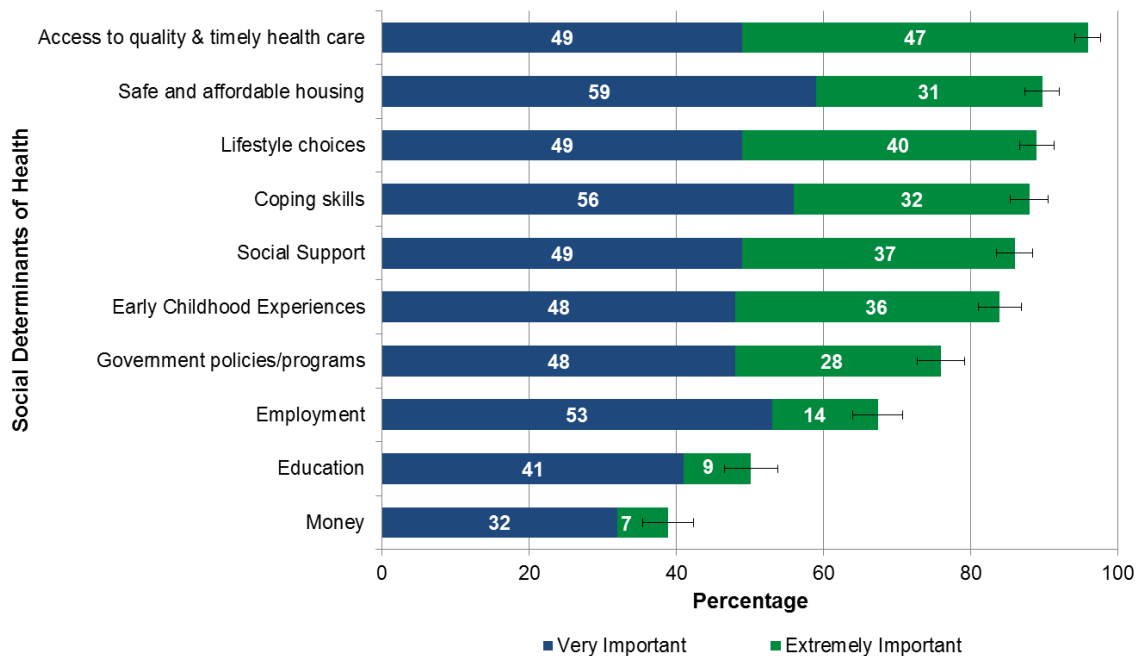


## Social Determinants of Health (SDOH) Module

In 2018, as part of the Rapid Risk Factor Surveillance System (RRFSS), approximately 1,200 randomly sampled residents of Simcoe Muskoka were asked a series of questions to identify attitudes and beliefs around the social determinants of health. This is a brief summary of the results of those survey questions. These questions were previously asked as part of the 2013, 2016 and 2017 RRFSS surveys.

Residents were asked to rate how important (not at all, not very, somewhat, very, or extremely) ten social determinants were in helping make a person healthy. “Healthy” was defined as a person’s physical and mental health, being free from disease and pain, and being satisfied with life.

**Percent of adults (18+) who rated Social Determinants of Health as very or extremely important in making a person healthy  
Simcoe Muskoka, 2018**



**Source:** Rapid Risk Factor Surveillance System (RRFSS),  
Simcoe Muskoka District Health Unit, Cycles 28-30 (Jan-Dec 2018).  
Data collected by the Institute for Social Research (ISR) at York University in Toronto, ON on behalf of the health unit.  
Post-stratification weights applied based on 2018 Population Estimates from Statistics Canada.

I Confidence Interval

Figure 1: Percent of adults (18+) who rated SDOH as very or extremely important factors in helping make a person healthy, Simcoe Muskoka District Health Unit, 2018.

Figure 1 presents the results of those who said that these determinants were either very or extremely important in helping to make a person healthy in the 2018 survey. There was a significant increase in the percentage of Simcoe Muskoka residents that said money and education were very or extremely important in making a person healthy in 2018 when compared with previous years. Responses to the other questions remained relatively consistent over time. The top ranked factor was having access to quality and timely health care services with 96% (95% confidence interval 94%, 97%) of respondents saying this was very or extremely important. Other top ranked determinants identified as being very or extremely important included:

- having a safe and affordable place to live by 90% (88%, 93%);
- lifestyle choices a person makes, i.e. what people eat, if they smoke, how much alcohol they drink, and how much exercise they get by 90% (87%, 92%);
- a person's ability to cope with challenges and difficulties in their life by 88% (85%, 90%); and,
- having the social support of family, friends, neighbours or others by 87% (84%, 89%) of respondents.

Interestingly, a person's job/employment situation was reported by 67% (64%, 71%) as very or extremely important to a person's health, how much education a person has by 50% (47%, 54%), and how much money a person has by 39% (35%, 42%), all of which fell to the bottom of the list of importance.

This would suggest that most people are not aware of the impact that socio-economic factors such as employment, education and income can have on health; however, awareness of these factors is slowly increasing over time.

### ***Highlights:***

Results of the 2017 and 2018 surveys were combined to explore group differences in perception of factors that influence health:

- Females were significantly more likely than males to believe that having: safe and affordable housing, social support, and government policies and programs are very or extremely important to health.
- People with lower income were more likely to believe that how much money a person has and government policies and programs are very or extremely important in helping them to be healthy when compared to those with higher incomes.

For more about the Social Determinants of Health:

<http://www.simcoemuskokahealth.org/HealthUnit/Workplaces/Schools/SchoolAdministrators/EquityAndInclusion/DeterminantsOfHealth.aspx>

<http://www.simcoemuskokahealthstats.org/topics/determinants-of-health>