

ADDRESSING SOCIAL NEEDS TO IMPROVE HEALTH OUTCOMES

Cancer Prevention & Health Disparities

Cancer Burden

Cancer affects all U.S. population groups, but due to social, environmental, and economic disadvantages, certain groups bear a disproportionate burden of cancer. Populations that may experience cancer

disparities include groups defined by race/ethnicity, disability, gender identity, geographic location, income, education, age, sexual orientation, national origin, and/or other characteristics.

Difference Between Equality, Equity and Social Justice



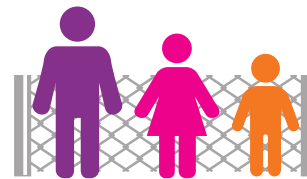
EQUALITY

All individuals are given the same resources and opportunities.



EQUITY

Recognizes that people have different circumstances and allocates the necessary resources and opportunities needed to reach an equal outcome.



SOCIAL JUSTICE

Is the view that everyone deserves equal rights and opportunities.

All people deserve the highest standard of health and care.










Health equity is achieved when every person has the opportunity to attain his or her full health potential without limitation or restriction due to social position or other socially determined circumstances.

Understanding Health Disparities

When there is a lack of health equity, health disparities emerge. Health disparities are *preventable differences* in the burden of disease, injury, violence, or opportunities to achieve optimal health that are experienced by populations that have been disadvantaged by their social or economic status, geographic location and environment.

Many factors contribute to health disparities including genetics, access to care, poor quality of care, community features (e.g., inadequate access to healthy foods, poverty, limited personal support systems and violence), environmental conditions (e.g., poor air quality), language barriers and health behaviors. We can reduce health risks, disparities and inequities by addressing the social determinants of health.

Population Groups that Experience Cancer Health Disparities

 <p>Individuals belonging to different ancestry, race, or ethnicity.</p>	 <p>Individuals of low socio-economic status.</p>	 <p>Individuals who lack or have limited health insurance coverage.</p>	 <p>Residents in certain U.S. geographic locations, rural areas, or territories.</p>	 <p>Members of the sexual and gender minority groups.</p>	 <p>Certain immigrants, refugees, or asylum seekers.</p>	 <p>Individuals with disabilities.</p>	 <p>Adolescents and young adults.</p>	 <p>Elderly.</p>
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Impact of Social Determinants of Health

Social determinants of health (SDOH) have a major impact on people's health, well-being, and quality of life. They are the non-medical factors that influence health outcomes such as housing, transportation, education, income, job opportunity, water quality, literacy skills, etc. They are the conditions in which people are born, live, learn, work, play, worship, age and the wider set of forces and systems shaping the conditions of daily life. These factors are interrelated and affect a wide range of health and quality of life risks and outcomes. Understanding these health and social inequities can help us better understand how to promote health equity and improve health outcomes among all populations.



Facts & Figures

- > **Chronic illnesses like cancer, heart disease and diabetes are the leading cause of death and disability, and they are the leading drivers of the nation's \$3.8 trillion in annual healthcare costs.**
- > **Uninsured, underinsured and low-income populations are particularly predisposed to financial distress and resulting harms on health outcomes.**
- > **50% of a person's health profile is determined by social determinants of health; disadvantaged populations bear a disproportionate burden of preventable cancer deaths.**
- > **More than 30% of direct medical costs faced by U.S. non-Hispanic Black, Hispanic and Asian populations can be tied to health inequities.**

Actions to Support Improved Outcomes

Be a self advocate to ensure that your individual needs are met. This helps to ensure that the care you receive is tailored to you, meets your specific needs and reflects your goals, values and preferences.

Establish a medical home with a health care provider (HCP) who can provide a home base for all your medical care and records.

Ask questions if you don't understand; write them down in advance so you don't forget to ask them and consider discussing the following:

- All treatment options for your condition.
- Risks, side effects and costs of any tests, treatments and procedures.
- Success rates of potential treatments.
- Any medical terms you don't understand.

Ask about available financial support resources if you are under insured or uninsured, including Hospital Assistance.

Focus on better communication:

- Request for help in your native language or ask for an interpreter.
- Let doctors know if you have any hearing or vision limitations.
- Listen carefully while information is explained about your diagnosis or treatment.
- Ask how to contact your HCP's office with questions and other matters.

Explore transportation options. If getting to and from your appointments is a challenge, many organizations can assist you with these arrangements and costs.

Utilize existing resources such as the local library, non-profit agencies, medical centers, NJ Department of Human Services, senior citizen and community centers, faith-based organizations, and community services.

Seek assistance from a Community Health Worker or Nurse Navigator who can connect you to resources and services.

References: Center for Disease Control www.cdc.gov, National Cancer Institute www.cancer.gov/about-cancer/understanding/disparities

