

BETTER CARE AMERICA

# Social Determinants of Health

**Not every health care problem can—or should—be addressed with a prescription pad. Experts say that 70% of a person’s health is determined by factors other than medical care.**

There are important social or financial conditions that influence our health, like safe housing, reliable transportation, and access to healthy foods. Health insurance providers are building new solutions to address these social barriers.

**68% of Americans** say they have challenges in at least one risk category that might qualify as a social barrier to health.

## HOUSING



Hospital admissions and emergency room visits are **3 to 4 times higher** for people who are homeless.

## TRANSPORTATION



Transportation challenges cause more than **3.5 million Americans** to miss or delay medical care each year.

## LACK OF FOOD



**Millions of Americans** have limited access to healthy foods, making them more likely to suffer from chronic conditions, such as hypertension and diabetes.

## SOCIAL ISOLATION



Individuals who lack social connections or report frequent feelings of loneliness tend to suffer higher rates of **heart disease, depression, and cognitive decline**.

Today, we know more than ever about how our environment and social circumstances affect our well-being. By applying what we know, we can improve individual and community health, and advance health equity while giving people greater peace of mind. **Health insurance providers are committed to ensuring that every American has affordable coverage and high-quality care** – no matter where they live or how much money they make.

## **80% of health insurance providers**

now integrate social barrier initiatives into their programs for the people they serve. They are creating new programs that help people and their communities become healthier.

Health insurance providers are implementing innovative solutions to:

- **Promote healthier diets.** Health Care Service Corporation and the Blue Cross Blue Shield Institute are partnering to provide foodQ, a healthy food delivery service that brings nutritious, affordable meals directly to people living in areas that lack adequate access to fresh foods that make up a healthy diet.
- **Help people get to and from medical appointments.** Cigna-Health Spring is partnering with rideshare company Lyft to facilitate transportation to and from doctors and pharmacies for non-emergency health care services.
- **Improve living conditions inside the home.** Florida Blue is partnering with Papa, a nationwide provider of senior services, to offer assistance with house chores, companionship, and other support services to Americans 65+ on Medicare Advantage plans.
- **Fight homelessness and improve housing affordability.** In 2019, CVS Health and Aetna invested \$67 million in affordable housing, creating more than 2,200 affordable homes with supportive services for individuals and families across 24 cities in 6 states.

**By breaking down social barriers and improving community health, insurance providers help bring down health care costs and premiums for hard-working American families.**

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## REACH OUT ANYTIME

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