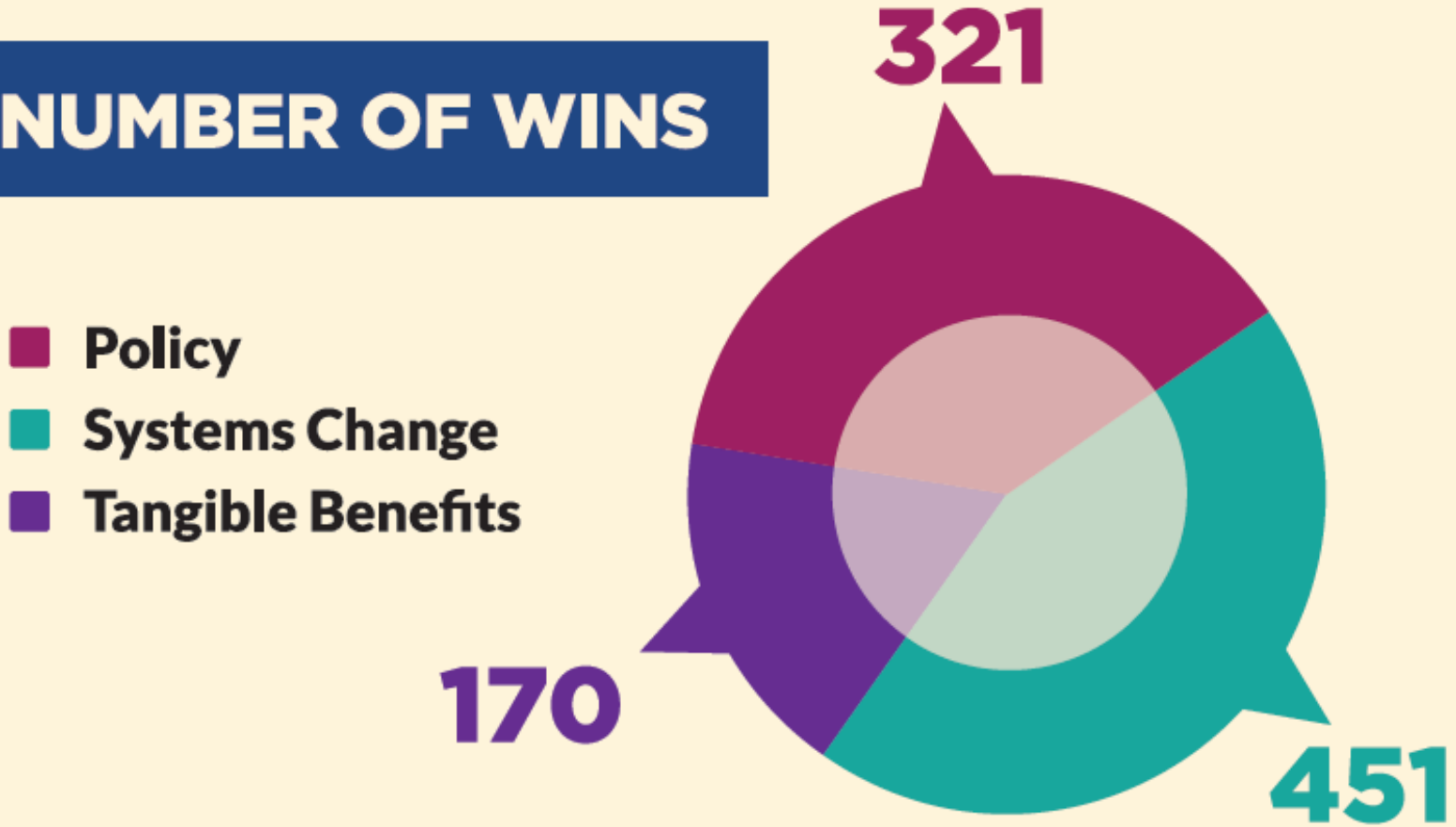
#FixSchoolDiscipline

That’s

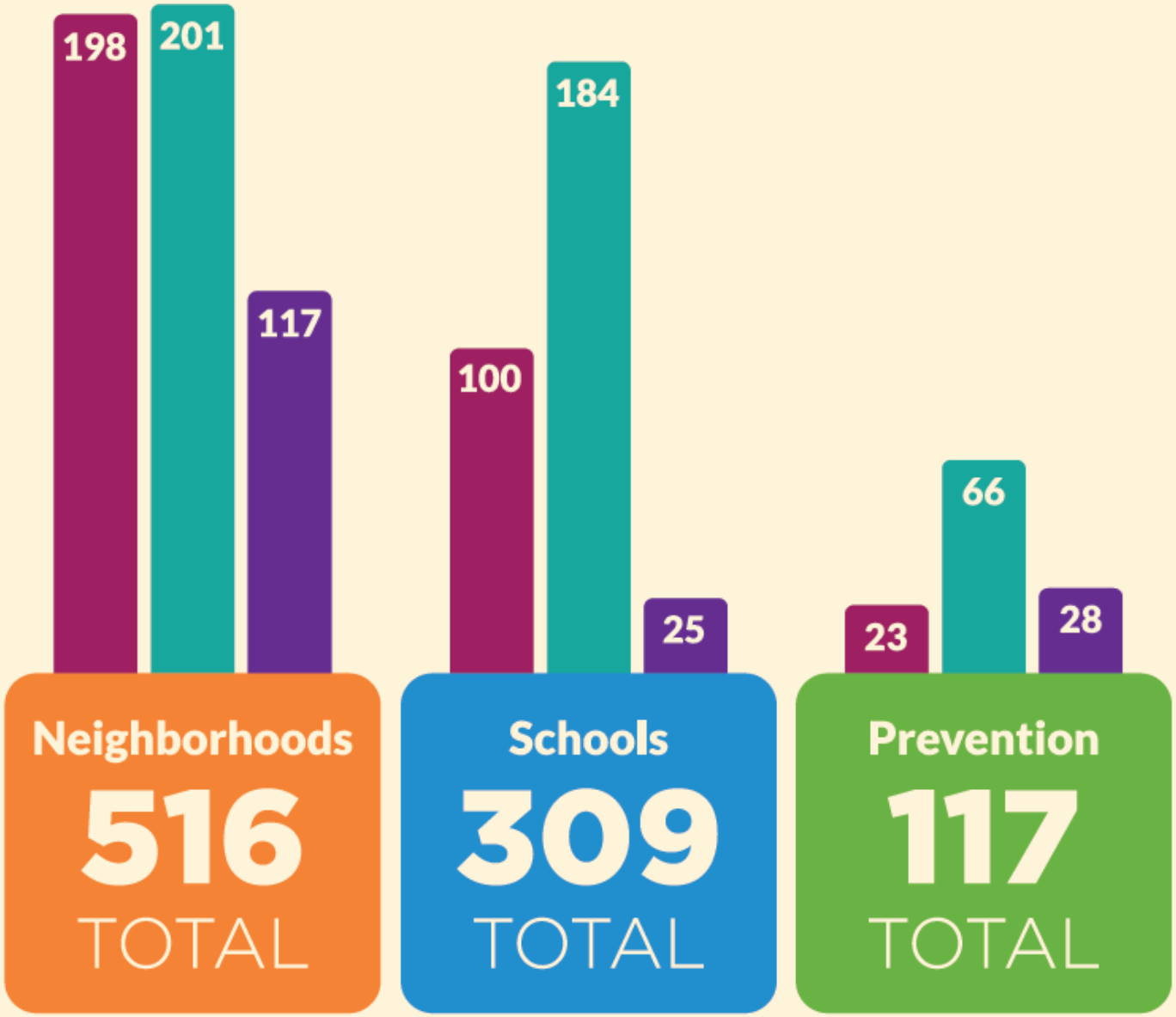
PEOPLE POWER!

942 TOTAL WINS

NUMBER OF WINS



CAMPAIGN WINS BY 3 CAMPAIGNS



5,600

5,000

FRESNO

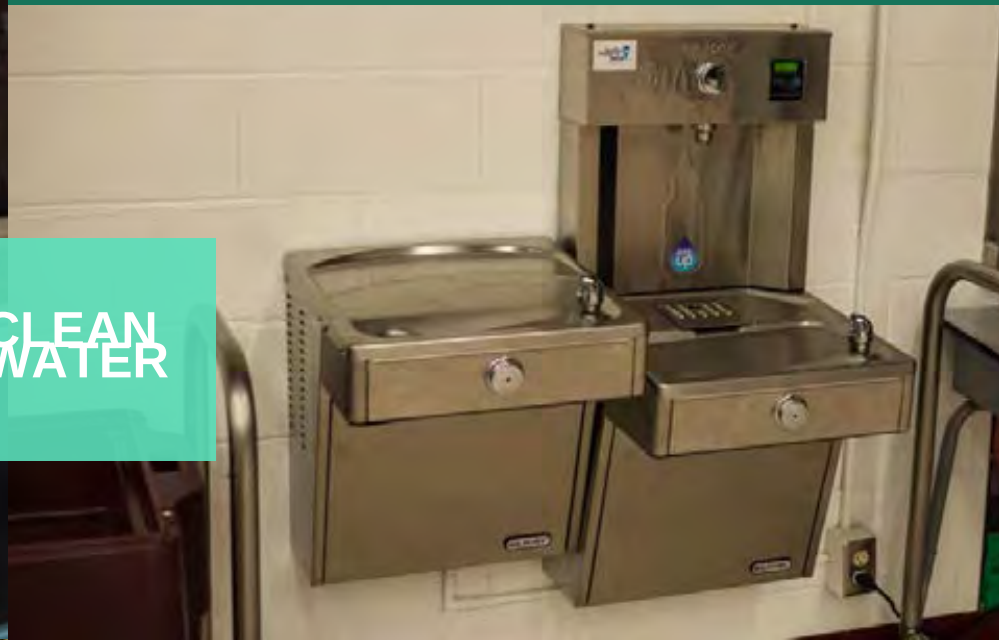
HEALTH4ALL

8,000

LONG BEACH

ENVIRONMENTAL JUSTICE

150,000



COACHELLA

CLEAN WATER

CITY HEIGHTS

HALAL SCHOOL LUNCH

RICHMOND

CRIME

CHANGE
the
5M
newly insured
49,000 resident leaders
NEW CA BUDGET PROVIDES HEALTHCARE FOR UNDOCUMENTED KIDS.
Take our community poll
Hundreds of policies
300,000 less
Support a Teacher
Suspension
HONK! FOR RESTORATIVE JUSTICE
Up to $1Billion
in public funds reinvested
from incarceration to prevention each year
#SchoolsNotPrisons
PRISON $62,300
$9,100
EDUCATION NOT
260,000
undocumented kids with healthcare
1+ million
Californians eligible to have felonies
reduced to misdemeanors

Questions

Contact Information

Tony Iton, MD, JD, MPH

Senior Vice President
The California Endowment

Learn more at www.buildinghealthycommunities.org #ChangeTheOdds

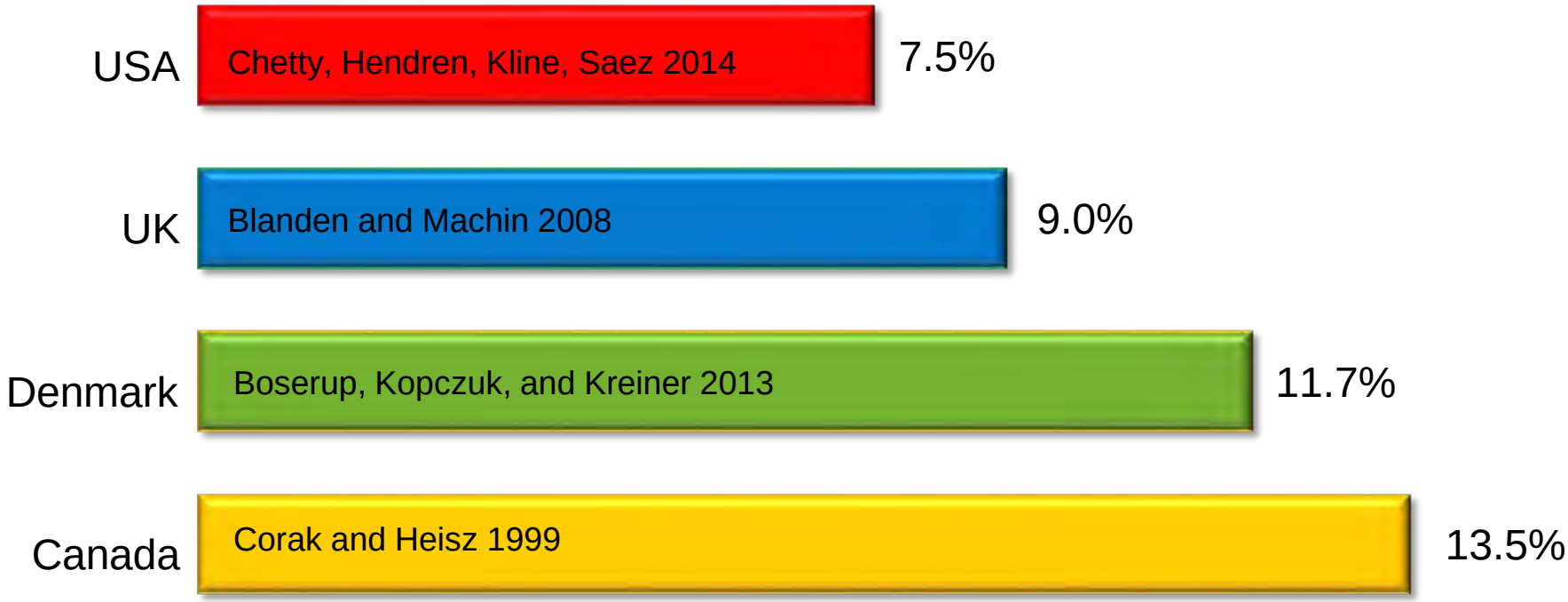
Twitter: https://twitter.com/dr_tonyiton
@dr_tonyiton

Facebook: https://www.facebook.com/drtonyiton/
@drtonyiton

LinkedIn: https://www.linkedin.com/in/drtonyiton

The American Dream?

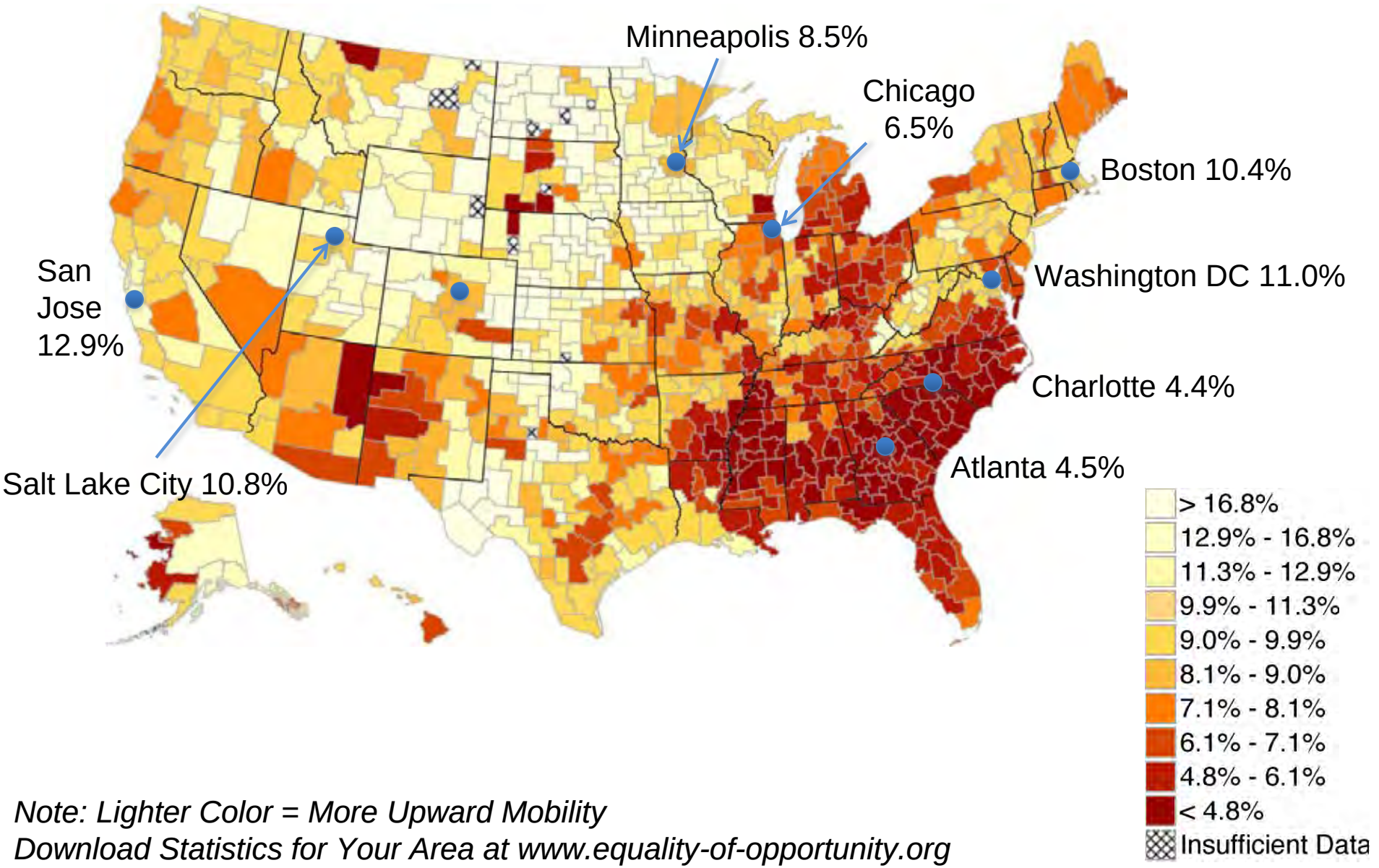
- Odds that a child born to parents in the bottom fifth of the income distribution reaches the top fifth:



→ Chances of achieving the “American Dream” are almost two times higher in Canada than in the U.S.

The Geography of Upward Mobility in the United States

Chances of Reaching the Top Fifth Starting from the Bottom Fifth by Metro Area

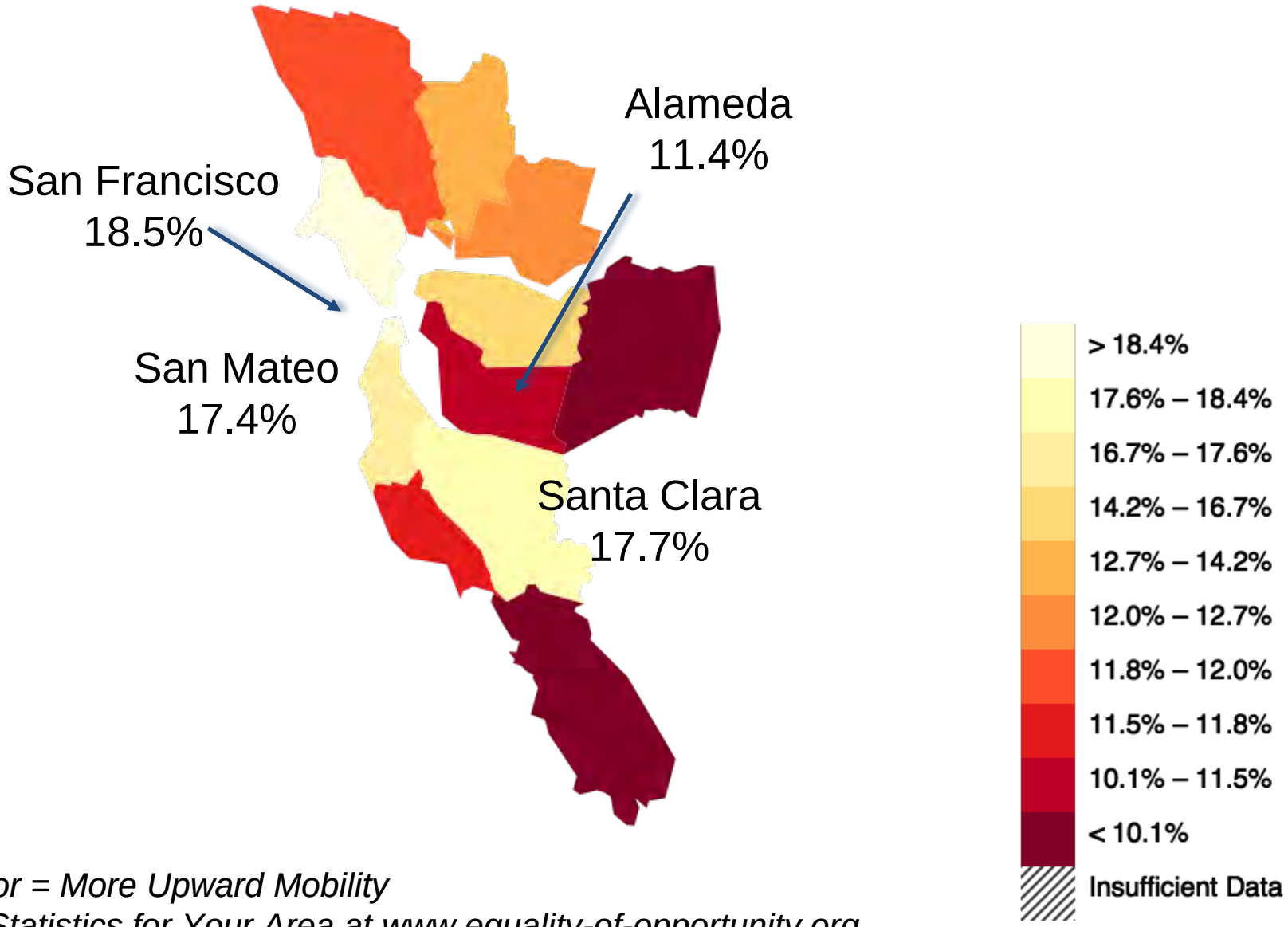


Note: Lighter Color = More Upward Mobility

Download Statistics for Your Area at www.equality-of-opportunity.org

The Geography of Upward Mobility in the Bay Area

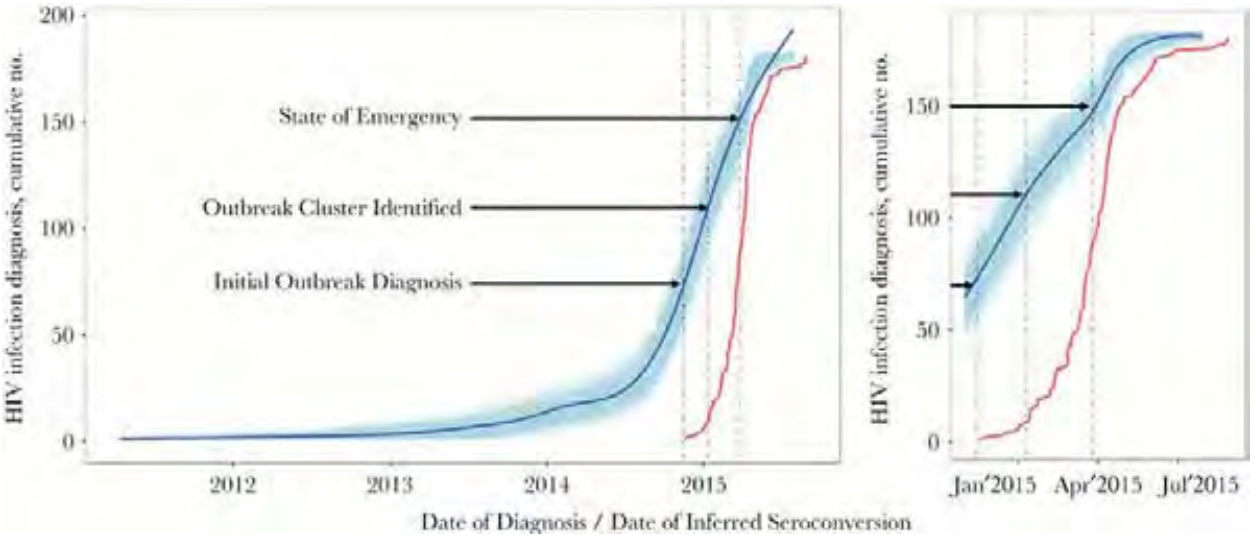
Chances of Reaching the Top Fifth Starting from the Bottom Fifth by County



Lighter Color = More Upward Mobility

Download Statistics for Your Area at www.equality-of-opportunity.org

Figure 6. Cumulative human immunodeficiency virus (HIV) diagnoses (red) and simulated incidence (light blue), by date. ...



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