

Beyond the obvious: Determinants of health, intersectionality, and next steps toward well-being for older North Carolinians

Dr. Tamara A. Baker

Professor

University of North Carolina, Chapel Hill

School of Medicine

Department of Psychiatry

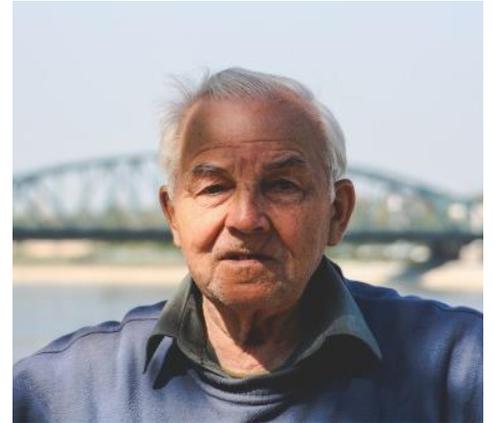
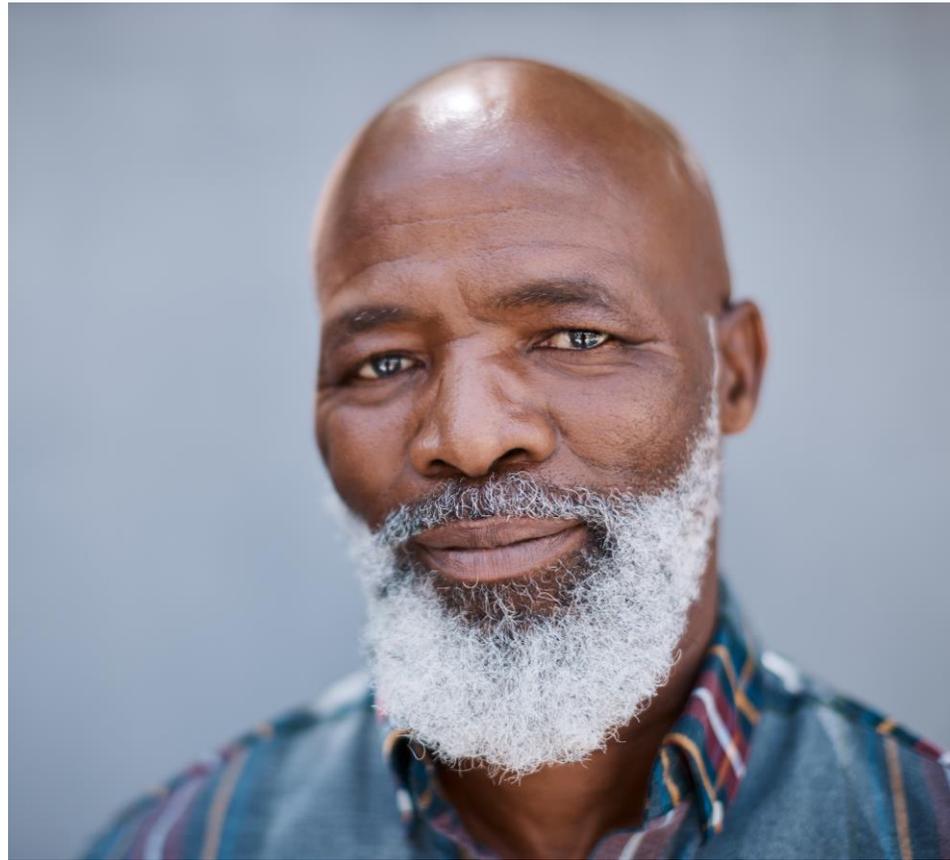


NC Institute of Medicine
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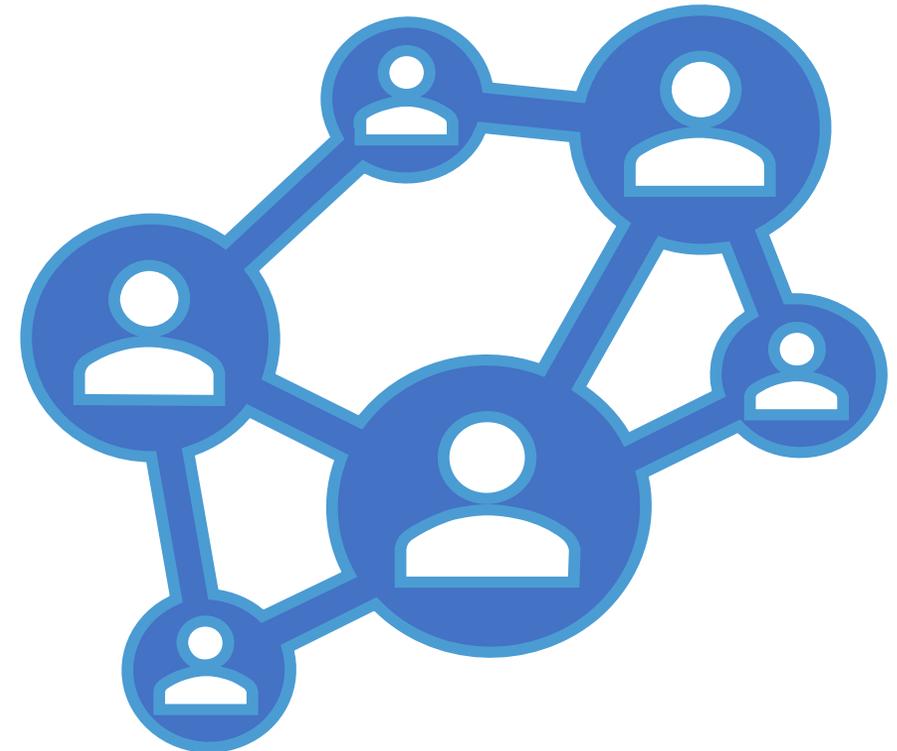


Key Questions

- 1. What are the key determinants to health and well-being among community-based older adults?**
- 2. What are the larger systemic issues and why do they still exist?**
- 3. What are current facilitators/challenges/barriers?**
- 4. What is the common factor(s) between social isolation, food and nutrition security, falls prevention, mobility?**
- 5. Is there a place for research?**



- Disrupts linear thinking that prioritizes any one category of social identity
- **Beyond singular categories of identity.** This allows for a more comprehensive understanding of how health and illness are influenced by multiple determinants
- Notion that multiple identities intersect to create a whole that is different from the individual identities.
 - These identities that can intersect include age, gender, race, social class, ethnicity, nationality, religion, mental illness, physical disability, etc.



Intersectionality

To Be Old, Black, and Poor Full Video (51:57)



Description of the video:

This is a gritty and painfully real exposition of what it means to be black, poor, and elderly in the U.S. The film crew documents the life of Leonard and Sarah Bass on and off for six Months, recording their struggle to survive, watching as well-meaning neighbors and opportunists come and go.

[To be old, Black, and poor](#)





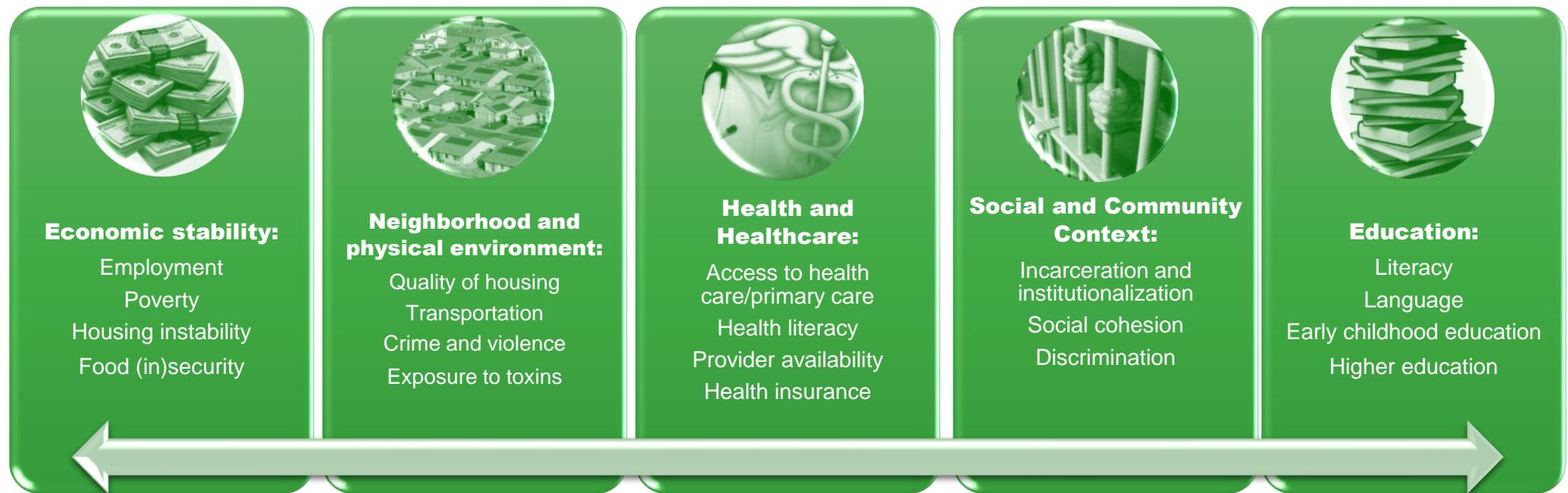
Environmental toxins
Zoning
Type of insurance
Access to care
Quality of education
Stress
Working conditions
Smoking
Access to healthcare
Genetics
Systemic bias
Social & family support
Taxes
Poverty
Housing
Neighborhoods
Quality of care
Substance abuse
Racism/discrimination

Social Determinants of Health

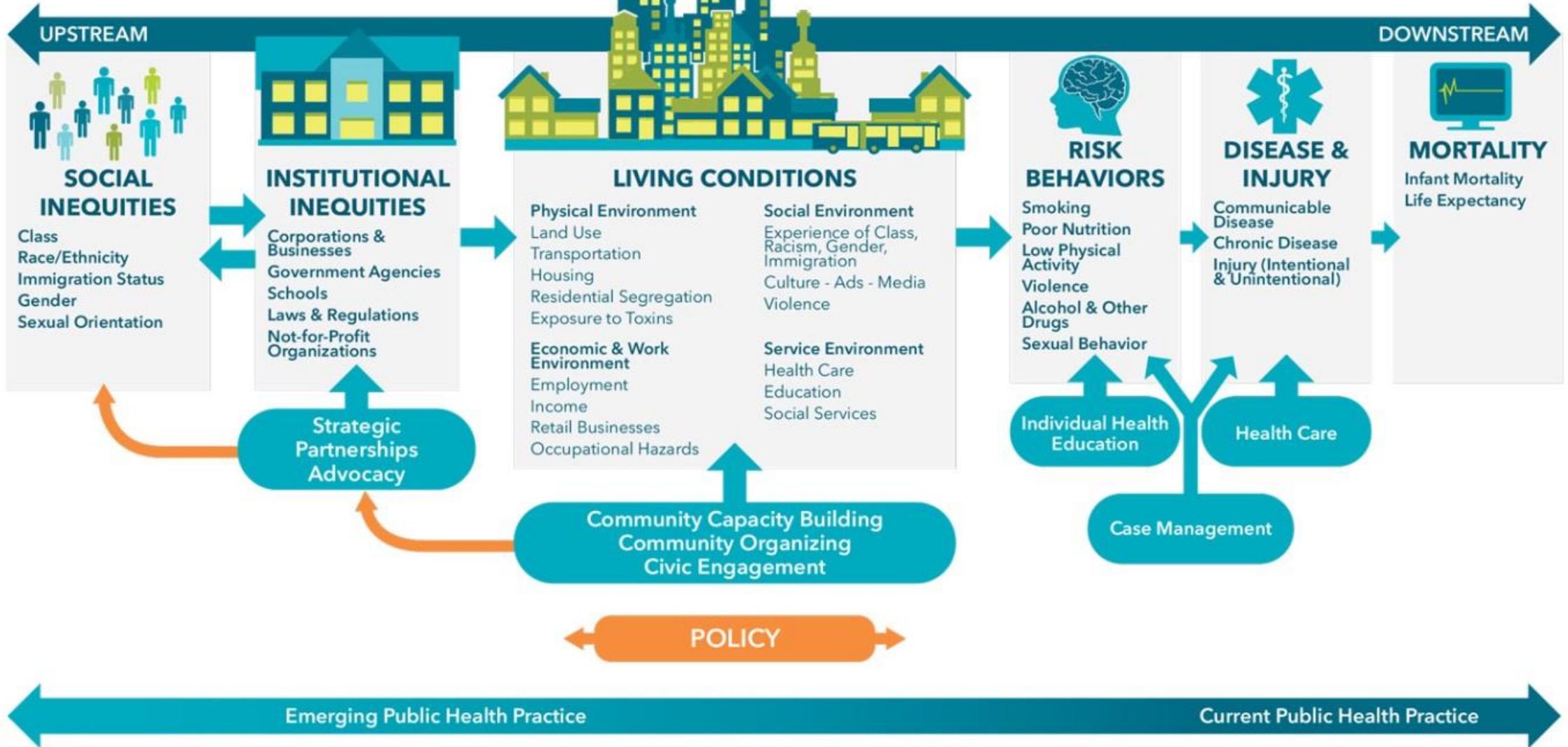
The conditions in which people are born, grow, live, work, and age. These circumstances are shaped by the distribution of money, power, and resources at global, national, and local levels. They are mostly responsible for health inequities.

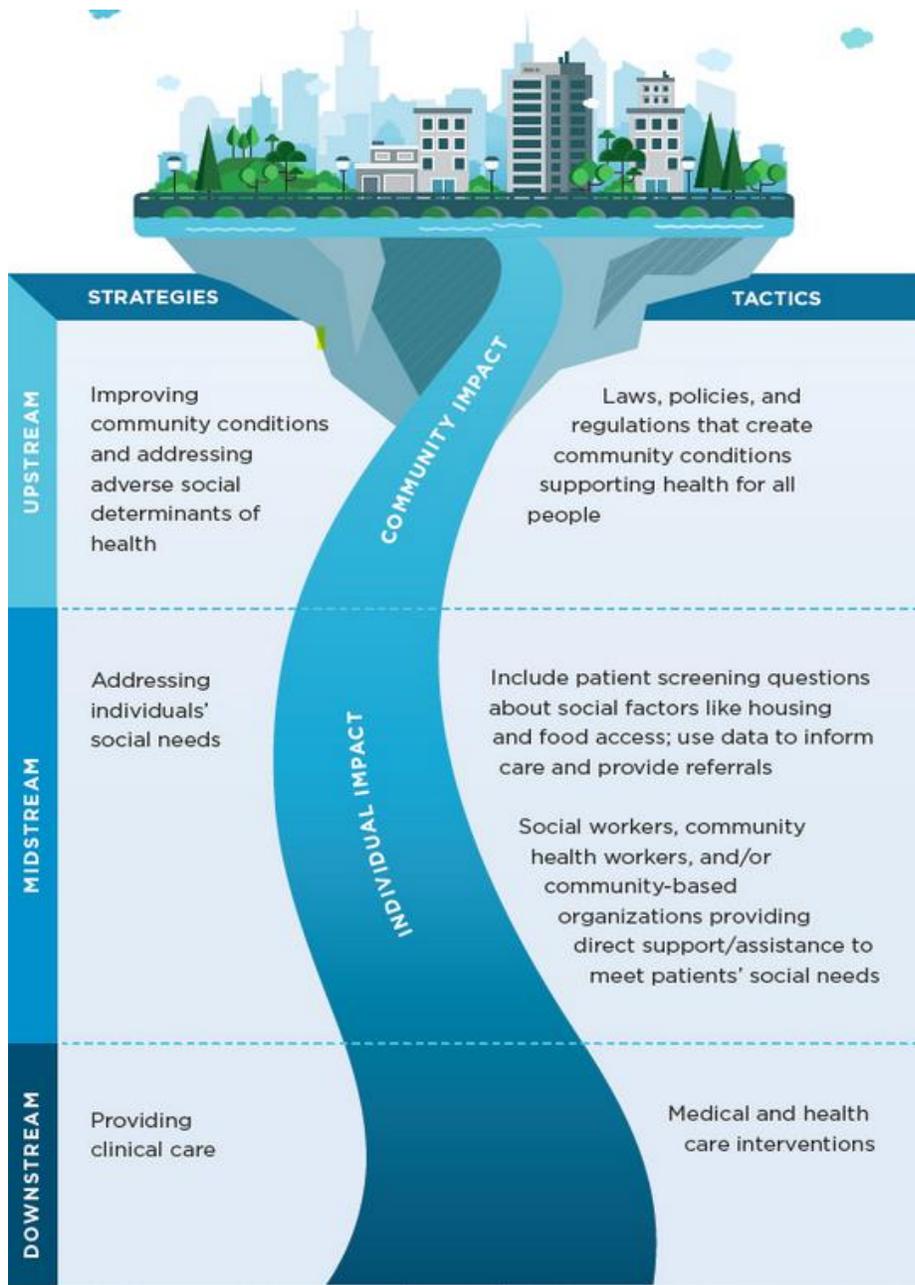
~World Health Organization

- Move beyond singular categories that shape and affect lives; allows for a more complex understanding of how health, illness, and well-being/quality of life are influenced by multiple determinants.
- Beyond individual behaviors
- “nonmedical factors influencing health, including health-related knowledge, attitudes, beliefs, or behaviors”.



A PUBLIC HEALTH FRAMEWORK FOR REDUCING HEALTH INEQUITIES
BAY AREA REGIONAL HEALTH INEQUITIES INITIATIVE





What are our upstream, midstream, and downstream strategies/ Tactics/factors?



STRATEGIES

Improving community conditions and addressing adverse social determinants of health

TACTICS

Laws, policies, and regulations that create community conditions supporting health for all people

COMMUNITY IMPACT

UPSTREAM

MIDSTREAM

DOWNSTREAM

- Include falls in State Health Improvement Plan
- Adjust home and community-based grant funding allocations
- Build capacity for more retired adults to participate in volunteer opportunities to accomplish some of the service needs (e.g., meal delivery)
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- Financial assistance for families
- Inequity of funding for older adult programs and services, particularly in rural areas
- Cost of care in rural settings
- Lack of accessible transportation infrastructure
- Lack of access to technological infrastructure and/or tech literacy
- Limited income to address modifiable risk factors for falls prevention, social connectedness, malnutrition, transportation
- Food insecurity (starvation-, chronic disease- and injury- related)
- Social isolation/loneliness as a public health crisis



The Right to Health of Older People

Britta Baer ¹, Anjana Bhushan ², Hala Abou Taleb ³, Javier Vasquez ⁴, Rebekah Thomas ⁵

Affiliations + expand

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Abstract

A focus on the right to the enjoyment of the highest attainable standard of health (hereinafter, "the right to health") draws attention to the health needs of older people, including the most marginalized among them. Many factors that influence vulnerability or impede the enjoyment of health and access to quality services result from an inability to freely exercise these human rights. A human rights approach can help to address the legal, social, and structural barriers to good health for older persons, clarifying the legal obligations of State and non-State actors to uphold and respect these rights. However, despite growing impetus for action, this area has historically received limited attention. Drawing on practice examples from different regions, this article unpacks the meaning of the right to health and other related human rights of older people in practice, covering both health care and underlying determinants of their health. Questions of availability, accessibility, acceptability, and quality are highlighted from the perspective of older people's health and well-being. The article brings together knowledge, principles, norms, and standards from the human rights law, health, and ageing arenas. By making links between these arenas, it is hoped that the article fills a gap in thinking on how to achieve the progressive realization of the right to health of older people and the effective promotion and protection of their other related human rights, which are crucial for the enjoyment of health.





Accessible

- Able to be reached or entered

Affordable

- Reasonably priced

Acceptable

- Able to be agreed on

Adequate

- Satisfactory in quality and/or quantity

Accurate

- Correct

Available

- Able to be used or obtained

Awareness

- Knowledge of a situation

Changing negative attitudes toward aging



Why Reframing Aging?

The Reframing Aging Initiative is a long-term social change endeavor designed to improve the public's understanding of what aging means and the many ways that older people contribute to our society. This greater understanding will counter ageism and guide our nation's approach to ensuring supportive policies and programs for us all as we move through the life course.

“

This is what ageism sounds like:

I'm having a senior moment.

These wrinkles and grey hair have got to go.

I'm too old to try that.

You look good for your age.

It's time to put her/him out to pasture.

Those are just aches and pains from old age.

Sweetie, you don't look a day over 29.

”

Changing the narrative...

Those who have the privilege to know have the duty to act, and in that action are the seeds of new knowledge

~A. Einstein





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Thank you!